



បែកព ទំបពេភ្នំ
 វិបេក ភ្នំសំទីបេ

300° F.

A 'hot' oven means 340° F. or more

LIQUID MEASURES

1 quart=2 pints.

1 pint=4 gills or 2 breakfastcupfuls.

1 breakfastcupful=2 gills or 2 teacupfuls or
5 oz.

1 gill
1 teacupful } =5 oz.

1 oz.=2 tab.

1 tab.=2 des.

1 des.=2 t.

*The equivalents in ounces given above apply to milk,
water, or similar liquid.*

DRY MEASURES

(approximate)

FLOUR: 1 oz.=3 level tablespoonfuls.

1 teacupful weighs about $3\frac{1}{2}$

RICE: 1 oz.=2 level tablespoonfuls.

1 teacupful weighs 5 ozs.

CASTOR SUGAR: 1 oz.=2 level table-
spoonfuls.

SHREDDED SUET: 1 oz.=4 level table-
spoonfuls.

GELATINE: 1 oz. powdered=8 sheets of leaf.

BUTTER: 1 oz. is about the size of a very large
walnut.

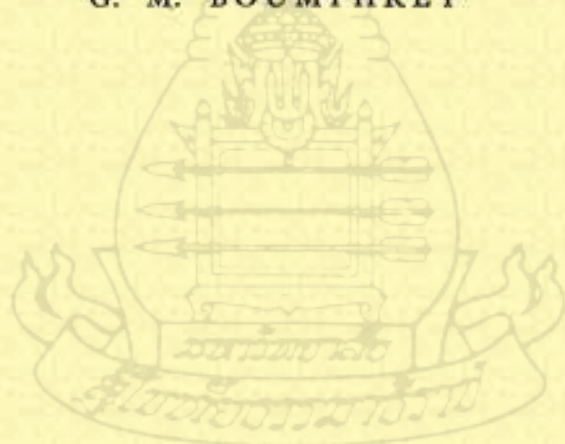
THE
WEEK-END
COOKERY BOOK



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COOKERY
BOOK

BY

G. M. BOUMPHREY



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CONTENTS

| | | PAGE |
|----|--|------------|
| | <i>Preface</i> | vii-ix |
| 1 | Equipment and Stores | 1 |
| 2 | The Principal Culinary Processes | 6 |
| 3 | Explanation of Terms Used | 16 |
| 4 | General Instructions | 23 |
| 5 | Stock | 26 |
| 6 | Sauces | 30 |
| 7 | Soups | 45 |
| 8 | Fish | 55 |
| 9 | Meat | 68 |
| 10 | Poultry and Game | 89 |
| 11 | Vegetables and their Like | 101 |
| 12 | Curries | 119 |
| 13 | Soufflés | 124 |
| 14 | Omelettes | 129 |
| 15 | Batters | 133 |
| 16 | Custards | 136 |
| 17 | Mousses and Creams | 139 |
| 18 | A Few More Sweets and Puddings | 142 |
| 19 | Fruits—Fresh and Tinned | 147 |
| 20 | Savouries | 153 |
| 21 | Salads | 155 |
| 22 | Breakfast and Supper | 159 |
| 23 | Using up Remains | 166 |
| | <i>Index</i> | 171 |
| | <i>Weights, Measures and Equivalents</i> | end papers |

PREFACE

THERE must be many to-day who, having been accustomed to depend all their lives on the services of more or less efficient professional cooks—or even chefs—now find themselves obliged to rely on their own unpractised efforts in the kitchen. The more fortunate among them (whose needs have furnished a title for this book) are the owners of week-end cottages in which it may be their pleasure to do the cooking from time to time; the rest are tied more sprightly to kitchens, kitchenettes, or even to little beyond a gas-ring in a bed-sitting room or an oil-stove in a tent. All know good food and want it; few have time or inclination to spend long in preparing it.

In short, this book assumes that the reader

- (i) knows absolutely nothing about the process of cooking;
- (ii) wants to know *quickly* how best to cook whatever may be in the larder or market;
- (iii) is not prepared to spend long or much over its preparation;
- (iv) wants, at times, something better than good, plain cooking.

It is clearly debarred by the second of these clauses from attempting to join (even if it could) that delectable class of treatises on food the reading of which is a joy second only to that of eating the dishes so rapturously described: this is essentially a business-like compilation. The

P R E F A C E

principle adopted is that of 'basic recipes'. Most cookery books give a recipe for (let us say) a soufflé of a particular kind—give it again for some other ingredient, and perhaps again and again—but they neglect to point out that it can be made in almost the same way with perhaps ten or twenty alternatives filling the title rôle. Here every recipe of an elastic nature is given very fully in its basic form, and thereafter follows a list of alternative ingredients which can be employed. One result of this is that very many more recipes are included than would be imagined.

No particular country's cuisine has been followed: the best from each has been the aim. Some partiality for simple English methods may appear—but only when they seem to earn it, and the 'good, plain' school, with all its implications, is rigorously shunned. The index gives a list of all the dishes into which most of the principal ingredients may enter, and indicates also (as do all recipes throughout the book) whether tinned or once-cooked food can be used. Lists of vegetable dishes, omelettes, soufflés, sweets and savouries are also given, as an aid to the imagination, and the 'Using-up' section has special indexes showing at a glance the many dishes into which various cold or surplus foods may enter. At the beginning of the book is a full description of all the processes and technical terms, with lists of stores and equipment recommended. If these

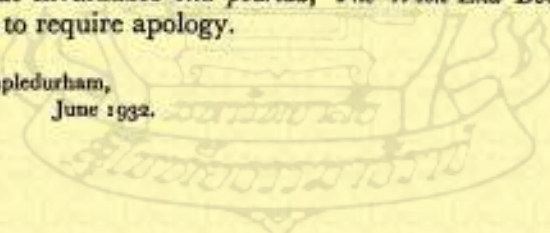
P R E F A C E

last seem on the long side, the reader may be assured that for five months out of each of the last four years the author has housed the bulk of them without difficulty in a caravan measuring 8 feet by 6 feet.

No radical book on this subject can hope to be more than slightly original in its material, and the author owes thanks to some dozens of predecessors whose recipes are unblushingly appropriated, the fruit of many hours' delightful reading and feeding. It is comforting to reflect that they, in their turn, have pirated most of them from the works of still older authorities. Only one, 'Wyvern', who published in 1878 *Culinary Jottings from Madras* (now out of print), shall be named, since he, if anyone, deserves to be known as the English Brillat-Savarin. Francis Meynell, also, must be thanked for his ready assent to the use of a title which will have seemed to the reader, as it did to the author, so reminiscent of that invaluable *olla podrida*, *The Week-End Book*, as to require apology.

Mapledurham,

June 1932.



EQUIPMENT

THE particular aim of this book being to make the cooking of any meal as quick and simple a matter as possible, the following list of equipment has been chosen entirely to this purpose. Various things in it *could* be omitted—but only at the cost of extra trouble. Very few items are at all expensive: many can be got for sixpence or less at Woolworths. For pans and other things aluminium is the most suitable material: it conducts heat well and is easily kept clean and bright with one of the special aluminium cleaners, 'Brillo' or 'Abrazizo'. No other soap or soda should be allowed to touch it.

A Kettle (the whistling variety is useful and boils quickly).

A Set of Saucepans (with tapering sides).

A Set of Stew-pans (not essential, but highly desirable).

A Frying-pan.

A deep Frying-pan with Wire Basket.

A Steamer.

A Fish-kettle (a 6d. tin one will last for years with care).

In addition to these, some contrivance must be provided in which pans containing sauces can be kept hot till wanted. The proper thing is a *bain-marie*; but this is probably too cumbersome

for our purpose. A simpler solution is to buy pans which can be used one inside another; or aluminium rings can be bought (or made) to fit over the larger pans, forming sockets for the smaller. Other necessary utensils are:

| | |
|------------------------------|--------------------------------|
| 3 Wooden Spoons | 1 Salt Mill |
| 1 Basting Spoon | 1 Combination Grater |
| 1 Fish-slice | 1 Pair of Scales |
| 1 Spatula | 1 set of Measuring Spoons |
| 1 Lightning Mincer | 1 Flour Dredger |
| 1 Chopping Board | 3 Pudding Basins |
| 1 Egg-whisk | 1 Mixing Bowl |
| 1 Pestle | 1 Toasting Fork or Toaster |
| 1 Wire Sieve | 2 Baking Tins |
| 1 Gravy-strainer | 1 Salad Bowl |
| 1 fine-mesh Wire Strainer | 1 Salad Spoon and Fork |
| 1 Funnel | 1 Brush (for glazing, etc.) |
| 1 Colander | 1 Clock or Watch. |
| 1 small Cooking Knife | |
| 1 Set of Skewers | |
| 1 Mincing Machine | |
| 1 Pepper Mill | |

Some form of fireproof ware is indispensable. I recommend glass—'Pyrex' or 'Orlak'—or French earthenware. The following set is a minimum:

- 1 shallow Entrée Dish with Lid
- 1 deep Stew Pot
- 1 Soufflé Dish
- 1 set of Ratnequins.

A Cream Machine is an almost necessary luxury for all who do not keep cows. Cream is as essential as butter to good cooking. A cream machine (which can now be bought for little more than £1) will transform butter and milk into cream at a cost of about 4½d. a half-pint—or less than a quarter of the usual price. Reconstituted cream is every bit good enough for cooking and, if butter with no trace of salt is used, it will be found quite satisfactory for any other purpose. 'Medova' butter from the Maypole Dairy Company gives excellent results.

Portable Ovens (with glass doors, for preference) are cheap and perfectly satisfactory. The beginner should always make use of an Oven Thermometer: it will soon repay the 5s. or so that it costs.

A Grill is very desirable indeed. The only bil-cooker I know which has one is Taylor's 'Paraffin'. If no top grill is available, a Salamander is useful for browning the tops of dishes which would dry up if browned in the oven.

STORES

The following list of stores may be thought long and extravagant. It is neither. Good and varied cooking cannot be achieved on the contents of the cruet and a bottle of Worcester sauce: it is assisted enormously by the proper use of a wide variety of flavouring agents. If the cost of the following items be added up, the total will

be found astonishingly small compared with the scope it offers to the cook.

Salt: the French *gros sel* is incomparably the best both for the kitchen and the table: it has a roundness of flavour quite lacking in other salts. A box-wood salt-mill is needed to grind it.

Black Peppercorns: which also need a mill.

White Pepper: bought already ground.

Mustard: French and English.

Tabasco

Paprika

Celery Salt

Onion Salt

White Wine Vinegar

Ground Cinnamon

Tarragon Vinegar

Ground Cloves

Fines Herbes Vinegar

Ground Allspice

Worcester Sauce (Lee

Ground Sweet

& Perrins)

Almonds

Harvey's Sauce

Ground Ginger

Mushroom Ketchup

Whole Ginger

Tomato Ketchup

Grated Parmesan

(Heinz)

Cheese

Anchovy Sauce

Rennet

Anchovies

Dried Herbs (in
bottles)

Capers

Gherkins

Essence of Lemon

Chillies

Vanilla Pods

Chutney

Chocolate

Curry Powder (Ven-

Cocoa

catachellum)

Apricot Jam

Garlic

Red Currant Jelly

Olive Oil (*'vierge'*)

Bay Leaves

and, if 'Wyvern's' recipes for curry are to be followed (as they most certainly should be), the following items: turmeric, coriander and cardomoms—all in powdered form. These will be bought more easily from a chemist.

The following Wines and Liqueurs are used in the kitchen:

| | |
|------------------------------|--------------------------------|
| Chablis, Hock or Sauterne | Brandy Port |
| Claret | Maraschino, Kirsch, |
| Sherry | Curacao and other liqueurs. |
| Madeira or Marsala | |
| Rum | |

Except in the case of the first four, small flasks only need be stocked, since few recipes call for the use of more than a tablespoonful or two.

In addition to the foregoing, most of which are flavouring agents only, the usual stores will be needed: flour, macaroni and its diminutives, rice (see p. 114), and other cereals, ground or whole, currants, raisins, sultanas, baking-powder, dried fruits and vegetables, sugars, and various other odds and ends which need not be listed in full.

THE PRINCIPAL
CULINARY PROCESSES

BOILING. Food is boiled by being completely immersed in boiling liquid (water, milk, stock, etc.), any losses due to evaporation being made good from time to time. When a liquid *boils*, bubbles break continuously all over the surface; when it *simmers*, there is a slight movement in one place only.

MEAT is boiled for either of two reasons: to extract all its flavour for stock or soup, in which case the meat itself is left tasteless; or to cook it so that all its goodness is retained. The two processes are entirely different. In the first case, the meat, cut up into pieces, is placed in cold salted water (1 t. of salt to 1 qt.) which is then brought slowly to simmering-point and on no account allowed to pass it in the four or five hours necessary to extract all the goodness. In the second, the meat is plunged into rapidly boiling salted water and allowed to boil for two minutes, after which the rest of the process is carried out at simmering-point only. The effect of the preliminary high temperature is to seal up the juices inside the meat—which should not, therefore, be pricked with a fork. It is most important that boiling shall be checked after the first two minutes. The use of a haybox (see p. 12)

makes it possible to carry out either of these processes without attention after the preliminary boiling up. The preparation of stock (p. 26) may be taken as typical of the first method; leg of mutton à l'Anglaise (p. 81), of the second.

FISH is usually boiled either in salted water containing a little vinegar (1 t. to 1 qt.) or in *Court Bouillon* (see p. 28). It is put in when the liquid is hot, and allowed to simmer only.

VEGETABLES are cooked in rapidly boiling salted water. Those cooks who wish to preserve the vitamins should cut the vegetables small and boil them as quickly as possible—avoiding the addition of soda, which is sometimes recommended for preserving the colour. A better way of achieving the same end is to put a small muslin bag containing a few pieces of wood charcoal into the water. To prevent the smell of boiling cabbage or cauliflower filling the kitchen, add a piece of toasted crust, also in a bag.

STEWING is not unlike the first method of boiling (for stock, etc.) described; but it is carried out at an even lower temperature—about 165° F. as against boiling point, which is 212° F.—neither should the pan be brought to the boil to begin with, nor allowed to approach it at any time. Its chief use is for making very tough fibrous or gelatinous meat tender, or as a slightly better but slower method of making meat stock. In the former case, as much of the goodness of the meat escapes into the liquid (and as there is practically

no loss by evaporation), considerably less of this should be used—and all should be served with the meat. Raw meat that is to be stewed should be sealed in butter (p. 12) first, to minimize the loss. Most vegetables require boiling, and they are better cooked separately, therefore, before being added to the stew.

STEAMING is generally considered preferable to plain boiling for vegetables or fish (except salmon), other things being equal. Allow the steamer to become thoroughly hot and empty out any water that may have condensed in the upper compartments, before putting in the food and sprinkling it with salt. Here, too, charcoal will help to preserve the colour of greens. Vegetables take about twice as long to cook by steaming as by boiling.

BRAISING originally meant cooking by heat from above and below, hot embers being placed on the lid of the pan; it is now generally used to describe the slow cooking of vegetables in stock or of meat in the steam from stock (or wine) and vegetables. It is the best way to cook tough or tasteless meat. A heap of prepared vegetables is placed in a pan, moistened with stock, and the meat, previously 'sealed' in butter (p. 12), is placed on the top, almost clear of the liquid, which is then allowed to simmer (either on the fire or in the oven) until cooking is complete. A piece of greased paper is placed over the meat to protect it from drips of condensed steam.

GRILLING (OR BROILING) is cooking by the direct radiant heat of a glowing fire—either above it on a gridiron, or below it with a gas or electric grill. It is by far the best way to cook suitable foods—steaks, chops, sausages, certain fish, etc. Here again, the food, previously brushed with melted butter or oil, should be sealed by being placed very close to the heat for one minute on each side (a knife or spatula, rather than a fork, being used to turn it, so as to avoid punctures), and then allowed to continue cooking in a cooler place. A good grill should be slightly charred on the outside but, in the case of meat, be still fairly red and juicy inside. Meat and fish are both improved by being allowed to lie *en marinade* (p. 20) for a few hours before grilling.

ROASTING is an excellent but almost obsolete method of cooking. It is much the same as grilling, but on a larger scale. The meat is hung on a spit which revolves in front of the fire, and is cooked largely by radiant heat. Most so-called roast meat to-day is baked.

BAKING is cooking inside a closed oven. As with grilling, the initial temperature, when baking meat, should be high in order to seal up the juices. The chief difficulty in all baking is the regulation of the oven temperature. An oven thermometer overcomes this. It should be placed on the shelf on which the food is to be cooked, as the temperature of an oven differs at different levels. The terms 'slow', 'moderate', and 'hot'

applied to an oven mean that the temperatures should be 280° F. or less, about 300° F. and 340° F. or more respectively.

The ideal to be aimed at in baking is for the outside of the food to be sufficiently browned just as the centre is completely cooked. Too cool an oven dries the food throughout before the skin is brown; too hot, chars the outside while leaving the inside raw. The results of the latter can be avoided to some extent by screening the food with greaseproof paper or—in the case of poultry—with a piece of fat bacon, which is removed when it is time for the browning process to begin. All meat and poultry should be *basted* occasionally by having the hot fat or butter from the bottom of the baking tin spooned over every part of them. Dry meat can be improved by being *larded* (p. 20) beforehand.

FRYING as it is commonly—far too commonly—done, in a greased frying-pan on top of the fire, is a process that should be reserved mainly for such things as eggs, omelettes, pancakes, and—if it cannot be grilled—bacon. Most forms of food so treated become greasy and unpleasant. The difference between a kipper cooked thus and one deep-fried in the proper way is a revelation. In one case the fish is warped, withered and greasy; in the other, absolutely free from grease, full of its own juices and most delicately flavoured.

DEEP FRYING, on the other hand, is a way in which fish, cutlets, rissoles, fritters, potatoes,

and many other things can be cooked exquisitely. The secret of success is to use a frying medium which has a high boiling point, such as beef dripping, lard or, best of all, olive oil, to have plenty of it, so that the *friture* can be completely immersed, and to use it only when it has reached boiling point. If these points are watched, so completely is the 'sealing' accomplished that no slightest flavour of the food escapes into the fat, which can therefore be strained and used again and again. In actual fact, a pat of butter can be coated with egg-and-breadcrumbs, dropped into the boiling fat and rescued intact as a miniature rissole!

Any non-starchy food, such as fish, meat or fruit, is first coated with egg-and-breadcrumbs (see p. 18) or with batter (see p. 133). When the fat is boiling, which is shown, not by bubbles, but by their cessation and the emission of blue smoke, the food is placed in the wire basket and lowered beneath the surface. Not so large a quantity as to chill the fat unduly should be cooked at one time, nor should the pieces be allowed to come into contact with each other. Before putting succeeding batches into the oil, wait until the emission of smoke proves that boiling point has been reached again.

When the *friture* is a golden brown it should be placed on a sheet of absorbent paper and kept hot until every trace of fat has drained away. It is usually dusted with salt or sugar before serving.

MELTING IN BUTTER describes an invaluable process that is often called for at the beginning of a recipe. The onion or other vegetable, duly sliced, diced or otherwise prepared, is cooked very slowly in a little butter until it is perfectly soft—but it must not be allowed to take colour in the slightest degree.

SEALING IN BUTTER is a necessary preliminary when raw meat is to be stewed or braised—in either of which cases the initial temperature will not be high enough to 'seal' the outside of the meat and so prevent the goodness oozing out of it. The meat is tossed in a hot pan containing a little butter until every surface has taken colour.

A **SAUTÉ**, on the other hand, is the same sort of thing carried out for a longer time. The pieces of chicken, rabbit, liver, potatoes or whatever may have to be sauté'd are allowed to cook completely in the butter or bacon fat—which, however, should still be no more than sufficient to cover the bottom of the pan. From time to time the whole thing should be given a brisk shake so as to jolt the contents over into a fresh position. A stewpan can be used instead of the proper *sauteuse*.

HAYBOX COOKERY. A haybox cooker is simply a crude form of Thermos flask. Food placed in it at boiling point loses heat so slowly that cooking proceeds automatically without the application of fresh heat. Various cookers applying

this principle are on the market, but a satisfactory haybox can be made at home for a shilling or two. Its particular value to the user of this book is that it calls for practically no attention and is invaluable in any kitchen that has not a solid-fuel range constantly alight. Food can be prepared in the morning and left unwatched all day—to be taken out in the evening perfectly cooked and needing only to be heated up slightly before serving.

The pan to be used in a haybox may be of aluminium, glass or fireproof earthenware. It must not have a long handle, but may have lugs at each side for ease in handling. Having selected this, get a wooden box or packing-case large enough to allow at least 6 inches of clear space all round, above and below the pan. It should have a well-fitting lid which must be made to hinge and fasten tightly. Line the inside of the box and lid with at least eight thicknesses of newspaper, leaving no gaps or thin places. Fill up the bottom with 6 inches of tightly rammed hay. Place the pan in position and pack all round it with hay to its full depth. This must be done carefully, leaving no gap or looseness, so that the pan can be withdrawn and replaced without disturbing its nest. This and the top surface of the hay round it can now be lined neatly with under-felt, if a neat finish is wanted. To fill the 6 inches of space between the top of the pan and the box lid, a well-fitting quilt must be made

of felt stuffed tightly with hay. Loops at each end will make it easy to lift in and out.

A sufficient test of the heat-retaining properties of the box can be made by placing the pan filled with boiling water in it at night. In the morning the water should still be too hot for washing in.

Haybox cookery is foolproof if these points are watched:

- (i) Bring all food to the full boil before putting it in.
- (ii) Have the haybox near the stove or range.
- (iii) Lose no time in transferring the pan from the flame to the box and in shutting it up.
- (iv) Do not open it again until the full time is up.
- (v) Warm the food up again before serving.

TIMETABLE FOR HAYBOX COOKERY

Meat-stock or Soups (p. 26): Bring to boil, skim and simmer on fire for 1 hour. Bring to boil again, transfer to haybox and leave for $7/8$ hours.

Stew: Simmer on fire for 45 mins. Boil and put in haybox for $3/4$ hours.

Old Hen: Bring to boil and leave in haybox for $7/8$ hours.

New Potatoes: Bring to boil and leave in haybox for 2 hours.

Old Potatoes: Boil for 3 mins. and leave in haybox for 2 hours.

Cauliflower: Boil for 1 min. and leave in haybox for 2 hours.

Turnips: Boil for 5 mins. and leave in haybox for 2 hours.

Artichokes: Boil for 1 min. and leave in haybox for 2 hours.

Oatmeal: Boil for 5 mins. and leave in haybox for 2 hours.

Quaker Oats: Bring to boil and leave in haybox for 2 hours.

Prunes and Dried Fruits: Boil up from cold and leave in haybox for 5 hours.

Game and Green Vegetables should not be cooked in a haybox.

PAPER BAG COOKERY is the baking of food in sealed paper bags. Almost anything can be cooked in this way with good and economical results. Special 'Soyer' bags and equipment can be bought—but the purpose of this paragraph is to draw attention to what is perhaps the best and simplest way to cook such fish as trout, herrings or mackerel.

Season the fish; roll it up in slightly buttered greaseproof paper; fold the ends under so as to seal it as well as possible, and bake in a moderate oven for 10 mins. or so. The result is excellent, the flavour of the fish being brought out more fully than by any other method—and there is no fishy pan to be washed up.

EXPLANATION OF TERMS USED

PREPARATION. Instructions for cleaning and preparing all ingredients are given at the beginning of the Sections on Fish, Meat and Vegetables. All recipes given assume that these will be followed without further mention.

SEASONING. All dishes of a savoury nature owe much of their charm to skilful seasoning. Both salt and pepper should be present in such quantities that the least bit more would be too much. The only way to achieve this balance (without which any cooking is bad) is by tasting. In very few of the recipes that follow are salt and pepper mentioned: it is assumed that the cook will ALWAYS SEASON EARLY ON, TASTE AND SEASON AGAIN, IF NECESSARY, BEFORE SERVING.

SIGNS USED. The following signs are used throughout the book:

* indicates that the cold remains of a previous dish may be used.

† indicates that a tinned product may be used.

tab. is short for tablespoonful.

des. is short for dessertspoonful.

t. is short for teaspoonful.

In the case of solids, a spoonful means that the spoon should hold the same amount above its

rim as it does below it. See also Weights and Measures inside the cover.

ASPIC is a clear, delicately flavoured savoury jelly made from stock. It is used as an accompaniment or garnish to cold dishes. A simple recipe is: Put into 1 qt. of good stock (p. 26) the lightly beaten whites of 3 eggs and their shells, a sliced onion and carrot, the juice and thinly peeled rind of a lemon, 4 cloves, 1 t. of salt, $\frac{1}{2}$ a t. of pepper and 2 oz. of gelatine. Stir lightly with a whisk until boiling point is reached—but not afterwards. When the liquid is on the very point of boiling over, move it to one side and wait for it to clear—which it will do in about 10 mins. Strain it through a jellybag heated with boiling water.

Either allow it to set, mash it up and use as a garnish, or pour it over or round the dish—as the recipe directs—and let it set.

A richer aspic is made with 'calves'-foot instead of with gelatine.

BASTING is described under Baking on p. 10.

BLANCHING (a cleansing and whitening process) is done by putting the food into cold water, bringing it slowly to the boil, leaving it so for a minute or two, and then draining it. Sweetbreads should be soaked for an hour in cold salted water before being blanched.

A **BOUQUET** consists of a sprig of parsley, one of thyme, and a bayleaf, tied together. It should be removed before the dish is served.

CREAMING butter or fat is done by putting it in a mixing bowl and beating it round and round until it is soft and creamy. If it is very stiff it may first be broken up on a plate with the flat of a knife. If the recipe contains sugar, this can be put in at an early stage, as it helps the creaming. Warming the fat should be done with great caution—preferably by standing it for several hours in a fairly warm atmosphere.

COLOURING for gravies and sauces is the same as Caramel, described on p. 41. A word of warning should be given against the various products sold for this purpose, most of which have a characteristic taste which ruins any dish it permeates. *Suc colorant* is safe.

CRUMBING is used in this book as a contraction of 'coating with egg and breadcrumbs'—a necessary preliminary to the frying of such things as fish, rissoles, cutlets and so on. A bottle of breadcrumbs made from stale bread, crumbled, sieved and dried in the oven, should always be to hand in the kitchen. Crumbs prepared hastily for the occasion are rarely as satisfactory—but packets of suitable crumbs can be bought, ready for use, from most fishmongers.

To apply them, beat up an egg with 1 t. of olive oil, and brush this thoroughly over the food. Sprinkle the crumbs about in a clean cloth, place the food on them and turn it about until it is completely covered. Fish is most easily done one side at a time.

A substitute for beaten egg can be made by mixing 1 t. of flour with rather more than 1 tab. of cold water or milk until it is of the same viscous consistency as an egg.

DICING vegetables or meat means cutting them up into small cubes about a quarter of an inch each way.

FINES HERBES, as a stock preparation, are made by finely chopping 6 ozs. each of mushrooms and parsley with 2 ozs. of shallots, frying them briskly for 5 mins. in 2 ozs. of butter with a seasoning of salt and pepper, and putting the mixture in a jar for future use.

The term is loosely applied to any dish in which finely chopped onion or shallot and parsley figure prominently.

GLAZE, for painting over tongue, galantine, pressed beef and so on, is made by melting 1 oz. of gelatine in $\frac{1}{2}$ a pint of cold water, flavouring it with 3 t. of beef extract, 1 tab. of mushroom ketchup and 1 t. of Harvey's sauce, and reducing it slightly so that it sets into a stiff jelly when cold.

GRAVY is made by pouring hot water or—far better—stock into the baking tin in which the meat or bird has been cooked, and scraping with the back of a spoon or fork all the dark, gummy patches of congealed juice which will be found there. Allow it to simmer until these have dissolved as fully as possible, and then reduce it, if necessary, by boiling. The stock should have

been made, as long before as possible, by simmering all spare bones and scraps of the meat—and the giblets (neck, heart, gizzard, etc.) of a bird—in properly seasoned water with perhaps a few vegetables added.

The gravy should have all fat carefully taken off with a spoon and be sieved and heated up again before serving. If it has to be thickened, this is most easily done by mixing it, a spoonful at a time, into 1 des. or so of flour in a cup. Get the mixture absolutely smooth and free from lumps each time before adding the next spoonful. When enough has been added to make it run quite freely it may be poured into the rest of the gravy, stirred, and kept simmering for 5 or 10 mins. It may be darkened by the addition of caramel (p. 41) or *suc colorant*. See COLOURING on p. 18.

LARDING is done to make dry meat more juicy and appetising. It is done less in this country than in France—because, one hopes, the general run of our meat is better; nevertheless it has its uses. Strips of fat bacon (preferably 'green' bacon) are darned through the meat with a special 'larding needle' before cooking.

MARINADING is a process of soaking meat or fish *en marinade*—or in pickle—for a few hours before cooking. It prevents the meat drying and hardening on the outside and improves the flavour. A typical marinade is made up of four parts of olive oil to one of wine vinegar, with a

sliced onion and clove of garlic, a strip of thinly sliced lemon peel, a little thyme or marjoram, some whole peppers and cloves, and 1 t. of salt. This can be kept bottled for repeated use, the herbs being renewed occasionally.

The meat or fish should be cleaned as soon as it is received, and put immediately into a dish containing about $\frac{1}{2}$ inch to 1 inch of the marinade—in which it may rest until it is wanted. Turn it from time to time, so that each side may get soaked.

PARBOIL is a contraction of 'partly boil'.

SPICED PEPPER is a time-saving preparation to have in the kitchen. Pound, mix and sieve finely $\frac{1}{2}$ oz. each of cloves and nutmeg, $\frac{1}{2}$ oz. each of thyme, marjoram, savory and black pepper with $\frac{1}{2}$ oz. of Nepaul pepper. Keep it bottled for use in stuffings, galantines, pies, réchauffés and dozens of other dishes.

STUFFING—for Veal, Hare or Turkey: Take $\frac{1}{4}$ tab. of breadcrumbs, $\frac{1}{2}$ t. of grated lemon-peel, 1 tab. of finely minced parsley, either $\frac{1}{2}$ t. each of finely minced thyme and marjoram (green, if possible) or $\frac{1}{2}$ t. of mixed herbs, salt, pepper and a pat of butter. Mix them all together thoroughly and moisten with a little milk or half an egg until a stiff, cohesive paste is formed.

For forcemeat balls, egg must be used in place of the milk. Form the mixture into balls, crumb them (p. 18) or roll them in flour and either bake them or fry them in deep fat (p. 10).

Other stuffings can be contrived from such things as chestnuts, mushrooms, sausage-meat, truffles, ham, tongue, bacon and so on. See the recipe for Imitation Pâté de Foie Gras on p. 79.

For Duck, Goose or Pork: Peel and boil about 4 onions in two changes of water until they are cooked. Scald 10 sage leaves in boiling water for 5 mins. and dry them. Mince the onion and sage finely together and add 4 tab. of bread-crumbs, pepper, salt and a pinch of mixed herbs.



GENERAL INSTRUCTIONS

WHATEVER source of heat be used, gas, oil, electricity or coal, it must be capable of being regulated. One cannot do good cooking on the sort of oil-stove which boils a kettle almost instantly but pops out if it is turned low. On the whole—so far as the quality of the results is concerned—it is more important to have a low degree of heat than a high.

The cook's mileage is considerably reduced if a table, on which the various ingredients can be arranged and prepared in advance, is placed quite near the range or cooker.

It is an excellent plan to form the habit of washing up those utensils which are finished with during the various short intervals that occur while cooking. Otherwise one is confronted with a soul-sickening array of odds and ends to be cleaned up when the business is over. Done one by one, as opportunity allows, they seem to take no time—and even offer a pleasant change for the moment. In any case, pots and pans should be filled to the brim with water as soon as they are done with—even if other help is happily available to do the washing up.

With two exceptions, all instructions given in this book are necessary and should be followed exactly: inessentials have been cut out for the

sake of brevity. Simmer means simmer and boil means boil: there is a wide difference between the results of the two processes. The exceptions are those of times and quantities—or even of the ingredients themselves. The perfect quantity for any recipe can rarely be given, simply because the quality of the various ingredients differs widely in different batches. Some kinds of flour or butter contain more moisture than others, and behave differently while being cooked; some onions are stronger than others of the same kind; even salt and pepper present no constant of flavour. Times of cooking vary, too; and although full tables are given for various foods, they are accompanied by instructions as to how one may know that the foods are in fact correctly cooked, and should be read as approximations only. The cook must, therefore, learn to rely less and less on the clock and the weighing-machine, and always go more by taste than textbook.

As to the actual omission or substitution of ingredients, I am not one of those purists who hold to the inviolability of recipes. Cooking, like every other art, must progress and expand, or stagnate. The aim of this book is to encourage an adventurous spirit—which is one reason why the basic principles of cooking are stressed as much as possible and many recipes given in unusually elastic and interchangeable forms. There are limitations, of course: one cannot make mayonnaise without oil, nor soubise without onions; but

when one has the experience, one can at least hope to extemporize a sauce out of whatever may be to hand, as good in its way as either. Let the reader, therefore, while working through this book and trusting it implicitly to begin with, try to see the principles behind the practice, so that in the end, not only this, but any cookery book shall have to be used only for quick reference, and good food be forthcoming from any miscellaneous collection of oddments.



STOCK

STOCK is the liquid obtained by simmering or stewing meat, fish, or meat and vegetables in salted water for some hours. It is the basis of most meat (but not vegetable) soups, sauces and other dishes. The sort of kitchen for which this book is intended will not be likely to maintain a stockpot—a large pan into which all spare bits of meat, bone and gristle are thrown to stew at the side of the range all day. In any case, the idea is not altogether pleasant, even though the contents be strained every night and the inside of the pan cleaned—and I wonder in how many households this is done regularly. Such stock is apt to develop a characteristic and not too pleasant flavour which can be recognized in every dish into which it enters. I prefer to recommend that fresh stock be made as and when it is wanted, or, if time is too valuable, that the concluding paragraph of this section be studied.

The perfect stock may be regarded as identical with the classic French soup, *pot au feu*. Since this, like all stocks, should simmer for several hours if it is to be at its best, the use of a haybox is to be strongly recommended in any kitchen which has not a coal or coke range, on a cool part of which the pan may rest unwatched. With a

haybox the procedure is simple: once the pan has been brought to the boil and skimmed (which may be done first thing in the morning), it can be slipped into the haybox and forgotten until 2 mins. before the stock is wanted.

For BROWN STOCK, put 4 lbs. of beef (shin or neck), including broken bones, but no fat or marrow, into 4 qts. of cold water with 4 t. of salt. Heat *very slowly*, removing with a wooden spoon any scum as it rises.

In the meantime, wash and prepare:

- 2 large onions, cut half through,
- 2 cloves, stuck into the onions,
- 1 clove of garlic,
- 3 carrots, halved,
- 2 turnips, quartered,
- 3 leeks,
- 1 tomato,
- 1 head of celery,
- 1 small bunch of parsley.

Just before the water boils, throw in a little cold water to bring up the scum. When all this has been carefully removed, put in the vegetables and a muslin bag containing thyme, marjoram or bayleaf, and some black peppercorns. A few bacon or ham bones are a useful addition.

Simmer for at least four hours, removing the vegetables when they are cooked; or put into a haybox (p. 12) for the day. Strain before use.

If good meat has been used, it need by no means be thrown away at this stage. It will be found

excellent if eaten with a *purée* of the vegetables (p. 48).

WHITE STOCK is made in the same way, but omitting the tomato and using knuckle of veal, pork, chicken, or rabbit in place of beef.

FISH STOCK is made by simmering fish bones, fins and trimmings for three or four hours only.

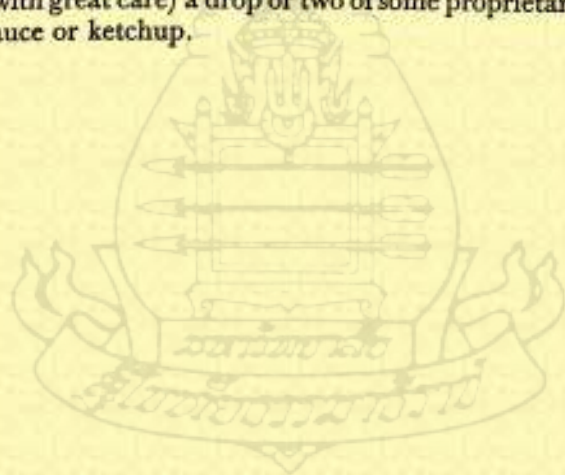
COURT BOUILLON, the rich stock in which fish may be cooked on special occasions, is made by simmering the following in 2 pts. of salted water for 20 mins.:

- 1 large onion, cut half through,
- 1 large carrot, cut into pieces,
- 1 stick of celery or 1 sprig of parsley,
- 1 bayleaf,
- 6 peppercorns, black,
- 1 wineglass of vinegar or 2 of chablis, sauterne or hock.

HOW TO DO WITHOUT STOCK

The preparation of a good stock, then, is something of a business—if only so far as collecting the necessary ingredients is concerned. I hasten to add, therefore, that it need rarely if ever be done—though no cookery book could be complete without a description of it. There are now on the market so many preparations of meat, vegetables, or both, in the form of essences, extracts or soups, which can take the place of stock with complete

success, that the reader will almost certainly prefer to do what the writer does—use them diluted with water whenever there is nothing in the larder positively crying to be made into stock. I refer not to the more blatant forms of 'Bull in a Bottle', nor to those hideous gravy-thickeners which taste mainly of salt and cardboard, but to far superior products which can only be got at really good grocers and, especially, at the large stores such as the Army and Navy. Infinite variety can be achieved by blending them in different proportions and by a really careful use of such things as celery or onion salt, or even (with great care) a drop or two of some proprietary sauce or ketchup.



SAUCES

MANY profound remarks have been passed on the subject of sauces, chiefly by the French, who are, as a race, inclined to underestimate the delights of plainly cooked meat and fish—perhaps because in most parts of France neither of these viands is obtainable in anything like the excellence and variety which we enjoy in this country. If meat or bird is really good, no sauce can improve on the delicacy of flavour revealed by a perfectly cooked roast or grill. But in spite of all this, no branch of cookery is more important than the making of sauces, especially in the circumstances envisaged for this book, where variety, and even quality, may often be hard to come by. At such times, a good sauce can make even the remains of a tinned tongue into a thing of delight, or turn a mince or rissole, usually a crude conglomeration of shredded meat and over-emphatic onion, into a succession of creamy, subtly flavoured mouthfuls.

In spite of all that is said to the contrary, sauce-making is not a difficult art. It does not depend, like the ability to turn out good cakes and pastry, on the possession of 'hands': it is barely a knack. Anyone who will follow simple instructions carefully can make almost every sauce, if not to perfection, at least to satisfaction.

Sauces may be divided into two groups: the

many varieties whose basis is *roux*, a mixture of flour and butter; and the more individualized range such as mint, mayonnaise, Béarnaise, horseradish or bread sauce. Cream or yolk of egg may figure in either group as a *liaison* or thickening agent, usually added when the actual cooking is finished, to avoid the risk of curdling.

We will take the flour sauces first. These may be subdivided into two groups whose obvious difference is their colour: in one, the *roux* is kept white while being cooked, and milk or white stock is used; in the other, the *roux* is allowed to brown, and darker liquids may be added. Otherwise the methods of their preparation differ only in the flavourings given.

Flour is curious stuff, as those who have tried to make scrap-book paste in their nurseries will remember. When one tries to mix it with water, it goes into lumps; and even if one manages to work these out, as soon as it is heated they form again, worse than before. For sauces, at least, things are easier, because the flour is mixed with melted butter first of all, and allowed to cook for some time (after which it is called *roux*) before any other liquid is added.

Should a flour sauce require thickening at the last moment, drop in a pat of butter and flour mixed to a smooth paste, and stir until it is absorbed; or mix a little flour with cold water, stock or milk, starting with a very little liquid and only adding more as the mixture becomes

perfectly smooth. When it is almost as thin as milk and absolutely free from lumps (which it never will be if too much liquid was added at first), pour it into the sauce and mix swiftly. Boil for a minute or two before serving.

WHITE FOUNDATION SAUCE

(*Sauce Béchamel*)

Use a double saucepan for sauce-making until you have confidence. For one pint of sauce, prepare one pint of White Stock or milk. The proper White Stock, as we have seen, is made from white meat and vegetables, and can by no means be turned out in a minute or two; but for ordinary purposes there is usually something more convenient to hand. If you are cooking suitable vegetables, such as peas, carrots, onions, celery or leeks, use the water in which they have been boiled; if fish, do the same or make a broth by quickly boiling up the bones, fins and trimmings in water. (Always have the bones of filleted fish delivered for this purpose.)

Melt 2 ozs. of butter in a pan and add 1 oz. of flour. Stir with a wooden spoon for 3 mins., allowing the *roux* to cook but not to boil. It will very easily become smooth. This part can safely be done in a single pan to save time.

Remove from the fire and cool for $\frac{1}{2}$ min., stirring to make sure that the *roux* is creamy and absolutely free from lumps.

Put the pan into the outer vessel containing hot water, and replace on the fire. Now comes the time to add the stock or milk. For the beginner this should be no more than lukewarm, in which case it may all be poured in at once. The *roux* will float about in lumps as it is dislodged by the stirring. As the temperature of the stock rises, the butter melts, releasing the flour, particle by particle. Continue to stir gently and smoothly. Long before the stock reaches that temperature at which the flour grains burst, thickening the sauce, the *roux* will all have been incorporated and the mixture be lumpless.

After a very little experience, time can be saved in the foregoing process by adding the stock hot, in which case it should be poured in a little at a time, and the stirring be more thorough. On no account must the sauce boil before all the stock has been added.

As the critical temperature is approached, the spoon will be felt to glide more smoothly over the bottom of the pan. Remove from the fire and continue to stir until the sauce has thickened throughout. Replace on the fire (*en bain-marie* or in a double saucepan, if your attention is divided, as it is likely to be at such a time), and boil for at least another 12 mins., stirring occasionally. Any attempt to shorten this time will result in the production of a typical English sauce—undercooked and reminiscent of paste. Flour must cook for at least 15 mins.

Before serving, stir in a small piece of butter until it is completely absorbed, add any last touch of seasoning that may be needed—and TASTE the final result.

BROWN FOUNDATION SAUCE

(*Sauce Espagnole*)

is made in the same way as White Sauce, except that at the beginning the flour is allowed to cook in the butter until it turns brown (thus forming brown *roux*), and to this is added, instead of milk or white stock, a brown stock, or gravy made thus:

Cut up an onion and some pieces of lean meat or trimmings, and fry them in a stewpan with a little butter until they have browned thoroughly. Add a pint of salted water or stock, and drop in a few carrots, peppercorns, and any other available vegetables and herbs as listed on p. 27 for making stock. Stew for as long as convenient, and strain before adding to the brown *roux*.

Burnt sugar-colouring may be needed to give the sauce a good colour. This can be bought ready made or it can be made at home in the same way as Caramel Sauce (see p. 21), diluted with a little cold water, and bottled.

WHITE FLOUR SAUCES

An almost infinite variety of sauces can be made with White Sauce as a foundation. Whenever

possible, this should have been made with stock from the meat, fish or vegetable it is to accompany, or with broth made from the trimmings.

If yolk of egg is to be added, it must be mixed with a little stock or milk, and poured in when the sauce is off the boil. Stir smoothly until it thickens, but on no account allow it to boil.

The following selection will show the principles to be observed in making sauces of this type. Others can be invented as opportunity and inspiration offer. In most of these recipes certain ingredients—particularly herbs and spices—can usually be varied slightly without spoiling the result. One should try to notice which these are, and which are indispensable.

* indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ ANCHOVY. Add 1 tab. or more of proprietary 'Anchovy Sauce'. (For boiled or fried fish)

¶ CAPER. Add 1 tab. or more of minced capers. (For fish or boiled mutton)

¶ CELERY. Add a purée of celery, a pinch of sugar and, if possible, a little cream. (For boiled chicken, pheasant, turkey or partridge)

¶ CHEESE (MORNAY). Add 2 tab. of grated cheese (Parmesan is best), and stir, without boiling, until it is melted. The yolk of an egg, added last, is an improvement. If used as a coating

sauce, it may be browned under a grill or salamander.

(For fish, chicken, eggs, spinach, aubergines, etc.)

¶ **CURRY SAUCE.** Melt four large onions and two apples, finely sliced, in butter (p. 12). They must cook without browning. When they are done, add 1 tab. of curry-powder and 1 des. of flour, mixing well. Add, little by little, about $\frac{3}{4}$ pint of stock or gravy, working out the lumps while the mixture is still fairly dry. Strain and simmer for at least 15 mins.

¶ **EGG.** Add chopped, hard-boiled eggs.

(For boiled cod and other fish)

¶ **FINES HERBES.** Make the white sauce with milk in which a minced onion, a speck of garlic and some chopped parsley have been boiled. Add, before serving, some freshly chopped parsley, cress if available, and the chopped green stems of spring onions. Flavour with lemon juice or tarragon vinegar.

(Excellent with fillets of fish poached in the milk)

¶ **GOOSEBERRY.** Mix a little white sauce with a purée of green gooseberries, parsley and hard-boiled egg. Season with salt and pepper.

(For boiled cod or other firm-fleshed fish)

¶ **LOBSTER.** If possible, make the white sauce with milk in which a bayleaf has been boiled. Add the lobster (tinned will do), chopped into small pieces. (For boiled turbot)

¶ **MAITRE D'HOTEL.** Add plenty of minced parsley, the yolk of an egg and a seasoning of lemon juice or tarragon vinegar.

¶ † **MUSHROOMS.** Stew the mushrooms (p. 109) in the sauce for 15 to 30 mins.

¶ **MUSTARD.** Mix 1 des. of French mustard with the *roux*, or, if English mustard is to be used, mix it first with vinegar or lemon juice. This sauce is improved by being enriched with yolk of egg (p. 31).

¶ **ONION.** Cook chopped onions in milk until tender. Strain them off and make a white sauce with the milk. Add the onions, plenty of white pepper and a small piece of butter.

(For roast mutton)

¶ † **OYSTER.** Make the white sauce from the oyster-liquor added to whatever stock may be used. Put in the beards of the oysters and, when the sauce reaches boiling point, 1 des. of Harvey's sauce. Strain the beards out and put the oysters in. Heat again and add a little boiling cream.

(For fish or chicken)

¶ **PARSLEY.** Add finely chopped parsley. Do not then allow it to boil.

(For boiled salmon, chicken, veal, etc.)

¶ **PIQUANTE.** Cook, in 2 tab. of vinegar, 3 shallots, 1 small carrot, a speck of garlic, 3 sprigs of parsley, a little thyme and a bayleaf—all finely chopped. When the vinegar is reduced by boiling to

one half, add some stock and cook slowly for a few more minutes. Make a sauce of the strained liquor, adding finally the cooked vegetables and herbs, and 1 tab. of chopped gherkins.

This sauce can be varied by the addition of red-currant jelly, mushroom ketchup, various pickles, capers, lemon juice, or other sharp flavours.

(For grills of fish or meat, or for réchauffés, etc.)

¶ **POOR MAN'S SAUCE.** Fry 2 minced shallots in butter till golden, add 1 tab. of vinegar and fill up with stock. Mix this thoroughly and boil. Use it for making the sauce—after straining, of course.

¶ **POULETTE.** Make a rather thin white sauce, thicken it with the yolk of an egg (p. 31) and add a little lemon juice or vinegar.

¶ **RED-CURRANT SAUCE.** Add 1 tab. of red-currant jelly, 1 t. of Worcester and the same of Harvey's sauce. Warm the meat up in it.

(Brilliant with the remains of a tongue)

¶ **SHRIMP.** Add the shrimps and plenty of white pepper. (For fish)

¶ **SOUBISE.** Onion sauce passed through a sieve, and flavoured particularly carefully. A little cream is added at the end.

(For stewed game-birds, mutton or rabbit)

¶ **SWEET.** Use sugar or jam instead of salt, and milk instead of stock. The addition of an egg beaten up in sherry, brandy, Marsala or liqueur has little to be said against it. (For puddings)

¶ **TOMATO.** To a rather thick sauce add a purée (see p. 48) of 1 lb. of tomatoes, a chopped onion and a clove of garlic (which last, however, should be thrown away whole after it has stewed). A little Worcester sauce may be added.

BROWN FLOUR SAUCES

The sauces based on *Espagnole* are fewer, though they include many famous names. As a class they tend to be rich, calling for such exotic ingredients as truffles, cocks-combs or, at the very least, mushrooms—for which reason few are given here.

They can be improvised on occasion without much difficulty, especially if a really good essence of fish, game, meat or delicate vegetable, as well as an appropriate wine (see p. 5), be to hand.

¶ **BIGARADE.** Boil the shredded rind of a very thinly pared orange for 5 mins. Drain and add to a rich brown sauce made from the duck gravy and a broth of its trimmings. Add the juice of two oranges and one lemon, black pepper, salt and 1 tab. of Marsala.

(For wild duck, teal or game)

¶ **CHATEAUBRIAND.** To $\frac{1}{2}$ a pint of *Espagnole* add 2 ozs. of *maitre d'hotel* butter (p. 43) and 2 tab. of Chablis or Sauterne—or of sherry with 1 t. of lemon juice.

(For beef, fish*or grills)

¶ FINANCIÈRE. Add truffles, mushrooms and sherry.

¶ GRAVY SAUCE. Thicken good gravy (p. 19) with brown *roux* (p. 31).

¶ PÉRIGUEUX. Add truffles and Madeira.

¶ ROBERT. Make the brown *roux* in a pan containing also four minced onions. When the sauce is cooked, season it generously with French mustard or with English mustard mixed with tarragon vinegar. (For veal, pork, goose and certain fish)

MISCELLANEOUS SAUCES

¶ APPLE SAUCE is simply a *purée* (p. 48) of apples stewed with a little butter and water, and sweetened to taste. (For pork, duck and goose)

¶ BÉARNAISE. Boil two chopped shallots in 2 tab. of wine vinegar and 1 t. of tarragon vinegar until the liquid is reduced to 1 des. Strain and cool. Beat in the yolks of two eggs. Now stand the pan in hot water and add, bit by bit, 2 ozs. of butter, beating well all the time and sprinkling a very little cold water in before each piece of butter is added. Continue to beat until the sauce has the consistency of thick cream. It must not be allowed to get hot, or the egg will curdle. Season with salt and pepper. Add 1 t. of chopped tarragon.

(For beef-steaks, or fillets of veal, or *tournedos*)

¶ **BLACK BUTTER (BEURRE NOIRE).** Fry 1 tab. of minced parsley in 2 ozs. of butter until the latter turns brown (not black and burnt) Add the hot juice of one lemon.

(For eggs or fish)

¶ **BREAD SAUCE.** Simmer an onion (cut half through) in $\frac{1}{2}$ a pint of milk containing some peppercorns, salt, and either six cloves (stuck in the onion) or a pinch of grated nutmeg. When the onion is soft, replenish the milk, strain it and bring it to the boil. Add now the breadcrumbs, which should have been dried in the oven and crushed, until the sauce is of the right consistency. A spoonful of cream added just before the sauce is served will be an improvement—in any case TASTE to see that enough salt and pepper are present. This is a poor sauce if insipid.

(For most birds or for devilled drumsticks)

¶ **CARAMEL.** Boil 3 ozs. of lump sugar in 2 tab. of water until a dark brown syrup results. The boiling may be very rapid to begin with, but as the colour appears it should be reduced. Stir thoroughly and remove the pan just before the syrup is as dark as necessary, since the cooking will continue for some few seconds off the fire.

(For Caramel Custard, Pudding or Junket, or as a colouring for Brown Sauce)

¶ **CHOCOLATE SAUCE** is given on p. 150.

¶ **CREAM SAUCE.** Boil $\frac{1}{2}$ a pint of cream rapidly, stirring all the time, until it has thickened con-

siderably. Allow it to cool slightly and add, bit by bit, about 1 oz. of butter, stirring it smoothly. Season as required. For meat, the sauce should be made in the pan in which the meat has been cooked in butter.

(For puddings, vegetables, fish, sweetbreads, or scallops of meat)

¶ CUMBERLAND. Melt 2 tab. of red-currant jelly and add 1 des. of Worcester and 1 t. of Harvey's sauces, a pinch of nutmeg and the juice of one lemon.

(For tongue, hare and almost any hot meat)

¶ CUSTARD SAUCE—see p. 137. (For sweets)

¶ HOLLANDAISE. Beat up the yolks of three eggs with a little salt and minced parsley. Add this gradually, stirring smoothly all the time, to 2 pzs. of butter which has been melted in a double pan. When the sauce has thickened, but before it approaches boiling point (near which it would curdle), add either the juice of one lemon or 2 tab. of wine vinegar which has been reduced to 1 t. by boiling.

(For asparagus, globe artichokes or fish)

¶ COLD HOLLANDAISE. Make a boiled savoury custard (see p. 136) and when it is cold, add the vinegar as above.

¶ HORSERADISH. Scrape or grate a cupful of horseradish root and add 1 tab. of vinegar, a little sugar and salt to taste, and cream to give

it the consistency needed. Instead of cream, milk or stock can be used, in which case the sauce may be thickened by adding the yolk of an egg.

(For roast beef)

¶ **MAITRE D'HOTEL BUTTER.** Cream the butter (p. 18) in a pan, and add lemon juice, salt and pepper, a pinch of nutmeg and a generous amount of chopped green parsley.

(For fish, grills, etc.)

¶ **MAYONNAISE.** Break the yolks of two eggs into a bowl previously washed in warm and then cold water. Mix them thoroughly but smoothly with a wooden spoon. Add a few drops of vinegar or lemon juice. Now commence to drop salad oil into the bowl, drop by drop, stirring slowly and smoothly. It is most important that the oil is added drop by drop and that the stirring is smooth and always in the same direction. When the sauce gets very thick, more vinegar may be added gradually—up to about 1 tab. in all— $\frac{1}{2}$ and then the rest of the oil. About $\frac{1}{2}$ a pint of oil can be added without thinning the sauce unduly. Mayonnaise is tricky stuff to make, and occasionally curdles in the making or refuses to come thick—especially in thundery weather. Start with the ingredients cold, add the oil very gradually at first, until the thickening stage is well advanced, keep the stirring perfectly smooth—and little else can be done to ensure success.

¶ **MINT.** Wash and dry the mint and remove the stalks. Mince it finely and add it to some vinegar in which a little sugar has been dissolved. A little water may be added to reduce the acidity. Make this sauce some hours before it is required.

(For roast lamb)

¶ **MOUSSELINE.** Put into a double saucepan the yolks of two eggs, a little lemon juice, salt and pepper, $\frac{1}{2}$ a t. of cold water and 2 ozs. of butter in small pieces. Stir quickly with a wooden spoon in one direction only until the butter has melted and the sauce is creamy. It must not be allowed to get hot, or the eggs will curdle.

(For cold asparagus or fish)

¶ **TARTARE.** Fry in butter 1 oz. of minced onion, the same of carrot, 1 des. of chopped parsley, the same of cress and a few specks of garlic. When these are golden brown, add a claret-glass each of wine-vinegar and stock or water, 1 t. of salt and 1 t. of sugar. Simmer and strain. Chopped gherkins, capers or mushrooms may be added at the end, and 1 tab. of ketchup or Harvey's sauce.

(For fish, sweetbreads, tongue, etc.)

SOUPS

SOUPS may be divided into three classes: clear (or *consommés*), thick, and purées. The difference between the two last is that whereas a thick soup is made so by the addition of some such *liaison* as flour, arrowroot, eggs or cream, the consistency of a purée is mainly due to the presence of its solid ingredients, mashed to a pulp—though it, too, may contain a *liaison* to prevent it settling and to make it creamy.

All soups should be tasted, and the seasonings rectified just before they are served.

CLEAR SOUPS. The instructions given on p. 27, *et seq.* for the preparation of stock should be followed in the making of any clear soup. Much of the charm of such soups is that they shall be absolutely clear and limpid. This can be achieved only by great care in skimming and by following the instructions in every detail. If, through some error, the soup turns out cloudy, it can be clarified in this way: put into the cool broth some tiny pieces of raw meat, absolutely free from fat, bring it slowly to the boil, let it settle and then strain it carefully.

One further warning should be given. Do not add to a clear soup any cereal or prepared paste, such as pearl barley, rice or vermicelli, without first boiling this in water. As received from the

grocer these preparations are full of dust, which may either be impurities or the rubbings off themselves—but, in either case, the appearance of the soup will be ruined unless they are first cleaned by being dropped into fast-boiling water. Macaroni and its relations should never be washed in cold water.

The best wines for flavouring clear soups are Madeira, Marsala or sherry—fruity rather than dry. One des. should be enough for four people. The best herb for a meat-stock soup is tarragon, fresh or dried; and for a fish soup, basil. One or two drops of Tabasco to each plateful is frequently of service. Grated Parmesan or Gruyère cheese can fittingly be offered with most clear soups.

THICK SOUPS. Prominent in this class are the delicious vegetable soups so common in France, so rare in England. Yet they are easy to make and very economical. The usual procedure is to cut the vegetables into small pieces and toss them for a minute or two in a *sauteuse* or frying-pan with a little butter or bacon fat. Put them next into a stewpan and fill up with boiling water. After bringing them to the boil again, they can be left to simmer for a couple of hours. At the last moment, if the extravagance be deemed worth it (and it usually is), the soup can be enriched with a *liaison* (p. 47) of egg and milk, or of cream. The vegetables may be left as they are, or mashed into the soup, or removed entirely

and the soup enlivened by the addition of a few fragments of some special vegetable, lightly cooked in butter, or minced raw.

Almost any vegetable can be treated, singly or combined, in this way: spinach, leeks, celery, potatoes, watercress, lettuce, onions, sorrel, endive, tomatoes and many others. It is essential that water (soft, for preference) be used for these simple vegetable soups, and not stock—unless, perhaps, it be the water in which vegetables only have been cooked.

LIAISONS. Some care is needed in adding *liaisons* of flour or egg to a soup, if lumps or flakes are to be avoided.

Egg is always added off the fire, immediately before serving, and the soup must on no account be allowed to boil after this. Place the yolk of egg at the bottom of the hot tureen and add the soup, *spoonful by spoonful*, mixing each thoroughly until the egg is completely incorporated. If milk also is to be added, it may be boiled and poured into the soup before this, or it may be mixed with the egg at the same time as the spoonfuls of soup.

Flour is added considerably earlier, so that it may have at least 15 mins. in which to cook. It is first made into *roux* (see p. 31), white or brown according to the colour of the soup, and then added gradually with careful stirring (see p. 31).

Cream, like egg, should always be added off the

fire, just before serving, and on no account be allowed to boil.

Boiled cream must be carefully distinguished from raw cream: it has a totally different taste. It is more generally specified for sauces, but it may be called for in certain soups. It should be allowed to reduce considerably by boiling and can be added without fear of curdling the soup.

PURÉES can be made from most vegetables and from chestnuts, fish, game, meat, kidneys and other things. The cooked pulp is passed through a hair sieve. Meat is most easily brought to a state when this can be done by being minced (all bone, skin and gristle being carefully removed first) and then pounded with a pestle. The deep side of the sieve is inverted over a plate or bowl, and the food worked through from the shallow end—patience, rather than force, being needed. Occasionally, the underside of the meshes should be scraped to quicken the process.

The purée is an excellent way of making very tough meat edible, or of using up fragments of game. Apart from its use as a soup, a purée of vegetables forms an excellent accompaniment to such things as cutlets.

Wines for thick soups and purées may be rather more generous in quantity. Hare, grouse, wild duck and such things call for an accompaniment of Burgundy or port; for the rest, Madeira, Marsala* or sherry will rarely come amiss. Little

more than a tablespoonful should be needed for four people.

GROÛTONS. Many soups, especially thick soups and purées, are accompanied by little cubes of bread, which may either be fried in butter or toasted to a golden brown in the oven.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ **APPLE SOUP.** Boil slices of apple to a pulp (1 lb. to 1 qt.). Thicken with arrowroot or potato flour, and flavour with sugar, lemon juice and grated rind—or with ground ginger.

¶ † **APRICOT SOUP.** Stew 1 lb. of apricots and make into a purée (p. 48). Add equal quantities of claret and water. Thicken with arrowroot, sweeten and flavour with powdered cinnamon. If fresh fruit is added, the stones may be cracked and the kernels pounded and added to the soup.

¶ **ARTICHOKE SOUP**—(i) To a stiff purée (see p. 48) of Jerusalem artichokes work in a *roux* of 1 oz. butter and 1 des. flour. Thin with white stock or milk. Bring to boil, and simmer for 15 mins.

(ii) Include 2 onions and 1 stick of celery in the purée. Thin with 1 part of milk to 3 of water.

(iii) Thin with milk in which onion, peppercorns and parsley have simmered. Add 2 tab. of cream and minced parsley.

¶ † ASPARAGUS CREAM. Make a thin white sauce (p. 32) with *roux* and chicken or veal stock. Simmer for 10 mins. and add $\frac{1}{2}$ a bundle of asparagus, carefully scraped and cut into short pieces. Simmer for 30 mins., strain and bind with yolk of egg and cream (p. 47). Put in a few asparagus tips, cooked separately (p. 103), season and stir in a few bits of butter at the last moment.

¶ BEETROOT SOUP (BORTSCH). To 2 parts of good stock (see p. 26) add 1 part of beetroot juice, made by stewing one or two sliced beets in water for two hours. Add a little butter to the soup, and hand round cream when serving. The proper accompaniments are *Smetana*—made from sour cream and Bulgarian goats' milk culture—and *Perojok*—small boat-shaped pastries filled with a mixture of cooked mince, breadcrumbs, rice and egg. These last can be improvised, but the Bulgarian product is unobtainable here.

¶ CARROT SOUP. Read Carrots for Artichokes above.

¶ CELERY SOUP. Read Celery for Artichokes above or use method given on p. 46.

¶ CHICKEN BROTH. Substitute Chicken (or Hen) for Beef in the recipe for Brown Stock on p. 27.

¶ CHERRY SOUP. Read Cherry for Apple on p. 49. Use arrowroot and 1 tab. of cherry brandy, brandy, kirsch or curaçao. Serve cold.

¶ **CUCUMBER SOUP.** Melt some spinach leaves in butter. Add salted water and put in a cucumber, cut into cubes, and a little chopped chervil. When this is cooked, pass it through a sieve. Season, thicken with cream or egg, and serve.

¶ **ENDIVE SOUP.** Use method given on p. 46.

¶ **FISH SOUPS.** Melt an onion in butter. Add fragments of raw fish and sauté for a few moments. Fill up with hot water—one-sixth of which is all the better for being white wine—a chopped leek or carrot and a bouquet (p. 17). Simmer for 1½ to 2 hours. Strain and thicken with cream and/or yolk of egg.

¶ ***GAME PURÉE.** Simmer the remains and trimmings of the game in stock (or in water with vegetables, thyme and marjoram) for an hour. Then pick off every available scrap of meat and make it into a purée (see p. 48) with the stock. Add 1 tab. of red-currant jelly, wine and seasoning, as indicated on p. 48.

¶ **GREEN PEA PURÉE.** Make the peas, or young pods, into a purée (p. 48) with a sprig of mint or a heart of lettuce. Season with salt, pepper and a little sugar. Add a pat of butter and some cream.

¶ **LEEK SOUP.** Use method given on p. 46.

¶ **LEEK AND POTATO SOUP.** Keep one or two potatoes in the pan, and bring the water in

which they have cooked back to the boil. As it boils, put in 2 or 3 leeks cut into small pieces. When they are cooked, pour in 1 pt. of milk. Heat, but do not boil. Just before serving, stir in 1 oz. of butter.

¶ **LETTUCE SOUP.** Use method given on p. 46.

¶ † **LOBSTER PURÉE.** Make a purée (p. 48) of lobster with butter, 1 tab. of flour, and stock. Mix in about the same volume of breadcrumbs as there was of lobster, and thin as required with more stock. Bring to the boil, stirring well, and simmer for 15 mins. or more.

¶ **MINNESTRONE.** Dice (p. 19) 3 carrots, 2 leeks, 1 turnip and 1 onion. Dry them in a cloth and fry them, with a bouquet (p. 17), in a very little boiling olive oil at the bottom of a stewpan. When they are golden brown, add 2 pints of boiling water, 1 large potato diced, and 4 tab. of vermicelli. Simmer for 20 mins. Add cream before serving.

¶ **ONION SOUPS**—(i) Melt 2 or 3 sliced onions in butter. When they are cooked but not coloured, add 1 qt. of boiling milk. Simmer for a few minutes and serve with slices of very thin toast afloat.

(ii) Fry in butter, until golden, 2 or 3 sliced onions. Add boiling water or stock and bring to the boil again. Pour into bowls (one for each person). In each bowl float a slice of thin bread, dried in the oven, and sprinkle this with grated

cheese (Gruyère or Parmesan for choice). Place in the oven or under a grill until the cheese is lightly browned.

¶ **ORANGE SOUP.** Thicken with arrowroot a sufficient quantity of orange juice, and allow it to simmer until it clears. Add a little sugar and 1 tab. of sherry. Ice before serving.

¶ **POT AU FEU.** See recipe for Brown Stock on p. 27.

¶ **POTATO SOUP.** Use recipe for Leek and Potato Soup (p. 51), substituting 2 tab. of vermicelli for the leeks.

¶ **POTATO CREAM.** Make a purée of $\frac{1}{2}$ lb. of floury potatoes, thinning it with a quart of milk in which an onion has been boiled. Thicken with a *roux* of flour and butter. Add a little chopped parsley and, just before serving, a pat of butter.

¶ † **PRAWN PURÉE.** Substitute about $\frac{1}{2}$ a pint of picked prawns (p. 121) for lobster in the recipe for Lobster Purée on p. 52.

¶ **QUICKLY-MADE VEGETABLE SOUP.** Dice (p. 19) some vegetables, such as 2 or 3 each of potatoes, leeks, carrots, 1 onion and 1 small turnip, and drop them into boiling water. Simmer for 20 mins. Mash them with a fork or rub them through a colander, and add 1 pint or so of boiling milk, a little chopped parsley and, just before serving, 1 oz. of butter.

¶ **SORREL SOUP.** Use method given on p. 46. Thicken with yolk of egg mixed with a little milk and a soupçon of wine-vinegar.

¶ **SPINACH SOUP.** Use method given on p. 46.

¶ **SPINACH AND POTATO SOUP.** Use method given on p. 46.

¶ **TOMATO SOUP.** Stew 1 lb. of tomatoes in their own juice and pass through a sieve. Add 2 pints of water. Boil and thicken with 2 tab. of fine tapioca. Thin to the desired consistency by gradually stirring in hot boiled milk.

¶ **WATERCRESS SOUP.** Make a purée of 1 lb. of potatoes and a bundle of watercress. Thin slightly with the water in which they have cooked. Simmer for a few minutes, add milk and a pat of butter. Or, add rather more water, then a little cream and, finally, thicken with yolk of egg mixed with 1 t. of lemon juice.

TINNED SOUPS

Many excellent soups are now put up in tins. As a rule, an equal volume of water, milk or suitable stock should be added before serving. The best make is Campbell's—their Vegetable Soup is particularly good.

FISH

FRESH fish should feel firm to the touch, and if poked with a finger should retain no impression. The gills should be pink and watery; the eyes bright and bulging. If placed in fresh water it should sink, whereas stale fish floats.

It is essential that all fish be cooked for exactly the right length of time: overcooked it is an abomination; underdone it is uneatable. No exact times for cooking can be given, as they vary according to the thickness and type of fish. The flesh should have lost every trace of transparency and should leave the bone easily if tested with a fork at the thickest part.

TO SKIN. The black skin of flat-fish is generally removed before cooking. Work from tail to head and, when skinning fillets, lay them with the skin downwards and use a slightly blunt knife. Salt the fingers in order to grip the skin firmly. If the fish is first put into boiling water for $\frac{1}{2}$ a minute, the toughest skin will come off easily.

STEAMING (p. 8) is a better way of cooking fish than boiling, except in the case of salmon, which should be boiled in order to keep its colour. If a steamer with a perforated bottom is used, the fish should rest on a plate, so that the juices which exude during cooking can be caught and used in the sauce. Fillets or small fish can be

cooked between two greased plates set over a pan of boiling water. Always season fish before steaming it.

Time of Cooking: From 10 to 45 mins.

BOILING—or, more properly, stewing or poaching, since no fish is boiled rapidly—is described on p. 7, and a recipe for *Court Bouillon*, in which this may be done on special occasions, is given on p. 28. Salmon must always be put into boiling water.

Time of Cooking: From 6 to 10 mins. per lb.

GRILLING is an excellent way of cooking such fish as salmon or cod (in steaks), mackerel or herrings (split), sole, lobster or crab. Instructions are given on p. 9. The flavour is generally improved if the fish is placed *en marinade* for an hour or two before grilling. A recipe for *marinade* is given on p. 20. A good sharp sauce is a suitable accompaniment.

BAKING is a good way of cooking such fish as fresh haddocks, mullet, large whiting and freshwater fish in general. They may be stuffed with Veal Stuffing (p. 21) and baked whole in a greased tin. An occasional basting with butter is well worth while. Notes on baking are on p. 9.

Time of Cooking: From 10 to 30 mins.

The oven, too, plays a part in the preparation of those delectable (but not difficult) dishes generically named *au gratin*. In these the fish, whole, sliced or in fillets, is placed in a greased pie-dish with various savoury accompaniments

—mushrooms, tomatoes, eggs, cheese, truffles, shrimps, mussels, lobster, prawns, anchovies, shallots, macaroni, lemon juice or whatever may be to hand—moistened with a broth made from its trimmings (and perhaps a little white wine) or with a suitable sauce, sprinkled with bread-crumbs or grated cheese and baked in a moderate oven for anything from 10 to 30 mins.

FRYING in shallow fat should be reserved exclusively for those dishes in which the presence of the frying medium—always butter—is meant to be obvious. *Sole meunière* is a typical example. The butter is put into a hot pan and, as soon as it foams, the fillets of fish, carefully dried and rubbed with salted flour, are slipped in and allowed to cook on each side. To serve: melt a little more butter and, when it foams, add chopped parsley and a little lemon juice or vinegar and pour it over the fillets.

Mackerel, whiting, herrings and other similar fish can be cooked in the same way, but, as a rule,

DEEP FRYING should take the place of shallow frying for fish. Instructions are given on p. 10. The fish (whole or in fillets) should be washed and most carefully dried in a cloth before being coated with beaten egg-and-breadcrumbs or milk and salted flour (p. 18).

Milk and salted flour can be substituted for egg-and-breadcrumbs, and are applied in the same way. 'Wyvern' recommends that fish be dipped

in batter for frying—to my mind a loathsome method of preparation. The reader who agrees with him will find a recipe for a suitable batter on p. 133.

PAPER BAG COOKERY for fish has been recommended and described on p. 15. A thinly sliced carrot and onion, partly cooked, as well as herbs and seasoning in judicious quantities, may be wrapped up with the fish. Any juice in the paper should be carefully saved and used in the sauce.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

Although, for the sake of brevity, most of the following recipes are given as applied to one kind of fish, they can usually be employed satisfactorily with several others of a similar nature. For this reason the alphabetical order adopted applies, not to the fish (except shellfish), but to the descriptive prefix or suffix. A glance through the sauces (pp. 35 to 44) will suggest many other ways in which various fishes may be served. A broth made from the bones, and trimmings should generally be used in making sauces to accompany fish.

¶ *FISH IN ASPIC. Cook the fish in a good *Court Bouillon* (p. 28), divide into suitable portions (without bones) and arrange in a dish. Decorate with green peas, slices of gherkin, pimento or

truffles—or any prettily coloured and savoury fragments. Reduce the broth by boiling with 2 or 3 leaves of tarragon and add enough gelatine to set it when cold—about 1 oz. to each pint. Cool slightly and pour over the fish and decorations.

(For firm-fleshed fish such as sole, turbot, etc.)

¶ ***BAKED FISH.** Suitable and simple accompaniments for fish baked as described on p. 56 are Cheese Sauce or Onion and Cheese Sauce (the onion to be melted in butter before being added), tomatoes, shrimps or mushrooms. Other suggestions are given on p. 57. When fillets are being used, they may be rolled round a savoury stuffing and then moistened with a suitable sauce before being baked.

¶ **BLOATERS** should be grilled (either split or whole) after having been rubbed with fat.

¶ ***FISH CAKES** should always be fried in deep fat (p. 10). Break the fish into flakes (or into finer shreds) and mix it into a thick white sauce (p. 32). Add chopped parsley and lemon juice, essence of anchovies or any suitable flavouring. Season and form into cakes—working on a crumbed surface to avoid sticking. Allow these to cool and set firm before proceeding to coat them with egg-and-breadcrumb (p. 18).

An alternative mixture is equal parts of fish and mashed potatoes—which may or may not be bound with sauce. In the latter case a moistening

with milk may be needed to make the mixture cohere.

¶ *CANAPÉS are a useful and decorative method of using up small quantities of lobster, crab or prawns. Cut a number of rounds of bread, a $\frac{1}{4}$ inch thick and 2 inches in diameter. Fry them golden brown in butter and arrange them on a dish to get cold. Make a little Green Butter by mixing together finely minced parsley, a pounded anchovy, four minced capers, and forming a paste of them with butter (which may be still further coloured with a little spinach water). Spread each *canapé* with a layer of the butter, then with a layer of the pounded fish, well seasoned with black pepper and a touch of tarragon vinegar. On top of this put a selected bit of heart of lettuce and tiny pieces of beetroot. Over all pour a little mayonnaise sauce and sprinkle with chopped olive.

Obviously these ingredients are capable of wide variation. Since this is a 'company dish', as much attention should be paid to the contrasting colours as to the piquancy of the flavours.

¶ SOLE COLBERT. Slip the flesh over the backbone along the upper side of the fish to within an inch of the head and tail, and work the blade of the knife outwards between the bones and the flesh in the direction of the fins. Coat with egg-and-breadcrumbs (p. 18) and fry in deep fat (p. 10) with the incision uppermost. Drain care-

fully, sprinkle with salt and, at the moment of serving, fill the incision (which will have gaped wide open in the frying) with *maitre d'hotel* butter (p. 43).

¶ †CRAB, cold, needs no other accompaniment than a few drops of tarragon vinegar and some black pepper. It is infernal stuff to pick, (unlike lobster): one should get the shop or fisherman to dress it whenever possible. To serve it hot, mix with the shredded meat a little butter, some brown breadcrumbs, 1 or 2 tab. of tarragon vinegar, a little nutmeg, pepper and salt, put it back in its shell and brown in the oven or under the grill. Or mix it with a cheese sauce, again nutmeg and vinegar, and bake in a pie-dish or in scallop-shells.

All shellfish should be eaten with brown bread and butter.

¶ *†CURRIED FISH. A special section on curries will be found between pp. 119 and 123.

¶ *FISH CUSTARD. Fish is excellent when cooked (divided into flakes or portions) in a savoury custard (see p. 137). This may be either baked or, preferably, steamed. Even tinned salmon can be made appetising in this way, if all liquor from the tin is poured away and the fish carefully washed in cold water.

¶ FINNAN HADDOCK may be melted in butter (p. 12) (and well basted) or poached in a little milk;

but it is best cut into portions and simmered in a white sauce flavoured with lemon-juice, salt and plenty of pepper. Eat with buttered toast.

¶ *FRICASSÉE OF FISH is made by simmering (if raw) or warming (if previously cooked) the flaked fish in a suitably flavoured white sauce. Garnish the dish with parsley and sprinkle with chopped hard-boiled yolk of egg.

¶ *FISH FRITTERS are made by pounding the fish into a paste, mixing it with some batter (p. 133), and dropping it, a tablespoonful at a time, into deep boiling fat. They should be highly seasoned.

¶ *†GALANTINE OF SALMON. If tinned salmon is to be used, pour away the liquor from the tin, remove any bones and skin carefully, wash the pieces of fish in cold water and let them rest for an hour or two in a dish containing a little sherry, pepper and salt. Turn them from time to time, so that the sherry reaches every part.

In the meantime make a stuffing by mincing together about one-half the weight of the salmon in cooked white fish, a teacupful of stale bread-crumbs soaked in milk, 1 oz. of butter, the yolk of an egg or two, and either chopped parsley or truffles, with 2 tab. of sherry. Fill a fireproof mould with alternate layers of the salmon and the stuffing, disposing here and there slices of hard-boiled egg and truffle (if possible), cover

with a lid and bake slowly for an hour or so. Turn out to serve.

¶ *KEDGEREE is a mixture of boiled Patna-rice (p. 114), minced fish, chopped hard-boiled egg and plenty of butter, well seasoned with salt and pepper. Save some of the hard-boiled eggs' yolks to sprinkle over the top, and serve really hot—but not dried up.

¶ KIPPERS are incomparably better deep-fried (p. 10) than cooked in any other way. If these fish were as expensive, they would be esteemed as highly as caviar.

¶ †KROMESKIS are superlative little fritters which can be made of minced fish or shellfish of any kind. Cut slices of fat bacon into pieces $2\frac{1}{2}$ inches long by $1\frac{1}{2}$ inches wide, and fry them until they are partly cooked but not crispy. In the centre of each place a heaped t. of the fish or shellfish, minced, highly seasoned and bound with yolk of egg or with white sauce, and fold the bacon carefully over it. When the morsels are cold and easy to handle, dip them into batter (p. 133), lay them cautiously in the frying basket and, the fat being at the right temperature (p. 10), cook them to a golden brown, drain, salt, and serve very hot.

¶ †LOBSTER can be cooked by being dropped into boiling salted water for 20 to 40 mins. and eaten cold, or by either of the two methods

given for crab (p. 61); it is also excellent cut into dice and baked in the following sauce: melt an onion in butter (p. 12), add a wine-glassful of white wine, a breakfast-cupful of good brown sauce and the same of tomato purée (or ketchup). Pepper well and reduce by boiling for 5 mins. before pouring over the lobster—which can very properly be replaced in the two halves of its shell for cooking—and bake till very hot.

¶ †DEVILLED LOBSTER. Mix in a saucepan 1 oz. of butter, $\frac{1}{4}$ t. each of mustard and curry powder, salt and cayenne or Tabasco. Cut the lobster meat into small pieces and tumble them about in the pan for a few minutes. Add a gill of milk and allow it all to simmer while several rounds of hot buttered toast are being prepared—on which the lobster is to be served.

¶ †LOBSTER MOULD. Proceed as for Rabbit Mould (p. 85), substituting lobster for rabbit, and boiling it instead of cooking it in butter. If the shell is available, pound it up and simmer it in a little milk for 30 mins., straining the resultant liquor into the mixture at the same time as the cream. Serve cold with mayonnaise (p. 43).

¶ †LOBSTER PILAFF is given on p. 116.

¶ MAYONNAISE (p. 43) is a suitable accompaniment for most fish that is to be eaten cold.

¶ *PANGAKES OF FISH are an attractive variant of the Kromeski (p. 63). In these, the batter is made into a thin pancake (p. 134), which is then cut into pieces measuring 2 inches by 3 inches. The bits of bacon, slightly smaller than the pancakes, are placed one on each, and the whole rolled round the spoonfuls of mince. The little rolls are then brushed over with egg, sprinkled with breadcrumbs, and baked brown on a greased tin in a moderate oven.

¶ *FISH PIE need by no means be the rather dull concoction of tasteless fish in white sauce beneath a crust of mashed potato. To begin with—the latter should be a potato purée into which an egg has been whisked. The filling, too, with its sauce may be as rich and varied as any of the *au gratin* dishes described on p. 106.

¶ †PRAWNS. Instructions for boiling and cleaning will be found on p. 121 under Ceylon Curry. Prawns pounded to a paste with a little butter, seasoned, and mixed in with a savoury batter (p. 133) make excellent fritters.

¶ *FISH PUDDING, too, has possibilities. The fish is flaked into a relatively small quantity of well-flavoured sauce (say 8 ozs. to 4 tab.) and steamed or baked in a buttered mould. More of the sauce may be served with or poured over the pudding when this has been turned out. Fish pudding may also be eaten cold with a good salad.

¶ **PICKLED HERRINGS OR MACKEREL.** Be-head, split and bone the fish. Lay them flat, skin downwards, and cover with a mixture of chopped onions, cloves, mustard and coarsely ground black pepper. Roll them up carefully, tail to the outside, and tie them up. Simmer for 10 mins. in one part of water to three of wine-vinegar with a bouquet (p. 17), a sliced onion and carrot. Leave in the stock for at least 24 hours. The fish will keep for 10 days or so.

¶ ***QUENELLES OF FISH** are made from the same mixture as Fish Cakes (p. 59) formed into short rolls or cylinders and poached in simmering water for 5 mins. They are then arranged in a dish, a small quantity of good sauce is poured over and round them, and the whole baked lightly in the oven. Here again, as with so many *réchauffés*, the whole success of the dish rests with the sauce. A plain white sauce is not interesting enough; something really good is needed.

¶ **SCALLOPS** are delicious shellfish and remarkably cheap. They should be well washed, and boiled in salted water for 50 to 60 mins. Chop up the meat with a tomato, a small onion, parsley and season with salt and pepper. Cook this slowly for a few minutes with a little butter, bind with white sauce, put back into the shells, sprinkle with brown breadcrumbs, and brown in a hot oven.

¶ *SCRAMBLED EGGS (p. 162) are a suitable vehicle in which to use up the remains of cold fish, broken into fragments. Tomato may be added as a further variation.

¶ SMELTS (OR SPARLING) are excellent little fish. They may be painted with egg-and-bread-crumbs (p. 18) and deep-fried (p. 10), with slices of lemon to accompany them. Or they may be baked in a fireproof dish containing a glass of white wine, the juice of half a lemon and a few drops of anchovy essence. Sprinkle them with breadcrumbs and add a few small pieces of butter to prevent them drying up in the oven.

¶ *FISH SOUFFLÉS are dealt with in the section on Soufflés (pp. 124 to 128).

¶ STUFFED FILLETS consist of fillets of any firm-fleshed fish, such as soles, rolled round an interesting filling—shrimps, olives, mushrooms, skinned grapes and so on—and poached in a good sauce. The thread with which each must be tied for cooking should be removed before serving.

¶ VENETIAN FILLETS make an extremely decorative 'company dish'. The fillets—sole, turbot, brill or some similar fish—are baked slowly with a little butter in a covered dish, a slice of tomato and a little finely chopped parsley and shallot on each. When they are done, pour round them a Tartare Sauce (p. 44) containing chopped gherkins and coloured bright green with liquid obtained by cooking some spinach in a very little water.

MEAT

THE principal ways in which meat may be cooked are described on pp. 6 to 15. If frozen meat must be used, it should be allowed to thaw for several hours in a warm kitchen and then put into a moderate oven for 30 mins. After this it may be roasted in the usual way.

All meat loses about one-quarter of its weight when roasting, and allowance should be made for this. From 5 to 6 ozs. per head is a suitable ration of lean meat. This should be increased according to the amount of bone, fat and gristle included—so that with such cuts as scrag or middle neck of mutton, it will be as high as 8 to 9 ozs. It is often better to buy the cheaper cuts of fresh meat (especially if they are not for roasting) rather than prime joints of chilled or frozen. Never wash meat: clean it by wiping it carefully with a clean damp cloth.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ BACON—boiled, is excellent with Broad Beans and Parsley Sauce, or eaten cold as a cheap substitute for ham.

Soak in cold water for several hours, according to its saltness. Put into a pan of cold water with

a bouquet (p. 17) and bring slowly to the boil. Skim, and simmer for $\frac{1}{2}$ an hour for each pound of its weight and $\frac{1}{2}$ an hour over. Peel off the skin and cover with toasted breadcrumbs.

The stock makes an excellent soup if such vegetables as a few carrots and onions, a turnip and a head of celery are added, with a chopped white cabbage or two, about 2 hours before the cooking is completed—in any case, these will improve the flavour of the bacon.

Breakfast Bacon is usually Smoked or Mild Cured. 'Green' or Country bacon seems to be unobtainable in London nowadays, but can still be found in country towns. Those who are fond of experiment should try its subtle flavour. Since it is almost all fat, it must be cooked until it is quite crisp.

Grilling or toasting in the old-fashioned Dutch oven is the best way of cooking breakfast bacon. It is not properly cooked until the fat has entirely lost its transparency—though this returns when it is taken out of the pan. The rind is most easily removed with a pair of scissors; but even this trouble can be avoided by laying the rashers so that they overlap like slates on a roof, with all the rinds exposed to the flame (above—for a gas or electric grill; underneath—in a frying-pan). In this way the rinds can be made crisp and edible, like the crackling on pork, while the leaner edges are shielded from the flame by the rashers next to them. In any case, this is the best way to

arrange bacon, since it allows the lean to be kept soft and well-basted while the fat is cooked thoroughly.

¶ **BEEF** should be firm to the touch and a deep red (not bluish), streaked, perhaps, with fat—which should be creamy-white and not oily-looking.

TO ROAST: Put into a very hot oven—500° F.—and reduce, after 5 mins., to 360°. Allow 15 to 20 mins. per lb. (according to the thickness of the joint) and 15 mins. over. Baste (p. 17) occasionally. If the oven temperature is right, the fat exuded into the baking tin will be spluttering very slightly. Beef should be rather underdone inside. For gravy, see p. 19. The proper accompaniments to roast beef are Yorkshire Pudding (p. 134) and Horseradish Sauce (p. 42).

TO GRILL: The best cut for grilling is the fillet or tournedos, and next, the rump-steak. They should be well hung—i.e. not freshly killed meat. Both are improved by marinading (p. 20) for a few hours. The steak should be well beaten with a wooden mallet previously, to break up the fibres. Instructions for grilling are given on p. 9. The tournedos, if cooked well—slightly charred outside and slightly red within—is worthy to rank as a 'company dish'. Set each on a *crouton* of fried bread and top it with a mushroom or half a tomato, grilled, or a pat of *maitre d'hotel* butter' (p. 43)—if the former, a good brown

gravy-sauce may be served with it. Grilled steak (never fried unless it is to be treated as below) is never better than when eaten with mushrooms, similarly treated. Onions, fried in dripping until they are dark brown and beginning to crisp, are a more homely but excellent alternative.

The class of dish exemplified by Bordeaux Steak shows another pleasant way of dealing with these cuts—especially if the meat is likely to be at all tough. The steak (or tournedos) is fried in butter until it is brown on both sides but still reasonably red in the middle. Half a pint of boiling water is now poured in, with some finely chopped shallots and parsley, and a little vinegar—and the cooking is completed with the lid on. Mushrooms or any other suitable accompaniment can be used in addition. Thicken the gravy if need be, and season it carefully.

**Hamburg Steak.* Mince the lean remains of a beefsteak (or buy raw minced steak) and mix with it a minced onion melted in butter (p. 12), spiced pepper (p. 21), salt, and enough cream and/or stock to bind it. Form it into flat rounds, rather larger than fish-cakes, and fry a deep brown. Serve on rounds of fried bread with a piece of *maitre d'hotel* butter (p. 43) on top of all.

TO BOIL: The instructions given on pp. 6 and 7 apply to the boiling of either fresh or salted beef.

Allow 20 mins. for each pound and 20 mins. over. Brisket, aitchbone or rump is usually bought for boiling fresh; silverside, when salted. Such vegetables as carrots, turnips, onions and celery may be cooked with a bouquet (p. 17) in the same pan (during the latter part only—to avoid overcooking) and served with the beef. Boiled dumplings—made in the same way as the paste described on p. 75—should be similarly cooked and served with the silverside.

TO STEW: A stew should be made into something very different from the dull dish we are accustomed to receive from the hands of the 'good, plain cook'. The following two recipes—one for the classic *Boeuf à la mode*, the other for a typical *ragout* (or stew of sliced meat)—will serve as examples of the methods to be followed. The ingredients can be varied within wide limits—but notice the preliminary sealing in butter, described on pp. 8 and 12, which is essential to full success.

Boeuf à la mode. Take about 4 lbs. of lean beef (which will be all the better for having been larded—p. 20) and soak it for 2 or 3 hours in a pint or less of claret or white wine, turning it over from time to time. Sprinkle it with salt and pepper, and fry it in butter until every side of it is well 'sealed' (p. 12). Put it, tied up with string if necessary, into a stewpan with the wine, 2 tab^l of brandy, a pint of stock and the same

of water, a calf's foot (or two pig's feet) blanched (p. 17) and cut up into small pieces, some bacon rind, a little salt and sugar, and a bouquet (p. 17), with a clove in it. Bring it to the boil and skim. Now add 1 lb. of carrots, two or three onions or a dozen button onions, and perhaps a stick of celery and a leek or two. Simmer very slowly for 7 to 8 hours. Remove the string, the bacon rind and the bouquet. Skim off all fat with care and arrange the beef on a dish with the vegetables and the calf's foot round it. Strain the gravy over the vegetables—after tasting it to check the seasoning.

Ragout de Boeuf. Cut two or three rashers of bacon into cubes and fry them lightly in butter with a few button onions. Add the beef, cut up into pieces the size of three small lumps of sugar in a row, and 'seal' them on all sides in the hot butter (p. 12). Add a sprinkling of flour, salt and pepper, a bouquet (p. 17), and a clove of garlic, and pour in equal parts of red wine and stock to cover the meat. Bring just to the boil and simmer for 2 hours.

Any amount of ingenuity can be used in varying the ingredients: olives, raisins, chestnuts, mushrooms, oysters—it is largely a question of what is to hand. *Boeuf à la mode* need not be abandoned just because calves' or sheep's feet are unobtainable: flour or cornflour will serve as a thickening agent. The result will not be exactly

Boeuf à la mode, but it may be an excellent dish, none the less.

**Hash* is much the same as the *ragout* just given; but the meat used is generally from the remains of a previous meal and should not, therefore, be allowed to approach the boil. This does not mean that less trouble should be taken with it: on the contrary, a little extra ingenuity spent on its vegetable accompaniment will be well rewarded. Even so simple a hash as this is good:

Fry a chopped onion in butter with 1 des. of mixed herbs until it is brown. Add 1 t. of flour and work into a paste. Season with cayenne, nutmeg and salt. Work into it a pint of gravy and simmer for 12 mins. Warm the slices of beef in this, after straining it and adding 3 tab. of mushroom ketchup.

A glance through the Sauces (pp. 35 to 44) will give many useful ideas.

**Mince* is another *réchauffé* which repays trouble. It should not be sent to the table reeking with half-cooked onion. The secret of producing an appetizing mince is to incorporate with the meat—after it has been passed *twice* through the mincing machine and every speck of gristle removed—a generous quantity of really good sauce, or some such unexpected ingredient as minced olives, raisins or chestnuts. Sippets of toast or fried bread, little rolls of crisp bacon, and slices of lemon are all proper garnishes. A poached egg, too, sits well on a dish of mince.

**Cottage* or *Shepherds' Pie* is simply a good mince put into a greased pie-dish, covered with a layer of mashed potatoes, and baked brown. The potatoes should be thoroughly mashed, made creamy with butter and milk, and carefully seasoned. Celery salt is useful in this dish.

**Rissoles* are balls or cakes of mince made with a rather stiff sauce, covered with egg-and-bread-crumbs (p. 18) and fried in deep fat (p. 10).

**Kromeskis*, *Quenelles*, *Pancakes* and *Ravioli* are excellent ways of serving up small quantities of really well-flavoured mince—which can as well be of meat as of fish. They are described on pp. 63, 65, 66, and 135 respectively.

**Fricassées* are another type of réchauffé. In these, the meat, cut into small cubes, is warmed up in a generous amount of good sauce. Here, too, toast, bacon, or lemon, will grace the dish suitably.

Beefsteak and Kidney (or Oyster or Mushroom), Pudding. Line a greased $1\frac{1}{2}$ -pint pudding-basin with suet paste made by mixing 6 ozs. of flour, 3 ozs. of beef dripping, and $\frac{1}{2}$ a t. each of salt and baking powder thoroughly in a bowl, adding enough cold water (about $\frac{1}{2}$ a gill) to make it into a smooth, stiff paste, and rolling it out $\frac{3}{8}$ inch thick. Cut 1 lb. of lean beef into thin, narrow strips, suitable for rolling up, and dust them with flour, salt and pepper. Skin two sheep's kidneys, remove all gristle

(p. 77), and cut them into pieces. (Ox kidney can be used; but it is not so good.) Roll up the collops of beef with a piece of kidney in each, and heap them up in the lined basin until they overtop the edge. Now fill up with stock made from the trimmings of the beef, with perhaps 1 tab. of ketchup. Cover the top with a round of the paste and seal the edges together by wetting and pressing them thoroughly all round. Tie the basin up in a pudding-cloth and plunge it into a pan of fast-boiling water—which must not be allowed to come off the boil for 3 hours. Remove the cloth, wipe the basin and serve it wrapped in a clean napkin. A little stock should be reserved for pouring in under the paste at the last moment if necessary.

Mushrooms or oysters may take the place of the kidney, or, failing these, small squares of bacon dusted with pepper and a suspicion of mixed herbs and rolled up in the beef, make a dish that is by no means to be despised.

**Beef Olives* are made by rolling thin slices of beef, about 6 inches long by 2 inches broad, round a filling of sausage meat or any savoury stuffing, such as Veal Stuffing (p. 21) or minced raisins, and chestnuts, tying them with string and warming them up in a suitable brown gravy-sauce. If fresh meat is used, the rolls should be cooked slowly in a little butter before being put into the sauce.

¶ **HAM**, if bought uncooked, should be soaked for 24 hours in cold water and then boiled in the same way as described for Bacon on p. 68. The addition of a bottle of Madeira or Marsala is a fitting complement to a really fine ham. Do not omit the vegetables—and let the ham remain in the water in which it has boiled until it is almost cold, before proceeding to skin it.

The remains of a ham are a useful addition to—one might say—almost any dish. Grated ham on toast makes a good savoury, or it may be embodied in an omelette. Slices of ham can be warmed up in a brown Madeira sauce and served with vegetables. Grated cheese, too, blends well with ham. A ham bone adds distinction to any stock in which it is set to simmer.

¶ **KIDNEYS** are, to my mind, one of the few things of the kind better fried than grilled—I am referring to sheep's and not to the tougher ox kidney, which should always be stewed. There is some art in preparing them for the pan. They should be bought, when possible, in their fat, and this be wrenched apart like a walnut, revealing the kidney within. Cut away the fat, and skin the kidney, retaining, however, the fibrous band running to its centre as a handle during the next operation. With a sharp knife slit and push the kidney down and away from the fibres which will be found to open out into two little fan-shaped rows of tentacles. If these

are not cut out, the kidney will shrink inordinately during cooking and be tough.

Now place the kidneys in a small pan containing a little warm butter or bacon fat and cook them very slowly indeed with the lid on. If they are being fried for breakfast, slip them into the frying-pan when the bacon is done and the fat has cooled down a little—and cover them with a plate so as to retain as much of their own liquor as possible. The secret with kidneys is to cook them as slowly as possible—and the result, a revelation to those who have not tried them so treated.

Kidney Broché is a superlatively good grill. Skin and halve the kidneys, removing all the fibres. Impale them on a skewer alternately with small squares of fat bacon and, if possible, mushrooms—with a piece of bacon at each end of the line. Grill them slowly, turning the skewer from time to time, so that all sides cook evenly.

Kidney in Onion. Take several large onions and boil them (p. 110) till three parts done. Slice off the top of each and scoop out the inside. Fill them with pieces of sheep's kidney, skinned and cut into 8 pieces, mixed with a few fragments of anchovy, part of the onion which has been taken out, butter, pepper (spiced, perhaps, see p. 21) and an occasional drop of lemon juice. Put the top of each onion on as a cap and bake them

slowly in a buttered dish for $\frac{1}{2}$ an hour. Pour a brown sauce (p. 39) over them and serve.

Kidneys are an excellent accompaniment to a host of different dishes. If they are to be stewed (p. 7), they are better for being first melted in butter as described above. They may also be grilled and served on toast with Tartare Sauce.

¶ **LIVER**—stewed: Cut the calves' liver into slices $\frac{3}{8}$ inch thick, removing all veins and sinews. Fry lightly some bacon cut into strips and some sliced onions. When these are partly cooked, add *roux* (p. 31) and stir water in to make a sauce. Bring this to the boil and stew (p. 7) the slices of liver in it for an hour.

Fried Liver and Bacon. Prepare the liver as above and place in a colander for an hour to drain the blood away. Sprinkle each slice thoroughly with salt, pepper and flour, and fry them in the fat in which a sufficient quantity of bacon has been fried. When the liver is cooked—in about 25 mins.—take it out and thicken the juice in the pan with flour and water. Bring to the boil and add chopped parsley and seasoning. Simmer for 10 mins., and pour round the liver and bacon.

Or Braise (p. 8) with bacon, chopped shallot and parsley.

Imitation Pâté de Foie Gras. Cut the liver into dice and cook it very slowly in a little bacon fat with some minced shallots—in a pan that has

been rubbed with garlic. Mince and pound it up with three-quarters of its weight of cooked veal, and pass it all through a sieve. Press the mixture into pots, adding a few bits of truffle here and there if possible, and cover with melted butter. This preparation is quite a good substitute for real *pâté* in all cooked dishes.

Galantine of Liver. Chop, mince and sieve 1 lb. of liver and mix it with $\frac{1}{4}$ lb. of bacon fat. Season with salt, black pepper and nutmeg. Line a deep, fireproof dish with slices of streaky bacon, press in the minced liver, cover with greased paper and bake in a moderate oven for an hour or so. Press it under a weight while it is cooling and serve cold.

¶ **MUTTON AND LAMB** should be firm to the touch and red in colour (though not quite so red as beef), the fat white and hard, and the bones small. It should be cooked thoroughly and not left slightly underdone in the middle. Cold cooked mutton can be given the flavour of venison by being placed for several hours in a *marinade* made of one wine-glassful each of vinegar, port and mushroom ketchup, 1 tab. of red-currant jelly, $\frac{1}{2}$ a chopped onion, 1 des. of mixed thyme and marjoram, salt, pepper and a saltspoon of mixed herbs. The mutton should be sliced into collops before going into this and can later be made into a most excellent hash, or *ragout*.

TO ROAST: Follow the instructions given on p. 70 for roasting beef, but keep the oven temperature from 10° to 20° lower. A clove of garlic may be stuck into any joint of mutton before roasting, with advantage. Roast lamb should be accompanied by mint sauce (p. 43); roast mutton by onion sauce (p. 37) and/or by red-currant jelly. A leg or shoulder of either can be most successfully warmed up for a second meal if the gap left by the slices taken is filled up with mashed potatoes—which should be allowed to brown in the oven. Extra fat should be put into the baking tin for basting purposes.

Mutton is excellent if boned and stuffed with either Veal Stuffing (p. 21) or Pork Stuffing containing apple as well as sage and onions.

TO GRILL: Chops of mutton or lamb can be grilled according to the instructions given on p. 9. The meat is much improved by being allowed to marinade for a few hours.

TO BOIL: Boil according to the instructions given on pp. 6 and 7, allowing 20 mins. to the pound, and 20 mins. over. A typical recipe for boiled mutton is:

Leg of Mutton à l'Anglaise. Rub the meat with salt, pepper and grated nutmeg, and roll it up in a clean cloth with two or three bayleaves and a little thyme. Put it into a saucepan of rapidly boiling salted water containing also an onion or two with a clove stuck in, a few carrots and

peppercorns. After the first two mins. allow the water to simmer only. Drain, when cooked, and serve with a suitable sauce, such as Soubise (p. 37) or Caper (p. 35), or a macédoine of vegetables (p. 108).

TO STEW OR BRAISE: Mutton can be stewed or braised (pp. 7 and 8) to form a very large variety of dishes, either cut up into collops or as a joint. In either case it should first of all be 'sealed' in hot butter (p. 12). A shoulder can be boned, rolled and sealed in a deep stewpan in which it can then be braised in company with a dozen fair-sized onions—whose juice, with its own, will provide all the liquid needed. Cook it slowly for about 2 hours with a well-fitting lid on.

Hot-Pot is a dish not to be despised if it is well made. Fill a deep fireproof dish with first a layer of sliced potatoes and onions, then a layer of mutton chops (cut from the scrag end of the neck) and sliced sheep's kidneys, and so on—topping it with a layer of potatoes. Fill up with stock or water containing 1 tab. of Worcester or Harvey's sauce or mushroom ketchup. Seasoning should be distributed between the layers. Bake for 1½ to 2 hours, covering it with paper until it is time for the potatoes on top to start to brown. Oysters or mushrooms hidden here and there make this dish better still.

Cutlets should be neatly trimmed, marinated, and either brushed with melted butter and

grilled or covered with egg-and-breadcrumb (p. 18)—which may contain a suspicion of powdered herbs or even grated cheese—and fried in deep fat (p. 10).

**Réchauffés*. Most of the *réchauffés* given for beef (pp. 74 and 75) can be made equally well with mutton. It is also excellent cut up into collops, floured, seasoned and warmed up in a sauce made of 1 des. each of Harvey's and Worcester sauce, a wine-glassful of port, 1 heaped tab. of red-currant jelly and a chopped shallot.

**Bordeaux Mutton* is another good way of using up cold remains. Brown 2 or 3 chopped shallots in butter. Add the collops of cold mutton (skin and fat removed), a few dice of bacon, chopped parsley, and a glass of white wine. Simmer for about $\frac{1}{2}$ an hour.

¶ **OXTAIL** should always be blanched (p. 17) first of all, and then cut up, the larger bones into two pieces. It may then be braised (p. 8) in a casserole with vegetables, such as onions, carrots, a clove of garlic, a bouquet with basil and a clove in it (p. 17), and a bayleaf. Lay a few small pieces of bacon on the top, add $\frac{1}{2}$ a pint of stock or water, and bake very slowly for 4 to 5 hours, replenishing the liquid when necessary.

Or it may be stewed more rapidly as follows: 'Seal' (p. 12) the pieces of blanched tail in butter, and sprinkle them with pepper, salt and flour. Put them back in the pan with one or two

sliced onions and carrots, a bouquet with a clove in it (p. 17) and $\frac{1}{2}$ a pint of stock or water. Simmer gently for $2\frac{1}{2}$ hours, adding 1 tab. of lemon juice or ketchup a few minutes before serving. A variation may be given by adding 1 lb. of halved tomatoes about $\frac{1}{2}$ an hour previously.

¶ **PORK** should be a deep pink, with small bones and thin skin; the fat white and clear. Except for the loin cutlets, which may be treated in the same way as mutton cutlets (p. 82), pork is usually roasted (p. 9). It requires very thorough cooking. Allow 25 mins. to the pound and 25 mins. over, starting in a very hot oven— 525° —reduced after a few minutes to 375° . When the crackling is obtainable, it should be scored with a knife before cooking, and care should be taken to see that it has blistered all over before it is served, so that it may be crispy enough to eat. If necessary, this can be done in a few minutes under a grill when the roasting is finished. Pork Stuffing is given on p. 21; Apple Sauce on p. 40. Other sharp fruits, such as quinces or oranges, go admirably with pork.

¶ **RABBIT—STEWED.** Follow the recipe on p. 79 for Stewed Liver, substituting rabbit (cut up into small joints) for liver. Simmer for about 2 hours. Add 1 tab. of lemon juice just before the end and serve with small rolls of bacon crisped in the oven. Black-currant jam can be handed round with this dish.

Rabbit—Fried. Cut up into small joints and marinade (p. 20) for an hour. Cover with egg-and-breadcrumb (p. 18) and fry in deep fat (p. 10). Serve with Tartare (p. 44) or any suitable sharp sauce.

Sauté of Rabbit. Cut up a young rabbit into fairly small pieces, sprinkle them with salt, pepper, nutmeg and a trace of mixed herbs, and toss in plenty of butter over a hot fire for 10 to 15 mins., adding a few minced shallots and parsley at half-time. Dice of potatoes can be cooked in the pan with it, or, when the rabbit is cooked, it may be sprinkled with flour and a sauce made by adding white stock and a little lemon juice or some dry white wine.

Rabbit Mould. Cut up a rabbit and melt it in butter (p. 12) for $\frac{1}{2}$ an hour in a stewpan. Pick off all the meat, mince it and pass it through a sieve. Mix into it a gill or more of cream, grated nutmeg, plenty of seasoning and 1 des. of powdered gelatine dissolved in hot water. Pour it into a mould or pudding-basin, cover to keep the water out, and steam for an hour. Turn out when cold, and pour over it a good sauce.

¶ SWEETBREADS must always be soaked in cold water for an hour, blanched (p. 17) and freed from all skin before being cooked. Lamb's are cheaper than calf's—and quite as good.

TO STEW: Break the sweetbreads into pieces and simmer them for an hour in milk or white stock.

Add *roux* (p. 31) about 15 mins. before the end, and make the stock into a sauce. Season carefully, add 1 tab. of lemon juice, and pour the sauce over the sweetbreads. Serve with *croûtons* of fried bread and rolls of crisply baked bacon.

TO BRAISE: Put the sweetbreads, blanched and seasoned, into a stewpan, resting them on a foundation of sliced onions, carrots and a bouquet (p. 17)—all resting on fat bacon or rind. Cover them with greased paper to catch the drips. Add a glass of white wine (or stock) and heat gently with the lid on, for 15 mins. Then fill to halfway up the sweetbreads with stock, and bake in a hot oven (the lid still on) for $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. Take out the sweetbreads and strain over them the liquor, to which a little lemon juice may be added.

TO FRY: Coat the pieces with egg-and-bread-crumbs (p. 18) and fry in deep fat (p. 10). Serve with a good sauce.

¶ *† TONGUE is so excellent plainly boiled and eaten cold, that we need only concern ourselves here with the best ways of using up what is left of it. Slices may be warmed up in a brown sauce tintured with Madeira or sherry, or with Cumberland Sauce (p. 42), or with Red Currant Sauce (p. 37). A purée of spinach agrees very well with these. Tongue minced and mounted on pieces of hot, buttered toast—with a dash of cayenne—makes a good savoury. Smaller quan-

tities of it minced make admirable additions to most minces and their derivatives—rissoles, *kromeskiis*, and so on (pp. 63, 65, 66 and 135), or it can be incorporated with Scrambled Eggs (p. 162) or Omelettes.

¶ **VEAL** is judged in the same way as pork (p. 84). It, too, must be cooked thoroughly. As it has a rather nondescript flavour, it lends itself to a multitude of different treatments, most of which aim at giving it a distinctive taste. It may be larded (p. 20) with advantage before roasting.

TO ROAST: **BONE** a fillet of veal, tie it up and fill the hole with Veal Stuffing (p. 21). Put it in a very hot oven—525°—and reduce, after 5 mins., to 375°. Allow 20 mins. for each pound, and 20 mins. over. Baste very thoroughly, and serve with rolls of crisply baked bacon and slices of lemon.

Since veal is apt to be a very dry meat, unless one is sure of its excellence, it is better to braise it.


TO BRAISE: 'Seal' the meat with butter in a stewpan (p. 12). When it is browned, add a few small onions and a cupful of hot water. Simmer very slowly for 2 hours, replenishing the liquid if necessary.

***TO STEW** (*Blanquette de Veau*): If raw meat is being used, cut it into pieces, removing all fat and skin, cover with boiling water and leave to soak, off the fire, for an hour. Otherwise, cut it up ready for stewing. Make a rather thin white

sauce with *roux* and white stock or water (p. 32), adding some small mushrooms or onions, a clove of garlic and a bouquet (p. 17). Simmer the veal in this for an hour—or for less, and at a lower temperature, if the dish is a *réchauffé*. Alternative sauces are Parsley (p. 37) and Poulette (p. 37).

Veal Cutlets can be dealt with in the same way as Mutton Cutlets (p. 82). Grated cheese may be mixed with the breadcrumbs if they are to be fried. Lemon juice goes with them well, as does bacon.

Veal Bread. Mince some raw lean veal and mix with it salt, pepper, nutmeg, chopped onion melted in butter, breadcrumbs, chopped parsley, lemon juice and a raw egg or two until its consistency is such that it can be moulded (on a crumbed or floured board) into a long loaf. Coat it with egg-and-breadcrumbs (or not), put a few dabs of butter on top, and bake it brown in a moderate oven. It can be eaten hot or cold, with or without rolls of bacon or slices of cold ham.



POULTRY AND GAME

ALL poultry and game should be hung for some days before it is cooked and eaten. The time varies from 2 to 18 days, according to the kind and size of bird, the state of the weather, and personal taste. Some people like their game-birds to taste as much like chicken as possible; others hang them until the last possible moment. If the feathers are hard to pull out, the bird will be tough and should, other things permitting, be hung for longer.

A young and tender bird is denoted by a flexible (and well-covered) breast-bone, by a comparatively soft beak, and by the under-development of the spur above the ankle on the inside of the leg.

An old bird is simply wasted by being roasted. It will make good eating if braised, made into a *salmis* (p. 93), or otherwise cooked slowly in the presence of moisture.

All birds are plucked, drawn (except woodcock, plover and snipe, which should have the insides left in), and, for roasting, trussed before being cooked. The giblets—the neck, heart, gizzard, etc.—are of great value in making stock for the gravy or sauce. They should be simmered for as long as possible in salted water brought up from cold (p. 6). If they cannot be found, before

blaming the poulterer look inside the bird to make sure that he has not tucked them inside to make up a neat parcel. The livers are not, as a rule, used for stock. If they are not removed to make a special dish, they should be roasted with the bird—and given to the most worthy diner.

Like meat, birds should be, not washed, but wiped inside and out with a damp cloth before cooking. Chilled foreign 'gare' can be obtained all the year round. It should be given some hours in a warm room to thaw out and, for the best results, be cooked by some other method than straightforward roasting.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ CHICKEN should be hung from 2 to 6 days, according to the weather.

To Roast: Put a small onion and a pat of salted butter inside the carcase, and a piece of fat bacon across the breast to prevent it getting too dry. The baking-tin should contain a little butter or bacon fat to baste with.

Start with the oven at 480° F., reducing it to 340° F. after the first few minutes. Baste occasionally and, 10 mins. before the end, remove the bacon off the breast, dredge with flour, and baste thoroughly with very hot fat to crisp the breast-skin. Untruss and serve with rolls of crisp bacon or tiny sausages (either of which can be

baked in the tin with the chicken). Those who like the Continental custom of serving green salad with hot meat, may do so, using a simple French Dressing (p. 156); the others will prefer Bread Sauce (p. 41) as an accompaniment.

Chicken may be stuffed for roasting with chestnuts (boiled and skinned^a—both skins), or even with sausage-meat or Veal Stuffing (p. 21).

Time of Cooking: From 40 mins. to 1 hour, according to size.

To Boil: This method of cooking is generally chosen for an elderly (and cheaper) fowl. Put into cold salted water (1 t. to 1 pint) an onion stuck with cloves, two or three carrots, a bouquet (p. 17), and some peppercorns. Bring these to simmring point, and, 15 mins. later, to a fast boil. Put the fowl in and, after 2 or 3 mins., reduce to a very slow simmer—at which it must be kept until cooking is complete. See also Haybox Cookery (p. 12).

A very old bird should be allowed to get cold, in the water and then be coated with a really good white sauce (made with the stock), such as Poulette (p. 37), Mushroom (p. 37), or Parsley (p. 37). Younger specimens may be eaten hot, either with a similar sauce or with rice boiled (p. 114) in some of the stock. Boiled bacon, ham or tongue will go well with it.

Time of Cooking: From 1 to 2½ hours, according to the age and size of the bird.

To Grill: A particularly good but uncommon

way of cooking chicken is as Spatchcock. As with all grills, the flavour of the meat is retained more fully than in any other way.

Cut the bird down the middle of the back and flatten it out, breast upwards. A big bird may have to be boned; a smaller one will lie flat enough without it. Grill carefully according to the instructions on p. 9. Serve with bread sauce (p. 41), or with any other that goes well with grills.

Time of Cooking: 20 mins. to half an hour.

¶ **CHICKEN SAUTÉ.** Cut up the chicken into 8 pieces (2 breasts, 2 wings, 2 legs and 2 thighs), season them and fry them slowly in butter (p. 10) with some button onions until they are cooked and a golden brown all over. Remove all the solids; work some flour into the fat; add a little stock or white wine, herbs and seasonings, and make into a sauce. Pour this over the onions and put the chicken on top.

Or *Marinade* (p. 20) the pieces of chicken, sprinkle them with seasoned flour and fry them as above. Drain them carefully and serve with fried parsley and Robert or Bread-sauce (pp. 40 and 41).

To Braise: A myriad recipes reveal the ingenuity of the French—and others—in contriving diverse ways of serving chicken—and most of them are braises. I give two typical examples. Any intelligent cook can produce others to make use of whatever may be in the larder—from shallots to truffle^s and cocks-combs.

(i) *Provençal*. Cut up the chicken into 8 pieces (p. 92), season them, and put them in a casserole on a bed of sliced onions and chopped parsley, covering them with a similar layer and a bay-leaf on top of all. Add 2 tab. of olive oil, and cook very slowly with a lid on—in the oven or on the fire—for $\frac{3}{4}$ hour or more. Arrange neatly on a dish (discarding the bayleaf) and cover with a good brown sauce (pp. 39 and 40).

(ii) *À la crème*. Cut the chicken into 8 pieces (p. 92) and seal them in butter (p. 12) with a few sliced mushrooms and butter onions, a bouquet (p. 17) with a clove in it, and a diced rasher of bacon. After a few minutes—but before the meat has browned at all—add 2 or 3 wine-glassfuls of white wine, put the lid on and simmer for $\frac{1}{2}$ an hour. Take out the pieces of chicken and keep them hot on a dish. Remove the bouquet, and put in the pan the yolks of 2 eggs mixed with a little cream. Heat for a minute or two—but on no account allow it to boil—test the seasoning of the sauce and pour it over the pieces of chicken.

¶ *The SALMIS pertains more especially to game-birds, but it can be made with chicken in exactly the same way—though one might, perhaps, be rather less generous in the use of wines.

Prepare and roast the bird in the ordinary way, but for 10 mins. only. Carve it up as for the table and put the pieces into a stewpan. Make a strong

stock by simmering the carcase and giblets in another pan with a few shallots (melted in butter) (p. 12), a bouquet (p. 17), a tomato or two, 3 tab. of claret and a little water. When this is really strong, sieve it and add to it any gravy available from the roast, 2 tab. of Madeira, 1 t. of red-currant jelly, $\frac{1}{2}$ t. of brandy or chilli vinegar and a few sliced mushrooms melted in butter (p. 12). Thicken it very slightly with *roux* (p. 31) and colour it, if it needs it, with caramel (p. 18) or *suc colorant*. Simmer the pieces of chicken in it, with the lid off, for about 15 mins. and serve with *croûtons* of fried bread.

¶ *CHICKEN ST LAMBERT is really a more elaborate fricassée.

Cut up the chicken into 8 pieces (p. 92) and soak them in cold water for $\frac{1}{2}$ an hour. Take all the ^{*}rest and stew it, with chopped onion or shallots, a piece of thinly pared lemon peel, 1 tab. of ketchup, peppercorns and salt, to make a pint of good stock. Strain it and simmer the pieces of chicken in it with a carrot and a few French beans. When all is cooked, remove the solids and make the stock into a *fich sauce* with 1 des. of ground sweet almonds, a blade of mace, and *roux* (p. 31). Thicken it (in a double saucepan) with the yolks of 2 eggs, and warm up the pieces of chicken in it. Sprinkle the *plat* with the carrot, French beans and liver (fished out from among the trimmings), all cut into neat dice.

¶ *CHICKEN À LA VILLEROY is a derivative of the previous recipe. The pieces of chicken are dipped in the thick sauce and allowed to get cold. They are then rolled in breadcrumbs—which in this case will need no egg to make them stick—and fried in deep fat (p. 10).

¶ *RÉCHAUFFÉS. The three preceding recipes can all be adapted as réchauffés—nor are such elaborate sauces needed: a good white sauce, made from chicken stock and flavoured with lemon juice, is by no means to be despised with a fricassée.

Most of the réchauffés given for fish and meat may also be made with chicken, as may Rabbit Mould (p. 85) which, in this event, is improved by the addition of lumps of sausage-meat, slices of ham or tongue and halved hard-boiled eggs.

¶ *DEVILLED LEGS are undoubtedly the best end for the thighs and drumsticks of a roast chicken. Gash the meat all over with a sharp knife and rub in a paste of mustard mixed with Worcester sauce and a little salt. Grill slowly and serve with mashed potatoes and bread sauce (p. 41) or any other sauce suitable to grills.

¶ *SOUFFLÉS and CURRIES are dealt with in special sections.

¶ DUCK (see also Wild Duck, p. 100). Hang for 2 to 5 days.

Roast in the same way as chicken (p. 90) for 40 to 60 mins., stuffing it first with sage and

onions (p. 21). Serve with Apple Sauce (p. 40). Green peas are the perfect accompaniment.

To Braise: Elderly ducks can be braised (p. 8) as follows:

(i) On slices of turnip previously sauté'd in dripping (p. 12) and moistened with stock made from the giblets.

(ii) With green olives (stoned), a little butter and stock.

(iii) A younger bird is excellent half-roasted, carved but left hanging together, and braised in the oven in a shallow lidded casserole with the juice of 2 or 3 oranges, peppercorns and salt. Turn it two or three times and serve with the gravy it exudes.

¶ **GROUSE** may be treated in the same way as Partridge (p. 98).

¶ **HARE** is so good jugged that a description of any other treatment may seem superfluous. However, for those who are not put off by the life-like appearance of the beast roasted, here is a good recipe:

To Roast: Keep the blood, if possible, and, in any case, put the heart, liver and kidneys on one side. Marinade the carcass all day in the mixture given for mutton on p. 80 and then fill with stuffing (p. 21) in which should be mixed the heart and kidneys melted in bacon fat (p. 12) with a minced onion, and pounded to a paste.

Cover the back with strips of fat bacon (or lard it—page 20) and roast it slowly, removing the bacon and sprinkling with flour towards the end. It should be very well basted with butter or bacon fat throughout.

Make a sauce by melting the liver, diced, in butter (p. 12), with a minced onion. Add to this gravy or good stock, and simmer till the liver is cooked. Strain it, add the *marinade* in which the hare lay, the blood, and the liver pounded to a paste. Simmer for 10 mins. and serve, very hot, with the roast.

To Jug: Cut the hare into pieces, sprinkle them with seasoned flour and 'seal' them in butter (p. 12). Use the heart and kidneys as above, to make stuffing for forcemeat balls (p. 21). Make $1\frac{1}{2}$ pints of good stock from the trimmings. Put the pieces of hare with a few scraps of stuffing into a suitable jar, casserole or stewpan, pour over them the stock and 2 tab. of brandy. Put on the lid, sealing it with a paste of flour and water if it fits badly. Place it in a larger pan of cold water, cover it and steam it for 2 to $2\frac{1}{2}$ hours. Add then the blood and the pounded liver (as in the preceding recipe) and cook for another $\frac{1}{2}$ hour or so. The jugging may be carried out by baking in a moderate oven, if preferred. When it is completed, stir in a glass of port, 1 des. of red-currant jelly and 1 oz. of *roux* (p. 31). Serve with the forcemeat balls and have black-currant jam handed round.

¶ **PARTRIDGE.** Hang for 5 to 8 days and do not cook too thoroughly.

Roast in the same way as chicken (p. 90) for 20 to 30 mins. and serve on pieces of fried bread. Bread sauce (p. 41) and breadcrumbs, baked brown, should accompany it.

Cold roast partridge (or grouse) is excellent eaten with bacon for breakfast.

To Stew: Should be reserved for older (or imported) birds. The best recipe is with Sauce Soubise: Stuff the birds with spiced chopped onions (previously boiled in milk until tender) rolled in a slice of boiled bacon. Boil and simmer them (p. 6) for $\frac{3}{4}$ hour in a good stock made from the trimmings stewed with a bit of bacon and an onion or two. Drain them and keep them warm while the stock is made into a rich Soubise sauce (p. 37). Pour this over them and serve with rolls of crisply baked bacon.

To Braise: A particularly good recipe is—surprisingly enough—with cabbage, as follows: Stuff an onion inside each bird, seal them in butter (p. 12), and put them in a stewpan on a layer of sliced carrots and onions, well seasoned. Pack round them the quarters of a cabbage, carefully chosen and blanched (p. 17), with here and there a slice of bacon and perhaps of Bologna or Brunswick sausage. Moisten with good stock, bring to the boil and simmer very slowly for $1\frac{1}{2}$ hours.

See also the *Salmis* (p. 93) and the note on *réchauffés* derived from mince (pp. 74 and 75).

¶ PHEASANT should be hung for 5 to 10 days. It should be thoroughly cooked—35 to 40 mins. for roasting. For methods of cooking refer to Partridge, above.

¶ PIGEON may be treated in the same way as Chicken (p. 91) and takes about 20 to 30 mins. to roast. It is excellent grilled and served with Tartare sauce (p. 44).

It may be braised whole (p. 8) with mushrooms, a little bacon and a glass or so of claret; or, cut up after being partly roasted, in a sauce made as follows: Lightly brown in butter an onion and a clove of garlic, both finely minced. Add a stock made from the bones and trimmings, 2 or 3 diced anchovies, the juice of a lemon and a glass of claret. Simmer this and thicken it with *roux* (p. 31). Warm up the fillets in it and let them finish cooking—very slowly. Serve with crisply baked rolls of bacon.

Pigeons may also take their place, halved, in beefsteak and kidney pudding (p. 75).

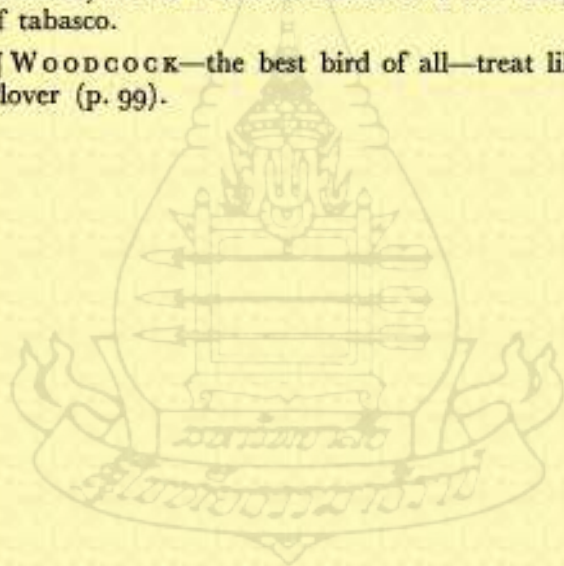
¶ PLOVER should be roasted like chicken, but with the insides left in, for 12 to 20 mins. It should hang above (or rest on) a piece of fried bread in the oven, so that the juices which exude may be caught. Serve on the *crouton*, with melted butter flavoured with lemon juice. Watercress salad may accompany it.

¶ **SNIFE** should be treated exactly like Plover, above.

¶ **TEAL** is dealt with under Wild Duck, below.

¶ **WILD DUCK** should be hung for a few days and then roasted in the ordinary way (p. 90)—unstuffed, of course—for 25 to 30 mins. It should be served with Bigarade sauce (p. 39) or with orange salad and a sauce made by adding to the gravy a wine-glassful of port, Burgundy or Madeira, 1 t. of Worcester sauce or a few drops of tabasco.

¶ **WOODCOCK**—the best bird of all—treat like Plover (p. 99).



VEGETABLES AND THEIR LIKE

VEGETABLES are best picked in the early morning. Store them in a cool dark place—but eat them on the same day whenever possible.

PREPARATION. All vegetables must be washed before they are cooked. Those which are likely to harbour slugs and insects should be soaked for a few minutes in water containing a little vinegar (1 t. to 1 qt.). Instructions for trimming are given with each vegetable.

COOKING. Steaming (p. 8) is preferable to boiling, though the colour of greens is not so well preserved. Allow from 2 to 3 times as long as for boiling.

Boiling (p. 7) should be carried out as quickly as possible in a minimum of rapidly boiling, salted water (1 t. to 1 pint). The vegetables may in certain cases be cut up finely to hasten matters, and, in any case, the stems of such things as cabbages and cauliflower should be slit into four. Use soft water, for choice, and on no account add soda. If necessary a small pinch of bicarbonate of soda may be put in—but, better still, use wood charcoal as recommended on p. 7.

Cook all green vegetables, except spinach, with the lid off; all others, except asparagus, with it on.

Remove any scum that rises. Test whether cooking is complete by sticking a fork or skewer into the thickest part of the stem or root. Drain thoroughly and serve in a hot dish.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ **ARTICHOKES—GLOBE.** Prepare and boil in salted water for 30 mins. Drain and serve with a suitable sauce, such as melted butter and lemon juice or Hollandaise (p. 42).

To make a more easily eaten dish: Cut the artichokes into quarters, pare out the 'choke' and trim off all but about $\frac{1}{2}$ inch of the leaves. Drop them, when cut, into cold water and lemon juice to preserve the colour. When all are done, boil them in the usual way, after which they can be served in a good Poulette (p. 37) or *maitre d'hotel* sauce (p. 37), or sauté'd in butter (p. 12) and served with *maitre d'hotel* butter (p. 43), or done *au gratin*, sprinkled with chopped mushrooms, parsley, shallot and breadcrumbs (or with grated cheese), and baked or grilled. Or they may be mashed with a little cream, put into scallop-shells, sprinkled as before and baked or grilled. Again, they may be dipped in batter (p. 133) and fried in deep fat (p. 10) as Fritters.

¶ **ARTICHOKES—JERUSALEM.** Scrub clean, and pare off the lumps. Boil gently in salted, vinegared water for 20 to 30 mins. Cover with a

good white or Poulette (p. 37) sauce. They go well with roast beef. Or slice them thinly, dropping them into cold vinegared water until ready, dry them and fry them a pale brown. Drain, season with salt and black pepper, and serve very hot.

Artichoke Fritters. Slice thinly, dip in batter (p. 133) and fry in deep fat (p. 10).

¶ **ASPARAGUS.** Wash, and cut off the stems so that all the heads in the bunch are level. The stalks should all be of about the same thickness. Boil rapidly, standing them upright in salted water of a depth to reach about two-thirds of the way up them. The heads, which cook more quickly, are thus steamed. Do not cover the pan.

Serve with hot butter and a little lemon juice, or with Hollandaise (p. 42). Mousseline (p. 44) is the best sauce for cold asparagus.

Time of Cooking: 35 to 40 mins.

¶ **AUBERGINES (EGG PLANT).** Cut lengthways and remove the seeds.

To Fry: Slice them and sprinkle them with salt to draw out some of the water. In about an hour dry them and fry in butter. Serve them sprinkled with chopped parsley. Or, after frying, they may be covered with a good white or Mornay sauce (p. 35), and baked.

To Grill: Sprinkle the halves with pepper, salt and olive oil. An hour later, grill them, adding a little more oil.

To Stuff: Cut them in halves, salt and dry

them as before and fry them very slowly in olive oil. Scoop out the flesh and mix it with such things as cooked tomatoes, anchovies, mushrooms, rice, etc. Fill them with this, sprinkle with crumbs and seasoning and grill a light brown.

¶ BEANS—BROAD. Should be eaten while quite young. They are rarely to be found young enough in shops. Shell them and boil rapidly in a minimum of salted water until the inner shells begin to crack—about 25 mins. Cover with Parsley (p. 37) or Hollandaise sauce (p. 42).

¶ BEANS. French and Scarlet Runners are usually sold when too old to be worth eating. The English way of taking them in old age and cutting them into shreds has little to commend it. This is incomparably better: Wash, and remove the stalks with any stringy bits that come away. Boil rapidly till tender in a minimum of salt water, or, better still, steam them. Drain them and fry them slowly in butter for 10 mins. in a covered pan, adding seasoning and, at the last moment, finely chopped parsley or *finés herbes* (p. 19). Cream or *maitre d'hotel* butter (p. 43) are other alternatives.

These beans, if rather tough, can be much improved by being jugged in the same way as Peas (p. 111).

¶ BEANS—DRIED. All kinds should be washed and then soaked for 12 hours. Discard any that float. Boil very slowly for 6 to 8 hours in salted

water (which will be improved by the addition of an onion and a bouquet, p. 17) and serve with butter or some interesting sauce.

¶ **BEETROOT** should not be reserved exclusively for a cold salad. It is excellent baked or boiled and eaten hot. It must be cleaned with the greatest care to avoid breaking the skin, nor must the rootlets be cut off before cooking.

To Boil: Put it into fast boiling water and simmer for 1 to 2 hours or more. Skin and serve with butter, gravy or a good white sauce.

If sliced and put into vinegar, with pepper and salt, this is the familiar salad. It may also be sliced and warmed (but not boiled) in a sauce made of 1 oz. of butter, 1 yolk of egg, 1 t. of milk, $\frac{1}{2}$ t. of lemon juice and seasonings.

To Bake: Put it, unwashed, into a cool oven and bake for 8 hours. Skin and serve as when boiled, or chop it up and fricassée it for 10 mins. with chopped chives, parsley and a speck of garlic in a very little white sauce tintured with vinegar.

¶ **BRUSSELS SPROUTS** should be carefully washed and boiled quickly in salted water for 12 to 15 mins. (p. 101). Drain carefully, season and serve. After boiling, they can be treated in many ways with various sauces, or fried, or baked in scallop-shells, mashed up with celery and breadcrumbs.

¶ **CABBAGES** should be cleaned and boiled (p. 101) for 15 to 30 mins. Or they may be half-

boiled and braised slowly for an hour with a little butter and seasoning. They can be served with various sauces.

Red Cabbage is usually shredded before being boiled slowly for 2 or 3 hours. Such things as sliced cooking apples, onions and spices can be cooked with it to a good end.

¶ **CARROTS** should be eaten as young as possible. When they are small they can be skinned by being wiped with a cloth; when older they must be scraped or even peeled. Cook the small ones whole; the larger ones sliced into four. Boil (p. 101) in salted water for 30 mins. to 1½ hours. The small ones should be served whole with a rather sweet white sauce; the older ones chopped up.

¶ **CAULIFLOWER AND BROCCOLI.** The former, which is not in season during the winter, is preferable to the latter—which is. Wash carefully (p. 101), trim the leaves and remove the discoloured ones. Slit the stem into four to hasten the cooking and cut it across so that the cauliflower will sit upright. Boil it rapidly, upside down, or—better—steam it. Avoid over or under cooking. Drain and serve with a white sauce or with butter.

Time for Boiling: 15 to 30 mins.

**Cauliflower au Gratin.* (i) Arrange pieces of cooked cauliflower in a buttered pie-dish, dust with salt and pepper, pour over them a Cheese

Sauce (p. 35), sprinkle with grated cheese and bake brown.

(ii) Or arrange in a pie-dish as above, and sprinkle over them finely minced olives, capers, anchovies and breadcrumbs. Pour a little melted butter or olive oil over all and bake for 10 mins.

¶ **CELERY.** Wash and remove the green tops and any discoloured stalks. Leave enough of the root to keep the stalks together. Cook in boiling salted water (p. 101) for 15 to 30 mins. and serve alone or with a good sauce. Celery is excellent braised (p. 8) for 40 to 60 mins. with any good stock, gravy and accompaniments.

¶ **CUCUMBER,** to be eaten raw, is easily digested if the slices are sprinkled with salt, left for an hour, and then washed. A fresh cucumber should be firm and stiff.

Cucumbers can be boiled, fried or sauté'd and served with a variety of sauces. Boil for 20 to 30 mins.

¶ **LEEKs.** Wash, cut the green tops short and remove the rootlets and outer leaves. Cut into convenient lengths and boil (p. 101) for 30 mins. or so. Serve with a white sauce.

¶ **LETTUCE** can be boiled and chopped up with white sauce and a little lemon juice.

¶ **MAGARONI,** spaghetti, vermicelli, and the other Italian pastes must never be washed in cold water. Clean them by plunging them into fast-

boiling water for 5 mins. After draining, transfer them to the boiling salted water, milk or stock in which they are to be cooked. This, too, must be kept at a fast boil until the paste feels tender when tested with a fork.

Stop the boiling by pouring in a cup of cold water, and drain thoroughly.

Time of Boiling: 20 to 30 mins.

Macaroni Cheese. Boil the macaroni in water, stock or milk, and make a good Cheese Sauce (p. 35) with the resultant liquor. Put the macaroni into a buttered pie-dish, dust it with salt, black pepper and a little grated nutmeg, pour the sauce over it, sprinkle with grated cheese, and brown in the oven.

Macaroni à l'Italienne is made in the same way as Neapolitan Rice (p. 115), with macaroni substituted for the rice.

Another good dish of macaroni is made by melting in oil 2 cloves of garlic, a shallot, 4 olives and 2 or 3 anchovies, all finely minced, and stirring them in with it.

¶ **MACÉDOINE OF VEGETABLES.** Boil, till almost tender, small quantities of young spring vegetables, such as carrots, fresh haricot and French beans, peas, turnips and perhaps asparagus points. Cut them into dice and melt them in butter (p. 12). Sprinkle with chopped parsley, add a little more butter and serve. Or they may

be served in a rather sweet white sauce containing plenty of butter.

¶ **MINT** should be washed and dried very thoroughly before being minced or chopped.

¶ **MUSHROOMS** must never be heated a second time as even the best of them are apt to become poisonous if so treated. When picked in the fields they should be creamy-buff on top and pink underneath, darkening to brown and almost black as they grow older. The top skin should peel easily from the edge to the centre. Mushrooms growing under trees should not be eaten.

Prepare them by peeling off the top skin and removing the stalks. These can be chopped up and used for stock. Really good, fresh mushrooms are best cooked by being seasoned with salt and pepper and then melted in butter (p. 12) with the lid on. So treated, they stew in their own liquor and retain their flavour more fully than in any other way. The older they are, the less juice they contain; so that mushrooms bought in a shop (especially if they are forced) are better grilled, fried or baked, with rather more butter, or else stewed slowly in milk. This, or the liquor released by the first process, can be thickened with *roux* (p. 31), if desired, and a few drops of lemon juice added—if the mushrooms are not so fresh as to make such a course sacrilegious.

Time of Cooking: 10 to 30 mins. according to size and age.

ONIONS are used so much as a necessary ingredient of other dishes that their merits as a vegetable are apt to be neglected. The large Spanish onion is the most suitable variety for solo treatment. Cut off the roots and the stalk and remove the outer skins until a pale green colour comes into view. If this is done under water, the pungent smell—and the consequent tears—will be avoided. Blanch them (p. 17) and cook them in any way selected.

To Boil: Blanch (p. 17), put into cold salted water and bring to the boil. One or two repetitions of this process will reduce the strength of over-powerful varieties. Drain, season, and serve with butter, cream or white sauce.

Time of Boiling: 20 to 60 mins.

To Bake: Blanch (p. 17), halve, and cook covered with greaseproof paper in a moderate oven for $\frac{1}{2}$ an hour or so. They may be covered, before baking, with *maitre d'hotel* butter (p. 43), with seasoned breadcrumbs, or with grated cheese.

To Braise: Blanch (p. 17), sprinkle with flour and fry them in butter until they are a pale brown. Add stock and braise (p. 8) for 2 hours.

To Stuff: Blanch and parboil them (p. 21), scoop out the middles and stuff with any savoury mince or mixture (see p. 78). Braise or bake as above.

PARSLEY should be washed and dried very carefully before being minced or chopped.

¶ **PARSNIPS.** Those who consider this vegetable edible may treat it in the same way as Jerusalem Artichokes (p. 102).

¶ **PEAS,** if young and fresh, are best cooked for 10 mins. or so in fast-boiling salted water with the lid off. If their first excellence has faded (as when bought in shops), they are improved by the addition of a little sugar and butter and a sprig of green mint or lettuce, or a few button onions. Remove the mint or lettuce before serving, add another pat of butter and sprinkle them with black pepper.

Old peas should be 'jugged', as follows: Shell them and put them into a jar or bottle with a screw-lid or anything with a closely fitting top. Add a little butter, sugar, salt, 12 mint leaves and a sprinkling of black pepper. Screw up the vessel. Warm it to prevent it cracking if it is of glass, and put it into a pan of boiling water to reach halfway up it. Boil quickly for $\frac{1}{2}$ an hour or more according to the age of the peas. Lettuce or button onions may be substituted for the mint if preferred.

A French way of cooking peas is to put them, waterless, into a pan with the heart of a lettuce, a few button onions and seasoning, and braise them very slowly indeed in their own juice. Instead of covering the pan with a lid, use a soup-plate filled with water. Add a pat of butter before serving.

¶ **PEAS—DRIED.** See Dried Beans on p. 104.

The shells of young peas can be used as a foundation for an excellent purée (p. 51).

¶ POTATOES are of two types: waxy and floury. All are waxy when new, but, except when new, only the floury type should be served plain-boiled or steamed; the waxy kind should be reserved for potato salad (p. 157), sauté'd (p. 12) or treated in some similar way. Steaming (p. 8) is preferable to boiling for all potatoes, and all should be cooked before they are peeled. Choose potatoes of the same size to cook together: otherwise the smaller ones will be cooked first.

New potatoes should be soaked in cold water and then scrubbed—what remains of the delicate skin can then be rubbed off with a rough cloth.

To Boil: Put the scrubbed potatoes into cold salted water (1 t. to 1 pint)—or sea-water is excellent for this—and boil slowly, with the lid on, for 25 to 30 mins., until they feel soft when tested with a fork. Over-boiled potatoes are loathsome. Strain them and return them to the pan to dry for a few minutes at the side of the fire, covered with a cloth. Old potatoes must now be peeled, or they may be served with simply a circular band of skin about $\frac{1}{2}$ an inch wide cut away all round, leaving the two caps to be removed at the table. New potatoes (which may have been boiled with a sprig of mint in the water) should be rolled in butter and sprinkled, perhaps, with a little chopped parsley. Floury potatoes may be

forced through a masher or rubbed through a sieve, and so served.

To Mash: Force some boiled or steamed floury potatoes through a masher into the pan again (or break them up in it with a fork), add plenty of butter and pepper, a little milk and salt, and beat them thoroughly, first with a wooden spoon and then with a fork, until they are creamy and free from lumps. Waxy potatoes will not mash successfully.

To Bake: Put them in the oven in their jackets and bake for 30 to 45 mins. Or, if they are wanted brown, to accompany roast meat, peel them thinly and bake them in the tin with the meat, turning them occasionally.

To Fry: Cut them into thin slices or 'chips' of uniform thickness. Put them in the frying-basket—not too many at a time—and immerse them in the boiling fat (p. 10) until they are brown and crisp. Drain them, sprinkle with salt and serve. New potatoes must be parboiled before they are fried.

Soufflés potatoes should be made from the waxy type sliced carefully to the thickness of a half-crown. Proceed as for frying, but, when they look transparent, lift them out of the fat and wait for it to reach its full heat again, as proved by the emission of blue smoke. Then put them in, two or three only at a time, and do not allow them to touch each other. They will puff up as required. This operation requires practice.

To Sauté: Slice up some cold boiled or steamed potatoes of the waxy type and *sauté* them (p. 12) brown in butter. The addition of lemon juice, a little stock and some chopped parsley will turn them into *maitre d'hotel* potatoes; if a minced onion be first fried in the butter, they will be *Lyonnaise*.

Mashed potatoes can be cooked further in several ways. They can be made into rissoles or croquettes, crumbed (p. 18) and fried (p. 10); or they can be enriched with the yolks of eggs or cream, flavoured with such things as parsley, marjoram, nutmeg or onions, and similarly treated; or the whites of the eggs, beaten into a stiff froth, may be incorporated and the same procedure followed.

¶ **RICE.** Use Carolina rice for risottos, pilaffs and all sweets and puddings; Patna for curries. For rice in puddings see p. 144.

To boil rice for other purposes, proceed as follows: Allow 5 ozs. for 3 or 4 people. Wash it very thoroughly in several changes of cold water or hold it in a sieve under the tap. Put it into a very generous amount of rapidly boiling salted water containing the juice of half a lemon (at least 1 qt. of water to 3 ozs. of rice, since it swells to four times its bulk in cooking) and boil it quickly, stirring occasionally, for 10 to 15 mins. Test it by nibbling a grain between the teeth and seeing whether the remnant of hardness in

the middle has softened. At this moment, or slightly earlier, throw in a dash of cold water and take the pan off the fire. Strain off the water through a sieve and set the rice to dry on the sieve inside the half-closed oven-door, or return it to the pan, cover it with a cloth, and set it by the side of the fire.

The secret of cooking rice perfectly, so that every grain is separate, lies in washing it very well to begin with and boiling it quickly in a superabundance of water. The lemon keeps it white.

Here are some good savoury recipes for rice:

Rice à la Napolitaine. Heat the cooked rice in a pan with enough butter to oil it; add grated cheese and tomato purée (p. 48) to moisten the whole. Serve it very hot so that the cheese is completely melted. Season strongly.

Rice à l'Italienne. In a pan that has been rubbed with garlic, fry a shredded onion in 1 oz. of butter. When it is a golden yellow put in 2 breakfastcupfuls of cooked rice. Stir it about and shake in $\frac{1}{4}$ the volume of grated cheese. Garnish with anchovy strips.

A variant of this dish has finely rasped ham or corned beef added and is garnished with rolls of crisply baked bacon.

Another recipe (*Rice à l'Indienne*) substitutes 1 tab. of curry-powder for the cheese, and garnishes with prawns that have been tossed in butter with a pinch of saffron.

The Risotto proper is made by boiling the rice for 5 mins. only, then cooking it lightly in butter in which a shredded onion has been fried. When the butter has been absorbed, grated cheese is added with enough stock and/or purée to supply moisture until the rice has cooked. Serve with dry grated cheese and good purée.

Milanese Risotto, for instance, has added to it at the proper time tomato purée (p. 48) thickened with yolk of egg, and is moistened with rich brown gravy or stock. Chicken-livers, with a rich sauce as purée, make another excellent risotto, as do mushrooms with a touch of lemon juice.

In *Pilaffs* the rice is parboiled in the stock or purée, and finished off in plenty of butter. For example: Half-cook the rice in tomato purée (p. 48) and finish it off with butter, adding a few raisins. Season highly (as with all *pilaffs*). A pinch of nutmeg goes well in it. Sour milk can be served as an accompaniment.

*† *Lobster Pilaff*. Cut the lobster into small pieces and heat them in a good sauce—which may or may not contain curry powder, but should be built on a foundation of fried onion or shallot. Either mix the whole thing into the *pilaff* just described, or serve it in the centre of the *pilaff*.

*Veal, chicken, turbot, or almost any remnants can be used in place of the lobster.

¶ **SALSIFY** (or Oyster-plant). Wash and scrape the roots, and soak them for 5 mins. in cold water with a little vinegar or lemon juice. Boil quickly for at least an hour in salted water. Drain and serve with any of the sauces given for Asparagus (p. 103).

After being boiled, salsify can be fried in butter, or cut into convenient pieces, dipped in batter (p. 133) and deep fried (p. 10). Or, mashed and baked in scallop-shells with butter, a little anchovy sauce and breadcrumbs, it gives a realistic imitation of oysters.

Black salsify is treated in the same way, except that the roots should be peeled after boiling instead of being scraped.

¶ **SEAKALE** is prepared in the same way as Celery (p. 107) and boiled in salted water for 25 to 30 mins. Serve with any of the sauces given for Asparagus (p. 103) or with a good white sauce.

¶ **SPAGHETTI**—see Macaroni on p. 107.

¶ **SPINACH**. Wash very carefully and remove the stalks right up into the leaves. Place in a covered pan with a little butter, and cook it very slowly in its own juice till tender—25 to 30 mins. Pass it through a sieve and mix with it either cream or a little white sauce. In either case the yolks of eggs are a valuable addition and so is a touch of nutmeg.

Spinach cooked in this way is so good that it

seems almost an insult to serve it merely as a 'second vegetable'. It goes admirably as a separate course served on pastry or cheese-containing biscuits, or on anchovy toast or, sprinkled with grated cheese baked brown, again on toast.

¶ **TOMATOES** are most easily skinned by being plunged into boiling water for a minute. They can be cooked in almost any way—stewed in butter in their own juice, baked (stuffed or plain), grilled or fried.

¶ **TURNIPS** should be eaten only when very young. Peel them after boiling them for 25 mins. or longer, and serve them with melted butter or white sauce. Older specimens should be mashed. The coarse flavour of turnips is not to everyone's taste—in fact, their tops, treated like spinach, make far better eating. Kohl-rabi, a similar vegetable, is more delicately flavoured.

¶ **VEGETABLE-MARROWS** are best when eaten quite small, before the seeds have formed. They can then be boiled whole (about 1½ hours) and served with melted butter or Hollandaise (p. 42). When they are larger, they must be peeled and cut up for boiling. A ring of boiled marrow forms a suitable receptacle for a dish of mince (p. 74).

¶ **VERMICELLI**—see Macaroni on p. 107.

¶ **WATERCRESS** can be cooked in the same way as Spinach (p. 117).

CURRIES

THOSE who know their 'Wyvern' will agree that there are few things in cookery more intriguing than to pursue his observations on the making of curries. I have sought in vain for the 'Oriental Depot' in Leicester Square where Barrie's original curry-stuffs were to be found—and an order-book 'containing names of such high degree in connection with India that I immediately removed my hat'—but only two of the five curries 'Wyvern' gives employ a ready-made curry powder, and for them Ven-catachellum powder is perhaps so good as to have satisfied the Major (was he?) himself. Much of the charm of these dishes, indeed, lies in the absence of any hackneyed taste of curry powder and in the unexpected presence of strange and new flavours which can be so combined as to be never twice the same.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ *CHICKEN CURRY. (i) Cut up a chicken (p. 92), sprinkle the best pieces with flour and lay them aside. (ii) Make $\frac{1}{2}$ a pint of good stock from the trimmings and such vegetables as a sliced onion and carrot, celery, with 6 pepper-

corns and a pinch of salt and sugar. (iii) Make $\frac{1}{2}$ a pint of milk of coconut or almonds, by infusing a breakfastcupful of shredded fresh coconut (or desiccated), or half the quantity of ground sweet almonds, in boiling water for $\frac{1}{2}$ an hour—as tea is made, but for longer. (iv) Fry 2 onions or 6 shallots, sliced, and a clove of garlic, finely chopped, in 2 oz. of butter until they begin to take colour. Stir in 2 tabs. of curry-powder and cook the resultant paste for 2 or 3 mins. (v) Strain in half the milk and all the stock, little by little, working out all the lumps, and leave the sauce to keep hot in a double-pan or *en bain-marie* (p. 1). (vi) *Sauté* (p. 12) the pieces of chicken in butter with a sliced shallot or two. (vii) Put them into the curry sauce, add a bayleaf and the following ingredients—more or less *ad lib.*: red-currant jelly, chutney, a little of the coconut-shreds or ground almonds, a little mixed spice and grated green ginger or ground ginger, slices of apple, or currants—and leave it to keep hot for $\frac{1}{2}$ an hour or considerably longer. (viii) Strain in the rest of the coconut milk and the juice of half a lemon. Taste the sauce, add more of any ingredient or not as seems best, and thicken with a little flour if necessary—or reduce by evaporation if a dry curry is wanted. Serve with boiled rice (p. 114). Have one or more kinds of chutney handed round—and, if you have them, Bombay ducks, crisped in the oven.

This curry is excellent for using up cold meat or fish—in which case the chicken is omitted and whatever takes its place need only be warmed up in the sauce—and must not be allowed to boil. Fresh fish should be cut into pieces and allowed to cook slowly in it.

¶ † CEYLON CURRY is a milder and more subtle dish, owing nothing to the ready-made curry powder. It can be made with any firm-fleshed fish or shellfish in association with some such vegetable as cucumber or marrow.

(i) Peel and cut up 1 or 2 cucumbers into pieces and cook them in salted water with a pat of butter. (ii) Drop 1½ lbs. of prawns into salted, fast-boiling water and, when the shells turn pink, drain and shell them. Clean them by slitting along their backs and undersides with a sharp knife and removing the black lines. Tinned prawns should be cleaned in the same way. Wash them thoroughly, dry and dust them with flour. (iii) Make an infusion of coconut milk as described in the preceding recipe. (iv) Melt 2 sliced onions and a clove of garlic, finely minced, in 2 oz. of butter (p. 12), and add 1 tab. of flour, 1 des. of turmeric powder, ½ t. each of powdered cloves and cinnamon, 1 t. of salt and ½ t. of sugar. Stir in, little by little, half the strained coconut milk and ½ a pint of good white stock (p. 28)—and work the sauce free from lumps. (v) Put in, if possible, 1 heaped tab.

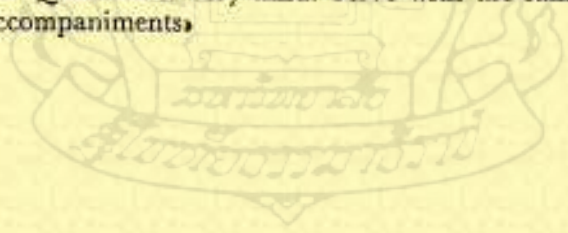
of sliced ginger (green, for choice) and 3 green chillies, cut into thin strips. Taste and add a little chutney, red-currant jelly and lemon juice, making any other adjustments that seem desirable. (vi) Put in the prawns and cucumber, and keep hot, as before, for at least $\frac{1}{2}$ an hour. Finally add the remainder of the coconut milk and serve with the same accompaniments, as the preceding curry.

¶ *MOLI is made in a rather similar way. Fry with the onions and garlic a few strips of green chilli and some slices of green ginger. Add 1 tab. of flour and stir in half the coconut milk and, if necessary, a little stock. Heat up—but do not boil—slices of cooked chicken or fish in this sauce for $\frac{1}{2}$ an hour, and finish off with the remains of the coconut milk and the juice of half a lemon. A little turmeric powder may be added if the yellow colour is liked. Raw fish should, of course, be allowed to cook in the sauce. Serve with usual accompaniments to curry.

¶ KUBABS are best made with fresh mutton or veal. Cut the meat into 1 inch squares, about $\frac{1}{2}$ inch thick, some thin rashers of bacon into squares of the same size, also some slices of parboiled onion and of green ginger. Impale these squares, in the order named, on small silver or wooden skewers, repeating the sequence until each skewer is filled. Now sauté the kubabs

lightly in butter (p. 12) with a sliced onion and 1 t. each of salt and sugar. Finally, simmer them for $\frac{1}{2}$ an hour in the curry sauce given for chicken on p. 119. Serve with the usual accompaniments to curry.

¶ *The QUOORMA is also made with mutton. Cut up about 1 lb. into pieces and stir them in a bowl with 1 des. of powdered green ginger and a little salt. Fry 2 onions, sliced, and 2 cloves of garlic, finely minced, in 2 ozs. of butter for 5 mins., and then add 1 t. of powdered coriander seeds, 1 t. of ground black pepper and $\frac{1}{2}$ t. each of powdered cardomoms and cloves. Cook this for 5 mins., stirring well, then put in the meat and cook slowly, continuing to stir until it is tender. Take it off the fire and work in a strong infusion of 4 ozs. of ground sweet almonds and a breakfastcupful of cream. Simmer very slowly for 15 mins. and finish off with the juice of 2 lemons. Like the Ceylon curry and the Moli, the Quoorma is very mild. Serve with the same accompaniments.



SOUFFLÉS

THE Soufflé is a most useful dish. It is delicious in all its forms; it looks well and is quickly made. It is one of the best ways of using up scraps of fish, game or ham; nor does fruit—fresh, tinned or stewed—come amiss to it. If the larder is bare, an Omelette Soufflé needs nothing but eggs. Finally, it is by no means as difficult to make as many people suppose.

In its most complex form the soufflé consists merely of a thick white sauce, or *panada*, containing either a purée or flavouring of whatever is to lend its name. Into this, when it has cooled sufficiently not to cook them, are stirred the yolks of eggs and, finally, the whites of rather more eggs whisked to a stiff froth. The mixture is then poured into a buttered soufflé-dish and baked for 15 to 30 mins. in a moderate oven, during which time it rises to about twice its volume and comes out beautifully light and feathery. All soufflés must be served straight from the oven; if they are kept waiting, even for 2 mins., they will subside and lose most of their charm.

Simpler forms omit the *panada* altogether; and a certain type of fruit soufflé, containing gelatine instead of flour or butter, is heated on the fire instead of being baked, and is served cold.

These forms will be described and recipes given later. Here is an excellent recipe for the first type.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ CHEESE SOUFFLÉ. Make a *panada*, or thick white sauce (p. 32), of $\frac{1}{2}$ oz. of flour, 1 oz. of butter and $\frac{1}{2}$ a pint of warm milk. When it has thickened add 3 ozs. of grated cheese and stir until it has melted—but do not allow it to approach boiling point. Add now a clove of garlic, a pinch of grated nutmeg, and black pepper. Taste and add salt if necessary. Cook very slowly for 10 mins., stirring often; then put into a cool place, throw away the garlic and stir occasionally. * When it has cooled sufficiently, stir in the yolks of 3 eggs mixed up well with 1 tab. of milk. As soon as this is properly incorporated, stir in the whites of 4 eggs whisked to a stiff froth. Take care that these are properly distributed—that there is not a layer of the heavier *panada* left at the bottom—and use as light a hand as possible, stirring upwards rather than downwards. Pour the whole thing into a deep soufflé-dish (well buttered to prevent sticking) and bake for 20 to 30 mins. in a moderately hot oven—300° to 320° F. When the soufflé has risen well and is a deep golden-brown, serve without delay. Do not be afraid of opening the oven door to look at it; but close it gently. If the soufflé is

insufficiently cooked in the middle when the top is browned, the oven was too hot, and vice versa. The number of eggs can be reduced, but only at the expense of lightness.

*†The foregoing recipe can be adapted to a multitude of ingredients—which should be in the form of a purée to replace the cheese. Asparagus, mushrooms, spinach, celery, *foie gras* (or the substitute given on p. 79), cooked fish or shellfish, with or without a little grated cheese, rasped ham, minced and sieved chicken, kidneys, rabbit or—above all—game will each be found excellent. About $\frac{1}{2}$ lb. of *panada* to about the same amount of purée should be given the yolks of 2 or 3 and the whites of 3 or 4 eggs.

¶†SWEET SOUFFLÉS can be made from the same recipe if sugar be used instead of flour, and grated chocolate powder or cocoa (2 ozs.), almond or other essence, grated orange peel or a purée (which may contain cake-crumbs also) of almost any stewed, tinned or fresh fruit be substituted for the cheese. Apples, strawberries, raspberries, loganberries, apricots—even pineapples finely chopped²⁸—and many others can be used. Keep to approximately the same proportions of purée to *panada* (adding, if possible, 1 tab. of liqueur to the former); but in those cases where the flavouring is not a purée—as with almond essence or orange—the number of eggs can be reduced²⁹ by one.

The second and less substantial type of soufflé uses no flour. This, too, can be either sweet or savoury. Its simplest form is the *Omelette Soufflé*. For this, the yolks are beaten up with sugar and a little liqueur or flavouring essence; the whites, whipped to a stiff froth, are then mixed in, and the whole is baked as before—but in a rather quicker oven as there is no flour to be cooked. When soufflés of this type are made with fruit, 3 or 4 eggs should be allowed to 1 lb. of fruit (before it is made into a purée). The yolks may or may not be added; but 1 tab. of liqueur is an undoubted advantage.

*† For savoury soufflés of this type, potato purée, or flaked and sieved fish, with or without a little cheese, may be used. Salt and pepper should, of course, take the place of sugar. The proportions are about $\frac{1}{2}$ lb. of the purée to 2 yolks and 2 whites. A little whipped cream can be incorporated with advantage.

¶ *† COLD SWEET SOUFFLÉS differ from the *Mousse* (p. 139) only in having the yolks of the eggs added and thickened on the fire. Make $\frac{1}{2}$ a pint of any fruit purée (finned, stewed or fresh), sweeten it, and add a liqueur, essence or lemon juice to taste. Stir in the yolks of 3 eggs and $\frac{1}{2}$ oz. of gelatine dissolved in a little hot water. Heat in a double pan, stirring constantly, until the mixture thickens. Add 1 gill of whipped cream and the whites of 4 eggs whipped to a stiff froth—

and, if considered desirable, a few pieces of the whole fruit. Pour into a soufflé-dish (not buttered) and allow it to cool and set. Turn out and decorate, or serve in the dish.

All types of soufflé are sometimes cooked in small dishes, one for each person.



OMELETTES

A WHOLE library could be filled with passages in praise of the Omelette—from Brillat-Savarin's story of the Curé downwards—and a whole world of nonsense has been written about how it should be made. To get rid of the fallacies first: milk or cream shou'd never be added—unless fried custard is preferred. The only permissible adulterant, other than the filling, is 1 t. of olive oil to every two eggs—which is of real value. A special omelette-pan is not essential (a good chef could no doubt cook a good omelette in the lid of a biscuit tin), but it is desirable, because it possesses features which render omelette-making easier. These are: low sloping sides so that the mixture can be easily manipulated while in the pan, and easily rolled out when cooked; and heavy construction so that enough heat is retained in the metal of the pan to do most of the cooking without further help from the fire. Another point is that the size of the pan should be roughly suited to the number of eggs in the omelette: a 9-inch pan is about right for 3 to 5 eggs, a 7-inch for 2 or 3 eggs. If these limits are exceeded it is much more difficult to produce a good omelette.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ **PLAIN OMELETTE.** Break 3 eggs into a bowl and add sufficient pepper and salt. Mix them thoroughly with a fork, but do not beat or aerate them: all that is wanted is a homogeneous mixture. Heat the pan so hot that when the butter is put in it ceases to frizzle almost at once and begins to turn brown. Put in enough butter to cover the bottom comfortably, and run it round the sides—particularly up that side over which the omelette will roll on to the dish. As the butter browns, the eggs should be poured in quickly—and the next few seconds will call for all the skill which the making of an omelette requires. Immediately the egg touches the hot pan it will set underneath, and—immediately—the blade of a knife must be slipped under it all round and the pan tipped so that fresh unset egg can run beneath and take its place. Continue the process, allowing no part of the egg to rest on the bottom for more than 5 seconds, until most—but not quite all—has set; then with a quick tip of the pan and a parting flick with the knife, roll the omelette up and out of the pan on to the hot dish waiting to receive it. The whole process should not take more than half a minute; if it does, the omelette will be leathery. Instantaneous setting is needed; and the fire should be fairly hot to ensure this. The surface of the omelette should not be brown, and the inside should still be juicy.

*† With the foregoing recipe as a basis, some dozens of omelettes can be made.

For *Omelette aux Fines Herbes*, $\frac{1}{2}$ a t. of finely minced shallot and 1 des. of chopped parsley are added to the eggs in the bowl (or 1 tab. of the *fines herbes* mixture given on p. 19)—and exactly the same procedure adopted. Finely chopped garden-cress, celery leaves, green chilli (minus the seeds) or spring onions are other uncooked ingredients which make acceptable variations.

Cooked vegetables which may be melted in butter, cut up and added are: asparagus (keep the tips whole and sprinkle them on top of the mixture in the pan), globe-artichoke bottoms, cauliflower, mushrooms, salsify, tomatoes (skinned and seeded), truffles, and tiny cubes of potato sauté'd in butter (p. 12). Grated cheese (Parmesan or Gruyère, for choice) goes admirably, as do such things as chopped ham, bacon, chicken, game, tongue or corned beef, kidney, crab, lobster, kipper, chicken-livers and soft roes. These more solid ingredients which might harden if allowed to touch the bottom of the pan are best warmed in butter and sprinkled over the omelette the moment it is poured into the pan, so that they emerge folded up inside it.

Omelettes—particularly *aux fines herbes*—are often served on a purée (p. 48) of such things as tomato, green peas, or spinach. Or they may be sent up with one of the richer brown sauces (p. 39) calculated to set off the kidney, chicken-livers or whatever they contain.

¶*†The SPANISH OMELETTE is a totally different dish. It is cooked more slowly and, when one side has browned, it is tossed like a pancake for the other side to be done. It may be as thick as $\frac{1}{2}$ an inch and in it are potatoes, diced and sauté'd, slices of red peppers, onions and tomato, melted in butter (p. 12), and often the characteristic Spanish mixture of meat and fish, in small pieces. It should be cooked with oil.



BATTERS

BATTER is used not only in the form of Yorkshire Pudding with roast beef, baked or steamed as a sweet, and fried as pancakes or fritters: it is also a *sine qua non* in the production of such dainty morsels as *Kromeskis*, Fritters and *Ravioli*. It is extremely easy to make. The most complicated recipe is given first—a savoury batter in which *Kromeskis* and Fritters should be fried. The same method should be followed in mixing the simpler batters which are given later.

Mix in a bowl $\frac{1}{2}$ lb. of flour with $\frac{1}{2}$ a t. of salt, and stir in the yolk of an egg, 2 tabs. of brandy, 2 tabs. of olive oil and enough water to make it into a smooth paste, quite free from lumps and of a consistency to coat the spoon about $\frac{1}{2}$ of an inch thick. Continue to beat it lightly for 5 or 10 mins., and then let it rest in a cool place for at least an hour or two. When it is required, whip the white of egg into a stiff froth and stir it in. The *Kromeskis* and Fritters are made by dipping whatever centres may have been prepared for them and then frying them as described on p. 11. For sweet fritters, 1 t. of sugar should be added. A variant of this recipe substitutes rum for the brandy and melted butter for the oil.

A plainer recipe omits both and uses milk instead of water. This, made with 2 eggs and poared into

a baking-tin that has been lubricated with dripping, can be baked with the joint for 30 to 45 mins., to make the familiar Yorkshire pudding.

¶ **BATTER PUDDING** is improved by the addition of $\frac{1}{2}$ a t. of Baking Powder. It can be baked for 30 to 45 mins. and served with hot golden syrup, or steamed for an hour and served with butter and brown sugar, or hot jam, or syrup.

¶ **TOAD-IN-THE-HOLE** is a baked batter in which lurk sausages or—less interesting—cubes of well-spiced beefsteak.

¶ **PANCAKES** are made by pouring a small quantity of rather thin batter all over the bottom of a very hot frying-pan which has been slightly greased with lard. The mixture should lie little thicker than paper. In a second or two—if the pan is hot enough—the underside should be browned and the pancake is then tossed and the other side browned with equal speed. Roll from the pan straight on to a very hot plate and serve instantly. Sugar and quarters of lemon should accompany them.

¶ **CRÊPES SUZETTE** are a superb and amusing dish. Fry a quantity of pancakes and stack them on a plate ready for the final operation—which can well be carried out on a chafing-dish in the dining-room. Melt a little brown sugar and the same amount of butter in the pan, add orange or lemon juice, and put in 4 pancakes, each folded into quarters. Pour over them 1 liqueur-glass of

brandy with $\frac{1}{2}$ another each of Benedictine and Grand Marnier, or 1 each of curaçao, maraschino, kummel or Chartreuse. Set it alight and serve instantly. It is depressing to think that a tolerable travesty of this dish could be achieved without the liqueurs or the 'flambées'.

§ *RAVIOLI (p. 75) require a simple eggless batter made of $\frac{1}{2}$ a lb. of flour, $\frac{1}{2}$ a pint or so of warm water, 1 tab. of olive oil and a little salt. Make a stiff paste, divide it into two halves and roll each out like pastry until it is the thickness of a half-crown. On one sheet dispose little heaps of mince every 2 inches apart, and place the other over all. Cut between the heaps, dividing the whole into 2-inch squares each containing mince, and pinch all the edges firmly together. Put the *ravioli* into boiling salted water for 1 min. and then move the pan off the fire for a further 10 mins. Drain them and sauté them (p. 12) in butter for a few minutes, sprinkle them with grated cheese and serve with a good brown sauce (p. 39). *Ravioli* are delicious if the mince and sauce are really good; they should not be attempted unless some more exotic ingredients than cold mutton and onion are in the larder. They can be used as an accompaniment to a dish of braised meat or chicken.

CUSTARDS

CUSTARDS may be either savoury or sweet, according to whether they are made with stock or milk and seasoned or sugared. They can be cooked (but not boiled) in a double saucepan, steamed or baked. The first method is perhaps the most difficult, but in any case the temperature must be kept below the point at which the eggs would curdle (167° F.) and the custard be spoiled. Allow from 1 to 2 eggs for each $\frac{1}{2}$ pint of liquid, according to the richness required. If fish or meat are to be included, the eggs may be still fewer.

To Boil (as it is wrongly termed): Add the milk, sugar or salt and any flavouring to the eggs gradually, mixing very thoroughly. Pour into a double saucepan with boiling water in an outer shell, and stir continually. The moment the custard thickens and coats the spoon, remove the inner pan and pour the contents into a dish, over the pudding, or into small pots. If the custard is cooked for even 5 seconds too long, it will curdle and be spoiled.

¶ CUSTARD MERINGUE is a sweet-boiled custard on top of which the white of egg is put, whisked, sprinkled with sugar and lightly browned.

To Steam: Mix the eggs with the stock or milk (or both) thoroughly as before. Add sugar or salt and any solid ingredients. Pour into a buttered mould or pots, cover with greaseproof paper, put into a steamer (or into a pan of water just off the boil, reaching two-thirds of the way up the mould), cover and cook until the custard has just set: 10 to 15 mins. for small pots, 20 to 40 mins. for a mould. The pots are more easily managed and look better than the mould.

To Bake: Proceed as before, but cook in a moderate oven (170° F.) until set—which will take rather longer than when steamed.

¶ *† FISH CUSTARDS (p. 61). Use half fish-stock and half milk with 1 egg per pint. Add the boiled fish in flakes and season carefully. Steam till set.

¶ * CHICKEN OR GAME CUSTARDS. Substitute chicken or game for fish, above.

Sweet Custards can be flavoured with fruit essences and in many other ways: almonds, rose, violet, coffee (use $\frac{1}{2}$ strong coffee to $\frac{2}{3}$ milk), orange or lemon (use lump sugar and grate the rinds with the lumps), caramel (use $\frac{1}{2}$ caramel (p. 41) to $\frac{1}{2}$ milk, steam, turn out and pour more caramel over it), vanilla and so on.

¶ CUSTARD SAUCE may either be plain boiled custard (p. 136) or can be made by mixing 2 t. of cornflour with $\frac{1}{2}$ a pint of sweetened and flavoured milk, bringing it slowly to the boil for a

minute or two, cooling it, and adding a beaten egg. Orange and lemon are appropriate flavourings.



MOUSSES AND CREAMS

THE Mousse, that light and delicious sweet, is not unlike the Cold Sweet Soufflé, but is even lighter. It can be made from any fruit, fresh or tinned, that will purée. It is especially good with fruits that need not be cooked first—as, for instance, raspberries.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ †FRUIT MOUSSE. Make a pint of purée by passing the fruit (stewed if necessary) through a hair sieve. Sweeten it and mix with it the whites of 2 eggs whisked to a stiff froth. If desired, 1 gill of whipped cream may also be mixed in. If the purée is very thin, $\frac{1}{4}$ oz. of gelatine dissolved in 2 tabs. of hot water should be added to it at the beginning.

¶ COFFEE MOUSSE. Thicken as for a cold soufflé (p. 127), the yolks of 4 eggs in $\frac{1}{4}$ of a pint of strong coffee. When it is quite cold, mix in the 4 whites, whisked to a stiff froth, and $\frac{1}{4}$ of a pint of whipped cream. Serve in glasses.

¶ CHOCOLATE MOUSSE. Melt 3 ozs. of Cadbury's 'Mexican' (or other) chocolate in a double saucepan, and then stir in, off the fire, the yolks of 3 eggs—adding them one by one and stirring

with a wooden spoon. Add the 3 whites, whisked to a stiff froth; mix well and put into a soufflé dish or into glasses. This is a superb and easily made sweet.

¶ **CREAMS** can be made from a purée of any fruit, from its syrup (usually with some of the solid fruit added), and even from jam. There are two methods of making them, the result of the second being, more properly, a rich custard.

First Method: Dissolve $\frac{1}{2}$ an oz. of gelatine in $\frac{1}{2}$ of a pint of hot milk. Add $\frac{1}{2}$ a lb. of fruit, either purée'd (p. 48), or cut up into pieces with 1 tab. or so of syrup, and sweetened. Mix in $\frac{1}{2}$ of a pint of whipped cream and pour into a wetted mould to set. The cream will turn out without difficulty if the mould is placed in warm water for a moment or two. If fruit syrups or jam (diluted with warm water and passed through a sieve) are used the amount of gelatine should be doubled.

Second Method: Make a boiled custard (p. 136) with the yolks of 2 eggs in $\frac{1}{2}$ a pint of milk. Stir into the custard when cool $\frac{1}{2}$ of a pint of sweetened fruit purée and $\frac{1}{2}$ of a pint of whipped cream. Serve in glasses. If a cream of this type is to be set in a mould and turned out, melt $\frac{1}{2}$ an oz. of gelatine in a little of the milk, and add it with the purée.

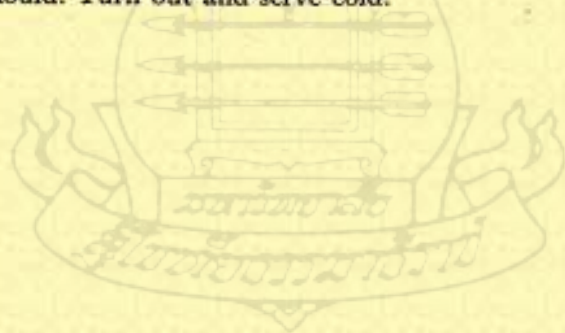
¶ **CHESTNUT CREAM.** Make a purée (p. 48) of 1 lb. of boiled chestnuts. Mix 1 tab. of vanilla

sugar with 1 teacupful of cream. Mix 1 tab. of this cream with the chestnuts, and put into a wetted mould. Turn out carefully and cover with the rest of the cream whipped.

¶ **CHOCOLATE CREAM.** Use the second method and dissolve 2 ozs. of grated chocolate or cocoa in the warm milk. Add sugar to taste.

¶ **COFFEE CREAM.** Use the second method but substitute for $\frac{1}{2}$ of the milk the same amount of very strong coffee.

¶ **CREAM SPONGE.** Dissolve 2 ozs. of gelatine in 3 tab. of hot water and stir it into $\frac{1}{2}$ a pint of milk sweetened with 3 tab. of castor sugar. Add the juice of 2 lemons and $\frac{1}{2}$ a pint of cream. Whip the mixture until it is stiff and pour into a wetted mould. Turn out and serve cold.



A FEW MORE SWEETS AND PUDDINGS

¶ **CANARY PUDDING.** Beat in a basin with a wooden spoon 4 ozs. each of butter and sugar until they are a creamy paste. Mix in 2 or 3 eggs, well beaten, and, if desired, a little lemon essence or grated rind. Work in gradually 4 ozs. of flour and, if only 2 eggs were used, 2 tab. of milk. Beat the mixture well and then mix in 1 t. of baking powder. Steam (p. 8) in a buttered mould for 2 hours. Serve with hot jam or sweet sauce.

¶ **CASTLE PUDDINGS.** Proceed as for Canary Pudding, but put the mixture into small buttered moulds ($\frac{3}{4}$ full) and bake in a moderate oven for 1 hour. Serve with hot jam or sweet sauce.

¶ **CHOCOLATE PUDDING.** Soak 5 tab. of breadcrumbs and 3 tab. of grated chocolate or cocoa-powder in $\frac{1}{2}$ a pint of milk with sugar to taste. Stir in the yolks of 2 eggs and 1 oz. of butter in small pieces; then the whites, whisked to a stiff froth. Put in a buttered pie-dish and bake in a moderate oven for $\frac{1}{2}$ an hour. Cover with whipped cream and serve cold—or cover with half the whisked white of an egg, kept back for the purpose, brown lightly in the oven and serve hot.

¶ **FOOLS** can be made from a purée of any fruit (p. 48) by sweetening it and adding from $\frac{1}{2}$ to 1 pint of cream to each lb. of fruit. Serve with shortbread biscuits.

¶ **FRENCH PANCAKES.** Mix, as for Canary Pudding (p. 142), 2 ozs. of butter, 2 ozs. of sugar, 2 eggs, 2 ozs. of flour and $\frac{1}{2}$ a pint of milk. Beat the mixture well, put into buttered breakfast-saucers and bake in a quick oven till light brown—20 to 30 mins. Spread lightly with jam, fold in halves or put one on another, and dredge with castor sugar.

¶ **GINGER PUDDING.** Mix $\frac{1}{2}$ a lb. of flour with 3 t. of ground ginger, a pinch of salt and 1 t. of baking powder. Work in with the fingers $\frac{1}{2}$ lb. of shredded suet or butter. Add $\frac{1}{2}$ lb. of golden syrup and enough milk to make the mixture workable—about 2 tab. Steam (p. 8) in a buttered mould for 2 $\frac{1}{2}$ hours.

¶ **JUNKET.** Warm $\frac{1}{2}$ a pint of sweetened milk (flavoured, perhaps, with 1 tab. of brandy, or 2 tab. of very strong coffee, or some essence) to very slightly more than blood-heat—but not till hot. Add 1 t. of essence of rennet, and pour into a bowl to cool. Do not move the bowl after the first $\frac{1}{2}$ min. until the junket has set. Whipped cream may well be spread over it.

¶ **CARAMEL JUNKET**—the best of all junkets. Make a dark caramel (p. 41) of 2 $\frac{1}{2}$ ozs. of lump sugar in 3 tab. of water. Heat the milk—but

do not boil—and add the syrup and a pinch of salt, stirring until it is quite dissolved. When it has cooled almost to blood-heat, stir in 2 t. of essence of rennet and proceed as before.

¶ **MERINGUES.** Whisk the whites of 6 eggs to a stiff froth and whip in with them $\frac{3}{4}$ lb. of icing sugar. Line the oven-tray with several thicknesses of white paper and dispose the mixture in tablespoonfuls on it. They should be stiff enough to keep their shape. Bake them in a cool oven with the door ajar until they are lightly coloured. This should take at least $\frac{1}{2}$ an hour. Scoop out the centres of the undersides, fill with whipped cream (and small pieces of fruit, if desired) and place together in pairs.

¶ **MILK PUDDINGS** should be cooked for hours. The best way to make them is to put them in the oven after dinner at night and leave them there till lunch-time next day. They should be a homogeneous creamy, brownish mass—not a quantity of cereal lying or floating in a thin liquid. If no kitchen range is available, put them in a haybox (p. 12) for 3 or 4 hours, and finish them off in the oven. Allow 2 tabs. of rice, sago, tapioca, etc., to a pint of sweetened milk. An egg may be added as an enrichment—and 2 tabs. of rum are a wonderful addition to tapioca.

¶ **QUEEN'S PUDDING.** Beat together $\frac{1}{2}$ a pint of white breadcrumbs, 1 oz. of sugar, $\frac{1}{2}$ a pint of milk, the grated rind and juice of a lemon, and

the yolk of an egg. Bake in a slow oven until set—about 15 mins. Spread strawberry or raspberry jam over the top, cover with whisked white of egg and brown lightly in the oven—or not, as preferred.

¶ **SUMMER PUDDING.** Line a wetted mould with slices of crustless stale white bread, about $\frac{1}{8}$ inch thick. Fill with stewed raspberries and red-currants, loganberries, blackberries and apples, or any other suitable fruit, and plenty of juice. Cover with more slices of bread. Steam (p. 8) for $\frac{1}{4}$ of an hour, or leave for some hours covered with a weighted saucer. Turn out and serve hot or cold with cream or custard sauce (p. 137).

¶ **SWEET OMELETTE.** Mix the yolks of 3 eggs with 1 t. of sugar and a little vanilla essence or lemon juice. Whisk the whites stiffly and stir lightly but thoroughly in. Pour into a buttered frying-pan and set over a slow fire. Brown the top under a grill, in the oven or in front of the fire. Spread with jam, fold in half and serve sprinkled with sugar.

¶ **TRIFLE** is an elastic term covering almost any mixture of sponge-cakes, custard and/or whipped cream, and fruit. Tinned peaches or apricots, with some of their syrup, go in well, as do macaroons and ratafias.

¶ **ZAMBAIONE.** Allow to each egg $\frac{1}{2}$ an eggshellful of castor sugar and the same of Marsala.

Whisk the eggs to a very stiff froth, mix in the sugar and then the Marsala. Again beat to a stiff froth warm *en bain-marie* (p. 1) for 2 or 3 mins., but keep below blood-heat. Serve immediately, in glasses.



FRUITS—FRESH AND TINNED

THE following notes are intended to jog the memory as to the many ways in which each fruit can be served as a sweet. Special attention has been given to tinned fruit—which, we are assured, is in some ways better for us than stewed fruit, provided that it is not heated after it leaves the tin. No special mention is made of fruit tarts, pies and flans, since pastry lies outside the scope of this book. With any stewed fruit, 'Butter Puff' biscuits (Crawford's, for choice), newly crisped in the oven, are better than most home-made pastry. Or prepared paste, which needs only rolling out and baking, can be bought, and gives fairly good results.

With each fruit is given the liqueur (if any) which accords best with it. This does not mean that its presence is essential; but many dishes are enormously improved by a dash of some spirit or liqueur—so small as to be quite inexpensive.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ STEWED FRUIT. Allow from 3 to 4 ozs. of sugar and $\frac{1}{2}$ to $\frac{3}{4}$ of a pint of water to each pound of fruit, according to the kind. Wash the fruit and remove any stalks, etc. Boil the sugar and water

until they are reduced in volume by about $\frac{1}{3}$. Add the fruit and simmer it very slowly until it is tender.

Dried fruits should be well washed and then soaked in clean cold water for 4 to 6 hours or longer. Proceed then as for fresh fruit, using the water in which they have been soaking.

¶ APPLES associate well with rum or brandy. For Fritters (pp. 10 and 133), the slices may marinate for a short time in either of these spirits—which is then added to the batter.

The Mousse (p. 139) may be flavoured with a little rosewater.

Apples may also be baked in their skins. Core them and sprinkle with Demerara sugar before baking, and add a little rum to the juice. Or they may be sliced and fried in butter, and sprinkled with Demerara sugar and powdered cinnamon.

¶ APPLE CHARLOTTE. Line a mould as for Summer Pudding (p. 145) with slices of bread buttered on both sides. Fill with slices of apple sprinkled with lemon juice, rum or liqueur, and with apricot jam between them. Cover with more buttered bread. Bake for $\frac{3}{4}$ of an hour; turn out, and bake a deep golden brown.

¶ † APRICOTS appreciate the presence of brandy or, *faute de mieux*, a little lemon juice. Most tinned apricots are better for being stewed a little longer in the syrup.

They make good Soufflés by any of the methods given on pp. 126 and 127, or a Mousse (p. 139), Cream (p. 140) or Fool (p. 143). Small pieces can be mixed with cream in Meringues (p. 144) and larger slices go admirably into a Trifle (p. 145).

¶ BANANAS take kindly to most liqueurs or to rum. They make good Fritters (pp. 10 and 133) and can be put, chopped, into Meringues (p. 144) or, sliced, into Trifle (p. 145). They associate happily with tinned apricots or pineapple, or with strawberry or apricot jam.

Bake them, sliced lengthways, with rum and sprinkled with Demerara sugar. This is an excellent sweet.

Or mash them to a froth and set a junket on top of it.

¶ BLACKBERRIES are generally stewed in company with apples. The mixture makes a good Summer Pudding (p. 145). Purée'd, they can be used for any of the Soufflés (pp. 126 and 127), for Mousse (p. 139), Cream (p. 140), or Fool (p. 143).

¶ † DAMSONS can be purée'd and used in any of the ways given for blackberries (above).

¶ † GOOSEBERRIES are at their best when stewed while they are still young and small. As they get older a little apricot jam and kirsch will improve the syrup in which they are cooked.

Later still, they are best made into a Fool (p. 143).

¶ †GRAPEFRUIT lose less than any other fruit by being tinned. Some people even prefer them so. With a dash of maraschino they make a good *hors d'oeuvre*, or with mayonnaise (p. 43) and lettuce they make a most refreshing salad.

¶ †LOGANBERRIES may be dealt with in any of the ways given for raspberries on p. 151, but they should be stewed for rather longer.

¶ †PEACHES can be treated in any of the ways given for apricots on p. 148. Their usual liqueur is maraschino, kirsch or brandy; but the fresh fruit is superb sliced, very lightly sugared and served lying in a few spoonfuls of port.

¶ †PEARS have kirsch or equal parts of brandy and maraschino as their liqueur. Tinned pears may be served simply sprinkled with powdered cinnamon and rum, or they may be banded round, cold, with hot chocolate sauce made by melting 2 ozs. of chocolate in $1\frac{1}{2}$ gills of milk, to which, when cooler, $\frac{1}{2}$ of a pint of whipped cream is added. Or, again, maraschino and brandy, as above, may be warmed, poured over them and set on fire.

Tinned pears can also be accompanied by Carolina rice cooked slowly in milk and mixed, when cold, with a little whipped cream. Pour over them a syrup of apricot jam and warm water with 1 t. of kirsch.

¶ † PINEAPPLES associate most happily with rum. 'Wyvern' gives a superb *gâteau* built up of alternate slices of pineapples soaked in rum and of Madeira cake fried golden-brown in butter, dusted with sugar and spread with apricot jam. Over all is poured the hot syrup and rum. This dish is easily made with a small Madeira cake, slightly less in diameter than the tin of pineapple slices.

Pineapple syrup with a few pieces of the fruit can be used for the Cold Soufflé on p. 127 or for a Cream (p. 140). Soaked in rum it makes very good Fritters (pp. 10 and 133), or it can be chopped up very finely and used in a Hot Soufflé (p. 126).

The chunks can be served in whipped cream with a little maraschino—in which they should have soaked for an hour or two.

It makes a good Fruit Salad with alternate slices of orange, the whole sprinkled with brandy and curaçao, or kirsch, or maraschino. Whipped cream flavoured with the same liqueur should be served with it.

¶ PRUNES make an astonishingly good Hot Soufflé by the second method given on p. 127.

¶ † RASPBERRIES with red currants make perhaps the best Summer Pudding (p. 145). In the form of a purée they can be used for any of the Soufflés on pp. 126 and 127, or for a Mousse (p. 139), Cream (p. 140), or Fool (p. 143).

¶ STRAWBERRIES. Who, having the fresh fruit, would eat them in any way but with cream it is hard to say; but the tinned fruit may be treated in any of the ways suggested for raspberries.



SAVOURIES

MANY of the soufflés and other dishes given may be served as Savouries (and are so indexed); but there remain a certain number of recipes which belong especially to this course. All savouries should be rather highly seasoned and, as they come at the end of the dinner, they should be served in a particularly attractive form, that they may both tempt the appetite and leave a good final impression. When they are mounted on toasts, these should be carefully made, trimmed of their crusts and buttered on both sides.

In the following recipes * indicates that the cold remains of a previous dish, † that a tinned product can be used with satisfactory results.

¶ † ANGELS ON HORSEBACK—the best savoury of all. Sprinkle a number of oysters with cayenne, roll them up each in a small piece of bacon, bake sufficiently to cook the bacon, and serve on hot toasts.

¶ *BLACK PUDDING SAVOURY is another excellent morsel made in the same way, a little of the contents of a pudding being substituted for the oysters. Black puddings are to be bought from pork-butchers. They are not to be despised (in spite of their colour) when fried with bacon

for breakfast. The small puddings, kidney-shaped, are the best.

¶ **CHEESE ROLLS.** Cut some small round rolls in halves. Scoop out the crumbs, butter the inside and stuff with grated cheese, ham and cream. Heat in the oven. Other savoury stuffings can be contrived for these.

¶ ***PRUNE SAVOURY** is made in the same way as Angels on Horseback, a small piece of stewed prune being peppered and substituted for the oyster.

¶ **SAVOURY TOASTS** are almost infinite in their variety. On them may be mounted small portions of any highly flavoured fish or shellfish, such as haddock, kipper, sardine, or lobster, minced and sometimes covered with a morsel of good sauce. Any form of stuffed or scrambled eggs (pp. 162 and 163) may be used; or soft roes, chicken livers or mushrooms, fried or baked with butter; or minced liver, melted in butter, *foie gras*, or some highly flavoured mince of meat or game.

¶ **WELSH RABBIT** is best made for this or any other course by grating the cheese, adding to it a little dry mustard, salt, if needed, and pepper, and mixing it to a paste with beer or with milk and a suspicion of Worcester sauce. Cover the buttered toast with this to a depth of about $\frac{1}{4}$ inch and brown in the oven or under a grill. Sprinkle with tabasco or cayenne and serve very hot.

SALADS

A BOOK of this size could well be devoted to salads alone: all that are given here are one or two simple lettuce salads which exemplify the general principles to be observed, one or two dressings and potato salad. Mayonnaise will be found among the sauces on p. 43.

The main faults in most English salads are that the lettuce is not properly dried and that the vinegar is added at the wrong time and in too great a quantity. If lettuce cannot be had straight from the soil—picked in the early morning of the day it is to be eaten—it should be kept in a tightly covered tin or crock. Another way is to stand the roots only in a little water; but on no account should the whole lettuce be put to soak. When the salad is to be made, cut off the roots and throw away any leaves that are discoloured. Pull the others off the stalk, one by one, examining them for slugs and insects, and wash them in cold water. They should then be soaked in fresh cold water for about $\frac{1}{2}$ of an hour—certainly for no longer than $\frac{1}{2}$ an hour. To dry them, put them into a cloth or wire basket and expel as much moisture by swinging them vigorously to and fro, after which every leaf must be carefully dabbed with a cloth on each side to get rid of every drop of water. If they are wanted

in smaller pieces, they should be torn with the fingers and not cut with a knife.

The leaves being now put into a salad bowl, it is essential that their surface be completely covered with a film of olive oil before any vinegar is allowed to touch them. The easiest way to do this is to sprinkle the oil over them a spoonful at a time, 'fatiguing' the whole mass by turning it over and over with a wooden or horn salad spoon and fork until every leaf glistens. It is astonishing how much oil can be held without any reaching the bottom of the bowl. Now put into the salad spoon about 1 level t. of salt (*gras sel* is best) and perhaps half that amount of coarsely ground black pepper. Fill up with wine vinegar and sprinkle it over the salad, mixing it thoroughly as before. The amount of vinegar to be added should certainly not exceed one-third of the oil, and may be as little as one-sixth. This, the classical French salad, and any other green salad should be eaten as soon after mixing as possible.

Chopped spring onion or shallot may be sprinkled over the salad just given, or, for the fastidious, something of the same effect can be got either by rubbing the bottom of the bowl with a slice of onion before putting the lettuce in, or by using shallot vinegar. Pleasantly varied effects can be got by using various aromatic vinegars such as tarragon (a necessity in any kitchen), *fines herbes*, anchovy, and so on.

Garlic and garlic vinegar should be reserved for chicory alone.

¶ 'K.G.' SALAD, which is worthy to form a course by itself, is made in a very similar way. First chop a spring onion, the green part as well as the white, into narrow rings, and crush every atom of them against the bowl with the back of the salad spoon. Add now the lettuce, torn up into small pieces, and coat it thoroughly with oil. Sprinkle over it 1 tab. of chopped chervil and the same of tarragon. Put into the spoon about 1 des. of moist brown sugar and 1 t. of dry mustard, in addition to the salt and pepper, and dissolve them in wine vinegar. The exact proportions must be found by experiment—but both the sugar and pepper should stand out noticeably. Mix very thoroughly and eat at once.

In working to the following recipes, all quantities should be checked by tasting and corrected if necessary.

¶ *POTATO SALAD. Cut some cold potatoes of the waxy type into slices about $\frac{1}{4}$ inch thick and put them into a salad bowl—which may or may not be rubbed first with a slice of onion. Cover them with mayonnaise (p. 43), or with one of the dressings given in this section. If yolk of egg is used, the hard-boiled whites may be chopped up and sprinkled on the potatoes, as may a small quantity of chopped onion,

parsley, chives, tarragon, anchovy, chervil or gherkins. The slices of potato may first be marinaded (p. 20) in stock.

¶ SALAD CREAM. Mix in a cup 1 saltspoonful of salt with 2 of castor sugar and 1 t. of made mustard. Stir in 4 tabs. of cream and then add, drop by drop, about 1² tab. of wine vinegar.

¶ SALAD DRESSING. Mix together the yolk of a hard-boiled egg, 1 t. of dry mustard, 1 scant saltspoonful of salt, a pinch of sugar and 1 t. of finely minced shallot. Work them to a smooth paste with a little olive oil, and then stir in more oil until the mixture is a little thinner than a batter. Add the yolk of a raw egg and more oil, mixing the whole until it is a thick dressing. Finally, drop in about 1 des. of tarragon or other vinegar.

¶ SIMPLE SALAD DRESSING. Work $\frac{1}{2}$ t. each of salt, mustard and white pepper and 1² t. of sugar into a paste with 1 des. of vinegar and 1 tab. of milk or 2 of cream. Mix thoroughly into this, in a basin, the yolk of one egg. Stand the basin in boiling water and stir constantly until it thickens—but no longer. Add 3 tabs. or more of olive oil and stir smoothly in. A little more vinegar may now be added if it is needed.

BREAKFAST AND SUPPER.

☞ **COFFEE.** To get the very best out of coffee the beans should be ground as fine as cocoa. Not only is the flavour much better, but very much less coffee is needed to give the same strength. No hand-mill will grind as finely as this, so the coffee should either be ordered 'pulverized' from the shop or bought in beans and pounded in a pestle and mortar. This last is a troublesome job, though it makes possible the ideal of freshly roasted coffee for each occasion. The best compromise is to have freshly roasted, pulverized coffee delivered once or twice a week, and to keep it in air-tight tins. Such coffee will give better results on the seventh day than do freshly roasted beans, ground coarsely at home, on the day of delivery.

The best and easiest way to make coffee from this fine powder is in a 'Cona' machine, which is alone in having a filter fine enough to cope with it. Allow 1 t. of coffee, heaped as high as it will go, to each $\frac{1}{2}$ pint. When the water has gone up into the top funnel, stir it and leave it there until the first bubbles begin to reach the surface. Then take away the lamp. On no account send the coffee up more than once: 'Coffee boiled is coffee spoiled'.

The next best way to make coffee is in a vessel

as narrow and deep as possible, which can be put on the fire. Float the coffee on top of cold water and heat it rather slowly. When bubbles and froth begin to form—but just before it boils—take it off the fire, stir it thoroughly and add a dash of cold water to sink the grounds. In a minute or two it may be poured out through a strainer with a piece of fine cloth or muslin in it. This method is not so economical as a 'Cona', but it uses less coffee than a percolator—which has to be extravagantly treated to make a good strong brew.

¶ **HOT MILK.** The perfect cup of breakfast coffee is half strong coffee and half hot milk—not a thin brew of coffee with about as much milk added as one puts into tea. A most valuable hint is to bring the milk just to the boil and then beat it well with an egg-whisk until froth has formed on the top to a depth of $\frac{1}{2}$ inch. Not only does this prevent the formation of skin: it also improves the taste of the milk to an astonishing degree.

¶ **TEA** should be made from freshly drawn cold water that has just been brought to the boil—not from the water that has been standing in the kettle. Warm the teapot and put in it about 1 t. of tea for each person and 'one for the pot'—or little more than half that amount of China tea. As soon as the kettle boils, bring the teapot to it and fill up. In 3 mins. Indian tea

will be perfectly infused; China will take 5 mins. After this any further strength that is gained will be at the expense of quality.

¶ **BACON** is dealt with on p. 69.

¶ **EGGS.** To boil: Put into boiling water and leave for $3\frac{1}{2}$ mins. This will leave the whites set and the yolks syrupy. Allow an extra $\frac{1}{2}$ min. for eggs straight from the hen.

To *Coddle*—a better way of boiling: Allow about $\frac{1}{2}$ of a pint of cold water to each egg. Put them in and bring to the boil—not too quickly. The yolks and whites are set evenly and lightly by this method.

To *Poach*: Bring a pan of salted water to the boil and add 1 t. of vinegar. Break each egg into a saucer and slip it quietly into the pan, off the fire. Simmer for 3 mins. Lift out on a fish-slice or skimmer and drain thoroughly.

To *Fry*: Break the eggs into the frying-pan in which the bacon has cooked, or pour in bacon fat or butter. Fry them slowly until they are set, basting them a little to hasten matters.

As a luncheon or preliminary dinner course, eggs may be carefully fried in butter, seasoned, and served in little ramequins with: (i) The butter returned to the pan and fried brown—*œufs au beurre noir*. (ii) The butter with a drop or two of sherry or tarragon vinegar. (iii) Finely minced mushrooms or the like, previously melted in butter (p. 12). (iv) *Maitre d'hotel* butter

—p. 43. (v) A little *fines herbes* mixture—p. 19.
 (vi) Sprinkled with grated cheese and browned under the grill.

To Scramble: Part of the charm of scrambled eggs for me lies in the flecks of white that one encounters here and there; and I advise, therefore, that the eggs be broken straight into a pan in which a generous amount of butter has been gently melted. Add salt and plenty of pepper. Cook slowly, stirring and scraping well with a wooden spoon until the eggs have not quite set completely—they will go on cooking by their own heat for a short time. Serve on hot, buttered toast. Those who prefer a more homogeneous mixture should mix the eggs thoroughly in a basin before cooking them.

Any of the ingredients mentioned for Omelettes (pp. 129 to 132) can be scrambled with eggs, and make excellent dishes, either as savouries or, in more substantial quantities, for breakfast or supper.

To Bake: Admirable supper dishes can be made by baking eggs until just set (about 5 mins.) in a buttered pie-dish with: (i) a good gravy containing mixed shallots, or sweet herbs, or minced anchovy, or bits of cold fish, or savoury vegetable—all sprinkled with bread-crumbs. (ii) Layers of cream, grated cheese, the eggs, seasoning, cream, and finally cheese again—*œufs à la Suisse*. (iii) In any good white sauce (pp. 35 to 39), such as lobster, mushroom,

or tomato, lemon and cheese. (iv) Beneath a layer of sliced onion melted in butter (p. 12), with a cheese sauce (p. 35) over all.

The same thing done in small ramequins makes a good first course for a dinner. For all these recipes the eggs should be out of their shells, of course.

To Stuff: A Savoury or Supper Course. Hard boil the eggs for 10 mins., dip them straight into cold water and shell them. Cut them in halves and cut a bit off the top and bottom to make them stand upright. Remove the yolks and work them to a paste with butter, seasoning, and such things as: shrimps, essence of anchovy, *foies herbes* (p. 19), minced olives, capers, mushrooms, truffles, lean ham, tongue, bacon, chicken livers, *foie gras* or sausage meat. Refill the whites with the mixture and serve cold on small rounds of bread fried in butter—or pour a little melted butter or sauce over them and warm up in the oven.

To Curry: Hard boil and shell the eggs as in the previous recipe. Cut them lengthways into quarters and warm them in the curry sauce given on page 119, or in the simpler sauce on p. 36. Serve with boiled rice (p. 114) and chutney. Or they may be fried in butter (p. 10) and served on croûtons of fried bread with a good curry sauce poured over them.

¶ CHEESE PUDDING. Make a milk pudding (p. 144), substituting salt, pepper and a little

mustard for sugar, and adding 3 or 4 tabs. of grated cheese. The addition of an egg is an improvement. Bake in a slow oven.

¶ *COLD POTATOES left over from a previous meal can be used to make various supper dishes: (i) Sliced and covered with Parsley Sauce (p. 37) and sprinkled with rasped ham, tongue or lean bacon. (ii) As Rissoles (p. 75), mashed and mixed with grated nutmeg, the yolk of an egg and the white whisked to a stiff froth. (iii) Sauté'd a. for *Lyonnaise* (p. 114) and sprinkled as in (i). (iv) Made into a Soufflé by the second method given on p. 126. A little grated cheese should be included.

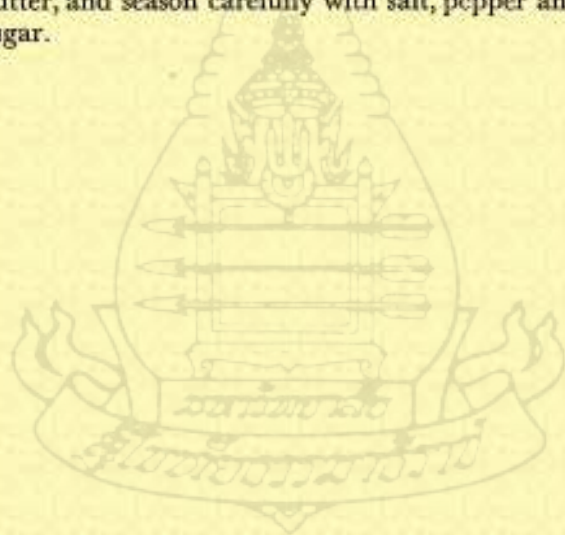
Or they may be sliced and fried with eggs and bacon for breakfast.

If they are of the floury type, they may be used for *Gnocchi Romana*: Mash them and mix them with their weight of flour and enough milk to make a stiff paste. Roll this out 1 inch thick, cut into small squares and poach in boiling water for 5 mins. Serve covered with a rich tomato sauce (p. 37) containing a little grated Parmesan cheese.

¶ *'PUDDIES'. Soak 6 tabs. of 'Quaker Oats' in cold water for 2 hours. Rub them through a sieve and mix with them 1 or 2 eggs, 1 tab. of beef essence, 2 tabs. of flour, chopped parsley, seasoning, and whatever may be to hand in the way of cold cooked vegetables and lean meat—

especially bacon, ham, tongue or sausage meat. Crumb (p. 18) and fry in deep fat.

¶ **VEGETABLES IN CREAM**—a spring dish. Boil some young peas and asparagus-tips in a very little salted water (p. 101). Melt in butter (p. 12) some tiny carrots and button onions, and, when they are almost cooked, add them to the peas. Bind the stock—which should by now be little more than $\frac{1}{2}$ a pint—with half its volume (or more) of cream. Stir in a few bits of butter, and season carefully with salt, pepper and sugar.



USING UP REMAINS

THE indexes in this section show at a glance the different ways in which the remains of various foods may be used up as *réchauffés*. Throughout the book and in the main index the sign * indicates that the dish in question *may* be made of cooked food—though in some cases it is far better made of fresh.

The golden rule for all *réchauffés* of meat is not to allow them to reach boiling point, as this toughens the fibres. Whenever possible they should merely be heated hot enough for the table. If it is wished to make the meat more tender than at its first appearance, this can be done keeping it at stewing point (p. 7) for an hour or so—and not by boiling or even simmering it.

¶ EGGS. Surplus whites may be used up in Meringues (p. 144), Mousses (p. 139), Soufflés (pp. 124 to 128), French Pancakes (p. 143), Sweet Omelettes (p. 145), or whisked and used as an ornament to many kinds of Sweet.

Yolks can go to enrich puddings, batters and sauces of many kinds; or Zabaione (p. 145) can be made with yolks alone.

¶ POTATOES. Cold potatoes may be used in the various Breakfast and Supper Dishes given on

p. 164, in Potato Salad (p. 157), in a Soufflé (p. 127), or in an Omelette (pp. 129 to 132).

Or they may be mashed and treated in any of the ways described on p. 114 to accompany some other dish.

§ **SOUR MILK** makes a good cream cheese. Keep it until it turns to jelly and then hang it up in a muslin bag until the whey ceases to drip. Mix a sufficiency of salt, or celery salt, into it with the blade of a knife and form it into a cake.

TO USE UP
COOKED FISH

| | PAGE | | PAGE |
|---------------|------|------------------|------|
| Au Gratin | 56 | Fricassée | 62 |
| Canapés | 60 | Fritters | 62 |
| Cold in Aspic | 58 | Galantine | 62 |
| Cold with | | Kedgerce | 63 |
| Mayonnaise | 64 | Kromeskis | 63 |
| Curried | 121 | Omelette | 131 |
| Fish Cakes | 59 | Quenelles | 66 |
| Fish Custard | 61 | With Scrambled | |
| Fish Pancakes | 65 | Eggs | 162 |
| Fish Pie | 65 | Soufflé | 126 |
| Fish Pudding | 65 | Spanish Omelette | 132 |

TO USE UP

COLD BEEF OR VEAL:

| | PAGE | | PAGE |
|-----------|------|--------------------|------|
| Fricassée | 75 | Quenelles | 75 |
| Hash | 74 | Ravioli | 75 |
| Kromeskis | 75 | Rissoles | 75 |
| Mince | 74 | Beef Olives | 76 |
| Pancakes | 75 | Hamburg Steak | 71 |
| 'Puddies' | 164 | Blanquette de veau | 87 |

COLD CHICKEN:

| | | | |
|----------------|-----|------------------|-----|
| Curry | 119 | 'Puddies' | 164 |
| Custards | 137 | Quenelles | 75 |
| Deville'd Legs | 95 | Ravioli | 75 |
| Fricassée | 75 | Rissoles | 75 |
| Hash | 74 | Salmis | 93 |
| Kromeskis | 75 | Spanish Omelette | 132 |
| Mince | 74 | St Lambert | 94 |
| Omelette | 131 | à la Villeroy | 95 |
| Pancakes | 75 | Soufflé | 126 |

COLD GAME:

| | | | |
|-----------|-----|-----------|-----|
| Custards | 137 | Pancakes | 75 |
| Fricassée | 75 | Quenelles | 75 |
| Hash | 74 | Ravioli | 75 |
| Kromeskis | 75 | Rissoles | 75 |
| Mince | 74 | Salmis | 93 |
| Omelette | 131 | Soufflé | 126 |

or for breakfast, cold, with bacon.

COLD MUTTON:

| | PAGE | | PAGE |
|-----------------|------|------------------|------|
| Bordeaux Mutton | 83 | Pancakes | 75 |
| Collops | 83 | 'Puddies' | 164 |
| Fricassée | 75 | Quenelles | 75 |
| Hash | 74 | Ravioli | 135 |
| Kromeskis | 75 | Rissoles | 75 |
| Mince | 74 | Spanish Omelette | 132 |
| Cottage Pie | 75 | | |



INDEX

In this Index, as throughout the book, * indicates that the cold remains of a previous dish, † that tinned food can be used.

- Almond Soufflé, 126
- Angels on Horseback, 153
- * Artichoke (Globe) Omelette, 131
- * † Asparagus Omelette, 131
- * " Soufflé, 126
- Aspic, 17

- Bacon, boiled, 68
- " fried, 69
- " grilled, 69
- * " Omelette, 131
- Bain-marie, 1
- Baking, Principles of, 9
- Basting, 17
- Batters, 133
- Batter Pudding, baked, 134
- " " steamed, 134

- BEEF, 70**
(See also the USING-UP Section, 168)
- Beef, boiled, 71
- " Fillet, grilled, 70
- * " hashed, 74
- * " Olives, 76
- " roast, 70
- " Stewed: à la mode, 71
- " " ragout, 73
- Beefsteak, grilled, 70
- Beefsteak, Bordeaux, 71
- * " Hamburg, 71
- " & Kidney Pudding, 75
- " & Oyster Pudding, 75
- " & Mushroom Pudding, 75
- Beef, Tournedos, 70
- Black Puddings, 153
- Blanching, 17
- Bloaters, 59
- Boiling, Principles of, 6
- Bouquet, 17
- Braising, Principles of, 8
- Breakfast Dishes, 159

- Canary Pudding, 142
- Caramel, 41
- Caramel Junket, 143
- Castle Puddings, 142
- * Celery Soufflé, 126
- " Pudding, 163
- " Rolls, 154
- " Soufflé, 125
- Chestnut Cream, 140

- CHICKEN, 90**
(See also the USING-UP Section, 168)
- Chicken, boiled, 91
- " braised: à la Crème, 91
- " braised: Provençal, 91

- CHICKEN (*continued*)
- * Chicken, Curry, 119
 - * " Custard, 137
 - * " Legs, devilled, 95
 - " " grilled, 92
 - * " Omelette, 131
 - * " Pilaff, 116
 - " " roast, 90
 - * " St Lambert, 94
 - * " Salmis, 93
 - " " sauté, 92
 - * " Soufflé, 126
 - " " Spatchcock, 92
 - * " à la Villeroy, 95
 - Chicken-livers, Omelette, 131
 - " " Risotto, 116
 - " " Savoury, 154
 - Chilli Omelette, 131
 - Chocolate Cream, 141
 - " Pudding, 142
 - " Soufflé, 125
 - Chops, Mutton, 81
 - " Pork, 84
 - Cod, grilled, 56
 - Coffee, 159
 - " Cream, 141
 - " Mousse, 139
 - Colouring for Gravies & Sauces, 18
 - Consommé, 45
 - * Cottage Pie, 75
 - Court Bouillon, 28
 - † Crab, baked, 61
 - † " Canapés, 60
 - † " cold, 61
 - † " grilled, 61
 - † Crab, Omelette, 131
 - † " Soufflé, 126
 - Cream in Soups, 47
 - " in Sauces, 31
 - " Machine, 3
- CREAMS, 140
(See also under FRUITS, 147)
(Arranged alphabetically)
- Chestnut Cream, 140
 - Chocolate Cream, 141
 - Coffee Cream, 141
 - Cream Sponge, 141
 - Crêpes Suzette, 134
 - Croûtons, for Soups, 49
 - Crumbing, 18
- CURRIES, 119
- † Ceylon Curry, 121
 - * Chicken Curry, 119
 - Kubabs, 122
 - * Moli, 122
 - † Prawn & Cucumber, 121
 - * Quorma, 123
- CUSTARDS, 136
- Baked, 137
 - Boiled, 136
 - * Chicken, 137
 - Coffee, 137
 - * Fish, 137
 - * Game, 137
 - Meringue, 136
 - Steamed, 137
 - Sweet, 137
 - Cutlets, Mutton, 82
 - " Pork, 82

- Deep-Frying, Principles of, 10
 Dicing, 19
 Dressings, Salad, 155
 Duck, braised (i), (ii) & (iii), 96
 " roast, 95
 " Stuffing for, 21
 Eggs, baked, 164
 " boiled, 161
 " coddled, 161
 " curried, 163
 " fried, 161
 " poached, 161
 " scrambled, 162
 " stuffed, 163
 Other Egg Dishes, 162
 (See also the USING-UP Section, 166)
 Fines Herbes, 19
 " " Omelette, 131
 FISH, 55
 (See also under Name of each Fish in Index)
 Fish, baked, 59
 " " in Paper Bags, 58
 " boiled, 56
 " to choose, 55
 " to crumb, 18
 " fried, 57
 " grilled, 56
 " to skin, 55
 " steamed, 55
 *† " in Aspic, 58
 " Fish Cakes, 59
 " " Canapés, 60
 " " Curry (i), 121
 " " " (ii), 122
 " " Custard, 61
 " " Freshwater, Stuffed & Baked, 56
 " " Fricassée, 62
 " " Fritters, 62
 " " Galantine, 62
 " " au gratin, 56
 " " Kedgerce, 63
 " " Kromeskis, 63
 " " Cold, with Mayonnaise, 64
 " " Pancakes, 65
 " " Pie, 65
 " " Pilaff, 116
 " " Pudding, 65
 " " Quenelles of, 66
 " " in Scrambled Eggs, 67
 " " Soufflé (i), 126
 " " " (ii), 127
 " " Stock, 28
 " " Stuffed Fillets, 67
 " " Venetian Fillets, 67
 " Foin Gras, Imitation, 79
 " " Soufflé, 126
 *† FOOLES, 143
 (See under FRUITS, 147)
 (Arranged alphabetically)
 Foccemeat, 21
 *Fricassées, 75
 French Pancakes, 143
 French Salad Dressing, 155
 Fritters, Batter for, 133

- *† Fritters, Fruit, 133
 (See under FRUITS, arranged
 alphabetically, 147)
- *† Fritters, Fish, 62
 " Frying, Principles of,
 10
- † Fruits, Fresh & Tinned, 147
 (Arranged alphabetically)
- *† Fruit Soufflé, Cold, 127
- *† " " Hot, 126
 " stewed, 147
 Fruits, Dried, 148
- Galantine of Liver, 80
- *† " " Salmon, 62
- GAME AND POULTRY, 89**
 (Arranged alphabetically)
- Game, to choose, hang and
 dress, 89
- * " Custard, 137
- * " Omelette, 131
- * " Purée, 51
- * " Salmis, 93
- * " Soufflé, 126
- Ginger Padding, 143
- Glaze, 19
- * Gnocchi Romana, 164
- Gravy, 19
- Gravy Sauce, 40
- Grilling, Principles of, 9
- Grouse, 96
- Haddock, Finnan, 61
- * " Savoury, 154
- " Stuffed, 56
- Ham, to boil, 77
- * " Omelette, 131
- * Ham, Soufflé, 126
- * " to use up, 77
- Hare, roast, 96
- " jugged, 97
- * Hash, 74
- Haybox Cookery, 12
- " Timetable, 14
- Herrings, grilled, 56
- " meunière, 57
- " baked in paper
 bags, 58
- " pickled, 66
- Hot Pot, 82
- Junket, 143
- " Caramel, 143
- Kidneys, Broché, 78
- " fried, 77
- " grilled, 77
- " in Onions, 78
- " to prepare, 77
- " stewed, 79
- * Kidney, Omelette, 131
- * " Soufflé, 126
- Kippers, 63
- * Kippes Omelette, 131
- * " Savoury, 154
- * " Soufflé, 126
- Kromeskis, Batter for, 133
- *† " Fish, 63
- *† " Meat, 75
- Lamb (see Mutton), 80
- Larding, 20
- Liaisons in Sauces, 31
- " " Soups, 47

- Liver and Bacon, 79
 " braised, 79
 " Galantine, 80
 " stewed, 79
 † Lobster, baked, 64
 † " boiled, 63
 *† " Canapés, 60
 † " devilled, 64
 *† " Omelette, 131
 † " Pilaff, 116
 *† " Soufflé, 126
- Macaroni, boiled, 107
 " to clean, 107
 " Cheese, 108
 " à l'Italienne, 108
- Macédoine of Vegetables, 108
- Mackerel, baked in paper bags, 15
 " grilled, 56
 " pickled, 66
- Maitre d'Hotel Butter, 43
- Marinading, 20
- MEAT, 68
 " to bake, 9
 " to boil, 6
 " to braise, 8
 " to buy, 68
 " to clean, 68
 " to fry, 10
 " to grill, 9
 " to roast, 9
 " to stew, 7
 (See also the USING-UP Section, 166)
- Melting in Butter, 12
- Meringues, 144
- Milk, Hot, 160
 " Puddings, 144
 " Sour, to use up, 167
- *Mince, 74
- MOUSSES, 139
 Coffee Mousse, 139
 Chocolate Mousse, 139
 (See also under FRUITS, arranged alphabetically, 147)
- Mullet, Stuffed & Baked, 56
- Mushrooms, 109
 Mushroom Omelette, 131
 " Soufflé, 126
- MUTTON AND LAMB, 80
 (See also the USING-UP Section, 169)
- Mutton, boiled, à l'Anglaise, 81
 " braised, 82
 " Chops, grilled, 81
 " Cutlets, grilled, 82
 " Hot Pot, 82
 " Mock Venison, 80
 " roast, 81
 " stewed, 82
 " stuffed, 81
- OMELETTES, 139
 * Artichoke (Globe), 131
 *† Asparagus, 131
 * Bacon, 131
 * Cauliflower, 131
 Cheese, 131
 * Chicken, 131
 Chicken-livers, 131

- OMELETTES** (*continued*)
 Chilli, 131
 *† Corned Beef, 131
 *† Crab, 131
 Fines Herbes, 131
 • Game, 131
 • Ham, 131
 • Kidney, 131
 • Kipper, 131
 *† Lobster, 131
 Mushroom, 131
 • Potato, 131
 • Salsify, 131
 † Soft Roes, 131
 *† Spanish, 132
 Sweet, 145
 • Tomato, 131
 *† Tongue, 131
 † Truffle, 131
 Orange Soufflé, 126
 Oven, Control of, 9
 " Temperatures, 10
 Oxtail, braised, 83
 " stewed, 83
 † OYSTERS—
 Angels on Horseback, 153
 Steak & Oyster Pudding,
 75
 in Hot Pot, 82
 Oyster Sauce, 37
PANCAKES, 134
 Crêpes Suzette, 134
 *† Fish Pancakes, 65
 French " 143
 • Meat " 75
 Paper-bag Cookery, 15
 Parboiling, 21
 Partridge, braised, 98
 " roast, 98
 " Salmis, 93
 " stewed, 98
 (*See also GAME in the*
USING-UP Section, 168)
 Pastry, 147
 Pâté de Foie Gras, Imita-
 tion, 79
 Pâté de Foie Gras, Soufflé,
 126
 Pepper, Spiced, 21
 Pigeon, braised, 99
 " grilled, 99
 " Pudding, 99
 " roast, 99
 *Pilaff of Chicken, 116
 *† " Lobster, 116
 • " Turbot, 116
 • " Veal, 116
 Pineapple Gateau, 151
 Plover, 99
 Pork, Cutlets, 84
 " roast, 84
 " Stuffing for, 21
 Potatoes, 112
 baked, 113
 boiled, 112
 • croquettes, 114
 fried, 113
 • Lyonnaise, 114
 • maitre d'hotel, 114
 mashed, 113
 • rissoles, 114
 • sauté, 114
 soufflés, 113

- Potatoes, steamed, 112
- * Potato Omelette, 131
 - * " Salad, 137
 - * " Soufflé, 127
- (See also the USING-UP Section, 166)
- POULTRY & GAME** (arranged alphabetically), 89
- Poultry to choose, hang & dress, 89
- † Prawns, to boil, 121
 - *† Prawn, Canapés, 60
 - † " Curry, 121
 - *† " Fritters, 62
 - Prunes (see Dried Fruits), 148
 - * Prune Savoury, 154
 - " Soufflé, 126
 - * Puddies', 164
 - Puddings. (See Sweets)
 - Purées, 48
 - Wines for, 48
 - (See also SOUPS)
- Queen's Pudding, 144
- *† Quenelles, of Fish, 66
 - * " of Meat, 75
- Rabbit, fried, 85
- " mould, 85
 - " Sauté, 85
 - * " Soufflé, 126
 - " stewed, 84
- * Ravioli, 135
- RÉCHAUFFÉS**
- (See USING-UP Section, 166)
- (See also Recipes marked *)
- RICE—**
- Rice, boiled, 114
 - " à l'Indienne, 115
 - " à l'Italienne, 115
 - " à la Napolitaine, 115
 - " Pudding, 144
- (See also Risotto, 116; and Pilaff, 116)
- Risotto, 116
 - " Milanese, 116
 - " with Chicken-livers, 116
- * Rissoles, 75
 - Roasting, Principles of, 9
 - Roes, Soft, as Savoury, 154
 - " " in Omelette, 131
 - Roux, 31
 - " in Sauces, 31
 - " in Soups, 47
 - Sage & Onions, Stuffing, 21
 - Sago Pudding, 144
- SALADS, 155**
- French Dressing, 156
 - * Potato Salad, 157
 - Salad Cream, 158
 - Salad Dressing, 158
 - Simple Salad Dressing, 158
 - Salmon, boiled, 56
 - *† " Custard, 137
 - † " Galantine, 62
 - " grilled, 56
 - Salmis, 93
 - Salsify Omelette, 131
- SAUCES, 30**
- " Liaisons in, 31

- Sauce, Anchovy, 35
 " Apple, 40
 " Béarnaise, 40
 " Béchamel, 32
 " Beurre Noir, 41
 " Bigarade, 39
 " Black Butter, 41
 " Bread, 41
 " Brown (Foundation),
 34
 " Caper, 35
 " Caramel, 41
 " Celery, 35
 " Chateaubriand, 39
 " Cheese, 35
 " Chocolate, 150
 " Cream, 41
 " Cumberland, 42
 " Custard, 137
 " Curry, 36
 " Egg, 36
 " Espagnole, 34
 " Financière, 40
 " Fines Herbes, 36
 " Gravy, 40
 " Gooseberry, 36
 " Hollandaise (cold), 42
 " Hollandaise (hot), 42
 " Horseradish, 42
 † " Lobster, 36
 " Maître d'Hotel, 37
 " Mayonnaise, 43
 " Mint, 43
 " Mornay, 35
 " Mousseline, 44
 " Mushroom, 37
 " Mustard, 37
- Sauce, Onion, 37
 † " Oyster, 37
 " Parsley, 37
 " Périgueux, 40
 " Piquante, 37
 " Poor Man's, 37
 " Poulette, 37
 " Red-currant, 37
 " Robert, 40
 " Shrimp, 37
 " Soubise, 37
 " Sweet, 37
 " Tartare, 44
 " Tomato, 37
 " White (Foundation),
 32
- Sauté, To, 12
- SAVOURIES, 153
 Angels on Horseback, 153
 * Black Pudding, 153
 * Artichoke Fritters, 102
 *† Canapés, Crab, 60
 *† " Lobster, 66
 *† " Prawn, 60
 * Cauliflower au Gratin (i),
 165, and (ii), 107
 Cheese Rolls, 154
 * Chicken Custards, 137
 Chicken-liver Toasts, 154
 * Chicken Soufflés, 126
 Eggs, Scrambled, 162
 " Stuffed, 163
 *† Fish Custards, 61
 *† " Pancakes, 65
 *† " in Scrambled Eggs,
 67

- SAVOURIES (continued)
- *† Fish, Soufflés (i), 126; (ii), 127
 - * Game Custards, 137
 - * „ Soufflés, 126
 - * Haddock Toasts, 154
 - * Kipper Toasts, 154
 - *† Kromeskis, 75
 - Macaroni Cheese, 108
 - Mushrooms on Toast, 154
 - † Prawn Fritters, 62
 - Prune in Bacon, 154
 - * Salsify Fritters, 117
 - † Sardines on Toast, 154
 - Savoury Toasts, 154
 - Welsh Rabbit, 154
 - Scallops, stewed, 66
 - Sealing in Butter, 12
 - Seasoning, Principles of, 16
 - Semolina Pudding. (See Milk Pudding, 144)
 - * Shepherds' Pie, 75
 - Simple Salad Dressing, 158
 - Smelts, 67
 - Snipe, 100
 - Sole Colbert, 60
 - „ grilled, 56
 - „ Meunière, 57
- SOUFFLÉS, 124
- † Asparagus, 126
 - Almond, 126
 - Celery, 126
 - Cheese, 125
 - * Chicken, 126
 - Chocolate, 126
 - † Crab, 126
 - * Fish (i), 126; (ii), 127
 - † Foie Gras, 126
 - *† Fruit (i), 126; (ii), 127
 - Game, 126
 - * Ham, 126
 - * Kidney, 126
 - † Lobster, 126
 - Mushroom, 126
 - Omelette, 127
 - Orange, 126
 - * Potato, 127
 - Prune, 126
 - * Rabbit, 126
 - Spinach, 126
 - Sweet (cold), 127
 - „ (hot), 126
- SOUPS AND PURÉES, 45
- Liaisons in, 47
 - Tinned, 54
 - Clear, Wines in, 46
 - Thick, Wines in, 48
 - Soup, Apple, 49
 - † „ Apricot, 49
 - „ Artichoke (i), (ii), (iii), 49
 - † „ Asparagus, 50
 - „ Beetroot (Bortsch), 50
 - „ Carrot, 50
 - „ Celery, 50
 - „ Chicken, 50
 - „ Cherry, 50
 - „ Cucumber, 51
 - „ Endive, 51
 - * „ Fish, 51
 - * „ Game, 51

- Soup, Green Pea, 51
 " Leek, 51
 " " & Potato, 51
 " Lettuce, 52
 † " Lobster, 52
 " Minnestrone, 52
 " Onion (i) and (ii), 52
 " Orange, 53
 " Pea, 51
 " Pot au Feu, 53
 " Potato, 53
 " " (Cream), 53
 " " & Leek, 53
 † " Prawn, 53
 " Quickly made Vegetable, 53
 " Sorrel, 54
 " Spinach, 54
 † " Tinned, 54
 " Tomato, 54
 " Watercress, 54
 Spaghetti. (See Macaroni, 107)
 *† Spanish Omelette, 132
 Sparling, 67
 Spinach Omelette, 131
 " Soufflé, 126
 Steak. (See Beef)
 Steaming, Principles of, 8
 Stewing, " 7
 Stock, 26
 " Substitute for, 28
 Stuffings, 21
 Suet Paste, 75
 " Dumplings, 72
 Supper Dishes, 159
 Summer Pudding, 145
 Sweetbreads, braised, 86
 " " fried, 86
 " " stewed, 85
 SWEETS, 142
 (See also Batters, Creams, Custards, Fools, Fruits, Mousses and Soufflés)
 Canary Pudding, 142
 Caramel Junket, 143
 Castle Puddings, 142
 Chocolate Pudding, 142
 French Pancakes, 143
 Ginger Pudding, 143
 Junket, 143
 " Caramel, 143
 Meringues, 144
 Milk Puddings, 144
 Queen's Pudding, 144
 Summer Pudding, 145
 Sweet Omelette, 145
 Trifle, 145
 Zabaglione, 145
 Tapioca Pudding. (See Milk Pudding, 144)
 Tea, to make, 160
 Teal, 100
 Thermometer, Oven, 3
 Tond-in-the-Hole, 134
 Tomato Omelette, 131
 † Tongue, 86
 *† " Omelette, 131
 *† " Sauce for (i), 38;
 (ii), 42
 *† " in Scrambled Eggs, 87
 Tournedos, 70

- Truffe, 145
 †Truffe Omelette, 131
 *Turbot, Pilaff of, 116
- USING-UP SECTION, 166
- VEAL, 87
(See also the USING-UP Section)
 Veal, braised, 89
 " Bread, 88
 " Cutlets, 88
 " Pilaff of, 116
 " roast, 87
 " stewed (Blanquette), 87
 " Stuffing for, 21
- Vegetables, 101
 " to boil, 101
 " to steam, 101
(See under each name in alphabetical order)
 Vegetables, in Cream, 165
 " Macédoine of, 108
- VEGETABLE DISHES
(See also Soufflés and Omelettes)
 Artichokes (Globe), 102
 " (Jerusalem) Fritters, 103
 Asparagus, 103
- Aubergines, 109
 Beans, French, 104
 * Cauliflower au Gratin (i), 106; (ii), 107
 Macaroni Cheese, 108
 " à l'Italienne, 108
 Macédoine of Vegetables, 108
 Mushrooms, 109
 Onions, Stuffed, 110
 Pilaff, 115
 Rice, à la Napolitaine, 115
 " à l'Italienne, 115
 " à l'Indienne, 115
 Risotto, 116
 " Milanese, 116
 * Salsify Fritters, 117
 " au gratin, 117
 Spinach Toasts, 118
 Vegetables in Cream, 165
- WEIGHTS, MEASURES, AND EQUIVALENTS *(and papers)*
 Welsh Rabbit, 154
 Wild Duck, 100
 Wines, Cooking, 5
 " in Soups (clear), 46
 " " (thick), 48
 Woodcock, 48
 Yorkshire Pudding, 134
 Zabaione, 145

SIGNS AND
ABBREVIATIONS
USED
IN THIS BOOK

† before a Recipe indicates that Tinned Food may be used in it.

* indicates that the Remains of a Previous Dish may be used up.

t. is short for teaspoonful

des. is short for dessert-
spoonful

tab. is short for table-
spoonful

When these measures are given for solids, allow as much above as below the rim; liquids, of course, are measured to the brim only.

A 'slow' oven means 280° F. or less

A 'moderate' oven means about 300° F.

A 'hot' oven means 340° F. or more

LIQUID MEASURES

1 quart=2 pints.

1 pint=4 gills or 2 breakfastcupfuls.

1 breakfastcupful=2 gills or 2 teacupfuls or
10 oz.

1 gill
1 teacupful } =5 oz.

1 oz.=2 tab.

1 tab.=2 des.

1 des.=2 t.

*The equivalents in ounces given above apply to milk,
water, or similar liquid.*

DRY MEASURES

(approximate)

FLOUR: 1 oz.=3 level tablespoonfuls.
1 teacupful weighs about $3\frac{1}{2}$ ozs.

RICE: 1 oz.=2 level tablespoonfuls.
1 teacupful weighs 5 ozs.

CASTOR SUGAR: 1 oz.=2 level table-
spoonfuls.

SHREDDED SUET: 1 oz.=4 level table-
spoonfuls.

GELATINE: 1 oz. powdered=8 sheets of leaf.

BUTTER: 1 oz. is about the size of a very large
walnut.

