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366 MENUS

AND

1200 RECIPES

OF THE

BARON BRISSE

IN FRENCH AND ENGLISH

TRANSLATED BY

MRS. MATTHEW CLARK

London

SAMPSON LOW, MARSTON, SEARLE, & RIVINGTON

CROWN BUILDINGS, 188, FLEET STREET

1882

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LONDON :
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PREFACE.

THIS book, which was already one of the most useful and practical of cookery books, has been rendered more complete in this edition by many alterations and modifications.

The bills of fare are written entirely according to our French customs.

Dishes used by both rich and poor are given in their proper seasons.

The recipes have come from many different schools of cookery, and are clearly and concisely explained.

In this edition, as in my previous ones, I have not attempted to give recipes for using up scraps, as this art is only useful when you run short of provisions; it is quite a mistake to imagine that warming up previously cooked meat is economical, as all good transformations must be expensive. The only way to use up scraps of meat is to warm them in any of the simple sauces, recipes for which will be found further on.

Scraps of fowl or game must not come under this category, as all salmis and marinades have to be made from fowls or game which have been previously roasted.

Entrées of game or fowl must always be warmed up, in the same sauce, if required to be used on the second day.

In cookery, above all things, "Nothing can come of nothing."

THE AUTHOR.

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TRANSLATOR'S NOTE.

THE first object I had in translating this work, was to please my cook; but having been asked by many of my friends to give them the recipes (in English) for some of the celebrated Baron's excellent dishes, I determined to allow my poor translation to appear in print. May I, under these circumstances, ask the forgiveness of all English cooks, if I venture to give them a few hints how best to carry out the views of one of the greatest of French chefs?

Soups.—The reader will at once see that no colouring is ever used in French soups.

Fish.—There are many kinds of fish mentioned, which you rarely see mentioned in the fishmongers' bills of fare, but they can be procured at any good fishmonger's if asked for, such as Garfish, Weaver, or Whiting Pollock. Crayfish in excellent condition can always be procured at Schell's, in Wigmore Street.

Beef.—Whenever boiled beef is mentioned, it means fresh, not salt meat.

Vegetables.—Celery roots and cardoons, both most delicious vegetables, are seldom seen at English dinner-tables, but they have been for sale at Martin's, in Covent Garden, for several years past.

Cooking wine.—Chablis is the white wine generally used for cooking in France; so in the recipes, I hope it will always be used, unless Madeira or Sherry is specially mentioned.

Bills of fare for fast days.—There are so many good dishes for our fast days given in this book, that I hope all Catholic families will try them, and perhaps pass happier Fridays than hitherto.

EDITH MATTHEW CLARK.

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ORDER OF DINNER.

THE art of giving dinners consists in the knowledge of certain rules, consecrated by custom and determined by fashion, as to the choice of dishes and the reason of their selection, according to time and circumstances.

Every country has its different customs which very much depend on the climate and character of its people.

But I will now only speak about the manner of serving dinners in our beautiful country of France, as I feel I need go no further for fashions; all the world acknowledges that it is from us that the most varied culinary resources come, and it is also in France that the cleverest artists have devoted their talents to the preparation of dishes, with which to enrich our bills of fare. In fact, it is to us that all fashions of different nations are brought to be accepted according to their merits, and this exchange of new thoughts and ideas has created what is called "fashionable life."

DECORATIONS OF THE DINNER-TABLE.

How to lay the Covers.—The Order of Dinner.

Formerly dinner-tables were heavily decorated with massive bronze, silver, and cut-glass ornaments, which prevented the guests from seeing each other across the table, and rendered conversation with your opposite neighbour impossible. At the present time, these ornaments have been superseded by low flower-baskets of either glass or silver. Formerly candelabra only held four or five candles, now they hold as many as fourteen or fifteen, so we require fewer and have more light.

Each guest must have a tumbler and three wine-glasses

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placed on his right-hand side, arranged according to the order in which the wines are served. First, Madeira; second, Bordeaux; third, Champagne. During dinner extra wines have special glasses handed with them. Finger-glasses with warm water must be handed after crayfish or prawns.

The dessert plates must always have a doiley and a finger-glass placed on them.

There are two different ways of serving dinner,—the French and the Russian.

The French dinner is divided into three courses, the first comprises soup, small side dishes, fish, and entrées; the second, roasts, vegetables, and sweets; the third, dessert, each course being all placed on the table at the same time.

The Russian fashion is to place all cold dishes on the table. The hot dishes are carved in the kitchen and handed one by one to the guests. Each of these arrangements has its advantages and disadvantages. In the French fashion your dishes often get cold before you can eat them, and in the Russian the guests are deprived of seeing elegant dishes prettily placed on the table.

However, it lies entirely in the hands of the host to choose between these two fashions, according to the capabilities of his household.

ORDER IN WHICH TO SERVE DINNER.

Soups.
Small side dishes, viz. Sardines, Radishes, &c.
Melon.
Small hot side dishes, viz., Stuffed Olives, Marrow-bones, &c.
Fish.
Joint.
Entrées of Meat, Fowl, and Game.
Cold entrées.
Punch Ice.

(The punch must always be served between "the cold entrées and the game.")

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Roast Chickens and Game.
Salad.
Dressed Vegetables.
Sweets.

After this clear the table of everything, except flowers and fruit, and hand cheese, fruits, cakes, bonbons, and ices.

Coffee and liqueurs are handed in the drawing-room.

ORDER IN WHICH THE WINES ARE HANDED.

During the whole of dinner, well-iced dry and sweet champagne must be served.

After the soup.
Madeira and Vermouth.

With the fish.
Burgundies : either Beaune, Volnay, or Pomard.
Clarets : either Mouton, Rausan-Ségla, Leoville, Gruand-Larose, Lascombes, Pichon-Longueville, Clos-d'Estournel, or Monrose.

Between the cold entrées and the game, offer with the punch ice either Château Yquem or Rhine wine ; these wines must only be slightly iced, and served in green glasses.

With the roasts and dressed vegetables.
Burgundies : La Romanée Conti, Clos Vougeot, or Chambertin.
Clarets : Château Lafite, Margaux, Latour or Hautbrion.

With the sweets.
Sherry.

During dessert.
Sweet wines, such as Malmsey, Muscatel, or Tokay.

DUTIES OF THE HOST TO HIS GUESTS.

You must welcome your guests with effusion, so that they may feel quite at home before sitting down to dinner. Try if possible to introduce your guests to each other before dinner,

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particularly if you think there are two people who will sympathize with each other. The decision how to place the guests at table must always be a troublesome business for the host ; in fact, I consider this the most difficult part of giving a dinner, if you wish it to go off well. The host must always have his eye on his guests' plates and glasses, to make sure they have all they require ; and if a guest refuses a dish, the host must try and persuade him to change his mind. A host whose guest has had to ask for anything is a dishonoured man.

Duties of a Guest towards his Host.

The first duty of a guest is to be punctual. Unpunctuality must necessarily cause confusion in the kitchen. A dish you have had to wait for is generally good, whilst a dish which has had to wait is generally the contrary. The result is that the cook gets demoralized, he loses his temper at the dinner not being appreciated, and certainly it is sufficient cause to discourage the best of chefs. In consequence it follows that the cook gets into the bad habit of sacrificing the flavour of a dish to the form of serving, finding he has not given satisfaction in the cooking, he tries to please the eye. I cannot speak too strongly on the affectation of being late for dinner, and a good host ought not to wait for one or two people who are late whilst five or six others are watching the hands of the clock and yawning convulsively, a sure proof of how hungry they are. Shame on unpunctual people ! These persons are sometimes called inexact, but it is a wrong name to give them ; for a really inexact man will arrive one day ten minutes before his time and the next day ten minutes after, but unpunctual people are very exact, they always come late.

They are generally people who find it is the only means of attracting attention, and there are others who think it makes them of importance.

Unpunctuality really means a wish to force people to acknowledge their slavery to the laws of society.

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PROVISION CALENDAR.

JANUARY.

UNDER the first kings of France the year commenced on the 1st of March, but during Charlemagne's reign it was altered to Christmas-time; after Hugh Capet it was changed to Easter; and under Charles IX., the lover of the beautiful Marie Touchet, the anagram of whose name is "Je charme tout," the 1st of January became New Year's day; and it was announced all over Paris with a flourish of trumpets that for the future the 31st of December would close the year. This was a very good decision, for January is worthy of being the first month of the year; the winter season blessed by all gourmands now commences. I have before my eyes an engraving of the sixteenth century, where the twelve months of the year are represented by as many figures.

January is personified by a man at table; he is eating like Gargantua, and drinking like Bassompierre, who used to drink a large butt of wine at one draught to the health of the thirteen Swiss cantons; not like St. Macaire of Alexandria, whose saint's day is the 2nd of January, for he only used to eat one leaf of raw cabbage every Sunday; but much more like Charlemagne. January is without doubt the great month for eating.

Provisions in season during January.

All butcher's meat is good, and fattened poultry are in their prime. Added to the usual game, we have woodcock, larks, geese, and wild duck. The Mediterranean provides us with fresh tunny, and all other fish are in perfection. Truffles have more perfume than at any other time of the year. The first forced asparagus comes into the markets.

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FEBRUARY.

In all the old almanacks February is represented by an old man warming himself; he is poking the fire and shivering like Méry, who always wished that the summer would come and spend the winter at Marseilles. This legendary figure seems to say to us, "Pray make yourselves comfortable."

During this month indigestion is the order of the day. We are in carnival time, which Jules Janin translates as "Adieu to flesh;" carnival, with all its follies and intemperances. Avalanches of truffled fowls and pies of the most tempting description come from the sacred places where truffles are produced. How is it possible not to succumb? The temptation is too great! Much eating conduces to much drinking, and this can never be more safely done than before Lent; the military man is able to carry his wine; the southerner need not fear sunstroke, and the northerner does not get into a fog. The great gastronomical battle always takes place during Shrovetide; after which the gastronomical year may be said to close, and a little diet is most necessary; Lent might almost be called the gourmand's holiday.

Provisions in season during February.

We have all the same as in January, with the exception of a few more forced vegetables. Butcher's meat continues in perfection. Game is scarcer, but excellent. The plump white woodhens are at their best, particularly those from Bains, in the Vosges; and we must not forget to shed a tear for the redbreast, which we are deprived of having at our tables by the gentlemen of the Museum of Natural History, who have forbidden their being killed. These professors have most assuredly never tasted this little bird, or they would never have issued this law.

MARCH.

Repose is as much the result of a well-organized digestion as of a quiet mind. The fatigues of the carnival are only a

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dream in March, and Châteaubriand always told Madame Recamier that the most beautiful half of our lives was composed of our memories. We must religiously recommence to enjoy the rich gifts which are provided for lovers of gastronomy. We have kept Lent amongst our traditions, simply to give historical pleasure to St. Matthew, St. Mark, and Pope Telesphore, not forgetting the lovers of the God "*Fish.*" No one looks on Lent with sadness. A peasant, who had once been a rich man's servant, was heard to say, "I cannot fast, it is far too expensive; for to fast you must have water game, Geneva trout, carp from the Rhine, forced fruit and vegetables, truffles and champagne." The peasant was perfectly right, for surely the meals of some of our most religious devotees cannot be put under the category of "Abstinence."

Provisions in season during March.

Butcher's meat is not quite so good, but it is the effect of spring weather on the cattle. We have to fall back on the sea for our resources, not by throwing ourselves into it from a rock, like the unhappy Sappho, but by welcoming myriads of turbot, brill, soles, lobsters, and especially oysters, which are better now than at any other time of the year. Hens begin to lay abundantly, and we have forced asparagus, artichokes, radishes, lettuce, peas, French beans, and cauliflowers.

APRIL.

Palm Sunday and Easter are generally celebrated in this month, and so naturally we come to the Pascal Lamb; other lambs meekly fall under the butcher's knife, and hams present themselves under the triple banner of York, Mayence, and Bayonne. Three cheers for the pork-butchers! No wonder that even poets have sung in their praises. Butcher's meat begins to improve and the first outdoor vegetables, such as asparagus and green peas, gladden the hearts of kings and peasants. In contradistinction to these earthly constellations, we are rejoiced by the sight of a sea star, namely, mackerel, which is so frequently

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dressed maître d'hôtel. Kings have often in vain named towns and monuments, but mackerel à la maître d'hôtel is a dish for all centuries. The shad leaves the sea, and comes up the rivers, to try and console us for the loss of game and good poultry.

It is true we are still a little under the shadows of Lent, but nature is waking us up to more joyous feelings. Vegetables and many-coloured flowers refresh our eyes, and we have arrived at the season when our superior feelings of justice must decide against those of the poultry-yard, as regards spring chickens. Mackerel are usually the avant-couriers of sturgeon, which latter fish you can at present buy very cheaply in Paris, no doubt from its having caused many an indigestion when larded with filets of eel and anchovy and basted with thick crayfish sauce.

Provisions in season during April.

The same as in March, with the exception of a few more vegetables.

MAY.

This month is often called the month of Mary, without any prejudice to August, which is not only the special month dedicated to the Virgin, but also to the Emperor Augustus. During May lovers and gourmands are of the same mind, the markets try to vie with nature, and deck themselves out gaily with spring chickens, young fowls, and the adorable duckling from Rouen and Nantes, all of which come to gladden our eyes. Amiable tame pigeons, tender as doves, are especially abundant and good just now, they mingle so gracefully with green peas and make a most delicious dish. Fresh morels make their appearance with their sweet perfume and flavour; dear amiable, juicy little morels which are so easy of digestion. We receive millions of artichokes and early vegetables from the south, and we thank it heartily for our anticipated enjoyments, but we must not forget that the finest fruit and vegetables come from "Île de France." Welcome also to the fresh butter which, thanks, to the young grass, is now in perfection.

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Provisions in season during May.

Vegetables are more abundant ; besides which we have melons, French beans, cauliflowers, and cucumbers, early peas, broad beans, lettuce, and young turnips, forced strawberries, and cherries.

JUNE.

Here we are at the last month of spring, and it is specially celebrated for its beautiful red fruits and flowers. No one can dine better than the bees do this month. Let us follow their good example and abandon to a certain extent our carnivorous tastes, and enjoy all the savoury and abundant productions which are in season. We now have fine young fowls to charm us, and their number is further augmented by invaluable turkey poults and gallant young cocks, which we must no more confound with the interesting capon, than we would compare a fine opera singer with one of the choir at the Sistine Chapel.

Provisions in season during June.

Under glass : egg-plants, cucumbers, and tomatoes.

We can no longer count on asparagus, but out of doors there are French beans, spinach, Morella cherries, raspberries, cherries, strawberries, currants, and gooseberries.

JULY.

During this month the poultry-yard is in its full glory. There are fattened turkey poults, pullets, and capons. We must not forget veal, which is at its prime. Our markets are filled with river and sea fish ; but we must begin to examine our fish critically from head to tail. The hay having been cut, we are enabled to catch crayfish, the little red fish which goes backwards, and which naturalists say is not a fish, is not red, and does not go backwards. Now is the time to make use of the well-flavoured young rabbits which are in season, and with these resources our dinners can be charmingly varied, whatever any one may say to the contrary. An experienced

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dinner-eater is far too clever to grumble at imaginary deprivations during the month of July.

Provisions in season during July.

All vegetables are in season, and potatoes in abundance. Figs, apricots, peaches, early pears, and apples are now ripe.

August.

August was the Emperor Augustus' favourite month, and no one can have been a better judge of a good dinner than he was. This emperor had the whole world at his feet, and he could well set heat and cold at defiance. Rome was at this time not only the capital of the world, but also of gastronomy. Everything worth having was brought to Rome, without Augustus having to exclaim, as did Louis XIV., "I had *almost* to wait." Large cities become deserted in August on account of the great heat, and people either go to the country, to the sea-side, or to drink the waters. They go about the country and fields, and do not think much about eating. However, at the end of the month shooting begins, and gourmands are provided with young quail, leverets, and young wild boar. Other game is not worth much just yet.

Provisions in season during August.

The same as in July. Melons, figs, peaches, plums, pears, green almonds, green walnuts, and all kinds of vegetables.

September.

Partridge-shooting commences, and at the same time the vintages in the wine districts. Now is the season when you begin to eat with thought. All butcher's meat is good. Game will improve, but we get much which is very good. Thrushes have pecked sufficiently at the grapes to make them worth eating. Sea fish is abundant, and all fruits are in perfection. Truffles and oysters make their appearance very timidly. It is better not to be too familiar with them just yet, so as to enable your palate to get in order, and also to allow

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the sun to put out a few of its fires, after which you wil enjoy them with the enthusiasm which they deserve. Willian the Conqueror took England for the sake of an oyster-bed, and Talleyrand governed the world by the aid of truffles. Young plover begin to appear, and Guignard says they are the most delicate-eating bird. Certainly they know the art of making them into delicious pies at Chartres.

Provisions in season during September.

September eggs are very good, though not to be compared to those laid in May. Artichokes are better now than at any other time of the year, and it is time to pick our nuts.

October.

It is for poets to make odes to spring, and for gourmands to make verses to autumn. Happy month of October, its only fault being that it is the last month of the gourmand's holiday. During October nature is still beautiful, and all food is good. It always brings back to me the happiest reminiscences. I can almost feel the sweet air of the woods blow against my face. What a jovial season! We are so gay, so strong, and have such an appetite. Thank God, I have always kept my lightheartedness, vigour, and appetite; but when I think of some of the companions of my youth, years gone by, oh! what phantoms they now are, with no digestion, dull eyes, trembling hands that can hardly hold either fork or glass; they may perhaps enjoy fortune and honours, but what wouldn't they give to be able to enjoy a good dinner as I do? When Brutus was dying of hunger after a defeat, he exclaimed, "Fortune is but a name."

Provisions in season during October.

Added to pears and apples we now have almonds, medlars, and chestnuts.

November.

Here we are in cold and foggy November, the gastronomical scene has changed; yesterday we were in the country, to-day we find ourselves in town. The actors are the same, only

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dieeling much strengthened and determined to brave indigestion, dwhich after all can only be called "Remorse of the stomach." We have one recruit in our culinary army, a very unpretentious one, but that does not prevent its assaulting our appetite: I mean the fresh herring with soft roe, and eaten with mustard sauce. There is a saying that many people die in November, so I advise my friends to have more than one invitation to dinner for the same day, so that if one host fails, they can always have recourse to another to console them.

Provisions in season during November.

We are no longer troubled about provisions, our duty is to eat them.

DECEMBER.

The festive season has now arrived for those gourmands, mostly bachelors who, like Rabelais, always dine out, and show their gratitude by not returning the hospitality offered to them. The hour of execution has sounded, but what an amount of tact is required not to give offence. Who are we to please, husband, wife, father-in-law, or mother-in-law? Try now, you husbands, who keep your house with a firm hand, and arrange the invitations. I make a bet that the mother-in-law has her own way; all I warn the guest to do is not to remind the mother-in-law that he remembers her in the comet year of 1811, or that the tail of her pet dog does not curl, for it would be sad to end the year with an empty stomach.

Provisions in season the same as in November.

ERRATA.

Page 42, *for* Raifort sauce *read* Horseradish sauce.
Page 186, *for* Raifort sauce *read* Horseradish sauce.

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THE 366 BILLS OF FARE.

JANUARY 1.

Potage à la Condé.	Purée of haricot beans à la Condé.
Barbue à la béchamel.	Brill, béchamel sauce.
Aloyau au vin de Madère.	Sirloin of beef, Madeira sauce.
Poulets rôtis à la peau de goret.	Roast fowl à la sucking-pig.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule.
Baba au rhum.	Rum cake or Baba.

Purée of haricot beans à la Condé.

Make a purée of red haricot beans in the same manner as a purée of white haricot beans (see 2nd of July). Put some slices of fried bread in a soup-tureen, and pour the soup over them.

Brill, béchamel sauce.

Soak your brill in fresh water for two hours, drain, and cover with salt in a deep dish for an hour. Boil in boiling salt and water for twenty or twenty-five minutes over a slow fire. Be careful that the fish does not break. Hand some béchamel sauce in a sauceboat (see 16th of August).

Roast fowl à la sucking-pig.

Roast your fowl before a good fire; when nearly cooked, set fire to a lump of lard wrapped up in a piece of paper, which hold in a large iron spoon, let the melting lard drop on the fowl, this will produce a crackly skin like that of a roast sucking-pig.

Stuffed artichokes à la barigoule.

Trim and wash your artichokes, fill them with a stuffing composed of chopped mushrooms, eschalot, parsley, and bacon; the stuffing having first been warmed in fresh butter and seasoned with salt and pepper. Tie a piece of string round each artichoke, and simmer in a saucepan lined with bacon; sprinkle with salad oil, and serve with their own sauce reduced.

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JANUARY 2.

Potage à la julienne.	**Julienne soup.**
Anguille à la minute.	**Eels à la minute.**
Selle de mouton garnie de rissoles.	**Braised saddle of mutton with rissoles**
Mauviettes rôties.	**Roast larks.**
Laitues farcies.	**Stuffed lettuces.**
Flan de crème meringuée.	**Open tart of frangipane.**

Julienne soup.

Cut up equal quantities of turnips, carrots, and celery into small strips, warm over a slow fire in a little fresh butter until slightly browned; add some strips of leek, lettuce, sorrel-leaves, chervil, and a small lump of sugar. Boil these vegetables in your stock over a slow fire for an hour; shortly before serving add, if in season, a tablespoonful of green peas and a handful of asparagus heads. Clear the soup of all fat, and pour into a soup-tureen on slices of fried bread crust.

Eels à la minute.

Skin your eels and cut into pieces; boil in salt and water for ten or fifteen minutes according to the size of the eels, place on a dish, pour some hot maître d'hôtel sauce (see 23rd of March) over them, add a few drops of lemon juice, and garnish with hot boiled potatoes.

Braised saddle of mutton with rissoles.

Braise the saddle of mutton (see braise 28th of May) and serve with the gravy reduced, garnish with rissoles (see 25th of January).

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JANUARY 3.

Potage brunoise aux pâtes d'Italie.
Morue à la crème.
Côtes de bœuf braisées, garnies de petits pâtés.
Perdreaux rôtis.
Marinade de choux-fleurs.
Compôte de poires.

Brunoise soup with Italian paste.
Slices of cod with cream sauce.
Braised ribs of beef with patties.
Roast partridges.
Cauliflower fritters.
Compôte of pears.

Brunoise soup.

Slice some carrots, turnips, leeks, celery, and onions, wash and drain them; warm in a saucepan, with some fresh butter until brown; add a little stock and reduce to a glaze, pour into the necessary quantity of clear soup, and, when boiling, add some Italian paste, which has been boiled separately.

Slices of cod with cream sauce.

Soak a salted cod's tail and boil in boiling water, drain and cut it up into slices. Melt half a pound of butter in a sauce-pan, thicken with a little flour, and flavour with pepper and a very little nutmeg; when of a proper substance add a pint of cream and some finely chopped parsley, stir over the fire for five minutes, add the slices of fish, simmer for ten minutes, and serve.

Cauliflower fritters.

Blanch your cauliflower, break into pieces and dip into thick white sauce (see 31st of January), leave until cold, and see that they are thoroughly covered with the sauce; take each piece separately in a spoon, dip into batter (see 13th of November), and fry in boiling lard or butter. Serve very hot, garnished with fried parsley.

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JANUARY 4.

Potage croûte au pot.	Soup with crusts of bread.
Merlans aux fines herbes.	Baked whiting with sweet herbs.
Poulet à la chasseur.	Chicken à la chasseur.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre sautées.	Fried potatoes.
Meringues à la Chantilly.	Meringues à la Chantilly.

Soup with crusts of bread.

Lay slices of toasted crust of bread in a deep dish, and moisten with uncleared stock, put the dish into the oven until the toast is brown and quite dry ; place the crusts in the soup-tureen and pour the necessary quantity of cleared stock over them.

Baked whiting with sweet herbs.

Clean the whiting and lay in a baking dish which has been previously buttered and sprinkled with chopped parsley, onion, a little salt, and scraped nutmeg. After placing the whiting in the dish, pour a little fresh melted butter over them, and moisten with equal quantities of white wine and stock. Put the dish in the oven, and when the whiting are half cooked, turn them carefully ; when sufficiently done, turn their juice into a saucepan, being careful not to disturb the whiting, add some melted butter and flour to the sauce and boil, add a few drops of lemon juice when ready and a pinch of white pepper. Pour the hot sauce over the whiting, and serve in the same dish in which they have been cooked.

Roast fillet of beef.

Dress and lard your fillet of beef, and put to soak in salad oil with a little salt, pepper, parsley, slices of raw onion, and a laurel-leaf, for twelve hours. Roast on the spit for three quarters of an hour. Serve with its own gravy, simply adding a few drops of vinegar or the juice of a lemon.

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JANUARY 5.

Potage à la purée de carottes. — Purée of carrots.
Brochet sauce au beurre d'anchois. — Pike, anchovy sauce.
Noix de veau à l'oseille. — Chump of veal with sorrel.
Canard sauvage rôti. — Roast wild duck.
Purée de lentilles. — Purée of lentils.
Soufflé vanillé. — Vanilla soufflé.

Purée of carrots.

Mince the best parts of some large fresh carrots, put them in a saucepan with some fresh butter and a pinch of sugar, stir until brown, moisten with stock; add a raw peeled potato, and simmer over a slow fire until cooked; pass through a tammy, thin the purée with stock, and serve. Hand fried bread cut into dice separately.

Pike, anchovy sauce.

To clean your pike you must first cut a hole in its stomach to separate the intestines, and then draw them out through the gills; when the inside is all drawn out, roe and all, boil in salt and water, and serve on a napkin. Hand anchovy sauce with it (see 5th of April).

Roast wild duck.

Truss the duck, roast by a quick fire, and serve with a lemon.

Purée of lentils.

Boil the lentils in salt and water with a small bunch of herbs, and some chopped onion and carrot, when boiled pass through a tammy and put the purée on the fire, adding either some fresh butter or a little stock to it. Serve with pieces of fried bread.

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JANUARY 6.

Potage au pain.	Bread soup.
Pièce de bœuf bouillie sauce aux tomates.	Boiled beef and tomatoes.
Pieds de veau frits.	Fried calf's feet.
Lièvre rôti.	Roast hare.
Écrevisses à la bordelaise.	Crayfish, bordelaise sauce.
Gâteau des rois.	King's cake.

Bread soup.

A few minutes before serving, line the bottom of your soup-tureen with crusts of bread, pour sufficient boiling clear stock over them to make them swell, and add the necessary quantity of soup; never boil the bread in the stock, as it is sure to spoil it. Hand either grated Parmesan cheese, or the vegetables which have flavoured the stock in a separate dish.

Chump of veal with sorrel.

Cook the same as chump of veal à la bourgeoise (see 17th of January), and dish up on a purée of sorrel.

Tomato sauce.

Cut some perfectly ripe tomatoes into halves, simmer for half an hour in a saucepan, with some minced lean ham, thyme, laurel-leaves and white pepper, moisten with a tea-cupful of stock and simmer until quite thick, pass through a tammy. When required for use, a little butter or glaze can be added to the sauce.

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JANUARY 7.

Potage au macaroni avec parmesan.	Maccaroni soup.
Poularde à la Montmorency.	Pullet à la Montmorency.
Bar grillé sauce tartare.	Broiled bass, tartare sauce.
Gigot rôti.	Roast leg of mutton.
Purée de marrons.	Purée of chestnuts
Omelette soufflée.	Omelet soufflé.

Maccaroni soup.

Soak your maccaroni in salt and water, and boil in a little stock : when cooked, put it in the soup-tureen and pour the necessary quantity of boiling stock over it. Hand either scraped Gruyère or Parmesan cheese with it.

Pullet à la Montmorency.

Dress a large fat pullet, lard the breast and stuff it with foie gras, hard boiled eggs, and chopped bacon : cook and brown it like a fricandeau (see 11th of May).

Roast partridges.

After plucking, cleaning, and trussing your partridges cover them with slices of bacon, and roast before a quick fire for fifteen minutes; sprinkle with salt five minutes before taking off the fire. Serve with brown gravy.

Crayfish, bordelaise sauce.

Boil your crayfish in court-bouillon sauce (see 18th of April) cook some chopped carrots and onions in butter, reduce to a glaze, then add a little white wine and some of the juice of the crayfish, reduce again and pass through a tammy, season strongly with parsley and cayenne-pepper : warm your crayfish in this sauce, and serve in a deep dish.

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JANUARY 8.

Potage à la parisienne.	Parisian soup.
Carpes frites.	Fried Carp.
Poitrines de mouton à la sauce piquante.	Breast of mutton, piquante sauce.
Dinde rôtie.	Roast turkey hen.
Céleri au jus.	Stewed celery.
Tartelettes aux poires.	Pear tartlets.

Parisian soup.

Cut some leeks into pieces about one and a half inches long, warm in butter, and when brown put them into your stock with some slices of raw potato, and boil well. When cooked pour into the soup tureen over some slices of bread.

Fried carp.

Clean the carp, then split it open down the back, keep the roe; soak the fish for a few minutes in vinegar with a little thyme, parsley, laurel-leaves, nutmeg, salt, and pepper. Flour the carp and fry it; when half cooked, add the roe, also well floured, try to keep it firm and a good colour. Serve, sprinkled with salt and the roe placed on the carp. Garnish with fried parsley.

Breast of mutton, piquante sauce.

Dress two breasts of mutton, tie them round with string and either boil or broil them: when enough cooked, bone and skin them, tie them up again and sprinkle with salt and pepper, after which bread-crumb and broil them. Serve with piquante sauce (see 26th of June).

Stewed celery.

Blanch your celery, boil in stock, and simmer in brown gravy. A few slices of truffles add immensely to the flavour.

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JANUARY 9.

Potage Colbert.
Anguille à la Suffren.
Poulet à l'estragon.
Quartier de chevreuil rôti.
Épinards au jus.
Bavaroise au chocolat.

Colbert soup.
Eel à la Suffren.
Chicken with tarragon.
Roast roebuck.
Stewed spinach.
Bavarian chocolate cream.

Colbert soup.

Thoroughly blanch the hearts of four or five heads of endive, warm them in butter, and add the necessary quantity of stock thickened with yolks of egg and cream. When done add some poached eggs.

Eel à la Suffren.

Skin your eel and lard it with fillets of anchovies and gherkins, lay it in a circle in a stew-pan, and cook with marinade sauce (see 3rd of December). Put hot coals on the cover of the stew-pan; when done, serve, covered with tomato sauce, to which add a pinch of cayenne-pepper.

Chicken with tarragon.

Boil some finely chopped tarragon-leaves and take a third of them to mix with a stuffing made of minced liver of chicken, scraped lean bacon, salt and pepper, stuff the fowl with it, truss and cover with slices of bacon; wrap up in a sheet of buttered paper and roast. Melt some fresh butter, stir in a little flour, and add the remainder of the tarragon leaves, a little gravy, a few drops of vinegar, salt and pepper. When the fowl is two-thirds cooked, take it off the spit and simmer in a stew-pan with the sauce until quite done. Thicken the sauce with two or three yolks of egg before serving.

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JANUARY 10.

MENU EN MAIGRE.

Riz au lait d'amandes.
Carpe au bleu.
Œufs pochés à l'estragon.
Éperlans frits.
Macaroni au gratin.
Beignets aux confitures.

DINNER FOR FAST DAY.

Rice soup with almonds.
Pickled carp.
Poached eggs with tarragon.
Fried smelts.
Maccaroni au gratin.
Jam fritters.

Rice soup with almonds.

Put three quarters of a pound of half-boiled rice into three and a half pints of hot milk, simmer until thoroughly boiled, season with salt and a pinch of powdered sugar; add half a pint of milk of almonds just before taking off the fire.

Pickled carp.

In dressing the carp, be careful to open it as little as possible; tie up the head and place in a fish-pan, pour some boiling vinegar over it, then a tumbler of red wine, three large onions sliced, two carrots, parsley, sage, a little garlic, thyme, laurel leaves, and a few cloves. Let this simmer over a slow fire for an hour, after which leave in the fish-pan until cold, when it will be ready to serve.

Poached eggs with tarragon.

Have some boiling water, with a little vinegar and salt in it, ready to poach your eggs; when done, drain the eggs carefully, and serve with white sauce (see 31st of January).

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JANUARY 11.

Potage aux petits oignons.
Maquereaux grillés à la maître d'hôtel.
Quartiers d'oie à la lyonnaise.
Filet de bœuf rôti.
Choux-fleurs au gratin.
Abricots au riz, chauds,

Young onion soup.
Broiled mackerel à la maître d'hôtel.
Hashed goose à la lyonnaise.
Roast fillet of beef.
Cauliflower au gratin.
Hot rice and apricots.

Young onion soup.

Peel and blanch your onions carefully; cook them in a little fresh butter until a good brown colour, put them into your stock, with a pinch of black pepper, when boiling clear the soup of all grease, and pour into the soup-tureen over slices of fried bread.

Broiled mackerel à la maître d'hôtel.

Clean and split open your mackerel, and put them to soak for half an hour in olive oil, with salt and pepper. Broil them, and when cooked put them on a dish and lay some cold maître d'hôtel sauce (see 23rd of March) in a wooden spoon over them, add a little lemon juice to the sauce. Serve the mackerel very hot.

Broiled bass, tartare sauce.

Broil your bass, and serve with tartare sauce (see 15th of March).

Hashed goose à la lyonnaise.

Cut the legs of the goose into small pieces, and fry in the fat of the goose; when done, fry some sliced onions in the same fat until brown, drain them, and lay on the pieces of goose, which must be piled up on a dish. Cover with poivrade sauce (see 21st of March).

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JANUARY 12.

Potage à la Faubonne.
Matelote de carpe et d'anguille.
Selle de mouton à l'anglaise.
Chapon rôti, au cresson.
Macaroni à l'italienne.
Pommes à la Bourdaloue.

Soup à la Faubonne.
Stewed carp and eel.
Saddle of mutton.
Roast capon and watercress.
Maccaroni cheese.
Apples à la Bordaloue.

Soup à la Faubonne.

Cut up some young onions, celery, lettuce, and sorrel-leaves, brown them in fresh butter, add them to your stock, and, when boiling, thicken with a purée of green peas, and serve.

Stewed carp and eel.

Have a carp, an eel, some barbel, and live crayfish, cut all but the crayfish into pieces, and warm in some browning made of butter and flour, add some half-cooked onions, chopped mushrooms, a bunch of herbs, salt and pepper; moisten with good stock, red wine, and boil over a quick fire. When well boiled simmer half an hour over a slow fire. Serve with sippets of fried bread.

Roast saddle of mutton.

Hang your saddle until tender, then roast on the spit, wrapped up in buttered paper. A few minutes before serving take off the paper, to give the mutton a good brown colour. Serve with its own gravy.

Roast capon with watercresses.

Roast the same as a fowl (see 25th of June).

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JANUARY 13.

Potage paysanne.
Barbue sauce diplomate.
Civet de lièvre.
Cailles ou merles de Corse rôtis.
Artichauts à la barigoule.
Beignets de pommes chauds.

Peasant's soup.
Brill, diplomatic sauce.
Jugged hare.
Roast quails or blackbirds.
Stuffed artichokes.
Hot apple fritters.

Peasant's soup.

Chop up some cabbage, carrots, onions, and celery, put them on the fire in a saucepan with some fresh butter and salt. As soon as the vegetables are soft, moisten them with stock and simmer over a slow fire for three hours; add sufficient water for the soup required, and simmer for half an hour. It is better if either lentils or haricot beans have been boiled in the water you add. At the end of half an hour, put in some chopped sorrel-leaves and lettuce, and boil. Pour the soup over crusts of bread in the soup-tureen.

Brill, diplomatic sauce.

Dress the brill and place in a fish-pan with some parsley, a sliced onion, salt and pepper, a bottle of white wine, and three wine-glasses of water. Cover the fish with buttered paper and place the pan in a slow oven. Serve with béchamel sauce (see 16th of August) mixed with some crayfish juice.

Roast turkey-hen.

Lard your turkey and roast, covered with buttered paper; when nearly done, take off the paper so as to brown the skin. Serve with its own gravy.

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JANUARY 14.

	Potage au tapioca.	Tapioca soup.
Pièce	de bœuf bouillie garnie d'oignons glacés.	Boiled beef with glazed onions.
	Mauviettes en salmis.	Salmis of larks.
	Gigot rôti.	Roast leg of mutton.
	Salade de légumes.	Vegetable salad.
	Pouding.	Plum pudding.

Tapioca soup.

Warm some clear soup, and when boiling, add your tapioca. Allow four table-spoonsful of tapioca to each quart of soup.

Glazed onions.

Choose some small white onions, as much of one size as possible, peel carefully; butter the bottom of the saucepan, lay the onions in it side by side, add a little water, salt, pepper, powdered sugar, and a lump of butter; cover with a buttered sheet of paper, cook over a quick fire until the sauce is reduced one-half, after which simmer until reduced to a glaze; place the onions on a dish, and if the sauce is too thick, add some thin Spanish sauce, clear of all grease, pass through a tammy, and pour over the onions.

Salmis of larks.

Warm your larks in butter and a little salt, when a good colour, add some white wine, stock, and chopped mushrooms, eschalots, and parsley, boil and serve, garnished with sippets of fried bread.

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JANUARY 15.

Potage aux œufs pochés.	Soup with poached eggs.
Barbue à la Sainte-Menehould.	Brill à la Saint Menehould.
Côtellettes de mouton aux oignons.	Mutton cutlets with onions.
Caneton rôti.	Roast duckling.
Gratin de pommes de terre.	Baked potatoes with bread-crumbs.
Meringues à la Chantilly vanillées.	Meringues à la Chantilly.

Brill à la Saint Menehould.

Warm some pieces of cold boiled brill in a thick béchamel sauce (see 16th of August), pile up the whole on a baking-dish, smooth over with the blade of a knife, and sprinkle with bread-crumbs and grated Parmesan cheese, brown in the oven, or with a salamander.

Mutton cutlets with onions.

Trim and beat your cutlets to flatten them, lard them with bacon and ham, put the dressings in a saucepan with three or four onions, two carrots, parsley, and leeks; place the cutlets on this, and moisten with stock until they are thoroughly wet, cover with slices of bacon, and put a buttered paper over it all; as soon as it boils, put on the cover of the saucepan, and lay some hot coals on it; when cooked, drain off the cutlets and trim them again; pass the juice through a tammy, and reduce to a glaze, replace the cutlets; when well covered on both sides with the glaze, place them round a dish and pour a purée of white onion sauce (see 11th of December) in the centre. Surround the cutlets with young onions, which have been boiled in stock.

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JANUARY 16.

Potage brunoise au riz.	Brunoise soup with rice. —
Merlans frits.	Fried whiting.
Bœuf à la mode.	Bœuf à la mode.
Bécasses rôties.	Roast woodcock.
Petits pois à la française (conserves).	Preserved green peas à la lyonnaise.
Pains de la Mecque au citron.	Mecca loaves flavoured with lemon.

Brunoise soup with rice.

Cut up some carrots, turnips, celery, white cabbage, and leeks into dice, boil thoroughly in stock, when done add the required quantity of clear soup and a few table-spoonsful of boiled rice.

Fried whiting.

Clean your whiting, leave the livers, cut off the fins and tails, make two or three slits crossways down the sides, sprinkle with flour, and fry in boiling lard; when a good colour, dry in a cloth, sprinkle with salt, and dish up on a napkin, garnished with fried parsley.

Roast woodcock.

Draw your woodcock, and mince the trail, with half the quantity of bacon, some chopped onion and eschalot, salt and black pepper, stuff the birds with this, cover with slices of bacon, roast before a quick fire and serve on toast. Some people prefer not to stuff woodcock, but simply to roast them covered with slices of bacon and leaving the trail.

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JANUARY 17.

Potage aux nouilles.	German paste soup.
Rougets en caisse.	Red mullet in cases.
Noix de veau à la bourgeoise.	Chump of veal à la bourgeoise.
Lièvre rôti.	Roast hare.
Artichauts frits.	Fried artichokes.
Baba au rhum.	Rum cake or Baba.

German paste soup.

Take a pint of flour, three yolks of egg, two whole eggs, salt, black pepper, a pinch of grated nutmeg, stir in sufficient stock to make it into a thin paste. Warm some stock, and when quite boiling, pass the paste through a drainer into it ; be careful to keep it at boiling-point or the paste will melt ; when sufficiently done, add the required quantity of stock, and serve.

Chump of veal à la bourgeoise.

Butter a stew-pan, and line with slices of bacon and trimmings of veal. Lard a chump of veal, and place in the stew-pan, add a tumblerful of stock, a bouquet of parsley, leeks, onions, and carrots, cook over a moderate fire with hot coals on the cover of the stew-pan ; when done, drain the veal and glaze it. Pass the sauce through a tammy, reduce to a glaze, add two tablespoonsful of Spanish sauce (see 3rd of November), or if you have not any ready, moisten with a little thin browning, some white wine and gravy, stir in a lump of butter and pour over the veal.

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JANUARY 18.

Potage à la Crécy	Crécy, or carrot soup.
Carpe à la Chambord.	Carp à la Chambord.
Selle de mouton braisée	Braised saddle of mutton.
Faisan bardé rôti.	Roast larded pheasant.
Haricots verts à la maître d'hôtel (conserves).	Preserved French beans, maître d' hôtel.
Tartelettes aux pommes.	Apple tartlets.

Crécy, or carrot soup.

Cut some carrots, turnips, celery, and onions, blanch in boiling water, and put on the fire with some thin slices of lean ham, some fresh butter, a pinch of sugar, and a little stock; when boiled, mash the vegetables, pass through a tammy and moisten them with the water they were boiled in. Simmer this purée for two hours, clear of all grease, and serve with dice of fried bread.

Carp à la Chambord.

Dress and skin a large carp, lard it on one side with fine fillets of bacon, stuff with the quenelle stuffing (see 3rd of September), and boil in court-bouillon sauce (see 18th of April) with some white wine and herbs; when boiled, take it out of the fish-pan and place on a dish in the oven to brown the larded side; serve, surrounded by quenelles, larded sweet-breads, large crayfish, fried bread, the bottoms of artichokes, and a sauce made of the juice of the carp added to some Spanish sauce (see 3rd of November).

Compôte of stewed fruit à la Normande.

Simmer some freshly made cider for six hours, stir occasionally and skim; when reduced one-half, add some pears cut into quarters, peeled, and the cores scooped out. See that the fruit is well covered with cider as it must simmer for twelve hours; when the substance of jam, put the compôte into jam-pots; this preserve, if carefully made, will keep for years. Sometimes pieces of tender carrot, cut the same shape as the pieces of pear, are added to this compôte; if such is the case put them in the cider long before the pears.

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JANUARY 19.

Potage aux poireaux.	Leek soup.
Poularde au riz.	Chicken and rice.
Civet de chevreuil.	Jugged venison.
Brochet au bleu.	Pickled pike.
Choux de Bruxelles sautés au beurre.	Dressed Brussels sprouts.
Œufs aux pistaches.	Eggs with pistachio nuts.

Leek soup.

Brown some leeks in fresh butter, when a good colour put them into your stock and boil for half an hour; when ready, pour into your soup-tureen over slices of bread.

Chicken and rice.

Truss your fowl for boiling, and cook it as in the recipe "Half braise" (see 3rd of September). Blanch three quarters of a pound of fine rice, and boil in some of the juice from the fowl; when done, put the fowl on a dish, clear the grease off the rice, season it with salt, black pepper, and fresh butter, and pour over the chicken.

Jugged venison or roebuck.

Cut up a breast and neck of venison, warm in melted butter, add a little flour, a tumblerful of red wine, laurel leaves, the juice of a lemon, a bouquet of parsley and thyme, a pinch of mixed spice, moisten with stock, simmer for two hours, and serve.

Baked purée of potatoes with bread-crumbs.

Make a purée of potatoes (see 30th of December), lay in a tin or plated dish, sprinkle with grated crusts of bread, moisten with fresh melted butter, brown in the oven or with a salamander, and serve very hot.

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JANUARY 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage aux herbes.	Herb soup.
Rouget en caisse.	Red mullet in cases.
Brochet au bleu.	Pickled pike.
Croquettes de pommes de terre.	Potato croquettes.
Cardons au gratin à l'italienne.	Baked cardoons à l'italienne.
Croquenbouche aux fruits glacés.	Candied fruit.

Herb soup.

Put a large piece of fresh butter in a saucepan, with some leeks, sorrel, chervil, and lettuce leaves, a bouquet of mixed herbs, salt and pepper; when sufficiently done, add the required quantity of water, boil well, and thicken with yolks of egg and cream.

Red mullet in cases.

Clean out your fish, save the livers and replace them in the mullet with some well salted butter, pepper, and finely chopped parsley. Wrap each mullet in an oiled sheet of paper, sprinkle over with olive oil, chopped parsley, pepper, salt, and a little garlic, place them on the gridiron with red-hot coals underneath and hold a salamander over them, this prevents your having to turn the fish. When cooked, squeeze the juice of a lemon over the mullet. Some cooks do not clean out their red mullet.

Pickled pike.

Thoroughly clean and scale your pike, and sew up its head. The day previous to eating it, boil gently in court-bouillon sauce (see 18th of April) made with red wine, add a few bay-leaves. When cooked, leave it in the sauce. Next day, before serving, drain off all the liquid, and garnish with parsley. Hand oil and vinegar with this dish.

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JANUARY 21.

Potage à la française.	French soup.
Bœuf garni de petits pâtés.	Beef garnished with patties.
Ris de veau à l'espagnole.	Sweet-bread, Spanish sauce.
Perdreaux rôtis.	Roast partridges.
Salade de homard.	Lobster salad.
Charlotte de poires.	Pear Charlotte.

French soup.

Break the best pieces of vegetable out of your stock-pot, and place them in the soup-tureen, pour boiling clear stock on to them, and throw in a teaspoonful of chopped chervil. Hand fried toast with this soup.

Sweet-breads, Spanish sauce.

Drain and blanch your sweet-breads and let them cool, lard them, line a saucepan with slices of veal and bacon, and pieces of onion and carrot, lay the sweet-breads on this, without pressing them, and moisten with stock, cover with buttered paper and place on the fire; when cooked, put the dressings in another saucepan and reduce to a glaze, replace the sweet-breads and reduce again; when browned put in a dish; loosen the glaze from the saucepan by adding a little browning, which you must thin with some stock, and pour over the sweet-breads.

Hollandaise or Dutch sauce.

Put four and a half ounces of fresh butter in a bowl, three yolks of fresh eggs, a little salt, and a teaspoonful of vinegar; warm in a bain-marie until it thickens. Just before serving, add the juice of a lemon.

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JANUARY 22.

Potage aux pâtes d'Italie.
Maquereaux bouillis à l'eau de sel.
Côtes de bœuf braisées à la purée de tomates.
Poulet rôti.
Céleri-rave à la sauce au beurre.
Baba au rhum.

Soup with Italian paste.
Boiled mackerel.
Braised ribs of beef, purée of tomatoes.
Roast fowl.
Celery roots with butter sauce.
Baba or rum cake.

Soup with Italian paste.

Blanch seven ounces of Italian paste, those the shape of a melon seed are the best, boil for ten minutes in water, and put to cool, then drain in a sieve. Put them into the stock, and boil for five minutes, season according to taste, and serve with grated Parmesan cheese.

Braised ribs of beef with purée of tomatoes.

Tie up your piece of meat and place in a stew-pan, with half a bottle of white wine, a spoonful of brandy, two pints of stock, three and a half ounces onion, stuck with three cloves, three and a half ounces carrot, a bouquet of thyme, laurel-leaves and parsley, and some whole black peppers; boil and skim, after which either bake in the oven or have some hot coals on the lid of the stew-pan, being careful to take it off the fire every half-hour. As soon as the beef is sufficiently cooked, put the juice in a saucepan, reduce it to about the quantity of two wine-glassesful, and mix with your purée of tomatoes, keep on the fire for ten minutes. Serve the ribs of beef separately from the sauce.

Celery roots with butter sauce.

Boil the roots in water with plenty of salt, when cooked, drain them, and put a lump of fresh butter on the celery; when melted, take off the fire. Serve with butter sauce.

Fresh butter sauce.

Melt some fresh butter, and flavour with salt, pepper, and chopped parsley.

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JANUARY 23.

'Potage à la purée de pois.	Pea soup.
Barbeau au court-bouillon.	Barbel boiled in court-bouillon.
Haricot de mouton.	Haricot of mutton.
Grives rôties.	Roast thrushes.
Artichauts à l'italienne.	Artichokes, Italian sauce.
Omelette aux confitures.	Sweet omelet.

Pea soup.

Boil the peas in stock with a carrot and two onions; as soon as they are cooked, pass them through a tammy and add stock to your taste; boil for twenty minutes. Pour into the soup-tureen over fried bread.

Barbel boiled in court-bouillon.

If the barbel is large, simply clean it and take the scales off after boiling. Pour some boiling vinegar over it and sprinkle with pepper and salt; then place in a fish-pan some wine, three cloves, laurel-leaves, onions, lemon peel, a bouquet of herbs, salt and pepper; when this mixture begins to boil, put in the barbel and boil it, when cooked, scale the fish, drain it well and serve on a napkin, garnish with watercress. Any kind of sauce will go with this fish.

Haricot of mutton.

Cut up part of a loin of mutton, and brown the pieces in some butter, when a good colour, take them off the fire, reduce the sauce, and replace the meat, adding some stock, small potatoes, a bouquet of thyme, laurel leaves, and parsley, salt, pepper, and a tiny pinch of nutmeg. Cook over a slow fire, skim and serve.

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JANUARY 24.

Potage bisque d'écrevisses.
Tête de veau nature.
Marinade de volaille.
Cuissot de sanglier rôti.
Pommes sautées.
Bavarois au thé.

Crayfish soup.
Stewed calf's head.
Chicken fritters.
Roast haunch of boar.
Soufflé of apples.
Blanc mange of maizena, flavoured with tea.

Stewed calf's head.

Bone the calf's head, keep the brains separate and drain them for an hour, then boil them with some water and lemon juice and leave them in their water. Scald the calf's head, cut out the tongue and put it to cool. Cut the head into four pieces, and place in a stew-pan large enough for it only to fill it two-thirds; in another saucepan put two ounces of thyme, one ounce laurel leaves, three and a half ounces onion, one ounce carrot, two ounces flour, two quarts of water, salt, whole black pepper, and two wine-glasses of vinegar; when this boils pour it over the calf's head, and place it on the fire, adding the tongue. After boiling for two hours and a half, place the two pieces with the ears at one end of a dish and the two other pieces opposite, split the tongue, lay in the centre of the dish, put the brains on it, and garnish with parsley. I consider this the best manner of cooking calf's head.

Fried slices of bread-crumb or brioche.

Fry some slices of bread-crumb or brioche (see 24th of December) about a quarter of an inch thick and three inches in diameter, in some very fresh melted butter, until of a golden colour, be careful to keep the bread soft. Spread whatever jam or compôte you prefer on each slice and place round a dish, fill the centre with a syrup, made with the same kind of preserve, melted in equal quantities of sherry and water, pour in when hot, and place the dish in the oven for a few minutes.

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JANUARY 25.

Potage au riz.	Rice soup.
Rosbif garni de rissoles.	Roast beef and rissoles.
Filets de merlan à la Conti.	Fillets of whiting à la Conti.
Dinde rôtie.	Roast Turkey.
Épinards au jus.	Stewed spinach with gravy.
Flan de poires.	Pear tart.

Rice soup.

Thoroughly wash and scald your rice, when cool, drain it and place in boiling stock, and simmer gently over a slow fire until cooked.

Rissoles.

Rissoles are composed of cold roast meat, minced well, spiced and rolled in very thin paste, which you fry in lard or butter.

Fillets of whiting à la Conti.

Cut each fillet into four pieces and fry in melted butter, salt, pepper, and the juice of two lemons. When the fillets are brown on both sides, dry them on a cloth; add some slices of truffles to the butter, reduce, and thicken with a little more butter. Serve on pieces of fried bread.

Brussels sprouts with butter.

Clean your sprouts carefully and boil in boiling water and salt, drain them thoroughly, and put them in a frying-pan with some fresh butter, when the butter is melted, place them on a dish and sprinkle with salt and pepper.

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JANUARY 26.

Potage en fausse tortue. — Mock turtle soup.
Éperlans au gratin. — Baked smelts.
Langue de bœuf braisée sauce tomate. — Braised ox tongue, tomato sauce.
Gigot de chevreuil rôti. — Roast leg of roebuck.
Purée de haricots à la crème. — Purée of haricot beans with cream.
Beignets de pommes. — Apple fritters.

Mock turtle soup, French fashion.

Take two pounds of lean mutton, with scraps of turbot or any kind of fish, such as salmon, whiting or carp, use heads and all, warm in a saucepan with butter and a bouquet of herbs until brown, then boil in water till the bones drop from the mutton; pass the stock through a cloth, clear it with whites of egg, reduce until it is thick enough to bear the addition of half a bottle of Madeira without making it too thin; then add the quarter of a calf's head which has been previously boiled in white wine and cut into small squares, season with cayenne and serve.

Baked smelts.

Wash and clean your smelts and lay them in a tin dish with some melted fresh butter, dried herbs, salt, pepper, and a little nutmeg, cover them entirely with scraped crust of bread, moisten with hot melted butter drop by drop and then pour a little white wine over it. Reduce the sauce in a slow oven and brown with a salamander.

Braised ox-tongue.

Thoroughly wash and trim your tongue, lard it, and simmer over a slow fire for five or six hours with some slices of bacon, veal, or beef, a few slices of carrots, onions, thyme, laurel leaves, and cloves. When sufficiently cooked, skin and trim the tongue and split it in half, so as to form the shape of a heart on the dish. Serve with tomato sauce (see 6th of January).

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JANUARY 27.

Potage croûte au pot.
Bœuf bouilli garni de choux.
Ris de veau à la Toulouse.
Canards rôtis.
Lentilles en purée.
Meringues à la Chantilly.

Soup with gravy crusts.
Boiled beef and cabbage.
Sweet-bread à la Toulouse.
Roast ducks.
Purée of lentils.
Meringues à la Chantilly.

Soup with fried gravy crusts.

This soup is made exactly like "French Soup" (see 21st of January) with this simple alteration, "Toast some crusts of bread brown, put in a saucepan, pour some uncleared stock over them and leave to simmer until the stock is dried up and the crusts are crisp." Place these crusts in your soup-tureen and pour the boiling French soup over them.

Boiled beef and cabbage.

Boil a piece of rump-steak in some stock; when cooked, surround it with quarters of cabbage, sausage, and bacon, which have been separately boiled, place them alternately round the dish.

Sweet-breads with white sauce.

Blanch, trim, and dry your sweet-breads, put them in a sauce-pan with a little butter, sprinkle with flour, and shake them, moisten with water and cook over a slow fire; just before serving add some small onions and button mushrooms which have been cooked separately; thicken the sauce with the yellow of an egg, and flavour with lemon juice.

Cauliflower with butter sauce.

Break your cauliflowers into small pieces and soak in cold water with a little vinegar, blanch them by soaking in boiling water for three or four minutes, drain and trim them, boil in boiling water and salt; be careful not to overboil, as the pieces must be firm. Serve hot, pour some butter sauce (see 22nd of January) over them.

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JANUARY 28.

Potage aux lazagnes.	Clear soup with Italian paste.
Filets de soles à la Orly.	Fillets of sole à la Orly.
Poulet sauté.	Brown fricassée of chicken.
Rosbif rôti.	Roast beef.
Laitues au jus.	Stewed lettuce.
Croûtes à la normande (chaudes).	Fried toasts à la Normande.

Clear soup with Italian paste.

Prepare like the soup on the 22nd of January.

Fillets of sole à la Orly.

Fillet your soles and soak them in lemon juice with salt and whole black pepper. Boil the dressings of the fish in white wine, a bouquet of herbs, salt and pepper; reduce the sauce, and strain. Flour and fry the fillets, drain them, and serve with the sauce separate.

Baked cauliflower with bread-crumbs.

Break your cauliflower into small pieces and soak in cold water and vinegar, blanch in boiling water for two or three minutes, when cool, boil in boiling water, but keep them firm. Have some white sauce (see 31st of January) ready, to which add some grated Parmesan cheese. Place your pieces of cauliflower in layers in a tin dish, cover each layer with the sauce, sprinkle the whole with grated Parmesan cheese and browned bread-crumbs, moisten with melted butter, and brown in the oven or with a salamander.

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JANUARY 29.

Potage de consommé aux quenelles.	Clear soup with quenelles.
Truites à la Saint-Florentin.	Trout à la Saint Florentin.
Selle de mouton à l'anglaise.	Roast saddle of mutton.
Chapon rôti.	Roast capon.
Petits pois au beurre (conserves).	Preserved green peas.
Beignets soufflés.	Fritters.

Clear soup with quenelles.

Prepare your quenelles (see 3rd of September) and boil them in a little stock, drain, place in the soup-tureen, and pour the necessary quantity of stock over them.

Trout à la Saint Florentin.

Procure some fine trout, clean them by the gills and stuff with fresh butter, mixed with fine herbs, salt, and pepper, cook in a fish-pan with sufficient white wine to be three inches above the fish, add a crust of bread, onions, a bouquet of herbs, two heads of cloves, a little nutmeg, salt, and pepper, cook over a bright fire so that the wine may catch fire; as soon as the flames begin to subside add some butter mixed with flour. Place the fish on a dish and cover with its own sauce, passed through a tammy.

Roast saddle of mutton.

Hang your mutton until tender; wrap it up in buttered paper and roast; when nearly done, take off the paper so as to brown the mutton, serve with strong gravy. Hand a purée of turnips (see 13th of May) with the mutton, and a sauce made of melted butter, flavoured with chopped parsley, salt, and pepper.

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JANUARY 30.

MENU EN MAIGRE.

Potage à la purée de navets.
Bouchées aux huîtres.
Morue à la béchamel.
Carpes frites.
Salade de légumes.
Gâteau de riz.

BILL OF FARE FOR FAST DAY.

Purée of turnips.
Oyster patties.
Codfish, béchamel sauce.
Fried carp.
Vegetable salad.
Rice cake.

Puree of turnips.

Wash and scrape a pound of turnips, boil over a slow fire, in three pints of water, a quarter of a pound of butter, and half a pound of well-washed rice, be careful that the turnips do not stick to the bottom of the saucepan. When boiled pass through a tammy, and put the purée on the fire; if too thick add a little milk. Stir with a wooden spoon, and when hot add four ounces of fresh butter and three wine-glasses of double cream, You can either hand fried toast or well-boiled rice with this purée.

Oyster patties.

Roll your puff paste six times, cut with a round tin cutter about five inches in diameter, glaze with the white of an egg, then press a smaller round cutter in the centre, enough to cut the paste slightly, this will form the cover to your patty; bake by a brisk fire, when done cut out the covers with a sharp pen-knife, be careful to leave a little paste to form the bottom of the patty. Have some oysters and chopped button mushrooms ready, warmed in béchamel sauce (see 18th of August), fill the patties, and serve very hot.

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JANUARY 31.

Potage purée aux croûtons. — Pea soup with fried toast.
Gigot de mouton bouilli sauce aux capres. — Boiled leg of mutton, caper sauce.
Goujons frits. — Fried gudgeon.
Oie rôtie. — Roast goose.
Champignons farcis. — Stuffed mushrooms.
Gelée au kirsch. — Kirsch jelly.

Pea soup with fried toast.

For recipe see 23rd of January.

Boiled leg of mutton, caper sauce.

Boil your mutton in a stock-pot with water, skim it, and add carrots, onions, a bouquet of parsley, leeks, cloves, laurel leaves, and a head of garlic; simmer for two hours, drain, and serve with white caper sauce—recipe for which see below.

White sauce.

Mix a dessert-spoonful of flour with a little butter and half a wine-glass of water, the juice of half a lemon, salt, pepper, and a little grated nutmeg; place on a quick fire and stir, when the sauce has boiled over two or three times, take it off the fire, add the capers just before serving.

Roast goose stuffed with chestnuts.

Prepare your goose and stuff it with the following ingredients, minced bacon, the goose's liver, salt, pepper, grated nutmeg, and chestnuts, which have been previously cooked and peeled. Roast the goose and baste frequently. When done serve with its own gravy and sprinkle with salt, pepper, and the juice of a lemon.

Fried Bread or Brioche à la Normande.

See "Fried Bread," 24th of January, and "Stewed Fruit à la Normande" (18th of January).

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FEBRUARY 1.

Potage bisque d'écrevisses.	Crayfish soup.
Côtes de bœuf braisées.	Braised ribs of beef.
Cervelles de veau en marinade.	Calf's brains fried in batter.
Lièvre rôti.	Roast hare.
Laitues au jus.	Stewed lettuces.
Omelette soufflée.	Omelet soufflé.

Crayfish soup.

Wash fifty fine live crayfish in several waters, drain and boil in stock with some carrots and parsley. When done take the saucepan off the fire, and leave the crayfish in it for ten minutes well-covered up, after which put them in a sieve and keep the juice. When the crayfish are nearly cold, break off the tails of the bigger ones and reserve them, pound the bodies and the smaller crayfish in a mortar until of a thick red paste, soak a lump of bread-crumb as big as your fist in the juice, dry before the fire and pound into the paste, mix in some stock until of a proper substance, pass through a tammy into a saucepan, put on the fire, add the tails of the crayfish, and be careful not to let the soup boil, flavour with plenty of salt and a pinch of cayenne.pepper. Serve very hot.

Stewed lettuces.

Clean, blanch, and trim your lettuces, tie them in bunches, putting two or three together, simmer for two hours in a saucepan with stock, a bouquet of herbs, chopped onions, salt, and pepper, line the saucepan with buttered paper. When cooked untie the lettuces and serve with their own sauce, which must be reduced and passed through a tammy.

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FEBRUARY 2.

Potage au vermicelle.	Vermicelli soup.
Merlans au gratin	Baked whiting with bread-crumbs.
Poulet sauté.	Brown fricassée of chicken.
Gigot de mouton rôti.	Roast leg of mutton.
Haricots à la bretonne.	Haricot beans à la bretonne.
Pommes meringuées.	Meringue of apple.

Vermicelli soup.

Blanch the vermicelli in boiling water for three or four minutes, let it cool, drain, and throw into boiling stock, stir for a few minutes and serve.

Haricot beans à la bretonne.

Mince half a pound of onions, blanch, and drain. Brown in five ounces of butter, and when a good colour add an ounce of flour, some salt and pepper, leave on the fire for five minutes; moisten with a pint and a half of stock, and cook for twenty minutes, stirring all the time; then add a pint of haricot beans, which have been well boiled, and an ounce of butter; warm, and serve.

Meringue of apple.

Cut half-a-pound of fine apples into slices, and warm in a saucepan with seven ounces of butter, same quantity of sugar, when cooked pile prettily on a dish; whip the whites of four eggs to a cream, sweeten with a quarter of a pound of powdered sugar, cover the apples evenly with this, sprinkle with sugar and brown in a slow oven. You may flavour the white of egg with vanilla or lemon juice.

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FEBRUARY 3.

Potage julienne,	Julienne soup.
Tanches à la poulette.	Stewed tench.
Perdrix aux choux.	Partridges with cabbage.
—Rosbif aux pommes.	—Roast beef and potatoes.
Écrevisses au court-bouillon,	Crayfish.
Omelette au rhum.	Rum omelet.

Stewed tench.

Wash, scale, scrape, and drain the fish. Cut into pieces, warm in fresh butter, when firm, add a tablespoon of flour and moisten with white wine; season with salt, whole black pepper, a bouquet of herbs, add some button mushrooms and young onions; when the stew is ready, thicken the sauce with the yolk of an egg.

Boiled crayfish.

Boil some live crayfish in white wine or equal quantities of water and vinegar, seasoned with thyme, laurel leaves, carrots, onions, salt, and pepper; boil for half an hour, add the crayfish, be careful they are well covered with the sauce, boil for seven or eight minutes, take off the fire and leave the crayfish in the saucepan until cold, drain and dish up with all the heads raised in the centre on a bed of fresh parsley.

Vegetable salad.

Boil in separate saucepans equal quantities of carrots, peas, asparagus heads, French beans, potatoes, and half the quantity of turnips; when done, drain carefully, and place in a salad bowl in separate groups with a fine head of boiled cauliflower in the centre. Cover with the following sauce.

Salad sauce.

Take twelve tablespoonfuls of olive oil, two of vinegar, half a teaspoonful anchovy sauce, salt, black pepper, a pinch of cayenne, and a head of garlic, stir well, and remove the garlic before pouring over the salad.

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FEBRUARY 4.

Potage crème de riz à la peluche de cerfeuil.	Cream of rice soup with chervil.
Filet de mouton braisé.	Braised fillet of mutton.
Ris de veau à la Toulouse.	Sweet-breads à la Toulouse.
Canards sauvages rôtis.	Roast wild duck.
Salade de homard.	Lobster salad.
Beignets aux abricots.	Apricot fritters.

Cream of rice soup with chervil.

Boil some rice in chicken broth for an hour, pass through a tammy, add the necessary quantity of stock, and serve, adding at the last some chopped chervil.

Sweet-bread à la Toulouse.

Cook the sweet-breads in Spanish sauce (see 21st of January), and garnish à la Toulouse.

Garnish à la Toulouse.

This garnish is composed of scollops of foie gras, truffles, whole mushrooms, cockscombs, and livers, and lamb's sweet-breads. The scollops are made from previously cooked foie gras; the truffles must be boiled in glaze and white wine; the mushrooms blanched with butter and lemon juice; the cockscombs trimmed, washed, and boiled until they are blanched; the livers boiled, and the lamb's sweet-bread fried. All these ingredients are placed round the dish, the foie gras slightly glazed, the cockscombs, mushrooms, livers, and lamb's sweet-breads covered with velouté sauce (see 23rd of August), and the truffles strongly glazed.

Lobster salad.

Cut up the claws and tail of a lobster or sea crayfish, lay them on a bed of hearts of lettuce, garnish with hard-boiled eggs, anchovies, olives, capers, and fine herbs. Cover with a thick Mayonnaise sauce (see 24th of June).

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FEBRUARY 5.

Potage au vermicelle.	Vermicelli soup.
Bar sauce au câpres.	Bass, caper sauce.
Abatis de dinde à la Chipolata.	Stewed turkey giblets with Chipolata sausage.
Filet de bœuf rôti.	Roast fillet of beef.
Pommes de terre sautées.	Fried potato chips.
Biscuits au chocolat.	Chocolate biscuits.

Stewed giblets of Turkey with Chipolata sausage.

Pick, scald, and singe the giblets, cut the necks into four pieces. Take the eyes out of the heads, cut the pinions in two, the claws in two, the gizzards into four pieces, do not use the livers unless very fresh, which is rare. Cut some lean bacon into large dice, and brown in fresh butter. Cut some turnips to about the size of a cork and brown, boil some carrots, cut into round balls and brown with slices of onion, put these vegetables on a dish. Brown the giblets to a good colour, without burning, add some flour, stir for five minutes over the fire, moisten with equal quantities of stock and water, and a teaspoonful of brandy, stir until it boils; then add bacon, carrots, a bouquet of parsley, salt, pepper, and simmer. Half an hour before serving put in some onions, turnips, Chipolata sausage, and carefully peeled roast chestnuts. Boil for ten minutes, skim, and serve.

Bass, caper sauce.

Clean, wash, and drain the bass, soak for an hour in olive oil, flavoured with mixed herbs, salt, and pepper, broil and serve with caper sauce (see 3rd of May).

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FEBRUARY 6.

Potage avec semoule et chiffonade d'oseille.	Semolina soup with sorrel.
Selle de mouton braisée à la purée de navets.	Braised saddle of mutton, purée of turnips.
Carpe au ragoût de laitances.	Carp with stewed roe.
Dinde rôtie.	Roast turkey-hen.
Céleri au jus.	Stewed celery.
Gaufres à la crème.	Wafers with cream.

Semolina soup with sorrel.

Boil the semolina in stock until it swells, then add the necessary quantity of stock, and boil for ten minutes; when quite boiling, add some chopped sorrel-leaves.

Braised saddle of mutton.

Trim the saddle and tie round the ends with a string to keep it compact; line a large stew-pan with slices of bacon, lay the saddle in it, on the fat side, add two tablespoons of stock, two carrots, two large onions, a bouquet of herbs, and a tablespoon of old brandy. Place the stew-pan on the fire, moisten with stock and cover with buttered paper; simmer for four hours, and keep hot coals on the lid; drain the saddle, cut the string, replace the mutton in the stew-pan, and glaze; put hot coals on the cover, but do not fix it on tight. When cooked, place on a dish, reduce the sauce and pour over it. Surround with a purée of turnips (see 13th of May).

Carp with stewed roe.

Boil the carp in court-bouillon (see 18th of April), and serve on a stew of roe (see 22nd of May); you can simmer the carp in the stew for a few minutes, if preferred.

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FEBRUARY 7.

Potage au sagou.	Sago soup.
Poularde au gros sel.	Fowl boiled in pig's bladder.
Filets de soles à la Orly.	Fillets of sole à la Orly.
Gigot de chevreuil rôti.	Roast leg of venison.
Purée de cardons à la crème.	Purée of cardoons with cream.
Petits gateaux de riz.	Small rice cakes.

Sago soup.

Wash the sago in warm water, blanch and drain, boil in stock. When boiling take off the fire, and leave by the fire until it becomes a jelly ; add a purée of turnips to it (see 13th of May), and serve.

Fowl boiled in pig's bladder.

Clean and truss the fowl for boiling, blanch for a minute in boiling water, cover with slices of bacon, and put into a well scalded pig's bladder, tie it up tight so that no water may get in, and boil in a stew-pan, full of boiling water, when sufficiently done, take the fowl out of the bladder, sprinkle the breast with plenty of bay salt, and serve.

Purée of haricot beans with cream.

Boil the haricot beans in salt and water, with a bouquet of herbs and onions ; when cooked pass through a tammy and add either some fresh butter or cream, and season with salt and pepper.

A good sauce for all roasts.

Simmer a wineglass of red wine, an anchovy, a little stock, a chopped eschalot, and the juice of a lemon in a saucepan. Pass through a tammy, and mix with the gravy of your roast.

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FEBRUARY 8.

Potage à la purée de pommes de terre.	Purée of potatoes.
Cabillaud sauce hollandaise.	Cod, Hollandaise sauce.
Jambon d'York à l'anglaise.	York ham.
Bécasses rôties.	Roast woodcock.
Champignons à la bordelaise.	Mushrooms à la bordelaise.
Gelée au marasquin.	Maraschino jelly.

Purée of potatoes.

Either bake or boil some fine potatoes, peel, and pass through a tammy, warm in a stew-pan with some melted butter, add salt and pepper, and milk enough to make the proper substance of a thick soup, boil, and serve with fried bread.

York ham.

Cook the ham as in the recipe (see 21st of April), and serve with stewed spinach (see 16th of June).

Mushrooms à la Bordelaise.

Choose some big, firm, fresh mushrooms; peel, wash, and drain them, make one or two slits on the top side of the mushrooms, soak for an hour and a half in oil, salt, and pepper. Broil them, turn when half cooked, so that each side may be equally broiled. Warm the olive oil in which the mushrooms were soaked, season with finely chopped chives and parsley: dish up the mushrooms, sprinkle with a few drops of vinegar or lemon juice, and pour the hot olive oil over them.

Roast teal.

Roast the same as duck or duckling. Teal can be eaten on fast days.

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FEBRUARY 9.

Purée aux croûtons.
Barbillons grillés.
Côtes de bœuf braisées aux carottes.
Cochon de lait rôti.
Macédoine de légumes en salade.
Éclairs au café.

Pea soup with toast.
Broiled barbel.
Braised ribs of beef with carrots.
Roast sucking-pig.
Salad of mixed vegetables.
Coffee fingers glazed with coffee.

Boiled Tench.

Place the tench for a moment in boiling water, scrape with knife without cutting the skin, scale and clean with care, stuff with fresh butter mixed with chopped garlic and fine herbs, broil and serve on tomato sauce flavoured with anchovy, or green sauce (see 6th of April), or sauce Robert (see 4th of March).

Salad of mixed vegetables.

Boil some slices of carrot and turnip in stock; other vegetables, such as peas, French beans, asparagus heads, haricot beans, onions, and cauliflower should be boiled in salt and water. When cold and drained, arrange these vegetables prettily in a salad bowl, and dress with salad dressing (see 3rd of February), with the addition of a tablespoon of strong cold gravy.

Stewed cardoons with marrow.

Stew your cardoons as in the recipe (see 8th of October). Toast some slices of bread-crumb about half an inch thick, spread some previously blanched marrow on the toast, glaze with beef glaze, dish up the stewed cardoons, and garnish with the toasts.

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FEBRUARY 10.

MENU EN MAIGRE.

Potage julienne maigre.
Brochet sauce raifort.
Vol-au-vent à la béchamel.
Darne d'esturgeon rôtie.
Choux-fleurs au fromage.
Soupirs de nonne.

BILL OF FARE FOR FAST DAY.

Julienne soup for fast day.
Pike, horseradish sauce.
Vol-au-vent of eggs, béchamel sauce.
Roast fillet of sturgeon.
Cauliflower with cheese.
Nun's sighs.

Julienne soup for fast day.

Prepare like Julienne soup (see 2nd of January), only use water and butter instead of stock.

Vol-au-vent of eggs, béchamel sauce.

Put four ounces of flour, one ounce of butter, two pints of milk, a small eschalot, a pinch of thyme, a laurel-leaf, and a teaspoon of chopped parsley in a saucepan, and cook for twenty minutes, stirring all the time. Pass through a tammy and put in a saucepan large enough to hold twelve hard-boiled eggs, cut up in slices, put on the fire ten minutes before required, stir until it boils, take the eggs out, add five ounces of butter, which stir in well; when dissolved, place the eggs and some button mushrooms in the vol-au-vent case, and pour the sauce over them; be careful the sauce is not too thick, if so add a little milk.

Roast fillet of sturgeon.

Lard the fillet with strips of well-seasoned eel, soak in white wine, salt, whole black pepper, and a pinch of spice; roast and baste with the oil. Hand with sauce piquante (see 26th of June), only make it with water instead of stock.

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FEBRUARY 11.

Potage au vermicelle.	Vermicelli soup.
Barbue sauce aux câpres.	Brill, caper sauce.
Tête de veau à la Destilière.	Calf's head à la Destilière.
Filet de bœuf piqué rôti.	Larded fillet of beef.
Purée de pommes de terre.	Purée of potatoes.
Pommes garnies de croûtes au madère.	Stewed apples on toast.

Pike, raifort sauce.

Boil the pike in court-bouillon (see 18th of April), and serve with raifort sauce (see 18th of November).

Calf's head à la Destiliére.

Bone the calf's head, blanch the brains in boiling water with a few drops of vinegar. Cook in thin white sauce (see 16th of April) for three quarters of an hour, take off the fire and leave them in the saucepan until cold; at the same time drain and blanch the calf's head, when cold, dry and cut it into small pieces leaving the eyes and ears whole; boil in thin white sauce over a quick fire, then simmer for three or four hours, which is quite sufficient. Drain and arrange on a dish, cut the brains in half, and place at each end of the dish; cut up the tongue into dice, ready to put into the sauce. Take two tablespoons of Spanish sauce (see 22nd of August) or some thin glaze, add half a bottle Chablis, one hot chili-pepper well pounded, six tablespoons of stock, and reduce; add some small rounds of pickled gherkins, the dice of lamb's tongue and some chopped button mushrooms. Pour this sauce over the calf's head.

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FEBRUARY 12.

Potage au pain.	Bread soup.
Pièce de bœuf garnie d'oignons glacés.	Stewed beef and onions.
Darnes d'alose grillées maître d'hôtel.	Broiled slices of shad, maître d'hôtel.
Chapons bardés, rôtis.	Roast larded capons.
Betteraves à la crème.	Beetroot with cream.
Cômpote d'oranges.	Orange salad.

Broiled slices of shad, maître d'hôtel.

Cut the shad into slices about an inch thick, soak in olive oil, with fine herbs, salt, and pepper for an hour; broil over a slow fire, serve with maître d'hôtel sauce (see 23rd of March).

Beetroot with cream.

Peel and slice your beetroot, boil over a slow fire in béchamel sauce (see 16th of August).

Orange salad.

Peel the oranges, prick them with a fork in several places, and soak in cold water, put them in a preserving-pan, with boiling water and some shavings of the orange peel; boil for ten minutes, change the water, and boil again until quite tender, plunge them into cold water, put sufficient refined syrup into the preserving-pan to cover the oranges, which drain well and boil in the syrup, without the peel, until quite thick. Take off the fire, pour the syrup and oranges into a deep dish; cut the fruit into quarters when cold; place in a dish with the shavings in the centre, pour the syrup over them.

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FEBRUARY 13.

Potage à la purée de marrons.
Filets de merlans au gratin.

Haricot de mouton.
Jambon à la broche.
Epinards au jus.
Soufflé de riz.

Purée of chestnuts.
Baked fillets of whiting with bread-crumbs.

Haricot of mutton.
Roast ham.
Stewed spinach.
Rice soufflé.

Puree of chestnuts.

Peel sixty chestnuts, scald them in boiling water, remove the inside skin, and boil in stock, when done, pass through a tammy, add sufficient stock to make the soup a proper substance, and pour over slices of fried bread. Serve very hot.

Baked fillets of whiting with bread-crumbs.

Line the bottom of a tin or plated dish with fish forcemeat (see 6th of April), lay your fillets on it and cover them with a layer of the same forcemeat, smooth over with the blade of a knife warmed in hot water, sprinkle with grated bread-crust, moisten with fresh melted butter and bake, when done pour some Italian sauce over it (see 13th of October).

Artichokes, Italian sauce.

Trim the artichokes, remove the chokes, cut into four pieces, blanch, and drain. Boil in equal quantities of white wine and stock, season with salt, pepper, lemon juice, and a little butter, when done, drain and serve, covered with Italian sauce (see 13th of October).

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FEBRUARY 14.

Potage julienne.
Surmulet au beurre fondu.
Tendrons de veau au blanc.
Gigot de mouton rôti.
Navets glacés au jus.
Gâteau d'amandes.

Julienne soup.
Grey mullet, melted butter.
Tendons of veal, white sauce.
Roast leg of mutton.
Stewed turnips.
Almond cake.

Grey mullet with melted butter.

Broil the mullet, and pour fresh melted butter with chopped **pars**ley, pepper, and salt over it.

Tendons of veal with white sauce.

Prepare the tendons in the same way as breast of veal (see 16th of December).

Stewed turnips.

Peel the turnips all to one size, blanch, and drain; butter a saucepan large enough for the turnips to lay side by side, place them on the butter and moisten with stock, flavour with salt, a little powdered sugar, and a stick of cinnamon; as soon as they begin to boil, cover with a sheet of buttered paper, take the saucepan off the fire, place it near the oven and put hot coals on the cover, when sufficiently cooked uncover the saucepan and leave the turnips until glazed; when cold place them on a dish, melt the glaze with a little stock, take out the cinnamon, and pour this sauce over the turnips.

Almond cake.

Mix two pints of flour with a piece of fresh butter the size of an egg, a pinch of salt, four eggs, five ounces of powdered sugar, seven ounces of well-powdered almonds; when well mixed place in a mould and bake; when done, ice the cake with pink icing sugar.

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FEBRUARY 15.

Potage Faubonne.	Faubonne soup.
Noix de veau à la chicorée.	Chump of veal with chicory.
Lapereau sauté.	Stewed rabbit.
Limandes frites.	Fried dabs.
Champignons farcis.	Stuffed mushrooms.
Crème au chocolat.	Chocolate cream.

Chump of veal with chicory.

Make an incision half an inch deep, lengthways and across the skin of the chump; trim the other side of the veal so as to make it quite smooth and lard it; place in a stew-pan with some carrots, onions, a bouquet of parsley, and a little stock, simmer until the bottom of the saucepan is coloured, add one pound of meat, moisten with a little water and stock, cook over a slow fire with hot coals on the cover, or in the oven; when three-quarters done remove the vegetables and bouquet, which will have sufficiently flavoured the meat and would only absorb the gravy. Make a larger fire and moisten the veal with its own juice until it is glazed, which will take about half-an-hour. Take all the fat off the sauce and pass through a tammy. Make a foundation of purée of chicory or sorrel (see 23rd of December) on a dish, place the chump on it, and cover with the sauce.

Fried dabs.

Scrape your fish with care, fry, and serve with fried parsley.

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FEBRUARY 16.

Potage à la purée d'artichauts.	Purée of artichokes.
Alose à la sauce aux câpres.	Shad, caper sauce.
Rosbif à la mode.	Bœuf à la mode.
Caneton de Rouen rôti.	Roast duckling.
Choux-fleurs en salade.	Cauliflower salad.
Chartreuse de pommes.	Chartreuse or apple marmalade.

Purée of artichoke soup.

See the recipe below for purée of bottoms of artichokes, add sufficient stock to make a thick soup, and serve with fried dice of bread.

Purée of artichokes.

Cut out the bottoms of the artichokes, blanch them, and remove the chokes, boil in water with a little flour, salt, and lemon juice; when done, mash them and mix with some béchamel sauce (see 16th of August), pass through a tammy and warm in cream and fresh butter.

Bœuf à la mode.

Choose a tender piece of rump-steak, beat it well, lard with thick fillets of bacon, simmer over a fire for at least six hours, with trimmings of bacon, calves' feet, onions, carrots, a bouquet of mixed herbs, laurel leaves, thyme, a head of garlic, two or three heads of cloves, salt, and pepper; cover the top of the saucepan with a cloth, so as to keep on the cover very tight. When cooked, clear the sauce of all grease, pass through a tammy, pour over the beef and serve.

Roast duckling.

Clean, draw, and truss your duckling, wrap up in slices of bacon, and roast. Serve with its own gravy.

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FEBRUARY 17.

Potage à la purée de lentilles.	Puree of lentils.
Pâté chaud de lamproie.	Hot lamprey pie.
Tourne-dos à la sauce piquante.	Fillets of beef with piquante sauc
Pintade rôtie.	Roast guinea fowl.
Purée de chicorée aux croûtons.	Purée of chicory with fried bread
Pouding.	Plum pudding.

Purée of chicory with fried bread.

Trim and wash eight fine heads of chicory, cut off all th green, drain and boil for twenty minutes in boiling salt an water, place in cold water to cool as quick as possible, drain an dry in a cloth. Cut up into small pieces, warm in a sauce pan with butter, salt, and pepper, stir in a little flour, moiste with stock, reduce and serve, garnished with sippets of frie bread.

Plum pudding.

Have a pound of stoned raisins, six eggs, half a tumbler o rum or brandy, five ounces of chopped suet, a pound of flour o cornflour, two ounces of powdered sugar or moist sugar, tw tumblersful of milk, chopped citron, a pinch of grated nu meg, stir all well together, add some bread-crumbs soaked i milk, tie up in a pudding-cloth and boil for four hours, turn th pudding occasionally. When cooked, cut up the puddin into slices, sprinkle with either rum or brandy, and set fire to i

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FEBRUARY 18.

Potage au pain.	Bread soup.
Pièce de bœuf garnie de petits pâtés.	Roast beef with patties.
Canards aux navets.	Stewed ducks and turnips.
Terrine de foies gras.	Pâté of foie gras.
Salade de légumes.	Vegetable salad.
Beignets d'oranges.	Orange fritters.

Curry soup with rice.

Fry some slices of onions and warm in a stew-pan with a little curry-powder and butter, add the necessary quantity of stock; boil and pass through a tammy, pour over rice, which has been boiled in stock, and serve.

Stewed duck and turnips.

Truss your duck and brown in a stew-pan with some fresh butter, peel and cut some young turnips into equal sizes and brown in the same butter, stir in a little powdered sugar. Reduce some stock to a thin brown sauce, season with salt, pepper, a bouquet of parsley, chives, half a head of garlic, and laurel leaves, stew the duck in this sauce, and when half cooked add the turnips, turn the duck from time to time, and be careful not to break the turnips, cook over a slow fire. Clear the sauce of all grease, and serve.

Orange fritters.

Peel your oranges, cut them into quarters, remove the pips, and cover with powdered sugar; dip into batter (see 13th, of November) and fry in boiling lard, drain and dish up, sprinkled with powdered sugar.

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FEBRUARY 19.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Rougets en caisse.	Red mullet in cases.
Bœuf braisé garni de pommes de terre frites.	Braised beef and fried potatoes.
Poularde rôtie.	Roast fowl.
Choux de Bruxelles sautés.	Brussels sprouts with butter.
Pommes au beurre.	Stewed apples.

Brill à la Conti.

Skin and clean a fresh brill, cut several slits down the back, simmer over a slow fire until cooked, in a tumblerful of olive oil, half a tumbler of stock, the same quantity of white wine, salt, pepper, and chopped herbs; drain, and dish up. Reduce two tumblersful of stock to half that quantity, season with a pinch of finely-chopped parsley, and pour over the brill.

Stewed apples.

Peel some fine cooking apples, scoop out the cores and stew in syrup until three parts cooked, drain and leave until cold. Boil the same quantity of apples in sugar and water, seasoned with lemon peel, a stick of cinnamon, and fresh butter, when quite soft, mash up into a thick marmalade, pour into a deep dish, spread a layer of jam over it and place the apples on the top, fill them with fresh butter; sprinkle well with powdered sugar, and brown in the oven. Before serving, garnish the centre of each apple, with either a dried cherry or some jam.

Lobster butter.

Pound the spawn of a lobster with some fresh butter, if you have not enough spawn use a little of the red skin of the meat as the butter must be of a good red colour, pass through a fine hair sieve, and serve.

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FEBRUARY 20.

MENU EN MAIGRE.	BILL OF FARE FOR FAST DAY.
Potage purée de navets à la crème.	Purée of turnips with cream.
Barbue marinée.	Baked brill.
Bouchées de homard à la béchamel.	Lobster patties à la béchamel.
Pilets rôtis.	Roast pintail.
Artichauts à l'italienne.	Artichokes à l'Italienne.
Gâteau aux amandes.	Almond cake.

Baked brill.

Clean your brill, make several deep cuts across the back, and soak for two hours in olive oil, seasoned with salt, pepper, chives, a laurel leaf and the juice of a lemon. Dip into melted butter, sprinkle with salt, bread-crumbs, and bake. When done dish up on a purée of either sorrel or tomatoes.

Lobster patties.

Prepare the paste the same as for oyster patties (see 30th of January). Boil a lobster in court-bouillon (see 18th of April), chop it up very fine, warm in béchamel sauce, add some lobster butter, and pour into the patties.

Roast pintail.

Cook the same as roast wild duck.

Artichokes à l'Italienne.

Trim your artichokes, remove the chokes, blanch in boiling water, cut into quarters, lay in the bottom of a stew-pan and boil in white wine, butter, and lemon juice; when done, drain and dish up, covered with white Italian sauce for fast day, which is done by making it with cream instead of stock (see 13th of October).

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FEBRUARY 21.

Potage à la purée de haricots.	Purée of haricot beans.
Morue aux pommes de terre.	Cod with potatoes.
Noix de veau en fricandeau.	Fricandeau of veal.
Terrine de Nérac.	Nérac pâté. (Game pie from the south of France.)
Choux-fleurs au gratin.	Baked cauliflower with bread-crumbs.
Omelette soufflée.	Omelet soufflé.

Cod and potatoes.

Boil the cod in salt and water, when done, simmer in béchamel sauce (see 16th of August), and serve with slices of potato fried in boiling lard.

Fried potatoes.

Cut your potatoes into thin slices and plunge into boiling lard or butter, let it boil over two or three times, sprinkle with salt and white pepper, drain, and serve very hot.

Fricandeau of veal.

Choose a fine chump of veal, lard one side with thick fillets of bacon and the other side with fine ones, simmer for two or three hours in a stew-pan, with stock, salt, pepper, onions, carrots, a bouquet of herbs, two heads of cloves, trimmings of beef and bacon, moisten occasionally with its own gravy, when done remove the veal, pass the sauce through a tammy, skim off the grease and reduce, when quite thick brown the veal in it. Dish up the fricandeau; add a little glaze and stock to the sauce, and either pour it over the veal or keep it to flavour a purée of spinach or sorrel, which must be served with the veal.

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FEBRUARY 22.

Potage de riz au kari.	Curry soup with rice.
Alose grillée à l'oseille.	Broiled shad and sorrel.
Poitrine de mouton braisée.	Braised breast of mutton.
Canard sauvage rôti.	Roast wild duck.
Œufs farcis à la crème.	Stuffed eggs with cream.
Pommes en croustarde.	Open apple tart.

Broiled shad and sorrel.

Thoroughly clean and wash your fish, make several slits down each side, and warm for a quarter of an hour in a saucepan with olive oil, salt, pepper, and a laurel leaf; fill the slits with butter mixed with finely-chopped herbs, bake in the oven, and serve on a purée of sorrel. You can also broil it on a gridiron, in which case the slits must not be filled with butter.

Stuffed eggs with cream.

Shell some hard-boiled eggs, cut them in half, lengthways; scoop out the yolks, and pound with the same quantity of butter as there are yolks, a lump of bread-crumb soaked in milk, finely-chopped parsley and chives, salt, a pinch of grated nutmeg, the same quantity of mixed spice and two or three raw yolks of egg; when well pounded, pass through a fine sieve, spread a layer of this stuffing on a dish, fill the empty whites of egg with the remainder, and brown in the oven, pour some béchamel sauce (see 16th of August), made with double cream, over them, and serve.

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FEBRUARY 23.

Potage à la crème d'orge.	Purée of barley.
Raie au beurre noir.	Skate, black butter sauce.
Poulets à la bonne femme.	Chicken à la bonne femme.
Rosbif à l'anglaise.	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Œufs à la neige.	Poached whites of egg.

Purée of barley.

Prepare the same as purée of rice (see 27th of February).

Chickens à la bonne femme.

Cut up your fowls into joints; warm four ounces of chopped carrots, and the same quantity of onions in some butter, when brown, add the pieces of fowl, season with salt, pepper, and a pinch of grated nutmeg, toss over the fire for ten minutes; stir in two tablespoonfuls of flour and five minutes after add a tumblerful of stock, a wineglass of white wine, a bouquet of mixed herbs, and half a pound of peeled tomatoes with all the pips carefully removed. Cook over a slow fire for twenty-five minutes, add two punnets of mushrooms, peeled and cut up to the size of a florin, leave on the fire for ten minutes, take out the bouquet of herbs, season with an ounce of finely-chopped parsley, dish up the pieces of chicken in a pyramid and pour the sauce and vegetables over them.

Purée of onions à la bretonne.

Brown your onions over a slow fire in butter and salt, when a good colour stir in a little flour, moisten with good stock, reduce and pass through a tammy. If required for soup, some stock must be added to the purée, and fried bread handed with it.

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FEBRUARY 24.

Potage julienne.
Truite au court-bouillon.
Jambon d'York à l'anglaise.
Pigeons rôtis.
Champignons farcis.
Gâteau à la crème.

Julienne soup.
Trout boiled in court-bouillon.
York ham.
Roast pigeons.
Stuffed mushrooms.
Cream cake.

Trout boiled in court-bouillon.

Boil your trout in court-bouillon (see 18th of April); when done, drain and lay on a dish, on which you have placed a napkin and a bed of fresh parsley; reduce the sauce, thicken with a little flour, and hand in a sauceboat.

York ham.

Cook the same as roast ham (see 21st of April), and serve with stewed spinach.

Braised leg of mutton.

Bone a leg of mutton, leave the end of the bone, to use as a handle, lard with thick fillets of bacon, seasoned with mixed spices, salt, pepper, chopped parsley, and eschalots, tie or skewer up the mutton to its original form. Line a braising-pan with slices of beef, six carrots, and the same number of onions, add the mutton, moisten with stock and half a tumblerful of brandy, season with laurel leaves, thyme, three heads of cloves, and two heads of garlic, cover with a sheet of buttered paper, and simmer for five hours with hot coals on the lid of the braising-pan; when done, drain the mutton and glaze it, serve with its own sauce passed through a tammy and cleared of all grease, or with a purée of chicory.

Chocolate or coffee glaze for cakes.

Boil a pound of sugar in half-a-pint of water in a preserving-pan; when a thick syrup, stir in either some powdered chocolate dissolved in a little water, or some strong coffee; glaze your biscuits or cake with this, and place in the meat-screen until set.

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FEBRUARY 25.

Potage aux choux.
Petit salé aux choux.
Langue de veau sauce tomates.
Pluviers ou vanneaux rôtis.
Cardons à la moelle.
Madeleines.

Cabbage soup.
Salt pork and cabbage.
Calf's tongue, tomato sauce.
Roast plover or lapwings.
Stewed cardoons and marrow.
Madeleine cakes.

Cabbage soup.

Boil a piece of salt pork in water for an hour; add a blanched cabbage cut into quarters, carrots, turnips, leeks, celery, an onion stuck with a head of clove, pepper, and a saveloy, simmer over a slow fire for four hours; when ready to serve, pour the soup over slices of bread in a soup-tureen, hand the vegetables and pork in a separate dish.

Salt pork and cabbage.

See above for recipe.

Calf's tongue with tomato sauce.

Trim and scald your tongue, and leave until cold; lard it with fillets of bacon well seasoned with mixed spice and chopped herbs, simmer in a stew-pan for four hours, in stock seasoned with a bouquet of mixed herbs, two carrots, two onions, and three heads of cloves; when done, split the tongue in half, skin it and serve, covered with tomato sauce.

Roast plover.

These birds must never be drawn, but wrapped up in slices of bacon and roasted. Lay some pieces of toast in the dripping-pan, and serve the plover on them.

Purée of chicory with cream.

Prepare the same as purée of chicory (see 17th of February), but before serving stir in some cream, a lump of fresh butter, and a little flour.

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FEBRUARY 26.

Potage purée de pois au riz.	Purée of peas with rice.
Brandade de morue.	Cream of salt cod.
Aloyau braisé à la royale.	Braised sirloin of beef à la royale.
Poulet rôti.	Roast chickens.
Artichauts frits.	Fried artichokes.
Biscuit glacé au chocolat.	Savoy cake glazed with chocolate.

Purée of peas with rice.

Make a purée of peas (see 23rd of January), when your soup is ready to serve, add some boiled rice to it.

Pickled cabbage with oysters.

Soak the pickled cabbage in boiling water for ten minutes, drain and dry in a cloth. Boil, in stock, a little dripping and coarse black pepper; when cooked, arrange round a dish, and fill the centre with stewed oysters (see 8th of April).

Braised sirloin of beef à la royale.

Bone your sirloin and roll it; lard with plenty of fillets of bacon, place in a braising-pan and braise (see 28th of May); as soon as it boils, make a smaller fire and simmer for four hours; take out the beef and reduce the sauce to a glaze, pass through a tammy and skim off all grease. Warm the beef in this sauce, and serve covered with it.

Sweet spinach.

Cook your spinach in fresh butter; when done, stir in some pounded maccaroons, sugar, grated lemon-peel, and a pinch of salt. Hand sponge fingers with this dish.

Savoy or sponge cake glazed with chocolate.

Make a Savoy cake (see 13th of August), and glaze with chocolate (see 24th of February).

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FEBRUARY 27.

Potage à la purée d'oignons bretonne.
Quartier d'agneau farci.
Oie en daube.
Goujons frits.
Asperges en branche.
Flan de crème à la frangipane.

Purée of onions à la bretonne.
Stuffed forequarter of lamb.
Cold braised goose.
Fried gudgeon.
Boiled asparagus.
Marrow frangipane tart.

Purée of rice.

Boil some rice in chicken broth for an hour, pass through a tammy, add the necessary quantity of stock, season with salt and pepper, warm and serve with dice of fried bread.

Cold braised goose.

Truss your goose for boiling, and cover it with slices of bacon well seasoned with finely-chopped parsley, chives, eschalots, half a head of garlic, thyme, sage, pepper, and a pinch of grated nutmeg, Peel some roasted chestnuts, warm them in fresh butter, and fill the goose with them; line a braising-pan with slices of bacon, put in the goose, cover with more bacon, and moisten with equal quantities of water, stock, and white wine; surround the goose with pieces of knuckle of veal, four carrots, four onions, four heads of cloves, a parsnip, whole black peppers, mixed spices, and a bouquet of herbs. Simmer for four hours; when done, place the goose on a dish; skim all grease off the sauce, pass it through a tammy, reduce, and leave until cold, when it will become a jelly; garnish the goose with it, and serve.

Marrow frangipane tart.

See 4th of December.

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FEBRUARY 28.

Potage aux laitues. — **Lettuce soup.**
Maquereaux bouillis. — **Boiled mackerel.**
Côtelettes de mouton à la jardinière. — **Mutton cutlets à la jardinière.**
Canetons de Rouen rôtis. — **Roast duckling.**
Laitue à la flamande. — **Stuffed lettuce.**
Gâteau de pistaches. — **Pistachio cake.**

Lettuce soup.

Blanch your lettuces and drain them, simmer over a slow fire in a little stock, and leave until they have absorbed all the liquid, after which add the required quantity of soup, and when hot pour into a soup-tureen, on slices of bread.

Mutton cutlets à la jardinière.

Trim the cutlets, melt some fresh butter in a shallow sauce-pan, add the cutlets, and season with salt, pepper, and a pinch of grated nutmeg, when done on one side, turn the cutlets; as soon as they are thoroughly cooked, arrange them round an entrée dish, and garnish the centre with the following vegetables: Take some button mushrooms, french beans, green peas, young carrots, and turnips, cut into small balls, and boil in stock; moisten some brown thickening with stock and simmer the vegetables in it until the sauce is quite thick; place a fine white head of boiled cauliflower in the centre of the cutlets, and surround with these vegetables.

Vegetable salad and smoked salmon.

Prepare the same way as Russian salad (see 31st of October), leaving out the partridge and chicken.

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FEBRUARY 29.

MENU EN MAIGRE.

Purée de pois verts au riz.
Cabillaud à la hollandaise.
Choucroute aux huîtres.
Écrevisses en buisson.
Salade de légumes garnie de saumon fumé.
Blanc-manger.

BILL OF FARE FOR FAST DAY.

Purée of green peas and rice.
Cod à la hollandaise.
Pickled cabbage and oysters.
Crayfish.
Vegetable salad with smoked salmon.
Blanc-mange.

Purée of haricot beans.

Prepare the same as purée of haricot beans (see 2nd of July), but for fast days use cream or milk instead of stock.

Blanc-mange of almonds.

Blanch one pound of sweet almonds and half an ounce of bitter almonds, soak in cold water, so as to make them perfectly white, pound in a mortar and moisten gradually with two pints of milk, squeeze through a cloth into a bowl. Dissolve two ounces of gelatine and three quarters of a pound of sugar in a pint and a half of water, when cold add to the milk of almonds, flavour with a little orange-flower water, pour into a mould and place in the refrigerator for two hours, by which time it will have set.

Mushrooms on toast.

Peel your mushrooms and place in a saucepan with a lump of fresh butter, chopped parsley and chives, salt, black pepper, a pinch of grated nutmeg and some stock, toss them until cooked. Butter some round slices of crust of bread, toast them, and place on a dish. Thicken the sauce of the mushrooms with yolks of egg, squeeze some lemon juice over them, and dish up on the pieces of toast.

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MARCH 1.

Potage à la purée de lentilles. — Purée of lentils.
Carpe à l'étuvée. — Stewed carp.
Côte de bœuf braisée au macaroni. — Braised ribs of beef with maccaroni.
Accolade de lapereaux rôtis. — Brace of young rabbits roasted.
Artichauts à la bonne femme. — Artichokes à la bonne femme.
Tartelettes de pommes. — Apple tartlets.

Stewed carp.

Warm some fresh butter, a pinch of flour, and a few young onions in a stew-pan; when brown, add your carp cut into thick slices, moisten with stock and red wine, and season with butter, parsley, chives, eschalots, thyme, laurel leaves, mushrooms, a pinch of grated nutmeg, and young onions, stew over a quick fire, and serve, garnished with fried sippets of bread.

Braised ribs of beef with maccaroni.

Bone and roll the ribs of beef, and braise with white wine (see 28th of May); when cooked, remove the beef, pass the sauce through a tammy, skim off all fat, pour into a sauceboat, and add the remaining half to some boiled maccaroni, season with salt, pepper, a lump of fresh butter, and grated Parmesan or Gruyère cheese; place on a dish, and lay the ribs of beef on it.

Artichokes à la bonne femme.

Trim the artichokes, and boil in boiling salt and water; when done, plunge them into cold water, cut out the chokes and warm them in boiling water, drain, and dish up, well-covered with white sauce (see 23rd of August).

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MARCH 2.

Potage brunoise aux pâtes d'Italie.
Châteaubriand grillé.

Croquettes de poisson.
Pâté de foies gras.
Asperges en branches.
Chartreuse de pommes.

Brunoise soup with Italian paste.
Broiled fillets of beef à la Chateaubriand.

Fish croquettes.
Pâté of foie gras.
Asparagus.
Apple chartreuse or marmalade.

Broiled fillets of beef à la Chateaubriand.

Cut your fillets at least two inches thick, soak in oil for an hour, and broil. Serve with Chateaubriand sauce (see 21st of March), and garnish with fried potatoes and truffles.

Apple chartreuse or marmalade.

Peel twenty fine cooking apples, scoop out the cores, cut them in half and slice them, boil a third of them in water, sugar, and a pinch of saffron, drain, and boil the other third with cochineal, and the remainder in plain sugar and water, line a mould with buttered paper, stick some thin strips of angelica round the sides in any pattern you may fancy, place the different coloured slices of apple in rings round the mould and fill the centre with a marmalade made from the apple trimmings, turn out of the mould, and serve. If a white chartreuse is preferred, the apples must be soaked in lemon juice and water before being cooked.

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MARCH 3.

Consommé aux profiteroles.	Clear soup with profit rolls.
Brochet sauce aux câpres.	Pike with caper sauce.
Chou farci.	Stuffed cabbage.
Selle de mouton rôtie.	Roast saddle of mutton.
Purée de haricots.	Purée of haricot beans.
Omelette soufflée.	Omelet soufflé.

Stuffed cabbage.

Choose a large white, close cabbage, take off all the hard green outside leaves, and blanch it ; cut out the heart and press between two plates to squeeze out all water. Make a stuffing with finely-minced sausage-meat, four yolks of egg and marrow, mix well together and spread a teaspoonful between each leaf, tie up the cabbage to its original shape—be careful not to cut the leaves with the string—simmer over a slow fire in stock, season with a bouquet of herbs, onions, a saveloy, carrots, a pinch of grated nutmeg, salt, and black pepper, cover the whole with slices of bacon ; shake the stew-pan occasionally so that the cabbage may not stick to the bottom and get burnt. Dish up the cabbage after cutting off the string. Pass the sauce through a tammy, clear of all grease, stir in a little thin browning, and pour over the cabbage.

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MARCH 4.

Potage à la française.
Bœuf bouilli sauce Robert.
Poularde en entrée de broche.
Carpes frites.
Choux de Bruxelles au beurre.
Biscuit glacé au chocolat.

French soup.
Boiled beef with Robert sauce.
Roast fowl with tomato sauce.
Fried carp.
Brussels sprouts with butter.
Savoy or sponge cake glazed with chocolate.

Robert sauce.

Brown some slices of onion in butter, and add a little flour. Moisten with stock, white wine, and a few drops of vinegar, boil for half an hour, skim off all grease, season with salt and pepper, stir in a teaspoonful of mustard, and serve.

Roast fowl with tomato sauce.

Choose a fine fowl, stuff it with butter mixed with the juice of a lemon and a little salt, truss as if for boiling. Rub the breast with lemon juice, sprinkle with salt and pepper, lay slices of lemon on it, with no peel or pips, wrap up in slices of bacon and a buttered sheet of paper, roast on the spit with the back of the fowl nearest the fire; it will take about an hour to cook; remove the bacon, &c., and serve with tomato sauce.

Brill, béchamel sauce.

Cook a brill in salt and water over a slow fire; do not let it boil, or the fish will break; drain it, and serve with béchamel sauce (see 16th of August) in a sauceboat.

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MARCH 5.

Potage brunoise.	Brunoise soup.
Alose à la hollandaise.	Boiled shad, Hollandaise sauce.
Pigeons en ragoût d'écrevisses.	Stewed pigeons and crayfish.
Rosbif en broche.	Roast beef.
Salsifis frits.	Fried salsifis.
Meringues à la crème.	Meringues with cream.

Boiled shad, Hollandaise sauce.

Clean out the shad by the gills, but do not scale it. Boil in salt and water, when quite boiling make a smaller fire and simmer for half-an-hour. Dish up, garnished with fresh parsley and boiled potatoes. Hand some Hollandaise sauce separately.

Stewed pigeons with crayfish.

Blanch your pigeons and beat the backs so as to spread out the breasts, boil in equal quantities of stock and white wine, and season with salt and pepper, a bouquet of parsley, chives, and two heads of cloves; when done take them out of the stew-pan and cook some mushrooms, twelve shelled crayfish, and a little flour in the sauce of the pigeons, boil for half an hour, reduce and thicken the sauce with yolks of egg and cream, season with finely-chopped parsley and a pinch of grated nut-meg, pour over the pigeons, and serve, garnished with the heads of the crayfish.

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MARCH 6.

Potage au vermicelle.
Filets de soles à l'italienne.
Pluviers rôtis en entrée de broche.
Rognon de veau roti.
Asperges à la sauce blanche.
Soufflé de riz.

Vermicelli soup.
Fillets of sole, Italian sauce.
Roast plover with stewed mushrooms.
Roast calf's kidney.
Asparagus with white sauce.
Rice soufflé.

Roast plover with stewed mushrooms.

Choose some young fat golden plover; chop up the trail with parsley, eschalots, salt, pepper, and scraped bacon, stuff the plover with it, cover with slices of bacon and buttered sheets of paper, and roast. When done, serve on stewed mushrooms (see 27th of November).

Asparagus with white sauce.

Scrape and wash some fine heads of asparagus, tie them up into small bundles, cook in boiling salt and water, take off the fire before the asparagus becomes too soft, serve with white sauce, handed separately.

Rice soufflé.

Boil seven ounces of rice flour in a pint of milk with a little sugar and some pounded maccaroons, stir until it becomes a thick smooth paste, flavour with vanilla or lemon, add four or five yolks of egg, whip up the whites of the eggs and stir them in, pour into a soufflé dish, sprinkle with powdered sugar, and bake in a moderate oven. A potato soufflé is prepared in the same manner, only potato flour is used instead of rice.

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MARCH 7.

Potage paysanne.
Lamproie à l'italienne.
Culotte de bœuf braisée.
Volaille rôtie.
Pommes de terre à l'anglaise.
Crème à la vanille.

Peasant soup
Lampreys à l'italienne.
Braised rump-steak.
Roast fowl.
Potatoes à l'anglaise.
Vanilla cream.

Lamprey à l'Italienne.

Fillet a fine lamprey and stew in a tumblerful of white wine, a wine-glass of olive oil, chopped young onions, mixed herbs and four heads of garlic, when boiling add the juice of a lemon, and reduce the sauce. The garlic can be omitted if not liked.

Potatoes à l'Anglaise.

Peel your potatoes and boil in salt and water. Melt a lump of fresh butter in a saucepan, slice the potatoes, warm in the butter, season with salt and pepper, and serve. Do not let the butter clarify.

Flemish garnish.

This garnish is composed of knuckle of ham, bacon, sausages, german sausage, carrots, turnips, and glazed onions. The larger part of the garnish is composed of well boiled white cabbages, which have been thoroughly dried in a saucepan; brussels sprouts can also be used. This is an excellent garnish for a rump-steak, a fillet of beef, or a roast ham.

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MARCH 8.

Potage de riz Crécy. — Purée of carrot and rice.
Gigot bouilli sauce aux câpres. — Boiled leg of mutton, caper sauce.
Anguille à l'anglaise. — Eel à l'anglaise.
Vanneaux rôtis. — Roast lapwings.
Céleri-rave à la demi-glace. — Glazed celery roots.
Beignets de pommes à la d'Orléans. — Apple fritters à la d'Orléans.

Eel, English fashion.

Soak some thick slices of eel for twenty-four hours in vinegar, salt, pepper, and the peel of two or three lemons; dry them in a cloth and either roll in some very thin paste or dip into batter, fry until a good colour. Reduce some stock until thick, add the juice of a lemon, stir in some anchovy, and hand in a sauceboat with the fried eel.

Roast lapwings.

Do not draw your lapwings, wrap them up in slices of bacon and a buttered sheet of paper; lay some slice of fried bread in the dripping-pan, roast the birds and serve on bread. Lapwing's eggs are very excellent to eat and difficult to procure.

Apple fritters à la d'Orléans.

Roll out some brioche paste (see 24th of December), peel and scoop out the cores of some cooking apples, cut them in half, stew in syrup, drain and leave until cold. Roll each piece in some of the paste, and plunge into boiling lard.

Skate with black butter sauce.

Boil the skate in salt and water, place in a dish, and cover with black butter sauce. Garnish with pickled gherkins and fried parsley.

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MARCH 9.

Potage Condé.	Condé soup.
Carpe garnie d'un ragoût de laitances.	Carp with stewed roe.
Jambon à la choucroute.	Ham and pickled cabbage.
Caneton de Rouen rôti.	Roast duckling.
Artichauts frits.	Fried artichokes.
Tartelettes à la vanille.	Vanilla tartlets.

Fried artichokes.

Cut your artichokes into slices lengthways, remove the chokes, cut off the tops of the leaves, trim the bottoms, wash them in vinegar and water, drain them and dip into a thin paste, made of eggs, flour, cream, pepper, salt, and half a wine-glass of brandy ; fry in either olive oil or lard ; serve garnished with fried parsley and sprinkled with salt.

Vanilla tartlets.

Pound five ounces of Jordan almonds and the same quantity of sugar in a mortar, add one ounce of powdered sugar and some vanilla sugar. Whip up six whites of egg, add the almonds and sugar ; line your tartlet-pans with some light paste and fill with the whipped eggs, bake in a slow oven, glaze with some white sugar, and serve either hot or cold.

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MARCH 10.

MENU EN MAIGRE.

Potage à la Monaco.
Alose grillée à l'oseille.
Salmis de pilets.
Brochet farci et rôti.
Œufs à la tripe.
Gâteau de riz.

BILL OF FARE FOR FAST DAY.

White soup à la Monaco.
Broiled shad and sorrel.
Salmis of pintail.
Stuffed roast pike.
Eggs à la tripe.
Rice cake.

White soup à la Monaco.

Cut up some bread into slices, sprinkle with powdered sugar, toast and place them in a soup-tureen, sprinkle with salt ; pour some boiling cream or milk, thickened with yolks of egg, over the toast, and serve.

Broiled shad with sorrel.

Soak your shad for an hour in olive oil, seasoned with mixed herbs, salt, and pepper. Broil on the gridiron, moisten with the oil in which it was soaked, and serve on a purée of sorrel (see 23rd of December).

Stuffed roast pike.

Keep your pike for two days after catching; scale, draw it, and lard with fillets of anchovies and gherkins, and stuff with egg stuffing (see 16th of December). Spread some branches of mixed herbs, sprinkled with mixed spice and salt, on a large sheet of buttered paper, in which wrap the pike, fasten it on with skewers and roast, baste with white wine and melted butter. Serve with thick piquante sauce (see 26th of June).

Nun's sighs.

Warm a lump of butter the size of a walnut, a lump of sugar, a little lemon-peel, and a pinch of salt in a tumblerful of water, let it boil over two or three times ; stir in some flour until it becomes a thick paste, and continue stirring until it is cooked, which you can tell, if the paste does not stick to your finger; leave in the saucepan until cold, then stir in one egg at a time until it is thin enough to drop out of a spoon. Take a dessert spoon and drop lumps of the paste about the size of a walnut into lard which is not quite boiling, take out when swollen to four times their original size and of a golden colour. Sprinkle with sugar and serve hot ; they are also very nice cold. The flavouring can be varied by omitting the lemon-peel and stirring in a little orange-flower water with the first egg.

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MARCH 11.

Consommé aux croûtes grillées.	Soup with baked bread-crusts.
Poule au pot.	Fowl boiled in stock.
Sauté de lapereaux.	Young rabbits fried.
Rosbif rôti.	Roast beef.
Choux-fleurs gratinés au Parmesan.	Baked cauliflowers with Parmesan cheese.
Crème au chocolat.	Chocolate cream.

Fowl boiled in stock.

Cook your fowl in uncleared stock after the vegetables have been put in (see 1st of July), simmer until sufficiently done, serve sprinkled with coarse salt, and hand some bourgeoise sauce in a sauceboat.

Young rabbits fried.

Cut up your rabbits into joints, soak in water and dry in a cloth to remove all blood, warm some butter seasoned with mixed spices, salt, and pepper in a frying-pan, toss the pieces of rabbit in it until quite firm, sprinkle with chopped parsley and eschalots, leave on the fire for a few minutes, and serve. Only very young rabbits can be used for this dish.

Chocolate cream.

Stir two ounces of powdered sugar into a pint of double cream, boil until reduced to about half the quantity; when cold, add the yolks of three eggs, and two ounces of finely-grated chocolate; cook in a bain-marie; when done, pour into a glass dish, and serve cold.

Chocolate fingers with cream.

Make some paste, the same as for nun's sighs (see 10th of March), only keep it thick enough to roll out and cut into the shape of ladies' fingers; bake in the oven, glaze with chocolate (see 24th of February), and fill with chocolate cream.

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MARCH 12.

Potage au tapioca.	Tapioca soup.
Cabillaud à la hollandaise.	Cod à la hollandaise.
Poularde à la bourgeoise.	Boiled fowl, bourgeoise sauce.
Gigot d'agneau rôti.	Roast leg of lamb.
Champignons au gratin.	Baked mushrooms.
Gâteau de semoule à la crème.	Semolina cake with cream.

Cod à la Hollandaise.

Clean out your cod, fill it with coarse salt, rub the sides and sprinkle them with fine salt, and leave in a cool place for three or four hours. Two hours before cooking it, wash the cod, make several slits down the back, tie a string round the head, and soak in milk and water. Boil in boiling salt and water, add two pints of boiling milk, and leave on the fire for three-quarters of an hour, if a very large fish it will take a little longer to cook. When done dish up on a napkin, garnished with boiled potatoes and fresh parsley. Melt some fresh butter in a bain-marie, season with salt, pepper, a pinch of mixed spice, and the juice of a lemon; hand in a sauceboat with the cod.

Garnish à la Godard.

This is used chiefly for garnishing roast turkeys, fat pullets or a fillet of beef. Boil some large truffles, cockscombs and sweet-breads larded with fillets of truffles in stock, season with salt and pepper, cook some large quenelles (see 3rd of September) in the same stock and garnish your dish.

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MARCH 13.

Potage au macaroni avec Parmesan.	Maccaroni soup with Parmesan cheese.
Épaule de mouton en ballon aux oignons glacés.	Braised shoulder of mutton and glazed onions.
Poulet à la chasseur.	Grilled chicken à la Chasseur.
Pâté de saumon, ou poissons frits.	Salmon pie or fried fish.
Salade de pommes de terre.	Potato salad.
Éclairs aux œufs.	Chocolate fingers with cream.

Braised shoulder of mutton and glazed onions.

Bone your shoulder of mutton, leaving the stump to use as a handle, lard with bacon well seasoned with chopped herbs, salt, and pepper, roll the mutton into the shape of a balloon, and sew together with a trussing-needle. Line a braising-pan with slices of bacon, put in the shoulder of mutton, add the shoulder-bone, some carrots, onions, two heads of cloves, laurel-leaves, thyme, and some stock; cover with slices of bacon and a buttered sheet of paper, and simmer over a slow fire. When done, cut the string with which it has been sewn together, and dish up, garnished with glazed onions (see 14th of January).

Grilled chicken à la Chasseur.

If possible procure some young chickens for this dish, split them down the back and beat until flat; if you have large fowls, they must be cut up into joints. Soak for an hour in olive oil, seasoned with salt, pepper, slices of onion, parsley, and lemon juice; bread-crumb lightly, and grill on a gridiron; if cut up into joints, dish up in a pyramid. Add some slices of fried onion and chopped ham to some Madeira sauce (see 19th of August), and pour over the grilled chicken.

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MARCH 14.

Potage crème de riz à la peluche de cerfeuil.	Purée of rice with chervil.
Esturgeon au court-bouillon.	Stewed sturgeon.
Langue de bœuf au gratin.	**Baked ox-tongue.**
Canards sauvage rôtis.	Roast wild duck.
Asperges à l'huile.	Asparagus with oil and vinegar.
Omelette au rhum.	Rum omelet.

Stewed sturgeon.

Choose either a small sturgeon, or have a slice from a large one, boil in court-bouillon (see 18th of April), cover the lid of the saucepan with hot coals, moisten the fish occasionally with the sauce in which it is boiling, and serve with Italian sauce, to which add some of the fish liquor reduced, and a pinch of cayenne pepper.

Baked ox-tongue.

Trim your tongue and braise it (see 28th of May); when cooked, skin it, and leave until cold. Cut it up into thick slices. Pound the crumb of a stale loaf in a mortar, with some chopped parsley, chives, three eschalots, a few tarragon-leaves, capers, an anchovy, and fresh butter, cover the bottom of a plated or tin dish with half of this stuffing, lay the slices of tongue on it, and cover with the remaining half; sprinkle with a little melted butter and stock, and bake, serve when a good colour.

Asparagus with oil and vinegar.

Cook the same as asparagus (see 6th of March), but hand oil and vinegar with it, instead of white sauce.

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MARCH 15.

Potage à la parisienne.
Bœuf à la mode.
Pluviers en salmis.
Alose rôtie.
Petits pois nouveaux à l'anglaise.
Crêpes.

Parisian soup.
Bœuf à la mode.
Salmis of plover.
Roast shad.
Green peas à l'anglaise.
Pancakes.

Roast shad.

You must have a fine, fat shad to be able to cook it in this manner. Clean and scale your fish, make several slits down the sides, do not cut too deep, and soak for an hour in olive oil, season with salt, pepper, parsley, chives, and thyme; turn the fish several times whilst soaking, roast, and baste it with the olive oil. Dish up on a napkin, and garnish with fresh parsley. The best manner to carve such a large fish is to make a deep incision down the back from head to tail, and then to cut off slices down the side; ten good helpings ought to be cut off a shad twenty-five inches long without touching the inferior parts of the fish. Cut off the fins before serving. The roe of the sturgeon is excellent.

Fillets of sole with Italian sauce.

Fry the fillets in hot melted butter, when done, cover with Italian sauce (see 13th of October).

Tartare sauce.

Take three tablespoonfuls of béchamel sauce (see 16th of August), stir in a bowl with two yolks of egg, a little salt, pepper, and grated nutmeg; when well mixed, add some olive oil, drop by drop, until the sauce is quite thick, flavour with a few drops of tarragon, add a little finely-chopped chervil, tarragon, and eschalot. Serve in a sauceboat.

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MARCH 16.

Potage aux pâtes d'Italie.	Clear soup with Italian paste.
Carrelets grillés.	Broiled plaice.
Aloyau à la Godard.	Sirloin of beef à la Godard.
Volaille rôtie.	Roast fowl.
Céleri au jus.	Stewed celery.
Parfait au café.	Coffee blanc-mange.

Broiled plaice.

Clean and wash your fish, dip into olive oil, sprinkle with salt and pepper, place a mat of straw reeds, like those used for cream cheeses, on the gridiron, broil the fish on it over a slow fire ; when done, cover with caper sauce (see 3rd of May).

Sirloin of beef à la Godard.

Trim and bone your sirloin, roll the topside and tie round with string, put it in a braising-pan and braise (see 28th of May). When the beef is cooked, place it on a dish, pass the vegetables and sauce through a tammy, skim off all grease and warm in a saucepan with a little stock, sliced sweet-breads, some bottoms of artichokes cut into quarters, button mushrooms, and add at the last some fried eggs. Garnish the beef with it, and serve.

Cream quenelles.

Warm a lump of butter the size of a walnut, a pinch of black pepper, some grated nutmeg, and a tumblerful of cream, let it boil over two or three times, stir in some flour until it becomes a thick paste, leave until cold, add one egg at a time until the paste is thin enough to drop out of a spoon, take a teaspoonful at a time of the paste and drop into boiling water. When poached the quenelles will be ready to serve.

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MARCH 17.

Consommé aux quenelles.	Clear soup with quenelles.
Truite à la Chambord.	Trout à la Chambord.
Lapereau en papillote.	Broiled young rabbits in cases.
Selle d'agneau rôti, cresson.	Roast saddle of lamb and water-cresses.
Epinards au velouté.	Spinach with velouté sauce.
Tourte à la crème d'amandes.	Open tart with almond cream.

Trout à la Chambord.

Plunge the trout into boiling water and skin them, after which wash them thoroughly in several waters, drain, and cook in wine marinade sauce (see 3rd of December), when done, drain and place on a dish. Cook some larded sweet-breads, fish quenelles, and crayfish in financière sauce (see 27th of December), and garnish the trout with them.

Broiled young rabbits in cases.

Cut up the rabbits into joints, remove all the larger bones, and cover each piece with the following stuffing: take some stale grated bread-crumb, scraped bacon, finely-chopped parsley, eschalots, mushrooms, salt, pepper, and a head of garlic, mix well together. Cover each piece with a slice of bacon, and wrap up in a case of buttered paper, broil over a slow fire, and serve in the cases.

Roast saddle of lamb.

Roll and skewer the flanks of the saddle, wrap it up in buttered sheets of paper, roast for an hour and a half, baste frequently, and serve with its own gravy.

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MARCH 18.

Potage au pain.	Bread soup.
Pièce de bœuf sauce tomates.	Braised beef with tomato sauce.
Anguille au soleil.	Fried eel.
Pintades rôties.	Roast guinea fowl.
Petits pois au beurre.	Green peas and butter.
Meringues à la crème.	Meringues with cream.

Fried eel.

Cut an eel into thick slices, and boil in marinade sauce (see 3rd of December); when cold, drain it, bread-crumb and dip into eggs beaten up with salt and pepper, fry the pieces of eel, and serve, covered with ravigote sauce (see 29th of May).

Meringues with cream.

Whip up twelve whites of eggs with an egg-whisk until a thick cream; stir in a pound of sifted sugar, flavour with either essence of vanilla or lime juice, lay some sheets of paper on a slab of wood, take a table-spoonful at a time of the whipped egg, drop on the paper in an oval shape, smooth the surface by drawing the spoon quickly over it, sprinkle with sifted sugar, and bake in a slow oven until a golden colour. When done take the meringues carefully off the paper, scoop out the centres with a spoon, place them in a sieve, and dry in the oven. Just before serving, fill the meringues with whipped cream, flavoured with either vanilla or lemon juice and a little powdered sugar, join two halves together, and dish up in a pyramid.

Garnish à la financière.

This garnish is composed of fat goose's liver, kidneys, cocks-combs, truffles, and quenelles of fowl, all cooked in Spanish sauce (see 3rd of November), with the addition of a wine-glassful of sherry; and is mostly used for garnishing fat pullets, fowls, or fillets of beef.

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MARCH 19.

Consommé aux œufs pochés.	Clear soup with poached eggs.
Tanches au court-bouillon.	Tench boiled in court-bouillon.
Tendrons d'agneau aux pointes d'asperges.	Braised breasts of lamb and asparagus.
Rosbif à l'anglaise.	Roast beef.
Pommes de terre sautées.	Fried potatoes.
Crème d'amandes.	Almond cream.

Tench boiled in court-bouillon.

Scale and clean your tench, and boil in court-bouillon (see 18th of April); when done, serve with white caper sauce in a sauceboat.

Braised breasts of lamb and asparagus.

Put two breasts of lamb in a braising-pan, and braise them (see 28th of May); when cooked, leave in the braising-pan until cold; cut them up into pieces, and cook in a stew-pan with some clear stock, leave on the fire until reduced to a glaze. Dish up with a fried slice of bread between each piece of lamb, and garnish the centre of the dish with stewed asparagus (see 28th of April).

Almond cream.

Blanch three ounces of Jordan almonds, three bitter almonds, and pound them; stir into a pint of boiling cream, pass through a hair sieve, and add three yolks of egg, three ounces of powdered sugar, and a little orange-flower water; cook in a bain-marie; when done, pour into a glass dish, and serve cold, garnished with burnt almonds.

Garnish à la Chipolata.

This garnish is composed of Chipolata sausages, lean bacon, peeled roast chestnuts, carrots cut into small round balls, and button mushrooms, cooked in Spanish sauce (see 3rd of November).

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MARCH 20.

MENU EN MAIGRE.

Julienne maigre.
Truite sauce genevoise.
Macaroni en timbale.
Sarcelles rôties.
Haricots rouges à la bourguignonne.
Gâteau de riz au caramel.

BILL OF FARE FOR FAST DAY.

Julienne soup for fast day.
Trout, Geneva sauce.
Timbale of maccaroni.
Roast teal.
Red haricot beans à la bourguignonne.
Rice cake with burnt sugar.

Timbale of maccaroni.

Boil your maccaroni in salt and water, when done, drain, and season with pepper, fresh butter, and equal quantities of grated Parmesan and Gruyère cheese. Line a mould with some short paste rolled out very thin, fill with the maccaroni, cover with paste, and lay a sheet of buttered paper over it to prevent the paste getting burnt, bake in a moderate oven for three quarters of an hour, or longer if it is a very large mould; when cooked, turn it out of the mould and serve very hot.

Red haricot beans à la bourguignonne.

Boil some red haricot beans in the stock of julienne for fast days (see 30th of June), add a lump of butter, a bouquet of mixed herbs, and an onion stuck with cloves. When quite cooked, remove the onion and bouquet of herbs, and stir in a little red wine, salt, and pepper. Serve hot.

Semolina quenelles.

Stir five yolks of egg, six ounces of fine semolina, salt and a pinch of grated nutmeg into six ounces of fresh butter. Take a dessert-spoonful at a time of this paste and poach in boiling water, when the quenelles will be ready for use.

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MARCH 21.

Potage Crécy.
Bar à l'eau de sel.
Cotelettes de porc frais grillées, sauce poivrade.
Dinde rôtie.
Asperges en branches.
Pains de la Mecque.

Purée of carrots.
Boiled bass.
Pork cutlets with poivrade sauce.
Roast turkey-hen.
Asparagus.
Mecca loaves.

Boiled bass.

Clean, scrape, and wash your fish, drain it, and cook in warm salt and water; as soon as it boils, take the fish-pan off the fire and place it near enough to the fire for the water to simmer for twenty minutes, leave the fish in its liquor until time to serve it. Dish up on a napkin, garnished with fresh parsley and boiled potatoes.

Poivrade sauce.

Take a tumblerful of vinegar, a quarter of an ounce of laurel-leaves, the same quantity of thyme and onion, one ounce of chopped parsley, one ounce of chopped eschalot, salt, and pepper, simmer in a saucepan until reduced, but do not let it burn; stir in an ounce of butter, a teaspoonful of flour, and some stock, continue stirring for a quarter of an hour, with a wooden spoon, take off the fire, and serve.

Châteaubriand sauce.

Melt some meat glaze in a little white wine, stir in some Spanish sauce (see 3rd of November), and when time to serve thicken with maître d'hôtel sauce (see 23rd of March).

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MARCH 22.

Potage purée de pommes de terre à la peluche de cerfeuil.	Purée of potatoes with chervil.
Alose à la hollandaise.	Boiled shad, hollandaise sauce.
Côtelettes de mouton aux pointes d'asperges.	Mutton cutlets with asparagus.
Bécassines rôties.	Roast snipe.
Artichauts à la barigoule.	Stuffed artichokes à la barigoule.
Biscuit au beurre.	Butter biscuits.

Purée of rice with chervil.

Make a purée of rice (see 27th of February), stir in the necessary quantity of stock, and two teaspoonsful of chopped chervil.

Leg of mutton à la Provençale.

Hang a leg of mutton until very tender; lard it with fillets of anchovies, garlic, and bacon, wrap it up in a sheet of paper spread with lard, roast, and serve with piquante sauce.

Stuffed artichokes à la brigoule.

Choose some young artichokes of medium size, cut out the chokes, trim the leaves, and blanch them. Warm some chopped parsley, mushrooms, eschalots, scraped bacon, a pinch of mixed spice, salt, and pepper, in butter; when done, fill the artichokes with this stuffing, tie a string round them to keep the leaves in their original shape, and place them in a sauce-pan, covered with slices of bacon, and sprinkled with olive oil, fix the lid on tight, and when cooked, serve the artichokes with their own sauce reduced, or with Italian sauce.

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