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DAINTY DISHES

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EDINBURGH: PRINTED BY THOMAS CONSTABLE,

FOR

EDMONSTON AND DOUGLAS.

LONDON, ... HAMILTON, ADAMS, AND CO.

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DAINTY DISHES

RECEIPTS

COLLECTED BY

LADY HARRIETT ST. CLAIR

FIFTH EDITION.

ASTOR

PHILADELPHIA

J. B. LIPPINCOTT AND CO.

1866

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PREFACE.

QUAND LA CORNEMUSE EST PLEINE ON EN CHANTE MIEUX.

IT may seem superfluous, if not presumptuous, to offer to the public a book on Cookery, when there are already so many extant, and of which several are the works of really great "Artists;" but this little volume presents itself without any pretension, as being merely a collection of receipts, many of which the Compiler believes to be original, and all of which she knows to be good. And if the jaded appetite of one sick person is stimulated, or one healthy appetite gratified, her object will be attained, and any trouble she may have had in the compilation of the book amply rewarded. It is often very difficult to prevail upon cooks to follow the directions of a receipt; they think they know as well, or better, and if they condescend to employ the ingredients, pay no attention to the instructions for their proportion, or admixture, or the time they may take in cooking, in order to bring them to the right point, as the French say, "cuit au point:" the result is probably a nasty mess, in no way resembling what was originally in-

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tended. For this it is difficult to find a remedy; but there is one when practicable—*i.e.* make it yourself; and the writer hopes that the directions given are sufficiently explicit to enable the veriest tyro to do this without fear of failure, and consequent disappointment. A near relation of the Compiler's, and one who thoroughly understood and enjoyed good living, and from whom she acquired many receipts and much culinary lore, once said to her,—"*Original* English, or what is called plain cooking, is the worst, and the most ignorant, and the most extravagant, in the known world!" There is no doubt considerable truth in this; but she is not sure that the word *plain* should not be omitted, and questions much if there is or ever was *original* English cookery. The observation would then resolve itself into—"*English* cookery is the worst," etc. etc.; and this she thinks few will be inclined to dispute. What can be more unpalatable than the horrible attempts at entreés, dignified with some high-sounding French name, made by the general run of English cooks? the sodden pieces of meat, soaking in a mess of flour and butter, commonly called roux, which, with the addition of a little melted glaze, forms the English cook's universal idea of a sauce, and which they liberally and indiscriminately bestow on fish, flesh, and fowl—proving, indeed, most painfully, how very little there is in a name; a theory, by the way, which the writer has often felt

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inclined to dispute. Now, by what is called plain cooking, *per se*, she understands Roasting, Broiling, Baking, and Boiling; and if these are well done, nobody can justly complain of having a bad dinner. How much rather would not any one prefer a well-broiled mutton-chop—*brown, tender, and succulent*—tempting you, by its appearance, to eat, even as much as that of the other deterred you from the attempt! So with a joint of well-roasted beef, or mutton, and well boiled or baked potatoes; if not appetising, they at least satisfy your hunger without nauseating, and you cannot say you have dined badly, though your dinner has not been very recherché. But there are occasions when even a good appetite palls, upon the too frequent repetition of such heavy viands, and when that of the delicate invalid will turn with loathing from such solid, though wholesome food. It is then, the writer hopes, reference will be made to this little volume of "DAINTY DISHES," and that the good appetite may be gratified, and the delicate one renovated.

DERNEBURG, *April* 10, 1866.

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SOUPS.

SOUPS, properly so called, are made from stock which may be made some days beforehand; and this, by the addition of different vegetables, or very often the same merely cut in another shape, or the flavour varied by herbs, becomes *Soupe à la Julienne*, *Printanière*, *Brunoise*, etc. etc. For the making of stock, and its subsequent metamorphosis into these various soups, there are so many directions given in divers excellent French cookery-books that it would be superfluous to introduce them here: the following receipts would be therefore more correctly termed Broths, as they require to be fresh-made, and have each an individual character of their own.

1. Pot au Feu.

Put in a saucepan six lbs. of beef (bones included) cut into two or three pieces; three-quarters of a lb. of mixed vegetables, such as onions, carrots, turnips, leeks, white cabbage, and celery with its leaves left on, all cut in good-sized pieces; three small spoonfuls of salt, one of pepper, and one of sugar; add eight pints of water; let it boil gently three hours; remove the fat; add crusts of roll or slices of bread, either previously toasted or plain, and serve.

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Beef . .	6 lbs.
Vegetables, mixed	¾ lb.
Salt . .	3 small spoonfuls.
Pepper . .	1 „
Sugar . .	1 „
Water . .	8 pints.
Bread . .	*ad vol.*

To boil gently three hours.

2. Scotch Mutton or Barley Broth.

Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stew-pot with two quarts of water: as soon as it boils, skim it well; let it simmer for an hour and a half, then take the best end of the mutton, cut it in cutlets, trim off some of the fat, and add as many to the soup as you think proper; skim the moment the fresh meat boils up, and every quarter of an hour after; then add four or five carrots, the same number of turnips, three onions, and some celery, all cut, but not too small; four large spoonfuls of barley, previously washed in cold water. The broth should stew altogether three hours twenty minutes; before serving, some chopped parsley may be added.

Neck of mutton .	1
Carrots . . .	5
Turnips . . .	5
Onions . . .	3
Celery heads . .	3
Barley . . .	4 large spoonfuls.
Water . . .	2 quarts.

To boil slowly three hours; season to taste.

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3. Sir Robert Preston's Mutton Brotil.

Two pounds and a half of mutton boiled in two pints of water, with a little barley, very slowly for three or four hours; then strain it off and remove the fat; add three turnips and carrots, and two leeks or onions, cut very fine; put them, with three mutton chops, into the broth, and boil till tender; when nearly done, add some greens, previously blanched and well drained; boil for about ten minutes more, season with salt, and serve. The vegetables should appear quite thick in the broth, and be cut very small.

Mutton	. .	2½ lbs.
Water	. .	2 pints.
Turnips	. .	3
Carrots	. .	3
Leeks or onions	.	2
Mutton chops	.	3
Greens.		
Barley, say	. .	3 spoonfuls.

4. Sheep's Head Broth.

Take a large breakfast cupful of barley, a sheep's head and trotters previously prepared, and, if the broth should be wanted stronger, a neck of mutton; put them into a pot with two quarts of cold water; as soon as it comes to the boil be careful to skim it well. Cut down some carrots and turnips small, a little parsley and two onions; before you add the roots skim it again. Boil slowly till the head is quite tender; take the pot off the fire and stand it near, covered closely, for a quarter of an

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hour before serving. The head and trotters should be served separately with whole carrots and turnips.

To Prepare the Head and Trotters.

They should be well singed, which is best done at the blacksmith's. Split the head down the middle of the skull; take out the brains, and rub the head all over with them; lay the head and trotters to soak in water all night; scrape and wash well before using.

N.B.—Sheep's head is excellent eaten cold.

5. Hotch Potch.

Take a neck or breast of mutton; cut it into small square pieces, put them into a pot with two quarts of cold water; when it boils skim it well, and add the vegetables and a little salt and pepper; carrots, turnips, celery, young onions, and a quart of shelled peas (they should not be very young); let them boil very slowly till done. Half an hour before serving add a pint of *young* green peas. Almost any vegetables that are in season may be added to hotch potch with improvement, and it may be made with lamb instead of mutton. It cannot be boiled too slowly; eight hours is not too much.

Neck or breast of mutton or lamb	1
Water	2 quarts.
Old peas	1 „
Young peas	1 pint.
Carrots	6
Turnips	6
Celery	3
Onions, young	7

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6. Clear or English Mutton Broth.

Take a neck of mutton; cut off it as many chops as you wish to serve in the broth; put the remainder into a pan with carrots and turnips, stir it to prevent its getting thick, and skim carefully; let it boil four hours, then strain it through a sieve, and add the cutlets and carrots and turnips cut into dice or any shape you fancy, and boil till they are tender; season with pepper and salt. A little raw parsley chopped very fine may be added just before serving.

7. Beef Broth, or Broth à la Mode.

Put into a soup-pot twelve lbs. of the *sticking* piece of beef from a young ox, with the kernels and sweetbreads; pour on sufficient cold water to cover the meat; set the pot over a quick fire, and carefully attend to the scum rising, so that it may all be removed before it can boil into the broth. After the first scum is removed, immediately throw in some cold water, which will cause more to rise. When this is removed, place the pot by the side of a stove to boil slowly for four hours; then strain the broth through a napkin, which should be kept for the purpose; take care of the kernels and sweetbreads, which you return to the broth, together with four carrots and turnips, a head of celery and two onions; these should be cut in good-sized pieces with a round cutter. Continue boiling the broth till the vegetables are quite tender; season and serve. Be careful to remove any fat that may rise in the second boiling.

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Sticking piece of beef	12 lbs.
Carrots . . .	4
Turnips . . .	4
Celery . . .	1
Onions . . .	2
Salt.	

To boil four or five hours.

8. Cock-a-Leekie.

Truss a cock as for boiling, put it into a stew-pan with a piece of lean beef, about 4 lbs. ; two dozen of leeks cut in pieces about an inch long, rejecting the coarser green part ; a little pepper and salt, and five quarts of water. Cover the stew-pan up closely and allow its contents to stew slowly four hours ; then place the cock in a tureen ; remove the beef, and pour the soup and leeks over it, and serve.

Cock . .	1
Beef . .	4 lbs.
Leeks . .	2 doz.
Pepper .	1 spoonful.
Salt . .	1 „
Water . .	5 quarts.

To boil four hours.

9. Another Cock-a-Leekie.

Put four lbs. of beef and an old fowl in a gallon of water, and when it boils throw in a good quantity of sliced leeks with plenty of the tender green part left on, a teaspoonful of ground pepper, and half a one of salt. Let all boil for four hours, then put in half a lb. of prunes,

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and let it boil an hour longer; take out the meat and fowl; cut off some of the best parts of the white meat from the breast of the fowl, and add it to the soup; the prunes should be left in. The leeks are improved by being soaked two hours in cold water before they are used. This is an excellent receipt.

Beef . .	4 lbs.
Fowl . .	1
Water . .	1 gallon.
Leeks . .	4 dozen.
Prunes . .	½ lb.
Pepper . .	1 spoonful.
Salt . .	½ ,,

To boil five hours.

10. Friar's Chicken, Lié or thick.

Take a knuckle of veal, two carrots, two turnips, two or three onions, and a few sweet herbs; boil all these together to a good stock and strain it. Have ready a pair of chickens boiled tender and cut in pieces, a quart of cream and six yolks of eggs beaten together; add these to the broth and heat them up together, and send it to table. Some like a little minced parsley added just before serving.

Knuckle of veal	1	These ingredients are removed
Turnips . .	2	
Carrots . .	2	
Onions . .	3	
Sweet herbs .	4 sprigs.	
Cream . .	1 quart.	
Yolks of eggs	6	
Chickens .	2	

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11. Friar's Chicken, clear.

Take two or three chickens cut in quarters, as for a fricassee, and a small piece of lean beef; put them in four quarts of boiling water; when nearly done enough, which will be in about two hours, add some finely-minced parsley. Do not leave it on the fire more than ten minutes after this; the minute before serving stir in quickly two eggs previously well beaten together. Attention should be paid to skimming, and it is more delicate if the skins of the chickens are removed.

Chickens . . .	3
Lean beef . . .	2 lbs.
Water . . .	4 quarts.
Minced parsley . .	*Quant. suff.*
Eggs . . .	2

To be boiled 2¼ hours; seasoned to taste.

12. Knuckle of Veal and Rice Soup.

To a knuckle of veal well scalded add three quarts of veal stock, three ounces of rice, a blade of mace, and a sprig of thyme; when it has boiled two hours and a half put into it one onion and two heads of celery cut fine; let it boil half an hour longer; season with salt, take out the large bones, and serve. A fowl and rice may be done in the same way, but will not take so long.

13. Potato Soup.

Grate off the skin of as many potatoes as will make the quantity of soup required, and which will partly depend upon their size, they should be of a mealy kind; wash

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them well in tepid water, add them to your stock previously prepared from roast beef bones; four or five onions, and some salt and pepper. Let it simmer very slowly till the potatoes are quite dissolved.

14. Another Potato Soup.

Cut a breast of mutton into small square pieces; put it on to boil with some good stock; let it stew gently, skimming it meanwhile carefully, for two hours; then add two dozen of potatoes peeled and washed (they should not be large ones), and two dozen button onions, or five large ones sliced. Season with salt and pepper, and stew slowly till the potatoes are nearly dissolved.

Breast of mutton	1
Potatoes . .	2 doz.
Onions . .	5 large or two dozen buttons.
Salt and pepper.	

To stew three or four hours.

15. Hare Soup

Should be made with a perfectly fresh hare. When skinned, take care to save all the blood. If a larger quantity of soup is required, or it is wished very strong, take two fresh hares, but on no account use any other meat. Cut the hare in pieces, and put into a dish with the quantity of water required for your soup. Let it stand an hour; then add the blood of the hare; strain it through a sieve into the soup-pot, and put all on the fire; stir it constantly till it boils, to prevent its curdling, and skim it a little; then put in a carrot, a piece of

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celery, two whole onions, and an ounce of black pepper tied up in a bit of muslin; a bunch of herbs, salt, and a little chopped onion. Boil it slow for three hours; take it off an hour before dinner; strain it through a sieve; take out the onions, carrot, pepper, etc., and put in some of the best pieces of the hare which you had previously kept back, cut as for jugged hare; return it to the saucepan, and let it boil. Take a tablespoonful of ground rice, and, shortly before serving, stir it well into the soup; continue stirring till it is removed from the fire.

Hares	. .	1 or 2
Carrot	. .	1
Celery	. .	1
Onions	. .	3
Pepper	. .	1 oz.
A bunch of herbs.		
Salt to taste.		
Ground rice	.	1 tablespoonful.

To stew four hours.

16. Sportsman's Broth.

Take a grouse, a blackcock, a ptarmigan, a woodcock, and any other game you have; cut them in small joints, reserving some of the best pieces; put them into a pot with water and plenty of vegetables whole. Let it stew very slowly four or five hours; then take the best pieces, season them and toss them in a little flour; brown them over a very quick fire, and add them to the strained stock, with two dozen very small onions, two heads of celery sliced, and half a white cabbage shred fine; to stew slowly till tender. Half an hour before serving, add six potatoes cut in slices. This is excellent.

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17. Moorfowl Sour.

Remove the backs of six moorfowl; cut the best parts of the legs, wings, and breast from four of the birds; if you have any pieces of pheasant or partridge, you can add them. Stew them till quite tender, then add about three pints of veal stock, and set it on to boil very slowly for one hour. Strain it through a tammy, and skim the fat off as clean as possible; remove all but the best pieces of moorfowl; give one boil more, and skim it again; add a small lump of sugar and a glass of white wine.

18. Mulligatawny.

Take a good veal stock, flavoured with carrots, turnips, onions, celery, and a little white pepper; strain it through a fine sieve; be particular in removing the scum when it first boils up. Then take two chickens, or the best part of three rabbits; put them into a stew-pan with a little butter; set it over a slow fire to stew till they become tender; take them out and wash them clean in warm water. In another stew-pan put a little butter and flour; stir it over a slow fire for five minutes, then add your veal stock; let it boil up for a quarter of an hour; now put in your chickens or rabbits, cut as for fricassee; curry powder, the quantity of which you must regulate according to taste; two large spoonfuls of rice, a little cayenne pepper, and a little salt. Let it boil till the rice is tender; skim it clean; and before serving stir in carefully a pint of good cream.

19. Soup à la Flamande.

Take two quarts of good veal stock, put in a small hand-

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ful of sliced spinach and sorrel, and let it boil till this is tender; season it with salt, and while it is boiling, but about two minutes before serving, stir into it a pint of cream previously well mixed with the yolks of six eggs.

20. Turnip Soup.

Slice six yellow turnips, two large onions, a carrot, and a piece of celery; stew them till tender in a quarter of a pound of butter, then add a little boiling soup, and let it boil till the vegetables are thoroughly done; rub them through a sieve, return them to the stew-pan, and add as much soup as you require for your tureen; let it boil; beat up the yolks of six eggs in a pint of cream, and just before serving stir it into the soup. Season with white pepper and salt.

21. Potage à la Purée de Lentilles.

Take six heads of celery, three onions, two turnips, and four carrots; put them into a stew-pan with one pound of lentils, a large slice of ham, and a quarter of a pound of butter; set it upon a stove to stew slowly for one hour, then add two quarts of soup and let it stew for two hours; strain the soup into a dish, and put the vegetables and lentils into a mortar and pound them; then rub through a sieve with a little of the broth by means of a wooden spoon; put it again into the stew-pan with a little salt and the crust of a French roll toasted, and let it simmer for a quarter of an hour longer, and serve. It may be made without the French roll, and fried bread served with it. When celery cannot be procured, the seed, as a substitute, is almost as good, the same with chervil.

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22. White Celery Soup.

Two quarts of veal stock boiled with six heads of celery till done very tender; strain it and add six more heads of celery cut very fine, and two ounces of butter mixed with three tablespoonfuls of flour. Stew till the celery is quite tender, and just before removing from the fire add half a pint of good cream previously scalded. Season with salt, a small piece of sugar, and a very little cayenne.

23. Purée of Green Peas.

Take three pints of green peas, two turnips, two onions, a small bunch of mint, and one head of celery cut in pieces, and put them into a stew-pan with two ounces of butter and one quart of soup; let them stew till tender enough to rub through a tammy; when this is done add two quarts more soup. Season with salt and a small piece of sugar; let it come to the boil, and add one teacupful of spinach juice to make it a fine green colour.

Spinach Juice for Greening.

Pound some spinach in a mortar, squeeze it through a tammy or sieve; put the juice in a stew-pan on the fire till it curdles; then pour the water off through a fine lawn sieve, and rub the green residue through with a little broth.

24. Soup Maigre.

Put three pints of green peas in a gallon of water, a bunch of sweet herbs, a French roll, a blade of mace, a few cloves, and some pepper. Let these boil till it comes to three quarts; strain it, and put in a pint of young peas.

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Then take some lettuces, some parsley, young leeks, and celery; chop them small and fry them in brown butter, drain them, and add them to your soup. A small piece of bacon may be used to season it.

25. White Soup Maigre.

Take a large handful of chervil, four heads of celery, two onions, three lettuces, a little sorrel, thyme, and tarragon; boil these in a quart of water upon the stove till quite stewed down. About a quarter of an hour before dinner take it off and strain it from the herbs, and let it stand till it is cool; then add to it a pint of good cream, thickened with the yolks of three eggs; stir it well in, and put it on the fire to heat, but do not let it boil. Green peas or asparagus, sorrel or rice, may be added.

26. Another Soup Maigre.

Six cucumbers, four lettuces, two onions, a good handful of spinach, a sprig of mint, and a pint of shelled peas, a small piece of ham, and a quarter of a pound of butter; put these into two quarts of water and boil for four hours, and then pass it all through a sieve. When done, put in a pint of green peas well boiled, and a few slices of cucumber or any other vegetable you like. The vegetables should be well washed, and the cucumbers and lettuces cut before being put in.

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FISH SOUPS.

27. Stock for Brown or White Fish Soup.

Take a pound of skate, four or five flounders, and two pounds of eels; clean them well, and cut them into pieces; cover them with water, and season with mace, pepper, salt, an onion stuck with cloves, a head of celery, two parsley roots sliced, and a bunch of sweet herbs. Simmer all together in a stew-pan closely covered for an hour and a half, then strain it off for use. If for brown soup, first fry the fish brown in butter, and then proceed as above. It will not keep more than two or three days, and is best used quite fresh.

28. Salmon Soup.

Take a fowl or an equivalent piece of veal, a piece of lean ham, a few anchovies, and half a pound of salmon; put them all together in a stew-pan, with a piece of fresh butter, on the fire; let it stew for half an hour, taking care it does not brown; add three quarts of water, and skim well; add to it a head of celery, two or three onions, a little parsley, two or three cloves, and a little allspice and white pepper; let it boil an hour and a half, and strain it through a lawn sieve; then take a pan with a bit of butter and a spoonful of flour, stir them together till it comes to a light brown, then add the stock and stir till it boils; take care and skim off all the butter; now stir in a piece of salmon, previously boiled, pounded, and rubbed through a tammy with a little cream, and if you have it, some lobster spawn, which gives it a fine colour. Have ready a slice of salmon, boiled quick in water;

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cut it in small pieces, and add it to the soup before you serve it up.

29. Soup à la Melton Mowbray.

Fillet two middling-sized haddocks with the skin on; lay them on a buttered sauté-pan on which you have previously sprinkled six finely-chopped eschalots, a tablespoonful of minced parsley, and a pinch of finely-powdered mace. Take the heads, bones, and trimmings, and set them in a saucepan over the fire for a few minutes, and then add two quarts of good stock; simmer for half an hour. Blanch and beard fifty oysters; add the liquor to the stock, and the oysters to the fillets; thicken the soup with roux, and, when well skimmed and clarified, add it to the fillets previously slightly fried. Let it boil five minutes; add half a pint of Madeira or dry sherry, the juice of half a lemon, and season with cayenne to taste. When haddocks cannot be procured, soles or whitings do as well. It is also excellent made with cod-sounds, well soaked and blanched, instead of fillets of fish, and cod-fish used for the stock.

30. Cod's-Head Soup.

Make half a gallon of strong stock as follows:—Take two pounds of beef, half a knuckle of veal, and a pound and a half of lean ham, two large onions stewed in butter, with a little gravy to keep them from turning brown. Let it boil up, then add a bunch of sweet herbs, marjoram, thyme, and basil, two bay-leaves, a small handful of parsley, and the peel of half a lemon. Let it stew gently till the herbs are tender, then pass it through a tammy. Now take half a bottle of white wine, the eighth

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of an ounce of cloves, and the same quantity of black pepper, the eighth of a pound of anchovies, and a quarter of a pint of mushroom ketchup ; stew all these together slowly for a quarter of an hour, strain it, and add the liquor to the stock. Season with a little cayenne pepper and salt, and thicken with a little roux. Have ready a large cod's head stewed in a pan with a little stock till all the meat comes from the bones. Add this fish and the gravy it was stewed in to your soup, and let it boil up, with forced-meat balls and little eggs thus prepared :—

Take half a pound of cod, six large oysters, three anchovies, and a quarter of a pound of suet ; season highly ; add a few bread crumbs and one egg, and make into balls. The little eggs are made by beating three hard-boiled yolks of eggs in a mortar to a paste with the yolk of one raw egg. Roll into small balls, and throw them into boiling water for two minutes.

31. Scotch Fish Soup.

Take four haddocks, skin them, and take out all the bones ; cut them into pieces about two inches long ; then put the heads, skins, and bones, after being well washed, into four quarts of good beef-stock, with three onions, and let it boil for an hour ; then strain the soup into a clean saucepan, into which put two onions, chopped very small, a turnip and a carrot, which latter are to be taken out. Let it boil five minutes, then put in your pieces of fish with a handful of minced parsley, and let it boil eight minutes. Season with pepper and salt. Some add two tablespoonfuls of mushroom ketchup, but the compiler disapproves of it.

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32. A Marseilles Receipt for Bouillabaise.

Almost any sort of fish may be used in making bouillabaise, and the more kinds the better. Those generally used, because caught in the Mediterranean, are whitings, red mullets, soles, gurnet, turbot, lobsters, and cray-fish. Slice two large onions, place them in a wide but deep stew-pan made of thin metal; add four or five spoonfuls of the best olive oil. Fry the onions of a pale brown colour. Next place the fish, previously washed and cut in small pieces, in the pan, and cover them with warm water, but not more than equals the depth of the contents; add salt in moderation, half a bay leaf, and the *flesh* of half a lemon without rind or pips, two tomatoes cut in dice and the seeds removed, a small tumbler of light white wine, a few peppercorns, and four cloves of garlic. Set it on a very hot stove, and let it boil for twelve minutes. By this time the liquor should be reduced to a third of its original quantity; add a small pinch of saffron, a tablespoonful of chopped parsley, and allow it to boil a minute longer; taste and correct the seasoning if required. Have ready your tureen or deep dish with two dozen slices of light French roll or bread, cut half an inch thick, laid in the bottom; pour some of the soup over, and turn the bread, so that it may be thoroughly soaked; then pour in the remainder, keeping back the inferior parts of the fish, and serve very hot.

This is sometimes varied by adding a liason made of the yolks of six or seven eggs, added to some of the soup, which is to be stirred quickly over the fire till it comes to the consistency of custard, and then poured over the slices of bread.

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33. Bouillabaise à l'Anglaise.

As the preceding receipt is often considered too strong for the English palate, this is in a milder form; it is excellent, and exceedingly nourishing and wholesome for an invalid.

Take cod, mullet, whiting, turbot, or any other fish you like; cut them cross ways, in pieces of from about two ounces to a quarter of a pound each. Slice two good-sized onions, place them in a stew-pan large enough to contain all the fish at the bottom,—a shallow pan is best. Add two tablespoonfuls of olive-oil; fry the onions a light brown; put in the fish with as much warm water as will cover them well, a teaspoonful of salt, half a one of pepper, half a bay leaf, the flesh of half a peeled lemon cut in dice, two tomatoes cut in slices and their seeds removed, two small glasses of sherry or other white wine, a few peppercorns, and half a clove of garlic. Set on a fierce fire, and boil very fast for twelve minutes, or till the liquor is reduced to one-third. Then add a tablespoonful of chopped parsley, let it boil one minute longer, and pour it into a deep dish over slices of bread the same as the other. This is also very good made with all sorts of fresh-water fish, and the garlic may be entirely omitted.

34. Oyster Soup.

Take eighty oysters and their liquor; place them in a pan with salt, cayenne pepper, and a teaspoonful of chopped chervil; when boiling add three yolks of eggs beat up in half a pint of cream, and serve. This is enough for five persons. If the oysters have not sufficient liquor, a little water and salt may be added, and parsley may be used, if preferred, instead of chervil.

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SAUCES.

COLD SAUCES.

35. Balbirnie Sauce for Cold Pheasant.

A SMALL shallot chopped as fine as possible, one spoonful of mustard, one tablespoonful of oil. Mix thoroughly and add a little salt, one tablespoonful of vinegar, and two of ketchup. This is excellent.

36. Sauce Piquante.

One large spoonful of mustard, one of sugar, worked smooth together with a few drops of olive-oil, one tablespoonful of shallot or tarragon vinegar, or half a one of each, one of ketchup, and two of Harvey sauce.

37. Hanoverian Sauce for Boar's Head, etc.

The outer rind of a lemon (a Seville orange is better) cut in very thin small slices, one tablespoonful of pounded-sugar ; squeeze the juice of a lemon over the two together, add half a tablespoonful of mustard, two of oil, and two of port wine. This is an excellent sauce for wild duck.

38. Sauce Provençale.

Put into a bason two raw yolks of eggs, a good pinch of salt and two spoonfuls of mustard, and a teaspoonful of

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tarragon vinegar. Take a spoon and beat it well and quickly. When it is well mixed add a few drops of common vinegar and the same of oil; beat them well in as you add them, taking care never to put in too much oil at a time. Continue to add till you have enough sauce, and have worked it quite smooth and thick; then taste and season as it may require with salt, pepper, or more vinegar, and stir in some finely-chopped chervil, parsley, and tarragon.

39. Sauce for Cold Meat or Fish.

Shred parsley, a little shallot, and half a clove of garlic very fine. Rub them down in two spoonfuls of good oil and five yolks of eggs well beaten; add a little salt and pepper, one spoonful of mustard, two of tarragon vinegar, or elder if preferred, and one of white wine. Continue beating till of a good consistence: it takes three-quarters of an hour to make it well.

40. Dutch Sauce for Cold Meat.

Beat up the white of an egg with a little white pepper and salt, a dessertspoonful of minced parsley, a small shallot and onion, a teaspoonful of mustard, and two tablespoonfuls of olive-oil. Whisk it well together, and add a spoonful of tarragon vinegar; grated horseradish may be added if liked.

41. Sauce for Cold Game, etc.

Rub the yolks of two hard-boiled eggs through a sieve; add two tablespoonfuls of salad oil, two of tarragon vinegar, one of chili, half a spoonful of walnut ket-

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41. Sauce for Cold Game, etc.

Rub the yolks of two hard-boiled eggs through a sieve; add two tablespoonfuls of salad oil, two of tarragon vinegar, one of chili, half a spoonful of walnut ket-

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chup, and three of common vinegar, a small quantity of minced parsley and shallot, some pepper and salt. Add enough cream to make the consistence of thick custard.

42. Sauce à la Tartare.

Take two anchovies, wash them well; two yolks of hard-boiled eggs. Mince separately some parsley, shallot, or onion, and tarragon. Put all into a small bowl with a spoonful of French mustard, one of olive-oil, and one of vinegar, a little pepper and salt; beat with a wooden spoon till it is smooth. It is good with meat, fish, or game, with or without salad.

43. Sauce Piquante.

Pound together two hard-boiled yolks of eggs, one ounce grated horseradish, half an ounce of salt, a tablespoonful of mustard, a little minced shallot, one teaspoonful of celery and one of cress-seed, a small quantity of cayenne. Add gradually a wine glassful of oil, and two of tarragon, horseradish, or cress-vinegar. Set it over a gentle fire, and stir with a wooden spoon till it is like thick cream, then let it cool.

44. Cold Sauce for Grouse, or other Game.

Mix the yolks of two raw eggs with a spoonful of salad-oil very smooth; then add three spoonfuls of vinegar, one of sugar, and three of finely-chopped parsley, green onion, and a little shallot; add some pepper and salt. Cut up your game, and just before serving, pour this sauce over it.

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45. German Sauce for Boiled Beef.

Take six ordinary sized potatoes, boil them in salt and water, skin them and let them cool, grate them with a sugar-grater; add the yolks of six hard-boiled eggs, mix them well together; then take four spoonfuls of fine olive oil and two of vinegar, and pass all through a hair sieve; add a little finely-minced parsley. This sauce should be pretty thick, but if it appears too much so, more vinegar may be added. This is enough for a large quantity.

46. Mustard Sauce.

A teacupful of mustard to be put into a dish with a tablespoonful of sugar, one of olive-oil, and a little salt; to be well mixed with the yolk of a hard-boiled egg rubbed down; add as much vinegar as will make it sufficiently liquid, and strain it through a sieve.

47. Sauce à la Tartare.

Chop one onion, two shallots, a little parsley and tarragon, and a few capers, very fine; two yolks of eggs boiled hard, rubbed down, and dissolved by a little drop of water. Mix all these well together, and add a spoonful of tarragon and one of plain vinegar; beat it well with a wooden spoon, adding by degrees a spoonful of olive-oil and mustard to your taste. This is a very good receipt, and is excellent with broiled fowl, or grouse, or eels, or salmon, and with cold meat of all kinds.

48. Sauce à la Ravigote.

Take capers, burnet, chervil, tarragon, a few stalks of celery, and two balm leaves; pick and wash them; also

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two anchovies. Mince the whole very fine, add a little fine pepper and salt, put all into a marble mortar, and beat till it is thoroughly mixed. While beating, add the yolk of a raw egg and a little olive-oil, and at intervals moisten it with a little white vinegar till it is of the consistence of thick cream. Mustard may be added, if liked, and chopped green chilis.

49. Indian Sauce.

Three apples, one large cucumber with the seeds taken out, two onions, eighteen fresh green chilis, and three tomatoes; to which add one small spoonful of cayenne. Mince all very fine, mix well together, put in a little salt, and cover with vinegar. It is ready for immediate use, but will keep a long time, and is excellent with cold meat.

50. Poivrade Sauce to Keep.

Half a pint of the best vinegar, half a pint of water, two large onions, half a handful of horseradish, and a little pounded white pepper and salt. Boil all together for a quarter of an hour, strain it clear, and bottle it. This may be added to gravy when used.

51. Mayonnaise.

Take three spoonfuls of sauce allemande (see No. 86), six of aspic; add a spoonful of tarragon vinegar, a little pepper and salt, and some finely-chopped herbs, such as tarragon, chervil, burnet, etc., or minced parsley alone. Add these, and then set the sauce on the ice to freeze till it becomes quite stiff. This may be used with fish or meat.

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52. Sauce Remoulade or Vinaigrette.

Put into a sauce-boat a shallot, a clove of garlic, some parsley and green onions, all minced very fine; add a little pepper, a spoonful of mustard, three tablespoonfuls of oil, and two of vinegar. This is very good with all cold meats.

53. Mayonnaise.

Choose two very white yolks of eggs, add to them a little fine salt, and two teaspoonfuls of tarragon vinegar; beat this quickly in a mortar or dish with a wooden spoon. When well mixed add by degrees a wineglassful of olive-oil and a little more vinegar. Work it well against the sides of the dish, as this makes it creamy and thick. You may add more oil or vinegar—either elder, tarragon, or shallot—as your sauce makes, and a spoonful of aspic jelly. It must be made very quickly in a dry cool place or it will curdle. If you have no ice to freeze it, and wish it to look very white, rub in a few drops of cold water.

54. The Same à la Ravigote.

Blanch a ravigote of tarragon, scallions, and chervil for five or six minutes in boiling water; let them cool, squeeze and pound them; add a spoonful of mayonnaise. When it is well incorporated strain and mix by degrees with the above mayonnaise.

55. Beurre à la Maître d'Hôtel.

Put on a plate a quarter of a pound of fresh butter, a quarter of a spoonful of salt and one of pepper, two of

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chopped parsley, the juice of a middle-sized lemon (if you have no lemon you can use vinegar), and a very little cayenne. Mix all well together and keep it in a cool place. This is good with kidneys, and all broiled meat and fish.

56. Anchovy Butter.

Take six anchovies, scrape and wash them, bruise them on a board, and mix six ounces of fresh butter with them; pass through a sieve, and keep in a cold place for use.

57. Pimento Butter.

Two ounces of butter, a teaspoonful of chilis chopped fine, one of parsley, a piece of garlic the size of a small pea scraped, half a spoonful of salt, a little pepper, and the juice of half a lemon—all well mixed.

58. Shallot Butter.

A quarter of a pound of butter, a teaspoonful of chopped shallot, a little cayenne, salt, and pepper, half a teaspoonful of mustard, and the juice of a lemon; mix all well together. These butters are all good for cold or broiled meats and salads.

59. Beurre de Montpellier.

Take a handful of chervil, tarragon, burnet, and green onions or chives; wash them very clean and blanch them in boiling water with a handful of salt, which keeps them green; let them boil six minutes, and put them into cold water to cool; have ready eight hard-boiled yolks of eggs; drain the herbs, and squeeze all the water out of them;

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put them into a mortar, and pound them to a pulp ; add the yolks of eggs, ten anchovies (washed and boned), two spoonfuls of capers, a very little bit of garlic (this may be omitted if not liked), some salt, a little cayenne, and a small quantity of mustard. Pound all this together till quite smooth, then add half a pound of very fresh butter, a spoonful of olive-oil, and one of elder or tarragon vinegar. Taste if it requires more seasoning, and rub it all through a sieve. None of the herbs should predominate ; and if not green enough, add some spinach or parsley juice. Put it on the ice, and use it for anything cold, such as salads of fish, game, etc.

To make the greening of spinach or parsley, pick and wash two large handfuls of spinach or parsley ; pound them in a mortar ; squeeze them through a tammy, and pour all the juice into a small stew-pan ; set it on the fire, but take care it does not boil ; and when it just begins to curdle, strain it through a silk sieve, and use as required.

60. Salad Sauce.

The yolks of three raw fresh eggs, a teaspoonful of salt, and the same quantity of mustard ; beat it well together one minute, then add and mix, by little at a time, three tablespoonfuls of the finest olive-oil, and one of the best vinegar.

61. Salad Sauce.

Yolks of two hard-boiled eggs well bruised, two tablespoonfuls of oil well mixed, the same of vinegar, a teaspoonful of chili vinegar, and the same of salt and mustard.

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62. Balbirnie Salad Sauce.

Two eggs boiled twenty-five minutes and well bruised, two spoonfuls of salt, two yolks of raw fresh eggs, eight tablespoonfuls of oil, mixed slowly in a cup with a wooden spoon. When half the oil is mixed in, a little at a time, add half a teaspoonful of mustard, and then the remainder of the oil—by so doing it will become as thick as a paste; then add two tablespoonfuls of French tarragon vinegar, and mix well. This is excellent to eat with beetroot.

63. German Salad Sauce.

Six tablespoonfuls of oil, and eight of the best vinegar, two of tarragon vinegar, and one of chili, and a small quantity of cayenne pepper; stir together and mix well with the salad. The red wine vinegar of Germany and olive-oil, mixed in the proportion of one tablespoonful of vinegar to two of oil, and a little salt and pepper, makes the best possible summer salad sauce.

64. Salad Sauce.

The yolk of one hard-boiled egg mixed with one raw one and a little water, a teaspoonful of salt, half a teaspoonful of mixed cayenne and black pepper, and one of mustard, a tablespoonful of vinegar, one of anchovy sauce, and five of either oil or thick cream. Cream may generally be substituted for oil in salad sauces.

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COLD SAUCES TO KEEP.

65. A USEFUL SAUCE FOR COLD MEAT, ETC.

Half a pint of mushroom ketchup, three anchovies, a gill of walnut ketchup, four fresh green chilis, two shallots or cloves of garlic—pound them together; if you have no chilis, use a large pinch of cayenne; mix it well, bottle, and stop it close.

66. A CHUTNEE SAUCE.

Pulp five or six roasted apples, colour them with turmeric and beetroot juice till they are the colour of a tomato, add a tablespoonful of chili vinegar, a clove of garlic, a shallot, a small quantity of cayenne and salt; simmer gently for some time. It ought to be of the consistency of thick cream. When cool, put into half-pint bottles, and cork it down.

67. A GOOD SAUCE.

Haricots one quart, vinegar and water of each half a pint, three heaped spoonfuls of grated horseradish, a sliced lemon, a few chilis, twenty cloves, a few bits of nutmeg; simmer gently till the water is evaporated. When cool, add half a pint of walnut or mushroom ketchup, and the same of essence of anchovy.

68. FISH SAUCE TO KEEP.

Dissolve six anchovies in a glass of port wine, bruise six shallots and boil them in a quart of walnut ketchup,

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with a few cloves, a couple of blades of mace, and some whole pepper, for about half an hour ; let it cool, mix in the anchovies, add half a pint of port wine.

69. Another.

Port wine one bottle ; sherry, walnut, and mushroom ketchups, of each half a bottle ; the juice of four small Seville oranges ; shallot and horseradish, of each half a pound; two ounces of made mustard, and a quarter of an ounce of cayenne. This is an excellent sauce.

70. Sauce "Volage."

Pound well in a mortar six anchovies, six shallots, four cloves of garlic, half an ounce of cayenne pepper, and add one pint of vinegar. Put altogether into a jar, let it stand ten days, strain it through muslin, and bottle for use. It is much improved by keeping.

71. Gunner's Delight.

Half a pound of sharp apples, half a pound of onions, both raw, to be chopped fine and well mixed ; add two or three chilis, cover the whole entirely with best white vinegar.

72. Camp Vinegar.

One head of garlic cut in slices, half an ounce of cayenne, a large glass of soy, one of mushroom or walnut ketchup, a pint of the best vinegar, and a little spirit of cochineal to give it a fine colour. Shake it often for five or six weeks ; filter, and bottle it in small bottles.

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73. Shallot Vinegar.

Split six or eight shallots, put them into a quart bottle, and fill it up with the best vinegar, stop it close, and in a month it will be fit for use.

74. Tarragon Vinegar.

Fill a wide-mouthed bottle with fresh-gathered tarragon leaves; they are best between Midsummer and Michaelmas, just before flowering, and should be gathered on a dry day. Pick the leaves off the stalks and dry them a little before the fire, cover them with the best vinegar; let them steep fourteen days, then strain, bottle, and cork it well; keep it in a dry place. Elderflower, chervil, basil, burnet, and many other herbs, may be made to flavour vinegar in the same way.

75. An excellent Vinegar for Salads.

Take tarragon, savory, chives, and shallots, each three ounces; a handful of the tops of mint and balm, all dried and pounded. Put them into a wide-mouthed bottle with a gallon of the best vinegar, cork it close, set it in the sun, and in a fortnight strain it off and squeeze the herbs. Let it stand to settle, then strain through a filtering-bag and bottle it.

76. Mushroom Ketchup.

Chop two pecks of mushrooms small, add a pound of salt; let it stand four days, then strain and pass it through a cloth; let the liquor settle and pour it off into a stew-pan; add half an ounce of allspice, the same of whole

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pepper, and a piece of ginger. Boil all together for half an hour; when cold strain and bottle.

77. Tomato Ketchup.

Half a bushel of tomatoes boiled till they are soft; rub them through a fine hair sieve, and add a quarter of a gallon of the best vinegar, half a pint of salt, one ounce of cloves, one of cayenne pepper, two ounces of allspice, two heads of garlic skinned and separated. Mix all together, and boil three hours, or until the quantity is reduced one half. Bottle without straining.

78. A good Sauce.

Black pepper, pounded allspice, and salt, of each an ounce; half an ounce of minced shallot, one pint of mushroom ketchup, a tablespoonful of port wine, and a teaspoonful of chili vinegar. Set the bottle for twenty-four hours in 90° of heat; let it stand for a week, then strain and bottle it. It is excellent added to gravy for cutlets.

HOT SAUCES.

Roux, or Thickening for Sauces.

This is of two kinds, brown and white, and is the foundation of many sauces, and although very simple requires the greatest attention in making, and should always be kept in readiness for use.

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79. Brown Roux.

Melt some butter very slowly, stir into it browned flour—which is easily made by laying a quantity of fine flour on a dish before the fire, or in a moderate oven, till it is of a fine even brown, not too dark; add as much to the butter as will make it the thickness of paste, stirring well with a wooden spoon for fifteen or twenty minutes till it is of a yellowish brown colour. This must be done gradually, with care and patience; if the fire is too hot it will become bitter and spoil everything it is put into; when cold it should be thick enough to cut with a knife. It will keep a fortnight.

80. White Roux.

Melt some good fresh butter slowly and stir into it the best sifted flour till like a thin firm paste; stir it well over a slow fire for a quarter of an hour, taking care it does not brown. This is used for thickening white sauces. Pour it into jars to keep for use.

81. Clear Gravy of Veal for Sauces.

Lay in the bottom of a stew a small slice of fat bacon; on that place four pounds of leg of veal, a slice of raw ham, two onions, two carrots, and some parsley; add three spoonfuls of stock, cover it close, set it upon a slow fire, till it becomes dry and brown. Take the greatest care it does not burn, and move the pan round frequently that it may not colour more in one part than another. Pour in four quarts of stock, and let it simmer for half an hour, and strain through a lawn sieve. It should be a fine amber colour, and as clear as possible.

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82. Brown Gravy for Sauces.

Cut eight pounds of the lean part of a knuckle of veal into small pieces, with two pounds of lean ham, and if you have an old fowl you may add it. Put all in a stew-pan, with one ounce of butter, three onions, two carrots, eight mushrooms, one head of celery, one parsnip, a blade of mace, and a quarter of a pint of water or stock. Let it stew slowly, with the cover on the pan, till it catches at the bottom, then add four quarts more water or stock, let it boil gently, and strain it.

83. Cullis, or Brown Sauce.

Put six pounds of lean veal, cut in slices, and two pounds of raw lean ham into a stew-pan, with two ounces of butter, a handful of chopped mushrooms, three onions, one carrot, a bunch of sweet herbs, the rind of a lemon, and a teaspoonful of mixed allspice, clove, and mace. Let it just brown at the bottom, then add four quarts of good brown gravy, and let it boil three or four hours; strain it off, thicken it with brown roux, and boil it well for ten minutes, stirring all the time, then pass it through a tammy.

84. Béchamel, or White Sauce.

Chop two pounds of veal and one pound of ham in small pieces, a dozen of mushrooms and two onions sliced, four cloves, two blades of mace, a sprig of thyme and marjoram, and a quarter of a pound of butter; add three pints of white gravy, and let all stew gently one hour and a half. Mix some of the gravy with two tea-

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cupfuls of flour, and add it to a quart of cream. Put this into your stock, let it boil a quarter of an hour, stirring it well that it may not burn at the bottom; strain, and season with salt.

85. Sauce Tournée

Is made of the same ingredients, and in the same proportion, as cullis. When boiled three hours, strain it; add half a pound of butter and two teacupfuls of flour; boil well together for half an hour, stirring that it may not brown. This sauce is used in fish or vegetable salads.

86. Sauce Allemande.

Put a little minced ham into a stew-pan with a few trimmings of poultry either dressed or raw, three shallots, half a small clove of garlic, a bay leaf, two tarragon leaves, and a few spoonfuls of stock. Let them simmer for half an hour, strain it off, and add some cullis; squeeze in a lemon. Season to taste with pepper, salt, cayenne, and sugar.

The above are all stock sauces, the foundation for others.

87. Sauce Velouté.

Heat in melted butter one pound of veal and any bits of fowl you may have, together with a dozen good-sized mushrooms: do not let them brown; then put them into a saucepan, with two carrots and onions, a large tablespoonful of flour, salt, pepper, a little mixed spice, and as much veal gravy as will cover them. Let it boil up, skim off the fat, and let it simmer for an hour and a half; strain, and keep it covered for use.

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88. Sauce à l'Espagnôle.

Put about a pint of cullis in a stew-pan, with a largish glass of white wine, the same of good broth, a bunch of parsley, a few small onions, a clove of garlic, two cloves, a bay leaf, a small pinch of coriander-seeds, an onion, a carrot, and a parsnip cut in slices; add two spoonfuls of oil. Boil for two hours over a very gentle fire, remove the grease, and pass through a sieve; season with salt and whole pepper. This sauce is good with all sorts of meat.

89. White Sauce for Chicken, Veal, or Vegetables.

To a pint of good veal gravy add a spoonful of lemon-juice, half an anchovy, a teaspoonful of mushroom-powder, a few button mushrooms, potted or fresh. Give them a gentle boil, then put in half a pint of cream and the yolks of two eggs beaten very smooth. Shake it over the fire, after the cream and eggs are added, but do not let it boil, as it would curdle the cream.

90. Ham Sauce.

When a ham is nearly done, pick the meat that is left clean from the bone, leaving out any part that does not appear good; beat the meat and the bone to a mash with a rolling-pin; put it into a saucepan with three spoonfuls of gravy, set it over a slow fire, and stir it all the time or it will stick to the bottom. When it has been on about half an hour, add to it a small bundle of sweet herbs, some pepper, and half a pint of brown

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gravy ; cover it up, and let it stew over a gentle fire. When it has a good flavour of the herbs, strain it off. A little of this improves most gravies and sauces.

91. Sauce Hachée.

Take a large tablespoonful of chopped onions, the same of parsley, and a little gravy. Boil them together five minutes, then add a tablespoonful of minced pickled cucumbers, another of boiled carrots chopped small, and a third of capers ; add half a pint of cullis. Boil all together for a few minutes, season with salt, a little sugar, and the juice of half a lemon. Good for cutlets, etc.

92. Sauce Poulette.

Beat up six yolks of eggs with two spoonfuls of cream, the juice of one lemon, and half a pint of béchamel or white sauce. Heat all together, add some shred sorrel ; season with salt and a little cayenne. Good for boiled fowls and chickens.

93. Sauce Piquante.

Boil a tablespoonful of chopped onion, parsley, and mushroom together in a little butter for five minutes ; add a quarter of a pint of cullis, two tablespoonfuls of vinegar, and season with salt and cayenne. Let it boil one minute, and serve with cutlets, broiled fowl, etc.

94. Sauce à la Dusselle.

Put a little butter into a stew-pan with an equal quantity of rasped bacon, some fine herbs, parsley, a little shallot,

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and some mushrooms, all minced fine; season with pepper and salt, and stew over a slow fire. Beat the yolks of four eggs with the juice of a lemon, and when the herbs are just done pour them in to thicken the sauce, which it will not do if the herbs are too much stewed. This is used for côtelettes à la Maintenon, sweetbreads, fat livers, etc.

95. Sauce à la Maître d'Hôtel.

Chop six shallots, one teaspoonful of parsley, one of fennel, and a dozen mushrooms fine. Let them boil together for five minutes in two ounces of butter; add half a pint of cullis, boil ten minutes more; season with salt and pepper and the squeeze of a lemon. If for a white Maitre d'Hôtel, use the same quantity of béchamel instead of cullis.

96. Maître d'Hôtel Maigre

Is nothing more than melted butter with a little chopped parsley, and a little shallot if liked, seasoned with salt, pepper, and lemon-juice.

97. Truffle-Sauce.

Pare eighteen truffles and slice them, boil them together in two ounces of butter till tender, add half a pint of béchamel or cullis, according as you wish your sauce white or brown; season with salt and the squeeze of a lemon. Mushroom-sauce may be made in the same way.

98. Italian Sauce.

Chop four cloves of garlic, six shallots, five mushrooms,

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and a teacupful of parsley fine ; add two tablespoonfuls of sweet oil, and boil them together for five minutes ; add half a pint of cullis (or béchamel if for white sauce), and a glass of white wine ; season with pepper and salt. The wine may be omitted.

99. Tomato-Sauce.

Remove the seeds from a dozen tomatoes ; put them in a stew-pan, with an onion, a few pieces of ham, a clove, and a sprig of thyme. When quite boiled down, rub them through a tammy ; and to the purée add a few spoonfuls of cullis, a little salt and pepper, and boil it for twenty minutes.

100. Tomato-Sauce to Keep.

Take tomatoes when quite ripe, bake them till tender, skin them, and rub them through a sieve ; to every pound of tomatoes add one quart of chili vinegar, a quarter of an ounce of white pepper, half an ounce of salt, one ounce of garlic, and one of shallot, with the juice of three lemons. Boil the whole together till it becomes the consistency of thick cream ; strain it through a very fine sieve ; let it stand till cold, and bottle it for use in wide-mouthed bottles. This is excellent for fish, cutlets, etc., and may be used merely heated up, or a few spoonfuls of cullis added to a sufficiency of it.

101. Spanish Receipt for a Tomato-Sauce to Keep.

Boil white sugar, in the proportion of an ounce to each tomato, until it becomes candied ; add a fourth part of

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and some mushrooms, all minced fine; season with pepper and salt, and stew over a slow fire. Beat the yolks of four eggs with the juice of a lemon, and when the herbs are just done pour them in to thicken the sauce, which it will not do if the herbs are too much stewed. This is used for côtelettes à la Maintenon, sweetbreads, fat livers, etc.

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the quantity of tomatoes you have of onions, and when they begin to colour put in the tomatoes ; season with salt, pepper, a few cloves, and a little nutmeg. Boil the whole over a very quick fire ; when sufficiently thick, strain it through a hair sieve. Set it on the fire again immediately, and boil till it is very thick. Put it into jelly-pots ; cover with two papers, the first one oiled, and keep in a cool dark place. This may be made in the same manner, but omitting the onions.

102. Sauce Piquante.

Put into a stew-pan three or four slices of ham, three shallots cut small, a few peppercorns, and four wine-glasses of sherry. Let it simmer for twenty minutes, then add about half a pint of cullis. Let it stew a quarter of an hour longer ; skim it well ; season to your taste with salt and pepper, and strain through a fine sieve. Good with various entrées, kromeskies, etc.

103. Relishing Sauce for Broiled Bones, Chicken, or Fish.

Put a tablespoonful of chopped onions into a stew-pan, with one of chili vinegar, one of common vinegar, three of water, two of mushroom ketchup, two of Harvey's sauce, and one of anchovy. Add to it a pint of melted butter ; let it simmer till it adheres to the back of the spoon ; add half a teaspoonful of sugar, and it is ready for use.

104. Sauce au Jus d'Orange.

Put half a glass of good stock in a stew-pan, and the same of brown gravy, a Seville orange peel grated, a piece

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of butter mixed with flower about half the size of an egg, and a little salt and pepper. Set it on the stove, and when it thickens, squeeze in the juice of a Seville orange. This is good for wild duck, game, and poultry.

105. Sauce for Wild Ducks.

Four tablespoonfuls of gravy, two of Harvey sauce, two spoonfuls of mustard, a quarter of a lemon squeezed, four small wineglassfuls of port wine, half a saltspoon of cayenne pepper. Make it very hot, and serve.

106. Sauce for Teal or Wild Fowl.

A small onion and a shallot chopped fine, four or five leaves of sweet basil, and the peel of a lemon shred small, put into half a pint of gravy. Let this boil five minutes; strain, and add a spoonful of salt, half a one of cayenne pepper, a few drops of shallot vinegar, the juice of a lemon, and a glass of port wine. Serve it very hot.

107. Sauce Royal.

Boil for four or five minutes six shallots in a tablespoonful of sweet oil; add half a pint of sauce tournée (No. 85), a glass of white wine or champagne; strain it, and stir in two tablespoonfuls of cream.

108. Sauce à la Reine.

Pound the breast of a fowl very fine; add to it a pint of béchamel (No. 84) and half a pint of cream, a little salt, and a few drops of lemon-juice.

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109. Lemon Sauce for Boiled Fowl or Rabbit.

The inside of one lemon peeled, and the pips removed, cut in dice; the liver of the fowl or rabbit minced, half a pint of béchamel or melted butter. Season with salt; add a little minced parsley for rabbit, or tarragon for the fowl. Boil on a slow fire.

110. Green Sauce for Ducklings.

Mix a quarter of a pint of sorrel-juice with a glass of broth or gravy; scald some green gooseberries, rub them through a sieve; add a little sugar and a small piece of butter. Set it on the fire and make it very hot. This is also very good for green goose.

111. Apple-Sauce.

Pare, core, and slice as many apples as you require for your sauce; put them into a pipkin with two or three spoonfuls of water, and set them on a hot hearth, till they fall to pieces. Or they may be done au bain marée—*i.e.*, set the pipkin in a vessel of boiling water to boil till they are done; then mash them well, and add a little brown sugar.

112. Bread-Sauce.

Boil a good-sized onion cut in four, and some black peppercorns, in milk, till the onion is quite a pap, then strain the milk on to grated white stale bread-crumbs; cover it close, and let it stand for an hour; put it into a saucepan with a piece of butter rolled in flour; beat it well together over the fire, and serve.

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113. Bread-Sauce.

Boil the crumb of a French roll and a whole onion in half a pint of cream; add one ounce of butter and twelve peppercorns. When done take out the onion, beat up your sauce, and season with salt and pepper.

114. Sauce Poivrade.

Take a bit of butter about the size of half an egg, two or three onions according to their size; cut in slices also carrots and parsnips; shred two cloves, a bay-leaf, a sprig of thyme and sweet basil, and a little flour. Put all together in a saucepan, and set it on the fire to brown; then put in a glass of red wine, a glass of water, and a spoonful of vinegar. Let it boil half an hour, strain through a sieve, and add a little salt and whole pepper. This is good for all game.

115. Sauce au Petit Maître.

A glass of white wine, half a lemon cut in slices, a piece of crumb of bread chopped small, two teaspoonfuls of salad oil, a bunch of parsley, two or three small onions, two cloves, a few leaves of tarragon, a clove of garlic, a little salt and pepper, and a glass of good broth. Put all in a stew-pan, set it on a gentle fire to boil for a quarter of an hour; remove the grease, strain through a sieve, and serve. This is good for either poultry or game.

116. Sauce à la Marquise.

Take a handful of chopped bread-crumb, a piece of

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the quantity of tomatoes you have of onions, and when they begin to colour put in the tomatoes; season with salt, pepper, a few cloves, and a little nutmeg. Boil the whole over a very quick fire; when sufficiently thick, strain it through a hair sieve. Set it on the fire again immediately, and boil till it is very thick. Put it into jelly-pots; cover with two papers, the first one oiled, and keep in a cool dark place. This may be made in the same manner, but omitting the onions.

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Put half a glass of good stock in a stew-pan, and the same of brown gravy, a Seville orange peel grated, a piece

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of butter mixed with flour about half the size of an egg, and a little salt and pepper. Set it on the stove, and when it thickens, squeeze in the juice of a Seville orange. This is good for wild duck, game, and poultry.

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Boil for four or five minutes six shallots in a tablespoonful of sweet oil; add half a pint of sauce tournée (No. 85), a glass of white wine or champagne; strain it, and stir in two tablespoonfuls of cream.

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Pound the breast of a fowl very fine; add to it a pint of béchamel (No. 84) and half a pint of cream, a little salt, and a few drops of lemon-juice.

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111. Apple-Sauce.

Pare, core, and slice as many apples as you require for your sauce; put them into a pipkin with two or three spoonfuls of water, and set them on a hot hearth, till they fall to pieces. Or they may be done au bain marée—*i.e.*, set the pipkin in a vessel of boiling water to boil till they are done; then mash them well, and add a little brown sugar.

112. Bread-Sauce.

Boil a good-sized onion cut in four, and some black peppercorns, in milk, till the onion is quite a pap, then strain the milk on to grated white stale bread-crumbs; cover it close, and let it stand for an hour; put it into a saucepan with a piece of butter rolled in flour; beat it well together over the fire, and serve.

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Take a bit of butter about the size of half an egg, two or three onions according to their size; cut in slices also carrots and parsnips; shred two cloves, a bay-leaf, a sprig of thyme and sweet basil, and a little flour. Put all together in a saucepan, and set it on the fire to brown; then put in a glass of red wine, a glass of water, and a spoonful of vinegar. Let it boil half an hour, strain through a sieve, and add a little salt and whole pepper. This is good for all game.

115. Sauce au Petit Maître.

A glass of white wine, half a lemon cut in slices, a piece of crumb of bread chopped small, two teaspoonfuls of salad oil, a bunch of parsley, two or three small onions, two cloves, a few leaves of tarragon, a clove of garlic, a little salt and pepper, and a glass of good broth. Put all in a stew-pan, set it on a gentle fire to boil for a quarter of an hour; remove the grease, strain through a sieve, and serve. This is good for either poultry or game.

116. Sauce à la Marquise.

Take a handful of chopped bread-crumb, a piece of

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butter the size of half-a-crown, a tablespoonful of the best olive-oil, a shallot minced fine, some salt, whole pepper, and as much vinegar as will cover all. Put it into a stew-pan, and stir with a spoon over the fire till it boils. Good with all sorts of meat.

117. Green Sauce for Boiled Chicken.

Take a teacupful of spinach-juice, add the juice of one lemon, two yolks of eggs beat up, and a teaspoonful of sugar. Just heat, and serve.

118. A Good Gravy for Game or Fowl.

Boil some veal gravy with pepper and salt, and the juice of a Seville orange and a lemon.

119. Onion-Sauce.

Peel the onions and boil them tender; squeeze the water from them; chop, and add to them butter that has been melted rich and smooth with milk instead of water. Boil it up once. For boiled rabbits, shoulder of mutton, etc.

120. Onion-Sauce Brown.

Roast four large onions, peel and pulp them into a rich stock with salt, cayenne, a glass of port wine, a little vinegar, or the juice of half a lemon; simmer and stir into it a small piece of butter. Good for cutlets, etc.

121. Purée of Sorrel.

Wash and pick some sorrel, and put it in a stew-pan with a little water; keep stirring to prevent its burning;

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when tender lay it on a hair-sieve to drain; then chop it fine, and put it back in the stew-pan with a little butter. Let it fry, stirring it often till all the water is absorbed out of it. Mix into it four spoonfuls of cullis, or more if you require a large quantity, and let it boil for an hour; then rub it through a tammy; if it should be too thick dilute with a little broth. If plain sorrel is thought too acid, some lettuce may be mixed with it. Endive may be done in the same way. For sweetbreads, fricandeau, etc.

122. Celery-Sauce.

Choose some good stalks of celery, wash them well, but do not let them soak, in water; pare instead of scrape any parts that may require it; cut it into small pieces and boil in a little water till quite tender. Strain off the water and simmer it for a few minutes, with the addition of half a pint of cream, a small piece of butter rolled in flour, and a pinch of salt and pepper. Be careful that your fire is not too hot, or the cream will burn, and stir it all the time it is on gently. Good for boiled poultry and game.

123. Tarragon-Sauce.

Chop a handful of the green leaves of tarragon; boil them for five minutes in a little water; add half a pint of béchamel. Season with salt and cayenne. For boiled fowl, fillets of chicken, etc.

124. Curry-Sauce.

Peel and cut two good-sized onions in slices, an apple

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and a carrot in dice, and an ounce of bacon. Put them in a stew-pan with two ounces of butter; let them stew gently five or six minutes; add three tablespoonfuls of flour, a large one of curry-powder. Moisten with a pint and a half of milk, a teaspoonful of salt, and one of sugar. Boil till rather thick, pass through a sieve, and it is ready to use as desired.

125. Sauce for a Steak.

Take equal parts of red wine and ketchup, a small piece of butter, and a little pepper, with a teaspoonful of shallot vinegar; stir together in a small saucepan on the fire, and pour it very hot over the steak. It is also good with mutton-chops.

126. Sauce à la Tripe.

Peel and cut six onions in slices; put them in a stew-pan with ten ounces of butter, a teaspoonful of salt, one of sugar, and half a one of pepper. Set it on a slow fire to simmer till it becomes a pulp, stirring now and then to prevent its getting brown; add a tablespoonful of flour, a pint of milk, and boil till it is rather thicker than melted butter. For eggs, etc.

127. Sauce for Veal Cutlets, etc.

Put in a pint saucepan two yolks of eggs, a pound of butter, a quarter teaspoonful of salt, half that of pepper, and the juice of a small lemon. Set it on the fire, and stir round quickly till it forms a rich thick sauce; two

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minutes should be enough to do it. If *too* thick, add a few drops of milk.

128. Mushroom Gravy.

Clean your mushrooms carefully; put them into a stew-pan with a piece either of bacon or butter; brown them over the stove till they stick to the bottom of the pan, then put in a little flour, and let that also brown; add a pint of broth, let it boil for two minutes, take it off the fire, and season with the squeeze of a lemon and a little salt.

129. Horseradish Sauce.

Grate a stalk of horseradish very fine; to each table-spoonful of this add a teaspoonful of mustard, one of white sugar, and a little salt; add vinegar, a teaspoonful at a time, working it well till it comes to a proper consistency. The yolk of a hard-boiled egg worked in is considered an improvement by some cooks. For roast beef.

130. Sauce Appétissante.

Mustard one large spoonful, a tablespoonful of sugar worked into it; two tablespoonfuls of Harvey sauce; a teaspoonful of shallot, elder, and chili vinegars, and a tablespoonful of claret or port wine. French mustard may be added or other vinegars, or the proportion of each varied to taste. Put the whole in a silver dish over a lamp. Put in your slices of meat of any kind, or hot or cold game; let it cook till very hot. This is excellent, and will revive and stimulate the most jaded appetite.

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131. Sauce for a Grill.

Half a pint of gravy, one ounce of butter well rubbed together with a tablespoonful of flour, a tablespoonful of mushroom ketchup, two teaspoonfuls of lemon-juice, one of made mustard, one of capers, half a one of whole back pepper, a very little grated lemon-peel, a teaspoonful of shallot vinegar, and one of essence of anchovy, and a few grains of cayenne pepper. Stir well together, simmer till very hot, and pour over your grill.

132. Sauce for Venison.

To a pint of port wine add two pounds of moist sugar and a quarter of a pint of white wine vinegar. Boil it about twenty minutes. Good with stewed venison or hash.

FISH SAUCES.

133. Fish Sauce without Butter.

Simmer very gently a pint of vinegar with half a pint of *soft* water, an onion, half a handful of scraped horseradish, and the following spices lightly bruised—four cloves, two blades of mace, and half a teaspoonful of black pepper. When the onion is quite tender take it out, and chop it small, with two anchovies, and set the whole again on the fire to boil for a few minutes, adding a spoonful of ketchup. Have ready well beaten the yolks of three eggs; strain; then mix the liquor by degrees with them; when well mixed set the saucepan over a gentle

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fire; toss the sauce to and fro from the saucepan into a bason you will hold in your hand, and shake the pan over the fire; do not let it boil. The sauce should be of the consistency of melted butter.

134. Lobster-Sauce.

Pound the spawn and two anchovies, pour on them a little gravy, add a small bit of butter; when pounded very fine rub it through a hair-sieve, and cover it till it is wanted. Break the lobster carefully, cut all the flesh into dice, but not too small; dilute some of your prepared spawn in some melted butter, and if you have no anchovies to pound with it, you may now add two teaspoonfuls of essence of anchovies, a little salt, and cayenne pepper, two spoonfuls of double cream, and mix it all well before you add the meat to it. Let it simmer on the fire taking care it does not boil. A squeeze of lemon may be added. It should look very red and smooth.

135. Oyster-Sauce.

Beard three dozen good-sized oysters; put them in a stew-pan with their own liquor, six ounces of butter, and a tablespoonful of flour. Let them just boil one minute all together, then add a teacupful of cream. Season with pepper, salt, the squeeze of a lemon, and a very little cayenne.

136. Sauce for Carp.

Put half a pint of Lisbon wine in a small stew-pan, to which add a little minced parsley, thyme, and a small onion, four anchovies, the liver of the fish, two spoonfuls of vinegar and one of ketchup. Let them boil ten minutes;

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then put in three spoonfuls of gravy, a quarter of a pound of butter and a little flour; set it on the fire again and keep stirring till it is ready to boil; then strain it through a hair-sieve. This is also good for mullets, etc.

137. Sauce Hollandaise (a real Dutch receipt).

The yolks of six eggs beat up with a very little flour and about the size of half a nutmeg of butter; add a little pepper and salt, and a blade of mace, two tablespoonfuls of vinegar, and four of water. Put it on the fire and stir all the time till it just begins to boil; then take it off, and put in a good lump of butter; stir it well together, always going round the same way. It should never be put on the fire again, and therefore should not be made till the fish is ready to serve. All boiled fish is good with this sauce. The quantity here given is sufficient for six people.

138. Dutch Sauce.

Boil some sliced horseradish, a blade of mace, and two anchovies in some good stock; strain, and thicken it with the yolks of four eggs well beaten and mixed.

139. Sauce à la Grillon.

Put about two ounces of butter in a stew-pan to melt; then rub in a spoonful of flour; stir it about, and add two tablespoonfuls of cream and one of milk; stir till quite smooth, then add about a tablespoonful of minced parsley and shallot; season with white pepper and salt; keep stirring it over the fire till quite hot, but do not let it boil; and serve. This sauce is good for fillets of

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turbot, sole, or whiting; it should be of the consistence of thick cream.

140. Good Sauce for Fillets of Sole.

Two hard-boiled eggs, one raw yolk, and a little cream; mix very smooth with a tablespoonful of tarragon or elder vinegar. Put it into a stewpan, heat without boiling, season with pepper and salt, and pour over the fillets.

141. Melted Butter.

This, however simple, is rarely well done. Mix in the proportion of a teaspoonful of flour to four ounces of the best butter as much as you require on a plate, then put it into a small saucepan with three tablespoonfuls of hot water or milk; boil it quick for a minute, shaking it all the time. Another way is to cut two ounces of butter in small pieces, put it into a very clean saucepan with a large teaspoonful of flour and two tablespoonfuls of milk; hold it over the fire, and shake it round constantly the same way till it begins to simmer, then let it stand quietly and boil up. Care must be taken that the butter does not oil. The yolk of an egg is a great improvement.

142. Sauce Hollandaise.

Four tablespoonfuls of elder vinegar boiled with a little salt, a teaspoonful of flour, and a blade of mace. Beat up the yolks of five eggs; cut about a quarter of a pound of butter into thin slices; put these into the hot vinegar, shake and mix well, stirring continually. It must not be put on the fire after the eggs and butter are added.

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143. Sauce Italienne.

Put into a saucepan a little parsley, a shallot, some mushrooms and truffles, all minced small, with a piece of butter the size of a walnut. Let it stew a few minutes, and add a wineglass of white wine and a little pepper and salt. Let all boil together slowly for half an hour, pass it through a tammy, and add a tablespoonful of olive-oil. This is the sauce for maqueraux à l'Italienne, but it is excellent with other fish.

144. Sauce aux Œufs (Flamande).

Put four yolks of eggs beaten, three or four slices of lemon, a little grated nutmeg, a tablespoonful of vinegar, and a good-sized piece of butter, into a saucepan; set it on a gentle fire, stir it well, and do not let it boil. It is good with all sorts of fish.

145. Sauce for Salmon Trout.

Take a piece of ham, one onion cut in four, four cloves, a little pepper, a shallot, and a piece of butter. Put them into a saucepan, and set over a slow fire for a few minutes, then add a tablespoonful of flour and some good stock. Reduce—*i.e.* boil till it thickens—some red wine; add about a glassful to your sauce, and a small lump of sugar; a little salt and pepper, and six anchovies, previously washed and scraped. Let your sauce boil, and pass it through a tammy. This is also good for eels.

146. Newcastle Sauce for Fish.

Take three spoonfuls of vinegar, three of strong gravy,

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three or four anchovies. Boil them together till reduced to one spoonful; strain it off, and add half a pound of butter beaten to a cream, and one spoonful of ketchup. Boil altogether just before you serve.

147. Sauce for Fillets of Sole.

Sweet basil, thyme, and parsley, and a shallot all minced very fine; add a ladle of clear gravy, a tablespoonful of white wine or vinegar, the juice of a lemon, pepper and salt to taste. Serve very hot.

148. Sauce aux Câpres.

Take three ladles of cullis, three large spoonfuls of capers, some parsley minced fine, the juice of two lemons, and a little minced shallot. Set it in a saucepan on the fire, and let it boil. This is good for pike, barbel, etc.

149. Sauce for Turbot or John Dorey.

A pint of good gravy, two wineglasses of Rhenish wine, two spoonfuls of oil, the juice of two lemons, an anchovy, half a shallot, a small bunch of green onions and parsley, a spoonful of cullis, pepper and salt to taste. Cover it down very close. Set it upon a slow stove to simmer gently for about an hour. Take a large ladle of cullis, and strain to it about the same quantity of the liquor the fish was boiled in; add this to the sauce with a large spoonful of whole capers, or minced olives, and a little minced parsley. Let it boil, and pour it boiling over the fish.

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150. Beurre Noir.

Boil till it is reduced to half the quantity, half a pint of the best vinegar with a little salt, pepper, and half a bay-leaf. Put into a frying-pan seven ounces of fresh butter; heat it on the fire till it begins to blacken; then add a few picked parsley-leaves. Let them fry for a second or two, skim the butter, let it settle for a minute, and pour it into the vinegar, after having removed the bay-leaf. For skate, etc.

151. Maître d'Hôtel Sauce.

Melt a quarter of a pound of fresh butter in a saucepan with a good pinch of flour and a glass of milk. Let it heat, stirring it constantly; add some finely-chopped parsley, and squeeze in the juice of a lemon.

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FISH.

152. Whitings or Sole à la Prévoyante.

Cut your fish into fillets and mariné it thus:—Lay them two hours before cooking in a flat dish, and pour over them one spoonful of vinegar, one of oil, six or eight onions sliced, a few sprigs of thyme, a little parsley, and four or five bay-leaves, pepper, and salt. Set the dish in a cool larder. To prepare the batter in which they are to be cooked, put into a bason two tablespoonfuls of flour, equal quantities of small beer and water, and one tablespoonful of oil; beat it well up, keeping it quite thin. It should be about the consistency of thick cream. Whisk the white of a raw egg to a froth, and add it to the batter just as you are ready to use it. Have your hot lard ready; take up the fillets of fish separately, and *dab* them about in the batter till they are covered with it; as each is done, drop them into the hot lard and fry of a fine golden colour. It is a good guide to know if the lard is of the proper heat, to put in a few parsley leaves, and if it immediately crisps it is right. Tomato-sauce should be served with this, but separately.

153. Whitings à l'Italienne.

Having cleaned the whitings, lay them on a silver or metal dish with a small piece of butter, two shallots, and

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some parsley minced very fine; put them to cook in a moderate oven. While they are doing pour over them a glass of white wine and one of stock. When they are nearly ready, put them carefully, so as not to break them, into a saucepan; add to the sauce a spoonful of cullis, a piece of butter, a very little essence of anchovy, and the squeeze of a lemon. Keep them on the fire a few minutes and arrange them on the dish they are to be served on.

154. Whitings as in Scotland.

Choose small perfectly fresh fish, rub them in flour till it adheres; lay them in a fryingpan with a good bit of butter; sauté them very slowly. They should not be dry or coloured. Mince some parsley and green onions or chives very fine; put them into some good broth and about two tablespoonfuls of cream; mix it well together and pour it over the whitings before they are quite finished cooking; move them about very gently, not to break them, till they are done. They are very delicate and excellent done in this way, which, though simple, requires great care. No butter should be used but what is required to fry them.

155. Fried Fillets of Whiting.

Cut about six small whitings in two from top to bottom, take the fillets, lay them to marinade for about an hour, in equal proportions of vinegar, white wine, and water; add salt, green onions, a few blades of mace, and some whole pepper; dry them; toss them in a heap of fine flour. Have ready a pan of hot lard, and fry all together

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on a brisk fire. Fry some parsley crisp and green, and serve your fish upon it. They should be eaten with the following sauce:—To a large spoonful of the best vinegar and the same quantity of water add a little salt, some shallot and parsley minced fine, and the juice of an orange or lemon.

156. Whitings in Sauce.

Clean your fish, and lay them in salt and water. Take as much fish stock (or stock made from a fowl will do) as you require for the quantity of sauce, season it with salt, whole white pepper, two or three cloves, a blade or two of mace, and a bit of lemon-peel; let it boil five minutes; strain and return it to the pan; thicken with a piece of butter rolled in flour. When it boils add some parsley and chives or green onions minced fine; let it boil a few minutes, and put in your fish. When nearly done add the yolks of two eggs, a little cream, a glass of white wine, and the squeeze of a lemon, previously well mixed with some of the sauce. Do not let it boil after this is added, but shake it well over the fire.

157. Haddocks with Brown Sauce (Scotch).

Take the largest haddocks you can get; clean them, cut off the heads, tails, belly, and fins; lay them in as much small beer and vinegar (half of each) as will cover them; let them remain an hour or two. Take the trimmings and one fish cut in pieces; put them into a saucepan with as much water as you wish sauce, two onions, a sprig of savory, thyme, and a little lemon-peel. Boil slowly till all the substance is out of the fish; strain off the stock;

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thicken with brown roux; add two tablespoonfuls of ketchup, a little mixed spice, some salt, and half a glass of claret. When it boils put in your fish. If you can get oysters, add them with some of their juice. Let it boil about ten minutes, when it will be ready to serve.

158. Fillets of Haddock à la Maître d'Hôtel.

Take the two sides of a haddock off the bone; lay them in a sautépan; boil in broth, for five minutes, a spoonful of chopped onion, parsley, and mushroom; then pour it over the fillets; add a little pepper and salt, and fry them. When done serve under them a maître d'hotel sauce. (See Fish Sauces.) Whitings may be done in the same way.

159. Haddocks aux Câpres.

Cut a haddock into two or three pieces; set it on to boil in water with a little salt, an onion, and some parsley; let it boil half an hour; strain it and add to the stock some beef broth. Then take a bit of butter the size of a walnut, and a spoonful of flour; set it on the stove to melt, add the stock to it, and stir till it boils. Let it boil gently half an hour, skimming it all the time, then add a teaspoonful of essence of anchovy, two of soy, one of vinegar, salt and pepper to taste, and a little cayenne; strain it through a tammy into a clean saucepan, and put into it a good quantity of capers. Prepare two haddocks by boiling them for a quarter of an hour with very little water covered close on the stove. Keep them in the dish, and pour the sauce very hot over them just before serving.

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160. Filets de Sole à l'Orlie.

Clean the soles and cut them entirely open by the back from head to tail. Make each into four neat fillets, and steep them in lemon-juice, salt, parsley, and sliced onions. Shake them occasionally in this marinade, where they ought to remain an hour. When ready to serve, drain, dip them in flour, and fry till they are firm and of a good colour. Serve under them an Italienne or tomato sauce. (See Fish Sauces.)

161. A Good Way to Dress a Turbot.

Lay the fish you are to boil in a pint of vinegar seasoned with salt, pepper, sliced onion, and a faggot of thyme, marjoram, and parsley. Leave it in an hour; then put the fish and pickle carefully into a fish-kettle of boiling water; add to it a few cloves, some mace, four or five anchovies, and a bit of horseradish. When done enough, take out your fish and let it drain; be careful it is not boiled too fast, and in only just enough liquor. For the sauce take half a pint of the well-strained liquor of a quart of oysters, half a pint of white wine, the flesh of the body of a lobster, a little mixed spices, a bit of lemon-peel, and two anchovies. Let it stew about twenty minutes, then strain and add a pound of butter, and as much flour as will make it a good thickness; then put in the oysters, and the tail and claws of the lobster, previously boiled and cut in dice. Put the sauce on the stove again for a few minutes, and serve very hot. Cod and other fish are good dressed in the same way.

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162. Water Souché.

Stew two or three flounders, some parsley leaves and roots, thirty peppercorns, and a quart of water, till the fish are boiled to pieces; then pulp them through a sieve. Set over the fire the pulped fish, the liquor that boiled them, and the perch, pike, or whatever fish you wish, and some fresh parsley leaves and roots. Simmer till the fish is done enough. Serve in a deep dish. Thin slices of bread and butter should be eaten with it.

163. Smelts aux Anchois et Câpres.

Eight large smelts are enough for a small dish. For the sauce boil a couple of anchovies in a glass of Rhenish or other white wine till they are dissolved, and strain it into a ladleful of cullis or gravy; season with a bunch of onions and parsley, a blade of mace, a bay-leaf, and some pepper and salt. Put your fish in and let them stew gently a quarter of an hour. Take out the onions and parsley, and add a spoonful of capers. Make it boiling hot, and squeeze in the juice of an orange or lemon. Take out the fish very tenderly to dish. Put a little finely-minced parsley into your sauce, and pour it over them. You cannot name a fresh-water fish that is not good dressed in this way.

164. Eels à la Poulette.

Turn the eels upon hot cinders till the skin is completely grilled. Wipe and scrape them. Cut off the fins and skin. Cut off the head and tail, and gut them. Cut in pieces of an equal length; wash and leave to

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blanch ; scrape and clean the blood well out ; put them in a stew-pan with a bit of butter and some mushrooms ; set them for a minute on the fire, and dust them with flour ; then add a glass of stock and one of white wine ; stir with a wooden spoon till it boils. Put to it a little parsley, two shallots, half a bay-leaf, one clove, salt and pepper to taste, and twenty or thirty button onions ; let it simmer, and reduce ; skim off the fat ; thicken with two or three yolks of eggs well beaten ; add the juice of a lemon, and serve.

165. Eels à la Tartare.

Prepare the eels as above ; put the pieces in a stew-pan with slices of onions, carrots, parsley, two or three scallions cut in two, a glass of white wine, salt, a bay-leaf, two cloves, and a sprig of thyme. When done enough drain, and roll them in bread-crumbs ; dip in egg, roll them again in crumbs, and put them on the gridiron till well browned. Serve with sauce à la tartare. (See Cold Sauces.)

166. Spitchcocked Eels.

Clean them well ; rub them with salt, and skin them ; slit open the belly and take out the bone ; wash and dry them ; cut them in pieces about four inches long ; dredge them with flour, and wipe it off so that they may be quite dry. Make a batter of melted butter thickened with yolks of eggs, a little minced parsley, sage, and a very little shallot, some pepper and salt. Roll the pieces of eel in finely-grated bread-crumbs ; dip them in the batter, and roll them again ; then broil them over a clear

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fire of a fine light brown. If the eels are small they may be dipped and broiled whole. Serve with a remoulade a tartare, or a Dutch sauce. (See Sauces.)

167. A Good Way to Boil Tench, Perch, etc.

Clean them well and scale them, and put into the pan with a pint of water a teaspoonful of salt, an onion sliced, three sprigs of thyme, a bay-leaf, some parsley and celery, a little pepper, and a wine glassful of vinegar. If the fish weigh a pound boil for half an hour, and more or less according to their size. Serve with Dutch or other sauce.

168. Stewed Trout, Carp, or Tench.

Clean the fish very well. If large they may be cut in pieces. Rub them inside with salt and mixed spices; lay them in a stew-pan with as much good stock as will cover them, two onions with four cloves stuck in each, some Jamaica and black peppercorns, and a bit of mace. When the fish have stewed a few minutes, add two glasses of white wine, a boned anchovy, the juice of a lemon, and a little cayenne pepper. When the fish is sufficiently stewed, take it out carefully and keep it hot; thicken the sauce with some brown roux. Add a teaspoonful of mushroom ketchup, skim, strain, pour over the fish, and serve.

169. Matelote of Carp or Eels, etc.

One large or two small carp, cut in seven or eight pieces. Fry them in a little butter, then add to them about a pint of red wine, a ladle of gravy, a bunch of

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green onions, herbs, and parsley, a few cloves, three or four bay-leaves, pepper and salt. Stew all together gently about three-quarters of an hour. Strain it into another stew-pan, in which put as much cullis as will make up the quantity of sauce you require for your dish. Place your fish in it, with a spoonful or two of capers; an anchovy cleaned, boned, and minced fine; and the juice of a lemon. The capers may be omitted and button onions substituted. Tench and eels are excellent done in this way.

170. Un Brochet Farci.

Prepare your pike thus:—Gut it without cutting it open, but take care it is well cleaned. Cut a notch down the back from head to tail, put the tail in the mouth, and lay it to marinade for an hour in vinegar and oil, sliced onions, parsley, and bay-leaves. For your stuffing take the udder of a leg of veal, or the kidney fat of a loin of lamb, some fat bacon cut in dice, some green onions, a mushroom or two, or truffles, parsley, salt and pepper, and a morsel of butter. Chop it all well, add the crumb of a French roll soaked in cream or milk; pound all together in a mortar, try if it is seasoned enough, if not add more. Fill the belly of the fish, close up the cut in the back, egg it well over, strew bread-crumbs on it, and bake in a gentle oven. Serve with a caper sauce. (See Fish Sauces.)

171. To Fry Whitebait.

The sooner they are cooked the better. Keep them in a pan of salt and water. When you wish to cook them,

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lift them out with a skimmer, for they should never be handled. Put them into a cloth on which there is plenty of flour, toss them about in it till they are well coated, place them on a sieve and sift off all the flour that will come. Have ready your hot lard, and fry immediately from one to two minutes. Lift them out with the skimmer, drain from the frying fat, and serve them instantly. Thin slices of brown bread and butter, cayenne and lemon, should be eaten with them.

172. To Sauté Soles, Flounders, etc.

Clean and trim the fish, dip them in a couple of eggs previously well beaten. Put six tablespoonfuls of olive-oil in a frying-pan, place it over the fire; when quite hot put in the fish, let it remain five minutes, turn it over and fry the other side. Ten or twelve minutes should be sufficient to cook them.

173. Soles à la Menuisière.

Cut the fins off a sole, and with a knife make four incisions across it on each side, then rub well into it half a tablespoonful of salt and chopped onions, dip it in flour, and broil over a slow fire. Have ready two ounces of fresh butter, mixed with the juice of a lemon and a little cayenne pepper, which rub over the sole, previously laid in a very hot dish without a napkin. Turn the fish over once or twice that it may be well covered. Put it into the oven for a minute, and serve very hot.

174. Soles Sauté à la Ravigote.

Scale and wash the soles, but do not empty them; run

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a knife between the bone and the flesh, and remove the fillets ; skin them, cut them in two, put them into a sauté-pan, and cover them with melted butter, and dust them over with pepper and salt ; fry them on both sides over a brisk fire. When done drain them on a sheet of white paper, dish them, and pour over a sauce Ravigote à la crême. (See Sauces.)

175. Soles au Gratin.

Cut off the fins of a fine fresh sole, and make an incision in the back ; then butter a sauté-pan, and put into it a teaspoonful of finely-chopped onions and a wineglassful of white wine ; then place the sole in the pan, cover it with six spoonfuls of cullis, and sprinkle fine bread-crumbs over it, and stick a few small pieces of butter about it. Put it now into a moderate oven for twenty minutes or half an hour. Remove it carefully from the sauté-pan and keep it hot while you make the following sauce :—Put into the saucepan four spoonfuls of stock, let it boil five minutes, stirring it all the time ; add the juice of a lemon, a teaspoonful of chopped mushrooms, one of minced parsley, one of essence of anchovies, a little sugar and cayenne pepper ; beat all together, and pour it round the fish in the dish in which it is to be served, and which should be a silver one. Put it again into the oven for a quarter of an hour, pass the salamander over it, and serve very hot.

176. Macqueraux à l'Italienne.

Clean the fish well, cut off the heads and tails, and put them into a saucepan to stew, with as much white wine

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as will cover them, a few slices of onions and carrots, a bunch of sweet herbs, some salt, and a little nutmeg. When done enough, pour over them a sauce Italienne (see Fish Sauces), and serve.

177. Whitings à l'Italienne.

Wash, clean, and skin them; cut off the tails and fins, and lay them in a marinade for four hours, made with oil, lemon-juice, slices of onion, and whole parsley leaves. Strain them, egg and bread-crumb them, and fry them of a fine golden colour—this is best done with oil. (A real Italian recipe.)

178. Mackerel à la Maître d'Hôtel.

Choose large, fresh, soft-roed mackerel; cut off the fins, point of the tails and heads, and make an incision an inch deep down the back; lay them in a dish, strew salt and pepper over them, also half a pint of sweet oil, an onion cut in rings, and some whole parsley. Leave the mackerel to mariné in this for about two hours turning them over from time to time. Half an hour before serving rub a gridiron with oil, take out the fish and wipe them, sprinkle them with a little salt, and lay them an inch apart on the gridiron over a slow fire. Do them on one side till they are of a good colour, then turn them over and do the other. Lay them on their backs for five minutes, when they will be ready to dish. Open when dished the backs with a spoon, and introduce a piece of butter, mixed with salt, pepper, minced parsley, and the juice of a lemon. The marinade may be served with the mackerel.

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179. Filets de Macqueraux.

Cut the mackerel into fillets, and cook them in a frying-pan with a little butter over a slow stove. Make your sauce with a piece of butter, the yolks of two eggs beaten, a little broth, some cayenne pepper, and finely-minced fennel and parsley, salt to your taste, and the squeeze of a lemon or a Seville orange. Do not let your sauce boil, but make it very hot, and pour it over the fillets.

180. Cod à la Crême.

Put into a stew-pan a good bit of butter, half a spoonful of flour, a clove of garlic minced fine, and some whole pepper; moisten with milk or cream; thicken your sauce on the stove. Put in the fillets of cod; heat, and serve very hot. If you wish to serve it with bread-crumbs put in a little more butter and the yolks of three eggs. Lay the fish in the dish you mean to serve it in, with the sauce round it; cover with bread-crumbs, and put it for a minute or two in the oven, and brown it with a salamander. Cod or salmon that have been previously dressed are good in this way.

181. Salmon au Court Bouillon or au Bleu.

Having drawn and cleaned your salmon, score the sides of it pretty deep; lay it on a napkin, and season it with salt, pepper, a few cloves, a little nutmeg, some sliced onions, chives, parsley, sliced lemon, two or three bay-leaves, and some basil. Work up a pound of butter in a little flour, and put it in the belly of the fish; then wrap the salmon in the napkin, bind it about with a

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packthread, and put it into a fish-kettle of a size proportionate to your fish. Pour over it equal parts of wine, water, and vinegar, in quantities sufficient to boil it, and set it over a quick fire. When it is done enough, which will be in from fifteen to twenty-five minutes, according to its size, take it off, and keep it simmering over a slow stove till you are ready to serve. Then take up the salmon, take it out of the napkin, and lay it on another in the dish you intend to serve it in, and garnish it with parsley.

182. To Boil Salmon as at Berwick.

Cut the salmon across into small slices, wash them twice in hard water, or pump water over them. The water must be boiling when the salmon is put in, and plenty of salt in it (as much as will float an egg). If a small salmon it will take fifteen minutes; if a large one twenty to twenty-five. Hard water must be used in boiling. Serve in a deep dish, with some of the water the fish was boiled in poured over.

183. To Broil Salmon with a White Sauce.

Having cut the salmon in slices, melt some butter in a pan, and add a little salt to it. Rub the slices of fish with this, and broil them on a gridiron over a slack fire. Make a white sauce as follows:—Put a piece of butter and a pinch of flour into a saucepan, two anchovies, previously washed and boned, some capers, and a whole leek. Season with pepper, salt, and a very little nutmeg. Add a little water and a few drops of vinegar. Keep stirring the sauce over the stove till of a proper thickness,

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then take out the leek, and pour it into the dish you intend to serve the salmon in. Lay the slices of broiled fish in, and serve very hot.

184. Salmon with a Brown Sauce.

Broil your slices of salmon as above. Put into a sauce-pan a piece of butter the size of an egg, and set it on a slow stove. When the butter is melted, put in half a spoonful of flour, and shake it about till it is brown. Then put in some good fish stock and a glass of white wine. Season with pepper, salt, an onion stuck with cloves, a bunch of herbs, and a little shred parsley. When the slices of salmon are broiled put them into this sauce, and let them simmer in it till the sauce is reduced enough. Then take out the fish and lay it in a dish. Add to the sauce a thickening of one or two yolks of eggs, beat up in a little vinegar. Let the sauce just come to a boil, stirring it well, and pour very hot over the salmon.

185. Saumon en Caisse.

Take two good slices of salmon; put them to marinade for an hour in a dish with as much sweet oil as will cover them; parsley, onions, a little mushroom, and a shallot, all minced very fine; half a bay-leaf, a little thyme, and sweet basil, reduced almost to powder; salt and pepper. Make a paper-case large enough to hold your two slices of salmon. Oil the paper. Put in the fish with the seasoning on it, and place it in the oven. When done enough, pour a little lemon-juice on it, and serve.

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186. Salmon Collops.

Cut the salmon in thin collops. Season with pepper and salt, and fry them in a sauté-pan with a little butter. Place them in a dish, and serve with the following sauce: —Take a spoonful of fennel, mint, and parsley, boil them five minutes, and chop them fine. Mix with them half a pint of béchamel, and a little glaze. Season with salt, a little cayenne, and the squeeze of half a lemon. Mackerel are very good done in the same way.

187. Irish Pickle for Salmon.

Equal parts of vinegar, white wine, and water. Boil it with mace, cloves, ginger, pepper, and horseradish. Take out the latter when sufficiently boiled, and pour the pickle over salmon previously boiled in strong salt and water.

188. Yorkshire Recipe to Dress Dried Salmon.

Pull some dried salmon into flakes. Have ready some hard-boiled eggs, chopped large. Put both into a pint of cream, with two ounces of butter, rubbed up with a teaspoonful of flour. Skim it and stir till it boils. Make a wall of mashed potatoes round the dish, and put the fish in the centre.

189. Baked Herrings.

Scale, wash, and dry them well in a cloth; lay them on a board, pound some black pepper and cloves together, and mix them with four times the quantity of salt, and rub the fish all over. Lay them straight in an earthenware dish (a deep one is best). Cover them with vinegar and

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a few bay-leaves. Tie strong paper over the top of the dish, and bake them in a moderate oven for about half an hour or more. They are good eaten either hot or cold, and will keep a long time if well covered. Mackerel and trout may be dressed in the same way.

190. Baked Herrings in a Crust.

Make a shape of good paste just the length and the breadth of a herring. Then lay a fresh herring, previously scaled, washed, and cleaned, in it, with a piece of butter, some minced onions, pepper and salt. Cover with paste, and put them in the oven for about twenty minutes or half an hour. They are excellent.

191. To Boil Herrings.

Scale, clean, and wash them; dry them thoroughly in a cloth, rub them well over with salt and vinegar. When the water boils, put them in; about ten or twelve minutes will do them. Then take them up; drain them well, and put them on the dish. Serve with grated horseradish, and horseradish sauce, or parsley and butter made very green. Mackerel may be boiled in the same way, and served with fennel or green gooseberry sauce.

192. Pickled Herrings, Mackerel, Sprats or Smelts.

Cut two onions in thin slices, mix with salt and pepper and a little mixed spice, two or three bay-leaves, and a small faggot of sweet herbs. Clean the fish, and cut off the fins and gills. Put a little of the onion inside them,

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and rub the outside with the same. Put them into a deep dish, with the onions, herbs, and seasoning, half a pint of vinegar, and a gill of water. Bake in a slow oven one hour. Serve cold. They keep a long time good.

193. Fish Pie.

Clean and scale some trout, whitings, or other small fish; cut off their heads and tails; put a few bits of butter in the bottom of a pudding-dish; lay in the fish, sprinkle with pepper and salt, and a good quantity of chopped green onions and parsley; then put in another layer of fish, seasoning in the same way. When the dish is full, pour over a glass of vinegar and a little mushroom-ketchup; cover the top of the dish with mashed potatoes, and put it to bake in the oven for an hour.

194. Fish Pudding.

Pound some cold fish in a mortar with a few spoonfuls of broth; add a small lump of butter and some crumbs of bread; mix it with the yolks of four eggs, previously well beaten, and rub it through a sieve into a bason with the whites of the eggs also well whipped; put it into a soufflé-mould and bake it in the oven.

195. Cod Pie.

Take a piece of the middle of a small cod and salt it well one night; next day wash it, season with pepper and salt and a little cayenne; place it in a pie-dish with a few bits of butter and a little good broth; cover it with crust and bake it. Make a sauce of a spoonful of broth, a

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quarter of a pint of cream, a small piece of roux, and a little grated lemon-peel; give it one boil, raise the crust, and pour it over the fish when it is baked enough. Oysters may be added and also minced parsley. Soles and turbots may be dressed the same way.

196. A Yarmouth Recipe to Cook Bloaters.

"There was never a herring spake but one,
And he said, Toast my back before you toast my bone."

197. Rizard Haddocks.

Rub them with salt inside and out; hang them up in the open air for twenty-four hours, which is best done by running a skewer through their heads which you support on two nails; skin them, dust them with flour, and broil over a clear fire. They are excellent for breakfast.

198. Red Herrings à la Bruxelloise.

Take a large sheet of the thickest white paper double, of which make a case large enough to contain eight herrings; butter it well inside and out that it may not burn; then take eight of the best herrings, cut off their heads and tails, skin them, take out the backbone, and divide them longitudinally into two fillets; place them side by side in the case, and put between each a bit of butter mixed with fine herbs, some chopped mushrooms, parsley, a little shallot and green onions minced fine, a little pepper, and just a sprinkling of olive-oil; powder them over the top with fine bread-crumbs, and lay the case on the gridiron over a very clear fire, taking every

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precaution to prevent their burning. When they are sufficiently done, which will be in about ten minutes, serve them in the case with a squeeze of lemon over them.

199. Red Herrings.

Take off their heads and tails; divide them from end to end; take out the bone; put them on a dish, and baste with oil. When ready to serve, turn them for a minute or two on the gridiron, and send to table immediately.

200. Lobster au Gratin.

Chop a middle-sized onion and put it in a stew-pan with two ounces of butter; fry of a light brown; mix with it a small tablespoonful of flour; pour over half a pint of milk, a teaspoonful of salt, a quarter one of pepper, and half that of cayenne, a little sugar, a very little nutmeg, and some chopped parsley. Boil a few minutes till rather thick; put in your previously boiled lobster meat cut in pieces. Let it boil up; add the yolk of an egg and a little cream, mix quickly; fill the shells, egg and bread-crumb them; put in an oven for ten minutes, pass a hot salamander over them, and serve.

201. Crab au Gratin (American).

Prepare the crab as usual, lay in the empty shell a layer of the soft part, then a layer of grated American crackers or biscuit; over this lay the fleshy part of the crab, on which pour a spoonful of mushroom-ketchup; add some chopped hard-boiled yolks of eggs. Season with a little salt, pepper, and cayenne; cover all with the remainder

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of the soft part of the crab; make it even with a knife; egg and bread-crumb it over, or grated biscuit may be used instead of bread-crumbs; stick a few bits of butter on the top; set it in the oven for twenty minutes or half an hour, and serve very hot.

202. Partan Pie.

Pick the meat after boiling out of the crab; clean out the shell and mix the meat with a little salt, pepper, a bit of butter, and, if too liquid, a few bread-crumbs; add three spoonfuls of vinegar, and put all into the shell again; strew a few bread-crumbs over, and set it before the fire or in the oven. Brown with a salamander; add a little cayenne, and serve.

203. Curry of Lobster.

Take them from the shells; cut them in medium-sized pieces, and lay them in a saucepan with a small piece of ham, a blade of mace, cayenne pepper, and salt to your taste, four spoonfuls of veal gravy, and four spoonfuls of cream. Rub smooth together two teaspoonfuls of curry powder, a teaspoonful of flour, and a little cream. Add it to the sauce. Simmer an hour, and squeeze in the juice of half a lemon before serving.

204. Curry of Cod

Should be made of sliced cod that has either been crimped or sprinkled for a day with salt, to make it firm. Fry it with some onions in a pan till it is of a fine brown; then put it in a stew-pan with some good veal gravy, a

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spoonful or two of curry powder, a bit of butter rolled in flour, and four spoonfuls of rich cream. Season to taste, with salt and cayenne. Stew it slowly till done. Serve with rice, or in a rice border.

205. Kedgeree.

Boil a breakfast-cupful of rice twenty minutes, and four eggs ten minutes. Take any kind of cooked white fish; pull it in pieces; take care there are no bones left; chop the eggs very fine; add three or four ounces of fresh butter; season with salt and cayenne pepper (fresh green minced chilis are better). Beat the whole together, and serve as hot as possible. A little chutnee sauce eaten with it is a great improvement.

206. Oysters Stewed (American Way).

Take a dozen large oysters in their own liquor; let them just boil; add salt, pepper, a piece of butter the size of a nutmeg, and half a teaspoonful of chopped chervil.

207. Another American Way.

Open a dozen oysters; put them in a small stew-pan with two grains of black pepper, a pinch of sugar, a little salt butter, and cayenne. Set them on the stove for three or four minutes; give them just a slight boil, and put in a bit of butter the size of a walnut, which you have previously mixed with half a teaspoonful of flour. Shake the stew-pan round till it is melted; put the pan again on the fire to simmer for a minute or two. Serve very hot on toast. Any quantity may be done in the same way. A little cream is an improvement.

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208. Oysters Stewed in their own Juice (Scotch).

This is an excellent method of dressing them. Take the largest you can get; wash them clean through their own juice; lay them close together in a frying-pan; sprinkle them with a little salt. Do not put one above another. Make them a fine brown on both sides. If one panful is not sufficient, do off more. When they are all done, pour some of their liquor into the pan, mixing it with any that may be left from their cooking. Let it boil a minute or two. Pour it over the oysters, and serve very hot.

209. To Pot Char or Trout.

Three teaspoonfuls of black pepper and allspice mixed, two of mace, one each of cloves and nutmeg. Keep them well corked up in a small bottle; when used add a little salt. This is a sufficient quantity for fourteen pounds of fish. Cut open the fish; clean them well with a dry cloth, but do not wash. Remove the heads, tails, fins, and backbone; then rub the spices well into them. Put them with the spices into a baking dish; cover well with fresh butter, and place the dish in a slow oven, to remain till the bones are dissolved, which will take about five hours. Drain off the butter, and put the fish into pots; press it down firmly, and pour a thin layer of fresh butter over the top. The trout should be red-fleshed, and not exceeding three-quarters of a pound in weight. Other fish, such as eels, sprats, etc., or shrimps and prawns, may be done in the same way. The spices must all be ground.

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210. Method of Kippering Salmon.

The largest fish are best. To twenty pounds of salmon put one and a half pounds of salt, one pound of raw sugar, and two ounces of saltpetre. Mix all well together. Wash the fish well in salt and water; split it up the back, cut off the head, and take out the backbone. Rub it well inside with the mixture; lay it in a deep dish with the inside uppermost; leave it in the pickle twenty-four hours; then put a heavy weight on it; press it for two days, or three if a large fish. Take it out of the pickle and hang it to dry in the sun.

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MEAT, POULTRY, GAME.

211. Salt Beef.

To salt beef for immediate use, common salt, previously well dried at the fire, is better than any other pickle. The kernels should be carefully extracted, then sprinkle the meat well with salt, and six hours afterwards hang it up to drain. After it has drained, rub it thoroughly in every part with salt, and lay it in a salting-tub. Cover it over with a cloth saturated with the brine, and then with the cover, which should fit close to the tub. It must be turned and rubbed every day with the brine. A round of beef, of twenty-five pounds' weight, will require one and a half pound of salt, to be all rubbed in at first. Turned and rubbed every day, if not wished very salt, it may be eaten in four or five days. If you wish it red, rub it first with saltpetre, in the proportion of half an ounce and the same quantity of moist sugar to one pound of common salt.

212. Baked Round of Beef.

If about fifteen pounds, hang it two or three days; then rub in, being previously well pounded together, three ounces of saltpetre, one ounce of moist sugar, a quarter of an ounce each of black pepper, allspice, cloves, and mace, and a nutmeg grated, some minced sweet and savory herbs, and three quarters of a pound of common

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salt. The bone should be taken out, and it should be turned and rubbed every day for a fortnight. When you dress it, put it into a pan with a quart of water; cover the meat with three pounds of suet, shredded rather thick, and an ounce or two minced small; then cover the whole with a flour crust to the brim of the pan, and bake in a moderate oven six hours.

213. To Boil Beef.

The slower it is done the better; if boiled too quick at first, no art afterwards can make it tender. Half a round, of about fifteen pounds' weight, will take about three hours. Put plenty of cold water in with it, and carefully remove the scum as it rises. Let it boil till no more comes, then set the boiler on one side of the fire, and keep it simmering slowly till done.

214. Sportsman's Beef.

Take a large round of beef, three ounces and a half of saltpetre, one ounce of allspice, and a good pinch of cayenne pepper; rub it well in, and let it stand twenty-four hours. Then rub in thoroughly several handfuls of salt. Put it by for ten days, turning and rubbing in the salt every day. Then put it into a pan, with four pounds of shred beef-suet, dredge it lightly with flour, and bake in a slow oven for four or five hours according to the size. This will keep good in moderate weather as long as any remains of it.

215. Beef Bouilli.

Take the short ribs of a breast of beef, and put them on

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to stew with a few turnips, carrots, onions, a head of celery, a clove of garlic, a few slices of leg of beef, a small piece of mutton or veal, and a little spice. Cover it with boiling water, and let it simmer slowly four or five hours, till the meat is as tender as possible. For sauce, take some cullis or good rich gravy, a dessert-spoonful of chili vinegar, four or five gherkins minced fine, a tablespoonful of mushroom ketchup, a little soy, and pepper and salt to your taste. Simmer all together a few minutes. When ready to serve, take the top skin off the bouilli, glaze it with a dark-brown glazing, and serve the sauce under the meat.

216. Collared Beef.

Choose the thin end of the flank of fine mellow beef, but not too fat. Lay it in a dish with salt and saltpetre; turn and rub it every day for a week, keeping it in a cool place. Then remove all bone and gristle, and the skin of the inside part, and cover it with the following seasoning:—Cut small a large handful of parsley, the same of sage, some thyme, marjoram, pepper, salt, and allspice (and, if liked, a little garlic). Roll the meat up as tight as possible, and bind it first with a cloth and then with tape or packthread. Put the beef on in plenty of water, and let it boil gently seven or eight hours. When done, put a heavy weight on while it is hot, without undoing the cloth, etc. It will, when cold, be of an oval shape. It should then be glazed on the outside.

217. Dutch Beef.

Take a lean piece of beef, rub it well with treacle or

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salt. The bone should be taken out, and it should be turned and rubbed every day for a fortnight. When you dress it, put it into a pan with a quart of water; cover the meat with three pounds of suet, shredded rather thick, and an ounce or two minced small; then cover the whole with a flour crust to the brim of the pan, and bake in a moderate oven six hours.

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Take a lean piece of beef, rub it well with treacle or

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brown sugar; let it lie three days, turning and rubbing it often, then wipe it; salt it with salt and saltpetre beaten fine together, the salt having the largest proportion; rub it well in every day for a fortnight, roll it tight in a coarse cloth, and press it under a heavy weight. Hang it to dry in wood smoke, turning it upside down every day; when smoked enough, boil it in pump water and press it. To be eaten cold, cut, or grated.

218. An Excellent Mode of Dressing Beef to eat Cold.

Hang three ribs of beef three or four days; take out the bones and rub it well with salt, a little saltpetre, and bay salt, brown sugar, pepper, cloves, mace, and allspice, in fine powder. Let it lie for a fortnight, turning and rubbing it every day; then put it into a baking-pan, and put some butter or suet on it; cover it with a coarse crust, and bake slowly till as tender as possible. Tongues to eat cold are excellent done in the same way.

219. Collared Ox Cheeks.

The cheeks must be well washed and wiped dry. Salt them well with common salt for twenty-four hours; take off the salt and lay them in a pan with the following mixture over them:—One ounce of saltpetre, the same of salprunella and of brown sugar. Let it remain three days, then take it off and stew the cheeks for three hours till the bones will draw out. Chop it while warm into small pieces; season it well with chopped herbs, pepper, and salt; put it into a tin mould, which fill till it comes a little above the top; put the cover on with heavy

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weights over it, and press it down close. When quite cold turn it out, and it is ready to eat.

220. Beef en Saucissons.

Take two pieces of beef about double the size of your hand, and one finger thick; beat them to make them flat, trim them even; take the parings and another bit of beef and mince very fine together with some parsley, a few sweet basil leaves, some small onions, two shallots, some mushrooms, salt, and whole pepper. Mix this forcemeat with four yolks of eggs, spread it upon the slices of beef, roll them up in the form of sausages, tie them and put them into a stew-pan on a slow fire, with a little broth, a glass of white wine, a little salt, some pepper, an onion with two cloves stuck in it, a carrot, and a parsnip. When well stewed pass the sauce through a sieve, take off the fat, reduce it till it is thick and rich. Put in the beef again, just bring it to a boil, and serve. It is good to eat cold.

221. Beef en Papillotes.

Take a rib of beef, shorten and trim it so that it is a proper size for your dish. Put it on a gentle fire with a pint of broth, a little salt, and whole pepper; reduce it over a very gentle fire till it begins to stick to the beef; then put it in a marinade of oil, parsley, a very little sweet basil, small onions, one shallot, and some mushrooms, all minced very fine. Let it lie an hour, then put the beef and marinade into a large sheet of white paper; plait it up all round the edge so that it may be entirely covered; oil the paper on the outside; place it on a

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gridiron with another piece of oiled paper under it; broil on both sides over a gentle fire, and serve in the paper.

222. Shoulder of Mutton Marinade.

Lay it for three days in a quarter of vinegar, with four ounces sliced, a handful of sweet herbs, and a small quantity of mace and cloves pounded; lard it with bacon rolled in Jamaica pepper; put it to bake with some of the liquor round it. When done serve with a rich gravy.

223. Leg of Mutton à la Perigord.

Take some truffles and bacon, cut them into pieces fit for larding, roll them in a little salt, spice, an onion, and a clove of garlic minced and well mixed together; then lard the mutton with the bacon and truffles, wrap it in a paper, and keep it from the air for two days that it may acquire a good flavour of truffles. Stew it on a gentle fire with some slices of veal and bacon in its own gravy. When done enough skim the sauce, add a good spoonful of cullis, and serve.

224. To Make a Haunch of Mutton eat like Venison.

Mix two ounces of bay salt with half a pound of brown sugar; rub it well into the mutton, which should be placed in a deep dish for four days, and basted three or four times a day with the liquor that drains from it; then wipe it quite dry, and rub in a quarter of a pound more sugar mixed with a little common salt, and hang it up haunch downwards; wipe it daily till it is used. In

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winter it should be kept three weeks, and roasted in paste like venison. Serve with currant jelly.

225. Roast Leg of Mutton.

Cover it well with water, and bring it gradually to a boil; let it simmer gently for half an hour, then lift it out and put it immediately on the spit; roast it an hour and a quarter or a half, according to its size. Dressed in this way it is particularly juicy and tender, but there must be no delay in putting it on the spit after it is taken out of the water. It may be garnished with roasted tomatoes or potatoes, or served with haricots à la Bretonne round it.

226. To Dress Roedeer or Hare.

Take the two haunches and the back; take off the hard skin, lard the upper sides of the haunches with good fat bacon; then put into a pint of vinegar some carrots, turnips, and onions sliced, parsley minced, pepper and salt. Mix all together, and boil for ten minutes. When it is cold, lay the meat in a dish, and pour the pickle over it. Let it remain in the pickle for four days, turning it every day, and rubbing it well into the meat. When roasted, butter a large sheet of paper and tie it over the larded side. Three quarters of an hour is sufficient, with a good fire, to roast the haunches. For sauce, take a little of the pickle, a piece of butter rolled in flour, a teaspoonful of currant jelly, and a little good gravy. Boil all up together, and serve either round or in a sauce-boat.

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227. Cutlets of Mutton à la Mariniere.

Cut your cutlets thick and short, put them in a stew-pan with a piece of butter about the size of half an egg; pass them on the fire till a little browned; wet them with a glass of white wine, the same quantity of broth; add a dozen little white onions; stew over a gentle fire for half an hour; then add a pound of bacon, a carrot, and a parsnip, a small piece of savory, and parsley, all minced, a little salt and pepper, and a dessert-spoonful of vinegar. Stew till the cutlets are very tender and the sauce reduced. Lay the cutlets on the dish, the sauce and onions round, and the minced bacon and roots over them.

228. Côtelettes de Mouton en Robe de Chambre.

Stew them with broth, a very little salt, and a bunch of sweet herbs, quite slowly. When done tender, skim off the fat, pass the broth through a sieve, set it on the fire again, and reduce to a glaze. Glaze your cutlets, and leave them to cool. Take a piece of veal, some beef-suet, two eggs, a little salt and pepper, parsley, onions, and mushrooms. Mash all fine together, moisten with a little cream; roll each cutlet in this forcemeat, cover them with bread crumbs, lay them on a baking-tin, and place them in the oven till they are of a fine brown; the oven should not be too hot. Serve with shallot gravy or other clear sauce.

229. Beef-Steaks or Mutton-Chops.

It is absolutely necessary, to make them good, that they

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should be cooked *over* a sharp red fire. The gridiron should be on the fire about two minutes before the chop or steak is laid on. They should be beaten a little beforehand, to set the meat and prevent it from shrinking, well seasoned with pepper and salt, and turned often to keep the gravy in the centre. Ten minutes will do a steak of half a pound weight, and about six minutes a chop.

230. Mutton or Lamb Chops au Feu.

Cut them rather thin, mince an onion and some parsley leaves very fine, add some oil; rub the chops well with this, leave them to soak in it two hours, season with pepper and salt. Broil over a sharp fire, and serve immediately.

231. Relishing Cutlets or Steaks.

Chop fine a tablespoonful of green pickled chilis, mix with two ounces of butter a little mustard and a spoonful of grated horseradish. The cutlets or steaks should be cut rather thick. Season them with salt, and spread the above mixture on both sides. Put them on a gridiron over a sharp fire, turn them three or four times. Serve on a very hot dish, with the juice of half a lemon and a dessert-spoonful of walnut ketchup.

232. Lamb Chops à la Boulangère.

Cut and trim neatly cutlets enough for a small entrée—say ten or twelve—season highly with salt and pepper and a little cayenne, dip them gently in olive-oil and then in flour. Broil them over a slow fire. While they

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gridiron with another piece of oiled paper under it; broil on both sides over a gentle fire, and serve in the paper.

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Cut your cutlets thick and short, put them in a stew-pan with a piece of butter about the size of half an egg; pass them on the fire till a little browned; wet them with a glass of white wine, the same quantity of broth; add a dozen little white onions; stew over a gentle fire for half an hour; then add a pound of bacon, a carrot, and a parsnip, a small piece of savory, and parsley, all minced, a little salt and pepper, and a dessert-spoonful of vinegar. Stew till the cutlets are very tender and the sauce reduced. Lay the cutlets on the dish, the sauce and onions round, and the minced bacon and roots over them.

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Stew them with broth, a very little salt, and a bunch of sweet herbs, quite slowly. When done tender, skim off the fat, pass the broth through a sieve, set it on the fire again, and reduce to a glaze. Glaze your cutlets, and leave them to cool. Take a piece of veal, some beef-suet, two eggs, a little salt and pepper, parsley, onions, and mushrooms. Mash all fine together, moisten with a little cream; roll each cutlet in this forcemeat, cover them with bread crumbs, lay them on a baking-tin, and place them in the oven till they are of a fine brown; the oven should not be too hot. Serve with shallot gravy or other clear sauce.

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are doing, put a gill of cream in a stew-pan, set it on the fire, and when boiling add two ounces of fresh butter, a tablespoonful of chopped chervil, the juice of half a lemon, and a little pepper and salt; stir quickly till it forms a nice smooth sauce; pour it over the cutlets when done, and serve quickly. Fillets of veal or rabbits are good done in this way.

233. Mutton Cutlets aux Concombres.

Take a neck of mutton, cut it into chops, and trim them nicely. Chop some parsley and shallot very fine, and put them in a little melted butter; dip the chops in this and then into bread-crumbs. Put them in the frying-pan, and fry of a fine light brown. Prepare two cucumbers by cutting them in four quarters, removing all the seeds; cut them in oval shapes about an inch long; boil them in half vinegar and water till tender. Make a sauce with the trimmings of the cutlets, some minced shallot and herbs; put the cucumbers into the sauce and make them very hot. Serve in the centre of the dish with the cutlets arranged round.

234. Irish Stew.

Four pounds of potatoes, and a pound and a half of mutton, six or seven good sized onĭons, and one carrot. Cut the meat in moderate sized pieces, if the breast or scrag end of the neck, or in cutlets. Add three pints of water; stew very slowly till the potatoes are nearly done to a pulp; a few more potatoes should be added about half an hour before it is ready to serve. Season with pepper and salt. This is enough for six or seven persons.

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235. Lamb Chops à l'Africaine.

Cut a lamb chop or cutlet, broil over a very sharp fire, turning it continually; when nearly done season highly with salt and pepper, and rub a spoonful of chutnee on both sides of each cutlet, put them again on the gridiron; broil for another minute and serve.

236. Lamb's Head Stove.

Wash and trim the head carefully, then put it on to stew in some good stock. When nearly done enough add a good quantity of spinach well washed and coarsely chopped; thicken the sauce with a little flour, and season with pepper and salt. It will take rather more than an hour to stew; two or three young onions minced and added is an improvement. Serve all together in a deep dish.

237. Lamb's Head and Fry.

Skin the head and split it, take out the tongue and brains, wash and clean it, and the liver, heart, and lights, and lay the whole to soak in boiling water for half an hour; then put on the head to boil, it will require a little more than three hours. While it is boiling take the fry and mince it very small, put it on to stew in a quart of veal broth; add some minced parsley, a little ketchup, a spoonful of cream, a small piece of butter rolled in flour, and season with pepper and salt. When the head is sufficiently boiled brush it over with the yolk of an egg; sprinkle it with chopped herbs and bread-crumbs, baste it with butter, and brown it in a Dutch oven or before the fire. Keep the mince hot while it is browning, then

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lay it in the dish with the head over, and garnish with the brains, and the tongue cut in half lengthways. They should be separately stewed in broth, and a little lemon-juice squeezed over the brains just before serving.

238. Queues de Mouton.

Take five mutton tails, put them on a gentle fire with some broth, a bunch of parsley and small onions, half a clove of garlic, a bay-leaf, thyme and sweet basil, two cloves, and a little pepper and salt; when thoroughly done take them out to drain and cool. Take six ounces of rice, wash it in warm water, strain what broth may be left from stewing the tails, if not enough add a little more broth, put in the rice and stew till it is quite tender; when ready make a foundation of the rice on the dish you mean to serve it in, lay the mutton tails quite separate on the rice, cover them over with the remainder of the rice; glaize the outside with an egg, put the dish into the oven with a tin cover over till the rice forms a crust, tilt the dish that any grease may drain off. Wipe the dish clean and serve very hot.

239. Langues de Mouton.

Blanch them, cut them longitudinally through the middle, and put them on the gridiron over a clear fire. When done enough serve with a sauce piquante. (See Sauces.)

240. Emincé of Mouton.

Mince the meat of an uncooked loin of mutton with half a pound of the fat; add a spoonful of salt, a teaspoon-

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ful of pepper, two large onions cut in dice, a pint of green peas, four cucumbers cut in dice, a lettuce, a sprig of thyme, and a quarter of a pound of butter, with four spoonfuls of water; let all stew together for three hours, and serve with rice round. Celery or asparagus may be used instead of peas.

241. Hashed Venison or Mutton.

For gravy boil a part of the bone and trimmings of a cold haunch in a little water, season with peppercorns and salt. Strain and thicken it with a bit of butter rolled in flour; add a glass of port wine, a tablespoonful of mushroom ketchup, and one of currant jelly. When hot add the venison cut in thin slices, heat it thoroughly and serve with sippets of toasted bread. Cold haunch of mutton may be dressed in the same way.

242. Hashed Mutton à la Nell Gwynne.

Half a pint of mushroom ketchup, half a pint of white wine vinegar, half a dozen shallots sliced fine and stewed for two hours in this liquor; then put in a pound of previously parboiled collops of mutton, and stew gently till ready to serve.

243. Beef à la Vinaigrette.

Cut a slice of underdone boiled beef three inches thick, see that some fat is with it. Stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf. Season it with pepper and three cloves pounded; let it stew till the liquor is nearly wasted, turning it occasionally. Strain off what may be

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left, to which add some vinegar, and when the beef has become cold serve it with it for sauce.

244. Hashed Mutton.

Rub a little flour and butter in a stew-pan till brown, then add as much more butter as will make it the consistence of good cream, put in some chopped onions, let them stew till tender. Cut three slices of mutton lean and fat about an inch in size, put them into the sauce with some pepper and salt, a spoonful of ketchup or Harvey, some chopped gherkins, or hot pickles. Make very hot and serve.

245. Tourte de Côtelettes de Mouton à la Perigord.

Take a neck of mutton, cut into short thick cutlets, and arrange them in your pie dish, or in a raised crust. Take as many middle-sized truffles as cutlets, peel and place between each cutlet; season with a little salt and mixed spices, cover it with thin slices of bacon, and over that a layer of good butter about the thickness of a shilling, cover the whole in with pie crust, and bake for three hours. When done raise the top of your crust and pour in a glass of wine warmed, with two tablespoonfuls of cullis. Skim off any grease with a spoon, and replace the crust.

246. Perdreaux au Celery Blanc.

Take three partridges, make a forcemeat of the livers and stuff them with it; blanch them in a hot marinade for a few minutes. Spit them across, lay on them slices

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of bacon, cover them with paper, and roast them gently about twenty-five minutes. For your sauce take the white part of six or eight heads of celery, split them two or three times, and cut in pieces about an inch long, blanch them a few minutes in water, then boil them in good broth for an hour; put in a bit of butter mixed with flour a liaison of four or five eggs beaten up with some cream, a little pepper and salt; pour it into the sauce when it is boiling hot; move it about for a minute on the stove, squeeze in a little lemon-juice. Take the partridges off the spit, and serve with this sauce over them. It is also excellent with boiled partridges, chicken, or pheasant.

247. Poulets aux Petits Pois.

Cut your chickens into pieces, put them into a stew-pan, with a pint of green peas, a bit of butter, a bunch of parsley, and some small onions; set the pan for a minute or two on the fire, then add a good pinch of flour, and moisten sufficiently with half broth half gravy. Stew slowly till quite tender and reduced to the proper quantity. Just before serving, season with a small quantity of salt and a little sugar.

248. Fricassée of Chicken.

Parboil your chickens, skin them, cut them in pieces, and put them in a stew-pan with some strong broth, whole pepper, a blade of mace, a little salt, two anchovies, and a green onion. When nearly done, add half a pint of cream, a very little bit of butter mixed very smoothly in flour, and a teaspoonful of mushroom powder. Stir

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over the fire till it thickens. Beat up the yolks of two eggs, mix them in carefully, add the juice of an orange or lemon, strain it off, dish the chicken, and pour the sauce over.

249. Another Fricassée.

Skin your chickens, cut off the shanks and pinion bones, separate the legs, wings, and breast, break the leg bones with a rolling pin, remove the bones, put all the flesh into water, and blanch over a stove. When this is done, put them again into cold water. When they have soaked a little while, take out and drain them, put them into a stew-pan, with a little melted bacon, a small piece of fresh butter, a bunch of herbs, an onion stuck with cloves, and some mushrooms. Season with salt and pepper. Toss all this up together over a stove, then moisten with half broth half water, and set it over a gentle fire. Beat up the yolks of four eggs in cream, and mix in it a little shred parsley, peas, or asparagus-tops, or use it plain. When the liquor is diminished enough, thicken it with the eggs and cream without removing it from the stove, and serve when sufficiently done.

250. Poulets à l'Estragon.

Boil for a quarter of an hour a large pinch of tarragon leaves, throw them into cold water, press and hash them. Mix about a quarter of this with the chickens' livers minced, a little salt and pepper, and a bit of butter. Put this kind of forcemeat inside the chickens, cover the breasts with a slice of fat bacon or lard, and roast them in paper about twenty-five to thirty minutes. Put the rest of the hashed tarragon into a stew-pan, with

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a bit of butter the size of a large walnut rubbed in a little flour, two yolks of eggs, half a glass of gravy, two spoonfuls of good broth, a few drops of vinegar, some whole pepper, and salt. Thicken your sauce on the fire without letting it boil, lest the eggs should turn. Take the paper and bacon off your chickens, place them on a dish, and pour the sauce hot over them.

251. Capilotade of Chicken.

Cut up two chickens that have been either roasted or boiled previously, skin them, and put them into a stew-pan, with a piece of butter rolled in flour, set them on the fire for a few minutes, then pour a brown Italienne over (see Sauces), and let them simmer a quarter of an hour over a slow fire. Take care the sauce does not stick to the pan. Add to the sauce either capers or minced gherkins. Fry some thin slices of bread of a light-brown, glaze; then arrange them round the dish, with the chicken in the centre, and pour the sauce over.

252. Matelotte de Petits Poulets.

Cut up your chickens as for a fricassée, legs and wings, pinions, and the breasts and backs, into two, put them into boiling water on the fire for two or three minutes, then place them in a stew-pan with a slice or two of ham, a ladleful of mixed veal gravy and cullis, a bunch of onions and parsley, a little sweet basil, half a shallot, some pepper and salt; stew all together gently for an hour. Then strain the sauce, add some more cullis, a few button mushrooms or sliced truffles, a squeeze of orange or lemon-juice; dish the chicken, pour the sauce over

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and serve. This may be varied with peas or asparagus tops, instead of mushrooms or truffles.

253. Cold Minced Chicken aux Fines Herbes.

Mince some mushrooms and sweet herbs, add mace, pepper, lemon zest, and a little salt, two tablespoonfuls of cream, and a piece of butter. Stew them together till the whole are well cooked, then remove the herbs; add the white meat of a cold chicken previously minced, some finely minced chervil and parsley, and the squeeze of a lemon. Just heat it thoroughly and serve with fried croustades of bread round it.

254. To Dress Cold Chicken, Veal, or Game.

Cut them up and put them into a good well-seasoned stock, let it come to a boil, and then set it to simmer for half an hour; add a small piece of butter rubbed in flour, a boned anchovy, a minced onion, and a small piece of shallot, a little salt and cayenne, and a tablespoonful of port wine. Let it stew together about ten minutes longer; shake it frequently and it will be ready to serve.

255. For an Aspic of Fillets of Chicken.

First put a little aspic into the mould to acquire a substance. When it is set cut some shapes of hard-boiled yolks and whites of eggs, truffles, gherkins, and beetroot; when you have arranged all these decorations pour in some liquid aspic gently to settle all together, and put it in the mould on the ice to freeze, then arrange the fillets of chicken previously cooked, skinned, and cut in a good

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shape, neatly all round, pour in as much more aspic as will set the chicken, then put round and over the chicken some mayonnaise or Beurre de Montpellier, over this as much cold aspic as will cover it, otherwise the butter or sauce would dilute in the jelly and cause it to look muddy. Fill the mould now with the liquid aspic as full as it will hold and let it freeze. When ready to serve dip a cloth in hot water, wrap it round the outside of the mould, which will loosen it, and turn it out on the dish.

256. L'Aspic for the Above.

Take a handful of aromatic herbs, such as burnet, chervil, and tarragon, boil them in white vinegar; when the vinegar is well flavoured pour into the stew-pan some reduced consommé of fowl. Season with salt and pepper and a little spice, then break the whites of four eggs into a pan, and whisk them well, pour the aspic on them, and put the whole again in a stew-pan on the fire, keep beating and stirring till the jelly gets white, it is then very near boiling, put it on the corner of the stove with a cover over it and a little fire on the top; when quite clear and bright strain it through a jelly bag or sieve, and it is ready to use when wanted.

257. Another Aspic.

Put a knuckle of veal, a small part of a knuckle of ham, and some trimmings of fowl or game into a small stock-pot, with onions, carrots, a bunch of sweet herbs, pepper and salt; pour over half a bottle of white wine and some good broth; let it boil gently for four hours, then skim off all the fat and strain it through a silk sieve;

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put it into a stew-pan with two spoonfuls of tarragon vinegar, four whites of eggs, and if you think it requires it, some more pepper and salt. Stew it on the fire till it becomes very white, then set it on one side with a little fire over the cover, when you find it clear drain it through a jelly bag. If this is required for garnishing raised pies or galantine, the vinegar may be omitted.

258. Mayonnaise de Perdreaux.

Roast three partridges, leave them to cool, cut them in pieces, put them in a pan with four shallots, a little tarragon and burnet minced, four spoonfuls of oil, three large ones of broken aspic jelly, a little pepper and salt, and a large spoonful of tarragon vinegar. Mix all well together, dish the partridges, putting the breasts and backs at the bottom, and the other pieces round, cover with a good mayonnaise (see Sauces), and garnish with aspic jelly, or beurre de Montpellier. Chicken can be done the same.

259. Scollops of Fowl à l'Essence de Concombres.

Take the white-meat of three fowls, and cut it into scollops the size of a half-crown piece, put them into a frying-pan with a little butter, and fry them on both sides over a brisk fire for a few minutes, taking care they do not brown. Cut four or five cucumbers into slices, the same shape and size; put them into a basin with a little salt and half a glass of vinegar, let them soak in this one hour, then drain them on a napkin, and put them into a stew-pan with a small piece of butter; let them fry a little without colouring, sprinkle a spoonful of flour over them, add sufficient broth to cover them

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well, a small bit of sugar, and a bundle of parsley and green onions. When the cucumbers are sufficiently done, lay them on a dish covered over till you want them. Take the parings, fry them in a stew-pan with a little butter, add the sauce in which you have boiled the cucumbers, skim off all the butter and fat, reduce the sauce till it is quite thick, add all the juice that may have escaped from the cucumbers in stewing them, and three spoonfuls of béchamel; rub the whole through a tammy. Now put into the same the scollops of chicken and the cucumbers, add a little salt, and, if the sauce is too thick, a spoonful of double cream. Heat all thoroughly, and serve, garnished with small forms of light pastry round the dish.

260. Turkey aux Truffes.

Put two dozen peeled truffles into godiveau or forcemeat, and fill the breast of the turkey; let it remain in for a week before it is roasted; serve with sauce aux truffes. Pheasants or fowl may be done in the same way.

261. Une Dinde Rôtie Parfaite.

Cover the turkey with slices of bacon and white paper; just before it is quite done take off both bacon and paper, that it may get a nice brown. Stuff it with fifty chestnuts, a little sausage meat, and two pounds of truffles. A turkey requires about forty-five minutes to roast.

262. Turkey Legs.

Take a sweetbread, clean and scald it, cut it in square

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pieces the size of dice, cut some mushrooms as nearly as possible the same shape ; put them into a saucepan, with some grated bacon, parsley, small onions, shallot, and sweet basil, minced fine, some coarse pepper, and the yolks of two eggs ; shake them well together. Take two raw turkey legs, remove the bones, leaving just a little bit at the end for show. Stuff the legs with the sweetbread, etc. ; sew them up, so that nothing can come out. Put them to stew in a glass of good broth, one of white wine ; add a bunch of parsley and small onions, and a little salt. Cover with slices of bacon, and stew over a gentle fire. When done, and but little sauce remains, skim it, take off the bacon and the bunch of parsley, add two spoonfuls of cullis, and thicken with yolk of an egg, and serve just before sending to table. Squeeze over the legs a little orange-juice.

263. Pigeons à la Tartare.

Singe your pigeons, truss them as for boiling, flatten them with a cleaver on the dresser as thin as you can without breaking the skin of the breast or back ; season them with pepper and salt, dip them in melted butter, and dredge them with grated bread-crumbs. Broil them on a gridiron half an hour before you want them, turning them often, and broiling them thoroughly. Make the sauce as follows :—Mince a spoonful of parsley very fine, a shallot or a piece of onion, two spoonfuls of pickles, and a boned anchovy ; mince all separately very fine, then squeeze over them the juice of a lemon, add half a spoonful of water, six spoonfuls of oil, and a little pepper ; mix all these ingredients together, and just as you are

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going to serve, rub in a spoonful of mustard. Put the sauce into the dish and the pigeons over it, and serve.

264. Poulets à la Tartare.

Cut the chicken in half, singe it over the fire, marinade it with a little melted butter, one clove of garlic, two or three small onions, some parsley and mushrooms, all hashed together, a little pepper and salt. Cover it with bread-crumbs, and boil over a sharp fire. Serve with a tartare or piquante sauce (see Sauces). Grouse is excellent dressed in the same way.

265. To Stew Old Partridges.

Put them in a stew-pan, with a little salt, pepper, a bunch of parsley, small onions, thyme, two bay leaves, some sweet basil, a clove of garlic, and as much broth as will cover them. Stew gently over a slow fire till all the broth is exhausted; let them brown just a little, and serve with a sauce poivrade (see Sauces).

266. Salmi of Grouse or Partridge.

Cut them in joints, put the trimmings with some stock into a stew-pan, boil it an hour, strain and skim off the fat, thicken with brown roux, put in a little onion and shallot minced fine, put it on to boil again. A little before serving put in the game; season with salt and pepper, and make it very hot; if for boiled duck add a glass of port wine, and the squeeze of a lemon.

267. Fillets of Turkey.

Cut the breast of a turkey in collops, put some broth of

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pieces the size of dice, cut some mushrooms as nearly as possible the same shape ; put them into a saucepan, with some grated bacon, parsley, small onions, shallot, and sweet basil, minced fine, some coarse pepper, and the yolks of two eggs ; shake them well together. Take two raw turkey legs, remove the bones, leaving just a little bit at the end for show. Stuff the legs with the sweetbread, etc. ; sew them up, so that nothing can come out. Put them to stew in a glass of good broth, one of white wine ; add a bunch of parsley and small onions, and a little salt. Cover with slices of bacon, and stew over a gentle fire. When done, and but little sauce remains, skim it, take off the bacon and the bunch of parsley, add two spoonfuls of cullis, and thicken with yolk of an egg, and serve just before sending to table. Squeeze over the legs a little orange-juice.

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267. Fillets of Turkey.

Cut the breast of a turkey in collops, put some broth of

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veal into a stew-pan, with an onion and a bunch of sweet herbs. Let it boil rather more than half an hour; strain and thicken it with white roux and a little cream; beat up the collops in this; add salt and pepper, and the squeeze of a lemon. A little finely-minced parsley may be added.

268. Jugged Hare.

Cut the hare in moderate-sized pieces, wash it and put it into a stone jar, just large enough to hold it, with a bunch of sweet herbs, some lemon-peel, a large onion with five cloves stuck in it, a quarter of a pint of port or claret wine, and the juice of a lemon; tie the top of the jar down with a bladder, so that no steam may escape; put the jar into a saucepan of boiling water sufficiently deep to cover it; keep the water boiling nearly three hours. Take it out, strain the gravy from the fat, and thicken it with flour and give it a boil up; lay the hare on the dish, and pour the sauce over it. Serve with currant jelly.

269. Canard à la Bearnoise.

Stew a duck in a little broth, half a glass of white wine, a bunch of parsley, thyme, sweet basil, and small onions, two bay leaves, and two cloves. Put into another stew-pan seven or eight large onions cut in slices and a bit of butter; pass them on the fire, turning often till they get a colour; then add a good pinch of flour; moisten with the liquor the duck was stewed in; stew the onions and reduce the sauce; skim off the fat, and add a squeeze of lemon or a few drops of vinegar, pour it over the duck, and serve.

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270 Canard à Purée Verte.

Take rather more than a pint of green pease, boil them in a little broth, and rub them smooth through a sieve; stew a duck in broth, with salt, whole pepper, half a clove of garlic, some small onions, parsley, thyme, basil, and bay leaves. When done enough, pass the sauce through a sieve, and add it to the purée of peas; reduce the whole to a good consistency, about that of thick cream. Serve the duck with the purée over it.

271. Ragout of Duck.

Half-roast the duck and cut it into joints, put it into a stew-pan with a pint and a half of broth, a large onion with four cloves stuck in it, a little whole allspice and black peppercorns, and the rind of half a lemon cut thin; when it boils, skim it well; then put the lid on the saucepan, and let it simmer an hour and a half. Put into another stew-pan two ounces of butter, and work into it as much flour as will make a stiff paste; strain the sauce from the duck to this, mixing it by degrees; when it boils, add a glass of port wine, a squeeze of lemon, and a spoonful of salt. Put the duck, which you will have kept very hot, into the dish, and strain the sauce over. Serve with sippets of fried bread.

272. Salmi de Becassines.

Take three woodcocks or four snipes, divide them, cut them in joints—the breast and backs in two pieces—lay them aside on a plate, and in the dish on which the birds

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were cut, and which ought to be of silver, break up the livers and trail of the birds ; squeeze over them the juice of four lemons ; add the peel of one minced very fine ; then place the birds on the dish, seasoned with a few pinches of salt, a little white pepper, nutmeg, and cayenne, two spoonfuls of French mustard, and half a glass of white wine. Put the silver dish over a spirit lamp ; keep moving each piece that the seasoning may penetrate and mix properly. Do not allow it to boil, but just as it comes to it put out the lamp, sprinkle with a little good olive-oil, keep stirring it for a minute or two, and serve instantly that it may be as hot as possible. All sorts of game is good dressed in this way.

273. Salmi of Woodcock.

Cut in pieces two woodcocks, previously half roasted ; put them into a stew-pan, with three quarters of a pint of gravy, an onion with two or three cloves stuck in it, an anchovy, a piece of butter rolled in flour, a little cayenne, and salt to taste ; simmer for about a quarter of an hour, but do not let it boil ; then put in a glass of red wine and a squeeze of lemon. The livers and trails should be bruised in the sauce. Serve very hot.

274. Salmi of Duck.

Cut off the fillets of roasted duck, and the rest of it in pieces ; mix salt and cayenne pepper together : sprinkle it over them ; add half a wine glass of olive-oil, a glass of claret, and the juice of two Seville oranges ; shake it well over the fire till very hot, and serve.

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280. Lapereaux aux Fines Herbes.

Cut two rabbits or leverets in pieces, trim and put them into a stew-pan with some butter, salt, and pepper; some parsley, shallot, and mushrooms all minced. Pass them over the fire for a quarter of an hour, squeeze a lemon over them, and serve.

281. To Roast Game.

No game can be good that is not carefully roasted and thoroughly well basted. It is more tender if cooked immediately than if kept a night; burying it in the ground for a few hours if required to eat immediately makes it more tender; about three days is the best time to keep it. Ducks should be roasted but a short time, and basted with their own drippings, a little butter, and port wine. Partridges will require about twenty minutes, grouse twenty-five, snipe and woodcocks fifteen; the latter should have buttered paper over them till they are nearly done, it is better than bacon, which spoils their flavour; a hare requires about an hour, and should be basted with cream and dredged with flour.

282. To Roast Grouse.

Two brace of birds will require a pound of fresh butter to baste them; the butter should be put in a basin and allowed to melt before the fire. The birds should not be placed too near the fire at first, and should be basted soon after they are put down, and this should be continued without intermission till they are ready to serve. If you wish to serve them English fashion with a gravy, you must make it from grouse, as all meat gravy would

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spoonfuls of chili vinegar, and four of oil. Mix all well together; whip half a pint of cream, which add by degrees to the sauce, and pour over the salad; do not mix it till you help it.

278. Salmi de Chasseur.

Roast three partridges as for other salmis; put into a stew-pan three spoonfuls of oil, half a glass of claret, or other red wine, salt and pepper, cayenne, and the juice and zest of a lemon; put in the partridges previously cut up, toss them over the fire in this sauce till they are very hot, and serve.

279. Salmi à l'Ancienne.

Prepare three partridges, lard and roast them, let them be underdone; when cold cut them in pieces, take off the skin, pare and arrange them in a stew-pan, pour over a little stock, and set them to simmer; add six shallots and a little lemon-peel, also four large spoonfuls of reduced espagnole (see Sauces), let it reduce half, pass the sauce through a tammy. Take the trimmings and parings of the partridges, moisten them with a little of the sauce, pound them in a mortar as fine as possible, and rub through a tammy; pour this purée over the partridges in the stew-pan, heat it in a bain marie, arrange the salmi in a dish with fried croutons of bread between each piece, and pour the sauce very hot round. Pheasant is excellent dressed the same way, but should have the addition of a glass of red or white wine, the juice and a small bit of the peel of a Seville orange.

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spoil this bird; while they are roasting thin slices of crisp toast should be placed to receive the drippings, and a piece placed under each bird when served. In the Scotch fashion make some toast like buttered toast, crisp it before the fire, place it under the birds, and serve with thin melted butter. All should be very hot.

283. The Admiral's Curry.

Put about an ounce of butter into a stew-pan, and as soon as it is hot slice into it four onions, some carrots and turnips; let them brown over a sharp fire, and rub through a tammy. When done sufficiently, then add some good veal stock to the sauce, a teaspoonful of curry powder, and one of curry paste, also a dessert-spoonful of chutnee. Mix all this well together with a wooden spoon for about ten minutes; now put in whatever meat you choose—rabbit, fowl, or fish—cut in rather small pieces; stew over a smart fire, adding occasionally a little weak broth or milk that the curry may not get too dry. Let all simmer together, and an excellent curry will be the result. Milk is considered a great improvement to curry, either sweet or butter milk; if the former is used, a little lemon-juice should be added to it. In India fresh tamarinds are used with it. The sauce from pickled mangoes is a great improvement; it should not be put into the sauce, but eaten with the curry.

284. To Boil the Rice.

Throw the rice, having first well washed it, into boiling water; there must be enough quite to cover it. Let it boil exactly sixteen minutes, but not too fast. When

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done sufficiently, and while still boiling, dash some cold water into the pot, and immediately remove it from the fire, throw the rice into the colander to drain ; cover it with a napkin, and when all the water has completely drained from it serve.

N.B.—The dash of cold water has the effect of separating the grains of rice.

285. The General's Curries.—A Dry Curry.

Two or three common-sized onions to be sliced and fried brown in a little butter, and then worked into a paste with water, a tablespoonful of curry powder, and a little salt. Cut up the fowl, meat, or fish, add it, and stir up the whole without ceasing till the meat is thoroughly cooked.

286. A Wet Curry.

Cut the meat, fowl, or fish into small pieces ; put them, with a piece of butter and two or three onions sliced, into a stew-pan ; fry them till brown. When nearly done, add a tablespoonful of the curry powder and some salt, and simmer the whole gently, with a little water or broth, until it is sufficiently cooked. Remember to keep constantly stirring.

287. To Boil the Rice.

Put two quarts of water in a stew-pan, with a tablespoonful of salt ; when boiling add half a pound of rice, well washed. Boil for about ten minutes till the grains become rather soft. Drain into a colander. Slightly grease the pot with butter, and put the rice back into it.

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Let it swell slowly for twenty minutes, either near the fire or in a slow oven. Each grain will then swell and be well separated, when it is ready to serve.

288. Curry Powder.

Coriander seed, well washed	8	oz.
Turmeric	9	„
Dried ginger	8	„
Black pepper	6	„
Dried chilis	2¼	„
Cardamoms	4	„
Cinnamon	4	„
Garlic	1	„

289. Bengal Curry Powder.

Black pepper	5	oz.
Cayenne pepper	1	„
Coriander seed	13	„
Fenugreek seed	3	„
Cummin seed	3	„
Turmeric	10	„

290. The Professor's Curry.

Take a good handful of onions sliced, and put them, with two ounces of butter, into a stew-pan; let them stew till quite soft, then fry them very brown and take them out of the butter. Cut whatever meat you intend to curry into small pieces, put them into the butter, and fry them brown also. Then take them out, and put in two teaspoonfuls of curry powder, and fry it till all the

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butter is absorbed. Now put back the onions and meat into the pan with the curry powder, and pour sufficient milk over the whole to cover it, squeeze in a little lemon-juice, add a spoonful of salt, and let the whole stew very gently till all the liquid is absorbed, and like a paste over the meat. It is essential that this curry be cooked in a stew not a frying pan. Buttermilk may be used if preferred; in that case leave out the lemon-juice.

291. To Boil the Rice.

It should first be well washed, and then put into plenty of water, not less than a quart to a quarter of a pound of rice. This may be either hot or cold. It must be boiled as fast as possible, and will require about twenty minutes. When the water assumes a white appearance it is usually done enough; but the rice should be tried to be sure it is soft. Pour the water off, and lay the rice on a sieve to drain, covered over with a cloth. As soon as all the moisture is absorbed it is ready to serve, and should be quite soft, and each grain separate.

292. The Baronet's Curry.

Take a young fowl and divide it as for a fricassée, removing all the skin and fat; mix a teaspoonful of cayenne pepper with two tablespoonfuls of curry powder; rub it well into the fowl. Cut eight large-sized onions into shreds; put a quarter of a pound of butter into a clean frying-pan, and set it over a clear fire; take great care that the butter neither burns nor oils. As soon as it is well browned, put the fowl into it, keeping it on the fire and turning it frequently with a fork till it is well

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Let it swell slowly for twenty minutes, either near the fire or in a slow oven. Each grain will then swell and be well separated, when it is ready to serve.

288. Curry Powder.

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Dried ginger	8	„
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browned on both sides. Have ready a stew-pan which has been previously heated ; place the fowl in it, and put the onions into the frying-pan till they are browned ; then add them to the fowl in the stew-pan, with a quarter of a pint of new milk, twenty almonds blanched and pounded, the juice of one lemon, a little salt, and a wine-glassful of fresh sorrel-juice ; put the stew-pan on a gentle fire, and let it simmer, but not boil, for an hour and a half, frequently shaking it. Serve very hot.

293. Curry Powder for the Above.

The best turmeric six ounces, coriander seed ten ounces, cummin seed two ounces, well pounded and sifted together. Cayenne and black pepper to be added to taste when the curry is made.

294. To Boil the Rice.

Wash the rice thoroughly in cold water ; have some water boiling very fast (there should be plenty of it), and throw the rice in ; boil about a quarter of an hour. To ascertain if it is done enough, rub a grain in your fingers, if it goes quite down, it is done enough ; strain it into a colander ; pour a cup of cold water over it, and put it back into a covered saucepan near the fire till ready to serve.

295. Rabbits à la Provençale.

Cut the rabbits in pieces ; put them in a stew-pan with some good olive-oil, salt and pepper, and some onions cut in slices ; fry them of a light brown ; take them out and dry them on a cloth. Then return the rabbits and onions

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to the stew-pan with the addition of a clove of garlic minced fine, a small spoonful of espagnole, and some tomato sauce, and stew until sufficiently done.

296. Hare or Rabbit Hashed or Stewed.

Cut them in pieces (the stew-pan should be flat, so that each piece may touch the bottom); heat the pan, then put in about half a spoonful of lard; place the pieces of hare or rabbit in the pan, so that each piece touches it; as soon as they begin to brown sprinkle them with two handfuls of flour (they should be browned on both sides); add a few small onions; let the pan remain five minutes over a moderate fire, then pour over a pint of boiling water; season with salt and pepper, two cloves, three allspice, and a bit of garlic about the size of a pea, two bay leaves, and a small bunch of parsley. Let the whole simmer slowly nearly an hour and a half; now add to the whole, half a bottle of good claret, and continue to simmer for two hours longer, when it will be ready to serve. Care must be taken not to have too much fire, or it will become dry.

297. Filets de Lièvre en Poivrade.

Take a hare that has been already roasted, cut the meat into fillets; if you have not enough to fill your dish you may leave the bones in, otherwise the meat alone is best. Place it in a stew-pan with some sauce poivrade (see Sauces); make it very hot, but do not let it boil, and serve with sippets of fried toast.

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298. Boudins of Rabbit.

Boil the rabbit well; pick the meat from the bones; pound it very fine in a mortar with a small piece of butter; add a little good gravy, a little parsley, and sweet herbs; season with pepper and salt; add a few bread-crumbs and three eggs; beat it up well. You may cook them in cups or timbale moulds. Butter and flour them first. Put in the boudins, and steam them about three-quarters of an hour. Turn them out, and serve with a rich béchamel. If you have rabbits enough, use only the white meat.

299. Quenelles of Chicken.

Take the breast of a fowl and scrape all the meat from the sinews, the same quantity of suet and shred it very fine. Put it in the mortar and pound as smooth as possible; then take the crumb of a penny roll, wet it in milk, add it to the meat in the mortar, and pound a little more; rub it through a fine sieve, return it to the mortar, and mix it thoroughly, first with one whole egg, and then with the white of another; season it with salt and pepper to taste, take it out with a tablespoon, smooth it over the top, and put each into a stew-pan with as much broth or water as will cover them. Ten minutes is sufficient to cook them. Serve with a béchamel sauce.

300. Quenelles aux Truffes.

Boil a young fowl, skin it, scrape all the white meat clear from sinews, pound it very fine in a mortar, soak some crumb of light bread either in broth or milk, boil a calf's

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udder and pound that smooth also; mix all well together; season it with pepper and salt; add three eggs and some minced truffles; mix well. Have ready some boiling water; take up a tablespoonful of the mixture, smooth it over, throw into the water, and poach like an egg. Serve with a strong clear gravy.

301. Veal Cake (Cold).

Take a breast of veal; bone it and cut it into three parts; season it with cayenne pepper, white pepper, nutmeg, mace, cloves, and salt; mince a good quantity of parsley with two anchovies fine, and strew it over. Boil four eggs hard, cut them in halves; cut some lean bacon half an inch thick; put a large slice of butter in a basin, then a piece of veal, stew it with the parsley, and lay over half the eggs, then slices of bacon, and so on till the basin is full. Lay the bones on the top to prevent it from getting dry; put it in a moderate oven for four hours. When you take it out, remove the bones, and lay a weight on to press it; make it solid; garnish with aspic-jelly and parsley, and eat it with any cold sauce you like, or vinegar, mustard, and sugar.

302. Blanquette of Veal à la Paysanne.

Roast a neck or loin of veal; when cold, cut it into collops; season well, and put it into a stew-pan with some sauce tournée (see Sauces), some finely-chopped parsley, and the juice of half a lemon. Reduce the sauce, and thicken with the yolk of an egg. Serve very hot.

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303. Tendons de Veau a la Ravigote.

Stew the tendons very tender in broth; let them cool, turn them, arrange them neatly in your dish, and pour over a cold ravigote. Border the dish with beurre de Montpellier or aspic.

304. Veal Cutlets.

Take a leg of veal, cut the cutlets a neat size and shape, and beat them flat; strew over them a little black pepper and salt; beat up an egg with a little minced parsley and shallot; dip the cutlets into this, and then into bread-crumbs, and fry them a good brown. Serve with shallot-gravy or sauce piquante.

305. Macaroni Pie.

Bone a fowl and cut it into quarters; blanch it, boil it tender with a few onions, thicken the gravy with the yolk of an egg. Wash the macaroni clean; boil it for a quarter of an hour; have about two ounces of Parmesan cheese grated; mix all together with pepper, salt, and a little good butter; then put it into a raised paste, and bake in a sharp oven for one hour.

306. Chicken Pie aux Feuilletages.

Cover the bottom of the dish or pattypan with a light paste; cut your chickens as for a fricassée; lay them in and season with pepper, salt, and a bit of mace; put in a little bundle of green onions and parsley tied, and two spoonfuls of broth; cover with thin slices of bacon; put

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the lid on neatly, and bake it about an hour and a half. Before serving, take off the top, remove the bacon and herbs, and skim off any fat. Have ready a ladleful of cullis, with some asparagus points or peas boiled; add the juice of a lemon, make it boiling hot, pour over the chickens, and serve. Young rabbits are good dressed in the same way.

307. Veal Pie.

Take the middle or scrag of a small neck, cut it into nice pieces, season with pepper and salt. Lay in the bottom of the pie-dish some slices of ham or bacon; then the veal and some hard-boiled yolks of eggs, a little minced parsley and green onions, and two spoonfuls of veal stock. Cover with a good puff paste, and bake about an hour and a half.

308. Partridge Pie, raised.

Bone as many partridges as you will require for the size of the pie. Put inside a whole peeled raw truffle, and enough forcemeat to fill each. Make your raised pie-crust in a mould, lay a few thin slices of veal at the bottom and a layer of forcemeat, then the partridges; fill up the corners with truffles, cover over with slices of fat bacon, then with paste, and bake for four hours. It should be eaten cold. The forcemeat in the following receipt should be used.

309. Perigord Pie.

Take eight small fat chickens, bone them; make forcemeat of half a pound of liver—fowl's, calves', or lamb—a piece of veal and a small bit of ham, a little salt, some pepper,

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two boned anchovies, a very little allspice, and some cayenne pepper, a little fresh chopped suet, and the yolks of eight eggs. Pound them all very fine in a stone mortar; stuff the chickens quite full, put them in the pie, and fill up all the spaces above and below with the stuffing. Truffles are a great improvement, and should be added both whole and minced with the forcemeat when they can be procured. All sorts of game make a good pie in this way. It should be eaten cold, and baked in a raised pie-crust between four and five hours

310. Lark Pie.

Season the larks with pepper and salt, fill them with forcemeat, put them in a raised paste with forcemeat under and over, bake them one hour. Pour cullis or brown sauce over them when done.

311. Sheep's Head Pie (Scotch).

Take a sheep's head and feet with the skin on; singe them till quite black, put them into warm water and scrape them clean; open the head, take out the brains, and put the head and trotters in a saucepan with a little water, an onion, a bay leaf, a little parsley, two cloves, and some salt. Stew six or seven hours. Take out the bones, and put the meat in a pie-dish; reduce the liquor they were stewed in; strain and pour over the meat. Let it get quite cold, then cover it with a puff-paste, and bake it till the crust is well browned. It is best eaten cold.

312. Hare Pie (Scotch).

Cut a hare in neat pieces; put it into a saucepan with

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enough water to cover it, two or three onions, a carrot, and a bay leaf; stew it till tender, then place it in a pie-dish with its own liquor strained, and two glasses of port wine; season with pepper and salt, cover with a good puff-paste, and bake about an hour in an oven that is not very hot.

313. Calf's Head Pie (Scotch).

Scald and soak the head, and simmer for half an hour in a little water, with a knuckle of veal, the rind of a lemon, two onions, a faggot of parsley and winter savory, a few white peppercorns, and two blades of mace. Take up the head, and, when cold, cut into bits of different shapes. Skin and cut the tongue into square pieces. Boil the broth in which the head and knuckle was simmered with a few bits of isinglass till it is reduced to a strong jelly gravy. Place a layer of thin slices of lean ham at the bottom of the pie-dish, then some of the head and tongue, a little forcemeat made from the knuckle, hard yolks of eggs cut in two; season with white pepper, salt, a very little nutmeg, and a little grated lemon-peel. Fill the dish thus with alternate layers, pour in as much as it will hold of the gravy jelly, cover it with puff-paste, and bake an hour. This is to be eaten cold.

314. Calf's Feet Pie (Scotch).

Clean and boil two feet till tender, but not too soft, mince the meat when cold with suet and pared apples in the proportion of a third part apples and suet to the calves' feet. Put into a pie-dish with a little strong gravy and a glass of white wine; season with a little pepper and salt; cover the dish with puff-paste, and bake

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it rather more than half an hour. This is very light and nourishing.

315. Pigeon Pie.

Put in the bottom of the pie-dish a good beef-steak, not cut too thick; truss and prepare six young pigeons, arrange them in the dish, between each place the yolk of a hard-boiled egg; season with a quarter of an ounce of mixed salt and pepper, a sprinkle of minced parsley, and a very little cayenne pepper; add a wineglassful of veal stock, cover with a puff-paste not too thick, and bake one hour.

316. Chicken Pie.

Cut the chickens in joints; blanch them; season with pepper and salt, a mixed spoonful of chopped mushrooms, parsley, and onions; add a few slices of ham or bacon. A layer below and one above the chicken arranged in the pie-dish is best. Fill it up with veal gravy in which you have previously boiled a few mushrooms; put in also the yolks of six hard-boiled eggs. A little lemon-juice may also be added. Cover with puff-paste, and bake rather more than an hour.

317. Casserolles of Rice.

Boil the rice well, and let it stand till nearly cold; then make it into round rolls with a small shape about the depth of a pattie. Cover them with egg and bread-crumbs, and fry them of an even light colour. When cold scoop out the inside, and fill them with either minced veal or chicken, well stewed with parsley and shallot, and mixed with a béchamel sauce. Make them hot, and serve with fried parsley.

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318. Petits Patties.

Cut some chicken in dice, put it into a saucepan with some béchamel sauce, well seasoned with shallot. Reduce it a little and let it get cold. Line your pattie-pans with puff-paste, rather thin, and put a little of the meat in each. Stew them well. Sprinkle them over with bread-crumbs and some bits of fresh butter. Bake them twenty minutes in a quick oven, and serve hot.

319. Larks en Ragoût.

Take a dozen larks, put them in a stew-pan with a bit of butter, a bunch of sweet herbs, some mushrooms, and sweetbread cut small, a good pinch of flour, a glass of white wine, one of gravy, and some broth. Reduce the same, skim it well, take out the herbs, season with pepper and salt, and serve hot.

320. Roast Sweetbreads.

Trim a fine sweetbread (it cannot be too fresh); blanch or parboil it for five minutes, throw it into a basin of cold water; when cold dry it well on a cloth, run a lark spit or small skewer through it, tie it on the spit, and roast it either plain or egged with a brush, and well powdered with bread-crumbs. Serve with a clear sauce piquante. (See Sauces.)

321. Rognons de Bœuf, etc.

Cut two kidneys in slices, put them into a stew-pan with two ounces of butter at the bottom, a spoonful of minced

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parsley, onion, and mushroom; cover them with fat bacon, and let them stew one hour. Strain the liquor off, and thicken with a spoonful of flour. Season with salt and pepper, half a glass of white wine, and the juice of a lemon.

322. Kidneys à la Brochette.

Divide two or more kidneys, put them on a silver skewer, melt some butter, and with a paste-brush butter them well all over; set them upon the gridiron as near the fire as possible, for they cannot be done too quick. Turn them every minute, and when half done season with salt, pepper, and a little cayenne. Put them, skewer and all, on a hot plate, squeeze a little lemon juice over them, and serve. You may garnish them with beurre à la maître d'hôtel.

323. Kidneys Sauté.

Cut three kidneys each in five pieces; put an ounce of butter in the sauté-pan; when very hot put in the kidneys, stir round for a few minutes with a spoon till they are set. Add a teaspoonful of flour, quarter of a one of salt, and the third part of that of pepper. Mix well; add half a gill (about two tablespoonfuls) of broth, and a small wineglassful of either sherry, port, or champagne, and a few mushrooms. Do not let them boil; a few minutes is enough to do them.

324. A Haggis.

Boil a sheep's lights and head, then mince them fine, add about the same quantity of suet, season with salt

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and pepper, a good handful of chopped onions, and two handfuls of oatmeal. Fill the bag (or paunch) half full, put into it about a pint of broth, sew it up, and boil gently between three and four hours. Some put in the liver minced, and sweet herbs and spices.

325. Scotch Minced Collops.

This is simply a piece of lean raw beef minced very fine. They require about twenty minutes to cook. Put them in a saucepan, with a bit of butter to prevent their sticking. When they are hot add a teaspoonful of flour and a little gravy or water. They should be stirred often to prevent their getting lumpy, and are very light and nutritious. Onions may be added, or a little minced hot pickle, if liked.

326. Hare Collops

Are dressed in the same way, with the addition of a little claret.

327. Caparata.

Cut down a cold fowl, mince all the white very small, break the bones and the back, and put them, with the rest of the trimmings, a little water, a bit of lemon-peel, and a blade of mace, in a saucepan. Let it boil till all the substance is out of them; strain it off, thicken with a bit of butter rolled in flour and a little cream; chop some hard-boiled yolks of eggs, put them with the fowl into the sauce, give it two or three good boils. Just before dishing add a squeeze of lemon, a little salt, and cayenne pepper. Pepper and salt the legs, broil, and lay on the mince.

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328. Stewed Tripe.

Select two pounds of double tripe well cleaned and blanched, cut in pieces of rather less than a quarter of a pound each; put in a clean stew-pan with a pint of milk and one of water, two teaspoonfuls of salt, one of pepper, eight middle-sized onions carefully peeled. Set it on to boil, which it should do at first rather fast, then simmer till done, which will be in rather more than half an hour. Put it into a deep dish or tureen, and serve with the milk and onions.

329. Tripe à la Lyonnaise.

When any cold tripe remains, cut it in thin slices about an inch square and wipe it very dry. Mince two onions, put some butter (in the proportion of three ounces to a pound of tripe) into a frying-pan with the onions; when they are about half done put in the tripe and let all fry for about ten minutes, season with pepper and salt, and three table-spoonfuls of vinegar to each pound of tripe. Serve very hot. This is a favourite dish in Lyons, both with the "gourmet" and the "gourmand."

330. Gratin of Tripe.

Cut each half pound, previously boiled, in four pieces. Stew it slowly in a pint of béchamel, in which you have mixed two teaspoonfuls of curry paste or powder, for half an hour. Add the yolks of two eggs, mix and stir quickly; place it in the dish it is to be served on, strew it with bread-crumbs. Stick a few bits of butter on the top, and place it for a minute or two in the oven. Pass a salamander over the top, and serve.

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331. Black Puddings.

When a large pig is killed, catch the blood in a basin, to each quart of blood put a large teaspoonful of salt, stir incessantly till it is cold; simmer, in the smallest possible quantity of water, a pint of Emeden groats till tender, but not the least reduced to gruel. To each quart of blood add one pound of the inside fat of the pig, chopped, but not too small, a quarter of a pint of bread-crumbs, a tablespoonful of sage, a teaspoonful of thyme minced fine, a quarter of an ounce each of allspice, salt, and pepper, and a teacupful of cream. When the blood is cold strain it through a sieve and mix it with the fat, then the groats, and lastly the seasoning; mix well, and fill the largest guts, previously well cleansed, tie in lengths of about nine inches, and boil gently for twenty minutes; when they have boiled a few minutes take them out and prick gently with a fork.

332. White Puddings.

Boil a pint of good milk and a handful of bread-crumbs on the stove, turning often till the bread has absorbed all the milk and it is quite thick; leave it to cool. Cut six middle-sized onions in small pieces, brown them in a frying-pan with a good bit of butter. Then take half a pound of fat of the inside of the pig chopped, and mix with the onions on the fire, let it cool a few minutes, then take it off, put in the boiled bread-crumbs, six yolks of eggs, beaten up with about half a pint of cream. Stir all together. Season with salt, pepper, and some fine spices, and stuff the previously prepared gut, but

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not more than three parts full for fear of bursting. Tie in lengths of about six inches, put them gently into water which is quite boiling, and let them boil a quarter of an hour; take them out with a skimmer, and put them into cold water. Dry them. Broil in paper cases, and serve hot.

333. Pork Sausages.

The trimmings from the hams and part of the grisken, an equal quantity of fat and lean should be cut small with a knife, carefully removing any sinew or hard part, then chop it very fine with a chopper. Season with pepper, salt, and a little fine spice. Add a little finely-minced sage. Mix thoroughly, and fill the skins. They may either be boiled, fried, or broiled, and take about a quarter of an hour to do.

334. Veal Sausages.

Chop equal quantities of the lean of veal and fat bacon, a handful of sage, a little salt and pepper, and three or four anchovies; beat all in a mortar, and when used, roll in balls or the shape of a sausage and fry; serve on mashed potatoes with fried sippets.

335. Beef Sausages.

Chop two pounds of lean beef and one pound of suet very fine, a teaspoonful of powdered thyme, one of sage, and one of allspice; season with pepper and salt; put them in skins, previously well cleaned and washed. They may be fried or broiled, and are good served with stewed red cabbage.

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336. Godiveau, or Veal Forcemeat.

Scrape one pound of veal, half a pound of fat bacon, pound it fine in a mortar; add the crumb of a French roll, a teaspoonful of mace, and the same of nutmeg; a table-spoonful each of chopped onions, parsley, and mushrooms, or truffles, some pepper and salt; mix all this together, with two whole eggs, and rub it through a sieve. It is used on all occasions; for pies and forcemeat stuffing.

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VEGETABLES, SALADS, ETC.

337. To Boil Potatoes.

They should always be boiled in their skins, and are best served in them; but for those who dislike this, the skins can easily be removed before serving them. Choose them as much as possible of a size, that they may all be equally done; put them into a pot with barely sufficient water to cover them, and plenty of salt. As soon as the skins begin to crack, lift the pot from the fire, and drain off every drop of water; then either lay a cloth over the pot or put the lid on, not quite close, so that the steam may escape, and return them to the fire or set the pot close to it, till they are thoroughly done and quite dry. Some people, when the potatoes are boiling, drain off half the boiling water and replace it with cold, which is supposed to make more mealy at the heart.

338. Broiled Potatoes.

When your potatoes are boiled, skin them, and lay them on a gridiron over a clear brisk fire, and turn them till they are brown all over.

339. Roasted Potatoes

Should be first parboiled, then skimmed and dredged with flour, and put in the dripping-pan, under the joint

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that is roasting, about an hour before it is ready to serve. They should be browned all over, and carefully drained from the dripping.

340. Baked Potatoes

Are best done in a Dutch oven; choose large ones; wash them very carefully, and put them in the oven in their skins. They require a long time doing; if large, about two hours. They should be eaten with cold butter, pepper, and salt.

341. Potato Fritters (Scotch).

Parboil half a dozen, or more if required, large kidney potatoes, cut them in slices about the thickness of a crown piece, beat up a couple of eggs with a table-spoonful of finely-grated bread-crumbs, and an equal quantity of lean ham grated. Dip each slice of potato in this mixture, and fry in plenty of good olive-oil.

342. Mashed Potatoes (Indian).

Mash well boiled potatoes, taking out all defects; boil one or two onions tender, chop them small together with a few chilis or capsicums. Mix the whole well together; make it into a neat shape with a spoon, or put it into a mould, and bake for a short time in a moderate oven.

343. Fried Mashed Potatoes.

Roast twelve fine potatoes in the oven. When done, take out the insides and form them into a ball. When cold, put them into a mortar with a piece of butter half the

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size of the ball; pound them well together; season with a little salt and pepper, and a little minced shallot and parsley. Mix them with eight yolks and two whites of eggs. Form them into balls about the shape and size of a small egg. Bread-crumb them twice over; and fry them of a light brown colour in a stew-pan of hot lard. This is good to garnish roast meat, etc.

344. Potato Snow.

Choose the whitest potatoes you can, and free from spots. Put them on to boil in cold water with plenty of salt. When they begin to crack, drain the water from them, and put them into a clean stew-pan by the fire till they are quite dry and fall to pieces. Then rub them through a wire sieve on the dish they are to be served on, and do not touch them again.

345. Potatoes à la Lyonnaise.

You may either boil potatoes on purpose, or take the remains of cold ones. Cut them in slices about the size and thickness of half a crown. Put three ounces of butter into a frying-pan; slice three onions into it; fry them of a light colour; then put in the potatoes, and turn them about till they are a nice yellow. Add a spoonful of chopped parsley, salt, pepper, and the juice of a lemon; toss them well over the fire, that all may be thoroughly mixed, and serve very hot. They are very good to eat with cutlets.

346. Potatoes à la Maître d'Hôtel.

Wash the potatoes clean, and boil them in salt and

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water in their skins. When they are done, let them cool. Trim them round and cut them into moderately thick slices, and stew them a few minutes in a maître d'hôtel sauce (see Sauces). If you should have none ready you can melt some butter, using milk instead of water; mix with it a little minced parsley, pepper, salt, a small bit of glaze, and the juice of a lemon.

347. Fried Potatoes.

Cut raw potatoes into the shape and size of large corks, and then into thinnish slices; throw them into hot clarified butter, and fry till they are crisp and of a good brown. Drain all the grease from them on a cloth, and serve very hot on a napkin, and sprinkle them over with a little fine salt.

348. Mashed Potatoes.

The potatoes should be first thoroughly well boiled, carefully remove all defects or hard bits; mash them very small with a wooden spoon, adding as much cream as will make them the right consistence, and season with pepper and salt; or, instead of cream, you may use butter and boiling milk, and they can be browned after they are dressed in the dish they are to be served on in the Dutch oven.

349. Potato Soufflés.

Roast eight potatoes in the oven; when they are quite done scoop out the insides and mash them up with a little bit of butter and a small quantity of cream, some pepper and salt; mix thoroughly. Whip four whites of

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eggs to a froth, and mix with the potatoes; then fill the skins, having cut them low enough to be of a good shape, and put them into the oven for eight minutes; after which, serve them up as quick as possible. Large even potatoes should be chosen.

350. Potato Chips.

Cut raw potatoes into neat round slices rather more than an inch thick, and then into thin spiral shavings, going round and round in the way you peel an apple; throw these carefully into hot lard or oil; fry them very crisp of a light brown, and serve as hot as possible. A little salt should be sprinkled over them.

351. Potato Salad (German).

Cut cold boiled rather waxy potatoes into moderately thick slices, put them in a bowl, and add to every pound a table-spoonful of vinegar, two of oil, half a teaspoonful of salt, a quarter of a one of pepper, and a little minced parsley. Slices of beet-root and Portugal onions are a great improvement to the salad.

352. To Stew Peas.

The peas should be young. Put them, with a bit of butter, a sprig of mint, and one of parsley, tied together, and a lump of sugar, into a stew-pan, and cover them up close. Stew them till they are soft; take out the mint and parsley; add a little stock and a pinch of flour; mix well together, and stew till they come to a boil.

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353. Peas à la Crême.

Take two quarts of very young green peas, toss them up with a bit of butter, and let them stew over a gentle fire; add a little bunch of parsley and chives. When they are nearly ready, season them with a little salt and pepper; remove the parsley and chives, and mix about a wine-glassful of cream, sweetened with a little sugar, with them.

354. Peas à la Française.

Wash the peas, which may be rather old ones; put them into a stew-pan with a piece of fresh butter the size of a walnut, a faggot of parsley and green onions, two cloves, a small slice of raw ham, a large white cos lettuce cut into slices, and a little salt. Put all on the fire to stew in its own liquor; then put in a little boiling water, and allow it to stand for a quarter of an hour; add a lump of sugar and some small bits of butter rolled in flour; mix well; let them have one more boil to thicken, and serve.

355. Pease Pudding.

One pint of peas and one potato; boil till they are quite soft; then rub them through a sieve; tie them tight in a cloth, and boil ten minutes. Some salt should be added before the pudding is tied up.

356. Les Haricots à la Bretonne.

Boil half a pint of haricot beans till they are quite tender; slice four large onions very thin, and fry them in a little butter till quite brown; then dry them in a cloth. Put the haricots and onions together in a stew-

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pan, and add a small ladleful of reduced cullis, a little good broth, a small bit of glaze, pepper and salt, and a little finely-minced parsley ; make very hot, and serve.

357. White Beans à la Maître d'Hôtel.

White beans when new and fresh must be put into boiling water, but if they are old and dry they should be soaked for an hour in cold water before you boil them. Put them on to boil in cold water, and if more is required before they are done, replenish also with cold ; boil them very tender, and put into a stew-pan a quarter of a pound of fresh butter, a little finely-minced parsley, some pepper and salt, and then the beans, previously well drained ; keep shaking the stew-pan, but do not touch the beans for fear of breaking them ; squeeze in the juice of half a lemon, and serve very hot.

358. Haricots Blancs au Jus.

Steep them a night in cold water ; stew them slowly for two hours in broth, and serve them with a clear gravy ; about half a pound is enough for a dish. Be sure they are stewed till quite tender.

359. Haricots Stewed for Roast Mutton.

Soak a pint of white beans in water for a few hours ; let them boil gently till quite tender, but not broken, strain the water off, and add to the beans two ounces of butter, two minced shallots, pepper and salt, and a pint of either béchamel or cullis, according as you wish them white or brown ; let all stew a few minutes, and serve with roast leg of mutton.

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360. French Beans à la Poulette.

Choose the beans small and tender; wash them and take out the fibre, and throw them into fresh water. If any are larger, cut them to the general size of the rest. Put them in a stew-pan with plenty of water, and a handful of salt, and set them over a strong fire. When they are done enough, throw them into cold water; then drain, and put them in a stew-pan with a bit of butter, and an onion or two cut in little dice, and previously fried white in butter. Sprinkle in a little flour; let them stew a few minutes, but do not allow them to brown; add a spoonful of soup, some minced parsley and scallions, or green onions, salt and pepper. Let them come to a boil, stirring them well, and thicken the sauce with the yolks of two eggs, beaten in a little cream. Just before serving add the juice of a lemon.

361. French Beans Stewed.

Cut off the stalks and remove the fibres, shred them fine, and wash them in salt and water; put them on to boil in a good deal of water, with plenty of salt in it, which preserves their greenness. When they are about half done, drain them, and put them into a stew-pan with three spoonfuls of good broth, some cream, a piece of butter rolled in flour, salt, and pepper; stew gently till quite tender, and serve hot.

362. Broad Beans au Jus.

Take a sufficient quantity of young beans ready shelled, and put them on to boil with a great deal of salt and

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water; when nearly done, drain them, and put them into a stew-pan with a bit of butter, some minced parsley and scallions; toss them well in the butter; add three spoonfuls of espagnole; let them simmer; skim off the fat; reduce the sauce, dish, and serve.

363. Carottes au Sucre.

Cut a pound and a half of carrots into rather thin slices; blanch and drain them; put them into a saucepan with a pound of white sugar, and as much boiling water as will cover them. When the water is reduced to half, add the rind of a lemon; and when only about three spoonfuls are left, squeeze over them the juice of two lemons; make very hot, and serve.

364. To Stew Carrots.

Half boil and carefully scrape them; then slice them into a stew-pan; add half a teacupful of broth, the same of cream, and some salt and pepper; simmer till they are very tender, but not broken; ten minutes before serving add a small piece of butter rubbed in flour, and some minced parsley; the latter may be omitted if not liked; a little sugar is a great improvement.

365. Carrots au Jus.

Parboil and scrape them; cut them into moderately thick slices, and put them into a stew-pan with a pint of good broth, a little salt and pepper, and a spoonful of sugar; let them stew gently till very tender; a few minutes before serving add a squeeze of lemon to the gravy.

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366. Mashed Turnips, Carrots, or Parsnips.

Peel some turnips; wash and boil them in salt and water. When done enough, press all the water out and pound them well in a mortar; then put them into a stew-pan with a quarter of a pound of fresh butter, a little salt, half a pint of cream, and a teaspoonful of flour; mix thoroughly; make it very hot, and serve. Proceed exactly the same for carrots and parsnips. Never rub through a sieve, for then it becomes a purée not a mash.

367. Turnips Glacé au Sucre.

Trim about two dozen turnips in the shape of small pears; if quite young, which is best, leave them their own shape; put them into a stew-pan with a small piece of butter, two ounces of pounded sugar, a very little salt, and half a pint of good broth; set them on to simmer very gently over a slow fire for about forty minutes. When they are nearly done, place the stew-pan over a brisk fire to reduce the sauce to a glaze, rolling the turnips about in it at the same time, but with great care to avoid breaking them; dish, and pour the glazed sauce over them.

368. Carrots à l'Allemande.

Trim four or five dozen spring carrots; wash them and parboil them in water with a little salt for ten minutes; then put them into a stew-pan with two ounces of butter, the same of pounded sugar, and a pint of good broth; boil the carrots in this, very gently, for half an hour; then set them on to boil briskly, till the sauce is reduced

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