
COOKERY

FOR THE DIABETIC

W. H. & MRS. POOLE




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COOKERY
FOR THE DIABETIC

BY
W. H. & MRS POOLE

WITH PREFACE BY DR PAVY

Wisdom hath also furnished her table'

THIRD EDITION

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PREFACE
TO
THE SECOND EDITION.



IT is with much pleasure that a Second Edition of this little book is issued. The first edition has met with great success, and its rapid sale is sufficient proof of how much such a work was needed. This edition is a reprint of the first without alteration, and it is with the sanction of DR. PAVY that his preface is again introduced.

PREFACE
TO
THE FIRST EDITION.

DIABETES requires as an important part of its treatment that the dietary should be framed in such a manner as to exclude as far as practicable certain principles of food which enter somewhat largely into the diet of ordinary persons. The basis or material part of a dish placed upon the table may stand in accord with what is permissible, but the accessories introduced in its preparation by cooking may render it objectionable.

Thus, whilst the art of cookery may have fulfilled in the most perfect manner its design of giving to an article of food increased digestibility, and of creating zest for it by rendering it agreeable to the palate and pleasing to the eye, the diabetic is shut out from participating in the benefit conferred; and, in the absence of a special cookery adapted to his requirements, finds himself consigned to the

monotony of a plain roast, or broiled, or boiled with a plainly dressed vegetable.

I have long felt that it would be a beneficent act to a large class of sufferers if efforts were directed towards diminishing the irksomeness of the infliction imposed upon the diabetic in the matter of food, by the prosecution of the study of cookery upon lines to meet his special wants, and by the issue of a book to serve as a culinary guide. It is not too much to consider that the sympathy of the members of a household should be enlisted towards rendering service to one who happens to be placed in a less fortunate position than others with respect to liberty in diet ; and that, instead of allowing him to be relegated to the plainest fare, the art of cookery should be applied to the several articles falling within his proper range of diet. I regard with satisfaction the production of this work on 'Cookery for the Diabetic,' and have been glad personally to forward the attainment of the object aimed at by defining the extent of liberty allowable as regards the articles employed. The sheets have all passed before me, and I am in a position to give support to the undertaking by stating that the ingredients of the several recipes are limited to such as justify the acceptance of the book as a safe kitchen guide by those requiring the restricted dietary for Diabetes.

F. W. PAVY.

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COOKERY FOR THE DIABETIC



THE object of this book is to give to those who are dieted for Diabetes both a knowledge of the scientific principles on which the diet is based, and a number of recipes for made dishes, entrées, &c., which may safely appear at the patient's table.

Ordinary diet consists of a number of substances derived mainly from the organic world (i.e. from animals and vegetables), together with certain inorganic products—namely, salines and water. With the inorganic portion of our food we are not now concerned. The organic portion contains certain principles, which from their chemical composition are grouped into the three classes referred to below.

The principles of the first class preponderate in those articles of food generally known as 'fish, flesh, and fowl,' and form the *nitrogenous* or flesh-forming group. Although notably present in meat and animal food generally, some member of the group at least occurs in larger or smaller quantity in all vegetable food. Milk also contains nitrogenous matter in considerable quantity, while cheese consists mainly, though not entirely, of casein, a member of the group.

The second group, known as *hydrocarbons*, embraces food-principles of a fatty nature. These are represented by fat, butter, cream, and oil.

The third class, the *carbohydrates*, includes the different forms of sugar, besides certain principles which are allied to it, and which are converted into sugar during the process of digestion; of these, that which most frequently occurs in ordinary articles of food is starch.

Now the whole object of the diet enforced upon diabetic patients is to eliminate as much as possible the third class of principles from the food eaten, and it will be advisable first to mention those articles constantly forming a part of the normal diet which may not be eaten by the patient.

The Patient may not eat

bread, or anything made of, or containing ordinary *wheat flour*. This includes all soups and gravies thickened with flour, fish and cutlets fried in bread crumbs, and other dishes of like nature.

Milk puddings. Milk itself contains a certain quantity of sugar, and the quantity of milk used must depend in each case upon the doctor's orders, but, unless specially permitted, the quantity should be as small as possible, cream being used instead. All the substances used as a basis for milk puddings are inadmissible, owing to the large quantity of starch they contain. Under this head come rice, sago, macaroni, and all such things, which must not be eaten either with or without milk. Nor may soups or sauces containing any of them be indulged in.

Vegetables. All vegetables contain principles of

the third class, but these occur in very varying proportions, being generally more abundant in roots and seeds than in leaves. The following list includes most of the vegetables in common use which may *not* be eaten : potato, carrot, parsnip, Jerusalem artichoke, beet-root, salsify, peas (either green or in the form of pea flour for soup), beans (broad beans and haricots). Others may be eaten *occasionally* and in small quantity, such as turnip, globe artichoke, and tomato. Fruit, with few exceptions, is injurious. A list will be given later of vegetables which may be eaten.

To the list of things not to be eaten must be added certain articles of food not generally likely to be thought of as harmful, such as sausages and stuffing, both containing bread. Thickened gravies which contain flour, sugar, and all ordinary sweet things, in whatever form, must not be eaten.

The Patient may eat

butcher's meat, fish and shell fish, fowl, game, &c. always providing that no flour or bread is used in the cooking. Fish may be fried in egg, but not in egg and bread crumbs. The stuffing, when bread or potato is used in it, must not be eaten.

Cheese, cream, and butter.

Gluten bread, bran biscuits, or biscuits made from almond flour.

All kinds of nuts except chestnuts. Of these, almonds, Brazil nuts, and cocoanuts are of great use in cooking. Well-made almond flour can, to a great extent, take the place of ordinary flour ; in fact, any of these nuts reduced to a state of flour can be used ; but with the exception of almonds,

the trouble required is too great to allow of their general use.

Of vegetables the following may be eaten: Mustard and cress, watercress, lettuce, endive, celery, radish, cucumber, cauliflower, broccoli, asparagus, seakale, spinach, turnip tops, cabbages of all kinds, Brussels sprouts, turnips (in small quantity), vegetable marrow, rhubarb, onion (not Spanish onion), French beans, mushrooms, and truffles. Tomatoes and globe artichokes may be eaten occasionally.

With regard to the things which a patient may drink, he must confine himself to those containing little or no sugar. For breakfast he may drink tea, coffee, or cocoa without sugar, and either with very little milk or with cream. Nib cocoa is the best to use, if cocoa in any form is preferred, as some of the preparations of cocoa, though very convenient, contain either starch or sugar. Cadbury's cocoa essence, Van Houten's and Schweitzer's cocoatinas are harmless. For lunch and dinner weak whisky-and-water; claret or red Burgundy; soda, potash, or seltzer water.

The greatest want felt by a diabetic patient is some substitute for bread and potatoes; the latter want must remain unrelieved, but the former may be met by the supply which is provided of specialities in the form of loaves, rusks, biscuits, and cakes made from gluten, bran, or almond flour, used either separately or combined. These may be obtained from certain shops, both in London and on the Continent. They are everywhere costly, as compared with ordinary articles of food, but the cost is somewhat lessened by obtaining them through the Stores.

Gluten is a food-principle belonging to the nitrogenous group. It is obtained from wheat flour by washing away as much as possible of the starch.

The product left constitutes a tenacious mass, and according to the time and care bestowed on its preparation so is its degree of purity, or freedom from starch. Hence the variation that is noticed in the quality of the gluten supplied by different makers. Gluten may be purchased which contains very little starch, but unfortunately a considerable amount of what is sold is not in as satisfactory a state as may be considered to be required. For this reason no recipes will be given in which the use of gluten is required, as the starch consumed in this way, added to that which may happen to be taken in the gluten bread which the patient eats, would be sufficient to exert a decidedly injurious effect. What is called gluten vermicelli, macaroni, and semolina are sold as special foods for the diabetic, but in none is there a sufficient difference from the ordinary articles to admit of their being suitable for use.

Gluten is difficult to deal with at home for making into bread. A variety of almond biscuits and cakes, however, may be made by any cook, and recipes will be given for them in their proper place.

Until quite recently the only means of sweetening food was by the use of glycerine; the recent discovery of saccharin has removed a great difficulty, and many sweets may be made hardly distinguishable from those made with sugar. Saccharin is now sold by all chemists and grocers, with full directions as to the quantity to be used.

No mention of quantity is made in any of the following recipes, as this must be left to the judgment of the cook. In all cases very little is sufficient. Many of the recipes given differ from ordinary ones only in the substitution of saccharin for sugar. It can also be used in tea and coffee in the place of sugar, if desired.

The recipes are grouped under the following heads :—

1. Specialities.
2. Breakfast.
3. Soups and Sauces.
4. Entrées, or Made Dishes.
5. Savouries.
6. Puddings, Sweets, &c.
7. Dressed Vegetables.

Though several of the recipes are original, they do not profess to be on the whole anything more than a compilation giving a fair variety. Many of them contain only small alterations from the ordinary recipes for the same dishes, but it is particularly important that these differences should not be overlooked.

SPECIALITIES.

To prepare Almonds.

ALMONDS and other oily nuts have the advantage of containing very little objectionable material, and at the same time very good cakes and biscuits may be made from them when reduced to a state of flour. Almond flour may be bought, but is not sufficiently fine to produce the best results, and it is also often not quite fresh. The best method of preparing almonds is the following:—

Blanch the almonds as usual, and rub them through a wire sieve. It will be found that the almonds will pass much better some little time after blanching, as at first they are soft and moist. A little of each almond remains; these bits may be used for putting on the tops of cakes, &c., and it is not worth while trying to rub them through.

For some purposes the almonds may be reduced in a mortar to as fine a paste as possible.

Brazil Nuts

may also be reduced to a state sufficiently fine for making cakes. Shell them, remove all the

brown skin with a knife, and rub them through a sieve, as directed for almonds. They are very troublesome to rub, owing to their excessive oiliness, but cakes made with the flour are better than those made of almond.

Barcelona Nuts.

These may also be treated in the same way. Shell them, scrape off any woolly skin adhering to them, and rub them through a sieve. The thin brown skin does not interfere in any way with the successful preparation of a flour, and, owing to their firmness, they are easy to rub through the sieve. These may also be used, finely chopped, instead of bread crumbs, with egg, for frying fish, &c.

Any other oily nuts may be treated in the same way, e.g. cob nuts and filberts.

Cocoanut

is very hard to reduce. The best way is either to grate it or pound it in a mortar. If wished it can be used thus prepared, but it does not make satisfactory cakes, though it is useful for other purposes.

The following recipes will give some idea of the use which may be made of flour prepared from any of the above. A certain range of variety may be obtained by altering the proportion of eggs to flour, and recipes given for almond may be applied to the different kinds of nuts.

Almond Cakes, No. 1.

Half a pound of Valencia almonds, three eggs, a pinch of salt (saccharin if they are preferred sweet).

Pound the almonds as fine as possible in a mortar ; whip the eggs very well, whites and yolks separately. Shake the almonds into the yolks of the eggs, beating quickly all the time ; add the salt and the whites. Butter some patty pans well, and with two forks drop the mixture upon them. Bake in a moderate oven till crisp.

Almond Cakes, No. 2.

Three ounces of almond flour, prepared by rubbing through a sieve, two eggs, one and a half dessertspoonfuls of glycerine, a pinch of salt, and saccharin.

Beat the yolks and whites separately ; stir the flour into the yolks ; add the salt and saccharin, and then the whites well frothed up. Bake in well-buttered patty pans till a *light* brown, taking great care not to let them get burnt. A few pieces of coarsely-chopped almonds on the top of each (the pieces over from grating will do very well) is an improvement.

Almond Cakes, No. 3.

Two ounces of almond flour prepared by rubbing through a sieve, three eggs, one tablespoonful of glycerine and saccharin.

Beat the eggs, yolks and whites separately ; then add all together and bake in patty pans.

Spiced Almond Cakes.

Two ounces of almond flour prepared by rubbing through a sieve, two eggs, one teaspoonful of mixed spice, one tablespoonful of milk, saccharin, and some burnt bitter almonds.

Beat the eggs, yolks and whites separately; blend the spice in the milk and add it to the yolks; stir in the almond flour and other ingredients, adding the whites of the eggs last. Bake some blanched bitter almonds in a hot oven till they are brown, then chop them coarsely. Bake the cakes in patty pans, with the bitter almonds sprinkled on the top of each.

Ginger Almond Cakes.

Two ounces of almond flour prepared by rubbing through a sieve, two eggs, one tablespoonful of glycerine, a good half-teaspoonful of ground ginger, one tablespoonful of milk, saccharin.

Beat the yolks and whites of the eggs separately, blend the ginger with the milk, and mix all well together, adding the whites of the eggs last. Bake in patty pans.

Pistachio Cakes.

Blanch half a pound of pistachio nuts and pound them in a mortar with a teaspoonful of orange-flower water and three teaspoonfuls of glycerine. Then add the yolks of four eggs well beaten, and the whites of them beaten till they will stand alone, with enough saccharin to sweeten to taste. Drop

spoonfuls of this into buttered patty pans and bake in a moderate oven for an hour.

Pastry for Cheese Cakes.

Two ounces of almond flour (prepared as directed above), the yolks of two eggs.

Beat the yolks slightly and stir in the almond flour till a firm paste is made, adding a little more or less of the almond as seems necessary, but about one ounce of the almond flour will work up with one yolk. Press the paste out thin and line well-greased patty pans with it, and bake for about a quarter of an hour in a moderate oven ; then fill the pastry with the following :—

Cheese Cake.

One quart of milk, one tablespoonful of rennet, two ounces of butter, three eggs, nutmeg, half a glass of brandy, half an ounce of almonds, saccharin.

Turn a quart of milk to a curd. To do this warm the milk to the temperature of new milk, stir in the rennet, and let it stand in a warm place till thoroughly set. Tie a piece of muslin over a bowl ; break up the curd and pour it on to the muslin ; leave it till all the whey is run off. Beat the curd smooth and add the butter and eggs (well beaten), the brandy, almonds, and saccharin. When well mixed pour some of the mixture into each of the patty pans and bake for about fifteen to twenty minutes.

BREAKFAST.

TEA, coffee, or nib cocoa (chocolate and many of the ordinary cocoa preparations are not suitable).

Any cold meat—e.g. ham, bacon, tongue, chicken, brawn, &c. Eggs in any form. Ham and eggs; eggs and bacon. Fish fried without bread crumbs, or made up according to recipes given below. Kidneys, sausages (see recipe on page 16); mushrooms, watercress, mustard and cress, lettuce.

All the following recipes for made dishes are suitable for breakfast and perfectly permissible; others will be found under the head of Entrées.

Baked Eggs, No. 1.

Butter, eggs, pepper and salt.

Butter a dish, break the eggs carefully on it; put on the top of each a little pepper, salt, and a bit of butter. Put them into a slow oven till well set. Serve up very hot.

Buttered Eggs.

Two eggs, one ounce of butter, one good table-spoonful of milk.

Warm the milk and butter in a saucepan ; beat the eggs well ; stir them into it. Keep stirring over a slow fire till curdled. Serve at once on a hot dish.

Omelette.

Two or three eggs ; enough lard, butter, or dripping to fry.

Beat the eggs slightly ; melt the butter in a frying-pan over a clear fire ; pour the eggs upon the hot butter and stir them quickly with a wooden spoon, shaking the pan to prevent them from sticking. As soon as the eggs begin to set stir them into a heap across the pan. Serve quickly on a hot dish.

Omelette aux Fines Herbes.

Same as last, but add a little finely-chopped parsley and other herbs.

Omelette with Tongue, Ham, etc.

Two or three eggs ; a tablespoonful of grated ham or tongue ; pepper, salt ; butter, lard, or dripping to fry.

Beat the eggs well ; grate the meat or put it through a sausage machine, and fry for a few minutes. Stir the meat into the eggs with pepper and salt and fry all together, stirring till it thickens. Make it slightly brown on the under side. Serve quickly.

Cauliflower Omelette.

After Mrs. de Salis.

Take the white part of a boiled cauliflower after it is cold, chop it very small, and mix with it a sufficient quantity of well-beaten egg to make a very thick batter ; then fry in fresh butter and send it to table hot.

Omelette of French Beans.

Two tablespoonfuls of French beans cut up, four eggs, two tablespoonfuls of grated parmesan, pepper and salt to taste.

Mix the ingredients well together, beating the eggs first, and fry a pale brown in an omelette pan.

Kedgerree.

Cold boiled fish of any kind ; one egg to each person ; butter, pepper and salt, and a little milk.

Take the remains of any cold boiled fish (cod is best), pull it into small pieces without bone or skin. Boil the eggs hard. Place some milk and a little piece of butter in a saucepan ; when the butter is melted add the fish with the pepper and salt, and make all thoroughly hot. Divide the yolks from the whites ; chop the whites and add them to the fish, stirring well up. Turn the fish into a hot dish ; chop the yolks finely, and sprinkle them over the top. Serve garnished with parsley.

Curried Fish.

Cold boiled fish, a little milk, a little butter, salt and curry powder (a teaspoonful is generally enough for a small dish).

Pull the fish to pieces without skin or bone ; melt the butter in a saucepan with a little milk ; add a pinch of salt. Mix the curry powder with cold milk and add it to the hot milk ; add the fish and make all hot. A little boiled cauliflower cut into sprigs may be served round the dish in place of rice.

Broiled Mushrooms.

Sufficient mushrooms for a dish ; pepper, salt and butter.

Wipe the mushrooms clean, peel the tops and cut off the stalks ; broil lightly over a clear fire on both sides. Place them on a dish, season with pepper and salt, and put a small piece of butter on each ; place them before the fire for a few minutes to melt the butter. Serve very hot.

Mushrooms au Beurre.

After Mrs. de Salis.

Cut the stems from some button mushrooms, and clean them well with a soft cloth and some fine salt, and rinse them in water ; drain them quickly. Spread them in a clean cloth and leave them to dry for ten minutes. Put an ounce and a half of fresh butter to a pint of mushrooms, and place it into a thick saucepan and shake over the fire until it just begins to brown ; then throw in the

mushrooms, and continue shaking the saucepan over a clear fire, that they may not burn. When they have simmered three or four minutes strew over them a little salt and a dust of cayenne ; stew them till they are perfectly tender, and heap them high on a dish, and serve very hot.

Sausages.

Bought sausages often contain bread ; it is best, therefore, to make them at home. Sausage meat may be made as follows :—

Three pounds of pork ; two and a half pounds of suet ; two tablespoonfuls of chopped sage ; the peel of one lemon ; one tablespoonful of sweet herbs ; one nutmeg ; one teaspoonful of pepper, one of salt.

Cut the meat free from gristle and skin, mix with it the other ingredients, and pass all through the sausage machine. If desired to dispense with skins, it will be generally found that the meat adheres sufficiently to allow of frying ; if it does not, add sufficient egg to hold it together. It is best to pass the meat twice through the machine. Veal, or veal and pork mixed, may be treated in the same way.

Polpetti.

After Mrs. de Salis.

Take two tablespoonfuls of very finely-chopped cold roast beef, a dessertspoonful of the under fat of the sirloin also very finely chopped, one tablespoonful of grated parmesan cheese, the yolks and whites of two eggs beaten separately, the juice and peel of half a lemon, and pepper and salt to taste.

Mix all well together, make up into balls, roll them in chopped nuts and fry them, drain well, and serve on a folded napkin.

Mock Cutlet.

Pass any scraps of meat mixed with herbs twice through a sausage machine; mould it with a little egg into the form of cutlets, and place half an almond, divided lengthwise, at the small end, to represent the cutlet bone. Dip in egg and fry. Place a small cauliflower in the centre of a dish, pile the cutlets round, and serve. Some clear gravy should be served separately.

Sweetbread Cutlets.

Soak the sweetbreads and cleanse them. Boil them quickly in stock till done. When cold trim off all fat and gristle and mince them with some slices of ham. Add to this mince some finely-chopped onion, some lemon peel, pepper and salt to taste, and some well-beaten egg. Shape this into cutlets and fry them, dipped in egg and chopped nut.

Mutton Cutlets.

Cut some cutlets and trim them. Mix equal quantities of grated parmesan cheese and finely-chopped Barcelona nuts with beaten yolk of egg, some chopped parsley and chives; dip the cutlets into this mixture, and fry them. Arrange them in the centre of a dish with some tomato sauce (page 23), and sprinkle them with parmesan cheese.

Pork Cutlets.

Melt in a saucepan with a closely-fitting lid two ounces of butter, add to it a tablespoonful each of chopped parsley and sage, a pinch of thyme, three bay leaves and eight allspice. Stir over the fire for a minute, then add a glass of claret and a pound of trimmed pork cutlets. Cover the saucepan closely, and let the contents steam for a quarter of an hour; take the cutlets up, drain them and dip them first into beaten egg, and afterwards into finely-chopped nut. Fry quickly and serve them in a circle. Take the sauce which was strained from the cutlets, skim it and add a tablespoonful of lemon juice, the yolk of an egg, and a teaspoonful of mustard; stir it over the fire for a minute and pour it into the centre of the cutlets.

SOUPS AND SAUCES

CONSIDERABLE difficulty is met with in dealing with soups and sauces such as ordinarily accompany made dishes and entrées. Most of the soups met with at the dinner table are more or less injurious ; many contain thickening, consisting of flour, pea flour, vermicelli, &c., while others contain vegetables in some quantity. As a general rule it may be said that *clear soups* may be taken, and that thickened soups may not. This rule must serve as a guide when dining out ; an exception, however, must be made in the case of clear soup containing arrowroot. At home, soup must be made of good clear stock, flavoured with moderate quantities of such vegetables as leeks, onions, turnips, asparagus, and celery. Celery seed makes an excellent and very harmless flavouring. Herbs may also be used. A little almond flour is a good addition to clear soup.

As regards sauces the same rule may be laid down as for soups ; all thickened sauces must be avoided. Many of the sauces daily used in all households are injurious, such as bread sauce, melted butter, egg sauce, and apple sauce. The following may be used without hesitation as long as the recipes given here are followed :—

French Melted Butter.

Four ounces of fresh butter, half a pint of water, yolks of two eggs, squeeze of lemon.

Beat the yolks well, then melt the butter in the water ; boil it and pour it instantly on the beaten egg, stirring quickly. Put the mixture into the saucepan again, and shake it over the fire for a minute, but do not let it boil ; then squeeze a little lemon juice into it, carefully avoiding the pips.

Egg Sauce.

Same as above, adding two hard-boiled eggs chopped fine.

Fennel Sauce.

Half a pint of *French melted butter*, a small bunch of fennel leaves, and a little salt.

Strip the leaves off the fennel, wash them very carefully, and boil them quickly with a little salt in water till quite tender. Squeeze out all the water, mince very fine, and mix with the hot melted butter.

Parsley Sauce.

Made exactly as above, using parsley leaves instead of fennel.

Lobster Sauce.

One hen lobster with coral, two thirds of its weight of good cream and one-third of fresh butter. Cut the flesh in small pieces ; mix it up with the cream and butter.

Oyster Sauce.

One dozen oysters, half a teacupful of good gravy, half a pint of *French melted butter*.

Have the melted butter ready. Stew the beards of the oysters in their own juice with half a teacupful of good clear gravy. Strain it off and add it to the melted butter. Put in the oysters and let them simmer gently for three minutes.

Sauce for Fresh-water Fish.

Four small anchovies, one onion, two spoonfuls of vinegar, two wineglassfuls of white wine, a quarter of a pint of *French melted butter* or cream.

Chop the anchovies and onion very fine, and put them into a stew-pan with vinegar and white wine. Boil it up for a few minutes, and then stir in the melted butter or cream.

Dutch Sauce (for Fish).

Four eggs, two ounces of butter, one teaspoonful of chili or tarragon vinegar, two tablespoonfuls of cream, pepper, salt, and nutmeg.

Beat the yolks of the eggs well, and put them into a stew-pan with the other ingredients. Set it over a very moderate fire until it has a thick, creamy appearance, stirring it constantly and taking great care it does not curdle, which it will do if allowed to boil.

Horse-radish Sauce (for Fish).

A large teaspoonful of grated horse-radish, two of essence of anchovies, an ounce and a half of butter, one onion, a spoonful of lemon pickle.

Boil the onion in a little fish stock till it will pulp through a sieve. Then add the horse-radish and anchovy ; thicken it with the butter, and stir over the fire till it boils. Then add the lemon pickle.

Anchovy Sauce.

Three dessertspoonfuls of anchovy essence, half a pint of *French melted butter*, cayenne pepper and mace to taste.

Stir the anchovy essence into the melted butter, add seasoning to taste, and boil up for a minute or two.

Onion Sauce.

Four to six white onions, according to size, half a pint of hot milk, one ounce of butter, saltspoonful of salt, and pepper to taste.

Boil the onions till tender, press the water from them and chop very fine. Make the milk hot and pulp the onions into it. Add the butter, pepper, and salt.

Horse-radish Sauce (for Roast Beef).

A wineglassful of good cream, a teaspoonful of mustard, stick of horse-radish, half a pint of vinegar, and a little salt.

Grate the horse-radish, and mix it with the other ingredients.

Tomato Sauce.

To one pound of ripe tomatoes add one quart of chili vinegar or common vinegar mixed with cayenne, a quarter of an ounce of white pepper, one ounce of garlic, one ounce of shalot, half an ounce of coarse salt, and the juice of three lemons.

Skin the tomatoes and rub them through a coarse sieve. Add all the ingredients except the lemon, and boil till quite tender. Then add the lemon juice, and boil the whole again till it becomes the thickness of cream. When cold put into bottles.

Mint Sauce.

Some young fresh mint, saccharin and vinegar.

Pick the leaves from the stalks, wash them well, and dry them in a cloth. Chop them as fine as possible. For every tablespoonful of mint add two of vinegar, and into this stir saccharin to taste.

ENTRÉES, OR MADE DISHES.

MOST of the entrées which come to table are rendered unsuitable for those on diabetic diet by reason of flour and bread crumbs, both of which are of such constant use—the flour for thickening sauces, the bread crumbs for frying. When a patient dines out he cannot be too careful, and his best way is to refuse all entrées and trust to the fish, joint, game, and green vegetables for his dinner. In his own house there is no need to go without entrées, as there are quite enough to be found thoroughly suitable for his eating, and a good cook can, by omitting bread and flour, and frying in egg and chopped nut, very greatly add to the number. The following recipes are mainly unaltered from those usually given; a few have small omissions to adapt them to the present purpose.

Beef au Miroton.

Some slices of cold roast beef; a quarter of a pound of butter; one or two onions; half a pint of beef broth; pepper and salt.

Cut some thin slices of cold beef and one large or two small onions into slices; fry them a nice

brown in the butter, turning the pan frequently, to prevent the meat from burning. Then boil up the beef broth, season it with pepper and salt; pour this over the meat, and serve.

Fricassée of Beef.

Some slices of cold beef; a piece of butter; one onion; a bunch of parsley; three-quarters of a pint of broth; yolks of two eggs; one spoonful of vinegar; three dessertspoonfuls of port wine; pepper and salt.

Cut the beef into very thin slices, season it with pepper and salt, shred the parsley very fine, cut the onion into pieces, and put all together into a stew-pan with a piece of butter and the broth; let it all simmer slowly; then stir in the yolks of the eggs well beaten, the vinegar and port wine. Stir all briskly over the fire and turn out into a hot dish.

Stewed Ox Tail.

Divide the ox tail at the joints; put the pieces into a stew-pan with cold water. When the water boils skim it and add a bunch of savoury herbs, a small onion sliced, four cloves, half a blade of mace, pepper and salt. Let it simmer slowly for two hours and a half, keeping the stew-pan covered. When done take out the ox tail and add to the gravy a lump of butter, and let it boil again. Strain and add two dessertspoonfuls of ketchup and the juice of half a lemon. Replace the ox tail, boil up, and serve.

Kidneys à la Brochette.

Cut four kidneys nearly into halves and put them on a well-greased gridiron to grill. Have ready an ounce of butter mixed with parsley, chopped onion, and a squeeze of lemon juice, pepper and salt. Put this on the kidneys immediately before serving.

Calf's Heart Roasted.

Put the heart into lukewarm water to disgorge for an hour ; wipe it dry and stuff it with sausage meat (this must be made without bread ; see page 16). Cover it with buttered paper and roast it before a good fire. Serve very hot with good brown gravy.

Scotch Collops.

Some leg of veal ; gravy made of veal bones and trimmings ; juice of half a lemon ; six ounces of butter ; salt, mace, and nutmeg.

Cut collops from the veal, rather thin and a little larger than a crown piece ; season them with salt, mace, and nutmeg ; fry for three minutes in two or three ounces of butter, and then place them into the gravy. Brown the remaining butter in the pan, strain off the gravy, and again fry the collops lightly ; place them on a dish ; add to the gravy the butter from the pan and the juice of a lemon ; boil it up and pour it over the collops. Balls of sausage meat (see page 16) may be served with them.

Ragoût of Veal.

Slices of cold roast veal ; a large cupful of gravy ; pepper, salt, and mace ; juice of a small lemon ; two dessertspoonfuls of ketchup ; sausage meat in balls (see page 16).

Fry the slices of veal lightly in butter. Make a good gravy of the veal bones and trimmings, and put it into a stew-pan with the butter in which the veal has been fried. Add the pepper, salt, and mace, and let it simmer for about half an hour ; then stir in a piece of butter, the ketchup and lemon juice ; boil for five minutes and serve. Balls of fried sausage meat may be arranged round the dish.

Stewed Sweetbreads.

One or two sweetbreads ; a pint of veal broth ; marjoram, mace, pepper, and salt ; yolks of two eggs.

Soak the sweetbreads in warm water, and then put them into a stew-pan with the veal broth, pepper, salt, mace, and a little marjoram, and let them stew for rather more than half an hour. When done place the sweetbreads on a dish ; add the yolks of the eggs, well beaten, to the gravy, and pour it over the sweetbreads.

Sweetbreads with Oysters.

Quarter the sweetbreads after they have been soaked and blanched, and put them into a stew-pan

with a little white stock and the strained liquor of two dozen oysters ; add pepper, salt, and nutmeg to taste. Melt two ounces of butter in a stew-pan ; to this add the gravy, and after a few minutes add the oysters ; stew till the oysters are heated through, but do not let it boil. Before serving add a wine-glassful of cream.

Pork Cutlets Broiled.

Take some cutlets from a loin of pork ; trim them neatly, cutting off nearly all the fat ; season them with pepper, and place them on a hot gridiron over a clear fire ; broil them for fifteen to twenty minutes, turning them as often as necessary. Serve with good brown gravy or with sauce piquante, omitting the flour generally used to thicken it.

Fricassée of Chicken.

A chicken ; pepper, salt, and nutmeg ; a bunch of sweet herbs ; two shalots ; three anchovies ; butter, eggs, and some gravy made of the bones ; a glass of white wine.

Draw and wash the chicken, and boil it till tender ; when cold cut it into pieces, fry it lightly in butter, and then take it out and drain it. Put the gravy made from the bones into a stew-pan ; add a glass of white wine and the seasoning ; stew it very gently and thicken it with the yolk of an egg well beaten and some butter ; stir it until done. Put in the chicken ; toss it over the fire for a few minutes, and serve it up with sliced lemon and fried parsley.

Fricassée of Pigeons.

Two pigeons ; one pint of water and one of claret ; one blade of mace ; pepper and salt ; one onion and a bunch of sweet herbs ; one and a half ounces of butter ; the yolks of three eggs ; half a nutmeg ; a few fried oysters and slices of fried bacon.

Cut the pigeons into pieces ; wash and clean them well ; put them into a stew-pan with the water and claret ; add the seasoning and the butter. Cover the stew-pan, and let them stew till a good deal of the water has evaporated, leaving enough for the sauce. Then take out the onion and the herbs, and place the pieces of pigeon in a dish and keep them hot. Beat the yolks of three eggs and stir them into the gravy till it is thick and smooth ; then put in the pigeon and shake all together over the fire. Put the pieces of pigeon into a dish and pour the sauce over them ; scatter some fried oysters over the top and lay slices of fried bacon round.

Ragoût of Snipes.

Snipes ; two spoonfuls of mushroom ketchup ; juice of half a lemon ; pepper and salt ; a little butter or melted bacon fat.

Divide the snipes down the back, but do not draw them ; sauté them with a little butter or bacon fat, the ketchup, and pepper and salt. When done squeeze in the juice of half a lemon, and serve garnished with slices of lemon.

Chicken Soufflé.

Pound as finely as possible about three ounces of the white meat of a boiled chicken ; mix with it four well-beaten eggs, a tablespoonful of cream, a little bruised onion, pepper, salt, and a little cayenne. Put the whole into a well-buttered mould, tie it down with a cloth, and boil or steam it like an ordinary pudding. Serve with some good clear gravy poured round it. Rabbit or sweetbread, or other white meat, can be used instead of chicken.

Beef Rolls.

Cut some thin slices of raw beef ; have ready some sausages, prepared as in recipe on page 16, one for each slice. Fry the sausages, and when cold place one on each slice of beef, rolling it round, and tying it up with a bay leaf outside. Fry the rolls till brown, then stew them slowly in some good clear stock for half an hour. Remove the bay leaves and serve with sprigs of boiled cauliflower round the dish, or alone if preferred.

Prawn Curry.

Take four ounces of butter ; put it into a frying-pan and slice into it two onions ; fry them till brown over a slow fire, then remove the onions. Have some prawns picked, and rub one and a half tablespoonfuls of curry powder over them, and put them into the melted butter, and stew over a slow fire until it becomes a light brown. Take as much mutton gravy as will cover the prawns ; season with

a little salt, then stew over a slow fire, and when the gravy has become thick add a coffee-cupful of cocoanut milk or cream and the juice of a lemon. Mix the whole together and serve hot.

Tendrons of Veal à la Provençale.

Take two pounds of the breast of veal, and cut it into pieces about two inches square ; slice two onions and add a small bay leaf, a sprig of thyme, and a clove of garlic. Put these into a large stew-pan with four ounces of salad oil, one tablespoonful of salt, and half a teaspoonful of pepper. Place the stew-pan on a slow fire, and if possible put a little lighted charcoal on the cover. Allow this to simmer for two hours, stirring frequently. Add half a pint of stock and two tablespoonfuls of coarsely-minced parsley ; then boil for five minutes, pile the tendrons up on a dish, and pour the sauce over them and serve.

Calf's Tongue with Tomato Sauce.

Trim and scald the tongue and leave it till cold. Lard it with bacon, and then simmer it in a stew-pan for four hours, in stock seasoned with a bouquet garni, a carrot, two onions, and three cloves. When done split the tongue in half, skin it, and serve covered with tomato sauce.

Chicken Cream.

Pound the breast of an old chicken in a mortar ; add half a pint of double cream while pounding, and pepper and salt to taste. Pass the mixture

through a hair sieve and work in another half-pint of cream. Garnish a plain mould with truffles, tongue, and pistachio nuts. Pour in the mixture, and steam for an hour very slowly. Serve with truffle or mushroom sauce or a purée of ham sauce.

Grenadines of Rabbit.

Take the whole length of the backbone of a rabbit, with the fillet attached to each side. The bone is then divided into sections about two inches thick, and the pieces are neatly trimmed to a circular shape. These pieces must be larded and braised with a buttered paper over them, like a fricandeau. Dress with spinach in the centre and brown sauce round. The grenadines should stand by themselves in the dish, and not overlap as in cutlets.

Rabbit à la Vénitienne.

Cut up a rabbit; lard all the larger joints and braise in a stew-pan with some slices of veal, a tumblerful of white wine, half a tumblerful of salad oil, three heads of garlic, salt and pepper to taste. Place the lid on the stew-pan and cook over a moderate fire. When done dish up the pieces of rabbit in a pyramid, press the sauce through a strainer, and pour it over them.

Curried Eggs.

Two eggs; one large onion; salt; good gravy or stock; one good teaspoonful of curry powder.

Slice the onion and boil it in water till tender; strain off the water and in its place add the stock,

together with the salt and curry powder. Boil the eggs hard and cut them into quarters. Place the onion curried on a hot dish and lay the pieces of egg on the top.

Devilled Eggs.

Four eggs ; a little butter ; one teaspoonful of anchovy sauce ; cayenne pepper.

Boil the eggs hard and cut them into halves ; remove the yolks and cut the end off each white cup, so that it will stand upright. Pound the yolks in a basin with some butter till they are smooth and moist enough to be formed into shape. Add the anchovy sauce and cayenne ; fill the cups with this mixture, piling it up. Garnish with a sprig of parsley in the centre of each. These may be eaten either hot or cold, but are best cold.

Cheese Omelette.

One egg ; two ounces of grated cheese (parmesan is best, but any mild cheese will do) ; one table-spoonful of milk.

Beat the egg well and add the milk to it ; stir in the grated cheese and bake in a tin, well buttered, for twenty minutes in a quick oven. Place a folded napkin on a dish and serve the omelette in the tin it was baked in on the napkin.

Cheese Omelette Fried.

Same quantities as last. Fry in a pan till brown on both sides ; fold over like a pancake and serve on a hot dish.

Curried Spinach with Shrimps.

Take some well-cooked spinach, and fry it in boiling butter mixed with a tablespoonful of curry powder. Add to this a dozen or more shrimps or prawns, and fry all together for about an hour.

Tomato Jelly.

Take one pound of tomatoes and boil them till quite soft with a little red pepper and shalots. Melt half an ounce of gelatine in a little water and pour it on to the tomatoes. Pass it all through a sieve and mould it. Turn it out when cold and sprinkle with grated parmesan.

Mushroom Jelly.

Put one pound of mushrooms into the stew-pan with two tablespoonfuls of ketchup, a few drops of lemon juice, and some pepper. Melt half an ounce of gelatine in a very little water, and add it to the mushrooms. When all is quite cooked and soft, pass it through a sieve and mould it. Decorate the top, when turned out, with a few parboiled very small tomatoes, and garnish with aspic.

Cream of Veal.

Take a pound of fillet of veal, pound it in a mortar, then stir in the beaten yolk of one egg and the whipped whites of two and enough cream to make it into a paste; pepper and salt to taste. Place this in well-buttered small moulds which have been decorated with strips of tongue. Steam for an hour—be sure and do not let it boil. Turn out and serve with either tomato sauce or spinach.

SAVOURIES

Aspic Jelly.

TAKE a tablespoonful of Liebig, put two quarts of water to it, and add shalots, celery seed, thyme, two bay leaves, a carrot, a turnip, and an onion stuck with cloves.

Let all simmer till well impregnated with the vegetables. Then add the rind of a lemon cut thin, a glass of sherry, a few drops of chili vinegar, and a dessertspoonful of tarragon.

To every pint of liquor add one ounce of sheet gelatine. Add the whites of two eggs slightly beaten up, and let all boil; remove to the side of the fire, and let it simmer for half an hour; then strain through a hot jelly-bag till clear, and pour into a mould and place on ice.

Gascony Butter.

Take two ounces of parsley and two ounces of anchovy paste. First boil the parsley and then pass it through a sieve till quite fine; then mix the parsley, anchovy, and two ounces of butter together. Make it up into balls, and place on ice till it is time to serve with the cheese.

Montpellier Butter.

Pick the leaves of a quantity of watercress, mince them as finely as possible, and dry them in a cloth. Then mince them again, and again dry them. Next knead them with as much fresh butter as they will take up, adding a very little salt and pepper. Work up into balls, to be served with cheese.

Lobster in Aspic.

Make some 'aspic jelly.' Have some lobster cut into pieces, three hard-boiled eggs, and a few pieces of tarragon and cress.

Put a layer of the jelly into a mould, then arrange in designs pieces of lobster alternately with the eggs, and here and there pieces of the green, according to fancy. When this has all set, put in more lobster, &c., and then more jelly, in a half-melted state, and so on till the mould is filled up; sprinkle in here and there a little lobster coral.

These aspic moulds can be varied in every possible form. They can be made with prawns, fish, game, eggs, *pâté de foie gras*, caviare, or mushrooms. Garnish with chopped aspic, parsley, and slices of lemon, and if possible serve on a silver dish.

Lobster Creams.

After Mrs. de Salis.

Take the flesh of a lobster, pound it well in a mortar with cream, and rub it through a sieve; add an eggspoonful of anchovy sauce and beat it up well in a pound of Devonshire clotted cream.

Put this into the little French china ramakin moulds, strew coral over the top, and serve.

Sardine Eggs.

Boil four eggs for ten minutes, and put them into cold water ; scrape four sardines gently and pound them in a mortar.

Shell the eggs and cut them in half lengthways. Take out the yolks and add them to the sardines in the mortar with one ounce of butter, a little white pepper and salt, and a dessertspoonful of parsley. Pound all together ; then fill the whites and put the two halves together, and serve in a nest of small salad sprinkled with oil and vinegar.

Baked Eggs, No. 2.

Spread a thick layer of fresh butter on a tin or fire-proof china dish, sprinkle it with salt, and break the eggs carefully on to it one at a time ; pour some cream over them, season with salt, pepper, and one grate of nutmeg ; place a few small lumps of butter over all, bake in the oven, and brown with a salamander.

Eggs in Cases.

Oil some paper ramakin cases (unless the white fire-proof china cases are used) ; put into each a piece of butter the size of a nut, with a small pinch of parsley, some pepper, salt, and a cayenne-spoonful of cayenne. Break an egg into each case, add a teaspoonful of grated parmesan cheese. Put the cases into the oven for about five minutes and serve.

Eggs in Aspic.

Boil four eggs hard, cut them into halves, take out the yolks and put them in a mortar with a teaspoonful of chopped parsley, a teaspoonful of lemon thyme, a grate of nutmeg, a very little salt and still less cayenne; pound these ingredients together with an ounce of butter; when smooth fill the whites with the mixtures, and make what is over into little balls.

Have some aspic jelly; pour some into a border mould; when it is nearly set put alternately round the mould and on the jelly the stuffed whites and the egg-balls. Then fill up the mould with the aspic and set on ice.

Shrimp Eggs.

Prepare the eggs as in preceding recipe. Pick some shrimps, place them into a mortar, and pound them thoroughly with the hard-boiled yolks, two ounces of butter, a grain of cayenne, and a teaspoonful of essence of shrimps or anchovy. When these ingredients are thoroughly well mixed and pounded fill the whites with the mixture. Place a sprig of watercress in each egg and garnish with small salad.

Prawns or lobster may be used instead of shrimps.

Parmesan Eggs.

Prepare the eggs as for eggs in aspic. Pound the yolks in a mortar with two ounces of butter and two ounces of parmesan cheese. Fill the whites and garnish with small salad.

Stuffed Eggs à la Provençale.

Shell four hard-boiled eggs and cut them in half lengthways. Pound the yolks in a mortar with three anchovies boned, two ounces of watercress, some butter, a teaspoonful of essence of anchovy, and a grain of cayenne ; when well pounded rub them through a hair sieve. Fill the whites with this mixture. Make small handles of parsley stalks across the tops. Dish upon shredded lettuce, with the remainder of the mixture in the centre and a little mayonnaise sauce poured over.

Swiss Eggs.

Spread two ounces of butter on the bottom of a dish, and lay on it six thin slices of Gruyère cheese ; break six eggs upon this, keeping the yolks whole. Sprinkle over some mignonette, pepper and salt. Mix together a teaspoonful of chopped parsley and two ounces of grated Gruyère cheese, and strew over the eggs. Bake in a quick oven for ten to twelve minutes.

Kidney Omelette.

Cut a sheep's kidney into small pieces and sauté them in a stew-pan with a little pepper and salt, a teaspoonful of parsley, and a small shalot chopped very fine.

Beat the yolks and whites of three eggs separately, and mix the yolks with the kidney and other ingredients. Make an ounce and a half of butter very hot in the pan. Now stir the whipped

whites into the mixture and fry for a few minutes, folding it when done.

Oyster Omelette.

Blanch and beard eight oysters, and mince them finely with three drops of anchovy sauce. Then proceed as for kidney omelette.

Lobster, sardines, or anchovies may be used in place of oysters.

PUDDINGS, SWEETS, ETC.

French Pancakes.

SIX eggs, a pint of cream, an ounce of butter. Beat the whites and yolks of the eggs separately; beat the cream till it is stiff; then beat all together. Put a little butter into an omelette pan over a quick fire, put in a large spoonful of the mixture, and fry it very quickly. Put it rolled on a dish into the oven, when it will rise. Do not fry the pancakes sooner than is absolutely necessary. Serve *very* hot.

Nut Fritters.

Three dozen Barcelona nuts to each egg, a little salt and saccharin.

Crack the nuts and take off any woolly skin from the kernels; the smooth brown skin does not matter. Crush the kernels in a mortar, but not too fine. Add them to an egg well beaten together with a little saccharin. Fry to a nice brown, a spoonful at a time.

Cocoanut Fritters.

About a quarter of a cocoanut to each egg. Salt and saccharin.

Pound half of the cocoanut in a mortar and slice the rest. Add the nut to a well-beaten egg, then add a little salt and saccharin. Fry, a spoonful at a time, to a nice light brown.

French Flummery.

Two ounces of isinglass or good gelatine, one quart of cream, two spoonfuls of orange-flower water, saccharin.

Boil the isinglass in a quart of cream for a quarter of an hour; add the orange-flower water and saccharin, stir it constantly, and strain it into a mould. When cold turn it out into a dish.

Almond Flummery.

One pint of cream, one of water, two ounces of almonds, one ounce of isinglass, one teaspoonful of orange-flower water, saccharin.

Dissolve the isinglass in the water, pound the almonds to a paste, and mix all together. Boil gently for a short time, then strain it into a mould and turn it out when cold.

Almond Custards.

A quarter of a pound of almonds; one pint of cream; two teaspoonfuls of rose water; the yolks of four eggs; a little saccharin.

Blanch the almonds and pound them in a mortar. Add the cream, saccharin, rose water, and the yolks of the eggs well beaten. Put it on a clear fire and stir well together, always the same

way, till sufficiently thick. Serve in a glass dish or in custard cups.

Custard with Cream.

Half a pint of cream and the same of water ; the white of one egg and the yolks of six ; two laurel leaves.

Beat the eggs well and stir all together over the fire till it begins to thicken, taking care not to let it boil.

Jaunemange, No. 1.

One ounce of isinglass, one pint of water, the yolks of eight eggs, half a pint of white wine, juice and peel of one small lemon, saccharin.

Steep the lemon peel in a pint of boiling water, and then dissolve the isinglass in it ; add the rest of the ingredients after beating the eggs well. Stir it over a brisk fire, strain it through a hair sieve, and pour it into a mould.

Jaunemange, No. 2.

A quarter of a pint of milk, and the same of cream, one egg, an ounce of gelatine, a quarter of an ounce of almonds, and a little saccharin.

Soak the gelatine in the cold milk ; when dissolved, add the cream and make it very hot, but *not* boiling. Blanch and chop the almonds. Beat the egg in a bowl and add it to the almonds. Pour the hot milk and gelatine on to the egg, stirring well all the time. Pour it into a mould which has been dipped in cold water.

Two eggs may be used with advantage, leaving out some of the milk.

Blancmange.

One ounce of isinglass, one pint of water, the whites of four eggs, saccharin, ten bitter almonds blanched.

Dissolve the isinglass in a pint of boiling water, scald the almonds in the water and remove them. Allow the water to cool a little, then add the beaten whites of eggs and saccharin. Strain through a hair sieve and pour it into a mould. When cold, turn it out and stick it over with some blanched sweet almonds.

Velvet Cream.

One ounce of isinglass, a breakfastcupful of white wine, juice and peel of one lemon, one pint of cream and saccharin.

Put the isinglass into a stew-pan with the wine, the juice of the lemon, and the peel and saccharin. Stir it over the fire till the isinglass is dissolved; strain out the lemon peel, and allow it to cool; before it sets mix in the cream and pour it into a mould.

Brandy Cream.

Twenty sweet and twenty bitter almonds, yolks of five eggs, two wineglasses of brandy, one quart of cream, a few spoonfuls of milk, saccharin.

Boil the almonds, blanched and pounded, in the milk. When cold stir in the yolks, well beaten, with a spoonful of cream and the saccharin and

brandy. When well mixed pour in the rest of the cream, set it over the fire, but do not let it boil ; stir it one way till it thickens, and pour it into custard glasses.

Lemon Sponge.

One ounce of French sheet gelatine, one pint of water, the whites of two eggs, saccharin, the juice of one lemon.

Dissolve the gelatine in the water, squeeze in the juice of the lemon, add the saccharin, and put on the fire to simmer for about an hour ; pour it into a basin and, when almost cold, add the whites of the eggs well beaten. Whisk all together thoroughly and place it in a glass dish.

Jelly.

One ounce of French sheet gelatine, one glass of white wine, one lemon, saccharin, one pint of water.

Boil the peel of the lemon in the water for a few minutes ; add the gelatine. When thoroughly dissolved add the juice of the lemon, wine, and saccharin. Strain into a mould.

Stewed Rhubarb.

Cut up some sticks of rhubarb and put them into an earthen jar with a lid ; add a tablespoonful of water and some saccharin. Stew this in the oven till quite tender, and serve, hot or cold, with cream.

Rhubarb Solid.

Enough rhubarb to fill a pint mould, stewed as in last recipe, half an ounce of gelatine, a quarter of an ounce of sweet almonds.

Rub the rhubarb, when stewed, through a sieve, and put it into an enamelled saucepan with the gelatine and half the almonds chopped. When the gelatine is quite melted pour the whole into a wet mould and let it stand till quite firm and set. Turn it out on to a dish, slice the rest of the almonds lengthwise, and stick them all over the top. Serve with cream.

Claret Creams.

One egg, half a pint of cream, one small glass of claret, saccharin.

Whip the cream with the saccharin till it will stand alone. Mix with two-thirds of this the egg well beaten and the claret. When well mixed pour it into custard glasses, placing the rest of the whipped cream on the top.

Serve with gluten rusks.

Curd Puddings with Rhubarb.

Half a pint of curd, prepared as in recipe on page 11, two eggs, a little butter, saccharin.

Place some rhubarb, stewed as in recipe above, in the bottom of a pie dish. Beat the eggs well and add to them the curd, butter, and saccharin.

When these are well mixed pour them on the top of the rhubarb and bake in a moderate oven.

Chocolate (Cocoa) Pudding.

Half a pint of cream, two eggs, two good teaspoonfuls of Cadbury's cocoa essence, a little vanilla flavouring, saccharin.

Blend the cocoa in some of the cream, adding the vanilla and saccharin; then add the eggs well beaten, and lastly stir in the cream.

Bake in a pie dish like ordinary custard pudding.

Chocolate (Cocoa) Soufflé.

Four good teaspoonfuls of Cadbury's cocoa essence, four eggs, a dessertspoonful of almond flour, saccharin.

Beat the eggs, yolks and whites separately, blend the cocoa in a little water, and add it and the almond flour to the yolks. Lastly add the whites beaten to a froth with the saccharin. Pour into a soufflé dish and bake.

Almond Pudding.

Four ounces of almond flour, six bitter almonds pounded, one ounce of butter, five eggs, half a teacupful of cream, nearly a wineglassful of brandy, nutmeg, saccharin, and a little lemon juice.

Warm the cream, and melt the butter in it, add the eggs well beaten, and the other ingredients, and bake in a pie dish or in buttered cups, in a moderate oven for half an hour.

Snow Eggs.

Half a pint of cream, half a pint of water, two eggs, ratafia flavouring or a laurel leaf, saccharin.

Boil the laurel leaf in the cream and water for a few minutes, unless ratafia is used. Add the yolks of the eggs and the saccharin, and pour the custard when cool enough into a glass dish. Have ready a saucepan of boiling water. Beat the whites of the eggs with saccharin and ratafia, or only saccharin, to a stiff froth. Float a spoonful of the froth on the boiling water, and let it stay till risen and set; then lift it off and float it upon the custard. Continue this till all the froth is used.

Steam Pudding.

One pint of cream, four eggs, lemon peel, cinnamon, and saccharin.

Boil the cream with the lemon peel and cinnamon, strain these out and add the eggs well beaten, and the saccharin.

Put all into a covered basin or mould set in a saucepan with the water half up, and boil for about twenty-five minutes.

Chocolate (Cocoa) Tartlets.

Almond pastry prepared as in recipe on page 11. Two ounces of crushed cocoanut, three teaspoonfuls of Cadbury's cocoa essence, one ounce of crushed sweet almonds, saccharin, two eggs.

Mix the first-named ingredients with the yolks of the eggs, adding the whites last, well beaten.

Line some greased patty pans with almond pastry, which should bake for a quarter of an hour. Then drop some of the above into each and bake. Cream whipped with saccharin can be placed on top of each tartlet, slightly dusted on top with cocoa.

Custard Pudding.

Half a pint of cream, or cream and milk, one egg, saccharin and nutmeg. Bake in a pie dish for twenty minutes, grating nutmeg on top.

Custard Mould.

Half a pint of cream, or cream and milk, half a wineglassful of brandy, two eggs, the juice of a lemon, vanilla and saccharin, a good ounce of French sheet gelatine.

Make the cream, eggs, and brandy into a custard with the flavouring, to which add while hot the gelatine. Pour it into a wet mould and stand it in a cool place till set.

Sutton Pudding.

The yolks of four eggs, half a pint of cream, half a pint of water, one ounce of French sheet gelatine, half a teaspoonful of essence of vanilla, saccharin.

Melt the gelatine in the cream and water ; when quite dissolved pour this upon the eggs, taking care it is not too hot, add the flavouring, and pour it all into a wet mould to set.

Brandy Creams.

Half a pint of cream, a small wineglassful of brandy, the juice of a lemon, saccharin, and some powdered cinnamon.

Whip half of the cream with the saccharin till it will stand alone. Mix the rest of the cream with the brandy, lemon, saccharin, and a little powdered cinnamon, and pour it into custard glasses, placing the whipped cream on the top.

Serve with gluten rusks.

Tomato Tart.

One pound of tomatoes, the juice of one lemon, the yolk of one egg, the whites of three, two table-spoonfuls of cream, ground ginger, and saccharin.

Slice some of the tomatoes and lay them in a pie dish, sprinkling them with ginger. Make a purée of the rest of the tomatoes, one egg, the cream, lemon, and saccharin. Pour this over the sliced tomatoes, and place in the oven till cooked. Whip the whites of two eggs with saccharin, heap them on top of the tomatoes, and place the dish again in the oven for a few minutes.

Rhubarb Fool.

Stew some rhubarb by recipe on page 45, rub it through a colander or coarse sieve. When quite cold stir in enough cream or cream and milk to make it the consistency of butter. Some lemon juice and a little chopped almond are an improvement.

Lemon Cheese Cakes.

One large lemon, a good dessertspoonful of almond flour, three eggs, a quarter of a pound of butter, saccharin.

Beat the eggs, turn them into a jar with the lemons grated and squeezed, and the butter and almond flour. Put the jar into a saucepan with two or three inches of boiling water, place it on the fire, and stir the lemon mixture till it thickens slightly. Line some patty pans with almond pastry (page 11), half fill them with the mixture, and bake in a quick oven. The lemon mixture will keep a short time.

Lemon Blancmange.

A quarter of a pint of cream and the same of milk, half an ounce of sheet gelatine, four eggs, the peel of two lemons, saccharin, two teaspoonfuls of brandy.

Dissolve the gelatine in the cream and milk, with the lemon peel cut in strips. Let it cool, and then stir in the eggs, well beaten, and the saccharin. Stir it over a slow fire until on the point of boiling, add the brandy, and pour the whole into a mould to set.

Coffee Cream.

One large cupful of made coffee, a quarter of a pint of cream or milk, the yolks of four eggs, a good ounce of sheet gelatine, saccharin to taste.

Put the coffee, cream, and beaten eggs into a saucepan with the saccharin, stir quickly over the fire till it begins to thicken, still stir for a minute

or two longer, and strain through a sieve into the gelatine. When the latter is dissolved pour the whole into a mould to set.

Ratafia Cream.

Three bay leaves, one pint of cream or cream and water, yolks of two eggs, a little essence of ratafia, saccharin.

Boil the bay leaves in the cream with the ratafia and saccharin. When it has boiled up well, take out the leaves. After being allowed to cool stir in the eggs, well beaten, set it over the fire to get hot without boiling, keep stirring all the time, and when it has thickened pour into a glass dish.

Pistachio Cream.

Half a pound of pistachio nuts, one spoonful of brandy, yolks of two eggs, one pint and a half of cream or cream and water, saccharin.

Blanch half a pound of pistachio nuts and pound them to a paste with a spoonful of brandy. Add to the paste the cream and eggs sweetened with the saccharin to taste, and stir over the fire till it becomes thick. Pour into a glass dish, and when cold stick shreds of pistachio nuts over the top.

Rhubarb Cream.

Enough rhubarb to fill a half-pint mould when stewed, peel of one lemon, two cloves, a piece of cinnamon, half a pint of cream, one ounce of gelatine, saccharin.

Stew the rhubarb as in recipe on page 45, adding

the cloves, lemon peel, and cinnamon. Rub it through a sieve and add to it the cream, in which has been dissolved the gelatine. Turn it into a mould to set.

Lemon Floating Island.

Yolks and whites of six eggs, juice of two lemons, saccharin.

Add the juice of the lemons to the yolks and stir them over the fire till they become thick, then pour it into a glass dish, whisk the whites of the eggs to a high froth with saccharin, and pile them on the top. A sprinkling of chopped pistachio nuts makes a nice decoration.

DRESSED VEGETABLES.

Asparagus Omelette.

BOIL about twelve heads of asparagus, and cut the green ends, when tender, into short pieces. Mix them with two well-beaten eggs, adding a little pepper and salt. Melt an ounce of butter in an omelette pan, pour in the mixture, and stir till it thickens over the fire; fold it nicely over, and serve.

Asparagus with Egg Sauce.

Cook some asparagus, and serve piled up in a dish with the following sauce poured over it: Take one ounce of fresh butter, two yolks of eggs, a pinch of salt, and a little pepper and a table-spoonful of vinegar. Cook in a saucepan till thick.

Ladies' Cabbage.

Boil a firm white cabbage for fifteen minutes; when tender set it aside till cold, then chop it fine and add two beaten eggs, an ounce of butter, pepper, salt, and three tablespoonfuls of cream. Stir all well together and bake in a pie dish till brown.

Cabbage Mould.

Boil a Savoy cabbage, chop it very fine, and pass it through a sieve ; mix it with a little pepper, salt, and butter ; mould and bake it.

Curried Cauliflower.

Boil a cauliflower till tender ; then take one sliced onion ; a dessertspoonful of good curry powder ; two ounces of butter, a tablespoonful of grated cocoanut, a tablespoonful of the milk from the cocoanut, and a teaspoonful of lemon juice. Let all these cook together for an hour, being well stirred and blended together ; then add the cauliflower, cut into pieces, and simmer for twenty minutes. Pile the cauliflower pieces on a dish, and pour the sauce over and round them.

Cauliflower au Gratin, No. 1.

Boil a small cauliflower till tender ; set it on a dish, and powder it thickly with grated parmesan cheese. Have ready a sauce made of one ounce of butter, salt, half a teaspoonful of lemon juice, the yolks of two eggs beaten to a cream, and two tablespoonfuls of grated parmesan. Make the sauce very hot, and pour it over and round the cauliflower.

Cauliflower au Gratin, No. 2.

Boil a small cauliflower till tender. Make a sauce with one ounce of butter, one tablespoonful of

cream, a dust of cayenne, and salt ; then stir into these, when hot, two ounces of parmesan. Place the cauliflower on a dish and pour the sauce on top, then sprinkle a little grated parmesan over all, and brown with a salamander. Serve very hot.

Celery with Cream Sauce.

Cut some celery into lengths of about three inches, and boil till tender. Beat up the yolks of three eggs and add them to half a pint of cream ; put this and the celery into a stew-pan and boil all till it becomes thick. Serve in a vegetable dish.

Celery with Brown Sauce.

Partly stew some short lengths of celery ; drain the water from them, and add instead as much brown gravy as will cover them ; stir in the yolk of one or two eggs, well beaten, with pepper and salt. Stew all together for about an hour, and serve very hot.

Stewed Mushrooms.

Put an ounce and a half of butter into a sauce-pan, and shake it over the fire till it begins to brown ; then throw in a pint of button mushrooms cleaned ; continue to shake these over the fire, to prevent burning ; strew over them a little salt and cayenne, and continue to stew them in this way till they are quite tender. Serve them heaped high on a dish.

Mushrooms with Forcemeat.

Choose some large cup mushrooms ; peel and wipe them. Make a forcemeat of one ounce of grated bacon, shallot, chopped parsley, thyme, pepper and salt ; add the yolk of an egg and a little butter, and simmer all for five minutes over the fire.

Stand the mushrooms in a baking-dish and fill their cups with the forcemeat. Bake them in a moderate oven, and serve them piled on a hot dish with a little gravy poured round them.

Spinach.

Pick the spinach carefully from the stalks ; throw it into plenty of boiling water and salt, and boil for ten minutes ; drain it and squeeze it well, then chop it very fine or pass it through a sieve. Put it back into the stew-pan with a little salt, a piece of butter, the squeeze of a lemon, and a gill of cream. Heat it well, press it into a plain mould, and turn it out on to a dish.

Spinach and Eggs.

Prepare some spinach by boiling, draining, and passing it through a sieve. Heat it up in a saucepan with a little butter, salt, and lemon juice, and serve it, with nicely poached eggs lying on top of it, on a flat dish.

Spinach Omelette.

Take some cooked, chopped spinach and stir about one tablespoonful of it into two well-beaten eggs; add a little piece of shalot, pepper and salt. When well mixed, fry all in two ounces of butter and serve very hot.

Spinach Soufflé.

Mix some cooked spinach with some good stock or gravy; add an ounce of butter and some salt; let this all boil together till very thick, then add the yolks of four or five eggs and a gill of cream. Whip up the whites of the eggs and add them; put all into a soufflé tin and bake for the proper time. Strew a little hard-boiled egg over the top.

Tomato Fritters.

Bake some tomatoes *very* lightly; add some parmesan cheese and a little shalot finely chopped, the white of an egg, and as much cream as will make it like thick batter; drop this batter into a pan of boiling butter, a spoonful at a time. Take the fritters out when they rise, and serve sprinkled with a little parmesan.

Tomato Soufflé.

Prepare some tomato pulp, not too liquid; stir in the yolks of three eggs, and afterwards the whites, well beaten. Fill a soufflé case, and bake as other soufflés.

Curried Vegetables.

Take any cold cooked green vegetables, the greater variety the better ; fry them in butter with a little onion, a dessertspoonful of curry powder, some grated cocoanut, and a tablespoonful of cream. Put all into a stew-pan and simmer slowly for an hour.

Vegetable Marrow Chips.

Partly bake a vegetable marrow, then cut it into pieces like potato chips or ribbons ; fry them in dripping, and pile them high on a dish with a little parmesan cheese sprinkled over.

Stuffed Vegetable Marrow.

Boil a vegetable marrow ; then divide it in half, taking out the insides and making it hollow ; fill up this space with any sort of minced meat. Put the two sides together again, and serve with brown gravy round.

Onions à la Corsica.

Four large onions, a few spoonfuls of cooked spinach, three eggs, hard boiled, salad oil.

Heat some salad oil, and throw into it the onions, sliced, let them boil, and stir till the onions are tender. Drain them from the oil and add the spinach. Place this on a dish and garnish with the whites of the eggs cut in quarters and the yolks sprinkled on in the centre.

Eggs and Tomatoes.

Three eggs, some tomatoes, one ounce of butter, a dessertspoonful of chopped onion, pepper, and salt.

Bake and skin the tomatoes, pass them through a sieve, put the butter into a stew-pan, and when hot put in the tomatoes and onions, beat up the eggs, and add them with pepper and salt. Keep stirring till nearly dry. Serve piled high on a dish.

Spinach Fritters.

To some cooked spinach add as much cream or beaten egg as will make the preparation of the consistency of batter; season with nutmeg and saccharin. Drop the batter into a frying-pan of boiling lard; when the fritters rise, take them out and serve.

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