

## BREAKFAST DISHES



# BREAKFAST DISHES

FOR EVERY MORNING OF THREE MONTHS

By M. L. ALLEN



LONDON

J. S. VIRTUE & CO., LIMITED, 26, IVY LANE  
PATERNOSTER ROW

1884

LONDON :  
PRINTED BY J. S. VIRTUE AND CO., LIMITED,  
CITY ROAD.

## PREFACE.

---

THIS little work has been undertaken with a view to supplying a want long acknowledged by housekeepers both of small and large establishments.

Almost every one complains of the monotony of breakfast dishes, which consist for the most part of boiled eggs, bacon, dried fish, or sausages.

It has been, therefore, the writer's aim not so much to provide new receipts, as to collect and arrange those that appear suitable for the purpose in hand from manuscripts lent her by friends chiefly, and from other sources; but any ordinary cookery-book will be found to contain a good many of them. The compiler does not aspire to offer the public anything startlingly fresh, but she believes that her arrangement of breakfasts will greatly facilitate a housekeeper's efforts to vary the usual monotonous routine.

It may appear at first sight that some of the dishes recommended are of too costly a character to be obtainable except by the very rich; but a farther examination will serve to show that such a variety

of receipts are given for each breakfast, that if *some* are not suitable there are others which are eminently so.

For instance, on January 1st pheasant rissoles are recommended, but as well there are receipts for kidneys à la maître d'hôtel, potted shrimps, buttered eggs, and quince marmalade, surely *some* of which dishes would not be beyond the most limited means.

It will be found that some things, such as sweet-breads, for instance, are very expensive in London; but on the other hand the writer knows places in the country where they are so little thought of as to be given away by the butcher with other meat that may be bought of him.

Oysters, which are largely used in the breakfast dishes of this little book, can be bought at a cheap rate in tins, as well as lobster, and it will be found that the dishes prepared from them are almost as delicious as if made with the more costly article. If anyone has a prejudice against tinned food, as some have, let them, if they cannot manage the fresh article, pass that dish over, and content themselves with others they feel able to afford.


Again, it may be contended that some of the dishes are too heavy and substantial for breakfast. Let it be pointed out that tastes differ in *that* respect, as in all others; and, moreover, what is a sufficient breakfast for a man whose occupation is sedentary, would be a very inadequate one for another whose days are spent in the open air, whether riding, shooting, fishing, or walking.

The compiler of this little book has selected January, February, and March, the three first months of the year, because in them it is possible to get more variety of food than in any other three consecutive months, *i.e.* game, spring poultry, lamb, trout, salmon, &c. Mushrooms and tomatoes can be bought pickled, forced, or in tins; all the other things given will be found to be in season during the months named. At the same time, the dishes given will be found, with the exception of pork in the summer months, and oysters in May, June, and July, to be obtainable at any other time of the year, excepting, of course, game.

To an intelligent cook the receipts given, and the daily arrangement of breakfasts for three months, will suggest other dishes that will be equally suitable, or she will observe that other material prepared in the same way, when that given is out of season, will answer her purpose.

If the writer is in any way the means of varying the terrible monotony of the breakfasts that are to be met with in most houses, especially those of the upper middle class, she will congratulate herself that her trouble has not been in vain.

M. L. A.



Digitized by the Internet Archive  
in 2015

<https://archive.org/details/b21539029>



# BREAKFAST DISHES

FOR THREE MONTHS FOR SIX PERSONS.

---

Receipt  
on Page

## JANUARY 1ST, SUNDAY.

- 39. Pheasant rissoles.
- 65. Kidneys à la maître d'hôtel.
- 25. Buttered eggs.
- 39. Potted shrimps.
- 66. Hot breakfast cakes (anchovy).
- 40. Quince marmalade.

## JANUARY 2ND, MONDAY.

- 26. Duck olives.
- 50. Shrimp omelette.
- 54. Fried potato chips.
- 25. Cold boiled ham.
- 28. Milk rolls.
- 40. Honey.

## JANUARY 3RD, TUESDAY.

- 29. Oysters on toast.
- 30. Sausages in mashed potatoes.
- 41. Deviled pheasants' legs.
- 27. Cold French meat pudding.
- 29. Buttered scones.
- 42. Strawberry jam.

## BREAKFAST DISHES.

Receipt  
on Page

JANUARY 4TH, WEDNESDAY.

- 30. Savoury omelette.
- 31. Kedgerree.
- 31. Potted pheasant.
- 25. Cold ham.
- 42. Scones.
- 43. Marmalade (orange).

JANUARY 5TH, THURSDAY.

- 34. Golden eggs.
- 34. Bombay toast.
- 33. Roman pie.
- 29. Breakfast scones.
- 40. Honey.

JANUARY 6TH, FRIDAY.

- 65. Stewed jack (pike).
- 33. Ham toast.
- 33. Œufs au tomato.
- Cold ox tongue bought in tins.
- 65. Hot scones.
- 81. Apple jelly.

JANUARY 7TH, SATURDAY.

- 65. Pork cutlets grilled, with anchovy sauce.
- 39. Rissoles of chicken.
- 31. Potted lobster.
- 64. Oatmeal cakes.
- Sardines and watercress.
- 82. Stewed prunes or baked pears.

Receipt  
on Page

JANUARY 8TH, SUNDAY.

- 59. Scalloped cod.
- 53. Tomatoes and maccaroni.
- 25. Buttered eggs.
- 27. Breakfast cakes.
- 31. Potted tongue.
- 40. Quince marmalade.

JANUARY 9TH, MONDAY.

- 60. Oatmeal porridge.
- 45. Broiled partridge.
- 34. Winchester cutlets.
- 32. Poached eggs and bacon.
- 33. Grated ham on toast.
- 42. Strawberry jam.

JANUARY 10TH, TUESDAY.

- 30. Dried haddocks.
- 30. Savoury omelette.
- 27. Sausages boiled with chestnuts.
- 31. Potted pheasant.
- 43. Scones.
- Stewed fruit (or bottled gooseberries).

JANUARY 11TH, WEDNESDAY.

- 41. Fried slices of cod.
- 39. Boiled eggs.
- 62. Curried maccaroni.
- 28. Breakfast rolls.
- 32. Anchovy toast.
- 43. Orange marmalade.

*BREAKFAST DISHES.*Receipt  
on Page

## JANUARY 12TH, THURSDAY.

48. Cooked meat fritters.  
 58. Calf's head rolled and stuffed (cold).  
 62. Corn-flour cakes.  
 36. Mushrooms (broiled).  
 72. Bombay ducks.  
 40. Honey.

## JANUARY 13TH, FRIDAY.

- Rasher of ham and fried eggs.  
 78. Potato soufflé.  
 59. Hot crab.  
 60. Oatmeal porridge.  
 64. Sardines on toast.  
 40. Quince marmalade.

## JANUARY 14TH, SATURDAY.

62. Indian pillau.  
 61. Shrimp pie.  
 62. Pigs' trotters.  
 61. Muffins or tea-cakes.  
 81. Stewed apples (pippins).

## JANUARY 15TH, SUNDAY.

61. Eggs en caisse.  
 60. Boiled hominy.  
 60. Sausages and artichokes (or vegetable  
 marrow).  
 59. Bloaters and crumbs.  
 43. Orange marmalade.

Receipt  
on Page

JANUARY 16TH, MONDAY.

- 43. Snipe on toast.
- 43. Oysters curried dry.
- 44. Stewed potatoes.
- 45. Sausage-cakes of meat (*tinned* will do).
- 45. Stewed rhubarb.
- 37. Hot buttered toast.

JANUARY 17TH, TUESDAY.

- 45. Spatchcock of partridge or chicken.
- 46. Devonshire omelette.
- 46. Scalloped oysters,
- 41. Fried bacon.
- 42. Strawberry jam.

JANUARY 18TH, WEDNESDAY.

- 39. Boiled eggs.
- 44. Brain cakes.
- 46. Lobster cutlets.
- 50. German dumplings and gravy.
- 42. Apricot jam.
- 42. Scones.

JANUARY 19TH, THURSDAY.

- 50. Bacon omelette.
- 52. Italian puffs.
- 52. Potted calf's liver.
- 54. Boiled cods' sounds.
- 27. Breakfast cakes.

Receipt  
on Page

JANUARY 20TH, FRIDAY.

- 55. Beef pasties (hot).
- 34. Winchester cutlets.
- 56. Salmi of game.
- 39. Boiled eggs.
- 37. Hot buttered toast.
- 45. Stewed rhubarb.

JANUARY 21ST, SATURDAY.

- 57. Broiled mackerel.
- 58. Beef olives.
- 64. Hard-boiled eggs and white sauce.
- 64. Oatmeal cakes.
- Stewed or bottled fruit.

JANUARY 22ND, SUNDAY.

- 47. Angels on horseback (oysters).
- 47. Grenadines of veal.
- 48. Fish pudding.
- 27. Breakfast cakes.
- 42. Strawberry jam.

JANUARY 23RD, MONDAY.

- 48. Oyster fritters.
- 48. Sweetbreads and mushrooms.
- 50. Savoury rice pudding.
- 52. Calf's liver, potted.
- 42. Scones.

Receipt  
on Page

## JANUARY 24TH, TUESDAY.

- 60. Oatmeal porridge.
- 46. Lobster cutlets.
- 55. Crimped skate.
- 63. Stuffed tomatoes.
- Preserved apricots, bought in tins.
- 66. Breakfast cake, (anchovy).

## JANUARY 25TH, WEDNESDAY.

- 54. Shrimps and boiled rice.
- 53. Stewed kidney.
- 49. Potato patties.
- 31. Potted pheasant.
- 60. Boiled hominy.

## JANUARY 26TH, THURSDAY.

- 41. Fried bacon.
- 46. Scalloped oysters.
- 49. Eggs and anchovy sauce.
- 76. Potted hare.
- 42. Scones.
- Baked apples.

## JANUARY 27TH, FRIDAY.

- 41. Fried pork sausages.
- 40. Partridge pudding.
- 38. Curried sardines.
- 36. Stewed mushrooms (forced or tinned).
- 37, 82. Hot buttered toast or tea-cakes.

Receipt  
on Page

## JANUARY 28TH, SATURDAY.

- 36. Baked eggs.
- 35. Maccaroni and kidneys.
- 36. Fried bacon à la Armstrong.
- 35. Scotch woodcock.
- 34. Tea-cakes (hot).
- 43. Orange marmalade.

## JANUARY 29TH, SUNDAY.

- 35. Sausage-meat cakes.
- 34. Bombay toast.
- 32. Poached eggs.
- 31. Kedgeree.
- 42. Scones.
- 82. Stewed pears.

## JANUARY 30TH, MONDAY.

- 30. Dried haddock.
- 31. Flead cakes.
- 37. Fried patties (calf's brains).
- 31. Potted lobster.
- 37. Scotch collops.

## JANUARY 31ST, TUESDAY.

- 41. Fried bacon.
- 38. Veal cake.
- 40. Curried eggs.
- 42. Apricot jam.
- 29. Scones (buttered).



Receipt  
on Page

FEBRUARY 1ST, WEDNESDAY.

46. Devonshire omelette.  
 46. Lobster cutlets.  
 44. Stewed potatoes.  
 60. Oatmeal porridge.  
 28. Milk rolls.  
 Stewed gooseberries (bottled fruit).

FEBRUARY 2ND, THURSDAY.

49. Russian gallimaufry.  
 56. Salmi of game.  
 53. American salmon and maccaroni.  
 28. Hot milk rolls.  
 Tinned apricots.

FEBRUARY 3RD, FRIDAY.

58. Beef olives.  
 57. Bloaters in batter.  
 58. Rolled calf's head.  
 66. Anchovy breakfast cakes.  
 43. Orange marmalade.

FEBRUARY 4TH, SATURDAY.

47. Grenadines of veal,  
 44. Stewed potatoes.  
 48. Cold meat fritters (hot).  
 60. Boiled hominy.  
 Boiled bacon (cold).  
 42. Strawberry jam.

Receipt  
on Page

FEBRUARY 5TH, SUNDAY.

- 47. Kromeskies.
- 48. Sweetbreads.
- 48. Fish puddings.
- 49. Potato patties.
- 45. Stewed rhubarb.

FEBRUARY 6TH, MONDAY.

- 50. Shrimp omelette.
- 65. Kidneys à la maître d'hôtel.
- 51. Liver and bacon in paper cases.
- 64. Oatmeal cakes.
- 81. Normandy pippins.

FEBRUARY 7TH, TUESDAY.

- 60. Egg kromeskies.
- 59. Fried herrings.
- 59. Scalloped lobster.
- 56. Potato aux boulettes.
- Stewed gooseberries (bottled).

FEBRUARY 8TH, WEDNESDAY.

- 37. Fried patties.
- 35. Scotch woodcock.
- 36. Fried bacon à la Armstrong.
- 36. Stewed mushrooms.
- 37. Hot buttered toast.
- 40. Quince marmalade.

Receipt  
on Page

FEBRUARY 9TH, THURSDAY.

- 27. Sausages and chestnuts.
- 29. Broiled mutton kidneys.
- 31. Potted pheasant.
- 31. Flead cakes.
- 30. Dried haddock.
- Jam.

FEBRUARY 10TH, FRIDAY.

- 36. Baked eggs.
- 33. Roman pie.
- 31. Potted liver.
- 37. Scotch collops.
- 37. Hot buttered toast.
- 82. Baked pears.

FEBRUARY 11TH, SATURDAY.

- 65. Stewed jack.
- 75. Rice and veal rissoles.
- 83. Pheasant soufflé.
- 83. Potted eggs with anchovy.
- 69. Potato bread

FEBRUARY 12TH, SUNDAY.

- 41. Fried soles.
- 63. Cheese trifles.
- 39. Chicken rissoles au truffles.
- 72. Bombay ducks.
- 82. Anchovy paste.

Receipt  
on Page

FEBRUARY 13TH, MONDAY.

- 41. Pork sausages.
- 39. Eggs plain boiled.
- 81. Suet pudding cut in slices and fried.  
Stewed apricots (bottled or tinned).
- 78. Tomatoes scalloped.
- 39. Potted shrimps.

FEBRUARY 14TH, TUESDAY.

- 55. Salmon cutlets.
- 77. Hot deviled meat.
- 77. Mushrooms in cream.
- 78. American waffles.
- 45. Stewed rhubarb and Devonshire cream.

FEBRUARY 15TH, WEDNESDAY.

- 83. Fresh herrings rolled and stuffed.
- 78. Tomatoes scalloped.
- 35. Scotch woodcock.
- 77. Breakfast cakes.
- 43. Orange marmalade.

FEBRUARY 16TH, THURSDAY.

- 77. Filleted soles.
- 83. Grilled kippered salmon.
- 76. Deviled oysters.
- 74. Sheeps' tongues stewed.
- 42. Scones.  
Bottled or tinned apricots.

Receipt  
on Page

## FEBRUARY 17TH, FRIDAY.

- 39. Boiled eggs.
- 75. Veal and potato rissoles.
- 76. Potted hare.
- 78. Deviled biscuits.
- 76. Ox tails stewed.
- 37. Hot buttered toast.

## FEBRUARY 18TH, SATURDAY.

- 73. Fried salsify in batter.
- 74. Reindeers' tongues.
- 75. Cow heel fried.
- 32. Poached eggs and bacon.
- 66. Breakfast cakes with anchovy.
- 42. Strawberry jam.

## FEBRUARY 19TH, SUNDAY.

- 75. Beef fritters.
- 73. Sheep's fry.
- 48. Fish pudding.
- 60. Oatmeal porridge.
- Stewed bottled gooseberries.

## FEBRUARY 20TH, MONDAY.

- 56. Kidney balls.
- 55. Fried smelts.
- 54. Shrimps and boiled rice.
- 54. Fried potatoes.
- 77. Breakfast cakes.
- Jam.

Receipt  
on Page

FEBRUARY 21ST, TUESDAY.

- 50. Shrimp omelette.
- 48. Sweetbreads.
- 48. Fish pudding.
- 76. Grilled kippered salmon.
- Stewed fruit (apple).

FEBRUARY 22ND, WEDNESDAY.

- 54. Salmon en papillote.
- 54. Broiled cods' sounds.
- 55. Hot beef pasties.
- 60. Boiled hominy.
- 61. Muffins.
- 82. Stewed pears.

FEBRUARY 23RD, THURSDAY.

- 61. Eggs en caisse
- 61. Shrimp pie.
- 62. Corn-flour cakes.
- 62. Pigs' trotters.
- 40. Honey.

FEBRUARY 24TH, FRIDAY.

- 32. Sardines on anchovy toast.
- 35. Fried pork sausages on toast.
- Broiled slices of cod.
- 64. Oatmeal cakes.
- 43. Orange marmalade.
- Dry toast.

Receipt  
on Page

## FEBRUARY 25TH, SATURDAY.

- 71. Filets de bœuf au truffles.
- 39. Boiled eggs.
- 31. Potted lobster.
- 28. Milk rolls.
- Bottled fruit (apricot).

## FEBRUARY 26TH, SUNDAY.

- 72. Broiled beef palates.
- 72. Bombay ducks or mummalon fish.
- 71. Kidney and onion.
- 41. Fried bacon and eggs.
- 28. Breakfast rolls.
- 81. Stewed apple (Normandy pippins).

## FEBRUARY 27TH, MONDAY.

- 70. American oyster loaves.
- 76. Kippered salmon.
- 36. Broiled mushrooms.
- 75. Beef fritters.
- 77. Breakfast cakes.
- 45. Stewed rhubarb.

## FEBRUARY 28TH, TUESDAY.

- 67. Broiled pheasant.
- 70. Scalloped mussels.
- 35. Pork sausage-meat cakes.
- 82. Paté de foie gras.
- 77. Breakfast cakes.
- 73. Apple fool.

Receipt  
on Page

FEBRUARY 29TH, WEDNESDAY.

- 69. Birds' nests.
- 66. Spatchcock,
- 67. Stewed ducks' giblets.
- 60. Oatmeal porridge.
- 68. American breakfast bread.
- 42. Strawberry jam.

MARCH 1ST, THURSDAY.

- 68. Veal rolls.
- 68. Pig's cheek.
- 69. Potato bread.
- 39. Boiled eggs.
- 40. Honey.

MARCH 2ND, FRIDAY.

- 67. Beef and onion fried in slices.
- 67. Croquettes of brains.
- 66. Curried mincemeat.
- 68. Rice bread.
- 81. Stewed apples (pippins).

MARCH 3RD, SATURDAY.

- 70. Bread and milk.
- 70. Egg toast.
- 70. Turbot and oyster loaves.
- 26. Cold ham (baked).
- 64. Oatmeal cakes.
- 43. Marmalade.



Receipt  
on Page

MARCH 4TH, SUNDAY.

- 71. Fried beef kidney.
- 37. Patties.
- 61. Egg en caisse.
- 42. Strawberry jam.
- 42. Scones.

MARCH 5TH, MONDAY.

- 64. Hard-boiled eggs, sliced, with white sauce.
- 36. Mushrooms on toast.
- 84. Curried bullock's sweetbreads.
- 60. Oatmeal porridge.
- 40. Quince marmalade.

MARCH 6TH, TUESDAY.

- 74. Red mullet.
- 35. Chopped ox kidney, eggs, and maccaroni.
- 41. Grilled chickens' legs.
- 73. Apple fool.
- 51. Cold sheep's head shape.

MARCH 7TH, WEDNESDAY.

- 35. Stewed kidney.
- 53. American salmon and maccaroni.
- 54. Fried potatoes.
- 73. Apricot fool.
- 82. Paté de foie gras.

*BREAKFAST DISHES.*Receipt  
on Page

## MARCH 8TH, THURSDAY.

74. Broiled trout.  
Split and grilled pork sausages.  
47. Grenadines of veal.  
69. Breakfast rolls.  
42. Strawberry jam.

## MARCH 9TH, FRIDAY.

60. Oatmeal porridge.  
55. Hot beef pasties.  
36. Fried bacon à la Armstrong.  
55. Salmon cutlets.  
73. Strawberry fool.

## MARCH 10TH, SATURDAY.

37. Scotch collops.  
79. Broiled lobsters.  
40. Curried eggs.  
77. Breakfast cakes.  
Stewed (bottled) gooseberries.

## MARCH 11TH, SUNDAY.

79. Fried skate and shrimp sauce.  
62. Curried pigs' feet.  
28. Breakfast cakes.  
83. Potted anchovy.  
77. Deviled hot meat.  
37. Hot buttered toast.  
42. Jam.

Receipt  
on Page

MARCH 12TH, MONDAY.

- 79. Mackerel, stewed.
- 27. Fowl pudding.
- 48. Oyster fritters.
- 68. Little hot loaves (American bread).
- 43. Marmalade.

MARCH 13TH, TUESDAY.

- 79. Lobster scallops.
- 36. Broiled mushrooms.
- 36. Fried bacon à la Armstrong.
- 38. Veal cake.
- 45. Stewed rhubarb.

MARCH 14TH, WEDNESDAY.

- 64. Hard-boiled eggs, white sauce, and parsley.
- 84. Tomatoes baked.
- 33. Ham toast.
- 84. Perriwinkle patties.
- 42. Scones.
- 40. Honey.

MARCH 15TH, THURSDAY.

- 36. Baked eggs.
- 38. Curried sardines.
- 72. Fried trout.
- 69. Breakfast rolls.
- 81. Stewed apples (pippins).

*BREAKFAST DISHES.*Receipt  
on Page

## MARCH 16TH, FRIDAY.

- 58. Stewed eels.
- 69. Potato cakes.
- 82. Paté de foie gras.
- 40. Beefsteak pudding.
- 65. Breakfast scones.

## MARCH 17TH, SATURDAY.

- 50. Crab omelette.
- 40. Curried eggs.
- 53. Stewed kidney.
- 82. Anchovy paste.
- 60. Hominy boiled.

## MARCH 18TH, SUNDAY.

- 42. Scones.
- 25. Buttered eggs.
- 59. Scallops of cod and oysters.
- 54. Shrimps and boiled rice.

## MARCH 19TH, MONDAY.

- 84. Hot cross buns.
- 35. Scotch woodcock.
- 55. Salmon cutlets.
- 36. Broiled mushrooms.
- 37. Oyster patties.

Receipt  
on Page

MARCH 20TH, TUESDAY.

- 51. Liver and bacon in paper cases.
- 50. Savoury rice pudding.
- 49. Hard-boiled eggs and anchovy sauce.
- 44. Stewed potatoes.
- 73. Apple fool.

MARCH 21ST, WEDNESDAY.

- 25. Broiled rasher of ham.
- 38. Curried tinned lobster.
- 39. Plain boiled eggs.
- 52. Italian puffs.
- 77. Breakfast cakes.
- 40. Quince marmalade.

MARCH 22ND, THURSDAY.

- 78. Omelette soufflé.
- 88. Norfolk dumplings.
- 86. Cold mutton sliced and fried with bacon.
- 87. Stewed maccaroni.
- 51. Sheep's head shape.
- 42. Jam.

MARCH 23RD, FRIDAY.

- 55. Pork and apple pasty.
- 87. Baked stuffed haddock.
- 31. Kedgeree.
- 87. Shortbread.
- Stewed apricots (tinned.)

Receipt  
on Page

MARCH 24<sup>TH</sup>, SATURDAY.

- 39. Fried rissoles.
- 37. Chicken patties.
- 62. Corn-flour cake.
- 86. Aspic jelly (very savoury.)
- 73. Strawberry fool.
- 85. Brawn (cold).

MARCH 25<sup>TH</sup>, SUNDAY.

- 87. Pressed calf's head and eggs.
- 87. Baked mackerel.
- 40. Boiled meat pudding (beefsteak.)
- 34. Golden eggs.
- 64. Oatmeal cakes.

MARCH 26<sup>TH</sup>, MONDAY.

- 51. Curry balls.
- 44. Brain patties.
- 59. Bloaters and crumbs.
- 42. Scones.
- 73. Apple fool.

MARCH 27<sup>TH</sup>, TUESDAY.

- 32. Sardines on anchovy toast.
- 63. Stuffed tomatoes.
- 39. Lobster rissoles and fried parsley.
- 77. Breakfast cakes.
- 82. Paté de foie gras.
- Bottled gooseberries.

Receipt  
on Page

MARCH 28TH, WEDNESDAY.

- 32. Poached eggs on buttered toast.
- 59. Fried herrings and onions.
- 85. Rice and meat balls (pork).
- 39. Potted shrimps.
- 82. Tea-cakes.

MARCH 29TH, THURSDAY.

- 80. Cold duck stewed with peas.
- 72. Lamb's fry.
- 60. Oatmeal porridge.
- 85. Graham cakes.
- 80. Veal rissoles.
- 31. Potted pheasant.

MARCH 30TH, FRIDAY.

- 81. Lamb chops.
- 60. Egg kromeskies.
- 73. Grilled kidneys and lemon juice.
- 65. Scones.
- 73. Strawberry jam fool.
- 41. Fried bacon.
- 83. Fresh herrings, stuffed.

MARCH 31ST, SATURDAY.

- 80. Veal and potato rissoles.
- 47. Angels on horseback (oysters).
- 80. Madras anchovy toast.
- 75. Cow's heel fried.
- 28. Breakfast cakes.
- 73. Apple fool.
- 57. Bloaters in batter.





# RECEIPTS.

---

## Buttered Eggs.

Put into a stew-pan two ounces of butter; break four fresh eggs, and add a tablespoonful of chopped mushrooms or truffles, half a teaspoonful of salt, and add pepper; stir it on the fire continually. Have ready some slices of buttered toast, on a hot dish; pour the eggs on the toast and serve hot.

## To Boil a Ham.

Soak your ham for twenty-four hours. After the ham has been scraped or brushed as clean as possible, pare away lightly any part which disfigures it, lay it in a ham-kettle, and cover it plentifully with cold water; bring it very slowly to boil, and clear off carefully the scum, which will be thrown up in great abundance. So soon as the water has been cleared from this, draw back the pan quite to the edge of the stove, that the ham may be simmered softly but steadily until it is tender. On no account allow it to boil fast. Put into the water in which it is to be boiled a quart of old cider and a pint of vinegar, a

large bunch of sweet herbs, and a bay-leaf. When it is two-thirds done, skin, cover it with raspings, and set it in a oven until it is done enough. It will prove incomparably superior to a ham boiled in the usual way.

### To Bake a Ham.

A ham for baking should be well soaked; then wipe it dry, then trim away any rusty places underneath, and cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in. Place it in a moderately-heated oven, and bake for nearly four hours. Take off the crust and skin, and cover with raspings, the same as for boiled ham, and garnish the knuckle with a paper frill. This method of cooking a ham is, by many persons, considered far superior to boiling it, as it cuts fuller of gravy, and has a finer flavour, besides keeping a much longer time good.

### Poultry Olives.

Cut into two joints the legs of a cold chicken; take off the drumsticks; mix half a teaspoonful of pepper with five or six teaspoonfuls of breadcrumbs, some mixed herbs, a very finely chopped onion, and two teaspoonfuls of chopped parsley. Cut four thin slices of bacon, sprinkle with the crumbs in a thin slice of bacon, roll up each joint of fowl in the bacon, tie securely; make hot in a frying-pan or before the fire. Serve on a piece of fried toast.

## Breakfast Cakes.

One pound of flour, three ounces of butter, one gill of new milk, one tablespoonful of brewers' yeast, (or German yeast), a piece of butter the size of a walnut; baked in a hot oven.

## Sausages and Chestnuts.

Roast and take the husk and skin from forty fine Spanish chestnuts; fry gently in a morsel of butter six small flat oval cakes of fine sausage-meat, and when they are well browned lift them out, and pour into a saucepan, which should be bright in the inside, the greater part of the fat in which they have been fried; mix with it a large teaspoonful of flour, and stir these over the fire till they are well and equally browned. Then pour in by degrees nearly half a pint of stong beef or veal broth or gravy, and two glasses of good white wine; add a *small* bunch of savoury herbs, and as much salt and pepper, or cayenne, as will season the whole properly. Give it a boil; lay in the sausages round the pan, and the chestnuts in the centre. Stew them *very* softly for nearly an hour, take out the herbs, dish the sausages neatly, and heap the chestnuts in the centre; strain the sauce over them, and serve them very hot. There should be no sage mixed with the pork to dress thus.

## French Cold Meat Pudding.

### FOWL, PHEASANT, OR TURKEY PUDDING.

Two ounces of suet, three-quarters of a pound of meat chopped fine, two ounces of bacon or ham, two ounces of grated breadcrumbs soaked in boiling

## BREAKFAST DISHES.

milk, two eggs, lemon peel, onion, pepper, a teaspoonful of sauce, parsley, and any kind of herb, some chopped mushrooms, salt. Bake in a basin for an hour; turn out and serve with some good gravy poured over it.

### Breakfast Rolls.

Crumble down very small indeed, an ounce of butter into a couple of pounds of the best flour, and mix with them a large saltspoonful of salt. Put into a basin a dessertspoonful of solid, well-purified yeast, and half a teaspoonful of pounded sugar; mix these with half a pint of warm new milk; hollow the centre of the flour, pour in the yeast, gradually stirring to it sufficient of the surrounding flour to make a thick batter; strew more flour on the top, cover a thick double cloth over the pan, and let it stand in a warm kitchen to rise. In winter it must be placed within a few feet of the fire. In about an hour, should the leaven have broken through the flour on the top and have risen considerably in height, mix one lightly whisked egg, or the yolks of two, with nearly half a pint more of quite warm new milk, and wet up the mass into a very smooth dough. Cover it as before, and in from half to three-quarters of an hour, turn it on to a paste-board, and divide it into twenty-four portions of equal size. Knead these up as lightly as possible into small round or olive-shaped rolls; make a slight incision round them, and cut them once or twice across the top, placing them as they are done on slightly floured baking-sheets an inch or two apart. Let them remain for fifteen or twenty minutes to prove, then wash the tops with yolk of egg mixed with a little milk, and bake them

in a rather brisk oven from ten to fifteen minutes. Turn them upside down upon a dish to cool after they are taken from the tins.

### Broiled Mutton Kidneys.

Split them open lengthwise without dividing them ; strip off the skin and fat, run a fine skewer through the points and across the back of the kidneys to keep them flat while broiling ; season them with pepper, or cayenne, lay them over a clear brisk fire, with the cut sides towards it ; turn them in from four to five minutes, and in as many more ; dish and serve them quickly with or without a cold maître d'hôtel sauce under them. Season them with pepper and fine salt, and brush a very small quantity of oil, or clarified butter, over them before they are broiled.

### Oysters on Toast.

Cut some pieces of bread the size of half-a-crown, barely a quarter of an inch thick. After they are fried, cut out bacon the same size ; very thinly fry. Put on bread anchovy and cayenne, then bacon, then a roasted oyster, a few grains of cayenne, and a little oyster liquor. N.B. Roasted oysters are really only made hot through.

### Buttered Scones.

Beat two eggs a little, put them in nearly a pint of milk (new) warmed, with two or three spoonfuls of yeast to rise ; then put in a quart of flour, mix it

with a spoon, and lay in eight cakes; roll them the size of muffins, and put them before the fire to rise, with a cloth to cover them; then put them in the oven.

### Sausages in Mashed Potatoes.

Mash smoothly with some milk and a little piece of butter or dripping, about one pound and a half of potatoes; have ready boiled one pound of sausages (sausages take about fifteen minutes to boil; putting them in boiling water, they do not require pricking), mould round each sausage some of the mashed potatoes to give it the appearance of a roll, put a piece of dripping on each, and bake in the oven, or before the fire, till of a nice brown colour. These rolls can be fried, but require great care taking them out, or the potatoes will fall away from the sausages.

### Dried Haddock.

Boil it in a frying-pan, with just enough water to cover it; put it on a drainer to drain, then put it before the fire, with a large piece of butter on it.

### Savoury Omelette.

Beat the yolks of four eggs till almost white, beat the whites of four eggs for the same time, beat the two together for five minutes after adding a teacup of milk and a dessertspoonful of flour, finely chopped parsley, pepper and salt, a few drops of lemon juice, and an onion cut into four pieces; beat well. Boil

## Savoury Omelette.

Instead of the receipt here given in error, please take the following :—

Beat the yolks of four eggs till almost white, beat the whites of four eggs for the same time, beat the two together for five minutes after adding a teacup of milk and a dessertspoonful of flour, finely chopped parsley, a dessertspoonful of pickled mushrooms minced very small, and a teaspoonful of mixed herbs. Add salt and pepper to taste; beat well. Fry an onion cut in four pieces in some butter, and when boiling take it out before pouring in the omelette mixture. Hold the pan over a clear fire. With a fish slice fold the omelette when fried a light brown, and serve in a very hot dish.





enough fat in a frying-pan to cover the bottom, and when it is just on the boil, take out the four pieces of onion, and pour the mixture into the pan and hold it over a good clear fire.

### Fleed Cakes.

Fleed is to be bought from any pork butcher. Two pounds of flour, one and a quarter pounds of fleed, six ounces of butter; baked ten to fifteen minutes.

### Potted Pheasant, Lobster, or Liver.

Roast the birds as for table, but let them be thoroughly done, for if the gravy be left in the meat will not keep half so well. Raise the flesh of the breast, wings, and merrythought quite clear from the bones; take off the skin; mince, and then pound it very smoothly with about one-third of its weight of fresh butter, or something less, if the meat should appear of a proper consistence without the full quantity; season it with salt, mace, and cayenne only, and add these in small portions until the meat is rather highly flavoured with both the last. Proceed with it as with other potted meats.

### Kedgerree.

Half a pound of broiled fish, quarter of a pound of rice, two eggs, two ounces of butter, cayenne pepper, and salt.

## Sardines on Anchovy Toast.

Toast some thin dry bread, which must be cut in oblongs about the length and breadth of a sardine; cut it before the toast becomes brittle, and again place in the oven to become brittle and thoroughly crisp; spread with anchovy butter made by just cleaning three anchovies, pound them in a mortar with one ounce of butter, cayenne pepper, a little nutmeg, and a teaspoonful of anchovy sauce; rub through a hair sieve, and use as directed. Wash your anchovies, wipe with a cloth; divide the fillets by splitting down the back with the finger and thumb of both hands. The fillets must then be placed on the toast like lattice-work. Garnish with hard-boiled egg chopped.

## To Poach Eggs.

Take for this purpose a wide, delicately clean pan, about half filled with the clearest spring-water; throw in a small saltspoonful of salt, and place it over a fire quite free from smoke. Break some new-laid eggs into separate cups, and do this with care, that the yolks may not be injured. When the water boils, draw back the pan, glide the eggs gently into it, and let them stand until the whites appear almost set, which will be in about a minute; then, without shaking them, move the pan over the fire, and just simmer them from two minutes and a half to three minutes. Lift them out separately with a slice, trim quickly off the ragged edges, and serve them upon toasted bread freed from crust and buttered.

## Roman Pie.

Well oil a plain tin mould, sprinkle well with vermicelli broken small, then line it with a *very* thin paste. Have ready some boiled macaroni, which cut in pieces half an inch long; take a sprinkling of grated cheese, cut your meat up into small dice, mix all together and season with pepper and salt, and add sufficient gravy to moisten the whole (if the meat is white, the sauce must also be white and made with milk). Then put all into a lined mould, cover with thin paste, and bake in a moderate oven half an hour. Then turn it out, with a rich brown sauce round it in the dish.

## Ham Toast.

Take of cooked ham finely chopped two table-spoonfuls, one of white breadcrumbs, two of veal gravy, two of cream, a little chopped parsley, a little pepper and mustard; heat up all together, then make a good buttered toast, and sprinkle the above upon it. Fry crumbs of bread and a little parsley on the top of it; when served cut it into long square pieces.

N.B. One anchovy chopped is considered a great improvement.

## Œufs au Tomato.

Hard boil and shell two eggs, cut them in two lengthwise, cut up the whites in strips, heat them in tomato sauce; put this on a dish with fried bread round it; chop the yolks fine, and put a layer on the tomato and eggs, two or three layers of each; end with the yolks. Serve very hot.

### Golden Eggs.

Hard boil three or four eggs, shell and sprinkle them with flour. Beat up one or more raw eggs, and dip the hard ones in this ; roll them in breadcrumbs (to which add some salt), and fry a good golden brown colour. Serve in rich white sauce.

### Bombay Toast.

One ounce of anchovies, wash, bone, and pound in a mortar with one ounce of fresh butter, till reduced to a smooth paste. Melt the anchovy butter in a saucepan, and as it melts add the beaten-up yolks of two eggs ; stir till of the consistency of cream, add cayenne to taste, and spread on some slices of fried bread.

### Winchester Cutlets.

Take any cold cooked meat, mince and pound it ; add an equal quantity of breadcrumbs, one ounce of butter, pepper, salt, cayenne, and a little ketchup. Make this into a stiff paste with a raw egg, and shape into small cutlets with a little flour ; egg, breadcrumb, and fry in hot fat. Put a small piece of uncooked macaroni into the end of each to represent the bone.

### Tea-Cakes.

Flour, sixteen ounces ; butter, four to eight ounces ; add sufficient milk, and roll the cakes thin. Bake in a pan or on tins in an oven.

### Sausage-Meat Cake.

Season very highly from two to three pounds of good sausage-meat, both with spices and with sage, or with thyme and parsley, if these be preferred; press the mixture into a pan, and proceed exactly as for veal cake. A few minced eschalots can be mixed with the meat for those who like their flavour. Make into cakes and fry. Serve on hot fried toast.

### Scotch Woodcock.

Four slices of bread toasted and buttered both sides; cover one side thickly with anchovy paste, put the toasts one on the top of the other, and cut in four pieces. Have ready the yolks of four eggs well beaten, with half a pint of good milk, which set over the fire to thicken but not to boil; then pour it over the toast and send it to table as hot as possible. Half the above is sufficient for three persons.

### Macaroni and Kidneys (Mutton or Ox).

Cook two ounces of macaroni in boiling water; skin three mutton kidneys, and remove the fat, cut them into slices, season with salt, cayenne, and finely mixed herbs; fry them on both sides in butter; then stir in half a pint of gravy well flavoured with tomatoes. Dish with a layer of macaroni over them, the gravy poured over; add pepper, salt, and chopped hard-boiled eggs and some grated Parmesan cheese.

### Fried Bacon à la Armstrong.

Take slices of raw bacon and place them between slices of thinly cut bread slightly soaked in milk, then fry all together in batter.

### Baked Eggs.

Well butter some tin patty-pans, break a fresh egg into each; place a lump of butter, some salt, a little cayenne, and a little chopped parsley on the top of each. Put in the oven to bake.

### Broiled Mushrooms (forced).

Allow three or four mushrooms for each person. Cleanse mushrooms by wiping them with a piece of flannel and a little salt. Peel the tops, broil them over a clear fire, turning them once, and arrange on very hot dish. Put a piece of butter on each, season with pepper and salt, and squeeze a few drops of lemon-juice over each. Place dish before fire till the butter is quite melted and serve very hot.

### Stewed Mushrooms (bottled).

Five or six buttons for each person. Pare a pint of mushroom buttons neatly, put them in a basin of water with a little lemon-juice as they are done. Take them from the water, avoiding the sediment; put them in a stew-pan with fresh butter, salt, and juice of half a lemon; cover the pan closely, and

stew gently for twenty-five minutes, or longer if they are not tender. Thicken the butter with one teaspoonful of flour, cream or milk, and a very little mace added for flavouring.

### Hot Buttered Toast.

Bakers' bread a day or two days old. Cut slices rather more than a quarter of an inch in thickness, toast before a very bright fire; when a light brown colour both sides, place it on a hot dish, put a good piece of butter on each piece, and set it before the fire. When the butter melts spread it over the toast, trim off the crust and ragged edges, and send the toast quickly to table. Pile the slices one on the top of the other and cut them into quarters.

### Fried Patties, Brains, Chicken, or Oysters.

Mince some calf's brains previously boiled; add an egg boiled hard and chopped, and a little parsley, a tiny piece of pounded mace, salt, pepper, a little lemon-peel; moisten with a gravy and cream. Make a good puff-paste, roll rather thin, and cut it into round pieces, put the mixture into them, and fry a light brown (or bake in patty-pans, and brush them over with the yolk of an egg). Fry for fifteen minutes.

### Scotch Collops.

Cut veal the same thickness as for cutlets; flour it well, and fry a light brown in butter, sprinkle with

flour and add half a pint of water, pouring it in gradually; set it on the fire, and when it boils add an onion and a tiny piece of mace (pounded). Simmer gently for three quarters of an hour, flavour gravy with two tablespoonfuls of sherry, one tablespoonful of mushroom ketchup. Give one boil up and serve.

### Veal Cake.

Cut all the brown off some slices of cold veal, and cut two hard-boiled eggs into slices. Get a pretty mould, lay ham, veal, and eggs in layers, and some chopped parsley and a little pepper between each, and when the mould is full get some strong stock and fill up the shape. Bake half an hour, and when cold turn out.

### Curried Crab, Sardines, or Lobster.

Take all the meat out of a boiled crab, mix it with a little curry-powder and cream, a few drops of lemon-juice, and a little sugar; stew gently until hot, and serve with an edging of boiled rice. The curry may be ornamented with capsicums on top. An onion and a large acid apple previously fried is an improvement.

### To Boil Rice for a Curry.

Take a teacupfull of rice, wash it well; take another cup of the same size and measure it twice with boiling water, add a pinch of salt; make the water boil quickly, throw in the rice, and after it boils reckon twenty minutes. There will be no water



to draw off. Stir up rice with a fork; then, turn it into a dish, and let it dry before the fire a few minutes.

### Pheasant Rissoles, Chicken or Lobster.

(Half a pound.) Mince the white meat of a pheasant, mix a few breadcrumbs, pepper and salt to taste, a few chopped herbs, half a teaspoonful of minced lemon-peel, and some chopped bottled mushrooms or truffles; add a little milk and some white stock, and then put all together in a saucepan and stir over a bright fire (a wooden spoon) for ten minutes. Then turn out into a plate; mix in one raw egg and leave it six hours to cool, when the mixture will be quite hard. Make into balls, egg and breadcrumb, and fry in boiling fat sufficient to cover the rissoles. Garnish with fried parsley. After taking the rissoles out of the frying-pan, place them on kitchen paper to drain off all grease.

### To Boil Eggs.

Place a saucepan on a bright fire, half full of water, let it boil, and then put in eggs, and allow them to remain in three and a half minutes.

### Potted Shrimps.

Pick shrimps, and then tightly fill earthenware pots with them; add cayenne pepper and salt to taste, then pour over them boiling butter till the pot is quite full. Set it to cool, and then pour over the top, to exclude all air, a mixture of boiling lard and butter.

## Honey.

Either in jars or in the comb, ten shillings to one shilling a pound.

## Curried Eggs.

Make a curry sauce as on page 38; hard boil some eggs, shell them, cut a piece off one end and enable them to stand on end; place eggs in sauce, and surround with rice.

## Quince Marmalade.

Pare, core, and quarter some inferior quinces, and boil them in as much water as will almost cover them, until they begin to break; strain the juice from them, and for the marmalade put half a pint of it to each pound of fresh quinces. In preparing these be careful to cut out the hard stony part round the cores. Simmer them gently until they are tender, and then press them through a coarse sieve; put them into a clean pan and boil them till they form a dry paste; add for each pound of quinces and half-pint of juice, three-quarters of a pound of finely-powdered sugar, boil the marmalade for half an hour, stirring it gently all the time. It will be firm and bright in colour. Four pounds of quinces, one quart juice, four pounds sugar, makes rather a richer marmalade. Boil fast from twenty to forty minutes.

## Partridge Pudding.

OR BEEF CAN BE USED INSTEAD OF THE BIRDS.

Skin a brace of partridges, and cut them into joints; line a basin with suet crust, lay the birds on the crust, first highly seasoning them with cayenne

pepper and some salt; pour in water for gravy, a little pounded mace for seasoning, layers of button mushrooms (bottled) between the layers of meat; fill up the pudding with crust, and boil three and a half hours.

N.B. The crust not to be eaten unless particularly liked. If beefsteak be used, cut up two kidneys also.

### Deviled Pheasants' or Chickens' Legs.

Cut off legs from cold pheasants, score them with a sharp knife, put pepper and mustard and a little salt into the cuts; broil them with a piece of cold butter on each. Serve *very* hot.

### Fried Soles or Fried Slices of Cod.

Cleanse the fish, and, two hours before they are wanted, rub them inside and out with salt; wash and rub them very dry, dip them into egg, and sprinkle over with breadcrumbs; fry them in boiling lard, dish on a hot napkin, and garnish with crisped parsley.

### Fried Bacon, Ham, or Sausages.

Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a cold frying-pan, turn it two or three times, and dish it on a very hot dish. Fry sausages in the same way till done.

## Sausages and Mashed Potatoes.

Prick the sausages with a fork, and put them into a frying-pan with a small piece of butter. Keep moving the pan about and turn the sausages two or three times. In twelve minutes they will be cooked. Have ready some smoothly mashed potatoes, and place the sausages on it and serve very hot.

## Strawberry Jam or Apricot.

Strip the stalks from some strawberries, weigh and boil them for *thirty-five* minutes, keeping them very constantly stirred; throw in eight ounces of good sugar beaten small, to a pound of fruit; mix them well before putting on the fire again, and then boil quickly for twenty-five minutes.

## Scones.

Mix into a smooth paste with half a pint of milk one pound of flour, half an ounce of cream of tartar, a quarter of an ounce of carbonate of soda, and one ounce of sugar. Rub three ounces of butter into the flour with the hands. Roll the mixture to insure the butter being well mixed with the flour. Roll the paste out to a sheet of one-third of an inch in thickness. Cut the paste into triangular pieces, each side about four inches long. Flour a tin and put the scones into it and bake them directly in an oven (240°) for forty minutes.

### Snipe on Toast.

Do not draw a snipe, but wipe it with a soft cloth, and truss them with the head under the wing. Suspend the bird with the feet downwards to a bird-spit, flour them well and baste them with butter, which should be ready dissolved in a pan. Lay a thick round of slightly toasted bread buttered on both sides in the pan for the trail to drop on. The birds will be done in twenty minutes. Lay the toasts in a very hot dish and dress the birds upon them (one piece of toast to each bird).

### Orange Marmalade.

Three pounds oranges, six pounds sugar, three quarts water.

Take some bitter oranges and double their weight in sugar, peel off the rind. Cut chips as thin as possible about an inch long. Put the chips and pulp in a dish of boiling water, let them thus remain for fourteen hours, then turn the whole into a preserving-pan and boil till the chips are perfectly tender. Then add pounded sugar and boil it until it jellies.

### Oysters or Shrimps Curried Dry.

Heat some shrimps or flesh of a boiled lobster slowly through, and serve in the following curry sauce. Dissolve a good slice of butter in a deep, well-lined saucepan, and shake it over a brisk fire till it begins to colour, then put in the lobster or shrimps, and brown them well and equally. The pan must be well shaken, and the shrimps turned in it fre-

quently. When this is done lift them out, and throw into the saucepan three large onions finely minced; add a morsel of butter, and fry until they begin to soften. Then add a quarter of a pint of soup and a large acid apple, or a tablespoonful of lemon-juice, with the hearts of two or three lettuces and a heart of a cabbage shred quite small, a few small pickled gherkins, and two tomatoes (freed from seeds). Stew the whole till it resembles a thick pulp, and add any liquid it may require should it become too dry; put in the lobster or shrimps with two teaspoonfuls of flour, one of salt, and three of curry-powder. Simmer softly till the whole is done, which will be in three quarters of an hour to an hour. Surround the curry with well-boiled and drained rice, and serve on a hot dish.

If preferred, the shrimps might be simply warmed through and added to the curry sauce after it is entirely cooked, before surrounding it with the rice.

### Brain Cakes.

Boil the brains in a little veal gravy very gently for ten minutes, drain them on a sieve, and when cold cut them into thick dice; dip them into beaten yolk of egg and very fine breadcrumbs mixed with salt and chopped herbs, pepper, &c.; fry them a light brown and dry them well. Serve on a very hot dish with fried parsley to garnish them.

### Stewed Potatoes.

Put in a saucepan on the fire a piece of butter the size of an egg, one chopped onion, two spoonfuls of parsley, half a teaspoonful of celery and common

salt mixed. Cut half a pound of potatoes into pieces, put them in a saucepan with three tablespoonfuls of water, when soft add a quarter of a pint of milk, a tablespoonful of vinegar and flour; stir and boil up.

### Sausage Cakes of Tinned Meat.

Pound up in a mortar one pound of Australian meat, with a tablespoonful of salt, ditto of pepper, a quarter ditto of ground cloves, and two ounces of butter. Make into cakes and fry.

### To Cook Rhubarb.

Cut two pounds of rhubarb about an inch in length. To this is added one pound of sugar and the rind of a lemon grated; mix the two together, and leave it until the rhubarb is cooked. Have a large tin saucepan full of boiling water, and put the rhubarb in and stir it with a wooden spoon; the cover is put on, and for five minutes it may be left. When the cover is taken off, the rhubarb must not be left till it is done. It must be quickly turned with the spoon so as not to break the rhubarb. The moment it boils it softens; in about three minutes this happens, according as to whether the rhubarb is old or young. Strain it off quickly, only leaving a little juice to serve with it. Put it into a glass dish and leave it to cool; gently scatter the sugar and lemon over it.

### Pheasant Broiled, or Partridge, or Chicken.

Split a young and well-kept partridge, and wipe it with a clean cloth inside and out, but do not wash it.

Broil it delicately over a very clear fire, sprinkling it with a little salt and plenty of cayenne; rub a good piece of butter over the bird the moment it leaves the fire, and send it quickly to table in a very hot dish.

### Devonshire Omelette.

Beat the yolks of four eggs till almost white. Beat the whites of four eggs for same time. Beat the two together for five minutes after adding a tea-cup full of milk, and a dessertspoonful of flour, finely chopped parsley, pepper, salt, a few drops of lemon-juice, and an onion cut into four pieces. Beat well; boil enough fat in a frying-pan to cover the bottom, and when it is just on the boil, take out the pieces of onion, and pour the mixture into the pan and hold it over a good clear fire.

### Salmon or Lobster Cutlets.

Pound the coral with half an ounce of butter, and rub through a hair sieve. Make a panada (one ounce of butter, one ounce of flour, and a gill of milk, stir on the fire until it comes away from the sides of the saucepan), and add the coral butter, lobster, pepper, salt, cayenne, and a few drops of lemon-juice. Fry in boiling fat, having brushed them with egged breadcrumbs.

### Scalloped Oysters.

Plump and beard oysters, after having rinsed them well in their own strained liquor; add to this an equal quantity of very rich white sauce, and thicken



it, if needful, with a teaspoonful of flour mixed with a slice of butter; put in the oysters, and keep them at the point of simmering for three or four minutes; lay them into the shells and cover the tops thickly with crumbs fried a delicate brown and well dried; or heap over them instead a layer of fine crumbs; pour clarified butter on them, and brown them with a salamander.

### Angels, or Oysters, on Horseback.

Cut some pieces of bread the size of half a crown, barely a quarter of an inch thick; after they are fried cut out bacon the same size very thinly; fry. Put on bread, anchovy and cayenne, and a little oyster liquor.

N.B. Roasted oysters are really only made hot through.

### Grenadines of Veal.

Remove all skin and fat, and cut veal into nice shapes; then lard. Put a small quantity of dripping or butter in frying-pan; then put in fillets round the pan; in the centre chopped carrot, turnip and small onion, and a bouquet garni (sprig of marjoram, thyme, and parsley, tied in a bay-leaf), pepper, salt, and not quite enough stock to cover the fillets. Put a piece of buttered kitchen paper on the top to prevent browning, put in an oven for three-quarters of an hour; put round a dish in which are cut vegetables. Boil stock till glazy and pour over.

### Kromeskies.

Three ounces of flour, pinch of salt, dessertspoonful of salad oil, about one gill of tepid water, white

of one egg well beaten. Oysters to be soaked a short time in cream with a little cayenne and a few drops of lemon-juice. Take a piece of cooked bacon, all fat (cold boiled), wrap each oyster in a slice of bacon, and fry in batter. Serve oyster in bacon.

### Sweetbread.

Soak and scald, simmer gently in milk for half an hour; egg, crumb, and fry, and serve with a little good gravy and button mushrooms.

### Fish Pudding.

Take any boiled fish, or fowl, or veal, pound it in a mortar, take an equal quantity of bread soaked in milk; put these into a pan, and stir over a fire till it becomes thick as dough; then add one ounce of butter, two yolks of two whisked whites of eggs, a little chopped parsley, a small onion chopped fine, a tiny little nutmeg, cayenne, and salt. Put into a buttered mould, steam one hour. Serve with white sauce poured over.

### Cold Meat or Oyster Fritters.

Make a light batter, dip each seasoned oyster one by one into the batter, and toss from a spoon into hot fat. It will immediately assume a grotesque shape. Serve on a hot d'oyley.

## Potato Patties.

Chop up six ounces of cold meat, mix it with two teaspoonfuls of anchovy sauce, one teaspoonful of finely chopped onion, ditto parsley, and five tablespoonfuls of milk; make one pound of mashed potatoes, grease six large patty-pans, line them with the potatoes, making them very much raised in the middle; put in a piece of butter on top of each, bake for three-quarters of an hour, turn out of the patty-pans, and serve very hot.

## Eggs and Anchovy Sauce.

Boil four eggs hard, take off the shells, mince the eggs; put a piece of butter into a saucepan the size of a walnut, melt it, and add one teaspoonful of flour, ditto of anchovy sauce, a quart of milk, a teaspoonful of vinegar, a quarter of a teaspoonful of pepper. Stir it over the fire till it boils, add the chopped eggs, stir well, and pour it over three rounds of buttered toast. Put into the oven till required.

## Russian Gallimaufry.

Cut a pound of cold meat into moderate-sized pieces; cut up any cold vegetables, ham, bacon, batter or suet pudding into small pieces, fry all together in a little dripping, add half a teaspoonful of pepper and salt to taste, a tablespoonful each of finely chopped onion, parsley, flour, and vinegar, and a teaspoonful of sugar. Stir it all up over the fire, and serve very hot.

## Savoury Rice Pudding.

Boil slowly four large tablespoonfuls of rice in a pint of water, with half a tablespoonful each of pepper, salt, mixed herbs, chopped parsley and onion, and a little celery seed; chop up four ounces of cold meat, beat up with a quarter of a pint of milk, two eggs; mix the minced meat with it, and a tablespoonful of ketchup; add to it the rice when it is well cooked; pour all into a well-greased pie dish, and bake for three-quarters of an hour. Serve hot or cold.

## Shrimp, Crab, or Bacon Omelette.

Cut up half a pound of lean bacon into small dice, put them in a shallow baking-tin in the oven for a few minutes; beat up the yolks of four eggs with one tablespoonful of flour, one tablespoonful of very finely chopped onion, two ditto of parsley, quarter of a teaspoonful each of pepper and mixed herbs, and half a pint of milk; beat up into a stiff froth the whites of four eggs, and add quickly to the batter, which must be poured over the hot bacon and the whole put into the oven for twenty minutes. A frying-pan will cook this omelette just as well. To be served at once.

## German Dumplings and Gravy.

Chop small three ounces of suet, three ounces of any cold meat, a small onion, five leaves of parsley; mix with these half a pound of flour, half a teaspoonful each of pepper, salt, herbs, and two eggs well

beaten, with enough milk to make a stiff dough. Divide into dumplings and throw into boiling stock. Serve in a good brown gravy.

### Liver and Bacon in Paper Cases.

Boil some calf's or sheep's liver tender, cut it into thin slices. Cut some bacon into very thin slices; take a sheet of common note-paper, lay on one half of it a slice of bacon, sprinkle it with a teaspoonful of the following mixture: to a tablespoonful of breadcrumbs add half a teaspoonful each of pepper, herbs, parsley, and onion. Lay the liver over the bacon, sprinkle the liver with another teaspoonful of the crumbs, put the other piece of bacon on, and turn the other half of the paper over, and turn up the edges round the three open sides. Fry for fifteen minutes, turning them once over.

### Curry Balls.

Boil half a pound of rice with one pint of water and a large tablespoonful of curry-powder, half a tablespoonful of salt, and one of sugar, an acid apple chopped fine, a large onion chopped fine. Chop up six or eight ounces of cold meat, with some parsley; while the rice is hot mix the meat with it, add an egg, and form into balls (rolling them in flour every now and then); put them in a frying-pan with some grease, or bake them in a baking-tin well greased.

### Cold Sheep's Head Shape.

Take a sheep's head, boil it with salt and some peppercorns till the meat falls from the bones. Cut

the meat into small pieces and place them in an earthenware shape. Cut four hard-boiled eggs and place them in the shape before putting in the meat, which must be well seasoned with cayenne pepper and a few drops of lemon juice, and salt to taste, a chopped onion, and some chopped parsley, and some ham cut into small pieces. Bake in an oven for twenty minutes; then while hot pour in the liquor that the sheep's head was boiled in (mixed with a little dissolved gelatine) over the shape, leave to get cold, and turn out of shape when perfectly firm, and send to table on dish.

### Italian Puffs.

Mix up in a basin six ounces of finely chopped cold meat, two ounces of breadcrumbs, two teaspoonfuls of vinegar, ditto chopped parsley, half a teaspoonful each of chopped onion, mixed herbs, pepper, salt, and sugar, and a teacup of milk. Make a teaspoonful of baking-powder and a pound of flour into a dough, and three ounces of lard or dripping and a little water; roll it out thin, and cut out fourteen or sixteen round pieces, lay some of the mixture on each piece, wet it all round, and double the paste over, pressing it down well. Place them in a baking-tin with some lard or dripping, and place in the oven. While they are cooking, baste three or four times with the grease in the tin. When done, drain them and serve very hot.

### Calf's Liver, Potted.

Boil some calf's liver quite tender, cut it into small pieces, and put through a mincing-machine; then add

butter, pepper, and powdered cloves. Pound in a mortar. One pound of liver requires two ounces of butter, half ditto of salt, and a small pinch of powdered cloves. Put into a pot and pour melted butter on the top.

### Tomatoes and Maccaroni.

Cook half a pound of maccaroni in a pint and a half of water and a quart of milk, boil until tender; dissolve gently ten ounces of rich white cheese in a pint of good cream, add a little salt, a good deal of cayenne, and two ounces of fresh butter. The cream should be boiled before the cheese is melted into it. The maccaroni is to be arranged round a hot-dish, and the cheese mixture to be poured lightly on it. In the centre of the dish should be four or five large baked tomatoes. The whole should be sent to table *very hot*.

### Stewed Kidney.

A kidney cut into four pieces, well floured all over, and put into a pan with mushrooms and a rich gravy. Parsley and fine herbs, pepper and salt to taste must be added; the whole carefully browned.

### Maccaroni and American Salmon.

Cook half a pound of maccaroni by boiling it in a pint and a half of water and a quart of milk, adding the liquor out of the tin of American salmon; put the pieces of salmon in a well-greased pie-dish, pour the maccaroni over, sprinkle breadcrumbs over and a few pieces of butter; bake for twenty minutes.

### Salmon en Papillote.

Take a small salmon steak, sprinkle it with pepper, salt, and lemon juice. Butter the inside of a large sheet of letter-paper and place the steak upon it, fold the paper over, cut it round, roll up the edges, lay in a greased baking-tin, and bake twenty minutes. When dished cut the paper open at the top.

### Shrimps and Boiled Rice.

Shell a pint of shrimps, make a thick white sauce with a little cream, butter, some flour and milk, nicely flavoured with cayenne, salt, and a little mace. Heat together in a saucepan, and pour into the middle of a very hot dish. Have ready some boiled rice, arrange it nicely round the dish, and send to table.

(Receipt for boiling rice on page 38.)

### Broiled Cod's Sounds.

Lay them a few minutes in hot water. If fresh, rub with some salt, clean, till they look white, and give them a gentle boil. Take up, dry, flour, sprinkle with salt and pepper; broil them. Serve with melted butter and mustard.

### Fried Potatoes.

Fry a good quantity of fat, and when boiling place chips of potatoes in a frying-basket and stand it in the boiling fat; shake it frequently. When done stand the chips on paper to drain.



## Beef or Pork and Apple Pasties (hot).

Roll out some good butter crust. Season with pepper very highly, and some salt, a tender beef-steak previously cut into pieces about half an inch square. Have ready the paste rolled out thin, about six inches long by three broad; place the meat on the crust and place another piece over it, pinching down the edges together. Brush over with egg, and bake. If pork is used, put a previously baked apple, minus core and skin, into each pasty with the cut-up meat.

## Salmon Cutlets.

Cut slices one inch thick and season very highly with pepper and salt (fresh ground pepper); butter a sheet of white paper, and lay each in a separate piece, with their ends twisted, and broil gently over a clear fire, and serve with caper sauce.

## Fried Smelts.

Smelts should be very fresh. Do not wash them, but dry in a cloth, flour lightly, dip them in egg, sprinkle with very fine crumbs of bread, and put them in boiling lard for five minutes. Fry a pale brown. Dry them before the fire on a drainer.

## Crimped Skate.

Clean, skin, and cut the fish into slices; have ready some highly salted water, in which boil the fish till it is done (about twenty minutes). The

slices of fish should be rolled and tied with string previously to being boiled. Drain well, remove the string, and serve with anchovy sauce poured over it.

### Kidney Balls.

Chop a veal kidney and some of the fat, some leek or onion, black pepper and salt to taste; roll it up with an egg into balls and fry them.

### Potato aux Boulettes.

Boil some large potatoes very dry, mash a pound very smooth; mix with them while yet warm, two ounces of fresh butter, three tablespoonfuls of fresh cream, a teaspoonful of salt, one and a half of black pepper, the beaten and strained yolks of four eggs, and last of all the white thoroughly whisked; add some finely minced ham and a little chopped parsley. Mould the mixture with a teaspoon and drop it into a small pan of boiling butter; fry the boulettes for five minutes over a moderate fire. Drain them well, and dish them on a hot napkin.

### Salmi of Game.

Half roast the birds, carve them very neatly, and strip every bit of skin from the legs, wings, and breasts; bruise the bodies well, and put them, with the skin and other trimmings, into a very clean saucepan with the following mixture: cut down into dice four ounces of lean and unboiled ham, and put it, with two ounces of butter, into a thick, well-tinned saucepan; add four minced eschalots, two ounces of sliced

carrot, and two dozen button mushrooms, four cloves, a dozen and a half peppercorns, a bay leaf, two sprigs of thyme, a good bit of parsley. Stew these over a gentle fire, stirring and shaking them often; then mix well with them a dessertspoonful of flour and let it take a little colour. Next add by degrees three-quarters of a pint of veal stock, and half a pint of sherry or Madeira. When this is done put in the *bodies* of the birds and boil for an hour and a quarter. Strain and clear the sauce quite from fat, pour it on the joints of game, heat them in it slowly, and when they are on the point of boiling dish them immediately, with delicately fried sippets round the dish.

### Bloaters in Batter.

Cut the heads and tails off two bloaters, split them open, and remove the backbones. Make half a pint of French batter, pour half of it into a greased frying-pan, lay in the bloaters with a little mustard rubbed over them, pour in the rest of the batter, and fry.

### Broiled Mackerel, whole.

Empty and cleanse a large fresh mackerel, opening it as little as possible; hang it in a cool air till stiff. Make an incision with a sharp knife the whole length of the fish on either side of the backbone, and with a feather put in some cayenne and fine salt mixed with a few drops of pure salad oil. Lay the fish, wrapped in thickly buttered writing-paper, over a moderate fire on a well-heated gridiron which has been rubbed with suet; loose it gently should it stick, and when done equally on both sides turn the back to the fire. Half an hour will broil it well.

### Beef Olives.

Cut the beef into thin slices. Mix four table-spoonfuls of breadcrumbs with half a teaspoonful of pepper, half ditto of mixed herbs, a finely chopped onion, two teaspoonfuls of chopped parsley; finely chop some fat bacon; roll up the mixture in the slices of beef and tie securely, then make hot in the oven or in a frying-pan. Serve olives on fried toast.

### Calf's Head.

Scald the skin off a large head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones; then have ready a good quantity of chopped parsley, salt, and a good quantity of pepper; mix well, season it highly with these, lay the parsley in a thick layer, then some thick slices of fine ham, then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it as close as possible; boil it, and lay a weight upon it.

### Stewed Eels.

Clean and skin the eels, season with salt, cloves, pepper, and mace; put into a small stew-pan with very strong beef gravy, port, and an equal quantity of Madeira. It must be covered close; stew till quite tender, take out the eels and keep hot while you boil up the liquor with one or two chopped anchovies and some flour and butter; strain the gravy through a sieve and add lemon juice. Serve with sippets of bread and horseradish if liked.

### Fried Herrings.

Serve them a light brown with fried sliced onions.

### Hot Crab.

Pick the meat out of a crab, clear the shell from the head; then put the meat, with a tiny pinch of nutmeg, salt, a good bit of pepper, three spoonfuls of vinegar, some breadcrumbs, and a good bit of butter, into the shell again, set it before the fire, and brown with a salamander. Serve dry toast to eat it on.

### Scalloped Cod or Lobster.

The remains of boiled cod must be cleared of bones and mixed with a cup of milk, one dessert-spoonful of anchovy sauce, one teaspoonful of vinegar, a very little mustard, a little cayenne, a little black pepper, and some pieces of butter. Grease some scallop-shells, put in the mixture, grate breadcrumbs over, and bake a nice brown for three-quarters of an hour.

### Bloaters and Crumbs.

Cut off the head and tail of a bloater, split it open, and take out the backbone; sprinkle it with two spoonfuls of breadcrumbs, half a teaspoonful each of dry mustard and chopped parsley, a little onion, a few drops of Yorkshire relish. Put four pieces of butter on the top of bloater, and cook in an oven or before the fire.

### Egg Kromeskies.

Boil hard four eggs, take off the shells, cut four thin slices of lean bacon eight inches long and three wide. Take two tablespoonfuls of breadcrumbs mixed with one ditto of chopped parsley, one of finely chopped onion, some pepper, and a teaspoonful of mixed herbs; sprinkle this mixture on the four slices of bacon, place an egg in each, and roll up; tie with a piece of string, or put a little skewer through each. Put in an oven for three-quarters of an hour.

### Sausages and Artichokes or Vegetable Marrow.

Wash and boil two pounds of Jerusalem artichokes the same as potatoes, peel them; put one pound of sausages in boiling water and let them cook fifteen minutes. Lay the sausages in a *very* hot dish, and put the artichokes round them. Put a piece of butter the size of an egg into a saucepan; when it is melted add two tablespoonfuls of flour, stir well, and then pour in slowly a pint of milk, a finely chopped onion, and some salt. Pour over sausages and artichokes.

### Oatmeal Porridge and Hominy.

Have the water boiling over a good fire with some salt in it, take a handful of meal and sprinkle it in boiling water, stirring well with a large spoon. Then let it boil, for oatmeal five, and for hominy twenty minutes to half an hour (if coarse, longer). It

should be now thick enough to serve, that is, just so stiff as not to run. In two or three minutes it may be turned into a dish and served without a cover. It is best eaten with cold milk or cream poured on it by degrees, and a little salt.

### Muffins or Tea-Cakes.

Half a teaspoonful of tartaric acid, half a teaspoonful of bicarbonate of soda rubbed into a pound of flour, two ounces of butter worked into the flour, one egg well beaten, half a pint of cold new milk poured into a hole made in the flour; add salt, and bake in a tin for twenty minutes.

### Shrimp Pie.

Pick a quart of shrimps; if they are very salt season them with only mace and a clove or two. Mince three anchovies, mix these with the spice and some black pepper, and then season the shrimps. Put some butter at the bottom of the dish and over the shrimps, with a glass of sharp white wine and a few drops of lemon juice. The paste must be light and thin. Very little time serves to make this dish.

### Eggs en Caisse.

Make some small paper boxes, butter the bottom, half fill with following mixture: stale breadcrumbs, butter, minced parsley, salt, and cayenne; break an egg into each box, cover with breadcrumbs till the box is quite full. Put them on a gridiron for three minutes or in an oven. Serve very hot.

### Indian Pillau.

Boil rice in plenty of water for twenty minutes, so that the water drains off easily, leaving the grains whole and with some degree of hardness; then stir in some butter to make the grains separate easily add pepper and salt. Garnish the pillau with hard-boiled eggs cut in quarters, and with a fringe of onions fried very dry.

### Curried Macaroni.

Cut up two onions, fry them in some fat, add a tablespoonful of curry-powder, ditto vinegar, ditto sugar, one chopped apple, a teaspoonful of salt; add one pint and three-quarters of water and boil in it slowly half a pound of macaroni till quite tender, and serve very hot.

### Corn-flour Cakes.

Beat two ounces of butter into a cream, add a teaspoonful of salt. Beat two eggs well, and stir into the mixture a quarter of a pound of corn-flour and a tablespoonful of flour. Pour the mixture into a well-greased cake-tin, or on a flat baking-tin divided into small cakes. Bake from fifteen to twenty minutes in a hot oven. When the cakes are taken out slant them against a plate to prevent them from getting heavy.

### Pigs' Trotters.

Take some pigs' trotters, wash them well, and put them in a stew-pan with enough cold water to cover them, and when it boils take the stew-pan off, strain



off the water, and put the trotters into a basin of cold water. Put the trotters into two quarts of water in the stew-pan, with a tablespoonful of vinegar and a tablespoonful of salt, and stir in some smoothly mixed flour and water (an ounce of flour and a tablespoonful of cold water). Put the stew-pan over the fire till it just boils, and then set it on one side to simmer once for four hours. Serve the trotters on a hot dish with a good white sauce.

### Cheese Trifles.

Put some very thin puff-paste in patty-pans, mix one ounce of grated Parmesan cheese, pepper, cayenne, the yolk of an egg, and one tablespoonful of cream; whisk the white, stir in, place in the patty-pans, and bake in a quick oven for ten minutes.

### Stuffed Tomatoes.

Take four large tomatoes, wipe them, put them on a plate, and cut off a small round from the top with a sharp knife and as much of the inside as can be got at, leaving the sides of the tomato entire. Chop some ham, the inside of the tomato, some red and black pepper, a little salt, some vinegar, a teaspoonful of sugar, three onions chopped very fine, and a sprig of thyme. Put all these into a sauté-pan over the fire and stir the contents with a spoon until they are reduced (about ten minutes). Pass it all through a hair sieve, and fill the tomato walls with the mixture. Put them into a hot oven on a dish in which they can be served, with a piece of butter on each tomato, and slightly cook. Serve very hot.

## Hard-boiled Eggs and White Sauce.

Hard-boil six fresh eggs, quarter, and place them on a dish. Make a white sauce by putting half an ounce of butter into a stew-pan, and when it is melted put in one ounce of flour, stirring it well for ten minutes; then add one gill of cream and half a teacupful of milk. Take one dozen button mushrooms and peel them and wash them, put them in a stew-pan with a piece of butter the size of a nut, squeeze over them a teaspoonful of lemon juice and a tablespoonful of cold water; put it on the fire and just bring it to a boil, first adding minced parsley and salt to taste. The sauce is then strained over the hard-boiled eggs, and the dish is served very hot. If more sauce is needed, use a little white stock to mix with the other.

## Sardines on Toast.

Cut some toast into long pieces the length of a sardine and a trifle wider; butter, spread with anchovy paste; split a sardine and take out the backbone, lay a half on each piece of toast, and heat through.

## Oatmeal Cakes.

Melt three ounces of lard in a saucepan. Take seven ounces of flour and three ounces of oatmeal, a tablespoonful of salt, and a quarter of a teaspoonful of carbonate of soda; mix with a spoon, stir in the melted lard. Break an egg into a tablespoonful of water and beat together. Pour this into the flour mixture and stir well together. Turn the paste on a board. Roll out the paste as thin as required; put on to a greased baking-tin. Bake for twenty minutes in a hot oven (240° at oven door).

## Pork Cutlets and Anchovy Sauce.

Grill six delicately cut pork cutlets and serve in a hot dish, with anchovy sauce in the midst of them.

## Stewed Jack.

Well wash the jack in salt and water, cut it into thick slices. Boil half a pint of stock, and when it boils put the jack in, and then let it boil for ten minutes; add a teacupful of claret, one large tablespoonful of anchovy sauce, a lump of butter the size of an egg, two teaspoonfuls of ketchup, one of lemon juice, one small lump of sugar. Thicken with a little flour, and keep the stew-pan well shaken for five or seven minutes.

## Hot Scones.

One pound of flour, one saltspoon of carbonate of soda, one ounce of salt, and enough buttermilk or sour milk to make a dough. This makes eight scones. Cook them in a frying-pan or on a griddle *over* the fire.

## Maître d'Hôtel Kidneys.

Plunge some kidneys in boiling water, open them down the middle without dividing them altogether, and peel. Pass a skewer through them to keep them open, pepper well, salt, and dip them in melted butter. Broil them over a clear fire, cooking the cut side first; remove the skewers, put a little piece of maître d'hôtel butter into the hollow of each kidney, and serve very hot.

### Maitre d'Hôtel Butter.

Chopped parsley beaten up in butter, a little lemon juice and salt, and plenty of black pepper.

### Breakfast Cake (Anchovy).

One cup of rice boiled quite soft in water. When cold stir a tablespoonful of flour into rice, and a lump of butter, two eggs, and some anchovy sauce. Well mix, and bake a light brown in a tin plate.

### Spatchcock.

Split a fowl in halves through the middle of the breast and back; pepper and salt it, rub it over with butter; grease a gridiron, and broil it over a clear, bright fire. Put a lump of butter on a hot dish before the fire, let it dissolve; lay the fowl on a round of toasted bread, pepper and salt it, and serve very hot.

### Curried Mincemeat.

Slice an onion and fry it in butter. Soak a slice of bread in milk, and grate eight sweet almonds; beat two eggs into half a cupful of milk, and mix the whole well together, with half a pound of minced meat, a small lump of butter, and a tablespoonful of curry-powder. Rub a pie-dish with butter and the juice of a lemon. Bake in a not too hot oven for half an hour.

### Stewed Ducks' Giblets.

Well wash the giblets, divide the pinions and the neck, head and gizzard, put them into a stew-pan, with a bunch of savoury herbs, one onion, two cloves, fourteen peppercorns, some ketchup, a piece of butter as big as an egg, and half a pint of stock. Set the pan over a gentle fire to stew till the giblets are tender, then thicken the gravy with a piece of butter rolled in flour; add a glassful of white wine just before serving, boil it up and pour over the giblets.

### Broiled Pheasant.

Cut the legs off at the first joint, cut up the bird. Put the pieces into a frying-pan with a little lard; when browned on both sides and half done through, take them up and drain them, brush them over with egg, dip them in breadcrumbs well seasoned with salt and cayenne, broil for ten minutes, and serve with mushroom sauce.

### Beef and Onion Fried in Slices.

Cut some slices of cold roast beef and one large onion, fry them a nice brown in a quarter of a pound of butter; turn the pan round frequently to prevent the meat from burning. Then boil up half a pint of beef broth, well seasoned with pepper, salt, and a little mustard. Pour over the meat and serve as hot as possible.

### Croquettes of Brains.

Blanch a calf's brains, and beat them well together with a spoonful of sage-leaves chopped very fine,

seasoned with pepper and salt. Mix them with bread-crumbs soaked in a little milk and a well-beaten egg. Make into balls and fry for ten minutes in butter.

### Veal Rolls.

Cut some thin slices off a fillet of veal, hack them with a knife, rub them over with the yolks of eggs, lay some veal forcemeat over them, roll each up tight, and tie it with a thread. Brush them over with the beaten yolks of eggs and sprinkle with breadcrumbs; lay them in a buttered dish, and bake in a quick oven half an hour. Boil up a pint of brown gravy with some pickled mushrooms in it, pour round the rolls, and serve very hot.

### Pig's Cheek.

Boil a pig's cheek for three-quarters of an hour, cover it with breadcrumbs, and brown them or glaze it.

### Rice Bread.

Boil half a pound of rice in three pints of water till the whole is quite thick; mix yeast as well as six pounds of flour to form the dough. Bake one and a half to two hours.

### American Breakfast Bread.

Heat one third of a quart of milk, and scald it with half a pint of flour. When the batter thus made is cool, add the rest of the quart of milk, a teacupful of yeast, a dessertspoonful of salt, and flour enough to make a stiff paste. Knead it on a paste-board till

it is very fine and smooth. Let it rise all night. Bake in the morning half an hour.

### Potato Bread.

Boil two and a half pounds of nice mealy potatoes till floury; rub and mash them smooth; then mix them with sufficient cold water to let them pass through a coarse sieve. Mix this paste with yeast and then add it to the flour. Set it to rise, well knead it, and make it into a stiff, tough dough.

### Breakfast Rolls.

Take half a pound of flour and rub two ounces of butter into it, add one ounce of salt and mix it with one beaten egg. Bake for three-quarters of an hour.

### Water Cakes (Breakfast).

Mix two ounces of butter with one pound of flour, a pinch of salt, and a pint of cold water. Bake for fifteen minutes.

### Birds' Nests.

Four eggs, boil for ten minutes; warm half a pint of rich brown gravy. Take off the eggshells and brush the eggs over thickly with a forcemeat preparation; put a little butter in a stewpan and fry them, pour gravy over them, and serve very hot. Forcemeat to be made of breadcrumbs, beef suet chopped *very* fine, parsley, grated lemon peel, pepper and salt, and bound with the beaten yolk of an egg.

## Scalloped Mussels or Cockles.

Clean the shells well with repeated washings, but do not keep them long in water. Stew them in a small quantity of boiling water; when the shells open they are done. The saucepan should be covered and shaken continually. In boiling mussels put a silver spoon in with them, and if it turns black do not eat them. Pick them out of their shells and save the liquor that runs from them; pick out the hairy appendage to be found at the root of the tongue. To the pint of mussels put half a pint of the saved liquor; put in a blade of mace, thicken with butter rolled in flour, let them stew gently a few minutes. Serve in scallop-shells *very* hot, with browned crumbs on the top.

## Bread and Milk.

Cut the bread into dice, put them into a basin; boil the milk, and when boiling pour it over the bread. Cover the cup up for five minutes, and then stand it before the fire for five more. Sugar to taste.

## Egg Toast.

Put the yolks and whites of four eggs with four ounces of clarified butter; beat them well together, then stir it over the fire in the same direction till mixed. Make a round of thin, delicate toast, well butter it, and salt and pepper it. Put the mixture on it and serve very hot.

## Turbot Loaves (or American Oyster Loaves).

Take four round breakfast rolls, four ounces of butter; take a circular piece out of the top of each



roll and extract the crumb. Then put half a dozen oysters and some cold turbot (with the oysters' liquor) into a stew-pan with two ounces of butter, a teaspoonful of pepper, salt to taste, a teaspoonful of anchovy paste, and half the crumb from the loaves. Let them simmer for six minutes, and stir in a table-spoonful of cream. Fill directly the holes in the loaves. Fit the tops on again, and put them in an oven to crisp. Serve on a napkin.

### Fried Beef Kidney and Onion.

Take a beef kidney, cut it in slices, not too thick, and let them soak in warm water for two hours and a half, changing the water twice to thoroughly cleanse them. Dredge a very little flour over these slices, and fry a nice brown in three ounces of butter; add some slices of onion or not, as preferred, seasoning them well with pepper, salt, and mustard. Arrange them in a circle round a dish, and stir a teaspoonful of tomato sauce into a quarter of a pint of good gravy with a lump of sugar in it.

### Fillets de Bœuf au Trouffles.

Cut out the inside of a sirloin of beef, beat it well to make it tender, cut it in slices, trimming them neatly; lay them in oil and let them soak for ten minutes, then fry in butter. Chop up some parsley, lemon thyme, half a shallot, and slice some truffles (that have been previously cleaned and brushed, boiled for twenty minutes in some good stock, quarter of a pint and half a pint of white wine, pepper and salt), and add fifteen drops of vinegar. Lay the herbs in the middle of the dish and the fillets round, and the truffles round the fillets.

### Broiled Beef Palates.

They take one hour to simmer (which can be done overnight); *five* minutes to broil. Wash and soak three palates and boil them until tender, removing the skin; then put them in a stewpan with a pint and a half of new milk, pepper, salt, clove, shallot, a bunch of thyme and parsley, and a lump of butter rolled in flour. Let the whole simmer slowly for one hour; then take them out, brush the palates over with the yolk of a beaten egg, dip them into bread-crumbs and boil them lightly. Place them on a very hot dish, and serve with a piquant sauce.

### Bombay Ducks, or Mummalon Fish.

To be bought in tins at two shillings and three pence a tin, imported by Dickinson Brothers & Co., London. The fish are toasted very crisp and served on pieces of hot buttered toast about two and a half inches wide and one and a half square. Served very hot.

### Fried Trout.

Thoroughly clean and remove the gills, brush them over with the yolk of a well-beaten egg, dip them into breadcrumbs, and fry in hot fat till a fine brown. Garnish with sliced lemon.

### Lamb's Fry.

Take one pound of lamb's fry, boil it for about a quarter of an hour, then drain it dry. Brush it over with the yolk of a beaten egg, then cover with breadcrumbs, seasoned with minced parsley, pepper, and salt. Fry it till it is a nice colour, *i.e.* five minutes, and serve with fried parsley on a folded napkin.

## Grilled Kidneys and Lemon Juice.

Cut four kidneys *nearly* in halves, grill them on a well-greased gridiron. When done, put on each some chopped onion, parsley, butter, and lemon juice, pepper and salt.

## Apple Fool.

Put your apples into a stew-pan with half the measure of water. When they are quite soft drain the water from them and press them with the back of a spoon through a colander; sweeten, and flavour with a little lemon juice. Put a quart of milk over the fire beaten up with the yolks of four eggs, stir it over the fire till it begins to simmer; then let it cool a little, and add half a pint of cream; stir it gradually into the cold apples. Let it stand till cold, and serve it.

## Strawberry or Apricot Fool.

Press the fruit (whether tinned or jam) through a hair sieve, simmer some milk with the yolk of one egg beaten up in it; add the cream when cooling, and stir it all gradually into the cold fruit.

## Salsify.

Scrape the salsify quite white, and throw it into a pan of boiling water, with a good lump of salt and some lemon juice. When it is tender put it to drain; then cut it into pieces and dip it in batter and fry a light brown. Serve fried parsley with it. Make the batter of one egg, a little flour, pepper, salt, mace, and nutmeg.

### Reindeer's Tongues.

Soak them for three hours in cold water, and then expose them to the air. This must be done three times. Then scrape them very clean and put them into a stew-pan of cold water and bring them gradually to a boil. Let them simmer slowly, skimming them carefully all the time. Serve on a table napkin.

### Red Mullet Baked.

Fold each mullet in well-oiled paper, tie the ends, pass the string over them, and bake in a small dish in a moderate oven twenty-five minutes. Make a sauce of the gravy that comes from the fish, a piece of butter, a little flour, a glass of port or sherry, a teaspoonful of anchovy sauce, and the juice of half a lemon. Boil it and serve separately from the fish, which are to be served in their paper cases.

### Broiled Trout.

When the fish is thoroughly cleaned, wipe it dry in a cloth and tie it round with thread (to preserve its shape). Melt a quarter of a pound of butter with a tablespoonful of salt, and pour it over the trout till quite covered; let it remain in it for five minutes, then take it out and place on a gridiron over a clear fire, and let it cook gradually for fifteen minutes.

### Sheep's Tongues Stewed.

Put the tongues into cold water and let them boil till tender enough to remove the skins. Then split them and lay them in a stew-pan with enough *good* gravy to cover them. Chop some parsley, some

mushrooms, and onion finely, work a lump of butter with it, and season with pepper and salt to taste; add it to the gravy and stew till tender, then lay them in a dish, strain the gravy, pour it *very* hot over the tongues, and serve.

### Veal and Potato Rissoles.

A few mashed potatoes, some cold veal or chicken, hard-boiled eggs. Chop as much meat as you require and mix it with three-quarters of a pound of mashed potatoes, two hard-boiled eggs minced fine. Add chopped parsley, a little lemon juice, pepper, and salt. Mix with the yolk and white of an egg beaten separately, the white to a stiff froth. Make into balls, roll in the yolk of an egg, and brown in a Dutch oven before the fire.

### Cow's Heel Fried.

Cow's heel to be thoroughly washed, cleaned, and scalded; cut it into pieces about two inches long and one wide; dip them into the yolk of a beaten egg, cover them with fine breadcrumbs mixed with chopped parsley, cayenne pepper, and salt. Fry in boiling butter, and arrange prettily on a hot dish.

### Beef Fritters.

Mix to a smooth batter ten ounces of flour with a teacupful of water; warm two ounces of butter and stir into the flour, with the whites of two eggs whisked to a stiff froth. Shred the well-seasoned beef as thin and small as possible, and add it to the batter. Mix all well together, and drop it into a pan of boiling lard. Fry on both sides.

### Ox Tails.

The upper half of two ox tails. Cut the tails in pieces about three inches long; stew them for a long time till they *are very* tender. Skim the gravy well, stand the pieces of tail upon a dish, and pour the gravy over them. (For a breakfast dish the tails must be stewed overnight and warmed up in the morning.) Time, three hours and a half.

### Potted Hare.

Hang up a hare for about a week, then case it and cut it in quarters. Put it into a stone jar, season it with cloves, mace, pepper, and salt, put a pound of butter over it, and bake it four hours in a slow oven. When done, pick meat from the bones, pound it in a mortar with the butter it was baked in (skimmed clean from the gravy). Pound it till it becomes a smooth paste; season it to taste. Press it down in the pot and pour clarified butter over it.

### Grilled Kippered Salmon.

Cut some dried salmon into narrow pieces about two inches wide and four long, broil them over a clear fire; then rub them over with fresh butter, seasoned with lemon juice and cayenne. Serve *very* hot.

### Deviled Oysters.

Open enough oysters for the dish required, leaving them in their deep shells and their liquor; add a little lemon juice, pepper, salt, and cayenne; put a small piece of butter in each, and place the shell on a grid-iron over a clear fire and broil for three minutes. Serve on a napkin with bread and butter.

### Deviled Hot Meat.

Cut some cold meat in slices and then rub it with the following mixture: a tablespoonful of ketchup, one of vinegar, two of made mustard, one of salt, and two of butter, four table spoonfuls of cold gravy, one of currypaste; mix all as smooth as possible. When rubbed with the mixture put it to the grill before a good fire. Take what is left of the sauce and make it warm, and pour over the grill before sending it to table.

### Filleted Soles.

One pair of large soles filleted. Put them to boil in a little salt and water for a few minutes; keep them quite straight. Make a sauce consisting of melted butter, twelve oysters, a few shrimps, one large spoonful of anchovy sauce, and two of capers chopped. Stew them in the sauce for five minutes, and serve with the sauce *over* them.

### Breakfast Cakes.

Take three ounces of butter and rub it into one pound of flour; take a small cupful of new milk, one teaspoonful of brewers' yeast, a small piece of butter. Bake in a hot oven.

### Mushrooms in Cream.

Put some cream in a white-lined saucepan, season it with salt and pepper, and let it just boil. Prepare some mushrooms, and when the cream boils rub salt over them and some pepper, and put them into the saucepan with the cream. Boil all together for four minutes. Serve very hot.

### Deviled Biscuits.

Take some milk biscuits, soak them in clarified butter or oil. Then rub them with a little curry-powder, ketchup, some salt and pepper. Toast them on a gridiron over a clear fire. Serve very hot.

### Tomatoes Scalloped.

Put six tomatoes through a sieve, add one cup of breadcrumbs, one teaspoonful of sugar, one of salt, one of pepper, a piece of butter the size of an egg. Butter a scallop-dish and bake in a quick oven.

### American Waffles.

Boil one cup of rice quite soft. Take two tablespoonfuls of flour, two eggs, two tablespoonfuls of milk; beat to a smooth paste; keep till cold. Well grease the waffle-irons, pour in some of the mixture, and when done on both sides put on a warm plate and butter. Serve them very hot.

### A Potato Soufflé.

Mix into a smooth paste four dessertspoonfuls of well-boiled potato and one of flour with milk; then pour in the rest of the pint, salt and pepper it, and then put it into a *very* clean stew-pan with an ounce and a half of fresh butter. Stir it over a clear fire until it is of the consistency of cream, then add the yolks of six well-beaten eggs, and then stir in the whites. When whisked stiff enough to bear the weight of an egg, pour it into the soufflé-dish, and bake it in a moderate oven. When done, hold a salamander over it for a few minutes, and serve with a napkin pinned round the mould.



### Broiled Lobster.

After the lobster is boiled split it from head to tail. Take out the uneatable part, lay it open, put pieces of butter over the meat, sprinkle it with pepper, salt, and cayenne, and a spoonful of thin melted butter to moisten it. Set the shells on a gridiron over bright coals until nicely heated through. Serve in the shells on a napkin.

### Fried Skate.

Brush some pieces of skate over with the yolk of an egg, season it with salt, cover it with breadcrumbs, and fry a nice brown. Serve on a hot table napkin with shrimp sauce.

### Mackerel Stewed.

Take two mackerels, raise each fillet from the mackerel in two, and lay them in a stew-pan with two ounces of butter previously melted with a little flour, cayenne, salt, black pepper, and the rind of half a lemon. Shake the stew-pan over the fire for a few minutes, turning the fillets. Then pour in slowly nearly half a pint of port wine, with a tablespoonful of Worcester sauce and a little mace; boil up and pour over the fish.

### Lobster Scallops.

Pick out all the meat from one large lobster (or if liked use the tinned), pound it with some pepper, salt, cayenne, and some melted butter to moisten it. Split the empty shells of the tails and the head, and fill each with the pounded lobster. Cover with grated

crumbs and heat in the oven. Serve on a napkin with fried parsley.

### Veal and Potato Rissoles.

Chop your cold veal very fine, and mix about two thirds of the quantity of mashed potatoes and one or two hard-boiled eggs minced fine; season with pepper, salt, and a little lemon juice. Mix together with the yolk and the white of an egg beaten separately, the white to a stiff froth; make into balls, and brown them in a Dutch oven before the fire for eight minutes.

### Madras Anchovy Toast.

Put a piece of butter upon a very hot plate; add the well-beaten yolks of two eggs, cayenne pepper to taste, a teaspoonful of sherry or champagne, a teaspoonful of anchovy paste; mix well, soak hot toast in it, and serve very hot. Toast ought to be rather thick.

### Cold Duck Stewed with Peas.

Cut the duck into neat pieces and season with cayenne pepper and salt, with the peel of half a lemon minced *very* fine. Put it in a stewpan, pour over it three-quarters of a pint of good gravy, and place it over a clear fire to become very hot but *not* boil. Boil a tinfal of green peas in boiling water, drain them on a sieve, stir in a large piece of butter mixed with flour; just warm the stew-pan over the fire, pile the peas in the centre of a dish, and arrange the pieces of duck round.

## Lamb Chops.

Cut chops from a loin of lamb, let them be three-quarters of an inch thick. Broil over a clear fire; when done season with pepper and salt. Serve in a dish garnished with fried parsley.

## Apple Jelly.

Take a peck of apples, quarter them, and take out the cores; put them into a preserving-pan with one gallon of water, and let them boil moderately till the pulp will run. Then run the pulp through a jelly-bag or cloth; weigh the juice, and boil it rapidly for fifteen minutes. Draw it from the fire and stir into it until entirely dissolved an equal weight of finely sifted sugar. Then boil for twenty minutes longer, until it jellies strongly in the spoon. It must be *perfectly* clear from scum. Then pour it into glass jars. It ought to be pale and transparent.

## Suet Pudding.

Put one pound of flour and half a pound of beef suet into a basin, a teaspoonful of salt, and one dessert-spoonful of Goodall's baking-powder, and sufficient milk or water to make the materials into a thick paste. Mix all well together, tie up the paste in a floured cloth, and put into boiling water, and keep boiling for two hours. When the pudding is cold, cut it in slices and brown in a frying-pan. Serve in a hot dish for breakfast.

## Normandy Pippins.

Take eight Normandy pippins, strew a half-pound of moist sugar over them, and pour enough cider (or

water) to cover them completely. Set them in the oven the last thing at night. Add a little more water and sugar, and bake for half an hour.

### Baked Pears.

Take twelve pears, peel them, and cut them in halves ; cut a lemon in thin slices, and lay the pears and lemon in layers in an earthen jar, with a cover to it, putting a clove here and there, and strewing the sugar over each layer. Pour enough water to cover the pears completely, set the jar in a slow oven, and bake about five hours.

### Tea-Cakes.

Mix two and a half pounds of very fine dry bread-crumbs, with four ounces of melted butter, and the beaten yolks of five or six eggs, two teaspoonfuls of sugar, and a teaspoonful of salt. Chop a few blanched almonds, and add. Lastly stir in the beaten whites of the eggs. Bake in patty-pans. If less quantity is required, use everything in like proportion.

### Anchovy Paste.

That made by C. Osborne of London, "Patum Piperium, or Anchovy Paste," recommended by author as the very best made, and sold in earthenware pots. To be got of J. A. Bovill & Co.

### Paté de foie Gras.

In china pots, "Paté de foie Gras" made by J. G. Hummel, Strasbourg, to be bought in London of J. A. Bovill & Co., 29A, Upper Gloucester Place, N.W.

### Fresh Herrings Stuffed.

Take six fresh herrings and open them down the back; take out the bone and take off the head. Put a little piece of veal stuffing in each, and roll them up. Lay small pieces of butter over them, and bake in a quick oven fifteen minutes,

### Pheasant or Chicken Soufflé.

Mince the meat by putting it through a sausage-machine twice. Take a cupful of breadcrumbs, half a pint of good strong stock, put into a stew-pan, and boil until it leaves the pan clean; then stir in the yolks of three eggs, pepper and salt six finely chopped mushrooms, two finely chopped truffles, and a large spoonful of chopped parsley. Whip up the whites to a stiff froth, and when the mixture is cold stir them lightly into it. Line the mould with buttered paper before you put the mixture into it.

### Potted Eggs and Anchovy.

Boil five eggs hard, run the yolks through a sieve, mix anchovy sauce to taste, and pound it in a mortar. Put it in a shape and decorate with parsley.

### Toasted or Grilled Kippered Salmon.

Toast or grill the salmon; place it in a basin with the outside downwards, pour boiling water over it; repeat the process if very salt. Place it on a dish the right side uppermost, and spread butter on it. Put the dish in front of the fire and serve *very* hot. Altogether it takes ten minutes to cook.

### Curried Sweetbreads (excellent).

Have ready some good white stock, add one fried onion, a tablespoonful of vinegar, salt to taste, and a tablespoonful of curry-powder. Rub two ounces of butter into this gravy (about three-quarters of a pint) rolled in flour sufficient to make it nice and thick; cut up your sweetbreads into pieces two inches square, and stew in the gravy for about thirty-five minutes.

### Baked Tomatoes.

Take eight tomatoes, scald them in boiling water, cut them in thick slices without removing the stem; rub the sides of a pie-dish with butter and lay in the slices of tomato; season well with pepper and salt, add two teaspoonfuls of Goodall's Yorkshire Relish, cover with breadcrumbs and scatter some lumps of butter over the top, and bake for thirty minutes.

### Perriwinkle Patties.

Mince some perriwinkles previously boiled and taken out of their shells, add a little lemon juice, some pepper and salt to taste, moisten with a little stock, and a tablespoonful of cream. Make a good puff-paste, roll thin and cut into round pieces, put the paste in patty-pans, the mixture on it, and cover again with paste. Brush with the yolk of an egg.

### Hot Cross Buns.

Mix with two pounds of fine flour half an ounce of allspice and half a pound of fine moist sugar. Make

a hole in the centre and stir in half a gill of yeast and half a pint of lukewarm milk. Cover the pan and let it rise two hours. Then dissolve half a pound of butter, stir it into the other ingredients, and add some more warm milk if necessary to make a soft paste. Set to rise for an hour more. Then shape the buns and place on a buttered tin, and put in a warm place till they have risen double their original size. Make a cross on each with a knife, bake in a hot oven, and when done brush them over with milk when taken out.

### Brawn.

Clean and wash a pig's head of six or seven pounds, and put it into a stew-pan with two pounds of lean beef; cover with cold water and boil until the bones are easily removed, skimming often. Mince the beef and head as fine as possible, but don't let it get cold, season with five cloves, a lot of pepper, salt, and cayenne. Stir briskly together, and put into a cake-mould, with a heavy weight on the top. Let it stand for six hours. Dip the mould in boiling water when required, and turn the brawn out on a dish. Decorate with green parsley, and serve cold.

### Graham Cakes.

One pint of sour milk, one beaten egg, one teaspoonful of soda, one of salt, and enough Graham flour to make a batter. Bake in gem tins or patty-pans.

### Rice and Meat Balls.

One cupful of cooked rice, one cupful of finely chopped pork, one apple finely chopped, a little sage

chopped, some salt and pepper, half a cupful of milk, one egg, and two tablespoonfuls of butter. Boil milk before adding meat, rice, and seasoning; add the egg last of all when almost cold. Shape into balls and fry.

### Aspic Jelly.

Stew two pounds of knuckle veal or mutton, put the meat into a stew-pan that shuts very closely, with two slices of ham, a bunch of sweet herbs, a blade of mace, one onion, the peel of half a lemon, a teaspoonful of bruised Jamaica pepper, the same of whole pepper, salt to taste, and three pints of water. As soon as it boils skim it clean and let it simmer till quite strong and rich; dissolve one ounce of isinglass in it when boiling. Strain it, and when cold take off the fat with a spoon. Then lay over it a clean piece of blotting-paper, and remove all particles of grease. When cold boil it a few minutes with the whites 'of two well-beaten eggs and their shells. Take it off the fire, let it stand to settle, and pour it through a jelly-bag into a plain mould or basin that has first been dipped in water. Let it stand all night, and next morning turn it out of the mould by dipping the bottom in cold water. Ornament with green parsley and serve on a dish.

### Cold Mutton Sliced and Fried with Bacon.

Cut some cold mutton in slices, dredge a little flour over each slice, seasoning each slice with mushroom ketchup, pepper, and salt. Fry some bacon, and the slices of mutton in the bacon fat. Arrange alternately round a dish.



### Baked Haddock.

Thoroughly dry and clean the haddock, fill the inside with veal stuffing, sew it up, and curl the tail into its mouth. Brush it over with egg, and strew breadcrumbs over it. Set it in a warm oven to bake for about half an hour; but a Dublin Bay haddock will require double that time.

### Shortbread.

Mix one pound of flour, half a pound of butter, three ounces of brown sugar; roll them out thick and bake thirty minutes.

### Baked Mackerel.

Clean the fish well, stuff it with breadcrumbs, oysters or shrimps, chopped onions, and parsley; mix well together with butter, stuff the fish, putting some stuffing over the outside. Bake in a warm oven.

### Stewed Macaroni.

Put half a pound of macaroni into a stew-pan with some salt, and well cover it with water; simmer till *quite* tender, taking care to preserve the form, and when done strain it through a sieve. Mince the white meat of a cold fowl and some slices of ham very fine, season with pepper and salt and finely grated Parmesan cheese. Well beat the yolks of five and the whites of two eggs; add them to minced fowl. Mix with half a pint of cream. Mix all to-

gether, and put into a buttered mould. Steam for an hour, and serve with some good gravy.

### Norfolk Dumplings.

Take some bread dough after it has risen, and throw into boiling water; boil till done. Serve at once, very hot, or they will get heavy. Eat them with butter.

THE END.



