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COOKERY BOOK

FOR

Fasting and Abstinence Days.

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BY

P. O. P.

AUTHOR OF "THE NABOB'S COOKERY BOOK," ETC.

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NOTES TO YOU

INTRODUCTION.

ALTHOUGH the variety of cookery books at present in circulation is very great, nevertheless I thought that a small one composed entirely of "maigre" dishes might be useful, especially to Catholics, as during a long period of abstinence they become wearied of the monotony of their diet, and are oftentimes puzzled to know what to order.

I have not given directions for the simple boiling or frying of fish, as I presume even ordinary cooks can undertake these branches, but have endeavoured to give a choice of savoury dishes, either of fish or vegetables, and to meet the difficulty of preparing these, and soups, without the addition of meat gravy, which in this country is so often thought indispensable.

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S O U P S.

1. Fish Stock for Soup.

BOIL the fish of which you make the stock (the bones of a cod's head will answer the purpose) in three pints of water with a couple of onions, a piece of lemon peel, and a bunch of sweet herbs, with pepper and salt to taste. Boil it until all the goodness is extracted, skim carefully, and strain it, when it will be ready for use.

2. Ordinary Fish Soup.

Take three pints of fish stock, and add to it any pieces of cold fish which you may have; or if you buy any for the purpose, you may select either sole, halibut, or cod, and cut them into rather small pieces off the bones; boil for half an hour, thicken with a little flour, and add a teaspoonful of anchovy sauce. Lobster meat and shrimps pounded in a mortar greatly improve fish soups.

3. Oyster Soup.

Add to three pints of fish stock the hard-boiled and well-pounded yolks of six eggs, and the beards and hard parts of eighteen oysters. Simmer for half an hour, and strain the liquor into a fresh stewpan into which you have put the best parts of the eighteen oysters; add a little mace and cayenne, and let it simmer for eight minutes. Break up the yolks of two eggs and

mix them with a little cold fish stock, and two or three tablespoonfuls of cream; stir this to the hot soup, being careful that the eggs do not curdle. Squeeze a little lemon juice into the tureen, and pour the soup on it.

4. Eel Soup (White).

Skin two pounds of eels, cut them into pieces off the bones; put the bones into a saucepan with three pints of water, one onion, a handful of parsley, a little thyme, a few blades of mace, a little nutmeg, two or three ounces of butter, and pepper and salt to taste; boil these well until all the goodness is extracted from the bones, then strain into another saucepan, and put into it the pieces of eel: simmer carefully until the fish is sufficiently cooked, but not broken; then take it out and put it in your soup tureen. Mix half a teacupful of flour smoothly into half a pint of cream, add this to the soup, and boil until it thickens, then pour over the eels and serve.

5. Eel Soup (Brown).

Cut the skinned eels into pieces off the bones as in the previous recipe, and boil the bones with the same ingredients, and strain off as before, and then proceed as follows:—Put the pieces of eel into a frying pan with an ounce of beef dripping or butter, fry until slightly brown, then take them out and lay them aside; put into the frying pan a sliced onion and fry this brown, and add it to the soup which has been strained, boil up and put into it a little mushroom catsup, Worcester or Reading sauces, brown with a little burnt sugar or browning, thicken with flour and water, and

pour over the eels as directed in the foregoing recipe. The eels may be boiled for a few minutes in the soup, if the frying has not sufficiently cooked them. The juice of half a lemon may be added if approved.

6. Jersey Conger Eel Soup.

Cut into pieces a middling-sized conger eel without skinning it, put it into two quarts of fish stock; boil until the soup is reduced one-half, then strain off and put the liquor *only* into another saucepan, cut twelve oysters in two, and add them to the soup, simmer for a few minutes, thicken with flour, add a little nutmeg and a teacupful of cream, boil up and pour into the tureen, throwing a few petals of the marigold flower on the top of the soup before it is sent to table.

7. Eel Broth.

Wash, but do not skin, half a pound of small eels, and put them into a saucepan with three pints of water, a slice of onion, and some pepper and salt. Let them simmer until the eels are broken, and the liquor reduced one half, then strain it off.

8. Currie Soup.

Rub smooth a large tablespoonful of currie powder with a little water, and put this into a saucepan with two or three fried onions; add a pint and a half of maigre gravy, and boil it up; beat up the yolks of three eggs in a basin with a teaspoonful of flour, a little butter, and a teaspoonful of vinegar. Pour the boiling soup upon this and mix well.

9. Scotch Broth without Meat.

Wash an ounce of barley, then put it into three pints of cold water in a saucepan with a piece of dripping, a turnip cut in pieces, a little celery (an outer stalk will do), a handful of parsley, an onion, and a little lemon thyme. Let this boil until the vegetables have imparted their flavour, and the liquor is much reduced in quantity. Make a few balls or small dumplings of flour, butter, water, pepper and salt, boil them half-an-hour in the liquor, and serve all together.

10. Imitation Mutton Broth.

Put a quart of water into a saucepan with an onion, a turnip, a large piece of butter (or dripping, if required for collation), a tablespoonful of pearl barley, a handful of parsley, a little thyme, a few peppercorns, and salt to taste. Let it boil for about an hour, and serve. If not sufficiently thick, a little fine oatmeal may be added.

11. Another recipe for making imitation Mutton Broth.

MADE IN FIVE MINUTES.

Boil a few leaves of parsley with two teaspoonfuls of mushroom catsup in three quarters of a pint of very thin oatmeal gruel. Season with a little salt and pepper.

12. "Maigre" Gravy.

Put a pint of water into a saucepan. Add the following:—A small raw onion, and one previously fried brown, a little parsley and thyme, an outside leaf of celery, a small carrot, or a part of one,

a teaspoonful of Reading sauce, a blade of mace, and a little salt, pepper, and cayenne. Let this boil for half an hour, or rather longer; then burn some brown sugar in a spoon, and stir it in to colour it. Dripping or butter may be boiled in it if required to be rich, and a little flour put to thicken it.

13. Vegetable Soup. (No. 1.)

Boil, in three quarts of water, four potatoes, four turnips, four carrots, one large onion, and one head of celery, until all is reduced to a pulp; pass it through a sieve or colander, add two ounces of butter, a tablespoonful of Harvey or Worcester sauce, and a little pepper and salt; make it a nice brown colour, with a little burnt sugar, and serve. It ought to be the thickness of pea soup, and it may be thickened with a little rice-flour, if the above proportions do not make it of the proper consistency.

14 Vegetable Soup. (No. 2.)

Peel, and cut into thin slices, four or five large carrots, one onion, and five or six large potatoes, boil them in three pints of water with a small piece of butter or dripping until the vegetables are all to pieces; a little more water may be added if much has boiled away before the vegetables are sufficiently cooked. Mix smoothly a teacupful of flour with the same quantity of water, and add it to the boiling soup, which must be stirred until it thickens, and more flour added if the above quantity does not make it sufficiently thick; add a quarter of a pound, or rather less, of butter, and salt and pepper to taste; have ready in the soup

tureen the well-beaten yolks of three eggs ; pour the boiling soup on them, mixing all thoroughly together, and serve.

15. Vegetable Soup. (No. 3.)

Cut up two large onions, two or three turnips, four or five carrots, according to size, one parsnip, and a head of celery, put them into a saucepan with a quart or three pints of water, a small bunch of sweet herbs, a quarter of a pound of butter or dripping, and some pepper and salt ; let it simmer for three hours, then strain it. Put the liquor into a fresh saucepan, add a little carrot and turnip cut up as for *soupe julienne*, a few lumps of sugar, and a tablespoonful of mushroom catsup. Simmer for a quarter of an hour longer, and serve.

16. Vegetable Soup. (No. 4.)

Put three onions sliced into a saucepan, with a quart of water, some celery (the outer stalks or leaves do very well for soup), some lettuce leaves, a few handfuls of spinach, and a little parsley, all chopped small ; boil them until they are quite soft, season to taste with pepper, salt, nutmeg, mace, &c. Beat up two yolks of eggs, and put them with a squeeze of lemon juice into the tureen ; pour the soup *boiling* upon this, stirring it till it is thoroughly mixed, and serve.

17. Pea Soup.

Soak half a pound of split peas for twelve hours, then pour away the water, and remove all the peas which are not good. Put the remainder into two quarts of water, with a quarter of a

pound of butter or dripping, a stick of celery, or some celery *seed*, one whole onion, and another previously cut up and fried, two or three carrots, the same number of turnips, and a little mint; let this simmer until the peas are thoroughly done. Season it to taste and serve. It may be rubbed through a colander if preferred.

18. To prepare Pea Soup with Pea Flour.

Put into a quart of water two or three turnips and carrots, some celery, a little mint, some parsley, an onion or two, and a little lemon thyme; add three ounces of beef dripping, with salt and pepper; boil until the vegetables are quite soft. Take some pea flour (Symington's is the best), mix it smooth with a little cold water, and add it to the boiling soup; let it boil till it thickens, throw a little chopped mint into the tureen, and pour the soup on to it.

Serve fried bread with this and the preceding soup.

19. Green Pea Soup.

Take a pint of old peas, put them into a saucepan, with an equal quantity of water, an ounce of butter, an onion or two, some lettuce leaves, and pepper and salt. Cover the saucepan close, and let the peas simmer till they are quite soft, then rub them through a colander; add to the liquor more water, some more lettuce leaves, a pint of young peas, a little chopped spinach, mint, salt, pepper, some more butter, and a tablespoonful of flour, mixed smooth with a little water; boil

this also till the peas can be rubbed through a colander, warm all the liquor up together, and serve.

20. Cabbage Soup.

FRENCH RECIPE.

Wash a cabbage in warm (not hot) water, with a little salt in it, then put it into cold water and leave it for some little time. Have ready a saucepan half full of boiling water with salt in it, pick the cabbage to pieces and put it into the saucepan whilst the water is boiling, add a good piece of butter, about two ounces, let it boil till tender, and just before it is served up add to it some *very* thin slices of bread. This soup is greatly improved by the addition of a few green peas.

21. Savoy Cabbage Soup.

Boil three pints of water with sufficient oatmeal to make it rather thick (a teacupful will do if the oatmeal is good); cut a savoy cabbage into pieces, and put it with two or three ounces of butter into the saucepan with the water and oatmeal; season it with pepper and salt, and simmer for about an hour, until the cabbage is sufficiently tender. A small onion may be added if liked.

22. Cabbage and Milk Soup.

FRENCH RECIPE.

Boil a large white cabbage until it is half done, and then add a quarter of a pound of butter, and pepper and salt to taste. When it is well boiled pour off half the water, cut the cabbage in pieces, and add as much boiling milk as you have taken of water, let it boil a few minutes and then serve.

23. Pumpkin Soup.

FRENCH RECIPE.

Peel and take the pips from a pumpkin, cut it in pieces about two inches long, put them into a saucepan with a small quantity of water, so that the latter may be almost absorbed when the vegetable has become soft; it must be boiled to a pulp, and beaten up smooth with a fork, then add a large lump of butter, and let it simmer for some little time, stir into it some boiling milk, adding pepper and salt to taste; cut some very thin slices of bread, place them at the bottom of a soup tureen, and pour the boiling soup over them.

French persons often put sugar into this soup instead of salt and pepper.

24. Onion Soup.

Boil a Portugal onion and a few small English ones in a quart of water, with three ounces of butter, salt to taste, and a little cayenne, until the onions are quite soft, then mix a tablespoonful of flour or arrowroot with a quarter of a pint of cream, and stir it into the soup. The onions may be strained from the soup if preferred.

25. Sorrel Soup.

FRENCH RECIPE.

Wash the sorrel *well*; have ready some water in which you have previously boiled French beans or peas; cut up the sorrel and put it into the saucepan with the liquor from the beans or peas. Add pepper and salt to taste, and a lump of butter, boil until the sorrel is sufficiently cooked, then add a little milk, and some *thin* slices of bread; do not let it *boil* after the milk is added.

26. Tomato Soup.

Wash eight good-sized tomatoes, cut them up and put them into a saucepan with a little pepper and salt, a bay leaf, some thyme, and an onion chopped fine, add three pints of water, and let it boil until the tomatoes can be pressed through a sieve, boil it up again, adding about two ounces of butter and serve. If the soup should be too thin (as the tomatoes vary in size, and therefore it is difficult to give the exact proportions), it may be thickened with a little flour, or if too thick, it can be made less so by adding a little more water and butter.

27. Potato Soup.

Cut six potatoes and one onion into slices, put them into a saucepan with half a pint of water and the same quantity of milk, boil until soft, and then pulp it through a sieve; add pepper and salt, cayenne, and a little cream.

28. Egg Soup.

Break the yolks of four eggs into a basin, add pepper and salt, and a little chopped parsley, have ready a pint of water in which you have boiled a small onion, pour this water and onion on to the eggs, beating them all the time. Put all together into a saucepan with about an ounce and a half of butter, add a teaspoonful of Harvey sauce, and stir until it nearly boils. then send to table with fried bread.

29. Rice Soup.

Make a vegetable soup with water, carrots, turnips, celery, parsley, onion, &c., as previously

directed. Take a quart of this, and having removed the vegetables, put into it a teacupful of washed rice and a lump of butter; let it stew some time, an hour and a half or two hours, until the rice is very soft and the soup is of a proper consistency; season it to taste; beat up the yolks of three eggs with a little of the soup, and pour into the saucepan a moment before serving.

30. White Soup.

Pound a quarter of a pound of sweet almonds in a mortar to a paste, put them into a saucepan with a pint of water and a pint of milk, a little grated nutmeg, salt, white pepper, and two or three blades of mace; let it simmer for three-quarters of an hour, adding a little vermicelli, if approved, which ought to be cooked in the soup for about ten minutes. Mix three or four table-spoonfuls of rice-flour with half a pint of cream, and stir it to the boiling soup; beat up the yolks of two eggs and put them into the tureen, and pour the soup when ready to serve upon them.

31. Milk Soup.

FRENCH RECIPE.

Put a quart of milk into a saucepan with one or two onions cut in pieces, simmer until the onion is quite soft, add nearly a quarter of a pound of butter; let it simmer a short time longer, then throw into it some *very* thin slices of bread, and pour all into the soup tureen. The soup should not boil after the bread is added.

32. Macaroni Soup.

Wash a quarter of a pound of macaroni, then let it lie in warm water for about an hour. Take it out of the water, and put it into a saucepan with a quart of milk, two ounces of butter, a blade of mace, and pepper and salt to taste. When sufficiently tender, add a quarter of a pint of cream into which you have well mixed two table-spoonfuls of corn-flour. Stir all together until the soup gets thick, add some well-pounded almonds, and serve.

33. Vermicelli Soup.

Wash a breakfast cupful of rice, boil it in three pints of water, until it is so soft that it can be beaten through a sieve and rendered quite smooth; put it into the saucepan again, adding a *very* small piece of onion, some pepper and salt, and a teacupful of vermicelli; when the vermicelli is cooked enough, add half a pint of cream, boil it up again and serve.

P I E S.

34. Ordinary Fish Pie.

Take a filleted sole, cut it into pieces, or you may use pieces of cod, or in fact any cooked or uncooked fish ; lay the pieces of fish into a pie-dish with balls (made of parsley, lemon, thyme, crumbs of bread, butter, and seasoning), slices of hard boiled eggs, and small pieces of butter between each layer of fish. When the dish is full, dredge a little flour, and add half a teacupful of water with a little Harvey, Worcester, and anchovy sauces, and pepper and salt to taste. Throw a little chopped parsley over all. Cover with a light crust, and bake. A mixture of several kinds of fish makes a very good pie, and a few shrimps added much improve it.

35. Halibut Pie.

A YORKSHIRE RECIPE.

Take some nice fresh halibut (the head part makes the best), cut it up into rather large pieces, and season each piece separately with mace, black and white pepper, cayenne, allspice, and salt. Place the pieces of fish into the pie-dish ; between each layer dredge a good deal of flour and some finely chopped parsley, place here and there balls made of chopped fish, parsley, bread crumbs,

butter (or dripping), pepper and salt, and beaten egg to bind them. Butter rolled in flour must also be placed on each layer. Then pour a little water over all, and cover with a crust neither too thick nor too rich. When baked, open the lid and pour in some thick melted butter, or send a sauce tureen of melted butter to table with it. The goodness of the pie depends upon having plenty of butter, parsley, and flour put into it, or the gravy will be too thin. The pie is improved by being left to stand a short time out of the oven before serving it.

36. Eel Pie.

Skin and bone two good-sized eels, and cut them in pieces. Put the bones into a saucepan with a pint of fish stock, or water, some chopped parsley and other herbs, and pepper and salt to taste. Boil this for three-quarters of an hour, and then strain. Have ready a filleted sole, or some large flakes of fresh codfish, and place these with the eels into a pie dish. Add some pieces of butter or beef-dripping, a little chopped parsley, a *small* piece of onion if the flavour is liked, pour the strained liquor over, cover it with good paste, and bake in a quick oven.

37. Oyster Pie.

Cover the sides and edge of a pie dish with good paste. Put twelve or more oysters with part of their liquor into a basin; add the finely chopped yolks of three eggs, some grated bread, and pepper and salt to taste. Put this mixture into the pie dish, cover with a crust, ornament it in the usual manner, and bake in a quick oven.

38. Oyster and Macaroni Pie.

Boil some macaroni in water and butter until tender, season it well, and lay it in a pie dish. Cover it with oysters from which you have taken the beards, add a little more seasoning, a grating of lemon peel, and a spoonful of cream. Put an edging of potato paste round the dish, and either cover the top with potato paste, or strew a few bread crumbs over. Bake in a quick oven.

39. Egg Pie.

Boil a teacupful of rice, and put it into a pie dish with butter, pepper, and salt. Boil hard four or five eggs, cut them in slices, and place them amongst the rice. Fry an onion, sprinkle it over the eggs and rice; pour gravy (*maigre*) over it, cover with a light crust, and bake in a quick oven.

40. Cheese and Macaroni Pie.

Prepare macaroni with cheese in the ordinary way, but instead of putting it into the oven, or otherwise browning it, pour it into a pie dish, and pour a little gravy (*maigre*) over it. Cover it with a light crust, and bake.

41. Potato Pie.

Boil some potatoes, but do not cook them sufficiently for eating; cut them into slices, and lay them in a pie dish with an onion previously boiled soft and chopped fine. Add some pieces of butter, two or three spoonfuls of Worcester sauce, a little salt and pepper, and a small quantity of water. Cover with a good crust, and bake in a moderate oven.

CURRIES.

42. Curried Salmon.

Take the remains of dressed salmon, or if you take *uncooked* fish it must be partially boiled before you currie it, cut it into small pieces, and lay it in a stewpan with a fried onion, a little (*maigre*) gravy, into which you have mixed a tablespoonful of currie powder, two ounces of butter, a dessertspoonful of vinegar, or the juice of half a lemon, a teaspoonful of Reading sauce, and the same of anchovy, pour over this a quarter of a pint more of (*maigre*) gravy, and let it all stew for about twenty minutes; thicken with flour and butter, boil five minutes more and serve.

Rice is always served with curries, but it ought to be sent to table in a separate dish; it must be boiled very carefully and strained off directly the grains are tender, as it must be quite dry when served.

43. Lobster Currie.

Pick the meat from a large lobster and put it into a stewpan with one raw onion and another fried; brown in a frying-pan two ounces of butter, and pour this upon the lobster; mix smooth a tablespoonful of currie powder with a little water and a tablespoonful of vinegar, and add this with half a pint of fish stock or (*maigre*) gravy to the lobster. Stew gently for about half an hour, and serve.

44. Curried Cod.

Put the flakes of a piece of cod into a frying-pan, and fry them brown; put them into a stew-pan with half a fried onion, add a little fish stock, a spoonful of currie powder, a good lump of butter and a little vinegar, with salt to taste. Simmer gently until the fish is cooked, add a spoonful of flour to thicken the gravy, and serve.

45. Curried Sole.

Cut some pieces off a thick sole, put them into a stewpan with some (maigre) gravy, a spoonful of currie powder, a teaspoonful of lemon juice, and two ounces of butter; cook slowly, thicken the gravy, and serve when the fish is sufficiently done.

46. Prawn Currie.

Slice and fry an onion, and put it into a saucepan, mix a dessertspoonful of currie powder and a teaspoonful of flour with a little cream, add four or five tablespoonfuls of fish stock, pour this upon the onion in the saucepan, add eighteen large prawns taken from their shells, and a large piece of butter, let all this stew together until the prawns are quite tender; a moment before serving add a little lemon juice.

47. Curried Eggs.

Take a pint of (maigre) gravy, put into this one fried onion and a tablespoonful of currie powder, rub smooth a tablespoonful of flour with a little cream, and thicken the gravy with it; when it boils add six hard boiled eggs cut into slices, let them remain in the soup until quite hot, but do not let them boil.

48. Curried Potatoes.

Have ready six potatoes *half* boiled, cut them in slices and put them into a saucepan with sufficient (*maigre*) gravy to cover them, rub smooth a tablespoonful of currie powder with a teaspoonful of vinegar, and put this into the saucepan with the potatoes, add a little butter and flour to thicken the gravy; simmer gently until the potatoes are sufficiently cooked, and serve.

49. Curried Calcannon.

This makes a nice (*maigre*) dish. The cabbage and potato which have been previously boiled are well chopped, but instead of frying them, they are put into a saucepan with a piece of dripping or butter, a spoonful of vinegar and a spoonful of currie powder mixed into sufficient (*maigre*) gravy to moisten the vegetables, and a little salt. Warm the whole thoroughly, and serve.

DISHES OF FISH.

50. Collared Salmon or Mackerel.

Cut off the head and tail, bone and well wash it, lay it upon a board and dry it, season it well with pepper, a little powdered mace, grated nutmeg, and salt, rub both sides of the fish with this seasoning, and then roll it up very tight, put it into a collaring cloth, fasten it securely and boil it in water and salt, with about a teacupful of vinegar, to which you have added some crushed

bay leaves, peppercorns, and mace. A salmon would take an hour or longer to cook, a mackerel about twenty minutes; they must be gently simmered. When sufficiently cooked, take up the fish and boil the liquor until it is greatly reduced, keep it till cold, and then pour it over the fish, having taken it out of the cloth. Serve cold, and decorate with parsley or fennel.

51. Pickled Salmon.

A fish, of course, can be cooked expressly for pickling, but any previously cooked is nearly as good. Directly it comes from table put it into a pie dish, as it ought to be pickled whilst it is warm, season well with salt, pepper, and cayenne; take equal quantities of the liquor in which it was boiled and brown vinegar, and pour over the fish—cover it *quite*. Mackerel may be pickled in the same manner.

52. Potted Salmon.

Take any cooked salmon which may be left, and after removing the bones, pound the fish in a marble mortar with a little nutmeg, a blade or two of mace, pepper to taste, and a little cayenne; when well pounded put it into a saucepan with a good quantity of butter, and one or two anchovies, or some anchovy sauce; simmer for about ten minutes, and then put it into pots, pouring clarified butter over it. It will be ready for table as soon as it is cold.

53. Salmon Cutlets.

Let the slices be about an inch thick, and rub them with pepper and a little salt, fold each of

them into well-buttered paper, closing up the ends. Put them on a gridiron and broil them for about ten minutes, turning them over when one side is cooked. Place them on a dish, and put a little butter on each outlet.

54. Dried Salmon.

This will require to be soaked for some hours in warm water, changing the water once or twice. It can then either be boiled, or dressed as salmon cutlets.

55. Baked Haddock.

Wash, and well clean a good sized haddock. Prepare some stuffing of chopped parsley, lemon peel, bread crumbs, salt and pepper, a little anchovy sauce, and a small quantity of cayenne. Rub into this a piece of dripping or butter, and mix with a beaten-up egg. Put this stuffing into the fish, sew it up, place it on a baking tin or dish. Rub a little salt over it. Dredge the fish and tin well with flour; put some butter or dripping on it and in the tin, and place it in the oven; baste it frequently, and send it to table with the liquor which will be in the tin. The time for baking it will of course depend upon its size. It must be floured after each basting, which will give it a *frothed* appearance.

56. Baked Herrings.

Wash and bone some fresh herrings, and cut their heads off. Have ready a large quantity of pepper and salt, and a little cayenne on a plate. Press the *inside* of the herring on to this, then roll it up and sew them tightly; place them in a jar

with a bay leaf between each herring. Fill the jar with vinegar, and bake for about three-quarters of an hour. If the jar is well tied they will keep for some time. Mackerel can be cooked in the same manner.

57. Salt Cod and Potatoes.

Pick to pieces some cooked, but cold salt fish, add it to an equal quantity of mashed potatoes, mix well together. Put this into a saucepan with a large piece of butter, and a little pepper, stir it until it is thoroughly hot, then send it to table.

N.B. This makes a very nice dish. The dried Newfoundland cod does very well cooked in this manner, but it must be soaked for some time before it is dressed.

58. Mock Crab.

Pound some rich cheese in a mortar, adding some made mustard, a little salad oil, vinegar, cayenne, and salt. Mix with it a few fresh or pickled shrimps, and put the whole into a crab shell, and serve.

59. Buttered Shrimps.

Take the shells off some shrimps, chop them, but not in too small pieces. Put them into a saucepan with a piece of butter, a little cayenne, some anchovy sauce, and sufficient beaten-up eggs to thicken the mixture. Simmer all together stirring them one way; when hot and sufficiently thick, serve upon pieces of buttered toast.

60. Scalloped Oysters.

Take two dozen oysters, and cut the beards and hard parts off. Cut the oysters each into two pieces, and put the beards and other pieces into a saucepan with a little water. Spread a layer of the cut oysters on a dish, then a layer of bread crumbs, pepper and salt, and little pieces of butter. Continue these layers alternately until you have used all the oysters, and place on the top the bread crumbs, pieces of butter, and pepper and salt. Boil the beards, &c., which are in the saucepan, and when all the goodness is extracted strain the liquor over the dish of oysters. Bake in an oven for about half an hour, and brown the top. The oysters may be put in scallops instead of on a dish.

61. Oyster Fritters.

Make a batter with flour, milk, and one or two eggs, and grate a little nutmeg to it. Beard the oysters, and put one in each fritter.

62. Fried Oysters.

Take off the beards, and simmer for a few minutes in their own liquor; drain them; beat up the yolks of two or three eggs, according to the number of oysters. Dip the oysters in this, and then in bread crumbs seasoned with pepper and salt: fry them of a light brown.

63. Broiled Oysters.

Open as many oysters as you require for the dish; take each, as you open them, off the flat shell, and put it into the deep one, with a little of

the liquor; add pepper, salt, cayenne, a small piece of butter, and a little lemon juice. Put the shells with the oysters on a gridiron, and let them cook for about five minutes, and serve in the shells with a dish of brown bread and butter.

64. Oyster Patties.

Cut the beards off two dozen oysters and boil them (the beards) in a little water till all goodness is extracted, and then take out the beards and scald the oysters which have been previously cut into three pieces, add to them a piece of butter, about two ounces, a wine glass full of cream, a little grated lemon peel, some salt, cayenne pepper, and a little white pepper; let it boil about five minutes, and when you remove it from the fire pour in a teaspoonful of lemon juice. Make the patties as follows:—Line some small patty-pans with puff paste, and put into each a piece of bread, cover with paste and bake of a light brown, when done take a thin slice off the top, then with a spoon take out the bread and the inside paste, leaving the outside quite entire, and fill the patties with the prepared oysters.

65. Lobster Patties.

Prepare the paste as in the previous recipe, then chop all the meat out of a boiled lobster and put it into a stewpan with a little of the coral and spawn finely pounded, add an ounce of butter, four tablespoonfuls of cream, some cayenne pepper and salt, a little anchovy sauce, and a little lemon juice; warm all together and thicken, if required, with a little flour; fill the patties and bake.

66. To Pot Lobsters.

Take the meat out of four lobsters, season it with pepper, salt, and nutmeg: put it into a jar with one pound of butter over it, also some of the spawn and coral to cover the butter; tie a paper over the jar, and bake it half an hour, then take out the meat and put it into four potting pots, take the butter in which it was baked clean from the gravy, warm it and pour it over the lobsters; if this is not enough, clarify a little more, as it must be covered well with the butter.

67. Preserved Lobster.

To eight pounds of picked lobster, add two pounds of salt butter, one quart of best vinegar, one tablespoonful of ground white pepper, two tablespoonfuls of salt, and one teaspoonful of cayenne. Let these simmer slowly for an hour, then pour into jars. Next day place thin paper over the lobster, and over that pour a little melted suet nearly cold, cover it well down with a bladder, and keep it in a dry place. Each jar should contain only sufficient lobster for a dish, as the fish is apt to spoil by exposure to the air. If too great a quantity of vinegar is mentioned put less.

68. Lobster Salad.

Take the meat out of the body of a fine lobster and mix it with a dressed salad of lettuce, onions, endive, &c.; take the meat from the claws and tail, cut it into nice pieces and heap it in the centre of the salad, sprinkle the coral and spawn over all, and garnish with slices of cucumber, hard-boiled eggs, and beetroot, placed alternately round the dish.

69. Fish Sauté.

FRENCH RECIPE.

Take fillets of soles, turbot, or almost any fish, dip them in beaten egg, finely chopped herbs, and bread crumbs, fry them, then drain on blotting paper, and serve either with maigre gravy in the same dish or sauce separately served.

70. Fish in a Shape.

Chop some previously dressed fish and some hard-boiled eggs, add the same quantity of bread crumbs, a little chopped parsley, nutmeg, white pepper, and anchovy sauce, also a few chopped capers; mix it up with an egg or two, put it into a buttered mould or basin, do not quite fill it, but finish with some finely-mashed potatoes, and put it into the oven for about three quarters of an hour, or rather less; turn it out. It can be eaten either hot or cold,

71. Fish on Toast.

Slice some ready-dressed fish and take out the bones, if you can do so without breaking the slices. Dip the fish in oiled butter, pepper and salt it, and place each slice upon a piece of buttered toast; sift over them some grated cheese and bread crumbs, and put them in the oven to brown; garnish with slices of lemon, and serve.

72. Sliced Fish.

Cut a thick slice of fish; cod, turbot, or any thick fish will do, press into it a little forcemeat, made with parsley, lemon peel, seasoning, bread crumbs, and egg, dip the slice of fish into beaten

egg and bread crumbs, and fry on both sides of a light brown. Salmon may be cooked this way, but there must then be a few shrimps in the forcemeat.

73. Roasted Eel.

Choose rather a large eel, stuff it with shrimps, bread crumbs, pepper and salt, &c., sew it up and curl round the tail into its mouth. Roast before the fire, basting frequently with butter; serve with caper sauce poured over it.

74. Stewed Eels.

Skin two or three pounds of eels, cut them in pieces about two inches in length, put them into a saucepan with just sufficient water to cover them, pepper and salt, a bunch of parsley, and a quarter of a pound of butter. Simmer for about half an hour, or until the eels are tender, take out the bunch of parsley, and add some very finely chopped, mix a tablespoonful of flour with three of cream, thicken the gravy with this, add a little cayenne; boil up and squeeze a little lemon juice into it just before serving.

75. To Cook Crawfish.

Put into a saucepan some water, salt, pepper, vinegar, parsley, onions, thyme, and bay leaves; when the water boils throw in the fish, and when they are red they are done. Let them cool, and serve, garnishing with parsley. The liquor in which the crawfish has been boiled will make good fish stock.

76. Scalloped Fish with Potatoes.

Separate from the bones any remains of cod fish which have previously been cooked, have ready some mashed potatoes, and mix the pieces of fish with it, then put this into a saucepan with a good lump of butter, a little Harvey, Worcester, or Reading sauce, or some of each, and pepper and salt to taste, warm it up, and then place it in scallop shells, sprinkle a few bread crumbs over each, and a little piece of butter. Put the shells in the oven and bake until the fish is slightly browned, then send to table.

77. Fish Rissoles.

Take the remains of any cold fish, such as cod, soles, &c. Pick it to pieces with two forks, being careful not to have any bones. Put this into a basin, and supposing the quantity of fish to be a breakfast cupful, add a heaped tablespoonful of bread crumbs, a teaspoonful of chopped parsley, a little chopped lemon thyme, some grated lemon peel, pepper and salt to taste, and a little butter or dripping. Stir all up together, and mix into little flat cakes with an egg well beaten up. Fry of a light brown in butter or dripping, and serve on a dish with melted butter poured round them, with a little anchovy or Harvey sauce as may be preferred.

78. Anchovy Sandwiches.

Cut some thin slices of bread and butter; spread a little anchovy paste or sauce upon them, and cover with slices of bread and butter. A *very little* potted bloater, used instead of anchovies, make excellent sandwiches.

79. Anchovy Toast.

Fry some thin slices of bread in either dripping or butter. Spread over them some anchovy paste, and send to table very hot. Anchovy sauce will answer the purpose if the paste is not at hand.

80. Fish and Rice Croquettes.

Pick to pieces some cold fish, the same quantity as for the rissoles, carefully leaving out the bones. Add two or three tablespoonfuls of well boiled rice, a *little* onion previously chopped and fried, an ounce of butter, a *little* sugar, pepper and salt to taste, a grating of nutmeg, a little anchovy sauce, and a few bread crumbs. Warm this over the fire, then add one or two yolks of eggs beaten up; mix well; make it up into balls and fry them, and serve with mashed potatoes.

81. To Cook Bloaters or Herrings.

Open the fish. Wash it and take out the back bone, and as many of the other bones as possible. Dry the fish, pepper it, and fry it on both sides in butter.

82. To dress Smoked Haddocks.

Wash it, and leave it to soak for about half an hour in *warm* water; boil it in milk and water for ten minutes, place it in a dish, put a little butter on it, and pepper it.

83. Mayonnaise of Fish.

FRENCH RECIPE.

Take some flakes of cold, but previously dressed codfish, and some previously dressed salmon.

Arrange a few flakes of each alternately round a flat dish, and pour in mayonnaise sauce in the middle.

84. Caviare.

This is sold in canisters, and can be eaten spread upon bread and butter, or upon buttered toast.

85. Scotch Woodcock.

Beat up the yolks of two eggs with a table-spoonful of cream, and warm it in a saucepan until it thickens, but do not let it boil. Add a little cayenne pepper and lemon peel. Pound some anchovies to a paste, and spread the paste on hot buttered toast cut in rather small slices. Pour the mixture of cream and eggs over them, and serve.

86. Fish Salad.

FRENCH RECIPE.

Make a salad of lettuce in the usual way, dressed with oil, vinegar, pepper and salt, &c. Have ready a sole previously fried, and quite cold. Cut it up in pieces about an inch square; put these pieces of fish into the salad, mix well, and serve.

87. Baked Fish to be eaten Cold.

For eaten cold, the fish should be baked in equal quantities of vinegar and water and well seasoned, and placed *dry* on a dish with garnishes of parsley, slices of lemon, &c.

88. Fish Omelette.

Beat up five or six eggs, yolks and white, add pepper and salt, and some chopped cold fish. Mix well, and fry in butter.

89. Another Fish Omelette.

Warm some previously dressed fish in a saucepan, with a little butter, salt, and pepper. Make a plain egg omelette. Just before you fold it over place the warmed fish upon it as you place the jam in an *omelette aux confitures*.

90. Oyster Omelette.

Add to three well beaten eggs a tablespoonful of cream, a little pepper and salt, some chopped parsley, twelve oysters (each to be cut in four pieces and blanched), and a little nutmeg. Beat these ingredients well together, and fry in butter.

91. Cheese Omelette.

Beat up the eggs as for another omelette, adding pepper and salt, but no herbs, and pour it into the boiling butter which is in the frying-pan, and then sprinkle over it some Gruyère or Parmesan cheese either finely chopped or grated.

92. Omelette aux Fines Herbes.

FRENCH RECIPE.

Beat five eggs with salt, pepper, some little bits of butter, a little water, and a little milk. Add some parsley, chives, and spring onions chopped fine. Beat altogether for some minutes. Have ready a large piece of butter, two or three ounces, in a frying-pan, and when the butter boils pour the mixture in. When it will just hold together, double it up, like a turn-over, and put it in a dish. The inside should be liquid.

93. Red Herring Omelette.

Prepare the omelette as in the preceding recipe, but instead of placing onions upon it, have some chopped herring, and put that upon the omelette, fold over as before and serve. The salt ought to be omitted in this omelette.

94. Onion Omelette.

Beat up four eggs with salt and pepper, pour it into a frying-pan in which you have some boiling butter; when it is sufficiently cooked to dish up, spread over it more chopped and fried onion, fold it over and place it on a dish.

VARIOUS METHODS OF COOKING EGGS.

95. A French way of Serving Eggs.

Boil four eggs hard, have ready one egg not boiled quite as much as the rest, but with the yolk quite set, mix up this yolk with salt, pepper, a tablespoonful of oil, and half a tablespoonful of vinegar. Cut the four hard eggs into slices, whites and yolks, and serve with the above sauce poured over them.

96. Another French way of Serving Eggs.

Boil some eggs hard and cut them in slices whilst they are hot, lay them on a dish, and send to table with hot melted butter, in which you have put a little pepper and salt, poured over them.

97. Egg Patties.

Boil four eggs hard ; when cold, chop them very small, mix with them a *little* onion and some parsley minced fine, some salt and pepper, and a little cream. Have ready your paste, prepared as for oyster patties, and fill with this mixture. Bake in a quick oven.

98. Buttered Eggs.

Beat up four eggs, yolks and whites, add a little pepper and salt, have ready in a saucepan one ounce or more of butter, when the butter boils, pour in the eggs ; let this simmer on a slow fire, stirring it from the bottom all the time with a spoon until it is all cooked ; it must be in lumps without any liquid, but not *dry*. Serve very hot on buttered toast.

99. Pickled Eggs.

Boil twelve eggs for about ten minutes, leave them until they are cold, and then take off the shells ; take a quart of vinegar and put it with an ounce of black pepper and a few peppercorns, and a little ground ginger into a saucepan, and let it

boil for five or ten minutes. Put the eggs *whole* into a jar and pour the boiling vinegar over them, and when cold tie down with a bladder. The jar should be full of vinegar. The pickle will be ready in a few weeks.

100. Eggs in Jelly.

To a pint of maigre gravy, add half an ounce of gelatine, or isinglass, warm gradually until the isinglass or gelatine is dissolved. Have ready some hard-boiled eggs, cut some in slices and leave the rest whole, or merely cut in halves. Put them into a mould and strain the jelly (which must be cool) over them, until the mould is full, or you may put half the quantity of eggs, and half fill the mould, and leave it for two hours, until the jelly has quite set, and then put the remainder of the eggs, and fill it up with the rest of the gravy; if this plan is adopted, the second quantity of jelly must only be warm enough to adhere to that first poured in.

101. Mushrooms and Eggs.

Boil six eggs hard, cut them in slices, fry a few button mushrooms, and two large onions cut in thin slices; put into a small stewpan two ounces of butter, a little mustard, some eschalot vinegar, and pepper and salt; when this is boiling, put in the mushrooms and onions, and let them simmer for about ten minutes, then add the sliced yolks, but let them only cook for about a minute, for fear they break. Serve very hot, and garnish with curled parsley, and a few light rings of the white of the eggs.

102. Scalloped Eggs.

Boil four or five eggs for eight minutes, leave them to cool, then remove the shells and chop it up, but not too small. Have ready some mashed potatoes (about a teacupful), and the same quantity of well-boiled rice; mix these ingredients together, add a few capers finely chopped, a very little vinegar, and some melted butter, with pepper and salt to taste, also a little Worcester sauce. Put this mixture into scallop shells with a few bread crumbs a little butter over each, and bake in the oven of a light brown.

103. Baked Eggs.

Put a dish into the oven and make it quite hot, then butter it well, break an egg into a cup and place it on the dish carefully, so as not to break it, then break another and put that on the dish, until you have as many as you require. Place the dish in the oven, to set the eggs, and then serve. Eggs are frequently dressed this way in France, and are quite as good as poached eggs, and much more easily cooked; they must be sent to table on the same dish they are looked on.

104. Inverness Eggs.

Boil six eggs hard, and when cold, take off the shells, but leave the white, make some forcemeat with parsley, thyme, bread crumbs, pepper, salt, dripping or butter, and a little chopped anchovy, and mix with a beat-up egg, cover the hard eggs with this forcemeat, roll them in flour, fry a light brown, and serve with a "maigre" gravy poured round them.

105. Egg Sandwiches.

Boil some eggs hard, and put them into cold water, cut some thin slices of bread and butter, and when the eggs are cold, remove the shells, cut the eggs also into slices, and put them between the bread and butter as in ordinary sandwiches, adding salt and pepper if approved.

106. Poached Eggs on Rice.

Boil rice as for currie, lay poached eggs on the rice, and serve with cold butter, pepper, and salt.

C H E E S E.

107. Fromage Fondue.

Beat the yolks of five eggs, add a teacupful of grated Parmesan cheese, oil an ounce of butter, and pour this to the other ingredients. Mix well, and season to taste. Beat on a plate, *with a knife*, the whites of five eggs for some minutes, and add them to the mixture, and then pour all into a fondue dish to bake. The dish should not be filled, as the fondue rises very much. Send it to table as soon as it is cooked.

108. Cheese Ramakins.

Grate half a pound of rich cheese, and put it into a basin with two ounces of fresh butter, and add the well-beaten yolks of four eggs. Boil two ounces of *light* bread (roll is best), without crust, in a little cream until soft, and put it to the cheese, &c. Add as much of the whites of eggs, well beaten, as will make it into a paste. Mix it well, and pour into little tins or pans, and bake for about ten minutes.

109. Macaroni Cheese.

Wash a quarter of a pound, or rather more, of macaroni. Put it into a saucepan with sufficient hot milk to cover it, and a little salt. Let it boil until tender, adding boiling water as the milk boils away, then strain it off and put it into a pie dish. Mix with it a quarter of a pound of grated cheese (Parmesan is considered the best), and two ounces of butter. Grate a little cheese over the top of it, then put some bread crumbs and spread over it some small pieces of butter, and bake in an oven. It may be browned with a salamander.

110. Stewed Cheese.

Cut some cheese very thin, lay it on a plate, put it before the fire, pour a glass of ale over it, and let it stand until it is like a light custard, then pour it on toast.

111. Baked Cheese.

Beat up four eggs, add to them half a pound of grated cheese, a wine glass full of cream, and

one ounce of oiled butter; beat all together, and pour into a buttered dish, and bake for a quarter of an hour.

112. Welsh Rabbit or Rare-bit.

Cut some rich cheese in thin slices, and put them into a saucepan with a piece of butter, salt, pepper, and a little ale. Have ready some pieces of hot toast; and when the cheese and other ingredients are well mixed, pour them boiling upon the toast.

113. Potted Cheese.

Put into a mortar four ounces of rich cheese, two ounces of butter, a blade of mace, pepper and salt to taste, and sufficient sherry to make the whole into a paste. Press it into a jar and cover close.

114. Roasted Cheese.

Beat up three yolks of eggs, and add a breakfastcupful of bread crumbs, and the same quantity of grated cheese, with a lump of butter, a teaspoonful of mustard, and a little pepper and salt. Have ready some slices of toasted bread, lay the cheese mixture upon them. Let them get hot through in the oven, and brown with a salamander.

115. Cheese Toast.

Butter some *hot* toast with plenty of butter. Add a little mustard, pepper, and salt, and grate Parmesan cheese upon it.

VEGETABLES.

116. Irish Stew without Meat.

Peel, and cut in thick slices, six large potatoes; put them into three pints of water with an onion also sliced, and two ounces of butter with pepper and salt. Let this stew till the potatoes and onions are cooked, then add a teaspoonful of Reading or Worcester sauce, and serve.

117. A Pretty Dish of Mashed Potatoes.

Put very high into a vegetable dish some well mashed potatoes; put them in *roughly* as they fall from the spoon; do not smooth them. Then at the base of them put alternately slices of hard boiled eggs, and hot beetroot also sliced. Brown the top of the potatoes with a salamander and serve.

118. Potatoes Escalloped.

Mash some potatoes with milk, butter, pepper, and salt. Butter some shells or patty pans. Put in the potatoes, smooth them over, sprinkle a few bread crumbs on the top, and add a few pieces of butter. Brown them in the oven.

119. Another Way.

Mash some potatoes as in previous recipe. Add some sweet herbs, a little chopped onion, a little chopped eschalot, and a little grated nutmeg. Mix with the beaten yolk of an egg, and bake as before.

120. Potatoes à la Maitre d'Hotel.

Wash some potatoes and boil them with their skins on, and when sufficiently cooked peel and cut them in thick slices; put a piece of butter (a quarter of a pound for a large dish of potatoes) into a saucepan with some chopped parsley, a little chopped chives, salt and pepper; boil these ingredients together and put in the potatoes, when they are quite hot through, squeeze in the juice of half a lemon, and serve.

121. Fried Potatoes.

Cut some raw potatoes into thin slices and fry them in butter or dripping, when brown and crisp, put them on blotting paper to drain, and then serve them.

122. Purée of Potatoes.

FRENCH RECIPE.

Peel and cut some potatoes into pieces, put them in a saucepan with milk, water, pepper, salt, and a small piece of butter, also an onion cut in pieces; boil until the potatoes are soft, and beat all together with a fork until smooth.

123. Rissoles of Potatoes.

Have ready some mashed potatoes, add some pickles (gherkins or cucumber is the best) chopped fine, also some minced parsley, and pepper and salt; make this up into small balls with an egg, roll them in bread crumbs, and fry in dripping or butter. Place them on a dish, and garnish with curled parsley.

124. Potato Cakes.

Mash some potatoes either with dripping or butter, add a little salt and milk, and an egg well beaten, mix into a paste, place it on pasteboard, roll out into cakes about the size of pancakes, but rather thicker, flour both sides well and fry in butter or dripping. *N.B.*—The egg may be omitted, and then they must be made rather smaller, or they may break.

125. Potato Salad.

Boil eight or ten potatoes, and when cold cut them into rather thick slices, put them into a salad bowl with a few watercresses, or a little lettuce cut up; pour over this two tablespoonfuls of oil and one of vinegar, and add a little pepper and salt. Chopped parsley is by some thought an improvement.

126. Potatoes with Milk.

Boil, peel, and cut some potatoes in slices, then put them into a saucepan, with some parsley and green onions, chopped fine; and some milk, and serve very hot.

127. Stewed Green Peas.

FRENCH RECIPE.

Wash a lettuce, cut it up, and put it into a saucepan with a quart of peas, a sliced onion, a little chopped mint, a bit of butter, and pepper and salt. *No water.* Stew these vegetables for two hours very gently, stirring often to prevent their burning. When sufficiently cooked stir in a little butter and flour.

128. Cape Cabbage.

Take a large white cabbage, wash it well, and cut it up as if for pickling. Wash a breakfast-cupful of good rice. Put a layer of cabbage into a saucepan, then a layer of rice, and a little pepper and salt. Continue these layers alternately ; on the top, put a large piece of dripping (about a quarter of a pound), and a pint and a half of water. Let it stew gently, and after it once boils, the saucepan should be placed by the side of the fire. When ready to serve, the water should be thoroughly absorbed, and the vegetables tender and moist.

129. Stewed Cabbage.

Wash and boil the cabbage in water with a little salt. When soft, take it out and press all the water from it. Put it into a saucepan with some butter, salt, pepper, a grating of nutmeg, and a spoonful of flour mixed with a tablespoonful of cream. Let it stew for five minutes, and serve.

130. Cabbage Salad.

Boil a savoy cabbage in water, drain it, and dress it as you would a salad, with salt, pepper, some Provence oil, and vinegar, adding one or two anchovies, and a few capers. It may be served either hot or cold.

131. Cauliflowers with White Sauce.

Wash the cauliflowers *thoroughly*, and put them in boiling water with a good piece of salt. Let them boil till tender, and take carefully out of

the saucepan with a slice. Have ready a sauce made as follows:—Mix a tablespoonful of flour with three tablespoonfuls of water very smoothly, and put this into a saucepan with a quarter of a pound of butter, a little salt, and half a spoonful of vinegar. Boil until it thickens. Place the cauliflowers in a dish, and pour the sauce over them.

N.B. All vegetables, especially green ones (with the exception of peas), should be washed in *warm* not *hot* water, as by this means the dirt is easily removed, and the vegetable is freed from slugs or insects, but they ought to lay for some time afterwards in cold water. Watercresses are much better if washed in this manner.

132. A French Way of Cooking Beans.

Take some French beans or scarlet runners, cut them quite across in pieces about an inch long, not *slitting* them as is usually done. Boil them in sufficient water to cover them with a little salt and a good lump of butter. When tender, strain them and leave them until they are cold, then serve them with vinegar and oil.

133. Boiled Haricot Beans.

FRENCH RECIPE.

Wash a pint of beans, and, if dry ones, leave them to soak for two or three hours, and put them into a saucepan with *cold* water. If they are young and fresh, they must be put into boiling water. In either case they must simmer very

slowly until tender, and then the water must be drained from them. Add two ounces of butter, a tablespoonful of minced parsley, and salt and pepper to taste. Shake the saucepan over the fire, so that the butter, &c., may be well mixed, and add the juice of half a lemon just before serving.

134 Haricots Stewed with Onions.

FRENCH RECIPE.

Fry about half a dozen small onions cut in slices, or chopped, if they are small spring onions, and then the green part of the onion can be used. Put them into a saucepan with water, butter, a little Reading or Worcester sauce, and pepper and salt. Boil half a pint of haricots, and when almost cooked, drain them from the water and add them to the onions, &c., thicken with a little flour. Simmer carefully until the haricots are quite soft, and serve very hot.

135. An Excellent Way to Cook Spinach.

Boil it in plenty of water until it is quite tender. Turn it into a colander. Let the tap run on it until the water which runs through the spinach looks clear. Put a piece of butter about the size of an egg into a small saucepan, and let it boil. Have ready some spring onions cut very small, and brown them in the butter. Chop the spinach and put it into a stewpan, adding the

onions and butter. Stew altogether for some time, stirring constantly for fear of burning; add pepper and salt to taste. The green part of the onion should be used as well as the white, and half a teacupful of the chopped onion will be sufficient for a large dish of spinach.

N.B. It is of consequence that plenty of water should run *through* the spinach, as this washes the strong green water out.

136. Colcannon.

Take the remains of cold boiled potatoes and greens, chop them very fine, put them into a frying-pan with a little butter or dripping, and pepper and salt. Continue to chop them whilst they are frying, and turning them over until they are thoroughly hot, then press them down with a fork until the under side is brown, and turn into a dish in a flat cake.

137. Stewed Lettuce.

Wash and boil them in boiling water with some salt. When done, press the water out and chop them up, then put them into a stewpan with some butter, a spoonful of flour, a little salt and pepper, and *either* vinegar or a little cream. Stew for a few minutes and serve.

138. Stewed Carrots.

Wash and scrape some carrots, boil them for about half an hour, with a piece of dripping in

the water which will soften them, but they must not be cooked sufficiently for eating; take them out, cut them in slices, and put them into a stewpan with a little water, chopped parsley, some finely chopped onions, one *fried* onion, a piece of butter, or dripping, and a little pepper and salt. Simmer very carefully that the carrots may not be broken, and a few minutes before serving, thicken the gravy with a little flour.

139. Stewed Cucumber.

Peel and slice a cucumber. It ought to be cut in *thick* slices. Put them into a stewpan. Add salt and pepper, an onion sliced, and a piece of butter. Simmer very slowly, and before serving, add a little flour and butter, or some *maigre* gravy.

140. Stewed Celery.

Wash two or three heads in rather warm water, that they may be entirely freed from dirt and insects. Cut them into lengths of four or five inches. Put them into a saucepan with water, and let them stew till tender. Mix a tablespoonful of flour into a cup of cream. Add a little butter, salt, pepper, and nutmeg. Boil this in a separate saucepan. Take the celery out of the other saucepan, and put it, with a few spoonfuls of the water in which it was boiled, into the butter, and simmer altogether for five minutes.

141. Globe Artichokes.

FRENCH.

Wash the artichokes in warm water and salt, so that all dirt and insects may be removed, and then let them lay in fresh warm water for half an hour; have ready a saucepan of boiling water, put the artichokes into it. Add a large piece of salt, and boil until the vegetables are tender, which you can ascertain by pulling one of the leaves off; the time required to cook them varies, some are done in half an hour, others require an hour's boiling. Serve with good melted butter.

142. Baked Tomatoes.

Cut tomatoes into thin slices, and place a layer of them in a pie dish, sprinkle them with bread crumbs, salt and pepper to taste, and a few pieces of butter, then place another layer of tomatoes with salt, pepper, and butter, as before; do this until the pie dish is full, finishing with bread crumbs. Put the pie dish into rather a slow oven, and bake for half an hour, or rather longer. This is a most delicious way of cooking tomatoes.

143. Tomato Dumplings.

Choose well ripened tomatoes, cover each with butter crust rolled thin, and boil the dumplings for three quarters of an hour, and serve with cold butter, pepper and salt.

Tomatoes washed, and simply roasted in the oven, are very good.

144 Boiled Beetroot.

Wash the beetroot thoroughly, but be careful not to break the skin, or the colour will be spoilt. Put it into boiling water, and boil from an hour and a half to three hours, according to size ; cut into thick slices and send to table hot, with melted butter. If to eat cold, it may be boiled in the same manner, or baked *dry* on a tin in the oven, when tender, cut (whilst hot) into thin slices and put into a jar with a little sugar, and equal quantities of vinegar and water.

145. To Cook Spanish Onions.

Boil them for an hour, then take them out and place them on a tin, flour them and put pieces of butter on them. Put the tin in the oven, and let them bake until they are soft. They may take an hour or two, as the time will depend upon the size of the onions and the heat of the oven ; they must be basted with butter very frequently, and occasionally floured.

146. Boiled Mushrooms.

Choose some large mushrooms, peel them, and take off the stems, then place them on a gridiron, with the hollow part upwards ; add a piece of butter and a little pepper and salt, and let them broil for a few minutes ; do not turn them.

147. Stewed Mushrooms.

Take a pint of small fresh mushrooms, peel them, and take off part of the stalks, throw them into water, that all dirt may be removed ; when all

are washed put them into a stew-pan with a *very little* water, a quarter of a pound, or rather less, of butter, and pepper and salt to taste. Let the mushrooms stew for about twenty minutes, then rub smooth a dessertspoonful of flour with a little milk, and add it to the mushrooms, pour in more cream or milk, until the sauce is the proper thickness, grate in a little nutmeg, boil up, and just before serving add a little lemon juice; the mushrooms must be *quite* tender, so if twenty minutes stewing does not make them so, let them stew a little longer.

148. Indian Salado.

Slice two cucumbers, taking out the seeds, a Spanish onion, two acid apples, and two chillies. Season with pepper and salt, mix well, and pour over it two spoonfuls of vinegar, and three of salad oil. The cut meat of a lobster, or of crab's claws, is an improvement; the onion may be omitted at pleasure.

149. Canapes.

Chop a small quantity of pickled gherkins, shalots, capers, parsley, and thyme (very little of the latter); put this into a little vinegar and oil, add pepper and salt, mix it up into a paste, fry some pieces of bread cut the form of lozenges, or any other shape, fry them until they are well browned, spread the above seasoning over them, place them on a dish, and garnish with slices of hard boiled eggs.

150. Fried Rice.

Wash a breakfastcupful of rice, put it into a saucepan with a quart of boiling water and a little salt, let it boil exactly seventeen minutes, then drain off the water, if any remains, and set it over a moderate fire to steam for fifteen minutes. Press it into a tin or flat dish and leave it for some hours until it is quite firm, then cut it in slices and fry in butter. If left till the next day it will be firmer.

151. To Cook Lentils.

A FRENCH RECIPE.

Boil the lentils in salt and water, then drain and put them into a saucepan with a large piece of butter, chopped parsley, salt, and pepper; stew them for a few minutes in the butter, and serve, garnished with crusts of bread.

PICKLES, SAUCES, ETC.

152. Lord Loughborough's Pickles.

(VERY GOOD.)

Take three large acid apples, one large cucumber and two small ones, one large onion, twenty chillies, and a teaspoonful of cayenne pepper. All to be mixed and covered with salt vinegar.

153. A French Recipe for making Tomato Sauce.

Wash some tomatoes, cut them into pieces, put them into a saucepan with water, pepper, salt, a chopped onion, a small piece of garlic, a bay leaf, and some thyme; let this boil until the tomatoes are quite soft, press it through a sieve, keeping back the skins, warm it again, adding a little flour and butter, and serve.

154. Gherkin Sauce.

Mix a teaspoonful of flour with a tablespoonful of water, put this into a saucepan with two ounces of butter, some chopped gherkins, and a little salt. Simmer till it thickens, stirring it all the time, and serve. This is a savoury sauce to serve with fish. In France, caper sauce is sometimes served with boiled sole.

155. Sauce Piquante.

FRENCH.

Shred some salad herbs very fine, with half a clove of garlic, and two eschalots; put them into a saucepan with a little mustard, vinegar, oil, salt, and pepper; stew it over a slow fire.

N.B. This is a French recipe, and will be excellent either to serve with fish, or to mix with the remains of cooked fish, and warmed with it.

156. White Sauce.

FRENCH.

Thicken half a pint of cream with a little flour, add about two ounces of butter, four chopped eschalots, and a little minced lemon peel, also a *little* white pepper; let it boil, and a short time before serving, add a spoonful of white wine, the well-beaten yolk of an egg, a little lemon juice, and a teaspoonful of anchovy sauce.

157. Parsley Sauce, without Butter.

Mix a dessertspoonful of flour smoothly with four tablespoonfuls of milk, have ready two teaspoonfuls of chopped parsley, add this to the flour and milk, and put all into a saucepan with a little salt, and simmer until it thickens, stirring it one way all the time.

N.B. This makes very good parsley sauce, and it is a useful recipe, the absence of butter making it admissible at collation.

158. To Make Melted Butter.

Mix a large teaspoonful of flour with about four tablespoonfuls of water, and a little salt. Put this into a saucepan with two ounces of butter. Stir one way until it becomes thick, then serve.

N.B. If melted butter is made exactly by this recipe it will be found very good. Milk may be substituted for the water if made to serve with puddings or other sweet dishes.

159. A Good Salad Dressing.

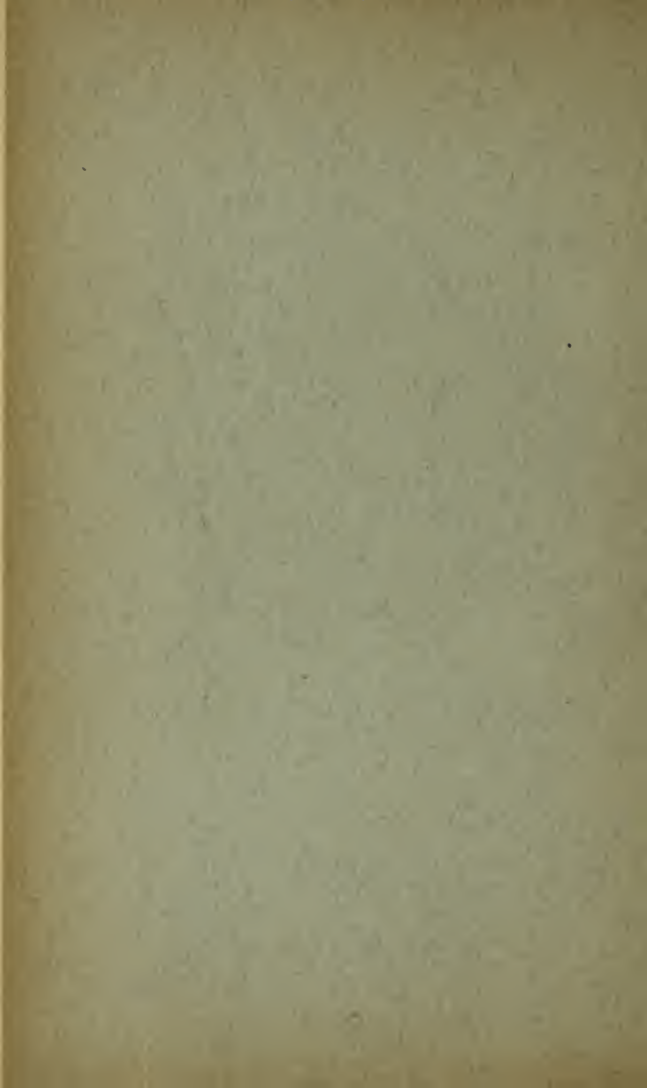
Beat the yolks of two eggs, add a tablespoonful of vinegar, a very little flour, a large piece of butter (about two ounces), a small quantity of salt, sugar and mustard, and a spoonful of water. Stir well, and warm it over a slow fire until it becomes about as thick as custard. Put it into a basin, and when *quite* cold put it over your salad.

160. French Salad Dressing.

One tablespoonful of vinegar, a little pepper and salt, and two tablespoonfuls of oil.

161. Fried Bread for Pea Soup.

Cut some slices of bread, not too thin, cut them into little square pieces about the size of dice. Put them into a frying-pan with a large lump of beef dripping. Fry them for some minutes, shaking the pan that all may get well browned







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