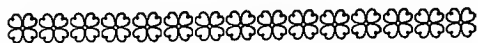




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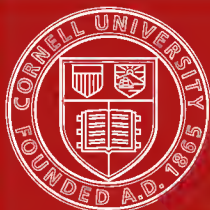
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PAN-PACIFIC COOK BOOK

SAVORY BITS
FROM THE WORLD'S FARE



COMPILED BY
L. L. MCLAREN

THE BLAIR-MURDOCK COMPANY
SAN FRANCISCO
1915

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PREFACE

"Of making many (cook) books there is no end."

—Ecclesiastes xii: 12.

In imposing another contribution of a culinary nature on a long-suffering public, I offer a word of justification, if not of apology.

The gleanings of a good many pleasant years are embodied in the following pages. The publication of "High Living" and the kind reception accorded to it bore in upon me the need of presenting to the American housewife a few dishes borrowed from foreign countries and possessing the merit of being cheap and easy to prepare.

In making my selection from a large stock of material at hand, I have chosen, in many cases, those recipes which will help to keep down the cost of living. For example, I have rejected the national cake of Russia, served at Easter, which calls for 1000 or more eggs, in favor of the humble confection which contains no eggs at all.

In our cosmopolitan San Francisco we have singular opportunities of varying the monotony of our menus, and, in epitomizing this collection, I have been struck with the divergencies in preparations which contain the same ingredients. It is no less remarkable that in cookery as in folklore striking resemblances can be found in races remote from each other in space, origin and language.

The recipes are arranged as far as practicable for six people and are intended for those who understand the rudiments of cooking.

I have included in these pages original contributions of certain resourceful housekeepers of our own State which ordinarily would not have appeared in print.

L. L. McLAREN.

SOURCES OF RECIPES

CLASSIFICATION BY COUNTRIES

Algeria	Hungary
America	India
Arabia	Ireland
Argentina	Italy
Armenia	Japan
Australia	Java
Austria	Little Russia
Bavaria	Mexico
Bengal	Montenegro
Belgium	Morocco
Bohemia	New Zealand
Bolivia	Normandy
Brittany	Norway
California	Panama
Canada	Persia
Chile	Peru
China	Poland
Cuba	Portugal
Denmark	Roumania
East India	Russia
Egypt	Scandinavia
England	Scotland
Finland	Siberia
France	Sicily
Germany	Spain
Greece	Sweden
Guatemala	Switzerland
Hawaii	Turkey
Hindustan	Uruguay
Holland	Venezuela

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Hors d'Oeuvres, Cocktails and Savories



Hors d'Oeuvres, Cocktails and Savories

1. ALLIGATOR PEAR COCKTAIL

Cut two fine alligator pears into small balls with a French potato cutter; chill thoroughly and serve in cocktail glasses mixed either with sherry or with French dressing.

2. ANCHOVY AIGRETTES

Break six boned anchovies into small pieces. Heat two tablespoons of thick cream sauce (No. 123) with one of grated Parmesan cheese; add the fish and plenty of paprika. Stir until thick; then cool. Drop teaspoonsful of the paste into batter (No. 446) and then into hot fat to fry until brown. Drain, sprinkle with the cheese, and serve hot.

3. ARTICHOKE AND APPETITSILD

Cut the stems, outside leaves and points from six fine artichokes; then parboil. Remove the leaves and chokes and chill the hearts. Dip six firm slices of tomato in French dressing; place a heart on each filled with mayonnaise, and garnish the edges with appetitsild.

4. ARTICHOKE AND CAVIAR

Proceed as above, but fill the hearts with caviar, on which place a thin slice of lemon cut in quarters. Pipe the edges with mayonnaise and garnish with shelled shrimps curled over the edge.

5. CANAPE A L'EXPOSITION

Fry six thin rounds of bread. Chop three tablespoons of cold chicken or ham and two anchovies, and pound to a paste. Add a tablespoon of thick cream and season with chile powder. Then spread on the toast. Sprinkle with grated cheese and brown in the oven.

6. CAVIAR PANCAKES

Make very thin, small pancakes from any good recipe. Spread quickly with caviar, seasoned with onion juice, lemon and paprika; roll each lightly, cut off the ends on the bias and serve very hot.

7. CAVIAR AND SHRIMPS

Spread six rounds of toast with mayonnaise and cover with slices of tomato. Place a mound of caviar, seasoned with lemon and onion juice, on each and garnish with shrimps.

8. CHICKEN LIVER

Sauté two pairs of chicken livers in some of the chicken fat; rub to a paste with two tablespoons of thick cream, season highly with salt and paprika and add a tablespoon of grated Parmesan. Spread thickly on rounds of toast and keep warm. Stir over the fire a well-beaten egg, a tablespoon each of cream and grated cheese. When it thickens pour over the toast and serve.

9. CRAB OR SHRIMP COCKTAIL

Beat a cup of mayonnaise into one of whipped cream and half a cup of unsweetened tomato catsup. Mix it with a cup of crab meat, kept in large pieces, (or a cup of fresh shrimps); chill on ice and serve in cocktail glasses embedded in ice.

10. CROUTES A LA STANLEY—ENGLISH

Fry six small rounds of bread; brown in deep fat; drain and force a pyramid of either Devonshire cream or whipped cream on each piece with a pastry bag. Cut boned anchovies into narrow fillets and decorate each pyramid with them.

11. HERRING STICKS

Sprinkle a dozen fillets of smoked herring with lemon juice and cayenne; dip each into thin batter (No. 446) and fry until crisp in oil. Drain and garnish with parsley.

12. KIPPERED HERRING SOUFFLE—ENGLISH

Wash, bone and chop two smoked herrings; then rub through a sieve; add two tablespoons of soft crumbs, three of thick cream and the yolks of two eggs; beat well, season with paprika, fold in the whites of the eggs, beaten stiff, and half fill little paper boxes. Bake in a hot oven.

13. MILT FINGERS

Rub to a paste a tablespoon of butter, a half teaspoon each of French and English mustard; heat and add a teaspoon each of tarragon vinegar and Worcestershire sauce. Sauté the milt (or soft roe) from six fresh herrings in the mixture, then place each on a finger of hot buttered toast and sprinkle with chopped chives.

14. MUSHROOM CANAPE

Peel and break into small pieces a cup of fresh mushrooms; simmer until tender in two tablespoons of butter; season with salt and pepper and thicken with the slightly beaten yolk of an egg. Spread on rounds of buttered toast, cover each with the white of the egg, beaten stiff, and brown in the oven.

15. OLIVE CUSTARDS

Fry six rounds of bread in butter; then spread with anchovy paste. Heat three tablespoons of thick cream and add to it the well-beaten yolks of three eggs and three tablespoons of grated Parmesan cheese. Stir over the fire until thick, then pour over the toast. Sprinkle with chopped ripe olives, placing a whole one in the middle.

16. OYSTER CUSTARDS

Cut six slices of stale bread, an inch and a half thick, into squares and scoop out the crumbs to form wells. Brush all over with melted butter and brown in the oven. Scald a dozen large oysters in their liquor until plump; drain and chop. Thicken a half cup of the hot liquor with roux (No. 137) and the yolk of an egg. Season with salt, paprika and bit of mace and mix with oysters. Fill the boxes, sprinkle with crumbs and brown.

17. POFESEN—AUSTRIAN

Cut thin slices of bread into two-inch squares. Dip in milk seasoned with salt and cayenne. Spread half the pieces with a paste made of chopped ham, grated cheese, mustard and thick cream; cover with the other pieces, press together, dip into beaten egg and fry brown in hot butter. Serve as hors d'oeuvre or with pureé of spinach as entrée.

18. PRUNE AND OLIVE

Stone equal numbers of large prunes and ripe or green olives; fill the olives with cut-up sardine or anchovy and capers; stuff the prunes with the olives and enfold each in a thin strip of bacon tied on with thread. Bake until crisp, then remove thread and serve on pieces of buttered toast.

19. SARDINE RAREBIT

Chop fine, four large sardines; heat two tablespoons of milk and a teaspoon of butter; add a teaspoon of anchovy sauce, the sardines, and the yolks of two eggs, slightly beaten, and stir until it thickens, then spread on rounds of buttered toast and sprinkle with paprika.

20. SCOTCH WOODCOCK

Spread six rounds of buttered toast with anchovy paste; beat the yolks of four eggs, add a cup of thick cream and a few drops of tabasco. Stir over the fire till thick as custard, then pour over the hot toast and garnish with parsley.

21. SECO DE TORTILLA—MEXICAN

Heat a heaping tablespoon of colór (No. 119); add a tablespoon of chopped onion, a pinch of oregana (sweet marjoram) or chopped mint, and three tortillas rolled and cut as thin as possible. Fry until light brown, then add a small ladle of broth; cover and steam until all of the liquid has been absorbed and the tortilla is dry. Serve a spoonful on a small plate before soup. Rice and fine vermicelli are cooked in the same way.

22. SMOKED FISH STICKS

Cut anchovies, herrings or smoked salmon into strips; enclose each in rich pie-crust, rolled very thin, a little longer than the filets. Bake and serve hot.

Soups



Soups

23. ALMENDRAL—SPANISH

Mince a small onion and two stalks of celery fine; add a cup of blanched almonds, chopped; cover with cold water and cook slowly until soft, then rub through a sieve. Stir the pureé into a quart of chicken broth, or hot milk, and pour it slowly over the beaten yolk of an egg. Heat in a double boiler, season with salt and cayenne and serve with a spoonful of whipped cream in each plate.

24. APPLE SOUP—POLISH

Heat a pint of milk with three-fourths of a pint of apple juice; season with salt and sugar to taste and thicken with a tablespoon or more of roux (No. 137) or cornstarch. Serve with croutons.

25. ARTICHOKE PUREE—CALIFORNIAN

Boil eight artichokes in acidulated water for fifteen minutes; drain, remove stems, coarse outer leaves, chokes, and cut across the tops; cut the hearts in dice and lay aside; chop the tender leaves fine and sauté in a tablespoon of butter without browning; stir in a heaping tablespoon of flour and, after it has cooked a minute or two, stir in slowly three cups of chicken broth, or milk, and simmer until soft enough to rub through a sieve; return to the saucepan with a pint of hot cream, salt and paprika and color a delicate green with spinach juice. When very hot add the hearts and serve.

26. AVOCADO (ALLIGATOR PEAR) SOUP

Beat a cup of double cream until thick and mix with the beaten yolks of two eggs; pour into it slowly a generous pint of hot chicken consommé; season with salt and cayenne and place all in a double boiler; add the pulp of a large avocado cut in dice, stir until the soup thickens, then serve. Milk scalded with an onion, green pepper, bay leaf and cloves, then strained, can be substituted for the consommé.

27. BISQUE OF SHRIMPS

Clean carefully a pint of raw shrimps and bring to a boil in a quart of water with a small onion, sliced, a carrot, a piece of celery, a kitchen bouquet and a pepper. When they have boiled about five minutes, strain, cool, and remove the shells from the shrimps. Pound these shells in a mortar with a little butter to a paste; add this to a cup of the broth, a quart of veal stock and half a glass of white wine; simmer for half an hour, then rub through a sieve; return to the saucepan, bring to a boil, add the shrimps, chopped very fine, and a small piece of butter, and serve as soon as the butter has melted. It should be as thick as cream. Serve with very thin slices of buttered brown bread.

28. BORTCH (BEET)—LITTLE RUSSIA

Grate two large boiled beets and add to a quart of veal stock with the juice of a lemon and a teaspoon of sugar; simmer for five minutes, then add the juice of a grated raw beet, squeezed through a cheese-cloth; scald and stir in a cup of whipped cream. Serve very hot or chilled; or, omit the cream and add a cup of hot claret and garnish with the white of an egg, beaten to a stiff froth.

29. BOUILLABAISSÉ—SOUTH OF FRANCE

Clean well three pounds of mixed fish (several kinds), a crab or lobster and half a pound of other shell fish; lay aside the best fish after removing the heads and tails and cutting into portions; throw the inferior fish, scraps and bones, into two quarts of boiling salted water and boil to pieces; then strain the broth through a cheese-cloth, squeezing it hard to extract all of the fish juice; fry two large onions and a branch of parsley, all chopped fine, in two large spoonfuls of olive oil until they color, then add a sprig of thyme, a can of tomatoes, a red pepper, a pinch of Spanish saffron and salt, and boil until well incorporated. Crack the crab or lobster claws, remove the shell, sand-bag, etc., and cut into pieces; add it to the broth with the pieces of fish and shell-fish and simmer until all are done; then pour into a large, deep dish over pieces of toasted French bread.

30. CASUELA—NATIONAL SOUP OF CHILE

Remove the fat from six loin chops, or use a fowl cut in pieces; cover with two quarts of boiling water and simmer until nearly tender, then skim out the meat, fry it in a large spoonful of *colór* (No. 119) and return to the broth; add two onions and potatoes, quartered, a summer squash, or piece of pumpkin, a dozen string beans, a bell pepper, cut up, half a cup of peas, two tablespoons each of rice and parsley, a sprig of mint and a scant teaspoon of *comino* (cumin seed), salt and pepper; simmer for half an hour, then add two ears of green corn, chopped through the cob into inch lengths, and cook for five minutes; then stir the white of an egg into the boiling broth. Pour into a tureen in which has been placed a paste made of a piece of the potato, the yolk of the egg, beaten, and a tablespoon of vinegar.

31. CHICKEN SAMBAYON

Heat a quart of strong chicken broth; pour over the yolks of six eggs, beaten very light, stirring continually, and cook in a double boiler, still stirring, until it thickens; then serve at once in bouillon cups with toasted crackers.

32. CIOPINO—NEAPOLITAN

Chop two onions and half a clove of garlic fine, with two branches of parsley and a stick of celery, and fry until yellow in a half a cup of olive oil; add a can of tomatoes and a cup of white wine and boil for half an hour; add two pounds of fish, cut into large portions (using several kinds), half a pound of scrubbed clams or mussels and a boiled crab (with outside shell removed), broken into pieces. Season highly with salt and paprika and simmer until the fish are done. Pour over toasted French bread in a large, deep platter.

33. COCK-A-LEEKIE—SCOTCH

Simmer an old fowl in three quarts of water with soup greens and seasoning until tender, then skim it out and strain the broth; cut a small bunch of leeks in inch lengths; add to the soup with four tablespoons of rice and boil half an hour; then add half the chicken, cut into small pieces and a little chopped parsley.

34. COCOANUT CREAM—HINDUSTANI

Add the grated meat of a large fresh cocoanut to a quart

of consommé and simmer for fifteen minutes; strain through a cheese-cloth, squeezing the cocoanut until quite dry. Add the beaten yolks of two eggs and juice of a lemon; stir in a double boiler until it thickens slightly, then serve with a dish of boiled rice.

35. CONSOMME WITH TORTOLINI—ITALIAN

Poach a can of the imported tortolini, or two dozen of domestic make, in salted boiling water for fifteen minutes; drain and simmer until tender in well seasoned consommé or chicken broth. Serve with grated Parmesan.

36. CRAB SOUP—SAN FRANCISCAN

Pound a cup of shredded crab meat and all the fat, reserving the meat from the claws, with half a cup of rice boiled until soft; moisten with cream and rub through a sieve into a pint of veal or chicken broth; simmer for fifteen minutes, then add a pint of scalding hot cream and the pieces of crab, a pinch of paprika and serve. A pint of milk scalded with an onion, bay leaf and cloves, then strained, can be used instead of the stock.

37. CURRANT SOUP—BELGIAN

Add four tablespoons of brown roux (No. 138) to three pints of boiling stock; when thickened slightly add five tablespoons of clean, dry currants, a slice of lemon, a piece of stick cinnamon, scant tablespoon of sugar and two of rice. Simmer for half an hour, flavor with sherry and serve.

38. FISH SOUP—RUSSIAN

Cut the fillets from two pounds of any kind of fish and lay aside; place the head, skin, bones and trimmings into a kettle with soup greens, kitchen bouquet, green pepper, cloves, etc.; cover with three pints of water, boil for an hour and strain; add a cup of vegetables (cut in thin slices, fried slightly in butter, and a little sugar and simmered in water until tender), add the fillets to the fish stock and cook for fifteen minutes more.

39. FRUIT SOUP—NORWEGIAN

Rub through a sieve half a pound each of strawberries and raspberries and sweeten; add a quart of water and bring to a boil, then flavor with sherry and chill thoroughly. Serve with a few berries in each plate on a very hot day.

40. GARBURE AUX CHOUX—BOURGEOISE

Remove stalk and outside leaves from a small cabbage, cut in quarters and stand in water for fifteen minutes; drain, cover with boiling water and boil for a quarter of an hour; remove to a kettle with the legs and wings of a roast goose, three slices of raw ham and a sliced carrot, onion, pepper and celery; cover with a quart of stock, or water, and simmer until tender, then season. Serve with some of the goose, cabbage, ham, etc., in each plate and a ladle of the broth.

41. LENTIL PUREE—BAVARIAN

Simmer a pint of lentils (soaked over-night) in two quarts of stock, with a slice of ham or bacon, soup greens and herbs until soft enough to be rubbed through a sieve; add a spoonful of roux (137), bring to a boil and serve.

42. MEXICAN SOUP

Chop fine half a pound of meat, a carrot, turnip, onion, pieces of celery, parsley and green pepper; stir into a quart of boiling water; cover and simmer for half an hour, skimming occasionally, then strain; return to the saucepan with half a cup of boiled rice or vermicelli and a scant teaspoon of chile powder dissolved in a half cup of cold water. Heat and serve. Use the minced meat for meat balls or hash.

43. MINISTRONE—ITALIAN

Take a few slices of bacon or ham with soup greens, a cup of cabbage, string beans, peas, a few tomatoes and a tablespoon of vermicelli; chop all together fine; cover with two quarts of any kind of broth and boil quickly for an hour or more. Serve with grated Parmesan and Italian bread toasted dry.

44. NOODLE SOUP—GERMAN

Make a thin batter of two beaten eggs, half a cup of milk, pinch of salt, half a cup of grated cheese and enough flour to hold it together. It should be as thick as double cream. Heat three pints of clear soup and when boiling strain this batter into it slowly through a small sieve with rather large holes. Boil for ten or fifteen minutes and serve.

45. NORWEGIAN SOUP

Boil for half an hour four tablespoons of washed rice in a quart of boiling water with a stick of cinnamon; add a half cup of stoned raisins and cook for fifteen minutes; beat the yolks of two eggs with a heaping tablespoon of sugar until thick; then beat in half a cup of cider; remove soup from the fire and stir a little of it in the egg; then pour in the rest and scald in a double boiler; add a tablespoon of sherry and serve.

46. OLLA PODRIDA—SPANISH

Throw into a soup kettle the remains of any meat and bones, poultry, game, a little ham—the more kinds of meat the better; cover with plenty of water, add soup greens, a Spanish pepper, half a clove of garlic, and half a cup of garbanzos, soaked overnight and tied in a cheesecloth bag; simmer until the meat falls to pieces, then skim, strain and return the broth to the kettle; throw in the garbanzos, two tablespoons of rice, half a cup of strained tomato, a few pounded cumin seed, some pieces of parboiled cabbage, a few button onions, scalded, and a scant teaspoon of chile powder dissolved in water. Season well with salt and simmer for another hour; then remove all grease and serve.

47. ONION SOUP—FRENCH PEASANT

Chop four large onions and simmer for half an hour in a covered kettle in half a cup of chicken fat, or butter, shaking occasionally to keep from browning; stir in a kitchen spoon of flour and, when well mixed, three cups of hot water and three cups of milk; simmer for twenty minutes and add salt and pepper; add half a cup of grated Parmesan to the beaten yolks of two eggs. Have several slices of toasted French bread in a very hot tureen; cover with the egg mixture, then with the boiling soup; put the lid on and let it stand for a few minutes before serving.

48. OUSHKI—RUSSIAN

Bring three pints of strained bouillon to a boil; make a stiff paste of two cups of sifted flour, a tablespoon of butter, pinch of salt, and water; roll out very thin and cut into three-inch squares. Boil three tablespoons of rice until tender and dry, and mix with a fourth of a cup of dried mushrooms which have been soaked half an hour, drained and

chopped fine; fry until yellow in a little sweet oil with a very little grated onion, salt and paprika; place a teaspoon of the mixture on each piece of paste, moisten the edges, press together to form a triangle and poach in the boiling soup for fifteen or twenty minutes.

49. PETITE MARMITE—FRENCH

Proceed as for Pot-au-Feu (No. 52), until the beef is cooked, then cut half of it into small cubes; slice the vegetables, bring all to a boil in two quarts of the strained broth, and serve in individual casseroles in which pieces of toasted French bread have been placed.

50. PORTUGUESE SOUP

Wash twelve French plums, cover with cold water, scald and strain; rinse, add to three pints of consommé and simmer until tender; cut a leek into fine shreds an inch long, boil for a few minutes, strain and add to the soup and boil until tender; season highly, then add a large, firm tomato, scalded, skimmed and cut into dice, and serve.

51. POTAGE RIZOTTO—TURKISH

Boil half a cup of washed rice and the same of peas in two quarts of mutton broth until soft; then add a cup of tomato sauce and a teaspoon of chopped parsley. Serve with grated goat-cheese or Parmesan.

52. POT-AU-FEU—NATIONAL SOUP OF FRANCE

Sear a four-pound piece of beef, tied compactly, in a hot pan, then place in a soup kettle and cover with a gallon of water; add the carcass and bones of a fowl, an ox-foot or tail, and any bits of bone or meat and a large kitchen bouquet; bring to a boil slowly, skimming until clear; color slightly in butter two large carrots, a turnip, several branches of celery and a leek; add to the soup with a small cabbage, quartered, a pepper, a bay-leaf, six cloves, peppercorns and salt; cover and simmer from three to four hours; remove the beef and place on a hot platter, after untying; surround with the vegetables and serve with any good sauce; strain the broth through a double wet cheese-cloth. Remove all grease and serve either clear or in any desired way.

53. PUCHERO—NATIONAL SOUP OF THE ARGENTINE

(See No. 344.)

54. PUREE OF GARBANZOS

Soak a cup of garbanzos (a species of dried Spanish peas), for a few hours in cold water; put in a soup kettle with a slice of salt pork, or ham, a large onion, sliced, a chile pepper, one or two tomatoes and a kitchen bouquet; also any remains of chicken bones; cover with three quarts of water, bring slowly to a boil and simmer until the garbanzos are soft enough to rub through a sieve; return to the kettle; season with salt, paprika and a teaspoon of finely chopped mint. Serve piping hot.

55. RAHM SUPPE—AUSTRIAN

Scald together a pint each of veal broth and milk and thicken with roux (137). Add a teaspoon of onion juice, blade of mace, and salt. Simmer half an hour, then stir in a pint of sour cream and pinch of paprika. Heat through and serve with croutons.

56. RASSOLINICK—A RUSSIAN NATIONAL SOUP

Slice two potatoes, two salted cucumbers, well washed, and half a beef kidney in thin, uniform or fancy slices; par-boil separately and drain. Bring two quarts of soup stock to a boil; add a tablespoon of tomato catsup, salt, paprika, two tablespoons of pearl barley boiled soft, the cucumbers, potatoes and kidney. Simmer until all are well blended, then thicken with roux (No. 137), and serve in hot soup plates with a tablespoon of thick sour cream added to each plate at the last minute.

57. SOPA CON ALBONDIGAS—MEXICAN

Chop a pound and a half of lean beef very fine. Mix it with three green onions, tops and all, several sprigs of fresh mint, several of green sage and of parsley—all chopped very fine separately on a board; add two whole raw eggs, a tablespoon of lard and season well with pepper and salt. Roll into balls the size of a walnut, dust with flour, drop into two quarts of boiling water and simmer for an hour;

then add half a can of tomatoes, boil another hour and stir in two well beaten eggs. Season with pepper and salt and serve.

58. SOPITAS—CHILEAN

Cut in halves four slices of stale bread and fry till crisp in colór (No. 119). Place in a hot tureen with several sprigs of mint and a teaspoon of vinegar. Beat an egg, add a little salt and cayenne and pour over the toast. Cover all with a quart of boiling beef or mutton broth and serve with a spoonful of grated cheese in each plate.

59. SORREL SOUP—FRENCH

Clean, wash and drain a pint of fresh sorrel, then chop very fine and cook for five minutes in two tablespoons of butter. Stir in two tablespoons of flour, salt and pepper, and add slowly a pint of hot water. Simmer a little while, then strain into a double boiler over an egg beaten into a cup of cream and one of milk. As soon as it is quite hot serve.

60. SUPPE MIT LEBEREIS—VIENNESE

Scald two slices of calf's liver, chop fine and rub through a sieve. Soak a slice of bread in milk and squeeze dry. Rub to a paste with three tablespoons of butter, add the liver and season highly with salt, paprika and teaspoon of onion juice. Add a tablespoon each of dried crumbs and flour. Have a quart of bouillon at the boiling point, place the lebereis in a colander over it and rub it through into the soup. Simmer for five minutes, then add a tablespoon of chopped chives. The same paste can be rolled into tiny balls and poached in the bouillon if preferred.

61. SWISS SOUP

Cut two large potatoes into cubes and boil in three pints of soup stock for fifteen minutes. Add a cup of cheese cut in smaller cubes, removing from the fire before the cheese melts. Serve with fried slice of bread in each plate.

62. TAVOUK GUEUNKSIS—TURKISH SOUP

Chop fine and rub through a sieve the breast of a boiled chicken. Mix it with a cup of pine nuts chopped very fine

and rubbed in a mortar. Add to a quart of chicken broth or hot milk and simmer for fifteen minutes. Season with salt and paprika.

63. TCHI—A RUSSIAN NATIONAL SOUP

Chop fine half of a small cabbage and a large onion and fry in dripping for a few moments; stir in two tablespoons of flour. Cook for three minutes, then add slowly two quarts of beef stock. Simmer for half an hour, add a few forcemeat or sausage balls and a wineglass of white wine. Simmer twenty minutes more and serve.

64. TSORBASSI—RUSSIAN

Cut up two pounds of any kind of white fish and place in a kettle with soup-greens, chopped, garlic, a kitchen bouquet and three pints of hot water. Cover and simmer for an hour, then strain through a sieve and squeeze the remainder through a cheese cloth to extract all of the juices. Season highly with salt and cayenne and bring to a boil; then sprinkle in two tablespoons of washed rice and boil for half an hour. Add a cup of shelled shrimps, cut up, and serve when quite hot.

65. VEAL SOUP—FRENCH

Stir half a cup of bread crumbs into three pints of veal broth, simmer for fifteen minutes, then pass through a sieve. Return to the fire, add a cup of parboiled button onions and a chopped hard boiled egg. Season highly with salt and paprika. Thicken with a tablespoon of roux (No. 137) and, just before serving, stir in a cup of cream.

66. WINE SOUP—NORTH GERMAN

Melt a heaping tablespoon each of butter and flour and cook without browning. Stir in a pint of hot water and when it thickens add a piece of cinnamon, a few cloves and zest of a lemon. Simmer a few minutes, then strain into three cups of white wine. Have ready the yolks of three eggs beaten with a tablespoon of sugar and pinch of salt. Pour some of the hot liquid into this slowly, stirring; then combine all and cook in a double boiler, stirring constantly, until it is very creamy. Remove from fire at once and serve with a spoonful of whipped cream in each plate.

Fish and Shell Fish



Fish and Shell Fish

67. BACALAO—MEXICAN

Fry a clove of garlic in a quarter of a cup of olive oil, skim out and add a quarter of a pound of peeled potatoes, sliced. Fry brown and add a pound of codfish, which has soaked for twelve hours and been picked in small pieces. Stir well, add a can of tomatoes, drained, a pinch of oregana (marjoram), a cup of sour wine, or vinegar, and the pulp of six chile peppers (see No. 117). Cook slowly for an hour or more, and strew with ripe olives before serving.

68. BARRACUDA—ITALIAN

Make three cups of Italian sauce (No. 132); season with a pinch of allspice, and a bit of nutmeg. Add a cup of green peas and half a cup of boiled shrimps; simmer for five minutes, then cook in it a pound and a half of barracuda, cut into portions, and a glass of claret or white wine. Cover and cook slowly until the fish and peas are done. Serve in a deep dish and garnish with triangles of toast.

69. BRANDAD OF CODFISH—MEXICAN

Soak two pounds of cod over night, then break into pieces and boil twenty-five minutes with a sliced onion. Drain and shred. Chop a shaving of garlic; add it to a half cup of thick cream, the beaten yolks of two eggs, the juice of half a lemon and a pinch of cayenne. Stir this in a double boiler until it thickens, then add, little by little, a half cup of olive oil. Mix in the fish, heat thoroughly and serve.

70. BROOK TROUT AU BLEU—AUSTRIAN

Strain two quarts of court-bouillon (No. 122) into a large frying pan and boil. Slip in carefully, one at a time (so as not to check the boiling) very fresh brook trout. Simmer six to eight minutes, drain and serve on a platter with parsley, lemon, and melted butter or Hollandaise sauce. The fish skin should be bluish when done.

71. FILET OF FISH A LA ATHERTONWOOD

Cut six large filets of sole into two pieces each of uniform size; spread half of them with a dressing made of break crumbs mixed with finely chopped onion and parsley, salt and paprika and cooked in butter until slightly brown. Cover with the remaining pieces, place on a fireproof platter or pudding dish and sprinkle with a little of the dressing. Pour a spoonful of olive oil over each and bake in a moderate oven, basting with the hot oil occasionally. Serve in the same dish. Any firm, white fish cut in thin slices can be used.

72. FINNAN HADDIE—ISLE DE MIQUELON

Place a fine finnan haddie in a baking dish; sprinkle it with an onion, a green pepper and a branch of parsley, all chopped fine. Dot over with bits of butter, then pour in enough fresh milk to cover the fish. Bake in a slow oven for an hour when the milk should be much reduced and thick as cream. Alaska kippered codfish is delicious cooked in the same way.

73. FISH CUSTARD—NEW ZEALAND

Lay on a greased pudding dish half a pound of rock cod or white fish cut in filets. Sprinkle with a dessert spoon of onion juice and a teaspoon of finely chopped parsley, salt and paprika to taste. Make a batter of two tablespoons of flour mixed with a cup of milk, two beaten eggs, salt and pepper. Pour over the fish; add a few small bits of butter; sprinkle with grated cheese and bake in a moderate oven for half an hour.

74. FISH GENOESE

Cut any firm white fish into neat portions and fry slightly in butter, then place on a baking dish. Add to a cup of cream sauce (No. 123) two tablespoons of cream and two of sherry beaten with the yolks of an egg. Season with a teaspoon of onion juice and chopped chives, salt and paprika. Pour over the fish, sprinkle well with grated parmesan, then with crumbs and brown in oven.

75. FISH GLACE

Cover a two-pound piece of salmon or halibut with a court bouillon (No. 122) and cook in a moderate oven until done. Drain, remove skin and cool. Soak a half package of gelatine in a little cold water, then dissolve it in a cup of the strained fish broth, cool and just before it sets, spread over the fish. Chill, then cover all with sauce made of half a cup of mayonnaise, beaten with half a cup of whipped cream and half a tablespoon of dissolved gelatine. Just before spreading add two chopped and drained cucumbers. Garnish with egg and pimientos.

76. FISH—GRECIAN

Cut a pound and a half of any firm white fish into neat portions. Chop an onion, a quarter of a pound each of spinach and chevril and a half a clove of garlic very fine, and simmer in a little butter, or olive oil, until cooked. Add a cup of canned or fresh tomatoes, paprika and salt, and turn into a casserole. Lay the fish on top and barely cover with water. Place a buttered pepper over it and then the cover and bake for about twenty minutes. Serve hot or cold.

77. FISH MOULTEE—JAVANESE

Cut a pound and a half of white fish into pieces and fry in a little butter and a tablespoon of tumeric. Remove the fish and stir in a dessert spoon of flour, then add half a cup of hot water and (when it boils), two green chiles (without seed), and a piece of green ginger cut in slices. Simmer for a few moments, then add the cream of a cocoanut (No. 118) and the fish and cook slowly until well blended. Add salt to taste and serve with rice.

78. FISH A LA PROVENCALE—FRENCH

Clean, wipe dry and cut into two-inch slices any kind of fish. Pour a half cup of olive oil into a casserole; add a tablespoon each of chopped parsley, shallot, chives and a shaving of garlic and bring to the boiling point. Sprinkle the fish with ground allspice and mace and a pinch of saffron. Toss all in the oil for a few moments, then add salt, paprika and a cup of boiling water and stew slowly until done. Beat

the yolks of two eggs with the juice of a lemon, pour some of the fish broth into it, then stir all into the stew and as soon as it thickens slightly, serve in the same dish.

79. FISH STEW—DANISH

Cut two pounds of firm white fish into portions, and stand in court bouillon (No. 122) for an hour or more; then drain and fry in butter for five minutes. Remove to a saucepan and pour over it a sauce made of a cup of the strained court bouillon and one of sour cream thickened with a spoonful of flour. Simmer the fish in this until cooked.

80. FISH STEW—GERMAN

Slice a large onion and fry in two or three tablespoons of olive oil until transparent; add two pounds of any firm white fish, cut in pieces; cover and simmer about twenty minutes, shaking the pan occasionally. Beat until creamy the yolks of eight eggs; add the juice of two lemons and a tablespoon of vinegar. Stir into this very slowly some of the hot fish broth and a tablespoon of finely chopped parsley. Pour over the fish and cook until the sauce thickens. Be careful not to let it boil or it will curdle. Season with salt and cayenne.

81. FISH AND TOMATO—JAPANESE

Fry a two-pound white fish in peanut oil (or substitute olive oil); mix four firm tomatoes, cut in slices, with a fresh ginger root, a green pepper (without the seed) and an onion, all chopped fine. Season with salt and a pinch of sugar and Japanese Soy to taste. Simmer about five minutes and pour over the hot fish.

82. HALIBUT PUDDING—NORWEGIAN

Cut two pounds of halibut (or any firm fish) free from skin and bones, into small pieces, run through a chopper, then pound to a paste. Beat the whites of three eggs stiff, also a cup of double cream. Season the fish pulp with salt, cayenne and a teaspoon of onion juice and add a cup of chopped blanched almonds and four tablespoons of capers (these can be omitted). Fold in the egg and cream and

pour into a greased mould. Cover tightly, set it in a pan of hot water and bake for forty minutes in a hot oven. Serve with Dutch sauce (No. 126).

83. HERRINGS IN JELLY—DUTCH

Remove the heads and fins from six herrings and clean. Cover them with boiling court bouillon (No. 122), cook until done, then remove carefully and drain. Boil the liquid rapidly for twenty minutes, then strain through a cloth. Soak a tablespoon of granulated gelatine in a quarter of a cup of cold water for a few minutes, then dissolve it in the hot liquid and cool. Slit the fish down the back, remove the back bones and fill with a macédoine of cooked carrots and beans, chopped, and peas, moistened with French dressing. Arrange the fish on a deep serving dish, pour the jelly over and place on ice.

84. HERRING ROLLS

Stand six fresh herrings in a court bouillon (No. 122) for an hour. Drain, remove heads and tails and split lengthwise; then remove back bones. Pound the roe and milt with a teaspoon each of grated onion, chopped parsley, pickles, capers and a tablespoon of bread crumbs. Spread on the herrings, roll up tightly and fasten with wooden tooth-picks. Place closely together in a baking pan and pour over them a half cup of court bouillon, cover and bake for fifteen minutes. Serve cold with salad.

85. MATELOTE OF FISH—FRENCH

Use two or three kinds of fish and either a small lobster, a crab or a dozen oysters to two pounds of fish cut in thick pieces. Brown twenty button onions, peeled and scalded well, in four tablespoons of butter; add three tablespoons of flour, salt and pepper and stir for several minutes, then add half a cup of mushrooms, stewed in a little butter, juice of half a lemon, a pint of claret, a kitchen bouquet, a bit of garlic and a pint of broth. Cover and simmer for twenty minutes; add a teaspoon of sugar, the fish and cook for fifteen minutes more, adding the shell-fish a few minutes before serving. Pour over thick pieces of toasted French bread.

86. MOKI AND TOMATO—NEW ZEALAND

Cut a pound and a half of moki (or substitute halibut) in nice pieces; slice an onion very fine and fry, without browning, in a tablespoon of butter, then add four sliced tomatoes and sprinkle with a tablespoon of flour, a little salt, white pepper and cayenne. Simmer until soft, then lay the fish on top, cover and cook very gently until they are done. Remove the fish to a hot dish, pass the sauce through a sieve, heat again and pour over the fish.

87. ROCK COD AND CABBAGE A LA LORRAINE

Cut a young cabbage in quarters, remove the core and boil rapidly for ten minutes, then drain. Remove the head and bones from a fine cod and cut into small portions. Spread a layer of cabbage, chopped slightly, in a casserole and cover with a layer of fish. Season with salt and pepper and repeat until the dish is full with the cabbage for the last layer. Pour over all a half cup of stock and a large piece of butter. Cover tightly and bake for an hour. Serve in the same dish.

88. SALMON, PICKLED—ENGLISH

Boil two pounds of salmon in court bouillon (No. 122); drain, remove skin and place in a deep dish. Strain the broth over the salmon, cover closely and let stand over night. Serve for breakfast or luncheon.

89. SANDABS AUX FINES HERBES

Place six sandabs side by side on a shallow earthen dish, dark side down. Smear over with a tablespoon each of flour and butter melted together and pour over a gill of white wine. Chop fine a medium onion, shallot, chives and parsley and two tablespoons of chopped dried mushrooms, which have soaked in a cup of boiling water for an hour. Fry all of these in a tablespoon of butter a few moments; add half a cup of the mushroom water, salt, paprika; pour it over the fish, cover closely with paper and bake for fifteen minutes in a moderate oven. Serve in the same dish.

90. SARDINES AND CHILE PEPPERS

Prepare six long green peppers as in No. 266. Remove the head and bones from a dozen sardines; mash to a paste with two tablespoons of bread crumbs and the same of grated Parmesan. Fill the peppers, dip in batter (No. 446), fry in deep lard and drain.

91. SHAD, BAKED—GERMAN

Pass a cup of stale bread crumbs through a sieve and spread on an earthen platter. Place on top a boned shad, seasoned inside with salt and pepper. Dot over with bits of butter, a spoonful of thick sour cream and two tablespoons of grated Swiss cheese. Bake about twenty minutes in a hot oven, basting from time to time with sour cream, until a cupful has been used, seasoning each time; then pour over half a cupful of sour cream and when very hot, sprinkle with capers and serve.

92. SOLE A LA LAGUNITAS

Spread a cup or more of creamed onions, slightly chopped, on a baking dish and place on them, in a row, a pound of filets of sole. Sprinkle with salt, pepper and grated cheese; then cover all with a generous cup of cream sauce (No. 123), flavored with a teaspoon of chile powder. Sprinkle liberally with more cheese and then with crumbs and bake for twenty minutes.

93. SOLE NEAPOLITAN

Place a fine sole, dark side down, on a greased earthen platter. Cover with a pint of Italian sauce (No. 132), to which half a cup of shrimps, or mussels, has been added; sprinkle plentifully with bread crumbs and bake in a moderate oven for about twenty minutes.

94. SOLE—VENETIAN

Cut six filets of sole, or any firm white fish, three inches long by half the width and a third of an inch thick. Dust with salt and paprika and grated Parmesan. Roll out a rich stiff pie crust as thick as a dollar and cut into pieces large enough to enfold the fish completely. Press the edges

tightly together, lay on a baking tin, brush over with butter and bake until nicely browned. Arrange on a platter with the edges overlapping each other and serve with tartar sauce.

95. STRIPED BASS AND GOOSEBERRIES

Chop fine two raw potatoes, an onion, a bit of garlic and parsley; season with salt, pepper and chile powder; mix with a raw egg and teaspoon of anchovy sauce. Stuff the fish and sew up. Heat two tablespoons of bacon grease, lay the fish in it, baste it and bake it in a moderate oven for fifteen minutes. Season two cups of Spanish sauce (No. 141) with chile powder and add four tablespoons of fresh gooseberries; pour over the fish and cook until done. Remove to a hot platter; add a teaspoon of brown sugar to the sauce and pour over the fish.

96. TUNA FISH AND SQUASH

Mix the contents of a can of tuna-fish, broken in bits, with a cup of Italian sauce (No. 132), and heat. Remove the stems and part of the seed from six boiled summer squash. Stuff with the fish, cover with crumbs and brown in the oven.

97. CLAMS, MARINIÈRE—BRETONNE

Scrub well two quarts of small clams and steam in a covered kettle until they open. Remove them from the shells and throw into a saucepan with two chopped onions and two tablespoons of chopped parsley, and all the juice of the clams. Simmer until well blended, then add a tablespoon of roux (No. 137), and pour over pieces of toasted French bread. Mussels can be cooked in the same way.

98. CLAMS AND RICE—MEXICAN

Boil half a cup of rice until dry (No. 225); add a pint of small clams, which have been cooked in their own juice, and seasoned with chile powder. Heat through, then press into a greased mould, dry in the oven for a minute or two, and turn out on a hot dish.

99. CLAMS AND VERMICELLI

Boil a quarter of a pound of vermicelli for fifteen minutes. Drain and add a tablespoon of butter and salt to taste. Melt a heaping tablespoon of butter, add the same of flour and cook without browning. Stir in a cup of clam liquor and, when it thickens, add a cup of chopped clams and a pinch of chile powder—canned minced clams can be used. Butter a pudding dish, fill it with alternate layers of vermicelli and clam, with the vermicelli on top. Sprinkle with bread crumbs, mixed with grated cheese, and brown in the oven.

100. CRAB AND OKRA

Have ready a pint of crab meat in as large pieces as possible. Fry a large sliced onion in a tablespoon of butter; add a slice of ham cut up, a chopped pepper (without seeds) and half a can of tomatoes. Cover with a quart of boiling water and cook quickly for half an hour; then add a pound of young okra (stems and tips removed) cut in inch lengths. Add the crab and boil until the okra is tender. Thicken with flour and butter, braided together, and serve in a rice ring (No. 227).

101. CRAB OMELETTE A LA MANCHU—CHINESE

Shred an eighth of a pound of dried Chinese mushrooms, half a can of bamboo shoots, a few water chestnuts, and place in a saucepan. Cover with water and boil until nearly all of the liquid is gone. Beat eight eggs light and mix with a can of crab meat, which has been picked over, and the other ingredients. Heat a very little oil in a spider and drop spoonful of the mixture in to fry like pancakes, turning when brown on one side. All of the ingredients can be found in any Chinese grocery.

102. CRAB SOUFFLE

Add the yolks of three eggs, well beaten, to a pint of hot cream sauce (No. 123). Season with a teaspoon of Worcestershire sauce and a pinch of cayenne, and stir in a cupful of grated dairy cheese. Add two cups of shredded crab; then fold in the whites of the eggs beaten stiff. Turn into a pudding dish and bake in a quick oven.

103. MUSSELS BORDELAISE

Clean two quarts of mussels and throw them into a large saucepan with a clove of garlic, an onion, chopped fine, and a kitchen bouquet. Cover closely and steam until the shells open, shaking occasionally; then thicken the broth with a tablespoon of roux (No. 137). Have ready pieces of toasted French bread, one for each plate, and pour a ladleful of the mussels and sauce over them.

104. MUSSELS A LA POULETTE

Scrub with a brush and clean two quarts of mussels. Place in a saucepan with a tablespoon each of finely chopped parsley and chives and half a cup of melted butter. Cover closely and steam until they are well opened, then remove the under shells. Strain the broth through a cheese cloth into a small saucepan and thicken with a tablespoon each of butter and flour blended. Before serving beat in the juice of a lemon, a pinch of paprika, the yolk of an egg and a tablespoon of butter. Serve the mussels in soup plates and the sauce by itself. Small clams can be cooked in the same way.

105. OYSTERS AND ALMONDS

Chop fine and pound to a paste, with a little thick cream, half a cup of blanched almonds. Have ready a pint of mashed potatoes beaten with melted butter and cream until very light. Add the almonds to this and heat through; then pile on a platter and garnish with fried oysters and slices of lemon or serve with a good chutney.

106. OYSTER PICKLE—SPANISH

Mix and scald a cup of olive oil, half a cup of vinegar, two teaspoons of salt, three teaspoons of chilepepines, three of whole pepper corns, two tablespoons of sweet marjoram, a clove of garlic. After two minutes drop in six dozen large oysters with a cup of their liquor. Boil until the oysters are plump, a few minutes only, then skim out and if the sauce is too sharp add more of the oyster liquor. Pour over the oysters, garnish with sliced lemon and chile pepper, and serve cold for supper.

107. OYSTER AND SHRIMP CURRY

Make a thick curry sauce (No. 124) substituting milk for chicken broth. Before adding the cocoanut cream, heat two dozen large oysters and half a pound of boiled shelled shrimps (or the same amount of crab meat in large pieces) in the sauce, and cook until the oysters are done; then add the cream and, when quite hot, serve in a rice ring (No. 227).

108. SHRIMP GUMBO

Fry a large chopped onion in a heaping tablespoon of lard, or butter, until transparent. Add two large tomatoes, a bell pepper, all cut up, and a slice of ham cut in dice. Cover with water and simmer for half an hour; then season with salt, cayenne and a small pinch of sugar. Add a pint of shelled shrimps and the same of young okra, without the stems, and cook until the latter is quite tender. Serve in a rice ring (No. 227).

109. SHRIMPS—MEXICAN

Chop a large onion and fry in a tablespoon of colór (No. 119); then add two cut up tomatoes, half a teaspoon each of sugar and grated chocolate, salt and vinegar. Simmer for fifteen minutes; then add a cup of boiled rice, a cup of cooked shrimps and half a teaspoon of chile powder. Simmer for fifteen minutes more and serve.

110. SHRIMP TOAST A LA BONNEFEMME

Place in a double boiler the beaten yolks of two eggs, a teaspoon of anchovy sauce, and a tablespoon of cream. Stir for a moment and when it begins to thicken dip in the mixture six rounds of buttered toast. Pile each with shelled shrimps, heat through in the oven and serve.

111. SHRIMPS A LA WHITEBAIT

Shell a pound of fresh shrimps, roll them in flour and fry a few at a time (in a frying basket), in deep fat till they are crisp. Sprinkle a cloth plentifully with salt and paprika, turn the shrimps in and toss them about; then pile upon a hot platter, garnish with lemon and serve with the thinnest of brown bread sandwiches.

Fish and Meat Sauces and Salad Dressings

112. AGRA DOLCE—ITALIAN

Mix together two tablespoons of brown sugar, two of grated chocolate, one each of candied orange and lemon peel, shredded fine, a fourth cup of blanched almonds, chopped, half a cup of cleaned currants and a cup of cider vinegar, or sour wine. Let stand for an hour or two, then scald. Pour over cold mutton, veal or tongue and simmer for a few minutes.

113. BACON SAUCE—ENGLISH

Fry a fourth of a pound of bacon, cut in dice, slightly; add a small onion, chopped fine, and a dessert spoon of flour, and fry slowly until light brown. Season with pepper and two tablespoons of vinegar, and add a small cup of water. Stir until it boils and thickens a little, then pour over boiled new potatoes and serve with roast veal or chicken.

114. CHAUDFROID—FRENCH

Make a white roux of two tablespoons of butter and flour (No. 137); stir in gradually a pint of strong chicken stock and simmer for five minutes, then add a heaping tablespoon of gelatine, soaked in a little cold stock, and stir until dissolved. Season with salt and cayenne, strain, and when cold, beat in three tablespoons of thick cream.

115. CHERRY SAUCE A LA CAVENDISH

Stone a pound of red cherries and pound in a mortar; boil for fifteen minutes with a slice of lemon and enough water to cover, then rub through a sieve with a thick slice of bread soaked in a glass of claret. Simmer until of the consistency of cream, then add a tablespoon of French brandy and serve with hot baked ham.

**116. CHILE COLORADO, OR SMOTHER—
MEXICAN**

Remove seeds and veins from a quarter of a pound of dry chile peppers and wash well in plenty of water; then boil for about ten minutes; drain and rub through a colander, adding water from time to time to loosen the pulp, using about a pint in all; pour this through the peppers again until it is as thick as very thick cream. Heat a large spoonful of lard and fry in it a clove of garlic, then skim it out and stir in the pulp, a teaspoon each of grated sweet chocolate and sugar, a tablespoon of vinegar and a teaspoon of salt. This is the Mexican sauce which is used in many of their dishes with variations in the seasoning.

117. CHILE SAUCE—MEXICAN

Toast in a hot oven (or on top of the stove) until they blister, a dozen fresh red chiles; drop them into boiling water and simmer until soft enough to rub through a sieve, first removing the seeds and veins and adding a little hot water—enough to make a purée. Fry in a spoonful of hot lard with a teaspoon of vinegar, one of onion juice and salt to taste.

118. COCOANUT CREAM

Remove the shell and brown skin from a fresh cocoanut. Grate the meat, soak it in a cup of milk for fifteen minutes, and scald; drain carefully into a bowl; then turn the cocoanut into a wet cheese-cloth and squeeze it until every bit of the cream has been extracted, and add it to the milk. The meat should be snow white, and can be used as a garnish or be served separately with chutney, sliced lemon, Bombay duck, anchovies and the hors d'œuvres that are served with an Oriental curry.

119. COLOR—CHILEAN

Heat a cup of beef suet in a frying pan; add half a chopped onion, three sweet red peppers, chopped, or a third of a teaspoon of cayenne. Simmer for a few minutes, then strain and use when needed for frying any kind of meat or vegetables for stews.

120. COMBINATION SALAD DRESSING

Beat a cup of whipped cream into a cup of stiff mayonnaise seasoned with tarragon vinegar; add half a cup of unsweetened tomato catsup and chill.

121. CONSERVE—ITALIAN

Cut up ten pounds of firm tomatoes and put into a saucepan with several stalks of celery and parsley, chopped, and two bay leaves; simmer until soft, then rub through a colander; turn it into a cheese-cloth bag and let it drip overnight, then return to the saucepan and boil to a thick jam, stirring constantly towards the end to prevent scorching. Pour into jars and use a very little of it for soup, sauces and stews.

122. COURT BOUILLON—FRENCH

Mix equal quantities of sour white wine, or vinegar, and hot water—enough to cover the fish; add a sliced lemon, several pieces of parsley, a small onion sliced, a bay leaf, several cloves and pepper corns, salt, paprika and celery salt. Simmer for half an hour before boiling fish in it.

123. CREAM SAUCE

Melt a tablespoon each of butter and flour and cook, without letting it color, for three minutes; then stir in, slowly, a cup of milk or thin cream; simmer until thick, stirring until smooth; season with salt and pepper; skim and strain. If a thicker sauce is required, as in croquettes or fritters, add more flour and butter.

(BROWN SAUCE)

Make like cream sauce, only browning the butter and flour well and using stock instead of milk.

124. CURRY SAUCE—HINDUSTANI

Fry an onion, a half clove of garlic, and a small piece of ginger root, all sliced fine, in three tablespoons of olive oil, without browning; add a heaping tablespoon of curry powder and one of flour, then a pint of white stock or milk, and simmer for twenty minutes; strain and season with salt and cayenne; add the cream of a fresh coconut (No. 118) and heat, without boiling, in a double boiler; add the meat, or whatever is to be curried, and when quite hot, serve with rice.

125. DRESSING FOR COLD MEAT OR FISH

Beat a cup of French dressing with an egg-beater until creamy, then add a finely chopped green pepper, a pimiento, a small onion, grated, and a teaspoon of finely chopped parsley.

126. DUTCH SAUCE

Melt a tablespoon each of butter and flour together in a saucepan; add a cup of hot water and stir until it boils and thickens; then add the juice of a lemon, cool a little and beat in the yolk of a large egg. Beat with an egg-beater and add two tablespoons of butter and vinegar, salt and cayenne to taste. Serve hot or cold.

127. EAST INDIAN SALAD DRESSING

Rub the yolks of two hard-boiled eggs smooth with half a cup of sweet oil, a teaspoon of curry powder, two tablespoons of tarragon vinegar, salt and cayenne to taste.

128. FISH SAUCE—GERMAN

Chop very fine a teaspoon each of the following herbs: borragé, chives, pimpermels, tarragon, chevril, parsley; also two hard-boiled eggs. Mix with one and a half tablespoons of vinegar, a little salt, paprika, and a pinch of sugar, and stir it all into a cup of thick sour cream. Serve with fried or boiled fish.

129. FISH SAUCE—ITALIAN

Mash together until smooth three anchovies and two hard-boiled eggs, chopped; three gherkins, chopped; a teaspoon of parsley, chopped to a powder, and a teaspoon of onion juice. Add two raw yolks, a teaspoon of French mustard, salt, paprika and juice of a lemon and beat until smooth. Serve with fried or cold fish.

130. FISH SAUCE—RUSSIAN

Freshen two salted anchovies in water; drain and pound to a paste with the yolks of two hard-boiled eggs; add two teaspoons of French mustard and the yolk of an egg; then beat in two tablespoons of vinegar and six of sweet oil. Season with salt and paprika, then add half a cup of smoked salmon cut in dice. Serve with cold fish.

131. GRIBICHE HORSERADISH SAUCE—PARISIAN

Chop very fine a tablespoon each of the following herbs: parsley, chevril, tarragon, chives; add a chopped gherkin and a tablespoon of chopped capers; mix a dessert-spoon of Worcestershire sauce with a cup of French dressing. Beat with an egg-beater until smooth, then beat in the herbs and pour over cold fish.

132. ITALIAN SAUCE FOR SPAGHETTI, TAGLIARINI, FISH, ETC.

Soak one-fourth cup of dried mushrooms in a cup of hot water for half an hour; then drain, (keeping the water), and chop. Mince an onion fine with a branch of parsley and fry until transparent in four tablespoons of olive oil; add the mushrooms, a large spoon of tomato conserve (No. 121), (or half a can of tomatoes), some chopped parsley, pepper and salt, the mushroom water and a cup of beef stock and simmer for half an hour. Serve with grated Parmesan or other cheese.

133. KAIHELO—HAWAIIAN FISH SAUCE

Place the grated meat of a fresh cocoanut in a sauce-boat; chop a pound of cooked shrimps fine; soak in the milk of the cocoanut, then turn into a cheese-cloth, squeeze every bit of the juice over the cocoanut and serve with fish.

134. ORANGE SAUCE—FOR MEAT AND GAME.

Beat six tablespoons of currant jelly, two of sugar and the grated rind of two oranges in a bowl for five minutes; add two tablespoons each of orange and lemon juice, two of port wine, salt and cayenne to taste and blend all together. Serve with boiled mutton, tongue or ham.

135. POLONAISE SAUCE

Melt half a pound of butter and stir into it two hard-boiled eggs chopped fine, and a handful of parsley chopped to a powder.

136. ROQUEFORT CHEESE SALAD DRESSING

Mash two tablespoons of the cheese with a fork and add, by degrees, a wineglass of olive oil, a tablespoon of cider or tarragon vinegar, salt and paprika to taste. Pour over lettuce hearts cut in quarters lengthwise.

137. ROUX, WHITE

Melt a cup of butter over a slow fire, and when hot, skim carefully, then pour off all the clear oil into another pan, taking care not to let any of the sediment go with it. Warm again slowly, add a heaping cup of sifted flour and cook slowly together without browning for twenty minutes. Keep in a covered glass jar in a cold place and use as required for thickening sauces and soups.

138. ROUX, BROWN

Proceed exactly as in the preceding recipe, only cooking the butter more quickly until it is a good brown and browning the flour also. Use in brown sauces.

139. RUSSIAN SAUCE FOR COLD SLAW

Mash the yolks of three hard-boiled eggs very smooth and stir them into a cup of thick, sour cream; add salt, paprika, and a teaspoon each of chevril and tarragon leaves chopped fine.

140. SALZA—MEXICAN

Scald and skin a cup each of tomatoes and onions and chop with three bell peppers, from which the seeds have been removed; season well with salt and a little olive oil and serve hot or cold with fish or cold meats.

141. SPANISH SAUCE

Chop fine a large onion and fry until light brown in butter; add three green peppers, chopped fine, and six cut-up tomatoes; season with salt and pepper and simmer for from half to three-quarters of an hour. Serve with fish, boiled tongue or omelette.

142. TOMATO BUTTER—ENGLISH

Simmer four or five large tomatoes, cut in slices, in two tablespoons of butter, salt, paprika and onion salt until most of the juice has evaporated and it is a soft pulp. Pass through a purée sieve and use for flavoring or coloring.

143. TOMATO SAUCE

Stew a can of tomatoes (or fresh ones), a few cloves, parsley, a chopped onion, a bay leaf and piece of celery for half an hour; rub through a sieve, season with salt, cayenne and a bit of sugar; thicken with about a tablespoon of roux, (No. 137), stirring until smooth.

144. WOW WOW SAUCE—OLD ENGLISH

Melt two tablespoons of butter and stir in a tablespoon of flour; cook for a few minutes without browning, then stir in a cup of stock and a tablespoon of tarragon vinegar. Simmer until smooth, then add a teaspoon of made mustard, half a tablespoon of finely chopped parsley, a tablespoon each of mushroom catsup and port wine; last, add two or three pickled cucumbers cut in dice and serve with boiled beef or tongue.

Egg Entrees



Egg Entrees

145. EGGS L'AIGLON

Cut six hard-boiled eggs across in halves, remove the yolks and a small bit of the white to make it possible to stand them on end. Rub the yolks smooth with a little olive oil, then put in a bowl, which has been rubbed with garlic, and add to it a small onion and a pimiento, chopped very fine, salt, a bit of mustard and pepper to taste. Roll in the white of an egg, beaten stiff, and then in grated cheese and place each on a round of bread slightly hollowed out and brushed over with melted butter. Fill the whites with the stuffing, in a pyramid, sprinkle thickly with grated cheese and paprika and brown in a hot oven. Serve with cream or tomato sauce.

146. EGGS A L'ARDENAISE

Beat to a stiff froth the whites of six eggs; add a half teaspoon each of onion juice, finely chopped chives and parsley, salt and paprika; or omit the herbs and use four tablespoons of grated Parmesan. Butter a shallow earthen platter, spread it over with the whites and pour very carefully on top four tablespoons of thick cream. Drop the unbroken yolks at equal distances on top and bake in a quick oven until set.

147. EGGS A LA ATHERTONWOOD

Select six medium-sized thick summer squash; remove the skin carefully and pare away all irregularities; then steam until almost tender. Cut a circle, two inches across, from the stem end and scoop out half of the interior; then pour half a teaspoon of olive oil, or melted butter, in each; add salt and pepper and place in a baking pan; break an egg in each, sprinkle with grated cheese, salt and pepper and crumbs, and bake until the eggs are set; then pour a spoonful of tomato or cream sauce over and serve.

148. EGGS CARACAS

Scald a cup of dried beef for a minute, then drain and chop fine; add a cup of tomatoes, a quarter of a cup of grated cheese, a few drops of onion juice, a piece of green

pepper, chopped fine, and a bit of cayenne. Melt two tablespoons of butter in an omelette pan, stir in all the ingredients and when quite hot add three eggs, well beaten, and cook like scrambled eggs.

149. EGGS AUX CROUTONS

Rub a hot frying pan with a sliced clove of garlic and then heat in it a wineglass each of olive oil and melted butter. Fry a finely chopped onion for a few moments, then strain out and fry in the grease half a cup of stale bread, cut in dice, stirring to keep from burning. When golden brown, drain and keep hot. Beat six eggs enough to mix together. Pour into a well-greased omelette pan and scramble, adding just before they set two tablespoons of thick cream, salt, paprika, and the croutons. Stir until well set, but not too dry, and garnish with crisp bacon or sausages.

150. EGGS—EAST INDIAN

Cut a small slice from each end of three hard-boiled eggs and cut in halves across; melt two ounces of butter in a saucepan; add a heaping teaspoon of curry powder, a dessert spoon of anchovy sauce and stir until blended; then add the egg-yolks, pounded smooth. Fill the whites with this, place each on a round of fried toast and garnish with water-cress.

151. EGGS A L'EXPOSITION

Break eight eggs into a bowl and beat slightly with a fork; add half a teaspoon of salt and the same of chile powder; then stir in a cup of fresh American dairy cheese cut into a third of an inch cubes; melt a tablespoon of butter in an omelette pan, turn in the eggs and cook on a very slow fire, stirring thoroughly until the cheese is melted and the eggs are cooked.

152. EGGS GENEVOISE

Weigh six eggs, break them into a bowl, which has been rubbed with garlic, and beat until creamy; add a generous tablespoon each of thick cream and melted butter, a little onion juice, a half teaspoon of salt, a pinch of cayenne, and a third of their weight in grated cheese, preferably gruyere. Beat well and partly fill greased timbale moulds. Set them in a pan of hot water and bake in a moderate oven until firm like custard. Turn out and serve with any good sauce.

153. EGGS—GRECIAN

Butter a shallow earthen platter and sprinkle well with fresh mint, chopped very fine. Break six eggs carefully into the dish, season with salt and paprika and cover with a few tablespoons of thick cream. Sprinkle with fried crumbs and bake for five minutes.

154. EGGS GRUYERE

Chop a quarter of a pound of gruyere cheese fine and melt in a cup of hot chicken broth with a tablespoon of butter; add a teaspoon of onion juice, a little grated nutmeg; then stir in four well-beaten eggs and cook until thick in a double boiler, stirring constantly. Serve on buttered toast.

155. EGGS GUATEMALAN

Slice two Spanish onions and two bell peppers fine; fry until tender in three tablespoons of olive oil, then add six large tomatoes, cut up, and a half teaspoon of salt. Simmer about half an hour, then turn into a pudding dish and pour a very little sweet oil over the top. Break carefully, at equal distances, six eggs; cover and cook on top of the stove until the eggs are set. Half a cup of corn cut from the cob is a very nice addition to this. They can also be cooked in ramekins.

156. EGGS HINDU

Boil five eggs for twenty minutes; remove from shell and slice; spread in a buttered pudding dish and season with salt, pepper, cayenne and a rounded teaspoon of curry powder. Beat two eggs until creamy; add salt, pepper, a teaspoon of flour (dissolved in a tablespoon of cream), and two teaspoons of melted butter; beat again and pour into the pudding dish; sprinkle with crumbs and bake in a moderate oven.

157. EGGS AND MUSHROOMS

Heat half a cup of tomato sauce and add half a teaspoon of Worcestershire sauce. Peel and break into small pieces half a pound of fresh mushrooms and sauté them in two tablespoons of butter, then mix with half the sauce; pour into a shallow earthen baking dish and break six eggs over it. Pour the rest of the sauce over the top and bake until the eggs are set.

158. EGG PIE A LA MARSEILLES

Rub the inside of a saucepan with a sliced garlic, then add three tablespoons of butter, and when it melts, three large onions, chopped fine; cover and simmer until tender; add two tablespoons of flour, a little salt, paprika, a bit of nutmeg or mace, and, when the flour has cooked for a few minutes (without browning), stir in a cup of thin cream. Line a deep pie-dish with rich paste, fill it with the mixture, then lay on top four hard-boiled eggs, cut in thick slices; cover with mashed potatoes; brush over with butter and bake. Serve hot or cold. Or omit the crust and potatoes, sprinkle with Parmesan and crumbs and bake.

159. EGGS NORMANDY

Break six eggs carefully on a well buttered fireproof dish; stir a heaping tablespoon of butter with the same of flour over a moderate fire for a few minutes, then stir in half a cup of oyster liquor and the same of cream, and, when the sauce thickens, season with salt, paprika and a tablespoon of sherry or Worcestershire sauce. Add a cup of oysters (cut up if they are large), and cook until the edges curl; then pour over the eggs, sprinkle with grated crumbs and bake until the eggs are well set.

160. EGGS AL POMODORO—ITALIAN

Heat two tablespoons of olive oil and fry in it a shaving of garlic, a thinly sliced onion and a chopped pepper (without seed), until all are tender, but not brown; add four cut-up tomatoes, cover and simmer for half an hour. Season with salt and pepper and stir in six eggs, beaten together, and a tablespoon of grated Parmesan or gruyere cheese. Scramble until the eggs are set, but not too dry, and serve with triangles of fried toast.

161. EGGS A LA STORK

Season a pint of hot cream sauce (No. 123) with a teaspoon each of Worcestershire sauce and mustard, a pinch of paprika and a cup of grated cheese. Cook until the cheese melts; then pour it into a hot pudding dish and break over it six eggs, taking care not to break the yolks. Cook on top of the stove until the eggs are well set, and serve.

162. EGGS STUFFED A LA VALPARAISO

Boil four eggs hard; remove shells and cut in two lengthwise. Mash the yolks with a little thick cream and a few

bread crumbs. Season highly and fill the whites. Have ready a batter made of a well-beaten egg, a teaspoon of olive oil, a cup of warm milk, a pinch of salt and enough flour to make it as thick as double cream. Beat hard and set aside for an hour before using. Pour a large spoonful of the batter into a pan of deep smoking fat, placing at once an egg on the batter, face down. Fry until golden brown, a few at a time, then drain. Serve with a cream sauce, to which the remainder of the yolk paste has been added. If liked, the paste can be seasoned with anchovy paste or sardines, grated cheese, chopped ham, etc.

163. EGGS EN SURPRISE

Boil six eggs for five minutes, then drop into cold water for a moment and remove the shells, without breaking the eggs. They should be quite soft inside but hold their shape. Roll them in egg and bread crumbs (like croquettes) twice. Fry in deep fat, drain, and serve with any good sauce.

164. EGGS, SWISS

Butter well a flat earthen platter and sprinkle with grated gruyere cheese. Place on it a layer of bread cut in very thin slices and spread with butter and French mustard. Cover with thin slices of Swiss cheese and sprinkle with a few chopped chives, salt and paprika. Now break six eggs on the cheese very carefully, cover all with a little thick cream, sprinkle with cheese, and bake until the eggs are set.

165. EGGS TRES MOUTARDE

Boil six eggs for five minutes, drop in cold water for a moment, remove shells and cut in two lengthwise, arranging on a hot platter and keeping warm. Mix a scant tablespoon (or less) of dry mustard with a little milk, and add it to half a cup of melted butter. Season with a teaspoon of tarragon vinegar, the same of chopped chives, and salt and pepper. Stir until it boils; pour over the eggs and serve.

166. SPANISH OMELETTE

Chop fine together three green chiles, without the seed, two tomatoes and two onions. Cook in a frying pan in a tablespoon of lard until tender and rather thick; then season with salt and pepper. Beat six eggs together and stir into the mixture. When it is slightly set let it brown on one side, then fold over like an omelette and serve on a hot platter.

Vegetable Entrees



Vegetable Entrees

167. AJI, OR AJIACO—PERUVIAN

Boil four potatoes and, before they become mealy, cut them in halves and place them in a saucepan with a pint of chile colorado, or "smother" (No. 116). Add two thick slices of stale bread, soaked in water and squeezed, and a tablespoon of olive oil. Heat thoroughly; stir in about half a pound of fresh dairy cheese, cut in slices, six hard boiled eggs, cut in halves lengthwise, and serve when the cheese is melted. If the sauce is too thick add a little hot water.

168. ALLIGATOR PEAR—SCALLOPED

Split two avocados (alligator pears), and cut the meat in small cubes. Mix with a cup of fine cracker crumbs, turn into a buttered pudding dish and dust with salt, paprika and a tiny bit of sugar. Beat two eggs with a cup of cream, pour over and bake a delicate brown in a moderate oven. Serve as an entrée or with the roast.

169. ARTICHOKE—GENEVOISE

Cut six young artichokes lengthwise; remove stems, outer leaves and chokes, and cut the tops off. Soak in vinegar and water a few minutes, parboil, drain on a cloth and dip in batter (No. 446), to which add a tablespoon of brandy. Fry in deep fat and garnish with lemon.

170. ARTICHOKE AL FORNO

Prepare six fine artichokes, as in No. 169, boiling a little longer. Chop fine two slices of salt pork and a shaving of garlic; add a tablespoon of grated Parmesan, a saltspoon of cayenne, a teaspoon of olive oil and blend together with an unbeaten egg. Press the leaves open, place in a casserole and press the paste into the hearts and between the leaves. Pour a little hot water over, cover and bake in a moderate oven half an hour.

171. ARTICHOKE A L'HUILE—ITALIAN

Cut the stalks, outer leaves and tips from six large young artichokes. Wash and cook for ten minutes in boiling water and a spoonful of vinegar. Then drain and hold under the faucet to force open the leaves. Place in a casserole. Cover with a cup of olive oil, a teaspoon of vinegar, salt and paprika. Cover closely and bake in a slow oven until well done and the liquid partly absorbed. Serve in casserole hot or cold.

172. ARTICHOKE TORTA—GENEVOISE

Boil six young artichokes until tender; remove the stems, coarse leaves, tips and chokes and chop the rest coarsely. Season with salt, pepper, a little lemon juice and bind together with the beaten yolk of an egg and four tablespoons of thick cream. Line a deep pie plate with puff-paste and spread with the mixture. Wet a spoon and make six deep depressions with the back of it on the surface. Break an egg in each, season with salt and pepper, then cover with a sheet of the paste, press the edges well together and bake in a fairly quick oven.

173. ARTICHOKE—VENETIAN

Remove stems and half of the outside leaves from six small young artichokes, and cut off the tops. Parboil, drain and cut in quarters lengthwise. Make a thin batter of three eggs, a tablespoon of flour and one of milk, salt and paprika. Add the artichokes and turn into an omelette pan rubbed with garlic, in which a large tablespoon of olive oil has been heated. Toss until the batter has set without being too dry and serve at once.

174. ASPARAGUS A LA CREME—FRENCH

Cut two bunches of thin green asparagus into three-quarter inch pieces, rejecting the tough ends. Boil rapidly with a teaspoon of sugar until tender. Drain, return to a smaller saucepan, add a cup of thick cream, salt and pepper and, before it boils, stir in the yolks of two eggs beaten with a little milk. Stir until it thickens slightly, then serve at once.

175. ASPARAGUS CUSTARD

Boil two bunches of thin green asparagus and rub through a sieve. Add the beaten yolk of an egg and season with salt and tiny pinches of sugar and cayenne. Line timbale moulds with the mixture. Beat three eggs well, add half a cup of milk, a little onion juice, salt and paprika and fill the moulds nearly full. Set in a pan of hot water and bake until firm; then turn out and serve.

176. ASPARAGUS NICOISE

Boil and chill two bunches of asparagus. Arrange on a platter and serve with the following sauce: Rub the yolk of a hard egg smooth; add a raw yolk, a teaspoon of French mustard and a cup of French dressing. Beat well with egg-beater; then add a teaspoon each of chopped chives and parsley.

177. ASPARAGUS AND PARMESAN—ITALIAN

Boil the asparagus, drain and arrange in two rows, tips touching, on an earthen platter. Pour over the tips a little melted butter, salt and paprika and sprinkle thickly with grated Parmesan. Brown in a hot oven.

178. BARBOUILLADE—CREOLE

Cut two onions, two bell peppers (without seeds), two tomatoes, two peeled cucumbers and a medium sized egg-plant, also peeled, into dice. Brown the onions in half of a cup of olive oil, then add all the other vegetables, a kitchen bouquet and a bay leaf and simmer from six to eight hours. Season with salt and pepper before serving. Should there be any left use it as a filling for omelette.

179. BEETS, GLAZED

Parboil eight or ten small, tender beets; then peel. Throw them into an omelette pan with a quarter of a cup of hot butter and sauté until slightly colored; then sprinkle with sugar and cook slowly until it melts and forms a caramel. Young French carrots can be cooked in the same way.

**180. BRUSSELS SPROUTS AND CHESTNUTS—
SWISS**

Remove outside leaves from a pound of Brussels sprouts and boil quickly. Drain and return to saucepan with a cup of stock, two tablespoons of butter and a scant teaspoon of salt. Simmer for a few minutes, then add a pound of boiled chestnuts cut in halves, a little more butter and, when very hot, serve. Or blend with cream sauce (No. 123).

181. CABBAGE AL FORNO—ITALIAN

Cut half a young cabbage into thick slices and boil rapidly until tender in plenty of water. Drain, chop coarsely and spread a layer of it in a pudding dish. Cover with cream sauce (No. 123), sprinkle liberally with grated cheese and repeat until the dish is full. Cover with crumbs, dot with butter and bake half an hour.

182. CALABAZITA—CHILEAN

Peel two pounds of young pumpkin, or winter squash; remove seeds and cut in eight pieces. Place in a saucepan with half a can of tomatoes, a large tablespoon of color (No. 119), salt and pepper to taste; cover and simmer until tender. Before serving stir in half a cup of grated cheese and a beaten egg.

183. CALLALAU—GRECIAN

Remove the stems from a pound of young okras, cut up and boil fifteen minutes; then drain, mix with a cup of string beans, cut thin and boiled. Pare and cut into cubes a large egg-plant and four large tomatoes, a large onion sliced thin and a green pepper. Simmer these in butter until tender, season with pepper and salt and a pinch of sugar; add the okra and beans and cook, stirring until rather dry.

**184. CARROTS BRAIZED WITH TOMATOES—
NEW ZEALAND**

Wash, pare and soak in cold water three or four carrots, then drain and cut into long, thin strips. Bring to a boil in cold salted water; then drain on a cloth. Heat half a cup of tomato sauce and rub through a sieve. Fry the carrots

gently in two tablespoons of butter for fifteen minutes; then add half a cup of stock and the tomato purée; season with salt, paprika and a scant teaspoon of sugar and simmer until the carrots are tender. Thicken the sauce with a teaspoon or more of roux. Garnish with fried toast.

185. CARROTS A LA POMPADOUR—FRENCH

Wash, scrape and scald for five minutes a bunch of young carrots. Drain and cut into pieces not larger than a match—the finer the better. Stew in a sauté pan with half a cup of double cream until it has been absorbed and the carrots begin to brown slightly; then add another half cup, heated, a little salt and paprika, and when tender serve.

186. CAULIFLOWER POLONAISE

Boil a cauliflower in salted water, drain and place on a hot platter. Rub a bowl with garlic. Grate into it two cups of bread crumbs. Fry in a large piece of fresh butter until yellow and crisp; season with salt and paprika, and sprinkle all over the cauliflower.

187. CELERY FLAN

Remove leaves and roots from three large heads of celery and boil. Drain and pass through a chopper. Melt a heaping tablespoon of butter with one of flour; stir in a pint of hot milk and, when it thickens, add the celery. Simmer for a few moments, cool a little and add the beaten yolks of six eggs and a teaspoon of salt. Pour into a greased mould and cook in a slow oven for half an hour. Serve with rich cream sauce.

188. CELERY FRITTERS—GERMAN

Cut the stalks from a fine head of celery into four-inch lengths. Parboil, drain on a cloth, dip in batter (No. 446), and fry in boiling fat.

189. CELERY RING MOULD

Trim leaves from a large head of celery, cut up stalks and boil till tender in salted water. Drain, chop, and rub through a purée sieve; then proceed as in No. 230.

190. CHARD—ITALIAN

Prepare the chard by removing all of the green part, which can be cooked like spinach. Cut the thick midrib into two-inch squares, steam or boil until tender in boiling salted water; then drain on a cloth. Beat an egg slightly with two tablespoons of water and one of flour. Dip each piece into this and fry in hot fat.

191. CHARD—SWISS

Trim the green leaf from several stalks of chard and cut either into square pieces or into lengths like asparagus. Boil in salted water until tender; then drain. Arrange neatly on a hot platter and cover with either cream sauce (No. 123), Dutch sauce (No. 126), or sprinkle plentifully with grated cheese and brown in the oven. It can also be cooked like kohlrabi (No. 206).

192. CHITCHKEE—EAST INDIAN

Parboil several kinds of vegetables separately—cauliflower, beans, peas, okra, a small egg-plant, etc.—any convenient combination. When nearly tender drain, cut into neat pieces and mix. Fry two tablespoons of chopped onion in two of butter for five minutes; then add a scant tablespoon each of flour and curry-powder and half of a chopped apple. Cover with two cups of stock, or milk, and simmer for twenty minutes; then add the vegetables, salt to taste, and cook slowly for another quarter of an hour. Serve in a rice ring (No. 227).

193. COLACHE—MEXICAN

Fry a chopped onion in a large spoonful of colór until transparent. Add a chopped bell pepper, without seed, half a dozen young summer squash, cut in pieces, without peeling them, and a tomato. Cover and simmer gently until done, shaking occasionally; then add three ears of green corn cut from the cob (or half a cup); season with salt and red pepper and serve.

194. COLCANNON—IRISH

Boil half a pound of spinach, or young turnip or beet tops, or cabbage, rapidly for ten minutes; then drain; chop fine and mix with half a pound of mashed potatoes. Add two tablespoons of melted butter, the beaten yolk of an egg, salt, cayenne and a bit of nutmeg. When well mixed press into a buttered mould and bake for twenty minutes. Then turn out on a hot platter and serve with Polonaise sauce (No. 135). Or fry like omelette.

195. CORN MOUSSE—ARGENTINA

Grate six large ears of green corn. Mix it well with a cup of thick cream sauce (No. 123). Season with salt, pepper, a teaspoon of sugar and a very little nutmeg. Add a tablespoon of melted butter and three whole eggs. Beat well and pour into a well greased mould. Place it in a deep pan of hot water, after covering tightly, and bake for three-quarters of an hour, or until firm like baked custard. Serve with cream sauce.

196. DHAL—EAST INDIAN

Wash a cup of lentils; simmer in a pint of stock until tender. Fry a sliced onion in two tablespoons of butter until transparent. Stir in half a tablespoon each of curry powder and flour, fry for a moment; add lentils, salt and juice of half a lemon. Cover and simmer twenty minutes and serve.

197. EGG-PLANT AL FORNO—ITALIAN

Parboil two medium egg-plants, and cut in two lengthwise. Scoop out the pulp, leaving enough to keep in shape, and rub to a paste with a little melted butter, salt, paprika and two tablespoons of grated Parmesan. Return to shells, sprinkle well with crumbs and cheese and brown in a quick oven. A slice of salt pork chopped fine can be added.

198. EGG-PLANT AND TOMATO

Cut enough peeled egg-plant into dice to fill a pint measure and mix with equal quantities of firm tomatoes diced. Season with salt, pepper and a teaspoon each of sugar and onion juice. Spread in layers in a buttered pudding dish with crumbs between and bits of butter or olive oil. Cover with crumbs and bake for three-quarters of an hour.

199. FLOR DE CALABAZA—MEXICAN**(Squash Blossom)**

Dip six fresh blossoms of squash into salted cold water. Shake well, then dip each into a thin batter (No. 446), and fry in deep fat. Drain on paper and serve with cream sauce (No. 123).

200. FRIJOLES (BEANS)—MEXICAN

Wash a pint of small brown beans, put them in a large pot, cover well with cold water, and bring to a boil slowly. Pour off the water, cover with cold water, boil again and repeat this twice. The last time add a large kitchen spoon of lard or dripping and boil until the beans are tender. Remove to a large casserole, or bean pot, season well with salt, and add two or three chile peppers, broken up. Cover for an inch with the bean water and simmer in the oven, or on top, for several hours, stirring frequently to break the beans slightly, so as to thicken the gravy, adding a little boiling water if necessary. A few minutes before serving, sprinkle with grated cheese and brown in the oven.

201. FRITURA MIXTA (VEGETABLES)—SPANISH

Parboil vegetables as in chitchkee (No. 192), keeping them separate. Mix the smaller ones with enough thick cream sauce (No. 123) to hold together, then chill. Cut in cubes, dip all in fritter batter (No. 446), and fry golden brown in deep fat. Drain on paper and pile up on a platter.

202. GREEN PEAS—ITALIAN

Chop a large onion fine and fry with two slices of bacon diced, in a tablespoon of butter. When tender add a pint of young green peas, cover with soup stock and simmer for a quarter of an hour; then add a crisp lettuce, cut in quarters, salt and pepper. Cover and cook until all are tender.

203. GREEN PEAS AND MINT—ENGLISH

Boil a pint of tender young green peas in plenty of rapidly boiling unsalted water for about fifteen minutes. Drain and turn into a saucepan with a tablespoon of melted but-

ter, half a teaspoon each of salt and sugar and a few sprigs of fresh mint. Cover and simmer very slowly for five minutes, remove the mint and serve.

204. JERUSALEM ARTICHOKES

Wash and peel a dozen of the artichokes and fry until brown in two tablespoons of lard in a baking pan. Sprinkle with salt and pepper and bake for twenty-five minutes. Drain and serve in a hot sauce of two tablespoons of melted butter, the juice of a lemon and a tablespoon of finely chopped parsley.

205. JERUSALEM ARTICHOKES—ITALIAN

Peel a pound of artichokes and shape like pears. Melt four tablespoons of butter in a saucepan; add the artichokes and sprinkle well with salt, pepper and lemon juice. Pour a cup of gravy over, cover closely and cook gently for half an hour, shaking the pan occasionally. Serve with cream sauce (No. 123), adding grated Parmesan if liked.

206. KOHL RABI (CHINESE TURNIP)—GERMAN

Cut the green tops from two large young kohlrabi and freshen in cold water. Peel the globes, cut in cubes and boil; also boil the tops rapidly in unsalted water, drain and chop fine. Mix together with cream sauce (No. 123); season with a little mace or nutmeg and serve. Also cook like chard (No. 191).

207. LOCRO—CHILEAN

Parboil three good sized potatoes, cut in slices, a six-inch square of pumpkin, cut in cubes, and a handful of string-beans cut up. Fry a sliced onion and a branch of parsley until transparent in a large spoonful of color (No. 119); add half a cup of fresh corn and cook for a few moments; then add other vegetables with enough stock to moisten. Season with salt and pepper, cover and simmer until all are well blended.

208. MACEDOINE OF VEGETABLES—ITALIAN

Prepare vegetables as for chitchkee (No. 192), adding a quart of spinach, boiled and chopped. Butter a mould and spread with layers of the different vegetables, sprinkling a few crumbs, grated Parmesan and seasoning between the layers. When full cover with crumbs and bake for half an hour; then turn out and serve with cream sauce (No. 123).

209. MANGE TOUT AU LARD—FRENCH

Remove tips and strings and cut into thin slices a pound of mange tout (the immature pods of green peas sold in early spring), and follow the recipe of No. 217.

210. MUSHROOMS AND RICE—ITALIAN

Peel and cut up a quarter of a pound of fresh mushrooms—broken ones will do—sauté for a few moments in two tablespoons of butter; then stir in a heaping tablespoon of flour and, when it has colored slightly, add slowly a cup of well-seasoned stock and simmer for ten minutes. In another pan fry a tablespoon of chopped onion in a generous spoonful of olive oil for three minutes; then add half a cup of well-washed rice and fry until dry and yellowish. Cover with boiling water and cook rapidly for ten minutes; then add the mushrooms, salt, paprika and the juice of half a lemon. Cover and simmer until tender.

211. OKRA—WEST INDIAN

Remove the stems from two pounds of tender young okra, cover with boiling water and boil quickly for half an hour, when it should be quite mucilagenous. Add salt, a heaping tablespoon of butter, a teaspoon of vinegar, cayenne and small pieces of broiled ham. Stir and serve very hot.

212. OMBRELLE D'OSTENDE—BELGIAN

Remove the skins and stems from eight large fresh mushrooms; place, with the gills up, on a fireproof platter, and season with salt and pepper. Scald a cup of fresh oysters in their own liquor. Strain and chop and mix with two tablespoons of bread crumbs, two of thick cream, a beaten egg, salt, paprika and a grating of nutmeg. Spread each mushroom with the mixture and sprinkle with fine crumbs. Bake until a delicate brown.

213. ONIONS STUFFED WITH CORN A LA HILLSBOROUGH

Parboil six large silver onions and scoop out part of the heart. With a sharp knife score lengthwise several large ears of corn and press the pulp out with the back of the knife. To a cup of pulp add two eggs, a tablespoon of thick cream, a teaspoon of melted butter and salt, paprika and sugar to taste. Fill the onions with the mixture, cover with grated Parmesan and bake until the custard is set. Serve with rich cream sauce (No. 123).

214. ONION TORTA—ITALIAN

Slice very thin enough onions to fill two cups and simmer until tender in a quarter of a cup of butter. Make a batter of two beaten eggs, two tablespoons of flour, a cup of cream, a good pinch of salt, paprika and a pinch of nutmeg. Beat well and add the onions; then turn into a round, shallow cake tin, which has been covered with a light crust, rolled thin. Sprinkle with grated parmesan and bake in a quick oven.

215. OYSTER PLANT—GENEVOISE

Scrape and parboil two bunches of young oyster plants in acidulated boiling water. Drain and cut into inch lengths of the same thickness. Sauté for a few moments in a little butter, then mix with a cup of hot tomato sauce, two tablespoons of grated Parmesan and salt and pepper to taste.

216. PEROG, CABBAGE PIE—RUSSIAN

Roll out thin a light biscuit dough made of yeast and raised overnight and line a large, rather deep, greased pie-tin with it, reserving a piece for the top. Chop half of a small cabbage and an onion very fine; add two chopped hard boiled eggs, salt and paprika. Place in a saucepan, cover and simmer until tender in a quarter of a cup of butter, shaking occasionally. If it is too moist sprinkle with a little flour and stir until it thickens; then fill the pie, wet the edges, fit on the cover, pinch together, brush over with butter or milk and let stand in a warm place to rise a little; then bake until a nice brown.

217. PETIT POIS AU LARD—FRENCH

Shell three pounds of young peas. Cut into dice three slices of fat salt pork and fry in a saucepan until golden

brown; then stir in a heaping tablespoon of flour until slightly colored. Add a pint of boiling water, a little at a time, and stir until it thickens slightly; then add a small whole onion, slashed at the top, and a branch of parsley, and bring to a boil. Add peas and a pinch of sugar. Cover closely and cook until tender; then season with salt and pepper. Cook very young new potatoes in the same way.

218. POTATOES, BATANGOS

Beat into three cups of hot mashed potatoes two tablespoons of melted butter, a teaspoon of salt and the cream of a fresh cocoanut heated (No. 118). When light and creamy pile on a hot platter, sprinkle with the cocoanut meat and garnish with six eggs poached in oil.

219. POTATOES AND CHEESE—MEXICAN

Beat the yolks of two eggs into a pint of rather stiff mashed potatoes, with a little salt and a pinch of chile powder; then roll into balls as large as a peach. Have ready a thick paste made of grated or chopped cheese and thick cream. Insert spoonfuls in the middle of the balls, close, roll in egg and bread crumbs and fry in deep fat.

220. POTATOES, DEVEILED—GERMAN

Boil a pound of waxy potatoes, peel and slice. Fry six slices of bacon, cut in dice, until crisp; stir in a scant tablespoon of flour, a teaspoon of French mustard, a pinch each of salt and sugar, a quarter cup of vinegar and cayenne to taste. Heat the potatoes in this, add a tablespoon each of parsley, chives and pickles, finely chopped, and serve.

221. POTATOES—POMPEIAN

Scrub five large potatoes and bake until soft. Melt half a cup of butter in a chafing dish; when hot add the potato which has been taken out of the skins; season well with salt, enough paprika to color it a delicate red, and a tablespoon of finely chopped parsley. Stir all together until the potatoes are creamy, adding more butter if necessary, and serve very hot.

222. PUMPKIN—FLORENTINE

Remove the seeds and rind from a pound of pumpkin and cut into thin chips. Parboil and drain on a cloth; then sauté in a little butter for a few moments. Season with salt and pepper and two tablespoons of grated Parmesan.

223. PUMPKIN—ITALIAN

Cut pumpkin into two-inch squares and parboil in salted water. Drain and sauté in a little olive oil for a few minutes, then arrange the pieces in a baking pan, seasoning with salt and paprika, and sprinkling generously with grated cheese. Bake until brown.

224. RICE—CHINESE

Wash a cup of rice in several waters until the water is clear; then turn it into a saucepan and pour enough boiling water over to cover for nearly an inch. Add a teaspoon of salt, cover tightly and boil rapidly for fifteen minutes. Remove to a cooler part of the stove, replace the cover with a soft cloth folded several times, to absorb the moisture, and steam for fifteen minutes or more, until each grain is dry and separate.

225. RICE—MEXICAN

Wash half a cup of rice in two or three waters; drain and dry on a cloth. Heat a large spoonful of color (No. 119) in a small frying pan. Add an onion, chopped fine, the rice and a tomato cut up. Cook until the rice is slightly brown, then fill the pan with stock; add half a teaspoon of salt and cook until the liquid is absorbed and the rice is dry.

226. RICE—NEAPOLITAN

Boil a slice of bacon, cut up, and a pinch of Spanish saffron in a quart of water ten minutes. Sprinkle in a scant teaspoon of salt, a tablespoon of grated Parmesan and a cup of washed rice. Cover and cook quickly for twenty minutes. Drain, press it into a greased mould, dot with a little butter and dry it in the oven for a few moments. Turn out on a hot dish and serve with eggs poached in olive oil.

227. RICE RING MOULD

Add a large lump of fresh butter to three cups of hot rice, boiled rather dry and, when melted, press into a greased ring mould and place in the oven for a few moments before turning out.

228. RISOTTO—ITALIAN

Fry a chopped onion in a large spoon of olive oil until colored; then add half a tablespoon of tomato conserve (No.

128), or two of tomato sauce, and a tablespoon of chopped dried mushrooms, which have soaked in water for half an hour. Simmer for ten minutes; then add a cup of washed rice and cover well with boiling water. Cover and boil quickly for twelve minutes; then season with salt, paprika and three tablespoons of grated cheese. Turn into a baking dish and cook in the oven for five minutes more.

229. SPINACH—ARABIAN

Wash and boil a pound of spinach, drain and chop very fine; add salt, pepper, a little grated onion, half a cup of pine nuts, juice of half a lemon and enough olive oil to blend all together. Roll out a light crust rather thin and cut into rounds four inches across. Lay a little of the spinach on each, wet the edges and press well together like a turnover; brush with butter and bake in a greased tin for twenty minutes.

230. SPINACH AND GREEN PEAS, RING MOULD

Cook separately in unsalted boiling water a half pound each of spinach and green peas. Drain and mash through a purée sieve with three slices of stale bread, soaked in stock and squeezed dry. Add salt and paprika, a half cup of cream, yolks of three eggs and fold in the whites, beaten stiff. Butter a ring mould, fill it two-thirds full with the mixture and bake for twenty minutes in a pan set in warm water.

231. SQUASH—HUBBARD

Peel half a hubbard squash and cut into two-inch squares. Boil for ten minutes, drain and sauté in butter. Cover with a pint of hot table cream, season with salt, pepper, a pinch of sugar and a grating of nutmeg. Simmer until tender, then thicken the sauce with the beaten yolk of an egg, taking care not to let it boil.

232. SQUASH (ZUCCHINI)—ITALIAN

Cut in halves, lengthwise, three long Italian squash, and parboil; then scoop out the seeds. Beat three eggs with a fourth cup of grated Parmesan; add half a cup of bread soaked in milk and squeezed dry, a sprig of thyme, chopped very fine, paprika and salt to taste. Blend all with a teaspoon of olive oil. The mixture should be as thick as mush.

Pour a teaspoon of oil into each piece of squash; fill with the paste and bake on a fireproof platter until brown. Serve in the same dish.

233. SQUASH AND MUSHROOMS

Select six squash of uniform size; peel them and cut in halves crosswise. Scoop out the seeds and fill the cavities with a stuffing made of a quarter of a pound of fresh mushrooms, peeled, chopped coarsely and fried lightly in butter; then mixed with a third of their bulk of crumbs, salt and pepper. Replace the halves and tie together; place in a covered pudding dish with a little hot water and bake for half an hour. Serve with cream sauce.

234. STRING BEANS—SPANISH

Remove strings and tips from a pound of young string beans and cut up one or two green chile peppers, a sliced onion and two ripe tomatoes peeled. Fry the onion and peppers in two tablespoons of butter until slightly colored; add the tomatoes and beans and cover with water. Season with salt and simmer for an hour. Add a little water for gravy, and thicken with a little brown roux (No. 138).

235. SUBRICS OF SPLIT PEAS

Boil a cup of green split peas with a slice of salt pork, or ham, and half an onion, in water to cover until soft enough to rub through a sieve. Season with salt and cayenne and a small pinch of sugar. Add a scant tablespoon of butter, the yolks of two eggs and a tablespoon of grated Parmesan. Cool, then fry by the spoonfuls in butter until brown on both sides.

236. SUMMER SQUASH

Pare and remove the stems from six young summer squash and cut into uniform slices a fifth of an inch thick. Spread plentifully with grated cheese rubbed together with a little cream, salt and paprika; cover with the remaining pieces, forming a sandwich. Dip in batter (No. 466), and fry in deep fat in a frying basket. Serve with cream or tomato sauce.

237. TOMATOES AND APPLES—LAGUNITAS

Slice a large onion very thin and mix it with a large can of tomatoes and a green pepper (without seed) if in season,

chopped fine. Add a tablespoon of olive oil, a scant teaspoon of salt; cover and simmer slowly for an hour. Butter four thick slices of stale bread, without crust, and bake until crisp. Spread a layer of tomato in a casserole, lay two slices of bread on top, on which place a thick layer of tart cooking apples, cored and sliced. Sprinkle with brown sugar and a tiny pinch of allspice; add more tomatoes, bread, apple, etc., until the dish is full. Cover with crumbs and bake in a slow oven for two or three hours.

238. TOMATOES—BENGAL

Cut six rounds of bread, fry until crisp, drain and keep hot. Peel and cut into thick slices three medium-sized tomatoes; season with salt and curry powder and place on a baking tin. Pour a spoonful of thick cream sauce (No. 123), over each slice, sprinkle with crumbs and bake for ten minutes. Spread the toast with a little chopped chutney or pickle; place the tomatoes on top and serve very hot.

239. TOMATOES—EAST INDIAN

Place layers of sliced tomatoes, sliced onions and thick slices of buttered bread (without crust), alternately in a deep pudding dish, allowing it to come four or five inches higher than the dish, as it falls. Season with salt, pepper and frequent lumps of butter between the layers. Place the tomatoes in the dish first and bread and butter on top. Bake slowly for six hours.

240. TOMATOES—SICILIAN

Wash six large firm tomatoes, cut a circle in the stem end and scoop out half of the interior; then place them in a pudding dish. Add two tablespoons of olive oil, an onion and slice of ham or bacon, chopped fine, salt, paprika and a heaping dessert spoon of brown sugar and small pinch of allspice to the tomato pulp, and stew it with half a cup of bread crumbs until it is well blended; then fill the tomato cups with it, sprinkle with cheese and more crumbs, and bake in a slow oven for two hours.

241. TOPIC—ARMENIAN

Boil two cups of dried yellow peas until tender; then rub through a sieve with enough milk to moisten slightly. Season liberally with salt and paprika; then turn it into a pudding cloth, which has been scalded and dusted with flour. Before tying it up make a hole in the middle and insert a bunch of savory herbs—parsley, mint, chevril, marjoram, or any combination that suggests itself. Tie tightly and boil in a kettle of water for about an hour. Turn out and serve with tomato sauce.

242. UMITAS—SPANISH

Remove the leaves from six large ears of corn; cut the edges neatly, and scald until pliable. To a cup of grated corn pulp add a dessert spoon of flour, two slightly beaten eggs, two tablespoons of thick cream or melted butter, salt and white pepper. Drain the leaves and dry them, and place a spoonful of pulp in each, folding lengthwise to enclose, and place in a steamer. When all are prepared cover closely and steam about twenty minutes.

243. VEGETABLE MARROW—ENGLISH

Cut vegetable marrow in pieces; boil in salted water, drain and mash smooth with hot thick cream, salt and pepper. Beat lightly and serve. Or, do not mash but cut in two-inch squares, mix with cream sauce (No. 123), and serve on toast.

244. ZUCCHINI

Slice six zucchini (long Italian squash) in thin pieces and fry for a few moments in olive oil; then drain, arrange on a fireproof platter, sprinkle with salt, pepper and plenty of grated cheese and bake until brown in a moderate oven.

245. ZUCCHINI AND TOMATO—FLORENTINE

Cut four zucchini into pieces and add an equal amount of cut up tomatoes, half a chopped onion, a green pepper, and two tablespoons of dried mushrooms (soaked in water for half an hour and chopped). Season with salt and pepper and a tablespoon of olive oil. Cover closely and simmer until tender.

Entrees and Lunch Dishes



Entrees and Lunch Dishes

246. ALBONDIGAS—MEXICAN

Mix together half a pound each of beef and fresh pork, chopped very fine, with half an onion and two skinned tomatoes. Stir in half a cup of white corn meal, scalded, and season with salt and red pepper. Bind with two slightly beaten eggs, roll into balls the size of a large walnut, cover with hot beef broth and simmer for half an hour. Season the broth with tomato catsup and Worcestershire sauce, thicken slightly and serve all in a deep dish.

247. BAHMIA—ARMENIAN

(Okra and Lamb Stew)

Cut two pounds of lamb into pieces as for stew. Place in a saucepan with a sliced onion, a cup of tomatoes, a teaspoon each of salt and paprika, cover and simmer until tender. Cut the stems and tips from a pound of young okra, divide in inch lengths and boil in salted water to cover, until tender, being careful not to let it burn; then pour it into the stew, add a scant teaspoon of sugar, a tablespoon of roux (No. 137), and cook together about five minutes. Serve with rice. Chicken can be used instead of lamb.

248. BAKED POTATO AND SAUSAGE

Wash well and scrub six fine potatoes. Dry and rub the skins over with a little grease, then, with an apple corer, make a hole lengthwise through the potatoes. Insert a sausage in each one, place in a baking pan and cook in a moderate oven until done. Two strips of fat bacon rolled together can be used instead of the sausage.

249. BEEF LOAF—HUNGARIAN

Chop very fine half a pound of beef and mix with half a pound of sausage meat; the same of lean boiled ham cut in dice, and an equal amount of bread crumbs. Season

with a bit of garlic, a tablespoon of grated onion, half a chopped green pepper, salt and paprika. Add the yolk of an egg, beaten with a quarter of a cup of milk, and the well beaten white. Turn into a mould, cover closely and boil, or steam, for two hours. Serve hot with Spanish sauce (No. 141), or cold with lettuce salad.

250. BEEFSTEAK PUDDING—ENGLISH

Mix together a quart of flour, a teaspoon of salt, and six ounces of chopped suet; blend with a scant cup of water and roll out in two circles, one much larger than the other. Grease a rimmed bowl and line it with the larger crust. Cut a pound and a half of round steak into finger lengths; add three mutton kidneys, sliced, roll all in flour and place in bowl. Season with chopped thyme and parsley, tomato catsup, Worcestershire sauce, salt and pepper, and add half a cup of broth or water. Moisten the edge of the paste and cover with the smaller piece, pinching well together. Scald a pudding cloth and dredge liberally with flour, to keep the water out. Place across the top and tie tightly beneath the rim; then gather the corners at the top and tie again. Place in a large saucepan; cover well with boiling water and boil from three to four hours without stopping.

251. BEEF STEW—AUSTRALIAN

Cut two pounds of beef shin as for stew; dust with pepper, salt and flour. Fry quickly in dripping with a sliced onion until it browns; then remove to a kettle and cover with a quart of cold water. Add an onion, stuck with two or three cloves, a kitchen bouquet and half a bay leaf. Simmer until the meat is tender, then add two cups of soup vegetables, chopped coarsely and browned slightly in butter; cook slowly until tender. Serve with mashed potatoes.

252. BOUREQUIS—ARMENIAN

Chop fine a thick slice of mutton and half an onion. Season with salt, paprika, melted butter and a little mace, and bind with an egg slightly beaten. Form into balls the size of a walnut. Brown these in butter; then place in a baking pan, cover with tomato sauce and bake slowly for an hour, basting often. Add sour cream and a teaspoon of sugar to the sauce and serve in a rice ring.

253. BRACIOLINI—FLORENTINE

Cut a pound and a half of top round of beef into thin slices. Melt a large spoonful of dripping and fry in it until transparent a thinly sliced onion; then add the beef and fry until brown. Pour in a cup of thin, well-seasoned gravy, or soup, cover and simmer until tender. Serve on a bed of macaroni.

254. BUBBLE AND SQUEAK—AUSTRALIAN

Cut cold roast, or boiled corned beef into slices and fry for a few moments in dripping. Remove to a hot platter and cook the remains of a boiled cabbage, chopped fine, in the dripping. Season with salt and pepper and stir until quite hot; then sprinkle with a few drops of vinegar and arrange in a pile on the platter with the beef around it.

255. CABBAGE STUFFED—DANISH

Pass through a chopper twice a pound of any kind of cold meat, a small onion and a green pepper (without the seed). Season highly with salt, paprika, nutmeg and allspice. Mix with a beaten egg; add a spoonful of catsup and enough water to moisten slightly. Boil a small firm cabbage for twenty minutes. Cut out the stalk and fill the cavity with the meat. Close it with a small piece of stalk tied on. Steam for an hour and serve with melted butter.

256. CABBAGE STUFFED—SWEDISH

Chop fine a pound of meat and season with salt, pepper and spices. Mix with a few tablespoons of boiled rice and milk enough to moisten. Separate leaves of a large cabbage. Scald until tender; then place two tablespoons of the meat on each leaf, fold, tie like a bundle and place on a greased baking pan. Add a little stock and cook for an hour; then transfer to a platter, season the gravy, add a little cream and pour over.

257. CANADIAN ROLL

Mix a stiff biscuit crust, using two cups of flour and quarter of a pound of shortening. Roll out on a floured pastry board and cover with a well-seasoned mince made of cold meat chopped fine with onion, parsley, chives, etc., and

moistened with rich gravy. Wet the edges, roll up and tie in a muslin cloth that has been scalded and well floured. Drop it into boiling water and boil for two hours.

258. CARBONADA—CHILEAN

Heat a large spoonful of colór (No. 119), and fry in it a large sliced onion, a tomato, a red pepper, cut up, small squares of pumpkin and two cups of cold beef, or mutton, cut in pieces. Add a few small peeled potatoes, cut in thick slices, and salt to taste. When all are slightly colored add a little soup or water, cover closely and simmer until the vegetables are well cooked, adding more liquid if too dry.

259. CARDON—FRENCH

Freshen a pound of cardon stalks in cold water, cut them into three-inch lengths and parboil in stock or salted water. Drain well and sauté in half a cup of butter. Season with salt, pepper and, if liked, a teaspoon of vinegar, or cook like chard (No. 191).

260. CASSOULET CARCASSONE—OLD FRENCH

Boil until tender a fat piece of pork weighing half a pound, then cut in slices. Parboil also a cup of white beans, which have soaked in water several hours, then drain. Fry several slices of bacon, six sausages, six slices of liver and several mutton kidneys until nicely colored. Pour off some of the grease; add a large spoonful of flour and stir until brown; then add a cup of tomatoes, a large sliced onion and enough hot water to make a thick gravy. Season highly with salt and paprika and simmer all together; then add the beans and pork and cook for a few moments more. Pour into an earthenware platter, sprinkle with cheese and bake until brown.

261. CHALUPE—MEXICAN

Mix a generous cup of tamale meal, or kornlet, with a tablespoon of melted lard, or butter, half a teaspoon each of salt and chile powder and enough hot water to soften to a thick smooth paste. Line small, well greased gem pans with the mixture, using the back of a wet spoon to form into shallow cups. Brush with melted lard and bake.

Cut fine a small piece of choriza (Mexican sausage), or use pork sausage fried with garlic; add a chopped egg, a slice of onion, chopped, and a few stoned ripe olives, cut up. Simmer for a few minutes in half a cup of beef broth, seasoned with chile powder and a little vinegar. Thicken with a dozen blanched almonds chopped and pounded, pour into the little cups and serve.

262. CHANFAINA OF LIVER—SPANISH

Scald a pound of lamb's liver, cut in cubes, for three minutes, then drain. Soak a cup of stale bread in hot water and squeeze dry; mix with an onion, a branch of parsley, two sprigs of mint, all chopped fine, a pinch of cloves, cinnamon, Spanish saffron, a tablespoon of olive oil, a cup of broth, salt and tobasco sauce. Heat, add the liver and bring to a boil, then serve.

263. CHARQUICAN—CHILEAN

Season a pint of fresh or left-over meat, chopped fine, with salt, pepper, chopped onion and a little chile powder. Add a half cup each of peas, string beans, tomato, squash and two ears of corn chopped through the cob in half-inch lengths. Add a little broth and simmer until the vegetables are cooked; then add two or three potatoes, quartered, which have been boiled separately.

264. CHILE CON CARNE—MEXICAN

Fry a chopped onion and a half clove of garlic in a large spoonful of lard until transparent; then add two pounds of round steak, cut for stew, and brown all over. Add two cups of chile colorado (No. 116), cover and simmer for an hour, or until the meat is tender; then stir in a dessert spoon of ground, sweet chocolate, a slice of fried bread, pounded fine, salt to taste and enough boiling water to blend nicely; add a small spoonful of vinegar. Bring to a boil and serve.

265. CHILE RELLENOS—MEXICAN

Roast six bell peppers until the skin will peel off; make an incision, remove the seeds and veins and fill with a mince made of two cups of chopped cold meat, a chopped onion fried, half a cup of blanched almonds, chopped, and two

thick slices of bread soaked in cream, salt and paprika. Beat the whites of two eggs; add the yolks and beat again; dip the peppers in flour and then in the egg and fry in deep hot fat.

266. CHILE RELLENOS CON QUESO—MEXICAN

Prepare six long fresh peppers, preferably red ones, as in No. 265, removing the veins as well as the seed. Slip in a thick slice of dairy cheese, dip in beaten egg and fry in boiling fat. When golden brown, drain and serve with cream sauce (No. 123). If the peppers are not in season canned ones can be used, wiped dry.

267. CHINESE NOODLES BAKED

Use half a pound of noodles. Drop a few at a time in boiling water. Skim out in three minutes and place in a colander under cold water; then drain and cut into inch lengths. Shred a quarter of a pound each of boiled ham, boiled fresh, lean pork and the breast of half a boiled chicken. Pour boiling water over a handful of dried mushrooms, drain and chop. Mince an onion and a little parsley. Fry all of these ingredients separately in peanut oil (or olive oil); then arrange in a covered baking dish in layers. Add two tablespoons of flour to the oil that is left and fry brown; add the mushroom water to make a gravy which flavor with Chinese sauce. Pour over the noodles, cover and bake for half an hour or more.

268. CHINESE NOODLES FRIED

Remove stems from an eighth of a pound of dried Chinese mushrooms, soak in warm water until soft and then drain. Throw half a pound of noodles into a saucepan of boiling water and boil. Drain in a colander until quite dry. Sprinkle with salt and fry brown in oil. Cut half a pound of fresh pork, half a can of bamboo sprouts and half a head of celery into fine strips. Fry the pork until brown; then season with a little bean sauce. Boil the other ingredients in salted water and mix with the pork. Thicken the gravy with corn starch and season with bean sauce to taste. Place the noodles on a hot platter, cover with the mince and sprinkle boiled ham cut in fine pieces over all.

269. CHOPS DEVEILED—ENGLISH

Make a devil as in No. 276; rub this well into thick English mutton chops, broil them rare and put the rest of the devil over them in a very hot dish.

270. CHOP SUEY—CHINESE

Barely cover a small chicken with water and boil until tender; then shred the meat, return the bones to the soup, boil down to one cup; then strain. Cut a half pound of lean pork into thin inch strips and fry; when brown, add the chicken, a half cup of celery, cut thin, a small piece of chopped onion, six dried Chinese mushrooms (which have soaked in water), six water chestnuts, cut thin, a quarter of a pound of wheat or bean sprouts, half a chopped green pepper, and a small piece of ginger-root, crushed. Pour over all the chicken broth and season well with a very little salt and a tablespoon each of **gu yow** and **soy**—sauces to be found in any Chinese provision house. Simmer for a few minutes and serve with rice.

271. CHUPE—PERUVIAN

Fry two sliced onions in a tablespoon of butter until transparent. Add four or five tomatoes, a teaspoon of minced parsley, six medium potatoes, peeled and quartered, and hot water to cover. Add one tablespoon of washed rice and boil until cooked—about twenty minutes. Add salt, a pinch of sugar, a cup of thin cream or milk, a well beaten egg and four tablespoons of grated cheese. Boil up once and serve.

272. CORNISH PASTIES

Mix a cup of any kind of cold meat or game, or both, chopped fine, with enough highly seasoned gravy or thickened stock to hold together. Add a little onion juice and finely chopped parsley. If mutton is used cut up a few slices of boiled turnip—if pork, raw apple. Roll good pie crust out an eighth of an inch thick. Cut in rounds three inches across. On one-half place a spoonful of the mince, with a little of the vegetable on top. Wet the edge, fold over, pinch together, brush over with milk or beaten egg and bake on a greased tin from fifteen to twenty minutes.

273. CORN PUDDING—CHILEAN

Chop very fine a green pepper, an onion and a pound of any meat; fry for a few minutes in a spoonful of hot color (No. 119), then add a dozen seeded raisins and ripe olives and turn into a pudding dish. Arrange on top two hard boiled eggs, cut in quarters, a few pieces of cold chicken or game and a boiled onion, cut up. Grate eight large ears of green corn and fry in a large spoonful of lard, stirring until like paste. Beat the yolks of three eggs very light with a scant tablespoon of sugar; add the whites, beaten stiff, the corn and a little water, and spread over the mince. Bake for twenty minutes, sprinkle with powdered sugar, bake ten minutes more and serve. If green corn is not in season kornlet can be used.

274. CORN TAMALE

Mix a can of corn or kornlet with a cup of tomatoes, three-fourths of a cup of white cornmeal, a teaspoon of salt, a teaspoon of Grandma's Spanish pepper, dissolved in a little cold water, eighteen ripe olives, half a green pepper and half an onion chopped, and a cup and a half of milk—last, two well beaten eggs. Turn into a well buttered pan and bake for three-quarters of an hour.

275. COULIBAC—RUSSIAN

Roll out a noodle paste (No. 468), very thin, and cut in large squares. Spread each with a forcemeat made of chopped veal, boiled rice, a chopped boiled beet and a few sliced mushrooms bound together with a raw egg and a little melted butter and well seasoned. Roll up, place in rows on a baking-pan, dredge with fine crumbs and bake for an hour.

276. DEVEILED DRUMSTICKS—ENGLISH

Melt a tablespoon of butter and mix to a paste with a teaspoon each of mustard, chutney, the juice of a lime, onion juice, salt, paprika and cayenne. Cut gashes lengthwise in cold turkey drumsticks, rub the devil in well and broil, or brown in a very hot oven. Heat the rest of the paste, pour over and serve for breakfast piping hot.

277. DEVILED MEAT—CHILEAN

Make a batter of a tablespoon of English mustard, three of flour, two beaten eggs, salt, cayenne, a teaspoon of olive oil and a scant tablespoon of vinegar. Cut any kind of cold meat in slices, soak it in this batter and fry a golden brown in hot lard. Pour what remains into a cup of hot milk or broth, beat in a tablespoon of butter, heat through and pour over the meat.

278. DOLMA—GRECIAN

Chop a cup of fat and lean cold mutton and mix with a cup of boiled rice, two tablespoons of melted butter, a small grated onion, a teaspoon of parsley, chopped, half a cup of pinenuts and enough hot broth to moisten. Par-boil three egg-plants or summer squash. Cut in halves lengthwise, scoop out part of the pulp and fill the cavity with the mince. Pour over each a little sauce made of an egg beaten with the juice of a lemon. Brown in a hot oven.

279. EGYPTIAN MACARONI

Boil half a pound of macaroni until tender, drain and cut in short lengths. Mix with a sauce made of a tablespoon each of butter and flour melted in a frying pan, combined with a cup of strong bouillon, salt, pepper and a bit of mace. Have ready a half cup each of grated Parmesan and gruyere, a cup of sour cream and one-fourth pound of sliced raw ham broiled quickly and chopped. Butter a baking dish, place on it a layer of macaroni; then some of the cream, ham and cheese and repeat until the dish is full, omitting the ham from the top layer. Sprinkle with fine crumbs and bake for half an hour.

280. EMPANADA—CHILEAN

Make a very rich pie crust, using an egg. Roll it out as for a large pie and place on half of it the following mixture. Add to a pint of finely minced cold meat a small onion and a pepper (without seed), chopped fine, and fry for a few minutes in a little lard; then mix with enough highly seasoned thick brown gravy to hold together, and add a dozen raisins, two hard-boiled eggs, sliced, and half

a cup of ripe olives. Wet the edge of the paste, pinch well together, and bake. Dust with powdered sugar before serving.

281. EMPANADITAS—CHILEAN

Make the crust as above but roll out thin and cut into rounds the size of a saucer. Place on each a spoonful of the same mince or pieces of cheese or preserves. Pinch the edges together, after moistening, and fry in deep fat. Drain on brown paper and dust with powdered sugar.

282. ENCHILADAS—MEXICAN

Use two frying pans, in one of which heat half a cup of lard and in the other a pint of chile colorado (No. 116). Have ready six tortillas (No. 282), a cup of ripe olives, stoned and cut up, three chopped hard-boiled eggs, half a cup of young green onions, sliced very thin, and the same of grated Mexican, Parmesan, or very dry cheese. Slip a tortilla into the hot lard and heat through; transfer it to the hot "smother" and thence to a hot platter. Sprinkle rapidly with olive, egg, onion and cheese, pour a spoonful of the sauce over and cover with another dipped tortilla and repeat the process until all are used. Strew the rest of the filling over the top, pour the sauce over all and heat through in a quick oven before serving. If it is impossible to procure the tortillas, pancakes, six inches across, made of white cornmeal, make a very acceptable substitute.

283. ESTOFADO DE MADRID—SPANISH

Cut a pound of fresh pork into thin slices. Remove the fat and fry with a cupful each of onion and mixed vegetables, all chopped fine. When nicely colored skim out the vegetables and brown the meat, rubbed over with garlic. Place all in a casserole with a chopped pepper (without the seed and vein), two sliced tomatoes and salt to taste. Cover with a pint of hot stock or water, cover closely and cook in the oven an hour or more.

284. FLEISCH KUCHEN—GERMAN

Mix a cup of cold meat, chopped fine, with half a cup of rich, highly seasoned sauce and heat through. Make a batter and pour enough into a hot greased omelette pan to

cover the bottom. As soon as it sets spread with a layer of meat and cover with more batter. Place the pan in a hot oven and bake until the batter is firm and golden brown; then transfer to a hot platter and cut in wedges like a pie. Serve with a green salad.

285. FRICO—SPANISH

Slice enough raw potatoes to fill three cups. Line the bottom of a mould with them, then sprinkle with minced onion, salt and chile powder, and over them a layer of rolled cracker crumbs. Next add a layer of beef or any meat, cut in small pieces, and repeat until two pounds of meat and the potatoes have been used. Pour over a pint of cream which should just come to the top layer. Cover closely and steam from two to three hours. Serve with Spanish or tomato sauce.

286. FRITURA MIXTA (MEAT)—SPANISH

Have ready a few pieces each of cooked fowl, lamb, brains, kidney, ham or bacon cut into small cubes. Dip each piece into fritter batter (No. 446) and fry in deep lard; drain, pile on a platter, and serve with tomato sauce. Pieces of cooked fish, lobster, crabs, clams and oysters can be substituted for meat.

287. GOULASH—HUNGARIAN

Cut two veal steaks in finger lengths and place in an iron kettle with two large chopped onions and a kitchen spoon of dripping. Stir until nicely colored; then season highly with salt, paprika and a bit of garlic. Add a large spoonful of flour and, in a few moments, enough stock to barely cover it. Place the lid on the kettle and simmer very slowly for three hours. Serve with noodles.

288. GOULASH OF OX-CHEEK—POLISH

Fry until brown a large sliced onion in a kitchen spoonful of dripping; add six ox-cheeks, and brown all over; then stir in a heaping tablespoon of flour and brown. Add half a clove of garlic, sliced, a chile pepper, broken in bits; a kitchen bouquet, a bay leaf, six cloves, a teaspoon of salt and paprika. Cover closely and simmer from three to four

hours, adding a little boiling water as the broth is reduced. Twenty minutes before serving add a dozen raisins and season with vinegar. Serve on a bed of noodles and garnish with parsley.

289. GUISO DE CARNE—GUATEMALAN

Pass a pound of beef or lamb through a meat chopper twice with two medium-sized onions. Add lightly a teaspoon of finely chopped parsley, a shaving of garlic, pinch of red pepper, salt, a small pinch of Spanish saffron, one of allspice, and the juice of a large sour orange or grapefruit. Heat a tablespoon of *colór* (No. 119) in a frying pan; add the mince, cover and simmer until cooked; then turn out on a hot platter and garnish with strips of fried bacon and sausages.

290. HACHIS—ITALIAN

Chop a pound of cold roast beef with a parboiled calf's brain. Add a tablespoon each of olive oil, anchovy sauce, the yolks of four eggs, salt and paprika. Fry like hash or bake in the oven and serve with tomato sauce.

291. HAGGIS—SCOTCH

Run the tongue, liver and kidneys of a sheep through a chopper with half a pound of bacon and two thick slices of bread. Season with a teaspoon of onion juice, salt, cayenne and Worcestershire sauce, and stir in two slightly beaten eggs. Press into a greased mould, cover tightly and boil for two or three hours. Serve with Wow Wow sauce (No. 144).

292. HAM AND GREEN PEAS A LA MANDARIN—CHINESE

Throw two pounds of green peas, shelled, into a saucepan with just enough water to cover, and boil until tender. Cut half a pound of ham into thin strips and fry until brown. Add the peas, mix well and pour over them four well-beaten eggs. Cook for two minutes, then serve.

293. HAM TORTILLA—MEXICAN

Chop fine a cup of boiled ham and heat it with a tablespoon of butter in an omelette pan. Beat three eggs well; add a tablespoon of cream mixed with a teaspoon of flour, a good pinch of chile powder and a little salt. Pour over the ham and stir for a moment; then let it brown on one side, and turn carefully. Serve on a hot platter.

294. KABAT—ROUMANIAN

Cut a pound of veal, freed from skin and bone, into small pieces. Fry with a small chopped onion in a tablespoon of butter; add a small lemon sliced thin, a pinch of carraway seed, salt and paprika. Cook for ten minutes, then stir in a cup of sour cream; cover closely and bake in a moderate oven for an hour.

295. KABOBS—TURKISH

Marinate cubes of fat lamb in lemon juice and finely chopped herbs for a few hours; then run on skewers and broil or bake in a hot oven. When done baste with butter melted with paprika and salt, and serve with boiled rice.

296. KRENN FLEISCH—BOHEMIAN

Let the butcher remove the bones from the head of a young pig. Cut it into neat pieces and lay in a casserole. Cover with a strong court bouillon (No. 122), and half a cup of white wine. Put on the lid and cook slowly in the oven until the meat is tender; then remove it to a hot dish, thicken the sauce slightly, pour over the meat and sprinkle with grated horseradish.

297. KROMESKIES—POLISH

Cut thin strips of bacon, an inch wide by two long; spread each with a little highly seasoned mince; sprinkle with grated cheese; then roll, tie and stand aside for an hour. Remove the strings carefully, dip in batter (No. 446), and fry in deep lard.

298. LAMB HARICOT—ENGLISH

Season a boned shoulder of lamb with salt and paprika and roll it. Brown in dripping and place in a casserole. Add two cups of boiled dried lima beans and two finely sliced onions, a bit of garlic, and some sprigs of mint; then

pour in two cups of the bean water, cover closely and simmer in the oven for an hour and a half, adding more water if necessary.

299. LEBER KLOESSE—GERMAN

Pass a pound of calf's liver through a chopper twice; then mix it with two slices of bread, which have been soaked in milk and squeezed dry. Add two slightly beaten eggs, a small onion, grated, the zest of a lemon, salt and paprika. Roll into balls the size of a walnut and poach in soup stock. Drain, pile on a hot platter and pour melted butter and chopped parsley over.

300. LENGUE CON POLLO—MEXICAN

Boil a veal tongue and a roasting chicken separately until tender. Cool, cut into dice and combine, adding a small can of French mushrooms, sliced. Heat in Spanish sauce (No. 141), seasoned highly, and serve in small individual casseroles of Mexican pottery or ramekin dishes.

301. LIVER LOAF—FRENCH

Place a pound of calf's liver, a calf's tongue, and half a pound of lean, fresh pork in a saucepan. Add a teaspoon of salt, a bay leaf, a whole onion, slashed, and half a green pepper. Cover with boiling water and simmer until the tongue is tender—about three hours. Remove the skin and roots and pass all the meat through a chopper twice. Season with a tablespoon of tomato catsup, and a dessert spoon of kitchen bouquet, salt and pepper to taste. Rub to a paste, moistening with a little of the broth. Rub a loaf tin with garlic; then grease well and press the liver tightly in. Cover, place a heavy weight on it and let stand over night before turning out. Garnish with chopped aspic.

302. LIVER NIVERNAISE

Slice a pound of sheep's liver half an inch thick; brush each piece with oil or melted butter and place in a casserole. Chop two slices of bacon, a branch of parsley, a shallot and a piece of green pepper very fine, and sprinkle over the liver with salt and pepper. Cover, heat the liver through without boiling, and keep it at this point for nearly

an hour. Transfer it to a hot dish and cook the bacon, etc., for five minutes more. Return the liver to the casserole; mix all together and serve.

303. LIVER AND ONIONS—TURKISH

Cut half a calf's liver into inch cubes, removing all tough parts. Slice four onions very thin; mix with the liver; season with salt and paprika, and fry in plenty of dripping for a few moments, stirring to keep from burning. Too much cooking hardens the liver.

304. LOMO—PERUVIAN

Cut tenderloin of pork into slices large enough for a portion. Marinate for two hours in two tablespoons of tarragon vinegar, five of olive oil, salt, paprika, a small pinch of sweet marjoram and thyme, a teaspoon of grated onion and a bit of garlic. Broil and pour over it the sauce, heated.

305. LOS ANGELES

Roll out noodle paste (No. 468) very thin and cut in strips an inch wide (or use the wide ribbon macaroni). Make a quart of highly seasoned stew of any kind of wild game, adding tomato sauce, mushrooms, half a cup of ripe olives, two or three chilepepines, or tobasco sauce, and half a cup of raisins. Boil the paste until tender, drain, and lay in strips on a greased baking pan; cover with a thick layer of the salmi, another of the paste and repeat until the dish is full. Sprinkle plentifully with grated cheese and brown in a hot oven.

306. MARROW AND MUSHROOMS—ENGLISH

Cut the marrow from a shin bone into thick slices. Boil in salted water for a minute or two, then drain. Heat a tablespoon of butter and sauté in it five tablespoons of chopped mushrooms for five minutes. Season with salt and paprika and a little lemon juice. Mix with the hot marrow and spread on rounds of hot toast.

307. MEAT BALLS AND CELERY ROOT— BELGIAN

Pass through a chopper twice a pound of round steak, a small onion, a green pepper, without seed, and half a cup of stale bread. Season with salt and pepper; bind with an

egg, roll into balls the size of a plum and dust with flour. Peel three celery roots, cut into cubes and boil. Skim from the water and throw in the meat balls to simmer for ten minutes; then skim out. Season the broth with salt, pepper, nutmeg, and lemon juice; add half a tablespoon of roux (No. 138), and stew for a few minutes; then pour some of it over the beaten yolk of an egg, return to the saucepan with the meat and celery and, when quite hot, serve.

308. MEAT PANCAKE—SWISS

Add a few raisins to a cup of cold meat of any kind, chopped fine. Season with salt, paprika, juice and zest of a lemon, a grating of nutmeg and a pinch of sugar. Bind with a beaten egg and heat. Make rather a thin batter of a pint of milk, three beaten eggs, and flour. Beat hard for five minutes, then drop in large spoonfuls in a well greased hot frying pan. When brown on one side drop some of the mince on the pancake and fold over; remove to a hot platter.

309. MINUTEN FLEISCH—GERMAN

Cut a pound and a half of veal, from the leg, into very thin slices, and then into three-inch squares. Season with salt and paprika and soak in enough white wine to barely cover for an hour. Drain, dust with flour and brown in butter. Stir in a tablespoon of flour, some onion juice and a cup of stock, and simmer until tender; then season to taste and serve.

310. MOCK SMELT—CHILEAN

Mix a cup of cold lamb or veal, chopped fine, with two tablespoons of bread crumbs, a teaspoon each of onion juice, Worcestershire sauce and vinegar, a chopped hard boiled egg and a piece of green pepper, chopped, salt and pepper. Place a spoonful in a leaf of Romaine lettuce, fold over, dip in fritter batter (No. 446), and fry in deep fat like fish. Drain on paper.

311. MUSAKA—AUSTRIAN

Peel two large egg-plants, cut in slices lengthwise, sprinkle with salt. Stand aside for an hour, rinse and dry. Dip in flour and sauté in butter; then line the bottom and sides of a greased pudding dish with it. Pass a pound of round steak and an onion through a chopper. Fry in butter,

then pound. Season with salt, paprika and onion juice. Spread a layer on the egg-plant; then repeat until the dish is full with egg-plant on top. Dot over with bits of butter, sprinkle with crumbs and grated cheese and bake for half an hour. Serve with lemon.

312. NAVARIN AUX POMMES—FRENCH

Cut up three slices of salt pork and fry until crisp; then add two pounds of neck and breast of mutton, cut for stew and sprinkled with salt and pepper, a large carrot, an onion, a half clove of garlic, two branches of celery and one of parsley—all chopped—and fry until slightly brown. Stir in two tablespoons of flour and cook for five minutes more. Skim the grease off and add two cups of stock, or hot water, and a cup of tomatoes and simmer for three-quarters of an hour. Transfer the meat to a casserole and pour over it the sauce, rubbed through a sieve, and a wineglass of white wine; bring to a boil, then add several tart apples, cut up, and half a dozen blanched small onions. Cover and cook until they are tender. Green peas can be substituted for the apples.

313. NOODLES AND HAM—GERMAN

Fry until crisp four slices of raw ham cut into narrow strips; add double the amount of boiled noodles and fry until the latter are brown.

314. NOODLES AND SCRAMBLED EGGS—GERMAN

Boil and drain a cup of noodles cut in short pieces; have ready three eggs beaten slightly; melt a tablespoon of butter and toss the noodles in it until brown, then add the eggs, salt, paprika, a tablespoon of grated cheese and scramble all together.

315. ONION DOLMAS—TURKISH

Peel six large dry onions and cut each on the side lengthwise; throw into boiling water and cook until tender enough to loosen the leaves without taking from the stem; slip some of the dolma mixture (No. 278) between the outer leaves, remove the heart and fill it. Place the onions closely together in a casserole, sprinkle with salt, paprika, tomato catsup and enough broth to cover the bottom of the dish. Bake in a moderate oven.

316. PAPAS RELLENAS—MEXICAN

Add to a cup of cold meat, chopped fine, a dozen stoned ripe olives, two chopped eggs, a dozen seeded raisins, a teaspoon of grated onion, salt and cayenne and enough thick brown sauce (No. 123) to hold together. Mix well and heat, then cool and roll into small balls; cover each ball with mashed potatoes into which two eggs have been beaten; dust with flour and fry in deep fat, a few at a time.

317. PAPRIKA SCHNITZEL—GERMAN

Cut two slices of salt pork in cubes; fry in a Dutch oven with a sliced onion; add a pound of veal, sliced and rolled in salt, pepper and flour. When brown on both sides cover with cream; season well with paprika, cover and simmer until tender. Serve with farina dumplings (No. 460).

318. PIE-QUOT (SPARE RIBS)—CHINESE

Have two pounds of pork spare-ribs chopped into small pieces; wash and throw into boiling water and when it comes to a boil again drain and fry until brown; add a little hot water and simmer until tender; add a cup of vinegar in which one tablespoon of cornstarch and two of sugar have been dissolved. Bring all to a boil, simmer for a few moments and serve.

319. PILAF—TURKISH

Cut a pound of raw mutton into pieces two inches square and fry in butter with a chopped onion; when the meat is half cooked, add a cup of washed rice. Heat a can of tomatoes to boiling point; season with salt, cayenne, and a teaspoon of sugar and pour over the meat. Cover closely and cook until the rice has absorbed all the liquid. Dry for a few moments in the oven and serve with a sauce of butter melted with a little lemon juice and paprika.

320. PILMEN—SIBERIAN

Roll out a noodle paste (No. 468) quite thin and cut into rounds four inches across; chop fine half a pound of round steak with a small onion; moisten with thick brown gravy—about half a cup—highly seasoned with tomato catsup and a few chopped pickles. Heat and place a tablespoon of the mixture on each round, moisten the edges, fold over like a turnover and pinch together. Poach in boiling soup-stock

until the paste is thoroughly cooked; drain and serve with a sauce made of melted butter, broth, paprika and a little vinegar.

321. POERKOELL—FINNISH

Cut two pounds of veal (from the shin) and one pound of fresh pork into two-inch squares; brown a sliced onion in a large tablespoon of dripping, skim out and brown the meat; cover with three cups of stock, or water; add a kitchen bouquet, salt, pepper and a dozen button onions; put the lid on and simmer until tender, then thicken the sauce with brown roux (No. 138) and serve with dumplings.

322. PORK AND POTATO DUMPLINGS— SCANDINAVIAN

Mix three cups of grated raw potatoes with a teaspoon of salt, and enough flour to make a soft dough; roll into balls with a small piece of fresh pork, seasoned with salt, pepper and onion-juice, in the middle of each; drop into boiling salted water and boil briskly for an hour and a half; drain and serve with melted butter and chopped parsley.

323. QUINCE YUKNE—TURKISH

Peel, core and slice a pound of quinces and boil until tender; cut a pound of mutton into inch cubes and fry brown in dripping, then cover in water and simmer. When tender, add the quince and cook for ten minutes more. Cooking pears or apples can be used instead of quinces.

324. RISSOLES—NEW SOUTH WALES

Mix half a cup each of cold minced chicken, or turkey, and sweet breads, parboiled; add enough thick brown sauce (No. 123), well seasoned with catsup, sherry and onion-juice, to bind together; roll out rich pie-crust very thin, cut in circles five inches across; wet the edges, place a spoonful of the mince on each, fold over and pinch together with a fork. Dip in a beaten egg, then roll in crushed vermicelli and fry a delicate brown in deep boiling fat.

325. ROPA VIEJA—SPANISH

Cut into pieces a pound, or more, of cold boiled or roast beef, two or three onions, a bit of garlic, a bell or chile pep-

per (without seed), and two potatoes. Fry all until nicely colored in a large spoonful of *colór* (No. 119), then add half a can of tomatoes, a branch of parsley, two slices of bread, fried until brown, and cut up. Season with salt and a teaspoon of "Grandma's Spanish Pepper" or chile powder. Cover and simmer until tender.

326. ROULADE OF BEEF—GERMAN

Cut thin slices of top-round steak into three-inch squares; rub over each with a bit of garlic and dust with salt and pepper; place strips of salt pork, bacon or ham on each; roll and tie securely. Dust with flour and brown them in hot dripping with half a chopped onion; then add a little hot water and bake in the oven until done. Season the gravy, skim off the fat and serve.

327. SAUSAGE AND POTATOES—ENGLISH

Poach six small pork sausages in boiling water for fifteen minutes, then remove the skin; beat an egg into a pint of seasoned hot mashed potatoes; take a large spoonful of it, lay a sausage in the middle and enclose it, leaving the outside quite rough. Place in a greased baking tin, brush over with milk or butter and bake until a nice brown. Garnish with parsley.

328. SCHASCHIKS—CIRCISSIAN

Cut a pound of beef into slices a quarter of an inch thick, then into inch squares; cut an equal number of very thin squares of salt pork; roll the beef in a mixture of powdered parsley, salt, pepper and lemon juice and arrange on six brochettes, or skewers, alternately with the pork; brush over with melted butter and broil until done, turning frequently.

329. SOPA RELLENA—PERUVIAN

Heat a large spoonful of *colór* (No. 119) in a frying pan and fry in it half a cup of well-washed rice. When a nice brown remove to a mortar and pound; then simmer in a cup and a half of boiling broth until tender and of the consistency of mush. Cover the bottom of a pudding dish with this and place on it a layer of cold pork, minced and seasoned, then more rice and some chopped pickle; then a layer of chopped cooked sausage, mixed with crumbs and a

chopped hard-boiled egg. Have the rice for the last layer, pour a beaten egg over all and bake in a moderate oven.

330. STUFATA—FLORENTINE

Cut a pound of beef shin, from the bone, into small squares; fry a sliced onion in dripping; skim out and brown the beef; add a tablespoon of flour and, when brown, add two cups of soup stock, half a tablespoon of conserve (No. 121) or half a cup of tomato sauce, salt and paprika to taste. Cover and simmer until tender, then pour over pieces of dried toast or boiled spaghetti in a deep platter.

331. SOUTH PARK SWEETBREADS

Blanch and boil three fine sweetbreads and divide into neat portions. Rub the yolks of four hard-boiled eggs to a paste with one-third of a cup of fresh butter and a tablespoon of brandy. Melt a tablespoon each of butter and flour in an omelette pan; add a generous cup of thin cream, salt and cayenne and a grating of nutmeg. When the sauce thickens add the paste and whites of the eggs, chopped; then half a wine glass of sherry and the sweetbreads. Heat through, but do not bring to a boil, and serve with hot biscuits.

332. TAGLIARINI AND BEEF—ARGENTINA

Cut a pound and a half of top round steak into two-inch strips and fry brown with half a cup of tomatoes and a chopped onion in a tablespoon of *colór* (No. 119), and a fourth cup of olive oil. Add two tablespoons of chopped dried mushrooms, which have soaked in water for half an hour, and a cup of claret. Cover and simmer until the beef is tender. Strain the sauce over half a pound of boiled tagliarini (No. 474), and mix thoroughly; then spread on a hot platter and place the beef on top.

333. TAMALE—A NATIONAL DISH OF MEXICO

Boil a pound of fresh pork, or veal, or a small fowl until tender; then remove skin and bones and shred coarsely. Scald a cup and a half of white corn meal in enough of the broth, well salted, to make a stiff mush to which add a tablespoon of lard. Fry the meat slightly in a large spoon of *colór* (No. 119), then skim out and stir in a little ground

chile, a tablespoon of flour and enough broth to make a very thick sauce, which add to the meat, also a dozen ripe olives and a sliced hard boiled egg. Have ready five dozen or more selected dried corn leaves, which have been soaked in tepid water until pliable. Dry them and cut in uniform lengths; then gather into bunches of ten and tie at one end. Form the meat mixture into two-inch oblong rolls, place each on a leaf in a tamale, and fold in another leaf; then spread layers of the cornmeal mush on the inside of the other leaves. When all are tried, roll to look like a large bon-bon, tie the ends and cook in boiling water for about two hours.

334. TAMALES LOAF

Cut a flank steak into cubes. Chop an onion, a chile pepper and a tomato fine, and fry slowly in a large spoon of lard with the meat, adding a little water, from time to time, to keep from burning. When brown add enough boiling water to make a pint of gravy and simmer until the beef is tender; then season with salt and a teaspoon of chile powder. Skim out the meat and pass through a fine chopper, return to the gravy and thicken with white cornmeal—enough to make it like thick mush. Press it into a greased bread tin with a weight on it and when cold cut in thick slices and fry. Serve with chile sauce (No. 117).

335. TAMALES PUDDING—MEXICAN

Remove fat and bones from two pounds of fresh pork cut into small pieces and simmer until tender. Strain from the broth and brown slightly in a large spoon of color (No. 119). Add a cup of the broth, salt, and a tablespoon of chile powder and cook slowly. Heat a can of kornlet with a little milk, salt and a teaspoon of sugar. Add a tablespoon of melted lard and a beaten egg. Spread a layer on a pudding dish; then a layer of the meat, and sprinkle with ripe olives, sliced, and repeat until the dish is full. Bake for an hour in a slow oven, sprinkling with water if too dry. Chicken can be used instead of pork.

336. TOAD IN THE HOLE—AUSTRALIAN

Cut a pound of round steak into finger lengths nearly an inch thick, and fry for a few minutes in dripping with half a

minced onion; then add barely enough water to cover and simmer until tender. Drain and roll each piece in a mixture of salt, pepper, and chopped parsley; then place in a greased pudding dish irregularly, with some of the pieces standing on end. Heat the pan very hot and pour over the meat a batter made of two eggs, well beaten, a cup of milk, three tablespoons of flour sifted with a teaspoon of baking powder, a pinch of salt and a teaspoon of melted butter. Beat all very hard and, in pouring it into the pan, take care that several pieces of the meat stick out of the batter. Bake about half an hour in a quick oven.

337. TORTAS DE CARNE—SPANISH

Mix a cup of finely minced meat with one of cooked vegetables of any kind. Season with onion juice, salt and paprika; form into round flat cakes which dip into batter (No. 446), and fry in deep lard. Serve with tomato sauce (No. 143).

338. TORTAS DE TERNERA—PERUVIAN

Chop a pound of veal very fine, mix it with half a cup of almonds—blanched, chopped and pounded—a hard egg, cut up, and half a cup of sliced olives. Put all in a saucepan with a cup of broth, salt and pepper to taste. Stew until the veal is cooked; then add a tablespoon of brown roux (No. 138), or enough to make the mixture quite thick. Spread on a platter to cool, form into flat cakes, dust with flour and fry until brown in a little lard. Serve with Spanish sauce (No. 141), or tomato sauce (No. 143).

339. TRIPE—MEXICAN

Roll a pound of sausage meat into small balls, dust with flour and brown in a frying pan. Skim out and fry a shaving of garlic and a chopped onion in the sausage fat until they begin to color; then add two cups of tomatoes, a chopped chile or bell pepper and salt and pepper. Simmer for half an hour; then season with a teaspoon of chile powder. Have ready a pound of fresh tripe boiled until tender, and cut in squares or diamonds. Dust the pieces with flour and fry. Drain and arrange on a hot platter around the sausage balls and cover all with the sauce strained.

Meat, Poultry and Game



Meat, Poultry and Game

340. BEEF AND SOY—JAPANESE

Cut a thick tender steak into thin slices and a few green onions into inch strips. Melt a piece of suet in a very hot iron pan. Add some soy (Japanese sauce), and a little saké (Japanese wine), and sugar to taste. When it boils put in the beef and onions and cook for but a short time. Serve on a very hot dish.

341. HOT POT—ENGLISH

Cut the meat in slices from a loin of mutton; add six kidneys, three dozen oysters, six mushrooms, thirty button onions, salt and pepper to taste. Put all in a deep earthenware jar. Pour in a pint of strong stock, cover with a layer of mashed potatoes, three inches thick; cover closely and bake in the oven three hours. Before serving uncover, brown the top and serve in the same jar.

342. LAMB ROAST AND CUCUMBERS

Rub a leg of lamb over with salt, pepper and a teaspoon of dry mustard. Place in a baking pan and surround with three large peeled cucumbers quartered lengthwise; then cut in halves. Add a few spoonfuls of hot water and butter, or dripping, and, when it begins to brown, baste often with half a glass of melted currant jelly, mixed with a cup of thick sweet or sour cream, which will form the gravy.

343. MUTTON SHOULDER STUFFED—NEW ZEALAND

Bone a shoulder of mutton, remove some of the fat and stuff it with kidney farce. Roll, tie into shape, and bake, basting frequently with butter or dripping, allowing twelve minutes for each pound. For the farce, skin four sheep's kidneys and cut into dice. Chop half a pound of bacon, a shallot, a cup of bread crumbs, two tablespoons of mixed parsley, chevril and chives and an onion; add the kidneys, season with pepper, salt and cayenne and bind together with an egg.

344. PUCHERO—NATIONAL DISH OF THE ARGENTINA

Tie a five-pound piece of beef brisket compactly with string, and place in a soup kettle with two gallons of cold water. Add half a cup of garbanzos (Spanish peas), which have soaked in water for several hours, and bring to a boil slowly; then simmer for two or three hours skimming occasionally. Add half a pound of pumpkin, cut in two-inch squares, two or three onions and tomatoes, a green pepper, several ears of green corn, cut in halves, and half a cabbage cut in quarters, string beans and peas. Season with salt and pepper and boil until all of the vegetables are cooked; then add three potatoes, cut in halves and boiled, and half a cup of boiled rice. When quite hot remove the beef and larger vegetables to a hot platter, arranging them nicely, and serve the soup with the rice, beans and peas, as the first course.

345. RUMP STEAK FARCI—NEW ZEALAND

Cut a pocket from one end to the other in a two-pound, thick, rump steak. Shred six anchovies and mix with two tablespoons of bread crumbs, a dozen large oysters, cut up, two tablespoons of mushroom purée, salt, pepper and cayenne to taste. Mix all with two tablespoons of melted butter and fill the pocket with it; then sew it. Rub the steak over with olive oil and paprika and let it stand in the oil for two hours, turning occasionally. Broil it very gently until it browns; then finish the cooking in the oven. Serve with a good gravy.

**346. SMOKED HAM OF MUTTON AND CABBAGE
—NATIONAL DISH OF MONTENEGRO**

Wash and scrape a mutton ham and soak in cold water for an hour or two. Place in a large kettle, cover with cold water; bring to a boil and simmer until tender. Half an hour before serving, skim well and add a green cabbage cut in quarters, and boil until it is done. Place the ham on a large platter and garnish with the cabbage. If preferred boil the cabbage separately in the English manner—first in plenty of boiling water for ten minutes, then drain, chop coarsely and finish the cooking in milk, seasoning with salt, white pepper and butter. The mutton ham is also served with boiled lima beans and split peas.

347. STEAK, DEVEILED

Place a thick three-pound steak in a deep dish and marinate over night in a mixture made as follows: Two tablespoons each of olive oil and tarragon vinegar, two onions, a green pepper and branch of parsley, all chopped fine, a bit of garlic, a bay-leaf, six cloves and pepper corns and a tablespoon of Worcestershire sauce. When ready to cook, wipe dry and broil quickly, turning frequently. Place it in a fireproof platter, pour over it the strained marinade and bake about twenty minutes.

348. TONGUE—MEXICAN

Slice boiled tongue, fresh or salt, thin; add half a cup of stoned ripe olives, cover with chile colorado (No. 117), and simmer until quite tender. Serve with Mexican rice (No. 225).

349. TONGUE, SPANISH

Boil a large beef tongue for an hour; then remove the skin, trim the roots and cover well with boiling water. Add soup-greens and herbs, and simmer until tender—two or three hours. Remove to a platter and cover with Spanish sauce (No. 141).

350. TONGUE WITH WALNUT SAUCE—SPANISH

Boil a fresh tongue an hour, skin, trim carefully, and boil again until tender in soup stock, adding a cup of diced vegetables and a kitchen bouquet, a green pepper, etc. Soak four slices of stale bread in water. When soft squeeze in a cloth and mash. Chop fine and pound two dozen walnuts; mix with the bread and fry in a spoonful of color (No. 119). Add enough strained broth to make a smooth creamy sauce; bring to a boil; then pour over the tongue, which has been placed on a hot platter. Serve with tomatoes (No. 237), or (No. 239).

351. VEAL GALANTINE—ENGLISH

Lay flat on the table a small, boned breast of veal. Sprinkle lightly with nutmeg, cloves and mace and plenty of salt and paprika. Spread with half a pound of sausage meat, then with three slices of bacon and a sliced egg, and two or three canned red peppers (if convenient); last with another half-pound of sausage. Roll up tightly, tie firmly, then wrap firmly in a pudding cloth, which tie at both ends.

Boil in soup, with soup greens, for three and a half hours. Remove and, before it is cold, take off the cloth (which will have become loose), reroll, tie again and place the galantine between two boards, with a heavy weight on them, until cold. Remove the strings, brush over with meat glaze and garnish with chopped aspic.

(Glaze)—Soak a tablespoon of gelatine in a cup of clear consommé or gravy, heat until dissolved, add a few drops of caramel or kitchen bouquet and, when cold and on the point of setting, use as required.

352. VEAL ROAST—GERMAN

Place a small roast of veal in a deep dish; almost cover with milk and let it stand for two days. Transfer carefully to a roasting pan; season with salt and pepper and baste well, from time to time, with the curdled milk which will form the gravy.

353. VEAL SHOULDER—BOURGEOISE

Place a few slices of fresh pork or bacon in a Dutch oven or casserole. Lay on them a shoulder of veal and cover with more slices. Mix a pint of hot water with a tablespoon of vinegar, three chopped onions, a bit of garlic, a kitchen bouquet, a chopped green pepper (without seed), and two tablespoons of olive oil. Pour it over the meat, cover closely and cook in a slow oven for three hours. Remove the meat to a hot platter, strain the gravy and skim.

354. VEAL STUFFED—ITALIAN

Have a pocket cut in a breast of veal, taking care not to have the bone cut. Soak three slices of milk bread in milk. Mix with three tablespoons of grated Parmesan, a bit of garlic, chopped fine, two tablespoons of olive oil, a teaspoon of sweet marjoram, powdered, salt and pepper to taste and three well beaten eggs. Truffles and mushrooms may be added if desired. When well mixed stir in an unbeaten egg and fill the pocket. Sew up, place the veal in a greased baking pan, smear well with grease and bake for an hour, or tie in a floured cloth and boil. In the latter case, place between boards with a heavy weight on them. Cool and cover with meat glaze (No. 351) before serving.

355. ARROZ Y POLLO A LA VALENCIANA— SPANISH

Soak a cup of rice overnight, then drain and dry. Heat a large spoon of sweet oil, or lard, in a frying pan and cook in it three slices of ham (cut up), the rice, a large onion (chopped), an inch of garlic sausage (minced), a chopped sweet pepper (without seeds), and a teaspoon of salt. When nicely browned cover with boiling water; add a young chicken (disjointed), a piece of loin of pork (cut up), two sweet peppers, a few string beans, peas, or artichokes (cut up). Put on a lid and simmer until tender; then steam for a few moments before serving.

356. CHICKEN BOURGEOISE

Cut a large frying chicken into eight parts. Dust with salt and pepper and dredge with flour. Fry in olive oil and butter, mixed, until brown, then transfer to another pan and bake for fifteen minutes. Sprinkle with chopped onion and cook five minutes more. Fry in the hot oil a pint of diced potatoes mixed with a chopped onion, salt and pepper. When brown arrange on a hot platter around the chicken.

357. CHICKEN CASSOULET—OLD FRENCH

Soak a pint of small white beans in water for twenty-four hours. Three hours before dinner drain and put them into a large casserole with a pound of sliced salt pork, a tablespoon of tomato conserve, half a chopped onion, a kitchen bouquet, salt and pepper, and cover with cold water. Dis-joint a roasting chicken and brown the pieces in a large spoonful of lard with three chopped onions and a shallot. Transfer to the casserole and make a sauce by adding a dessertspoon of flour and half a cup of water to the hot lard. Pour over the chicken, cover tightly, and cook in a moderate oven until chicken and beans are tender.

358. CHICKEN—GUATEMALAN

Make a stuffing as follows: Chop a pound of fresh boiled pork fine. Fry a chopped onion, a bit of garlic and a large tomato in a tablespoon of *colór* (No. 119). Season with salt, pepper, nutmeg and cinnamon and add the pork, three tablespoons of chopped pickles, two dozen raisins and chopped almonds. Mix well and stuff the chicken; then

smear its breast with butter and bake in rather a slow oven, basting occasionally with soup stock, until tender, and a uniform brown.

359. CHICKEN—HAWAIIAN

Cut up a fat young fowl, cover well with water and stew until tender. Add a pint of boiled luau (the leaves of the taro), and simmer for five minutes. (Spinach, which has been boiled for five minutes and drained, is an excellent substitute). Prepare the cream of a cocoanut (No. 118); add it to the chicken, season with salt and paprika and heat thoroughly, without boiling. The gravy can be thickened with roux (No. 137), before adding the cream.

360. CHICKEN CURRY—HINDUSTAN

Cover a plump young fowl with water, boil until tender, strain and cut up. Use the broth for the curry sauce (No. 124); add the chicken to it and heat in a double boiler, being careful not to let it boil. Serve with rice, boiled dry, and chutney, sliced lemon, cocoanut, anchovies, thin slices of crisp bacon or ham and Bombay duck, baked quite crisp.

361. CHICKENS EN PAPILOTTE

Cut three squab chickens in halves. Oil six large circles of strong white paper, or use Soyer bags of a suitable size. Place a piece of chicken on a thin slice of ham, cover with cream sauce (No. 123), with a few mushrooms and sliced truffles in it, or green peas. Fold the paper over and fasten tightly; place on a rack in a baking pan and cook in a moderate oven about half an hour. Serve in the paper.

362. CHICKEN PICANTE—PERUVIAN

Cut up a fowl in rather small pieces and stew until nearly tender; add four medium-sized potatoes, cut in halves, and boil twenty minutes more. Half an hour before serving fry two chopped onions in two tablespoons of lard; add the pulp of six chile peppers, prepared as in No. 116. Bring to a boil, add two tablespoons of olive oil and, when very hot, a cupful of dairy cheese chopped. Stir until the cheese is melted, then pour over the chicken and bring all to a boil, being careful not to let it burn.

363. CHICKEN PILAF—PERSIAN

Boil a fowl in two quarts of water with two chopped onions, a bay leaf, six pepper corns, six cloves, a small stick of cinnamon and a tablespoon of salt. When it begins to be tender remove and cut the white meat into small pieces. Strain the broth, of which there should be about a quart, and boil. Sprinkle into it a cup of well washed rice, cover and boil hard for ten minutes; then add a cup of seeded raisins, a large lump of butter and the chicken. Cover and simmer on the back of the stove until the rice is thoroughly cooked and has absorbed the liquid, stirring occasionally with a fork.

364. CHICKEN AND PINEAPPLE A LA PEKIN—CHINESE

Remove all the bones from a young chicken and cut the meat into small pieces. Shred a canned pineapple also. Clean a small piece of green ginger root, pound it and soak in a cup with two teaspoons of sherry for a few minutes, then squeeze over the chicken. Heat a spoonful of oil in a spider, brown the chicken in it; then add a very little boiling water, cover and steam until it is tender. Thicken the gravy with a dessert spoon each of cornstarch and sugar, dissolved in some of the pineapple juice, and boil for a few minutes; then add the pineapple, heat through and serve.

365. CHICKEN IN PIPIAN—MEXICAN

Fry the pulp of six chile peppers (No. 116), with the crumb of a quarter of a loaf of stale bread in a large spoonful of lard, then pound until smooth. Blanch and roast half a cup each of almonds and peeled melon seed, chop fine and pound. Boil a young fowl until tender in water to cover well, then cut in pieces. Strain a pint of the broth and add it to the other ingredients, with salt to taste; add the chicken, heat through and serve.

366. CHICKEN SATSUMA—JAPANESE

Place a tender chicken, cut in small pieces, in a deep iron pot with a carrot, a parsnip and a potato, cut up. Barely cover with boiling water and season with Japanese soy to taste. Cover and simmer until it is tender, removing the scum from time to time. Do not use salt or butter. Serve with boiled rice.

367. COUSCOUS—NATIONAL DISH OF ALGERIA AND MOROCCO

Boil a plump fowl with soup vegetables until nearly tender; then add two dozen button onions, tied in a cheese-cloth, and finish cooking. Disjoint the chicken and keep warm. Put a cup of couscous (an Algerian product), into a double boiler with twenty pepper corns and two cups of the broth, strained and well-seasoned. Boil, without covering or stirring, until small holes appear; then place the saucepan over the fire and cook until the broth has been absorbed and the couscous is dry. Stir in a tablespoon of butter, the onions and salt to taste. Place the chicken on a hot platter, cover with a little of the broth, thickened, and arrange the couscous around it, garnishing with two hard boiled eggs cut in quarters.

368. POLLO CON ARROZ—ARGENTINA

Clean a fat fowl and stuff with a whole onion, stuck with four cloves, a handful of blanched chestnuts and a little chopped celery, parsley, a small pinch of oregana (sweet marjoram), salt and pepper. Cover well with hot water and boil until nearly tender. Add a cup of well washed rice, cover, and cook quickly for ten minutes; then simmer until all of the broth has been absorbed. Remove the fowl to a hot platter and pile the rice around it.

369. POLLO MOLE COLORADO—MEXICAN

Fry three slices of stale bread, a chopped onion and a clove of garlic in a kitchen spoonful of lard until brown; then pound well with some sesame and a few anise seed. Soak three chile peppers in boiling water until soft, remove the seed and rub through a colander with a little water; add it to the other ingredients and put all in a saucepan with a peeled tomato, a pinch of cloves and salt and pepper to taste. Add about a cup of chicken broth and, when well amalgamated, the boiled chicken, cut in pieces; heat through and serve.

370. POULET EN COCOTTE—FRENCH

Fry a quarter of a pound of fresh fat pork, diced, until brown in a cocotte (Dutch oven), or casserole. Place on it a roasting chicken and bake until colored; then sur-

round the chicken with a pint of small new potatoes (well scrubbed), which have been boiled five minutes with a dozen button onions. Turn the chicken every five minutes, and stir the vegetables. Season with salt and pepper and cook for about half an hour.

371. POULET AU FROMAGE—BRETONNE

Brown a young roasting chicken in butter; then place in a saucepan and add half a pint of white wine, a kitchen bouquet, a bit of garlic, two cloves, salt and pepper. Cover and simmer for an hour. Skim out the chicken and add to the gravy a tablespoon of brown roux (No. 147). Pour half of it on a fireproof platter and sprinkle with a tablespoon of grated gruyere cheese. Lay the chicken on it, cover with the rest of the sauce and sprinkle plentifully with the cheese. Brown in a moderate oven.

372. POULET HENRI IV—A NATIONAL DISH OF FRANCE

Chop fine a young green onion, half a clove of garlic, and a branch of parsley. Mix with the crumb of a stale loaf of bread and fry in a large spoon of butter; add three hard boiled eggs, cut up, and a slice of salt pork, or ham, chopped. Season highly with pepper and salt. Stuff a fat five or six pound fowl, truss it and boil very slowly until tender.

373. POULET AU LAIT—FRENCH PEASANT

Make a stuffing as follows: Chop very fine the gizzard, heart and liver of a six-pound fowl with an onion. Soak two thick slices of bread in boiling water and squeeze in a cloth. Add it to the giblets with a cup of boiled chestnuts and half a cup of raisins; season well with salt and pepper, and when well mixed stuff the chicken, sewing up the opening. Place in a deep casserole or roaster and cover with a quart of fresh milk. Bake in a moderate oven, basting about every five minutes, until the chicken is tender. It will take about two hours and then the chicken should be well browned and the gravy much reduced. Strain, thicken, if necessary, and serve in a gravy boat.

374. SPANISH CHICKEN

Disjoint a young fowl, barely cover with water and stew until tender; then transfer to a casserole. Pour over four tablespoons of olive oil, four sliced tomatoes, an onion and a chile pepper (without seeds), chopped fine. Add a tablespoon of vinegar, a teaspoon of salt, cover and bake for half an hour. Serve in the same dish.

375. COUNTRY CAPTAIN—EAST INDIAN

Cut a Belgian hare or a fowl in small portions. Chop fine a large onion and fry until transparent in a large spoon of olive oil. Dredge the meat with flour, curry powder and salt, mixed, and fry brown in the oil. Cover with three cups of stock, add the onions and simmer slowly until the meat is tender. Remove to a hot platter, strew thickly with three sliced onions and half a cup of blanched, sliced almonds, which have been fried together in butter and drained. Surround with rice.

376. GUINEA HEN EN CASSEROLE

Place a piece of pork or bacon in a casserole and on it a young guinea hen, stuffed with highly seasoned crumbs and trussed. Dust with salt and pepper and rub over it four tablespoons of butter. Chop fine two onions, two carrots, two green or red peppers (seeds removed), some celery, and two skinned tomatoes and place in the casserole. Pour over all a pint of soup stock, cover tightly and cook in a medium oven about an hour, or, until the hen is tender, basting occasionally.

377. JUGGED HARE—ENGLISH

Fry a sliced onion in a large spoonful of butter and lard mixed. Skim out and fry until brown a hare, cut into joints and dredged with salt and flour. Place the pieces in a deep earthenware jar—a large bean pot will answer—and cover with a few slices of bacon, a pinch of mace, nutmeg, a few whole cloves, pepper corns, half of a bay leaf, two hard eggs, quartered, and a few force meat balls. Barely cover with stock, seasoned with Worcestershire sauce, and a little sherry or port. Tie a thick, well greased, paper over the jar and cook in a moderate oven for three hours; then thicken the gravy with brown roux (No. 138), and serve in the same pot.

378. PIGEONS EN CASSEROLE—FRENCH

Line a casserole with thin slices of fat pork; tie the pigeons in shape and place on top. Spread over them a thick layer of mixed vegetables (carrot, celery, pepper, parsley, half a turnip), chopped fine, a dozen button onions and a cup of peas. Sprinkle with salt and pepper, cover with more pork and add a very little boiling water. Cover tightly and cook in a slow oven for three hours. Serve in the casserole.

379. PIGEON—CREOLE

Clean, wipe dry and cut into quarters three pigeons. Let them stand in half a cup of olive oil for fifteen minutes; then drain the oil into a frying pan. Chop an onion, a bit of garlic, a green pepper (without the seeds), and a tablespoon of parsley. Fry in the oil until transparent; then add the pigeons and brown them. Turn all into a casserole with a can of tomatoes, salt, paprika and cayenne to taste; add a tablespoon of minced salt pork, half a cup of pitted olives and a pint of stock. Cover closely and simmer in the oven for an hour and a half; then thicken the sauce with a tablespoon or more of brown roux (No. 138). Sprinkle with grated Parmesan before serving, and garnish with fried toast cut in diamonds.

380. PIGEON PIE—ENGLISH

Cut three pigeons in quarters; add a pound of top round steak, cut in finger lengths. Sprinkle with salt and pepper; then roll each piece in flour. Place in a deep earthenware pie dish, cover well with highly seasoned stock and bake slowly inside the oven until nearly done. Cut two hard boiled eggs in quarters and arrange on top. Wet the edge of the dish and press a two-inch strip of rich pie paste around it; then moisten it and place the top crust on, rolled out to the thickness of a dollar, pinching the edges together. Cut a cross in the middle, and in it stick the pigeon feet, well cleaned. Brush over with white of egg and bake a golden brown. Serve cold. For the crust use two-thirds butter to one of lard, three times the amount of flour and a pinch of salt. Moisten with ice water.

381. QUAIL AND EGG-PLANT—TURKISH

Prepare six quail for roasting, sprinkle with salt inside and out and smear with butter. Select six round egg-plants just large enough to hold the quail; cut off the stem ends, scoop out the seed and place the birds inside. Bake in a moderate oven.

382. QUAIL—GERMAN

Place six slices of bacon in a casserole, lay a quail on each slice with more bacon on each breast. Between them strew a cup of young button onions that have been scalded for ten minutes. Sprinkle salt and pepper over all. Pour in two cups of thick sour cream mixed with a little water. Cover tightly and cook in a moderate oven until the birds are tender, basting often.

383. ROAST DUCK ICHI BAN—JAPANESE

Roast a domestic duck, shred the meat and mix it with a small can of shredded pineapple. Add half of a chopped green pepper (without seed), to a sauce made of peanut butter thinned with olive oil and vinegar. Combine with the duck, heat through and serve with rice or noodles.

384. SALMI OF WILD GOOSE

Place the goose (white or gray), in a saucepan with hot water to cover, a glass of sour wine, a tablespoon of vinegar and a kitchen bouquet and simmer until nearly tender, the time depending on its age; drain and cut into pieces. Fry a large sliced onion in a half-tablespoon of oil until brown; then skim out and brown a tablespoon of flour. Stir in slowly a pint of the goose broth, a tablespoon of tomato conserve (No. 121), or half a cup of canned tomato, and half a chopped pepper (without seed). Cook slowly for half an hour, then strain the sauce, add it to the goose with a dozen stoned olives and a fourth of a glass of sherry and simmer until tender. Garnish with triangles of fried bread.

385. SMOTHERED TURKEY

Melt three-fourths of a pound of butter in an iron pot. Simmer in it until transparent a sliced onion. Place a trussed turkey in the pot, pouring over it enough hot sour cream,

mixed with milk, to entirely cover. Season with salt and pepper, place the lid on with a weight on it and simmer slowly for three hours, or until the turkey is tender; then serve. Large fowls can be cooked in the same way, using less butter and cream.

386. SPANISH PIE

Line a pudding dish with a rich crust, rolled thin. Cut into flakes a pint of any kind of cold game, or chicken, and place a layer on the pastry; then a layer of canned red pepper, next a thin layer of sausage meat, and repeat until the dish is full. Pour in a glass of claret mixed with two tablespoons of flour, sprinkle with salt, cover with pastry, pinch edges together and bake.

387. TURKEY STUFFED—GUATEMALAN

Peel and boil a pound of chestnuts. When tender mash with the crumb of two loaves of French bread moistened in water. Add two slices of boiled ham, cut in dice, a chopped sausage, a tablespoon of capers, half a cup of tomato catsup, half a grated onion, a shaving of garlic, a teaspoon of finely chopped parsley, a scant teaspoon of chile pepper, and half a cup of chopped walnuts. When well mixed, add a glass of white wine and a tablespoon of vinegar, half a cup of ripe olives, stoned, a tablespoon each of currants and raisins and a teaspoon of salt. Bind all together with three or four beaten eggs; fill the turkey, sew up and roast in the usual way.

388. VENISON—GERMAN

Wrap the venison in a cheese cloth and hang in a well ventilated place for five or six days. Place in a deep dish, cover with a quart each of vinegar and sour milk, a clove of garlic, a sliced carrot, a few cloves and pepper corns, and two bay leaves. Baste several times a day for two days. Remove and lard plentifully with bacon or salt pork; sprinkle with salt, pepper and flour and roast in a moderate oven, basting often with fat until done. For the sauce add to half the pan-gravy a pint of sour cream, scraping the sides of the pan well for the flavoring. Serve with noodles (No. 468). Saddle of mutton, with fat removed, or Belgian hare can be cooked in the same way.

Salads and Cold Dishes



Salads and Cold Dishes

389. ALLIGATOR PEAR SALAD

Remove the stones from two alligator pears, and scoop out the pulp with a small spoon. Mix with half a cup of pineapple juice, a tablespoon of sherry, half a cup of chopped nuts, and chill on ice. Place spoonfuls of this on two crisp white lettuce leaves and pour a tablespoon of mayonnaise, mixed with an equal amount of whipped cream, over each.

390. ARTICHOKE AND CHICKEN

Cut into medium-sized pieces a heaping cup of cold chicken, removing the skin. Boil four large—or six small—artichokes until tender in water and a little vinegar. Remove the stems, chokes and all of the leaves except the very tender inside ones. Scrape the soft bit from each leaf with a silver knife, cut the tender leaves fine and the hearts into small squares, and mix all with the chicken. Blend together with highly seasoned mayonnaise and press into a bowl, which put on the ice to chill. Turn out on a bed of crisp lettuce leaves and garnish with ripe olives and hard boiled eggs cut in quarters.

391. BOLIVIA SALAD

Mix two cups of boiled potatoes, cut in small cubes, with three hard eggs, chopped coarsely, two tablespoons of chopped pimientos, two of chopped green pepper, two of celery, shredded, and half a tablespoon of chopped chives. Mix with French dressing and an additional tablespoon of vinegar and let stand for at least an hour before serving.

392. CALIFORNIA SALAD

Mix the pulp of half a grapefruit with a cup of Malaga grapes, peeled and seeded, two or three cups of Thompson's seedless grapes, and two slices of canned pineapple,

cut up. Place in a salad bowl on a bed of crisp lettuce and cover with half a cup of French dressing.

393. CAPPONATA—ITALIAN

Soak two Italian sea-biscuit in boiling water until soft, but not broken; then drain on a napkin. Place in a salad bowl and strew over with a cup of stoned ripe olives, two tablespoons of capers, six anchovies, or sardines, broken into bits, a finely chopped green onion and two tablespoons of dried mushrooms, which have soaked for an hour in water and then been chopped. Cover all with half a cup of French dressing and put on ice.

394. CELERY VICTOR

Trim the outer stalks and leaves from two small heads of celery, leaving them about five inches long, attached to the root. Boil in broth until tender; then drain on a cloth and cut in quarters, through the root, lengthwise, and chill. Fifteen minutes before serving pour over them half a cup of French dressing mixed with a teaspoon each of tarragon vinegar, sweetened tomato catsup and a teaspoon of paprika. Arrange each on a plate and garnish with several anchovy fillets laid in a row on each.

395. CHICKEN CHAUDFROID—FRENCH

Boil a large young fowl in three quarts of white stock until tender the day before it is to be used. Cool in the broth. Have ready a chandfroid sauce (No. 112), cool but not yet set. Drain and wipe the chicken, remove all the skin; then cut the breast in neat slices on the bias. Mask each slice with some of the sauce and lay aside. Cut the breast bone out with shears, and press the second joints carefully apart to form a box-like cavity. Spread the sauce over all the rest of the exterior. Now fill the cavity with a salad made of several vegetables and fruits, held together with a stiff mayonnaise (see Russian, No. 422), and pile up in a round dome. Replace the slices of breast, lapping one over the other but leaving part of the salad in view, and set in the ice-chest to stiffen. Garnish with lettuce.

396. CHICKEN LIVER

Heat a dessert spoon of butter in a small pan and in it sauté two pairs of chicken livers and the two chopped hearts for two or three minutes; then mash in the same pan. Add a few drops of onion juice, a saltspoon of paprika, and a pinch of salt. Mix crisp lettuce leaves with French dressing, add the liver, paste, and serve at once.

397. COMBINATION SALAD—ITALIAN

Arrange symmetrically on a platter two lettuce hearts, cut in quarters, crab meat, in large pieces, or a can of tunny-fish, sprigs of a cauliflower, a cup of string beans, peas, artichoke hearts—all boiled and chilled—hard boiled eggs, quartered and sliced tomatoes. Serve with sauce No. 120, very cold.

398. CRAB LOUIS

Mix a cup of shredded crab meat with a generous amount of mayonnaise colored with tomato catsup and seasoned highly. Serve in cocktail glasses, surrounded with crushed ice.

399. CUCUMBER AND CREAM—AUSTRIAN

Make a salad dressing of two tablespoons of vinegar, a good pinch of salt and paprika and six tablespoons of either sweet or sour thick cream. Stir well and mix with thinly sliced cucumbers. Serve on a bed of crisp lettuce and sprinkle with chopped chives.

400. EGYPTIAN SALAD

Boil a dozen fine young okra in salted water until tender; then drain and remove the stems and sprinkle with salt, cayenne and lemon-juice. Scald and remove skins from six tomatoes, cut in slices and chill, and chop a bell pepper. Place half a cup of cold boiled rice (cooked until each grain is separate), in a salad bowl. Mix with a tablespoon of French dressing; then lay the tomatoes on top, sprinkle with the pepper and garnish with the okra. Pour a French dressing over all and sprinkle with chopped chives.

401. ESCABECHE—CHILEAN

Boil two pounds of any firm white fish cut in inch cubes. Drain on a cloth and place in a salad bowl with bits of orange peel, cut thin, a teaspoon of grated onion, a bay leaf, a chopped green pepper and sprig of thyme. Toss all together and cover with French dressing, and let stand in the ice box several hours before serving. Garnish with lettuce and slices of orange.

402. FROZEN TOMATO CREAM

Boil a can of tomatoes, a thick slice of onion, a stalk of celery, half a chile pepper, a branch of parsley, all chopped, and a bay leaf and three cloves until soft enough to be rubbed through a sieve. There should be a cup of thick purée. Add a half teaspoon each of salt and paprika and cool; then fold in a cup of double cream, beaten thick. Pour into a wet ring mould, cover very tightly and let stand for three or four hours in equal quantities of crushed ice and salt. Turn out and serve with artichoke hearts, or asparagus tips or lettuce, dressed with French dressing.

403. FUJIYAMA SALAD—JAPANESE

Mix a pint of hot boiled potatoes, cut in thin slices, with half a cup of tart French dressing and two tablespoons of white wine. Add a tablespoon of parsley, chives, onion and the yolks of two hard eggs, all chopped fine separately. Cover the bowl and shake rapidly to mix without breaking the potatoes. Add a pint of steamed mussels and their liquor, after removing their shells and beards. Shape into a cone on a platter and chill; then cover the peak with the egg white, chopped fine, and garnish the base with green peppers cut in strips or short branches of parsley.

404. GASPACHO—ANDALUSIA SALAD

Spread a layer of stale bread, cut in slices, and then into small squares, on the bottom of a salad bowl and sprinkle plentifully with oil and vinegar. Add thin slices of Spanish onion, thin sliced tomatoes, then cucumbers and chopped chile pepper (without the seeds and veins). Season with salt and more oil and vinegar; then repeat until the dish is

full. Let stand for an hour; sprinkle with crumbs, and over all pour more oil and vinegar.

405. GRAPEFRUIT MARMALADE SALAD

Mix a jelly glass of the marmalade with grated fresh horseradish to taste; put it into a fancy jar on a platter. Garnish with hearts of lettuce, cut in quarters and dipped in French dressing.

406. HAHN LEBERSCHEN—POLISH

Place all the fat (well washed) from a large fat fowl, in a saucepan with an onion, slashed across the top. Simmer until all the oil has been extracted; then strain into a jar. Chop the onion and crackling very fine. Fry the liver of the chicken in a little of the fat; then chop fine with half a raw onion and two hard eggs and add it to the other, blending together with a little of the grease. Season with salt and paprika. Arrange spoonfuls of the mixture on crisp lettuce leaves, which have been dipped into French dressing.

407. HERRING—DUTCH

Cut three firm boiled potatoes and one beet into dice. Skin and remove bones from two smoked or salted herrings and cut into small fillets. Add these to the vegetables with two sliced hard eggs, a teaspoon of powdered parsley, one of onion juice, a tablespoon of capers and one of pearl onions. Pour a half cup of French dressing and a tablespoon of tarragon vinegar over all; mix well and stand on ice for two or three hours.

408. ITALIAN MEAT

Cut thin slices of cold roast beef or veal and arrange on a platter with edges overlapping. Mash to a paste four anchovies, a teaspoon of French mustard and the yolk of a hard boiled egg. Add slowly a tablespoon of tarragon vinegar, four of olive oil, a teaspoon of onion juice, one of finely chopped parsley, salt and paprika to taste. Spread over the meat and chill for an hour. Garnish the platter with lettuce, slices of egg and ripe olives or capers.

409. JAPANESE SALAD

Peel three large cucumbers, cut them lengthwise and scrape out the seeds; cut in very thin slices and mix with a sauce made of equal quantities of Japanese soy, sweet white wine and vinegar—seasoned with salt and sugar to taste. Serve as a side dish with the fish and meat course.

410. KISSEL SALAD

Cook a quart of cranberries in enough water to cover with half a cup of seeded raisins until tender; then rub through a sieve. Add a half cup of sugar and juice of a lemon to the pulp, a half teaspoon each of cloves and cinnamon, and a level teaspoon of gelatine, softened in a little cold water and dissolved over hot water. Turn into a wet mould and chill. When ready to serve, invert on a bed of crisp lettuce; then, with a hot spoon, scoop out a shallow well in top of jelly, which fill with cream cheese, whipped light with cream.

411. KUROKI SALAD

Cut two fine, crisp heads of lettuce in quarters lengthwise. Garnish with sections of grapefruit, orange and lemon, freed from membrane, and pour over a French dressing well beaten with a tablespoon of tomato catsup and plenty of paprika.

412. LETTUCE SALAD—HUNGARIAN

Cut in dice several slices of fresh fat pork, or bacon, and fry until crisp. Drain and sprinkle over crisp lettuce leaves, mixed with French dressing. Strew with a tablespoon of finely chopped chives and serve.

413. MOUSSE DE JAMBON—FRENCH

Put through a meat chopper twice a pound of tender, boiled, lean ham. Rub through a sieve and season with a pinch of cayenne. Add a cup of white wine and a cup of rich soup jelly—chicken preferred. Fold in a cup of double cream, whipped until thick, and pour into a wet mould. Cover tightly and pack in equal quantities of crushed ice and salt for three hours. Turn out on a platter and garnish with lettuce. Tongue can be substituted for the ham.

414. ONION SALAD

Boil six silver onions until tender, but not soft, in salted water. Drain and separate the leaves, dry and place in the ice-chest. When ready to serve place in a salad bowl with a cup of bread, cut into dice and fried crisp. Mix all together with No. 127, or No. 150, or No. 146.

415. ORANGE SALAD (TO BE SERVED WITH GAME)

Pare three navel oranges and divide carefully into sections, removing all the membrane, without breaking the pieces. Cover with a dressing made of four tablespoons of olive oil, one of brandy, a scant teaspoon of sugar and a teaspoon each of tarragon leaves and chevril, chopped very fine.

416. OX-CHEEK MOULD—ENGLISH

Boil a pound of well washed ox-cheeks until they are tender; then cut into small pieces and mix with a fourth of a pound of boiled ham or bacon, also cup up. Grease a plain mould, garnish the bottom with slices of two hard boiled eggs. Mix a teaspoon of finely chopped parsley, the grated rind of half a lemon, a few chopped chives and marjoram and a chopped pickle or capers. Spread a thick layer of the meat in the mould, then one of bacon, a few slices of egg and some of the seasoning. Repeat until the dish is full. Pour in a little stock in which a package of gelatine has been dissolved; cover, and place the mould in a tin with boiling water in it. Bake for an hour and a half in a moderate oven. Cool, turn out on a platter and garnish with salad.

417. PAN-PACIFIC

Shred the breast of a boiled fowl into inch lengths. Cut three slices of pineapple into cubes. Remove the pulp of a fine alligator pear with a teaspoon and the pulp from a grapefruit and an orange and slice a banana, the hearts of four large artichokes, boiled until tender, and a cup of boiled asparagus tips. Mix all of these lightly together and add enough highly seasoned mayonnaise to blend; then chill in the ice-chest. Serve on a platter bordered with crisp lettuce and garnish with strips of pimiento and ripe olives.

418. PATE DE FOIS GRAS MOUSSE

Rub the contents of a large can of paté de fois gras to a smooth paste. Soak a tablespoon of gelatine in three of cold water; then heat until it dissolves, and add it to a cup of double cream, whipped stiff. Fold this into the purée, season with salt and paprika and pour into dariole moulds or one larger mould. Cover carefully and pack in ice and salt for an hour. Turn out on lettuce leaves dipped in French dressing.

419. QUAIL (OR PARTRIDGE)—ARGENTINA

Boil the desired number of quail or partridges—nicely trussed—for ten or fifteen minutes; then transfer them to a stone jar and cover well with scalding vinegar, highly seasoned with sliced onion, a kitchen bouquet, a few cloves, pepper corns, allspice, a bay leaf. Cover tightly with parchment and then with a lid and keep in a dark, cool place for at least a month. When ready to serve, chill, drain on a cloth, and arrange on a platter surrounded with a vegetable or Russian (No. 422) salad.

420. QUAIL GLACE—ENGLISH

Season the inside of six quail with pepper, salt and a good lump of butter. Place in an earthen jar, or casserole, and cover with pale, highly seasoned soup jelly and add two tablespoons of butter for each bird. Close the jar with a thick greased paper, tied tightly, and cook in a moderate oven for an hour. Do not uncover the jar until ready to serve. They will keep for several days.

421. RIPE OLIVE SALAD

Prepare for this by putting some dice of bread in a mason jar with two or three dried red peppers, broken up, several days before. Take two cups of these crumbs, two of ripe olives and half a cup of young onions, sliced thin. Blend together with a cupful of mayonnaise and garnish with lettuce. Chopped pickle can be substituted for the onion.

422. RUSSIAN SALAD

Have ready—boiled, drained, and chilled—a half cup each of green peas, string beans, asparagus tips, two artichoke hearts, a celery root, cut in cubes, a sliced pimiento, a few sprigs of cauliflower, and two sliced potatoes and a cu-

cumber, a boiled beet, and a cup each of shredded celery and cold chicken or veal. Mix all together and add a few fillets of anchovy, some ham, cut in dice, and two sliced hard eggs and some stoned olives. Soak two tablespoons of gelatine in two of tarragon vinegar and dissolve over hot water. Cool and beat it into a cup of very stiff mayonnaise; then fold in half a cup of double cream, whipped stiff. Bind all of the ingredients together with this and pour into a wet mould, or one lined with aspic, and place on ice to harden. Any of the vegetables can be omitted and others substituted for them.

423. SALPICON—CHILEAN

Cut in small pieces a pint of cold veal, lamb or chicken; add two sliced hard boiled eggs, a few leaves of mint, two teaspoons of finely chopped parsley, one of onion juice, and two heads of lettuce. Pour over all half a cupful of French dressing, toss until thoroughly mixed, and serve.

424. SAUER KRAUT SALAD—RUSSIAN

Place a pound of fresh sauer kraut in a colander and let the cold water run through it for several moments; then stand aside to drip for an hour. Dress it with olive oil, paprika and a little sugar, and serve in a bowl garnished with lettuce. Serve with sandwiches of smoked goose breast.

425. TOMATO SALAD—EAST INDIAN

Make cups of six round tomatoes by scooping out part of the center and place on ice to chill thoroughly. Add a little lemon juice and half a cup of whipped cream to a cup of curry sauce and partly freeze it. Stir in six minced anchovies, a dozen stoned olives, cut up, and half a cup of shrimps, and when the mixture is quite cold, but not hard, fill the tomatoes and place on a bed of watercress or lettuce.

426. TUNNY FISH SALAD—ITALIAN

Line a salad bowl with crisp Romaine lettuce; mix a can of tunny, broken in bits, with three sliced hard boiled eggs and a few shredded lettuce leaves. Arrange in the bowl, mix with French dressing and serve.

Cheese, Hot and Cold

427. ALMOND CREAM CHEESE

Mash a cream cheese with enough thick cream to moisten, and beat until smooth. Mix with it half a cup of blanched almonds, chopped fine; add lightly a cup of whipped cream and chill. Turn out on a platter and garnish with spoonful of mint jelly, or bar le duc, and serve with lettuce salad.

428. BELL PEPPERS AND CHEESE

Mash a fresh cream cheese to a smooth paste with a little thick cream and, if the peppers are green, add a tablespoon of finely chopped pimiento—if red, then use chopped chives to get the contrast in color. Remove the stems and seeds from two peppers, fill them with the cheese, pressing it into every part, and place in the ice box. When stiff cut across the peppers with a sharp knife in slices a sixth of an inch thick, and place each on a lettuce leaf dipped in French dressing.

429. CHEESE RING

Soften a level tablespoon of granulated gelatine in half a cup of thin cream; then dissolve over hot water and cool. Whip a cup of double cream until stiff; add carefully five tablespoons of grated dairy cheese, a pinch each of dry mustard, cayenne and paprika; then the gelatine, and pour in a ring mould wet with milk. When stiff turn out and fill with any kind of boiled vegetable, tomato or celery salad, mixed with mayonnaise.

430. CHILELY

Scald and skin three large tomatoes, cut them up and stew them with a chopped onion and a fresh, or canned, bell pepper, also cut up. Cook until rather thick. Grate, or chop, a pound of dairy cheese; mix with a tablespoon of butter, a teaspoon of made mustard, two tablespoons of thick cream and tobasco sauce to taste. Turn into a chafing dish and stir until nearly melted; then add the tomato sauce and stir until well mixed. Serve on hot toast.

431. CROQUETTES OF GRUYERE CHEESE

Mix a generous half cup of gruyere cheese, cut into tiny dice, with a cup of very thick cream sauce (No. 123). Season with mustard and paprika and chill. Form into rolls like cigars, dip in egg and bread crumbs twice and fry until golden brown in deep fat, a few at a time. Drain on paper and serve with salad.

432. IAHOURLI—TURKISH CHEESE

Boil two quarts of rich milk briskly in an earthenware dish for an hour; then pour into a pudding dish and let stand until lukewarm. Work a pat of cream cheese, with a wooden spoon, to a smooth paste with a little warm milk. Push aside the skin that has formed on the milk, very carefully, and slip the pat of cheese in, taking care to disturb the skin as little as possible. Cover with a clean flannel and keep in warm place, without moving it, for twenty-four hours, when it should be firm.

433. ITALIAN CHEESE

To a pint of double cream add the juice and grated rind of a large lemon. Sweeten to taste and beat until thick. Tie a napkin over a sieve, pour the cream in and let it drain for twenty-four hours; then turn it out and garnish with jelly or preserves.

434. PIMIENTO AND CHEESE—PAN-PACIFIC

Drain a can of pimientos, dry on a cloth, spread open and trim into neat squares. Spread with a paste made of cottage or cream cheese mashed smooth with grated gruyere or roquefort, and a little cream or mayonnaise. Roll each one and arrange on lettuce leaves in a fancy design and cover with salad dressing.

435. SWEDISH CHEESE CUSTARD

Beat two eggs well, add a pint of milk, a pinch each of salt and paprika and a cup of grated cheese. Pour into an oiled mould, cover with paper, place in a pan of hot water and bake in a moderate oven until it sets. Chill and serve with lettuce salad.

Pancakes, Fritters, Dumplings and Pastes



Pancakes, Fritters, Dumplings and Pastes

436. APPLE SCHMARREN—GERMAN

Beat the yolks of three eggs well with a tablespoon of sugar and a cup of thin cream. Stir in four tablespoons of flour and the grated rind of a lemon and, when smooth, add two cooking apples, chopped fine; then fold in the whites beaten stiff. Grease a hot omelette pan, pour in half the mixture and brown on both sides; then remove to a hot plate and sift over with sugar and cinnamon. Fry the remainder and place on top with more sugar and cinnamon.

437. CREPES (PANCAKES) FLOREINE SAUCE— FRENCH

Make a batter, about as thick as cream, of a cup of sifted flour, a pinch of salt, a dessert spoon of sugar, four whole eggs, a tablespoon each of brandy and olive oil, a teaspoon of orange-flower water and milk enough to make it of the right consistency. Beat very hard, then stand aside for an hour. Barely cover the bottom of a hot, greased, six-inch pan with the batter, brown on both sides, remove to a hot plate, sprinkle with sugar, and roll. When all are cooked pour over a wine glass each of maraschino and French brandy; sprinkle well with sugar, set on fire, and baste the cakes until the spirit burns out.

438. CREPES OEUILLETS—FRENCH

Boil a large beet until tender, peel and rub through a sieve into a bowl. Add the beaten yolks of four eggs, three tablespoons of thick cream, one tablespoon each of sugar and brandy, and enough flour to make a thin batter—about two tablespoons. Beat with an egg-beater for five minutes; then pour enough in a buttered omelette pan barely to cover the bottom and proceed as in No. 437.

439. NALESNEKY—RUSSIAN PANCAKE

Beat well the yolks of three eggs. Add half a cup of milk, the same of water, a cup of sifted flour, a pinch of salt, and beat well. Fold in the whites beaten stiff. The batter must be very thin. Grease a hot omelette pan with butter; cover the bottom with a spoonful of the batter, brown on both sides, spread with jelly and fold in half, and then again making a wedge-shaped cake. It is well to use two pans, tossing the cakes from one to the other instead of turning. Serve with sugar.

440. PUFFER, POTATO PANCAKES—GERMAN

Peel and grate two cups of raw potatoes and drain. Add to the pulp two well-beaten eggs, half a teaspoon of salt, two tablespoons of flour and a grated onion. Beat well, drop from the spoon on a very hot griddle with plenty of grease and fry until brown.

441. SPANISH PANCAKES

Beat three eggs until thick; add alternately four tablespoons of flour and a cup or more of milk, to make a thin batter. Fry by the spoonful in a greased pan and remove to a hot plate when brown, covering each cake with a little thick syrup made by boiling a pound of sugar, a cup of water and a few sticks of cinnamon until as thick as honey.

442. TORTILLA—MEXICAN PANCAKE

Mix a cup of flour with one of white cornmeal and a good pinch of salt. Rub in a tablespoon of lard and just enough water to make a stiff dough. Pinch off pieces as large as an egg and roll into circles about seven inches across. Bake on top of the stove, turning frequently, until done, but do not brown them. The true tortilla is prepared from dried corn soaked in lye and then ground in a metate.

443. BEIGNETS DE QUATRE NATIONS—FRENCH

Core, peel and slice three large apples and soak in two tablespoons of brandy and two of sugar for half an hour. Drain, dip each piece in peach or apricot jam, then in batter (No. 446), and fry in deep boiling fat. Drain, sprinkle with sugar and serve with any good sauce.

444. BUNUELOS—MEXICAN

Bring to a boil a cup of water and a teaspoon of butter. Sift a cup of flour with a teaspoon of baking powder and stir it into the water. Add two tablespoons of butter and stir until smooth. Remove from fire and add three well-beaten eggs. Beat hard until a little cool; then knead until it is a smooth dough. Drop large tablespoons of it into boiling fat, a few at a time. When golden brown, drain on paper. Serve either with powdered sugar or with a rich syrup flavored with cinnamon poured over them.

445. CROSTI—ITALIAN

Cream two tablespoons of butter with a cup of sugar and stir in three beaten eggs. Add half a cup of water and enough flour to make rather a stiff paste. Divide in four parts and roll each part out as thin as paper. Cut in diamonds and fry in deep fat. Drain and sprinkle with powdered sugar.

446. FRITTER BATTER

Pour a tablespoon of olive oil into a cup and fill with lukewarm water. Add the well beaten yolk of an egg and enough flour, sifted with half a teaspoon of baking powder, to make a soft, smooth batter. Add a pinch of salt and set aside for an hour; then fold in the white, beaten stiff.

447. KAFFEE KRUGEL—GERMAN

Cream two tablespoons of butter with four of sugar; add two well-beaten eggs and a cup and a half of flour, sifted with a half teaspoon of baking powder. Knead into a firm dough, then roll out, cut into rings and diamonds and fry in deep fat. Drain and sift with powdered sugar.

448. INDIAN FRITTERS

Put three tablespoons of flour in a bowl and stir in enough boiling water to make a very smooth stiff paste. Cool, then break in the yolks of four and whites of two unbeaten eggs and whisk all together very hard, with a little salt. Drop by the dessert spoon into boiling fat and fry light brown. Drain and serve with hot chocolate sauce.

**449. LAZADAS DE AMOR (LOVE-KNOTS)—
CHILEAN**

Beat an egg very light; add two tablespoons of cream, two of sugar, a tiny pinch of salt, teaspoon of cinnamon,

and after beating hard, enough flour to make a stiff paste. Roll out thin, cut into long narrow strips, tie each into two or three knots, and fry in deep fat. Drain and dust with powdered sugar while hot.

450. OJALDAS—SPANISH

Beat two eggs very light; add a pinch of salt and enough flour to make rather a stiff dough. Knead for ten minutes, roll out and let stand for a few moments; then divide and roll out each piece as thin as possible. Cut into diamond shaped pieces and fry a golden brown in deep fat. Drain and cover with a hot syrup flavored with lemon and cinnamon or honey.

451. POFESEN A CONFITURES—AUSTRIAN

Remove the crusts from thin slices of stale bread and cut into rounds. Soak in sweetened milk, drain, and cover half the pieces with any kind of jam—plum usually. Cover with the remaining rounds, dip each pofesen into beaten egg and fry until brown, on both sides, in butter. Sprinkle with powdered sugar.

452. POFFERTGES—DUTCH

Scald a cup of milk with four tablespoons of butter. Stir in slowly a cup of flour and cook until the dough leaves the sides of the saucepan. Cool a little and beat in, one by one, three eggs and two tablespoons of sugar, beating very hard. Drop teaspoons of the batter into deep hot fat, cooking a few at a time, until golden brown. Drain, pile on a hot dish and cover with a thick fruit syrup.

453. POTATO BEIGNETS—FRENCH

Beat into a cup of mashed potatoes two beaten eggs, two tablespoons of grated cheese, three tablespoons of flour, a pinch of salt and paprika. After beating hard let stand for an hour; then drop by small spoonfuls into hot fat in a sauté pan. When brown and puffed up, drain on paper and serve very hot.

454. ROMAN FRITTERS

Sweeten three cups of milk and scald; add a tablespoon of butter and remove from fire. When slightly cool, add the beaten yolks of four eggs. Stir in enough semolina, or fine white cornmeal, to make a firm paste. Add a

tablespoon of brandy and set aside to stiffen on a platter. (It should be a quarter of an inch thick.) Cut into circles, dip in flour, fry in deep fat until brown. Drain, dust with powdered sugar and serve, if possible, with gooseberry jam.

455. SCHMIER KAESE FRITTERS—GERMAN

Rub a cup of fresh cottage cheese smooth with a cup of sour milk and two tablespoons of soft butter. Stir in a level teaspoon of soda, three well beaten eggs and enough sifted flour to make a soft dough. Roll out an inch thick, cut in squares and fry in deep fat. Drain, and serve with any kind of fruit syrup or sauce.

456. SERNIKY—RUSSIAN FRITTERS

Crumble a cup of rather dry cottage cheese into a bowl and mix with a heaping tablespoon of butter, softened, the well beaten yolks of four eggs, a pinch of salt, one tablespoon of cleaned dried currants and two of flour. Beat all together and put aside for an hour. Sprinkle a pastry board thickly with flour, turn the paste on it, cut small pieces from it and roll under the hand until two inches long and an inch and a half thick. Drop into boiling water and cook until they float (about five minutes); then skim out carefully, drain, roll in dried crumbs, and fry brown in butter. Serve hot with cream and sugar.

457. SPRITZ-GEBACKENES—GERMAN

Beat three eggs and a cup of sugar to a cream. Add two teaspoons of vanilla and three of melted butter. Sift a heaping teaspoon of baking powder with half a cup of flour and stir into the eggs; then add enough flour more to make a dough stiff enough to roll out rather thin. Cut in long finger lengths, slit the middle and slip one end through and fry brown in hot fat. Serve with syrup.

458. TRIFLES—SCANDINAVIAN

Beat the whites of five eggs stiff; then beat in five tablespoons of sugar, a half teaspoon of ground cardamon seed, and a tablespoon of thick cream. Stir in enough flour to make a dough that will roll, being careful not to have it too stiff. Roll out thin, cut in squares or diamonds and fry in deep fat a delicate brown.

459. BRIDIES—IRISH

Mash two cups of boiled potatoes very smooth. Season with salt and pepper and knead with a little flour to hold together. Form into scones (small thick pancakes), and place on half of each scone some well seasoned minced meat, moistened with gravy. Fold over the other half like a turnover, pinch all around, and fry in hot fat until a nice brown.

460. FARINA DUMPLINGS—GERMAN

Stir until smooth a cup of farina and a pint of milk. Boil until thick; then remove from fire and add a little salt and the yolk of an egg. Beat well and fry by the tablespoonful in plenty of hot butter.

461. FRUIT DUMPLINGS—FINNISH

Boil to a syrup three cups of any kind of fruit juice with half the quantity of sugar and two tablespoons of butter. Mix enough yeast powder biscuit dough to make six dumplings. Roll out, divide and fill each dumpling with some fruit. Close, drop them into the boiling syrup and bake for twenty minutes. Canned fruit can be used.

462. GALETTE—FRENCH

Scald a pint of milk in a double boiler and sprinkle into it a cup of fine white cornmeal or farina and a teaspoon of salt. Stir until smooth; then boil until it is thick. Pour into wet saucers to stiffen. Melt a little butter in an omelette pan, dust the galettes with flour and fry until brown, on both sides; then pile them on a hot plate. Serve with butter and syrup, heated together.

463. GNOCCHI, NO. 1—ITALIAN

Scald a cup and a half of milk with a quarter of a cup of butter in a double boiler and stir in slowly a quarter cup each of flour and corn starch dissolved in a little cold milk. Stir until the mixture is smooth and thick; then add salt to taste and cook for ten minutes. Cool slightly and beat in an egg, and then another. Turn it into a greased pan to stiffen. Cut into squares or diamonds and arrange in a fireproof dish. Brush over with melted butter; then sprinkle plentifully with grated cheese and fine crumbs and bake until brown. Half a cup of grated cheese can be added to the paste.

464. GNOCCHI, NO. 2—ITALIAN

Boil three medium sized potatoes without peeling; then peel and mash. Add the same amount of stale bread crumbs, which have been soaked in milk and squeezed dry. Add two beaten eggs, a pinch of salt, a quarter of a cup of grated Parmesan and enough flour to make a paste stiff enough to roll out thin. Cut into strips the length of a finger, press each on the back of a grater; then drop into salted boiling water to cook for about fifteen minutes. Drain and arrange in rows on an earthen platter. Dot over with bits of butter, sprinkle with grated Parmesan and bake for a few moments before serving.

465. KARTOFFEL KLOESSE—GERMAN

Butter well and cut in dice four slices of bread. Brown in the oven and crush fine. Season with salt, paprika, nutmeg, a tablespoon each of finely chopped parsley, and onions, and a tablespoon of grated cheese. Beat this into three cups of hot mashed potatoes, add a little softened butter, roll into small balls, dust with flour and simmer in salted boiling water for fifteen minutes.

466. KLUSKIS OF CREAM CHEESE

Cream a quarter of a pound of butter with three tablespoons of cream cheese and half a teaspoon of sugar, a pinch of salt and cayenne. When smooth beat in, one by one, three eggs and enough fine bread crumbs to make rather a stiff paste. Roll into small balls, dust with flour and poach in boiling water. Drain on a cloth and serve.

467. MEXICAN VERMICELLI

Break up half a pound of vermicelli and fry in a little hot lard until a delicate brown; then add a chopped onion and, in a few minutes, a cup of tomatoes and a shaving of garlic. Boil until tender; then strain, keeping the liquid. Butter a pudding dish and place in it alternate layers of vermicelli, grated cheese, and peppers (without the seed), sliced thin. Pour over all the liquid seasoned with salt and pepper and a teaspoon of grated sweet chocolate. Sprinkle with cheese and bake for about half an hour.

468. NOODLES—GERMAN

Break two eggs into a bowl with a tablespoon of milk and a good pinch of salt. Sift in enough flour to make a

very stiff dough; then knead until it is smooth and firm. Divide into six parts and roll each out as thin as paper; then let stand for ten minutes, roll up and slice as thin as possible and dry thoroughly before using.

469. POLENTA—ITALIAN

Stir a cup of semolina, or fine white cornmeal, slowly into a pint of salted boiling water. Stir until smooth and thick, adding more water if necessary; then pour into a buttered pan to stiffen. It should be half an inch thick. When ready to use cut out in rounds or strips and place in layers in a pudding dish with butter and grated Parmesan between and on top. Brown in the oven.

470. POLENTA ALLA BOLOGNA

Boil six sausages for ten minutes; remove the skins and cut in slices lengthwise. Put strips of polenta on an earthen dish; cover with the sausage, then tomato sauce and grated cheese. Repeat till the dish is full. Sprinkle with crumbs and bake for half an hour.

471. RAVIOLI—ITALIAN

Make a stiff dough of two cups of flour, two eggs, salt and water. Knead until smooth and firm; then roll out half an inch thick and let stand for ten minutes. Divide in two equal parts and roll each into a thin rectangular piece. On one of them place teaspoonfuls of the farce, at regular intervals, one inch apart. Moisten the upper crust all over and fit carefully on the lower one, pressing the two closely together between the farce with a ravioli cutter; cut in straight lines like a chess-board. Cover with cheese-cloth and dry thoroughly near the stove. Separate and poach in consommé and serve with grated Parmesan, or poach in boiling water for fifteen minutes; drain and serve with Italian sauce (No. 132).

472. RAVIOLI FARCE

Chop very fine a cup of cold chicken, veal or white fish and two brains. Add half a cup of fresh crumbs, soaked in milk and squeezed dry, a teaspoon of onion juice, bit of nutmeg, salt and paprika and a little thyme. Then beat in a cup of spinach purée and the yolks of two eggs. Sausage meat can be substituted for the mince or marmalade can be used.

473. SPATZELES

Sift a cup of flour into a bowl with a pinch of salt, nutmeg and paprika. Stir in about a cup of water slowly—enough to make a very soft dough. Beat hard for five minutes; then break in a whole egg and beat hard again. Drop by the tablespoonful into salted boiling water and cook for ten minutes; then drain on a cloth. Fry a finely chopped onion in two tablespoons of lard for a few moments; then fry the spätzles until brown on both sides and serve with the meat course for luncheon.

474. TAGLIARINI—ITALIAN

Sift a pint of flour into a bowl with a good teaspoonful of salt. Add one large, or two small, eggs and mix to a smooth stiff paste with water. Let stand for ten minutes; then roll out thin and let stand again. Roll out again, fold over and over and cut very fine with a sharp knife, like noodles. Place near the fire to dry thoroughly. Boil in plenty of salted water until tender.

475. TAGLIARINI NAZIONALE

Make a tagliarini of three colors; arrange in rows on a platter like the Italian flag and served with melted butter and grated Parmesan.

476. TAGLIARINI ROSSI

Boil several peeled beets, cut in slices, in plenty of water, strain them out and boil the tagliarini in the same water, which will color them red.

477. TAGLIARINI VERDI

Boil a bunch of spinach for ten minutes; strain, chop fine and rub to a paste. Add it to a pint of flour and proceed as in No. 474.

478. TORTOLINI AL FORNO—ITALIAN

Boil the contents of a can of imported tortolini in salted water until tender; then drain and turn into a pudding dish with well-seasoned tomato sauce. Sprinkle plentifully with crumbs and grated Parmesan and brown in the oven.

Sweet Sauces

479. CHOCOLATE SAUCE

Melt half a cup of sweet grated chocolate with a little milk in a double boiler. When smooth add three-fourths of a cup of brown and white sugar, mixed, and two tablespoons of butter, and cook for a few minutes. Stir in the yolks of three eggs and beat until the sauce thickens. Remove from the fire and at the last moment fold in half a cup of whipped cream. A tablespoon of cornstarch can be substituted for the eggs.

480. ORANGE SAUCE FOR PUDDING

Cream half a cup of fresh butter well with two cups of sugar. Add the zest of an orange and beat in a cup of strained orange juice, little by little. Turn it into a gravy boat set in hot water and let it heat, without stirring, until melted; then serve at once.

481. ROSE SAUCE—NEW ZEALAND

Wash a beet, boil it with the rind of a lemon in three cups of water for twenty minutes; then strain. The liquid should be a beautiful red. Return it to the saucepan with a pound of sugar and juice of a lemon. Boil fifteen minutes, add two teaspoons of vanilla and pour into bottles. Cork tightly.

482. SAMBAYON SAUCE—SPANISH

Heat a cup of milk. Beat the yolks of two eggs with two tablespoons of sugar until thick; then add the hot milk, very slowly. Turn it into a double boiler, add four tablespoons of sherry and whisk until it thickens slightly, removing before it boils. Serve hot or cold.

Desserts, Hot and Cold



Desserts, Hot and Cold

483. APPLE PUDDING—CHILEAN

Butter a pudding dish well and sprinkle with sugar. Cut stale bread into finger lengths half an inch thick, and dip each in molasses, karo or thick fruit syrup and cover the bottom and sides of the dish. Place a thick layer of tart apples, chopped, on the bread; dust well with sugar and bits of lemon; then add a layer of the dipped bread and repeat until the dish is full with the bread the last layer. Spread well with butter afterwards; bake in a slow oven for two hours, then turn out on a platter and serve with cream.

484. APPLE YANSSENS

Cut four medium sized apples in two, remove cores and prick the cut side with a fork. Arrange in a pudding dish, sprinkle generously with rum, then with sugar; let stand for an hour, then spread each piece with butter and jam and bake for half an hour. Sprinkle again with sugar; pour over a few tablespoons of rum, set fire to it and serve at once.

485. BACKEREIN (CHERRY PIE)—VIENNESE

Sweeten a pound of stoned ripe cherries with half a cup of sugar and pour over them a wine glass of kirsch. Line a deep pie-plate with rich crust and bake it. Fill with half the cherries, cover with a layer of the crust and spread with the rest of the cherries. Sprinkle with sugar, bake in a moderate oven and serve cold.

486. BANANA PUDDING—HAWAIIAN

Mix the cream of a fresh cocoanut (No. 118) with a tablespoon of "pia" (or arrowroot); sweeten well and pour over half a dozen peeled bananas, chopped. Bake for twenty minutes and serve hot or cold.

487. BATTER AND FRUIT PUDDING—ENGLISH

Place a small enameled bowl, buttered well on the *outside*, in a pudding dish. Fill it with well sweetened fresh fruit, or canned fruit, cut in pieces not too large. Make a batter of a pint of flour sifted with a teaspoonful of bak-

ing powder and a pinch of salt, three well beaten eggs and two cups of milk. Beat with an egg beater for five minutes, turn it at once into the pudding dish, which should be very hot, and bake in a quick oven. When brown remove, and quickly reverse the bowl, leaving the fruit in the middle of the batter, and serve at once.

488. "BIEN ME SABE"—MEXICAN

Add a cup of milk to the grated meat of a large fresh cocoanut. Heat slowly, then squeeze in a cheese cloth until all of the milk is extracted. Pour this cream into a double boiler and add the yolks of four eggs beaten well with four tablespoons of sugar. Stir until the cream thickens slightly, like custard; then pour over small squares of sponge cake in a glass dish. Beat the whites to a stiff meringue with a little sugar and vanilla and spread over the top; then sprinkle the powdered cocoanut over all, and garnish, if you like, with candied cherries.

489. CAJETA DE ALMENDRA—CHILEAN

Beat whites of five eggs stiff. Have ready a thick, clear syrup made of two cups of sugar and one of water boiled to the threading point. Beat the syrup into the whites by degrees and beat hard until the mixture thickens slightly; then add a generous half cup of finely chopped almonds. Pour into small paper boxes and bake. Walnuts can be used if preferred.

490. CAJETA DE LECHE—MEXICAN

Make a syrup of four cups of brown sugar and one of water; bring to a boil, clarify with the white of an egg beaten with half a cup of cold water, and skim until clear. When reduced to a thick syrup add a tablespoon of flour dissolved in a quart of milk. Boil again, stirring constantly, and, as it thickens, add, little by little, another quart of milk and stir until it is of the consistency of thick custard. Remove from the fire and beat with a wooden spoon until lukewarm; then spread it a third of an inch thick, on a platter. When cold cut in diamonds and dust with powdered sugar.

491. CHESTNUTS AND CREAM—ITALIAN

Boil two pounds of chestnuts in their skins until they can be easily peeled. Shell them and rub through a sieve with

a little cream. Sweeten well, add a tiny pinch of salt, a tablespoon of butter and enough cream to make a thick light purée. Pile up on a serving platter and cover with well flavored whipped cream or with chocolate sauce (No. 479).

492. CHOCOLATE FROTH—ITALIAN

Beat the yolks of six eggs until thick; then beat in slowly a cup of sugar and a quarter of a cup of grated chocolate, melted over hot water. When the sugar has dissolved add the whites, beaten stiff; then fold in very lightly a cup of sifted flour. Half fill little paper cases with the mixture and bake in a moderate oven.

493. CHOCOLATE SURPRISE—SWISS

Remove the center carefully from a fresh round sponge cake, leaving an inch border. Fill with about a pint of double cream, sweetened and flavored with sherry or vanilla, and whipped until stiff, then chilled. Invert the cake very quickly on a platter and cover with hot chocolate sauce (No. 479).

494. COMPOTA DE BATATAS—URUGUAY

Boil six fine sweet potatoes in water until they can be easily pierced. Drain on a gridiron, peel and return to the saucepan. Cover with a very thin syrup of sugar and water; add a pod of vanilla and boil for half an hour. Repeat this for four days, adding each day ten per cent more of sugar to thicken the syrup. Pour into glass jars and keep tightly covered until used.

495. COTTAGE CHEESE AND FRUIT—BRETONNE

Turn two quarts of rich clabbered milk into a cheese cloth bag and hang it up to drip. When the whey has drained away stir the curds in a bowl until creamy. Beat the whites of four eggs to a stiff froth with enough sugar to sweeten well. Mix half a cup of thick cream with the curds and fold in the beaten eggs. Pile fresh raspberries or strawberries in the center of a glass dish, surround with the mixture and serve at once. Preserved or any fresh fruit can be used.

496. CREME FRITE DE CHOCOLAT—FRENCH

Scald a pint of milk with a vanilla stick, half a cup of sugar and a pinch of salt. Stir in two tablespoons of corn-

starch and one of flour, dissolved in cold milk, and half a cup of sweet grated chocolate melted in a double boiler. Cook for five minutes, stirring, then cool slightly and add a tablespoon of butter and the beaten yolks of three eggs. When well blended pour on an oiled platter half an inch thick. When cold cut into oblong strips, cover with egg and sifted bread crumbs and fry in deep fat. Drain and sprinkle with sugar.

497. CREME NEAPOLITAN

Sweeten a pint of double cream; add a teaspoon of vanilla and beat stiff. Peel and cut into pieces a pound of peaches, apricots or figs, or use canned pineapple, cut up. Soften a package of gelatine in very little milk, dissolve it in a double boiler, cool, and add it to the cream, mixing well. Arrange a layer of sweetened fruit in a wet mould, pour over a layer of the cream; then one of sweetened berries and more cream, and repeat until the mould is full with the cream on top. Chill on ice. Turn out on a platter and serve with cream.

498. CREME DE PISTACHE—ITALIAN

Chop fine a quarter of a pound each of blanched almonds and pistachio nuts; then pound in a mortar until smooth, adding a little egg-white or almond essence, from time to time, to prevent oiling. Mix with a pint of thin cream, in which a dessert spoon of cornstarch has been dissolved. Sweeten well and add two well-beaten yolks and cook in a double boiler, stirring, until it thickens, like custard, taking care not to let it boil. Turn into a glass dish, garnish with strips of pistachio nuts and chill.

499. CREME DE RIZ—FRENCH

Wash a cup of rice well and place in a double boiler. Cover for an inch with one-third water and two-thirds milk brought to the boiling point. Add a piece of vanilla bean which remove after ten minutes. When the rice is tender and has absorbed the liquid, pile as lightly as possible in a ring or oval on a platter and chill. Sweeten and whip a pint of double cream, flavor with sherry and chill also. Before serving pour the cream in the center and sprinkle the rice plentifully with chopped, candied fruits or bits of bright jelly or preserves, from which the syrup has been drained. Serve very cold.

500. CUBAN PUDDING

Grate the meat of a cocoanut, after peeling off the brown skin, and mix with an equal amount of sponge cake crumbs. Pour over it two cups of hot cream and, when liquid has been absorbed, add four well beaten eggs. Sweeten well, pour into a buttered pudding mould, which place in a pan of hot water and bake until firm. Serve with a hot fruit sauce.

501. DANISH BROWN BETTY

Grate half a loaf of stale pumpernickel, and sauté the crumbs in half a cup of butter for a few moments. Have ready a pint of rich thick apple sauce flavored. Spread a thick layer of the crumbs in a pudding dish, cover with the sauce and repeat until the dish is full with the crumbs on top. Bake in a moderate oven for half an hour, then cool. Whip a gill of double cream until stiff, sweeten it, flavor with rum or sherry, pile it up on the pudding and serve.

502. DANISH PUDDING

Soak a cup of sago or pearl tapioca in a quart of water for several hours; then boil until clear. Add a glass of tart jelly or a pint of stewed rhubarb. Sweeten to taste and pour into a glass dish. Serve cold with whipped cream.

503. DEVONSHIRE CREAM—ENGLISH

Strain a gallon of very fresh and rich milk into an enameled milk pan, about five inches deep. Let it stand for twelve hours in summer, or twenty-four hours in winter; then place the pan on a cool part of the stove and heat very slowly to from 170 to 190 degrees—it should take about twenty minutes. A popular test of the right degree of heat having been reached is the division of the cream, forming a ring on the surface of the milk. Let it stand in a cool place for twenty-four hours in winter, or half that time in summer; then skim the cream and keep in a stone crock.

504. DRESDEN CHOCOLATE PUDDING

Mix together two cups of soft bread crumbs, four large tablespoons of sugar and two squares of chocolate grated. Put in a shallow pan, well buttered, and bake long enough

to melt the chocolate entirely. Serve in paper boxes or ramekin dishes, covered with whipped cream sweetened and flavored.

505. FRAMBOISINE

Toast six thick slices of bread, spread them thickly with butter and place in a pudding dish in layers. Sweeten two baskets of raspberries with a cup of sugar, bring to the boiling point and rub through a sieve; then pour the juice over the bread. Bake about twenty minutes and serve with cream. Currants or any kind of berries can be used in the same way.

506. FRANGIPANE—FRENCH

Beat two eggs together and beat in two tablespoons of sifted flour. Add slowly a pint of well sweetened milk, a half teaspoon of almond extract, two tablespoons of brandy and six powdered macaroons. Turn into a double boiler and stir until it thickens. Use as a filling for cakes, tarts, etc. To use for pudding pour it over any kind of preserved fruit in a pudding dish and bake until brown in a moderate oven. Serve cold.

507. GATEAU MALAKOFF—FRENCH

Break half a pound of blanched almonds into small pieces, powder them with sifted sugar and brown lightly in the oven; then pound fine in a mortar. Cream a quarter of a pound of fresh butter with half a pound of powdered sugar for twenty-five minutes, then mix well with the almonds. Have ready two cups of rich custard, chilled. Add this very slowly and carefully to the other ingredients. Line a plain mould with long lady fingers, bottom and sides, and pour the mixture in. Stand in a cool place—not on ice—for six hours for the custard to stiffen; then unmould and serve.

508. GOOSEBERRY FOOL—ENGLISH

Boil two pounds of green gooseberries with a cup of water and half a pound of sugar until soft enough to pass through a sieve. While still warm add another cup of sugar and stir until dissolved. Now fold in a pint of thick cream and chill. Strawberries and raspberries can be cooked in the same way.

509. GORUFLOT A LA CANNES

Break four eggs into a double boiler; add three-quarters of a cup of sugar and beat with an egg beater until the mixture is quite warm; remove from the fire and beat until cold. When cold and very thick, stir in lightly half a cup of sifted flour, and four tablespoons of dessicated cocoanut. Pour into a mould, place in a pan of hot water and bake for an hour. When cooked, turn out on a sieve to cool over night. The next day soak it either in lemon juice, sugar and water, or in a little wine. Serve with sauce (No. 480).

**510. HUEVOS CHIMBOS (ROYAL EGGS)—
CHILEAN**

Beat the yolks of six eggs for fifteen minutes and pour to the depth of half an inch in an oiled baking pan. Place it in a larger pan half filled with hot water and bake until it has risen very well and is light and porous but not brown. When cold cut in diamonds, three inches by two. Make a syrup of two cups of sugar and half a cup of water; boil for a few minutes and skim carefully. Slip the cakes in and simmer until saturated; then lift out and arrange on a platter. Add a wine glass of sherry to the syrup and reduce. Sprinkle the cakes with cinnamon and stick strips of blanched almonds, toasted a little, into each. Pour the syrup over and serve cold.

511. INDIAN DESSERT

Slice four bananas lengthwise, spread each piece with strawberry jam and arrange on a pudding dish. Pour over a wine glass of sherry and cover with whipped cream.

512. KISSEL—RUSSIAN

Put a pint of preserves, or a quart of fresh fruit, cut up, into a saucepan with three cups of water and simmer until soft enough to rub through a sieve. Return to the saucepan and add about half a cup of potato flour, dissolved in a little cold water and stir until it is as thick as custard. Sweeten well, the amount of sugar depending upon the fruit, and pour into a glass dish. Serve cold with sugar

and cream. More thickening can be added and it can be poured into a fancy mould to stiffen, if preferred. Any jam can be substituted for the other fruit.

513. LECHE DE PINA—MEXICAN

Chop very fine a quarter of a pound of blanched almonds; then pound to a paste in a mortar, adding from time to time the yolks of four eggs and the juice from a pint can of grated pineapple. Scald and cool half a cup of sugar dissolved in a quart of milk. Add it to the pineapple pulp; then add the almond mixture; turn all into a double boiler, and stir until it thickens well, and place in the refrigerator until ready to serve in champagne or large cocktail glasses.

514. LEMON PUDDING—DANISH

Mix a cup of sugar with a cup of bread crumbs; add juice and rind of a lemon, one-fourth cup of melted butter, the same of water and three well beaten eggs. Beat well together and bake.

515. MAHELEBI—TURKISH

Wash and dry half a cup of rice; turn it into a hot pan and cook until yellow, stirring to keep from burning. Pound it in a mortar until fine; then sprinkle it into a quart of scalding hot milk. Sweeten well, flavor with either strong coffee or chocolate and cook in a double boiler until it thickens like custard. Pour over sponge cake and serve cold.

516. MALINA SMJETANA—RUSSIAN

Whip the whites of six eggs to a stiff froth. Beat into it, by degrees, a cup of chilled raspberry juice, fresh or preserved, and enough fine sugar to sweeten. Beat hard for ten minutes; then pile on a platter and pour around it a cup of thick sour cream. Serve with powdered sugar for afternoon tea.

517. MANJAR BLANCO—CHILEAN

Boil four cups of sugar with six of milk on a quick fire until it is as thick as jam, stirring constantly to keep from burning. Use as filling for layer cake, or to spread on toast or bread. It keeps indefinitely. This recipe makes a small amount. It requires several hours of boiling.

518. MARRONS ALLA ROMA

Line an oiled mould thickly with chestnut purée prepared as in recipe No. 491; then cover with a layer of rich thick apple sauce, mixed with a little melted currant or other jelly. Repeat until the dish is full with the chestnut on top. Bake twenty minutes in a moderate oven, turn out on a platter and serve with whipped cream, colored and flavored with some of the melted jelly.

519. MEXICAN SOUFFLE

Scald a cup of clear black coffee and stir into it three tablespoons of butter creamed with three of cornstarch and two of grated chocolate. Remove from the fire and stir it slowly into the yolks of three eggs beaten well with a third of a cup of butter. Fold in the whites, beaten stiff, and bake it in a pudding dish, in a pan of hot water for twenty-five minutes.

520. NEGRE EN CHEMISE—FRENCH

Weigh three large eggs and equal amounts of sugar, chocolate and butter. Melt the chocolate in a double boiler with very little water, but do not boil. Add the butter and sugar and, when well blended, cool; then add the beaten yolks and fold in the whites beaten stiff. Pour into an oiled mould, cover, and steam for an hour and a half or more. Chill and turn out on a platter and garnish with sweetened whipped cream.

521. ORANGES CHANTILLY—FRENCH

Strain the whites of two eggs into a pint of double cream and beat until stiff, adding by degrees a cup of orange pulp, the pulp of two lemons and half a cup of powdered sugar. Pile on a glass dish and garnish with any kind of candied fruit or chopped jelly. Chill all ingredients before combining. Fresh berries can be substituted for the orange, crushing a little first.

522. ORANGE FOOL

Whisk three eggs until creamy; then beat in slowly half a cup of sugar and, when dissolved, the juice and grated rind of four oranges. Add a pint of cream and cook in a double

boiler, stirring constantly, until it thickens, taking care not to let it boil. Serve on a glass dish very cold.

523. PASHA SERINYA—RUSSIAN

Rub a pound of fresh cottage cheese through a sieve; add a cup of sugar, the yolks of three unbeaten eggs, a teaspoon of vanilla; then, little by little, half a cup of melted butter. When well blended add a cup of double cream and, if liked, half a cup of seeded raisins. Line a plain mould or bowl with a square of cheese cloth. Press the mixture firmly in, cover it with a plate and place on it a heavy weight. Let it stand for twenty-four hours; then turn out on a platter and serve with sugar and cream.

524. PASTEL DE PLATANO (BANANA PIE)— GUATEMALA

Remove the skins from six bananas and cut in halves lengthwise. Chop a cup of seeded raisins very fine, add a teaspoon of powdered cinnamon and the pulp of a chile pepper. Steam the bananas until soft enough to rub through a sieve; add the raisins, half a cup of blanched almonds, chopped, a tablespoon of melted butter, sugar enough to sweeten and a wine glass of sherry. When all are well blended mix with four beaten eggs. Line a pie dish with a rich crust. Fill with the mixture, wet the edges, cover with more crust, pinch together and bake for half an hour.

525. PEARS—ROUMANIAN

Peel, slice and core six large pears. Add a roll, sliced thin, toasted and powdered; a pinch of cloves, a piece of ginger root, and a quart of water. Cover and simmer until soft enough to be rubbed through a sieve. Add the juice and zest of a lemon, a wine glass of sherry and enough sugar to sweeten. Cook fifteen minutes more; then chill and serve with custard.

526. PIEPIELE—HAWAIIAN

Peel and grate two large sweet potatoes; add the cream of a cocoanut (No. 118), two tablespoons of sugar and place in a pudding dish. Sprinkle a little of the cocoanut meat over the top and bake in a slow oven.

527. RODE GROEDE—NORTHERN EUROPE

Clean a pint of currants or fresh berries and heat in a saucepan with a little water. When the juice runs freely, mash and strain through a sieve, adding enough hot water to make a quart of liquid. Sweeten well and scald, then thicken with either cornstarch, sago or arrowroot dissolved in a little cold water, and boil until as thick as custard, stirring occasionally. Serve very cold with cream.

528. ROTHESAY PUDDING—SCOTCH

Rub six level tablespoons of butter into a cup of flour; then add six tablespoons of bread crumbs, two of sugar, a cup of jam and a teaspoon of cream of tartar; dissolve half a teaspoon of bicarbonate of soda in a cup of milk; add one beaten egg, then combine all ingredients. Pour into a well buttered mould sprinkled over with sugar, and steam for nearly three hours. Serve with sauce.

529. RUMSPEISE—GERMAN

Scald three cups of milk with four tablespoons of sugar. Add a tablespoon of cornstarch dissolved in a cup of milk; also a tablespoon of gelatine, softened in a little cold water. Color a delicate pink with the tablet that comes with the gelatine. Boil for a few moments then cool and flavor to taste with rum. Pour into a wet mould, chill, turn out on a platter and garnish with whipped cream.

530. SALAMANDER PEARS—LAGUNITAS

Place six firm pears, of medium size, in a steamer and cook until tender, but not soft. Remove the seeds, with an apple corer, from the blossom end, leaving the stem on; then pare with a silver knife. Have ready a few pieces of preserved Canton ginger, chopped fine, and mixed with a few chopped nuts. Fill the cavities with this; roll the pears in sugar; then in finely chopped nuts. Place them in a chafing dish and pour over them some of the ginger syrup. When ready to serve pour a wine glass of kirsch or brandy over all, ignite it and send it to the table burning.

531. SOSPIROS (SIGHS)—SPANISH

Beat the yolks of five eggs very light with a cup of powdered sugar; then beat in a cup of blanched almonds toasted and pounded. When very thick and light pour into small paper boxes and bake in the oven.

532. SWEDISH PUDDING

Mix two tablespoons of honey, one of softened butter, one of sugar, four of bread crumbs and the juice of half a lemon. Add a beaten egg, two tablespoons of flour, half a cup of milk and a tablespoon of kirsch, and beat hard. Fold in the whites of two more eggs, beaten stiff, and half fill a greased mould with the mixture. Cover, place in a pan of hot water and bake until firm.

533. SWISS BERRY PUDDING

Cut slices of bread half an inch thick; remove the crusts and fit them closely together on the bottom and sides of a plain mould, avoiding leaving any spaces. Heat a pint of fresh berries with a cup of sugar until the juice runs freely. Stir until the sugar is dissolved but do not cook it. Fill the mould to the top and stand in a cool place for several hours. Turn out on a platter and serve with cream.

534. TORTAS DE FRUTAS—PANAMA

Line the sides of a baking dish with puff paste. Spread a layer of sliced pineapple on the bottom. Sprinkle with sugar; add a layer of sliced orange, more sugar, then a layer of bananas and a few slices of lemon. Sprinkle with chopped nuts; lay over the top narrow strips of the pastry, at right angles, and bake in a slow oven.

535. VENETIAN PUDDING

Chop six preserved chestnuts and mix with four stale macaroons, crushed, four tablespoons of cake crumbs, three of sugar, two eggs and the yolks of two more, beaten together; add a cup and a half of cream, two tablespoons of rum, four tablespoons each of chopped raisins and candied peel. Beat together for five minutes, then pour into a buttered pudding mould, sprinkled with cake crumbs. Cover tightly, immerse in enough water to nearly cover and cook inside the oven for three-quarters of an hour. Turn out and serve with pink whipped cream sauce, flavored with rum and colored pink.

536. ZAMBAIONE—ITALIAN

Beat the yolks of six eggs with six rounded teaspoons of fine sugar until very light; add six half-eggshells of sherry, heated. After mixing well, turn into a double boiler and whisk constantly with an egg-beater until it thickens and becomes foamy. Serve in sherbet cups with lady-fingers or sponge cake.

537. FLORENTINE ICE

Make a custard of six eggs, the grated rind of an orange and three-fourths of a pint of boiling syrup, made of sugar and water; beat with an egg-beater, taking care not to let it boil; add three-fourths of a pint of cream, mix well and strain. Freeze and let stand to get mellow for an hour or more before turning it out of the mould.

538. FRENCH COFFEE CREAM

Make a pint of hot strong coffee, strain and pour slowly over the yolks of four eggs, beaten until creamy with a third of a cup of sugar and a small pinch of salt; return to a double-boiler and stir constantly until it thickens, taking care not to let it boil; cool and add a pint of cream and a teaspoon of vanilla; strain and freeze.

539. ITALIAN SHERBET

Make a syrup of two cups of sugar and one of water; cool, add half a cup of lemon-juice, a cup of orange-juice and a quart of peach or any fruit pulp; pass through a sieve, pour into a mould and pack in ice and salt for about three hours.

540. LEMON AND CINNAMON ICE—CHILEAN

Shave the peel from four lemons and place in a bowl with four sticks of cinnamon broken in bits; pour over a quart of boiling water, cover tightly and steep for ten minutes; add the juice of the lemons and strain; sweeten well and when cool freeze in the usual way.

541. MANDARIN SHERBET

Mix the juice of three dozen Mandarin oranges with the zest of one dozen, the juice of two lemons and enough water to make a quart of liquid; sweeten well and partly freeze; then open the freezer and stir in the whites of two eggs, beaten to a froth; pack in salt and ice and let stand for an hour. Serve in sherbet glasses.

542. PEACH CUP A LA BURLINGAME

Place brandied peaches in six sherbet glasses and cover with rich, smooth vanilla ice cream frozen not too hard;

pour over each a sauce made of a dozen marshmallows partly melted in a double boiler and beaten with a cup of sweetened pastry cream until thick. Sprinkle with chopped nuts. Brandied apricots can be used or brandied cherries.

543. PERSIAN SHERBET

Stir two cups of sugar and a pint of water over the fire until dissolved; bring to a boil, skim and strain. When cold add a cup of strawberry or raspberry juice, the strained juice of a lemon and three teaspoons of orange flower cordial. Freeze.

544. TURKISH SHERBET

Make a syrup of a cup of sugar and a cup of water; when cold stir into it a cup and a half of lemon juice and one cup of clear white stock. Freeze and serve before it becomes too hard.

Cakes, Large and Small



Cakes, Large and Small

545. APFEL STRUDEL—GERMAN

Sift two cups of flour with three level teaspoons of baking powder and a pinch of salt into a bowl and mix with it half a cup of sugar and two tablespoons of butter; beat an egg light, mix it with two-thirds of a cup of milk and stir it into the flour; turn out on a floured pastry board and knead only enough to roll out in an oblong square a fourth of an inch thick; spread over it half a cup of softened butter, half a cup each of chopped raisins and almonds, three or four peeled and cored cooking apples, chopped fine, and a piece of citron shaved very thin; sprinkle with a teaspoon of cinnamon and the zest of a small lemon and roll lightly like a jelly roll; place in a greased pan, brush over with milk and bake in a quick oven. To be eaten warm.

546. APFEL TORTE—GERMAN

Pare, core and slice six fine apples; beat two eggs well and add three tablespoons of brown sugar, half a gill of thick cream, the zest of a small lemon, four tablespoons of melted butter and the apples; stand aside while four tablespoons of almonds are being blanched and cut in strips; line a large pie-tin with a rich crust, making a narrow rim; pour in the mixture, sprinkle over with the almonds and bake in a moderate oven until the apples are cooked; then dust well with sugar and serve hot or cold.

547. APPLE CAKE—GERMAN

Make a soft dough of a pint of flour sifted with a pinch of salt and mixed with a cup of sour milk; add an egg, beaten until creamy with two tablespoons of sugar, and last, stir in a teaspoon of soda, dissolved in a tablespoon of boiling water; spread half an inch thick in a large, well-greased pan; have ready five juicy apples, pared and cored and cut into eight pieces each; arrange in rows on the dough, the edges slightly overlapping; dot over with bits of butter and sprinkle generously with sugar, cinnamon and bits of butter. Bake twenty-five minutes in a quick oven. Apricots cut in half can be substituted for the apples.

548. CHERRY CAKE—BAVARIAN

Break an egg into a bowl; add two tablespoons of sweet grated chocolate, one of fine bread crumbs and one of powdered sugar and beat well; add another egg, more sugar and more crumbs; then separate three more eggs and beat in the yolks alternately with sugar and crumbs, one by one, until all are used; mix in lightly half a pound of fine juicy black cherries and fold in the egg-whites, beaten stiff. Butter a wide, shallow cake tin thoroughly, sift dried bread crumbs over it and pour in the mixture. Bake about three-quarters of an hour in a moderate oven and serve it cold.

549. CHERRY CAKE—GERMAN

Cream a cup of butter with one and a half cups of sugar; beat in five eggs, one by one, a teaspoon of water, half a glass of brandy and two and a half cups of flour sifted with a teaspoon of baking powder; beat hard and then stir in two pounds of candied cherries. Bake in a loaf tin lined with paper, in a moderate oven, and, when cool, cover all over with icing. Decorate with cherries and leaves cut from angelica.

550. COFFEE CAKE—GERMAN

Work together until well incorporated, two cups bread sponge, a heaping tablespoon of softened butter, a scant cup of sugar and a cup of milk; roll out to fit a square baking tin and bake in a quick oven. While still hot spread thickly with butter and sugar and chopped nuts to form a crust one-fourth of an inch thick; heat through and sprinkle with cinnamon. Serve with breakfast coffee.

551. GATEAU—BRETONNE

Chop fine a quarter of a cup of blanched almonds and pound in a mortar with a few drops of orange flour water; mix it with half a cup of sugar, the yolks of four eggs and half a teaspoon of vanilla and beat for five minutes; add four tablespoons of flour, beat again and fold in the whites, beaten stiff. Pour into a round buttered tin and bake for about twenty minutes. Cool, turn out on a platter, spread lightly with strawberry jam and then with icing.

552. GATEAU DE RIZ—FRENCH

Scald a pint of milk in a double boiler and add a cup of well-washed rice and half of a vanilla bean-pod; cover and

cook for an hour without stirring; add a half teaspoon of salt, two tablespoons of butter, sweeten well and cook to a thick paste; then cool; add, if liked, a teaspoon of orange-flower water and a well-beaten egg; melt a fourth of a cup of sugar in a pan to the caramel stage, pour it into a hot mould and turn quickly so that it will cover the mould with a thin coating of caramel; press the rice into it and bake for three-quarters of an hour; turn out on a platter and serve with custard or any pudding sauce.

553. GENOA CAKE

Cream well half a cup of butter with three-fourths of a cup of sugar; beat four eggs very light and add to the butter and sugar, alternately with a heaping cup of flour sifted, with a rounded teaspoon of baking powder, and half a cup of glacé cherries, adding enough milk to make the mixture the right consistency; add the zest of a lemon, half a cup each of sultanas, cleaned currants and chopped almonds; beat well and pour into a large shallow tin, well greased, and bake in a moderate oven for an hour.

554. GERMAN CHEESE CAKE

Beat the yolks of four eggs with half a cup of sugar until light; then beat in a pound of fresh schmier käse (cottage cheese) and half a cup of flour; add a pinch of salt and grated nutmeg and the juice and grated rind of half a lemon; then fold in the whites, beaten stiff, and enough milk to make a soft batter. Line a spring form with plain paste, spread the batter evenly over it, sprinkle with sugar and cinnamon and bake until firm, like custard, in a moderate oven. To be eaten cold.

555. LEBKUCKEN—GERMAN

Beat an egg light, stir in half a pound of brown sugar, a teaspoon of cinnamon, half a teaspoon each of ginger and allspice and a pinch of cloves; sift one and a half teaspoons of baking powder in one and a half cups of sifted flour and stir into the mixture alternately with enough milk to make a thick batter; beat hard, turn it into a greased pan and bake in a hot oven. Cover with thin icing.

556. MOCHA CAKE FOR KAFFEE KLATSCH

Cream a cup of sugar with the yolks of four eggs very light; add a teaspoon of baking powder mixed with a cup

of sifted flour; then a tablespoon of essence of coffee; fold in the whites of the eggs, beaten stiff, and bake in a moderate oven in two large tins. When cold, place on a platter and spread a cup of sweetened whipped cream between. Cover with a frosting made of the white of an egg, beaten stiff, with one and a half cups of powdered sugar and two tablespoons of coffee essence beaten in.

557. PAN DOLCE (FOR CHRISTMAS)—ITALIAN

Make a sponge of three pints of sifted flour, two teaspoons of sugar, one of salt and half a cake of compressed yeast, dissolved in a pint of lukewarm water; let it rise over-night in a covered pan. In the morning knead well, adding flour until the dough is of a good stiff consistency; then add a pound of softened butter, two cups of sugar, a wineglass of sherry, a tablespoon of orange-flower water and a dessert-spoon of extract of anise; when well mixed, add, little by little, a cup of pine-nuts, a quarter of a cup of pistachio nuts, a cup of sultanas, half a cup each of raisins and currants, a piece of citron, shaved, and enough flour to form into a loaf; pat it into a circular shape and place in a round greased pan with a napkin folded around it in turban shape, so that the bread can raise until light and spongy, and, before putting it in the oven, cut in incision in the top like a cross, remove the napkin and bake in a moderate oven. Glaze with the yolk of an egg. Delicious cut in slices and toasted for afternoon tea.

558. SAND TORTE—GERMAN

Melt a cup of butter and skim carefully; cool, and when stiff add three-fourths of a cup of sugar and beat hard; when light break in the yolks of two eggs, two tablespoons of ground almonds, the juice and zest of half a lemon, a very scant cup of cornstarch or potato flour and two tablespoons of flour; when well beaten, fold in lightly the well-beaten whites of three eggs; pour into a buttered cake-tin, sprinkled with cake crumbs, and bake from thirty-five to forty minutes in a moderate oven. Cover with icing when cool.

559. SCHWARZBROT TORTE—GERMAN

Beat the yolks of four large, or five small eggs with half a cup of sugar until creamy; add a fourth of a cup of chopped almonds, juice and zest of half a lemon and two

teaspoons of water; beat well, then add a cup of grated pumpernickel, three or four days old; fold in the whites, beaten stiff, and bake in rather a large round tin for three-quarters of an hour. It should be only an inch thick. When baked, cool and spread with currant jelly and cover with two cups of sweetened whipped cream. Decorate with candied fruit.

560. SCOTCH CURRANT BUNS

Sift a cup and a half of flour with a half teaspoon of baking powder and rub into it half a cup of butter or dripping; mix with enough water to make a firm paste; then roll into a thin sheet and with part of it line a greased cake-tin, reserving a piece for the top. Mix two cups of flour, a cup of sugar, two pounds each of raisins and cleaned currants, a fourth of a pound each of chopped orange peel and almonds, a scant tablespoon each of ginger and cinnamon, a teaspoon each of cloves, nutmeg and allspice, two teaspoons of baking powder and enough milk to bind all together—about a cup. Mix thoroughly and spread smoothly in the cake pan. Wet the edges, put on the top crust, prick with a fork, brush over with egg, and bake in a slow oven for about three hours. Eaten at Christmas time and made some days before, as it improves with keeping.

561. BANNOCKS—SCOTCH

Warm two cups of sifted flour; mix with two heaping tablespoons of chopped almonds, four of powdered sugar, and two of anise seed; mix with a cup of melted butter; knead well and roll out about half an inch thick on a board, sprinkled with sugar. Cut into oblong squares and bake in a slow oven.

562. BERLINER KRANDS—NORWEGIAN

Wash a half-pound of butter well and beat to a cream; mash the yolks of two hard-boiled eggs smooth and mix with two raw yolks; then beat in half a cup of powdered sugar, the butter and a wineglass of brandy; add a pound of sifted flour slowly, knead a little and roll under the hands into small cakes or "krunchens;" dip each into the beaten white of egg; then roll in sugar; place on a greased tin and bake a delicate brown in a slow oven.

563. BLAETTER KUCHEN—GERMAN

Cream a cup of butter and add, alternately, a little at a time, a cup of thick cream and enough flour to make a firm dough; knead well and let stand in a cool place over-night. Roll out very thin in sugar, cut into diamonds and bake a delicate brown.

564. CANESTRELLI (TEA CAKES)—ITALIAN

Cream together until light half a cup each of sugar and butter; add the well-beaten yolk of an egg and two table-spoons of sherry; then enough sifted flour to make a firm, smooth dough. Roll out thin, cut in fancy shapes and bake.

565. GENOESE PASTRY

Beat to a cream half a cup each of sugar and butter; break in an egg and beat until smooth; then add, one by one, three more eggs, beating very hard, then half a cup of sifted flour. Spread on a buttered tin a third of an inch thick and bake from ten to fifteen minutes. Turn upside down to cool and, when cold, spread thickly with apricot or strawberry jam, then with chocolate icing. Dry in the oven for a moment before cutting into fancy shapes.

566. JAPANESE WAFERS

Break the white of an egg into a bowl, stir in a tablespoon of sugar, then a tablespoon of flour and a half teaspoon of softened butter; beat until well mixed. It should be about as thick as cream. Drop a teaspoon of this on the reverse side of a large baking pan, well greased, and spread it into a round wafer, as thin as paper, with the back of a spoon. Bake a light brown in a moderate oven and while warm remove from the tin and roll around a curling stick.

567. MARZIPAN—GERMAN

Chop fine, and pound to a paste, a quarter of a pound of blanched almonds, adding a little white of egg from time to time to prevent oiling; rub in half a pound of confectioner's sugar and another white of egg and make a stiff paste, which spread smoothly in a cake-tin and bake in a slow oven.

568. PLATZEN—HOLLANDAISE

Beat the yolks of four eggs until creamy; then beat in two cups of powdered sugar; add a half teaspoon each of cinnamon and cloves and just enough flour to hold the bat-

ter together. Line a large baking pan with greased paper; drop by the dessert spoon in rows two inches apart and bake.

569. SCOTCH FANCIES

Beat an egg very light; add gradually half a cup of sugar and, when very creamy, beat in a scant tablespoon of melted butter, a cup of rolled oats, a pinch of salt and fifteen drops of vanilla. Drop by the teaspoon on a well greased inverted baking pan an inch apart. Spread into thin round cakes with a wet knife and bake in a moderate oven.

570. SCOTCH SHORTBREAD

Sift three tablespoons each of flour and rice flour (or six of flour) into a bowl, and mix well with half a cup of well-creamed butter; knead with four tablespoons of sugar until well blended; then roll out an inch thick in rounds the size of a dessert plate, pinching the edges and pricking the center with a fork. Place on a baking tin, allowing room to spread, and bake in a moderate oven.

571. SPRITE COOKIES—SWEDISH

Cream together a cup each of butter and sugar; beat in an egg and four grated bitter almonds; add two cups of sifted flour and a tablespoon of wine; pass through a pastry tube, cut in strips three inches long and bake in a hot oven.

572. TORTAS DE POLVORON—SPANISH

Beat to a cream a pound of lard and one of sugar; add two eggs and beat well; then add slowly a pint of flour, a tablespoon each of cinnamon and cloves and two of ground ajonjoli (sesame seed); knead thoroughly, roll out a quarter of an inch thick, cut with a small cutter; then place in rows on a baking tin two inches apart and bake in a moderate oven. When done dust generously with powdered sugar and cinnamon while still warm.

573. VITEMENT FAIT—FRENCH TEA CAKES

Beat three eggs together slightly with a pinch of salt; stir in flour enough to make rather a stiff dough; turn out on a well floured board and roll out, only once, very thin; butter well a large baking pan; lay the paste in it and dab all over with bits of butter; then sprinkle plentifully with fine granulated sugar and cut in oblong squares. Bake in a quick oven until the sugar begins to turn to caramel. Serve with afternoon tea.

Breads



Breads

574. BRIOCHE—FRENCH

Sift half a pound of flour; put a fourth of it into a bowl and make a well in the middle; dissolve a level teaspoon of compressed yeast in a little lukewarm water; pour it into the well and mix it with the flour, little by little, until it is a smooth dough; knead well and put it again in the bowl (floured); cover and stand in a warm place. Make a well in the rest of the flour and pour in two tablespoons of milk, mixed with a teaspoon of salt and two of sugar; mix well, break in an egg and beat hard three or four minutes; add another egg and repeat until three eggs have been used; then beat in a half cup of softened butter. Now mix the two doughs together and knead only enough to form a very soft ball, which place again in the well-floured bowl; cover with flannel and place in a warm spot to rise for twelve hours. Cut the dough into small pieces, which form into buns of medium size with a twist at the top, or crescents. Place in a greased tin and when they have risen nicely bake in a moderate oven.

575. CRISSINI (BREAD STICKS)—ITALIAN

Cut a small portion from risen bread dough that is ready to be shaped into loaves; roll into pieces the length and thickness of macaroni; place in rows on a greased baking pan an inch apart; set to rise again until double in size; then bake in a quick oven. Cool and bake again in a slow oven until crisp and dry.

576. CRUMPETS—ENGLISH

Make a very soft sponge of a large boiled potato, mashed; a teaspoon of salt, a yeast-cake, dissolved in a quart of lukewarm water, and sifted flour. Cover and leave in a warm place for half an hour, then beat well with a wooden spoon and leave again, repeating the process three times. Lay greased crumpet rings on a floured baking tin, half fill with

the batter and cook on a hot stove, turning frequently, ring and all. Cool, split open, toast, slip butter between and serve very hot in a napkin.

577. DANISH BLACK BREAD

Dissolve a fourth of a cake of compressed yeast in a little lukewarm water; add a tablespoon of sugar and a quart of sour milk. Mix with enough rye meal to make a stiff batter, after which work in flour with the hands and knead for fifteen minutes; cover and let rise ten or twelve hours in a warm place; then knead for twenty minutes. Form into a loaf, place into a greased bread pan and, when light, bake in a moderate oven for two hours. It will make one big loaf.

578. FLAT BREAD—SCANDINAVIAN

Boil and mash six large peeled potatoes; add a teaspoon of salt and enough flour to make a stiff dough; roll out as thin as paper, cut in large squares and bake on the top of a stove without any pan—turning when brown. Fold the four corners of each into the center and serve with butter, sugar and cinnamon.

579. LANCASHIRE CAKES—ENGLISH

Mix two cups of hot mashed potatoes with enough flour to make a stiff paste; add a tablespoon of butter and a slightly beaten egg and a half cup of cleaned currants; roll out several times and finally cut into rounds as large as a small plate, half an inch thick. Dust a griddle with flour, brown quickly on both sides and split, butter, and serve very hot.

580. POTATO SCONES—YORKSHIRE

Boil and mash four medium-sized potatoes and, while hot, stir in a handful of oatmeal and a little salt. Sift some self-raising flour on the pastry board and knead the potato in it until stiff enough to roll out. Cut with a large cutter, prick with a fork and bake on a hot griddle. Split and butter and serve hot. The secret lies in making them so quickly that the potatoes are still warm when baked.

Candies



Candies

581. FRUIT FUDGE—CALIFORNIAN

Boil together for seven minutes two cups of sugar and a half cup each of molasses, milk, and butter; add a half cup of grated chocolate and boil seven minutes more; add two tablespoons each of figs, raisins and candied cherries, all chopped, a half cup each of walnuts and blanched almonds, chopped, and a teaspoon of vanilla; stir constantly until it boils, then cook slowly until it forms a ball when dropped in water. Beat very hard and pour into buttered plates.

582. KALOUGAS

Boil four cups of sugar and a pint of double cream until it forms a ball when dropped into cold water, stirring to keep from scorching; flavor with coffee and pour into a buttered pan. When slightly cool cut in squares.

583. PALANQUETAS—MEXICAN

Boil rapidly together a cup each of white and brown sugar, one of water, and four tablespoons of butter; when it hardens when tested in cold water, drop by the kitchen spoon on an oiled slab or tin, pressing halves of pecans or walnuts around the edges of each quickly, before it gets cold. They should be about three inches in diameter and rather thin.

584. PLATANOS DULCE—GUATEMALAN

Boil six plantains, or large sweet potatoes, until tender; while they are cooking make a syrup of two cups of sugar and a cup of water, boiling for twelve minutes and skimming carefully; peel the potatoes quickly, cut into thick slices and throw into the boiling syrup to simmer until thoroughly soaked with it; skim out carefully and drain on a wire broiler for two hours, then throw into fresh clear syrup to steep for a few minutes; drain again and let stand until rather dry; roll in powdered sugar mixed with cinnamon and wrap each piece in oiled paper. Keep in a cool, dry place until used.

585. ROMAN CAMELS

Boil together three cups of powdered sugar, a cup of sweet ground chocolate and a cup of cream. When it forms a soft ball in cold water, pour on a marble slab and add a teaspoon of vanilla; then stir it on the slab until it grains. Knead with your hand until it cools, then pat out into a smooth sheet half an inch thick. Mark the surface with butter paddles, in long narrow lines; then mark again at right angles. Cut into diamonds the size of caramels.

**586. TURRON DE VINO (WINE CANDY)—
CHILEAN**

Boil to a syrup a cup of sugar and half a cup of wine. As soon as it will form a ball when dropped into cold water, remove from the fire and beat slowly into the whites of three eggs which have been beaten stiff; when well mixed boil on a moderate fire until thick.

Punches



Punches

587. CHAMPAGNE CUP

Pour a quart bottle of best California champagne over a quart brick of pineapple or lemon water-ice; stir until mushy, then serve in punch glasses for receptions. Tea can be substituted for champagne.

588. EGYPTIAN PUNCH

Put the thin rind of eighteen lemons into a stone jar and cover with five pints each of Jamaica rum and whiskey; cover and let stand for thirty hours; add the lemon juice, three pounds of loaf sugar, two grated nutmegs, four quarts of water and, last, two quarts of boiling milk. Let it stand for half an hour, then mix well and strain—first, through a flannel bag and then through filter paper. Pour into bottles and cork tightly. The punch will be of light amber color and very clear. It improves with age.

589. HUNGARIAN ICED COFFEE

Make a pint of strong, black coffee; add cream to taste, sweeten well and chill thoroughly; place a tablespoon of vanilla ice cream in each tall glass, pour the coffee over it and serve.

590. ITALIAN LEMONADE

Pour the juice of a dozen lemons over the thinly shaved peel and let stand for twelve hours; add two cups of sugar, three pints of boiling water, a pint of white wine and, later, a pint of scalded milk. Strain the whole through a cheesecloth, cool and serve in punch glasses half filled with crushed ice.

591. MAI BOHL—GERMAN

Pour into a jug a quart bottle of white wine, a gill of water, two tablespoons of sugar, the juice and thin rind of a lemon; then add a handful of fresh woodruff. Place on ice for at least an hour before straining into punch glasses with a sprig of woodruff in each.

592. PISCO PUNCH—PERUVIAN

Stir a teaspoon of powdered sugar with three of lemon or lime juice until dissolved; add a quarter of a glass of water, then fill the tumbler with crushed ice. Pour a jigger of pisco (Peruvian white grape brandy) over it; add a cube of pineapple, two teaspoons of the syrup and stir until chilled.

593. RATAFIA—DANISH

Bruise two pounds of black cherries so that all the kernels may be broken; mix with half a tablespoon of bitter almonds, a tablespoon of cinnamon, half a tablespoon of pounded cloves and a pound of sugar; also half a pint of brandy and a quart of white wine. Stand aside in a covered jar for a few days to infuse, stirring frequently; then pass through filter paper, pour into bottles and cork tightly.

594. TOM AND JERRY

Beat four eggs and six tablespoons of powdered sugar together for five minutes; beat in six small wineglasses of rum and then add a pint of boiling water; pour the mixture back and forth between two hot pitchers until frothy, then turn into hot glasses, grate nutmeg over each and serve.

595. VERMOUTH PUNCH—MEXICAN

Mix two glasses of French vermouth, one of orange juice (or half a glass of lemon juice), a tablespoon of curaçao, a pint of apollinaris or any effervescent water, and sugar to taste. Half fill six tall glasses with crushed ice; divide the mixture among them and serve with straws.

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