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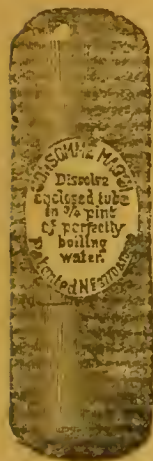
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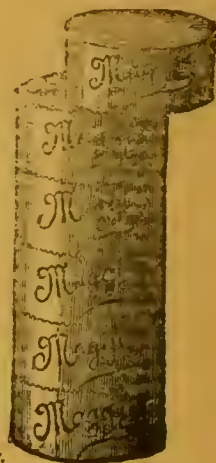
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A Book of Sauces

BY

S. BEATY-POWNALL

EDITOR "HOUSEWIFE AND CUISINE" DEPARTMENT "QUEEN" NEWSPAPER.

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PREFACE.

FROM its very nature, it is impossible for such a book as the present one to contain much, if any, original matter. It must be a collection of recipes, most, if not all, of which are to be found scattered through the classics of the culinary art. All I can claim is to have collected them from various sources, in many cases translating them from the language in which they originally appeared. Readers acquainted with gastronomic lore will easily perceive my great indebtedness to MM. Francatelli, Gouffé, Ude, Urbain-Dubois, etc. But besides these, I have to make due acknowledgment to M. Senn (of the National Training School of Cookery), and to Mrs. A. B. Marshall, for the help they have freely afforded me; but more especially to the latter, particularly as regards the recipes for cold savoury sauces, as well as the sweet sauces, both hot and cold, for the use of which, and indeed for the greater part of my culinary knowledge, I have most heartily to thank her.

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CONTENTS.



CHAP.	PAGE
I. ON SAUCE-MAKING IN ENGLAND	I
II. ON SAUCE-MAKING IN FRANCE—LES SAUCES MÈRES	19
III. ON FLAVOURING BUTTERS	33
IV. ON BROWN SAUCE AND ITS DERIVATIVES	43
V. ON ESPAGNOLE AND ITS DERIVATIVES	59
VI. ON WHITE SAUCES	81
VII. ON WHITE SAUCES—CONTINUED	99
VIII. ON HOT BUTTER SAUCES	119
IX. ON COLD SAVOURY SAUCES	129
X. ON SWEET SAUCES—HOT	149
XI. ON SWEET SAUCES—COLD	161
XII. ON GARNISHES, ETC.	175
XIII. ON SUNDRIES	193

A BOOK OF SAUCES.

CHAPTER I.

ON SAUCE-MAKING IN ENGLAND.

FEW things tell more tales concerning kitchen management than sauces, and of few things is the ordinary cook more afraid. As a general principle, the reason of this fear is due to the fact that, amongst English cooks, not one in ten has been taught from the very beginning the right way to make sauces.

Great Britain has been called the nation of one hundred religions and but one sauce (*i.e.*, melted butter); but whatever its inhabitants may know of their hundredfold theology, it is pretty safe to say that the vast majority of its women have little, if any, knowledge as to the preparation of the single national garnish. Sauce-making, however, is no very recondite mystery, and once the plain principles of its initial preparation are grasped, there is in most cases no difficulty to contend with.

The great requirements in sauce-making are good materials and a conscientious careful cook. Now, it may seem a trivial subject to require such a big word as

conscience, but, independently of Herbert's saying concerning the sweeping of a room, in nothing is conscience more necessary than in household work, of which cookery is certainly an important part. Unless a cook realises the importance of exactitude and care in every detail of her work, she will soon succumb to the fatal doctrine of "there or thereabouts," which lies at the bottom of all the culinary difficulties of the day. We do not take the trouble to find out what things and terms mean, and as long as our copy is more or less like what we imagine the original to be, we are content, though any connoisseur is not. He, poor soul, understands the true interpretation of the foreign terms with which a certain class of house-mistress so freely besprinkles her menus, and, until warned by bitter experience, gains daily fresh proof that, according to the poet, "things are not what they seem!"

It has been found convenient to use as the culinary language a kind of *patois*, scornfully described as "kitchen-French," which conveys in one or two words meanings that would require a whole sentence in English; hence the Gallicism of our menus, at which so many grumble. But while granting that the terms used often set grammar at defiance, and are sometimes hardly more French than they are English, it would be well if one could make both cook and her mistress realise that these words have certain very definite meanings, and represent certain fixed varieties of comestibles. Few things in the kitchen suffer more from this want of comprehension than sauces. The "good plain cook" of our registry offices, and even the "high-class" lady, who professes an intimate acquaintance with "soups, entrées, sauces, and jellies," to quote her advertisement, are painfully unconscious that there is any difference

in sauces beyond actual colour, and loftily ignore the varieties conveyed by such names as *espagnole*, *béchamel*, *velouté*, etc. Now, I grant the good plain cook aforesaid need not be a proficient in the variety of condiments with which a *chef* is conversant, but she ought at least to have a knowledge of the difference existing between what the French call *les grandes sauces* (the great or chief sauces), or more commonly, *sauces mères* (fundamental, literally mother, sauces), and this knowledge, if properly taught from the first, she would possess. As it is, our kitchen rulers only recognise white and brown "sorce" and melted butter, and, beyond colour, there is little to differentiate the trio.

To begin with, a young girl who comes into the kitchen should, when she has learnt such initial things as the washing and trimming of vegetables, the preparing and trussing of meat, poultry, etc. (to say nothing of such necessities as the proper cleaning and care of her pots and pans, and the management of her stove), be taught first of all to make the *roux* or thickening which lies at the root of almost every sauce. She should be shown carefully how to melt the butter, and then add in the sifted flour, it being explained to her practically how a little initial care will minimise subsequent trouble; the necessity of its being carefully stirred, to prevent the formation of any lumps, which spoil the sauce and waste the flour, and equally heedfully watched to prevent its colouring if white roux is desired, or the risk of burning if brown roux is in question. She should also be instructed in how to vary the consistency of this roux, by modifying the proportions of flour and butter; and then, lastly, she should be taught the necessity and convenience of having a pot of each of these thickenings always at hand. When this lesson has been

thoroughly grasped (how many cooks realise how long a would-be *chef* is kept practising this process abroad, where the name given to kitchen apprentices, "gâte-sauces"—sauce-spoilers—shows what is expected?), a girl will unconsciously assimilate the practice, and it will in the end be as difficult for her to produce a sauce in the rough and ready method familiar in our kitchens, as the ordinary *cordon-bleu* would find it to follow out the more refined method. Once she can be relied on to produce a perfect roux, she should be shown how to dilute it with water, milk, stock, etc., as the exigency of the case may require. No cook trained on these lines will send up the gruesome paste that one sees only too often under the name of melted butter in English houses. As a rule, the method is this:—Some water or milk is set on to boil, an indefinite quantity of flour is shovelled into this, it is rubbed up with the milk until fairly smooth, a piece of butter, of similarly indeterminate quantity, is dropped in, a hasty stir round is given, and the whole is poured into a cold sauce-boat, where it solidifies to a pasty mass, agreeably diversified by lumps of uncooked flour, that give a raw, indigestible flavour to everything it comes in contact with. To give them their due, some cooks, careful souls, who follow those abominable directions of the old-fashioned cookery book, and "roll the butter into some flour" (delightful vagueness!) do actually, when their sauce(?) is cooked, run it through a strainer into the sauce-boat! In the latter case, the sauce may be smooth, but examine the strainer, and see at what cost the smoothness was obtained! Flour is cheap, doubtless, and the quantity wasted represents, after all, but a very inappreciable sum it may be; but, then, why need *anything* be wasted? However small it is, it repre-

sents labour of some kind. As a matter of fact, it is much to be questioned if the excessive cheapness of so much of our food-stuff, that we so rejoice over, is not at the bottom, and the cause, of the deplorable waste which is one of the great blots on British housekeeping.

Unfortunately, few mistresses are capable of improving this state of things. We are, as a rule, only too apt to imagine that things equal to the same (in appearance) are equal to one another (in flavour), and so we allow our cooks to produce a white sauce which looks pretty much like the sauces we saw when on a tour abroad, or when dining with a friend able to boast a French *chef*, and are content, blissfully ignorant of the fact that the white sauce we did *not* taste was absolutely different from the one we did try, until our mankind begin grumbling at the dish we have fondly hoped was a perfect replica of the one they praised so much at Mrs. So and So's; and then, it must be admitted, we are apt rather to blame them for their fastidiousness than our cook for her ignorance, or ourselves for our lack of discrimination.

It is perfectly true that of white sauces England really boasts but one, melted butter; still, that one is so good, if properly made, that it will go a long way when rightly prepared. There are, however, a good many more sauces than we imagine till we begin to count them up. But to begin with melted butter. The foundation of this is very simple and economical, consisting simply of flour, butter and water; the great secret lies in the mixing. For this proceed as follows:—Melt two ounces of fresh butter in a delicately clean pan, then sprinkle in from one to two ounces of flour, according to the richness you desire to give your sauce, and stir this all over the fire till the

butter, thoroughly melted, has absorbed the flour, and the two form a smooth, even paste ; when the sauce will lift from the pan and leave a clean place behind it, pour in, gradually, half a pint of water, stirring this in steadily the whole of the time so as to prevent any lumps forming ; if by any accident there should be any undue thicknesses, the only thing is to stop pouring in the liquid, and to beat together the sauce with a wooden spoon until it is all reduced once more to a smooth, even paste, then finish adding in the water. Once the water is all in, let it all boil together for ten or twelve minutes, stirring it occasionally to ensure the perfect cooking of the flour. It is to the neglect of this rule that we owe the raw, pasty flavour so often noticed in badly made melted butter. The sauce, now perfect, should properly be rubbed through a fine hair sieve, or a tammy-cloth, but in most cases it is considered sufficient to pour it through a fine tin strainer ; in fact, if carefully prepared from the first, it should require no straining at all for domestic purposes, though the tammy, or its nearest equivalent, the fine hair sieve, gives a soft, velvety smoothness to the texture of the sauce that nothing else will, and that once realised is never forgotten. Of course the less flour there is in proportion to the butter, the richer the sauce will be, and to make melted butter absolutely perfect, epicurean diners insist on the addition, just as the sauce is being poured into the tureen, of half an ounce of fresh butter and a tiny squeeze of lemon-juice, with a very slight dash of white pepper. Prepared thus, with fish at any rate, few people will regret the absence of béchamel or velouté. It must be remembered that the tureen in which the sauce is to be served should always be carefully scalded out before use, or the cold china will chill

the sauce, and tend to make it lumpy. It may be well, at the same time, to mention that a much more economical way exists of making melted butter, which, however, possesses considerable merit. For this one and a half ounces of flour are cooked as above with only half an ounce of butter, the boiling water being added in precisely the same way, and then, just as the sauce is to be served, you stir in another half ounce of butter broken into small pieces, each piece being carefully stirred till dissolved in the boiling sauce before the next piece is added in. Sauce made thus has a creamy, delicate flavour, and is very nearly as rich as the first mentioned kind, though, it must be admitted, it is a little more troublesome to make satisfactorily, but, as the French say, if one cannot pay with one's purse, one must with one's person, *i.e.*, personal care and attention make up for deficiency in materials.

Sauce made as above, only with boiling milk instead of water, is excellent, and forms a very praiseworthy "white sauce," which must not, at the same time, be confounded with béchamel. The great objection to this sauce, however, as too often made by British cooks, is the predominating flavour of mace or nutmeg (too frequently both) it is apt to possess. Both these spices, being very strongly flavoured, require great care in using, and should never be added to any sauce till it is known that their flavour is not objectionable to those who will eat it, for, if disliked at all, both mace and nutmeg are usually detested. To this white sauce a spoonful of cream is an immense improvement, and satisfactorily replaces the fresh butter given with melted butter.

Made on the above plan, the national sauce need not be, as it too often is, the national disgrace, but it must be admitted that it takes longer to prepare than the

ordinary rough and ready method. To obviate this, where melted butter is in constant request, the best plan is, at a leisure moment, to put on the fire four or five ounces of butter, and melt this as above, stirring in as it dissolves an equal amount of fine dried and sifted flour, and allow this to cook together gently, but without colouring, from twelve to fifteen minutes. When perfectly smooth and blended, pour this into a delicately clean jar, seasoning it with a little salt ; cover this jar with a sheet of white paper twisted over it, and keep it in a cool place till wanted. This is a very handy stand by, as, by its help, a sauce can be improvised in a few minutes ; for the flour and butter, being already cooked, only need to be boiled up together with the milk or water, and finished off with a little more butter, white pepper, and lemon-juice. This paste keeps good for a few days, in winter especially, but care must be taken not to overkeep it, for if it has contracted the slightest musty taint, it will spoil everything it comes in contact with. This paste is the thickening known as *roux blanc*, which is the foundation of all the French white sauce, however delicate.

Having mastered the way of making melted butter, you can vary your sauces considerably. For instance, if you stir to half a pint of any of the above forms of melted butter, from a teaspoonful to a tablespoonful (according to taste) of Burgess's Essence of anchovy, you get very good anchovy sauce. Or a teaspoonful of parsley, capers, or fennel well washed, dried, and finely minced with a sharp knife, added to half a pint of melted butter, with a little white pepper (and a dash of lemon juice for parsley, or plain or chilli vinegar for fennel) will make excellent caper, parsley, or fennel sauce for fish, chicken, etc.

N.B.—There is a right and a wrong way of chopping parsley; it should be well washed, and then wiped perfectly dry in a clean cloth, though without pressing or bruising it. Now mince it with a sharp knife, and you will have it in fine separate particles that will flavour the sauce agreeably without clogging it. If minced wet, parsley goes together in a lumpy mass.

Egg sauce is made by boiling an egg for twelve minutes, then throwing it into cold water till perfectly hard and cold, when it should be cut into little dice, added to half a pint of melted butter, and heated, a dash of lemon-juice (or vinegar) and white pepper, with from half an ounce to one ounce of fresh butter, or a couple of table-spoonfuls of cream being stirred into it just as it is to be served. A teaspoonful of made mustard added to half a pint of melted butter also makes a nice sauce for serving with herring, or even roast beef. Oyster, shrimp, and lobster sauces, the foundation of all which is melted butter, require, however, rather different treatment to ensure their right flavour. For instance, for oyster sauce, save all the liquor from the oysters, and add to it enough water to make up a full half pint; in this simmer the beards of the oysters until their flavour is extracted, and then use this stock, strained and seasoned, to make the melted butter in the usual way; when it is finished put in the oysters, whole or halved, and allow them to heat gently in the sauce (be very sure they do not boil, or they will toughen!), add the half ounce of butter, or preferably a spoonful or two of cream or new milk, and a dash of lemon-juice and pepper, and serve. Lobster sauce is made in the same way, only boiling the shell to extract the flavour; whilst for shrimps the heads and shells should be used to form the stock.

To all these three sauces a few drops of essence of anchovy are an immense improvement ; but be careful only to use *just* enough anchovy to bring out the flavour of the sauce without betraying its own presence therein.

Besides these simple forms of our national sauce, we have a few others less generally known save to old-fashioned housekeepers, which deserve attention, and some of which even obtained honourable mention from no less an authority than M. Urbain-Dubois, author of "La Cuisine Classique," and sundry other standard works on cookery.

Admiral's Sauce.—For this make half a pint of the second melted butter, tammy it, and when re-heated add to it a spoonful of minced capers, the same of minced parsley, a grate of lemon rind, a squeeze of lemon-juice, and a few drops of essence of anchovy. (It is well to observe here that in France such addenda as anchovies, cayenne, etc., are generally added to sauces in the shape of "butters," *i.e.*, butter rubbed down smoothly to a paste with the condiment desired, and put in just at the last before serving the sauce ; this plan being held to ensure the due blending of the mixture better than if the seasoning is added separately.)

Apple Sauce.—Peel, core, and quarter one and a half pounds of apples, throwing them as you trim them into water just pleasantly acidulated with either lemon-juice or vinegar to preserve their whiteness. When all are done put them into a pan, with just enough of the acidulated water to keep them from burning ; let them simmer till soft enough to pulp, then beat them through a sieve, mixing with the pulp thus obtained about one ounce of fresh butter, and sugar to taste. If liked, a dash of lemon-juice

or a grate of the lemon rind, or a little spice, may be added to this sauce.

Bread Sauce.—Boil half a pint or so of milk with a few peppercorns, a spray of parsley, an onion (or two or three green onions are better), and a clove, till well flavoured. Now put six ounces of freshly-grated white bread-crumbs into a pan, and pour the boiling milk on to it through a strainer. Cover the pan closely, and leave it at the side of the stove until the bread has soaked up all the milk, then beat it to a smooth pap with a fork, give it a boil up, stirring it all the time to prevent its catching (it should be rather thick); add two good tablespoonfuls of cream with a seasoning of salt and white pepper, and serve very hot. Nutmeg and mace are also added to this sauce by some cooks, but require great care with regard to quantity. There is no surer test of the capacity of a cook than in this matter of adding spice to any dish.

Devil Sauce.—Thicken some good brown stock (about half a pint) with butter and flour (prepared as for melted butter) till the sauce is as thick as batter, now add to it a tablespoonful of walnut ketchup, the strained juice of a lemon, a teaspoonful of made mustard, and the same of essence of anchovy, twelve or fourteen minced capers, a small shallot, blanched and finely minced, a dust of cayenne, and about half the rind of the lemon grated. Bring this all to the boil, then simmer for a few moments; serve poured over the grilled meat with which it is to be served, or the meat may, if preferred, be simply heated in this sauce without being allowed to boil.

Drawn Butter.—Put into a delicately clean pan four ounces of butter, two teaspoonfuls of lemon-juice, and a good pinch each of salt and white pepper. Stir this all over the fire

till the butter is half melted, then lift the pan off the fire, and continue the stirring till the butter is perfectly dissolved. If prepared thus, the butter is creamy and far fresher in flavour than when permitted to melt altogether over the fire.

Gooseberry Sauce.—Clean and trim a pint of green gooseberries, blanch them for a moment or two in boiling water, then drain them, rub them through the colander, back into the pan, add two ounces of butter, allow them to boil till quite cooked, and serve. This sauce may be made with bottled gooseberries when the fresh fruit is out of season in just the same way, only that they do not require the pre-fatory blanching. Or, again, it may be made with green gooseberry jam thus:—Put four ounces of green gooseberry jam in a pan with a gill of water, and the juice of half a lemon, boil together for about ten minutes, then rub it all through a fine sieve, and re-heat in the *bain-marie*. Both these two sauces, however, may require to have a few drops of vegetable green colouring added to them just before they are sieved, to bring up the colour properly. It is well to avoid the use of colourings in sauces whenever possible, and when used it should be with the utmost caution and delicacy. Over-coloured, like over-seasoned, sauces are an abomination.

Horse-radish Sauce.—To half a pint of best melted butter add a tablespoonful of finely grated horse-radish, a dash of castor sugar, and a spoonful of cream or new milk, and serve.

Lemon Sauce.—Remove the peel from a lemon, and slice the pulp, taking away the pips, next cut these slices into dice, carefully removing any white pith, blanch the liver of a fowl, and mince that also finely, place both the liver and

the lemon in a sauce tureen, pour on to them half a pint of best melted butter, and serve. (This sauce is given by no less an authority than Baron de Brisse, with approval as an English sauce.)

A plainer form of this is to make some good melted butter, and just after sieving it, add the finely grated rind of half a small lemon, and then the strained juice of it little by little to the sauce, re-heat and serve. The lemon-juice should not be put in till the sauce has cooled a little, and it must not be allowed to re-boil afterwards. This sauce is usually served with boiled fowls or veal, and sometimes finely minced parsley is added to it.

Mustard Sauce.—Mix together one ounce of sifted flour, and half an ounce of mustard flour, and make this into melted butter in the usual manner with two ounces of butter and a short half pint of boiling water. When worked together and well blended in the usual way, let it all boil together from twelve to fifteen minutes, then add a teaspoonful of vinegar, and serve.

Pike Sauce.—In former days, when fresh-water fish were more appreciated than they are now, pike was considered an especially dainty dish in many counties. In the eastern ones, especially in Lincolnshire, it was almost invariably served in old-fashioned houses, however cooked, with this sauce. Melt two ounces of fresh butter, and work into it in the usual way one and a half ounces of flour, and when thoroughly blended, pour on to it gradually half a pint of boiling milk; let it boil up again, then stir in an anchovy cut small, half an ounce of fresh butter, two spoonfuls of thick cream, a dust of cayenne, a little lemon-juice, and a tiny grate of the rind. This is an old receipt. A small

spoonful of lemon pickle was sometimes substituted for the lemon-juice and peel.

Pleydell's Sauces.—Of these there are two: one a form of bigarade, made by boiling up together half a pint each of claret and good gravy, seasoning it with pepper, salt, cayenne, and the juice of two bitter oranges, simmering it all together for a few minutes, then pouring a little over the game, and serving the rest in a sauce-boat. The second is more especially for wild fowl. For this sauce:—Bring just to the boil together a full gill each of strong brown gravy, and claret or port wine, a dessertspoonful of finely minced shallot, and a rather high seasoning of salt, cayenne, and pepper. A few drops of essence of anchovy, made mustard, and walnut pickle may be added to this sauce, particularly if served with rather strong-tasted water fowls. This is especially the case if to be served with wild goose, or gannet, or solan goose. Of late years there has grown up a fancy for a gravy obtained by crushing the body of the wild duck (after the fillets have been removed), in a strong press called a duck presser, till all the gravy is extracted, when it is at once just boiled up at table in a small silver spirit kettle with a little claret or port, lemon-juice, minced shallot, cayenne, etc., etc., according to taste. This sauce is naturally made by rule of thumb, but is evidently a modification of the older sauce, immortalised by Sir Walter Scott.

Queen Mary's Sauce.—This is a special but decidedly meritorious sauce for serving with roast shoulder of mutton. It is made thus:—When the meat is three parts roasted, put a soup-plate under it containing three tablespoonfuls of hot water, the same of port wine, a shallot and an anchovy, both finely minced, with a little black pepper.

Baste the meat from time to time with this mixture and the gravy that drops from it, then when the meat is cooked, place it on a very hot dish, the inside uppermost, score it across two or three times with a sharp knife, pour the gravy over it, and cover it liberally with fried bread-crumbs.

As a proof of the popularity of this sauce it may be mentioned that this also obtained the approval of Baron de Brisse, who incorporated a version of it in his "Menus," under the title of *sauce à tous rôtis* (sauce for all roast meat). He simply simmered together an anchovy, a minced shallot, a glass of red wine, a spoonful or so of gravy, and a dash of lemon-juice, then strained it and stirred it into the gravy from the joint.

Lastly, we may mention our one brown sauce, *i.e.*, gravy. This is obtained from the drippings of a joint roasted at an open fire, and is made thus:—When the joint is cooked, take up the dripping pan, pour off the fat from the surface very carefully, then pour into the pan a little boiling water, and stir it round well to take up all the brown spots that will be found adhering to the tin, and which contain the very best of the gravy; add pepper and salt to this, and serve very hot with the joint. Unless attention is paid to mixing in these brown spots of crisped gravy, the gravy will be insipid and watery, as it too often is when the cook pours off the fat carelessly, carrying off more than half the gravy with it, then sluices a quantity of hot water over the joint, without paying any attention to the pan, which is often put aside by a careless cook with quite half the best part of the gravy adhering to it. Good meat, properly roasted, will, if rightly treated, produce a good supply of rich, dark-brown, savoury-smelling meat juice (for it is nothing else), instead of which, from the

best joint many cooks only send up a thin, watery, dirty liquid, without either strength or savour. These crisp, brown spots of solidified gravy are the substance chemically known as osmazome, in point of fact the most nourishing and best flavoured part of the meat, which, without it, is stringy, fibrous, and indigestible. Granted good meat, there is absolutely no difficulty in securing good gravy, if the rule of only adding a *small* quantity of boiling water, and stirring it well in the dripping pan, be observed. It is all the more necessary to see to this matter if children are in question, as the osmazome of meat is their very life.

Though properly not an English sauce at all, there is one more white sauce that requires notice. This sauce, Vénitienne, or Venetian sauce, is a glorified version of melted butter prepared thus:—Into half a pint of the second form of melted butter previously given, stir the yolk of an egg previously beaten up with a spoonful or two of cream or new milk, and allow it to simmer together for a minute or two, then just as you are about to serve it, add a little minced parsley, about half an ounce of fresh butter, and some cooked button mushrooms, either whole or minced. Of course, properly speaking, this should be made with béchamel sauce, but as given above it makes an extremely good sauce for fish fillets, and is very popular in this form in England.

CHAPTER II.

ON SAUCE-MAKING IN FRANCE.—LES SAUCES MÈRES.

HAVING trained your cook into the right method of preparing her native sauce, you will necessarily have to teach her a few, at least, of the French ones, for so far she would have no brown sauce at all. As a matter of fact, she will produce some, which, if she is a careful, clever woman, will be very likely toothsome enough; only, unfortunately, these adjectives do not apply to every cook, and if she should chance to be careless, her brown sauces will be as lumpy and pasty as her melted butter, with the further aggravation of a peculiar bitter flavour, which she will use all kinds of addenda to disguise.

In the French kitchen there are, properly speaking, three *grandes sauces*, or *sauces mères*, as they are also called; to wit, *Espagnole*, *velouté*, and *béchamel*. Besides these, there is a sauce sometimes called *sauce blonde*, or *blond de veau*, whilst of late years there has been added to their number a fifth brown sauce, that Gouffé, at least, is very apt to call *Espagnole*, which, however, with all deference to so great an authority, it certainly is not, but simply plain brown sauce.

Before, however, preparing any of these, it is first of all necessary to have a well-made brown foundation, known in France as *roux*, or *roux brun*. This is made in precisely the same way as the *roux blanc*, or white thickening,

given previously; the sole difference being, that it is cooked long enough for the flour and butter to assume a light coffee colour. The secret of perfection in this roux is the time taken over it. It simply *cannot* be hurried. If cooked too fast, over too sharp a fire, it will acquire an acrid flavour that no subsequent treatment will overcome. Moreover, it will in all probability "catch," if placed on too hot a fire, and once burnt it is absolutely spoiled. The slower the process of cooking this thickening, the more perfect will it be, so it should be prepared when the cook and the fire are alike at leisure, to ensure the proper temperature and the proper attention. (Incidentally it may be observed that the average British cook's idea of always keeping up a roaring fire, is as destructive to refined, delicate cookery, as it is wasteful of fuel. It cannot be too often repeated that, for good cookery, it is almost impossible to extract the substance of foodstuffs too slowly, and that our method of cooking everything at a gallop is as unsatisfactory, in a culinary sense, as it is extravagant.) It must be borne in mind that this preparation, like the white one, will keep some days, if kept covered and in a cool place. At the same time it must not be allowed to stand too long or it will give a musty, stale flavour to everything it touches.

Having got the roux right, the next thing to consider is the stock of which the sauce is to be made. If the latter is to be delicate and refined in flavour, so must the stock be; for household purposes, however, any meat trimmings, bones cooked or raw, etc., may be used; in fact the ordinary stock in the family stock-pot will answer admirably, even for the more "company" sauces, provided the stock itself has been properly prepared in the first instance; an ounce

of meat glaze, and a few addenda being allowed extra when something more *recherché* is needed.

But of whatever scraps and trimmings your stock is made, see that some soup vegetables and a due portion of seasoning is put in with them. Where nicely-flavoured good stock only is required, these may be put in as they are, but where extra rich colour is desired, it is well to heat an ounce or two of butter, dripping (clarified), or marrow-fat, and, when this is melted, to allow the meat, vegetables, etc., to brown a little in this, being careful they do not catch in the process. A very tiny pinch of castor sugar thrown in among them at this time is an immense addition both to colour and flavour, though the quantity must be too small to allow of the sweet taste being distinctly perceptible. Stock thus prepared will be rich both in tint and flavour, and very different from the tasteless beef-tea-gone-wrong which too often does duty as foundation for sauces. One point has specially to be considered, and that is the question of the use to which this sauce has to be put eventually. For ordinary sauces, common bone stock may be used; but it is best, whenever possible, to give the sauce some reference to the material it is to accompany. For instance, if game is in question, allow the trimmings, giblets, etc., of the game to cook with the stock; whilst for poultry or white stock of a delicate kind, a little common veal or colourless bone stock is an immense addition to the chicken bones, instead of water, as, without altering the flavour (being almost tasteless itself), it adds a gelatinous richness to the substance, and, for this reason, some first-class French *chefs* even urge the use of plain veal stock in preparing suprême sauce, as enriching the substance without impairing the taste.

With regard to the vegetables used in stock-making, it is to be observed that for this purpose what some cooks call "the strippings," *i.e.*, the stalks, outer leaves, etc., answer admirably. For instance, the stalks of parsley, from which the leaves have been stripped for decorative purposes, will answer for a *bouquet garni* quite as well as, if not better, than the pretty foliage. *Apropos* of bouquets, it may perhaps be well to give here the proper way of preparing that indispensable adjunct in sauce-making. An ordinary bouquet consists simply of parsley and young green onions tied up together, so that once their effect is produced they may be lifted out easily and entirely. But in most cases, what is known as a *bouquet garni* is used (known to our cooks as a "bundle" or "faggot" of herbs). For this, take some rough stalks of parsley, a spray or two of thyme and marjoram (if handy), and one or two green onions; lay these flat, and on them lay a bay-leaf, a strip of thinly-pared lemon peel, and a couple of cloves; now fold over the stalks of the parsley, etc., so as to cover the spice, etc., and tie it up neatly with a bit of cotton (in shape like the little parcels of lavender careful housewives put into their linen shelves), carefully clipping off any loose ends that might drop off and remain in the sauce. This may seem a trouble at first, but soon one gets into the knack of it, and a bouquet prepared thus, being easily lifted out clean and clear, often saves much trouble in skimming, etc., at the end.

Now, having prepared the roux, the stock, and the bouquet, let us go on to the making of the sauces.

The two easiest to make are the *velouté* and the *sauce blonde*. By many cooks these are considered identical, yet, strictly speaking, they are not, as *velouté* should be made

distinctly with white sauce, so that it may be as nearly white as possible, whereas the *blonde* may be made from any stock (though preferably not from stock made with fried vegetables, etc.), and is usually of a soft fawn colour, about the tint, for instance, of weak *café au lait*. Both these sauces are made like melted butter, being, in fact, melted butter sauce made with stock instead of water.

For *sauce blonde*, prepare a *roux blanc* with equal quantities of flour and butter, letting these cook together till perfectly smooth and well amalgamated; then to this roux allow half a pint of stock to every three ounces of roux, and stir this over the fire, allowing it to boil for ten minutes or so, to ensure its all being properly cooked. It should thicken, or reduce, quite a fourth part in the making, if required for ordinary use; but you must judge for yourself the thickness you wish it to be. If to be served as a sauce by itself, with veal, for instance, add a dash of lemon juice, and, off the fire, stir in a little butter broken up into small pieces, not putting in one till the previous piece has been well melted. If you have to be economical, and do not wish to use so much butter, mix together, in the usual way, an ounce or so of flour and half an ounce of butter, rubbing this all down over the fire till perfectly smooth, and till the flour is thoroughly cooked. Now dilute it in the usual way with the stock, and allow it to reduce by means of rapid boiling till it is of the desired consistency; then flavour with the lemon juice or a little vinegar, and lastly, stir in, off the fire, half an ounce or so of butter, broken up into little bits, mixing this lightly and quickly into the sauce, which will be found to be far more buttery and rich in flavour than a sauce made in the usual way with twice the

quantity of butter. Made with fish stock, this is a delicious sauce for boiled or baked fish.

Sauce Velouté is made in precisely the same way, only being careful to keep the roux as white as possible, and to use white stock only, preferably veal. The remark as to butter applies equally to this sauce. This is all that is necessary if the *velouté* is simply to be used as a foundation; but if to be used as a sauce by itself, a little more white pepper, a dash of lemon juice, and, if liked, a spoonful or two of cream, stirred in at the last, may be added.

Brown Sauce is much darker; indeed, it is a coffee-brown, obtained partly by the use of the *roux brun*, partly, also, by the frying of the vegetables and meat, etc., of which the original stock was made, and partly by the fact that a tomato or two sliced and a carrot are frequently fried with the roux in the first place, though it must be confessed this is seldom, if ever, done by a French cook. In fact, abroad, this brown sauce is made precisely like *velouté*, only with very dark stock and dark thickening. This sauce, likewise, may be economically made by only using a small quantity of butter for the roux and finishing with the fresh butter added at the last. It is excellent as a foundation sauce, as it can be seasoned and flavoured to suit any dish, without detracting from or interfering with the individual aroma of the particular one it is to accompany, as the more highly seasoned and strongly flavoured *espagnole* most certainly would do. It must be remembered that, though with ordinary care all these sauces can be made very smooth from the first, nothing will give the velvety smoothness (from which, indeed, *velouté* takes its name) indispensable to a high-class sauce, save tammying, *i.e.*, rubbing it through a tammy-cloth (a loosely-woven

woollen material, held at the ends by two people, who twist one against the other, only each a different way, till all the sauce has been forced through); or, as this is troublesome in a short-handed kitchen, being impossible for one person to manage, a very fine hair sieve is sometimes used instead, or the convenient sieve, with a kind of rotatory dasher, known to French cooks as a *tamis-pressoir*.

Sauce Espagnole.—This sauce, the richest and most highly flavoured in the French cuisine, is said to derive its name from the highly-cured Spanish (locally known as Estremaduran) ham, which is its basis. The strictly correct way of making this sauce is as follows:—Cut one lb. of veal, half a lb. of beef, and four oz. of lean, highly-smoked ham into dice, and lay these in a pan with an oz. of butter, or good clarified dripping. (*N.B.*—To be absolutely accurate, a clove or two of garlic should be put in with this, but for English taste it will probably be found sufficient to rub the pan itself two or three times with some freshly-cut garlic.) Add to this one or two tomatoes sliced, a mushroom or two, one carrot, and two onions also sliced, a spray or two each of parsley and thyme, and a bayleaf. Toss these all over the fire till the contents of the pan are nicely browned (but not burned), then season with salt, whole pepper, and one or two cloves; add as much ordinary stock or even water as will cover all the ingredients liberally, and let it cook very gently for two and a half to three hours. Now strain it, add a little wine to it, with a very few drops of lemon juice, let it re-boil, then pour it boiling on to the roux brun, measuring this by the amount of stock you have, when it should be stirred over the fire till it boils up, and most carefully skimmed, then poured into a fresh pan, and allowed to boil sharply till

reduced quite a fourth part. It can then be tammied, and is fit for use ; or it may be set aside till wanted, as it will keep good for a few days, though it may possibly require an occasional boil-up.

It cannot be too strongly impressed on English cooks that French cooks obtain the consistency of their sauces most especially by this process of boiling-down, or "reduction," as it is technically called ; and that sauces thus reduced to the proper thickness are always nicer and more delicate than those that owe their substance almost entirely to their thickening ; just as the French sauce owes its flavour to the fact that all seasoning, etc., is boiled with the sauce, never save in the case of lemon juice or butter being added after the sauce is made. "A little bit of butter rolled in flour," popped in just as it is to be served, by the English cook, because her sauce is too thin ; or the cruet sauces so recklessly added by the same person to increase, or more often to disguise, the flavour, being abominations undreamt of in well-managed French kitchens. A few drops of essence of anchovy, or a spoonful of ketchup is a permissible addition occasionally, but as a general rule they are a mistake, the required taste being better obtained either by the use of fresh condiments, cooked with the sauce, or by the addition at the last of one or other of the flavouring butters given in the chapter on that subject later on.

The last of the sauces-mères to be noticed is Sauce Béchamel ; this is made by first boiling some good milk with a young onion or two and some mushroom trimmings, until the milk is nicely flavoured ; an equal quantity of well-flavoured white stock is then added to it, and after due seasoning with white pepper and salt, is poured boiling

on to the white roux, and the whole allowed to boil together, well skimmed, and then reduced to the desired consistency.

This is béchamel when used as a foundation. There is also another form of it known abroad as *béchamel maigre*, which is made with milk only, the milk, however, being strongly flavoured both with vegetables and spice, before it is added to the roux. This sauce is also sometimes called *sauce blanche*, but more usually that name is reserved for a kind of melted butter made with boiling and seasoned milk, instead of water. This latter sauce can be had either savoury or sweet as desired, the necessary ingredients being, so to say, infused in the milk before it is added to the roux, and, consequently, is altogether different from the "white sauce" known to our cooks, which is only too often made by pouring boiling milk on to raw flour, "rubbing it smooth" (an operation usually most perfunctorily done), then throwing in an indefinite quantity of butter, and finally bringing up the taste with a copious and unmeasured dose of ground mace and nutmeg.

There is also another form of *béchamel maigre*, made precisely like the first, only fish stock well clarified and seasoned is used instead of the white stock. Of course it is understood that this béchamel is simply a foundation sauce. The way to prepare it when to be served as a sauce by itself is given in the chapter on béchamel and its derivatives.

The great secret in sauce-making is to have them delicately, and, at the same time, distinctly flavoured. This is easily enough managed with sauces made on the French plan with natural flavourings, but in the English manner becomes troublesome when you have to trust en-

tirely to the spice-box and the cruet-stand. A cook who masters the above sauces thoroughly will find that even with these only she can introduce considerable variety into her cooking, especially as both the velouté and the brown sauce can be varied indefinitely. The espagnole and the béchamel, however, should always retain their individuality, the ham, wine, and onions of the one, and the delicate, creamy flavour of the other being definite specialities which must never be lost sight of, though slight additions may be permitted to both. It must, therefore, be observed in following the directions for sauces given in the succeeding recipes, that there is a special meaning in the varying of the ground sauces, and that if brown sauce is used for espagnole, or béchamel for velouté, or conversely, there will, to a trained palate, be a decided difference in the sauce. Now it is just these subtle distinctions that really constitute *la haute cuisine*, and not the more or less costly ingredients. A trained *chef* will produce more variety with milk, stock, eggs, flour, a bunch of herbs and a handful of soup vegetables, than the average British "professed cook" could evolve from the whole contents of Fortnum and Mason, and the local grocer put together. And this is where the education of the mistress should come in, as she should train herself to discriminate and watch the sauces, in which case she will soon find that *bête noire* of the English kitchen grow into a very docile and useful servant. The great fact to realise is that though you may require many and costly ingredients to produce certain high class dishes, *la haute cuisine* is compatible with the plainest materials, and the simplest *batterie de cuisine*. And it is precisely this fact that is scarcely ever grasped by our house mistresses, though,

until it is, we shall most certainly *never* have good cookery indigenous in these islands.

Before, however, going on to the recipes for various sauces, a few words as to the actual preparation of these condiments, in a French kitchen, may be advisable. French cooks pay special attention to their sauces from the very first, even the roux being worked to perfect smoothness before the stock, etc., is mixed with it, and this small initial attention goes far to minimise trouble later on. Of course, for *les grandes sauces*, tammying is all but indispensable, and indeed every sauce, however simple, is the better for it; but in small establishments, where labour and time have to be economised as well as money, a good deal may be done to render this unnecessary by attention to first processes. See that your flour is dry, sifted, and warm before beginning to sift it into the melted butter, and then be careful to have it thoroughly cooked. Roux should be cooked till it is absolutely smooth before a drop of liquid is added to it; if this is attained, and then the stock, milk, etc., steadily worked into it instead of being plainly poured on to it, and perfunctorily stirred in, you will find your sauce will become far smoother than by the ordinary method, and for household purposes will hardly require re-straining, much less tammying. Still for high days and holidays it is to be remembered that nothing produces the velvety look, so desired by gourmets, as tammying does. Again, there is a great art in the mixing in of the ingredients; as, for instance, when butter is added to the sauce, and almost every kind is improved by the addition, at the last, of a piece of fresh butter stirred into the pan just as you are lifting it off the fire. When plain butter is used for this purpose, break up the amount of

butter to be added into small pieces, and add these to the sauce one by one, being careful that the last piece does not go into the pan till the preceding one has been thoroughly incorporated with the mixture. Added in this way, the butter gives a much fresher, more buttery taste than if it is just stirred in in the lump. Moreover, by pursuing this course you will find the butter go much further.

CHAPTER III.

FLAVOURING BUTTERS.

WE are slowly becoming acquainted in England with the merits of savoury butters of various kinds, though, as yet, their use is restricted chiefly to the preparation of hors d'œuvre, savoury entremets, or sandwiches. But in reality their most useful employment is in finishing off, and giving value to, the daintier sauces, and this use has been, in fact, their principal one abroad, where a tiny dab of some *beurre composé*, as Urbain Dubois calls them, is considered the necessary climax, just at the last, to a delicately thought-out sauce.

Any really good cook knows that almost every sauce is improved by the addition, at the very last moment, of a small pat of cold butter dissolved in the hot sauce just as it is taken from the fire preparatory to its addition to the dish to which it belongs, or its transference to the well-heated sauce-tureen; the cold, raw butter imparting a fresh buttery taste which is wanting in the cooked butter of which the sauce is composed. Now if this cold butter has been previously worked up with the special ingredient that is to give its *cachet* or distinguishing character to the sauce, it naturally follows that the latter will gain immensely by the addition. In fact, culinary authorities assert that the butter actually brings out the flavour of this

seasoning, besides ensuring its amalgamation with the sauce in a fashion that is obtained by no other method.

The following are some of the most popular of these *beurres composés*, or flavouring butters.

Anchovy Butter.—Well wash eight anchovies preserved in brine, to remove unnecessary salt, bone and pound them till very smooth with an ounce of butter, rubbing it all through a sieve afterwards if you are doubtful of all bones having been removed. Lastly, mix it thoroughly with four ounces of fresh butter. Anchovy paste or essence may be used for this butter, but neither is so satisfactory as the fish themselves.

Ayoli, or Garlic Butter.—This favourite Provençal delicacy is prepared thus:—Peel off the outer skins from as many cloves of garlic as your guests (two ahead is the outside limit even in garlic-loving Provence, three between two is the average allowance), now pound them in a mortar as fine as possible, then when reduced to paste work into the mass, drop by drop, some good olive oil. When the mass is of the consistency of stiff butter, work in, always stirring the pestle the same way, a few drops of tepid water, and then the strained juice of half a lemon. Then add more oil till you get your mixture to the right consistency. It often happens that just as you think your sauce is right, it suddenly turns to oil. The only thing then is to turn it out into a basin, pound two or three more cloves of garlic in the mortar, then when reduced to a paste, pound to these the yolk of a raw egg, and when well mixed, work into it, gradually, the oiled ayoli, stirring it steadily one way till it all forms a thick, smooth cream again. Some cooks begin in this way from the beginning to save themselves trouble. This is the common form of ayoli, a more complicated

form is given below under its other name of Provençal butter.

Cayenne and Coralline Butter.—Put a teaspoonful of either pepper into a basin, and work into it five to six ounces of butter, being careful to have it very smooth and well mixed, as this butter is not sieved after making, as most of the others are. For cooking purposes it is best to use cayenne, but for garnishing, coralline pepper is certainly to be preferred on account of its pretty colour; being less hot than cayenne, more may be used, and being more delicate it is best for use in white sauces. Of course the proportions may be varied to suit individual taste. Curry also makes an excellent flavouring butter, prepared in exactly the same way.

Crayfish Butter.—Pound to a smooth paste the shells and claws of thirty-six to forty crayfish (previously cooked in stock and wine), with six to eight ounces of butter. Now put it on in a pan in the *bain-marie*, or in another saucepan three parts full of boiling water, and let it cook till the butter is all melted and nicely coloured; then wring it through coarse muslin, and leave it till set, when you must carefully scrape off any soiled or badly coloured parts; now wipe the butter and melt it once more, stirring it carefully till it sets again. This makes it smooth, and gives it a good colour.

Gascony Butter.—Blanch thoroughly and three parts cook six or eight cloves of garlic, then pound them to a smooth paste with four ounces of butter; rub it all through a sieve, and add to it a dash of cayenne and of nutmeg, a teaspoonful of mustard, and a little well-washed, dried, and minced tarragon and parsley. Pound it all together till well blended. This mixture can also be made with good

salad oil instead of butter, and in that case would be another form of the *Ayoli* given below. This butter makes an excellent addition to cold meat for those who are not afraid of strong flavours.

Another form of Gascony, or rather garlic butter, is the following, which is well worth the trouble it entails, especially with broiled chicken, etc. Chop a little raw lean ham, a spray or two of parsley and thyme, and a bay leaf, and put it into a stewpan with a morsel of mace, two pounded anchovies, and six cloves of garlic; moisten it with two teaspoonfuls of good vinegar, and simmer it all together for five minutes. Now add a ladleful of good rich stock, and let it boil gently at the side of the fire for fifteen minutes. Then reduce it to half its original quantity by rapid boiling; rub it through a sieve, and work into it as much butter as it will absorb.

Horse-radish Butter.—Well wash one large or two small horse-radish, and grate them down as fine as possible; pound it with an equal quantity of butter, rub it through a sieve, and add to it a few drops of chilli vinegar. Another way of serving this is to beat the butter to a cream, mix in the very finely grated horse-radish, flavouring it with either chilli vinegar or lemon-juice; or, again, stiffly whipped cream may be used instead of the butter, but in any case it should be well iced. This is particularly good with cold beef.

Lobster Butter may be made precisely in the same way as crayfish butter, or it can be made by pounding together thoroughly the coral, spawn, and the creamy parts of the head of the lobster, then incorporating this purée with as much butter as it will take up. A little cayenne or coral-line pepper should be added to either of these methods.

Maitre d'Hotel Butter.—Blanch some good parsley, press

it till dry, but do not squeeze it, mince it pretty fine, then work a tablespoonful of this minced parsley into half a pound of butter, season it with white pepper, and salt to taste, incorporate with it a tablespoonful of strained lemon-juice, and keep it in a cool place.

N.B.—This butter should not be worked more than is absolutely necessary to mix it properly, or it will be spoilt.

Montpellier Butter.—Blanch a pound of mixed herbs, such as chervil, tarragon, small cress, chives, and pimpernel if handy, for two minutes in boiling water, then rinse them in fresh cold water, and dry them very perfectly in a clean cloth. Now pound in a mortar three hard-boiled yolks of eggs, three well-washed anchovies, one and a half ounce of pickled gherkin, the same of capers (wiped free of the vinegar), and lastly the herbs lightly chopped. Season it with salt and white pepper, rub it all through a tammy or a silk sieve, then add to it a pound of butter (previously well pressed to get rid of any buttermilk), and pound the whole together till perfectly incorporated, when you add to it two tablespoonfuls of oil and one of vinegar. This butter should be of a pretty pale green shade; if it is not, and the butter is required for garnishing, a drop or two of green vegetable colouring may be added to it to produce the right tint.

Mustard Butter.—This is simply flour of mustard rubbed up with fresh butter, with the addition, if liked, of a dash of cayenne, and a very little good vinegar. (This butter is very good by itself, or as an addition to melted butter with broiled fish, such as herring, etc.)

Périgord Butter.—Trim and mince five or six large black truffles, and place them in a pan with four or five tablespoonfuls of Madeira (or sherry), and a dash of pepper, and

let them cook for a few minutes, then let them cool, and pound them to a paste in a mortar, blending them gradually with four ounces of butter, and rub it all through a tammy or a fine hair sieve; half a well-washed anchovy may be pounded with this when the dish it is to accompany requires it.

Provençale Butter (sometimes called **Ayoli**). — Steep about two ounces of crumb of bread till reduced to a light pap, remove the germ and skin from two cloves of garlic, blanch and peel six sweet almonds, and pound them first with the garlic, and then with the bread pap, from which all the moisture must have been well pressed first. When this is all brought to a smooth paste, work into it *very* gradually enough good oil to make it soft and of the consistency of butter. Some people add the yolk of a raw egg to this mixture before putting in the oil, to make it mix better.

Raifort Butter.—Pound about three tablespoonfuls of very finely grated horse-radish to four ounces of fresh butter, then rub it through a hair sieve. This is a particularly nice addition to broiled or grilled steak, etc.

Ravigotte Butter.—Pound together a good spray of parsley, the same of tarragon and chervil, with a very few chives and a tiny shallot, then pound with it an ounce of butter, half a teaspoonful of essence of anchovy, and, if necessary, a drop or two of green vegetable colouring, and rub it all through a hair sieve. If chopped and pounded gherkins (*cornichons*) are substituted for the anchovy, and a dash of nutmeg added to the flavouring, this mixture is called by Urbain-Dubois and some other cooks, *beurre printanier*, and, of course, gives a somewhat different flavour to anything to which it may be added.

Shrimp Butter.—This is made either in the same way as crayfish butter, or, more simply, by pounding a pint of freshly boiled shrimps with four to five ounces of butter, adding a good dash of cayenne (or if for garnishing purposes coralline) pepper, and a suspicion of mace. The pink shrimps should be used for this purpose on account of the colour; but if you only have the brown shrimps, pound in a drop or so of carmine to get the right shade. Prawn butter is made in precisely the same way, only is improved by a tiny squeeze of lemon-juice and a higher flavouring of cayenne. A delicious butter may be obtained with prawns by using curry instead of most of the pepper, only adding just enough cayenne to give piquancy to the mixture.

Valence (or Valentia) Butter.—This is made in exactly the same way as cayenne butter, but using the Spanish sweet peppers, which give a most delicate flavour as well as a brilliant tint to this butter.

The above will enable a cook to vary her sauces almost indefinitely, a little piece of any of these, the size of a hazelnut, giving a noticeable addition of flavour to a saucereenful of sauce. It must, however, be remembered that these butters may not be added haphazard, but that on the contrary, consideration must be given to the nature of the sauce to which they are to be mixed. For instance, a dash of Ayoli or Gascony butter would do no harm to a dish *à la Provençale* or *à la Portugaise*, while it would actually improve tomato sauce in the opinion of a good many, but either would ruin an *allemande*, or such like. Périgord butter, however, is an exception, and might be added with impunity to almost any sauce.

Objection may probably be taken to the various forms of

garlic butter given above; but, as a matter of fact, garlic enters far more largely into foreign cookery than English connoisseurs are aware of, the reason being that abroad garlic is treated much more carefully than with us, where it is looked on as a coarse, not to say vulgar, flavour. The "cloves" of garlic alluded to above are in every case deprived of the outside coarse skin, and are pounded with the utmost care so as to get them to the finest possible paste before adding the rest of the ingredients. Moreover, for any save a Southern palate they are only added to the various sauces, etc., with the utmost caution, and usually not till they have been thoroughly blanched. Few English people know that a great deal of the flavour they praise so loudly in French salads is in most cases due to the "chapon" or crust rubbed with garlic, deftly introduced into the salad bowl, and sometimes (not always), removed before serving it.

CHAPTER IV.

BROWN SAUCE AND ITS DERIVATIVES.

BEFORE commencing a description of the made, as contrasted with the foundation sauces (such as brown, espagnole, velouté, béchamel, etc.), a few words must be said concerning the materials used in their making. The component parts are, roughly speaking, three: the roux, the stock, and the flavouring. A careful combination of these produces the *sauces mères* or stock sauces, which, again, combined in different proportions with various flavourings and garnishes, compose the almost infinite variety of sauces known to the foreign *cuisine*. The component parts must necessarily be of the best to start with, if their combination is to result in success. The flour used for the roux must be free from all mustiness or staleness, and must, above all, be dry. The butter used, if not absolutely of the finest quality, must, at all events, contain no tang or after-taste to interfere with the proper savour of the sauce. The stock used must be good, strong, and delicately seasoned. In the case of many delicate sauces, the only vegetable flavour must be brought by the stock, as the crude taste of raw vegetables inserted at the last, just to give the requisite characteristic (when the sauce has been completed), would be utterly destructive of the softness and delicacy needed. Where wine is required, also, the question of what to use becomes an important one. How often one has heard a

careful housewife say of a corked or soured bottle of wine : "Oh! that will come in excellently for the sauces and kitchen use." But it is a great mistake. Spoilt material will never produce satisfactory results in anything, be it what it may. Use good, wholesome, sound wine, white or red as may be necessary, though it is *not* necessary to put vintage wines into the pot. There are plenty of good light wines, ideal for cooking purposes, to be got at a reasonable price. For instance, a capital red wine, claret-like in flavour, and producing the same results, may be had at Messrs. Cosenza's, 90 Wigmore Street, for 12s. the dozen bottles. An equally satisfactory and low-priced light white French wine may be got at Harrod's Stores, Brompton Road; whilst either at Mrs. A. B. Marshall's School of Cookery, Mortimer Street, Cavendish Square, or at John Barker's, High Street, Kensington, a distinctly praiseworthy cooking sherry may be had at 1s. 4d. a bottle. Now, none of these are ruinous in themselves, and being sound, if rather new, wines are infinitely to be preferred to the deteriorated liqueur only too often set aside for kitchen use. It is in great measure to such so-called economy that is due the bad opinion held by many persons anent sauces. Bad wine is always dangerous; sour coarse stock is admittedly noxious; while roux, made of inferior flour and bad butter, can never be anything but unpleasant, and if allowed (as it often is by cooks who should know better) to become stale by over-keeping, it is pretty safe to be indigestible. In the palmy days of the culinary science the two brown stocks were always rigidly differentiated; the plain *brown sauce*, simply melted butter made with a roux that had been allowed to colour slowly and evenly over a clear slow fire, and well-

flavoured brown stock, of the kind called in many kitchens "second stock"; and the espagnole, made by frying together a few stock vegetables, with two or three tomatoes and mushrooms, a bouquet of herbs, a good slice of lean smoked ham, and a due seasoning, in butter or clarified dripping, till nicely coloured (a tiny pinch of castor sugar dropped into the pot improves appearance and taste alike, say many cooks), then moistened with some good brown sauce, and allowed to boil rapidly together till reduced a fourth part; when it was tammied, a little wine, lemon-juice, and spice was added, the whole being allowed just to boil up again, when the garnish was stirred into it, and as it was lifted off the fire, a small piece of butter was allowed to dissolve in it on its way from the kitchen to the dining-room. It is obvious that the flavour imparted by the second of these is bound to be stronger and more highly aromatic than that given by the plainer first. However, as cooking deteriorated, this differentiation was no longer so steadily adhered to. Extravagance led to the perpetual use of espagnole as a foundation sauce, and thus to the assimilation in taste of all brown sauces; and so arose the teaching of Gouffé, who, finding espagnole triumphant as a stock sauce, and acknowledging its unsuitability as a foundation, quietly ignored its history, and bestowed its title on the simple compound we for want of a better name have dubbed "brown sauce."

When instructing a young cook in the culinary art, great care should be taken to make her realise the exact character of each of the four great foundation sauces, at all events. She should understand the difference implied by using one or the other, and learn not to employ them indiscriminately; for, once she does, farewell to all delicacy

in her cooking! Once these are mastered, she may learn as many of the derivative sauces as may be necessary for her work, it being evident that once she can make one really properly, the others will offer little difficulty beyond the list of ingredients. One point must be specially insisted on, and that is the reason for the name so often given to such condiments in French cookery books, namely, *saucés de réduction*. The literal translation would be "reduced sauces," *i.e.*, sauces whose consistency was produced by their reduction or boiling-in while making. In England we often use the word thickening for the French *roux*, and thereby give countenance to the fallacy that the substance of one's sauce depends on the more or less of the said *roux* one uses. To a certain extent, of course, this is so; but no sauce is properly made that owes its thickening simply to this. It never attains its full flavour until all the ingredients which go to its perfection are condensed by this boiling-in process.

Of course, in saying this, I am taking it for granted that the cook in question will have to produce what we over here call "high-class cookery," though our French cousins plainly term it *la bonne cuisine bourgeoise*, *i.e.*, really good household cookery. Consequently, we have to study economy both in material, in time, and in labour, and for this reason, the directions allow of ready-prepared brown sauce being added to the espagnole garnish, instead of producing the same effect by slow reduction of all the materials from the very first. Having said this, it may be as well to give some of the best-known "brown sauce derivatives."

Sauce (Beurre d') Anchois.—Put into a delicately clean pan a pint of good brown sauce, together with half a gill of

brown poivrade, and a gill of strong brown stock; let it reduce together till the sauce clings and slightly coats the spoon with which you stir it, then skim well, tammy if necessary, and place it in the *bain-marie*. When about to serve it, let it just boil up, and, at the very last, stir in about two ounces of anchovy butter.

Sauce Bretonne.—Slice two good onions thinly, and fry them a delicate brown in butter or clarified dripping, then add sufficient brown sauce (say a pint), a gill of stock, and a dash of pepper; let it boil gently for a quarter of an hour, then rub it all through a tammy, and stand it in the *bain-marie* till required for use. It is well, by the way, when leaving sauces in the *bain-marie*, to stir them gently now and again to prevent a skin forming on the surface, which spoils the consistency of the sauce. Some cooks pour a spoonful of stock on to the sauce as it stands in the pan (using milk if the sauce is white) to prevent this occurring; but one or other of these plans should certainly be adopted. This sauce is also sometimes called Sauce Claremont.

Sauce aux Câpres (Brown).—This is made by adding a good tablespoonful of French capers to half a pint of brown poivrade sauce, with a few drops of essence of anchovy, allowing this all just to simmer for a minute or two, then stirring in a small piece of butter and a squeeze of lemon-juice, and serve. Some cooks prefer to replace the plain butter and anchovy essence, with an ounce or so of anchovy butter stirred in at the last; but this is a matter of taste, and depends a good deal on what the sauce is to accompany, for in some cases a plainly discernible flavour of anchovy might not be suitable, though a few drops of the essence will give a body to the sauce that nothing else will.

Sauce aux Champignons.—Boil four ounces or so of nicely wiped and broken up mushrooms in half a pint of good brown gravy for a few minutes, stirring it well, and serve either as it is, or rub it through a tammy, seasoning it to taste with salt and pepper.

This is an excellent sauce for cutlets, fillets of beef, etc., if enough mushrooms are added to it to make it a thickish purée. Some people fry the mushrooms lightly in butter before putting them to the sauce, which must then be finished off with butter and lemon-juice, and a tiny dust of pepper, either white or red.

Sauce Chevreuil.—Put into a pan four ounces of minced lean ham, a good pinch of freshly ground black pepper, a spray or two of thyme, a bay leaf, three or four young green onions, and a little parsley; pour on to it a gill of good vinegar; let it boil up sharply till reduced a half, then add to it half a pint of good brown sauce, not quite half a pint of cooking claret, and a gill of glaze or strong stock; stir this all together over the fire till it boils (skimming it well, and letting it reduce a fourth part at least), and finish by adding to it just at the last a teaspoonful of currant or rowan (mountain-ash berry) jelly, and the juice of an orange. This sauce is for venison, especially roe deer or mountain goat (from experience it may be recommended as an accompaniment to ibex venison), and is by some said to be the original of sauce robert (given later in its present form), a name which, it is asserted, was the French translation of its English title of “roe-brewet,” otherwise roe sauce.

Sauce Colbert.—This is one of the *maigre* sauces, and is made with brown sauce, prepared with either fish or vegetable stock, delicately flavoured with mushroom and a very

little tarragon vinegar, the whole, when properly reduced, being finished off with a small spoonful of minced parsley (or preferably green tarragon) and a good lump of maitre d'hotel butter added just at the last. (About one ounce to the half pint of sauce.)

Chutney Sauce.—Mix together two tablespoonfuls each of hot and of sweet chutney, four tablespoonfuls of brown sauce, about a teaspoonful either of made or French mustard, and a full tablespoonful of tomato pulp or ketchup, with a small piece of glaze or a spoonful of strong stock. Let it all boil together for a minute or two, then add a little salt, and serve.

Sauce aux Cornichons.—Have ready some good brown poivrade; add a spoonful of mixed pickled gherkins to it, with a few drops of the pickle in which they were preserved; let the sauce just come to the boil, add a piece of butter and serve.

Sauce Crapaudine.—Stew four ounces of freshly grated white breadcrumbs in a pan with six ounces of butter, and let it colour very gently; when of a nice brown, pour off the butter, moisten the bread with half a pint of good rich brown sauce (ready for serving), add in a teaspoonful of finely minced parsley, a dash of pepper, and the juice of a small lemon. Let it all boil up once or twice, then pour it into the sauce-boat as it is.

This is excellent for broiled or fried pigeons, partridges, etc.

Sauce Cumberland.—Put into a pan rather more than half a pint of good brown sauce; add to it a pinch of castor sugar, ditto of coralline pepper, the juice of half a lemon, a large tablespoonful of red currant jelly, and a claret glassful of (cooking) port wine, and boil altogether for ten minutes,

skimming it carefully while boiling; tammy it, then add half a pound of sultanas previously picked from their stalks and blanched (*i.e.*, put on in cold water, brought to the boil, then strained, well rinsed, and used); let it all boil up once more, and use. When gherkins are added to this sauce and the currant jelly is omitted, this is sometimes called Czarina sauce.

Curry Sauce (Plain).—Melt two ounces of butter, and stir into it one ounce of fine sifted flour and a full tablespoonful of curry paste or powder, and when well blended, add a little finely shred carrot, celery, and onion. Moisten this with about a pint of thin brown sauce, stir it over the fire till it boils up, and let it boil for fifteen minutes, then rub it through a fine sieve or tammy, and keep it hot in the *bain-marie*

A nicer way to make this is to dilute the butter, flour and curry with half a pint of boiling water in which you have infused a couple of tablespoonfuls of tamarinds; let this all boil up, and boil for fifteen or twenty minutes, then add it to half a pint of either plain brown or tomato sauce, according to what you have at hand; let this come to the boil; add a spoonful of cocoanut milk, or a squeeze of lemon-juice, and a little grated cocoanut, and serve. This last is delicious with fish.

Sauce Diable.—Mince three shallots and put them in a pan with half a gill of red wine, some sprays of parsley, a bay leaf, a spray of thyme, a pinch of freshly ground black pepper, and a tiny pinch of cayenne. (French cooks add a clove of garlic to these ingredients, or rub the pan across three or four times with a clove of freshly cut garlic, but this is a matter of taste.) Moisten all these with a gill of veal stock and a pint of brown sauce; let it simmer

steadily at the side of the stove for twenty-five minutes, skimming it carefully, then tammy and use. Another and richer sauce is given with the derivatives of espagnole.

Sauce aux échalottes.—Put six large or eight small shallots in a pan with a small bay leaf, a spray of parsley, and two or three sprays of thyme; moisten it with half a gill of strong veal stock, and boil it to a glaze, then pour on to it half a pint of brown sauce (or if you wish for clear gravy, use plain brown stock). Let it cook gently for ten minutes at the side of the stove, then strain and keep in the *bain-marie* till wanted.

Sauce Gènevoise.—Melt one and a half ounces of butter in a pan, mix into it about an ounce of fine, dry, sifted flour, and stir it all over the fire till well blended; then pour on to it half a pint of good brown fish stock, and about half a gill of sherry, with a few drops of essence of anchovy; let it all cook together gently for twelve or fifteen minutes, then after well skimming it, tammy, add a little lemon-juice, and at the last a good ounce of anchovy butter, and serve. A little garlic is frequently added to this sauce, or the pan is well rubbed with fresh-cut garlic, but this is a matter of taste.

Sauce Garibaldi.—Fry together two sliced onions and one sliced sour apple in two ounces of butter till of a nice golden brown, then add a good spoonful of curry powder, and let it fry for a minute or two; now add about half a pint of good brown sauce and a gill of strong stock, and, if liked, a clove of garlic. Let this all boil together for fifteen or twenty minutes, then tammy it and flavour to taste with chilli vinegar, a little mustard, and about an ounce of anchovy butter, and serve.

Sauce Lyonnaise.—Of this there are two kinds. The

first is very much like Sauce Brétonne, save that the onions must be fried in oil, well drained and wiped to get rid of all the oil, then gently stewed for fifteen to twenty minutes in half a pint of very good brown sauce to which you have added a good pinch of coarsely ground black pepper, a bunch of herbs, and a piece of glaze, then remove the bunch of herbs, add a little lemon-juice, and serve. The second is made in the same way, save that tomato sauce is used instead of brown sauce, and a little maitre d'hotel butter is stirred into it at the last. Neither of these sauces is tammied.

Sauce Marsala.—Put into a pan a gill of Marsala, about an ounce of glaze, and a good pinch of coarsely powdered black pepper ; let it reduce to half, then add to it a pint of brown sauce, and let it reduce till the sauce clings to and coats the spoon, and serve.

Sauce aux Olives.—Turn some olives, *i.e.*, remove the stones, and throw these into half a pint of either good untammied brown sauce or Marsala sauce, and let it just boil up once or twice, then tammy it ; put in the olives, and let them heat gently in the sauce without actually boiling up, add a little plain or maitre d'hotel butter, as you please, with a squeeze of lemon-juice, and serve. Excellent for duck or fillets of beef. This sauce is also made with espagnole or sauce Madère, if wished richer, and a dash of cayenne is added to it before serving.

Sauce Orléans.—Cut into dice the fillets of five or six washed and boned anchovies, the red part of a boiled carrot, the whites of two hard-boiled eggs, and some nice green French gherkins ; put these into a pan with half a pint of poivrade sauce ; bring it to the boil ; let it all

simmer gently for five or six minutes, and serve with any braised meat.

Sauce au Pauvre Homme.—This is simply a good brown sauce (*i.e.*, melted butter made with browned roux and brown stock, either meat, fish, or vegetable) seasoned with a little vinegar or lemon-juice and some minced parsley. It is also flavoured occasionally with essence of anchovy, mushroom, or walnut ketchup, and finished off with cayenne, curry, or maitre d'hotel butter as you choose. It is excellent for either fish, flesh, or fowl. Oysters and their liquor, capers, etc., may all be added to this.

Sauce Piquante à l'Italienne.—Toss two shallots in butter till lightly coloured, then add four ounces of lean ham cut into dice, a bay leaf, some sprays of parsley, and a small clove of garlic (this may be omitted); moisten it all with about half a gill of best vinegar, and let it reduce to half; now add a pint of best brown sauce and two good table-spoonfuls of tomato sauce, a dash of cayenne or coralline pepper. Let it boil up once or twice, tammy, and serve, after adding to it two spoonfuls of well-rinsed and minced capers.

Sauce Poivrade.—Toss some small shallots and a slice of minced lean ham in butter, then moisten them with half a gill of good veal stock, and not quite half a gill of tarragon vinegar, adding a bay leaf, some thyme, parsley, spice, and a good pinch of freshly ground black pepper; cover the pan well, and let it reduce to half, then work into it three-quarters of a pint of good brown stock. Let it boil, skimming it well, and when reduced a fourth part, tammy it, and use. This is poivrade as made for mixing with other sauces; but when served by itself, good espagnole is used instead of the brown sauce, a gill of rich

veal stock being allowed to three-quarters of a pint of the espagnole.

Sauce Portugaise.—Grate the rind of a fresh lemon into a pan, with five or six crushed black peppercorns, a small blade of mace, five or six cloves, a bay leaf and a good spray of thyme; dilute it with rather less than half a pint of sherry or Marsala, and let it simmer for ten minutes over a slow fire; then add half a pint of good well-reduced brown sauce, and about a gill of strong stock, or glaze, and bring this to the boil gently; skim well, and let it reduce a little, then tammy, and set it in the *bain-marie* till wanted, dissolving from a half to one ounce of maitre d'hotel butter in it just before serving it. This goes with braised fillet of beef, or *boeuf au gratin*.

Sauce Reform.—To three-quarter pint of good brown sauce add a wineglassful or gill of red wine, the strained juice of a small lemon, a dust of castor sugar, the same of cayenne or of coralline pepper, and a good tablespoonful of currant jelly; let it boil up; skim well, reduce it a fourth part, and serve with a garnish of hard-boiled white of egg, cooked ham, etc., cut in julienne strips.

Sauce Sicilienne.—Make some good brown sauce with well-flavoured game stock; fry two sliced onions till tender and lightly coloured, and drain well. Put rather more than half a pint of the brown game sauce in a pan, with a gill of strong game stock; boil up, and let it reduce a third, then add half a gill of sherry; let it boil up once more, and after tammying it, pour it on to the sliced and fried onions, and serve.

Sauce Stragotte.—This is really tomato sauce made with rich strong game stock, strongly flavoured with celery, parsley root, shallots, mace, and cloves, a little wine and

some maitre d'hotel butter being added at the last. This is chiefly served with Italian dishes, and is especially good with boiled macaroni, or *raviolis*.

Sauce Texanne.—This is nothing more than a rich curry sauce, made by frying sliced onion and curry together in a little butter, then adding good brown sauce to it, allowing it to reduce a fourth part, and finishing it with maitre d'hotel butter and curry butter, allowing a full ounce of the two butters to the half pint of sauce, which should, moreover, be flavoured pretty hotly with cayenne or coralline pepper.

Sauce Tomate.—Choose ripe and very red tomatoes for this. Remove the stalks and the green part round them from about three pounds of tomatoes, cut each tomato in half, and place them in a largish saucepan with a full bouquet of herbs, two good pinches of salt, one of pepper, and a full gill of water; let this all cook together for forty minutes, stirring it gently with the spoon (which should be a very clean wooden one), every five minutes or so, to prevent its catching, then rub it all through a wire sieve; add to this purée a third of a pint of not very thick brown sauce, and let it cook together for about twenty minutes longer, stirring it frequently. If it should be too thick, add to it another gill of stock or a little more thin sauce, to bring it to the desired consistency. If necessary, a few drops of carmine may be added to this sauce to bring up the colour. It can perfectly well be made with canned tomatoes, simply pulping these through a sieve, and finishing off as before with the full gill of brown sauce.

The above will be found rather thicker than the usual tomato sauce, but when used in French kitchens, this sauce

is treated almost as a purée, and is quite as thick as the Purée Soubise with which French *chefs* replace our national onion sauce. It should taste very strongly of tomato, and the above recipe is therefore to be preferred to many which give espagnole, etc., as its foundation, thereby almost, if not entirely, destroying the tomato flavour. It is often mixed with other sauces, such, for instance, as Sauce Provençale, or Lyonnaise, amongst the hot, and Sauce Maximilien (tartare sauce mixed with cold tomato sauce), or Sauce Tomate à la Mayonnaise, amongst the cold sauces.

Sauce Venaison.—Add a quarter of a gill of good vinegar to half a gill of the mixture in which some game has been marinaded, and let it reduce to half; now add to it about one and a half gills of good brown sauce; let it boil together for five minutes, then tammy it, and as you are about to serve it, dissolve in it a good tablespoonful of red currant jelly; add the strained juice of a lemon, and serve. If liked, dried and blanched cherries, etc., may be added to this sauce, which is particularly good with hare. A little port wine is sometimes added to this, or the cherries are blanched and swelled in either claret or port wine, the whole being added to the sauce.

A version of this sauce, known as Sauce Viennoise, is made in the same way, only with the addition of two shallots, two tomatoes, and two mushrooms, all cut up and fried in a little salad oil, with a spray or two of parsley and thyme, and a bay leaf, with a seasoning of black pepper, and added to the sauce with the marinade, etc. This is particularly good with mutton cutlets, especially of Welsh or Dartmoor mutton.

CHAPTER V.

ESPAGNOLE AND ITS DERIVATIVES.

IT is rather a mark of the failing "that goes before a fall," perhaps, for anyone to venture categorically to differ from such a culinary authority as Gouffé in the matter of a sauce, but one is consoled in so doing by the feeling that one errs (if error it be) in good company. M. Gouffé himself acknowledges that the reason of his giving the time-honoured name of espagnole to a sauce, innocent of what had been its original feature, was the monotony caused by having the same rich foundation for every brown derivative, be it of the simplest or the most complex nature. Therefore, it may be the more pardonable to offer, as is done in this little collection, two brown foundation sauces, one for simple, the other more for ornate cookery. It is said, with what authority I know not, that espagnole derives its name from the fact that the French *chef* who introduced it to the gastronomic world made a specialité of the *jambon de Bayonne*, otherwise *jambon espagnol*, which he used as its basis. Of old, the Estremaduran hams were held in high repute, and highly smoked and seasoned as they were, would undoubtedly add a noticeable *haut-gout* to any substance with which their flavour was incorporated. Moreover, the ham of that kind was usually cooked in the red country wine, the quality of this naturally varying with the table at which the ham when cooked was to be served ;

hence the highly smoked ham was almost invariably accompanied by the tang of the pig-skin and the scent of the grape, and these two are the distinguishing marks of really well made sauce espagnole.

As a general principle, the sauces of which espagnole is the basis are more recondite than those which depend on plain brown sauce for their foundation, and are in consequence both more expensive and more intricate. Still, granted some good will and care, there is little more difficulty in the manipulation of the most "high-class" sauce than there is in the preparation of melted butter.

The following are some amongst many sauces which owe their characteristic flavour to smoked ham and wine.

Sauce Bigarade.—Peel a Seville or bitter orange (*bigarade*) very thinly, and cut the peel into julienne strips, blanching these for three minutes in boiling water; stir together half a pint of good rich espagnole with a gill of glaze made from game, etc., and allow it to reduce a full third, then tammy it, and just at the last stir lightly into it the blanched peel of one Seville orange and the strained juice of two, with a dash of cayenne. This sauce is usually served with wild duck; the game glaze added to it should therefore properly be made from the broken-up carcase of a roast wild duck, to give it the correct flavour.

Sauce Bordelaise.—Put into a pan a tablespoonful of minced and blanched shallots, with a pinch of coarsely ground black pepper (for all these sauces the pepper used should be freshly ground, to ensure having all its aromatic properties in perfection), and a full gill of claret, and allow this to reduce sharply to half a gill; then stir it all into rather more than half a pint of rich espagnole sauce; allow it to reduce slightly, skimming it carefully;

tammy it; add a spoonful of finely minced parsley, and serve. This sauce should be rather thin than otherwise, bright, and quite free from grease. It is usually served with broiled meat. When used, as it sometimes is, with broiled fish, a squeeze of lemon-juice, a few drops of essence of anchovy, and a dust of cayenne are often added to this sauce.

Sauce Bourguignonne, or Bourguignotte.—Toss two or three mushrooms, as many shallots, or some small silver onions, a couple of sprays each of thyme and parsley, and a small blade of mace, in an ounce of butter (or even carefully clarified dripping), till well browned, then pour on to it all about half a pint of red wine (it should be Burgundy) and two or three cloves, and reduce it to half; now stir on to it half a pint of rich espagnole and a gill of strong stock, or an ounce of glaze; and boil it all carefully for fifteen or twenty minutes, allowing it to reduce a fourth part, and skimming it carefully; then tammy, and use. Some cooks do not tammy this sauce, but content themselves with removing the bouquet into which they tie up the thyme, parsley, and mace.

Sauce Chasseur.—Toss two small sliced shallots and about four ounces of minced ham in a little butter, with a *bouquet garni*, a clove of garlic, a dozen or so of black peppercorns, and half a gill of vinegar; bring it to the boil, then cover the pan closely, and allow it to simmer gently till the vinegar is reduced to half; now tammy it, remove any fat, and add this infusion to half a pint of good espagnole, with about half a gill of claret and a tiny pinch of sugar. Let it all boil together for two minutes, then tammy it, and serve.

Sauce Chateaubriand.—Reduce a gill of white French or

Rhine wine with about an ounce of glaze, then add to it about a pint of good espagnole ; let it reduce again, and tammy it ; now let it re-boil, and just as you are about to serve it, stir into it three or four ounces of maitre d'hotel butter, and serve.

A plainer version of this sauce may be made by allowing half a pint of plain brown sauce to boil up, with a sherry-glassful of sherry or marsala and a squeeze of lemon-juice, and finish off with the maitre d'hotel butter.

Sauce aux Concombres.—Put into a pan half a pint of good espagnole and the same of well-flavoured brown stock ; allow it to reduce to half sharply ; then add a medium-sized, thinly sliced cucumber (which should have been previously marinaded in salt and vinegar for half an hour) ; sprinkle in a little pepper ; let it all cook gently together, and serve.

The same sauce may be made with béchamel and white stock.

Sauce Demi-Espagnole.—Put into a pan one and a half gills of good espagnole, the same of good, well-flavoured veal stock, and two tablespoonfuls of Chablis, or any good light French white wine ; let it reduce a third ; tammy it, and use.

Sauce à la Diable.—Toss a minced shallot or two with a slice or two of lean ham, also minced, in a little butter till nicely coloured ; moisten it with half a gill of vinegar ; add a *bouquet garni* and some black peppercorns, bring it to the boil, then cover the pan, and allow it all to simmer gently till the vinegar is reduced to a half. Work together one and a half gills of good espagnole, one gill of tomato sauce, and half a gill of well-flavoured veal stock ; let it reduce about a fourth part, then add the strained vinegar, and a tiny pinch of castor sugar ; let it boil up once or

twice; tammy it, and stir in just as it is to be served about an ounce of cayenne butter.

Sauce Espagnole.—For sauce purposes this may be made as follows:—Toss a slice or two of lean smoked ham in butter with a couple of mushrooms, some shallots or green onions, and a bunch of herbs, in butter or clarified dripping, till nicely coloured; then moisten it with a gill of wine, sherry, claret, etc., as you choose, and let this simmer, tightly covered, till reduced to half; now pour on to it rather more than half a pint of brown sauce, with an ounce of glaze, and let it all reduce a fourth part, keeping it well skimmed whilst cooking; then tammy, and use. Of course this is only a makeshift, but it introduces all the flavours required in espagnole, *viz.*, stock, wine, ham, mushrooms, and herbs, and the real recipe is somewhat too Homeric for modern use. For ordinary purposes the stock may be the common stock of the stock-pot, which would in all probability have some flavouring of ham, herbs, and onions. For more important occasions the stock should be made from veal and ham (two parts veal to one of lean smoked ham), and nicely flavoured in the making, the carcasses of any cooked or raw game being added to it in the season, to give it a richer taste. Espagnole should not be too thick in consistency.

Sauce Fermière.—Toss some minced ham in butter with some minced parsley and a spoonful of capers; pour on to it a gill of wine; bring this to the boil, then draw it to the side of the stove and allow it to simmer till reduced to half; now pour on to it rather more than half a pint of espagnole and an ounce or two of glaze, and allow it to cook steadily, skimming carefully, till reduced a fourth part; then stir in a little maitre d'hotel butter, and serve.

This sauce is served with game, and the espagnole is usually made from the débris of the game it is to accompany, nicely flavoured with herbs, mushrooms, etc.

Sauce Financière.—To a pint of espagnole sauce add two or three mushrooms and the same of truffles previously tossed in a little butter and moistened with a little sherry, and an ounce of good poultry glaze, and let it all cook together till reduced a fourth part, and the sauce will mask the spoon when lifted, then tammy, and keep till wanted in the *bain-marie*. Another form of this sauce is made in precisely the same way, only using one and a half gills of essence of game, three or four truffles cooked in wine to three-quarters of a pint of espagnole; allow it to reduce, then tammy and serve.

It may be well to remind the cook that a poultry glaze or essence of game are the same things, *i.e.*, they are simply strong chicken stock, or game stock boiled down to a thick glaze in precisely the same way as ordinary glaze is made from beef stock. Where much game comes into the house, it is a very good plan to use all the bones, carcasses and trimmings of game for this purpose, as a little of such an essence stirred into almost any stock adds enormously to the delicacy and flavour. At the same time such things must be used with judgment, or the same mistake will arise as caused Gouffé to simplify the time-honoured espagnole.

Sauce au Fumet de Gibier.—This is practically ordinary espagnole, the flavour of which is heightened by the addition of a considerable proportion of game glaze, so that the game flavour is predominant. At the same time it must be borne in mind, when preparing this sauce for a salmi or entrée, that the *fumet* (literally scent) must belong to the

special kind of game it is to accompany ; for instance, it would not do to use a *fumet de bécasses* as an accompaniment to pheasant cutlets, or to mix essence of hare with partridges in any shape. It is in attention to, or neglect of, such details that one discovers the experienced cook.

Sauce Hachée.—Mince finely two medium-sized onions, three and a half ounces of lean ham, the same quantity of French gherkins, and a spoonful of capers. Place it all in a pan with half a gill of best vinegar, and let it reduce till the vinegar has all but evaporated. Now moisten it with half a pint of demi-espagnole ; let it boil together for a few moments ; add a dash of pepper and four spoonfuls of cooked mushrooms, chives and parsley (previously tossed in a little butter). Do not tammy.

Sauce au Jambon.—Toss four ounces of minced ham till nicely coloured in butter, with a small bunch of parsley and shallots minced ; then moisten it with about three-quarters of a pint of good demi-espagnole ; let it reduce, skimming it well ; now stir into it a small piece of maitre d'hotel butter ; add a dash of lemon-juice, and serve.

Sauce Godard.—Cut into dice four ounces of lean ham, and cook it in two ounces of butter with a small carrot and a small onion ; let it all colour slightly ; then add to it one and a half gills of dry champagne, and simmer it very gently at the side of the stove for twenty-five minutes ; skim carefully, then strain it through a napkin into a delicately clean pan ; add half a gill of essence of mushrooms and a pint of espagnole, and let it all reduce till it will mask the spoon on being lifted, and set it in the *bain-marie* till wanted.

Sauce à la Générale.—This is, properly, melted butter

made with brown roux, to which is added some sherry reduced with shallots, spice, garlic, herbs, etc., and flavoured with tarragon vinegar, lemon-juice, and Seville orange. It is now, however, more usually made with espagnole, to which you add some ham, parsley, herbs, and green onion,—tossed in butter and allowed to reduce to half with sherry,—together with the juice of a bitter orange, and reduced altogether till it masks the spoon, when it is tammied and seasoned to taste with lemon-juice or tarragon vinegar, a piece of cayenne butter being dissolved into it just at the last, and the rind of the Seville orange, blanched and chopped into julienne strips, stirred into it. In short, it is a rather varied form of *bigarade*, to replace the original sauce, which was chiefly made up with cayenne, lemon-juice, and cruet sauce.

Sauce Genévoise.—Toss a small sliced onion in butter, moisten it with two gills of claret, add a couple of handfuls of mushroom and truffle trimmings, a bunch of parsley and a small bay leaf; allow it to reduce to half in an uncovered pan; meanwhile stir together two and a half gills of espagnole, one and a half gills of veal stock, and half a gill of strong rich fish stock, and allow it to reduce a third part; then stir into it the reduced herbs, etc.; add four tablespoonfuls of Rhine wine; boil it altogether for a few minutes very sharply, and then tammy it. Just as you are about to serve it, stir in two and half ounces of cray-fish butter, and the same of anchovy butter, and serve.

Sauce Indienne.—Fry a sliced onion in butter till nicely browned, and in the same pan fry a tablespoonful of curry powder, and let it stew together till the onion is tender, then add to it half a pint of good espagnole; stir it over the fire till quite hot and thoroughly mixed; tammy it; add

an ounce of cayenne butter and a dash of lemon-juice, and serve.

There are several varieties of this sauce; the most quickly prepared one is made by stirring two or three ounces of curry butter into half a pint of well made brown sauce, with a dash of lemon-juice, and using. Yet another form is produced by frying together the onions and curry as above, then moistening it all with tomato sauce, tammying and finishing it with anchovy essence, lemon-juice, and cayenne butter. Or there is still a third form, made by stirring three ounces of curry butter and a little cayenne and lemon-juice into half a pint of well made Allemande sauce, to which some cooks add also a very tiny pinch of saffron, to bring the colour to a brightish yellow.

Sauce Italienne (Brune).—Reduce a gill of light white wine (French for choice) to half by rapid boiling, then add to it half a pint of rich reduced espagnole, half an ounce of light glaze, and a good tablespoonful of D'Uxelles mixture, and serve.

Sauce Madère.—Put a gill of Madeira or sherry into a pan with a pinch of coarsely ground black pepper, and allow it to reduce to a half; meanwhile mix rather more than half a pint of rich espagnole sauce with half a gill of veal stock, and stir this altogether over the fire till reduced by a third, then pour it on to the wine; let it all boil up once or twice; tammy, and serve.

Sauce Malaga.—Put a gill of port wine into a pan with two or three shallots and a good pinch of coarsely ground white pepper, and let it reduce to a half; then pour on to it half a pint of rich espagnole; let it boil up once or twice, when you tammy and finish it with a little lemon-juice and one ounce of cayenne butter.

Sauce Matelotte.—Slice a good onion, and put it in a pan with two whole shallots, a small bay leaf, and a spray of thyme, and moisten it with a gill of good red wine (Burgundy is the right kind); let it boil up, then draw the pan to the side of the stove, and allow it to simmer till the onion is quite cooked. Now strain it through a fine sieve into a clean pan; pour on to it rather more than three-quarters of a pint of espagnole, and allow it to reduce, until on lifting it the sauce masks the spoon. Tammy, and serve.

There is another form of this sauce used for a matelotte of fish made thus:—Take an equal quantity of the wine in which the fish has been stewed, and of the espagnole, with some mushroom trimmings, and stir this all over the fire till it boils up; skim carefully, allow it to reduce, then finish, after tammying it, with an ounce of anchovy butter, a dash of cayenne, a very little grate of nutmeg, a tiny dust of castor sugar, and a little lemon-juice. This sauce is generally served with a garnish of cooked button mushrooms and button onions.

Sauce Mirabeau.—Allow a gill of tarragon to reduce to half with a shallot, a few peppercorns, and a bay leaf; then stir on to it about an ounce of glaze, a tiny dust of castor sugar, and a good gill of espagnole, and just bring this to the boil; now lift it off the stove, and work into the sauce about two ounces of fresh butter, broken up in little bits, being careful not to put in one piece till the previous one is dissolved; this gives the sauce an entirely different taste to what it has when the whole of the butter is put in at once and allowed to oil; stir in at the last a little finely minced parsley or tarragon, with a dust of red pepper, and use.

Sauce Napolitaine.—There are at least two forms of this sauce. The first is made thus :—Toss a small onion and a slice of lean ham cut into dice in an ounce of butter, then moisten it with a gill of marsala, and the same of veal stock ; add to this a spray or two of thyme, a bay leaf, four or five peppercorns, a clove or two, and some mushroom trimmings, and allow it all to reduce to half in an uncovered saucepan ; meanwhile stir together one and a half gills of espagnole, a gill of good tomato sauce, and half a gill of clear stock, either of meat or game, according to what it is to be used for ; allow it all to reduce a third part, then strain into it the infusion of wine ; let it boil up sharply once or twice ; tammy, and use.

The second form is as follows :—Scrape a well-cleaned stick of horse-radish very fine, and put it in a stewpan with two ounces of glaze, a small pot of currant jelly, half a pint of red wine, and half a gill of much-reduced espagnole ; bring it all to the boil, then draw it aside and let it simmer gently but steadily for twenty minutes ; now tammy it, and leave it in the *bain-marie* till wanted. This is particularly good with *filets de boeuf piqués*, etc.

Sauce Parisienne (Brune).—This is almost the same sauce as the Mirabeau, except that light French white wine is used instead of the tarragon vinegar, and that it is finished off with lemon-juice instead of the minced herbs ; but its *spécialité*, like the Mirabeau, lies in the working in of the butter at the last.

Sauce à l'Orange.—This is simply a form of *bigarade*, only made of sweet instead of bitter oranges. The sauce is reduced by rapid boiling quite a fourth part, and then is flavoured with the strained juice of a sweet orange, the thinly pared rind, cut into julienne strips, and blanched for a few minutes in

boiling water, being added to it just as it is to be served.

Sauce Périgueux.—Cut into dice four ounces of lean ham ; add half an ounce of butter, two small shallots, and a pinch of coarsely ground black pepper ; allow it all to colour lightly, then add to it half a gill of Madeira or sherry, and allow it to reduce to half. Now add to it half a pint of good espagnole, half a gill of good veal stock, half a gill of essence of truffles (these can be replaced by adding the trimmings of six or eight truffles to the ham, wine, etc., at the first), and let it all simmer together at the side of the stove for twenty minutes, skimming it carefully while it cooks ; tammy it, and then allow it all to reduce till, on lifting it, it will mask the spoon. Leave it till wanted in the *bain-marie*. When about to use it, stir in a spoonful or two of finely sliced truffles, previously cooked in a little sherry or Madeira.

Sauce Piquante.—Properly speaking, this should be made of one part sauce poivrade to two of espagnole ; but the simpler, and for all practical purposes the best, form is the following :—Chop separately a spoonful of capers, five or six shallots, and the same of gherkins ; place these in a pan with a gill of French vinegar, a spray of thyme, a bay-leaf, and some coarsely-ground pepper, and let it all reduce to a half ; add to it half a pint of good reduced espagnole and half a gill of good stock ; let it all boil gently at the side of the fire, skimming it carefully ; then lift out the thyme and bay-leaf, and stand it in the *bain-marie* till wanted. Remember in this, as in every other case where sauce is kept waiting in the *bain-marie*, to cover the surface of the sauce with a spoonful of stock, as this prevents a skin forming on the surface, which it is afterwards very difficult to get rid

of. This precaution should be taken with all sauces, whether white or brown, of course varying the stock according to the colour, or in the case of delicate white sauces, using a spoonful of new milk or single cream. This simple precaution saves much subsequent trouble.

Sauce Piquante à l'Italienne.—Toss two shallots in butter till lightly coloured, then add a slice or two of ham cut into dice, a bay-leaf, a small bunch of parsley, and a clove of garlic; moisten this all with half a gill of best French vinegar, and let it reduce to half; remove any fat, and strain it all into half a pint of reduced espagnole; add two tablespoonfuls of tomato sauce and a good dash of cayenne; let it boil up once or twice, and tammy. As you are about to serve it, stir into it two spoonfuls of well-dried and minced French capers.

Sauce Poivrade.—Toss three or four small shallots in a little butter, then moisten with half a gill of good stock, and not quite half a gill of French vinegar (some cooks use wine instead of the stock); now add a good *bouquet garni*, five or six black peppercorns, and a slice of ham minced roughly. Cover the pan closely, and reduce it all to half. Meanwhile, stir together rather more than half a pint of espagnole and a full gill of stock; allow it to reduce a little, then strain into it the previous mixture, after carefully freeing the latter from grease, and allow it all to reduce till the sauce is of the required consistency. The same sauce can be made in white, using rich béchamel instead of espagnole, and white stock, or it can be made *au maigre*, *i.e.*, using the stockless béchamel and fish stock, or glaze.

Sauce Pompadour.—Peel and trim seven or eight raw truffles, and put these trimmings in a pan with a slice of ham cut into dice, a *bouquet garni*, a gill of champagne, and

half a gill of Rhine wine (this may be replaced by half of stock, half of lemon-juice); allow it to reduce to half in a closely covered pan. Mince the truffles finely, and allow them to cook till tender with a couple of chickens' livers, or some trimmings of *foie gras* in two or three spoonfuls of wine; as these cook moisten them with a little veal stock; pound them all smooth in a mortar, then rub this purée through a sieve. Now pour in rather more than half a pint of espagnole into a pan with a gill of stock; reduce it a third part, then add to it the strained essence of truffle; allow it to boil up once or twice, then add the purée of truffles; mix it well, and rub it all through the tammy together; heat it at the side of the stove without letting it re-boil, and stirring it gently as it heats.

Sauce Provençale.—Blanch five or six cloves of garlic thoroughly in plenty of water, to remove the crude raw taste of the garlic; mix together rather more than half a pint of rich espagnole (the sauce for this must be of the richest), and a gill of Sauterne, and allow it to reduce a fourth part, then drain the garlic very thoroughly from all water; add them then to the reduced sauce, allow them all to boil up two or three times, then tammy. Care must be taken to have the garlic thoroughly blanched, and then, though they will of course flavour the sauce very strongly, the flavour will be neither coarse nor overpowering. In England, where garlic is looked on with suspicion, this sauce is often made as follows:—Toss together two ounces of lean ham minced finely in two tablespoonfuls of salad oil, three or four cloves of garlic; a bay leaf, a spray of thyme, a tomato sliced, the pulp of a lemon sliced, a good pinch of coarsely powdered black pepper, half a gill of light wine, red or white, and three or four parsley stalks.

Stir these altogether over the fire for five minutes or so, then add half a pint of good espagnole and a spoonful or two of strong stock or glaze; boil the sauce up sharply for a few minutes, then tammy it, pour it into another pan, stir a little stock or consommé to it, skim it carefully, and stand it in the *bain-marie* till wanted. Just as you serve it, stir in half an ounce or so of anchovy butter.

Sauce Reform.—This varies with almost every *chef*. It is distinctly an English sauce invented for the Reform Club, though probably the inventor was a French *chef*. The usual formula is to bring half a pint of poivrade sauce to the boil, then stir into it half a gill of port wine and about an ounce of red currant jelly, and a good dust of cayenne, then let it all boil together till reduced to the right consistency. Another form is made with rich espagnole flavoured with sherry (a gill of the wine being boiled with peppercorns, thyme, bay leaf, parsley stalks, and a green onion or two till reduced to half) and lemon-juice, tammied, and a little Worcester sauce and a spoonful of red currant jelly stirred into it at the last. As a matter of fact of late years, as long as a rich brown sauce was added it has depended on the Reform garnish of shredded truffles, hard-boiled white of eggs and tongue for its distinguishing name. But originally the first recipe given was undoubtedly the one followed.

Sauce Régence.—This also is a sauce that varies a good deal. One form is a fish sauce made with fish stock, whilst the other is *suprême blonde*. For the first try this:—Toss a small sliced onion in butter till lightly coloured, then moisten it with a gill of strong fish stock and a gill of wine (either port, sherry, or Tokay), add a handful of truffle trimmings, some parsley and thyme, and a bay leaf,

and let it all reduce to half in a closely covered pan; now tammy it, free it from grease, and place it in a pan with rather more than half a pint of espagnole, and allow it to reduce a fourth part, and tammy it again. When wanted for use, heat it at the side of the stove, carefully "winnowing" the sauce with a spoon till perfectly hot, and at the last stir in some truffles cooked as follows:— Turn the truffles into olive shapes, and allow them to cook in a covered pan, in half a gill of Rhine wine, till the latter is evaporated; then stir these olives in a little light glaze till well coated, and add them to the sauce. The French word for this process of stirring sauces is "vanner," literally winnowing, and consists in lifting the sauce with the spoon, so as to let the air into it, and then turning it over quickly. It is a different action from stirring, as the latter is vertical, and the winnowing is horizontal. It is a process adopted by French *chefs* for all extra fine sauces, as they consider, rightly, that it adds immensely to the flavour and smoothness of the sauce.

The other form of this sauce is as follows:—Put into a saucepan four ounces of minced lean ham, one medium-sized onion, a shallot, and two ounces of butter; toss all this together till cooked, but without colouring; now moisten it with a gill of chicken stock and half a gill of light French wine, and let it all simmer together. When the onion is perfectly tender, strain off the liquid, add to it rather more than half a gill of chicken stock and half a pint of espagnole, and allow it all to boil together till, on lifting it, the sauce masks the spoon.

Sauce Richelieu.—This is really a very strong, rich espagnole sauce, entirely made from strong game stock, with ham, herbs, spices, etc., as usual, and flavoured

with sherry or Madeira, and enriched with a little glaze.

Sauce Robert.—Cut up two medium-sized onions into squares, and toss them in butter till of a pale golden brown; now drain them from the butter, and cook them in a gill of stock with a tiny pinch of sugar till quite melted, then boil up rather more than half a pint of espagnole, with a gill of white French wine, and either a handful of mushroom trimmings, or half a gill of essence of mushrooms; reduce this a fourth part, tammy it, and then stir to it the onions, and a good spoonful of made mustard, and serve.

Sauce Romaine, or Agro-dolce.—Boil two ounces of sugar to a clear caramel with a spoonful or two of water; then moisten it with not quite a gill of best French vinegar, and let it all simmer together till perfectly dissolved over a slow fire. Meanwhile, stir together rather more than half a pint of espagnole with half a gill of good stock, and reduce it a fourth part; now add it to the melted sugar, and again reduce it by a fourth; then tammy it into a pan in which you have previously placed two or three spoonfuls each of previously swelled sultanas and currants, and about the same of *pignoli*, or fir cone kernels. To swell the currants and sultanas put them on separately in a little claret with a dust of sugar, and allow them to cook very slowly. Usually served abroad with wild boar or venison.

Sauce St. Hubert.—Stew three or four ounces of dried cherries in a gill of red wine, with a good strip of lemon peel, a little piece of cinnamon, and a few cloves, for twenty minutes, over a slow fire; tammy it, and stir it into a full half pint of good espagnole (in many cases Richelieu sauce is used), and let it boil up; then draw it to the side

of the stove, and allow two or three spoonfuls of stewed prunes, or dried cherries stewed as above, to heat in the sauce, and serve. This is, properly speaking, a German sauce.

Sauce St. Marsan.—Put into a pan a gill of Madeira and half a gill of Rhine wine, with half a handful each of mushroom and truffle trimmings, and allow it to reduce to half; meanwhile reduce rather over half a pint of espagnole with half a gill of stock, a fourth part, then pour it on to the wine, etc.; allow it to boil up once or twice in an uncovered pan, then tammy it, and serve with cooked truffles cut in julienne strips. (Properly, these truffles should be the white Piedmontese kind.)

Sauce Salmis.—This sauce is made from the bones of any kind of game, especially the kind to be served *en salmi* (*i.e.*, a kind of rich game hash), and properly, the bones, etc., should be taken from the birds, etc, whilst still hot. In fact, epicures have the game roasted on purpose for making the salmi. The correct way is thus:—Cut up the game whilst still hot, and place the trimmings in a pan with a spoonful of salad oil, two or three shallots, a bay leaf, a spray of thyme, and a piece of lemon peel; let these all cook together for five minutes, then pour on to it a gill of any good wine (it may be varied according to the kind of game), and when this has boiled in to half the quantity pour on to it half a pint of espagnole, and allow this to boil up, skimming it well; then reduce it till it masks the spoon, and use. Some cooks add the livers of the birds, seasoned and pounded to a smooth paste, to this sauce. Or the sauce may be more simply made by cutting the meat from a roast bird in neat fillets, then breaking up the carcase; put it with the trimmings into three-quarters of a pint of espagnole, add half a gill of wine, reduce it a fourth

part, tammy, and use. But, needless to say, in this latter case the game flavour is neither so strong nor so individualised as when the sauce is made by the first method.

Sauce Tortue.—Slice a small onion into a stewpan with four or five ounces of minced lean ham, a bouquet of herbs (marjoram, thyme, bay leaf, and parsley), two or three cloves, and some black peppercorns; add some mushroom and truffle trimmings, two gills of wine (either port or Marsala), and reduce it to half in an uncovered pan. Meanwhile, reduce together a fourth part rather more than half a pint of espagnole and half a gill of veal stock; then pour it on to the reduced wine, etc.; let it boil up two or three times sharply, then tammy it; add a dash of cayenne, a few drops of lemon-juice, and an ounce of anchovy butter, and serve. Be careful to skim this sauce well.

Sauce aux Truffes.—Slice two ounces of truffles very thin, and put them in a pan with half a gill of wine, either light French or sherry as suits you best, reduce it sharply to half, then pour on to it half a pint of well-reduced espagnole, with a tiny pinch of salt; let it boil together for two or three minutes, then serve.

Sauce Venaison à l'Anglaise.—Reduce not quite a gill of good vinegar with a little spice to half, then stir it into half a pint of plain espagnole, and when this has boiled up stir into it a good spoonful of jelly (either red or black currant or mountain-ash berry jelly as you please), and serve as soon as ever this has melted.

Sauce Victoria.—Dissolve two ounces of currant jelly in a bare half pint of espagnole, with two or three tablespoonfuls of claret and a good spoonful of English mustard, then tammy it, and, just as you are about to serve it, stir into it

the strained juice of one bitter and one sweet orange, the rind of one grated off onto a lump or two of sugar, and then crushed fine, and lastly the thinly pared rind of the other orange cut into julienne strips and blanched.

Sauce Viennoise.—Fry two minced shallots for fifteen or twenty minutes in a tablespoonful of salad oil, with a spray of thyme, a bay leaf, one or two red chillies, two sliced tomatoes, and two mushrooms, with a little black pepper; to this then add a dessert spoonful of currant jelly, the juice of a lemon, three-quarters of a pint of espagnole (preferably made with game bones, etc.), and half a gill of port wine; reduce this a fourth part, skimming it carefully, then tammy it, boil it up again and use. This sauce is particularly good with venison, roast hare, or marinated cutlets.

CHAPTER VI.

WHITE SAUCES.

IN making white sauces, delicacy of flavour cannot be too strongly insisted on. In every case *roux blanc*, or white thickening, is the foundation, and this must be very carefully made according to the recipe previously given, being careful to use only fine sifted flour and butter which, if not actually the finest fresh, shall at least be free from adulteration or taint. Where the expense of the finest fresh butter is objected to (and of course it is frequently a matter for consideration), it is best to use really good salt butter, washing this well to get rid of the superfluous salt, and being careful to remember the presence of the latter when seasoning the sauce. Next, be careful with these same seasonings, and do not be too lavish in their use. The average British cook is possessed with an absolutely fanatical affection for mace and nutmeg, and these two flavours are apt to turn up in every white sauce she produces, a fact in great measure due to her habit of beginning her dinner preparations by making ready a jorum each of white and brown sauce, the former simply melted butter made with milk and plentifully dosed with her two favourite spices, the second melted butter made with brown thickening (usually insufficiently and too quickly cooked together, whereby in addition to the raw taste it has the further advantage of a strong acrid flavour

which nothing will disguise, and which the misguided woman thinks is a sign of strength!) and whatever stock is used for the soup. If she is conscientious, she more or less disguises these two stand-byes to suit the dish for which they are intended, adding, for instance, a little white stock, some lemon-juice (I *have* known essence of lemon used for this purpose!), white pepper, an extra dose of mace and nutmeg, and a spoonful of cream, to the original milky paste, and dubbing the proceeds *Sauce Supreme*, or any other fancy title she thinks neat and appropriate. But this is the work of a distinctly praiseworthy, if misguided, woman. The more usual course is to pour the aforesaid "white sauce" profusely over whatever the meat may be, sprinkling it generously with sieved yolk of egg, coarsely chopped parsley, and some lobster coral, leaving any distinctive flavour to be imparted by the dish itself, a confidence the poor, carelessly cooked meat is seldom capable of justifying. Probably very few women, whether mistresses or cooks, will be willing to admit the justice of these strictures, but if they will consult their masculine belongings, accustomed to the cooking of clubs and restaurants, they will find that they are not so very much out of the way, and a fair reason for the "daintiness" and discontent for which the said belongings are often condemned.

Before you can hope for respectable and really distinctive white sauces, you must manage to instil into your cook the knowledge that certain different names have certain different and well-marked peculiarities. To begin with, granted that she has learned the proper way to make melted butter and white sauce, as described in the first chapter, explain to her practically the distinction between

velouté and *béchamel*. With a little goodwill, this should not be so very difficult. She will soon realise that *velouté*, also called in older cookery books *sauce tournée*, is simply very carefully made melted butter, in which good white stock takes the place of water, its distinctive title of *velouté* (velvety) being due to the tammying it has undergone. Next show her that *béchamel* is merely made with the same white roux diluted with equal parts of milk and stock, these being boiled with the thickening, as the water was in the original melted butter, only being allowed to reduce at the last by rapid boiling at least a quarter. Once she has grasped these two sauces, she will have little further difficulty, for her own common sense will soon teach her that the sauce is bound to differ according as you use one or other of these foundation sauces. Having taught her these two sauces, next show her how to finish them off by beating up a raw egg yolk with a couple of spoonfuls or so of new milk or single cream, and stirring this mixture, or *liaison* as it is technically called, to the *velouté* sauce, which, if duly seasoned with white pepper and a few drops of lemon-juice, will become a very fair *allemande*; whilst the addition just at the last of a spoonful or two of cream, and just as the pot is lifted off the fire, about a teaspoonful of butter dissolved in the hot sauce, will change the ordinary *béchamel* from a foundation to a decidedly praiseworthy garnishing sauce, known as "creamy *béchamel*." This lesson, once thoroughly learnt, and the fact that the four sauces given above have each a distinct flavour (plainly discernible by an educated palate) having been proved to her, there is no reason whatever why she should not embark perfectly successfully on the most recondite sauces, granted that she has a good working recipe, and

sticks to it. Certainly none of the sauces given below need give her any trouble.

Before, however, going on to recipes, a few words must be said on the appliances that are indispensable if really good sauces are desired. The first of these is a *bain-marie*, an object seldom if ever found in the average British kitchen, and one, moreover, that in the catalogues of the furnishing ironmongers stands at an almost prohibitive price. Now, this is nonsense. A *bain-marie* is simply a pan, three parts full of boiling water, large enough to allow of one or more smaller saucepans inside it to keep hot, without further cooking. The well-known *gourmet* boiler, or the farina boiler so often mentioned in American "cook-books," is simply an adaptation of it. Of course, if you choose to have a gorgeous copper pan, with copper glaze-pots, stewpans, etc., to match, you will have to pay a long price, as you would for any other cooking utensil in that special metal. But there is no reason why this appliance should not be made in ordinary tin or iron, and indeed, one or two firms are already beginning to make them at a very much reduced rate. It is easy enough to improvise a *bain-marie* pan. Get your tinsmith or ironmonger to make you a sort of fish kettle, only rather shallower than the orthodox article, and procure four or five little block tin saucepans, according to the size of your kettle, and keep these strictly for sauce-making, and there is the *bain-marie* ready to hand without further trouble. Few people realise what is said to have been the origin of this utensil. The story goes that a noted alchemist of the sixteenth or seventeenth century was the despair of his good old cook Marie by his tardiness at meal times, when his dilatory ways kept her finest *chefs d'oeuvre* waiting till

irretrievably spoilt. The good woman noticed one day the hot sand bath in which her master kept his retorts, etc., at the proper temperature without over-boiling, and being a shrewd old dame, she adopted the idea, and soon started a sand bath on her hob, which was henceforward known as *le-bain-à-Marie*, shortened into *bain-marie*, while later on water was substituted for the sand. So after all this very recondite and "high-class" utensil was only, in the first place, the makeshift of a much-worried *bonne à tout faire*!

Next remember that, for white sauces especially, delicately clean pans are absolutely necessary. Needless to say that, if you can afford them, nothing beats copper save aluminium, but, unfortunately, both these metals are at a price that renders their use in an average kitchen well-nigh impossible. These being hopeless, there is seamless steel and block tin, both of which answer admirably. There are also china and composition-lined pans that would be absolutely perfection for sauce-making but for one fault, and this is their liability to burn, for once burnt they are no longer fit for delicate cookery. The burn sets up a system of minute cracks on the enamel surface, and in these particles of whatever is cooked in the pan will lodge, utterly defying any attempt to dislodge them entirely, and as each cooking adds to this deposit, it is easily intelligible why the sauces cooked in such pans lose all distinctive taste, and gradually get to one uniform flavour. Hence, when you find your cook's sauces marked by a hopeless monotony, in spite of the best of teaching and the most varied material, just take a good look round her pots, and you will soon find the cause of this sameness. The pots *may* be delicately clean, clean enough to allow you to wipe the inside with a white finger tip without appreciably soil-

ing it, but, smell that finger after using it in this way, and you will soon discover the origin of the trouble. Now, with a bright metal pan there can never be this trouble, for if burnt, the metal betrays its uselessness for refined cookery at once, and must either be thoroughly cleansed or set aside. Naturally, cooks object to these bright pans, as they say "they are so troublesome to keep clean," and take "so much time," which, of course, to a single-handed cook must be a great consideration; but the solution of the difficulty is an easy one—*Don't let them get dirty*. Never put a pan aside whilst soiled. Directly it is done with, throw a lump of soda into it, fill it up at the boiler tap, and leave it on the hob till you have time to rinse and wipe it out properly. Treated in this way, pans will not need "cleaning," so-called, for weeks together, and will be as bright as silver. Only remember that though for grease hot water is necessary, for anything containing sugar cold water must be used, or the boiling will not be stopped by lifting the pan from the fire, and the pan will be hopelessly burnt.

Another necessary for sauces generally, but especially for white sauces, is a tammy or sieve of some kind. Where there is a kitchen-maid the tammy cloth should be a *sine qua non* for all sauces, for nothing gives the perfect velvety bloom of a first-rate sauce save the tammy. But where there is only a single-handed cook, this is not easy to manage save on great occasions, when one of the other servants may be willing to give a hand. In such cases the *tamis-pressoir* alluded to above is invaluable, and as it is not an expensive article it should certainly be the reward of an intelligent and willing cook. Failing both the tammy cloth or the *tamis*, you must allow your cook a good supply of fine hair sieves, and not grudge replacing

them, as sauce-making wears them very quickly. Moreover, you must impress on your cook the necessity of great care in the initial processes, in the blending of the roux etc., as only in this way can a due smoothness of texture be insured. But this gives extra trouble, so that, whenever possible, a willing, intelligent cook should be allowed the little French tammy-sieve.

Before proceeding to the recipes, it may be well to observe that all sauces should be most carefully freed from fat or grease, the presence of which is the real cause of the prejudice against sauces as being "so rich." A French cook, almost as a matter of course, removes this fat by, just at the last, drawing the pan to the side of the fire and sprinkling into it a few *drops* (not spoonfuls!) of cold water, which forces the greasy matter to the surface, from whence it can easily be removed with a spoon by slightly tilting the pan. The heat it thus loses is easily recovered in the *bain-marie*. Another point to remember is that in careful cookery, just as you distinguish between sauces made with a simple brown sauce foundation and those prepared with espagnole, so there is a difference, slight, perhaps, but still, distinctly appreciable by the educated palate, between sauces prepared either with velouté or béchamel as their starting-point. We will therefore first give those of which *velouté* is the basis.

Sauce Allemande.—Many cooks use this as a kind of foundation sauce, but its use in this manner is to be deprecated on the score of expense. To make it, pour rather more than half a pint of rich velouté into a pan; add to it a gill of good white stock, previously strongly flavoured with mushrooms (the trimmings answer for this admirably), and keep it stirred over a sharp fire till reduced

quite a quarter; then beat up the yolks of one or two eggs in a couple of tablespoonfuls of cold white stock with a little lemon-juice, and a very tiny dash of nutmeg; stir this all into the sauce, and let it just *not* boil, then tammy it, keeping it hot in the *bain-marie*, and add, just as you are about to serve it, a small piece of butter. If to this sauce you add a teaspoonful of finely minced parsley, it becomes what French *chef* call *Poulette à l'ancienne*.

Sauce Albert.—This is simply *Allemande* to which you have added the following *liaison*:—Boil one large or two small shallots in a gill of tarragon vinegar with three or four peppercorns till reduced to half; beat up the egg yolks with the stock; add to it the strained tarragon vinegar, a small spoonful of grated horse-radish, and a good mustard-spoonful of made mustard, and finish off as before, adding the fresh butter and a little finely minced parsley or green tarragon at the last. Some cooks add a few drops of horse-radish vinegar to this sauce with or instead of the tarragon.

Sauce Bretonne.—This is often called *Sauce Soubise* in England, though there is really some difference between the two. Cut two fair sized onions into dice, with a tiny pinch of sugar and half a bay-leaf, and fry them lightly in butter, allowing them to colour very slightly, and moisten them with a gill of white stock and half a gill of white French wine, letting this reduce a fourth part. Now, pour to them a full half pint of *velouté* strongly flavoured with mushrooms, or, if handy, add half a gill of essence of mushroom; reduce it again a fourth part; tammy it; let it stand for a minute or two at the side of the stove, lifting it occasionally with a spoon. This process, known in France as *vanner*, is one more honoured in the breach than

the observance in this country, though it conduces greatly to the excellence of the sauce. It is *not* stirring but lifting the sauce with the spoon so as to let the air get to it thoroughly. This adds greatly to the delicacy and lightness of many sauces. Sauce Bretonne, being made with velouté, is usually rather darker than Sauce Soubise, which is made with creamy béchamel.

Sauce Cardinal.—This is usually served as a fish sauce, and is then made with *velouté maigre*, *i.e.*, velouté made with white fish stock instead of meat stock. To half a pint of this sauce should be stirred a little anchovy essence (Burgess's is the best), a few drops of lemon-juice, and a dash of cayenne; let this all boil up; then tammy, and add a spoonful of lobster butter, and serve. To be absolutely correct, a little glaze (either meat or fish) should be added to, it to give it the characteristic flavour of the substance it is to accompany.

Sauce Carignan.—This is simply delicately made velouté to which Piémontaise or truffle butter has been added at the last, in the proportion of an ounce of the butter to half a pint of sauce. Piémontaise butter is made by pounding together four or five well washed white Piedmontese truffles, half a boned and washed anchovy, and four or five ounces of fresh butter. Where this particular kind of truffle is unattainable, the ordinary black ones are used; but, of course, in that case the colour has to be sacrificed.

Sauce Colbert.—To a pint of good velouté stir a third of a pint of rich fish stock, and let it reduce sharply a fourth part; then finish it with an egg yolk and cream liaison, and rub it through a tammy; then stir into it a spoonful or two of minced mushrooms, and some crayfish tails cut into dice; stirring into it just as you are about to serve it an ounce or so of maitre d'hotel butter.

Sauce Duchesse.—The ordinary form of this is made nowadays by finishing half a pint of velouté sauce with an egg yolk beaten up in two tablespoonfuls of new milk or single cream, then tammying it, and stirring into it a tablespoonful each of tongue or ham and of mushrooms, both cooked, and cut up into tiny dice, and dissolving into it just at the last half an ounce of fresh butter and a little lemon-juice. The richer form of this, used by some *chefs*, is, however, a much more complicated affair: to a gill each of rich béchamel and suprême sauce add half a gill of chablis, four spoonfuls of minced raw mushrooms and the same of raw ham (lean), and let it all reduce a fourth part. Finish off by stirring into it two or three tablespoonfuls of finely minced cooked ham, and just at the last an ounce or two of fresh butter.

Sauce d'Uxelles (Blanche).—This is either velouté or allemande (some cooks use béchamel, especially for a *maigre* dish), to which a couple of tablespoonfuls of d'uxelles mixture is added for the pint of sauce, when the latter has been finished off with a liaison and the indispensable half ounce of butter. Some cooks make this distinction, that when made simply with the velouté it is called *Sauce aux fines herbes*, while if made with either the allemande or the béchamel it becomes d'uxelles. [*N.B.*—The same sauce is made brown, and similarly if made with plain brown sauce it is *Sauce aux fines herbes*, but becomes *d'uxelles* if the foundation is espagnole.] The d'uxelles mixture (which is used for many purposes, such as for *cotelettes à la Maintenon*, etc.) is made by frying together, or rather stewing, equal parts of mushrooms and parsley, a third of shallots, and, if at hand, a little truffle (all minced separately) in fresh butter, seasoning it all with pepper, salt, and a dash

of nutmeg ; stir the whole over the fire for five minutes, then moisten with a good wineglassful of light French wine, previously reduced to half by rapid boiling, and mix it with the yolk of an egg or two and a little lemon-juice.

Sauce Epicurienne.—To half a pint of velouté, made with either meat, fish, or vegetable stock (according to what you mean to use it with), add a liaison of one egg yolk beaten up with two tablespoonfuls of stock or cream, tammy, and finish off with a spoonful of walnut ketchup, the same of chilli vinegar, and a good dash of cayenne, or, best of all, cayenne butter.

Sauce Flamande.—To half a pint of velouté made with fish stock add the egg and cream liaison, then stir in off the fire a teaspoonful of tarragon vinegar and a good spoonful of mustard butter. Some cooks add three or four pickled and sliced Indian gherkins to this sauce. Serve very hot.

Sauce Indienne.—To half a pint of rich allemande add at the last an ounce or two of good curry butter, or, if preferred, stir in a tablespoonful of curry powder and an ounce or two of fresh butter.

Sauce Joinville.—Melt one and a half ounces of butter, and stir into it one ounce of fine sifted flour, stirring these over the fire till thoroughly amalgamated ; then add gradually a full half pint of rich, well-flavoured fish stock, and let it boil together for twelve or fifteen minutes ; finish off with a liaison of two egg yolks beaten up with two or three spoonfuls of cream, and at the last stir in an ounce or two of lobster butter, with a seasoning of cayenne and lemon-juice.

Sauce Lyonnaise.—Stew three blanched onions in some butter, with a tiny pinch of sugar, a little white pepper, and half a bay-leaf ; when tender, but not coloured, moisten

with a third of a pint of Sauterne or other light French wine, and add to it all a bunch of parsley, in which you have tied up a tiny morsel of garlic ; let it all reduce to half, then add it to a pint of boiling velouté ; let it boil up once or twice, then stir into the sauce the yolks of two eggs ; tammy it all ; re-heat in the *bain-marie*, and stir into it a spoonful or two of light glaze and a spoonful of minced and blanched parsley, with, at the last minute, an ounce or so of cold butter, and use.

Sauce Maréchale.—Boil a handful of tarragon in a gill of white vinegar for ten minutes, with a very small lump of sugar and a little salt. When reduced to half, stir into it half a pint of velouté ; let it just boil up ; thicken with two yolks of eggs, then tammy it, and, lastly, work into it an ounce or two of fresh butter ; and after working it well, use it very hot. This sauce requires to be rather thick, as it is generally used for masking either fish or meat. If you have no fresh tarragon, reduce rather more than a gill of tarragon or elder vinegar instead.

Sauce Maltaise.—Simmer some chopped parsley, two or three shallots, and some mushrooms in a little sherry, till the latter is strongly flavoured ; then add it to some velouté sauce, flavouring it at the last with lemon-juice and some very finely sliced juliennestrips of blanched orange-peel.

Sauce Normande, also called *Matelotte à la Normande*.—Reduce a pint of velouté, some mushrooms, and one and a half glasses of Chablis or Sauterne, with the liquor from the mussels or oysters always used for this dish, a fourth part ; then add a liaison made with the yolks of two eggs, a little butter, some lemon-juice, and a dash of nutmeg ; rub it all through the tammy. Re-heat, and just at the last stir in a teaspoonful of minced and blanched parsley.

Sauce Parisienne.—Reduce to half a third of a pint of light white wine (preferably Rhine wine) with the trimmings of several truffles and a bouquet. In another pan reduce a pint of rich *allemande* or *sauce suprême* as you choose, a fourth part, then strain the wine into this; let it boil up sharply to bring it to the desired consistency; tammy, and at the last moment add a dash of cayenne butter and a little light glaze. Some cooks add enough crayfish or lobster butter to this sauce to bring it to a pinky shade, with a seasoning of cayenne and lemon-juice, and at the last stir in some truffles cut into tiny olive shapes.

Sauce Pascaline.—Put into a stewpan three quarters of a pint of *velouté* and a quarter of a pint of white stock, with two spoonfuls of chopped and very white mushrooms, and half a spoonful of well-washed and dried shallots. Let this all reduce a fourth part, then thicken with the yolks of two eggs; tammy, and finish up with a little finely minced parsley, the juice of a lemon, and a little cayenne. This is particularly good with a hash of lamb.

Sauce Poivrade (Blanche).—Reduce a fourth part a gill of white vinegar to which you have added a little tarragon, or failing that, some tarragon vinegar; now pour on to it about a gill and a half of *velouté*, and half a gill of white stock. Reduce this again a little, then tammy, and over the fire, when it has re-boiled, work in the yolks of two eggs and a little piece of butter. Should the colour of the sauce not happen to be good, a little cream with a dash of cayenne and salt would improve matters.

Sauce Polonaise.—Into two-thirds of a pint of *velouté* work a third of a pint of white stock, and reduce it all by a third. Just at the last work into it at the side of the

stove two or three good spoonfuls of sour thick cream, two spoonfuls of finely-grated horse-radish, and three or four spoonfuls of tarragon vinegar previously boiled down to half; the moment this is all well blended lift it from the fire, and use. This sauce is by many *chefs* also known as Sauce Russe.

Sauce Pompadour.—Fry some minced mushrooms and shallots in a little butter till well melted, then stir into them about half a pint of rich velouté sauce, and let it all stew at the side of the stove for forty minutes or so, carefully removing the scum as it rises. This sauce should be rather thin. Now work into it a liaison of egg yolk and cream, seasoning to taste with white pepper and salt, and when this has all been well worked in, add a little very green minced and blanched parsley and a very few drops of lemon-juice, and serve. Remember that lemon-juice must only be added cautiously to sauces, for unless they are highly seasoned it entirely alters, and sometimes spoils, the flavour.

Sauce Portugaise.—Reduce together by a fourth a pint of velouté and a gill of white (preferably poultry) stock; tammy it, and at the last stir in the juice of a sweet orange, with the finely peeled rind blanched and cut into tiny julienne strips. Another version of this sauce, called *Bigarrade blanche*, is made in exactly the same way, only using a Seville instead of a sweet orange.

Sauce Sicilienne.—Chop separately and finely four shallots, two small truffles, a little parsley, and ten or twelve mushrooms; put them into a pan with a bunch of herbs in which you have tied up a very small clove of garlic and a dash of cayenne. Moisten it with two sherry-glassfuls of sherry, and simmer it all over a slow fire for ten minutes, then stir

in a pint of allemande sauce ; let it simmer together for a few minutes, stirring it now and again, then add a spoonful of blanched and minced parsley with the juice of half a lemon, and serve.

Sauce Suprême.—This, as its name implies, is one of the most perfect of the French sauces, though its name appears freely on many bills of fare, generally in the form of very rich allemande, flavoured with lemon-juice and minced parsley. Some cooks, again, declare it should be made of nothing but chicken stock, but experience shows that the following is about as good a formula as is available. Bring to the boil a pint of good velouté with a third of a pint of poultry stock and a gill of essence of mushrooms, or two or three ounces of mushroom trimmings ; then let it simmer slowly but steadily for about half an hour. Skim it most carefully, keeping it well stirred over the fire till it lightly coats the spoon, then pass it through the tammy or hair sieve, and re-heat in the *bain-marie*, and, lastly, dissolve in it a small piece of chicken glaze, stirring in, finally, off the fire, a spoonful or two of thick fresh cream and half an ounce of the finest and freshest butter, and use.

Sauce Royale, or Sauce Toulouse.—Have ready a very rich and rather thick allemande sauce. Now heat in it a financière ragout composed of small quenelles, cock's combs, *foie gras*, mushrooms, etc., and let them all heat together. Some cooks call this Sauce Royale, when the basis is very creamy béchamel, but this is rather an arbitrary distinction.

Sauce Wasterfisch.—Stir together half a pint of velouté made with fish stock and half a pint of white poivrade ; let it boil up, then add a liaison of about two ounces of fresh butter, blend it well, add a spoonful of finely minced green

tarragon, and serve. If green tarragon is not available use a little tarragon vinegar instead.

Sauce Villeroi.—This is a thick and rich form of velouté, used for masking all sorts of things, such as cutlets, etc. It should be highly but delicately flavoured, and thickened with an egg and cream liaison.

Sauce au vin blanc.—This is essentially a fish sauce, and is usually made with the liquor in which the fish has been cooked. Simmer together half a pint of good fish stock with a bunch of herbs, two onions peeled and sliced, and about half a pint of light white French or Rhine wine, and any liquor from the pan in which the fish fillets were cooked. Bring it to the boil, then simmer it gently together for half an hour, now make a sauce with it and two and a half ounces of white roux, and when well blended, add a liaison of egg yolk and cream, with the juice of half a lemon, and use.

CHAPTER VII.

WHITE SAUCES—CONTINUED.

IN the last chapter, the sauces whose foundation was either velouté or its derivative, allemande, were considered, and a good many recipes for such were given. We will now take such as are formed on the basis of béchamel, and, in naming this latter the English cook must not forget that, like velouté, it can be either *maigre* or *gras*; in other words, can be made with white meat stock, or with fish, or vegetable stock, the colour of this latter being always carefully borne in mind.

Primarily, béchamel, like every other sauce, is made precisely like melted butter, the only difference being in the liquid used in moistening the *roux blanc*, which is its basis. For melted butter, this is, as we have seen, simply boiling water; for velouté, stock, either meat, fish, or vegetable, is indispensable; while for béchamel the liquid is half stock, half flavoured milk usually, though a fashion is growing up of omitting the former altogether. The difference between this last sauce and what an English cook calls "white sauce" lies in the fact that for béchamel the milk is *always* flavoured. It is boiled with parsley, green onions, mushrooms, etc., so that it heightens the flavour of the stock to which it is added, whilst softening it as only milk can soften. Where this milk béchamel obtains, you will usually find that the so-called velouté used is really

the old béchamel, *i.e.*, ordinary velouté mixed with more or less flavoured milk or cream. But in the days of *la haute gourmetterie*, when eating was a science not considered unworthy even of celebrated men, the differences between all these sauces were carefully insisted on, and to interchange them was reckoned little less than a crime. One reads wonderful stories (and not always pleasant ones) of how these old *viveurs* kept up the delicacy of their own and their *chefs'* palates, though it is questionable how far the modern *cordon bleu* would submit to the treatment meted out of old to her *confrères*. About as little probably as she would, of her own free will, work on their patient, painstaking lines! But then *their* patrons were almost reckless as to cost or supply where a new dish or a perfect sauce was concerned; whereas her mistress, poor soul! is curious as to the weight of butter used, careful as to cream and eggs, and perfectly satisfied as long as "the things look right." You cannot make good sauces without good materials, that is certain; but it is equally certain that a really good cook will produce the most delicate sauces at a cost that compares favourably with the bills run up by the average cook, who will not take advantage of her scraps, or condescend to work one dish in with the other.

Nothing horrifies a foreigner who gets an insight into British household management so much as the waste that is its most striking characteristic, in his or her eyes, at least. The way in which the scraps are thrown away, or ignored because they are so small; the spoonfuls of gravy; the sauce left in the sauce-boat, which is promptly washed down the sink by an energetic kitchen-maid; the half dish left over from last night's dinner, given to the cat, because no well-dispositioned British servant would con-

descend to eat "those messes!" etc. All these the foreign mistress would utilise unhesitatingly in the production of those little dishes which seem "so extravagant" to her British sister. How well I remember a discussion I overheard between a French and an English sister-in-law. The latter was in despair because a sudden guest was to make his appearance at lunch, which, it so happened, was of the simplest. "But where is that rabbit we had last night?" asked the Frenchwoman, "I'm sure two of the legs were left." Down they went to the kitchen, the Englishwoman, if truth be told, with her heart in her mouth. Cook was not best pleased, but yielded to *force majeure*; the Frenchwoman succeeded in finding the legs and a bit of the back of the rabbit in a corner of the larder, put aside for the cat, "for no one would eat *them* scraps!" She also found the sauce-boat, still unwashed from last night, with quite a gill of melted butter left in it till the cook "had time" to rinse it out for the evening use. In a trice the meat was scraped in tiny portions from the bones of the rabbit, the latter being promptly broken up, and set on the fire with a little water, a bunch of herbs, and a dainty seasoning of spice. This was allowed to simmer till reduced to a spoonful or two. Meanwhile an almost equal quantity of ham and tongue (both scraps) was added to the rabbit, with a tiny squeeze of lemon-juice, a dash of pepper, and a very little finely minced parsley; meanwhile the stock from the bones being reduced, was mixed with a tablespoonful of cream (the end of a pot of "separated"), and the whole gently stirred into the last night's melted butter, with a small green onion taken from the stock and a blade of mace; when this was all hot, and the sauce quite thick and smooth, the onion and mace were lifted out, and re-

placed by the minced rabbit, etc., which in its turn was allowed to get thoroughly hot, but without boiling. Meanwhile some slices of bread were stamped out in rounds, a smaller round being pressed down within three-quarters of the thickness of the round, and the whole then fried in some hot fat till of a delicate golden brown, when these rounds were lifted out, well drained, the inner circle removed, and all the soft inside scooped out, and the cases set in the oven to dry and crisp. The mince by this time quite hot, was poured into the little cases, the inner ring, well dusted with minced parsley and coralline pepper, being set rakishly askew on the top, and the whole were sent to table as "*bouchées à la reine*," and won golden praise from the guest, who little suspected that "the cat" had been defrauded to supply the delicate little entrée that deserved his admiration. Now, this true tale is an exact example of the difference between French and English household management.

But to return to our sauce. I have said that the foundation of béchamel *gras* is stock mixed with its own quantity of delicately flavoured milk, and that this flavoured milk is what differentiates it even when *maigre* and made without any stock from the ordinary *sauce blanche*, which is neither more nor less than melted butter made with milk instead of water, and like it may be sweet or savoury according to whether sugar and spice, etc., or salt, pepper, etc., are used. When béchamel is used as a sauce by itself, its natural flavour is increased and individualised to a greater extent than when it is simply used as a foundation sauce, and it would be perfectly fair to say that sauces of which it is the foundation occupy the same position amongst white sauces that belongs to those brown ones of which espagnole is the

basis ; the sauces made from velouté answering to the dark sauces for which ordinary brown sauce (*i.e.*, the sauce which many modern *chefs* elect to call espagnole, though it does not possess the distinctive flavour of the latter) is used.

Sauce Aurore.—Prepare half a pint of rich creamy béchamel, and stir into this at the last about a tablespoonful of lobster butter made with the lobster coral, as given in Chapter III., seasoning it all highly with coralline pepper, salt, and the strained juice of half a lemon, or, if preferred, a spoonful of tarragon vinegar.

There is a variante on this sauce often seen in these days, made, however, of allemande, mixed with tomato in the proportion of one part tomato to two of allemande, and flavoured either with chilli vinegar, or with lemon-juice and a good dash of cayenne.

Sauce Avignonnaise.—Prepare half a pint of nice béchamel sauce, adding to it a liaison of one or two yolks of eggs beaten up with two or three spoonfuls of fresh cream, and stir in at the last about one and a half to two ounces of grated Parmesan cheese and a spoonful of finely minced parsley. The distinguishing feature of this sauce is that both the stock and the milk of which it is made should be rather strongly flavoured with shallot and (if allowed) garlic. To obtain this aroma, the pan in which the sauce is made is well rubbed with a fresh-cut clove of garlic, while two or three shallots are boiled up in the sauce, before tammying it. Naturally this is less strong than it is in its own country, but is strong enough for most English tastes.

Sauce Béchamel.—For this melt two ounces of fresh butter, and work into it gradually from one to one and a half ounces of fine sifted flour, and stir it over the fire till per-

fectly amalgamated; now add to it rather more than a third of a pint of well-flavoured white stock, and the same quantity of milk previously boiled with a *bouquet garni* (*i.e.*, two or three green onions, some parsley stalks, thyme, and bay leaf, with a blade of mace, all tied up together), white pepper and a little salt; let this all boil together for twelve or fifteen minutes till reduced a fourth part, and thick enough to coat the spoon and drop from it, leaving clean bare spaces; now stir into it a little fresh cream; season to taste with pepper and salt if necessary; add a squeeze of lemon-juice, and serve. This sauce may be enriched by using chicken stock instead of ordinary white (veal) stock, and flavoured cream or new milk. *Béchamel maigre* is identically the same, only using fish or vegetable stock, or all milk; but in this case a little extra cream is required at the last.

Sauce Bigarade (Blanche).—Peel a Seville orange very carefully, so as only to take the yellow part; then cut this peel into thin julienne strips, and blanch these by putting them on in cold water, bringing this to the boil, and then at once draining it and throwing it into cold water till wanted. Meanwhile, stir a full pint of good poultry stock into rather more than half a pint of béchamel sauce; and allow these to reduce till there is a little more than half a pint, and the sauce is pretty thick; tammy it, and as you lift it off the fire stir in the cut-up orange peel, and incorporate with it the juice of two Seville oranges.

A sauce somewhat similar to this is sometimes known as *Sauce Portugaise*, but it is made with velouté instead of béchamel, and the peel and juice of a sweet orange, exactly as in the preceding recipe. This is, of course, hardly as white as the bigarade, which latter, however, requires great

care, or the orange juice is apt to curdle it, especially if left on the fire after the latter is added to it.

Sauce Blanquette.—This is made in various ways, either by allowing a slice of lean ham and a bay leaf to simmer for an hour in half a pint or so of béchamel sauce, either *gras* or *maigre*; or, again, allemande sauce with an addition of cream and cayenne can be used, while plain white sauce (*i.e.*, melted butter made with unflavoured milk), highly seasoned with cayenne and spice, is often pressed into the service; but in any case a squeeze of lemon-juice and a spoonful of minced parsley are indispensable. When allemande is used, this sauce is often called *Poulette*, and is distinctly flavoured with mushrooms or essence of mushrooms; while this sauce, made with plain béchamel, finished with the parsley and lemon-juice, is named *Pascaline*, and is a favourite sauce for hashed or fricasseed lamb, etc. In this latter case an egg liaison is sometimes added as a finish.

Sauce à la Crème.—Put rather more than half a pint of béchamel into a pan, with a gill of chicken stock, a good handful of mushroom trimmings, a *bouquet garni*, and a slice of ham cut into dice; allow this to reduce a fourth part; then add a tiny grate of nutmeg, and tammy it; now stand the pan in the *bain-marie*, and work into it very gradually three-quarters of a pound of butter, broken up into small pieces, not adding one till the preceding bit is perfectly dissolved. A little attention to this point adds immensely to the velvety smoothness, and makes it very light. This sauce is particularly delicate for vegetables *à la crème*, or some kinds of white fish.

A simpler form of this sauce is made by working a liaison of two yolks of eggs, beaten up with two or three spoonfuls

of thick cream and one and a half ounces of fresh butter to one and a half gills of simple béchamel, and stirring it over the fire till of the consistency of cream, when it is tammied, and seasoned to taste with salt, white pepper, and a little lemon-juice.

Sauce Crème au Céléri.—Boil three to five heads of celery, sliced, and peeled if not quite young, in a little salted water for twenty minutes ; then drain off the water well, and lay the celery into a pan with one and a half gills of white stock or milk, and an ounce of butter, and allow it all to stew together gently till the celery is perfectly tender, when it is rubbed through a sieve, and then boiled for fifteen or twenty minutes with a full half pint of good béchamel nicely seasoned to taste, till reduced a fourth part, a spoonful or two of thick cream and about half an ounce of butter being stirred into it just at the last. For ordinary purposes the celery is stewed whole, cut into inch-lengths, and then re-cooked for fifteen or twenty minutes in the béchamel, and served thus. A little lemon-juice or vinegar should always be added to the water in which the celery is first boiled to preserve the colour, and a good squeeze of lemon-juice should be added to it when placed with the stock, etc., to stew, for the perfection of this sauce, especially when served as a cream, depends greatly on its whiteness.

Sauce Crème à l'Estragon is made in the same way as the second of the preceding recipes (*Sauce à la Crème*), with the addition of a teaspoonful of tarragon vinegar before it is tammied, and a little very finely minced tarragon just as it is to be served. *Crème au fenouil* or *au persil* is made in the same way, only using plain or chilli vinegar as you please, and fennel or parsley instead of the tarragon. In

England, these sauces are more usually made either with melted butter or plain white sauce, but naturally the first recipe is more delicate.

Sauce Crème de Concombres.—For this, stew a small cucumber in white stock till quite tender; then rub it through a sieve and return it to the pan, moistening it if necessary with a little more stock or milk, and allow it to reduce to a fairly thick purée. To this add then a short half pint of béchamel, season to taste with white pepper, salt, and, *if liked*, a tiny grate of nutmeg (it cannot be too often insisted on that strong spices, such as mace, nutmeg, etc., should *never* be used without considering the taste of those who will eat the dish, and should always be added in the very smallest quantities, as, though easy enough to add, they cannot be obviated once they are in the dish, and to many people nothing is so insufferable as the flavour they give); heat in the *bain-marie*, and just at the last stir in a spoonful or two of thick or whipped cream. If liked, this sauce may be coloured a very pale green with a little vegetable colouring. If allowed to cool, and stiffened with a little aspic jelly, this cucumber cream makes a particularly delicate *chaufroix*, *verte*, or *blanche*, according as it is or is not coloured.

Sauce aux Champignons.—Simmer together equal parts of white stock and béchamel sauce till reduced nearly to half, stirring it occasionally; then for half a pint add about four ounces of *champignons* (buttons and stalks), neatly sliced, with a little of their liquor and about half a gill of light French wine (or, where this is not at hand, equal parts of lemon-juice and sherry); let it all just boil up; season with salt and white pepper to taste, and serve. Another form of this sauce is made thus: chop finely half

a pound of young button mushrooms with their stalks, and simmer them gently in a quart of good white stock (veal or chicken), with the strained juice of a lemon and a pinch of salt, for about half an hour, keeping it all well skimmed; stir half a pint of this liquor (strained from the mushrooms), with half a pint of milk, or half that quantity of cream, on to two and a half ounces of good white roux; allow it to reboil, then add a pinch of salt and half a wine-glassful of sherry, and the mushrooms; rub it all through the tammy, add a gill of thick cream, let it just boil up, and use.

The same sauce may be made brown by using brown stock, brown roux, and glaze instead of the cream, whilst for this sauce older mushrooms may be used, and a touch of cayenne is an improvement. In the same way brown sauce or espagnole may be used instead of the béchamel.

Sauce de Crabe.—Stir into some rich and very creamy béchamel the meat of a crab cut into dice, together with the soft part inside, if not too watery; let it heat thoroughly, but without boiling (if it boils the crab meat will be tough and leathery); just as you are about to serve it, add a squeeze of lemon-juice and a good dust of cayenne.

Sauce Diplomate.—This is made precisely like Sauce à la Crème, except that only six ounces of butter are used, about four ounces of lobster or crayfish butter and two ounces of anchovy butter being stirred in at the last to replace the rest of the butter.

Sauce Duchesse.—Put into a pan one and a half gills of béchamel and the same of sauce suprême, with a good tablespoonful of chablis, four spoonfuls of raw minced mushrooms, six or seven ounces of lean ham, and a *bouquet garni*; reduce this a fourth part, tammy it, then draw it to

the side of the stove, lifting the sauce with a spoon, as advised for Sauce Bretonne, and mix it with four ounces of fresh butter cut up small, being careful not to add one piece till the last is completely dissolved ; then stir in four spoonfuls of cooked ham, of a nice colour, and cut in small dice, and serve.

Sauce à la Holstein.—This is a fish sauce, made of *béchamel maigre* (i.e., made with fish stock, or, if preferred, flavoured milk only), a gill of the stock and half a gill of light French wine being added to half a pint of béchamel sauce, and allowed to reduce a fourth part, then finished with a liaison of egg yolk and cream, and flavoured with a few drops of lemon juice and a tiny grate of nutmeg.

Sauce aux Fines Herbes.—Mince separately a handful of parsley, two or three nice white mushrooms, and three shallots or some chives ; toss these over the fire in a little butter seasoned with white pepper, salt, and a tiny dash of nutmeg, for five minutes ; then pour on to it half a pint of reduced béchamel, let it boil up quickly, then finish with a pat of maitre d'hotel butter, and serve. This sauce may be used as a brown sauce if brown or espagnole sauce be used instead of the béchamel.

Sauce Gasconne.—Rub a pan across three or four times with a clove of freshly cut garlic, and put into it a dessert-spoonful of French capers and one ounce of truffles, each finely minced separately, a tablespoonful of salad oil and some pepper ; fry all this together lightly for two or three minutes, moisten with half a gill of white French wine, and let it all boil up again for three minutes, then add half a pint of béchamel, a bay leaf, and a spray of thyme ; stir it all over the fire till it boils, then draw it to the side of the stove, and let it only simmer for some little time, skimming

it carefully, then add another half gill of wine ; let it boil up and reduce, and finish with a liaison of two egg yolks and a spoonful of cream, putting it into the *bain-marie* till wanted, and stirring into it just at the last a spoonful of minced and blanched chives (or shalot), parsley and tarragon, a small pat of anchovy butter and a little lemon-juice.

Sauce Italienne (Blanche).—Chop four shallots and blanch them, then drain them thoroughly, and put them in a pan with some finely chopped mushrooms, a *bouquet garni*, and a tablespoonful of salad oil ; toss them in this for five minutes, then add two small wine glassfuls of white French wine, and let this all reduce to half ; now add half a pint of good reduced béchamel and a little white stock, and let it boil up again. Skim all the oil off carefully, lift out the bouquet, and use.

Sauce Lombarde.—Put into a pan half a pint of blanquette sauce, stir into it a gill of good poultry stock, and let it boil up, then draw it aside till it simmers gently, stirring it occasionally, and after ten minutes' simmering add to it the yolks of two small (or one large) eggs, previously lightly beaten up with an ounce of liquefied butter and the juice of a lemon ; stir this all well together over the fire, and directly it reaches the boil draw it to the side of the stove and pour into it a gill of good tomato sauce ; mix it well, then rub it through the tammy. Re-heat in the *bain-marie*, and serve.

Sauce Maitre d'Hotel.—To half a pint of *béchamel maigre* *i.e.*, made with flavoured milk only, add just at the last an ounce of good maitre d'hotel butter and a teaspoonful of freshly minced parsley, with a few drops of lemon-juice and a seasoning of salt and white pepper, and serve.

Sauce Matelotte à la Normande.—Put one and a half gills of light French wine into a pan with two or three mushrooms and the liquor of the oysters (and mussels) used in making this dish, and allow it to reduce to a gill altogether; then stir it into half a pint of good *béchamel maigre* made with fish stock; let it boil up, then stir into it a liaison made by beating up the yolks of two eggs with a good pat of butter, a tiny grate of nutmeg and a dash of lemon-juice; tammy it, and just before serving, stir into it a spoonful of minced and blanched parsley.

Sauce Milanaise.—To half a pint of Sauce à la Crème, made according to the simplest of the two recipes given above, add two tablespoonfuls of freshly grated Parmesan cheese, a good dust of cayenne, and a gill of thick cream. This sauce can also be made with brown or espagnole sauce (according to the dish it is to accompany), a spoonful of made mustard, either French or English, being well stirred into it, with the cheese and cayenne.

Sauce Pascaline.—The sauce generally given under this name is a form of *blanquette*, but according to Ude the proper recipe is as follows:—To half a pint of rather thin white Italienne sauce add a liaison of two egg yolks, beaten up with the strained juice of a lemon; tammy, and then stir in, just as you are about to serve it, a spoonful of blanched and minced parsley.

Sauce Raifort.—Scrape a small horse-radish, and place the raspings in half a pint of béchamel sauce; bring it to the boil, and let it all simmer together for half an hour, then rub it through a sieve or tammy, re-heat, and stir into it a liaison made by beating up the yolks of two eggs with two or three spoonfuls of thick cream; add a few drops of tarragon or horse-radish vinegar. If you have it, sour

cream is best for this sauce, though it is not often used in England.

Sauce Ravigotte.—Blanch for five minutes in boiling water two ounces of onion and a tablespoonful of parsley, then strain off the water, and replace it with a pint of milk, adding a couple of cloves, and let it all boil together till the milk is well flavoured with the herbs; now strain the milk on to two ounces of white roux (or one ounce of butter and one ounce of flour, previously cooked together without colouring till perfectly blended), and let it thicken by boiling it all gently together for a few minutes, stirring it occasionally. In the meantime boil together a tablespoonful of tarragon and the same of chilli vinegar, till they are reduced to half, then stir this into the sauce, and just before serving stir into the latter one tablespoonful of fine parsley, a dessert spoonful of garden cress, and a teaspoonful of chives and chervil, all very finely minced, with just enough green colouring to make it a delicate pale green colour.

If required very rich, add a little cream at the last to this sauce.

Sauce Russe.—Mince together equal quantities of tarragon, chervil, and parsley, and stir to them some good béchamel sauce made with poultry stock, thickening this with a liaison of egg yolk beaten up with cream, and stirring in just at the last a little butter, a spoonful of finely grated horse-radish, a good dust of castor sugar, a little white pepper, and a dash of cayenne pepper, with a good mustard spoonful of made mustard. Mix it all well, and use. Some cooks omit the herbs, and thicken the sauce with three or four spoonfuls of thick, sour cream.

Sauce Soubise.—This in France is more often called

Purée à la Soubise, or *Crème Soubise*, as it is used more in the form of a vegetable purée, as a garnish than as a sauce, for which, when desired, Sauce Bretonne is usually served. However, the following is a very nice form of this sauce. Blanch two good-sized onions for five minutes in a little boiling water, then strain off the latter, and mince the onion, not too finely; add to them about an ounce of butter (for household use well clarified dripping may be used), and allow them to stew all together, but without colouring, until the onion is quite tender, when the pan is lifted off the fire, and half a pint of well-flavoured béchamel (either *gras* or *maigre*) is stirred into it; let this all boil up, skim carefully, then reduce it all a little over the fire before rubbing it through the sieve; add a little piece of butter to it, and re-heat in the *bain-marie*. A very delicate form of this sauce may be made by stirring into it, when you add the béchamel, about a tablespoonful of freshly-grated Parmesan cheese, with a dust of cayenne pepper. This is called abroad *Crème Soubise au fromage*.

Sauce Suprême.—This, as its name implies, is one of the *chefs d'œuvre* of the French cuisine, and requires very delicate preparation to ensure its perfection. The method given by Urbain-Dubois is as follows:—After removing the fillets from the fowl, break up the legs and the carcass, and after soaking them a little to get rid of any blood, drain and wipe them, and put them in a pan with a pinch of salt and enough cold water to cover them amply; bring this all to the boil sharply, and allow it to boil for five minutes only if the fowl be tender, a little longer if the bird be an old one (in which case its fillets are not fit for *suprême*); strain off the stock thus obtained, and leave it till cool, when it must be carefully freed from grease. Stir about a pint of

this stock on to one and a half to two ounces of nice white roux, being careful to get it very smooth, though thinner than sauce is generally. Now add to this the chicken from which the stock was originally made, a *bouquet garni*, and a small onion, with a dash of nutmeg. Just let it re-boil, then draw it to the side of the stove, and allow it to simmer very slowly till all the goodness is extracted from the chicken, when the sauce must be strained off through a fine sieve, and put into a delicately clean saucepan, and allowed to reduce a third part, keeping it continuously stirred all the time. Even when thus reduced, the sauce should be thin, but smooth, and delicately succulent; now add a liaison of half a gill of double cream, mixed with half an ounce of fresh butter, and rub it all through the tammy. Properly speaking, this sauce should only be just finished as it is wanted for serving, to preserve its delicacy. It should be delicate, but a perfect essence of chicken. It must be observed that other *chefs*, notably Gouffé, consider the suprême improved and strengthened by a mixture of veal stock, affirming that, if made with poultry stock only, the sauce will be insipid. To some tastes it may, but undoubtedly this sauce, made exactly as Urbain-Dubois directs, is most delicate and appetising, and very different indeed from the pasty white sauce that too often does duty for it on English tables. A very appetising form of it may be produced by reducing some rich béchamel, made with veal or poultry stock, or half of each, with a little poultry glaze, and some essence of mushrooms, finishing it off as advised above with double cream and fresh butter. But however the cook may elect to prepare this sauce, she must remember that, being one of the choicest, it admits of no saving; the freshest butter, the most delicate stock, and

the richest cream, *must* be used, and used without stint, if the dish it is to be served with is to be a success. It is to this, and to the fact that properly *suprême de volaille* can only be made with the fillets off the breast of the fowl, that this particular *plat* is so expensive, as all experienced housekeepers know it to be.

CHAPTER VIII.

HOT BUTTER SAUCES.

THOUGH the French do not limit themselves so much in the matter of sauces as we do in England, they do use a form of melted butter (*sauce au beurre*), which, as will be seen from the recipe given below, is simply a rather richer form of our national condiment. The great difference, however, in the French and the English variety depends, one regrets to say, more on the amount of care bestowed in the making of it than on the variety or quantity of the material employed. A Frenchwoman would never dream of leaving her sauce to be made at the very last, even in the case of such very delicate ones as the Hollandaise, Portugaise, or Béarnaise. She always keeps roux ready at hand, carefully weighs her material, or at anyrate measures it exactly, and instead of adding her butter in one lump, cuts it into small portions, and never adds one till the first is entirely melted and absorbed in the sauce. And no one who has not tried it can realise the difference this one precaution alone will make.

In spite of the *look* of the directions given below (necessarily lengthened to make them sufficiently clear to the uninitiated), if a cook learns from the first to make her sauce properly, she will soon find it more difficult to make it in the old hap-hazard way than to do it by the right method from the first. In making the butter sauces given

below, it must be remembered that all sauces composed almost exclusively of butter must be eaten the moment they are made, if they are to be eaten in perfection. They are, of course, rich at the best, but cooled they are simply a direct incentive to indigestion.

Sauce au Beurre.—Put into a good-sized stewpan about one and a half ounces of butter, and when this is melted, stir into it gradually one ounce of fine sifted flour, and keep it stirred together till well blended, allowing it to cook for eight or ten minutes. When thoroughly smooth and well amalgamated, pour on to it half a pint of hot water, and keep it stirred till it boils up. As soon as this mixture will lightly coat the spoon with which it is stirred, when lifted out of the pan, add two and a half ounces more butter, broken up small, and as soon as this is half melted, lift the pan off the fire and stir the mixture till the butter is perfectly dissolved and well mixed with the rest. If necessary this sauce may be thinned with a little more hot water, or thickened with a small teaspoonful of white roux.

If this recipe appear too extravagant for household use, you may halve the butter, mixing the flour with only half an ounce of butter, and stirring in one and a half ounces of butter at the last. It will still be very good, though naturally not so rich. It should be observed that a good deal might be saved if cooks were taught to use a little consideration when making their sauces. For fish sauce served in a boat, as is the English fashion, equal quantities of butter and flour are generally used, mostly one to two ounces of each to the half pint of liquid, but where the sauce is simply required to pour over anything, such as vegetables, half the above amount of roux (at least) to the same amount of liquid may be used with advantage. In

fact, very often half an ounce of each to the half pint will, if well boiled together, be quite ample.

N.B.—If made with milk instead of water, this sauce becomes French white sauce, or *sauce blanche*; the difference between it and the *béchamel maigre*, which is often used for it, is that in the first case simple boiled milk is used, whereas for the latter it is essential that the milk should have been boiled with various herbs, vegetables, and spice to flavour it before it is added to the thickening, though, to enrich it, a little thick cream is frequently added just at the last, with a tiny morsel of cold butter.

Sauce au Beurre Fondu (also called **Beurre à la Hollandaise**).—Put four ounces of butter into a delicately clean stewpan with about half a teaspoonful of white pepper, a whole one of salt, and a full tablespoonful of lemon-juice. Stir this all over the fire with a very clean wooden spoon, till the butter is half melted, when the pan must be taken from the fire, and the stirring continued (off the fire) till the butter is entirely dissolved. Made in this way, this sauce acquires a fresh creamy taste never obtained if the butter is left on the fire till perfectly liquefied.

Sauce Béarnaise.—Stir together over the fire the yolks of five eggs, one ounce of butter, a tiny pinch of salt, and a dust of pepper; as soon as the eggs begin to thicken, and the butter has melted, stir into it off the fire another ounce of butter, again returning it to the fire, to keep up the heat; then add separately in the same way two more ounces of butter, always stirring the butter in off the fire, and returning it to the latter before adding the next portion. When all the butter is used up and well incorporated, add half a spoonful of minced tarragon and a small teaspoonful of tarragon vinegar, and serve. This

sauce, which is sometimes called "hot mayonnaise," should be rather stiff, and about the consistency of a good mayonnaise.

Another form of this popular sauce is made thus:— Put three or four shallots (according to size) into a pan, with some roughly pounded allspice or black peppercorns, and a *very* small piece of mace; pour on to this half a pint of water, and a gill of tarragon vinegar, and let it all boil till reduced to a quarter of a pint. Now strain this liquor, and let it get cold. Strain three or four eggs into a pan, and stir them over a slow fire with enough of the above liquid to produce a rich custard, adding bit by bit, and allowing each to melt in separately, two ounces of fresh butter, then add about a teaspoonful of minced tarragon, and serve.

French cooks add a small clove of garlic to the vinegar, etc., when boiling it, but for English taste, even where garlic is tolerated, it will probably be found sufficient to rub the pan in which you make the custard three or four times across with a clove of freshly cut garlic.

Though it should be made a cardinal rule to have all butter sauces made just as they are wanted, still, as accidents *will* happen, it may be well to give a method for, at all events, palliating failures. To begin with, all sauces when made should be kept hot *en bain-marie*, *i.e.*, by three parts immersing the pan in which it was made in another full of boiling water. In this way they *may* be kept in fair condition for twelve or fifteen minutes, but, of course, are no longer at their very best. If kept longer they oil. Now, to remedy this somewhat, add to the sauce in summer a small knob of ice as big as a nut, or in winter use a little cold water, and work this sharply into the

sauce by the side of the fire, till smooth, before serving.

Sauce au Beurre Lié (also called *à la Portugaise*).—Beat the yolks of two fresh eggs till light, then pour to them about four ounces of fresh butter previously melted, and stir this all over a slow fire till perfectly blended. Be careful the butter never boils, or it will be spoiled at once. Season with a little salt and white pepper, add a dash of lemon-juice, and serve.

Sauce au Beurre Noir.—Cut three-quarters of a pound of butter into pieces, and melt it in a delicately clean pan, letting it cook till it is of a dark golden brown (it must never, in spite of its name, be really black, or it will be burned, and so spoiled), and let it cool. Meanwhile, boil together three tablespoonfuls of vinegar and a quarter of an ounce of pepper, and let it reduce to two spoonfuls. Draw the pan to the side of the stove, and strain the cooled and melted butter through a clean hair sieve on to the vinegar, and let it heat thoroughly, but without boiling! If the butter is not allowed to cool before adding it to the vinegar, it may boil up suddenly, and be spilt.

Some cooks add a little minced parsley to this sauce.

Sauce à la d'Orléans.—Let two tablespoonfuls of the best Orlean vinegar come to the boil, then add to it a full tablespoonful of rich espagnole, and let this heat; now work into it, a bit at a time, from one and a half to two ounces of butter, only adding one piece after the preceding one is melted; stir into it a dust of castor sugar and the same of cayenne, with a good pinch of finely minced parsley, and serve.

Sauce Francaise (also called **Chauron Sauce**).—Prepare some béarnaise sauce as above, and for the quantities there

given, stir in a wineglassful of tomato purée, and finish it off with an ounce of strong chicken stock or glaze, a small tablespoonful of well-washed and minced parsley, and a teaspoonful of chilli vinegar.

Another form of this sauce is prepared thus:—Boil four tablespoonfuls of vinegar with a bunch of herbs and a dozen or so of peppercorns till reduced to half, then add to it the yolks of four eggs, and by degrees four ounces of butter, stirring it all in a pan standing in the *bain-marie*, or in a pan three parts full of boiling water; when it has thickened, tammy it, and stir into it six tablespoonfuls of boiling tomato sauce.

Sauce Hollandaise.—The following is Gouffé's recipe for this sauce:—Put two tablespoonfuls of good vinegar into a pan with a little salt and a dust of pepper, and let it reduce until you have only a teaspoonful left. Now draw this to the side of the stove, and add to it two tablespoonfuls of cold water and the yolks of two raw eggs carefully freed from the speck and all white, and stir these all together over a clear, slow fire (or the gas ring) till the eggs begin to thicken; now stir into it an ounce of butter, being careful to lift the pan off the fire as soon as the butter begins to melt, and stirring it off the fire till the butter has all melted; now replace it on the fire, let it re-heat, add another ounce of butter, treat it as before, and repeat this process until you have used from four to five ounces of butter. After stirring in the third portion of butter, work into the mixture a tablespoonful of cold water, to keep the sauce from turning, and when all the butter has been used, stir in one more spoonful of water. This sauce should be about as thick as single cream, and after seasoning to taste, should be served at once. This is real sauce hollandaise,

and though the directions sound alarming, it is with a little practice neither troublesome nor difficult to make. But usually cooks prefer the following recipe as being less risky, if there is any chance of the sauce having to wait, though of course to the real connoisseur it has not the distinctly buttery taste of the real hollandaise.

The yolks of two eggs, the juice of half a lemon, a teaspoonful of salt, a dash of white pepper, and four ounces of fresh butter. Stir these all together over the fire until the butter is perfectly melted (being careful that it never boils), then add a pint of good melted butter (or, if preferred, of rich béchamel), stirring it all over the fire till perfectly blended; now strain it through a tammy or fine hair sieve, and stand it in the *bain-marie* till wanted. It is an improvement to this sauce if a little of the butter is kept back and stirred in just at the last.

Sauce à la Meunière.—This is really only a fish sauce. After cooking the fish, whatever it may be, whether in a baking-tin or a sauté-pan, add two ounces of cold butter to that left from cooking the fish, and stir this over the fire till it all turns a very pale brown or fawn colour; then add to it a couple of boned and well-washed anchovies, previously pounded with a small spoonful of vinegar, finishing the sauce with a teaspoonful of finely minced parsley or chives. This should properly be poured over the fish and served with it; but, at any rate, it must be kept very hot, or, like all butter sauces, it will turn very greasy as it cools.

Sauce Valois.—Boil two well-washed and finely minced shallots in two tablespoonfuls of vinegar till reduced a fourth part; let it cool, then add to it the yolks of five eggs and one ounce of butter. Stir this till the butter is thoroughly melted, then add in, off the fire, a second ounce of butter,

re-heating it, and then stirring in a third ounce of butter and an ounce of strong chicken glaze or stock, and finally, when all this has been perfectly incorporated, dissolve in it a fourth and last ounce of butter ; add a spoonful of finely minced parsley, and serve.

Wastrefisch Sauce.—Shred into julienne strips the thinly pared rind of an orange, the red part of a carrot, a handful of parsley, and an equal quantity of parsley roots. Blanch them and drain them carefully on a clean cloth ; then put them in a pan with half a pint of sauce hollandaise ; add to it two spoonfuls of well-reduced fish stock, a dash of cayenne, and a squeeze of lemon-juice. Stir this sauce over the fire, in the *bain-marie*, till it is quite hot, but not allowing it to boil. This sauce is particularly good with any plain boiled fresh-water fish, though it was originally invented for perch, which are thought far more of abroad than with us.

CHAPTER IX.

COLD SAVOURY SAUCES.

OF late years a taste for cold food has grown up in this country, until one or two cold dishes are considered almost indispensable at any *recherché* and carefully thought-out dinner. *Chaufroix*, of all colours, *mousses glacées*, *crèmes* and *soufflés* were introduced one after another, till at last we have come to seeing sauce actually iced, and sent to table in a frozen condition, frozen in fact in Neapolitan ice-moulds and served in slices and fingers; often even with hot dishes. Under these circumstances it may not be amiss to give recipes for some of the best known of these delicious addenda. It may be safely asserted, to begin with, that for these sauces, mayonnaise usually stands in the place of a *sauce mère*, appearing in, certainly, seven out of ten cases as the foundation of such condiments.

Anchovy Cream.—Wash and bone six anchovies, then pound them with a hard-boiled yolk of egg, a tablespoonful of salad oil, a dust of cayenne, and, if necessary, a few drops of carmine (only just enough to make it all a pale pink shade). When this is all perfectly smooth, add to it a gill of *just* liquid aspic, and tammy it; then stir in lightly a gill of stiffly whipped cream, and set it on ice till wanted.

Aspic.—For this, if only wanted for stiffening or decorative purposes, it is not necessary to use stock, and in this case the following will be found quite satisfactory.

Put into a pan two ounces of best leaf gelatine (it is necessary to be particular as to this, as unless the gelatine is really good, the sauce will not be a success. I find the most to be relied on is that procured from Mrs. A. B. Marshall, 30 Mortimer Street, Cavendish Square, as the quality never varies). Add to this gelatine a quart of hot water, a dessertspoonful of salt, the juice of one lemon, a bay leaf, the whites and shells of two eggs, a short gill of good dark brown vinegar, a couple of sprays of tarragon, or a tablespoonful of tarragon vinegar, a sliced onion, and a score or so of peppercorns. Mix these ingredients well together; bring them all to the boil, and run it through a warm jelly-bag. If made properly, this produces a beautifully clear jelly, excellent for all garnishing and sauce-making purposes.

Aspic Cream.—Stir well together half a pint of just liquid aspic, a gill of thick sweet cream, and a dessertspoonful of tarragon vinegar, then tammy it and set it aside on ice. If wanted for masking anything it must be used just as it is setting, care being taken not to let it harden too much.

Brawn Sauce.—Stir together carefully a tablespoonful of brown sugar, two tablespoonfuls of best French vinegar, three tablespoonfuls of salad oil, a teaspoonful of made mustard (or the same quantity of French *moutarde de Maille*), freshly ground black pepper, and salt to taste. When well blended, serve. It is well to observe that in all cases where black pepper is recommended, it should be used as freshly ground as possible, as this insures its full strength, which goes off very rapidly once it is ground.

Cambridge Sauce.—Well wash and bone four anchovies and pound them with the yolks of three hard-boiled eggs, a good spoonful of French capers, a few chives, two or

three sprays of parsley, tarragon, chervil, and burnet, if at hand (these herbs should all have been well blanched by picking them small, and throwing them into plenty of slightly salted cold water, bringing this to the boil, then straining them off and leaving them in fresh cold water till wanted), adding, as you pound them, gradually, a teaspoonful each of made English and French mustard, some fresh pepper, and, if required, a little salt. This addition requires care, as the anchovies will make it pretty salt by themselves. When all these are pounded smooth, add to it, gradually, enough salad oil, with a very little tarragon vinegar, to bring it all to the consistency of rather thick melted butter; then rub it through a fine sieve, being careful to remove all the sauce that will cling to the under side of the sieve, and leave the tammied sauce on ice till wanted, stirring in just as you are about to serve it a little freshly minced parsley.

Cazanova Sauce.—Prepare some sauce thus:—Crush the hard-boiled yolk of an egg in a bowl, rubbed across two or three times with fresh garlic, and mix with it a pinch of salt and white pepper, a mustardspoonful each of French and English mustard, and a tiny dust of coralline pepper, then mix into it the yolk of one raw egg (do not use a new-laid egg, as this never makes such good sauce as one a day old), stirring it all together with a very clean wooden spoon (if you have salads often, keep a wooden spoon solely for salad sauce-making), then add about a teaspoonful of thick cream, working this well in as you drop it in, and go on thus adding the cream a very little at a time— if you add too much it will thin the sauce suddenly, and will take a good deal of stirring to get it thick again;— when the sauce is about as thick as butter, add to it grad-

ually, working the whole time, about one and a half teaspoonfuls of strained lemon-juice. The sauce should be quite white and thick. Now rub the dish in which it is to be served also with the garlic, stir into the sauce the hard-boiled white of the egg, and two or three truffles, all cut into julienne strips, then put it into the dish it is to be served in, and stand it on ice till wanted for use.

Chaufroix Sauce (Brown).—Put into a pan together a gill of good brown sauce, two good tablespoonfuls of sherry, half an ounce of glaze, and a dust of coralline pepper; boil it up sharply till reduced a fourth part, keeping it well skimmed whilst boiling, then tammy it, and use when cooling. It should be borne in mind that this sauce may be greatly varied by varying both sauce and wine; for instance, brown sauce and sherry; espagnole with Madeira, or champagne; Richelieu and Chablis, etc., are all good mixtures, and may be used according to the meat they are to be served with. A little attention to such details as these makes all the difference in the delicacy of both the sauce and the meat it is to accompany.

Chaufroix Sauce (White).—Reduce together a fourth part a gill of velouté, allemande, or béchamel, with a gill of thick cream and half a pint of aspic jelly, keeping it well skimmed; tammy, and use when cooling.

Chaufroix Sauce (Pink).—Put a gill of sauce prepared as for sauce cardinal into a pan with a gill of thick cream and half a pint of aspic; reduce, as before, a fourth part, keeping it well skimmed; wring it through a tammy; add to it enough lobster-coral butter to bring it to a pretty pink, with a dash of coralline pepper, and use while cooling. This is used for fish.

Chauron Sauce.—This is simply the second of the two

sauces given as Sauce Francaise, or Chauron (in the chapter on hot butter sauces), allowed to cool, and then iced. Delicious with fish, though naturally very rich.

Chervil Cream.—Allow equal quantities of thick cream, rich béchamel, and aspic jelly to reduce a fourth part, as for chauxfroix, then for half a pint of sauce thus made, stir in a good pinch of salt, two spoonfuls of finely minced chervil, a few drops of chilli vinegar, and the same of lemon-juice; mix it all well together, and use when cooling. Delicious with cold or hot veal, or chicken.

Cucumber Cream.—Cook a small cucumber till tender in either weak stock or water; then rub it through a fine sieve, and when cold mix it with a gill of mayonnaise, half a gill of stiffly whipped cream, a tablespoonful of tarragon vinegar, a pinch of salt, and a tiny dust of castor sugar; colour this with a few drops of vegetable green colouring, being careful to keep the tint delicately pale, and add just at the last two spoonfuls of just liquid aspic.

Curry Sauce (Iced).—Put into a pan half pint of rich, well-flavoured curry sauce, and the same quantity of aspic, and allow them to reduce together nearly to half; then when cooling, stir into it a gill of stiffly whipped cream, and use as it is nearly setting, or stand it on ice till wanted. Excellent with lobster, crab, or cold salmon.

Another way of preparing this is to stir sufficient good curry powder into tartare or mayonnaise sauce, to give it an appreciable flavour; add a dash of cayenne, and use.

Devil Sauce (Iced).—Rub to a powder the hard-boiled yolk of two eggs, with a teaspoonful of mustard flour, a good pinch of castor sugar, ditto of cayenne, half a teaspoonful of salt, and the same of freshly ground black pepper; then

work into it, almost drop by drop, a good half gill of salad oil, and when this is thoroughly blended, add a shallot or some chives very finely minced, and, by degrees, rather more than half a gill of claret, the strained juice of one lemon, the same of chilli vinegar, and as many drops of "Tabasco essence" as you please. When thoroughly amalgamated, set it aside on ice for an hour or two. Sauce thus made is, for some tastes, fearfully hot, in which 'case omit the Tabasco and the cayenne, and replace the chilli vinegar by the juice of a second lemon. Good with any cold meat or fish.

Dresden Sauce.—This sauce is composed of two parts, is frozen in a Neapolitan ice-mould, then sliced and served in little lace papers as a garnish. Into one basin put about a gill of brown sauce, half an ounce of glaze dissolved, about a tablespoonful of very strong consommé, a tablespoonful of sherry, the same of tomato pulp, or the French *conservé de tomates*, half a teaspoonful of vinegar, a pinch of salt, and a small saltspoonful of French mustard; mix it well. In a second basin put a gill of rich mayonnaise, a teaspoonful of very finely grated horse-radish, a hard-boiled egg previously rubbed through a sieve, both yolk and white, half a teaspoonful of vinegar, and a saltspoonful of French mustard; when this is all well mixed add to it a full dessertspoonful of strong, just liquid aspic jelly; add the same to the other basin, and then fill a Neapolitan ice-mould in layers with the two sauces, and freeze.

Gloucester Sauce (American).—Beat up four eggs, add a gill of cream, the same of chilli vinegar, a little French mustard, salt, a good dash of cayenne, and two ounces of fresh butter; cook this in the *bain-marie* till thick, stirring it all the time, but be careful not to let it boil; then lift it

off the fire, add a few drops of lemon-juice and some finely minced tarragon, and set it on ice till wanted.

Gorgona Sauce.—Well wash, bone and mince finely six Gorgona anchovies, with one shallot and two pickled gherkins ; add a dash of coralline pepper, then stir it all up with a raw yolk of egg, a tablespoonful of salad oil, a teaspoonful of minced parsley or chives, a dessertspoonful of tarragon vinegar, and the pulp of two tomatoes previously rubbed through a sieve. Keep this on ice till wanted.

Sauce Hure de Sanglier.—Cut the peel off two Seville oranges very thinly, being careful to remove all the white pith ; cut this into Julienne strips and blanch them, leaving them on a reversed sieve to drain ; then put this into a pan with the juice of two oranges, a pound of red currant jelly, half a pint of port wine, and a good pinch of powdered cinnamon (this is a matter of taste) ; let it all simmer together for a few minutes, then stir in a little mustard and a good seasoning of black pepper ; allow it to cool, and then stand it on ice till wanted.

Sauce Irlandaise.—Mix together a gill of rich, thick mayonnaise, a gill of stiffly whipped cream, a tablespoonful of tarragon vinegar, a dash of castor sugar and of coralline pepper, and just enough vegetable green to make it all a faint pale green ; then stir into it as many separately cooked and finely shred vegetables, such as young carrots and turnips and cucumber, as will make up a gill, and keep it on ice till wanted.

“Landseer’s Sauce.”—A dessertspoonful of vinegar, plain or tarragon, a gill of salad oil, a teaspoonful of made mustard, a dessertspoonful of ketchup, Harvey or Worcester sauce (to taste), four teaspoonfuls of red wine (port, claret, burgundy, etc.), and a very little salt. Mix well.

Leghorn Sauce.—This is simply mayonnaise made with hard-boiled egg yolks pounded up with two or three well-washed and boned anchovies, and finished off in the usual way, adding just a tiny dash of nutmeg at the very last.

Lorraine Sauce.—Stir together a gill each of good brown stock, tomato purée and aspic, with half a wineglassful of sherry, a teaspoonful or two of any flavoured vinegars (see the chapter on garnishes), with a little salt, castor sugar and black pepper. If liked, a drop or two of carmine may be added to bring up the colour. Keep it on ice till wanted.

Mayonnaise.—Crush together about a teaspoonful of mustard flour, about half an average saltspoonful of salt, and the same of white pepper, then work into it a raw yolk of egg, and when this is well mixed with a wooden spoon (a special spoon should be kept for salad dressing, and be always well scalded), add to it, drop by drop, some oil, working it steadily all the time, till it is quite as thick as butter, then stir in about a teaspoonful of vinegar (tarragon, chilli, or any herb vinegar you please), when it will become quite creamy, and is fit to use. If it has to stand for some time, add a spoonful of boiling water to it very carefully, at the last. This will make a half pint of sauce. The great secret of mayonnaise making is to add the oil as slowly as possible at first. If added too quickly it will thin suddenly, or it may curdle, and then the only thing is to put another yolk of egg into a fresh basin, and then to work the curdled sauce into it, almost drop by drop. Mayonnaise sauce will keep good for a little if kept carefully covered up, but if left exposed to the air it will very soon become oily and strong.

Mayonnaise Aspic.—Mix thoroughly three large table-

spoonfuls of rich mayonnaise with half a pint of aspic jelly.

Mayonnaise (Red).—Pound some lobster coral till it can be rubbed through a sieve, then mix it with some good mayonnaise sauce till the latter is of a rich coral red, adding a little coralline pepper and a little mustard. This sauce should be made in the sauce-boat in which it is to served, and should be kept as cool as possible.

Mayonnaise Tomato.—Rub four large tomatoes through a fine sieve; then mix them with a gill of rich mayonnaise, a gill of just liquid aspic, and a spoonful of tarragon vinegar; tammy, and use. The quantity of tarragon vinegar is a matter of individual taste, while if fresh tomatoes are not at hand, a gill of *conservé de tomates* may be used, a few drops of carmine being added to get the colour right.

Mayonnaise (Green).—Blanch a few sprays of tarragon, chervil, and parsley; drain off the water, and then incorporate the herbs, finely pounded, with some mayonnaise, colouring the latter a pretty green with a little vegetable colouring. This can, of course, be mixed with aspic just like the others, and all can be used as sauces, or as a purée for masking fish, flesh, or fowl.

Mayonnaise and Olives.—Blanch and mince sufficient olives to fill a tablespoonful; then stir these into two gills of mayonnaise, with a little coralline pepper and a good dash of lemon-juice; then stir into it lightly a gill of stiffly whipped cream, and use. Leave it on ice till wanted.

Maximilian Sauce.—Add enough tomato purée to some tartare sauce to make it a pale pink, stir in some minced tarragon leaves, and stand it on ice till wanted. It should be remembered that the colder all sauces of a mayonnaise

kind can be kept the better they will be, and therefore it is well to stand them on ice when made, though this is not a necessity, as some cooks assert when trying to explain their failure in making this sauce.

Mint Sauce.—Take the tops from some delicate young mint; wash them and drain them carefully in a clean cloth; do not squeeze or press them, or the flavour will be lost, but mince them as quickly and finely as possible into the tureen they are to be served in, and allow two tablespoonfuls of castor or finely sifted sugar to three tablespoonfuls of the mint; stir them all together; then add about five tablespoonfuls of the best vinegar, and stir it all well together. It should stand for two or three hours before serving.

Mint Sauce (French).—Put a gill of best vinegar into a pan with a small tablespoonful of castor or loaf sugar; allow it to reduce to half, then add a good half pint of water, bring it to the boil, allow it to boil for a minute, then stir in a full tablespoonful of mint minced as above; stir it all well together, and serve when cold.

Mousquetaire Sauce.—Mince together finely three shallots, a small handful of chervil and tarragon, two or three chives, and two spoonfuls of mustard; stir it all well together as you are making it, and when it is all well blended, work in a little salt and pepper, then three spoonfuls of best olive oil and one of vinegar, working it all steadily. If too strong, add a little more oil.

Mousseline Sauce.—Whip a gill of aspic jelly till quite stiff and frothy, then mix into it a gill of thick mayonnaise and a gill of stiffly whipped cream, with a dust of coralline pepper, a pinch of castor sugar, and a dessertspoonful of tarragon vinegar. This may be varied to suit what it is

to be served with by using either plain, green, or red mayonnaise.

Norwegian Sauce.—Boil two or three eggs for twelve minutes, then throw them into cold water till perfectly cold. Mince very finely some well washed and dried parsley, chervil, tarragon, chives, and pimpernel (or as many as you can get), and mix them with the sieved yolks of the hard-boiled eggs, two spoonfuls of made mustard, pepper, and salt; work these all sharply together; then add very slowly (working it all the time) five or six table-spoonfuls of oil, and, lastly, one or two spoonfuls of best, or any nice herb, vinegar.

Orange Sauce.—Just melt four ounces of red currant jelly in a glass of port wine; add to it the strained juice of two small Seville oranges and one lemon, with the rind of one orange grated on to a lump of sugar, and then crushed. Stir this all together; season with salt and cayenne to taste; strain, and use.

Orange Sauce (Iced).—Boil together for four or five minutes, two ounces of castor sugar, half a pint of water, and a teaspoonful of Liebig's essence of beef; then stir in to it one-eighth of an ounce of best leaf gelatine, and when this is dissolved, mix in the pulp of four oranges and one lemon (free from pith or pips) and a saltspoonful of carmine; rub this all through a sieve; add to it the blanched and finely shredded peel of three oranges, a tablespoonful of brandy, and two good tablespoonfuls of reduced espagnole sauce; then set it on ice, or in the ice-cave, till all but frozen, and serve.

Persillade.—This is simply a form of vinaigrette, or simple salad dressing, plus a good quantity of finely chopped parsley. Put about a teaspoonful of salt in a

basin, and rub it down with about two tablespoonfuls of good vinegar, then work in a quarter of a teaspoonful of freshly ground black pepper, and, lastly, add to it the oil, adding this very slowly, almost drop by drop, till you have used up from six to eight tablespoonfuls, according to taste. Then, at the last, stir into it a spoonful of minced parsley, and use either with cold fish, or meat, or salad. This dressing is excellent, if carefully made, but too often it is neglected because of its simplicity. The various ingredients must be thoroughly beaten together, and care must especially be taken over the parsley. This should be well washed and dried, and then carefully minced with a sharp knife.

Poivrade Sauce.—Beat well together with a whisk a full tablespoonful of espagnole, or brown sauce, as you please, four tablespoonfuls of best salad oil, a tablespoonful of chilli vinegar, a teaspoonful of tarragon vinegar, with pepper and salt to taste. When this is all well whisked up, stir lightly into a spoonful of finely minced chives, or an equal quantity of finely minced shallot and parsley. This is particularly good with brawn, if a little sugar be worked into it, and is also nice with cold vegetables, such as cardoons, artichoke bottoms, etc.

Prince of Wales' Sauce.—This is simply a rich mayonnaise, to which is added at the last a garnish of finely minced *fines herbes* (chives, parsley, etc.) and julienne strips of hard-boiled egg, truffles, etc.

Provençale Sauce.—Well wash and bone four anchovies, and pound them with the hard-boiled yolks of four eggs; then work into this gradually a spoonful of well-drained capers, some minced parsley, tarragon, chervil, chives or shallot, pepper, salt, a very little garlic (this should be

thoroughly blanched before use; it is owing in great measure to neglect of this precaution that there is so much prejudice against this flavouring; if, however, this exists, the bowl in which the sauce is mixed should only be rubbed across three or four times with a freshly cut clove), about a gill of best salad oil, and a tablespoonful of tarragon vinegar. Pound this all till well mixed, then rub it all through a sieve, scraping off all that adheres to the under side of the sieve, and adding it to the sauce; then add a little lemon-juice and some minced parsley, and use.

This is especially good with broiled eels or as a dressing for fish salad. In making this and other cold sauces of a like nature, it cannot too often be repeated that great care must be bestowed on the quality of the oil used. To too many persons oil is oil, and there is an end of it; but such persons will never make satisfactory mayonnaise, etc. Oil *must* be fresh and pure, and should be as near as possible tasteless, save for a slight nutty flavour; but these points are only obtained in the best qualities, which should, therefore, alone be used. The bottle in which it is kept must always be safely corked, and no oil that shows the slightest tinge of green should be used, as only too often this is a sign of staleness and consequent rancidity. If the consumption of oil is small in your household, only get small bottles, and remember that what is called in a good many shops "salad oil" is neither more nor less, very often, than a mixture of the cheaper cotton seed oil with an uncertain and usually very small proportion of real "olive oil." This mixture is not unwholesome, but it is not appetising to a delicate palate, and certainly will not improve a mayonnaise, or even the plainest *vinaigrette* dressing.

Queen's Sauce.—Beat a couple of ounces of fresh butter

to a cream, then work into it the yolks of two eggs, and when well mixed put with it, in a jar or basin, a gill of stiffly whipped cream; stand this jar in the *bain-marie*, or in a pan containing boiling water, and stir it gently over the fire till it thickens like custard; scald out the tureen in which it is to be served, pour this custard into it, adding as you do so the strained juice of half a lemon, a teaspoonful of flavoured wine (*i.e.*, light wine in which any herbs, chillies, shallot, or any other flavouring have been steeped), a dash of coralline pepper, and salt to taste, and leave the tureen on ice till wanted. Just as it is to be served dust it over with finely minced parsley or chives, and either lobster coral or coralline pepper.

Raifort Sauce.—Well wash and scrape a stick of young horse-radish, then grate it very finely, and to two full tablespoonfuls of grated root allow a very small teaspoonful of salt, and about half a gill of single cream or new milk; allow this to simmer gently together for a minute or two to extract the flavour of the horse-radish, but be careful it does not boil hard; then lift it off the fire, add in quickly one and a half tablespoonfuls of vinegar (either plain or seasoned, as you choose), and a tiny pinch of castor sugar; if to be served hot, as it sometimes is, use at once, or else let it cool, and stand it on ice till wanted.

Raifort Cream.—Clean and grate the horse-radish as above, then whisk it quickly into a gill of stiffly whipped cream, flavouring it with cayenne and vinegar, or lemon-juice, as you do so, or use chilli vinegar only. Another way is to use thick sour cream for this purpose, with either lemon-juice or a few drops of vinegar. There is also a very epicurean form of this sauce called *Sauce raifort à l'Alceste* (in memory, I believe, of the flagship of the

admiral said to have invented it); this is made by pounding the hard-boiled yolk of an egg smoothly with a good mustardspoonful each of French and English mustard, half a small teaspoonful of castor sugar, and a saltspoonful of celery salt; now stir this all lightly into about half a pint of stiffly whipped cream, stirring in at the last a pinch of grated orange peel, a teaspoonful or so of tarragon vinegar (the amount and flavouring of this vinegar is a matter of taste), and a tablespoonful of finely grated horse-radish. This can either be moulded (if a border mould be chosen it makes a very pretty foundation for neatly cut cold beef, the centre being filled with salad tossed in mayonnaise or vinaigrette) or left rocky, but either way it should be buried in ice or frozen in an ice-cave.

Ravigotte.—There are two forms of this sauce, but the essential part, the herbs, is the same in both. Well wash and blanch a small handful each of chervil, parsley, chives, tarragon, and burnet, if at hand; then throw them into cold water, and rinse well, dry in a clean cloth, being careful not to bruise them, and mince all together with a sharp knife. Now either make a plain oil and vinegar dressing, seasoned with pepper and salt, and add enough of the herb mixture to thicken the sauce; or else stir enough of the mixture into half a pint of good mayonnaise to give it a green colour and to flavour it nicely. As a matter of fact, as long as the flavouring is obtained, a little green vegetable colouring will improve the tint, only be careful not to overdo the colouring, but to keep it rather pale. This is a point not sufficiently attended to by cooks nowadays, who are very apt to run riot with the colouring bottles, producing in consequence the weirdest tints, with far from appetising results. Violet mayonnaise or bright blue béchamel (both

have been seen before now) are the reverse of attractive to a connoisseur! The same herbs can also be worked up with fresh butter into balls or pats, and when cooled on ice form a very pretty decoration.

Remoulade.—Stir into half a pint of good mayonnaise a spoonful of capers, the same of minced French gherkins, and of blanched and minced shallots, and two well washed and boned anchovies, also minced, and set it all on ice till wanted. Some people add a little made mustard to this mixture, but this merely confuses it with Tartare sauce.

Remoulade Provençale.—Mince finely some parsley, well drained capers, and onion, then allow a good pinch of this to each yolk of egg required, and pound this all together in a mortar with either a fillet of anchovy or a few drops of essence of anchovy, adding best olive oil, drop by drop, till it is as stiff as butter, then work in a little strained lemon-juice. If liked, the mixing bowl may be rubbed with garlic. This sauce should always be kept pretty thick.

Sainte Ménehould Sauce.—Rub a bowl across three or four times with fresh cut garlic, then pound together in it the hard-boiled yolks of three eggs, half a gill of made mustard, salt, pepper, two shallots, and a small onion, blanched and minced, and a little parsley; when this is all smooth, drop into it almost drop by drop, six tablespoonfuls of salad oil, then work in two tablespoonfuls of best vinegar as the sauce thickens, and stand on ice till wanted.

Sardine Sauce.—Boil down rather less than half a pint of fish stock with a bit of lemon peel, some parsley, a bay leaf, and six or seven white peppercorns, till reduced to half, then stir into it when strained, a gill of aspic jelly, six sardines, wiped, boned, and pounded smooth, and, lastly,

when it is cold and all but setting, stir lightly into it a gill of stiffly whipped cream, and stand on ice till wanted.

Suédoise Sauce.—Stir together two tablespoonfuls each of finely grated horse-radish and thick cream into half a pint of rather thick mayonnaise, and set it on ice till wanted. A dash of cayenne improves this sauce. It may also be frozen in a Neapolitan ice mould, and served frozen in fingers.

Tartare Sauce.—To half a pint of *rémoulade* sauce add a spoonful or two of herbs mixed and minced as for *ravigotte*, a small tablespoonful of English mustard, and a teaspoonful of chilli vinegar, or a good dash of cayenne.

Tomato Chutney.—Pulp two or three large tomatoes through a sieve, and to this pulp add half the quantity of finely minced onion, or chives, a strip or so of finely minced celery, one or two minced green chillies, a tablespoonful of vinegar, and a little salt. A spoonful or two of cream makes this into a delicious salad dressing or sauce.

Tomato Cream.—Pound four large tomatoes till smooth, or rub them through a sieve (when fresh tomatoes are unobtainable use a gill of French *conserves de tomates*, but in this case be careful with the vinegar), season with salt, pepper, and, if required, a few drops of carmine; then stir into it half a gill of just liquid aspic (tammying it if necessary), then stir it lightly into a short gill of stiffly whipped cream, with a dessertspoonful of tarragon vinegar and half that amount of chilli vinegar, with a little finely minced tarragon and chervil, and set it on ice till wanted.

Tomato Purée (Iced).—Cook together to a pulp four tablespoonfuls of *conserves de tomates*, four sliced tomatoes, a dessertspoonful of good vinegar, an ounce of butter, salt,

and a little cayenne, then rub it through a fine sieve, and stand it on ice till wanted. Excellent with cold fish.

Vinaigrette.—Properly speaking, this is simply the ordinary French salad dressing: a small teaspoonful of salt, and a quarter that amount of black pepper beaten up till dissolved in two tablespoonfuls of best vinegar, six tablespoonfuls (or thereabouts) of olive oil being worked into this, and the whole poured on to and worked in with the salad. But usually seasoned vinegars, such as tarragon, chilli, etc., are used, and some blanched and finely minced herbs, such as parsley, chervil, tarragon, chives, etc.; any, or all of them, are stirred into it at the last.

Verte or Vertpré Sauce.—Blanch and mince equal quantities of spinach, parsley, chives and tarragon, and rub it all down with butter to a paste, or beat the butter to a cream, and stir in the minced herbs, then work this into green mayonnaise sauce. Some people add minced capers to the herbs.

White Sauce.—Boil together till reduced a fourth part half a pint of cream or new milk, half a pint good béchamel, and a pint of aspic, keeping it well skimmed whilst boiling; then tammy and use either cold or when cooling. For masking poultry.

CHAPTER X.

SWEET SAUCES—HOT.

OF sweet sauces there are an almost endless variety, for which reason it is perhaps well to begin with a few general directions. The simplest sauces used as an accompaniment to puddings, etc., undoubtedly, are melted butter sweetened, fruit syrups, and custards.

The sweet melted butter is made precisely in the same way as the savoury sauce, only using castor sugar and a few drops of any flavouring essence to taste instead of salt, etc. The usual proportions for half a pint of rich melted butter are, the juice and grated rind of one lemon or orange, from a half to a teaspoonful of essence, either of vanilla, lemon, etc. (with essences it is not easy to say exactly how much to use, as the strength varies greatly from many causes), or two to three ounces of jam, adding a few drops of colouring,—as the melted butter is apt to spoil the colour,—and the juice of half a lemon, to improve the flavour, whilst of wine or liqueur a wine-glassful, *i.e.*, half a gill, will be ample for the same quantity of sauce. It may be as well to mention that some cooks will substitute an ounce of arrowroot for the flour in sweet melted butter, it being by some considered more delicate. Amongst the daintier forms of melted butter sauces may be mentioned:—

Brandy Sauce —Make rather less than half a pint of rich melted butter (*i.e.*, two ounces of butter to one ounce of

flour or arrowroot). When ready, lift off the fire and stir in a full gill of brandy or rum, then replace it on the fire, and allow it just to heat, but *not* to boil.

Cherry Brandy Sauce.—To rather less than half a pint of rich melted butter add a few (about twenty) drops of essence of cloves and a liqueur glassful of cherry brandy, with just enough carmine to make it a pretty rose colour, and serve with any rich *gâteau*, or savarin cake.

Ginger or Pineapple Sauce.—To half a pint of rich melted butter add a gill of syrup from the ginger or the preserved pine, with a spoonful or so of either orange or lemon-juice ; bring it to the boil, stirring it all the time ; then stir into it a good spoonful or two of the fruit, cut into dice, and half a gill of liqueur, wine or spirit, and serve.

Honey Sauce.—Stir half a gill of clear honey into half a pint of rich melted butter, and serve.

Treacle Sauce.—Stir into half a pint of good melted butter about a full dessertspoonful of golden syrup or treacle, and the same of lemon-juice or good vinegar. Let it just come all but (but not quite) to the boil, and serve. This is a favourite sauce in farmhouses, where it often goes by the name of “matrimony,” on account, it is said, of the combination of sweet and sour. If honey is used instead of the treacle, and lemon-juice for the vinegar, it becomes a distinctly delicate sauce.

Orange Sauce.—Grate off the rind of a well-wiped orange on to one or two ounces of loaf sugar, and pare off the rind from a second one, avoiding all the pith, and cutting the yellow part into very thin julienne shreds. Put these into a little cold water ; bring this to the boil, let it boil up then strain off the orange peel, and throw it into cold water till wanted. Now add the sugar and the shreds of orange

peel together with the strained juice of the two oranges (which should *not* be large ones) to half a pint of good melted butter; bring it just not to the boil, and use.

Punch Sauce.—Grate off the rind of a well-wiped lemon or orange on to one or two ounces of loaf sugar, and put this into a pan with a glass of sherry, half a glass of brandy or rum, the juice of the lemon, and a few drops of essence of mixed spice; then pour on to it half a pint of good melted butter, and stir it all together over, but not on, the fire till quite hot, though not boiling. A much richer sauce is made by adding two eggs, well beaten and strained, to the above sauce, then standing the pan containing it in a second two-thirds full of boiling water, and whisking this sauce over the fire till quite hot, though not actually boiling, and thick and foamy.

Sauce Aux Quatre Fruits.—Peel, core, and cut into dice enough apples to fill a small coffee-cup (about two or three ounces), and leave these in water till wanted. Stone and halve the same quantity of raisins; peel half an orange and half a lemon; pare the peel very fine, shredding it into julienne strips, and blanch it ten or fifteen minutes. Cut the pulp of the two, after freeing it from pith and pips, into dice, then add all these together with the water in which the apple and orange peel were soaked, to half a pint of white sauce (*i.e.*, melted butter made with milk). Add a little sugar and a grate of nutmeg, or a very little cinnamon, and let it all cook together gently till the fruit is cooked, but not mashed, then add a glassful of wine, and more sugar if needed. Both the fruit and the liquor may be varied to taste, only keeping the proportions right. This is very nice also if arrowroot melted butter is used instead of the white sauce.

It must be remembered that all these sauces may be improved by using arrowroot instead of the ordinary flour.

Next to melted butter the custard sauces are most common. These have the merit of being, in most cases, equally good hot or cold. Of course they vary in quality according to the richness of the custard which is their foundation. Incidentally it may be observed that this proves a trap to many good thrifty housewives, who forget that there are custards and custards! These may vary, from the cream custard made with the yolks of six eggs to the pint of new milk, to the homely cornflour custard where a whole egg and a tablespoonful of cornflour is sufficient for a pint of milk. It is well to remember that for sauce foundation the custard should not be flavoured, and should be under, rather than over, sweetened, as sugar can always be added at the last with the additional ingredients. The best plan for making custard is to stand the jug containing the custard in another pan full of warm, but not hot, water, then stir the custard steadily one way until it thickens sufficiently to coat the spoon when being lifted out. If time is an object, the outside pan may be filled with boiling water, but the custard will not be so rich as if the ingredients are put into the jug cold and the outer water is allowed to heat slowly. For plain custards the following method is distinctly improving to their texture and quality:—Beat the yolks of three or four eggs with a gill of cream; then pour on to them a pint of *boiling* milk, stirring, or rather beating, it in all the time. Then pour it into a delicately clean pan, and stir it over a slow fire till it begins to thicken, when it must be drawn to the side of the stove, and allowed to stand there, hot, but not even reaching simmering point, for some little time. Remember for custards the eggs

should be fresh, beaten till light, then strained, and where extra rich custards are desired, the yolks only should be used, and the thickening must be carefully attended to, for in rich custards, especially where a large proportion of egg yolk is used, the least carelessness in the mixing may cause it to curdle, and so to spoil. The milk and cream also must be carefully examined, for if on the turn it will be sure to ruin the custard. Some people add a spoonful or two of condensed milk to the milk, to improve the quality, and so avoid the expense of cream. You may flavour these sauces in much the same way as the melted butter sauces, and the recipes for one will easily answer for others. Here, however, are a few as samples.

Coffee Sauce.—Take a third of a pint of very strong coffee (as strong as for best *café noir*), and stir it into two-thirds of a pint of custard; sweeten this if necessary; flavour with essence of vanilla, or a little liqueur brandy, and stir it all together, like a custard, in a jug set in hot water, till it thickens and all but reaches boiling point; then stir in three or four tablespoonfuls of thick cream, and serve hot.

N.B.—This is one of the sauces that is equally good hot or cold.

Sauce Diplomate.—To half a pint of rich custard add a tablespoonful of preserved ginger cut up small, a full dessertspoonful of the syrup from the ginger, the same of brandy, a good squeeze of lemon-juice, and about thirty drops of essence of vanilla; this should all be stirred in while the sauce is cooling, and may either be used at once, or when it is cold.

Rose Custard Sauce.—Flavour half a pint of good custard with rosewater, and colour it a pretty delicate pink with carmine; pour it over or round any nice light steamed

pudding, and sprinkle it with crystallised rose leaves. Besides these there are various sauces which cannot be conveniently classed. Of these the favourite are the various "Mousses," "Mousselines," or "Whip" sauces. These are usually very rich and light.

German Sauce is a well-known specimen of this class. Put a wineglassful of sherry or brandy into a pan with the yolks of two eggs, and an ounce or two of loaf sugar rubbed on the yellow part of a lemon peel, and then crushed fine. Stand the pan containing these in another pan three parts full of hot water, and whip this sauce with a whisk over the fire till the sauce becomes a light frothy mass. The secret of this is to whip it enough, but not too much. If whipped too long it gets a curdled untidy look, which ruins its appearance, always a point to be considered in these sauces. If preferred, fruit or liqueur syrups may be used for flavouring this.

Foam Sauce.—Beat two ounces of fresh butter to a cream, beating eight ounces of castor sugar into it gradually till it is quite white, when you add the unbeaten white of one egg, and beat again; then another unbeaten white, and continue beating the mixture till it is as light as possible; now add to it a gill of boiling water, and the same of sherry, or a teaspoonful of essence of vanilla, and stir it all together (standing the bowl containing it in the *bain-marie*, or in another pan three parts full of hot water over the fire) till it is frothy, when it must be served at once or it falls.

This sauce may be flavoured with either brandy or liqueur to taste.

Sabayou.—This is a very rich form of whip sauce, strongly flavoured with wine or liqueur, though some cooks hold

that it is nothing more than an extremely rich custard flavoured with brandy or liqueur, and served as sauce.

Sauce Mousseuse (Hot).—This might be regarded as a form of sabayou. Whip together till quite light and spongy over boiling water three ounces of castor sugar, a teaspoonful of essence of vanilla, the raw yolks of six and the whites of two eggs, a wineglassful of brandy, and half a wineglassful of strained lemon-juice. Serve at once.

Mousseline Sauce.—Mix up together with a whisk five raw yolks of eggs, a wineglassful of maraschino, the whites of two eggs, and one and a half ounces of castor sugar. Place the bowl containing all these in a pan full of boiling water, and whip it until it is all perfectly thick, like a soufflé, then use.

Of the other kinds of sauces, the simplest are, naturally, the fruit syrup or jam sauces. For these use a cornflour foundation, thus:—Put an ounce of cornflour in a basin, making a little hollow in the middle, and pour into this slowly just enough cold water to work it all to a smooth paste, rubbing it down with the back of a spoon to get rid of any lumps; when perfectly smooth, pour to it a pint of boiling water or milk, put it into a saucepan, and keep it stirred till it boils up, when it must be simmered for five minutes or so, then sweetened and flavoured to taste with either fruit syrup of any kind or any essence or spice you choose, or a spoonful or two of jam may be stirred into it. Or, again, for *jam sauce* you can proceed thus:—To half a pot of any jam (four ounces) add one or two tablespoonfuls of castor sugar and half a gill of water; boil it all together for ten minutes; then rub it through a sieve, and serve.¹ For more elaborate use you colour this sauce to suit the

¹ Jam containing seeds should always be sieved before use.

jam, and flavour it with a liqueur-glassful or more of brandy, rum, or any liqueur you please. A form of *fruit syrup sauce* is soon prepared in this way:—Boil together for fifteen minutes a pound of loaf sugar in one and a half pints of water, skimming it carefully all the time; then flavour with either fruit syrup or the juice of fruit to taste, and serve either hot or cold.

Besides these, a few sauces may be given which are not easily classed under any of the previous heads.

Sauce à la Reine.—Put a little cinnamon into sufficient water to cover it; let it boil up once or twice; then add two spoonfuls of powdered sugar, a gill of white wine (raisin or sherry, as you choose), and two bay leaves; let it all boil up once; then strain and serve.

Syrup Sauce.—Dissolve a pound of castor sugar in half a gill of water over the fire, stirring it all the time; when the sugar is completely melted, allow it to boil untouched until it is a light syrup; then lift it off the fire; stir in a teaspoonful of fresh butter, and any flavouring, essence, spirit, liqueur, or fruit juice to taste.

Amber Sauce.—Peel, core, and quarter as many apples as will make a pound when trimmed, and bake them in a closely covered jar, with the thinly pared rind and the juice of a lemon and about four ounces of brown sugar; when sufficiently soft, rub it all through a sieve, and stir in two well-beaten eggs, an ounce or two of fresh butter, and either a little marmalade or the syrup from some preserved ginger or pine-apple (about half a gill will be enough), beating it all well together, and, if necessary, adding a little yellow colouring; re-heat without letting it boil, and serve.

Almost any fruit purée, nicely flavoured with essence, liqueur, or lemon-juice, or, indeed, all three, and rubbed

through a sieve, may be served as a sweet sauce, either hot or cold, in the latter case iced.

Claret Sauce.—This should properly come under the head of a whip sauce. Rub smoothly together a teaspoonful of arrowroot and a very little water, then pour to it half a gill of red wine, and stir it till it comes to the boil ; now pour the rest of the red wine (there should be half a pint altogether) into a pan with two well-beaten eggs, a teaspoonful of either red currant or apple jelly, loaf sugar to taste, and a few drops of essence of vanilla, cinnamon, or cloves, as you choose. Whip it all till frothy and just, but not quite, boiling, and serve. Any red wine may be used for this, though claret is most usual.

Chocolate Sauce.—Put four ounces of sugar in a pan with a gill of water, and boil it together for five minutes, then stir in slowly four ounces of best vanilla chocolate, finely grated, and allow it to dissolve smoothly, standing the pan in the *bain-marie* for five or six minutes, until quite ready, then stir into it a gill of thick cream, adding a little vanilla flavouring if needed.

Date Sauce.—Cut up a pound of the best dates, and put them with the stones into a pan with sufficient cold water to cover them, and allow them to stew gently till perfectly tender ; then take out the stones, and add, if you choose, a few almonds roughly chopped, or some grated cocoa-nut, and a little lemon-juice, and serve either hot or cold.

Kirsch Sauce.—Boil together for five minutes half a pound of sugar and half a pint of water, then add a teaspoonful of arrowroot rubbed down with a little cold water, and let this all cook together until quite clear ; then lift it off the fire, and stir into it a good tablespoonful of kirsch, with

two tablespoonfuls of finely shredded almonds, and some dried cherries, halved or quartered.

Meringue Sauce.—Boil together three tablespoonfuls of castor sugar in a little water, to prevent its burning, till on dropping a little into cold water it will roll into a soft ball; now pour this syrup on to the whites of three eggs, whipped to the stiffest possible froth, beating it well in; then beat it at the side of the stove for a minute, after which lift it off; add a little lemon-juice, a grated lemon peel, and serve at once with a soufflé or other light pudding. This sauce can be flavoured to taste; but wants something to take off its extreme sweetness.

Rich Jelly Sauce.—In a delicately clean pan (a copper or a lined one is the best) dissolve about six or eight ounces of any nice jelly, such as currant, strawberry, or apple jelly, and, as soon as it is dissolved, add to it a tablespoonful of brandy or liqueur, as you please, and a little colouring to suit that of the jelly. Cut up some dried or glacé fruit, and shred almonds (for this quantity about two tablespoonfuls will be enough); stir these into the sauce, and serve. For instance, if cherry jelly is used, colour with carmine, flavour with kirsch, and use cherries dried, and almonds; a pretty green sauce can be made with green gooseberry jelly, cognac, and green glacé fruit.

CHAPTER XI.

SWEET SAUCES—COLD.

COLD sauces, whether sweet or savoury, have only become common during the last few years; save whipped cream, it is doubtful if we had any sweet ones, until during the Fenian rising in Canada, years ago, when the Guards were sent out there, they appreciated and appropriated a version of the American "hard sauce," which afterwards became known in London as "Guards' Sauce."

As the taste appears to be still growing for these refreshing addenda, it may be well to observe that any sauce that is fairly rich may be iced, whether it be sweet or savoury, but at the same time it must be borne in mind that a cold or an iced sauce especially should never be served save at a *recherché* dinner, where every dish is on the same scale of excellence. A common sauce iced is absurd (whatever attractions a well made one may have), however good the first, in its original hot condition, may have been. As a general principle, all good custard sauces are improved by icing, and are none the worse for actual freezing. In fact, at many ultra-smart dinners this last season or two, such sauces, served in slices or fingers, have frequently been seen.

The ordinary method of icing a sauce is to stand it on ice in a cool place, or in the refrigerator. But if these conveniences are not at hand it can easily be done by placing

the bowl containing the sauce in another three parts full of water, with a good lump of salt in it; a heavy kitchen cloth is then soaked in cold water and carefully folded over the whole (cover the actual sauce with a sheet of white paper), the cloth being re-wetted as the moisture dries out of it. If kept thus in a draught or a cold place the sauce will be found perfectly cold. (By the bye, this is an excellent way of cooling butter also in hot weather.) Where sauces are to be really frozen, they should be first frozen as thick as batter (if thin, if they are custards, this may be omitted) in the ice-tub, then packed in a Neapolitan ice-mould, and frozen hard in the ice-cave or freezing-tub. But for ordinary purposes the salt and water process, or a surrounding of broken ice and salt, answers all purposes, only cover the bowl as advised above, as this keeps the ice from melting. Anyway, however you cool your sauce, see that it is really cold; a half and half temperature is simply a failure.

As we have said above, any custard sauce may be iced this way, if the original custard be a fairly rich one, therefore it is not necessary to repeat the many custard sauces given in the previous chapter, which may, one and all, be frozen.

One or two hints must be given anent iced custard sauces. To begin with, the custard should be rather rich than not, and though sweetened should not be flavoured, as the special flavouring of the sauce should be sufficient. A teaspoonful of any essence, such as vanilla, etc., should be sufficient for about a pint of custard; but, of course, this is a matter of taste; a gill of liqueur or of spirit is enough for the same quantity of custard in most people's opinion, though this may be varied by using half liqueur, half brandy or rum

(it is well when making these sauces to take individual tastes into consideration, as tastes differ greatly on the question of flavouring); for those persons who object to alcohol in any shape, a spoonful or two of jam (carefully sieved if it has seeds or stones in it) or jelly, half a gill of lemon or orange juice, or a full gill of Mrs. A. B. Marshall's Liqueur Syrups, may all be recommended for flavouring half a pint of good custard. Another point to observe is, that when making this custard for sauce, the flavouring should not be added whilst the custard is hot; it should be allowed to cool, and the flavouring added gently. In this way it will take only half the quantity it would if it were added to the sauce while hot. The same remark applies to hot custard sauces, the flavouring to which should never be allowed to boil after it is added. It is very probably owing to ignorance of this fact that one occasionally meets with such enormous quantities of spirit or liqueur in some recipes. It is wonderful how much trifles affect one's success in cookery, and nowhere more so than in sauce-making; cream a thought over-beaten, milk used when just on the turn, an egg rashly added to the sauce without the prefatory testing (eggs should always be broken into a cup before adding them to any dish, as in this way you see if it is all right before it is mixed), or even carelessness in following out the sequence of ingredients given in the recipe, all these apparent trifles are sufficient to spoil one's best endeavours.

A word must be said about colouring. With fancy sauces a few drops are often unavoidable to bring up the fruit tints properly, especially when from one cause or the other, canned, or preserved fruit, etc., has to be used instead of the fresh. But a becoming modesty must be observed, and

the colouring should be kept delicate and strictly in accordance with the substance of which the sauce is made. Very likely strawberry ice would taste just as good if tinted with yellow, or green, but would it be as appetising? I doubt it! In the same way, though in themselves perfectly harmless, weird colourings awake a feeling of repulsion, and as satisfaction is an important factor in good digestion, anything likely to disturb it should be carefully avoided.

The following sauces will give some idea of the variety obtainable in this way, though necessarily it is not exhaustive, as nearly every *chef* has some pet arrangements of his own.

Aubois Sauce.—Boil half a pound of loaf sugar with half a pint of water, till on dipping into it the finger and thumb, previously wetted in cold water (do not omit this, or a serious burn may be the result), and separating them, a thread of sugar will form between them; now pour it on to five raw yolks of egg, and whip it till quite cold. Leave it on ice till wanted, then a little before you are about to serve it, add to it half a pint of stiffly whipped cream, and flavour it with Silver Rays rum, maraschino, or any liqueur to taste. Let it stand on ice to the last minute.

Sauce Ananas.—Mince finely half a small tin of preserved pineapple, and put it into a delicately clean pan with a wineglassful of sherry, half that amount of Silver Rays rum, a good squeeze of lemon-juice, and a small pinch of grated lemon peel. Add about an ounce of castor sugar, bring it to the boil, then let it cool, and stand it on ice till wanted.

Banana Cream Sauce.—Rub four perfectly ripe and sound bananas through a sieve; mix an ounce of cornflour very

smoothly in a little cold water, then pour to it half a pint of boiling water; stir it over the fire till it re-boils, and let it cook for five minutes; then add the banana pulp, beating it well into the mixture, off the fire. Now sweeten to taste with an ounce or two of castor sugar, and a tablespoonful of rosewater, and let it cool, allowing it to stand in, or on, ice till wanted. Just as it is to be served, stir lightly into it a gill of cream, whipped as stiff as possible.

Put two tablespoonfuls of apricot jam into a pan with two ripe, sound, and pulped bananas, a wineglassful of Marshall's maraschino syrup, a few drops of carmine, and a saltspoonful of apricot yellow, with the juice of a lemon and an orange; now rub all this through a fine wire sieve, and stir into it three or four bananas freed from skin, and sliced, and set the sauce on ice till wanted.

Bavaroise Sauce.—Whip half a pint of cream till perfectly stiff (mind you do not over- whip it, in which case it will turn to butter), then stir in lightly two or three ounces of castor sugar, next a liqueur-glassful of brandy, and twice that amount of maraschino, adding all this *very* gradually, and, lastly, almost drop by drop, about a teaspoonful of strained lemon-juice. This sauce is a little troublesome to make, on account of the care it requires, but it is well worth the trouble.

Blackberry Sauce.—This is a simple sauce, but is excellent if carefully made, and will, moreover, serve as a model for all such jam and jelly sauces. Put into a jug two ounces of castor sugar, half a pint of cream, and the yolks of three or four eggs; stand the jug containing these in a saucepan three parts full of warm, not hot, water, stand it over a slow fire, and stir the custard one way till it thickens sufficiently

to coat the spoon heavily ; let it cool, and then add three or four spoonfuls of good blackberry jelly, or the juice extracted as for jelly ; stir it well together ; add, if liked, a little blackberry brandy or cordial, and stand it on ice till wanted.

Brandy Sauce.—This may, of course, be made in the simple fashion given above ; at the same time the following may be used where a richer kind is desired. Sweeten a pint of double cream with an ounce of castor sugar, add to it the finely minced peel and the juice of one lemon, a teaspoonful of essence of vanilla, then mix in a wineglass and a half of brandy and a wineglassful of maraschino syrup, and freeze till quite thick. This can, if preferred, be frozen in a Neapolitan ice-mould and served in slices.

Brown Bread Cream Sauce.—Rub the crumbs of a slice of wholemeal bread through a wire sieve, and to each half pint of crumbs allow a pint of boiling milk. Stir into this an ounce of ratafia biscuits crushed and sieved, and leave it covered till quite cold. Set aside a pint of rich custard till cool, then flavour it with a wineglassful of maraschino liqueur ; let the bread and milk just boil up again, then, when cool, stir it into the custard, and after sweetening it to taste, stir into it a gill of thick cream and ice.

Chocolate Sauce (Iced).—Put into a pan a pint of water, three ounces of icing sugar, and three ounces of Fry's powdered Caracas chocolate ; bring it to the boil, then dissolve in it not quite a quarter of an ounce of finest leaf gelatine ; let it boil up again, and when cool, mix into it a gill of stiffly whipped cream, and, if liked, half a gill of liqueur to taste. Set on ice till wanted.

Cocoanut Sauce.—Grate down the white pulp of half a fresh cocoanut, cover it with cold water, and let it boil very

gently for an hour, then sweeten to taste, and pour into it some boiling cream or the milk of the cocoanut if it is very fresh and sweet; let it boil up, then, when cool, stir into it either a little essence of vanilla or some orange-flower or rosewater, and set it on ice till wanted.

Coffee Sauce.—For this use the recipe given in the hot sweet sauces, only adding the coffee and brandy, however, when the sauce is cool, and setting it on ice till wanted.

Cream Sauce (American).—Stir into a pint of thick sweet cream a teaspoonful of essence of vanilla, or two teaspoonfuls of brandy, or two tablespoonfuls of wine, and two tablespoonfuls of castor sugar. Stir it all over the fire till the sugar is melted, then add half a good nutmeg, grated, and leave on ice till wanted.

Crème Fouettée.—The colder you can get cream for whipping purposes the better; indeed, if not sufficiently cold, it will turn to butter and be ruined. Stand the whipping bowl in broken ice and salt, and whip the cream with a delicately clean whisk till it stands up in points, then use; for if whipped after this point is reached it will be spoilt. The sugar and the flavouring should be added when the cream is thick, but before it has attained its full stiffness, or it does not amalgamate properly. Where expense is an object, one or two stiffly whipped whites of eggs may be added to the pint of cream, but, naturally, the batter will not be nearly so rich. Whipped cream may be flavoured with any essence or liqueur, coffee, grated chocolate, sieved jam, powdered spice, ground almonds, or pralinés almonds. These last are almonds blanched and chopped, then cooked in a dish with an equal quantity of sugar (previously melted and allowed to caramel) till they are nicely browned, and when cool pound three quarters of

them to powder in a mortar, and incorporate them with the chopped ones in the whipped cream, and set on ice till wanted. A sauce something like this is made by stirring four ounces of almonds *pralinés* as above with four ounces of sugar, into a pint of rich custard, setting it on ice, whipping it well, and then stirring into it a gill of stiffly whipped cream.

Crème au Cognac.—Whip half a pint of cream to a stiff froth, with a good liqueur-glassful of brandy, and either set it on ice till wanted, or, if to be served hot, when it is also very good, the pan containing it should be placed in another full of boiling water, and the sauce allowed to heat.

Duchess Cream Sauce.—Beat three ounces of fresh butter to a cream, with three ounces of castor sugar, and beat it all well together for ten minutes or more; then add a wineglassful of orange-flower water and a couple of table-spoonfuls of sherry, and set it on ice till wanted.

Date Sauce.—This, which is sometimes called *Sauce à la Médjé*, is made exactly in the same way as the sauce of the same name given in the hot sweet sauces, only that the shred almonds are indispensable, and the lemon-juice is a little more accentuated, and it is iced.

Fairy Butter.—Beat three ounces of fresh butter to a cream, with six ounces of castor sugar, beating it well together for some little time, then beat in a small wine-glassful of Madeira and a tablespoonful of lemon-juice. Set it on ice, or in an ice-cave, if you have one, for an hour.

Guards' Sauce.—This, like the preceding, is really a form of "hard sauce." Beat to a light white cream equal quantities of fresh butter and good brown sugar; flavour it with a squeeze of lemon-juice and a dash of nutmeg,

grated. Set on ice till wanted, then serve on a glass dish. This is varied by adding brandy or liqueur to it, but the above is said to be the recipe always used in the Guards' mess, and to have been brought by them from Canada the year of the American War, 1861.

Hard Sauce.—There are several varieties of this, but the chief component parts are said always to be butter, beaten to a cream with sugar (the proportions are in America one part of butter to two of sugar), and flavoured with wine, brandy, liqueur, spice, and lemon-juice to taste. Sometimes the yolk or the white of an egg is whipped into the butter and cream; but the secret of success lies in the long beating of the sugar and butter. Sometimes equal parts of butter and sugar are beaten together, and then the same amount of red or black currant jelly is incorporated with it, the juice of half a lemon being added, to bring up the flavour.

Jelly Sauce.—Mix into half a pint of flavoured and cleared jelly a gill of any good wine, when the jelly is cool, but not quite set. Mind that the wine for this is good and clear, or it will spoil the jelly. Stir into it a little gold or silver leaf, as you please; whip it to a stiff froth, and leave it on ice till wanted. The wine should vary according to the jelly; for instance, sherry or champagne for light jelly, or port for a red jelly.

Jelly Sauce (American).—Stir a gill of any jelly, such as red currant, rowan, etc., till smooth, then beat into it lightly the stiffly whipped whites of two eggs.

Liqueur Syrup Sauce.—Tint half a pint of plain sugar and water syrup with a little carmine to make it a pretty rosy pink, flavour it with a liqueur-glassful of kirsch, and stand on ice till wanted. This may be varied to suit any liqueur

and any dish. It is an excellent sauce for fruit salad. or again, it is a delicious pudding sauce, if a few appropriate glacé fruits and a little cocoanut are stirred into it.

Mousseline Sauce.—Boil six ounces of loaf sugar and a gill of water to the “pearl,” with half a split pod of vanilla; then stir it with a whisk on to the yolks of six raw eggs, till the mixture is of the consistency of cream. Now mix in a wineglassful of maraschino, the same of brandy, the stiffly whipped whites of two eggs, and a gill of double cream also whipped stiff, and stand it on ice till wanted.

A simpler sauce of this kind is made thus:—Whip a gill of lemon jelly till quite stiff and spongy; then mix into it a gill of fruit jelly or sieved jam and a gill of stiffly whipped cream. Flavour with a pinch of finely grated lemon rind, a dust of castor sugar, and a spoonful of liqueur, if approved. Set on ice till wanted.

Sauce Mousseuse.—Put half a pint of nicely sweetened and flavoured custard into a bowl set in ice, and whip it sharply for fifteen minutes, and when quite stiff incorporate with it the same quantity of well whipped cream.

Orange Sauce (Iced).—Boil together four ounces of castor sugar and half a pint of water for a few minutes; then add an eighth of an ounce of leaf gelatine, and when this has dissolved, stir in the pulp of four oranges freed from pith and pips, a tablespoonful of orange-flower water, a wineglassful each of brandy and of maraschino syrup, and a saltspoonful of apricot yellow; rub this all through a tammy or fine sieve, and stir into it the blanched and finely shredded peel of two of the oranges, with a few drops of essence of vanilla. Ice, and serve.

Peach Sauce.—Peel and stone four large peaches, and stew them till tender enough to pulp through a sieve, with

four ounces of castor sugar and a gill of water. Rub down an ounce of cornflour in a very little cold water till smooth, then pour on to it half a pint of boiling cream; stir it over the fire till it thickens, then beat it into the pulped peaches; mix in quickly the stiffly whipped whites of two eggs, and stand on ice, or in a very cold place, till wanted. Apricots or any other fruit can be made into sauce in this way. If fresh fruit is unattainable the canned or bottled will do equally well, but need only be heated in its own syrup, before pulping it.

Pistachio Sauce.—Blanch and pound four ounces of pistachios till perfectly smooth, then add four tablespoonfuls of cream and one and a half gills of cold water, into which have been smoothly stirred half an ounce of best arrowroot; stir till it boils, and colour with a little apple-green; then add a gill of maraschino syrup and two ounces of castor sugar. Rub it all through a tammy, and use when ice-cold.

Royal Sauce.—Marinate a couple of tablespoonfuls of shredded glacé fruits in enough liqueur syrup and sherry to cover them, for several hours; then stir them into a pint of richest custard, varying the colours of the fruit as much as possible, and set on ice for an hour, at least, before using. The wine, etc., in which the fruit was marinated should be used to flavour the custard.

CHAPTER XII.

GARNISHES, ETC.

ONE of the most noticeable points about a good cook is the attention he or she bestows on the appearance of the dishes sent to table. Not to the detriment of their flavour, needless to say (that is, of course, the first consideration), but it is treated as a point to be heedfully seen to, and due attention is therefore bestowed upon it. Now, sauces especially require this attention. Certain sauces are nothing without their garnish, which gives them their name and their distinctive character likewise. Under these circumstances a few words on such characteristic ornaments may not be amiss.

Naturally for household cookery these garnishes are of the simplest, consisting chiefly of the stock vegetables, which may be afterwards utilised in ornamenting the meat, etc., of which the dish consists.

To begin with a most important factor in sauce-making, *the mushroom*.

Concerning this, it may be observed that foreign cooks are, as a rule, much more fastidious than we are, whilst the authorities are even more so. In the first place, all mushrooms sent to market in Paris are first examined at the Halles; they are not allowed to be sold if they have been more than twenty-four hours in the market; and no hawker is allowed to sell them in the streets where due

supervision cannot be exercised. The result of this care is that, in Paris at all events, one seldom hears of accidents from eating unwholesome mushrooms. From all of which it is not astonishing that French cooks prefer cultivated mushrooms to those that grow wild, as they feel more certain as to their nature.

The cultivated mushroom should be white, firm, and well filled, having no hollows between the head and the stalk. Properly speaking, water should never come near them save in cooking; but as they must be cleaned, it is well to do it as follows:—Cut off all the earthy parts round the stalk, then throw the mushrooms into a basin of cold water, and stir them about in it quickly but gently, to remove any sand, etc., that may be adhering to them; lift them out the moment they are clean, and dry them on a clean, soft cloth, for if left too long in the water, the mushroom will lose both in flavour and in appearance. Where, however, meadow mushrooms are used, it is seldom necessary to wash them, a good rubbing with a piece of flannel dipped in salt being all that is required. Having washed and dried the mushroom, take it in the left hand, and with a small knife remove the outer skin with the right hand. (French cooks will never use the old mushrooms we like, looking upon them as dangerous, once the under part has turned black, so that the “champignon” of French cookery books is more what we should call button mushrooms.) Put into a fairly large saucepan a good tablespoonful of lemon-juice, the same of water, and a tiny pinch of salt. Put the mushrooms into this as you peel or “turn” them (as it is technically called), tossing them lightly together to make them absorb the salt and lemon-juice (this quantity is for eighteen to twenty-four mush-

rooms); when all are done, put the pan on a sharp fire, adding an ounce of butter, and let them cook in this for five minutes, shaking them up occasionally to ensure their being equally done. Now turn them into an earthenware jar, covering this well with a round of paper which will prevent their discolouring. The mushrooms are then ready for use in sauce, etc. The stalks, peel of the mushrooms, etc., should never be thrown away, nor should the lemon-juice, etc., in which they were cooked, as it adds flavour to any white sauce, and if you are preparing mushrooms you are pretty certain to be making some sauce in which they will be useful. It should be remembered that a French cook always cooks a silver spoon with her mushrooms, watching it carefully, for should it blacken she knows there is something wrong with the fungus. Never use stale or imperfect mushrooms, for if not actually poisonous, they are certainly indigestible, and a great deal of the prejudice against them is due to our habit of eating them either stale or too old.

Next in importance to mushrooms come the *fine herbs*, which play such an important part in the garnish of sauces, etc. For these, take the mushroom trimmings mentioned above, and mince them finely, then pressing this mince gently in a clean cloth to get rid of the superfluous moisture; have ready some nicely washed and dried parsley (if the drying is imperfect the parsley will only mash, not mince properly), and mince a quantity equal to the mushroom trimmings; now well wash, dry, and mince a quantity of shallot or chives equal to half the amount you have of mushroom mince; then put the shallot into a pan with half an ounce of butter, a pinch of salt, and a dust of pepper, and let it cook for five minutes, stirring it with a

spoon to prevent the shallot catching or sticking to the pan; now add the mushrooms and parsley, and let it all cook five minutes longer, still stirring it. It should now be poured into a jar and covered carefully with a buttered paper to prevent the herbs drying up. Herbs thus prepared may be used for "scalloped" (or *gratiné*) dishes, meat or fish in cases, or for garnish for such sauces as *italienne*, *piquante*, etc. The name given to this fine-herb garnish in learned culinary works is *d'uxelles*, a name for which there seems to be little or no explanation, though it is probably the name of the *chef* or the gourmet who devised the mixture. It must be remembered that the mushroom trimmings should be minced and mixed with the herbs at once, for if left till wanted they will blacken and lose all their flavour. *Mushrooms sautés*, or tossed in butter, are much used for some kinds of garnish, and are prepared thus:—After washing and turning the mushrooms as described above, slice them, with the stalks, very thinly. Have ready melted in the pan about three or four ounces of butter (for fifteen or eighteen mushrooms), and when it is quite hot, but not coloured, put in the minced mushrooms, with a good pinch of salt, and a heavy dust of pepper, and toss them over the fire for three or four minutes; now moisten them with half a gill of stock, and stir into it a spoonful of minced parsley, and one well washed and minced shallot. Thus cooked, the mushrooms should be of a light-brown colour. *Carrots* are as useful as they are ornamental for garnish, as they are always at hand. For young carrots (which are in season from the end of April till the middle or end of July), you choose forty small ones of as near a size as possible, to make them cook equally, and then trim or cut these into

any pretty shape, such as olives, pears, etc., you please, only remembering to keep them all of a size. Well wash and drain them, and put them into a pan with a gill of stock, rather less than a quarter of an ounce of sugar, and the same of salt; then cook them as sharply as possible in a covered pan for twenty minutes, which should be enough to cook the vegetable and to reduce the stock to a glaze. If, however, the latter should not reduce sufficiently quick, take off the lid of the pan for a minute or two. Do not add these carrots till you are going to serve the sauce they accompany. Later in the season when the carrots become too large to be cooked whole as above, you cut them into forty cork-shaped pieces, two inches long by one and a half broad; trim and peel them, wash, drain, and put them in the pan as before, only allowing one and a half gills of stock, and cook as before, but for half an hour only, uncovering the pan, if necessary, to reduce the sauce. This applies to carrots from July to October; the winter carrot, however, may be prepared in the same way, only it must be blanched before beginning to cook it, must be moistened with three gills of stock, and must be simmered slowly for two hours over a slow fire. The best season for *turnips* is from May till the end of February. Choose very white, smooth, and even ones, avoiding those that are worm-eaten. If to be used white, cut them into forty pieces of the same size as the carrots; peel them, well wash, and drain them, then blanch them for five minutes in boiling water. Put them into a pan with a gill of stock, half a gill of water, and a good pinch each of salt and sugar, and cook them over a slow fire for twenty minutes; try them with the point of a larding needle to see if they are cooked, then draw them to the side of the stove, and do not drain them

from their liquor till wanted for serving. If required lightly browned, they are prepared as before, and then tossed for eight or ten minutes in about an ounce of butter melted but not coloured, till they have turned a reddish-brown. (Remember that some turnips take longer to cook than others.) Now drain them, and allow them to finish cooking in the sauce they are to accompany. *Onions* are prepared in three ways for sauce—white, brown, and glazed. For the first, choose a score of two-inch onions; remove the crowns and the stalks, and blanch them for ten minutes in boiling water, then drain, and throw them into cold water for a few minutes. Now remove the outer and the first white skin by slipping the point of the knife in at the side; put them on in three gills of water, a pinch of salt, and of sugar, and let them cook very gently till done, testing them with the larding needle as before. Drain well, and place them in the sauce five minutes before serving it. If coloured, they are blanched as before, tossed in butter till nicely coloured, then well drained, and allowed to finish cooking in the sauce they are to accompany. For glazing, choose twelve rather large onions, and prepare them as above, blanching them and removing the skins; then with a small boning knife remove the hearts of the onions, leaving a good-sized hollow in the centre. Butter a sauté-pan, and lay in the onions very closely; place a pinch of sugar in the hollow left in each onion, and allow them to cook over a sharp fire to colour the onion, but mind the butter does not blacken; turn them now and again to ensure their colouring evenly, then pour on to them sufficient stock to cover them entirely; now either cover them with a lid that will permit of hot ashes being put on the top, or put the pan, tightly covered, into the

oven until the stock has gone to a glaze and coats the vegetables. These should be basted with their liquor every ten minutes or so, as this prevents their wrinkling, which would spoil their glazing. Remember that early onions, such as one gets in April or May, cook very quickly, and if not watched will turn to a purée.

These are the principal vegetables used in household cookery, though frequently the vegetables used in the stock-making are utilised as garnish, as, for instance, with stewed steak, etc. In this case, lift them out and drain carefully; some people even toss them in a little butter with a tiny pinch of sugar before putting them into the dish, as this improves alike their flavour and their appearance. Be careful to trim them neatly, to remove all vestige of grease from them, and to arrange them symmetrically. A minutes' care in this way adds enormously to the value of the dish, which never looks or tastes the same if carelessly dished. One more item of garnish for household use requires to be noticed before we go on to the more recondite decorations, and this is the *crouton*. This is simply a slice of bread sliced and cut into different shapes, and fried either in clarified dripping or butter (be careful as to the clarifying, for, if neglected, black spots may appear on the bread), or else placed in a buttered tin with a little stock into the oven, and allowed to crisp there till the liquor is all absorbed, and the bread is of a golden-brown, and crisp. Triangles, squares, or rings, or hearts are most used. The latter are stamped out with a cutter, a smaller sized cutter of the same shape being used to stamp out the centre, and it is then finished off in the usual way. For garnish these croutons are often sprinkled, before draining, with minced parsley, lobster coral, grated cheese,

coralline pepper, etc., according to what they are to go with, or they are spread with one of the garnishing butters that gives the finishing touch to the sauce. A word may be permitted on this subject, and that is with reference to the little croutons of fried bread used in soup. Do not cut them so small as they usually are, for if so they fry into real stones impossible to bite or to masticate, and consequently painfully indigestible. Bread cut as thin as for thin toast, then cut again into little squares half an inch across, are quite small enough. Also please bear in mind that when cutting bread for croutons, of which, in French kitchens, a great variety are used, the scraps should never be wasted. Gather them up, sorting crust from crumb, and dry them in the oven at your leisure; pound and sift them, and store in wide-mouthed bottles, and then you will always have grated bread at hand for the fish, or the ham, etc., without having to rasp down a fresh loaf, which is always wasteful, and generally unsightly, owing to the softness and moisture of the fresh bread.

Truffles, for use whole, should be carefully chosen, as they should be perfectly round and large. After cleaning them well, put them into a small pan with equal quantities of poultry stock, and white French wine, with enough poultry dripping to cover them; add to this an onion stuck with two cloves, a *bouquet garni* and a tiny unpeeled clove of garlic. Cover the pan, and let it all boil together for fifteen minutes; then lift it off the fire, and let the truffles cool in their own liquor. If the truffles are irregularly shaped they are often trimmed into balls or olives, after they have been peeled and cooked (use Madeira instead of French wine, and only let them cook ten minutes), the trimmings being set aside and used, minced or shredded, for flavouring

purposes. These trimmings are quite different from the peel, which should not be used. The liquor in which the mushrooms were cooked should be carefully put aside after skimming off all fat and straining it, unless wanted for immediate use, for this is really nothing but pure essence of truffles, and is most useful for flavouring sauces. If in preparing truffles you have any over, or indeed any is left over, cut up into strips, etc.; they will keep very well if placed in a bottle, well covered with wine, and tightly corked. Truffles are expensive always, therefore care in the management is indispensable, and it is owing to their juster appreciation of this fact that French housewives, notoriously amongst the thrifty ones of the earth, are able to use truffles so much more than English ones, who look on them with dread as "so extravagant!"

Olives, again, are, when fresh, all the better for blanching, but as in England they are mostly bought already prepared in bottles, all they need is rinsing and drying. They should be stoned either with a stoner, or by paring them round and round with a knife till all the flesh comes off in a spiral band, and the stone is left clear. When to be used with a sauce that is to be tammied or sieved, it is well to put in these stones with the other ingredients, to flavour the sauce, the olives being usually put in afterwards. Olives may be served plain, or they are farced or stuffed either with an anchovy fillet rolled up, a little anchovy or green butter, or some fine chicken farce mixed with a small portion of the fine herb mixture given above, etc.

Another garnish much esteemed abroad is the cockscomb, which, however, is seldom seen here save bottled,

though it is not at all difficult with care to prepare them at home, which ensures their being fresh, and, indeed, their really being cockscombs, for it is asserted that many dishonest tradesmen know how to transform tripe and other similar materials into the delicacy that gives its *cachet* to the Financière, Toulouse, or other garnishes. Put a pound of nice cockscombs into a pan with water enough to cover them entirely, as their whiteness in great measure depends on being cooked in plenty of water; set them on a sharp fire, and keep them well stirred with a spoon, watching them carefully, and the moment the outside skin begins to lift, take them off the fire and put them into a little fresh water. If left after the outer skin begins to give, they would be spoiled, as the blood would coagulate, and it would be impossible to cleanse them. Now remove the outside skin, and trim them at the cut side to remove all trace of feathers, etc., keeping the cut very straight and clear. Steep them for six hours in salted water; then well wash them, and place them once more in cold water, changing this until the combs are as white as marble; then put them on in plenty of water, with a good piece of butter, salt, and the juice of a lemon; bring them to the boil, then draw them aside, and allow them to simmer gently till done. If, as often happens, these combs are to be set on skewers, do not overcook them, or they will break in the skewering. Besides these, tiny quenelles, made of various kinds of meat or fish, pieces of cooked sweetbread, crayfish, prawns, blanched oysters and mussels, fish roes (well washed and cleansed, and cooked like the cockscombs, in water, salt, and vinegar, and lemon-juice), chestnuts (peeled, blanched to remove the inner skin, then simmered in a little stock, with seasoning, spice and herbs), tiny sausages

specially made for decorative purposes abroad, macaroni, and various vegetables, are all used for different kinds of garnish; but as these always imply a cookery book at hand, and vary with almost each dish, it is needless to enter into further detail concerning them.

The following are some, however, of the best known "high-class" garnishes :—

Chipolata.—Have ready some twenty carrots (or pieces of carrot) prepared in the manner described above, and the same quantity of turnips, also twenty chestnuts cooked in stock, twenty turned mushrooms, and about twenty cooked chipolata sausages, from which, after they are cooked, you have removed the skin; put all these ingredients into a pan, and cover them with well reduced espagnole sauce. Where it is impossible to procure these little sausages, they may be made at home, thus :—Take half a pound each of lean fresh pork and fat bacon, cleared of any rind, etc. Mince this as fine as possible, either by hand or by passing it through the mincer once or twice; then season to taste with salt, pepper, and spice, and press it into a long, well-cleansed bladder, about a yard long, and tie off the little sausages in about two-inch lengths.

Financière.—Take equal quantities of sliced truffles, cockscombs, tiny forcemeat quenelles, and mushrooms, and put them in a pan to heat in some sauce, either white financière or brown espagnole, according to the use to be made of them. A fashion has arisen of calling this sauce "financière" if made with brown, and "toulouse" if made with white sauce, but of old this distinction was not observed.

Flamande.—This is composed of carrots, small onions, turnips, and small quartered cabbages stewed in stock,

with a little bacon rind and some ordinary sausages, the whole being freed from fat and the bacon rind, and dished with the sausages. Sometimes the sausages are sliced, and some of the pork or bacon is cut into two-inch dice and served with it all. This generally goes with boiled or stewed beef, and the gravy from the meat or a little *demi-glace* is stirred into it.

Godard.—This is a mixture of equal parts of sliced truffles, quenelles of any dainty forcemeat, and pieces of cooked sweetbread, heated in some Sauce Godard.

There is a garnish something like this, only used for fish, known as Garniture Chambord, or simply as Chambord, which is prepared in much the same way as the Godard, with truffles, mushrooms, fish quenelles, carp roes, prawns, or crayfish, and pieces of cooked eel, usually heated in *financière maigre*, or in the sauce which the fish it accompanies is to be served with. This garnish is varied both by the style of fish it accompanies and by the fancy of the *chef* who prepares it, but its principal component parts are here given.

Italienne.—This is made up of minced sweetbread, fried ham, and turned mushrooms, served in either brown or white italienne sauce.

Jardinière.—Take for this equal parts of cauliflower and Brussels sprouts, and twice their amount of carrots, all nicely cooked and drained; garnish the dish (usually stewed beef made rich with wine, etc.), and pour over the meat and the carrots (not the sprouts or the cauliflower) a little *demi-glace*, to glaze it nicely. The cauliflower should naturally be broken up neatly. The name *jardinière* is, however, applied to almost any garnish composed of a mixture of vegetables.

Julienne.—This is a garnish of finely shred vegetables of various kinds (carrots, turnips, leeks, onion, spinach, chervil, and celery). These are blanched and cooked where necessary, each separately, in a little water or stock, with a morsel of butter, and a tiny pinch of sugar, and then added to clear soup, etc. There are several varieties of this garnish, known under different names; for instance, *Printanier*, with young spring vegetable, such as young peas, asparagus points, lettuce, etc., *Jardinière*, when all kinds of vegetables etc., are used, and so on.

Macédoine.—All kinds of vegetables cooked separately, such as peas, haricots, carrots, turnip, cauliflower, etc., and served in either white or brown sauce.

Mancelle.—This is a rich garnish usually reserved for game (woodcock for choice, though to our English ideas it would be apt to spoil the flavour of that delicate bird). Slice down some *foie gras*, a good spoonful of minced truffles previously cooked in Madeira, and a good spoonful of the fine herb mixture, and heat all this in well-reduced espagnole, strongly flavoured with game. Indeed, for many tastes Richelieu sauce would not be too strong.

Matelotte.—This is a fish garnish, and varies with almost every sea coast or *chef*. The materials are crayfish, oysters, mussels, fish roes, quenelles, mushrooms, truffles, etc., tossed in rich white or brown sauce, and varied to suit the fish it is to accompany.

Milanaise.—Cooked macaroni, garnished with tiny fillets of cooked chicken, tongue, truffles, and mushrooms, thickly sprinkled with grated cheese, and served with a little good espagnole.

There is another form of this which consists of cooked macaroni, thickly strewn with grated Parmesan cheese,

mixed with thick tomato sauce or purée, and seasoned with lemon-juice, red pepper, etc.

Montglas.—This is, properly speaking, a mixture of sliced *foie gras* and truffles, heated in suprême, espagnole, or Godard sauce, but some people add shreds of chicken and tongue to it.

Napolitaine.—This is only used for a peculiarly rich form of braised beef, cooked in stock, Madeira or sherry, and sugar, the sweet sauce being skimmed, mixed with espagnole, and garnished with glazed button or silver onions and tiny heaps of grated horse-radish.

Reform.—Cooked truffles, ham, and hard-boiled white of egg, all cut into even-sized strips, and mixed with a little reform sauce.

Royale.—This is a mixture of shred chicken, sweetbread, *foie gras* and mushrooms, mixed with béchamel sauce, into which a little lobster butter has been stirred just before adding it to the ragout.

Toulouse.—This is often spoken of as a white financière, but originally, when there was no difference in colour between the sauces, the distinguishing mark was the predominance of the truffles and the exclusion of the mushroom, the truffles being often left whole, a sauce suprême being used to mix it with.

Valenciennes.—This is a modern garnish, and is made of a mixture of cooked artichoke bottoms, minced chicken, lobster, and mushrooms, with rice, all heated in a rich white curry sauce.

It is next to impossible to give exact directions for these garnishes, as they depend a good deal on the material at hand and the taste of the arranger.

Finally, an important part of a sauce is what is techni-

cally called the *liaison*, literally the binding, or more idiomatically, the thickening, though this word is nowadays often applied to the initial roux, or butter and flour mixture which is at the foundation of nearly all sauces.

Of these *liaisons* there are several kinds. Firstly, there is the *liaison au roux*, the "little bit of butter rolled in flour" of our cookery books; this is simply a portion of the primary roux, either white or dark, added at the last to thicken any gravy, etc. This, if to be added cold, should be put with the cold sauce on the fire, and stirred continuously till it boils, and is then allowed to cook long enough to take the raw taste from the flour if the roux is fresh made; of course, if it is stock roux, it will simply need to be boiled up with the sauce. The more ordinary thickening, the *egg liaison*, is, however, either a plain egg yolk or two, or these yolks diluted with a spoonful or two of cream. It must be remembered that, whenever a sauce is to be thickened in this way, it must be lifted, and kept, off the fire for a couple of minutes before stirring in the egg, to prevent any risk of curdling. If eggs only are used, it is well to pour a little of the sauce on to them gradually, beating it all well together before adding it to the rest of the sauce, when it must be stirred gently with a wooden spoon till the sauce comes just, but not quite, to the boil.

The *butter liaison* is simply the little extra portion of fresh butter added to all good sauces just at the last, but only at the last, before serving. The sauce should never be returned to the fire after this is added, or the rich, fresh buttery flavour would be entirely lost. There is also a *cream and butter liaison* (this is, however, more used for soups than for sauces), which is made by mixing a little

cream and butter into the sauce just as it is to be served, stirring it well at the same time to ensure its due blending, and lifting it off the fire directly it is mixed in. Another liaison, though one seldom used save for soup in this country, is made of the blood of the animal (usually a hare), a little of the sauce being gradually stirred into the blood, and the whole then worked together till it just does *not* boil ; if it boils it is spoilt, for it inevitably curdles in that case.

Lastly, there is *the flour thickening*, for which the flour is mixed very carefully with a little cold water, milk or stock, till quite smooth, and then passed through a fine hair sieve or tammy, after which it is poured gradually into the sauce to be thickened, with one hand, whilst the whole is carefully stirred with the other, the sauce being then boiled for a few minutes, to cook the flour, this being the only liaison that requires boiling.

CHAPTER XIII.

SUNDRIES.

BEFORE concluding these hints on sauce-making, it may be well to mention a few points on which there appears to be some doubt, and considerable difference of opinion, in kitchens. One is as to utensils. No cook can cook properly if stinted in this matter. I do not mean that all the costly and recondite articles given in the lists of high-class furnishing ironmongers for palatial *cuisines* are necessities in the average English household ; but that there is in most of these latter a distinct dearth of almost indispensable pans, etc., is undeniable. Where the cook has the whole work of the cooking on her hands, she should be allowed as many labour-saving appliances as can be, anyway, afforded, as these save time and labour, and enable her to produce good results with a less expenditure of energy or fatigue—points which must be considered as much in the kitchen as elsewhere. Granted that a young cook may not at first be capable of taking charge of these, let her have them one at a time, never giving a second till the use and care of the first is thoroughly mastered. In this way each new utensil acts as a reward and an incentive, and very sure I am that the more a cook becomes interested in her work, the better and more trustworthy cook will she be. Here is a list of what should be, little by little, accumulated in a kitchen where dainty but not

extravagant cookery is the rule:—A good mincing-machine; a couple of wire whisks (a lightning egg-beater is very nice for actual egg-beating, and is not a costly implement, but for sauce-making the old-fashioned wire whip is the best); a good, steady mortar; an American potato-masher, which answers equally well for pulping fruit, etc.; a couple each (at least) of wire and hair sieves; a colander; a pointed gravy strainer; plenty of moulds (a new mould given occasionally when a new dish is to be prepared will always be a delight to a good cook) and cutters, both for vegetables and pastry; a couple of palette knives, of different sizes (these are most useful for masking, etc.); a couple of good cooks' knives, and, if liked, a knife or two for cutting vegetables into fancy shapes; a good supply of wooden and other spoons; and last, but not least, a *bain-marie*. For a single-handed cook this is almost an indispensable item; and, unfortunately, as stocked in an ironmonger's list, is an appallingly expensive item, so much so, in fact, that many housekeepers at once refuse to look at it, or indeed to try any dish in the preparation of which its use is recommended. This, however, is a mistake. It is not necessarily an expensive item, and the first good tinsmith will make a very effective one for a few shillings. It is simply a two-handled pan like a fish-kettle cut down, which will accommodate two or three, or more, saucepans, standing up to three parts their depth in the boiling water in this kettle. Surely this is no very recondite affair; and, once tried, I am perfectly convinced no cook will do without it. Besides these, have several small sauce and stew-pans, of seamless steel, if possible—if not, of well-made tin—and keep these strictly for the uses for which they were got. Incidentally, it may be mentioned that half the work

in our kitchens is caused by the pots and pans we use. The heavy iron pots, cumbrous to lift or to clean, take one woman's time to keep in proper order, hence they never are in a fit condition for delicate cookery. A number of smaller pans, in constant use, can easily be kept in perfect order, even by a single-handed cook, as directly they are done with, they can be filled up with water (hot or cold according to circumstances), with a lump of soda in it; and thus left, will stand till they can be properly attended to, and will require little more than a thorough rinse out, and drying, to be fit for use; whilst an occasional cleaning, say once a quarter, will keep them as bright and clear as if new.

It cannot be too strongly insisted on that without perfect cleanliness dainty cookery is absolutely unobtainable. Strange as it may seem, this elementary fact is not grasped in English kitchens nearly so firmly as it is abroad, where the cook, often in a get-up that would send a self-respecting British matron into a fit, keeps her pans more like looking-glasses than culinary utensils. The difference is that the foreigner knows that pots and pans convey aroma and flavour as nothing else does, and that an imperfectly cleaned out pan in which, say, onions have been cooked, will, unless most perfectly cleansed, taint everything put into it for some considerable time with an unmistakable, if faint, flavour of that savoury vegetable. No worse sinners in this way exist than the well-known enamel-lined pans. Granted that when new and fresh they are ideal cooking pots, but look at them when they have been in use a few weeks or a month or two, especially if you have a young cook, and you will see their erst-while porcelain-like surface is a network of tiny lines, where the enamel is

giving way under the double burden of the heat and over-conscientious cleaning. Could you see these tiny lines through a microscope you would discover they were little ridges, to each one of which a minute portion of the last sauce, etc., prepared in the pan was adhering, ready to flavour the succeeding condiment entrusted to their charge, and before long to give the peculiar but unmistakable "tang" of the British sauce, which always tastes the same, whatever ingredients are given out for its due perfection, simply because unsuspected atoms of every sauce or ragout cooked in that pan is rising in judgment against you.

When you have attained perfection in the matter of your kitchen, and can feel certain that your pots and pans are clean, turn your attention to the store shelf on which your cook keeps the many little addenda that go to make up her armoury. Insist as much as possible on glass bottles for all condiments, as in this way their identity and whereabouts can be discerned without exposing them to the air; see that proper stoppers are at hand, and make their proper stoppering a *sine qua non*. No one who has not had practical experience of it can realise how careless even the best British servants are on this point—a very important one—as every kind of condiment and spice suffers from exposure to the air.

Herbs should, whenever possible, be collected when at their best, dried very slowly, and, when dried, crumbled down, sifted, and stored, if possible, in properly labelled wide-mouthed bottles, certainly in air-tight tins or boxes. (Whilst on the subject of drying herbs, let me mention that, as with everything else, there is a right and a wrong way of doing this. Have ready some paper bags, and prick these over with minute pinpricks, which will admit

the air without letting in the dust, then put in the herbs, tie up the tops of the bags carefully, hang them in the kitchen not too near the fire, and allow them to dry at their leisure.) The advantage of home-dried herbs is that in this way you ensure the purity of the herbs, and, in consequence, the right flavour to any sauce in which they are mixed. Bought herbs are constantly "mixed herbs," without any clear, definite flavour, though they have a very strong "herby" aroma, and are thus utterly unfitted for use with delicate sauces. If when you need parsley you use these bottled herbs, you very possibly get with it a suspicion of sage, a dash of thyme, and, altogether give your sauce a general taste of strong veal stuffing, utterly ruining it, as any connoisseur would at once tell you, if not restrained by the rules of politeness. Mushrooms, again, may be preserved in this way, and are a most delicious addition to one's stock of flavouring materials. Spices should be kept in air-tight receptacles, for nothing is more susceptible of deterioration from exposure to the air than they are; pepper, for example, suffers woefully from this, and where really dainty cookery is required, I should advise all cooks to keep their pepper in the corns, grinding it in the little peppermills that every good ironmonger supplies, as wanted. In French kitchens this is the almost invariable habit.

We might easily have a well stocked flavouring cupboard, would we only take the trouble to prepare a few things for ourselves, instead of flying to the nearest grocer for every item needed in our kitchens.

In almost every kitchen abroad are to be found a variety of flavourings and essences almost entirely unknown in our country, though with very little trouble or expense they

are quite easily prepared. It is to these flavourings that so much of the superiority of foreign cookery is due. To any one living in the country particularly, a great many of these dainties need offer no difficulty whatever. For instance, great variety might be given to salads and sauces by the use of variously flavoured vinegars. Take, for instance, elderflower vinegar:—Dry the flowers in the sun for two days, then put about an ounce of the dried flowers into a quart of vinegar, corking the bottle closely, and leave it in the sun, closely corked, for a fortnight. Musk rose and carnation vinegars can be made in the same way. Orange-flower vinegar only needs to have the fresh flowers put into the vinegar, and to be finished off as above. Needless, of course, to say, that for these only the purest white vinegar should be used; if bought, get the best French wine vinegar, but home-made vinegar, if colourless, answers admirably. Tarragon vinegar is as well known as it is easy to make. Pick over the young tarragon shoots and leave them for a day or two in the sun, then leave them to infuse in a jar of good vinegar for a fortnight. If, on tasting it at the end of that time, the vinegar is found sufficiently flavoured, you can strain it off the herbs and bottle it in small bottles, corking these closely, and storing them in a dry, cool place. Of course if a stronger flavour is desired, the tarragon may be left longer in the vinegar, but this is simply a matter of taste. Garlic vinegar is another excellent stand-by. For this you will find an ounce of garlic lightly bruised with twelve cloves and a roughly broken-up nutmeg sufficient for four quarts of vinegar. But for this white vinegar is imperative, and it should be, if possible, wine vinegar. An easier method is simply to put the garlic, after peeling and halving the cloves, into the vinegar, corking the bottles

tight and sealing them. Let them steep for three weeks or so, then strain off the vinegar in small bottles, which must be tightly corked and sealed. If you add fresh vinegar to the garlic and allow it to stand for three months, it will make a stronger and slightly rougher vinegar, which is, however, very useful for cooking—the more delicate first brew being used for salads, etc. One ounce of garlic is enough for the quart of vinegar. Shallot vinegar may be made in the same way, using four ounces of shallots to the quart of vinegar. Mint, burnet, basil and syringa vinegars are made precisely like tarragon vinegar, and are most useful for winter use. Syringa and burnet are especially valuable, as they either of them give an exact cucumber flavour to anything to which they are added, and thus are a great addition to sauces when cucumbers are out of season and too expensive for ordinary use. Chilli and capsicum vinegar is made by infusing an ounce of either in a quart of vinegar for a week or ten days, when it must be strained off, bottled in small bottles, well corked and sealed. This will be fit for use in three months. If preferred, the chillies may be left in the jar (which should be kept carefully closed with an air-tight covering), a little fresh vinegar being added as that in the jar is withdrawn. If the vinegar is strained off, the chillies or capsicums left over may be used for pickling onions, etc.

Horse-radish vinegar is made by pouring a quart of strong good vinegar, boiling, upon three ounces of grated horse-radish, an ounce of minced shallot, two teaspoonfuls of black pepper and one of cayenne. Let this stand to infuse for four days; then strain off and bottle as before. Anchovy vinegar is less well known, but quite easy to make. Steep six or seven good anchovies (the Gorgona

are the best) in about a pint of white wine vinegar, with half a clove of garlic, for a fortnight ; then strain and bottle off. For celery vinegar you infuse half an ounce of crushed celery seed in a quart of vinegar for ten days or a fortnight ; then strain off and bottle as before. Cucumber vinegar is made by steeping six large cucumbers, pared and sliced, in a quart of vinegar for ten days, finishing off the same as before. Curry vinegar is made by infusing two ounces of curry powder in a quart of best vinegar, straining and filtering.

It may be observed that in old-fashioned households chilli wine, horse-radish wine, etc., are often offered for flavouring soups, etc. These are made in absolutely the same way as the flavoured vinegars, the wine only extracting the flavour more abundantly.

Parsley, again, is not always available, yet with a little care it may be had all the year round. Scald the parsley by dipping it in boiling water in which you have dissolved a morsel of soda ; then wring it dry, and hang it up for two or three hours till perfectly dry, when you can crumble off the leaves coarsely, and store these in closely stoppered bottles. (When using parsley thus prepared, remember it should only be added to the sauce just as you lift the latter off the fire, or the colour will not be good. It is to inattention to this rule that there is a prejudice against the use of dried parsley for garnishing.) After stripping off the leaves, take the stems, which contain most of the parsley flavour really, tie them together, and place them in paper bags perforated with tiny pin-pricks to let in the air while keeping out the dust ; hang these bags up near the stove, and let it dry very gradually till they are ready to crumble to a powder. Now pound them in a mortar, sift them

through fine muslin, and store in closely stoppered bottles. Preserved in this way, there is no difficulty in having parsley all the year round at very small expense, and very, very few persons could tell the difference between it and the fresh. Mushrooms may be dried also in exactly the same way as the parsley stalks, and this gradual drying process is better than the semi-baking so often recommended, which deprives the vegetable of nearly half its flavour.

Well-mixed mustard is another great desideratum, but few persons in England appear to be aware of how easy it is to give variety to this condiment. For instance, take some good fresh mustard flour, and mix it with some extra strong vinegar instead of water, adding a suspicion of salt and a little salad oil, just enough to smooth and thicken the mustard without actually betraying its presence to the taste. Of course any of the flavoured vinegars may be used thus with advantage.

A condiment much used abroad is known as *les quatre-épices*, or four spices; this is very easily prepared thus:—Take one ounce each of cinnamon, nutmeg, and black pepper, with half an ounce of cloves, and pound these all together; sift them through muslin, and keep them in an air-tight tin.

All seasonings used in the kitchen should be the best obtainable, and as fresh as can be. Excellence in material is real economy, as you use less of the actual material, and avoid the chance of spoiling the rest of the ingredients with which it is blended. Pepper is a great example of this.

In sauce-making, always use freshly ground peppercorns; this insures your having the pure spice, and gives a savour to it that nothing else will supply, as pepper left ex-

posed to the air speedily deteriorates. Unless white pepper is specially mentioned, always use fresh ground black pepper. Have a small peppermill (they are to be had in many sizes) filled with black peppercorns, and grind it just as you want it straight into the pan. In this way you lose none of the aroma. There is an immense variety of pepper, from the ordinary black and white to the various forms of red pepper, from the old-fashioned fiery cayenne to the modern Nepal or decorative coralline peppers. The Nepal is a less pungent form of cayenne, only purer and more delicate in flavour, but its colour is not favourable to decoration, so much thought of, so the coralline pepper is gradually securing its place where appearance has to be considered. This latter is much milder than cayenne, though more piquant than the ordinary black and white, and is of delicate scarlet, closely resembling lobster coral when pounded. It is invaluable in delicate sauce-making. By the bye, whilst on the subject of peppers, a method of keeping cayenne at hand, in a soluble condition, may be mentioned. It is called essence of capsicum or cayenne. To prepare it infuse half an ounce of absolutely pure cayenne (be particular on this point, as on it depends the goodness of the extract) in half a pint of either brandy or rectified spirits of wine for two or three weeks, keeping the bottle tightly corked; then strain off the clear liquid, and keep in well-stoppered bottles. This being very strong must be added with caution, a drop at a time. If possible, it is best to keep spices in tightly stoppered glass bottles, as this saves all risk of mistake, without exposing the spice to the deteriorating influence of the air, but anyway, whatever you use see that it is kept closely shut. There is more waste in kitchens from inattention to the stoppers of sauce

bottles or the covers of tins than any but experienced house-keepers realise. It is to this fact that is due the uncertainty as to flavouring, for as the spice, etc., diminishes in strength, its volume has to be increased until the cook is never certain of her quantities, and unless very careful, her sauces seldom if ever come twice the same.

In short, to gather up all one's experience, it may be said that in sauce-making the chief points to be observed are cleanliness, delicacy, precision of flavour, and attention. Granted these, and sauces are bound to be a success, but lacking (as too often happens) these points, failure is a foregone conclusion, even with the best materials and the most highly paid cook. A *chef* may be required to invent new combinations, or to carry out the very *chefs d'œuvre* of culinary science, but the merest girl, if properly instructed, and gifted with a little good-will, can produce the average sauces in perfection, and at less cost than many a "plain cook" of the plainest description will run her mistress into for the paste she calls "melted butter."

A word before we finish must be given to an invention only brought into this country a year or so, and that is the dried sauce known as Driessauce, a form of solidified sauce prepared by M. Driessens, a well-known French *chef*. This consists of a solid paste, produced from stock, roux, and appropriate spices, and which, when mixed and boiled up with a certain proportion of boiling water, forms a real, properly made and flavoured sauce, only requiring appropriate garnish to take its place in any menu. Of course, no one would dream of asserting that any preserved goods can really rival the best fresh provisions prepared in the best manner; but a well-prepared tinned or canned article is better than the same class of goods indifferently sent up,

and, needless to say, far surpasses inferior food badly prepared, and this is exactly the position claimed for the Driessauces. They are not intended to replace the handiwork of a competent cook, but to help him or her out at a pinch, and thus save time and labour without spoiling the work with which they are associated. These sauces are naturally more especially useful in a hotel, where a sudden demand may arise at any moment, and yet be not so certain as to justify keeping provisions ready, and in this case the Driessauces are invaluable. But they are equally useful to the ordinary housewife, who, on an emergency, can by their help produce an agreeable and savoury dish at a few minutes notice, whilst for travellers and dwellers in flats they are invaluable, and should be as necessary a part of the kitchen stores as the Liebig or Bovril, which in so many establishments has replaced the old-fashioned "glaze," and in many cases has superseded even the traditional "stock."

These condiments, which are to be had both light and dark, though from the amount of butter required the dark keeps better than the white, are to be procured of Messrs. Cosenza, Wigmore Street, and certainly deserve at least a trial.

THE END.

INDEX.

English Sauces, 1

- Sauce Admiral's, 10
- „ Anchovy, 8
- „ Apple, 10
- „ Bread, 11
- „ Caper, 8
- „ Devil, 11
- „ Drawn Butter, 11
- „ Egg, 9
- „ Fennel, 8
- „ Gooseberry, 12
- „ Gravy, 15
- „ Horse-radish, 12
- „ Lemon, 12
- „ Lobster, 9
- „ Melted Butter, 5, 7
- „ Mint, 138
- „ Mustard, 13
- „ Oyster, 9
- „ Parsley, 8
- „ Pike, 13
- „ Pleydell's, 14
- „ Queen Mary's, 14
- „ Shrimp, 9
- „ Venetian, 16

French Sauces, Brown, 19, 43, 59

- Sauce Agro-dolce, 75
- „ Beurre d'anchois, 46
- „ Bigarade, 60, 66
- „ Bordelaise, 60
- „ Bourguignotte, 61
- „ Bretonne, 47
- „ Brown, 24, 43, 44
- „ Câpres, 47
- „ Champignons, 48
- „ Chasseur, 61
- „ Chateaubriand, 61
- „ Chevreuil, 48
- „ Chutney, 49
- „ Claremont, 47
- „ Colbert, 48
- „ Concombres, 62
- „ Cornichons, 49
- „ Crapaudine, 49
- „ Cumberland, 49
- „ Curry, 50
- „ Czarina, 50

Sauce Demi-espagnole, 62

- „ Diable, 50, 62
- „ D'Uxelles, 90
- „ Echalottes, 51
- „ Espagnole, 25, 45, 59, 63
- „ Garibaldi, 51
- „ Générale, 65
- „ Genevoise, 51, 66
- „ Godard, 65
- „ Financière, 64
- „ Fines Herbes, 90
- „ Fermière, 68
- „ Fumet de gibier, 64
- „ Hachée, 65
- „ Indienne, 66
- „ Italienne, 67
- „ Jambon, 65
- „ Lyonnaise, 51, 56
- „ Madère, 67
- „ Malaga, 67
- „ Marsala, 52
- „ Matelotte, 68
- „ Mirabeau, 68
- „ Napolitaine, 69
- „ Olives, 52
- „ Oranges, 69
- „ Orléans, 52
- „ Parisienne, 69
- „ Pauvre-homme, 53
- „ Périgeux, 70
- „ Piquante, 70
- „ „ à l'Italienne, 53, 71
- „ Poivrade, 53, 71
- „ Pompadour, 71
- „ Portugaise, 54
- „ Provençale, 56, 72
- „ Reform, 54, 73
- „ Régence, 73
- „ Richelieu, 74
- „ Robert, 48, 75
- „ Romaine, 75
- „ St. Hubert, 75
- „ St. Marsan, 76
- „ Salmi, 76
- „ Sicilienne, 54
- „ Stragotte, 54
- „ Texanne, 55
- „ Tomate, 55

- Sauce Tortue, 77
 „ Truffes, 77
 „ Venaison, 56, 77
 „ Victoria, 77
 „ Viennoise, 56, 78
- French Sauces, White, 19, 81, 99**
- Sauce Albert, 88
 „ Allemande, 83, 87
 „ Aurore, 103
 „ Avignonnaise, 103
 „ Béchamel, 26, 83, 99, 102, 103
 „ „ maigre, 27, 102
 „ Bigarade, 94, 104
 „ Blanche, 27, 102, 121
 „ Blanquette, 105
 „ Blonde, 23
 „ Bretonne, 88
 „ Cardinale, 89
 „ Carignan, 89
 „ Champignons, 107
 „ Colbert, 89
 „ Crème, 105,
 „ „ céleri, 106
 „ „ concombres, 107
 „ „ à l'estragon, 106
 „ „ fenouil, 106
 „ „ persil, 106
 „ Crabe, 108
 „ Diplomate, 108
 „ Duchesse, 89, 108
 „ D'Uxelles, 90
 „ Epicurienne, 91
 „ Fines Herbes, 90, 109
 „ Flamande, 91
 „ Gasconne, 109
 „ Holstein, 109
 „ Indienne, 91
 „ Italienne, 110
 „ Joinville, 91
 „ Lombarde, 110
 „ Lyonnaise, 91
 „ Maître d'hotel, 110
 „ Maltaise, 92
 „ Maréchale, 92
 „ Matelotte Normande, 92, 111
 „ Milanaise, 111
 „ Parisienne, 93
 „ Pascaline, 93, 105, 111
 „ Poivrade, 93, 138
 „ Polonaise, 93
 „ Pompadour, 94
 „ Portugaise, 94, 104
- Sauce Poulette, 105
 „ „ à l'ancne, 88
 „ Provençale, 120
 „ Raifort, 111, 142
 „ Ravigotte, 112, 143
 „ Royale, 95
 „ Russe, 94, 112
 „ Sicilienne, 94
 „ Soubise, 88, 112,
 „ „ au fromage, 113
 „ Suprême, 82, 95, 113
 „ Toulouse, 95
 „ Tournée, 83
 „ Velouté, 22, 24, 83, 99
 „ Vénitienne, 16
 „ Villeroi, 95
 „ Vin blanc, 96
 „ Wastrefisch, 95, 126
- Sauces, to keep in condition, 70
 „ to mix, 29
- Butter Sauces, 119**
- Sauce Béarnaise, 121
 „ au beurre, 119, 120
 „ „ Fondu, 121
 „ „ Lié, 123
 „ „ Noir, 123
 „ à la d'Orleans, 123
 „ Française (Chauron), 123
 „ Hollandaise, 121, 124
 „ Meunière, 125
 „ Portugaise, 123
 „ Valois, 125
 „ Wastrefisch, 126
- Cold Savoury Sauces, 129**
- Sauce Anchovy Cream, 129
 „ Aspice, 129
 „ „ Cream, 130
 „ Brawn, 130
 „ Cambridge, 130
 „ Cazanova, 131
 „ Chaufroix (Brown), 132
 „ „ (Pink), 132
 „ „ (Verte), 107
 „ „ (White), 107, 132
 „ Chauron, 123, 132
 „ Chervil Cream, 133
 „ Cucumber, 133
 „ Curry (Iced), 133
 „ Devil, 133
 „ Dresden, 134

Sauce Gloucester, 134
 „ Gorgona, 135
 „ Hure de Stanglier, 135
 „ Irlandaise, 135
 „ Landseer's, 135
 „ Leghorn, 136
 „ Lorraine, 136
 „ Mayonnaise, 136
 „ „ (Aspic), 136
 „ „ (Green), 137
 „ „ (Red), 137
 „ „ (Tomato), 137
 „ „ and Olives, 137
 „ Maximilian, 56, 137
 „ Mint, 138
 „ „ (French), 138
 „ Mousquetaire, 138
 „ Mousseline, 138
 „ Norvégienne, 139
 „ Orange, 139
 „ „ (Iced), 139
 „ Persillade, 139
 „ Poivrade, 140
 „ Prince of Wales, 140
 „ Provençale, 140
 „ Queen's, 141
 „ Raifort, 142
 „ „ Crème, 142
 „ „ „ à l'Alceste, 142
 „ Ravigotte, 143
 „ Rémoulade, 144
 „ Rémoulade Provençale, 144
 „ Sainte Ménehoulde, 144
 „ Sardine, 144
 „ Suédoise, 145
 „ Tartare, 145
 „ Tomato Chutney, 145
 „ „ Cream, 145
 „ „ Purée (Iced), 145
 „ Vinaigrette, 146
 „ Verte or Vertpré, 146
 „ White, 146

Sweet Sauces, Hot, 149

Sauce, Amber, 156
 „ Brandy, 149
 „ Cherry, 150
 „ Chocolate, 157
 „ Claret, 157
 „ Coffee (Hot and Cold), 153
 „ Cornflour, 155
 „ Custard, 152, 163
 „ Date, 157

Sauce Diplomate, 153
 „ Foam, 154
 „ Fruit Syrup, 156
 „ German (Whip), 154
 „ Ginger, 150
 „ Golden Syrup, 150
 „ Honey, 150
 „ Jam, 155
 „ Jelly, 158
 „ Kirsch, 157
 „ Méringue, 158
 „ Mousseline, 155
 „ Mousseuse, 155
 „ Orange, 150
 „ Pineapple, 150
 „ Punch, 151
 „ Quatre-fruits, 151
 „ à la Reine, 156
 „ Rose Custard, 153
 „ Sabayou, 154
 „ Syrup, 156

Sweet Sauces, Cold, 161

Sauce Ananas, 164
 „ Aulois, 164
 „ Banana Cream, 164
 „ Bavaroise, 165
 „ Blackberry, 165
 „ Brandy, 166
 „ Brown Bread, 166
 „ Chocolate, 166
 „ Coffée, 153, 167
 „ Cognac Cream, 168
 „ Coconut, 166
 „ Cream, 167
 „ Crème Fouettée (Whipped
 Cream), 162, 167
 „ Custard (Iced), 162
 „ Date (à la Medjé), 157, 168
 „ Diplomate, 153
 „ Duchesse, 168
 „ Fairy Butter, 168
 „ Guards', 168
 „ Hard, 169
 „ Jelly, 169
 „ „ (American), 169
 „ Liqueur Syrup, 169
 „ Mousseline, 170
 „ Mousseuse, 170
 „ Orange, 170
 „ Peach, 170
 „ Pistachio, 171
 „ Royale, 171

- Flavouring Butters**, 33, 39
 Beurres Composés, 33
 Butter Anchovy, 34
 " Ayoli, 34, 38
 " Cayenne, or Coralline, 35
 " Crayfish, 35
 " Curry, 35
 " Garlic, 36
 " Gascony, 35
 " Horse-radish, 36
 " Lobster, 36
 " Maître d'hotel, 36
 " Montpellier, 37
 " Mustard, 37
 " Périgord, 37
 " Piémontaise, 89
 " Prawn, 39
 " Printanier, 38
 " Provençale, 38
 " Raifort, 38
 " Ravigotte, 38
 " Shrimp, 39
 " Valence, 39
- Garnishes—**
 Carrots, 178
 Chambord, 186
 Chestnuts, 184
 Chipolata, 185
 Cockscombs, 183
 Croutons, 181
 D'Uxelles, 90, 178
 Financière, 184, 185
 Fine Herbs, 177
 Flamande, 185
 Godard, 186
 Italienne, 186
 Jardinière, 186, 187,
 Julienne, 187
 Macédoine, 187
 Mancelle, 187
 Matelotte, 187
 Milanaise, 187
 Montglass, 188
 Mushroom, 175, 177
 Napolitaine, 188
 Olives, 183
 Onions, 180
 Reform, 188
 Royal, 188
 Toulouse, 184, 188
 Truffles, 182
 Turnips, 179
- Valenciennes, 188
- Sundries—**
 Almonds Pralinés, 167
 Bain-marie, 84, 194
 Bouquet, to make, 22
 " Garni, 22
 "Chapon," 40
 Chilli Wine, 200
 Driessauces, 203
 Essence of Capsicum, or Cayenne, 202
 Herbs, to dry, 196
 Horse-radish Wine, 200
 Kitchen Utensils, 194
 "Les quatre épices, 11, 201
 Liaisons, 83
 " with Butter, 189
 " Cream and Butter, 189
 " Flour, 190
 " with Roux, 189
 Mushroom Sautés, 178
 " to dry, 197, 201
 Mustard, 201
 Parsley, 9, 200
 Pepper, 197, 201
 Pots and Pans, to clean, 86, 195
 "Reduction," 26, 46
 Roux Blanc, 8, 29, 81
 " Brun, 44
 Spices, 197
 Stock, 20, 21
 Tammy-cloth, 24
 Tammy-pressoir, 25, 86
 "Vanner," 74, 88
 Vinegars: Anchovy, 199
 " Basil, 199
 " Burnet, 199
 " Capsicum, 199
 " Carnation, 198
 " Celery, 200
 " Chilli, 199
 " Cucumber, 200
 " Curry, 200
 " Elderflower, 198
 " Garlic, 198
 " Horse-radish, 199
 " Mint, 199
 " Musk rose, 198
 " Orangeflower, 198
 " Shallot, 199
 " Syringa, 199
 " Tarragon, 198
 Wine for cooking, 44



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