

101

SAUCES



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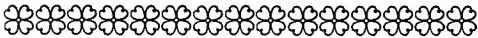


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CLASSIFICATION

FISH, *Cold*

FISH, *Hot*

MEAT, *Cold*

MEAT, *Hot*

FOWL

GAME

VEGETABLE

PUDDING, *Cold*

PUDDING, *Hot*



FISH, *Cold*



CREOLE CUCUMBER

GRATE ripe cucumbers until there is a pint of the pulp; add to this one grated onion, a half-teaspoonful of ground cloves, and season with salt and cayenne. Put in glass jars, and seal. Serve with fish or game.

🌿 LOTUS 🌿

CHOP ten shallots, one bunch of chervil, and a small bunch of chives very fine; add one quart bottle of tomato catsup, a teaspoonful of Worcestershire sauce, a dash of tabasco sauce and a half-pint of vinegar. Beat all well together until smooth. Keep in tightly corked bottles and use as required.

🌿 NEW ENGLAND MAYONNAISE 🌿

MIX the yolk of one egg with one tablespoonful of water and one of melted butter. Put in a double boiler and cook until thick and jelly-like, stirring all the time. Remove from the fire and add a teaspoonful of vinegar, a few drops of onion-juice, salt, and cayenne pepper. Use cold. Serve with fried or broiled fish.



SHALLOT

COOK for three minutes two tablespoonfuls of finely chopped shallots in one-half tablespoonful of butter; stir constantly so as not to brown. Remove from the fire and add one tablespoonful of chopped parsley. When thoroughly cool, mix with it one and one-half tablespoonfuls of fresh butter; mold into small balls with butter-pats, and serve, one with each broiled fish.

TARTARE

MAKE one-half cupful of mayonnaise with tarragon vinegar and a little onion-juice; add a little mustard and finely chopped gherkins. Just before serving add one-half teaspoonful of chopped parsley. Serve with boiled, broiled or planked fish of any sort.





FISH, *Hot*



❀ ANCHOVY ❀

POUND to a paste the fresh boiled livers of two fowls.

Mix with this two teaspoonfuls of anchovy paste, one-half teaspoonful of sugar, one tablespoonful of butter, one-quarter teaspoonful of pepper and salt, each, and the yolks of four raw eggs. Pass through a sieve and dilute with a little hot cream. Heat a cupful of cream in a double boiler, add the anchovy mixture and cook five minutes. When ready to serve, pour over a hard-boiled egg cut in quarters. Serve with boiled cod.

❀ BISQUE ❀

BEAT together two tablespoonfuls of butter with half a teaspoonful of salt, a few grains of paprika and one tablespoonful, each, of brandy and sherry; add to this a cupful of cream, and heat, stirring until thick and smooth. Turn this hot over the beaten yolks of two eggs, stirring all the time. To be served over hot lobster or crab.

🍀 DELMONICO 🍀

WASH a quart of mushrooms, cut in small pieces and stew in strained oyster liquor, with a little butter, salt and a bay-leaf. Simmer gently for thirty minutes, remove bay-leaf and add one pint of sweet cream. When just at the boiling point, pour it over the well-beaten yolks of two eggs, stirring constantly. To serve: Pour over plumped oysters, flecking the top with chopped parsley.

🍀 EGG 🍀

BLEND one tablespoonful of flour in one of butter and cook in a cupful of water in which the fish was boiled, stirring constantly. Season with salt and pepper. Cut off the tops of bell-peppers, take out the seeds, heat slightly and use these for individual cups in which to serve the sauce. Put a slice of hard-boiled egg in each cup, fill with the sauce and sprinkle a little chopped parsley on top. Serve with boiled fish.

GENOESE PARSLEY

PUT one cupful of fine, soft, white bread-crumbs, with one-half cupful of finely chopped parsley, over the fire, in a pint of broth; add a scant half-teaspoonful of salt, a dash of cayenne, and cook and stir until smooth. Beat in two tablespoonfuls of butter and one tablespoonful of lemon-juice. Send to the table hot.

🌿 GREEN 🌿

PICK the leaves from a quart of spinach, wash, throw them in a kettle, stir until they are wilted and have cooked five minutes. Drain, press through a colander and chop fine, then rub smooth in a bowl with a spoon or spatula. Put two tablespoonfuls of butter and an onion chopped fine in a double boiler and cook until the onion is soft; add a bay-leaf, one-half teaspoonful of celery seed and two tablespoonfuls of flour moistened with cold milk. Stir until smooth and then add a pint of milk. When at the boiling point gradually add the spinach and seasoning of salt and pepper. Stir until the consistency of cream

and then press through a fine sieve. Serve with boiled or broiled fish.

🌿 HOLLANDAISE 🌿

PUT a dozen peppercorns and one-fourth of a cupful of vinegar in a small saucepan over the fire. Simmer until the vinegar is reduced one-half. Add one-fourth of a cupful of boiling water, and strain over the beaten yolks of four eggs stirred into one-fourth of a cupful of creamed butter. Set the saucepan in a dish of hot water and stir constantly until the mixture thickens. Add meanwhile the rest of half a cupful of butter, a spoonful at a time. Season with salt and pepper and finish with a teaspoonful of lemon-juice.

🌿 HOT TARTARE 🌿

MIX, in a small bowl, one tablespoonful of vinegar, one teaspoonful of lemon-juice, one saltspoonful of salt and one tablespoonful of Worcestershire sauce; heat over hot water. Brown one-third of a cupful of butter in an omelet-pan and strain

into the other mixture. Serve with boiled fish.

MICHIGAN HOLLANDAISE

MIX one tablespoonful of butter and one of flour in a saucepan and add gradually one-half pint of boiling water. Stir until it reaches boiling point, take from the fire and add yolks of two eggs. Into another saucepan put a slice of onion, a bay-leaf, a clove of garlic and four tablespoonfuls of vinegar. Simmer over the fire until the vinegar is reduced one-half. Turn this into the sauce, stir for a moment and then strain through a sieve and add salt.

PARMESAN

PUT in a double boiler, one tablespoonful of butter, one of flour, a quarter of a teaspoonful of salt, a dash of paprika and a saltspoonful of dry mustard. Stir until well blended, then add a cupful of thin cream and stir until smooth and thick. Add four fresh mushrooms or a dozen canned ones cut fine and let cook twenty min-

utes. Strain and return to the fire, and add a tablespoonful of softened butter, two hard-boiled egg yolks rubbed through a sieve, and two tablespoonfuls of freshly grated Parmesan cheese. Remove at once from the fire. Serve with baked fish.

🍀 PARSLEY 🍀

BRUISE and crush one cupful of parsley leaves; boil five minutes in one and a quarter cupfuls of water and let cool. Melt two tablespoonfuls of butter and cook in it two tablespoonfuls of flour, a quarter of a teaspoonful each of salt and paprika and a grating of nutmeg. When frothy, stir in the strained parsley water and let boil up once. Finish with the beaten yolks of two eggs, one tablespoonful of finely chopped parsley, one-half tablespoonful of lemon-juice and one-quarter of a cupful of butter, added in little bits. Serve with salt fish, broiled or fried.

🍀 ROE 🍀



WASH the roe (soft roes are best), put in boiling water and simmer for twenty minutes; drain, put in a bowl and with a

silver fork bruise them and remove carefully all membrane. Mix them with the yolk of an egg and then put in a double boiler and add a quarter of a pound of butter, a gill of cream, a teaspoonful of salt, ten drops of onion-juice and a quarter of a teaspoonful of mace and heat thoroughly. Serve in a sauce-boat with boiled or broiled mackerel.

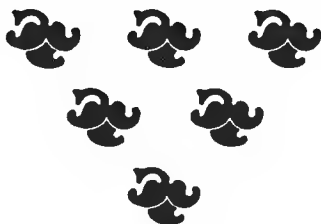


 SOUR 

PLACE the yolks of four eggs, four tablespoonfuls of water and four tablespoonfuls of olive-oil in a bowl and mix thoroughly. Stand the bowl in boiling water and stir constantly until the mixture thickens. Take from the fire and add a tablespoonful of tarragon vinegar, two olives, one gherkin and a tablespoonful of capers chopped fine. Last, put in a tablespoonful of chopped parsley, half a teaspoonful of salt and a dash of cayenne. Use at once. For any kind of small, broiled or fried fish.





MEAT, *Cold*



🍀 CELEBRATED 🍀

ADD to a pint of walnut catsup an ounce of black pepper, half an ounce of allspice, an ounce of salt, half an ounce of scraped horseradish and half an ounce of shallots, peeled and quartered. Let this mixture remain a fortnight and then strain for use. A teaspoonful of this sauce added to melted butter forms the gravy for chops or steaks.

🍀 CHUTNEY 🍀

REMOVE the seeds from one-half cupful of raisins and one green pepper; add three green tomatoes, two small onions, and chop all fine. Put one pint of vinegar with one large cupful of brown sugar and one tablespoonful of mustard-seed on to boil; add the chopped mixture and one teaspoonful of salt and simmer one hour. Then add six green sour apples, pared, cored, and cut small. Cook slowly until soft, and keep in a well-corked bottle. For boiled meat or stews.

🍀 CRANBERRY 🍀

WASH the cranberries in scalding water and put them in a double boiler, adding very little water, and cook

steadily until all the berries are broken. Press them hard through a sieve, and measure; to one pint of juice allow one-half pound of granulated sugar. Put juice in saucepan and when just to boiling point add the sugar and stir until dissolved. Pour immediately into small individual molds and set on ice to jell. Use with fowl or game.

❀ CURRANT ❀

FOUR pounds of nice fully ripe currants, one and a half pounds of sugar, a tablespoonful of ground cinnamon, a teaspoonful each of salt, ground cloves and pepper. Stew currants and sugar until quite thick, add spices and a pint of vinegar and bottle for use. Serve with roast veal or venison.

GERMAN MUSTARD

EIGHT tablespoonfuls of ground mustard, four tablespoonfuls, each, of salt and white sugar, a saltspoonful of cayenne pepper, four tablespoonfuls of melted butter and the juice of one raw onion squeezed through a lemon-squeezer. Mix all together with vinegar and keep in a cool place.

❁ HORSERADISH ❁

CREAM two tablespoonfuls of butter; add two tablespoonfuls of fresh-grated horseradish, one tablespoonful of very thick cream and one-half teaspoonful of lemon-juice. Keep very cold. Use with boiled beef.

❁ MINT ❁

HEAT a cupful of vinegar and dissolve in it four tablespoonfuls of granulated sugar. As soon as dissolved remove from the fire and beat in a dozen sprigs of green mint chopped fine. Set aside until cool. Beat up with an egg-beater just before serving. Serve with mutton or lamb.

❁ YANKEE ❁

PARE, core and cut the apples in quarters. Allow one cupful of sugar and one-half cupful of water to two quarts of apples. Place them in a deep crock; cover closely and bake for an hour and a half. Let the sauce cool in the dish without touching the fruit. Serve with roast pork or pork-chops.



MEAT, *Hot*



❧ APPLE ❧

PEEL, core and slice the apples into a little cold water.

Add light brown sugar equal in weight to the apples and water. Season with the juice and grated rind of a lemon, a little ginger and paprika. Boil all together until they look transparent. Serve with roast pork or goose.

❧ BORDELAISE ❧

BBROWN two tablespoonfuls of butter with two of flour, adding a pint of stock and stirring carefully until the mixture boils; add a slice of onion, a clove of garlic cut in halves, a bay-leaf and a tablespoonful of chopped ham. Place the mixture on the back of the stove and cook carefully for ten minutes; strain and add five large mushrooms or half a can of ordinary French mushrooms.

❧ BREAD ❧

COOK, in a double boiler, one pint of milk and two tablespoonfuls of chopped onion; when done put in a tablespoonful

of butter, half a teaspoonful of salt and a quarter of a teaspoonful of pepper and rub through a sieve. Brown one-half cupful of coarse dry bread-crumbs in a tablespoonful of butter in the frying-pan and add to the sauce as it goes to the table.

 CAPER 

PUT two tablespoonfuls of butter and two of flour in a saucepan; mix until smooth and then add a pint of water in which the mutton was boiled, stirring constantly until it boils. Season with a teaspoonful of salt, a tablespoonful of capers, a quarter of a teaspoonful of pepper and ten drops of onion-juice. To be served with boiled mutton in gravy-boat.

 CARDINAL 

CHOP a quarter of a pound of fresh mushrooms and cook them, with a tablespoonful of finely chopped shallots, in a pint of good broth. Boil until reduced one-half. Strain, and add a half-teaspoonful of finely chopped red peppers and two tablespoonfuls of tomato purée. Thicken with a half-tablespoonful of flour worked into one of butter. Salt to taste.

♣ CHILE ♣

CUT five large red chile peppers in halves. Remove the seeds, cover the peppers with boiling water and cook until tender. Remove and press through a fine sieve. To this pulp add a pint of cooked tomatoes, a large onion cut in slices and half a teaspoonful of salt. Let simmer for twenty minutes. Strain before using. For boiled tongue or boiled beef.

♣ DELIGHT ♣

MIX equal parts of grated horseradish and fine bread-crumbs. Season slightly with salt and pepper, moisten with cream and heat through on a hot pan. To accompany broiled steak.

♣ FOUNDATION ♣

PUT two tablespoonfuls of butter in a saucepan; when melted add two tablespoonfuls of flour and mix until perfectly smooth. To this add, very slowly, one pint of hot water, white stock or milk, and stir until it thickens. Season with salt and pepper. This is "Drawn Butter," "White Roux," or "Bechamel," and the foundation of many kinds of sauces.

FRENCH MUSHROOM

HEAT four tablespoonfuls of butter, work in it one of flour and cook until a very dark brown. Gradually add two cupfuls of stock, and when it boils pour in the liquor from a can of French mushrooms. Season with salt and pepper and simmer gently for twenty minutes, skimming off all fat as it rises. Add the mushrooms, boil up once and serve with steak or veal cutlets.

❧ ITALIAN ❧

SIMMER together for twenty minutes a half-can of tomatoes, six cloves, three sprigs of parsley, one teaspoonful of mixed herbs, one-half teaspoonful of whole allspice and one-half teaspoonful of peppercorns. Brown two tablespoonfuls of chopped onion in one of butter; add two tablespoonfuls of flour, and brown again very dark; turn into this very slowly one cupful of rich brown stock, then the cooked tomatoes. Cook all together for ten minutes more and then rub through a sieve.

❁ JARDINIÈRE ❁

MELT one-fourth of a cupful of butter and cook in it two tablespoonfuls, each, of carrot, onion, and celery, cut into tiny uniform pieces. Add a teaspoonful of finely chopped parsley and a half-teaspoonful of sugar. Cook until browned, then cover with stock and simmer until the vegetables are tender. Prepare a sauce of one-fourth a cupful, each, of butter and flour and a rich, highly flavored, brown stock. To this add the drained vegetables, with two tablespoonfuls, each, of cooked string-beans cut into small pieces, and peas. Season with salt and cayenne.

❁ METROPOLITAN ❁

HAVE a hot soup-plate filled with melted butter. Mix together one teaspoonful each of English mustard and Worcestershire sauce and stir in the hot butter until it is thick and creamy. Season highly with tabasco and cut with the juice of a lime or lemon. Chop a bell-pepper, a small onion and a gherkin fine. Have the finest kind of "honey-combed" tripe fried

to a delicate brown, and the plates hot. In serving sprinkle each strip with the chopped green mixture and a spoonful of the sauce. This sauce is also good with pigs' feet fried.

🍷 OLIVE 🍷

BROWN in a saucepan one tablespoonful of butter until quite dark; add a tablespoonful of flour, and brown again. Stir in, gradually, one cupful of good beef stock, season with salt and pepper, and cook until smooth and thick. Simmer twenty-four olives in hot water for ten minutes, stone and cut fine. Add these to the sauce, and as you take it from the fire put in one tablespoonful of sherry. Serve with broiled steak or roast duck.

🍷 PIQUANTE 🍷

PUT in a saucepan one-half a tablespoonful of shallots chopped fine, one tablespoonful of chopped pickles, one-half a tablespoonful of French capers and a gill of wine-vinegar. Boil until reduced one-half, then strain. Put in a saucepan one-half a*tablespoonful of butter and cook in it one

tablespoonful of flour until smooth and add slowly to it two gills of the hot tongue stock; add the strained sauce to this and boil gently for fifteen minutes. Remove and add one tablespoonful of butter, one tablespoonful of finely sliced pickles and a little chopped parsley. Serve with boiled fresh tongue.

POIVRADE

CHOP one red onion with one white branch of celery and three sprigs of parsley. Put in a saucepan one gill of wine-vinegar, one-half a bay-leaf and four whole peppers; add the chopped ingredients and cook until reduced one-half. Dilute in a cupful of warm water a coffee-spoonful of beef extract and strain the cooked sauce into this. When boiling add three tablespoonfuls of white bread-crumbs mixed with a tablespoonful of butter, salt and pepper. Serve in a sauce-boat with salted leg of pork, boiled.

RAVIGOTE

CHOP fine two shallots; add two tablespoonfuls of butter and two of vinegar. Cook until reduced one-half; then add a

cupful of white sauce made with stock. Last, put in one-half a teaspoonful, each, of chopped parsley, chives, chervil and tarragon.

❁ SIRLOIN ❁

SAUTER fresh mushroom-cups, after peeling, in butter; add a little stock and let simmer twenty minutes. Brown one tablespoonful, each, of bits of onion and carrot, a sprig of parsley, a sprig of thyme and a bit of bay-leaf, in two tablespoonfuls of butter; add three tablespoonfuls of flour and stir until browned. To this add gradually one cupful of brown stock and cook until smooth and boiling. Strain this over the mushrooms. Serve in a boat with broiled steak.

❁ TERRAPIN ❁

TO one cupful of cream thickened with a little flour add one tablespoonful of minced lemon-peel and season with pepper and salt. Let it come to a boil and pour over six hard-boiled eggs cut fine. Serve with veal or fowl.

🍄 TOMATO 🍄

MIX one tablespoonful of butter with one of flour in a saucepan and stir until smooth; add one-half pint of tomatoes, a bay-leaf, a quarter of a teaspoonful of celery seed, salt and paprika. Cook twenty minutes; strain and reheat. Just before serving add half a cupful of whipped cream. Serve with chops, fillet, or broiled steak.

🍄 WAYSIDE INN 🍄

CUT a young pig's liver in slices and pour over it boiling water; let stand ten minutes, lift out and drain. Scald one dozen sage leaves in boiling water and drain. Parboil three small onions until tender, and drain. Chop these all together very fine and thicken with stale bread-crumbs, soaked and pressed through a colander. Season with salt and pepper. Mix thoroughly, add two tablespoonfuls of melted butter, and thin with pan-gravy and boil up. Serve with young pig roasted whole.

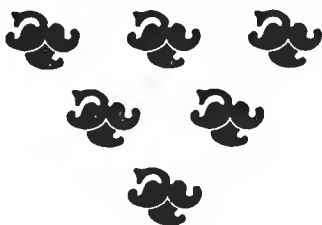
❁ WOW-WOW ❁

CHOP fine sufficient parsley to make two tablespoonfuls.

Rub it on a plate with a spatula, adding a few drops of vinegar, until it is like paste. Then add three pickled walnuts, three gherkins and four olives all chopped fine. Put a tablespoonful of butter into a saucepan, and when melted, add a tablespoonful of flour; mix and add one-half pint of good stock and stir until boiling. Remove to the back of the stove and add a tablespoonful of vinegar and one of mushroom catsup and let simmer for ten minutes. Strain and add the parsley mixture and turn into a sauce tureen. For boiled or corned beef.



F O W L



❀ CELERY ❀

PICK and wash two heads of nice white celery; cut in pieces and stew in a pint and a half of water with a teaspoonful of salt. Boil until the celery is tender, then press through a sieve. Bring one-half pint of cream to almost boiling point in a double boiler, and stir in a tablespoonful of butter which has been creamed with one of flour. Beat the yolk of an egg with the strained juice of a lemon and add with the celery. Before serving strain once more to prevent lumps. Serve with boiled poultry.

❀ CELESTINE ❀

PARBOIL a pint of oysters, drain, and, if large, cut in halves. Melt two tablespoonfuls of butter and cook in it two of flour; add one-quarter of a teaspoonful, each, of salt and pepper, gradually stirring in one scant cupful of cream, or white stock and the oyster broth. When boiling up add the oysters and serve immediately with poultry of any kind.

❀ CHESTNUT ❀

BOIL and mash smooth half a pint of chestnuts. Put in a saucepan one-half a tablespoonful of flour with one of but-

ter and cook until a dark brown. Stir the mashed chestnuts into this sauce and cook two minutes; add one cupful of turkey gravy and rub through a sieve. Serve very hot with roast turkey.

❁ ONION ❁

PEEL three white onions and boil tender; press the water from them, chop fine and add half a pint of hot milk which has been thickened with a teaspoonful of flour and a teaspoonful of butter rubbed together. Season with salt and a little chopped bell-pepper and sprinkle a little chopped parsley on top. Serve with boiled fowl.

❁ PERIGUEUX ❁

MELT one-fourth of a cupful of butter and brown in it two slices of onion and two of carrot; add one-third of a cupful of flour and brown again. To this add two cupfuls of consommé and one-third of a cupful of thick tomato purée. Stir until boiling, season with pepper and salt, and strain. Reheat, and just as the sauce is served add one-fourth of a cupful of white wine and a cupful of chopped truffles.

❀ PILAU ❀

PLUNGE a green pepper into boiling water and then with a towel rub off the outer skin.

Chop the pepper and a peeled onion very fine and cook them in two tablespoonfuls of butter; add one cupful of thickened white stock and the strained liquor from a pint of oysters, a few sweet herbs, a sprig of parsley, four tomatoes peeled, salt and pepper. Cook, strain, return to the fire and put in the drained pint of oysters and cook until well plumped.

❀ RELISH ❀

SELECT ten large ripe apples, peel and dig out the cores; put them on the fire in cold water and when it begins to boil set the pan aside, covered, for five minutes. Lift out the apples and allow them to cool and drain. Chop one white onion, cook in boiling water for ten minutes, and drain. Soak one-half a loaf of bread in broth, squeeze it dry and add a goose's liver, chopped with one-half a tablespoonful of parsley. Mix all together with a large tablespoonful of butter, pepper and salt. Stuff the apples with this mixture

and bake in the roasting-pan with the goose with which they are served.

SIMPLE CHESTNUT

CHOP a dozen roasted chestnuts and cook in a pint of the pan gravy with which the turkey was basted while roasting. Season with salt and pepper and thicken with butter rolled in flour.

🍄 SWEET POTATO 🍄

SCOOP out the centers of three baked sweet potatoes; beat this smooth and light and add one-half cupful of chopped celery, salt, pepper, ten drops of onion-juice and a big tablespoonful of butter. Thin with the gravy in the pan. Serve with roast turkey.





G A M E



❀ BIGARADE ❀

COOK the trimmings and giblets of feathered game of any sort in a pint of broth with a bunch of sweet herbs. Strain and skim off the fat and put in a saucepan with the juice of two sour oranges, one teaspoonful of sugar, a dash of cayenne and one cupful of Spanish sauce. Simmer slowly, removing fat as it rises, until it reaches the proper thickness; then add the rind of two oranges cut in fine shreds.

❀ DUCK ❀

HEAT a little port wine with a flavoring of orange-juice and a spoonful of currant jelly. This accompanies duck roasted rare.

❀ ORANGE ❀

PLACE a pint of good beef stock in a saucepan and add to it a sliced onion, the rind of half an orange and a few leaves of basil. Let these simmer very gently for twenty minutes; add cayenne and salt, with a grating of nutmeg and the juice of three oranges. Strain and add a table-

spoonful of butter creamed with one of flour, return to the fire and let it boil up once, when it is ready to use. Serve with duck roasted twenty minutes.

❧ PHEASANT ❧

CUT a small loaf of stale bread into thin slices and soak in a half-pint of cold water with one teaspoonful of black pepper, one of salt and some grated lemon-peel. When the bread is soft, beat it to a smooth paste, and let it come to a boil in a stewpan. Add a quarter of a pound of butter and two tablespoonfuls of cream. Serve hot in a sauce-boat with stuffed roasted pheasant or partridge.

❧ SALMI ❧

BOIL together one cupful of bouillon, a clove of garlic, two tablespoonfuls of currant jelly, a little lemon-juice and a few cloves. Cook thoroughly and pour over duck réchauffé.

❧ SOUTHERN ❧

FOUR tablespoonfuls of vinegar, one teaspoonful of made mustard, one of currant jelly and one of walnut catsup. Pour this hot over broiled rabbit.

 VENISON 

PUT together one glassful of red wine, one tablespoonful of currant jelly, one large tablespoonful of butter, one teaspoonful of made mustard, one tablespoonful of chopped celery and one tablespoonful of mushroom catsup; salt and cayenne to taste. Add this to the water in which cold sliced venison has been stewed, let it boil five minutes and serve piping hot.





VEGETABLE



♣ ALLEMANDE ♣

HEAT two tablespoonfuls of vinegar and add a tablespoonful of butter and one-half cupful of sour cream; season with salt and pepper. Pour this boiling hot over two beaten eggs. Serve with shredded cabbage.

♣ CHARLESTON ♣

BEAT one egg until light and add to it, gradually, half a pint of cream. In a small saucepan put four tablespoonfuls of vinegar, one bay-leaf, a slice of onion and two tablespoonfuls of olive-oil. Cook slowly for five minutes and then strain very slowly into the egg and cream. Serve with boiled or chopped cooked cabbage.

♣ CHEESE ♣

MIX one tablespoonful of butter with one of flour, and put in a pint of milk and heat in a double boiler. Add four tablespoonfuls of soft cheese, grated, or two tablespoonfuls of Parmesan. Stir carefully until the cheese is all melted. Serve with boiled cauliflower or macaroni.

🌿 CREOLE 🌿

COOK two tablespoonfuls of green pepper and one of onion, chopped fine, in three tablespoonfuls of butter, until yellowed and softened. Add three tablespoonfuls of flour and half a teaspoonful of salt and cook until frothy; then gradually add one cupful of brown stock and half a cupful of tomato purée. Stir until the sauce boils, then add a grating of horseradish with half a teaspoonful of lemon-juice. Serve with plain boiled rice.

🌿 INDIA 🌿

COOK one tablespoonful each of chopped onion and green pepper, with a clove of garlic, in three tablespoonfuls of butter. Add three tablespoonfuls of flour and two of curry-powder and stir until perfectly smooth. Then add slowly one cupful of brown stock and lastly two tablespoonfuls of currant jelly and two of grated cocoanut. Serve with boiled rice.

🌿 PUNGENT 🌿

BEAT together two tablespoonfuls of butter, one-half tablespoonful of vinegar, one teaspoonful of Worcestershire sauce,

salt and paprika. Pour hot over broiled mushrooms.

🌿 SHAKER 🌿

BEAT the yolks of three eggs; add one-half a teaspoonful of made mustard, two table-spoonfuls of sugar, one teaspoonful of curry-powder, one-half a teaspoonful of grated horseradish, three drops of tabasco sauce, two table-spoonfuls of butter and five of vinegar. Stir constantly while cooking over hot water until thick and smooth. Remove and put on ice. Serve with cold shredded cabbage.

TOMATO TARTARE

ADD one tablespoonful of whipped cream to a gill of stiff mayonnaise. Put in one-half a cupful of cold cooked peas, a little mustard, the pulp of two tomatoes and a tablespoonful, each, of chopped gherkins, capers and parsley. Mix thoroughly and chill on ice before using. Serve with uncooked tomatoes.

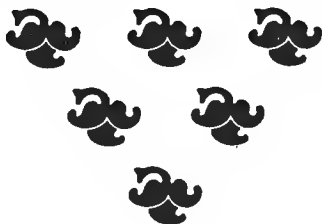
🌿 WASHINGTON 🌿

RUB one-quarter of a table-spoonful of butter with one of flour and season with pepper and salt. Add a cupful of

warm water and set over the fire until cooked and mixed smooth. Remove and pour slowly over the beaten yolks of one egg and add the juice of one lemon, a little chopped parsley and a grating of nutmeg. Pour over boiled cauliflower.



PUDDING, *Cold*



ALMOND

BLANCH a pint of almonds and pound them fine; mix this with a pint of cream slightly sweetened. Peel six ripe bananas and pulp them; add this to the almond cream with a teaspoonful of orange-flower water. Beat thoroughly and put on ice.

BARTLETT

WIPE four pounds of pears, remove stems, quarter, core and cut into small "chips"; add two pounds of sugar and an eighth of a pound of Canton ginger and let them stand overnight. In the morning add two lemons seeded and cut into small pieces. Cook all together slowly for three hours. Remove and cool. To be served cold over lemon or vanilla ice-cream.

CHARLOTTE RUSSE

BEAT together one cupful of sugar and one-half cupful of butter; add a cupful of rich cream and beat all together until smooth and light. Flavor with vanilla or lemon and set on ice until ready to use.

CRUSHED ORANGE

BEAT the whites of two eggs to a stiff froth and stir in enough powdered sugar to make it creamy. Add the juice and pulp of two oranges, one tablespoonful of melted butter and one of grated orange peel. Serve very cold.

❁ EGG-NOG ❁

BEAT the yolks of three eggs and a quarter of a teaspoonful of mace until light and thick. Gradually beat in one-half a cupful of sugar and cook over hot water until slightly thickened; then cut and fold in the whites of the three eggs beaten dry. Cook until the egg is "set"; then remove from the fire and when cold add one-half a cupful of brandy and one cupful of cream beaten stiff.

❁ FOAMY ❁

WHIP the white of one egg with one-half cupful of powdered sugar to a stiff froth. Beat separately one cupful of thick cream to a solid froth. Mix the two lightly together and flavor with one teaspoonful of sherry.

❁ FRAPPÉ ORANGE ❁

BOIL one-half a cupful of water and three-fourths of a cupful of sugar to the thread degree; then stir this very slowly on the beaten yolks of five eggs, beating constantly. Add two table-spoonfuls of Kirsch, half a cupful of orange-juice and the pulp and juice of half a lemon. Set the dish on ice and stir with a whisk until cold; then fold in three-fourths of a cupful of whipped cream and the whites of three eggs beaten dry. Let stand on ice until ready to serve.

❁ GOLDEN ❁

BEAT one cupful of sugar with one-half cupful of butter to a white cream; add a table-spoonful of brandy, then gradually the yolks of two eggs and last the flavoring. Put on the ice until needed.

❁ JELLY ❁

STIR half a glassful of jelly until it is rather thin and smooth; put it over the fire with four table-spoonfuls of water; let it reach

boiling point and then pour it slowly into the well-beaten whites of two eggs. Put on ice and serve cold.

 MACAROON 

BOIL one cupful of sugar with a cupful of water until it threads. Beat this slowly into the stiff whites of three eggs; when cold fold this into a pint of whipped cream. Flavor and add a few macaroons crumbed.

 SNOW BALL 

CREAM one-third of a cupful of butter, and add gradually, beating constantly, a cupful of powdered sugar; add one tablespoonful of cream, two-thirds of a teaspoonful of vanilla and one-third of a teaspoonful of lemon extract. Shape in balls and roll in shredded cocoanut.

 SOUR CREAM 

BEAT one cupful of sour cream until thick; add two tablespoonfuls of powdered sugar and one-half a teaspoonful of vanilla. Serve with steamed cornmeal pudding.

 STRAWBERRY 

BEAT half a teacupful of butter and one and one-half teacupfuls of powdered sugar to a cream; add one pint of strawberries mashed till juicy, and the beaten white of an egg.

WHIPPED CREAM

WHIP a pint of thick sweet cream, add the beaten whites of two eggs, sweeten and flavor to taste.



PUDDING, *Hot*



🍷 BRANDY 🍷

MEASURE one cupful of sugar; take two tablespoonfuls of this and put on the fire in a thick saucepan with one tablespoonful of water; stir and cook until very dark but not burned. Dissolve one-half teaspoonful of corn-starch in a little water, add one cupful of boiling water and the rest of the sugar; put this with the browned sugar and boil ten minutes. When about to serve, strain and add a teaspoonful, each, of the extract of bitter almonds and vanilla, and one-half pint of brandy.

🍷 CREAMY 🍷

BEAT one-quarter of a cupful of butter with one-half a cupful of powdered sugar until light; add slowly two tablespoonfuls of cream and the flavoring. Heat slightly just before serving, merely to blend.

🍷 CURRANT 🍷

MELT one cupful of red currant jelly and add one glassful of white wine and a teaspoonful of extract of raspberry.

Thicken with a little arrowroot dissolved in water. Quince jelly with lemon-juice instead of the wine can be substituted.

❧ DUMPLING ❧

CREAM three tablespoonfuls of butter with one and one-half of flour; to this add a cup and a half of boiling water, one cupful of brown sugar, one teaspoonful of salt, one-half teaspoonful of nutmeg and two tablespoonfuls of vinegar. Stir and boil one minute.

❧ FAVORITE ❧

RUB together thoroughly one tablespoonful of butter with one teacupful of powdered sugar; add the yolks of four eggs beaten very light and the juice of one lemon. Beat the whole briskly for ten minutes and then pour in a glass of wine, stirring hard while doing so. Set the bowl in a saucepan of boiling water and stir until it is heated through.

❧ FOAMY SYRUP ❧

CREAM two-thirds of a cupful of butter and beat into it one cup of syrup; add one-fourth of a cupful, each, of hot water and

cream. Place over boiling water until heated through, stirring occasionally. Just before serving stir in the stiffly beaten whites of two eggs and one-half teaspoonful of vanilla. Add a little hot water if too thick.

HOT CHOCOLATE

STIR half a cake of grated chocolate into a cupful of hot cream. Dissolve four heaping teaspoonfuls of arrowroot in a gill of cold milk. Boil one cupful of granulated sugar in a pint of water until clear; add chocolate cream, arrowroot and milk; cook, stirring steadily, for seven minutes. Remove and add a dessert-spoonful of vanilla extract. Serve hot over vanilla ice-cream.

LEMON

CREAM one cupful of butter and one of sugar; add the yolk of an egg well beaten, and the grated rind and juice of a lemon. Set it over hot water and stir until heated through. When serving put the beaten white of the egg on top, and, over that, grate a little nutmeg.

❁ MAPLE ❁

GRATE maple-sugar until you have a teacupful, and dissolve it in a teacupful of hot water; add half a teacupful of butter, mixed with one tablespoonful of flour, and boil for five minutes.

❁ MOLASSES ❁

BOIL together for ten minutes one cupful of molasses, one tablespoonful of vinegar, one tablespoonful of butter and a pinch of salt. Whip on the fire until light and creamy, and flavor with cinnamon. Serve with apple-dumplings.

❁ MORAVIAN ❁

CREAM one-fourth of a cupful of butter with one cupful of light brown sugar in a small bowl. Shave into this one square of unsweetened chocolate and set over hot water, stirring into the mixture, gradually, four tablespoonfuls of hot water. When the chocolate is melted and the sauce is smooth and creamy it is ready to serve. Flavor with vanilla. This sauce is served with rice, bread pudding, and with some steamed puddings.

❁ REXFORD ❁

DISSOLVE one teaspoonful of corn-starch in a little water and stir in one cupful of boiling water; add two-thirds of a cupful of brown sugar and boil ten minutes. As you take it from the fire put in a large tablespoonful of butter and one-half cupful of scalding hot cider. Pour this over the beaten yolks of two eggs and whip all together.

❁ ROYAL ❁

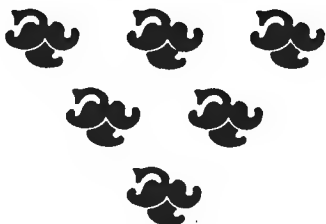
BRING slowly to a boiling point one-half pint of wine; add the yolks of four eggs and one cupful of sugar. Whip it on the fire until very frothy and rather thick. Serve hot.

❁ SHIRLEY ❁

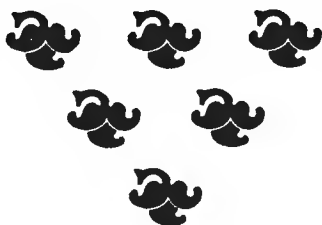
BEAT one whole egg and two yolks, and into this, gradually, one-half cupful of sugar. Set over hot water and beat constantly, while half a cupful of sherry wine is added slowly. When the sauce has thickened slightly, add a teaspoonful of lemon-juice and turn into a cold dish to arrest the cooking. Serve hot.

 SOFT 

CREAM together a teacupful of powdered sugar and one-half cupful of fresh butter; add a well-beaten egg and the juice and grated rind of a lemon. Put in a double saucepan with a pint of boiling water which has been thickened with a teaspoonful of cornstarch and stir slowly until very hot. Flavor with grated nutmeg.



MANUSCRIPT
RECIPES



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