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THE ART OF PASTRY MAKING.



THE ART OF
PASTRY MAKING,

ACCORDING TO THE
FRENCH AND ENGLISH METHODS.

INCLUDING
CAKES, SWEETMEATS, AND FANCY BISCUIT
BAKING, AND ALL KINDS OF CONFECTIONERY,
PLAIN AND ORNAMENTAL.

A Concise Practical Guide

PREPARED FOR THE USE OF
CONFECTIONERS, PASTRYCOOKS, AND PRIVATE
FAMILIES.

BY
EMILE ^aHÉRISSÉ,
LATE CHIEF PASTRYCOOK-CONFECTIONER.

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P R E F A C E.

IN various quarters, and especially among pastry-cooks and confectioners, and indeed all professors or amateurs of the culinary art who have to do with the department comprehensively included under the generic name of "Sweets," there has arisen a demand for a cheap and reliable book, giving plain recipes for making French and English pastry, cakes, and sweetmeats. This demand the present volume will be found to supply.

The recipes in this book have been carefully and clearly translated by the author from his French edition, and the minuteness and accuracy with which they are drawn up will be found to render them perfectly intelligible to every reader.

The newest and best recipes have been chosen, and their names are in each case given both in French and English; thus the book will have an additional value as being thoroughly up to date. The recipes, moreover, have been thoroughly tested and practically used by the author during his more than twenty years' practice in Paris and London as leading pastry-cook and confectioner.

Besides the newer recipes, the author has taken care to include many older ones that have real practical value,

omitting, on the other hand, those that have become obsolete; and he ventures to assert that, with the pains employed in its preparation, this book will be found really valuable to all who have to do with the confection of pastry, cakes, and sweetmeats.

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THE ART OF PASTRY MAKING.

CHAPTER I.

THE CLARIFYING AND BOILING OF SUGAR.

CLARIFYING SUGAR.

(CLARIFICATION DU SUCRE.)

1.—Preliminary Observations on Sugar.

Well-refined loaf sugar of the best quality does not require to be clarified.

The finest quality is the French cane sugar; it should be highly crystallised and perfectly dry, close in texture, and hard to break.

2.—To Clarify ordinary Loaf Sugar.

Take four pounds of sugar; dissolve this in two pints of water, gently boil for one minute after the sugar is dissolved, withdraw the heat, and remove the scum. Then beat up the whites of three eggs, and mix them in the water before pouring it on the sugar, and add four ounces of charcoal powder. Gently boil up again for two or three minutes: when the syrup rises to the top of the pan, throw in a little water to prevent it running over, remove the scum, and pour off through a flannel bag or blotting paper.

3.—To Clarify Brown or Moist Sugar.

Take six pounds of moist sugar ; dissolve it in two pints of water ; gently boil for one minute after the sugar is dissolved, withdraw the heat, remove the scum, and finish as for ordinary loaf sugar.

Remember that brown sugar does not require so much water as loaf sugar.

BOILING SUGAR.

4.—Boiling Sugar to Different Degrees.

(LA CUISSON DU SUCRE À DIFFÉRENTS DÉGRÉS.)

The different degrees to which sugar is boiled are classed as follows :—

- | | |
|--------------------|-------------------|
| I.—Small Thread. | VI.—Great Blow. |
| II.—Large Thread. | VII.—Small Ball. |
| III.—Little Pearl. | VIII.—Large Ball. |
| IV.—Large Pearl. | IX.—Little Crack. |
| V.—Small Blow. | X.—Great Crack. |
| XI.—Caramel. | |

5.—The Small Thread. (I.)

(PETIT LISSÉ.)

Take the following proportions :—

Two pounds of sugar, dissolve in one pint of water, boil for one minute after the sugar is dissolved, withdraw the heat, and remove the scum. Boil up again for a few moments, then gently dip the tip of your forefinger into the syrup and apply it to your thumb. When, on separating the forefinger and thumb immediately, the sugar is drawn out into a fine thread which will break at a short distance, the sugar is said to be boiled to the *small thread*.

6.—The Large Thread. (II.)

(LE GRAND LISSÉ.)

After boiling a little longer proceed as before; if the thread is drawn somewhat longer the sugar is boiled to the *large thread*.

7.—The Little Pearl. (III.)

(LE PETIT PERLÉ.)

After boiling a few moments longer, again dip the forefinger into the syrup and apply to the ball of the thumb. When, separating them, the thread reaches without breaking, the sugar is boiled to the *little pearl*.

8.—The Large Pearl. (IV.)

(LE GRAND PERLÉ.)

Boil the sugar a very little more, and proceed as before; spread the finger and thumb as far as possible without the thread being broken: the sugar is then boiled to the *large pearl*.

9.—The Small Blow. (V.) 240^d

(PETIT SOUFFLÉ.)

After boiling the syrup a little longer, take a skimmer and dip it into the sugar; then shake it over the pan, hold it before you, and blow through the holes. If you perceive small bubbles on the other side of the skimmer, the sugar is boiled to the *small blow*.

10.—The Great Blow or Feather. (VI.) 242^o

(GRAND SOUFFLÉ OU LA PLUME.)

Continue boiling the sugar for a moment longer, and proceed as before; upon blowing through the holes, the

bubbles appear in much larger quantity : the sugar is then boiled to the *great blow*.

11.—The Small Ball. (VII.) 214°
(PETIT BOULÉ.)

Dip your forefinger into a basin of cold water ; then dip it into the sugar, then quickly dip into the water again. If upon rolling the sugar with the thumb you can form it into a small ball, the sugar is boiled to the *small ball*.

12.—The Large Ball. (VIII.) 250°
(GRAND BOULÉ.)

Boil the sugar a very little more, and proceed as before. If you can form a larger and harder ball, the sugar is boiled to the *large ball*.

13.—The Small Crack. (IX.) 261°
(LE PETIT CASSÉ.)

After boiling the sugar a little longer, dip the finger into the sugar as before. If upon taking it out the sugar adhering to the finger breaks with a slight noise, and if the sugar sticks to the teeth when bitten, the sugar is boiled to the *small crack*.

14.—The Great Crack. (X.) 281°
(LE GRAND CASSÉ.)

Boil the syrup a little more, and dip the finger into cold water, then into the sugar, and as quickly into the water again. If the sugar breaks short and brittle, and will not stick to the teeth when bitten, the sugar is boiled to the *great crack*.

15.—The Caramel. (XI.) 361^o

By boiling the sugar a little more after the great crack, the sugar begins to be slightly coloured ; when it assumes a yellow shade take the pan from the fire, add lemon juice, and pour in a little water. Another slight boil will produce a brown, and then black, burnt sugar.

16.—Barley Sugar.

Take two pounds of loaf sugar ; dissolve in one pint of water, and place it on the fire to boil. When heated to the “ Ball,” add a little lemon-juice, and continue boiling to the “ Great Crack ” ; then add a few drops of essence of lemon, pour the mass on a marble slab that has been previously oiled, and cut it into strips. When nearly cold take the strips in your fingers and twist them, and when quite cold put them into boxes, and keep them closed down. This preparation was originally made with a decoction of barley, hence its name, “ Barley Sugar.”

17.—Barley Drops.

Proceed exactly the same as with barley sugar, except that the sugar, while hot, is to be poured into pewter moulds.



FIG. 1.—SHOWING MODE OF SPINNING SUGAR.

CHAPTER II.

SPINNING, ICING, COLOURING, FLAVOURING, Etc.

SPINNING SUGAR.

(SUCRE FILÉ POUR PIÈCES MONTÉES.)

18.—Take one pound of best loaf sugar, dissolve in half a pint of water, then boil to the “Crack”; when it is at this degree, add a little acid, remove the pan from the fire, and place it by the side of the stove. Then take a tablespoon in your right hand, dip it into the sugar, and

let the contents drop into the pan until the sugar runs in a fine thread. Then take in your left hand a large kitchen knife, and hold it in a horizontal position about the height of your shoulder (Fig. 1): spin your sugar into fine long threads, by moving your spoon to the right and then to the left, held in a vertical position and above the knife, so that the thread may rest on the flat of the knife, which must be previously oiled. Then take off the threads, and cut them on a table or board according to your requirements.

19.—NOTE. To spin sugar successfully, you must not work in any draught of air; and always place two long clean tins on the floor, just before you, so that the extremities of the threads may not lie on the floor. If the sugar gets too cold, place it on the fire to melt.

ICING FOR FANCY PASTRY-CAKES AND BISCUITS.

20.—Boiled Chocolate Icing.

(GLACE CUITE AU CHOCOLAT.)

Take one pound of best sugar, dissolve in half a pint of water, boil it to the "Blow" or "Feather" (V.), then pour it into an earthenware pan, with four ounces of best cocoa powder; stir it with a spaddle until it is to the point of icing, being careful that you get it perfectly smooth.

21.—Boiled Icing, for Fruits.

(GLACE AU CAMEL, POUR FRUITS GLACÉS.)

Take one pound of best sugar, dissolve in half a pint of water, boil it to the "Great Crack" (X.), and add a little

acid when it has reached that degree. Now take your fruits, fastened on wires, and dip them quickly in the sugar; withdraw them immediately and put them on a marble slab, which should be slightly oiled.

22.—Fondant Icing.

(GLACE AU FONDANT.)

Take two pounds of best sugar, dissolve in one pint of water, boil it to the "Little ⁹⁴Ball" degree (VII.), and add a little acid. Pour it on a marble slab when it is nearly cold, work it with a spatula until it sets, then work it with the ball of your hand, just as you would in making stiff paste (VII.). When it is white and perfectly smooth put it into an earthenware pan for use, for icing fancy pastry-cakes, biscuits, etc.

23.—Vanilla Fondant Icing.

(GLACE AU FONDANT À LA VANILLE.)

Take some plain fondant in a pan, add a little vanilla and some plain syrup; now place your pan in boiling water, and stir with a spaddle until the fondant is luke-warm and has reached the icing point. Dip in your fancy pastry with the point of a penknife or fork.

24.—Raspberry Fondant Icing.

(GLACE AU FONDANT AUX FRAMBOISES.)

Proceed the same as for Vanilla Fondant Icing, only adding some raspberry flavouring, and a little cochineal to give the tint.

25.—Lemon Fondant Icing.

(GLACE AU FONDANT AUX CITRONS.)

Proceed the same as for Vanilla Icing, only flavouring with lemon essence, and adding a little yellow colouring to give it a tint.

26.—Orange Fondant Icing.

(GLACE AU FONDANT AUX ORANGES.)

Proceed as for Lemon Fondant Icing, only adding the juice of one orange and colouring of orange tint.

27.—Coffee Fondant Icing.

(GLACE AU FONDANT AU CAFÉ.)

Proceed as for Vanilla Icing, only adding some essence of coffee instead of vanilla.

28.—Chocolate Fondant Icing.

(GLACE AU FONDANT AU CHOCOLAT.)

Proceed as for Coffee Icing, only adding some chocolate powder in place of the coffee essence.

29.—Pistachio Fondant Icing.

(GLACE AU FONDANT AUX PISTACHES.)

Proceed as for Vanilla Icing, only adding some green colouring to give a pistachio-nut tint, and flavouring of whatever kind you may think proper.

30.—Water Icing for Pastry.

(GLACE À L'EAU.)

Put some fine pulverised sugar into a basin—as much as you may require—then mix with sufficient water or a

plain syrup: flavour with any flavouring you may think proper.

31.—Warm Icing.

(GLACE À CHAUD.)

This is made exactly as in the preceding recipe. When mixed, put it on the fire and stir until lukewarm, then ice your pastry quickly.

32.—White of Egg Icing

FOR CERTAIN FANCY PASTRIES.

Proceed as for Water Icing (No. 30); only instead of water or syrup use the whites of eggs.

33.—Royal Icing, for Piping and Decorating Cakes, Biscuits, etc.

Put the whites of two eggs into a basin, and add some finest pulverised sugar—as much as the eggs will absorb. Add the juice of one lemon, and beat it up with a spatula until it is quite light and stiff and will hang to the spaddle: now cover your pan with a damp cloth to prevent crusting.

34.—Almond Icing for Wedding Cakes.

(GLACE À L'AMANDE.)

Take one pound of almonds, blanch and grind or pound them, and mix with one pound and four ounces of the finest pulverised sugar. Then add a little orange-flower water, and sufficient plain syrup to make a stiff paste. Roll the paste out, and put it round the sides of the cakes, and on the top.

AROMATIC SUGARS, FOR FLAVOURING PASTRY-CAKES, AND SWEETMEATS.

(SUCRES AROMATISÉS.)

35.—Nutmeg Sugar.

(SUCRE À LA MUSCADE.)

Take one nutmeg and scrape it to a fine powder, then mix with it two ounces of pulverised sugar, and keep it in a box for use.

36.—Vanilla Sugar.

(SUCRE À LA VANILLE.)

Take five vanilla sticks, cut them into small pieces, put them into a mortar, and add five ounces of lump sugar. Pound the whole to a fine powder, then pass it through a sieve, and put it into a box for use.

37.—Cinnamon Sugar.

(SUCRE À LA CANNELLE.)

Take one ounce of the best cinnamon, pound it in a mortar with three ounces of sugar until it is a fine powder, then keep it in a box for use.

38.—Orange Peel Sugar.

(SUCRE À L'ÉCORCE D'ORANGE.)

Procure some fine oranges, scrape them with pieces of loaf sugar, then scrape the coloured parts of the sugar on a paper and dry it in a stove; when dry, pound it in a mortar to a fine powder, and keep in a box for use.

39.—Lemon Peel Sugar.

(SUCRE À L'ÉCORCE DE CITRON.)

This is made in the same way as Orange Peel Sugar.

40.—Aniseed Sugar.

(SUCRE À L'ANIS.)

Dry one ounce of aniseeds in a stove; when perfectly dry put them in a mortar, and pound them with three ounces of sugar. When it is very fine pass it through a sieve, and keep it in a box for use.

*TO COLOUR WHITE GRAIN SUGAR FOR USE
IN PASTRY-CAKES AND BISCUITS.*

41.—Red Grain Sugar.

Put some white grain sugar on a marble slab, pour a few drops of cochineal over it, then rub it well into the grain sugar with your hands until the colour is perfectly distributed. Put the sugar on a tray and dry it in a stove, and keep it in a box ready for use.

42.—Yellow Grain Sugar.

Proceed the same as in preparing Red Grain Sugar, using yellow colouring instead of cochineal.

43.—Chocolate Grain Sugar.

Mix some melted cocoa with the grain, and finish the process as for other grain sugar.

44. —Coffee Grain Sugar.

Take some essence of coffee for the colouring, and finish the process as for other grain sugar.

45.—Green Grain Sugar.

Mix the sugar with some vegetable-green colouring, and proceed as before.

*PREPARATION OF PASTES, YEAST, ETC.***46.—To make Patent Self-raising Flour.**

Mix ten pounds of flour with two ounces of tartaric acid and one ounce and a half of bicarbonate of soda; then sift the flour through a sieve, and keep it in a box ready for use.

47.—To make Baking Powder.

Take eight ounces of cream of tartar, mix it with four ounces of bicarbonate of soda and six ounces of dry starch powder; mix well together, and keep it in a box in a dry place ready for use.

48.—Another Self-raising Flour.

Mix sixteen pounds of flour with two ounces of tartaric acid, one ounce of cream of tartar, and two ounces of bicarbonate of soda; sift the flour through a sieve, and keep it dry ready for use.

49.—How to Preserve Yeast.

Mix your yeast with an equal quantity of fine pulverised sugar, then dissolve it in a pint of water, and put it into bottles; then cork it quite air-tight and keep it in a cool dry place. This will preserve it for years if necessary.

50.—Another Method to Preserve Yeast.

Press your yeast so that the liquid part is extracted, then pack it in a perfectly dry cloth, which must be previously sugared with sugar dust; keep it in a cool and dry place.

51.—Cook's Paste for Lining.

(PÂTE D'OFFICE POUR SOCLES.)

Take one pound of flour sifted on your paste board, make a bay in the centre (Fig. 8), into which put a little plain syrup (No. 69), and mix it up into a stiff paste; then give it two or three turns, by working it with the wrist, until it is perfectly smooth and binding, roll it out to the thickness of one-fourth of an inch, and bake it in a moderate oven.

52.—Paste for Borders.

(PÂTE À BORDURE.)

Take one pound of best flour, sifted, on your paste board, make a bay in the centre (Fig. 8), put in two pounds of the finest pulverised sugar and the whites of three eggs; mix and finish as for preceding recipe. Place your borders on paper, and put them in a stove to dry.

53.—Gum Paste for Pièces Montées.

(PASTILLAGE POUR PIÈCES.)

Take four ounces of "gum dragon," wash it in water, then put it into a clean pot, and pour half a pint of fresh water on it. Let it stand for twenty-four hours, then pass it through a fine, clean sieve, with a spatula, on to a clean marble slab, adding gradually one pound of the finest pulverised loaf sugar. Work the paste until it is very white and smooth, then add sufficient finely powdered starch

so that the paste may be stiff and very hard when dry. Put it into an earthenware pot (with a cover), throw a thick damp cloth over the mouth of the pot, and then put the stopper tightly on.

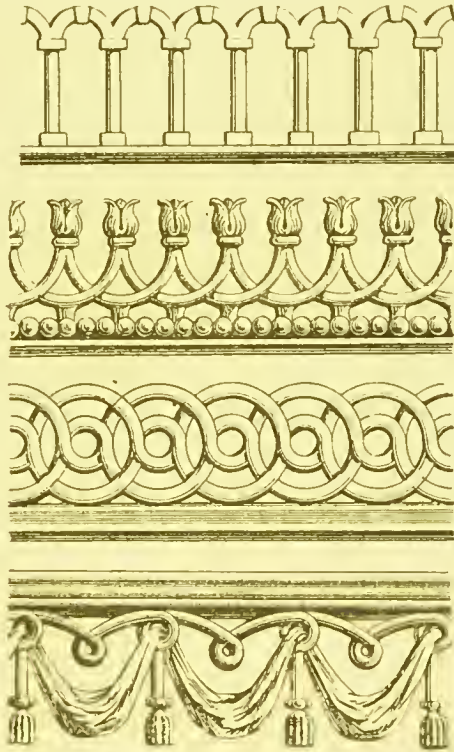


FIG. 2.—BORDERS FOR MOULDING GUM PASTE.

54.—Nougat for Pièces Montées.

Take one pound of almonds, blanch them in boiling water, then cut them into strips and dry them. Put twelve ounces of pulverised sugar into a pan on the fire, stir it with a spatula until it is melted and of a light brown colour, then drop in the almond strips, which should be quite dry and warm. Mix well together, then pour it out on to an oiled marble slab. Gather the nougat on

to an oiled tin, cover it and keep it warm : now take some nougat and roll it out to the size of your mould.

55.—Another Nougat.

Take one pound of almonds, blanch, chop, and dry them in a stove. Put twelve ounces of pulverised sugar into a pan, and proceed as for the preceding recipe.

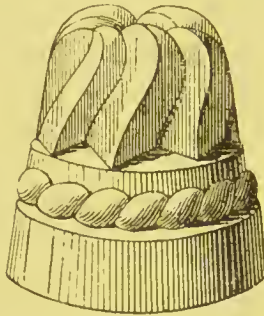


FIG. 3.—MOULD FOR NOUGAT.

56.—White French Nougat.

(NOUGAT BLANC DE MONTE LIMART.)

Take one pound of sweet almonds and four ounces of pistachios, blanch them, and dry them in a stove ; then put into a pan twelve ounces of the best white honey, and twelve ounces of the best pulverised sugar : boil them together to the crack. In the meantime, whisk the whites of five eggs to a stiff snow froth, pour in the sugar and whisk until it is well mixed, then put it on a gentle fire and allow it to simmer. Stir it until it is sufficiently boiled, so that the paste will not stick to the finger, and when you can make it “ball” remove it from the fire ; add the almonds, pistachios, and four ounces of red burned almonds. Lay out some wafer paper on a board and pour the nougat on it, spreading it as evenly as you can, and about two inches thick ; place some wafer paper on the

top, then press well between two boards, putting some weight on the top board. Let it stand until next day, when cut into pieces.

57.—Pink French Nougat.

(NOUGAT ROSE.)

Mix and proceed as for the preceding recipe, only with the addition of a little cochineal.

58.—Violet French Nougat.

Mix and proceed as for White French Nougat, only adding a little cochineal and a little blue colouring to give a violet tint.

59.—Chocolate Nougat.

Take twelve ounces of honey, twelve ounces of sugar, twenty ounces of hazel-nuts, twelve ounces of chocolate, and the whites of four eggs : mix them together, proceeding as for White French Nougat.

60.—Almond Stuffing.

(PRALIN AUX AMANDES POUR FARCIR.)

Put into a pan one pound of pulverised sugar, place on the fire, and stir with a spaddle until it is melted and of a light-brown colour. Then add twelve ounces of almonds, mix, and pour it on a marble slab previously oiled ; when cold, put it in a mortar and pound it to a fine paste ; then put it into an earthenware pan for use.

This paste serves to stuff various kinds of fancy pastry.

61.—Hazel-nut Stuffing.

(PRALIN AUX NOISETTES POUR FARCIR.)

Proceed the same as for Almond Stuffing, only using hazel-nuts in their stead.

CHAPTER III.

SYRUPS.

62.—General Information concerning Syrups.

THE object in the preparation of syrups is to preserve the aroma or flavour of the fruits, flowers, or vegetables from which they are extracted.

The best syrups should be made with the finest refined sugar only, and with the best fruits, etc. Inferior sugars, as well as over-ripe fruits, often cause sediments or fermentation in the syrups.

The principal points or degrees to which syrups should be boiled, are from the "small thread" (I.) to the "large pearl" (IV.); for if insufficiently boiled the syrup is apt to become cloudy and mouldy, and if over-boiled it will become candied.

Great care should therefore be taken to boil the syrup to the precise point. If it should, by inadvertence, be boiled too much, and too high a degree produced, add a little water and boil up again.

Note that all mucilaginous fruits for syrup making require to stand—after being mashed—for about two or three days, for the purpose of fermentation, and in order to prevent the syrup from becoming jelly, when bottled.

63.—Raspberry Syrup.

(SIROP DE FRAMBOISES.)

Take the best fruits, either white or red, pick them over, mash them in a basin, and let them stand for two or three days; then filter the juice through a flannel bag or blotting paper. Take four pounds of the best refined sugar, dissolve in two pints of raspberry juice, place the syrup on the fire, and gently boil for one minute; after the sugar is dissolved, withdraw the vessel from the fire and remove the scum. Gently boil up again to the "Pearl" (IV.), remove and strain through a flannel bag until clear. Bottle it off when cold, and tie it down with a bladder.

64.—Currant Syrup.

(SIROP DE GROSEILLES.)

Take four pounds of the finest refined sugar, dissolve in two pints of currant juice, and proceed as for Raspberry Syrup.

Note.—Some confectioners take the following fruit for making currant syrup:—Five pounds of red currants three pounds of stoned cherries, and one pound of raspberries; mix, mash, and then let them ferment all together for two or three days.

65.—Mulberry Syrup.

(SIROP DE MÛRES.)

Take five pounds of the best sugar, dissolve it in three pints of mulberry juice, and finish as in making Raspberry Syrup.

66.—Strawberry Syrup.

(SIROP DE FRAISES.)

The procedure here is the same as in making Raspberry Syrup, except, of course, that strawberries are the fruit used.

67.—Almond Syrup.

(SIROP D'ORGÉAT.)

Take one pound of sweet almonds, and four ounces of bitter almonds, blanch them, and wash them in clean water. Put them into a mortar and mash them, add the juice of two lemons, one ounce of gum arabic, and half a pint of water. When the almonds are reduced to a fine paste, add another half-pint of water: now squeeze the mash through a cloth into a clean basin. The remainder of the almonds left in the cloth put back into the mortar and mash over again, adding half a pint of water; then strain it, mix with the former almond milk, and add four pounds of the best sugar. Gently boil the syrup for one minute after the sugar is dissolved, withdraw it from the fire, and remove the scum. Stir the syrup until cold, pass it through a cloth, and add a little orange-flower water, then bottle off.

68.—Morello Cherry Syrup.

(SIROP DE CERISES.)

Take four pounds of the best refined sugar, dissolve it in two pints of morello cherry juice, and then proceed as in making Raspberry Syrup.

69.—Plain Syrup, I.

(SIROP DE SUCRE.)

Take four pounds of the finest refined sugar, dissolve it in two pints of water, gently boil for one minute after

the sugar is dissolved, withdraw from the fire, and remove the scum. Gently boil it up again to the "Large Pearl" (IV.), remove, and strain through a flannel bag until very clear. When cold, bottle off.

70.—Plain Syrup, II.

FOR FONDANT ICING, ETC.

Take four pounds of loaf sugar, dissolve it in two pints of water, gently boil for one minute after the sugar is dissolved; withdraw the heat and remove the scum. Put it on the fire again, gently boil for another minute, and remove the scum: this produces a syrup equal to about the "Small Thread" (I.).

71.—Lemon Syrup.

(SIROP DE CITRON.)

Take two pints of plain syrup, and one pint of lemon juice; let the juice settle, clear off the thin skin which forms on the top, then strain through a cloth. Now pour the lemon juice into the syrup, gently boil it to the "Large Pearl" (No. 4), and remove the scum; strain through a flannel bag until very clear. When cold, bottle off.

72.—Orange Syrup.

(SIROP D'ORANGE.)

Proceed as for Lemon Syrup, except that oranges are used instead of lemons.

73.—Orange-Flower Syrup.

(SIROP DE FLEURS D'ORANGE.)

Take two pints of plain syrup, boil the syrup to the "Little Crack" (IX.), then pour in one pint of orange-flower water. Gently boil for one minute and remove the scum, then finish as for Lemon Syrup.

74.—Ginger Syrup.

(SIROP DE GINGEMBRE.)

Make a plain syrup, and pour in a few drops of soluble essence of ginger: add a little colouring of burnt sugar. Bottle off, when cold.

75.—Maidenhair Syrup.

(SIROP CAPILLAIRE.)

The best capillaire comes from Canada. Take four ounces of capillaire, cut up into little pieces, then infuse them in three pints of boiling water, covering the pan over. After two hours' infusion pass it through a cloth, add five pounds of the best sugar, and the whites of two eggs beaten up; now gently boil to the "Pearl" (IV.), then strain through a flannel, until clear. Bottle off when cold.

CHAPTER IV.

COMPOTES AND JAMS.

76.—On Compotes in General.

COMPOTES are preparations of various kinds of fruits with the addition of sugar.

They are prepared in a similar manner to wet fruits.

They should be used and served up in deep glass dishes, or compotiers, on the day on which they are made.

Compotes will not keep longer than two days; after that time they will require to be boiled up again.

77.—Apple Compote.

(COMPOTE DE POMMES.)

Take some fine apples, peel and cut them in halves, and place them in cold water after cleaning out the cores. Now prepare a plain syrup, add the juice of one lemon, and boil the apples in it until they are soft. Take them out and put them into a compotier; boil the syrup for one minute, then withdraw and strain the syrup through a fine sieve, and pour on the apples. Let them cool, and serve.

78.—Pear Compote.

(COMPOTE DE POIRES.)

Take some fine pears, blanch them in boiling water until soft, then put them in cold water: next peel them, cut

in halves, and clean out the core. Prepare a plain syrup, and boil the pears in it until they are quite done, then take them out, boil the syrup for one minute longer, and pour it on the pears. Let them cool, and serve.

79.—Red Pear Compote.

(COMPOTES DE POIRES ROUGES.)

Proceed as for Pear Compote, adding a little cochineal, to give the pears the rich colour required.

80.—Quince Compote.

(COMPOTE DE COINGS.)

Prepare as for Pear Compote, cleaning out the cores of the quinces very carefully.

81.—Apricot Compote.

(COMPOTE D'ABRICOTS.)

Take some fine apricots, cut them in halves, crack the stones and take out the kernels; then blanch the apricots in boiling water. When tender, place them in cold water, and after a few minutes drain them. Prepare a plain syrup, and boil the apricots in it for one minute. Remove from the fire, let them cool, and serve.

82.—Peach Compote.

(COMPOTE DE PÊCHES.)

Prepare the same as for Apricot Compote, cracking the stones, taking out the kernels of the peaches, and blanching the fruit in boiling water.

83.—Greengage Compote.

(COMPOTE DE REINE-CLAUDE.)

Prick the gages with a fork, put them into a pan of water, and add a little salt. Gently boil them until tender, and finish as for Apricot Compote.

84.—Mirabelle Compote.

(COMPOTE DE MIRABELLES.)

Prepare these as for Greengage Compote, pricking them with a fork and adding a little salt.

85.—Strawberry Compote.

(COMPOTE DE FRAISES.)

Take some fine strawberries, pick off the stalks, prepare a plain syrup, and throw the strawberries into it. Gently boil for one minute, take them off the fire, and serve when they are cool.

86.—Raspberry Compote.

(COMPOTE DE FRAMBOISES.)

Take some fine raspberries and prepare as for Strawberry Compote, picking the raspberries very carefully.

87.—Red Currant Compote.

(COMPOTE DE GROSEILLES.)

Get some fine currants, pick them over, wash them in cold water, and drain them in a sieve until dry. Prepare a plain syrup, and finish as for Strawberry Compote.

88.—Cherry Compote.

(COMPOTE DE CERISES.)

Take some fine cherries, cut off the stalks about half way, wash them in cold water, and drain in a sieve. Finish as for Red Currant Compote.

89.—Apricot Jam.

(CONFITURE D'ABRICOTS.)

Take three pounds of ripe apricots, pass them through a hair sieve, and add one pound of sugar to one pound of pulp. Put them on a clear fire, and stir them well as they boil. After twenty minutes' boiling remove them from the fire, add the kernels of the apricots, and then put the jam into pots. When cold, cover the pots with brandy paper and bladder.

90.—Raspberry and Strawberry Jams.

(CONFITURE DE FRAMBOISES ET DE FRAISES.)

Take three pounds of raspberries, or strawberries, pass them through a hair sieve, add one pound of sugar to one pound of pulp, and boil on a clear fire. After fifteen minutes boiling put into pots, and finish as for Apricot Jam.

91.—Red and White Currant Jams.

(CONFITURE DE GROSEILLES.)

Pick the currants, put them on a clear fire, and stir until mashed. Then pass them through a sieve, add one pound of sugar to one pound of pulp, and finish as for Apricot Jam.

92.—Black Currant Jam.

This jam is prepared in the same way as Red and White Currant jams.

93.—Greengage Jam.

(CONFITURE DE REINE-CLAUDE.)

Take three pounds of ripe greengages, extract the stones, and add three pounds of sugar. Put them on a clear fire, boil for twenty minutes, remove them from the fire, add the kernels, and finish as for Apricot Jam.

94.—Mirabelle Jam.

(CONFITURE DE MIRABELLES.)

Take three pounds of ripe mirabelle plums, extract the stones, add three pounds of sugar, and put them on a clear fire. Boil for twenty-five minutes, then remove them from the fire, put them into jars, covering down with brandy paper and bladder.

95.—Damson Jam.

(CONFITURE DE PRUNES.)

This jam is prepared in the same way as Greengage jam, the time of boiling, etc., being identical.

96.—Gooseberry Jam.

(CONFITURE DE GROSEILLES.)

This jam is made exactly in the same way as Raspberry Jam.

97.—Orange Marmalade.

(MARMELADE D'ORANGE)

Take Seville oranges, press the juice out, boil the rinds until tender, scoop out the white pith, put them into a

mortar, and reduce them until fine. Add some of the juice, to saturate the rinds, then pass the mixture through a sieve. Add two pounds of sugar to one pound of pulp, put on the fire, and reduce until it is a perfect jelly. Then put it into pots.

98.—Apple and Quince Jams.

(CONFITURE DE POMMES ET DE COINGS.)

Pare and core some good apples or quinces, cut them in pieces, and put them into a pan with sufficient water to cover them. Boil them until they are reduced to a pulp, pass them through a sieve, and add one pound of sugar to each pound of pulp; put the jam on a clear fire, and stir until it is thick and adheres to the spaddle like a jelly. Remove from the fire, and put into pots.

CHAPTER V.

FRUIT JELLIES AND PASTES.

99.—General Directions.

FRUIT jellies are prepared with juices of mucilaginous fruits, and with the addition of an equal quantity of sugar.

The best fruits, and those most adapted for making jellies, are, red currants, gooseberries, apples, quinces, Seville oranges, etc.

Care should be taken not to boil jellies too much; for if they are over-boiled their colour is spoiled, and they become ropy, like treacle.

100.—Red Currant Jelly.

(GELÉE DE GROSEILLES.)

Take three pounds of red currants and one pound of white currants, pick them and pass them through a coarse sieve, then put them into a pan with a little water; put the pan on the fire, and stir the fruit until it boils. Now withdraw the heat and remove the scum, and pass the juice through a flannel bag; then take one pound of sugar, dissolve it in one pint of juice, and boil this for twenty minutes on a clear fire: remove the scum, and put the jelly into pots. When it has become firm it should be covered with pieces of stout paper dipped in brandy.

101.—White Currant Jelly.

Proceed as for Red Currant Jelly, but using all white currants. Be careful to tie down the pots firmly and securely.

102.—Black Currant Jelly.

(GELÉE DE GROSEILLES NOIRE.)

Proceed exactly the same as for Red Currant Jelly, taking the fruit in the proportion of one pound of red currants to three pounds of black currants.

103.—Quince Jelly.

(GELÉE DE COINGS.)

Take four pounds of fine quinces—not too ripe—slice them into a pan with one gallon of cold water, put the pan on the fire, and boil them until tender. Pour the mixture through a flannel bag, and for each pound of filtered juice add one pound of sugar; boil it on a clear fire for twenty minutes, withdraw the heat, remove the scum, and finish as for Red Currant Jelly.

104.—Apple Jelly.

(GELÉE DE POMMES.)

This jelly is prepared in the same way as Quince Jelly. Be very careful to choose only the soundest and best apples.

105.—Cherry Jelly.

(GELÉE DE CERISES.)

Prepare as for Red Currant Jelly, weighing the fruit in the proportion of three pounds of cherries to one pound of red currants.

106.—Seville Orange Jelly.

(GELÉE D'ORANGE DE SEVILLE.)

Procure some fine Seville oranges, squeeze out the juice, filter it through blotting paper, and proceed and finish as for Red Currant Jelly.

107.—Calves' Foot Jelly.

(GELÉE DE PIED DE VEAU.)

Calves'-foot stock should always be made the day before that on which it is used.

Take two calves' feet, cut them up, and boil in two quarts of water. After the meat has boiled, remove to the corner of the fire, and allow it to simmer for four hours; then strain it through a cloth into a basin, and let it stand till quite hard; afterwards remove the oil and fat from the surface. Next dissolve one pound of loaf sugar in half a pint of water, add the rinds and juice of three lemons, and the whites and shells of five eggs; whisk until the sugar is dissolved. Then add the calves' foot jelly, place the whole on the fire, and whisk until it boils; then remove from the fire, and pass it through a jelly bag several times until it is perfectly clear. Afterwards flavour with cherry wine, or any other flavouring that you desire; then put it in moulds or glasses, and set in ice. It is then ready for use.

108.—Rum Jelly.

(GELÉE DE RHUM.)

Soak a packet of Swinborne's isinglass, or twelve sheets of best white French gelatine, in two pints of cold water for twenty minutes: add one pound of loaf sugar, and the juice of two lemons strained through muslin to keep out

the pips. Gently boil it for one minute, and stir it until the whole is dissolved; then add the whites of two eggs, remove it to the corner of the fire, and let it simmer for five or six minutes; then strain through a flannel bag until clear, add a glass of the best rum, and pour into a mould and set in ice.

109.—Kirschwater Jelly.

(GELÉE AU KIRSCH.)

Proceed as for Rum Jelly, only adding a glass of Kirschwater, instead of the rum.

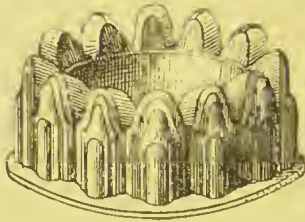


FIG. 4.—HOLLOW MOULD FOR JELLIES.

110.—Orange Jelly.

(GELÉE À L'ORANGE.)

Proceed as for Rum Jelly, only adding the rind and juice of six oranges, and a little cochineal and burnt sugar to give orange tint.

111.—Champagne Jelly.

(GELÉE AU CHAMPAGNE.)

This is made from orange jelly without colouring, adding half a pint of champagne. Pour the jelly when ready into a large bowl, on ice, and when it is nearly cold whisk it, and pour quickly into a mould set in ice.

112.—Barberry Jelly.

(GELÉE D'ÉPINE-VINETTE.)

Take one pound of very ripe barberries, pick them from the stalks, and put them on the fire with a pint of water; give them two boils, then pass the juice through blotting paper. Mix the fruit with a quart of clarified calves' foot jelly, and finish in the usual way.

113.—Strawberry Jelly.

(GELÉE DE FRAISES.)

Take twelve ounces of fine strawberries, pick them, and pass them through a hair sieve to extract the juice: add the juice of two lemons, and filter through blotting paper; then mix the fruit with one quart of clarified calves' foot jelly.

114.—Lemon Jelly.

(GELEÉ DE CITRONS.)

This is made in the same way as Run Jelly, only adding a glass of white wine, with the juice of six lemons and the rind of one.

115.—Whipped Apricot Jelly.

(GELÉE FOUETTÉE À L'ABRICOT.)

This is made from Orange Jelly. Dissolve two or three spoonfuls of apricot marmalade with some Kirschwasser; then pour the jelly in a large bowl, on ice, and when it is nearly cold whisk it, pouring in, little by little, the apricot marmalade. Then pour quickly into a mould, set in ice, and let it remain until it is ready for use.

116.—Maraschino Jelly.

(GELÉE AU MARASQUIN.)

Proceed in the same way as in making Rum Jelly, adding a glassful of maraschino in place of rum.

117.—Raspberry Jelly.

(GELÉE DE FRAMBOISES.)

This is made in the same way as Strawberry Jelly, except that fine ripe raspberries are used instead of strawberries.

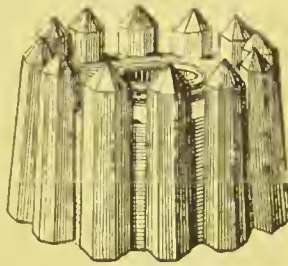


FIG. 5.—JELLY MOULD.

118.—Pomegranate Jelly.

(GELÉE DE GRENADES.)

Mash the seeds of six very ripe pomegranates, mix with juice of two oranges and two lemons, adding the rind of one. Filter through blotting paper, and finish as for Barberry Jelly, only pour into the mould a layer of jelly; when it is set, place on it a layer of pomegranate, and then another layer of jelly, and so on until the mould is filled.

119.—Macédoine Jelly.

(GELÉE MACÉDOINE.)

This is made from Champagne Jelly. Whip the jelly

on ice, in a large bowl, and mix in it all kinds of fruits that are in season ; or preserved fruits may be used.

120.—French Claret Jelly.

(GELÉE AU VIN.)

Soak twelve leaves of the best gelatine for twenty minutes in a bottle of claret, add half a pound of sugar, the peel and juice of two lemons, and a little cinnamon. Boil gently, and stir until the whole is dissolved, then remove to the corner of the fire and allow it to simmer

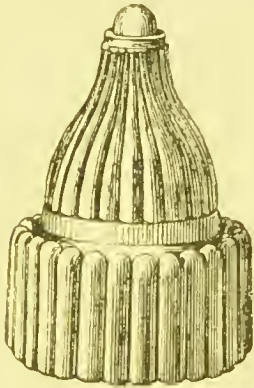


FIG. 6.—PYRAMID JELLY MOULD,
FOR MACÉDOINE.

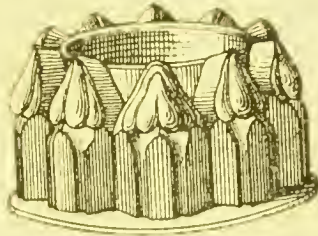


FIG. 7.—GOTHIC JELLY
MOULD.

for six minutes ; then strain through muslin, adding a glass of brandy, and pour it into moulds with a hollow centre (Fig. 7). Before serving, fill the centre with whipped cream.

121.—Apple Paste.

(PÂTE DE POMMES.)

Take four pounds of the best apples, boil them in water until they are soft, then mash them, and pass them through a sieve into a pan. Next, boil six pounds of loaf

sugar to the "Crack," remove it from the fire, and pour the sugar into the pan with the mashed apples. Put the pan on the fire, and stir the contents well while boiling, until you can perceive the bottom of the pan. Remove the mixture from the fire, and pour it out thin on sheets of tin, powdered with sugar. Put the tin plates in a stove to dry until next day, then turn the paste over in order that it may dry both sides; when ready, take them out and cut the paste into long narrow strips. These can be shaped into knots or any other form, such as rings, leaves, bonbons, crosses, gimlets, brochettes, pastilles, etc.

122.—Quince Paste.

(PÂTE DE COINGS.)

Quince Paste is prepared in exactly the same way as Apple Paste, the only difference being in the fruit of which it is composed.

123.—Apricot Paste.

(PÂTE D'ABRICOT.)

Take two pounds of apricots, pass them through a hair sieve, add one pound of sugar to one pound of pulp, put them on a clear fire, and stir them well as they boil until you can perceive the bottom of the pan; then remove from the fire, and finish as for Apple Paste.

124.—Peach Paste.

(PÂTE DE PÊCHES.)

Peach Paste is prepared in the same manner as Apricot Paste. It is to be noticed that the result depends greatly upon the sugar being heated to the right degree.

125.—Greengage Paste.

(PÂTE DE REINE-CLAUDE.)

Greengage Paste is made in the same manner as Apricot Paste, both as regards the proportions of fruit and sugar and the method of preparation.

126.—Plum Paste.

(PÂTE DE PRUNE.)

Plum Paste also is made like Apricot Paste, the fruit being passed through a hair sieve, and the process finished as in preparing Apple Paste.

127.—Black Currant Paste.

(PÂTE DE GROSEILLE NOIRE.)

Pass the currants through a hair sieve, put them into a pan and boil them for fifteen minutes, remove the pan from the fire, and weigh the pulp. Add one pound of loaf sugar to each pound of pulp, mix in well, and finish as for other pastes.

128.—Red Currant Paste.

(PÂTE DE GROSEILLE ROUGE.)

Prepare in the same manner as Black Currant Paste.

129.—Mirabelle Paste.

(PÂTE DE MIRABELLES.)

Mirabelle Paste is made in every respect in the same way as Apricot Paste.

130.—Damson Paste.

(PÂTE DE PRUNE DE DAMAS.)

The procedure is here again the same as in making Apricot Paste.

CHAPTER VI.

PRESERVED FRUITS.

(FRUITS CONFITS OU GLACÉS.)

131.—General Directions.

THE preparation of Preserved Fruits requires great care and attention.

There are two kinds of preserves; "wet" and "dry." The former are kept in their syrup, and the latter are glacés, or frosted with sugar.

In order to obtain satisfactory results, the fruits should be specially selected for preserving purposes: they should be gathered early, just before they are quite ripe.

All fruit should be carefully blanched, in a sufficient quantity of boiling water, and in a suitable pan with a flat bottom. The water should only be allowed to simmer.

132.—Greengages, Wet.

(REINE-CLAUDES CONFITES.)

Select the finest gages, take a bodkin and prick them all over, then drop them into a pan of cold water. Place the pan on the fire, blanch the gages, and remove the pan when just at boiling point; take them out with a skimmer when they float on the surface of the water, and drop them into cold water; drain them in a sieve. Then prepare a plain syrup (No. 69), boil it to the "Small Thread," pour in the gages, and gently give them one boil. Withdraw

them from the fire and remove the scum, pour them into an earthen pan, and next day drain the syrup off; add more sugar, and boil up again to the "Large Thread" (No. 6). Repeat this process for six days, the last time boiling the sugar to the "Large Pearl" (No. 8).

Note.—Soft fruits should not be boiled in the syrup, they require the boiling syrup to be poured on them only. Preserved fruits should be kept in a dry place—not too warm, as heat causes fermentation; and damp makes them mouldy.

133.—Greengages Dry (or Frosted).

(REINE-CLAUDES GLACÉES.)

Take some greengages out of the syrup, drain them in a sieve, place them on wire grills or trays, and put them in the stove until dry, or glacées. Then place them in boxes fit for use.

134.—To Preserve Green Oranges, Wet or Dry.

(ORANGES CONFITES OU GLACÉES.)

The same proceeding as in preparing greengages must be followed. The fruit must be very carefully selected.

135.—Mirabelle Plums, Wet or Dry.

(PRUNES MIRABELLES, CONFITES OU GLACÉES.)

These are also preserved in the same manner as greengages.

136.—Stonewood Plums. Wet or Dry.

In preserving stonewood plums proceed in the same manner as in preserving greengages, taking special care that the syrup is boiled to the right "thread."

137.—Apricots, Wet.

(ABRICOTS CONFITS.)

Select some fine yellow apricots,—not too ripe,—run the point of a small knife into the fruit near the stalk, and work it slightly round the stone, which can then be gently squeezed out. Now blanch the apricots in boiling water until tender—they will rise to the surface—then drop them into cold water. Prepare a syrup and boil it to the “Blow” (No. 9.), put in the apricots and give them two boils, then withdraw the vessel from the fire and remove the scum, and finish as with greengages.

138.—Apricots, Dry or Frosted.

(ABRICOTS GLACÉS.)

Proceed the same as in preparing the Reine-Claudes Glacées, or dry sugared greengages.

139.—Peaches, Wet or Dry.

(PÊCHES CONFITES OU GLACÉES.)

Select the finest peaches from those which are quite yellow, but not too ripe; prick them all over with a large needle down to the stone, and proceed as with apricots.

140.—Pine Apples, Wet or Dry.

(ANANAS CONFITS.)

Select some fine pine apples, cut off the top and the stalk, and pare the rind outside the pine. Then prick to the core with a large needle in several places; place the pine in a pan with plenty of water, boil until tender, and finish the preparation as for apricots, either for the wet or dry preserving.

141.—White Pears, Wet.

(POIRES BLANCHES.)

Select some fine large pears—not too ripe—prick them over and blanch them until you can run a pin's head easily through them. Then drop them into cold water, pare off the rind very thin, and prick them again to the core. Drop them into another pan of cold water, drain them from this, and put them into a thin syrup boiled to the "Small Thread" (No. 5.); remove the scum, and finish as for greengages.

142.—Red Pears.

(POIRES ROUGES.)

Proceed as with white pears. Add sufficient cochineal to give the pears a delicate, but not too deep a tint of red.

143.—Quinces, White or Red.

(COINGS CONFITS.)

Quinces are preserved in the same manner as pears.

144.—Nectarines.

(BRUGNONS CONFITS.)

Proceed by the same process as in preserving apricots.

145.—Whole Melon.

(MELON CONFIT.)

Prepare the same as for Pine Apple.

146.—Figs, Wet.

(FIGUES CONFITES.)

Select some figs just before they are quite ripe, prick them all over, and drop them into cold water. Blanch

them until tender, then drop them into cold water again, and finish as for Apricots.

147.—Fancy Ornamental Oranges.

(ORANGES DÉCORÉES.)

Select the round and smooth oranges, cut on the rind any fancy designs, such as stars, circles, angles, etc.; when the ornamentation is completed, blanch them in boiling water until tender, and then drop them into cold water. Boil a plain syrup to the "Small Thread" (No. 5.), drain and dry your oranges, then drop them into the syrup, and give them two or three boils, removing the scum. Then finish as for other fruits.

148.—Fancy Ornamental Lemons.

(CITRONS DÉCORÉES.)

Proceed as for Ornamental Oranges.

149.—Red Cherries.

(CERISES ROUGES.)

Procure some fine Kentish cherries, stone them, and put them into a pan with sufficient boiling syrup to cover them. Give them three or four boils, then withdraw the heat and remove the scum, and finish as for Greengages.

150.—White Cherries.

(CERISES BLANCHES.)

Proceed as for Red Cherries, taking care that you select thoroughly sound fruit.

151.—Green Gooseberries, Wet.

(GROSEILLES VERTES CONFITES.)

Select some fine large gooseberries—not too ripe—pick

them and blanch them, add a little soda or salt to keep them green, and finish as for Greengages.

152.—Angelica.

(ANGÉLIQUE.)

Select in Spring some fine stalks of Angelica—they should be very tender—cut them in pieces about seven inches long, blanch them until you can run a pin's head easily through them, then remove them from the fire and drop them into cold water. Next draw off the skin and strings with a knife, and put them into cold water again. Heat some syrup, and after straining the stalks put them into the boiling syrup, and give them one boil; then put them into an earthen pan. Next day drain off the syrup carefully, add fresh syrup if required, and boil them up again in the same way as for Greengages.

153.—Chestnuts.

(MARRONS GLACÉS.)

Select some fine chestnuts—those from Lyons, in France, are the most suitable—take off the outside skin, then blanch them in sufficient boiling water until you can run a needle through them easily. Then take off the inner or thin yellow skin, and drop them into warm water; drain them and put them into syrup, and let them simmer gently until the syrup becomes thick—the syrup should never be allowed to boil. Then take out your chestnuts, drain them in a sieve, boil some syrup to the “Blow” (10.) in a small pan, and just before it is quite cold work it against the inside edges of the pan with a proper spaddle; into this dip the chestnuts with a fork, place them on trays, and dry them in a stove.

CHAPTER VII.

FRUITS IN BRANDY.

154.—General Directions.

THE preparation of fruit in brandy is exactly the same as for wet fruits and compotes.

All mucilaginous fruits, such as red cherries, greengages, mogul plums, apricots, peaches, etc., may be preserved in brandy. Care should be taken to select suitable fruits, viz., those which are firm and not too ripe. Fruits that are too ripe will not keep, and soon become mashed to a marmalade in the bottles.

155.—Cherries in Brandy.

(CERISES À L'EAU-DE-VIE.)

Take some fine Morello cherries, cut off the stems half way, then drop them into cold water; wash them well, drain them in a sieve, and put them into glasses. Next pour on sufficient brandy to cover them, add a little cinnamon, cover the bottles air-tight, and allow them to remain for a month. After this time drain off the brandy, and to each pint of drained brandy add four ounces of powdered sugar; mix well and melt it, then strain the liquor a few times through flannel until it is bright and clear), and pour this on the cherries to cover them. They are then ready for use.

156.—Cherry Brandy.

(COGNAC AUX CERISES.)

Take some black cherries and pound them in a mortar, add a little cinnamon and allspice, then cover them with French brandy and let them stand for two months. Then pass them through a flannel bag, and add two parts of French brandy to one part of plain syrup; add a little noyau to palate.

157.—Apricots in Brandy.

(ABRICOTS À L'EAU-DE-VIE.)

Take some fine yellow apricots—not too ripe—prick them over, then blanch them in boiling water until soft, being careful not to make the skin too tender, as they will not bear so much blanching as for compotes. The apricots will rise to the surface; then drop them in cold water, drain them in a sieve, and prepare a plain syrup. Next put in the apricots and give them one boil, remove them from the fire, and mix to one pint of syrup two pints of best French brandy. Put the apricots into glasses, and pour on the liquor to cover them; then, when they are cold, cover the bottles air-tight.

158.—Peaches in Brandy.

(PÊCHES À L'EAU-DE-VIE.)

Proceed the same as for Apricots in Brandy, taking especial care not to bruise or crush the fruit.

159.—Mogul Plums in Brandy.

(PRUNES MOGOLS À L'EAU-DE-VIE.)

Mogul plums are also prepared in the same way as Apricots in Brandy.

160.—Mirabelle Plums in Brandy.

(MIRABELLES À L'EAU-DE-VIE.)

Prepare these in the same way as Apricots in Brandy.

161.—Greengages in Brandy.

(REINE-CLAUDES À L'EAU-DE-VIE.)

Take some fine greengages—not too ripe—prick them with a fork, put them into a pan of water that has a little alum in it, and set the pan on the fire. When they are tender put them into cold water, and let them stand for two hours. Now prepare a plain syrup, and finish as for Apricots in Brandy.

162.—Pears in Brandy.

(POIRES À L'EAU-DE-VIE.)

Take some fine large eating pears—not too ripe or juicy—prick them all over, blanch them until soft, and then drop them into cold water. Pare off the rind very thin, prick the pears to the core with a bodkin, and drop them into another pan of cold water. Now put the pan on the fire again until the fruit is thoroughly scalded or blanched, and can easily be run through with the bodkin or pin's head; once more put them into cold water, drain them from this, and finish as for Apricots in Brandy.

163.—Oranges in Brandy.

(ORANGES À L'EAU-DE-VIE.)

Select some fine large oranges, put them into a pan of hot water, and boil them until tender. Then drop them into cold water, drain them, and prepare a plain syrup.

Put the oranges in it and let them boil for five minutes, then remove from the fire, and finish as for Apricots in Brandy.

164.—Black Currants in Brandy.

(GROSEILLES NOIRES À L'EAU-DE-VIE.)

Take some fine black currants, pick them over, and wash them in cold water; drain them in a sieve. Now make some cherry brandy (No. 156), and add the black currants: gently boil them for four minutes, remove them from the fire, and bottle off when cold.

CHAPTER VIII.

BOTTLED FRUITS.

165.—Bottled Red Cherries.

(CONSERVE DE CERISES EN FLACONS.)

Procure some fine Kentish cherries, cut off the stalks, and put them in bottles;—choose wide-mouthed bottles. Next prepare a syrup. You take one pound of loaf sugar, dissolve it in two pints of water, and fill the bottles about three quarters up with it. Then cork, tying the corks down with wire or string; place the bottles upright in a copper, with cold water up to their necks, and gradually heat them to the first boiling. Withdraw the heat, and let the fruit stand in the copper till next day; then take the bottles out, clean them, cover their mouths with bottle-wax, pack them in straw with the corks downwards, and put them in a dry place until required for use.

166.—Bottled Apricots.

(CONSERVE D'ABRICOTS EN FLACONS.)

Select some fine apricots—not too ripe; they should be yellow and firm. Cut them in two, extract the stone, blanch them in boiling water until tender; then drop them into cold water. Next peel them and put them in bottles; break the stones and extract the kernels, blanch them and add a few kernels. Then fill the bottles three-quarters full with syrup, cork them, and finish as for Bottled Cherries.

167.—Bottled Peaches.

(CONSERVE DE PÊCHES EN FLACONS.)

The method of proceeding is the same as with Bottled Apricots.

168.—Bottled Greengages.

(CONSERVE DE REINE-CLAUDES EN FLACONS.)

Proceed as for Apricots.

169.—Bottled Mirabelle Plums.

(CONSERVE DE MIRABELLES EN FLACONS.)

Select some fine mirabelle plums, preferably from Metz, in Germany—they should not be too ripe; prick them, and drop them into boiling water for a few minutes; then take them out with a skimmer, and drop them into cold water. Strain them, and put them into bottles, add the syrup, and finish as for other fruits.

170.—Bottled Cherries, without sugar, for Tarts.

(CERISES SANS SUCRE.)

Procure some Kentish cherries, stone them, and put them into bottles; then cork them, and gradually heat up to about 200°. Withdraw the heat, and finish in the same way as with other bottled fruits.

171.—Bottled Green Gooseberries.

(CONSERVES DE GROSEILLES VERTES.)

Take some fine gooseberries—not too ripe—put them into bottles, then cork them, and proceed as for Bottled Cherries.

172.—Bottled Red Currants.

(CONSERVE DE GROSEILLES ROUGE.)

Select some fine currants, pick them over, and put them in bottles; then cork them, and proceed as for Bottled Cherries without sugar.

173.—Bottled White Currants.

(CONSERVE DE GROSEILLES BLANCHES.)

Proceed as for Red Currants, taking care to select good unspotted fruit, firm and round.

174.—Bottled Damsons.

(PRUNES DE DAMAS EN FLACONS.)

Proceed as for bottled green gooseberries (171).

175.—Bottled Barberries.

(CONSERVE D'AIRES EN FLACONS.)

Proceed as for bottled currants, red or white.

176.—Bottled Raspberries.

(CONSERVE DE FRAMBOISES EN FLACONS.)

Proceed as for bottled green gooseberries (171).

177.—Bottled Strawberries, etc.

(CONSERVE DE FRAISES EN FLACONS.)

For each of these preserves proceed in the same way as for all other fruits of this kind, taking care that the fruit in each case is sound, and not too ripe.

178.—Preserved Apricot Pulp.

Take some fine ripe apricots, stone them, and pass them through a hair sieve into a basin. Next weigh the pulp,

adding to every four pounds one pound of powdered sugar. Break the stones and extract the kernels, blanch them, cut them in two, and put in some of them. Now put the pulp into tin boxes and solder the lids down, then place them upright in a copper with cold water sufficient to cover them; put the copper on the fire and give them two or three boils, then withdraw the heat and let them stand until next day. When quite cold take them out, and place in a dry place until required for use.

179.—Preserved Mirabelle Pulp.

(PÂTE DE MIRABELLE EN CONSERVE.)

Proceed as in the preparation of Apricot Pulp.

180.—Preserved Greengage Pulp.

(PÂTE DE REINE-CLAUDE EN CONSERVE.)

Here again the process is as in preparing Apricot Pulp.

181.—Preserved Peach Pulp.

(PÂTE DE PÊCHES EN CONSERVE.)

The process is as in preparing Apricot Pulp; especial care in choosing the peaches.

**182.—Preserved Juices of Fruits for Ices,
without sugar.**

The juices of raspberries, strawberries, cherries, and red currants may be preserved by boiling the juice in bottles for twenty minutes in the same way as bottled fruits; the sugar can be added afterwards, or when the juice is wanted for use.

CHAPTER IX.

CREAMS.

183.—General Information.

THERE are two kinds of creams—the “whipped” and the “boiled” cream.

The former is taken from the milk, and whipped with a whisk in an earthenware pan until it becomes thick; then it is flavoured with vanilla, or any other flavouring, such as chocolate or coffee, or with liquors, fruits, almonds, pistachios, etc.

The boiled cream consists of milk, sugar, and eggs in various proportions, boiled until the required consistency has been acquired.

184.—Whipped Cream for Meringues.

(CRÊME FOUETTÉE.)

Take one pint of fresh cream, pour it into an earthenware pan, and gently whip it with a whisk until it becomes light and smooth; then stir in gently one ounce of vanilla sugar, and strain it through a hair sieve in a cool place.

Note that the cream should always be placed on ice during hot weather.

185.—Raspberry Whipped Cream.

(CRÊME FOUETTÉE AUX FRAMBOISES.)

Take one pint of good fresh cream, whip gently in a cool place until it is a light, smooth, snow froth; then stir

in gently the juice of two ounces of raspberries, sufficient sugar to sweeten it, and a little cochineal to give the rich colour.

186.—Strawberry Whipped Cream.

(CRÊME FOUETTÉE AUX FRAISES.)

Proceed exactly as in preparing Raspberry Cream.

187.—Boiled Cream for Éclairs.

(CRÊME POUR ÉCLAIRS.)

Take eight ounces of sugar, eight yolks, one ounce of best flour, and one pint of milk. Boil the milk, and mix the sugar, eggs, and flour with a whisk, in a saucepan, to a smooth paste: then stir in gently the boiling milk. Next put on a gentle fire and stir until it becomes thick; then pour it into an earthenware pan. When cold, add any flavouring you may think proper.

This cream serves to garnish éclairs, choux, and other fancy pastry.

188.—Cream for Chocolate Éclairs.

(CRÊME POUR ÉCLAIRS AU CHOCOLAT.)

Prepare, mix, and finish as for the preceding cream, adding three ounces of rasped chocolate.

189.—Cream for Coffee Éclairs.

(CRÊME POUR ÉCLAIRS AU CAFÉ.)

Prepare the same as before, adding a little essence of coffee.

190.—Cream for Saint Honorés, Charlottes-Russes, et Bavaois, etc.

(CRÊME POUR SAINT HONORÉS, CHARLOTTE-RUSSES, ETC.)

Take eight ounces of sugar, one pint of milk, the whites of two eggs and the yolks of seven, one ounce of vanilla sugar, and nine leaves of the best gelatine. Boil the milk, mix the sugar and eggs with a whisk in a basin, add the gelatine, then gently stir in the boiling milk. Now put it on a gentle fire, and stir until it commences to boil; then strain it through a hair sieve into a basin.

191.—Cream for Garnishing Pastry, etc.

(CRÊME PÂTISSÈRE.)

Take eight ounces of sugar, one pound of the best flour, one pint of milk, eight or nine eggs, one ounce of vanilla sugar, and three leaves of gelatine. Boil the milk, break the eggs, putting the yolks in one basin and the whites in another, add the sugar, flour, and vanilla to the yolks, and work it with a whisk until it becomes perfectly smooth. Then slowly pour in the boiling milk, place it on a gentle fire, and stir well until it becomes thick; then remove it. Whisk the whites to a stiff snow froth, add this to the cream whilst hot, then mix up thoroughly together.

This cream serves to garnish pastry, tarts, etc., can be used in all seasons, and is a substitute for whipped cream.

192.—Boiled Custard Cream for Tartlets.

(CRÊME FRANGIPANE.)

Take eight ounces of flour, four ounces of butter, six ounces of sugar, three eggs, two pints of milk, and one teaspoonful of salt. Boil the milk, break the eggs into a

basin, adding the flour and salt; mix up into a smooth paste. Slowly pour in the boiling milk, put it on a gentle fire, and stir it well until it becomes thick; then remove and pour it into an earthenware pan. Next add the sugar and butter and a few chopped almonds.

193.—Little pots of Cream.

(PETITS POTS DE CRÈME.)

Take two pints of boiling milk, four ounces of sugar, the yolks of eight eggs and the whites of two, and one stick of vanilla. Mix up the sugar and eggs together in a basin, with a whisk; boil the milk and pour it gently in, adding the vanilla. Now strain it through a hair sieve, and have ready about twelve little pots or pudding cups; fill them with the cream, and place them in a flat pan on the fire, with sufficient boiling water to cook contents.

194.—Little pots of Chocolate Cream.

(PETITS POTS DE CRÈME AU CHOCOLAT.)

Prepare exactly as for preceding cream, only adding four ounces of granulated chocolate.

195.—Little pots of Coffee Cream.

(PETITS POTS DE CRÈME AU CAFÉ.)

Proceed the same as for Vanilla pots de Crème, but instead of vanilla use essence of coffee.

196.—Chestnut Cream.

(CRÈME AUX MARRONS.)

Take four ounces of fine icing sugar, three ounces of fresh butter, four ounces of mashed chestnuts, and one ounce of vanilla sugar. Put the butter into an earthenware

pan, work it with a spaddle to a fine cream, then add the sugar and mashed chestnuts.

This cream is used for piping or ornamenting fancy pastry, and for entremets.

197.—Pithiviers Cream for Tartlets.

(CRÈME DE PITHIVIERS.)

Take four ounces of blanched almonds, four ounces of sugar, four ounces of best butter, three eggs, and one gill of best rum. Pound the almonds in a mortar to a fine paste, when mixed with the eggs; then add the sugar and butter, and mix and work the paste until it becomes light and smooth like a cream. Then stir in the rum, and keep the cream in an earthenware pan ready for use.

198.—Another Pithiviers Cream.

Take four ounces of blanched and dry almonds, six ounces of sugar, two ounces of butter, two eggs, and one gill of orange-flower water. Proceed and mix as for the preceding cream.

199.—Moka Cream for Piping Tartlets and Entremets.

(CRÈME MOKA.)

Take four ounces of best butter, two ounces of fine pulverised sugar, and a little essence of coffee. Put the butter into a basin, and work it with a spaddle to a cream; then add the sugar and the essence of coffee, and mix all well together until it becomes light and smooth.

200.—Bavaroise Cream of Chocolate.

(CRÈME AU CHOCOLAT À LA BAVAROISE.)

Take four ounces of chocolate, one pint of milk, ten

leaves of gelatine, four ounces of sugar, and one pint of fresh whipped cream. Melt the chocolate in a saucepan with the warm milk, then add the gelatine and sugar; when it has dissolved pass it through a hair sieve into a basin, put it on ice, and stir it until it thickens. Then have ready the whipped cream, and mix it in by degrees; when you have mixed it well, pour it into a mould and place in ice until ready for serving.

201.—Bavaroise Vanille Cream.

(CRÈME BAVAROISE À LA VANILLE.)

Take half a pint of plain-boiling syrup, seven leaves of gelatine, and one pint of fresh whipped cream. When the syrup is boiling, add the gelatine and a stick of vanilla; as soon as it is dissolved pass it through a hair sieve, and finish as for Bavaroise of Chocolate.

202.—Bavaroise Coffee Cream.

(CRÈME BAVAROISE AU CAFÉ.)

Take eight ounces of sugar, the yolks of six eggs, half a pint of good coffee, ten leaves of gelatine, and half a pint of whipped cream. Mix the sugar with the yolks, then add the gelatine and the hot coffee. Then put it on a gentle fire until it boils; remove it and strain it through a hair sieve, and finish as for Bavaroise Cream of Chocolate.

203.—Bavaroise Strawberry Cream.

(CRÈME BAVAROISE AUX FRAISES.)

Take the juice of four ounces of strawberries, half a pint of plain syrup, one pint of fresh whipped cream, and ten leaves of gelatine. Mix and finish the same as for Coffee Cream.

204.—Bavaroise Raspberry Cream.

(CRÈME BAVAROISE AUX FRAMBOISES.)

Proceed exactly according to the directions for making the Strawberry Cream.

205.—Apricot Cream for Entremets.

(CRÈME AUX ABRICOTS.)

Take four ounces of apricot marmalade, one gill of Madeira wine, and the yolks of three eggs. Mix the yolks with the apricot marmalade, put it on a gentle fire, and stir it until it boils; then remove and pass it through a hair sieve into a basin, stir in the Madeira wine, and it is ready for use.

This cream is served with puddings, pancakes, and other entremets.

206.—French Custard Cream. No. 1.

(CRÈME POUR FLANS FINS.)

Take four ounces of sugar, four ounces of best flour, six eggs, two ounces of melted butter, and two pints of milk. Break the eggs into a basin, add the sugar and flour, and mix well together into a smooth paste; then stir in the melted butter and the milk, and the cream is ready for use.

207.—Another Custard Cream. No. 2.

(CRÊME POUR FLANS ORDINAIRES.)

Take eight ounces of flour, four ounces of sugar, five eggs, a little orange-flower water, and two pints of milk. Mix the ingredients and finish the dish as for the preceding custard.

208.—Custard Tartlets.

(PETITS FLANS À LA CRÈME.)

Line some deep tartlet pans (previously buttered) with thin puff paste, or with ordinary tart paste; now fill up with the custard cream mixture (No. 207), and bake it in a good oven.



FIG. 8.—DEEP TARTLET MOULD.

209.—The Preparation of Rice for Tartlets.

Take twelve ounces of clean rice, half a pint of water, three pints of milk, three eggs, and a little orange-flower water. Put the rice into a large saucepan, pour in the milk and water, and stir it on a gentle fire until it boils.

210.—Rice Tartlets.

(TARTELETTES OR FLANS AU RIZ.)

Line some flat tartlet moulds, that have been previously buttered, with tart paste, fill them with the prepared rice mixture (No. 209), and bake the tartlets in a quick oven.

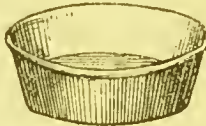


FIG. 9.—FLAT TARTLET MOULD.

When they are baked, ice them over with a thin fondant icing, and put half a cherry in the centre of each.

211.—Cheese Cakes.

(PETITS GÂTEAUX.)

Take eight ounces of sugar, four ounces of best butter, two eggs, one ounce of finger biscuits reduced to a powder, the juice of two lemons, and a little milk. Break the eggs into a basin, add the sugar and melted butter, and stir until the mixture becomes light and smooth; then add the lemon juice, biscuit powder, and if necessary a little milk. Next, line some tartlet pans with puff paste and fill up with the mixture; then bake in a quick oven.

212.—Pancakes. No. 1.

(CRÊPES.)

Take eight ounces of flour, three ounces of sugar, four or five eggs, three ounces of butter, a little salt, and one pint of milk. Mix the flour, sugar, and eggs together into a perfectly smooth paste, then gently stir in the melted butter, thinning it with milk by degrees. Next have ready a pancake pan, with hot fat, into which drop a large spoonful of the paste, spreading it out in the pan. When it is cooked on one side turn it over to the other; when that side is cooked, turn it over again on to a clean dish, and sift some powdered sugar over it.

213.—A Cheap Pancake. No. 2.

(CRÊPES ORDINAIRES.)

Take twelve ounces of flour, three ounces of sugar, three eggs, two ounces of butter, one pint of milk, one pint of water, and a spoonful of brandy. Mix and proceed as in preparing the preceding Pancakes (No. 212).

214.—Fritters.

(BEIGNETS SOUFLÉES.)

Take eight ounces of choux paste (No. 232), add the whites of three eggs whisked to a stiff snow froth; then add one ounce of sugar, and mix up well together. Next drop the paste with a spoon, in lumps about the size of a walnut, and fry in hot lard or olive oil for about five minutes, to a nice golden colour. Serve on a napkin with some sifted sugar over them.

215.—Paste for Apple Fritters. No. 1.

(PÂTE À FRIRE, POUR BEIGNETS DE POMMES.)

Take four ounces of best flour, one ounce of sugar, two spoonfuls of French brandy, four spoonfuls of olive oil, a little salt, about one gill of warm water and the whites of two eggs. Mix the flour, sugar, olive oil, and brandy well together, then add the water to thin it; whisk the eggs to a stiff snow froth, and stir gently in.

216.—Paste for Apple Fritters. No. 2.

Take ten ounces of flour, two gills of milk, five ounces of best butter, and the whites of three eggs. Mix the flour with the milk, add the melted butter, and mix well together into a smooth paste. Whisk the eggs to a stiff snow froth, and stir in gently.

217.—Apple Fritters.

(BEIGNETS DE POMMES.)

Take six fine apples, peel and core them, then cut them into slices a quarter of an inch thick. Now prepare the paste for Apple Fritters (No. 215 or 216), dip them into the

paste, and then fry in hot lard for about six minutes, to a nice golden colour. Serve them on a napkin, with sifted sugar powdered over them.

218.—Orange Fritters.

(BEIGNETS D'ORANGES.)

Take some fine oranges, peel and divide them into quarters by the thin skin, or leaves, without cutting the flesh; finish the dish as for Apple Fritters.

219.—Apricot Fritters.

(BEIGNETS D'ABRICOTS.)

Prepare the apricots, and proceed in all other respects in the same way as for Apple Fritters.

220.—Peach Fritters.

(BEIGNETS DE PÊCHES.)

Prepare the peaches, and finish the dish in the same way as for Apricot Fritters.

221.—Strawberry Fritters.

(BEIGNETS DE FRAISES.)

Prepare in the same way as for Apple Fritters, choosing the largest strawberries, which should be fresh, and not over ripe.

222.—Raspberry Fritters.

(BEIGNETS DE FRAMBOISES.)

Proceed as for Strawberry Fritters, taking care that the fruit is fresh, not too ripe, and not bruised.

CHAPTER X.

PUFF PASTES, ETC.

223.—Pâtes à Feuilletée.

TAKE one pound of flour, one pound of best butter, a spoonful of salt, and one pint of fresh water. Sift the flour on the paste board, make a hole in the centre (Fig. 10), into which put the water, salt, and one ounce of

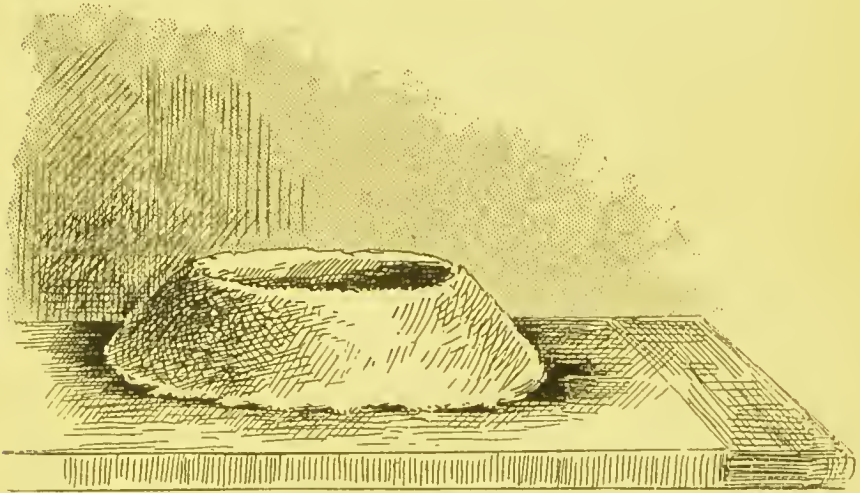


FIG. 10.—FLOUR ON BOARD'

lard. Mix it up into a paste of the same consistency as the butter; if necessary add a little more water. Next give the paste three or four turns, by working it well with your wrist (Fig. 11), until it becomes perfectly smooth and binding; mould it up under your hand into a round ball, and mark it across with a knife or scraper, four times each way, so as to form diamonds on the top. Let the

paste stand for twenty minutes, then roll it out to the thickness of one inch and put the butter on it; fold the



FIG. 11.—MAKING PASTE.

paste over, so as to cover the butter, roll out in a sheet about two feet long by one foot broad (Fig. 12), lay the

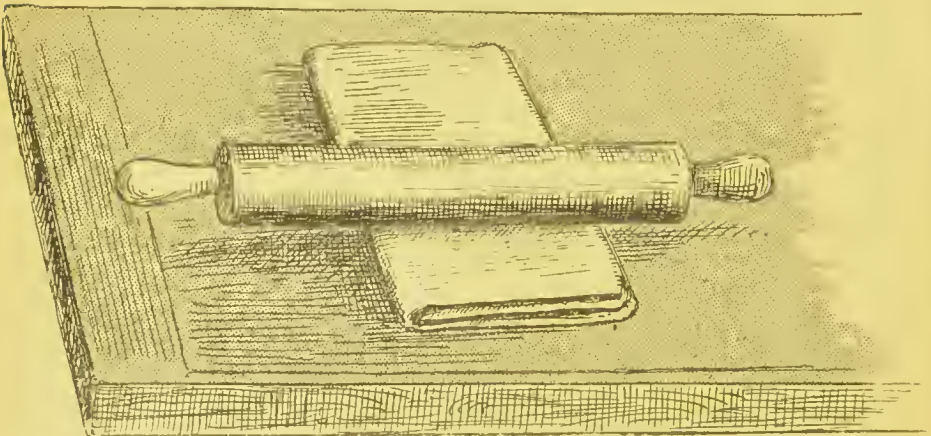


FIG. 12.—FOLDED PASTE

ends over each other and roll it out again, giving the paste two turns; then allow it to stand for ten minutes.

Now roll it out again and let it stand, and repeat this until you have given the paste six complete turns. As soon as it is finished, cut it out into various shapes, and bake it in a hot oven as soon as possible. The paste should not stand after it has received the six turns, for this would prevent it from rising in the oven.

224.—Cheap Puff Paste.

(PÂTE À FEUILLETÉE ORDINAIRE.)

Take twenty ounces of flour, fourteen ounces of butter, a spoonful of salt, and sufficient water to make a medium stiff paste. Sift the flour on your paste board, make a hole in the centre, and put into it the water, salt, and three ounces of lard. Mix it up into a paste, and finish it in the same way as for the preceding recipe.

225.—Extra Fine Paste for covering Tarts.

(PÂTE À FONCER FINE.)

Take one pound of flour, nine ounces of butter, one spoonful of salt, half pint of milk, and one spoonful of sugar. Rub the butter in with the flour, add the sugar, salt, and milk, and make it into a paste of moderate consistency; then roll it out to the size you require for the tart.

226.—Another Paste, with Lard.

Take one pound of flour, eight ounces of best lard, one spoonful of salt, and about half a pint of water. Mix up and finish in the same way as for preceding paste.

227.—Ordinary Paste, for covering Fruit Pies, or for making Tarts.

(PÂTE À FONCER ORDINAIRE.)

Take one pound of flour, six ounces of butter, one spoonful of salt, one spoonful of sugar, and one pint of water.

Sift the flour on the paste board, rub the butter in it, then add the sugar, salt, and water. Mix it well together into a stiff paste, and roll out according to your requirements.

228.—Paste for making Raised Meat Pies.

(PÂTE À PATÉS.)

Take one pound of flour, four ounces of butter, or lard, one spoonful of salt, and half a pint of water. Mix into a stiff paste, and use as before.

229.—Brioche Paste, Extra Fine.

(PÂTE À BRIOCHE FINE.)

Take one pound of flour, one pound of best butter, one spoonful of salt, two spoonfuls of sugar, eight eggs, and a good pennyweight of dried French yeast. Sift

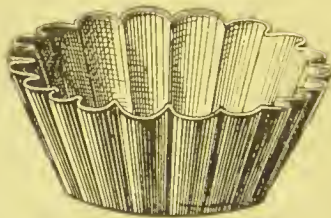


FIG. 13.—BRIOCHE MOULD : MOULE À BRIOCHES.

the flour on your paste board, then take a quarter of the flour, make a hole in the centre (Fig. 10), and dissolve the yeast in it with warm water. Mix it up into a dough—not too stiff, and not too soft—mould it up under your hand into a round ball, and mark it across with a knife or scraper four times each way, so as to form diamonds on the top; then put it into a warm place to rise to twice the size of its volume. Now take the remainder of the flour, make a hole in the centre, and put

in the butter, salt, sugar, and three or four eggs; mix it up into a dough by adding the eggs, two at a time, until the eggs are finished: work the dough the same as for bread dough. When it is perfectly smooth and binding, add the sponge dough to it, and mix well together, until it is smooth again; then put the dough into a basin, and let it stand in a cool place until next morning. During the interval it should be beaten down twice, in order to prevent its rising too much—the dough should always be made in the evening to be used next morning. Then flour your paste board and put the brioche paste on it; mould it up under your hand into round balls, put them on tin pans, place a small head on the top (about a third the size of the ball), egg-wash them over, and cut them round the sides with scissors. Bake them in a hot oven.

These are called in French *Brioche à tête*—brioched with heads.

230.—Cheap Brioche Cakes.

(BRIOCHE COMMUNE.)

Take one pound of flour, two pennyweights of French yeast, eight ounces of best butter, one spoonful of salt, one spoonful of sugar, six eggs, and a little milk. Mix and finish in the same way as for the preceding Brioche Paste.

231.—Household Brioche Cakes.

(BRIOCHE MENAGÈRE.)

Take one pound of flour, two good pennyweights of French yeast, four ounces of butter, three ounces of powdered sugar, two eggs, four ounces of cleaned sultanas, one pint of warm milk, and a little water. Mix and finish in the same way as you would for Currant Buns.

232.—Rum Babas.

(BABAS AUX RHUM.)

Take one pound of flour, six ounces of best butter, two pennyweights of French yeast, seven eggs, half a pint of milk, one spoonful of salt, two spoonfuls of sugar, and three ounces of sultanas. Mix and finish the same as you



FIG. 14.—BABA MOULD.

would for “Brioche Paste” (No. 229). Prepare the paste in the evening to be used next morning; it should be well beaten down before putting in the moulds, which you must fill half full with the paste. Put them in a warm stove and let them rise to the borders, then remove, and bake them in a good heat; when ready, take them out of the moulds and allow them to cool down. Now prepare some syrup (No. 233), and dip them in, three at a time. Great care must be taken not to soak them too much, lest they should fall to a mash.

233.—Syrup for Babas. No. 1.

(SIROP BABAS.)

Take two pounds of sugar, dissolve them in one pint of water, gently boil for one minute after the sugar is dissolved, take off the fire, and remove the scum. Gently boil it up again to the “Small Thread,” remove it, add the juice of two lemons, and two gills of the best rum. Dip in the babas while the syrup is hot.

234.—Another Kind of Babas. No. 2.

(BABAS ORDINAIRES.)

Take one pound of flour, four ounces of butter, two pennyweights of French yeast, two ounces of sugar, three eggs, four ounces of sultanas and citron peel, and one pint of milk. Mix and finish the same as for the preceding buns.

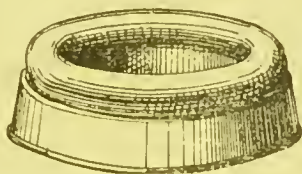


FIG. 15.—SAVARIN MOULD: (MOULE À SAVARIN).

235.—Savarin Paste.

(PÂTE À SAVARIN.)

Take one pound of flour, eight ounces of butter, two pennyweights of French yeast, one ounce of sugar, one spoonful of salt, ten eggs, and a little milk. Mix and finish the same as you would for buns, dipping them also in the rum syrup.

236.—Madeleine Cakes, Extra Fine. No. 1.

Weigh seven eggs, then weigh the same quantity of flour and sugar. Break the eggs and put them into a

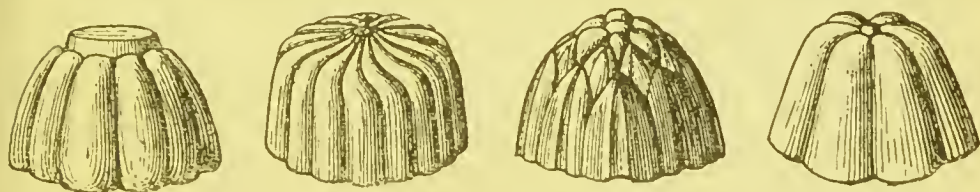


FIG. 16.—MADELEINE MOULDS.

basin, add the sugar, and whisk it well together until it is light and smooth; then melt the butter and stir it into

the eggs, together with the flour and a little lemon raspings. Bake in small fancy tins (Fig. 16) in a hot oven.



FIG. 17.—COMMERCY MOULDS.

237.—Another Madeleine Cake. No. 2.

(MADELEINES DE COMMERCY.)

Take one pound of flour, one pound of sugar, seven eggs, and a little vanilla flavouring. Sift the flour and sugar together into a basin, break the eggs and add them two at a time, stirring it each time with a spaddle into a smooth paste; gently boil the butter for one minute. Now add the flour, but be careful that you do not mix the butter too hot. Fill the paste into the moulds with a spoon (Fig. 17), and bake in a good heat.

238.—Cheap Madeleine Cakes. No. 3.

(MADELEINE ORDINAIRE.)

Take one pound of flour, twelve ounces of sugar, eight ounces of butter, nine eggs, and a little lemon raspings. Break the eggs into a basin, add the sugar; and whisk it on a gentle fire until it is light and smooth. Remove it, and stir in the flour and melted butter. Put the paste into deep fancy moulds and bake it in a good heat.

239.—Genoese Pastry, Beaten hot.

(GÂTEAUX GÉNOISES À CHAUD.)

Take one pound of sugar, one pound of flour, twelve ounces of butter, fourteen eggs, and the raspings of one lemon. Break the eggs into a basin, add the sugar, and whisk on a gentle fire until lukewarm; then remove from the fire and whisk it to a light colour, like a cream. Stir in the sifted flour and the melted butter, mix it gently together, put it in square tins (No. 17), and bake it in a good heat. After it is ready, allow it to get cold, then cut it into two parts, and put some apricot jam between and on the top of each. Then cut it up into any form or shape you may think proper, such as diamonds, hearts, lozenges, crescents, squares, etc.; ice them over with fondant icing (see fondant icing No. 18), then pipe or ornament them as your fancy directs.

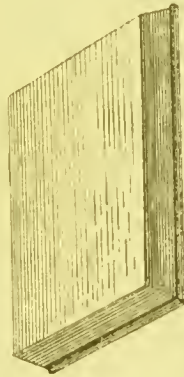


FIG. 18.—MOULD FOR GENOESE PASTRY: CAISSE À GÉNOISE.

240.—Genoese Pastry, Beaten cold.

(GÉNOISE À FROID.)

Take one pound of flour, twenty ounces of sugar, fourteen ounces of butter, sixteen eggs, and a little vanilla flavouring. Break the eggs into a basin, add the sugar,

and whisk until it becomes light ; then stir in the sifted flour and melted butter, mixing up gently together. Fill the moulds and bake, and finish as for the preceding Genoese Cake, cutting it, after it is ready, into fancy shapes.

241.—Cheap Genoese Cakes.

(GÉNOISE ORDINAIRE.)

Take one pound of self-raising flour, twelve ounces of sugar, eight ounces of butter, ten eggs, half a pint of milk and the raspings of one lemon. Mix up and finish as for preceding Genoese Cakes.

242.—Choux Paste.

(PÂTE À CHOUX FINE.)

Take one pound of the best flour, one pound of butter, two pints of fresh milk, a spoonful of salt, a spoonful of sugar, twelve or thirteen eggs, and a little orange-flower water. Put the butter, salt, sugar, and milk into a saucepan on a gentle fire ; when it rises to the top of the pan add the sifted flour with a spaddle. Stir it on the fire until the paste is compact and dry, and will not adhere to the saucepan or spaddle, taking great care that the paste does not burn ; take it off the fire, and keep moving it. Next break the eggs, adding them two at a time, and mixing between whiles until the eggs are finished. Keep the paste at a medium thickness—not too soft, yet not too stiff—and if necessary add one more egg. If the paste is too stiff it will not rise properly, and if too soft will make flat “puffs.” Put the paste in a bag, drop in small balls on clean iron baking plates, then egg-wash them over, and

bake in a moderate oven. After they are baked let them get cold, then fill them with whipped Cream.

The French name for these is "Choux à la Crème."

243.—Ordinary Choux Paste.

(PÂTE À CHOUX ORDINAIRE.)

Take one pound of flour, twelve ounces of butter, two pints of water, one spoonful of sugar, one spoonful of salt, and twelve eggs. Mix and finish in the same manner as for the preceding Puff Paste.

244.—Sugar Paste for French Pastry and Tartelettes.

(PÂTE À FONCER SUCRÉ.)

Take one pound of flour, eight ounces of sugar, three eggs, five ounces of butter, and the raspings of one lemon. Sift the flour on your paste board, make a hole in the middle, and put in the sugar, eggs, and butter. Mix the whole together into a stiff paste.

This paste is used for bottoms, and to line tartlet moulds of various kinds.

245.—Long, or Triangular Pastry.

(ECHAUDÉS.)

Take one pound of best flour, four ounces of butter, one spoonful of salt, eight or nine eggs, and one pennyweight of volatile salts. Sift the flour on your paste board, make a hole in the centre, and put in the salt and three eggs; mix it up into dough, adding the remaining eggs by degrees, and working the dough in the same manner as "Brioche" dough (No. 229). When it is perfectly smooth

and binding add the volatile salts, and mix thoroughly. Then put the paste into an earthenware pan, and let it stand in a cool place for two hours; after that time roll it out on your paste board to the thickness of one inch, cut it into strips or bands about two inches wide by three inches long, and place the strips on tins previously floured. Now boil sufficient water in a saucepan, and as soon as the water boils remove from the fire; put in the strips or bands, stir the water gently until they float to the top, take them out with the skimmer, and put them in fresh water until next morning. Then take them out, and put them on a hair sieve to strain for twenty minutes; then arrange them on a square iron baking box, about two feet long by eighteen inches wide, with a cover. Bake them in a hot oven for twenty to twenty-three minutes.

246.—Normandy Cakes.

(GALETTES NORMANDES.)

Take one pound of self-raising flour, six ounces of sugar, eight ounces of butter, one pint of milk, and a little orange-flower water. Rub the butter into the flour, then add the sugar and milk; mix it up into a paste of a moderate consistency, twist the paste into small oval rings, egg-wash them over, mark across with a knife four times each way, to form diamonds, and bake them in a hot oven.

247.—English Intermediate Cakes.

(GALETTES ANGLAIS AUX FRUITS.)

Take one pound of self-raising flour, six ounces of sugar, seven ounces of butter, eight ounces of fine cut orange and lemon peel, six ounces of currants, and one pint of milk. Rub the butter into the flour; then add the sugar

and milk. Mix up the ingredients and finish in the same way as for Normandy Cakes.

248.—Breton Cakes.

(GALETTES BRETONNES.)

Take one pound of self-raising flour, eight ounces of sugar, four ounces of butter, two eggs, the raspings of one lemon, eight ounces of clean currants, and a little milk. Mix them up, and finish in the same way as for the preceding cakes.

CHAPTER XI.

MACAROONS, ROUT CAKES, SOUFFLÉES AND BISCUITS.

MACAROONS.

249.—The Almond Paste for making Macaroons, etc.

The chief ingredient of this paste consists of almonds pounded in a mortar to a fine paste, with a sufficiency of white of egg and sugar mixed in various proportions. It is almost impossible to lay down a hard and fast rule for the number of eggs to be used for making any paste, as this entirely depends upon the size of the eggs, and on the dryness of the sugar and almonds. The safest way is to add the eggs by degrees. Experience and observation are the only sure guides as to the quantities required.

250.—Fine French Macaroons.

(MACARONS FINS.)

Take one pound of almonds, blanch them in boiling water, peel them and dry them. When they are perfectly dry, pound them in a mortar with twelve or thirteen whites of eggs, putting the eggs in by degrees. When the almonds are reduced to a fine and smooth paste, add two pounds of castor sugar and the raspings of two lemons. Mix thoroughly together, then put the paste into a saucepan, and set it on a moderate fire; stir it

until it is lukewarm, remove and dress quickly, whilst hot, on wafer paper; give the macaroons a round shape, and bake them at once in a moderate oven.

251.—Ordinary French Macaroons.

(MACARONS ORDINAIRES.)

Take one pound of almonds, two pounds and four ounces of castor sugar, six ounces of best flour, the whites of twelve eggs, and a little orange-flower water. Then finish in the same way as in making the preceding paste.

252.—Bitter Almond Macaroons.

(MACARONS AMERS.)

Take four ounces of bitter almonds and one pound of sweet almonds, blanch them and dry them, then pound them in a mortar with the whites of ten eggs. When they are reduced to fine and smooth paste, add two pounds and six ounces of castor sugar, and mix all thoroughly together. Then fill the paste into a bag provided with a pipe, or nozzle (Fig. 46), and squeeze the paste through it, in small round macaroons, on some wafer paper. Afterwards dip your finger in cold water and touch the tops of the macaroons, to make them shine; then bake them in a moderate oven.

253.—Hazel-nut Macaroons.

(MACARONS AUX NOISETTES.)

Take one pound of hazel-nut kernels, put them in a mortar, and pound them very fine, with the whites of twelve eggs; then add two pounds of castor sugar, and mix well into a good smooth paste. Next dress them on wafer

paper, in an oval shape, and bake them in a moderate oven.

254.—Little Fancy Macaroons.

(PETITS FOURS AUX NOISETTES.)

These are made from hazel-nut macaroons. Dress them, small and of a round shape, on wafer paper, then drop some white grain sugar over them, and bake them in a moderate oven. After they are baked press your forefinger in the centre of each, in order to obtain a small hole; fill this with some jam, and afterwards with some icing.

255.—Chocolate Macaroons.

(MACARONS AU CHOCOLAT.)

These are generally made of ordinary macaroon paste, with the addition of chocolate. Add to one pound and four ounces of macaroon paste, five ounces of the best chocolate, and melt your chocolate in the oven. When it is dissolved mix in quickly, dress the macaroons in a round shape on wafer paper, and bake them in a moderate oven.

256.—English Macaroons.

(MACARONS ANGLAIS.)

Take one pound of sweet almonds, blanch them and dry them, put them into a mortar and pound them to a fine paste with the whites of eight eggs, then add one pound and ten ounces of castor sugar. Mix all well together, dress the macaroons on wafer paper in a round shape, dip your forefinger in cold water and touch the tops, and put a few cut almonds on them; then bake them in a moderate oven.

257.—Dutch Vanilla Macaroons.

(MACARONS HOLLANDAIS.)

Take four ounces of sweet almonds, blanch them and dry them, then put into a mortar and pound them until they are very fine, with the whites of four eggs; then add twelve ounces of the finest powdered sugar, or icing sugar, and a little vanilla sugar; mix the materials thoroughly together. When the paste is smooth, put it in a bag with a nozzle, and dress the macaroons on paper in various shapes, such as round, oval, finger shape, etc. Now dry them in a warm stove for four or five hours in order to harden the paste, take them out, and make a deep cut on the top of each, so as to enable the macaroons to rise from it; then bake them in a moderate oven.

258.—Dutch Chocolate Macaroons.

(MACARONS HOLLANDAIS AU CHOCOLAT.)

Proceed as in the preparation of Vanilla Macaroons, and add three ounces of powdered chocolate.

259.—Dutch Raspberry Macaroons.

(MACARONS HOLLANDAIS AUX FRAMBOISES.)

Proceed as in making Vanilla Macaroons, only adding a little cochineal to give a crimson tint to the cakes.

260.—Dutch Coffee Macaroons.

(MACARONS HOLLANDAIS AU CAFÉ.)

Here also proceed as in making Vanilla Macaroons, but flavour the cakes with a little essence of coffee.

261.—Pistachio Macaroons.

(MACARONS PISTACHES.)

Take eight ounces of pistachios, blanch them and dry them, then put them in a mortar and pound them very fine with the whites of five eggs; add twelve ounces of castor sugar, and mix all well together. Dress the macaroons on wafer paper, cut very small and of a round shape, put some grain sugar over them, and press your forefinger in the centre to make a hole. Now bake them in a moderate oven; after they are baked fill up the holes with Pistachio Icing.

262.—French Marchpane Macaroons.

(MACARONS MASPAINS.)

Take eight ounces of sweet almonds, blanch them and cut them into little pieces, then put them just at the mouth of the oven and brown them to a light colour. Take them out, add the whites of two eggs and fourteen ounces of fine powdered sugar, mix all well, until the almonds are formed into a paste; dress the cakes on wafer paper of a round shape, with a spoon. Then press your finger into the centre of each to make a hole, and put them in a stove to dry till next day; bake them in a moderate oven. After they are finished, fill up the hole with some flavoured icing, and gently wash the macaroons over with some dissolved gum arabic in water, to glaze them.

263.—Rout Cakes or Biscuits.

(PETITS FOURS.)

Take one pound of sweet almonds, blanch and dry them, then put them into a mortar and pound them very fine,

with sufficient orange-flower water to obtain a firm paste. Next take the paste out of the mortar and put it into a pan, adding one pound of fine powdered sugar; put the pan on the fire and stir until the paste is dry, so that it will not adhere to your finger, take it off and dress the paste into all kinds of fancy ornamental biscuits.

264.—Other Rout Cakes or Biscuits.

Take one pound of almonds, one pound of fine powdered sugar, and two eggs. Pound the almonds fine, in the same way as for other pastes, mix in the sugar thoroughly, and dress them; then bake the whole in a moderate oven.

265.—Vanilla Soufflée, in Paper Cases.

(SOUFFLÉE EN CAISSE.)

Take eight ounces of almonds, blanch and dry them, put them in a mortar and pound them with ten ounces of loaf sugar, and pass them through a sieve. When all the almonds have passed through, beat up the whites of five eggs, mix them in, and add a little vanilla; then fill the paper cases, and put on each half a cherry and some cut almonds. Then powder them well with sugar, and bake them in a moderate oven.

266.—Raspberry Soufflée, in Cases.

(SOUFFLÉE AUX FRAMBOISES, EN CAISSE.)

Proceeding the same as for the preceding recipe, add a little cochineal to give a raspberry coloured tint.

267.—Pistachio Soufflée, in Cases.

(SOUFFLÉE AUX PISTACHES, EN CAISSE.)

Proceed as for Vanilla Soufflée, adding a little green colouring to give the pistachio tint, and putting some cut pistachios on the top, instead of almonds.

268.—Hazel-nut Soufflée, in Cases.

(SOUFFLÉE AUX NOISSETTES, EN CAISSE.)

This is prepared in the same way as Vanilla Soufflée; but instead of almonds use hazel-nuts.

269.—Chocolate Soufflée, in Cases.

(SOUFFLÉE AU CHOCOLAT, EN CAISSE.)

Prepare the ingredients as for Vanilla Soufflée, adding four ounces of best chocolate. This soufflée may also be made with hazel-nuts instead of almonds.

270.—Almond Paste for shaping into Pears, Apples, Nuts, etc.

(PÂTE D'AMANDES.)

Take eight ounces of sweet almonds, blanch and dry them, put them in a mortar and pound them very fine, with one egg, and add eight ounces of the finest powdered sugar, or icing sugar; mix thoroughly together. Now take the almond paste out of the mortar and put it in a pan, place the pan on a gentle fire, and stir the paste until it becomes lukewarm, and will not adhere to your finger. Take it off, and dress it in the shape of any kind of fruit.

271.—Cinnamon Sticks or Biscuits.

(BÂTONS DE CANNELLE.)

Take one pound of raw almonds, pound them in a mortar to a fine powder with one pound and four ounces of sugar, pass it through a sieve, and whatever is not fine enough to pass through the sieve put back into the mortar, and pound it again until all has passed

through the sieve; then mix in the whites of three eggs thoroughly, until the paste is perfectly smooth, and add a little cinnamon. Next roll it out into a sheet about half an inch thick, spread over it a fine layer of icing, made with the white of egg and loaf-sugar dust, and cut your paste into sticks or bars about four inches long and half an inch wide. Put these in tins on wafer paper, bake them in a slow oven, with the door open. When the icing is a little coloured they are done.

272.—Vanilla Sticks or Biscuits.

(BÂTONS À LA VANILLE.)

Proceed exactly as in preparing cinnamon sticks, only substituting a little vanilla for the flavouring.

273.—Chocolate Sticks or Biscuits.

(BÂTONS AU CHOCOLAT.)

Here again proceed as in preparing Cinnamon Sticks, only adding four ounces of the best chocolate.

274.—Pistachio Sticks or Biscuits.

(BÂTONS AUX PISTACHES.)

Prepare a cinnamon paste (No. 271), then roll it out as before, and put over it a thin layer of icing, spreading the icing as evenly as you can. Then cut some blanched pistachios into long thin slices, and lay them on the icing; next cut the paste into sticks as before, and bake them in a slack oven with the door open.

275.—Almond Rock Biscuits.

(ROCHERS.)

Take eight ounces of sweet almonds, blanch them and cut them into long thin slices, and add to them the

whites of two or three eggs, one ounce of candied orange peel cut small, and twenty ounces of fine icing sugar. Mix all thoroughly together, dress the biscuits with a spoon on wafer paper, about the size of a two-shilling piece, and pile them one inch and a half high; next put them to dry for four or five hours, and bake them in a slack oven, to give them a nice light colour.

276.—Raspberry Rock Biscuits.

(ROCHERS AUX FRAMBOISES.)

Proceed as in making Almond Rock Biscuits, only adding a little essence of raspberry and a little cochineal to give the proper colour.

277.—Lemon Rock Biscuits.

(ROCHERS AU CITRON.)

Prepare the paste as for Almond Rock Biscuits, adding the juice of one lemon and a few drops of lemon essence.

278.—Orange Rock Biscuits.

(ROCHERS À L'ORANGE.)

Prepare the paste as for Almond Rock Biscuits, and add a little cochineal with a little yellow colouring to give the required orange tint.

279.—Coffee Rock Biscuits.

(ROCHERS AU CAFÉ.)

Mix up sliced almonds with the whites of eggs, and sugar, as in preparing for Almond Rock Biscuits, and add a little essence of coffee to give flavour and tint.

280.—Chocolate Rock Biscuits.

(ROCHERS AU CHOCOLAT.)

Prepare the sweetmeats exactly as for Almond Rock Biscuits, and add three ounces of chocolate powder.

281.—French Calisson Biscuits.

(CALISSONS D'AIX.)

Take eight ounces of sweet almonds, blanch them, and put them into a mortar and pound them fine with some syrup of preserved fruits; add eight ounces of sugar. Next take the paste out of the mortar, put it into a pan on a gentle fire, stir it for five or six minutes, or until the paste is so compact and dry that it will not adhere to your finger. Take it off, and spread it on wafer paper as evenly as you can, about half an inch thick; then spread over it a layer of thin icing, made with the white of eggs and icing sugar,

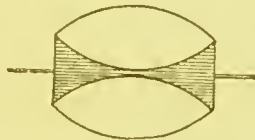


FIG. 19.—CALISSON CUTTER.

and cut into cakes with a calisson cutter. Bake the calissons in a slow oven, with the door open.

282.—Other Calisson Biscuits.

(CALISSONS AU MIEL.)

Take eight ounces of almonds, and twelve ounces of sugar, pound the almonds with sufficient honey to make a stiff paste, and finish according to the preceding recipe.

283.—Swedish Biscuits.

(SUÉDOIS.)

Take eight ounces of sweet almonds, blanch them and cut them into long thin slices, and put them into a basin with the whites of two eggs and ten ounces of icing sugar. Mix the paste well together, and dress it with your fingers on wafer paper, of a crescent shape; now let the biscuits dry for four or five hours, then bake them in a slow oven, with the door open.

284.—Vanilla Ess Biscuits.

(ESSE À LA VANILLE.)

Take four ounces of almonds, blanch and dry them, then put them into a mortar and pound them with the whites of three or four eggs; when the almonds are pounded to a fine and smooth paste, add one pound of icing sugar and some vanilla. Next put the paste into a pan on a gentle fire, stir it with a spatula until the paste is lukewarm, then put it into a bag with a star-shaped pipe, or nozzle, and dress the biscuits on tins of an S shape. The tins should be greased and floured over; let the biscuits dry for three or four hours before baking, then bake them in a slow oven, with the door open.

285.—Chocolate Ess Biscuits.

(ESSE CHOCOLAT.)

Proceed in the same way as in making Vanilla Ess Biscuits, but add four ounces of the best chocolate.

CHAPTER XII.

WAFERS, SAVOY, SPONGE AND OTHER BISCUITS.

WAFERS.

286.—Fine French Wafers, or Gaufres.

(GAUFRES PARISIENNES.)

Take an earthenware pan, and put into it eight ounces of the best flour, six ounces of the best butter, and four ounces of pounded sugar. Rub the butter, flour, and sugar well together, then add the rinds and juice of two lemons, and three large eggs. Mix all thoroughly together with a wooden spoon until the paste is fine and smooth, then roll out your paste into little cakes; take your wafer tongs, heat them over the hole of a stove or clear fire, grease the inside surfaces with a small piece of butter or a little olive oil. Now put the paste in, and close the tongs; put the iron on the fire and turn the paste from time to time, in order to bake both sides the same colour. When it is baked, unfasten the tongs, scrape the edges, take out the wafers, and roll them on a small round stick, put them on a sieve and dry them in a stove.

287.—Lemon Wafers.

(GAUFRES AU CITRON.)

Put into an earthenware pan ten ounces of best flour, and four ounces of pulverised sugar; add the rinds and

juice of two lemons, and three large eggs, putting in one egg at a time, in order to obtain a smooth batter. Next dissolve four ounces of the best butter in half a pint of warm water, mix it into the batter by degrees, heat the wafer tongs (Fig. 20) and butter the insides; put in a

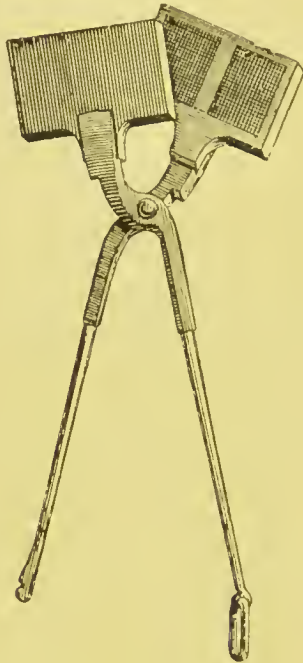


FIG. 20.—TONGS FOR MAKING GAUFRES.

spoonful of the batter and close the tongs immediately. Finish in the same way as for the preceding recipe. Flavour with essence of lemon.

288.—Vanilla Wafers.

(GAUFRES À LA VANILLE.)

These are prepared in the same way as Lemon Wafers, except that they have vanilla flavouring instead of lemon.

289.—Cigarette Wafers for Ices.

(GAUFRES CIGARETTES POUR GLACES.)

Put into an earthenware pan eight ounces of the best flour, with five ounces of pounded sugar. Mix it up into batter with the whites of six eggs and the juice of one lemon, thinning it with a little orange-flower water until it is quite smooth; then strain it through a hair sieve. Then flavour it with vanilla, heat the wafer tongs, butter the inside surfaces, then put in a spoonful of the batter and close the tongs immediately. Bake them in the same way as other wafers (see French Wafer).

290.—Cornet, or Horn, Wafers.

(GAUFRES CORNETS.)

These are prepared like Cigarette Wafers, except that they are filled with whipped cream (Fig. 21).

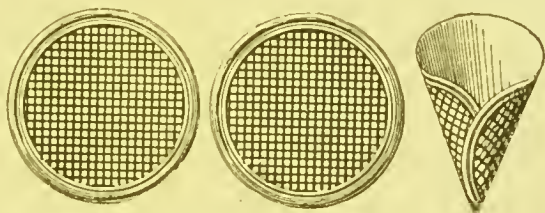


FIG. 21.—COMET WAFERS, FLAT AND TWISTED.

291.—Red Wafers.

(GAUFRES ROUGES.)

These are made from Cigarette Wafers, a little cochineal being added to give the tint.

292.—Cream Wafers.

(GAUFRES À LA CRÈME.)

These are prepared in the same way as Cigarette Wafers, with the difference that cream is used instead of orange-flower water.

293.—Almond Wafers.

(GAUFRES AUX AMANDES.)

Take four ounces of almonds, blanch them and put them into a mortar, pound them to a fine paste with the whites of two eggs, add six ounces of fine powdered sugar, and one ounce of the best flour. Next butter a smooth baking tin, and lay your almond paste on it; with a flat knife spread it out as thin as you can, in a round shape; put over it a few fine-chopped almonds, and bake it in a good oven. After the wafers are baked roll them quickly on a round stick of wood, and garnish them with cream when cold.

294.—Pistachio Wafers.

(GAUFRES AUX PISTACHES.)

These are made in the same way as Almond Wafers, only pistachios are used instead of almonds.

*SAVOY AND SPONGE BISCUITS.***295.—French Savoy Biscuits, or Ladies' Fingers.**

(BISCUITS À LA CUILLÈRE.)

Break eighteen eggs, put the yolks in one basin and the whites in another, add one pound of pulverised sugar to the yolks, and work it with a spaddle until it is light; then

flavour it with vanilla, and add fourteen ounces of sifted flour. Whisk the whites to a stiff snow froth, add one-third of this froth to the yolks, and mix gently until smooth, then pour in the remainder of the froth and mix all well together. Next lay out some sheets of stiff paper on your paste board, insert a suitable pipe or nozzle in your bag, fill it with some paste, and dress the biscuits on the paper to the length of about four inches; then sugar them over with some fine pounded sugar through a sieve, sifted gently over the biscuits; then shake the sugar off, lay the biscuits out on plates, and bake them in a good oven. After they are baked they can be taken off the paper with a flat knife.

296.—Another Savoy Biscuit.

(BISCUIT À LA CUILLÈRE ORDINAIRE.)

Ingredients:—one pound of sugar, one pound of flour, and the yolks and whites of twenty-six eggs. Proceed as in the preceding recipe.

297.—French Sponge Biscuits.

(BISCUITS EN MOULES.)

Break thirteen eggs, put the yolks in one basin and the whites in another, add one pound of pounded sugar to the yolks, work it with a small wooden spaddle until it is light, then flavour it with essence of lemon and add twelve ounces of sifted flour. Whisk the whites to a stiff snow froth, add quickly one-third of the whites to the yolks, and mix it gently until it is smooth, then pour in the remainder of the whites and mix all well together. Butter and sugar your moulds, fill them with the paste, and sift some sugar over them; then bake the biscuits in a moder-

ate oven until they have a light colour. After they are baked take them out of the moulds, and lay them in a sieve with the glazed side downwards.

298.—Another Sponge Biscuit.

Take one pound of pounded sugar, twenty-six whites of eggs and twenty-six yolks, and twenty ounces of flour, proceeding exactly according to the preceding recipe.

VARIOUS BISCUITS.

299.—Lemon Biscuits.

(BISCUITS AU CITRON.)

Break thirteen eggs into a basin, add one pound of pounded sugar, whisk the mixture over a gentle fire until it becomes lukewarm, then remove it from the fire and whisk until it is quite light; then add the raspings and the juice of two lemons and sift in twelve ounces of the best flour. Next mix the flour gently, so that the paste may be light and smooth, then fill a square tin with borders, and bake the paste to a light colour in a moderate oven. After it is baked let it cool, then ice it over with icing flavoured with lemon; when it is iced, cut it into small pieces, such as diamonds, crescents, square, oval, or round shapes.

300.—Orange Biscuits.

(BISCUITS À L'ORANGE.)

These are made exactly the same as Lemon Biscuits, only that the juice of three oranges is added after the skins have been rubbed off with lump sugar; then pound the sugar and add it to the eggs, and finish as for lemon biscuits, icing them over with orange icing (No. 26).

301.—Vanilla Biscuits.

(BISCUITS À LA VANILLE.)

Proceed in the same way as for Lemon Biscuits, adding two ounces of pounded vanilla with the sugar, and icing them over with vanilla icing (No. 23).

302.—Chocolate Biscuits.

(BISCUITS AU CHOCOLAT.)

Prepare the same as for Lemon Biscuits, adding four ounces of rasped chocolate. Fill the paste into a tin and bake in a moderate oven, cut into small pieces of any shape you may think proper, icing them over with fondant mixed with chocolate (No. 28).

303.—Coffee Biscuits.

(BISCUITS AU CAFÉ.)

Prepare the same as for Lemon Biscuits, only adding some essence of coffee instead of chocolate, and flavour the icing with coffee (No. 27).

304.—Almond Biscuits.

(BISCUITS AUX AMANDES.)

Take four ounces of almonds, blanch them and pound them in a mortar to a fine paste with milk; break fourteen eggs into a basin, add one pound of pounded sugar, whisk the sugar and eggs on a gentle fire till it becomes lukewarm. Remove the mixture from the fire and continue whisking until it is quite light, then add the almond paste and ten ounces of sifted flour; mix the flour in gently, to obtain a light and smooth paste. Next put the paste into moulds, or into a square tin, the same as for Lemon Biscuits, and bake it in a moderate oven.

305.—Light Almond Biscuits.

(BISCUITS LÉGERS AUX AMANDES.)

Take eight ounces of almonds, blanch them, and pound them in a mortar to a fine paste with some milk; then break eighteen eggs, putting the yolks in one basin and the whites in another; add the almond paste and one pound of sugar, well pounded, to the yolks, work the mixture with a spaddle until it is light, add a little vanilla, and twelve ounces of sifted flour. Next whisk the whites to a stiff froth, then add one-third of the whites to the yolks, and mix gently until smooth; then pour in the remainder of the whites and mix all well together. Fill some little fancy moulds, and bake the biscuits in a moderate oven.

306.—Pistachio Biscuits.

(BISCUITS AU PISTACHES.)

Prepare these biscuits the same as Light Almond Biscuits. Take eight ounces of pistachios, blanch, and pound them in a mortar to a fine paste, and finish according to the last recipe.

307.—Hazel-nut Biscuits.

(BISCUITS AUX NOISETTES.)

These are prepared exactly the same as Light Almond Biscuits, except that instead of almonds hazel-nuts are used.

308.—French Dry Biscuits.

(BISCUITS DE REIMS.)

Break ten eggs into a basin, add one pound of sugar, whisk the sugar and eggs together until the mixture is

very light, add a little vanilla, and sift in fourteen ounces of the best flour; mix the flour in gently, so that the paste may be light and smooth, then fill up the moulds called "Biscuits de Reims" (Fig. 22), after they have been

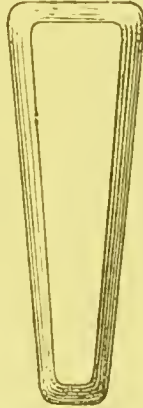


FIG. 22.—BISCUITS DE REIMS MOULD.

greased with a special composition. Bake the biscuits in a hot oven. Soon after they are baked put them in a stove to dry before you remove them from the moulds.

Note.—Sugar the biscuits over before you bake them.

309.—Reims Biscuits.

(BISCUITS DE REIMS.)

MADE WITH WHISKING MACHINE.

Break twenty-six eggs into a basin, put them into the machine, add two pounds of pulverised sugar, and work the machine till the mixture becomes very light; then add a little vanilla and a little carbonate of soda (the weight of a halfpenny), and two pounds of sifted flour. Mix the flour in gently, in order to obtain a light and smooth paste; then fill your moulds, and finish according to the preceding recipe.

**310.—Composition for Greasing the Moulds for
Reims Biscuits. (No. 1.)**

Take one pound of melted wax; mix it with two pints of olive oil, and keep the mixture covered.

311.—Another Composition. (No. 2.)

Take four ounces of melted beef suet; mix these with four ounces of butter and four ounces of wax.

312.—Lard Composition. (No. 3.)

Take eleven ounces of clarified lard and mix them with seven ounces of wax.

CHAPTER XIII.

MERINGUES AND SOUFFLAGE CAKES.

MERINGUES, OR ICE CAKES.

313.—Composition of Meringues.

MERINGUES are produced from whites of eggs and sugar, the proportion being from four up to twelve whites of eggs to one pound of sugar.

314.—Cream Meringues.

(MERINGUES À LA CRÈME.)

Whisk ten whites of eggs to a stiff snow froth, then mix in gently one pound of pounded loaf sugar until the paste is quite smooth; add a little vanilla, lay the paste out on a paper with a spoon in the shape of eggs, sift some fine sugar over them, then blow off the waste sugar. Bake them in tins in a moderate oven; after they are baked take each of these sugar eggs, press or beat in the bottom, to form a cavity, which fill with cream or jelly.

315.—Fancy Ornamental Meringues.

(MERINGUES DÉCORÉES.)

Whisk the whites of eight eggs to a stiff snow froth, then mix in gently one pound of pounded sugar until the paste is smooth. Fill the paste in a bag with a pipe,

and dress all kinds of shapes of fruits, such as strawberries, apples, pears, etc., on paper, and bake the meringues in a slack oven.

316.—Cocanut Meringues, or Drops.

(MERINGUES AUX NOIX DE COCO.)

Put into a basin one pound of powdered sugar, whisk it with the whites of eight eggs over a gentle fire until it is lukewarm, then remove it from the fire and continue whisking till the paste is stiff, like meringue. Dress it on a paper, with a bag, of a round shape, about the size of a macaroon; then put some fine-chopped cocoa-nut over the biscuits and bake them in a moderate oven.

317.—Light Meringues.

(MERINGUES FINES.)

Whisk twelve whites of eggs to a stiff snow froth, mix in gently one pound of powdered sugar with a spaddle, and add a little vanilla. Dress the meringues on paper sheets with a spoon, or a bag, moulding them in the shape of an egg, sift some fine sugar over them, blow off the waste sugar, and bake them on a stout board about two inches thick, so that the bottoms of the meringues may remain unbaked. Bake them in a moderate oven to a light colour; after they are baked, take them off, and with the bowl of a spoon press or beat in the bottom of each meringue, to form a cavity, which fill with cream.

318.—Light Swiss Meringues.

(MERINGUES À LA SUISSE.)

FOR MAKING FRUITS, ETC.

Put one pound of fine pulverised sugar into a basin, mix it with the whites of three eggs until the paste is

white and smooth, add a little vanilla, and a little baking powder (No. 47) to make the paste stiff; then whisk the whites of four eggs to a stiff froth, and mix them gently in. Dress your paste on buttered and floured tins, put them in a stove to dry, and next day bake them in a slack oven, with the door open.

319.—Italian Meringues.

(MERINGUES À L'ITALIENNE.)

Boil one pound of loaf sugar to the "ball" (No. 8), pour it gently over the whites of six eggs well beaten up to a stiff snow froth, whisk until the sugar and eggs are well mixed, add any flavour you may think proper, and dress the paste on paper or tins.

320.—Soufflée Meringues.

(MERINGUES SOUFFLÉES.)

These are made exactly the same as Swiss Meringues or Italian Meringues, only with the addition of four ounces of almond powder and a few sliced almonds on the top of each. Bake them in a moderate oven, with the door open.

321.—Raspberry Meringues.

(MERINGUES AUX FRAMBOISES.)

Put into a basin one pound of fine powdered sugar, mix it with the whites of two eggs to a smooth paste, add a little cochineal, some raspberry flavouring, and a little baking powder (No. 47) on the point of a knife; then whisk the whites of four eggs to a white snow froth, and mix them gently in. Dress the paste on well buttered and floured tins, with a bag, of a finger shape, about three inches long, and bake them in a moderate oven.

322.—Coffee Meringues.

(MERINGUES AU CAFÉ.)

These are prepared in the same way as Raspberry Meringues, with the addition of essence of coffee instead of raspberry essence.

323.—Chocolate Meringues.

(MERINGUES AU CHOCOLAT.)

Mix and prepare as for Coffee Meringues, but instead of essence of coffee add three ounces of melted cocoa.

*SOUFFLAGE CAKES.***324.—Vanilla Soufflage Cakes.**

(SOUFFLAGE À LA VANILLE.)

Put into a basin the whites of three eggs, adding a little vanilla; then mix in gradually some fine pounded sugar, as much as the eggs will absorb, to make it into a stiff paste. Roll it out to the thickness of one-fourth of an inch, cut it up into any size or shape you think fit, butter some plates, and bake the cakes thereon in a moderate oven. Let them dry for twenty minutes before you bake them, so that they may rise properly; when baked they may be iced, piped, or decorated as your fancy directs.

325.—Almond Soufflage Cakes.

(SOUFFLAGE AUX AMANDES.)

Mix and finish Almond Soufflage Cakes in the same way as Vanilla Soufflage Cakes, with the addition of three ounces of almonds.

326.—Hazel-nut Soufflage Cakes.

(SOUFFLAGE AUX NOISETTES.)

Prepare these in the same way as Almond Soufflage Cakes, but instead of almonds add some ground hazel-nuts.

327.—Pistachio Soufflage Cakes.

(SOUFFLAGE AUX PISTACHES.)

Take four ounces of pistachios, blanch them, and pound them in a mortar to a fine paste with the whites of two eggs; then add some fine pounded loaf sugar, as much as the pistachios will absorb, to make a stiff paste, and finish in the same way as in making Vanilla Soufflage Cakes.

328.—Chocolate Soufflage Cakes.

(SOUFFLAGE AU CHOCOLAT.)

Proceed in the same way as in making Vanilla Soufflage Cakes, adding three ounces of cocoa powder.

329.—Coffee Soufflage Cakes.

(SOUFFLAGE AU CAFÉ.)

These are mixed and finished like Chocolate Cakes, but some essence of coffee is added instead of cocoa.

330.—Cocoanut Soufflage Cakes.

(SOUFFLAGE AUX NOIX DE COCO.)

Mix and finish these in the same way as Almond Soufflage Cakes, adding three ounces of chopped cocoanut.

CHAPTER XIV.

CAKES, RICH AND PLAIN, DECORATED AND SIMPLE.

WEDDING CAKES.

331.—The Usual Wedding Cake.

(GÂTEAU DE NOCE.)

PREPARE the following ingredients:—Two pounds of well-aired flour, one pound of butter, one pound of sugar, eight ounces of sweet almonds, four ounces of allspice and broken cinnamon, nine or ten eggs, a glass of rum, or French brandy, one pound of orange and lemon peel, one pound eight ounces of citron, and two pounds of currants. First melt the butter and work it to a cream; add the powdered sugar, with the allspice and broken cinnamon, and stir it thoroughly for several minutes; then break in three or four eggs, and mix well for a few more minutes. Next add three more eggs and stir again, and so on until all the eggs are stirred in. Have the currants carefully cleaned and picked over, and the candied orange, citron, and lemon peel slit up into shavings; then add them along with the almonds and mix them in; then mix the whole well together, add the sifted flour and pour in the brandy or rum, and the cake is ready for the oven. Put it into a tin hoop, with several sheets of clean writing paper, or buttered paper, on the inside, and bake it in a hot oven.

332.—A Rich Wedding Cake.

(GÂTEAU DE NOCE, EXTRA FIN.)

Take the following ingredients:—Two pounds of best butter, two pounds of sugar, two pounds of ground almonds, two pounds of best flour, one pound of orange and lemon peel, two pounds of citron, four pounds of currants, one ounce of mixed ground spice, ten eggs, and one glass of best French brandy. Melt the butter, and proceed in making as for the preceding cake.

*MADEIRA, RICE, SEED, AND PALACE CAKES.***333.—Improved Madeira Cake.**

(GÂTEAU DE MADÈRE—FIN.)

Take one pound of butter, one pound four ounces of sugar, one pound four ounces of self-raising flour (No. 48), half a pint of milk, and six eggs. Melt and stir the butter to a cream, put in the sugar, and mix thoroughly for several minutes, then add your eggs, three at a time, stirring well between whiles; then add the self-raising flour with the milk, and mix up again. Put the cakes into a tin hoop with paper round, then wash over the top with the white of eggs mixed with a little sugar syrup, laid on evenly; put a few chips of citron peel on each cake, and bake them in a moderate oven.

334.—Cheap Madeira Cake.

(GÂTEAU DE MADÈRE.)

Take one pound of butter, two pounds of self-raising flour (No. 48), twelve ounces of powdered sugar, four eggs, and two pints of milk. Melt the butter and proceed as in making the foregoing cake.

335.—Rice Cake (Best).

(GÂTEAU DE RIZ.)

Take one pound of butter, one pound of sugar, one pound of self-raising flour (No. 48), and twelve eggs. Melt the butter and stir it to a cream, add the sugar, and mix thoroughly for a few minutes until the mixture becomes white; then add two eggs at a time, mixing well as you add them, until the twelve eggs are added, then drop in the sifted flour and stir well together. Bake the cakes in small round hoops, with two or three thicknesses of paper round and underneath, place them on iron plates, and bake them in a good oven.

336.—Cheap Rice Cake.

Take twelve ounces of butter, one pound of sugar, two pounds of self-raising flour (No. 48), four eggs, and two pints of milk. Melt the butter and proceed as in making the Best Rice Cake.

337.—Seed Cake.

(GÂTEAU CARVI.)

Take one pound of butter, one pound of sugar, twelve eggs, one pound eight ounces of flour and four ounces of caraway seeds. Melt the butter and work it to a cream, add the sugar, and stir it well until it becomes white, add the eggs two at a time until the eggs are all in; then stir in the sifted flour and the caraway seeds. Bake the cakes in oblong tins in a hot oven.

338.—Cheap Seed Cake.

Take eight ounces of butter, four ounces of lard, one pound of sugar, two pounds twelve ounces of self-

raising flour (No. 48), four eggs, two pints of milk, and six ounces of caraway seeds. Mix butter, lard, and sugar well together, add the eggs, and stir in the flour with the milk and caraway seeds, and finish as before.

339.—Palace Cake.

Take one pound of butter, one pound six ounces of sugar, one pound eight ounces of flour, eight eggs, twelve ounces of sultanas, and eight ounces of chopped almonds. Melt the butter and work it to a cream, add the sugar, and two eggs at a time, mixing the ingredients well between whites; then stir in the flour, fruits, and chopped almonds. Place them in square tins, putting some sliced almonds on the top of the paste; then bake in a hot oven.

340.—Cheap Palace Cake.

Take one pound of butter, one pound eight ounces of sugar, three pounds of self-raising flour (No. 44), five eggs, one pint of milk, four ounces of chopped almonds and twelve ounces of sultanas. Melt the butter and proceed as in making the best Palace cake.

341.—Plum Cake.

(ENGLISH.)

Take one pound of best butter, one pound of sugar, one pound four ounces of best flour, one pound of currants, one pound of sultanas, and eight eggs. Melt the butter and work it to a cream, add the sugar, and stir the mixture until it becomes white; break the eggs and add one at a time. Now mix in the flour and fruits, and mix well together—(you may add a little citron peel), then place the paste in tins and bake it in a good oven.

342.—Cheap Plum Cake.

Take one pound of butter, two pounds of sugar, four pounds of self-raising flour (No. 48), fourteen ounces of currants, fourteen ounces of sultanas, five eggs, and two pints of milk. Melt the butter and stir it to a cream, then add the sugar, eggs, flour, and fruit as before, and finish the cake like the preceding one.

343.—Luncheon Cake.

Take one pound of butter, twelve ounces of sugar, twelve ounces of currants, twelve ounces of sultanas, twelve ounces of orange and lemon peel, four ounces of citron, two pounds of flour, one ounce of allspice, and six eggs. Melt the butter and work it to a cream; then add the sugar, eggs, fruit, and flour as before, and bake the cake in tin hoops in a good oven.

344.—Cheap Luncheon Cake.

Take six ounces of butter, six ounces of the best lard, twelve ounces of sugar, one pound of currants, one pound of sultanas, twelve ounces of orange and lemon peel, four ounces of citron, four pounds of self-raising flour (No. 48), one ounce of allspice, and about one or two pints of milk (sufficient to moisten the mixture). Stir the ingredients well together, and finish as for the preceding cake.

345.—Pound Cake.

Take one pound of the best butter, twelve ounces of sugar, six eggs, fourteen ounces of flour, and the raspings of two lemons. Melt the butter and stir it to a cream, add the sugar and stir until it becomes white, mix the eggs in one at a time, then add the flour and lemon

raspings. Mix all well, and bake the cakes in small round hoops with three thicknesses of paper around and beneath; put them on iron plates with sawdust under them, and bake them in a good oven.

346.—Cheap Pound Cake.

Take six ounces of butter, six ounces of lard, one pound of sugar, one pound eight ounces of self-raising flour, (No. 48), a little essence of lemon, three eggs, and one pint of milk. Melt the butter and lard, and work it to a cream, then add the sugar, eggs, flour and milk; mix them well together, and finish as in making the preceding cake.

347.—Currant Cake.

Take one pound of the best butter, ten ounces of sugar, six eggs, twelve ounces of best flour, one pound and a half of clean currants, eight ounces of cut peel, and a little mixed spice. Proceed and finish as in making the Pound Cake.

348.—Cheap Currant Cake.

Take eight ounces of butter, six ounces of lard, twelve ounces of sugar, one pound twelve ounces of self-raising flour (No. 48), two pounds of clean currants, three eggs, and sufficient milk to moisten the dough. Add a little mixed spice, and proceed as in making Pound Cake.

349.—Napoleon Cake.

(GÂTEAU NAPOLÉON.)

Take one pound of butter, one pound of sugar, eight eggs, one pint of milk, and two pounds eight ounces of

self-raising flour (No. 48). Put the butter into a warm earthen pan and work it to a cream, then stir in the sugar until it becomes white, and add the eggs one or two at a time, with a little flour; afterwards add the remainder of the flour and milk, and mix them well together. Put the cakes in oval tins, with a few blanched sweet almonds cut fine on the top, and bake in a hot oven.

350.—Sponge Cake.

Proceed in the same way as in making Savoy Cakes (No. 416), baking them in small tins in a hot oven.

351.—Soda Cake.

Take two pounds of self-raising flour (No. 48), one pound of sugar, eight ounces of best butter, twelve ounces of clean currants, and sufficient milk to produce a soft dough. Rub the butter in the flour, add the currants, and about one pint of milk. Put the dough in hoops about three and a quarter inches in diameter, well buttered; place these on flat tins, and bake the cakes in a hot oven.

352.—Ginger Cakes.

(GÂTEAUX GINGEMBRE.)

Take twelve ounces of best butter, one pound ten ounces of flour, nine ounces of sugar, two gills of fresh cream, and three ounces of ginger. Sift the flour on the paste board, make a hole in the centre, and put in the powdered sugar, the butter, the ginger and the cream; mix the whole together into a stiff paste. Then roll it out about a quarter of an inch thick, and cut it into round cakes with a biscuit cutter; put these on tin plates, previously floured over, and bake them in a good heat.

353.—Cheap Ginger Cake.

Take eight ounces of best butter, two pounds four ounces of self-raising flour (No. 48), one pound of sugar, four ounces of ginger, four ounces of fine cut orange peel, and one pint of water. Mix these into a paste, and roll out as for the preceding cake; before you bake the cakes, prick them well all over.

354.—Ginger-nuts.

Take one pound eight ounces of flour, one pound of the best treacle, four ounces of moist sugar, four ounces of best butter, four ounces of orange, lemon, and citron peel, and three ounces of powdered ginger. Sift the flour on the paste board, make a hole in the centre, put in the sugar and ginger, melt the butter and treacle in a pan, gently, and pour it into the hole you made. Next pound the fruits to a paste and add them, and mix them up well together to a stiff paste; then roll this out in a little flour, cut it up into round shapes or any design you desire, and bake the cakes in a hot oven.

355.—French Genoa Bread.

(GÂTEAU DE GÊNES.)

Take one pound of sugar, twelve ounces of pounded almonds, with orange water, eight ounces of best butter, eight ounces of flour, and ten eggs. Break the eggs into a basin, add the sugar, and whisk it over a gentle fire until lukewarm; take it off, but continue whisking until it becomes light; then stir in the pounded almonds, flour, and melted butter. Mix the whole gently together, put it into moulds called "Pains de Gênes" and bake the cakes in a moderate oven.

356.—Breton Biscuits.

(GÂTEAU BRETON.)

Take one pound four ounces of sugar, one pound of flour, six ounces of pounded almonds, eight ounces of butter, ten eggs and six yolks. Break the eggs into a



FIG. 23.—BRETON BISCUIT MOULD.

basin, add the sugar, and whisk over a gentle fire until it is lukewarm; then take it off the fire, but continue whisking until it becomes a light cream; then stir in the pounded almonds, flour, and melted butter, and mix it gently together to a perfectly smooth paste. These are baked in a moderate heat, in special moulds called "Breton moulds" (Fig. 23). When cold trim each biscuit smooth, place one on another with apricot jam between each, and on the top and sides. Ice them over in two colours, with red and white icing, then pipe or ornament as your fancy directs.

357.—Mexican Cakes.

(GÂTEAU MEXICAIN.)

Take one pound of sugar, fourteen ounces of rice flour, five ounces of butter, four ounces of fine cut orange, lemon, and citron peel, four ounces of fine chopped almonds, and twelve eggs. Break the eggs into a basin, add the



FIG. 24.—MEXICAN MOULD (MÉXICAIN).

sugar, and whisk it on a gentle fire until it is luke-warm; then remove it and continue whisking until it is light; then stir in the flour, fruits, almonds and the melted butter, and mix all up gently together to a smooth paste. These are baked in a moderate oven in "Mexican moulds" (Fig. 24). When cold, trim each piece, place one upon another with apricot jam between, and fill up the hole with whipped cream mixed with a little almond praline paste dissolved in Kirschwasser; then put more apricot jam over them, and prepare some fondant icing

(No. 25), adding a little Kirschwater. Now ice them over and pipe or ornament the dish to your taste.

358.—Brazil Cakes.

(GÂTEAU BRÉSILÉNIEN.)

Prepare the same as for Mexican Cakes, but finish as for Breton Cakes.

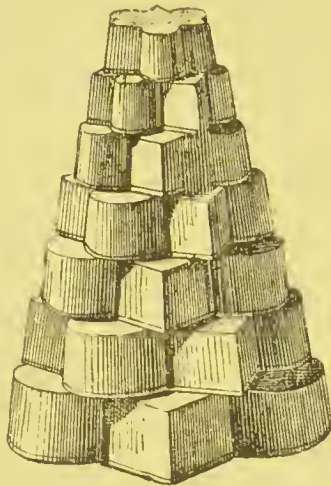


FIG. 25.—BRAZILIAN BISCUIT MOULD.

359.—Surprise Cake.

(GÂTEAU SURPRISE.)

Take twenty ounces of sugar, one pound of flour, eight ounces of the best butter, four ounces of pounded hazel-nuts, and fourteen eggs. Break the eggs into a basin, add the sugar, now whisk it over a gentle fire until it is lukewarm. Then remove it, and continue whisking until it is quite light; stir in the hazel-nuts, flour, and melted butter, and mix up gently together. These cakes are baked in a moderate oven, in special moulds called "Elegance" (Fig. 26). When they are cold finish the dish like the Mexican Cakes.

360.—Punch Cake.

(GÂTEAU DE PUNCH.)

Fill two flat moulds with Genoese paste, and bake these pieces of paste in a moderate oven; when cold, cut each into two pieces, and place one on the other, with red currant

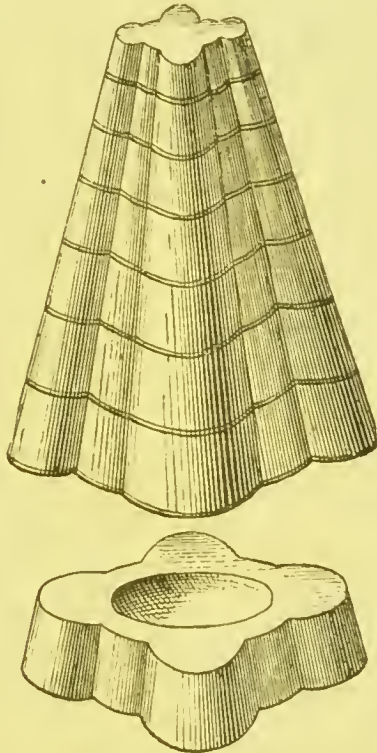


FIG. 26.—THE "ELEGANCE" CAKE MOULD (L'ÉLÉGANTE.)

jelly between them and on the top. Then ice them over with fondant icing (No. 22), flavoured with the best rum, and pipe and ornament the dish to your fancy.

361.—Chocolate Cakes.

(GÂTEAU CHOCOLAT.)

Take one pound of Genoese paste, and add four ounces of chocolate raspings; put it into flat moulds, and bake it

in a moderate oven. When the paste is cold cut it in halves, and place one on the other with red currant jelly between. Then ice them over with chocolate icing (No. 28), and ornament the dish to your fancy.

362.—Portuguese Cake.

(GÂTEAU PORTUGAIS.)

Take one pound of sugar, four ounces of rice flour, four ounces of ordinary flour, eight ounces of pounded almonds, and one ounce of vanilla sugar. Break the eggs, putting the yolks in one basin and the whites in another; add the pounded almonds and the sugar to the yolks, with the

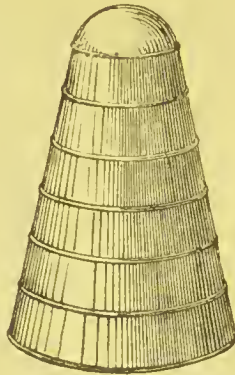


FIG. 27.—BOMBES PORTUGAIS.

vanilla sugar. Take a spaddle, and work the paste well until it is light, which will take ten minutes or more; then whisk the whites to a snow froth, add one third of the whites to the yolks, and stir in the flour and the rice flour; then pour in the remainder of the whites, and mix gently together into a smooth paste. Place this in moulds called "Bombes Portugais" (Fig. 27), and bake it in a moderate oven. When cold, trim each piece smooth, and place one on the other, with currant jelly between and on the top and sides of each; then ice them over

with orange fondant icing, and ornament them according to your fancy.

363.—Solferino Cake.

(GÂTEAU SOLFERINO.)

Take eight ounces of savarin dough, four ounces of fine-cut orange and citron peel. Mix up the fruits with the dough, and put the dough into a large mould called "Solferino" (Fig. 28); next put the mould on a stove



FIG. 28.—THE SOLFERINO MOULD.

until the dough rises to the border of the mould, then bake it in a moderate oven. When cold, put some apricot jam over the surface, and fill up the hole with cream.

364.—Excelsior Cake.

(GÂTEAU EXCELSIOR.)

Take one pound of sugar, six ounces of flour, six ounces of rice flour, six ounces of pounded almonds, eight ounces of butter, thirteen eggs, and one ounce of vanilla sugar. Break the eggs into a basin, add the sugar, and whisk them on a gentle fire until lukewarm; then remove, and continue whisking until the liquid becomes light. Then stir in the pounded almonds, flour, and melted butter, and mix all well together. Put the mixture into moulds called "Excelsior" (Fig. 29), and bake the cake in a moderate

oven. When cold, fill up the holes with whipped cream, mixed with a few fine-cut preserved fruits.

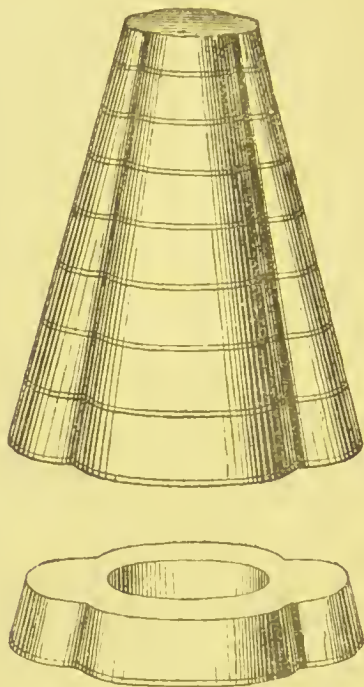


FIG. 29.—EXCELSIOR BISCUIT MOULD.

. 365.—Gorenflot Cake.

(GÂTEAU GORENFLOT.)

Take a Gorenflot mould (Fig. 30), and about half fill it

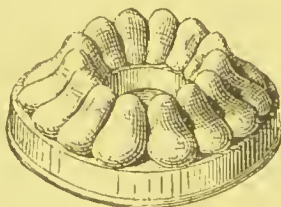


FIG. 30.—GORENFLOT CAKE MOULD.

with savarin dough. Stand the mould on the stove until the paste rises to the border, then bake the paste in a

moderate oven. When cold dip it in Syrup of Gorenflot (No. 366).

366.—Syrup of Gorenflot.

(SIROP DE GORENFLOT.)

Make a plain syrup (No. 64), and add two gills of absinthe to two pints of syrup.

367.—Piccolo Cake.

(GÂTEAU PICCOLO.)

Take twelve ounces of flour, one pound of sugar, four ounces of pounded almonds, eight ounces of butter, and fourteen eggs. Break the eggs into a basin, add the

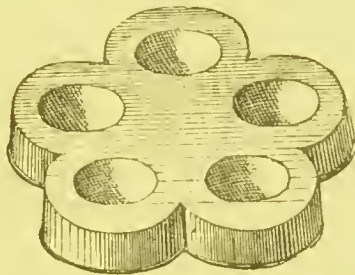


FIG. 31.—THE PICCOLO CAKE MOULD.

sugar, and whisk over a gentle fire until it is lukewarm; then remove it, and continue whisking until it becomes light. Then stir in the pounded almonds, then the flour and melted butter, and mix the whole well together. Put it in the mould called "Piccolo" (Fig. 31), bake it in a moderate oven, and when it is cold place one layer on the other, with apricot jam between each and on the top; fill up the holes with whipped cream, apricot the whole surface over, and afterwards ice over with fondant icing (No. 22) flavoured with Kirschwasser. Then pipe or decorate the cake to your fancy.

368.—Hazel-nut Cake.

(GÂTEAU AUX NOISETTES.)

Take one pound of sugar, twelve ounces of powdered hazel-nuts, with milk, four ounces of flour, six ounces of butter, and one ounce of vanilla sugar. Break the eggs into a basin, add the sugar, and whisk it on a gentle fire until it is lukewarm; then remove it, but continue whisking until it becomes light. Then stir in the hazel-nuts, then the flour and butter, mix all up well together, put it in the square mould (Fig. 32), and bake it in a moderate oven.

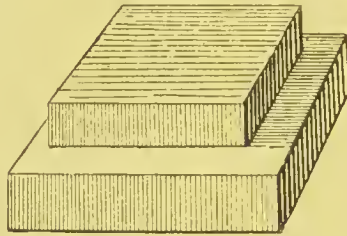


FIG. 32.—SQUARE CAKE MOULD.

When it is cold place one layer upon another, with red currant jelly between and on the top of each; then ice over with fondant icing (No. 22) flavoured with Kirsch-water, and pipe or decorate it according to your fancy.

369.—Gussy Cake.

(GÂTEAU GUSSY.)

Take one pound of sugar, eight ounces of powdered almonds, with maraschino, eight ounces of butter, twelve ounces of rice flour, and ten eggs. Break the eggs into a basin, add the sugar, and whisk it over a gentle fire until it is lukewarm; then remove it, and continue whisking until it becomes light. Stir in the pounded almonds, then the flour and melted butter, place it in moulds (Fig. 33), and bake it in a moderate oven. When it is cold put some thin apricot jam on the top and sides, then ice it over

with orange icing (No. 26), afterwards piping or ornamenting it according to fancy.

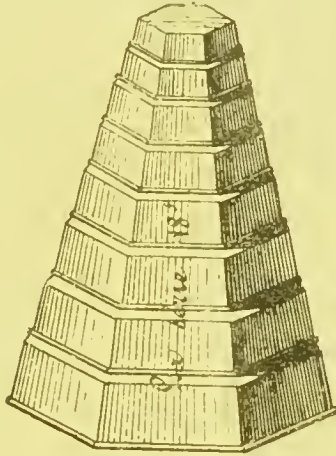


FIG. 33.—MOULD FOR GUSSY CAKE.

370.—Stanley Cake.

(GÂTEAU STANLEY.)

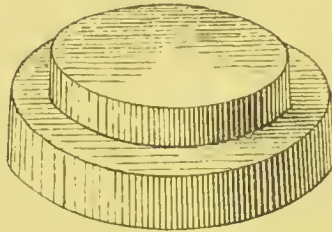
Take a large savarin mould (Fig. 13), about half fill it with savarin dough (No. 235), and stand the mould on a stove until the paste rises to the border of the mould: bake the dough in a moderate oven. When it is cold, dip it into some almond syrup (No. 67), specially prepared. Then put apricot jam on the surface, ice over with a clear icing, and fill up the hole with whipped cream (No. 27) in the shape of a pyramid.

371.—Brown Bread Cake.

(GÂTEAU PAIN NOIR.)

Take eight ounces of stale pastry, one pound of sugar, six ounces of flour, six ounces of butter, four ounces of orange, lemon, and citron peel, finely cut, one ounce of allspice, and ten eggs. Break the eggs into a basin, add

the sugar, and whisk it until it becomes light; then stir in the pounded stale pastry, then the flour, melted butter, allspice, and fruits. Put it in round moulds (Fig. 34) of a



(FIG. 34).—BREAD CAKE MOULD.

flat shape, and bake it in a sound oven; when it is cold, ice it over with fondant icing (No. 22) flavoured with Kirschwater.

372.—Compiègne Cake.

(GÂTEAU COMPIEGNE.)

Take some brioche dough (No. 229), of sufficient quantity to half fill a flat round tin mould; stand the mould on a stove until the dough rises to the border, then bake it in a moderate oven, and when it is cold ice it over with vanilla icing.

373.—Bordeaux Cake.

(GÂTEAU DE BORDEAUX.)

Take some Madeira mixture, spread it on sandwich tins, about half an inch thick, bake it to a light brown colour. When cold place one layer on another, with red currant jelly between and on the top of each, then ice it over with fondant icing, and pipe or decorate according to fancy.

374.—Apple Charlotte.

(CHARLOTTE DE POMMES.)

Take one pound of baking apples, four ounces of butter, and four ounces of sugar. Core the apples and quarter

them, stew them in a stewpan on a gentle fire until soft, then stir in the sugar and two or three spoonfuls of apricot jam. Next butter the mould, cut one thin slice of bread to the size of the bottom of the mould, dip it into clarified butter, lay it in the bottom of the mould, and garnish the sides also with thin slices of bread; then pour in your marmalade, and cover over the top with thin round slices of bread, previously dipped in butter. Bake it in a moderate oven for about one hour and a half, then turn it out on a dish, and pour some apricot sauce over it.

375.—Charlotte Russe.

Take a plain round mould, and line the inside with savoy biscuits (No. 285); cut and place them at the bottom, standing upright and close together, then fill up the holes with whipped cream, or any other cream (No. 184). Next place in ice, and let it remain until ready to serve; then turn it out of the mould on to a dish, and put a top covering made of sugar paste iced and ornamented (No. 244)—to the size which you have previously baked the dish.

376.—Snow Eggs.

(ŒUFS À LA NEIGE.)

Take two pints of milk, six ounces of sugar, and the whites of five eggs. Boil the milk, whisk the whites of the eggs to a stiff froth, and add the sugar. Now drop the whites with a spoon, about the size of a small egg, into the boiling milk; let them remain for five or six minutes, take them out with a skimmer, and place them on a dish; then prepare a vanilla cream (No. 193) with the milk, and pour it over the eggs.

CHAPTER XV.

SMALL FRENCH PASTRY CHOUX, BOUCHEES, ÉCLAIRS, TARTLETS, ETC.

PUFFS (CHOUX).

377.—Small Fancy Tarts.

(PETITS TROIS FRÈRES.)

Prepare a Génoise paste (No. 229), fill up some little tartlet pans with it, and bake in a quick oven. When cold spread some apricot marmalade over the surface, some grain sugar round them, and a cherry on the top.

378.—Baked Puffs.

(CHOUX GRILLÉS.)

Prepare a choux paste (No. 242), drop it round on a clean baking tin, egg-wash the pieces, put some chopped almonds mixed with grain sugar over the top, and bake the puffs in a moderate oven. When cold they may be filled with whipped cream (No. 174).

379.—Cream Puffs.

(CHOUX À LA CRÈME.)

Prepare these in the same as Choux Grillés, dropping them with a bag in a round shape. Bake them in a moderate oven, and when cold cut them open on one side, and fill them with a Saint Honoré cream (No. 190), or any other you may prefer.

380.—Iced Puffs.

(CHOUX GLACÉS.)

Proceed in the same way as for Choux à la Crème, fill the puffs with whipped cream (No. 174), and boil some sugar in a saucepan to the crack; then dip them quickly in the boiling sugar, and put a few sliced pistachios on the tops.

381.—Coffee Puffs.

(CHOUX AU CAFÉ.)

Proceed the same as for Choux à la Crème, and when cold fill them with coffee cream (No. 179), with coffee icing (No. 23) on the top.

382.—Chocolate Puffs.

(CHOUX AU CHOCOLAT.)

Prepare as before, filling them with chocolate cream (No. 178), and icing the top with chocolate icing (No. 24).

*BOUCHÉES—(LITERALLY MOUTHFULS).***383.—Lady Bouchées.**

(BOUCHÉES DAMES.)

Make some savoy biscuit paste (No. 295), flavoured with vanilla, drop the bouchées (in a round shape, of about two inches in diameter) on some foolscap paper or stout cartridge paper; then bake them quickly in a hot oven. When they are cold, take them off the paper, trim each piece with a round biscuit cutter, and stick them together, with apricot jam between each, or cream if you prefer it. Now have some fondant icing (No. 22) ready and dip the bouchées into it, so as to ice them all over; then place them on a wire network, in a warm place to dry.

384.—Raspberry Bouchées.

(BOUCHÉES AUX FRAMBOISES.)

Proceed in the same way as for Bouchées Dames, putting raspberry jam between them instead of apricot, and icing them over with fondant icing flavoured with raspberries (No. 24), adding a little cochineal to give the tint.

385.—Chocolate Bouchées.

(BOUCHÉES AU CHOCOLAT.)

Proceed as before, using chocolate cream instead of jams, and ice the bouchées with chocolate icing (No. 28).

386.—Coffee Bouchées.

(BOUCHÉES AU CAFÉ.)

Prepare these in the same way as Chocolate Bouchées, using coffee cream between, and coffee icing over them (No. 27).

*ÉCLAIRS, BRIOCHES, SAVARINS, AND SOUPIRS.***387.—Vanilla Éclairs.**

(ÉCLAIRS À LA VANILLE.)

Make some choux paste (No. 242), and drop it, with a bag, in strips about six inches long. Bake the éclairs in a moderate oven, and when they are cold cut them open from side to side, and fill them with éclair cream (No. 187); then ice the top over with vanilla icing (No. 23).

388.—Coffee Éclairs.

(ÉCLAIRS AU CAFÉ.)

Proceed in the same way as for Éclairs à la Vanille, inserting some coffee cream (No. 189) between the halves and icing them over with coffee icing (No. 23).

389.—Chocolate Éclairs.

(ÉCLAIRS AU CHOCOLAT.)

Prepare these like Coffee Éclairs, filling with chocolate cream (No. 188), and putting chocolate icing on the tops (No. 28).

390.—Duchess Éclairs.

(ÉCLAIRS DUCHESSES.)

Drop the éclairs in larger and longer bars, or pieces, than in making the other kinds, and finish them in the same way as for Choux Glacés (No. 380).

391.—Little Brioches.

(PETITES BRIOCHES.)

Take one pound of brioche paste (No. 229), divide it into ten parts, mould them and put them into little brioche pans, and bake them in a hot oven.

392.—Little Savarins.

(PETITS SAVARINS.)

Make some savarin paste (No. 235), put it into little savarin moulds, let them stand on the stove until the paste has risen to the top of the moulds, then bake the savarins in a good oven. When cold dip them in babas (No. 233), savarin, syrup.

393.—Soupirs.

Make some savoy biscuit paste (No. 295), dress it in the same manner as bouchées (No. 383), then bake it in a good oven. When cold take the cakes off the paper, prepare a stiff meringue (No. 313), and put it on the bottom of each, dressing the meringue in a pear shape; then ice the soupirs over with fondant icing (No. 24).

*TARTLETS OF VARIOUS KINDS.***394.—Marguerite Tartlets.**

(TARTELETTES MARGUERITES.)

Make some Génoise paste (No. 229), and put it into little babas moulds; bake it in a moderate oven. When it is cold, put some boiled apricot jam over the surface, and some grain sugar round the sides and over the top, also put a cherry on each tartlet.

395.—Almond Tartlets.

(TARTELETTES AUX AMANDES.)

Line some tartlet pans with sugar paste (No. 244), and fill them up with macaroon paste (No. 251); then put two small bands over them crosswise, so as to form a +, and bake them in a moderate oven.

396.—Vanilla Tartlets.

(TARTELETTES À LA VANILLE.)

Line some tartlet pans with sugar paste (No. 244), then fill up the centres with macaroon paste made from Spanish nuts (*see* Hazel-nut Macaroons, No. 253). Bake the tartlets in a moderate oven, and when cold ice the top over with vanilla icing (No. 23).

397.—Maids of Honour.

(MIRLITONS DE ROUEN.)

Line your tartlet pans with puff paste (No. 223), then mix up two teaspoonfuls of sugar with two eggs, adding three spoonfuls of sweet cream, and a little orange-flower water; put the cream in the centre, and bake the tartlets in a quick oven.

398.—Spanish Nut Tartlets.

(TARTELETTES AUX NOISETTES D'ESPAGNE.)

Line some deep tartlet pans with sugar paste, then put a little jam in the bottom of each, and fill them up with hazel nut cake mixture. Bake the tartlets in a moderate oven, and when cold ice them over with fondant icing flavoured with Kirschwater, and put a cherry in the centre of each.

399.—Dutch Tartlets.

(TARTELETTES HOLLANDAIS.)

Line some deep tartlet moulds with some sugar paste (No. 244); put a little jam on the bottom of each, fill up with a Dutch macaroon paste, and bake the tartlets in a moderate oven.

400.—Chestnut Tartlets.

(TARTELETTES MARRONS.)

Line some special tartlet moulds (Fig. 35) with sugar paste, prick the paste all over, and bake the tartlets quickly.

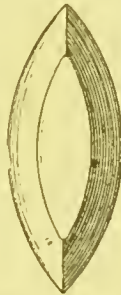


FIG. 35.—SPECIAL TARTLET MOULD.

When they are cold, fill them with chestnut cream (No. 196), and dress some meringue over it; then ice them in two colours—pink and chocolate.

401.—Brown Bread Tartlets.

(TARTELETTES AU PAIN NOIR.)

Line some deep tartlet moulds with puff paste, and put a little jam on the bottom of each; then prepare a little brown bread cake mixture (No. 371), fill up the moulds and bake in a quick oven. When cold ice them over with fondant icing, flavoured with rum.

402.—Swiss Pudding Tartlets.

(TARTELETTES SUISSSES.)

Line the tartlet pans with puff paste, then soak one pound of stale pastry in two pints of warm milk, adding four ounces of moist sugar, eight ounces of clean currants, four ounces of sultanas, four ounces of orange, lemon, and citron peel, a little allspice, and one gill of rum. Mix the whole together, fill up the moulds with the mixture, and bake the tartlets in a good oven. When they are cold ice them over with fondant icing, flavoured with Kirsch-water, and put a cherry on each.

403.—Victoria Tartlets.

(TARTELETTES VICTORIA.)



FIG. 36.—DISH OF TARTLETS.

Line some flat tartlet pans with puff paste (No. 223), fill them up with almond cream, or pithivier cream (No. 197), and bake in a quick oven. When cold ice them over with fondant icing, flavoured with Kirschwater (No. 22), then put a few fine sliced pistachios over them.

404.—Cream Tartlets.

(FANCHONNETTES.)

Line some tartlet pans with puff paste (No. 223), and fill them up with boiled cream (No. 187); then put in the centre a little apricot jam, and bake them in a quick oven.

405.—Chocolate Tartlets.

(TARTELETTES AU CHOCOLAT.)

Line some special tartlet moulds with sugar paste (No. 244), fill up with Genoese paste (No. 239), and bake the tartlets in a moderate oven. When cold ice them over with chocolate icing (No. 28).

406.—Strawberry Tartlets.

(TARTELETTES AUX FRAISES.)

Line some plain tartlet pans with tart paste (No. 225), prick the paste all over, and bake it in a quick oven. When it is cold fill the centre with fresh strawberry, and some red currant jelly over it.

407.—Raspberry Tartlets.

(TARTELETTES AUX FRAMBOISES.)

These are made exactly in the same way as Strawberry Tartlets.

408.—Cherry Tartlets.

(TARTELETTES AUX CERISES.)

Line some tartlet pans with tart paste (No. 225), fill them with cherries, and bake the tartlets in a hot oven. When cold put some red currant jelly over the cherries.

409.—Mirabelle Tartlets.

(TARTELETTES AUX MIRABELLES.)

Line some tartlet pans with tart paste (No. 225), and fill up with mirabelle plums. Bake in a quick oven, and when cold put some apricot jam over them.

410.—Apricot Tartlets.

(TARTELETTES D'ABRICOTS.)

Line some tartlet moulds with tart paste, and fill up with apricots. Bake the tartlets in a quick oven, and when cold put some apricot jam over them.

411.—Orange Pastry.

(TRANCHES À L'ORANGE.)

Prepare a Genoese paste (No. 239), add the juice and raspings of three oranges, then fill two square moulds with the paste, and bake it in a moderate oven. When it is cold trim each piece smooth, and place one on the other, putting apricot jam between and on the top; then ice over with orange icing (No. 26), and cut it into strips about five inches long and an inch and a half wide.

412.—Lemon Pastry.

(TRANCHES AU CITRON.)

This must be prepared and finished as for Orange Pastry, only using lemons, and icing with lemon icing (No. 22).

CHAPTER XVI.

MEAT AND OYSTER PATTIES, AND VARIOUS CAKES, BISCUITS. BUNS, ETC.

PATTIES.

413.—Small Meat Patties.

(PETITS PÂTÉS DE VIANDE.)

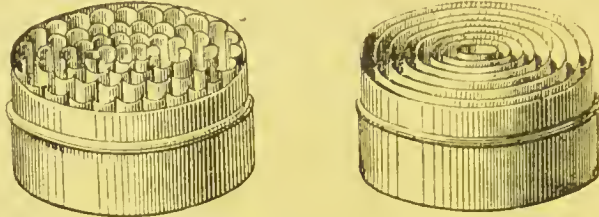
Line some patty pans with puff paste (No. 223), and fill up with some fine chopped beef, or fresh pork, adding a little salt and allspice; then roll and cut out the covers with good puff paste, about one-sixth of an inch thick and the size of the patty pan, lay this paste over the meat, and press it well down with your thumb all round the border of the pan, so as to make it stick. Then egg-wash it over, and bake the patties in a hot oven.

414.—Small Patty Cases for Oyster Patties and others.

(PETITS CROÛLES DE PÂTÉS.)

Prepare some good puff paste (No. 223), giving it six complete turns, roll it out to the thickness of one-third of an inch, and cut it out into fancy round cakes with a cutter, about three inches in diameter (Figs. 39, 40). Place these on an iron baking tin, form the cover with a plain round cutter an inch and a half in diameter, dip it

into hot water, and apply it gently on the centre of the patty, pressing, not sufficient to cut it through, but so as to make a mark. Now egg-wash the patties over, and bake



FIGS. 37, 38.—CUTTERS.

them in a hot oven; when baked take out the cover and some of the inside paste, so as to make a perfect hollow.

415.—Oyster Patties.

(PÂTÉS AUX HUÎTRES.)

Take four ounces of flour, two ounces of butter, one pint of milk, two yolks of eggs, and two or three dozen oysters. Melt the butter in a saucepan, add the flour, then pour in the milk little by little, and the juice of the oysters; let it boil gently, stirring it with a small whisk until it becomes thick. Then remove the sauce from the fire, add a little allspice, nutmeg, and the oysters, with a few small mushrooms cut up in dice; then fill up the small patty cases (which should be kept warm in the oven) with the oyster sauce, and serve while hot.

CAKES AND BISCUITS.

416.—Savoy Cake.

(BISCUITS DE SAVOIE.)

Take one pound of sugar, ten or eleven eggs, twelve ounces of flour, and one ounce of vanilla sugar. Break

the eggs, putting the yolks in one basin and the whites in another, add the sugar to the yolks, then work it with a spaddle, or whisk, until it becomes light, which will take from ten to fifteen minutes ; next whisk the whites to a stiff snow froth, sift the flour into the yolks, and mix it

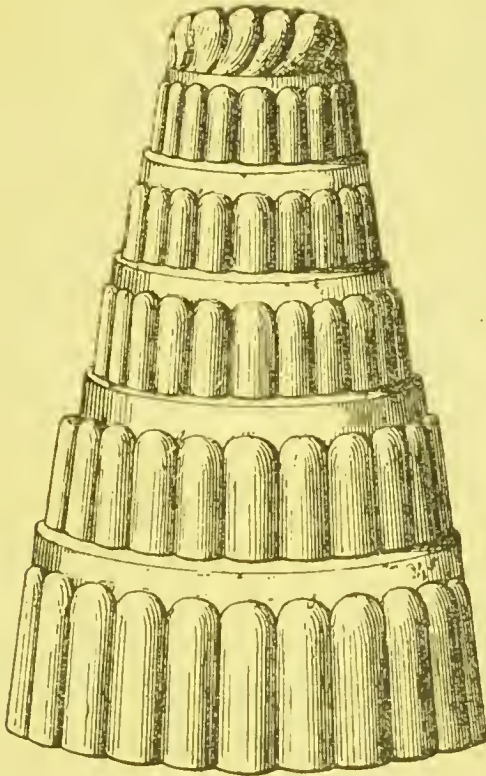


FIG. 39.—SAVOY CAKE.

into a perfectly smooth paste ; add a third of the whites and stir well together with a wooden spoon. When this is done, add the rest of the whites, and mix the whole gently together. Next brush over the mould with perfectly clarified butter, and powder with the finest dry icing sugar, mixed with equal parts of dry cornflour.

Note that the mould should be perfectly dry before

buttering. About half fill the mould with the paste, and bake the cake in a moderate oven.

417.—Neapolitan Biscuits.

(BISCUITS NAPOLITAINS.)

Take one pound of flour, one pound of sugar, one pound of pounded almonds, with "eau de rose," eight ounces of fresh butter, and the whites of two eggs. Blanch the almonds and dry them, then pound them in a mortar with one gill of "eau de rose" to a fine paste, then add the butter and sugar. Stir the whole perfectly together, and when it is smooth take it out of the mortar and put it into a pan; stir in the flour, mixing it well, and let it stand in a cool place until next morning; then roll it out to the thickness of a quarter of an inch, and cut it into cakes with a biscuit cutter. Lay the cakes on wafer paper, and bake them on iron plates in a hot oven.

418.—Milanese Cakes.

(BISCUITS MILANAIS.)

Take one pound of flour, twelve ounces of sugar, twelve ounces of butter, four eggs, and the raspings of one lemon. Melt and stir the butter to a cream, put in the sugar, then the eggs and flour, and mix them thoroughly together. Then allow the paste to stand for four or five hours in a cool place, then roll it out to the thickness of half an inch, and cut it into cakes with a fancy biscuit cutter. Put them on iron baking plates, and wash them over with egg-wash made from the yolks only, with a little milk; ornament the tops with preserved cherries, angelica, and almonds, and bake them in a hot oven.

419.—French Croquet Biscuits.

(CROQUETS.)

Take one pound of self-raising flour, twelve ounces of sugar, eight ounces of chopped almonds, three to four eggs, and a little orange-flower water. Sift the flour on to your paste board, make a hole in the centre (Fig. 8), put in the sugar, eggs, and almonds, and mix the whole well together into a moderately stiff paste; roll it out into a band about the thickness of half an inch, and four inches wide. Put it on a baking tin and bake quickly; when it is cold cut it up into pieces as your fancy directs.

420.—French Patience Biscuits.

(CROQUIGNOLES.)

Take nineteen ounces of icing sugar, one pound of flour, the whites of seven eggs, and one ounce of vanilla sugar. Beat up the whites of the eggs in a pan, add the sugar, and sift in the flour; then stir the whole well together with a wooden spoon, until the paste is perfectly smooth, and shines on the surface. Next put the paste into a bag with a funnel of a round shape, and the size of a shilling; then drop it out in any shapes or forms you think proper, on iron plates previously greased over with wax. Put the iron plates in a warm stove for three or four hours, until the surface of the biscuits becomes hard, then bake them in a hot oven.

421.—Aniseed Patience Biscuits.

(CROQUIGNOLES À L'ANIS.)

Take one pound of flour, one pound four ounces of icing sugar, six or seven eggs, and one ounce of aniseed. Break the eggs into a pan, add the sugar, and beat it up

with a whisk until it is light. Then sift in the flour, and stir the whole well together with a wooden spoon until the paste is perfectly smooth. Put the paste into a bag with an ordinary funnel, about the size of a two-shilling piece, and drop the paste out on to iron plates previously greased with wax, and powdered over with flour; next put the plates in a warm stove for six or seven hours, until the surface of the biscuits becomes hard, and then bake them in a moderate oven.

*MINCE, MUFFINS, SHORTBREADS, SCONES,
QUEEN CAKE, ETC.*

422.—Mince Meats.

(APPAREIL DE "MINCE MEATS.")

Take two pounds of beef suet, two pounds of stoned Malaga plums, four pounds of clean currants, two pounds of cooking apples, two pounds of sugar, two pounds of fine cut orange, lemon, and citron peel, the raspings of two lemons, one pint of the best French brandy, two gills of Madeira wine, and a little allspice. Chop all the ingredients very fine, mix them thoroughly together, then add the brandy and wine; when it is well mixed, put it in a pot ready for use.

423.—Mince Pies.

(PÂTÉS DE FRUITS DITES "MINCE PIES.")

Line some tartlet pans with puff paste (No. 223), fill up the centre with mince-meat, and put a cover on the pies in the same way as for meat patties, but make the covers a little thinner.

424.—Muffins and Crumpets.

(GÂTEAUX DITES "MUFFINS ET CRUMPETS.")

Take nineteen ounces of flour, one pint and a half of warm milk, a little salt, and half an ounce of yeast. Sift the flour into a basin, add the salt, yeast, and milk, and mix them into a smooth batter. Next set the batter in a pan of warm water to rise; when it has risen about double its size, take a cupful and put it on your bakestone, which you must have ready hot. You will perceive the batter will be full of holes; do not let the crumpets get dry all over, but so as to leave a few of the holes. Butter the crumpets and serve them hot.

425.—Scotch Short Bread.

(PAIN ÉCOSSAIS.)

Take one pound of flour, seven ounces of sugar, and ten ounces of butter. Rub the butter well into the sugar, and mix the butter and flour together until it is a moderately stiff paste, then give the cakes the shape desired, and bake them in a quick oven.

426.—French Short Bread.

(GÂTEAUX SECS.)

Take one pound of flour, eight ounces of sugar, two or three eggs, a little orange-flower water, and eight ounces of butter. Sift the flour on to the paste board, make a hole in the centre and put in the eggs, butter and sugar; then mix the whole together into a stiff paste, roll it and cut it out to the thickness and shape you desire, and bake it in a quick oven.

427.—Scones.

(GÂTEAUX DITES SCONES.)

Take two pounds of self-raising flour, six ounces of butter, six ounces of sugar, six ounces of currants, and one pint of milk. Rub the butter into the flour, and add the sugar and currants; make a hole in the centre, pour in the milk, and mix up into a rather soft dough. Mould the scones into a round shape of about six or seven inches in diameter, and cut them into quarters with a sharp knife.

428.—Queen Cakes and Drops.

(GÂTEAUX À LA REINE.)

Take one pound of flour, one pound of butter, one pound of sugar, fourteen to fifteen eggs, and four ounces of clean currants. Melt and stir the butter to a cream, add the sugar, and mix it thoroughly for a few minutes with a wire whisk until it is white; then break in three to four eggs at a time, and stir it well between each addition. Now sift in the one pound of flour and currants, and mix the whole well together; drop the cakes on stout and clean paper, about the size of a penny, and bake in a hot oven.

*BUNS OF VARIOUS KINDS.***429.—Rice Buns.**

(GÂTEAUX DE RIZ.)

Take one pound of sugar, six ounces of self-raising flour, ten ounces of rice flour, eleven or twelve ounces of butter, ten eggs, and a little milk. Melt and stir the butter to a cream, add the sugar and stir until it becomes light;

break in the eggs, three at a time, stirring in each lot until the eggs are finished; then sift in the rice and the flour, also a little essence of lemon. Drop the buns with a spoon or a bag on to iron plates, previously buttered, about the size of an ordinary bun, and bake them in a moderate oven.

430.—Cheap Rice Cakes.

(GÂTEAUX DE RIZ ORDINAIRES.)

Take one pound of self-raising flour, four ounces of rice flour, four ounces of butter, four ounces of best lard, a little essence of lemon, eight ounces of sugar, five eggs, and one pint of milk. Melt the butter and lard and stir it to a cream; then add the sugar and eggs, sift the flour in, and add the milk. Mix the whole well together into a perfectly smooth paste, flavour with the essence of lemon, drop the cakes on baking tins, and bake them in a hot oven.

431.—Rock Buns.

(GÂTEAUX DITES ROCHERS.)

Take one pound of self-raising flour, eight ounces of sugar, four ounces of currants, eight ounces of butter, four eggs, and two ounces of fine cut orange, lemon, and citron peel. Rub the sugar well into the butter, then rub them both into the flour between your hands; add the eggs and milk, and gently mix the whole into a moderately stiff paste. Drop the buns with a spoon on to iron plates, and bake them in a hot oven.

432.—Cheap Rock Bun.

(GÂTEAUX ROCHERS ORDINAIRES.)

Take two pounds of self-raising flour, ten ounces of sugar, eight ounces of clean currants, four ounces of butter, four ounces of lard, four eggs, and about one pint of milk.

Mix all up together and finish as in making the preceding Rock Buns.

433.—Bath Buns.

(BRIOCES ANGLAIS DITES "BUNS.")

Take one pound of flour, eight ounces of the best butter, four to five eggs, two pennyweights of dry French yeast, two ounces of fine cut orange, lemon, and citron peel, and four ounces of powdered sugar. Rub the butter well into the flour, and add the eggs and yeast, previously dissolved in a teacupful of warm milk. Mix the whole gently together in an earthenware pan, and put the paste in a warm place to rise to about double in size; then mix in the sugar and the fruits. Next drop the paste on iron baking tins, and allow them to rise on the plate in a warm place; when they have sufficiently risen, wash them over with a soft brush dipped in egg-wash, sift a little powdered sugar and a few caraway seeds on the top, and bake them in a hot oven.

434.—Currant Buns.

(GÂTEAUX AUX CORINTHES.)

Take two pounds of flour, eight ounces of butter, four ounces of sugar, six ounces of clean currants, half an ounce of yeast, and sufficient milk to form a paste of the same consistence as bread dough. Rub the butter, sugar, and flour well together, then make a hole and add the yeast, and sufficient warm milk; then work with your hands until it is perfectly smooth and binding. Let the paste stand in a warm place to rise double in size, and when sufficiently risen mix in the currants and roll the paste into small buns. Place them on iron baking tins, and again allow them to rise in a warm place; when they are ready bake in a hot oven, then wash them over with a plain syrup whilst hot.

435.—Hot Cross Buns.

(GÂTEAUX ANGLAIS DITES "HOT CROSS BUNS.")

Proceed exactly as for Currant Buns, only adding a little allspice and cutting them across, to form a +.

*OMELETS, SOUFLÉES, BLANCMANGE.***436.—Sweet Omelet.**

(OMELETTE SUCRÉ.)

Break five eggs into a basin, into which put a spoonful of pulverised sugar, and beat it well together; then put two ounces of the best butter into an omelette pan, and when it is quite hot pour in the eggs. When it is cooked, turn it over on the dish, and sift some fine pulverised sugar over. Salamander and serve.

437.—Rum Omelet.

(OMELETTE AU RHUM.)

Prepare as for Sweet Omelette, and after you have turned it over on the dish sprinkle some good rum over it, and light it before serving it up.

438.—Jam Omelet.

(OMELETTE AUX CONFITURES.)

Mix and finish as for Sweet Omelette, with the addition of red currant jam, or any other you may prefer.

439.—Soufflée Omelet.

(OMELETTE SOUFLÉE.)

Break five eggs, put the whites in one basin and the yolks in another, add to the yolks three spoonfuls of

pulverised sugar, with the raspings of one lemon, whisk the whites to a stiff snow froth, then mix them with the yolks. Put some good butter into the omelette pan on a clear fire; as soon as they are melted pour in the eggs, and stir the mixture round with a spoon until it begins to set. Roll it up and turn it over on to a buttered dish, and sift some pulverised sugar over it; then cover it and put into a hot oven to bake for eight minutes, and remove and serve.

440.—Vanilla Soufflée Omelet.

(OMELETTE SOUFFLÉE À LA VANILLE.)

Mix and finish as for the preceding recipe, adding some vanilla sugar instead of ordinary sugar.

441.—Orange Soufflee Omelet.

(OMELETTE SOUFFLÉE À L'ORANGE.)

Proceed as for Omelette Soufflée, adding a small quantity of orange raspings.

442.—Rice Soufflée.

(SOUFFLÉE AU RIZ.)

Prepare the same as for Omelette Soufflée, adding two spoonfuls of farine de riz, or self-raising flour, and two spoonfuls of broken almond goods (such as macaroons); pound them and pass them through a sieve. Mix all well together, pour the batter into a plate, cover it, and bake the soufflée in a hot oven for ten minutes, then sift some sugar over it and serve it up.

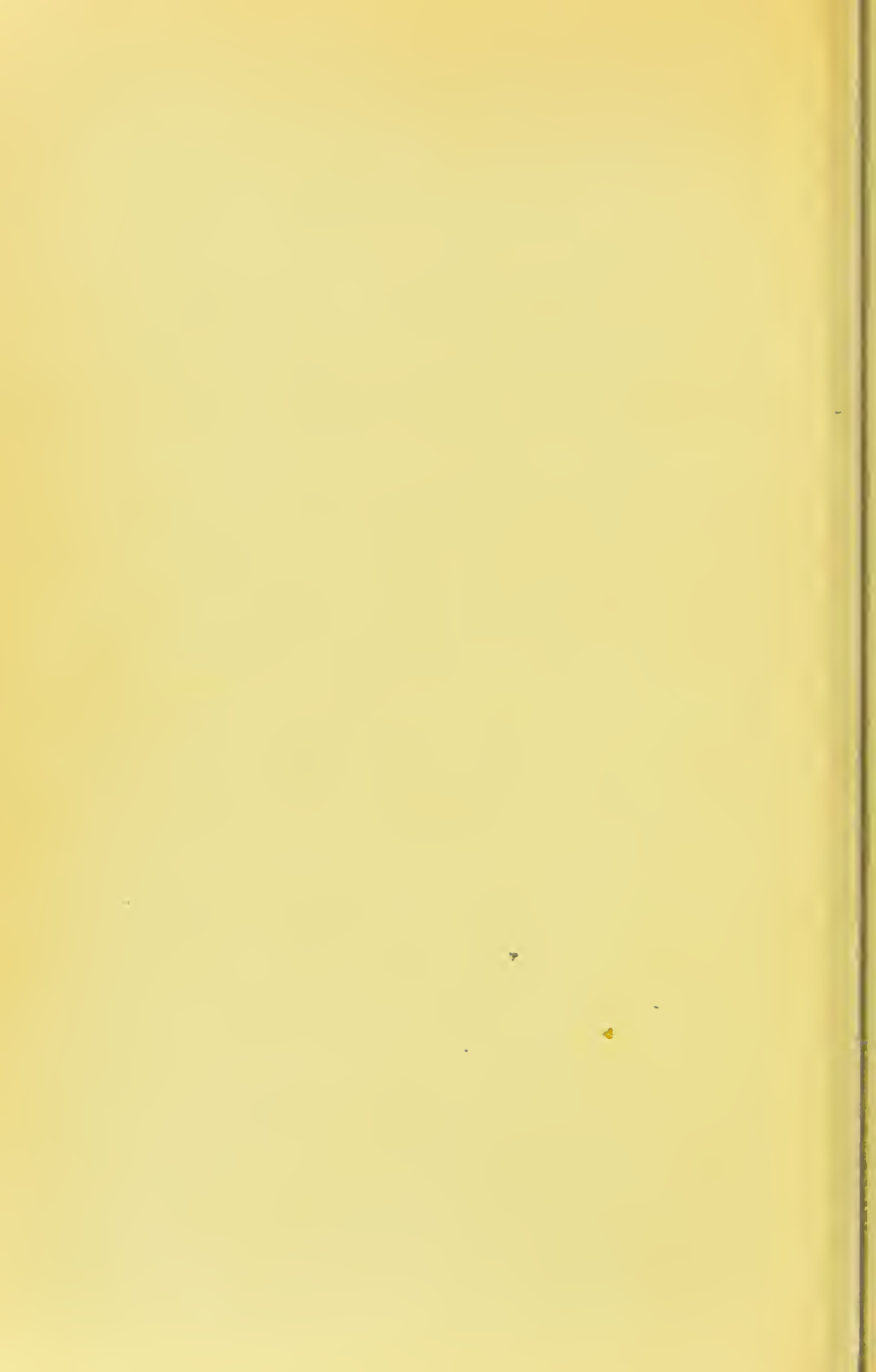
443.—Blancmange.

Take four ounces of sweet almonds, a few bitter ones, and two pints of milk. Soak one packet of Swinborne's

isinglass, or gelatine, in one pint of boiling milk, with three ounces of lump sugar. Blanch the almonds, and pound them in a mortar with one pint of fresh milk until they are very fine ; then strain them through muslin, and add the dissolving sugar, gelatine, and a little orange-flower water. Stir occasionally until the mixture is nearly cold, then pour it into moulds.

Note.—For a richer “blancmange” use half cream and half milk.

THE END.



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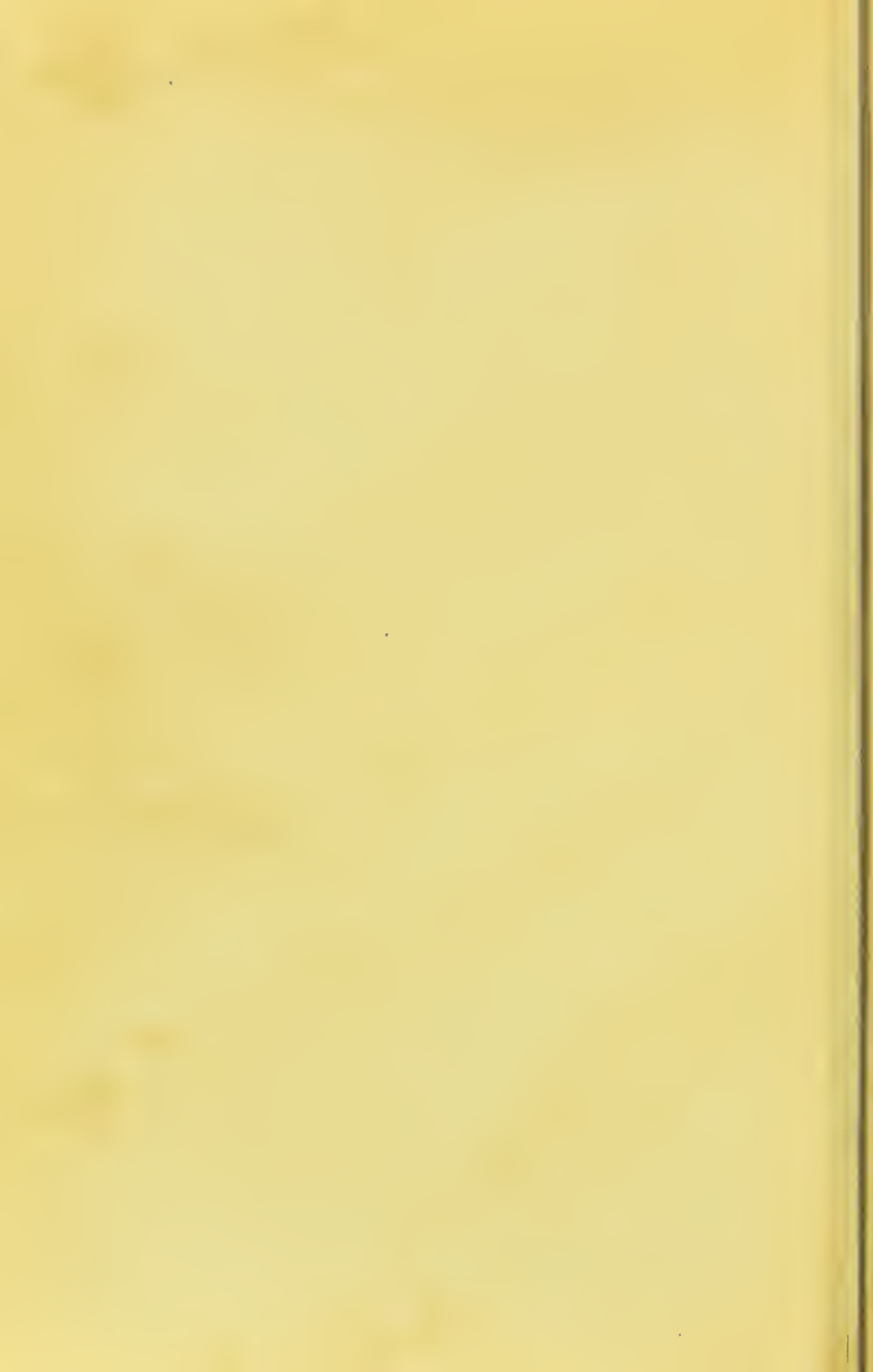
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RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 1651

Microfilm No:

Date	Particulars
7/10/76	Chemical Treatment
	Fumigation
	Deacidification
	Lamination
	Solvents
	Leather Treatment
	Adhesives
	Remarks

