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High Class Cookery

Jean Stuart Keith.

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Crême à la Noisiel.

Required:-

5 gills = 1 pint sweet Jelly. (Wine)
3 oz. sponge cake crumbs.
3 oz. grated chocolate.
½ gill double cream.
1 or 2 tablespoonfuls Silver Rays Rum.
A few drops Vanilla essence.
A few drops Carmine.
For decorating the mould:-
Some ~~desiccated~~ Cocoa-Nut. desiccated.
A few chopped Pistachios.
About 1 gill of whipped Cream sweetened to taste & flavoured with Vanilla for serving in the centre.

Have some good clear Wine or lemon jelly, in a liquid consistency & quite cold. Colour it with Carmine to a delicate pink shade. This must be carefully done drop by drop. Have the mould well rinsed in hot water & soaked in cold, ready wet. Set a little of the pale pink jelly at the foot. When setting but not quite firm decorate the mould according to taste with Pistachios & Cocoa Nut.

Set with more jelly. Put the rest of the jelly into a Saucepan & allow it to reduce about ½ a gill. Have the chocolate grated & thoroughly mix it into the reduced jelly. Then add the Sponge Cake Crumbs mixing them gradually with the jelly. Then add the ½ gill Cream. If thin it must be whipped. Also add the Silver Rays Rum. Add a good few drops of Vanilla essence. When the mixture is just setting fill up the decorated mould with it. Set aside until quite firm. Turn it out on to a Silver dish. Arrange some chopped Jelly round & fill the Centre with whipped Cream having it delicately flavoured with Vanilla Sugar. A few chopped Pistachios can be Sprinkled on the Cream.

Chicken Cream à la Lorenzo.

Take a mould with Six sides or a fancy mould. Some Aspic jelly for lining, & some Aspic Cream for lining. For decoration some Truffle cut in fancy shapes. Some green part of the Cucumber cut in fancy shapes & some Red jelly. i.e. some aspic jelly Coloured with Carmine. Have the mould rinsed & ready. Prepare it by

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letting the liquid jelly run round the mould. If this can be done on ice it will set much more quickly. When the mould is lined decorate in any way liked. Then line with aspic cream all round the mould, always pouring away any that gets thick.

For filling the mould.

Required:-

6 or 8 oz cooked chicken finely chopped.
One gill thick Suprême or Velouté Sauce
1 gill double cream.
½ gill mushroom juice & stock.
½ teaspoonful Liebigs Extract of meat.
½ wineglass full sherry.
Seasoning to taste of Pepper Cayenne Pepper & Salt.
¼ oz. sheet Gelatine.

To prepare the Mushroom Liquor:-

Wash & peel 3 or 4 Mushrooms. Cut them into rough pieces & stew them slowly in about ½ pint of light stock. When stewed from 1 to 1½ hours strain off & the liquor is kept. Put the liquor in a small saucepan & put in it the gelatine & allow it to dissolve. Then add the extract of meat, the sherry & seasoning. Mix into this is the White Sauce. Lightly whip the cream in a basin large enough

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to hold all the other ingredients. Into the Cream mix the chicken & then the contents of the Saucepan If any of the Aspic Cream is over from the lining it can be added. Mix the warm ingredients carefully & prevent curdling. Fill the mould quite full of this mixture & set it aside till firm. Turn out into a cold dish & serve chopped jelly round & nicely cut cucumber if liked.

Lobster in Aspic à la Royale.

Required:-

1 Small hen lobster.
About 5 gills Aspic jelly.
1 hard boiled egg
½ gill Tartare Sauce
1 Teaspoonful Salt, white pepper & Cayenne Pepper.
For decorating mould
A little hard boiled yolk of egg
A little finely chopped Parsley.
A little lobster coral.
In dishing up the Salad.
1 or 2 tablespoonfuls Tartare Sauce.
Some chopped Aspic jelly for going round the mould.
Decorate foot of mould also sides.

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Take the flesh of the lobster & chop it up roughly.
Chop up the remaining egg, yolk & white together
Have in readiness the Sauce i.e. A good
gherkins & chopped capers. Mayonnaise with a 2 yolks seasoned with made
Mustard pepper & Salt. 1 gill Salad Oil
Tarragon & Chili Vinegar & a few drops of Malt.
Have some fairly stiff aspic jelly. Into this mix
the chopped lobster - Chopped eggs - the ½ gill
Tartare Sauce & Seasonings of Cayenne Pepper
White pepper Salt. When the mixture is setting
pile up the mould. When firm turn out on to a
dish. Put the chopped aspic round & pile up the
centre with Salad well mixed with the remaining
Tartare Sauce. It can be decorated with the
feelers of the lobster. Only pile in the salad just
before sending in to table.

Game Pie.

Required :-

1 pigeon.
2 or 3 pork sausages.
1 hard boiled egg.
Little truffle
1 or 2 pickled walnuts.

Game Pie.

Required:-

1 Pigeon.
2 or 3 Sausages.
1 hard boiled egg.
1 or 2 pickled walnuts.
about ½ doz. blanched Pistachio Nuts.
2 or 3 blocks of foie gras.
Some pieces of cooked ham or tongue
½ teasp. salt.
¼ teasp. pepper.
Good pinch Cayenne pepper.
Pinch nutmeg.
Pinch mace.
Good pinch Aromatic Spice.

Mix these all thoroughly well together. Fill the bird. Take off every part of flesh from the bones. Take off the fillets & remove the skin. Reserve the feet for decoration. First skin them, then scald them & remove the nails. Then glaze them. Mash down the sausage meat & have ready ½ gill Good Stock. Then make the pastry like an ordinary short crust.

Pastry:-
½ lb. flour.
3 oz. butter.
Good pinch salt
Few drops lemon essence
Some very cold water.
Rub the butter into the flour - Make a well & put in the lemon juice & water. Mix into a firm dough. Knead slightly. Roll to the size required, a little less than ¼ in. thick. Have ready a pie mould greased. Line the mould with the pastry keeping the rolled side out - press out all the creases. Trim off the pastry at the top. Prick it slightly at the foot Fill up with all the different ingredients in layers. Sausage meat - fillets - Pour in some of the stock Roll out the scraps of pastry to form a lid - Wet the edges & fix the lid. Trim the edges & make a hole in the top. Stand the pie on a baking sheet & bake in a moderate oven 1½ to 2 hrs. For this size 1 to 1¼ hrs is sufficient. With all the trimmings of the bird make game stock with a bunch of herbs - a few peppercorns - little mace & a clove - It will make about 2 pint of stock - Add a little water if necessary. When boiling skim & then allow to simmer gently while

the pie is cooking. When ready to be drained off remove drain, remove the jar & allow to cool. When both are cool fill up the pie till almost overflowing. Put aside till cold. Then remove the case & the lids. Brush over the outside with warm glaze. Make some of the sausage meat into balls, poach them in boiling water for about 10 or 15 Min. Lift them out & allow them to get quite cold. Then lift them on a skewer & glaze them & the feet. When dry put the pie on a dish, glaze round it, fill up to the top with chopped aspic jelly & put some also round it. Decorate with the feet & glazed balls.

Glazed Tongue.

Required:-

A good tongue should be plump & soft to the feeling. It takes from 10 days to a fortnight to pickle a tongue. Wash it & soak it for about 1 hr in water. This partly draws out the salt. Put it into a large pan cover it well over with tepid water. When boiling skim carefully. Then add a few vegetables cut up roughly bunch of herbs. pepper corns. bay leaf. Carrot. turnip. onion. Celery. Simmer very gently for 3 hours. When tender take it out. peel off the skin

Carefully, put the Langue back into the pot of water & allow it to cool in the water. This keeps it moist & juicy. When quite cold take it out & trims it - on a board. Trim it neatly. After trimming place it on a dish & brush it over with warm glaze. Give it 2 coatings. It can be decorated with butter icing. To make butter icing put from 1½ to 2 oz butter into a basin - beat it well with a wooden spoon - till creamy & soft. Add a pinch of white pepper & salt & mix well in. Have a small forcing bag & decorate the Langue according to taste. Place it on a dish & arrange round it either some parsley or some aspic.

Petits Pains à la Salade à la Française.

Required:-

Some small neat dinner rolls.
Some salad - lettuce, small cress - cucumber if liked

Mixture for filling rolls -

2 or 3 tablesp. cooked meat of any sort.
½ tin or pot of foie gras.
2 or 3 Tablesp. Bechamel Sauce.
1 oz. butter.
Seasoning - Pepper - Salt. Cayenne pepper. Arom. Spice.

The rolls should be one day old. Scoop out as much of the inside crumb as possible.
Mix the ingredients for Jellimy well to gether in a mortar - When well pounded smooth, chop the rolls very fine but not too high. Shred up some salad make a French dressing for salad in a spoon - 1 teasp. oil - good pinch pepper & salt - some vinegar - all to gether 1 tablespoonful. Mix thoroughly with a fork. Pour in drops over the salad. Lift a couple of forks mix up lightly through the salad - Put heaps of salad on the top of the little rolls piling up as much as possible The salad should be made just at the last minute - Arrange some of it round the dish.

Aspic Jelly. (One quart.)

Required:-

½ 6½ gills Cold water.
1 gill Cherry.
½ gill Mixed Vinegars.
Rind & juice of one lemon.
1 piece Carrot.
1 " Turnip.
One n bun sticks celery.
Good sprig of parsley.
½ teasp. Salt.
1½ doz. of White peppercorns.
Whites & shells of 2 eggs.
2½ oz. French leaf Gelatine. 10 oz peppercorns.

Have a strong white lined Saucepan - rinsed first with hot & then with Cold water. Measure into it the 6½ gills of water. Cut the gelatine into rather small pieces & add it to the water. Then add the Cherry & the Vinegars ⅔ part. ⅓ Tarragon & a few drops of Chili. Have the lemon washed & the rind pared off very thinly. Squeeze out the juice & strain it into the Saucepan. Have all the Vegetables well cleaned & cut up into rough

prices. Add them, the pepper corns, the parsley. Also the two whites of eggs & the shells well washed & bruised down with the hands. Add also the salt. Stir well over a quick heat until the gelatine is melted - Then whisk up briskly with a good strong whisk. Keep whisking till a good froth rises - Then lift out the whisk & allow the jelly to boil right up to the top of the saucepan, then quickly draw the saucepan to a cool part of the stove, without shaking it. Cover over with a plate Allow to stand for about five minutes until the froth forms into a good crust. When quite steadied & settled strain through a jelly cloth. Have in readiness two good strong basins & boiling water in the kettle for rinsing the cloth. Rinse the cloth at least twice as the jelly will run through more quickly. Strain, turning out all the scum & froth. Let it run through. Reverse the basin 3 or 4 times.

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Biscuit Ice en Caisses.

Required:-

To 2 dozen cases.
3 yolks of eggs.
½ a whole egg.
1 gill clarified syrup.
½ Wineglass ful maraschino.
1 gill cream.
2 z. pounded ratāpā crumb.
Grated chocolate for garnish.

In this an ice case is required. It must be filled with layers of ice & layers of rough kitchen salt alternately. The layers of ice must be deeper than the layers of salt & must be done as quickly as possible. The ice must be rammed down with a wooden spoon & every particle of air excluded. When it is all filled cover it over with a blanket & about every half hour let off all the salt water by means of screws at the side of the case.

To prepare the Mixture.

Put the eggs into a medium sized bowl. Break them up well with a whisk. Add the syrup & the Maraschino, & whisk the mixture over hot water,

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until it resembles sponge cake. Bring it off the hot water & beat it over ice till perfectly cold. When cold stir into it 1 gill of double cream & the pounded crumbs. Put the mixture into the cases & pile them up. Stand them on one of the shelves of the case & allow them to remain till quite frozen & firm to the touch. Sprinkle a little grated chocolate on the top of each.

Meringues for serving with ices.

Required :-

4½ oz. Castor Sugar.
1½ whites of eggs.

Before beginning see that there is a nice cool oven. Have ready a greased baking sheet - a forcing bag. Sugar dredger. Some decoration such as finely browned almonds or pistachio nuts.
Pass the sugar through a very fine wire sieve. Whip the whites of eggs very stiffly in a strong dry basin with a whisk. When stiff put in the Castor Sugar & stir it quickly in. Put some of this mixture into the forcing bag & press it out on to the greased tray in little fingers or rounds. Dredge over quickly with Castor

Sugar. Sprinkle a few almonds or pistachio nuts on the top. Place as quickly as possible in a cool oven, allow to crisp off very slowly for an hour or two. till quite dry & crisp all through. Take off from the tin gently with a knife, allow them to cool & serve on lace edged dist paper.

Chocolate Ice with Fruits.

Required:-

To make 1 pint of ice.
½ pint double cream.
½ pint Custard (sweetened).
4 oz. Rich chocolate.
1 gill milk.
abt. 2 oz. Mixed fruits (apricots - cherries etc.)
abt 2 wineglassfuls curaçoa.
a few drops Vanilla essence.

Soak the fruits in a small basin with the curaçoa. Cover them carefully over with paper. This softens them.

To prepare the Custard.

3 yolks & 1 white.
½ pint milk.
1 to 1½ oz. Castor sugar.

Custard is the foundation of a great many ices.
Next prepare the Chocolate Mixture.
Break the chocolate up into little lumps. Put it & 1 gill of milk into a rinsed saucepan & stir over the fire till it is quite dissolved & smooth. Strain it into a basin & allow it to cool. Put the ½ pint of cream into a basin & partly whip it. Then add all the other ingredients but it (every thing cold) first the chocolate then the custard - mix all to gether then add the fruits & vanilla - Mix the fruits thoroughly in. Put in the ice pail. (⅔ ice ⅓ salt) Keep turning the handle round & round. It will take from 10 to 15 min. When frozen to a nice consistency it can be served neatly in Epergnes or plates.

Burnt Almond Ice.

Required:-

1 pint double cream.
abt 1½ oz. Castor sugar.
few drops almond or ratafia essence.
2 or 3 oz. brown almonds.
2 or 3 drops Caramel.

Blanch skin & shred almonds. Dry them on paper in

a very slow oven. When thoroughly dried allow them to take a deeper colour. Whip the cream till thick - Add the sugar. (As a rule 2½ oz. sugar ops to 1 pint mixture) Too much sugar prevents freezing.). Caramel till a pale almond colour - & the almonds. Burn for about 10 minutes.

Rice pudding iced.

Required:-

1 pint milk.
rind of 1 lemon.
2 or 3 bay leaves.
good inch of cinamon stick.
2 oz. Castor sugar.
3 oz. rice flour.
½ pint double cream.
Few drops of Vanilla - & if liked dessertsp. Silver Rays rum - or Maraschino. It can be coloured with a few drops of carmine.

Put the milk into a white lined saucepan with the bay leaves - cinamon stick & lemon rind & allow it to infuse on a cool part of stove for about 1 hr. Strain off the milk - put it back into rinsed saucepan,

Have the rice flour rubbed smoothly down with a little cold milk. Stir it into the pan & keep stirring till it has cooked about 10 minutes. Sweeten it with sugar & strain it through a rather fine pointed strainer. Allow it to get quite cold, stirring it frequently to prevent a skin rising. Whip up the cream & mix with it the rice mixture. Add the flavourings of vanilla & liqueur if liked & the colouring. Drain the moisture off & freeze fairly stiffly. Moulded or rough cut. Whole rice may be used instead of rice flour.

Bombe de Paris.

Required:-

Two ices - One Water & One cream.
Apricot Water ice for lining -
½ pint apricot purée -
½ pint clarified syrup.
Juice of alt ½ lemon.
Carmine to colour -

Clarified Syrup.

½ lb. lump sugar.
1 pint cold water -
Zest of 3 or 4 lemons -
½ gill lemon juice.

Put the sugar into a well lined saucepan reserving a few lumps to get the zest off the lemons. Boil the sugar & water about 10 or 15 min. without the lid of the pan & boil rather rapidly. Strain but do not stir. When it feels sticky it is ready. Add the lemon juice to it & strain the whole through wetted muslin into a bowl. Put away till perfectly cold. It is better made the day before the ices.

Apricot Water Ice.

Take ½ pint of syrup & ½ pint of apricot purée, & mix them thoroughly. Colour to taste. Put into the ice pail & freeze until firm. Then line a bombe mould with this. Put on the lid & bury the mould in salt & ice for 2 or 3 hours. When the mould is frozen have ready the cream ice for filling.

Lemon Cream.

5 yolks of eggs.
2½ oz. Castor sugar.
Thinly grated rinds of 2 lemons.
½ gill strained lemon juice.
2½ gills milk & cream or half & half.

Cream the yolks & sugar for a few minutes. Pour on to them the mixt almost boiling. Stir well. Strain back into pan & cook over a slow fire until it thickens

but on no account must it boil. Turn instantly into cold bowl & stir for some minutes so as to let in cold air to cool the custard. Put it away till quite cold. Then add the juice & grated rind of lemon. Put into freezing pail & freeze till firm but not hard. Remove the lid & centre of bombe mould & fill it in with the lemon cream. Put the lid on again & bury away for another hour or a half or two hours. To dish it. Dip the mould into cold water - remove the lid & turn out on to serviette & dish paper.

General Notes on Ice making.

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(1) Be very careful in weights & measures.
(2) Freezing pots must be perfectly clean & dry when the mixture is put in.
(3) Only 3 parts fill the ice machines.
(4) Everything must be absolutely cold before freezing.
(5) Too much sugar prevents freezing & too little makes the ice rough.
(6) All wooden pails should be stored away with a little water always kept in them. They should be filled up the night before ice making.
(7) In turning out ices they should be dipped in cold water.

(8) Ices should be dished on paper a preferably a napkin a dryley, as they absorb moisture better.
(9) In filling pails a cases just twice as much ice as salt. Ice alone does not freeze.
(10) Keep the water well drained away.
(11) The best moulds for freezing are pewter.

Friantines à la St. James.

Required:- (made up fish entrée).

1 oz. butter.
2 oz. cooked fish.
1 oz. potted shrimps.
3 hard boiled eggs.
1 teasp. chopped parsley.
Very small piece chopped shalot.
1 raw egg.
abt. 1 dessert sp. cream.
Seasonings salt. White pepper. Cayenne pepper.
lemon juice.
piece good puff pastry.
beaten eggs for eggeing over.
Some fine bread crumbs. or Vanurette.
Pot of deep fat for frying.

To prepare -

Cut the hard boiled eggs in two - Remove the yolks & save them. Free the fish & shrimps from bones & skin & chop them finely. Chop the parsley & cooked shalot. Melt the oz. of butter in a small saucepan - Add to it the chopped fish, shrimps, shalot, parsley & saved yolks of eggs. Mix all well together in a saucepan. Add the dessertsp. cream & as much beaten egg to bind the mixture. Cook over the fire for a few minutes - Turn out on to a plate & set aside to cool a little. While cooling prepare the pastry. Roll out as thinly as possible & stamp out in rounds with a cutter about 2 inches in diameter. Damp round the edge of the pastry. Put a little pile of mixture on each round - Cover it over with another round of pastry - pressing the two pastries well together. Brush them well over with the beaten egg, being careful to coat them. Toss them in the bread crumbs & Panurette. Lay them in the frying basket & fry a pretty golden colour. Drain & dish up on hot dish with paper. Garnish with parsley & serve as hot as possible.

Mutton Cutlets à la Wurtemberg.

Required:-

1 pint of Sauce made from
2 or 3 sliced onions tomatoes.
2 medium dried sliced onions.
½ gill white wine.
1 gill mushroom liqueur.
1 gill light stock
½ pint milk.
Abt. 12 peppercorns
Small bunch herbs. (thyme - marjoram - bayleaf - parsley)
1 oz. butter
1 oz. flour.
1 oz. grated Parmesan cheese.
few drops lemon juice
Salt.

Put into a saucepan the onions - tomatoes - herbs - peppercorns - stock - mushroom liquor - wine & milk. Allow these to simmer very gently till the onions are tender (from ½ to ¾ hr.) Have ready the flour & butter slightly fried without browning - a pale biscuit-colour. When the mixture has cooked long enough, strain it - & add it by degrees to the flour & butter. Boil &

Chim & fist before serving add the lemon juice & Parmesan cheese.

The Cuttels

1½ lbs. Each rib of mutton.
2 Sardoons of fat bacon for each cuttel.
1 tablesp. finely chopped ham.
2 or 3 tablesp. salad oil.
Seasonings pep. salt. Cayenne pepper.
Chestnut purée for dishing the cuttels on.
Boiled Spangetti & Wurtemburg Sauce for garnishing round the dish.

Trim & bat the cuttels. Lard these with bits of bacon & one of ham. Trim the sardoons. Place the cuttels on a dinner plate with the salad oil, Seasonings & chopped ham. Soak in this for ½ an hour. Get the fire ready. A clear & smokeless fire is required for grilling. Grease the bars of the gridiron. Grill the cuttels on the underneath side for 4 or 5 minutes. Remove them from the fire – put the grill on a baking sheet & put it into rather a sharp oven for 4 or 5 min. That will cook the top sides. When they come from the oven brush them over with a little warm meat glaze. Dish them up on a bed of Chestnut Purée, Spangetti in centre, Sauce round.

Chestnut Purée.

Wash the chestnuts (1½ lb.) & put them in a large pan of cold water to boil. 15 to 20 min. Take them out & remove the two skins. Put in with 1 pint of light stock & boil from 1½ to 2 hrs. till tender. Drain them off as dry as possible - pound them & pass through wire sieve. Put into a saucepan, mix with a little butter, milk, castor sugar - pep. & salt till like mashed potatoes. Put into a heated forcing bag with a large rose pipe & force out into entrée dish as much as is required.

Spaghetti.

Boil till quite soft in boiling salted water. Strain it & rinse it. Cut into neat even sized lengths. Break 1 dessertsp. cornflour with part of the pint of milk. Add the rest of the milk, boil & add the spaghetti. to the cornflour sauce - a tablesp. cream - little salt. Thin shavings of Gruyère cheese. Allow this to reheat.

Stock for Clear Soup.

Required:-

To make 1 quart.

1 quart of water.
1 lb. shin or knuckle of beef.
1 medium sized carrot.
1 " " turnip.
2 " " onions.
2 or 3 white sticks celery when in season or
1 teasp. celery seed tied in muslin.
small bunch herbs.
Abt. 24 white peppercorns.
2 small teasp. salt.
½ blade of mace.
2 cloves.

Put the water into a well lined rinsed saucepan, & add the meat in small pieces. Removing every particle of fat & marrow from the bone. Rinse the bone with hot water. Add the vegetables thoroughly well prepared. Mace - peppercorns - celery - & Carrot & turnip in good large blocks & salt. Simmer very gently from 5 to 6 hours. Strain through muslin or hair sieve & set aside to cool.

Consommé à la Rambouillet.

Required:—

2 quarts Stock.
½ lb. lean juicy steak or.
1 white + 1 shell of eggs.
Very small piece Carrot - turnip - onion + celery.
pinch of salt if required.

Remove every particle of fat from the top of the stock. Pass a piece of clean kitchen paper with side over it. Place on a well tinned saucepan + put the stock into it, keeping back the sediment. Add the beef shredded - small pieces of vegetable + the salt. Put on to a quick fire + stir it about till all the beef seems divided + the jelly melted. Whisk till it boils. Take off the whisk + let it boil up to the top of the pan. Cover pan with a plate + let it stand for about 5 min. Settle. Strain it through jelly cloth heated with boiling water. Put it through twice. Put the soup in a clean pan for reheating. Add the garnish + pour into hot tureen.

Garnish.

½ gill cooked green peas or Chicken force meat.
Forcemeat is prepared from 2 ½ oz. cold chicken - 2 ½ oz. Panade - 1 yolk of eggs - ½ oz butter - pep. salt. mace.

Chicken forcemeat

2½ oz. cooked chicken.
2½ oz. Panade.
1 yolk of eggs.
½ oz. butter.
Pep. Salt. grated mace.

Mince the chicken. pound it with the panade. yolk of eggs. seasoning. & butter. After pounding well rub through fine wire sieve. Steam in greased mould or tin. When it has steamed enough turn away in hot water any butter that may be sticking. Cut it down in slices & stamp with any shaped cutter.

Croûtes à la Victoria

Required:-

4 oz. dried haddock.
2 oz. melted butter.
1 beaded oyster for each croûte.
Coralleen pep. grated salt. lemon juice.
To garnish. Coralleen pep. Chopped parsley,
sieved yolk etc.
Slices of bread ¼ in thick fried in deep fat.

Scrape the meat away from the haddock - pound it well in a mortar with the 2 oz melted butter - Add the seasonings - Rub the mixture through fine wire sieve. If the oysters are fresh season them with a little lemon juice - Put the sieved mixture into a forcing bag with a large rose pipe - Place the croûtes on a very slightly greased baking sheet - Force a little of the mixture on each - Place an oyster in the centre of each, & sprinkle a tiny pinch of salt - white pepper & a few drops of lemon juice on each - Cover the oysters with a little more mixture - Place in oven & allow to cook from 10 to 12 minutes. Quickly sprinkle over them a little parsley & coralled pepper & serve as hot as possible -

Purée de Haricots Flageolets.

Required:-

½ lb. green haricots.
1 onion.
1 bay leaf.
2 sprigs of thyme - parsley - 1 marjoram.
2 oz. lean ham.
½ pint good white stock.
pep. & salt.
½ oz butter.
1 or 2 tablesp. cream.

Wash the haricots well in several waters & soak over night. Put them in a white lined saucepan with onion (stuck with cloves), bunch of herbs, the ham & the seasonings with the ½ pint light stock & allow to simmer steadily from 3 to 4 hrs. adding a little more stock if necessary. Pick out the herbs, onion & ham & rub the haricots through a sieve. Rinse the pan & put back the purée of beans. Add more seasonings if need & pepper. Make it very hot & serve as dressing for vegetables. It can be garnished with strips of hard boiled white of egg or fried bread.

Escalopes of Fish à la Dauphine.

Required:- (5 or 6 people)

1½ lbs. turbot or Halibut cut in fairly thick slices.
A farce made from
Trimmings of fish - 2 oz fish.
1 tablesp. thick Bechamel Sauce.
1 " Cream.
1 white of egg.
Seasonings - Salt, white pep. Coralline pep. & few drops lemon juice -
A potato bed made from
½ lb. cooked sieved potatoes.
1 pat butter.
1 or 2 tablesp. milk.
1 tablesp. Cream if liked.
Sauce for serving over made from
3 gills good fish stock.
1 oz. butter.
1 oz. flour.
abt. 1 oz. prawns.
1 dessertsp. Anchovy essence.
Seasonings pep. salt. lemon juice.
½ gill Cream.

Have ready a Sauté pan well greased with butter. a round of butcher paper greased. Cut the flesh off the fish & trim the fillets into as neat pieces as possible. Sprinkle over them some white pepper. pinch of salt. a tiny squeeze of lemon juice.

The farce.

Put into a mortar the scraps of fish & pound them with the white of eggs. the Bechamel Sauce. Cream & seasoning qs. Then rub the mixture through a fine wire sieve. Spread a layer of farce meat on each fillet evenly. Lay them into the buttered pan. Pour over them about ½ gill of fish stock & ½ liked ½ wineglasspe of white wine such as Sauterne or Sherry. Cut the round of greased paper over it, place the pan in a moderate oven to bake slowly from 12 to 15 min. Once or twice while cooking lift up the paper & baste with sherry & stock.

The Sauce.

Melt the ½ oz. of butter in a strong white lined Sauce pan. Mix the flour smoothly with the butter & cook for a minute or two to get them. Gradually add the fish stock. Cook for 3 or 4 min. Have ready the prawn mixture. i.e. Put from 1 to 2 oz of prawns into a mortar with a dessertsp. Anchovy essence

½ an oz. butter. Pound the almonds - Rub through a very fine wire sieve, Then drop it gradually into the sauce. Also add the cream - seasonings & if liked the wineglass ful of sherry. Make it very hot but do not let it boil after the cream is added. Lobster spawn can be used instead of prawns.

Potato Purée.

Put the cooked sieved potatoes into a saucepan with butter enough milk & cream to form a nice consistency. Force a potato bed on to a silver dish - lay the scallops of fish neatly on top & pour the sauce over & round it - Garnish with a little lobster coral - truffle & parsley -

Fish Stock.

Put water & milk mixed into a pan & when boiling skim carefully. Add salt a slice of celery. bay leaf - blade of mace - 1 onion - few white peppercorns & simmer gently for 1 hr. Strain off & allow to partly cool.

Conservative Pudding with German Sauce.

See page 204 H.C.C.B.

Vegetable Curry.

Required:-

Carrot. Turnip.
Celery. Cauliflower.
Peas.

Cut all the vegetables in neat pieces & cook till tender in separate salted waters. The celery cooked in milk & water to preserve its colour.

Sauce.

1½ oz. butter.
1 table sp. curry powder.
abt. ½ pint Nathers light stock.
Medium sized onion.
Salt. Lemon juice.

Melt the butter. Slightly fry the onion chopped & sliced till beginning to change colour. Add the curry powder. Let these fry for a few seconds. Add as much stock as necessary to make a smooth medium sauce. Add the salt. Cover the pan over with a lid & put it on a cool part of stove so that it will cook slowly for ten or fifteen minutes. Stir in the vegetables gently & allow the whole to thoroughly heat. Add the lemon juice to it. Turn on to hot dish & serve boiled rice with it.

To prepare the rice.

Wash it well & put it in a large saucepan with plenty of cold water. Bring to the boil - Remove the scum - Strain the rice & rinse it well. Put into a saucepan of boiling water & a good pinch of salt. Boil for about ten minutes. Try it frequently steep stunning. Boil without a lid - When tender strain it & rinse it again with hot water. Turn on to a large dish & fluff it up with a fork - Turn into hot dish & hand with the Curry.

Soufflé chaud au Luxette.

Required:-

¼ g. rice flour.
¼ g. wheaten flour.
½ g. grated Parmesan cheese.
1 g. butter.
¾ gill milk.
½ pot Luxette.
Oat sp. Liebig.
1 yolk & 1½ whites.
Seasoning to taste.
2 or 3 chips Cayenne -

Re

Make a Panada of butter, flour, rice flour & milk & cook well for a few seconds. Add to it the Luxette - Liebig - seasonings - Carmine - Cayenne - yolk of egg & cheese. Beat all well together till thoroughly mixed. Fold into it the beaten whites & half fill greased Empire dishes with the mixture. Put them into rather hot oven, & bake about 10 min. till risen & firm. Serve on dish paper - hot.

Petites Caisses à la Vénitienne.

Hot entrée.

Required: -

Some batter cases made of: -

4 oz. flour.
2 yolks of eggs.
1 tablesp. salad oil.
pinch of salt.
Abt. 1 gill tepid water.
2 beaten whites of eggs.

Rabbit purée made from: -

Abt. 6 oz. Cooked rabbit.
½ oz. butter.
1 tablesp. cream.
1 tablesp. Velouté sauce.
Seasonings Salt. pepper - Coralleen & Cayenne pepper.

Ragout made from:-

abt. 10 or 12 button mushrooms.
Rabbit or Game meat.
Stock for heating.
1 or 2 truffles.

Sauce for serving made from:-

1 gill light coloured stock.
1 teasp. Liebig.
½ oz. Arrowroot.
2 wineglasses sherry.

Have the rabbit put through the mincer. Melt the butter in a saucepan. Add to it the meat - the Velouté sauce - seasonings of salt - pepper - Cayenne or Coralline - enough Cream to make it a nice consistency for filling up the cases. Set this aside to keep hot.

Ragout.

2 oz. raw rabbit.
½ oz. flour.
½ oz. butter.
½ gill white stock or milk
½ raw egg.
seasonings salt-pepper - lemon juice.

Make a thick sauce with the flour butter & milk. Put the

Raw rabbit through the mincer & pound it with the eggs & seasonings in a mortar. Then sieve it. Divide this Grenelle meat keeping half the natural colour & have Colour with Carmine. Put into a small forcing bag with plain pipe. Have ready two sauté pans well greased with clarified butter. Once cut tiny little Rounds. Pour over them some very hot water & poach gently for abt 5 min. being careful that the water never boils. Lift out into clean & drain them.
The truffle & the mushrooms cut down into neat little pieces. Put all this Ragoût into a little sauce pan or basin with a little stock & make it thoroughly hot.

Sauce.

Put the gill of light stock into a sauce pan with the glaze & allow the glaze to dissolve. Rub down the arrowroot smoothly. When the stock & glaze are well mixed add the thickening of arrowroot. Stir till it thickens & cooks. Season nicely & add the sherry.

Batter for Cases.

Make a batter with the flour - yolks of egg - salad oil. & enough tepid water till smooth. Have the whites beaten stiffly. Have ready a pan of frying fat. Put in the iron for the cases & let it get quite hot. After frying the cases brush them over with beaten white of egg.

Sprinkle a little parsley on them. Dip them up with the sauce of rabbit. Pile a little of the ragout. Dish them in a circle on a hot dish with dish paper. Strain the sauce into a hot sauce boat & hand it with the cases.

Little Croustades à la Milanaise.

Required:-

3 oz. Puff Pastry.
6 oz. Gruyère cheese.
2 tablesp. good Bechamel Sauce.
2 or 3 tablesp. Cream.
good pinch Cayenne or Coralline pep.
White pep & salt.

Roll out the pastry rather thinly. Stamp it out with cutter & into finger lengths. Lay them on a tin evenly. Brush over each with beaten egg. With a cutter two sizes smaller than the first- stamp two thirds through. Place in a good oven & allow to bake for about 15 min. till well risen & a pretty golden colour. When ready lift out. Remove the lid carefully from the case. Scrape out all the doughy part from the inside & they are ready for filling. Then make the mixture. Put the Bechamel Sauce into a small saucepan & when hot add the cheese cut down

in very fine pieces. Season well, mix all together till thoroughly hot. Add the cream - Reheat but do not boil. Fill up the little pastry cases - Reheat in the oven & Serve piping hot with clean paper underneath. Garnish with parsley or a little grated cheese.

Border of Rice à la reine.

Required:-

6 oz. Carolina rice.
½ oz. butter.
1 gill tomato pulp.
½ pint white stock.
½ teasp. Liebig.
pep. & salt to taste.
2 yolks & 1 egg & 1 white.

Have ready a border mould well bread crumbed & a Yorkshire pudding tin. Well wash the rice - blanch it - strain & rinse it - Put it back into the saucepan with the butter - seasoning - tomato pulp & stock & Liebig. Cook till perfectly soft & stiff. A little more liquid may have to be added when it is cooling. Allow it to cool & then add the beaten yolks & white. Fill the mould with the rice. Put it in the tin with enough hot

water to come a little up the sides of the mould. Put in a moderate oven to set. from 20 to 30 minutes. When firm to the touch bring from the oven & allow it to stand for a few minutes before turning it out. Fill the centre with Quenelles of Rabbit, Veal or Chicken Mushrooms & truffle. Pour some sauce over the Quenelles & the rest round.

Sauce.

3 gills good clear brown stock.
1 dessertsp. arrowroot.
Wineglass of sherry.
Good squeeze lemon juice.
few drops Cayenne pepper.
Salt.

Pudding en Surprise à la Louise.

Required:-

½ pint lemon jelly.
Decoration for mould:-
Chopped Pistachios.
dessicated Cocoa nut.
few strips brown almonds.
Second lining of rum cream made from:-
¾ gill whipped cream
" " lemon jelly.
abt 1 dessertsp. Silver Rays rum.
2 sheets Rennet leaf Gelatine.
Mixture for filling mould:-
½ pint milk.
Vanilla pod.
Sugar to sweeten.
3 Raw yolks of eggs.
½ pint double cream.
3 oz. mixed fruits.
1 oz. browned almonds.
2 oz. Sponge Cake.
½ oz gelatine - light weight.
2 or 3 tablesp. water to dissolve the gelatine -
Very little Silver Rays rum.

Prepare the mould. Line it round with lemon jelly coloured a pale pink. Decorate according to taste with the nuts & almonds - both four & round -

To prepare the Rum Cream.

Dissolve the gelatine in the lemon jelly. Strain it into a basin & mix with it the whipped cream. Add a teasp. S. Rays Rum. Mix the whole together. When just beginning to set turn it round the mould & line up to the very edge of the rim.

To prepare the mixture.

Make a custard with the three yolks of eggs & the ½ pint of milk. which has been seasoned with the vanilla pod. Strain into a basin & allow it to cool. While cooling etc. Cut the fruit into small square pieces also the Sponge Cake. Shred the almonds into strips & dissolve the gelatine in the water. Put the cream into a basin & whisk it slightly. Strain the gelatine into the custard. Add everything to the whipped Cream. Season with Silver Rays Rum. Add more sugar if necessary. Allow this to be setting. Then pile up the mixed. Set away into a cold larder like jam. Decorate & put some chopped jelly round.

Sorchet of Soles.

Required:-

2 small Soles.
2 small onions or 2 or 3 Shallots.
Very small bunch herbs.
Some fish stock.
To clearing:-
1 White of egg.
Squeeze lemon juice.
Seasoning to taste.
Julienne strips for Garnish.

The fish must be filleted, trimmed & cut into neat pieces. Grease the pan of a stewpan. Lay the fillets in it & sprinkle over these a little pepper & salt. Lemon juice herbs, onions in thin strips. Put over this as much fish stock as required for serving (1 gill to each person more or less over). Put on the lid & allow to simmer very gently for abt 10 min. Lift all the pieces of fish with a fish slice on to a hot dish. Cover over with a plate & set on hot water to keep warm. Cool down the stock with a little water or some cold fish stock & turn it into a clean saucepan. Add to it the white of egg - crushed. Squeeze of lemon juice & a little more salt if necessary. Whisk

over the fire to clear it (1 white to every pint of stock).
Let it stand, then strain like jelly. Reheat. Add some
julienne strips of fish just back carefully into it,
serve in a soup tureen. Hand with it thinly cut bread & butter.

Seakale with Cream Sauce.

Required:-

½ basket of Seakale.

Wash the Seakale carefully - cutting off the roots
keep it well under water while washing. Cut into
neat equal lengths. Tie it in bundles 6 or 8 stalks
to each. Put into a saucepan of quickly boiling
water salted 1 about 1 teasp. lemon juice in the water.
Boil rather briskly skimming constantly from
20 to 30 min. Lift out the stalks - untie them &
put them to drain & dry on a clean cloth.

To prepare for frying.

Toss in a little flour first. Brush over with beaten
egg & toss in a handful of fine stale bread crumbs.
Have ready a pan of deep fat smoking hot. Plunge
the seakale in (in basket) & fry briskly till a golden
brown colour. Drain thoroughly & garnish by some
parsley, fried sprigs, with stalks off & well dried. Put the
fat a little aside, & plunge the parsley in the basket into it.

The Sauce.

½ oz butter.
abt. 3 tablesp. Bechamel Sauce.
3 tablesp. cream.
2 yolks of eggs.
Pep. Salt. Cayenne or Coralleen pep.

Melt the butter in the saucepan. Add bit the B. Sauce & stir till both are well mixed & hot. Then add the cream. Allow to thoroughly heat but not boil. Season. Have the yolks in a basin. Add them to the sauce. Reheat without boiling & it is ready.

In dishing up. Have a dish with paper on it. Arrange the Sea Kale in a neat pile in the centre. Have ready fried parsley. Sprinkle over it a little Coralleen pepper & serve as hot as possible.
Sea kale is at its best from February to June.

Salpicons of Salmon à la Chevalier.

Required:-

½ lb. cooked salmon.
2 hard boiled yolks of eggs.
1 teasp. anchovy essence.
1 tablesp. cream.
little Cayenne pepper - white pep. salt. one or two drops Carmine.
3 gills reduced stock.
Some aspic jelly.
Some truffle.
Some sprays of cress.

In serving in the centre:-
Some flakes of cooked salmon.
6 or 8 slices cooked salsify.
Some cucumber -
little mayonnaise for seasoning.
Some chopped parsley aspic for going round the dish.

Decorate a border moned with cress - Have little horse shoe moneds decorated with truffles.
Have the salmon boiled & take from it some pieces for flaking in the centre. Chop the remainder. Have the reduced consommé cold - Add till the chopped salmon

2 yolks sieved - teasp. Anchovy essence - the tablesp. cream & teaser. This mixture with the different peppers & salt. Add very carefully one or two drops of Carmine. When beginning to set - fill up the horse-shoe moulds & border mould & set aside in a cool larder till firm. While setting get the salsify cooked. Scrape the roots keeping them well under water all the time to preserve the colour & When washed drop them into cold water with a little lemon juice in it. - Have ready a saucepan of boiling salted water with a good squeeze of lemon juice & Coralleen pepper in it & boil from 30 to 40 min. till the salsify feels tender to the finger & thumb. Lift out & drain well. Cut into pieces 3 inch in length. Cut also the cucumber into nice pieces or blocks. Sprinkle over them a little salt & moisten with mayonnaise & salt. When ready for dishing turn out the salmon mixture in the centre of a silver dish - Pile up the centre with the garnish - Arrange the little moulds on the border mould & garnish prettily with well washed cress & chopped aspic round - Wash the cucumber with a little vinegar, & sprinkle over it - salt & pepper - to be ready for the fish.

Little Chickens in Cases à l'Impératrice.

Required :-

6 oz. raw chicken -
1 oz. Panade -
½ oz. butter -
1 tablesp. thick Bechemel Sauce -
1 egg
Seasoning to taste.

Mince the chicken & pound well with all the other ingredients till perfectly smooth - Pass all through a fine wire sieve. Have ready some chicken moulds, buttered & fill carefully with the mixture, so that it takes the shape of the moulds. Stand them in hot water in a saucepan. Cover with greased paper. Bring the water to the boil & then allow the chickens to cook in the water without any further boiling. When firm turn on to a cloth & set aside on a drainer & plate till quite cold. Have ready for them some Aspic cream i.e. liquid aspic jelly with cream mixed into it - Make it nice & white. Also have ready some paper cases (oval shape) some nicely picked salad - lettuce & cress - A little French cheesing Mix with the salad (dessertsp. oil - teasp. Vinegar

pinch pepper & salt.) When the chickens are quite cold give them two coatings of the aspic cream. Shred the salad carefully - Put it on a plate & pour over it a few drops of the French dressing. Mix it with a couple of forks & put some in the cases. Serve some finely chopped aspic jelly in a forcing bag & put it round - Put a dish paper on a dish - Lay the cases on it - & serve as cold as possible.

Baba au Rhum.

Required:-

¼ lb. flour.
1 gill milk
2 oz. butter.
¼ oz. German yeast.
½ teasp. Castor sugar.
3 small eggs.

Syrup for soaking.

12 oz. Castor sugar. 1½ pints cold water.
1 gill Silver Rays Rum.

Sieve the flour into a bowl. Cream the yeast & sugar in a small bowl & add the milk tepid to the yeast.

Mix thoroughly & with the hand mix into the flour
till a light soft dough. Put into a warm basin. Cover
over with a cloth & stand in a warm place out of a
draught till risen about twice its original size. Take
it up & beat in to it the butter slightly oiled & creamed.
Beat in the eggs by degrees with the butter. When
thoroughly mixed in have ready moulds thoroughly
dry & greased out with lard. A little more than half
fill the moulds. Put to prove from 15 to 20 minutes.
Then put into a moderately hot oven to bake for about
15 or 20 min. till a pale golden brown colour. Bring
from the oven & allow to steam for a min. or two then
turn out on a sieve to cool.

Syrup. Put the sugar & water together in a very clean
saucepan & boil it rapidly without the lid of the pan
till reduced to about half & feels sticky. Remove any
discoloured scum from the top with an iron spoon.
Never stir the sugar & syrup. Take it from the fire
& add the wine. Put the cakes in a deep pie dish
& soak them thoroughly well. Then lift them into the
dish in which they are to be served & garnish.

Crême aux mille fruits.

Required :-

Nice variety of fruits.
2 oz. black grapes.
2 oz. white "
2 bananas.
2 Tangarine oranges.
2 or 3 peaches.
abt 1 doz. glacé cherries.
1 oz. sweet almonds.
1½ gills syrup made from water & sugar or fruit-juice & sugar.
1½ oz. loaf sugar.
1 teasp. lemon juice.
abt. teasp. Mar or dessertsp. Cherry.
1 gill double cream.
sugar to sweeten cream.
few drops vanilla essence to flavour.
1 gill wine jelly.
few chopped pistachios.

Syrup. Put the fruit-juice & syrup into a white lined saucepan. Boil well up & skim carefully. Prepare the fruit. Skin the bananas - scrape them slightly

, Cut in neat slices or blocks. Skin the oranges, remove pith & stones. Skin, halve, slice the grapes - Wash the cherries & cut them in two. Cut the peaches in neat sized pieces. Put all these fruits into the clarified syrup & stew very gently from 5 to 10 min. Pour into a basin & set aside in a cold larder or on ice to get perfectly cold. Then add the marr . Have the almonds blanched - skin removed & shred down into fine strips. About half can be added to the fruit mixture & half kept for decorating. Fill up a dish with this fruit mixture - Then prepare the jelly. Have some lemon jelly liquid & quite cold. Whisk it up in a good sized basin with a whisk. In another basin whip the cream to a nice stiffness for decorating. Sweeten it & flavour it. Then divide it & colour half a pale pink. Pile the whipped jelly on the top of the fruit fairly high in the centre. Have ready a forcing bag with large rose pipe. Put a spoonful of white cream down one side & a spoonful of coloured down other side of bag. Force it out in pretty roses all over. Scatter some of the remaining almonds on the top & a few chopped pistachios & serve as a cold sweet.

Crab Sandwiches à la Cannes.

Required :-

3oz cooked meat from crab. (lobster or salmon)
2 hard boiled yolks of eggs.
4 or 5 anchovies.
1 salt sp. Mustard.
1 " " French Mustard.
1 tablesp. Mayonnaise Sauce nicely seasoned with pepper.
1 teasp. chopped parsley.
little bunch of Mustard & Cress.
Seasoning of salt. pepper. Good dash of Cayenne pepper.
Thinly cut slices brown bread & butter.

Carefully pick the meat from the shell. Chop it slightly. Quickly wash the anchovies in warm water - dry & scrape off the silver skin. Put all the ingredients into a Mortar with the Mayonnaise. Pound well & get all well mixed together - using enough Mayonnaise to get a nice soft mixture. Sieve through a fine wire sieve. Spread the mixture on the bread & butter & lay another slice on the top. The sandwich can be cut out in fingers or rounds or squares. Dish

neatly on a dish paper & serve with a little well washed & drained cress in the middle. If the kept for any time a piece of damp muslin thrown over them keeps them moist.

Chicken & Tomato Salad.

Required:-

Lettuce. Cress. Cucumber. Dice of cooked chicken. Dice of tomatoes. Little mayonnaise sauce. Little curls of celery. Tomatoes.

Put the tomatoes. chicken - shredded lettuce - cucumber & cress into a basin. Mix into this dressing. Mayonnaise. Mix all together carefully with a fork - mashing it down. Add a little more seasoning. Fill up small cases with the salad - Over these sprinkle little curls of celery. On the top of this put some cress.

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Practical Cookery.

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Puff Pastry

Required :-

4 oz. flour. ½
4 oz. butter. 4.
¼ teasp. lemon juice. ½
cold water for mixing.

5

Dry the butter on a floured towel & put it away to cool. Make a dough of the flour water & lemon juice till of the consistency of butter. Knead free from cracks. Roll out into a square the size of a handkerchief. Fold in the butter. Roll out into a strip. Fold in three & put away for 15 min. at least. Bring it back & give two rolls & two folds. Put away & repeat till it has had 7 rolls.

Lobster Cutlets.

See H. C. B. page 36.

Savoury Cream.

See H. C. B. page 188.

Lobster Bisque. (Purée d'Homard)

See H. C. B. page 22.

Cocoa nut Buns

See H. C. B. page 247.

Vienna Bread.

See H. C. B. page 258.

Vienna Queens.

Required:-

1½ oz. butter. 1½.
2 oz icing sugar. ½.
4 oz. Cocoa nut. 3.
1 oz. rice flour.
1½ oz. biscuit-crumbs.
little Vanilla.
Orange flower water.
10 or 2 drops Carmine.
2 small eggs.

Mix flour, crumbs & Cocoa nut to gether on paper. Cream butter & sugar. Add eggs, a handful of flour mixture - add seasoning & colour pale pink. Bake in tiny little moulds well greased - from 15 to 20 min. When cold run over with maraschino icing -

6 oz. icing sugar -
1 Tablesp. maraschino -
little water.

Sponge Cake.

Required:—

6 eggs.
the weight of 5 eggs in sugar
" " " 3 " - flour -

Whip eggs & sugar till frothy & light. Quickly add the flour.

Boiling water Icing.

Icing Sugar.
few drops flavouring,
Gradually beat in some boiling water till a thick pouring Consistency.

Galantine of Veal.

Required :-

2 lbs. breast of Veal.
1 lb. Sausage meat.
1 hard boiled egg.
1 truffle.
abt. 6 oz pistachios.
¼ lb. fat bacon -
tsp. salt.
dessertsp. Aromatic Spice.

Bone the veal - trim neatly - season with salt, pep. lemon juice. Put a layer of Sausage meat, bacon, & garnish of egg - truffle & pistachios - Spread on the remaining Sausage meat. Tie tightly in a cloth & boil in water enriched with the bones of veal, any scraps of vegetables etc - from 3 to 4 hours - When ready tie in a clean cloth - press - When cold trim the edges - glaze & serve with chopped aspic round.

Brandy Wafers.

Required:-

2 oz. flour.
2 oz. butter.
10 oz. Castor sugar.
½ oz. Ground ginger.
½ oz. Cinnamon.
½ lb. golden Syrup (about).

Mix into rather a stiff dough with the golden Syrup. Leave for 3 or 4 hours or over night. Roll out into long thin rolls with hands & cut off into portions. Bake on greased tins giving plenty of room to spread. In a moderate oven for about 5 min.

Clear Stock.

Required:-

1 lb. chin of beef.
1 quart cold water & extra ½ pint.
½ teasp. celery seed.
Salt
bunch herbs.
2 or 3 cloves.
1 onion.
blade of mace - bay leaf.

Cut the meat & remove the marrow. Chop the bones if big. Put meat, bones, water & salt into a strong lined pan. When boiling remove the black scum. Add the veg. & simmer from 4 to 5 hours. Bring slowly to the boil & simmer very slowly & allow to stand till cold.

To clear.

Free from fat. Pour into rinsed pan being very careful to keep back the sediment. This quantity can be cleared with ¼ lb. lean juicy beef shredded or 1 white & 1 shell of egg & a lump of sugar. Strain off through jelly cloth.

Almond Cakes.

Required:-

6 oz. flour.
4 oz. butter.
½ teasp. baking powder.
½ teasp. Castor sugar.
beaten yolk mixed with water for mixing.

Almond Mixture.

4 oz. almonds.
2 bitter almonds. (1 bitter to 2 oz. sweet)
3 oz. Castor sugar.
2 oz. melted butter.
1 egg.
Grated lemon rind & juice to taste.

Line patty tins with pastry -
Blanch & chop the almonds. Pound with all the other ingredients - Divide into the pastry cases. & bake in moderate oven.

Chocolate Cakes.

Required :-

6 d. pastry.
½ slick chocolate.
1 gill milk.
1 teasp. cornflour.
1 teasp. melted butter.
pinches salt. & cinnamon.
Vanilla essence.
2 yolks & 1 white.

Dissolve the chocolate in the milk - add the cornflour - stir in & cook. Take from the fire. Mix in all the other ingredients gradually. Two thirds fill the pastry cases. Bake in a rather moderate oven. When ready take out of tins. Whip remaining white - & add 1 oz of sugar stir. Pile on the top: Dredge well with sugar - Garnish with cherries & angelica. Crisp off in a slow oven.

Cheese Straws.

Required:—

1 oz. butter.
1 oz. flour.
1 oz. Parmesan cheese.
½ oz. Cheddar "
Cayenne & salt.
beaten egg for mixing.

Sieve the flour & seasonings into a basin. Add the cheese & rub the butter in. Mix like short crust. Roll out into thin strips. Bake in greased tin in fairly good oven for 15 min.

Salted Almonds.

Blanch, peel & dry the almonds well. Mix on a coarse towel salt, Cayenne or allspice pepper. Heat some salad oil in a frying pan. Brown a few almonds at a time. Toss in the seasoning & drain well.

Swiss Apple Tart.

Required:—

1 lb. apples.
Sugar to sweeten.
little lemon rind.
1 or 2 tablesp. water.
Apples stewed & sieved.
1 tablesp. whipped cream.

Fill a pastry ring with the mixture - pile whipped cream on the top - Reason, sweeten, garnish with cherries & pistachios.

Julienne Soup.

Cut into hair like strips 1 inch long - Carrot - turnip & white part of leek. Boil all separately & add to the Clear Soup.

Ayrshire Shortbread.

Required:-

4 oz. flour.	½
4 oz. rice flour -	½
4 oz. butter -	4.
4 oz. Castor Sugar.	1
½ beaten egg.	1
1 or 2 tablesp. Cream.	2
	9 1/2.

Rub the butter into the flour & sugar like Short Crust. Roll out to about ¼ inch. Prick well & bake in fancy biscuits on greased tin.

Flaky Crust.

See H.C. Book page 194.

Required:-

6 oz. flour -
4 oz. butter.
½ teasp. lemon juice.
Cold water.

Chicken Patties.

Required:—

1 oz. butter.
1 oz. flour.
abt. ½ pint seasoned milk.
1 or 2 tablesp. cream.
pep. salt.
Squeeze of lemon juice.
½ doz. mushrooms.
1 or 2 truffles.
¼ lb. chicken.
2 or 3 oz. Cooked ham or tongue.

Make a very thick sauce. Cut the truffles & mushrooms roughly. Cut chicken & ham into small squares. Thoroughly heat in the sauce. Fill up pastry cases & serve as hot as possible.

Banbury Cakes.

Required :—

1 oz. butter.
2 oz. dem. sugar -
2 oz. currants -
1 oz. peel.
½ oz. flour -
Allspice - Cinnamon.
1 yolk.
1 tablesp. sherry or brandy -

Melt the butter & mix all together -

Asparagus.

Wash & Scrape very carefully. Cut in equal sized lengths. Place in a saucepan of quickly boiling water salted. Boil steadily till tender. From 20 to 30 min. Drain well Dish with heads in one side in a half slice of toast. Hand melted butter with it.

French Beans.

Wash - string & shred - Boil in salted water briskly till tender - skimming frequently. Drain well - Serve plainly or toss in melted butter. Pile up on a hot dish.

G. Lascelles
July 1901.