

The Edinburgh College
of Domestic Science

(Atholl Crescent).

Subject:

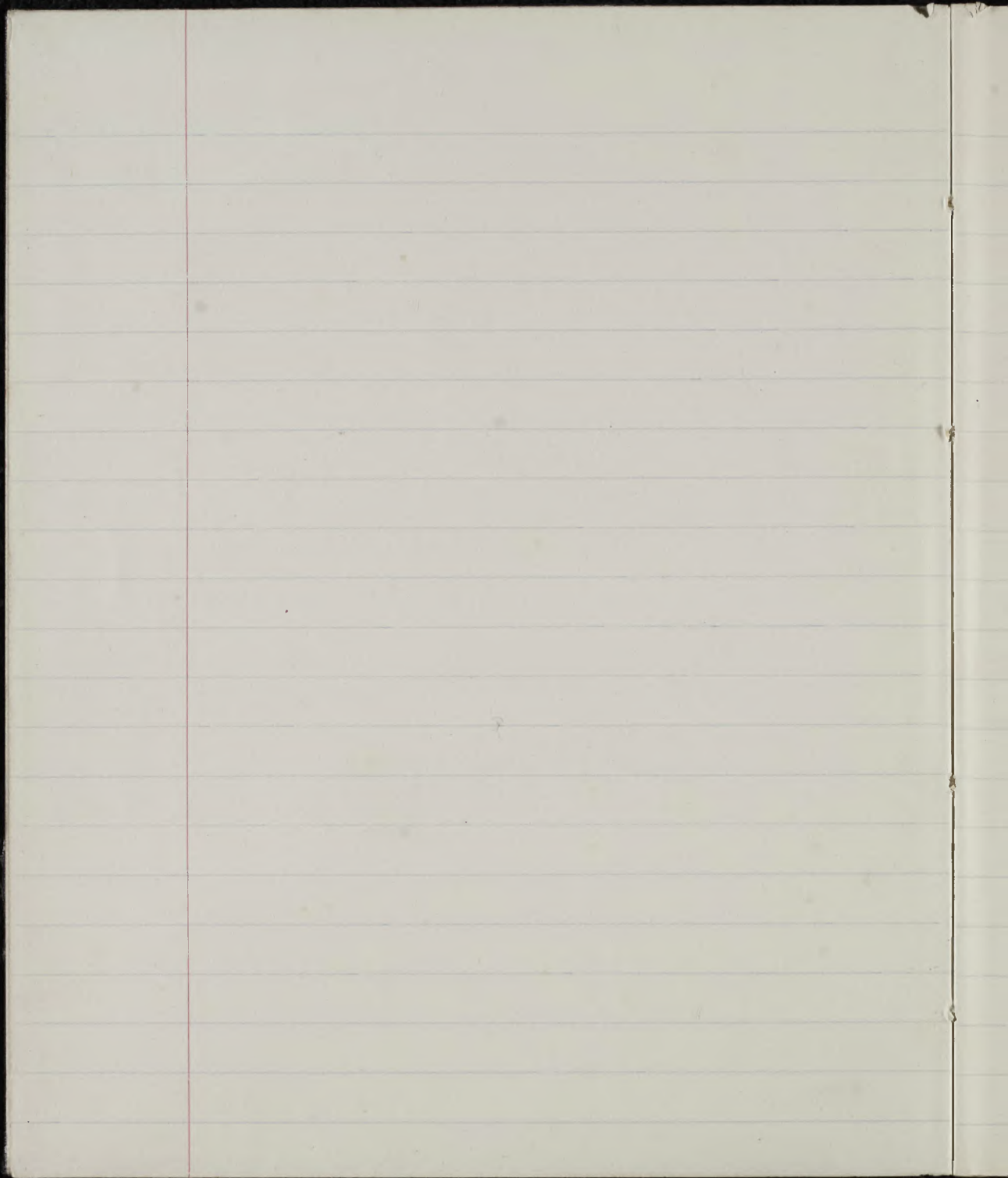
High Class. Demonstrations
~~Kitchen Economics~~

Student's Name:

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Acc. 12205 / 8

Janet C. MacArthur
H. E. Dewar.



Demonstration I

Hot & Cold Sweets.

Pandino Soufflé aux Pêches 2/6 Baba au Rhum 1/9.
Poures à la Cordé 2/3 Charlotte de Grozelles
Vertes 3/.

Baba au Rhum.

4 oz flour ½ teasp caster sugar
2 ½ oz butter ½ oz yeast
2 eggs 1 oz currants
½ gill milk To Decorate: spikes of Almonds
Syrup. 4 oz loaf sugar
 ½ pt water
 2 gill rum
 Juice of ½ lemon.

Grease mould & dust with rice flour.
Sift heated flour into a warm basin
Cream yeast & sugar & pour warmed milk

Strain
over it. Pour into flour & cover with
flour. Cover with a bread cloth & put
in a hot press to sponge $\frac{1}{2}$ hr. Beat
the eggs. Beat in the eggs & butter
alternately with the hand for 5 min.
till the mixture leaves the sides
of the basin. Add the cleaned
currants. (Variety - sultanas & cherries)
Turn into prepared tin & set in a
warm place till mixture has risen
to the top, about $\frac{1}{2}$ hr. Place in a
hot oven & bake till a light brown
colour, firm to the touch & hollow when
tapped. Put water & loaf sugar in a well
lined pan & allow sugar to dissolve allow
to boil 5 min. Turn out Bata & brown
off in oven. Add rum & lemon juice
to reduced syrup, & boil up. Pour over yeast
cake & decorate with spikes of almonds.
May be served cold with cream & tinned
fruit

Pouding Soufflé Aux Pêches

1 oz butter
1 oz flour
½ gill peach purée
1 " " juice
1 oz sugar
3 egg yolks
4 " whites

Sauce: 1 gill peach juice
½ teasp arrowroot
1 teasp sugar
juice of ½ lemon
2 peaches cut in slices
1 tablesp sherry.

Grease a plain ~~po~~ mould + tie round it a double band of grease paper place a round of grease paper in the bottom + have another round for the top.

Melt the butter add the flour + cook for a second or two. Add purée + fruit juice all at once. Cook till mixture is thick + leaves pan. Cool slightly, add sugar + stir in the yolks one at a time. Stiffly beat whites. Stir one spoonful into mixture. Add remainder of whites

+ fold in - turn into prepared soufflé tin
Place greased paper on top & steam
gently for $\frac{1}{2}$ - 1 hr till well risen
& firm on top. Remove the paper. See
that it is loose

Put peach syrup into a pan with the
sugar & heat it. Break down the
arrowroot with lemon juice & add to
the syrup & boil for a minute or two.
Add colouring. Have peaches heating in
sherry. Pour sauce round & place slices
of peach at either end.

Pories à la Conde

Wine jelly
Pistachio nuts
 $\frac{1}{2}$ pt milk
1 oz carolina rice
 $\frac{1}{2}$ gill milk
sugar & vanilla essence
 $\frac{1}{4}$ oz powdered gelatine
 $\frac{1}{2}$ gill water

Dishing:

4 or 5 pears
Stalks of angelica
 $\frac{1}{2}$ pt pear syrup
1 trap arrowroot
Carmines to colour
1 or 2 pears cut up
 $\frac{3}{4}$ gill cream
spikes pruned almonds
Clopped jelly

Have jelly melted & cold. Rinse mould with very hot & then cold water. Line mould & decorate with pistachio. Relins.

Cook rice in $\frac{1}{2}$ pt milk till soft & has absorbed all the milk add $\frac{1}{2}$ gill milk & $\frac{1}{2}$ whisk cream & add rice mixture to it add sugar & vanilla. Dissolve gelatine & add to cream mixture. When beginning

to thicken pour into lined mould

Drain pears on a hair sieve & trim to make neat. Wipe with muslin & place on a wire tray. Put almost-all pear juice into a pan & break down arrow-root with remainder. Add to the heated juice & boil till clear. Colour with carmine. Strain through muslin if necessary & when cooler coat pears

Turn out mould. Fill up centre with cut up pears & make level. Place on, the coated pears. Pipe ^{on} whipped cream. Decorate with angelica & pistachio. Place chopped jelly round

Charlotte de Grouilles Vertes

10 or 11 sponge fingers

$\frac{1}{2}$ pt cream

1 gill milk

$\frac{1}{2}$ gill gooseberry purée

Sugar & lemon juice

2 oz gelatine

$\frac{1}{2}$ gill cold water

To Decorate: $\frac{1}{2}$ gill cream

Chopped jelly

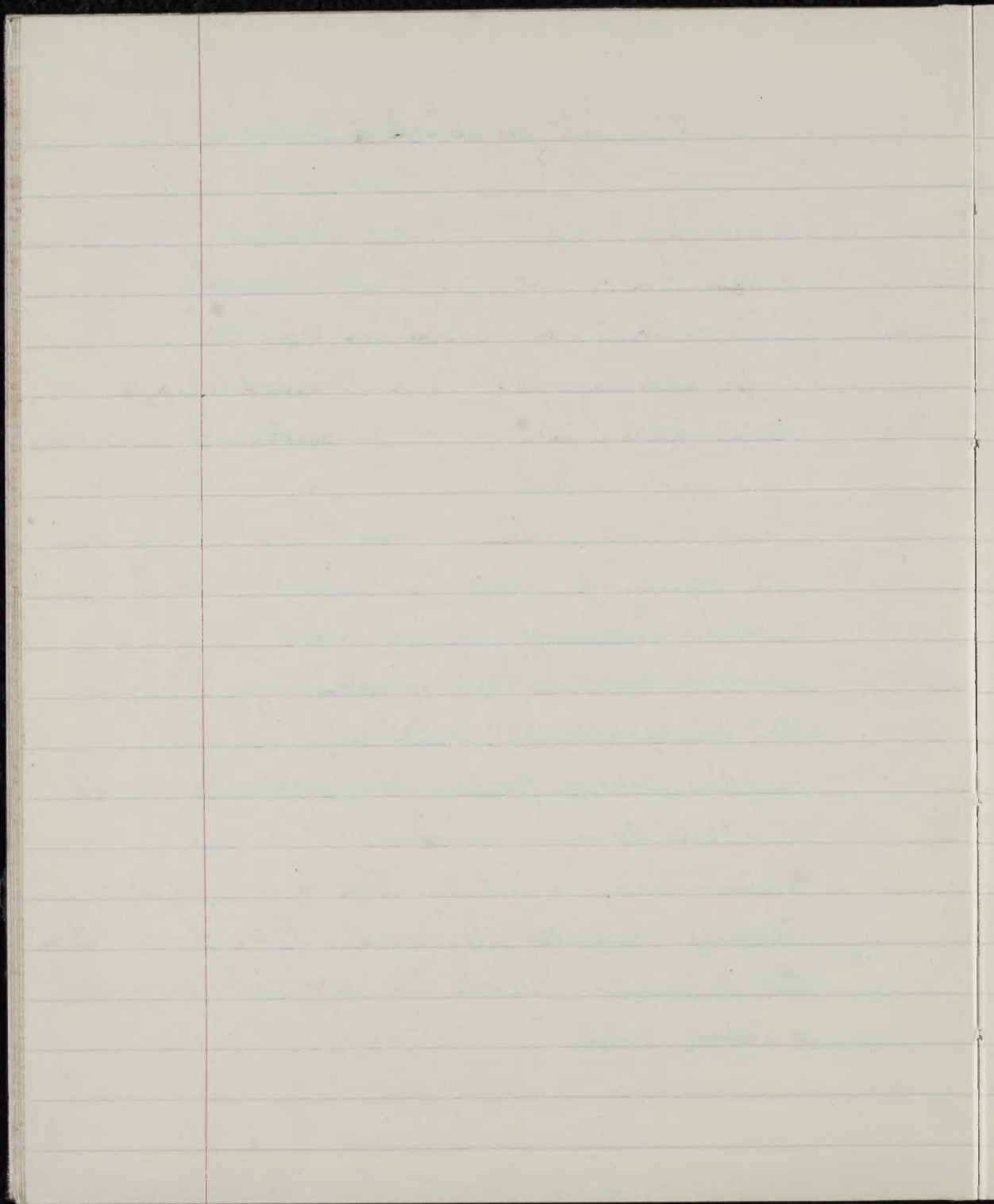
Crystallised gooseberries

Have a plain tin, trim fingers & line tin with them. $\frac{1}{2}$ whip the cream. Stir in milk & gooseberry purée. Add sugar & lemon juice and green colouring. Dissolve the gelatine & stir into mixture. When slightly cooled pour into prepared mould - allow to set. Unmould, tidy up.

Flavour cream & whip. Pipe over mould.

Arrange chopped jelly round. Pipe down between the biscuits. Decorate with crystallised gooseberries.

& serve cold.



Demonstration II

Luncheon.

Crème de volaille 1/3

Papillettes de sole à la Hongaraise 2/6

Rognons de mouton à l'Épicurien 2/9.

Petites Corbilles à la Lorraine. 1/4

Crème de Volaille

½ oz butter

½ gill milk

½ oz flour

½ gill cream

1 pt chicken stock

1 yolk egg.

Garnish dice of cooked chicken

Melt butter, add the flour & mix well together. Add stock, bring to the boil stirring all the time. Cook for 5 or 6 minutes at boiling point. Remove & allow to cool.

Cut small dice of chicken from breast preferably, & add to soup. Beat up yolk, & add

cream + milk + mis. Strain into soup. stirring
all the time. Heat over a low light. Garnish
should float when ready. Dish in a cold
soup tureen.

Parfettes de sole à la Hongroise

1 filleted sole Faree 2 oz whitening
Pepper salt + lemon juice ½-1 oz panard.
Decoration. Rings cucumber pepper + salt
 Stars truffle. Beaten egg.
To Serve. Mouseline Sauce.

Wipe sole + lay with skin side up.
Add whitening to panard + mix with a
little beaten egg. Pound. Add salt + pepper
+ rub through a wire sieve. Season
fillets with pepper, salt + lemon juice.
Spread faree on the fish. Roll up to tail
end + place on a greased yorkshire tin. Put a
spoonful of sherry + a spoonful of water in

the yorkshire tin. Cover with greased paper
- bake. Cut thin slices of truffle & cut out stars.
place in a small ^{cover with paper} pan with a little
cherry, & place in a pan of hot water to heat.
Cut rings of cucumber & place in a pan of
boiling water with a pinch of baking soda.
Make mouseline sauce. Drain fish on ^{hot} muslin
tuch. Place rings of cucumber on each fillet
& stars of truffle on top. Pour sauce round & serve.

Petites Corbeilles à la Lorraine

1 slab genoise made from 6 eggs etc
6 green grapes 6 black grapes
3 or 4 apricots. Some apricot jam heated & sieved
Chopped browned almonds
 $\frac{1}{2}$ gill whipped cream
Small strips angelica.

cut out 4 ovals & 4 rings from the genoise
Scoop out a little from oval & spread with

jam. Place on ring. Spread jam all round
case. Roll in chopped browned almonds
& press on nuts. Stew fruit in a little
syrup and about 2 minutes before ready
add the grapes. Strain from syrup &
allow to become cold. Cut into small
pieces & pack neatly into cases having stoned
& skinned grapes. Half whip the cream
& decorate. Decorate with a few nuts. & put
on handles of angelica. Dish on an entire
dish

Roquefort de montagne à l'Épicurienne

4 sheep's kidneys	Sartorial Sauce	½ yolk egg.
baked tomatoes		1 gill salad oil
baked mushrooms		pepper salt, cayenne, mustard,
Fried potato chips		1 teasp vinegar
<u>to garnish</u> . Sprig of		1 teasp foie gras sauce
water cress		1 dessertsp chopped gherkins
		½ teasp chopped chervil
		½ dessertsp ~ parsley
		lemon juice

Prepare mushroom + tomato. Place on greased
baking trays or yorkshire tins. Cover with
greased paper + place in oven ten minutes
before required. Prepare potato chips + soak
in water for 30 min. change water.

Prepare kidneys + dry. Prepare tartare
sauce. Put yolk of egg + seasoning in
basin + make mayonnaise. Add chopped
green herbs etc just before required. Dry potato
chips + place in fat. Fry till sizzling
stops. Remove. heat up fat + re-fry.
Brown kidneys with melted butter. Grease
bars of grid iron + heat. Grill ~~out~~ side of
kidneys first. Turn ~~back~~ several times
till ready 7-10 min. Place in dish with
chips in centre + tartare sauce in centre of
each kidney + mushroom + tomato round
Garnish with water cress

Classes of Salads (1) Green stuff & hard boiled eggs
(2) Containing cooked vegetables
(3) Lobster etc
(4) Russian, decided & piquant
flavour

Demonstration III

Salads.

Salad à la Russe 2/.

Salad Victoria 6 each.

Savouries

Biscuits à la Duchesse 3^d each.

Russian Rosettes 2^d each.

Canapés of Chicken's Livers 3^d each.

Salad à la Russe

2 pt aspic

1 gill cooked vegetables

(carrot, green peas, french beans) 2 olives

1 truffle

1 oz parsley

To Garnish Green salad

Chopped aspic

1 oz cooked ham

2 anchovies

Filling 2 gherkins

6 capers

Cooked vegetables

1 tablesp mayonnaise

Scald & dry border mould. Put an

ice & put a little aspic in bottom
& allow to set, decorate, and pour over
a layer of aspic. Prepare prawns.

Wash anchovy, uncut & scrape off skin
& cut in small pieces. Turn the olives
& cut in small pieces. Remove skin
& fat from ham & cut in small dices

Fill up mould with layers of salad &
aspic. When set, turn out.

Add vegetables to mayonnaise & fill up
centre with mixture. Decorate with small
lettuce leaves & the heads of the prawns
with eyes removed, & water cress.

Crepes of Chicken's Livers

6 small pastry cases	To decorate 1 oz mustard
2 Chicken's livers	butter — $1\frac{1}{2}$ Butter
Thin slices of bacon	$\frac{1}{2}$ Teasp fresh mustard
Fried parsley	1 Teasp. Chutney
A little glaze	1 " English mustard
	A few drops of vinegar.

Have pastry cases made from plain short crust. Re-heat. Wash liver & remove gall bladder. & dry. Cut in pieces - fry in melted butter. Prepare bacon & cut in pieces wrap a piece of liver in bacon. Thread on a greased skewer & bake in a moderately hot oven till liver cooked & bacon crisp. Make mustard butter. Prepare & fry parsley. Place a little in each pastry case & a little of the mustard butter. Glaze bacon rolls & place in cases. Put a little mustard butter on each side - Decorate with fried parsley. serve hot.

Russian Rosettes

Foundation	6 savoury biscuits	<u>For centre</u> 1 or 2 sardines
Mixture	1 hard boiled egg	The chopped white of egg
	1 oz butter	Chopped truffle
	1-2 tablesp cream	<u>Dicing</u> slices of tomato
	Cayenne + salt	Chervil
	Colouring (Carmine)	Watercress if liked.

Have biscuits made + cold. Choose small firm tomatoes. Scald + skin + slice down. Place a slice on each biscuit. Pound yolk + butter, add seasoning + cream. Colour a pale pink + put in a forcing bag, + pipe on to tomatoes. Skin + bone sardine + cut up. Drop vinegar over sardines + place a little in centre of each savoury. On top place a little finely chopped white of egg + chopped truffle etc. Dish + serve cold garnished with chervil + watercress.

Salad Victoria

1 lettuce	1 banana
Watercress	1 orange
Small cress	2 slices of pineapple
1 apple	Dressing 1 egg
Decorate	$\frac{1}{2}$ tsp dry mustard
Crisped cucumber	$\frac{1}{2}$ " salt
Orange rind	$\frac{1}{2}$ " sugar
Small pieces of	1 tblets milk
orange	2 " white vinegar
	1 " cream

To make dressing. Measure salt, mustard, sugar into a basin & mix. Add milk, vinegar^{egg} & cream. Stir well. Stand in a pan of hot water & cook till it thickens.

Prepare lettuce, cress etc. Cut banana in slices. Peel apple, core & cut in dice. Skin orange & seed. Remove pith

• cut in small pieces. Shred pineapple
or cut in dice. arrange cucumber round
the outside of the salad dish & put a
piece of rind on each. Tear lettuce in
small pieces & place in dressing, keeping
a little for decoration & some for a bed
Do the same with the watercress & cress
Stir in fruit & toss in dressing with
wooden spoons. Make a bed of undressed
lettuce & pile the salad high on it
Decorate with lettuce & watercress & orange
• cucumber.

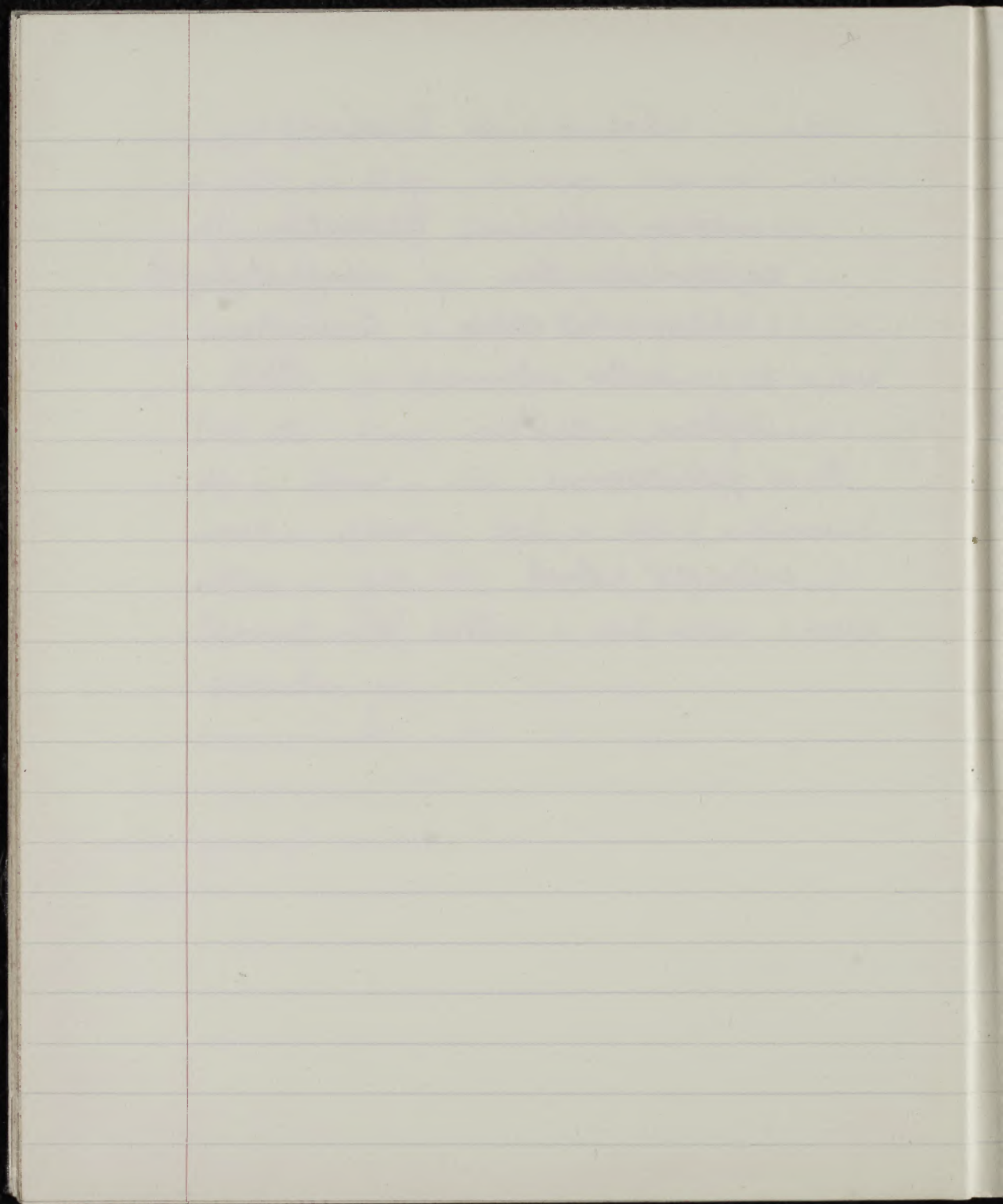
Biscuits à la Duchesse

6 savoury biscuits
2 oz cooked chicken
 $\frac{1}{2}$ tablesp white sauce
 $\frac{1}{2}$ oz butter
Cayenne & salt
 $\frac{1}{4}$ gill cream.

Decoration

Chopped truffle
Cucumbers

See p.c. book.



Demonstration IV

2 Dinner

Grapefruit 2 each
Blanchailles 1/9
Caneton Roti 8/3
Crème Waffler aux Fraises 7/9.

Caneton Roti

1 duckling To serve Gravy, Apple Sauce
melted butter To Garnish Watercress
Green Peas.

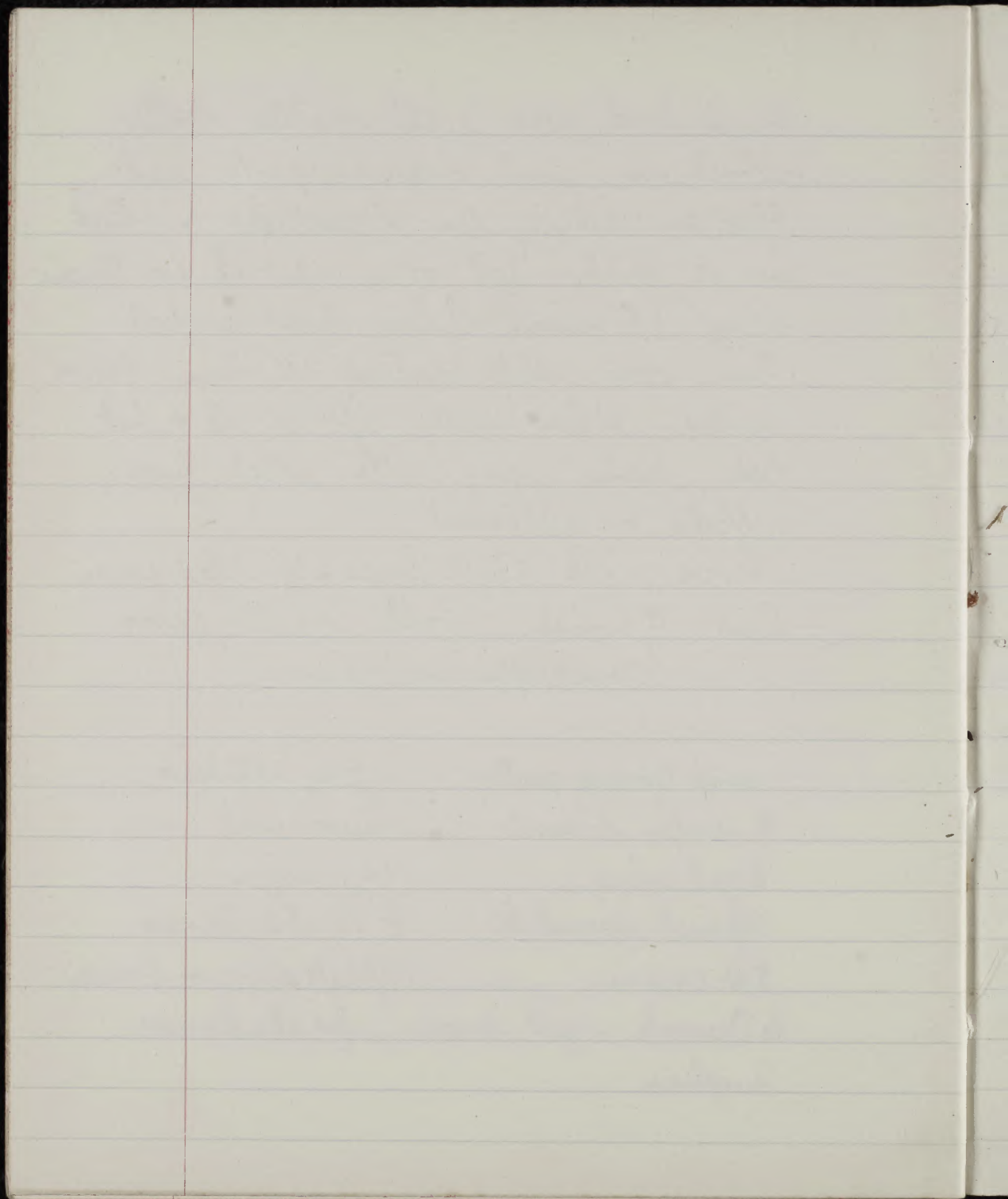
Prepare bird, clean etc. Cut off claw from first joint. Scald legs & remove skin. Truss by removing wing by first joint. Spread skin over back. Twist legs in & underneath. Thread needle put through wing, leg, body, leg, wing. Turn bird over & cross. Bring string over legs & tie

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Brush bird over with melted butter which is just beginning to set. Place on roasting tin breast down. Put in a fairly hot oven $1\frac{1}{2}$ - $1\frac{3}{4}$ hrs. Baste every 15 min. When half cooked turn over. Stop basting 15 min before ready. When ready lift on to a hot dish, make gravy with stock from giblets & sediment.

Serve with apple sauce & if liked green Peas. Garnish with water cress
Crème Wafeln aux Fraises

1 round Ganoise pastry	1/2 oz ratafia
8 wafers biscuits	Lemon juice
Royal icing	1 oz sugar
Apricot marmalade	3/4 lb strawberries
1/2 pt cream	1 tablesp cherry or brandy
To Decorate 1 gill cream, few strawberries	
Angelica	



make a case of the round of genoise
+ the biscuits + royal icing. Spread apricot
jam round genoise. Make biscuits stand
round sticking by means of royal icing
Put a star at top of each join. Decorate
with small pieces of pistachio

Crush ratafia biscuits add to strawberries
add sherry or brandy, teasp lemon juice
+ sugar. Leave to soak for 1 hr. Strain
off liquid. Whip cream till standing
in points. Add strawberries. Fill up case.

Flavour cream for piping + whip
Pipe over top, decorate with pieces of straw-
berries + angelica

If whitebait is not obtainable, Fillets
of sole or whiting may be cut to
represent them & made into a work
dish

Grapefruit

Grapefruit
Sugar

1 cherry for each
maraschino or other liqueur

Wash grapefruit, + polish skin. Cut across in 2. Remove pips. Remove central core. Loosen round. Sweeten to taste.

Prepare cherries by soaking in Liqueur. Place one on each grapefruit. serve very cold in glasses.

Blanchailles

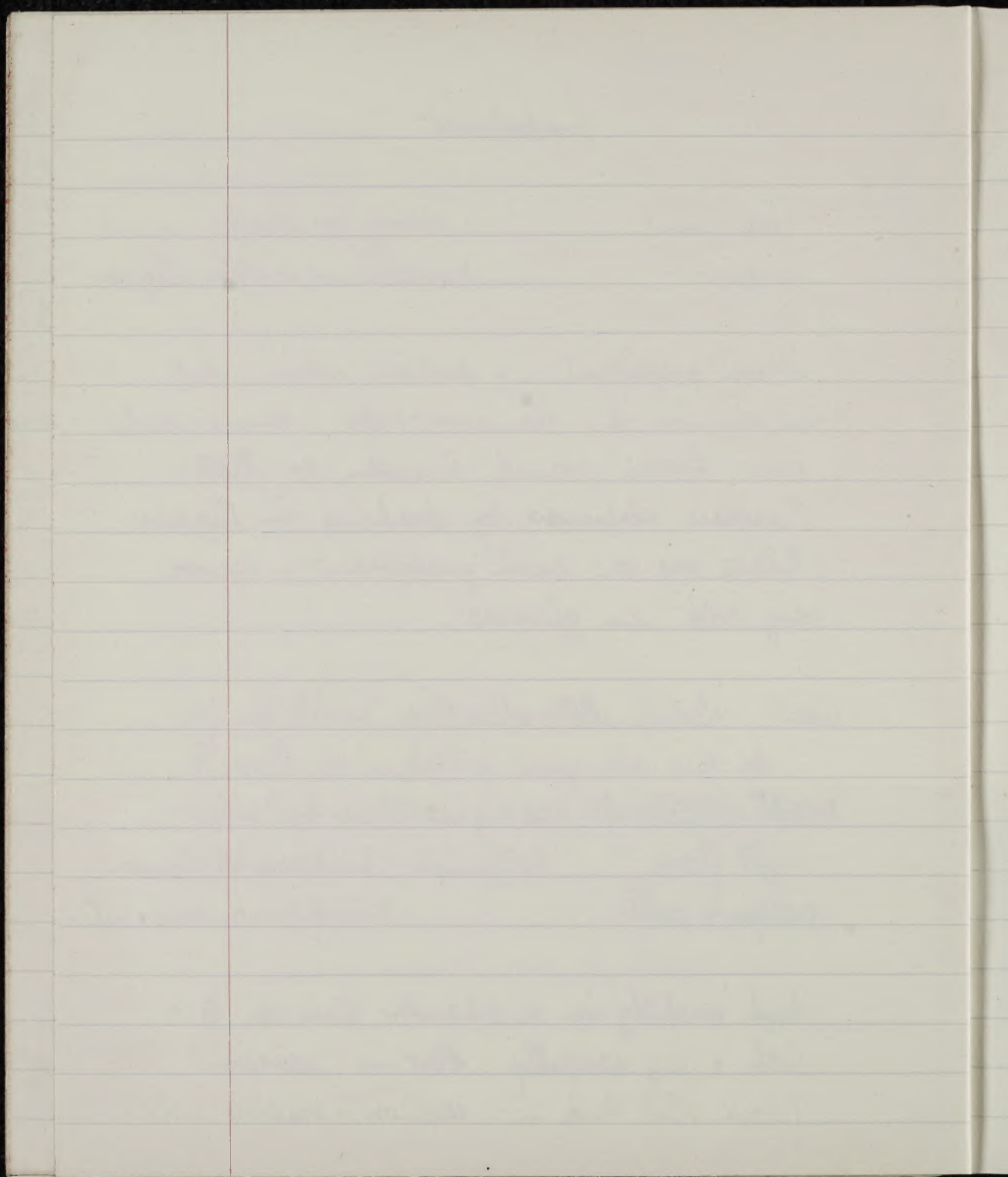
2 pt whitebait
1 gill flour
pepper + salt

To fry in Deep fat.

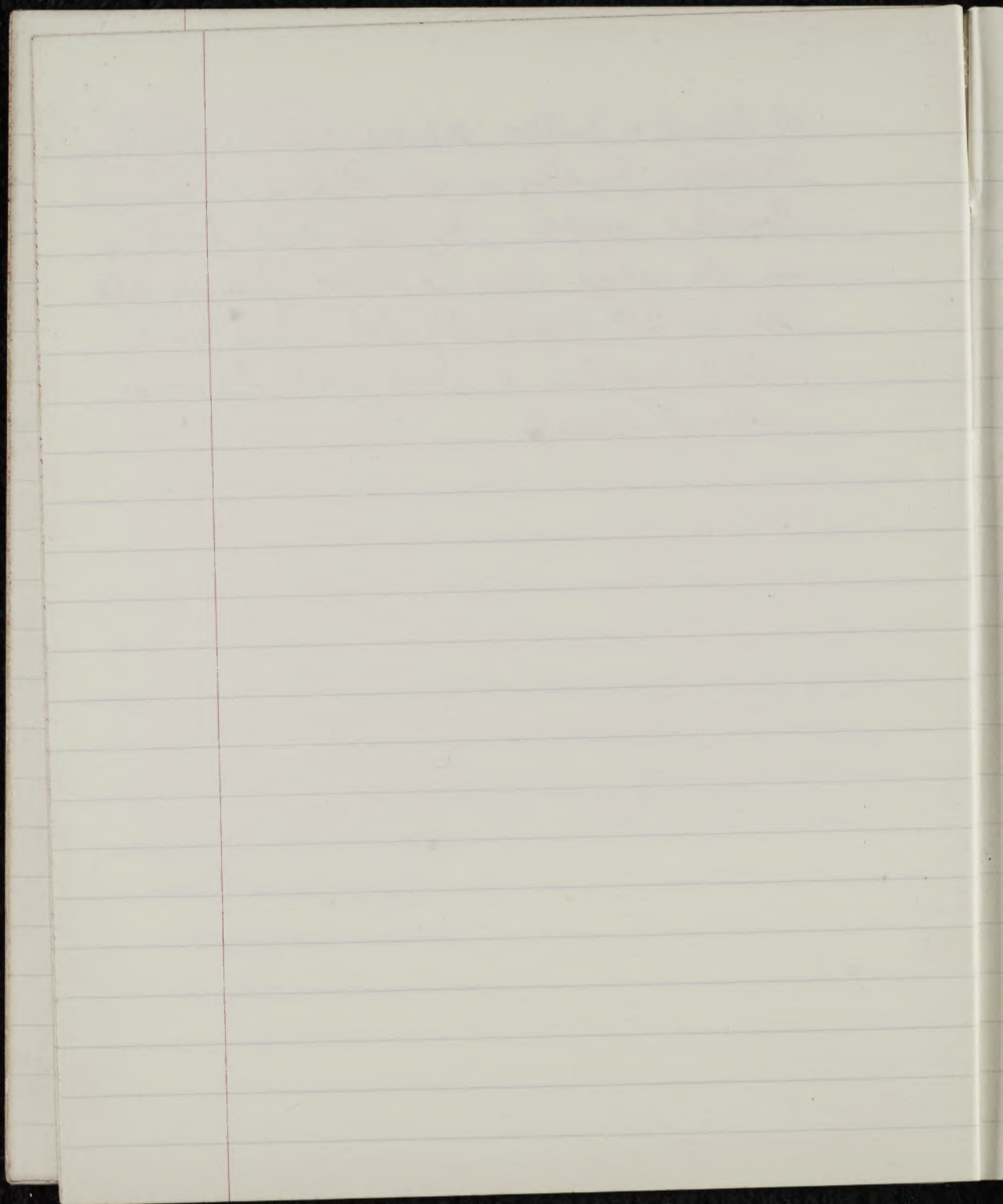
To Garnish Sections of lemon

Rolls of brown bread + butter

Wash carefully in a colander turn on to a cloth + dry carefully. Pass in seasoned flour. Cut lemon in section + prepare rolls



of bread + butter; dip one end in finely
chopped parsley + the other end in
Coraline pepper. Fry the fish twice
in the same way as chips having the
fat for 2nd frying very hot. Dish on a
folded napkin + serve with lemon +
rolls of bread.



Demonstration I

Garden Party Dishes.

Sandwiches

Small Cakes

Meringues

Fruit Salad

Cheese Savoury

Savoury Fingers

Cider Cup.

Iced Coffee.

Iced Cheese Savoury.

$\frac{1}{2}$ gill aspic

1 gill cream

$\frac{2}{3}$ oz grated cheddar

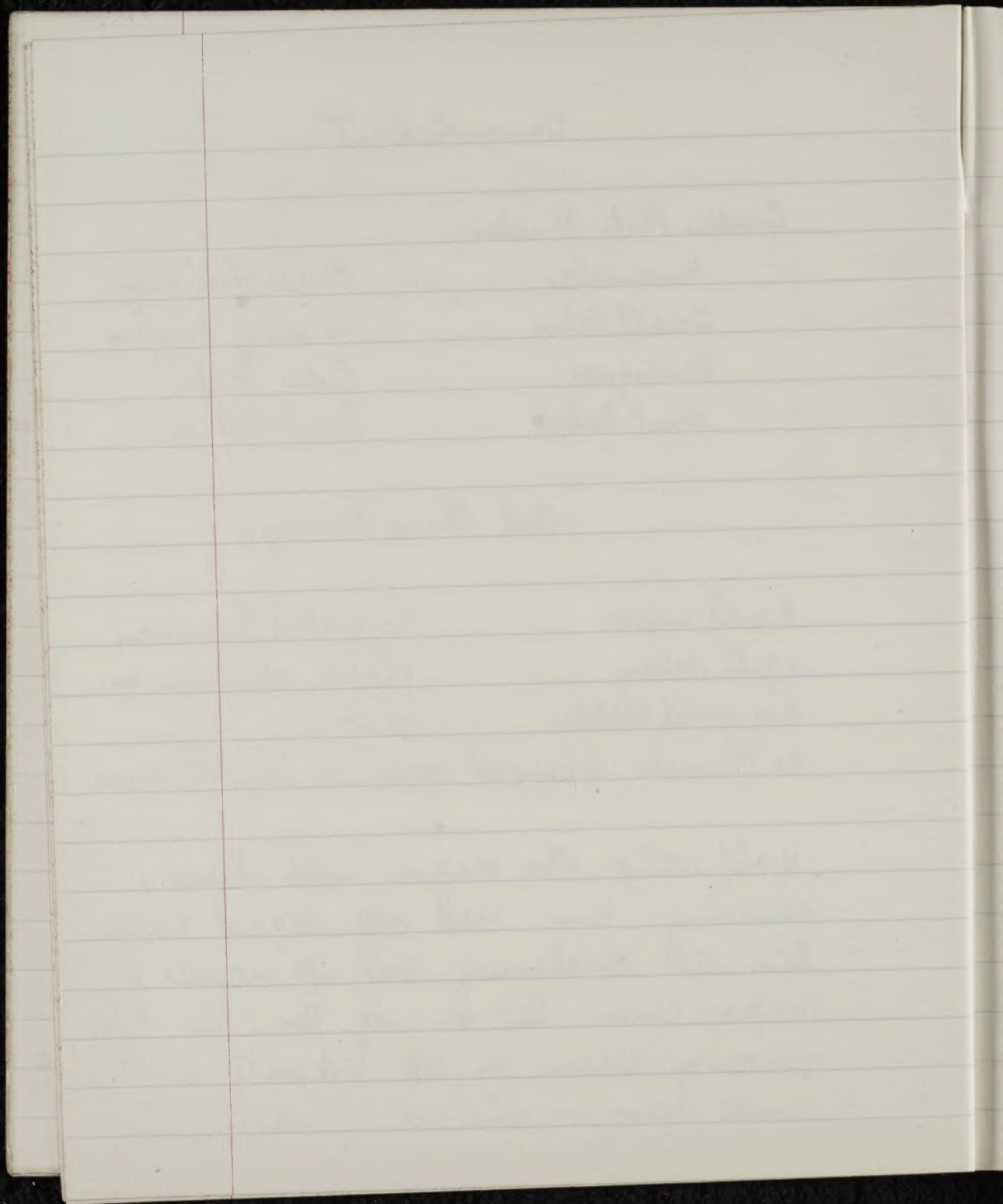
1 oz grated Parmesan

pepper, cayenne &

salt

To Garnish: Whipped cream & small cress

Half whip the cream, add cheeses & seasoning mix. Add cold liquid aspic. Stir till thickening. Fill up moulds or paper cases. Set on ice for 1 hr. Pipe savoury cream on top. Decorate with small cress or chervil & serve very



cold.

Savoury Fingers

8 cheese biscuits.

Anchovy mixture: 3 anchovies

1 hard boiled white of egg.

1 teasp. anchovy essence

1 oz butter

Pepper, salt, cayenne

A few drops of carmine

Cheese mixture: 1 oz grated cheese

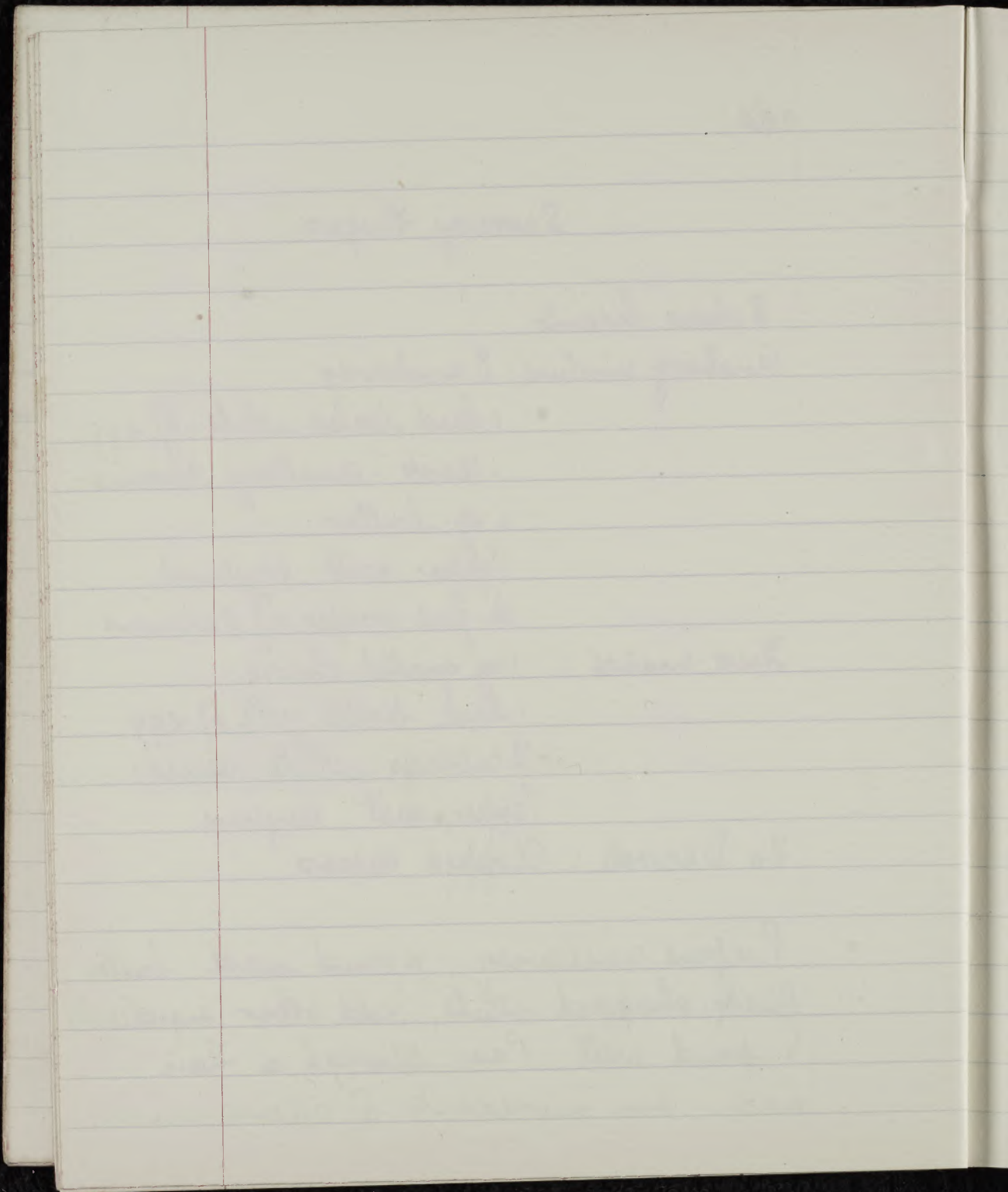
1 hard boiled yolk of egg

1-2 tablesp white sauce

Pepper, salt, cayenne

To Decorate: Chopped capers.

Prepare anchovies, pound with butter finely chopped white. Add other ingredients & pound well. Pass through a hair sieve. Mix ingredients of cheese mixture



well - pass through a hair sieve

Pipe anchovy mixture down one side of the biscuits & cheese mixture down the other. Put a line of capers down the centre. Dish on a flat ashet with a plain dish paper.

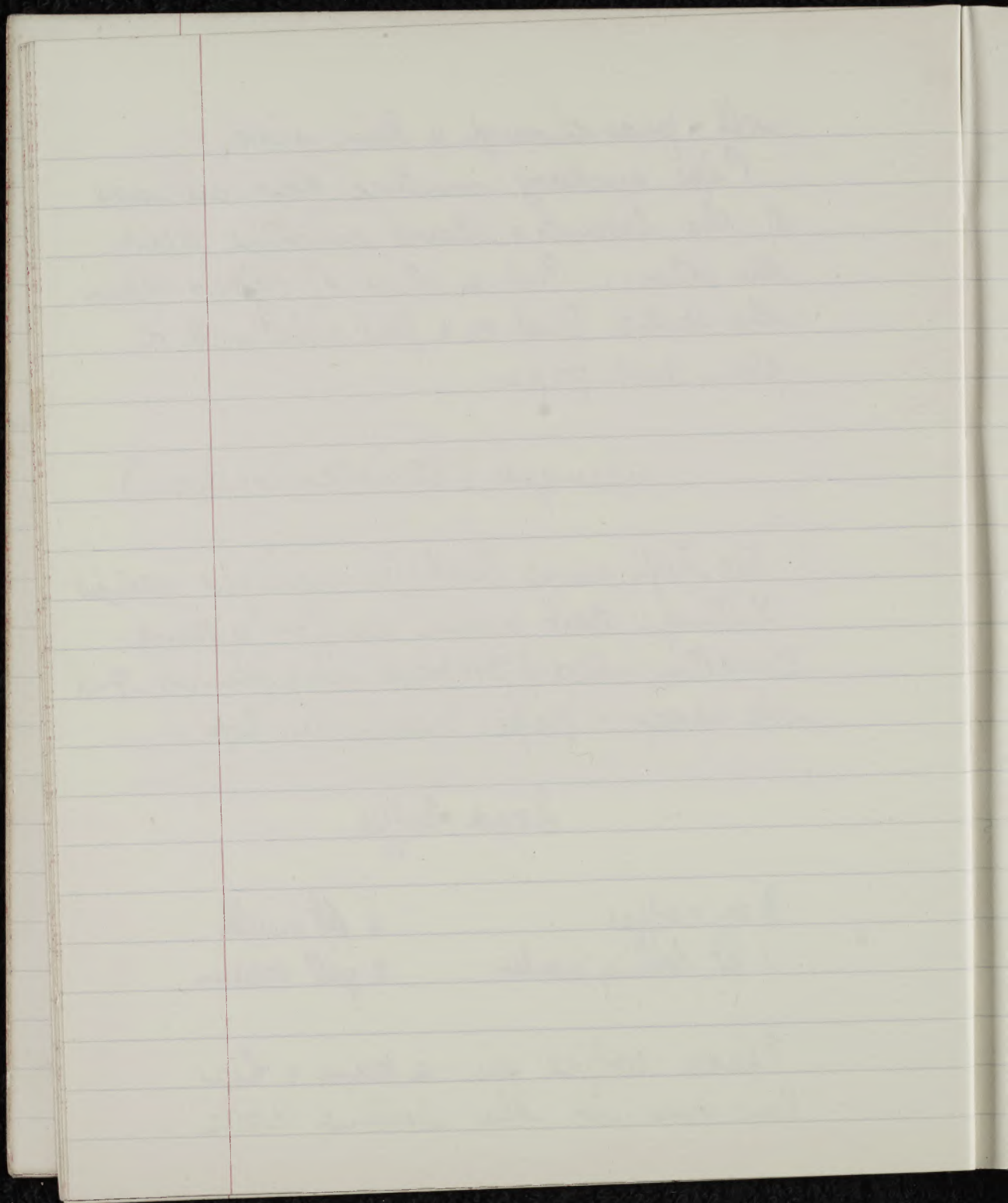
Meringues (Strawberries & Cream).

See high class book for meringue recipe
Filling: Beat cream as for piping
Sweeten. Add prepared strawberries. Fill up cases & pipe cream on top.

Iced Coffee.

2 oz coffee	$\frac{1}{2}$ pt milk
1 pt boiling water	$\frac{1}{2}$ gill cream.

Place coffee in a pan & heat.
Pour over it the boiling water.



leave to infuse. Strain through
muslin into a jug & add the heated
milk. Add 1 oz sugar to sweeten.
Place on ice. When chilled, serve
with whipped cream on top.

Fruit Salad.

Stewed apricots

Orange

Apple

Grapes

Banana

Cherries

Strawberries

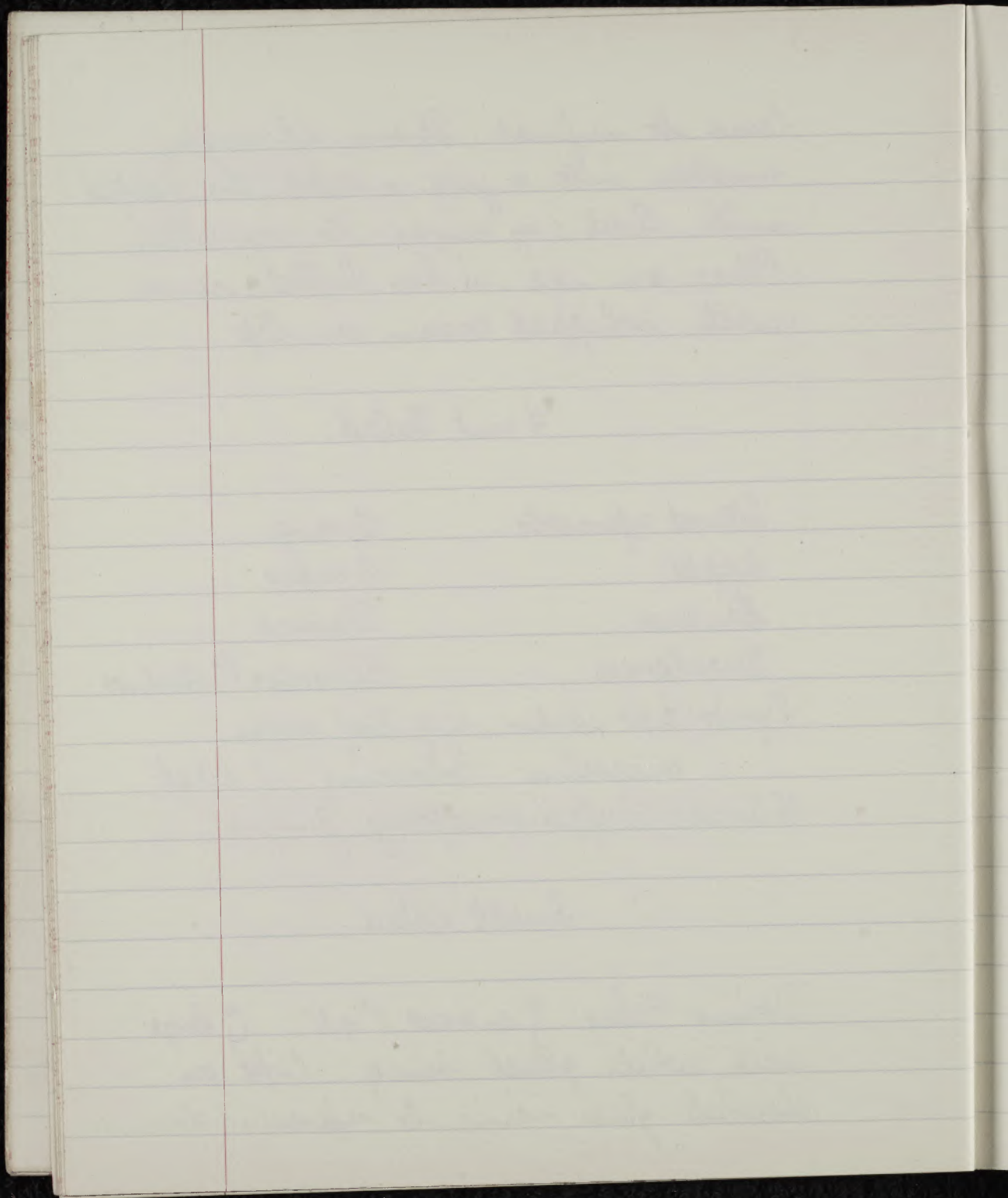
Almonds & Pistachios

Syrup: $\frac{1}{2}$ pt. water, $\frac{1}{4}$ oz loaf sugar
maraschino, Colouring if liked

To Serve: Wafers or sponge fingers

Small cakes.

Domino Cakes: Genoise 1" x 2". Glaze
with white glacé icing Pipe on
chocolate glacé icing to represent dominoes



Mushroom Cakes: Genoese, Almond Paste.
Chocolate Butter Icing, white of egg.

Make genoese in beauche moulds
Brush over with white of egg & fit
on a round of almond paste. Also a
round for a stalk. Pipe on lines of
butter icing

Cauliflower Cakes: Small pieces of
Genoese. Leaves of green marzipan
Whipped cream.

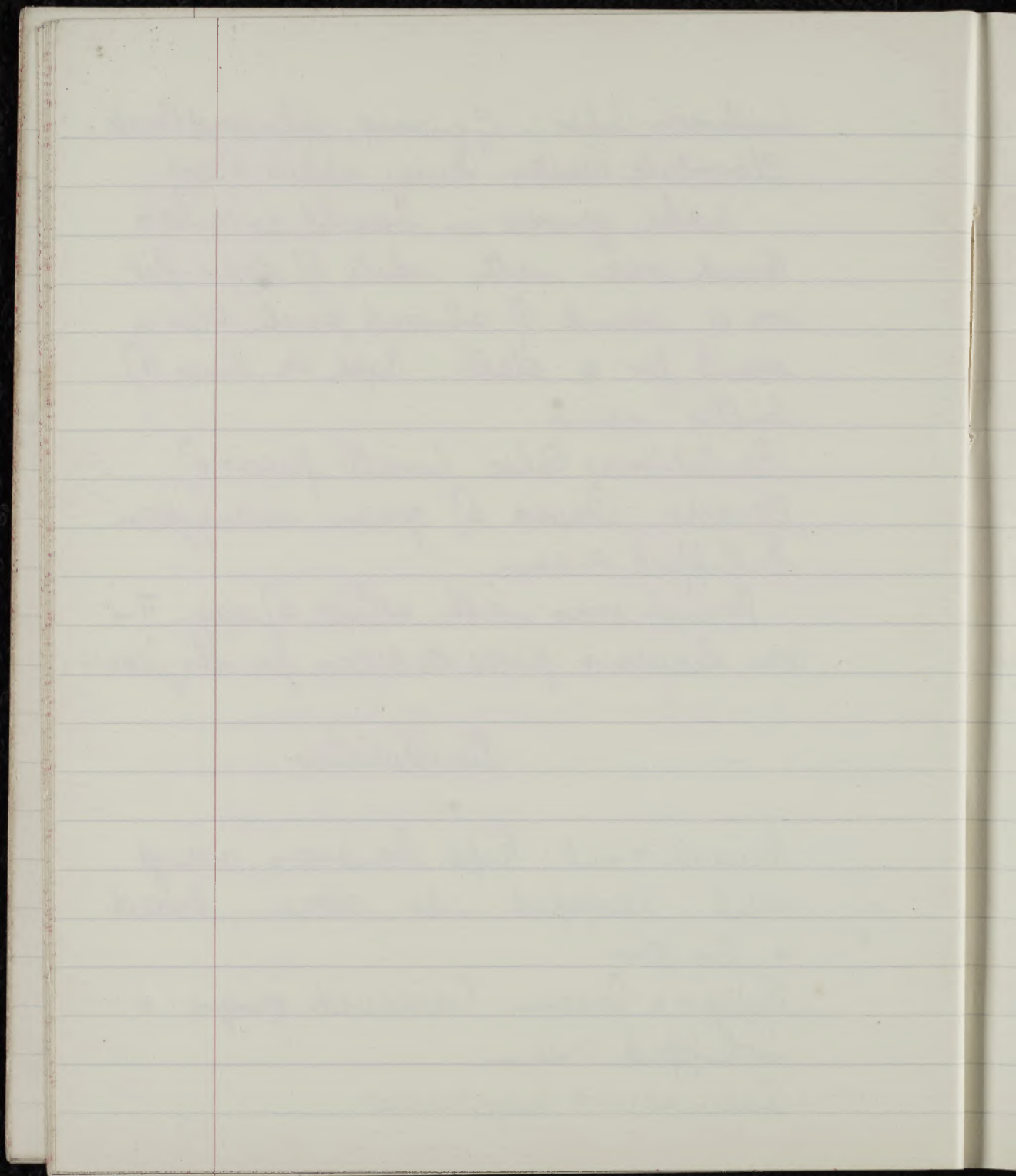
Brush over with white of egg. Fit
on leaves & pipe on cream for the flower.

Sandwiches

Banana & but: Ripe bananas, orange
rind, chopped nuts, cream, bread
& butter

Ginger & Cream: Preserved ginger &
whipped cream

Asparagus & mayonnaise



Cucumber & Cheese, mustard & cream.
Sardine & Tomato.

Cider Cup.

1 qt cider	2 tablesp easter sugar
1 bottle soda water	Rind & juice of 1 lemon
$\frac{1}{2}$ glass brandy or brandy wine	2 or 3 slices of cucumber A little mixed fruit.

Put bottle of soda water on ice.
Put cider, lemon, sugar & brandy
into a jug & set on ice. Leave
all till cold. Strain into a glass
jug, add soda water, cucumber
& fruit.

Freezing mixture: $\frac{2}{3}$ ice (crushed small).
 $\frac{1}{3}$ salt.

To pack the pail: Put in a layer of ice
then a layer of salt & so on finishing
with ice.

Cream Ice: 2 classes. (a) Custard + cream
• flavouring.

Demonstration II

Cream Ices

Vanilla Cream Ice

Chocolate Cream Ice

Strawberry Cream Ice

Water Ices

Orange Water Ice

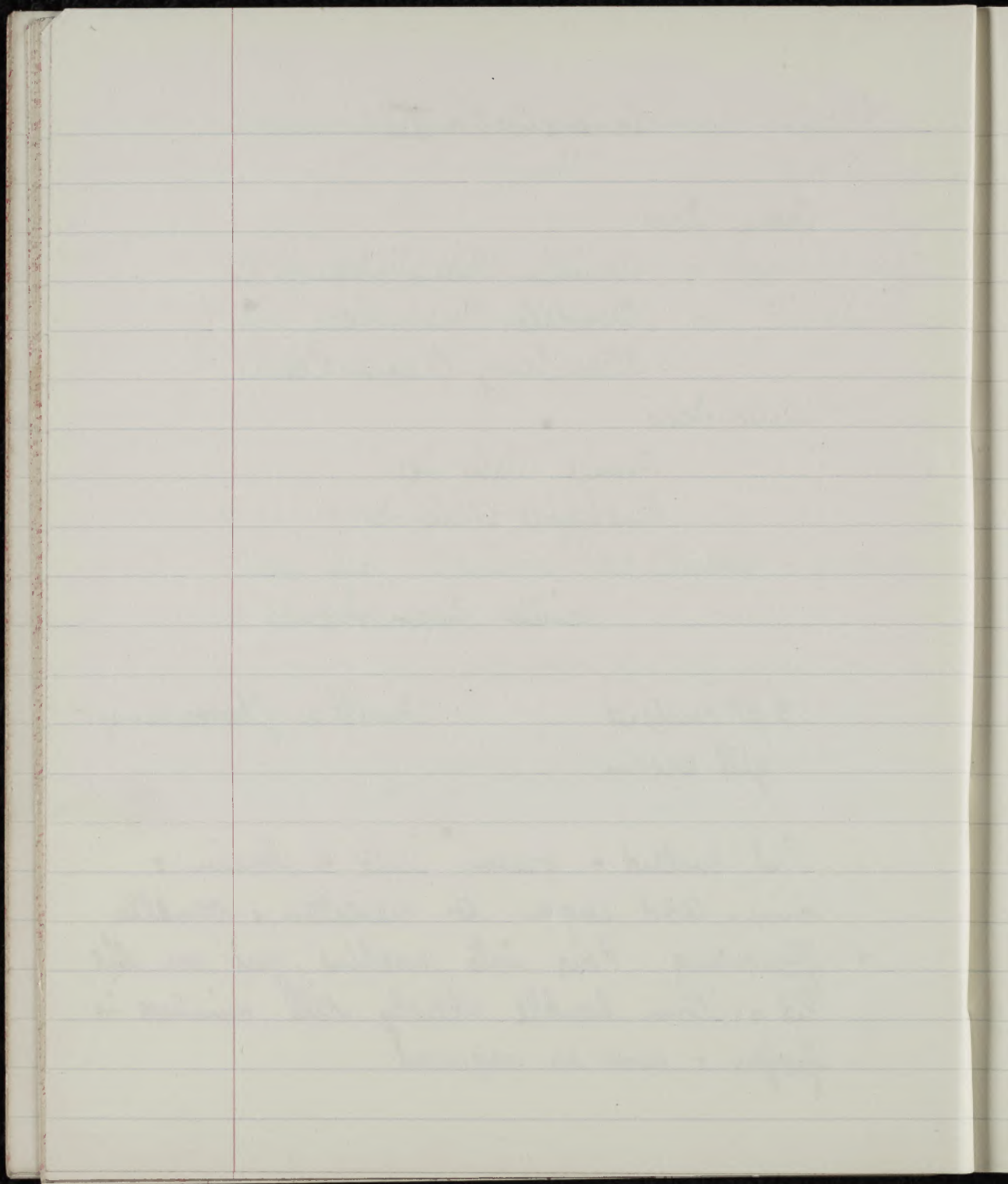
Pineapple Water Ice.

Vanilla Cream Ice.

$\frac{1}{2}$ pt. custard
1 gill cream

Vanilla flavouring.

Put custard & cream into a basin & mix. Add sugar to sweeten & vanilla flavouring. Pour into machine, put on the lid & turn handle slowly till mixture is frozen & serve as required



Strawberry Cream Ice

$\frac{1}{2}$ pt fruit puree
 $\frac{1}{2}$ pt cream
Lemon juice

Sugar
Colouring.

Add fruit puree to the cream & mix.
Add sugar & lemon juice, also colouring
& freeze in the same way as before.

Chocolate Cream Ice.

$\frac{1}{2}$ pt custard
1 gill cream
3-4 oz sugar

2 oz chocolate
1 gill milk
Lemon juice & vanilla

Dissolve the chocolate in the milk
& boil well. Set on ice to cool, mix
all ingredients. Freeze till creamy.
Serve in flower pots of terra cotta almond paste.

Block of ice: use a square or round
box. Fill box with coloured water
put on lid & sand edges & wrap in
greaseproof paper & bury in bath of
freezing mixture

Orange Water Ice

2 pt clarified syrup
2 pt orange juice

Colouring

Syrup: 2 lb loaf sugar 1 H²O water, rind & juice of 1/2 lemon. Place in pan, bring to boil & boil for 10 min. Strain through muslin & use when cold.

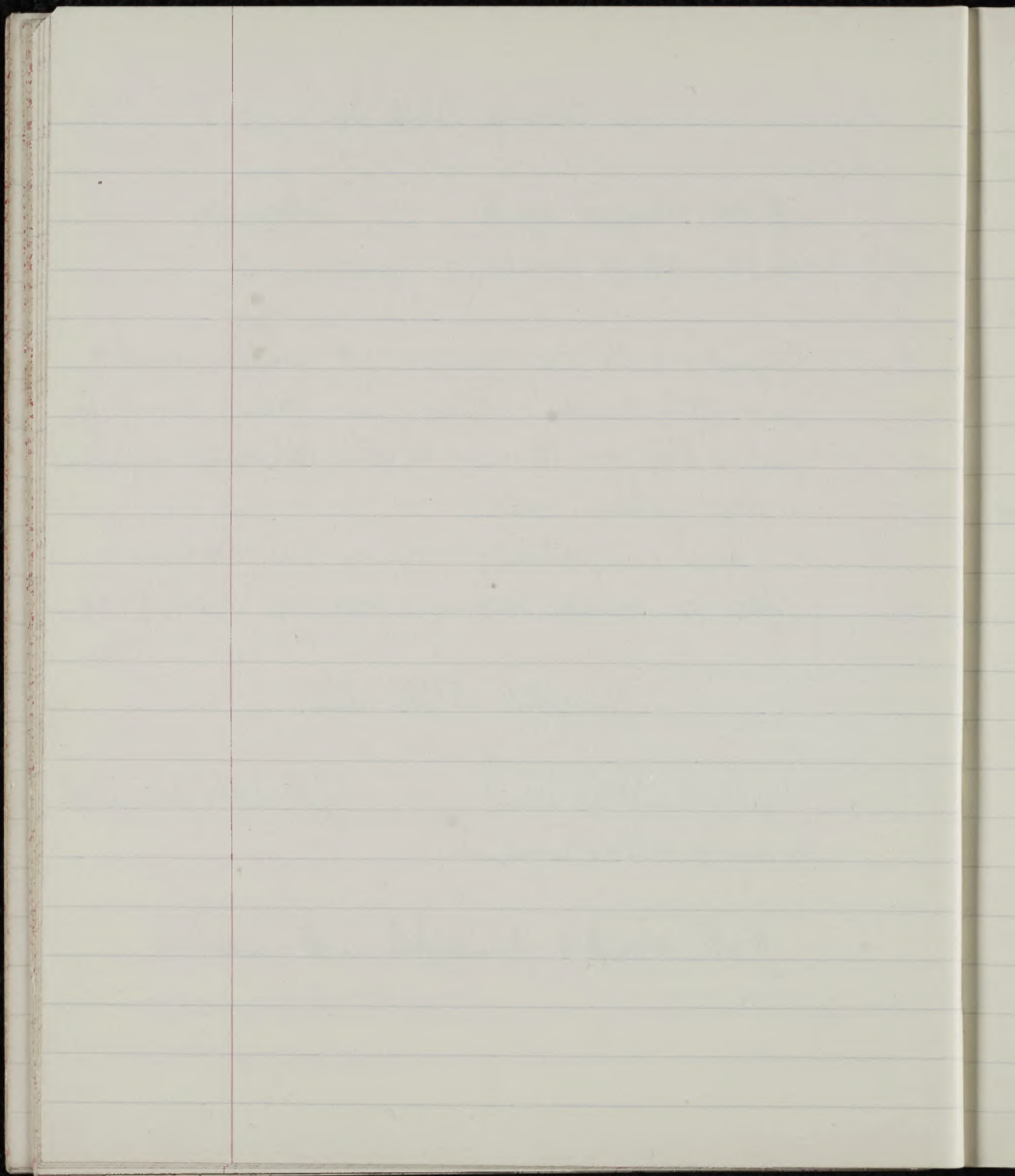
Mix ingredients & freeze till creamy. Place in orange cases & serve on block of ice

Pineapple Water Ice.

1 gill clarified syrup
or syrup rind is turned in

1 gill chopped pineapple

Put syrup & pineapple into machine



Coupe Victoria

Vanilla cream ice

Pineapple water ice

Compote of fruit: strawberries raspberries
peach & pineapple, maraschino.

Whipped cream

Place fruit in glasses & on one side pineapple
ice and on the other vanilla. Pipe
cream round the outside & decorate with
pistachio & preserved pineapple

Spun sugar: Put the sugar & water
into a pan & dissolve sugar, then
boil till 350°F . When it comes
through the boil put in a pinch of
cream of tartar or a drop of acetic acid
Have ready a pole greased with salad
oil also 2 forks. When at right temp.
throw over the pole with a fork
Keeping pan in another pan of hot water

Pêches Glacées au lait

½ pt vanilla Ice cream

~~Sp~~^{un} sugar: 1 gill water, ½ lb loose sugar
To garnish: sprigs of maidenhair fern
Chopped pistachio

^{un}hold ice cream & bury in ice & salt.
make a nest of spun sugar, surround ice, &
decorate

Cherry Ice.

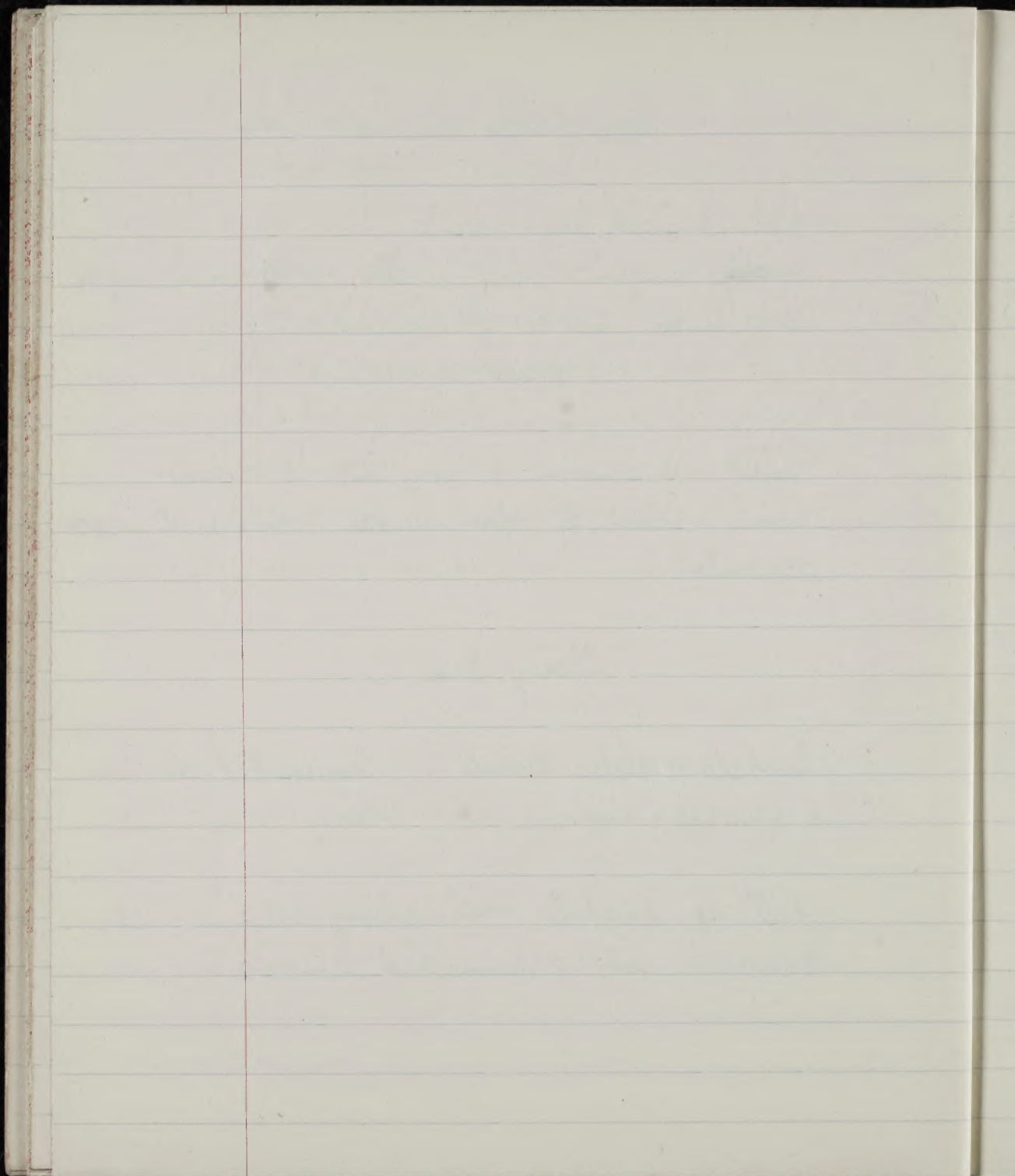
Baskets of stafia biscuits

& Gnocchi & angelica

Caramelised cherries.

Cherry cream ice

Fill up baskets with cherry cream ice
Decorate with caramelised cherries.



Peches a la helba

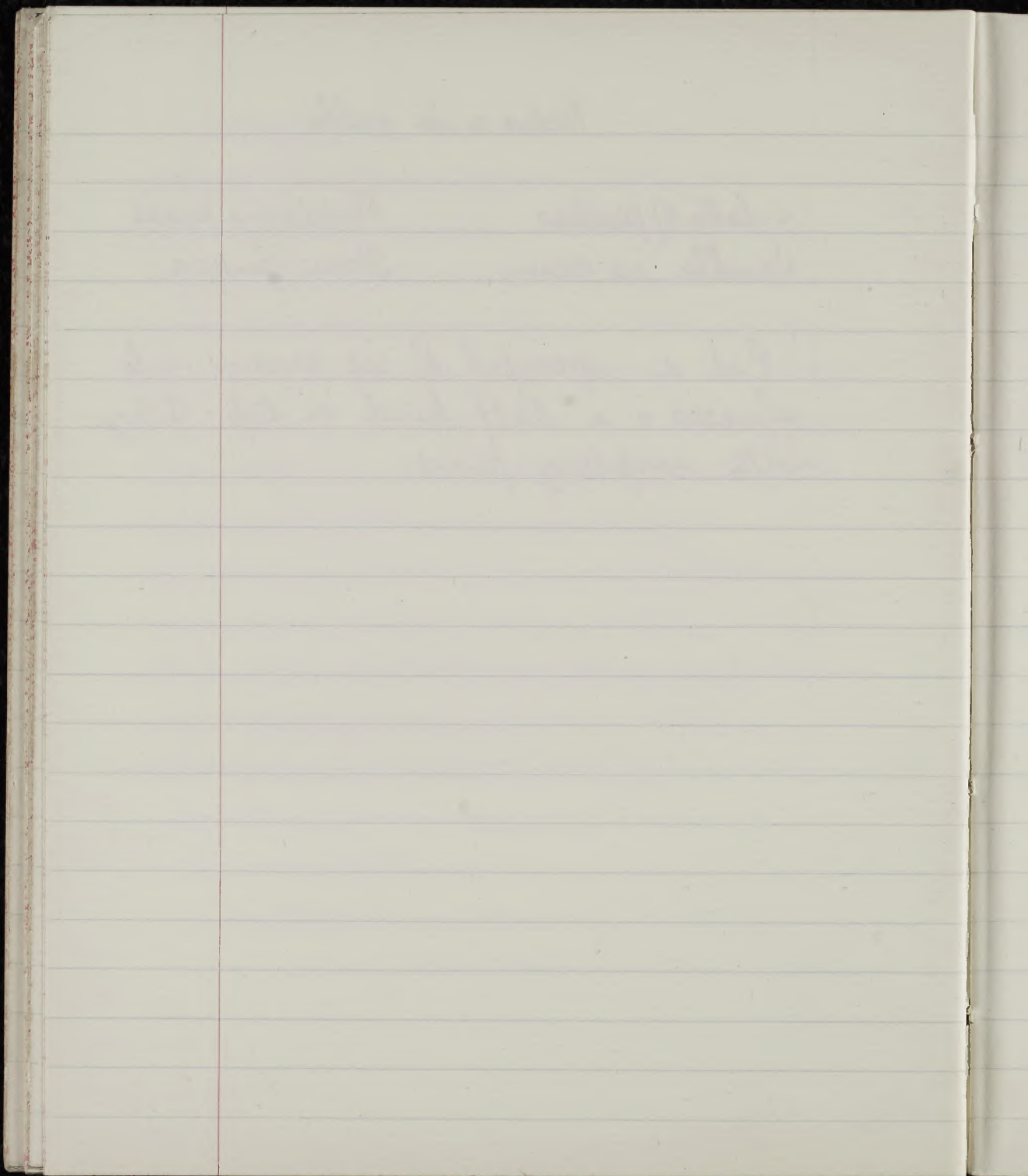
4 halves of peaches

Vanilla ice cream

Raspberry purée

Spun sugar.

Put a spoonful of ice cream into glasses + a half peach on top. Glaze with raspberry purée



Demonstration VII

Hot & Cold Sweets:

Gâteau à la Louis Napoléon 2/6

Babas au Rhum 3' each.

Pouding de Noël 4/-

Crème d'Ananas au Café 3/-

Crème d'Ananas au Café

To line the mould - Wine Jelly.

Strips pineapple & gold leaf.

Filling: 1 gill finely chopped pineapple

1 gill cream

2 gill fruit juice

2 oz gelatine

2 gill cold water

Sugar, lemon, coffee essence

Centre: Triple mixture

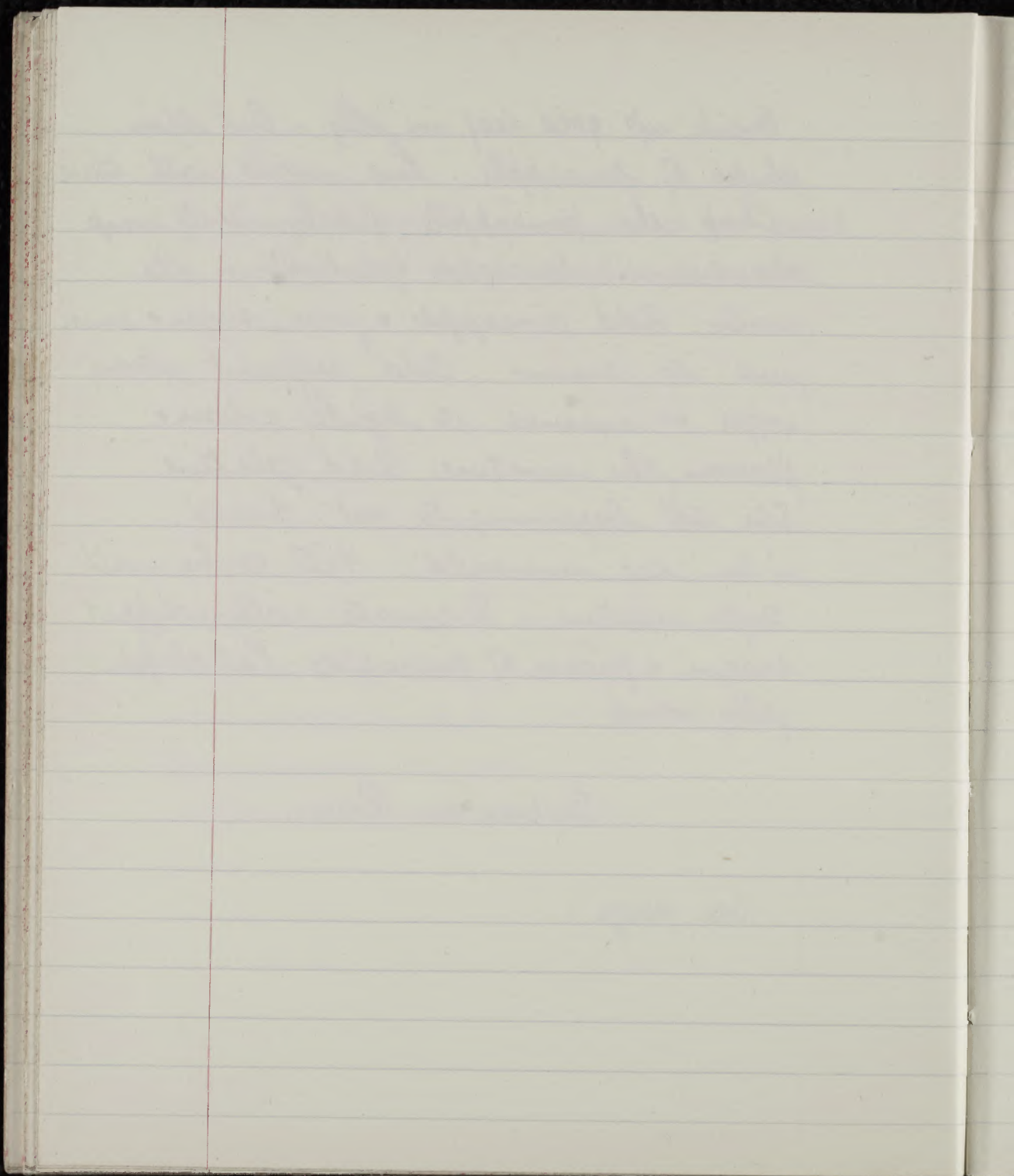
Decoration: Whipped cream & pineapple

Timed pineapple not so much as fresh
Sieve all fruits except pineapple.

Break up gold leaf in jelly. Cut thin strips of pineapple. Line mould with these. Chop the pineapple finely. Half whip the cream. Dissolve gelatine in the water. Add pineapple & juice, sugar & lemon juice to cream. Add sufficient strong coffee or essence to lightly colour & flavour the mixture. Add gelatine. Stir till beginning to set. Unmould. When set unmould. Fill centre with triple mixture. Decorate with whipped cream & pieces of pineapple. Put chopped jelly round.

Babas au Rhum.

See page 1.



Gâteau à la Louis Napoleon

3oz sugar	Centre.
3 eggs	Timed or stewed fruit
1oz butter	meringue
1/2oz flour	3 whites of egg
1oz corn flour	2oz caster sugar.
1oz of almonds.	Top round
	A little good fruit syrup.

Grease tin & dust out with rice flour.
Put yolks & sugar into basin & whisk
over hot water till light & frothy. Whip
white very stiffly. Melt butter. Beat
yolks & sugar till cool. Sieve the flour
into this. Add almonds. Fold in butter
Fold in the whites. Pour into tin. Bake
in steady oven for 30 mins.
meringue: Whisk whites till very stiff.
Fold in sugar
Soak fruit with sugar & maraschino or fruit

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juice. Remove top from cake & fill cavity with fruit. Place fruit between cake & foundation (different kind sponge). Cover cake with a little meringue. Pipe on remainder. Decorate. Dry off meringue. Serve with reduced apricot syrup & maraschino.

Beding de hael.

See H. C. Book p 110

Pithiviers Cream. (To serve with Christmas Pudding)

2 oz butter

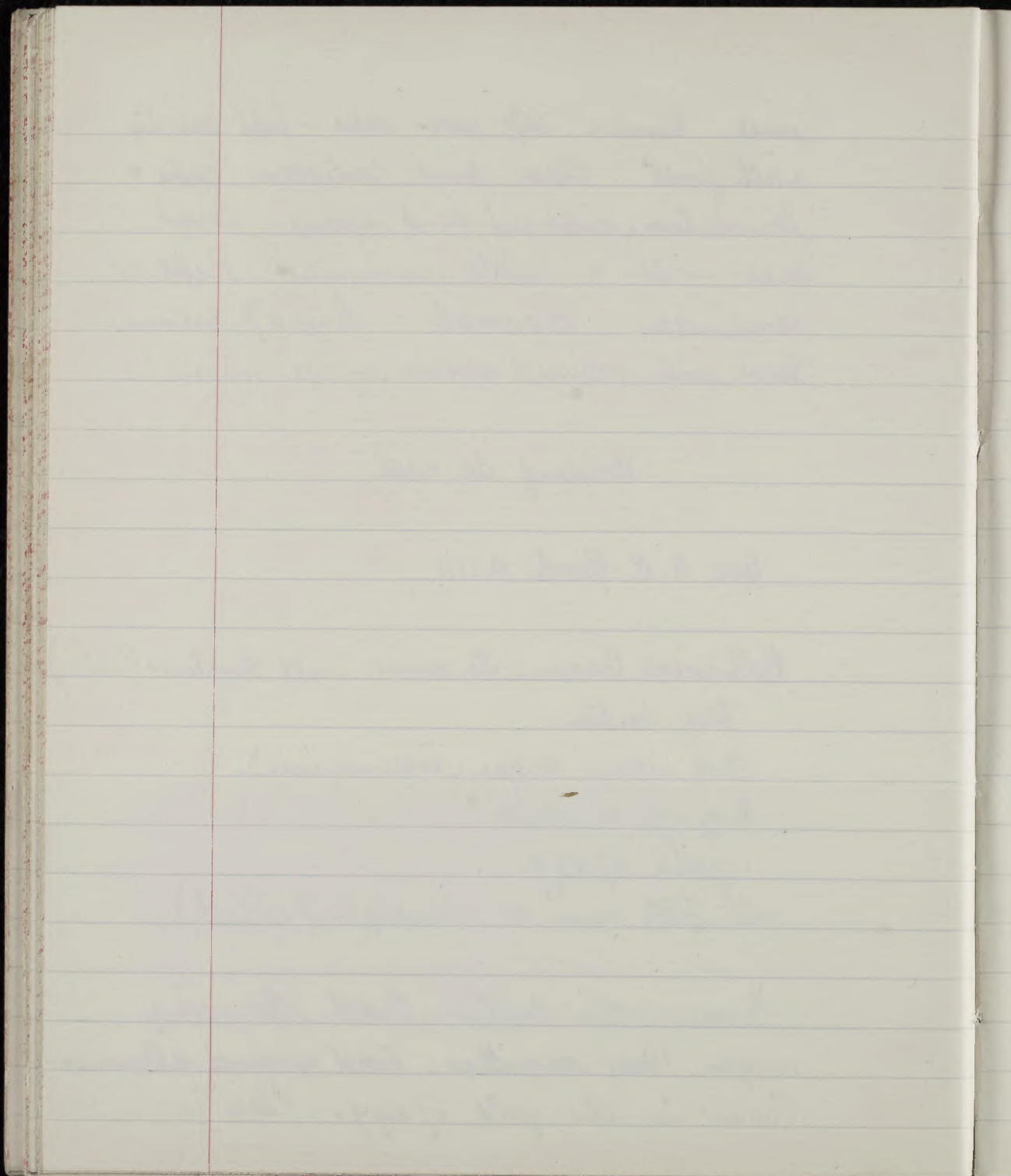
2 oz icing sugar (or demarara).

2 oz gd almonds

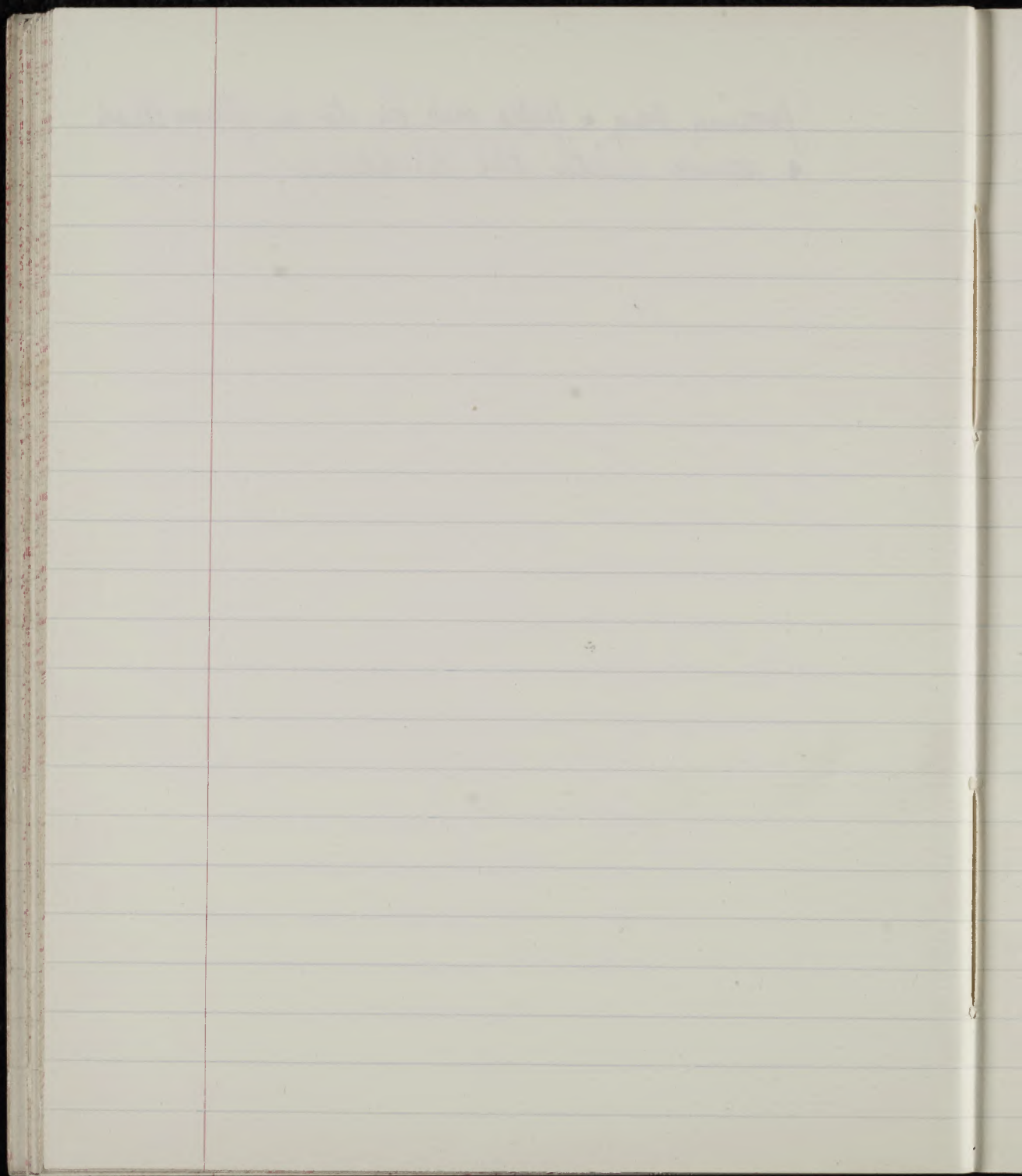
1 yolk of egg.

A little rum or brandy (if liked).

Cream the butter. Add the icing sugar. Beat together. Add ground almonds. Beat in the yolk of egg. Place in a



forcing bag + pipe out on to a glass dish
+ serve with the pudding.



Demonstration

Dinner:

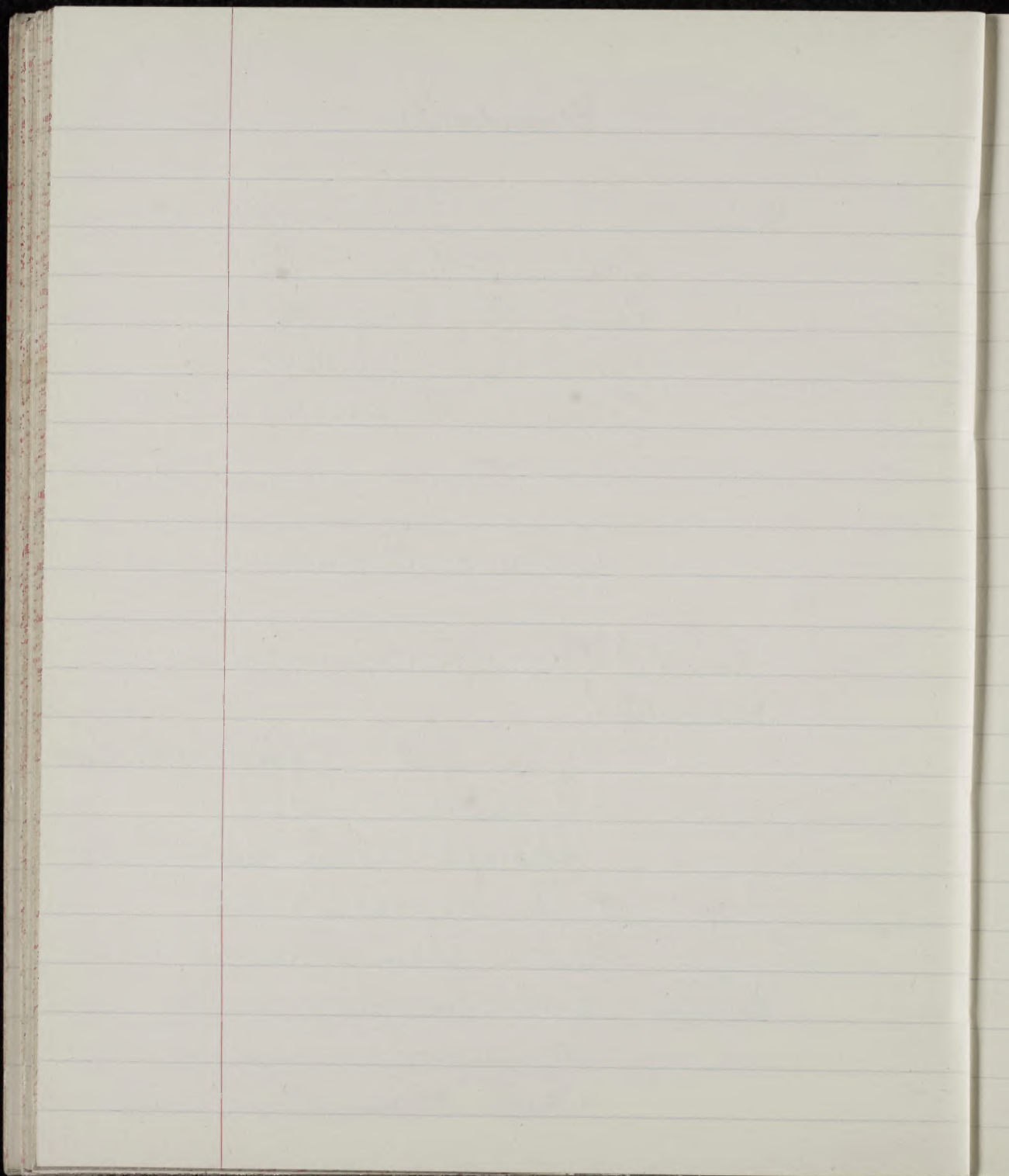
Consommé Solferino
Saumon Aux Concombres.
Ris de Veau la Villeroy
Gâteau en Surprise

Gâteau en Surprise.

Rings of Genoese Pastry
Decoration

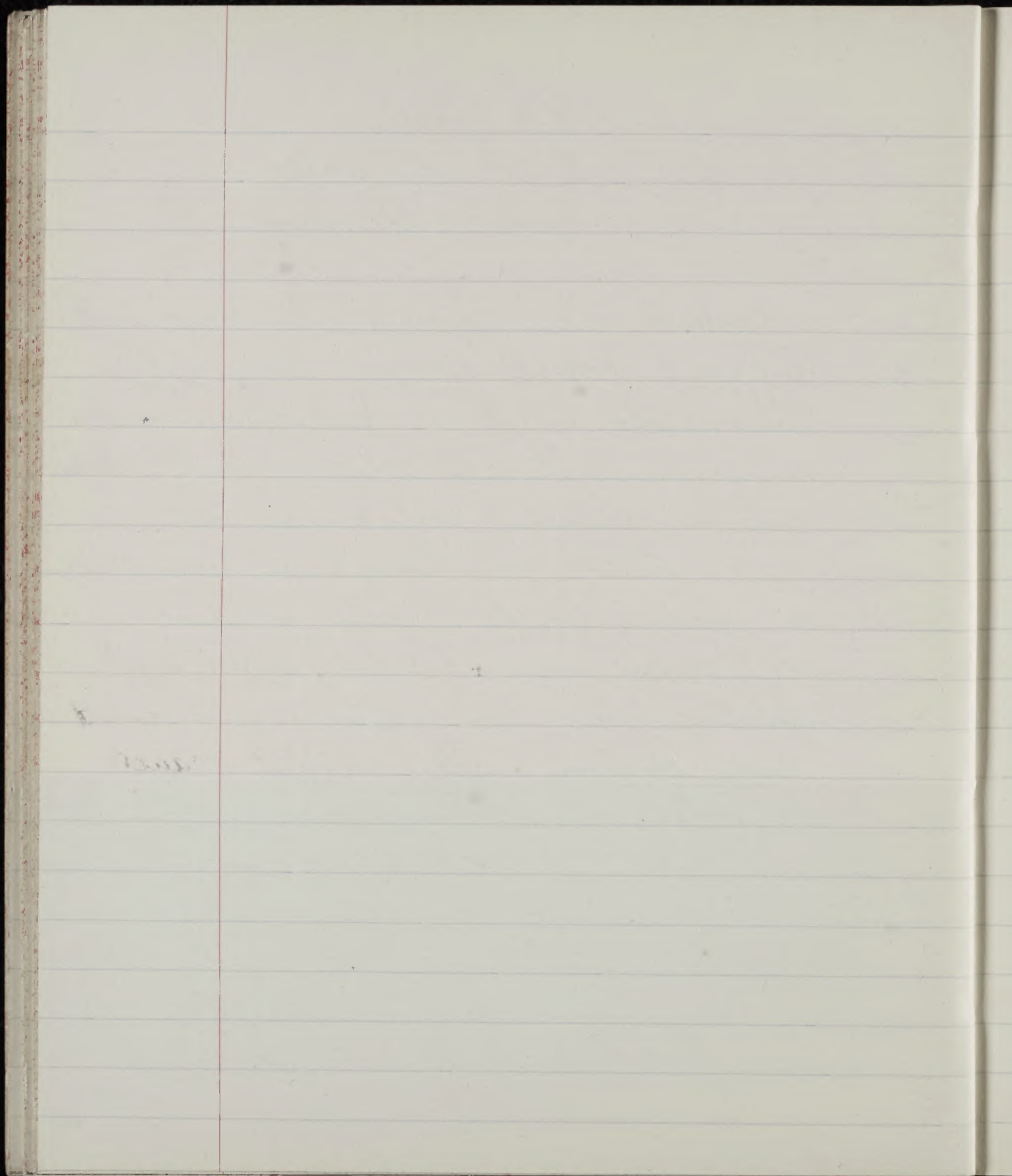
1 oz blanched & chopped pistachios
1 oz ratafia biscuits
1 spoonful apricot marmalade
 $\frac{1}{2}$ lb. icing sugar. (pow)
Pink & green colouring.

Filling: $\frac{1}{2}$ pt. strawberry pulp.
1 oz sugar
1 gill cream.



$\frac{1}{2}$ oz gelatine
 $\frac{1}{2}$ gill cold water
Good $\frac{1}{2}$ gill cream

Prepare glace' icing & ice rings with different colours. Spread base with marmalade. & dip in pistachio. Lay on rings in alternate colours. Half ratafia dip in caramel & put round base. Rub. strawberries through a hair sieve, & measure pulp. Dissolve gelatine Half whip cream & add pulp, add gelatine. Stir till setting & pour into case. Decorate with whipped cream & whole strawberries.



Ris de Veau à la Villeroi

1 throat sweetbread

1 gill thick Bechamel Sauce.

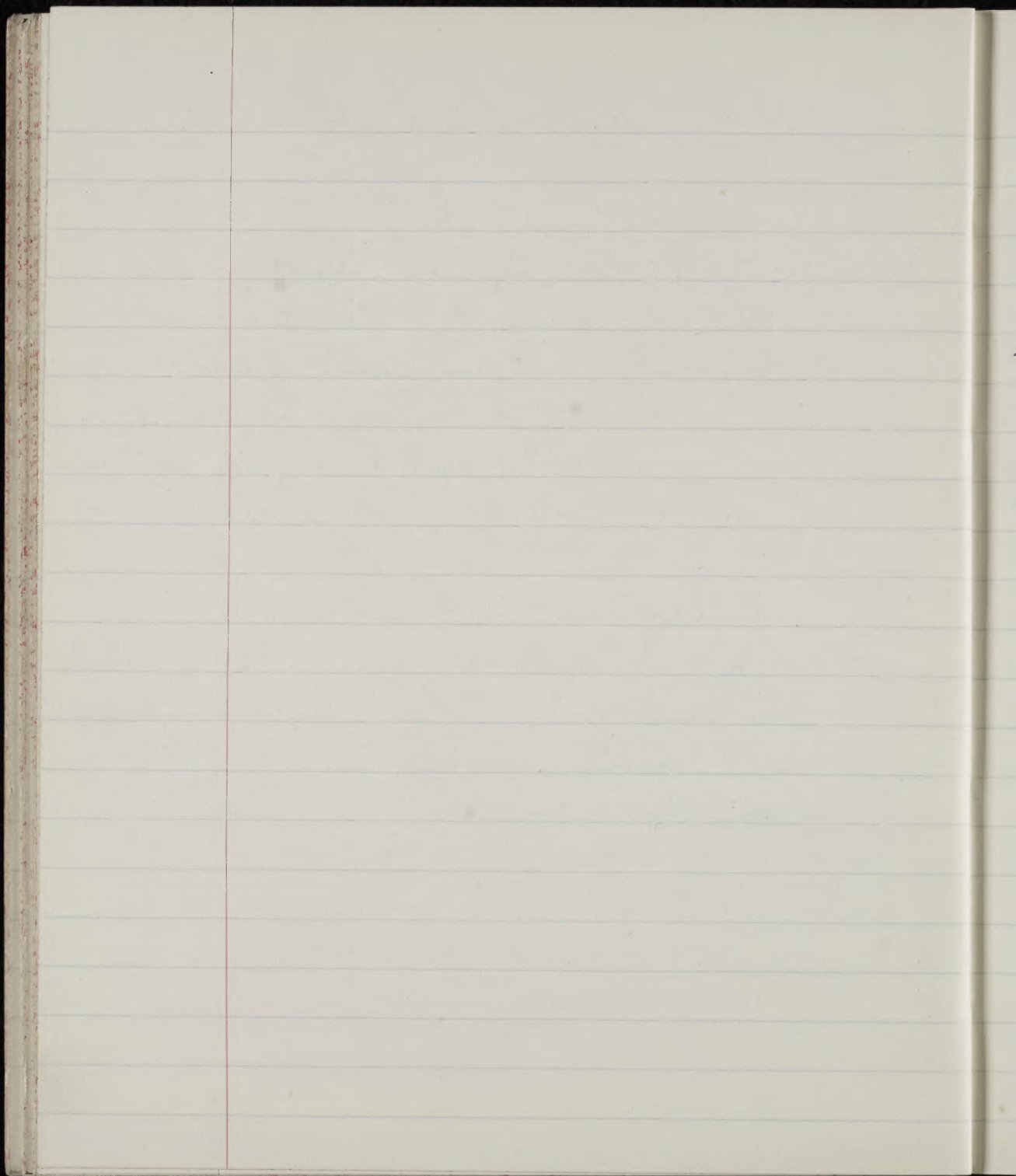
To Coat: beaten egg & dry white crumbs.

To Garnish: 6 or 8 very small tomatoes,
stuffed with - 2 tablesp rived
cooked cauliflower bound with
yolk of egg & seasoned.

Prepare sweetbread & braize

Wrap in muslin & press between plates
till quite cold. Cut in slices & spread
with slightly warmed bechamel sauce

Cool. Coat & fry.



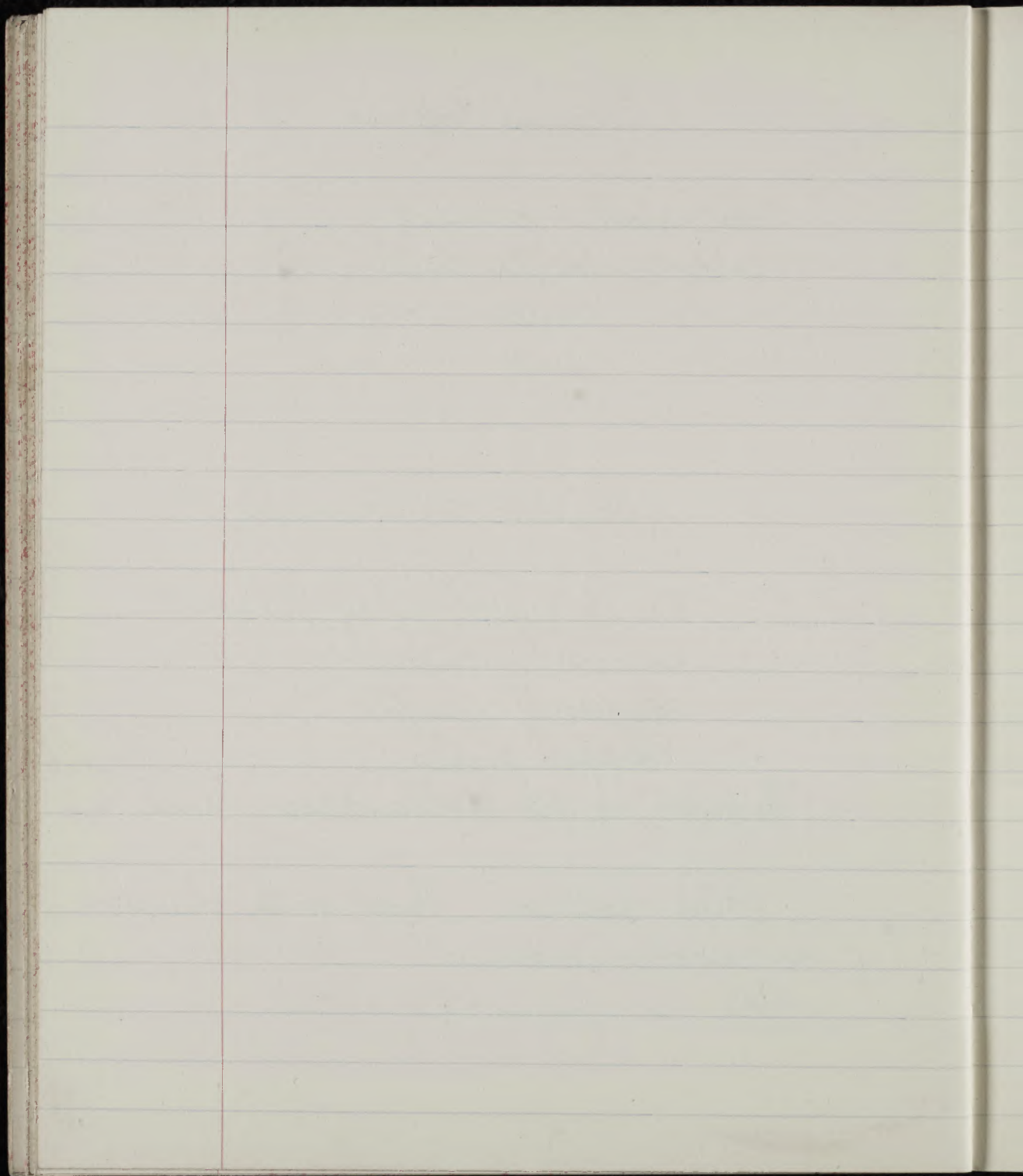
Consommé Sofferingo.

Fruit stock - clarified
1 t. tablesp. potato balls.
1 " Carrot "
1 " Turnip "

Salmon aux Concombres.

2 1/2 lb Middle cut of Salmon
Slices of cucumber.
Shapes of truffle
Chopped parsley.
To serve. 1/2 pt Hollandaise Sauce p.t.o.

Wipe salmon. Boil with turnip
& carrot & seasoning
note 1/2 pt vinegar for a cut.



Hollandaise Sauce.

3 tablesp wine vinegar
Cold water
2 yolks.
2 oz butter
Salt & cayenne.

To add

1 tablesp cucumber purée
1 " fish liquor
Green colouring if necessary.

Reduce vinegar. Add water to make up to 3 tablesp. Drop in eggs one at a time & whisk. Add butter gradually in small pieces.

