

CHOICE RECEIPTS

ARRANGED FOR THE GAS STOVE

BY

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PUBLISHED BY

THE UNITED GAS IMPROVEMENT CO.

PHILADELPHIA

1893

THIS little book is designed to give a maximum of information in a minimum of space, with special adaptation to the use of the gas stove in the home kitchen. Its scope, in the main, is the preparation of simple and delicate food. It is not addressed to beginners in the art of cooking, but to those who have acquired an elementary knowledge of the subject and some facility in the use of general formulas, rather than a mechanical following of receipts. It aims to be suggestive, and to stimulate the reader to seek information from many other sources

COOKING BY GAS.

AN opinion is often expressed that gas is an expensive fuel for cooking. This is not the case when two simple rules become fixed habits. First: Do not light a burner before it is needed, and extinguish it the moment you have finished using it; extinguish and relight the burners rather than consume gas to no purpose between operations — matches are cheap, and convenient receptacles should be provided for them. Second: Turn the flame up or down to get the exact degree of heat required. With reference to gas ranges, the oven work is expensive as compared with the use of top burners, hence it is advisable to do as much work as possible with the oven when it is heated; for example, one may bake potatoes and muffins, and broil steak with the same heat. Those ranges are most economical and do the best work whose oven burners have two stops, so that one may be turned off (usually the back one) for operations requiring a low temperature. It is wise to have a small portable oven, which may be set over a top burner to increase the oven capacity, and to cook small dishes. The expense of baking and boiling is thus equalized, and the elevation of the oven is an added convenience.

The Top Burners are used for boiling, steaming, simmering, frying, sauteing, and, with special appliances, for toasting, broiling and ironing.

Boiling. When the object is simply to bring a kettle as quickly as possible to the boil, light the burners and turn the gas on full. When properly adjusted it shows a blue, not a

luminous, flame ; the latter usually indicates a scant supply of air, which may be regulated by a valve. When the kettle boils, turn down the gas to keep it boiling fast or slowly as desired. In this way an immense amount of fuel may be saved. Bear in mind that the water remains at a fixed temperature whether it boils slowly or fast, and that most articles are better boiled slowly. Fast boiling generates more steam, and this is sometime needed, as in the case of compartment steamers.

Simmering. The only way to bring the tough cuts of meat to their best is by long, slow cooking—a high temperature toughens the albumen. Soups should come very slowly to the boil, and bubble slowly for three or four hours. This extracts the meat juices. The process is reversed for meats and fish by boiling them for a few minutes to stiffen the albumen on the surface, and then simmering them until tender. The boiling shuts in the juices, and the simmering softens the fiber and keeps the albumen delicate. Many dishes are brought to perfection only when cooked for hours, either by dry or moist heat, at a temperature below 212° F., as rice pudding, Indian pudding, baked beans, stews and many other meat dishes.

Frying is cooking in a bath of smoking hot fat, and it is to be distinguished from sauteing, which is browning in a small quantity of fat. The difficulties of frying lie in dealing with a quantity of liquid of a highly inflammable nature at a temperature of 350° to 375° F. It is extremely difficult to hold the fat at the required temperature, and the risk of moving the kettle is very great, and calls for the concentrated attention of a strong and careful person. With a coal fire it is easier to move the kettle than to regulate the heat; in cooking by gas, however, the kettle remains stationary, while the heat is increased or diminished with a turn of the tap.

Sauteing is often called frying, as fried eggs, fried potatoes, etc. It is a difficult operation, and requires good judgment

and close attention. A thick pan is better than a thin one, because it equalizes the heat, and a little dripping with the butter will prevent the latter, in a measure, from burning. The fat should always be hot enough to brown. When the surface to be browned is considerable, as in warming over potatoes for a large family, either one of the ovens may be utilized.

Pan Boiling consists in heating a cast-iron pan over a top burner until it is smoking hot, without one particle of fat. Put in the steak or chops without seasoning, and turn often until done; they are almost as good as when regularly broiled. The superfluous fat from mutton chops may be drained off as they cook. There are special appliances for broiling, toasting, baking, and ironing over the top burners, some of which are excellent.

The Use of Oven Burners. The gas range has two ovens, one for roasting, broiling and toasting, where the food is exposed to the gas flame. It does not absorb odors from the gas, because the combustion is perfect in every good range, and the products of combustion are simply carbon dioxide and water. The latter gives a moist heat in the ovens, which is an improvement over the coal range, and the carbon dioxide (CO_2) is familiar to us all in the effervescent drinks which we use with impunity.

Broiling and Roasting. Light the oven burners about five minutes in advance, as the surrounding iron absorbs the first heat, and do not bring the food into immediate contact with the gas, but an inch or more removed from it. First brown the surface on both sides with the gas turned on full, then lower the flame and also the broiling pan. This plan of having the heat above the meat is a great advantage, since the drippings are not burned, and the entire absence of smoke insures a better flavor. The upper surface of a roast of beef should be equally distant from the flame at every point.

Baking. The ignorant beginner turns the gas on full and burns up everything ; after wasting much gas she learns to turn down the flame after the oven is heated — this will take about five minutes. Breads require the hottest oven, next pastry, and then cake ; these temperatures range from 333° to 400° F. Meats should be started at the higher temperature, to shut in the juices by means of a crust of albumen, and then cooked at the lower temperature. Roast veal, lamb, mutton, pork, game, and large roasts of beef had better be cooked in the baking oven. They may be browned in the lower compartment and then placed in the upper one for slower cooking. Bear in mind that the heat of the gas oven comes first from the bottom, whereas in the coal range it passes over the top first, so that when you would protect the top in one, you must shield the bottom in the other. For this purpose you may use the “augite.” The bottom heat is greater toward the bottom of the oven, and the top heat increases toward the top of the oven. As the slides in the oven may be adjusted at different elevations, a point may be found where the top and bottom heat are equalized, and this is required in most cases. When the top does not brown enough, the oven, probably, was not hot enough at the start. The service pipe should be half an inch, and the pressure one and one-half inches.

Care of the Range. When the range is in constant use, rub the top daily with a little naphtha on a woolen cloth. The iron must be cold, as the naphtha ignites at a low temperature. Scrub the slide under the top burners once a week. Have the whole range thoroughly cleaned once in three months by a professional cleaner.

Measures and Abbreviations.

c. = cupful	m. = minute
t. = teaspoonful	h. = hour
T. = tablespoonful	oz. = ounce
pt. = pint	lb. = pound
qt. = quart	bp. = baking powder

Spoonfuls of sugar, flour, shortening, and baking powder are measured rounding; of salt, spice, soda, and cream of tartar are measured level. Cupfuls are measured level.

Equivalents.

3 t. = 1 T.	2 c. = 1 pt.
4 T. level = $\frac{1}{4}$ c.	2 pt. = 1 qt.
$\frac{1}{2}$ c. = 1 gill	1 T. butter = 1 oz.

4 c. flour weigh 1 lb.

1 pt. each of the following weigh one pound: water, milk, butter, meat, granulated sugar.

CHOICE RECEIPTS.

BREAD.

Flour. Sift and warm the flour. Spring wheat is richer in gluten and makes a lighter and more nutritious loaf than winter wheat, but a small proportion of the latter makes a pleasanter dough to handle.

Milk. Scald the milk unless it is strictly fresh.

Fat. Use sweet, clarified drippings for glazing; warm and spread the fat with a pastry brush.

Yeast and Fermentation. Use Fleischman's compressed yeast dissolved in a little cold liquid; add it to a warm but never to a hot mixture. Yeast is a microscopic plant of one cell. It changes starch successively to sugar, alcohol, and acid; with the alcohol is generated carbon dioxide (CO_2), which is inclosed by the elastic gluten and makes the porous loaf, but fermentation should be arrested by heat or cold before the acid is formed. Bread should be set in the morning rather than at night, since five hours will complete the whole process, and a longer fermentation impairs its sweetness and nutritive value. The argument for "setting" bread at night is that the coal stove bakes best in the morning, but the gas stove bakes well at all hours of the day. Seventy-five to eighty degrees Fahrenheit is a good temperature for raising plain bread. More heat makes the dough flabby, but fancy breads, containing sugar and fat, rise better at 90° , because these ingredients are then in a liquid form. A steamy atmosphere is desirable, but avoid draughts. White flour dough triples in bulk in the first rising, and doubles in the second. Graham flour dough increases less in bulk. Rolls should be lighter than loaves when put into the oven, because fermentation is more quickly checked in small breads.

Kneading. The first kneading blends the ingredients, the second makes a finer grain. Flour the board for the first but not for the second. In moulding rolls, if the surface gets dry, moisten the hands with a drop of water.

Baking. The heat of the oven kills the yeast, expands and drives off the gases of fermentation. A part of the starch in the crust is changed to dextrine, which makes it sweeter and more easily digested. As sweetened bread burns easily, protect the bottom.

1.

General Formula for Vienna Bread. 1 pt. milk; 1 pt. water; 1 T. salt; flour; 1 cake yeast; fat. Scald the milk and dissolve the yeast in a little cold water; blend the milk, water, and salt with flour enough to make a smooth batter (this should feel warm, but never hot to the touch when the yeast is added); mix the batter and the yeast thoroughly; add flour enough to make a dough that will not stick to the hands in kneading; fifteen minutes will suffice for kneading, but divide the quantity, and knead each portion a few moments alternately. Unless the weather is excessively hot, warm a clean bowl by turning it over a lowered gas flame, glaze the inside with fat, turn the dough over in the bowl so as to glaze it all over, cover with paraphine paper, a bread cloth, and in winter a bread blanket. Let it rise about three hours, when it should be light. If it is not convenient to mould the loaves, work down the dough in the bowl to reduce the lightness.

Loaves and Rolls. Twelve to sixteen ounces of dough will suffice for a Vienna loaf; knead it until the grain is as fine as you desire—the smaller rolls should have the finer grain. First, make a smooth ball of the dough, and roll this to the desired length, a little shorter than the baking-pan.

In the same way make :

2.

French Rolls of any size you may desire.

3.

Twisted Rolls are formed from two small plain rolls of equal size, pinched together at one end and folded, one over the other.

4.

Braided Rolls are made from three plain rolls braided loosely together.

5.

Soup Sticks should be rolled a trifle smaller than the little finger.

All bread and rolls should be glazed with fat as soon as rolled.

The Second Rising will require from thirty to sixty minutes in a temperature of 80° F. The smaller the form, the shorter the time required. A higher temperature hastens the rising, but does not improve the bread. There is no scientific test for the point at which the dough is ready for the oven, and yet this is the critical moment; it is about double in size, and a slight pressure with the finger leaves a dent. It had better be a little under than over light.

The Oven. Burners may be lighted from five to ten minutes before baking, and the gas turned on full. Any oven that does not heat sufficiently in that time is deficient in construction or supply of gas. Bread should be colored a golden brown in ten minutes, and for this the middle of the oven is best. Begin with a temperature of 400 degrees F., and reduce it gradually for large loaves. Bread baked below 350 degrees F. has a musty odor unless the baking is long continued. A two-pound loaf takes 60 m.; a one-pound loaf 30 m.; rolls from 15 to 20 m.

Glazing. Upon removing bread and rolls from the oven, glaze immediately with milk, and cool in a draft. Other materials used for glazing are water, butter, egg, syrup, molasses, etc.

If the bread is wrapped in a cloth while hot, the steam is shut in, and the crust is softened.

6.

Water Bread. In the general formula, No. 1, substitute water for milk.

7.

Milk Bread. In No. 1 substitute milk for water.

8.

Graham Bread. Substitute graham for white flour in No. 1, and add sugar or molasses in the proportion of 1 T. to 1 c. of wetting. A good graham flour should contain the whole of the wheat minus the extreme outer coating of the grain. For persons of delicate digestion, sift out the bran or use a finer ground graham. White flour may be added to the graham in any desired proportion. The graham bread does not increase in bulk as much as white bread, is easier to knead and mould, and should be found on every well-appointed table as a preventive and cure for constipation, as well as for its nutritious qualities.

9.

Graham Rolls. Prepare a graham dough, No. 8, and mould like white rolls Nos. 2, 3, and 4.

10.

Graham Muffins (raised). Prepare the dough like No. 8, a little softer than for bread; place 1-3 c. each in pop-over cups, well greased at the bottom; raise until very light, and bake 25 m.

11.

Graham Biscuit (raised). Use No. 12, and substitute graham flour for white at the second step, and molasses for sugar if preferred. After the second rising, make up into biscuit with the hands; separate widely in the baking pan for a crusty biscuit, or bake in cups.

12.

Delicate Rolls and Fancy Breads. *General Formula.* 2 c. milk; 1-2 t. salt; flour; 1 cake yeast; 1 egg; 1-4 c. sugar; 1-2 c. butter. It is characteristic of fancy breads that they are raised three times. The first step is a sponge, which rises until double, and is then enriched with egg, sugar, fat, and sometimes fruit. This is raised and made into a variety of forms, which, after rising a third time, are baked. Sugar and fat retard the growth of the yeast plant, and the sponge counteracts this tendency by giving the plant a strong start. When the rolls are desired very white, substitute 1-3 c. lard for the butter in No. 12 (lard shortens more than butter), and the whites of two eggs. Raise these breads in a moist heat at 90° F.

The First Step. Make a sponge of the yeast, 1-2 c. milk at 100° F., and flour enough to make a drop batter. Let it rise in a warm place until double.

The Second Step. Blend the other ingredients, the rest of the milk, and flour enough to make a dough a little softer than for bread. When light, mould into a variety of forms, as

13.

Raised Biscuit. From the raised dough, No. 12, cut with a sharp knife slices half as thick as you wish the biscuit to be when baked; cut into small rounds, and place close together in a baking pan; glaze, raise, bake and glaze again with butter or milk. In forming the biscuit, disturb the lightness of the dough as little as possible.

14.

Finger Rolls. Make rolls of the light dough, No. 12, the size and length of a finger, glaze with butter, set close together across a pan four inches wide; raise, bake, and glaze with milk.

15.

Swedish Rolls. Roll the dough, No. 12, one-eighth of an inch thick, spread with soft butter, sprinkle with sugar and cinnamon, roll up like a jelly roll, and cut across in slices half an inch thick. Set close in a double-bottomed pan (to prevent the sugar and spice from burning), raise and bake. The top may be dressed just before baking with more butter and cinnamon.

16.

Crescents. Make a dough like No. 12, roll as in No. 15, cut into squares, six inches on the side, and divide each square diagonally, glaze with butter and roll, beginning with the point opposite the long side; form crescents, glaze, raise and bake.

17.

Kringles. Use No. 12 to form rolls about twelve inches long and the size of the little finger. While rolling, have on the board a dressing prepared by chopping together an equal quantity of sugar and one of the following: prunes, figs, dates, raisins, almonds, pecans, hickory nuts, walnuts, etc. Enough will adhere to give a pleasing flavor; form a ring and cross the ends, raise and bake.

18.

Coffee Cakes. Use formula No. 12 substituting 1-2 c. sugar. After the second rising, cut off a piece of dough with a sharp knife, stretch it carefully with the fingers to fit the pan, disturb the lightness as little as possible; make the cake about half an inch thick, glaze the top generously with butter, and, just before baking, dress with sugar and cinnamon, and, if you like, a little preserved fruit, jelly, or thin slices of apple. It is very nice served hot.

19.

Saverin Cakes. In No. 12 substitute 1-2 c. sugar and add 1-2 c. fruit, as sultanas, raisins, currants, citron, etc. The larger fruits should be shredded. In this batter the best results will be gained by adding at the second step only the remainder of the milk and flour enough to make a thick batter. When it is light the second time add the other ingredients, with a little more flour if necessary, but the mixture must be thin enough to take easily the form of any mould which the fancy may suggest. Let it rise until double, and bake or steam. These cakes may be served hot or cold, with or without a syrup; the latter should be two parts water to three of sugar. Wine or any unfermented fruit juice may be used as part of the liquid. The sauce should be poured over the cakes while both are hot, and enough should be used to moisten but not to dissolve the cake. It is very nice when baked in popover cups. A little more flour is required when the batter is cooked in a large mould.

Batters Raised with Baking Powders. In using the following receipts, collect and measure the materials, and then light the oven burners. It will take from five to ten minutes to heat the oven with the gas turned on full, and the batter should be mixed in that time; the more speed, the better the result. After heating the oven it may be best to reduce the flame.

20.

Baking Powder Biscuit. 2c. flour; 1-2 t. salt; 2 t. bp.; 1 T. shortening; 3-4 c. milk. Sift together the flour, salt and bp.; rub in the shortening with the tips of the fingers; pour the milk around the flour; use a fork to blend it lightly and as quickly as possible. As soon as all is moistened, turn out the dough on a well-floured board, dredge the dough lightly with flour, press with the hands to half the required thickness of the biscuit when baked, cut into small rounds and place close

together in a baking pan, which needs no grease; bake 20 m. The more quickly they are gotten into a hot oven after adding the milk the better, and the softer they are, the more delicate. If a thin crusty biscuit is desired, use less milk and roll the dough thin, cut into rounds, squares, diamonds, or other fancy shapes and place too far apart to touch in baking. Cream used for shortening, instead of butter or lard, is an improvement.

21.

Graham Biscuit. Use the general formula, No. 20, and substitute graham flour for white, and add 1 T. sugar or molasses. Do not sift the graham unless it is too coarse; mix the bp. with it by using a fork. Proceed as in No. 20.

22.

Shortcakes. Use No. 20 and place the dough in a well buttered pan instead of on the board; press into shape and bake 20 m.; then split with a long sharp knife, butter the freshly cut surfaces, add a light grating of nutmeg, place the sweetened fruit on the lower crust, reserving the juice to moisten the upper one; over the fruit pour a little cream (if it harmonizes with the fruit), replace the upper crust and garnish with whipped cream (when convenient). Serve at once. Use 1 to 2 pts. of fruit.

23.

Variations to No. 22. Any of the following fruits may be used for shortcakes: peaches, strawberries, oranges (cut in thin slices parallel to the core), blackberries, raspberries, blueberries, plums, and cherries (cooked), nectarines, apricots, bananas, pineapples. Remove stones and pits; divide the larger fruits; mash those that seem dry, and sweeten all to taste.

24.

Another way of preparing shortcakes is to make two thin cakes, No. 20, glaze the first with butter and place the second on it, and bake in this position. They split apart readily.

25.

Steamed Shortcakes. Prepare a dough like No. 20, make two thin cakes, steam in separate pans 3-4 h. Serve with the fruits indicated in No. 23. Dress the cakes like No. 22, or cut like a piece of pie and serve with 2 T. of the prepared fruit on each plate.

26.

Sweetened Shortcakes. Use the formula for cottage pudding, No. 33, or any other cake receipt, and dress with fruit and cream.

27.

Roly-Poly. Wet a cloth and dredge with flour. On this place the dough No. 20, and spread it twice as long as it is wide: cover with fruit, avoiding the edges; roll up and fasten the ends of the cloth firmly. Steam 2 h. and serve with a sweet sauce. Do not mash the fruit.

28.

Crust for Meat Pies and Fruit Puddings. Prepare a batter like No. 20, with the addition of one egg beaten to a thick cream; to this add the milk and pour over the other ingredients as in No. 20. Have ready the meat or fruit boiling hot; fill a baking dish not more than half full, using a scant supply of the sauce; cover with the batter and bake 20 m. Serve with an abundance of sauce. Use fruits that are good when cooked. Simmer the meats until tender in a well flavored sauce. This batter is a connecting link between biscuit and muffins.

29.

White Flour Muffins. 2 T. butter ; 2 T. sugar ; 2 c. flour ; 2 t. bp. ; 2 eggs ; 1-2 t. salt ; 1 c. milk. * In the muffin receipts, half the quantity of butter, sugar and egg may be used without changing the other proportions, and sweet drippings or lard may be substituted for butter, but their delicacy and food value will be impaired. Cream the butter and sugar in a warm mixing bowl ; in a sieve place 2 c. sifted flour, and on the top of this the bp. ; beat the eggs and salt with a Dover beater to a thick cream ; over the creamed butter and sugar sift the flour ; over the flour pour the beaten eggs, then the milk. After creaming the butter and sugar, do not stir a stroke until you arrive at this point, but now blend the ingredients barely enough to moisten the flour, but not enough to make a smooth batter, the lumps will take care of themselves. The problem is to get the batter into the oven as quickly as possible after the liquids are added, as the carbon dioxide (CO_2) is generated as soon as the bp. is wet. The gas must not be beaten out. Deep cups make a lighter muffin than shallow pans, and it is best to have them warmed and buttered on the bottoms only. The preparation of the batter should take less than ten minutes. By this time the oven should be hot. Place the cups in a pan on the middle rack. Bake about 20 m., and lower the flame if the oven is likely to be overheated.

30.

Graham Muffins. In No. 29 substitute 2 c. graham flour for the white flour. It may be used without sifting ; in that case blend the flour and bp. thoroughly with a fork.

31.

Corn Muffins. Use No. 29, substituting for 2 c. flour 1 c. flour and 1-2 c. corn meal. The flour should be placed in the sieve first, and the corn meal and baking powder on top of it.

32.

Corn Bread. Use No. 31, and bake in a sheet. The flour and meal may be combined in any proportion.

33.

Cottage Pudding. In No. 29 increase the sugar from 1-4 c. to 1 c. This changes the muffin batter to a plain cake. Bake 30 m. at a temperature a little lower than for muffins, or steam in a 3 pt. melon-mould 1 h.

34.

Huckleberry Cake. 1-4 c. butter; 1 c. sugar; 2 c. flour; 2 t. bp.; 1-2 t. salt; 1-2 c. milk; 1 qt. berries. Combine the above like No. 29.

Variations. Other fruits may be used. See No. 23.

CAKES, FROSTINGS, AND FILLINGS.

36.

Confectioner's Icing. 1 measure of the whites of eggs; 4 measures of XXXX sugar; flavoring and coloring to taste. Without beating the whites, add the sugar and beat until it reaches the desired consistency. This icing can be made in quantity and kept for weeks by excluding the air.

37.

Fondant Icing. 2 c. granulated sugar; 1-2 c. water; 1-4 t. cream of tartar; boil to 242° F. Do not stir while it boils, but keep it "washed down." A paste brush dipped in water will answer to wash down the grains of sugar that spatter on to the sides of the saucepan in boiling. If you have no thermometer, drop a little of the syrup into ice-water, and as soon as it forms a "soft ball," pour on to a buttered platter. When nearly cool enough to handle, stir to a cream with a wooden paddle, knead for a few minutes like bread, and pack in a jar to ripen. It keeps moist for weeks, but may be used at any time. Heat a suitable quantity in a double boiler, stir constantly until it is thin enough to spread, flavor and color to taste.

38.

Fruit Fondants. Substitute fruit juice for the water in No. 37. If the juice is acid, less cream of tartar should be used.

39.

Boiled Icing. This is fondant with white of egg. 1-4 c. water; 1 c. granulated sugar; 1-4 t. (scant) cream of tartar; white of 1 egg. Boil to a thread (242° F.), and pour in a thin stream over the well-beaten egg, beating all the time, and for five minutes longer. Flavor and spread it on the cake.

40.

Caramel Frosting. 1-2 T. butter; 1 c. granulated sugar; 2-3 c. milk; flavoring. Boil the butter, sugar, and milk 13 m. Then beat with the "surprise" egg beater until cool enough to spread. Add the flavoring.

41.

Glaze for Cakes. 3 T. XXXX sugar; 1 white of egg. Beat together, and cover the cake with a thin coating; let it dry, and frost the cake as usual. The glaze serves to confine the crumbs.

42.

Plain Icing. White of egg and water (half and half) with XXXX sugar enough to spread; flavor to taste.

43.

Yellow Icing. 1 yolk of egg with XXXX sugar to make a very thick cream; flavor with lemon juice.

44.

Chocolate Icing. Melt a little chocolate over steam (1-4 oz. is enough for the top of one cake) and add it to any of the foregoing receipts for frosting, or the following: 1 T. water and 1 c. XXXX sugar: 1-4 oz. chocolate melted, or 1 t. cocoa.

45.

Fillings for Layer Cakes. Use any of the frostings between the layers.

46.

Nut Flavorings. Use any of the frostings with a flavoring of nuts, as shredded almonds, almond paste, freshly grated cocoanut, pecans, walnuts, hickory nuts, and pistachio nuts chopped; or fruits, for which see No. 23. A purée of fruits, fresh or preserved with sugar (they should taste decidedly sweet), jellies, marmalade, etc., all make good fillings.

47.

Consolidated Cream. Flavor before whipping with XXXX sugar and one or more of the essential oils, as of lemon, vanilla, coffee, orange, rose, pistachio, almond, etc. In a concentrated form these flavorings must be used in minute quantities. This cream flavored with nuts is fine. See No. 46.

48.

Gelatine Creams may be used for filling. See Nos. 122 to 129.

49.

Creams Thickened with Starch may also be used for this purpose, as : 1 T. butter ; 1 T. corn starch ; 1 c. milk or water ; 1 or 2 eggs ; 1 c. sugar ; flavoring. Combine like white sauce (No. 209) and add the egg and sugar creamed together. For flavoring use unsweetened chocolate (1 oz.), with vanilla to taste, or the rind (yellow part only) and juice of one large lemon, or the rind and juice of one orange (lemon and orange combine well). The whites of the eggs beaten with 1-2 t. cream of tartar may be added last.

50.

Any of the foregoing fillings and frostings may be flavored with wines and other liquors.

51.

Tutti Fruti (1). 1 c. sugar ; 1 egg ; 1 lemon ; 1 c. fruit. Cream the egg and sugar, grate the lemon rind (all of it) and add this with the juice. The c. of fruit may be one or more of the following : raisins stoned and minced, figs, dates, or Chinese ginger (1-2 c.) or the following :

Tutti Fruti (2). 1 pt. of any and all kinds of fruit ; 1 pt. sugar, and 1 pt. pure alcohol to every pt. of fruit. Keep in a covered jar, stir every day for a month, use for sauces and creams.

52.

Colorings. For yellow, use egg yolks ; for green, spinach (pound and squeeze in a cloth) ; for red, cochineal ; for brown, chocolate. Any of the colorings used by the confectioners are available.

53.**General Directions for Cake Making.**

Baking. Five minutes before the batter is ready, light the oven burners and turn on the gas about half. In some ranges the heat is equalized by lighting the front burners only. Cake should bake slowly in order to rise. Never move cakes while baking, or jar the oven, for the batter is delicate. As long as the cake gives out a simmering sound it is not done, except in cakes which are very rich with butter, as pound cakes. When you think a cake is done, pierce it with a fine knitting needle ; if the needle feels sticky, continue the baking a few minutes. Loaf cakes should be inverted while they cool unless they are very rich — this is not possible when the pans are buttered. For economy of fuel and perfection of results, the portable oven is the best.

Mixing. Warm the bowl and cream the butter, which on no account should be melted. If the quantity of butter and sugar is large, cream it with the hand ; add the sugar gradually enough to keep the mixture very soft. It is sometimes well to cream the yolks of the eggs with the butter and sugar. (In pound cake, add the unbeaten eggs to the creamed butter and sugar, one at a time, and beat thoroughly with the hand after each addition.) At this point stop mixing until all the other ingredients are in the bowl. Sift in the flour, and over it pour the beaten eggs and the milk. Now, with a slatted spoon, blend the ingredients until they are thoroughly mixed ; pour into pans and bake. They are lighter and more delicate baked in cups than in loaves ; also in pans that require no greasing.

Flour must be sifted before measuring. When baking powder is used, sift it with the flour several times, and, for convenience, sift on paper. Spices and fruits may be mixed with the flour. In batters which contain butter, a curdled appearance of the batter indicates a need of more flour. When other conditions are right, a cake with a convex top, after baking, indicates too much, and a concave too little, flour. A perfect cake should be flat on the top when cold. It is best to use one brand of flour only, after it has been tested and approved. The best cake makers recommend pastry flour.

Sugar. Use coffee sugar for plain cakes, as it creams better and makes a finer grain. Use pulverized sugar for rich cakes, and allow one quarter more than for coffee sugar. Use granulated sugar for sponge cakes, except when the sugar is creamed with the yolks, then use it pulverized.

Flavoring. Extracts may be proportioned to the milk or water used, for example: 1 c. milk to 1 t. extract, 1-2 c. milk to 1-2 t. extract. Almond extract should be used more sparingly than lemon or vanilla. When essential oils are used in a concentrated form, a few drops will suffice; other flavorings are coffee, chocolate, nuts and fruits dried or candied.

Beating the Eggs. The secret of success lies in beating very fast at the start. The eggs should be fresh and cold. A pinch of salt contributes to their lightness by stiffening the albumen. Cream of tartar has a similar effect, and neutralizes an excess of alkali in the eggs. Use a "surprise" beater for whites and the Dover for yolks; also for the whole egg. Do not attempt to beat the parts of one egg separately. Too much beating toughens eggs.

Cup Cakes.	c. butter.	c. sugar.	c. flour.	t. bp.	Whites of eggs.	Yolks of eggs.	c. milk.	FLAVORING.
54.....	$\frac{1}{4}$	1	$1\frac{1}{2}$	$1\frac{1}{2}$	1	1	$\frac{1}{2}$	Yellow rind of 1 lemon.
55.....	$\frac{1}{4}$	$1\frac{1}{4}$	$2\frac{1}{2}$	$2\frac{1}{2}$		2	1	1 t. lemon juice.
56.....	$\frac{1}{4}$	1	2	2	2	2	1	1 t. vanilla.
57.....	$\frac{1}{4}$	1	1	1	2	2	$\frac{1}{4}$	1 oz. chocolate melted.
58.....	$\frac{1}{4}$	1	$1\frac{1}{2}$	$1\frac{1}{2}$	3		$\frac{1}{2}$	Rose.
59.....	$\frac{1}{4}$	1	2	2	4		$\frac{3}{4}$	$\frac{1}{2}$ c. chopped nuts.
60.....	$\frac{1}{4}$	$1\frac{1}{2}$	$2\frac{1}{2}$	2	2	3	1	
61.....	$\frac{1}{4}$	$1\frac{1}{2}$	2	2	6		$\frac{1}{2}$	$\frac{1}{2}$ t. almond extract.
62.....	$\frac{1}{4}$	1	$1\frac{1}{2}$	2		8	$\frac{1}{2}$	1 T. lemon juice.
63.....	$\frac{1}{3}$	$1\frac{1}{2}$	$2\frac{1}{2}$	2	2	6	$\frac{1}{2}$	1 T. " "
64.....	$\frac{1}{2}$	$1\frac{1}{2}$	2	$1\frac{1}{2}$	4		1	
65.....	$\frac{1}{2}$	2	3	2	2	3	1	
66.....	$\frac{1}{2}$	2	3	2	2	4	1	
67.....	$\frac{1}{2}$	1	2	2		6	$\frac{1}{2}$	1 T. lemon juice.
68.....	$\frac{1}{2}$	2	2	$1\frac{1}{2}$	6		$\frac{3}{4}$	
69.....	$\frac{1}{2}$	2	3	3	3	3	$\frac{1}{2}$	
70.....	$\frac{1}{2}$	$1\frac{1}{4}$	2	2	3	3	$\frac{1}{2}$	
71.....	$\frac{1}{2}$	2	3	2	8		$\frac{3}{4}$	Pistachio.
72.....	$\frac{1}{2}$	2	3	2	4	4	1	
73.....	$\frac{1}{2}$	1	$1\frac{1}{2}$	2		8	$\frac{1}{2}$	1 T. lemon juice.
74.....	$\frac{2}{3}$	2	3	2	3	3	1	
75.....	$\frac{3}{4}$	$1\frac{1}{2}$	$2\frac{1}{4}$	2	3	3	$\frac{1}{2}$	
76.....	$\frac{3}{4}$	2	3	2	1	6	1	
77.....	$\frac{3}{4}$	2	$3\frac{1}{2}$	3	3	6	1	1 T. lemon juice.
78.....	1	2	3	2	4	4	1	
79.....	1	3	$3\frac{1}{4}$	3	4	4	1	1 grated cocoanut.
80.....	1	2	3	3	8		1	$\frac{1}{2}$ t. almond extract.
81.....	1	3	4	3	12		1	1 lemon, 1 c. citron.

Sponge Cakes.	Whites of eggs.	Yolks of eggs.	c. sugar.	c. flour.	t. bp.	t. cream of tartar.	c. water.	Salt and Flavoring.
82.....	2	2	1	1	1		1	" Lemon juice and
83.....	3	3	1	1½	2		⅛	" a little of the yel-
84.....	3	3	1	1	1			" low rind grated.
85.....	3	3	1½	2	2		½	"
86.....	3	3	1	1	2		⅔	"
87.....	4	4	1¼	1½	2		¼	"
88.....	5	5	1½	1½		½		"
89.....	6	6	1	⅛	¼			" 2 oz. chocolate.
90.....	6	6	1	1	1		½	"
91.....	7	5	1	1		½		"
92.....	1 c		1¼	1		½		"
93.....	11	4	1½	1		1		"
94.....	6	6	½ † x	¼ †				1 cocoanut grated.
95.....	5	7	¾ † †	¼ †			½	
96.....	6	6	*	*				Juice of 1 lemon.
97.....	10	10	1 † x	9 oz.				" " "
98.....	11	11	1 † x	Wgt of 6 eggs				" " "

x Pulverized. † Granulated, boiled with the water 3 m. ‡ Pound.

* Sugar equal to the weight of 6 eggs, and flour equal to the weight of 3 eggs.

The grated yellow rind and juice of half a lemon is the best flavoring for yellow sponge cakes.

MIXING. Beat the yolks with the salt until stiff, add the flavoring; beat the whites with the cream of tartar and blend with the yolks; beat in the sugar, then the water (if required), boiling hot or ice cold; mix in the flour very lightly, having previously sifted it several times with the baking powder (when the receipt calls for it). Bake in a moderate oven.

ANOTHER WAY. Beat the yolks with the sugar until thoroughly creamed, then proceed as above.

Spice Cakes.	c. molasses.	c. sugar.	c. shortening.	c. milk or water.	t. soda.	salt and spices.	c. flour.	eggs.
99.....	1	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$ hot	1	"	2	
100.....	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{2}$ to 1	"	2	1
101.....	1	1	1	$\frac{1}{2}$	1 to 2	"	4	2
102.....	1	1	1	1	1 to 2	"	3	3
103.....	1	1	1		1 to 2	"	4	1
104.....	$1\frac{1}{2}$		$\frac{2}{3}$		$1\frac{1}{2}$	"	3	2
105.....	1		$\frac{1}{4}$	1	1	"	2	
106.....		$\frac{1}{2}$	$\frac{1}{2}$	3 T	1 bp.	1 t. ginger.	$2\frac{2}{3}$	1

Use sour milk when possible, and $\frac{1}{2}$ t. soda for each c. used. Coffee may be used in the place of milk or water. For shortening use butter drippings or lard, half and half.

MIXING. Blend and warm the molasses, sugar and shortening. Dissolve the soda and salt in a little of the milk or water (when much butter is used omit the salt). Sift the flour several times with the spice (ginger, 2 t.; cinnamon, 1 t.; cloves, $\frac{1}{2}$ t.) and use 1 t. to each cup of flour.

Now beat the eggs very light and mix all together quickly; get it into the oven with all possible speed. Bake in sheets, loaves or cups. Fruits may be added, but should be dredged with flour, not included in the receipt.

No. 106 keeps any length of time. Roll the dough $\frac{1}{2}$ inch thick and mark in strips, squares or diamonds.

LAYER CAKES. Use any of the foregoing cake receipts for layers, but the cup cakes are the best for this purpose, Nos. 54 to 81.

PUDDINGS.

See No. 28 for fruit puddings.

Cake Puddings. Use any of the cake receipts, steamed or baked, and serve with a liquid sauce. They are far more delicate steamed, as : 56, Cottage Pudding ; 105, Bellevue Pudding.

Perfection Pudding. 2 eggs ; 1 t. soda ; 1 c. milk ; 1 c. molasses ; 1-4 t. salt ; 2 c. raisins ; 2 c. crumbs (bread or cake). Beat the eggs well. Dissolve the soda in the milk, throw all the ingredients together, mix well and steam 2 h. Eat with a caramel sauce.

Variations. Substitute any other fruit for the raisins. Use any liquid sauce.

107.

Suet Pudding. 1 c. suet ; 3 c. flour ; 1-2 t. salt ; spice and fruit to taste ; 1 c. milk ; 1 c. molasses ; 1 t. soda. Dissolve the soda in the milk, pass the suet through a meat chopper, sift the spices with the flour, then blend with the suet and fruit. Add the other ingredients, mix well and steam 3 h. Serve with a liquid sauce. Almost any fruit may be used, as currents, raisins, figs, peaches, apricots, quinces, etc.

108.

Plum Pudding. 1 c. flour ; 1 nutmeg ; 1 t. cinnamon ; 1-4 t. cloves ; 1 c. raisins ; 1 c. currants ; 1-4 lb. citron ; 1 c. suet ; 1-2 c. butter ; 1 c. sugar ; 6 eggs ; 1-2 c. cream ; 1-2 c. rum, or any fruit juice ; stale bread. Sift together the flour and spices and with it dredge the prepared fruit ; cream the butter and sugar, and over it pour the beaten eggs ; combine all the

ingredients with stale bread-crumbs enough to make a stiff batter. Steam 5 h. Serve with a wine, brandy, or orange and lemon sauce.

109.

Custard Souffle. 2 T. butter ; 2 T. flour ; 1 c. milk ; 4 eggs ; 2 T. sugar ; a pinch of salt. Cook the butter, flour, and milk like a white sauce, No. 206, and when cold blend with the creamed yolks and sugar. Half an hour before serving, beat the whites to a stiff dry froth and cut them into the batter ; bake in a buttered dish and serve with an egg sauce, No. 140.

110.

Batter Pudding. 1 pt. crumbs ; 4 eggs ; 1-4 t. salt ; 1 pt. milk. Soak stale bread in water until thoroughly saturated ; slip off the thin brown crust and wring in a napkin ; pulverize with a fork and measure lightly. Beat the eggs and salt until very light ; blend all with a fork (this contributes to the delicacy of the result). Bake in a buttered dish one hour in a moderate oven, or until a knife will slip out clean. Serve with a sweet liquid sauce the moment it is done.

111.

Moulded Fruit. 1-2 c. tapioca ; 1 1-2 pts. water ; 1-4 t. salt ; sugar to taste ; fruit. Cook the tapioca, sugar, and water until the starch is clear. Wet a mould and fill it with fruit (one or more kinds may be used), see No. 23, and over it pour the hot tapioca. Serve with cream or custard.

112.

Fruit Tapioca. 1 c. tapioca ; 6 tart apples ; 1 c. sugar ; 1-4 t. salt. Soak the tapioca over night. Pare and core 6 tart apples and place them in a pudding dish, sprinkle with salt, add the tapioca, and water to come to the top of the apples, and bake in a moderate oven until the starch is clear ; scatter over

the top 1 c. sugar and finish the cooking. A perfect result requires a long, slow baking.

Variations. For the apple substitute rhubarb, peaches, apricots.

113.

Indian Pudding. 1 qt. milk; 1-2 t. salt; 1-2 c. corn meal; 1-2 c. flour; 1 c. molasses; 1 T. butter. Boil the milk, mix the other ingredients and over them pour the hot milk. Stir well, and bake 6 h. in a moderate oven, adding milk, as needed. Serve hot or cold, with or without a sauce.

114.

Rice Pudding. 1 c. rice; 1 t. salt; 1 c. sugar; 1 c. water; 7 c. milk; flavoring. Wash the rice; place it in a double boiler with the other ingredients all but the flavoring; steam 4 h., transfer to a pudding dish, flavor with vanilla, grate nutmeg over the top and brown in the oven. Serve hot or cold. The milk should be strictly fresh.

Variations. Add dried fruits, as raisins, currants, prunes, figs, dates, apricots, peaches (washed and soaked over night), jelly, preserves, or even fresh fruits.

115.

Dainty Bread Puddings. Fill a mould with alternate layers of sliced bananas and "whispers" (or any other delicate crackers) which have been soaked in orange juice sweetened to taste. Fill the vacant spaces with lemon jelly, No. 123, and chill. Serve with whipped cream. Or,

116.

Fill a pudding dish with alternate layers of fruit and slices of bread; cover with an orange jelly made from 4 oranges; 1 T. gelatine; 1 lemon; sugar to taste; water to make 1 pt. Or,

117.

Alternate layers of fruit, and slices of bread soaked in water ; cover the top with seasoned bread crumbs, bake and serve with a rich sauce.

118.

Orange Meringue. To the filling for a lemon pie (No. 162) add the juice and grated rind (yellow part only) of 1 orange and 1 T. corn starch ; decorate with the meringue, brown and chill.

119.

Apple Meringue Pudding. 1 pt. apple sauce ; 1 T. butter ; 1 t. mixed spice ; 3 eggs ; 1-2 t. almond extract ; 1-2 t. cream of tartar. While the apple is very hot, add the butter, spice, and yolks well beaten ; mix and pour into a buttered dish ; bake 10 m. Without drawing from the stove, cover with a meringue made from the whites of the eggs beaten with the cream of tartar and flavored with 2 T. pulverized sugar and the almond. Work quickly and brown lightly.

Variations. For the apple sauce substitute a purée of some other fruit, as peaches, apricots, plums, prunes, pineapples, berries, etc.

120.

Fruit Custards. Yolks of 6 eggs ; 3 T. sugar ; 2 c. milk or cream ; 1 c. fruit. Cook the fruit with sugar to taste, unless it will cook very quickly. Make a custard of the sugar, milk, and yolks, pour it over the fruit and bake in a moderate oven. A part of the whites may be used for a meringue.

121.

Prune Pudding. 1-4 lb. prunes ; 5 eggs ; 1-4 t. salt ; 1-2 t. vanilla ; 1 c. milk ; 1 c. XXXX sugar ; 1-2 t. cream of tartar. Wash the prunes, cook 1-2 h. in a little water, remove the stones, and cut into small pieces. . Make a custard of the

yolks, salt, milk, and half of the sugar; cook it, cool, flavor, and pour the custard over the prunes. Add the cream of tartar to the whites, beat them until stiff, add the sugar and fold into the custard. Bake in a 2 qt. dish (buttered) for 20 m. in a moderate oven.

Vary the above with other fruits.

122.

Gelatine Creams and Jellies. *General Directions.*

Use only the best of gelatine. Be exact in the proportions of liquid and gelatine. Allow several hours for stiffening—overnight in the refrigerator if possible. When the time is necessarily short, or the weather is hot, chill with ice, and use a larger proportion of gelatine. Always soak the gelatine in cold water before dissolving, using 1 c. water to 1 box gelatine. If soaked several hours it dissolves with less heat, and the less heat the better flavor. After dissolving, always strain it. No allowance need be made, ordinarily, for consolidated cream in estimating the amount of gelatine to be used. A purée of fruit, a custard or syrup thickened with eggs, starch, or pulp, does not require as much gelatine as a thinner mixture. The usual proportion is 3 pts. of liquid to 1 package of gelatine.

123.

Fruit and Wine Jellies. Use any kind of fruit juice or wine, or the two combined. Proportion the sugar and acid to taste. It should be both sweet and tart, and by no means weak; if too strong, water may be added. Measure the liquid exactly, and proportion it to the gelatine. A small quantity of this syrup may be heated and poured over the gelatine to dissolve it, or hot water may be used. Do not neglect both the cold and the hot water used in reducing the gelatine, when estimating the proportions. Strain through a flannel bag—several times, if required clear—and pour into a wet mould.

124.

Gelatine Creams (1). The gelatine may be added to a custard and flavored with fruit syrup or essential oils.

Gelatine Creams (2). To any of the jellies (Nos. 123 and 124) may be added plain or whipped cream.

125.

Whipped Cream is of two varieties, consolidated and a light whip. The first is prepared by whipping double cream with a Dover beater; the latter with a whip churn that produces large bubbles. The latter should be drained on a sieve, and either may be folded into the gelatine, jelly, or cream, just before it sets. Whites of eggs may be substituted wholly or in part for cream.

126.

Snow Pudding. 1 box gelatine; 4 c. water; 3 lemons; 2 c. sugar; whites of 4 eggs. Over the gelatine pour 1 c. of the water; add the juice of the lemons to the sugar; pour 1 c. boiling water over the soaked gelatine, the rest of the water may be very cold. Mix all the ingredients, and cool until the gelatine begins to thicken; then beat until light with the Dover beater; add the well-beaten whites of the eggs and continue beating until stiff enough to mould. Serve with a custard made with the yolks of the eggs.

For variety, substitute other fruit juices or jellies for a part of the lemon.

127.

Jellied Fruits. Use several fruits in layers, or one variety only, if more convenient; sprinkle sugar over each layer and cover the whole with a fruit jelly, for which see No. 123. Use bananas, oranges, pineapples, berries, etc.

128.

Coffee Jelly. 1 box gelatine ; 1 c. water ; 1 c. sugar ; 5 c. coffee ; whipped cream. One hour in advance pour the water over the gelatine ; heat the sugar with a cup of the coffee, pour it over the gelatine, add the rest of the coffee, strain and cool. Serve with cream.

Gentle Hints. Strain what coffee is left over into a glass can and cover ; a few contributions of this sort will suffice for a dainty dessert. Avoid using any of the sediment.

129.

Ginger Cream. 1-2 box of gelatine ; 1-2 c. water ; 1½ c. milk ; 2 T. sugar ; 3 yolks of eggs ; 1-4 t. salt ; 2 T. ginger syrup ; 1 c. cream ; 3 oz. of preserved ginger. Soak the gelatine in the water. Make a custard of the milk, sugar, egg, and salt ; while it is hot, slip in the gelatine ; blend, strain, and add the syrup. Whip the cream and then the custard, as soon as the gelatine begins to thicken. When very light add the cream and fold in the minced ginger. Mould.

Variations. Use any rich preserves or candied fruits.

130.

Corn Starch Puddings. Of these there are a great variety. One large group is milk, thickened with corn starch and flavored. They are usually eaten with cream and sugar. *General Formula.* 1 c. milk ; 1 T. corn starch ; 1 egg ; 2 T. sugar ; a pinch of salt ; flavoring. Heat the milk in a double boiler, reserving a little to make a smooth paste with the corn starch ; add it to the hot milk and let it steam 15 m., or even more. A thorough cooking is necessary to destroy the raw taste of the starch. Cream the egg, sugar, and salt, and blend it with the starch ; cook for a minute, and remove from the heat ; flavor and mould. The flavoring may be spices, extracts or fruits. A good plan is to serve fresh fruits on the same plate.

131.

A Delicate Corn Starch Pudding is made by substituting in the general formula (No. 130) the whites of two eggs; beat them very light, with 1-4 t. cream of tartar, and fold them into the cream after removing it from the fire; mould at once.

132.

Prepare a corn starch pudding like No. 130, and pour it into the dish in which it is to be served. Over the top scatter 1 c. sugar and 1 T. fruit juice. Serve cold.

133.

Cabinet Pudding. 2-3 c. fruit; 1 qt. crumbs; 2 eggs; 2 T. sugar; 2 c. milk; 2 t. butter. Butter a quart mould and decorate it with the fruit, fill it with the fragments of bread or cake, pressed firmly together; over them pour a custard made with the eggs, sugar, milk, and a pinch of salt. Let it stand for one hour and then steam one hour. Serve with an egg sauce, No. 139.

SWEET SAUCES.

134.

Hard Sauce. 1 T. butter; 1 c. XXXX sugar; 1 T. liquid; flavoring. Cream the butter and sugar; flavor with extracts, liquors, or fruit juice. When liquids are used for flavoring, they will suffice to make the sauce as creamy as need be, otherwise water, milk, or cream may be used.

135.

Boiled Custard. 1 c. milk; yolks of 2 eggs; 1 1-2 T. sugar; flavoring. Heat the milk, cream the yolks and sugar, pour the milk over the egg, return to the double boiler and cook, stirring constantly, until the sauce has reached its maximum thickness, but do not let it curdle; strain into a cold dish, chill and flavor.

136.

Caramel Sauce. 1 c. granulated sugar; 1 c. water; 1-2 t. vanilla. Place the sugar in a saucepan, heat and stir constantly, until it begins to smoke, then add the water; cook to a syrup, cool and flavor.

137.

Cream Sauces. (1) plain cream; (2) consolidated cream, No. 125. If it is to be seasoned, add XXXX sugar and flavoring before it is whipped. (3) Syllabub. Prepare like a mouss, No. 149. Serve without freezing, either in little glasses by itself, or to accompany a delicate pudding.

138.

Ginger Sauce. 1 c. sugar; 1-4 c. Chinese ginger; 1 c. water; 1 lemon. Mince the ginger, grate and squeeze the lemon, boil together 5 m. and serve.

139.

Egg Sauce. Whites of 2 eggs; 1-2 c. XXXX sugar; 1 egg yolk; 1 t. vanilla; 1-4 t. cream of tartar; 3 T. milk. Beat the whites, cream the yolk, sugar, and vanilla; blend the two and add the milk hot. Serve immediately.

140.

Fruit Sauces. Use fruit, with sugar to taste. It may be fresh, cooked, canned, preserved, whole, sliced, mashed and strained, or simply the juice extracted with sugar and heat. It may be a jelly, jam, or marmalade. Acid and sweet fruits should be combined in pleasing proportions. When fruit is abundant, quantities of the juice should be canned for sauces and creams; for example, when oranges and lemons are abundant, buy a box and prepare orange or lemon syrup. They are a charming adjunct to almost any sweet sauce. The unfermented fruit juices are now bottled like wine, and sold by grocers.

141.

Fruit Sauces with Starch. 1-2 T. corn starch; 1 c. water. A good basis for fruit sauces is starch and water boiled together. Use a part of the water cold to make a smooth paste with the starch; add the rest of it boiling. Cook five minutes, and add fruit, see No. 140. A well-beaten egg is a good addition just before serving, or the whites only, beaten stiff with cream of tartar. In the place of the cooked starch, confectioner's glucose is very convenient, and is entirely harmless. Other forms of starch may be used, as arrowroot, granulated tapioca, flour. Use twice as much of the latter.

FROZEN DELICACIES.

142.

Ices. Extract fruit juice, sweeten to taste and freeze.

Suggestions. When the syrup is too rich, add water. The error usually lies in using too much water. To increase the acid use tart juices, as lemon, sour orange, currants, etc. If you desire a fine result, make the fruit syrup rich, with a pleasing combination of sweet and sour. Several flavors may be combined to advantage, as 2 lemons, 1 pineapple, 1 box strawberries. A purée of fruits may be used. 1 T. gelatine, soaked, dissolved, and added to a quart of syrup before freezing gives it body. Whole fruits, as berries, or sliced fruits, as peaches, may be mixed with the frozen syrup just before packing. This is the point at which whipped cream may be added, or the whites of eggs beaten stiff. When the sugar is boiled, the ice is smoother but harder to freeze.

143.

Frozen Fruits. Small fruits whole, large ones, or melons in convenient pieces, may be sugared and otherwise flavored to taste, and chilled for a fruit salad, or frozen without motion.

144.

Ice Creams must contain a foundation and flavorings.

Foundations for Ice Creams. (1) Plain cream, 1-3 milk; (2) custards, Nos. 135 and 146; (3) syrups, half sugar and half water.

Flavorings for Ice Creams. Always use a pinch of salt, and sugar enough to taste decidedly sweet, also one or more of the following: flavoring extracts, fruit syrups, fruits, nuts, Chinese ginger, liquors, caramel, coffee, chocolate, etc.

145.

Frozen Custards are thickened with eggs, and sometimes with starch, gelatine, and fruit pulp. Starch is a valuable addition to the smoothness of the finished product, but it should boil five minutes before the beaten eggs are added. Boiling the sugar also contributes to the smoothness. Yolks of eggs are better than the whites for custards, and the number may be as large as 4 to 1 c. of milk, cream, or syrup. See No. 136; flavor and freeze. See Nos. 147 and 148.

146.

French Creams. 2 c. sugar; 2 c. water; yolks of 4 eggs. Boil the sugar and water for 5 m., and pour over the well-beaten yolks, beating all the time; cook over steam until the egg has thickened, and continue to beat until cool. Flavor and freeze.

147.

Fruit Flavors for Ice Creams may be in the form of fruit juices or syrups, purées, whole or sliced fruits, fresh, cooked, canned, candied, preserved; jellies, jams, marmalade, etc. Dried fruits, as figs, dates, raisins, angelica, and candied fruits may be simmered in a thin syrup, or soaked in fruit juice or in wine. Dried peaches, prunes, prunellas, apricots, plums, cherries, apples, prunes should be soaked overnight and simmered until tender. Tutti Fruti may be used. See No. 51.

148.

Nut Flavors for Ice Creams may be obtained in the form of an extract, as pistachio, or a paste, as almond, a purée, as of chestnuts boiled and mashed; or the meats may be minced and boiled in a syrup.

Coloring for Ice Creams may be bought prepared, or one may use simple devices, as in No. 52. Use more or less of the fruits and flavors according to the richness desired. As soon as one has mastered a few exact receipts which come with the freezer, he may vary the ices and creams as convenience or taste may suggest. The nut flavors are usually reinforced by a little almond extract, caramel with vanilla, chocolate with vanilla. Lemon and vanilla are used together, lemon and orange, etc., but a drop of rose puts the gilt edge onto them all. It cannot be distinguished from the other flavors.

149.

Mousses. Use a thin cream, flavored with a pinch of salt, sugar, and one or more of the following flavors: caramel, chocolate, Chinese ginger, coffee, essence of spices, any of the ordinary extracts which are used for sweets, wines, fruit juices. Whip to a light froth, drain on a sieve, place in a mould with a close-fitting cover; bind the seam with a strip of muslin dipped in melted tallow, immerse in a freezing mixture of one part salt to three parts ice, chipped fine. Let it freeze for three hours, warm for an instant in water, remove the mould and serve. It should be dry.

FRITTERS.

150.

Fritter Batter (1). 1 c. flour; 1 c. water; 1-4 t. salt; 1 egg and 1 yolk. Over the flour and salt pour the water boiling hot, stirring, as you pour, to a smooth paste; cool. Add the eggs without beating, one at a time, and beat thoroughly. The batter should be of the right consistency to drop from a teaspoon into hot fat and remain compact. Use about 1 t. to each fritter. Cook until well done, drain on brown paper, sprinkle with powdered sugar and serve with a liquid sauce. See Nos. 137-141.

151.

Fritter Batter (2). 2 eggs; 1-4 t. salt; 1 c. flour; 1-2 c. milk; 1 T. oil or melted butter. Add the salt to the eggs with a pinch of cream of tartar; beat very light; add the other ingredients and blend them very lightly.

152.

Meat and Fish Fritters. Either of the foregoing receipts for fritter batter, Nos. 150 or 151, may be used. The meat should be shredded or chopped and mixed with the batter; use a generous quantity of chopped clams, oysters, or flaked fish, as salmon; meats may be diced. When fish is used, add 1 T. lemon juice or vinegar. Use equal parts of batter and meat.

153.

Fruit Fritters. To the fritter batter, No. 151, add 1 T. sugar and the fruit sliced, as apples, bananas, peaches, pineapples, or blueberries. Bananas and apples should be sprinkled

with sugar and lemon juice half an hour before frying. Pare and core the apples and cut in rings. A good way to get the fruit flavor is to fry a plain fritter and serve it with a fruit sauce, No. 141.

154.

Vegetable Fritters. To a fritter batter, No. 150 or 151, add grated corn, or a purée of salsify, parsnip, sweet potato, okra, etc., and salt in proportion.

155.

Swedish Timbales. Use No. 151, and heat the timbale iron with the fat in the frying kettle. A single hint will make them easy to handle: dip the hot iron into the batter *vertically* and hold it in that position until the batter adheres by reason of the heat in the iron; now raise it up and submerge it in the fat until it turns a golden brown; drain on paper, and fill the cups with sweets or ragouts.

PASTRY.

All the materials should be cold. Butter and lard may be measured and thrown into ice-water in hot weather. It is well to make piecrust the day before it is baked, and keep it over night in the refrigerator, or make quickly and bake at once. Butter makes a flaky crust, an excess of lard a short one. In hot weather use less water and less shortening, as the fats are soft and moisten the flour.

156.

Flaky Piecrust. 4 oz. flour ; 3 oz. shortening ; 2 to 3 T. water ; or, 1 c. flour ; 3 T. shortening ; 2 to 3 T. water. The objections to butter are that it costs more than lard and makes the paste shrink, and the colder it is the more it shrinks. The general practice is to use half butter and half lard. 1 c. flour makes two crusts for a small pie ; 1 1-2 c. will make two crusts for a good-sized pie. Sift the flour onto the board with a pinch of salt when lard is used ; chop in the shortening with a pastry knife until the pieces are as small as beans ; now roll lightly with the rolling-pin, so that the pieces of shortening spread out into flakes separated by the dry flour ; add 2 to 3 T. of ice-water (this varies with the temperature and the kind of flour). When it is moist enough there is still a good deal of dry flour. Fold the flakes together with the pastry knife, and pat them together lightly with the rolling pin. The handling should all be done with a light touch, so as not to destroy the flakes. Use an abundance of flour on the board while rolling pastry, and very little on the top of the paste ; any excess may be brushed off with the pastry brush. When the paste has become firm

enough to hold together, fold it in a napkin and place it on a plate on the ice. When chilled it may be rolled and folded two or three times and returned to the refrigerator until needed for use.

157.

Shells (pastry). As far as possible bake pie crusts before filling. This can be done in more cases than you would suppose without giving the matter some thought.

Roll the crust as thin as a silver dollar, cut rounds of the required size with a pastry jagger, prick well with a fork and bake on an inverted pan; the upper crust can be baked in the same way. The heat of the oven should be of a medium temperature, and the crust thoroughly baked. A dark, glossy crust is obtained by brushing the paste with unbeaten yolk of egg before baking.

158.

Fillings for Shells. A classification of the fillings would be creams, fruits, and mince. Creams and fruits may be combined, and either may be served with two crusts, or the upper one may be replaced by a

159.

Meringue, which is prepared in one of three ways: consolidated cream, whites of eggs beaten stiff, or both of these combined. The cream should be sweetened with powdered sugar before it is whipped with a Dover beater. The eggs are beaten with cream of tartar (1-8 t. to each egg) until stiff and dry, and then flavored with XXXX sugar and a few drops of rose or almond; an excess of sugar in the egg reduces it to a liquid. 1-2 T. sugar to the white of 1 egg is a good proportion, and cream of tartar stiffens the whites. Nearly all fruits and creams are improved by one of these meringues.

A great variety of pastries are made by a combination of paste, conserve, and meringue. These may be commended for flavor, but not for health.

160.

Juicy Pies. When juicy fruit is baked between two crusts it is prone to escape, but may be confined by pinning a strip of muslin around the edge before baking.

161.

Fruits for Pies. Apples, cherries, peaches, apricots, prunellas, plums, berries of all sorts, pineapples, bananas, currants, rhubarb, etc. Fruits whose flavor is not improved by cooking should be used fresh, as oranges and strawberries.

162.

Lemon Cream Pie. 1 1-2 T. corn starch; 1 c. water; 2 eggs; 1 c. sugar; 1 lemon; 1 T. XXXX sugar; 1-4 t. cream of tartar. Make a paste of the starch and lemon juice, add the water boiling hot, and let the paste boil 5 m. with the grated rind of the lemon, using the yellow part only. Cream the yolks of the eggs with the sugar and add to the starch, cook one minute and pour into a shell which is already baked. For the meringue, beat the whites of the eggs with the cream of tartar to a stiff, dry froth, add the XXXX sugar, and, if you like, a drop or two of almond extract. Place the meringue on the cream in any way that the fancy may suggest, and brown delicately in the broiling compartment of the gas range. The cream should contain just starch enough to cut smoothly when cold. This makes one small pie.

163.

Variations on the Lemon Pie. Replace the lemon by the juices of other very acid fruits, as apricots, sour grapes, sour oranges, grapefruit, currants, cherries, rhubarb; or the juice of sweeter fruits may be made acid enough by using lemon juice.

164.

To a lemon cream add a purée of any kind of fruit, marmalade, or jelly, taking care to use starch enough to thicken the purée.

165.

Use the lemon cream with any fruit, whole or in slices. Add sugar to taste.

166.

Fill shells with any of the gelatine creams or jellies, for which see Nos. 122 to 129. Place the filling in the pastry shell just before it sets, and serve very cold.

167.

A purée of almost any fruit thickened with starch or egg or gelatine is nice served in a shell, with the same or other fruits (whole or in slices) mixed through it. Any of the foregoing, Nos. 164 to 167, may be used between two crusts or covered with a meringue.

168.

Apple Tart. Line a pie with piecrust, and fill with tart apples, pared and cored. Cream butter and sugar enough to fill the spaces left by the cores. Sprinkle the apples with salt, sugar, and cinnamon. Bake until the apples are tender and the crust is well browned.

169.

Strawberry Tart. Fill a nicely baked shell (Nos. 156-157) with strawberries, and over them pour a heavy syrup of 1 c. water, 2 c. sugar; reduce to 1 c. by boiling, and color with a drop of cochineal. Serve with a meringue.

170.

Banana Pie. Line a plate with paste (No. 156), and fill with bananas, whole or in slices (whole ones preferred). Glaze them with melted butter, and sprinkle with lemon juice and a very little sugar. Bake until both the paste and fruit are well cooked and nicely browned. Serve warm. A meringue may be added. See No. 159.

171.

A Simple Mince for tarts, turnovers, and pies : 1 lemon ; 1 egg ; 1 c. raisins, seeded and minced ; 1 c. sugar ; salt. Grate the lemon peel, both yellow and white ; cream the egg, sugar, and lemon juice ; add the raisins and salt.

Variations. For raisins substitute figs, dates, currants, etc. Two or more of these fruits may be combined. As it is very rich, one may add a purée of bananas or apples, or chop these fruits and add to the mince.

172.

Custard Pies. The paste cannot be baked first, but here, as in berry pies, the under crust may be protected by glazing with white of egg, or dusting with flour before the filling is added. See No. 136 for the proportions of the custard. Use less shortening in the crust.

173.

Mince Meat. 4 lbs. beef ; 3 qts. apple ; 1 1-2 lbs. suet ; 1 lb. sugar ; 1 1-2 c. molasses ; 1 lb. raisins ; 2 oz. orange peel ; 2 oz. lemon peel ; 1 orange ; 1 lemon ; 1 glass jelly ; 1 lb. currants ; 1-2 lb. citron ; 2 qts. cider ; 1 oz. cinnamon ; 1-2 oz. cloves ; 1 nutmeg ; 1 T. salt ; 1 t. pepper ; brandy. Cook the beef slowly in a small quantity of water, cool it in this liquor and add the same to the mince meat. Measure the apple after it is chopped. Let your butcher chop the beef suet. Use dark sugar and molasses. You will probably need more salt. Stone and chop the raisins. Buy the candied orange and lemon peel. Use all of the orange and lemon except the seeds. Currant jelly is the best. Chop the meat and fruit very fine ; bring the cider to a boil and add the ingredients one at a time and mix well. When thoroughly heated it is ready for use ; by standing a few days, however, the flavors are more perfectly blended. When the pie is made, moisten the portion which you use with boiling hot cider. It is nicer to be quite moist, and, if you use it, now add about 2 T. of brandy to each pie. For winter use, put the mince meat in a stone crock and let it freeze.

SALADS.

174.

Mayonnaise. 1 t. salt; 1-8 t. pepper; 1 t. sugar; 1 t. mustard; 3 yolks of eggs; 2 c. salad oil; 1-4 c. vinegar; 1 lemon; 1 c. whipped cream. Beat the dry ingredients and yolks to a thick cream with the Dover beater, add the oil, 1 t. at a time, alternating with the lemon juice and vinegar as needed to thin the dressing; chill, and just before serving add the cream. It is best to have the materials cold, but there is little risk of curdling if the best of oil is used.

175.

Boiled Dressing. 1 t. salt; 1-8 t. pepper; 1 t. sugar; 1 t. mustard; 4 yolks of egg; 1 T. butter; 1-2 c. vinegar; 1 c. cream. Heat the cream in a double boiler; mix the other ingredients with a Dover beater; add the cream; cook like a custard, beating constantly; strain and cool.

176.

French Dressing. 1-4 t. salt; 1-8 t. pepper; 3 T. oil; 1 T. vinegar; mix well.

177.

Meats, Vegetables, and Decorations for Salads. All meats and fresh vegetables are used for salads, either singly or in combination. Tender white meat is best, as poultry, especially the breast of turkey. Eggs, sweetbreads, veal, young pork, crabs, lobsters, oysters, shrimps, salmon, halibut, and many other kinds of fish are desirable. All meats may be combined with lettuce, and many of them with diced celery in

any convenient proportion. Sweetbreads or white-meated fish may be combined with diced cucumbers, beets, etc. A sharp boning-knife should be used for all of the cutting. Fish may be flaked with silver forks.

Hard-cooked eggs make a nice salad with lettuce, or in combination with almost any other salad as a garnish. The yolks used whole or pressed through a sieve make a beautiful decoration.

Other garnishes are parsley, heart leaves of head lettuce, water-cress, blanched leaves of celery, fringed stalks of celery, sliced tomatoes, beets, carrots, and radishes cut in fancy shapes, stoned olives, minced pickles, capers; the tender shoots, fruit, and flowers of nasturtiums, dandelions, buttercups, and wild roses.

178.

Season the meats and vegetables with one of the salad dressings; a little more of the dressing may be added to the individual portion at the time of serving.

179.

Tomatoes should be served with a very thick dressing on account of their juicy nature. A very pretty effect is obtained by leaving them whole after the skin has been removed, and pouring a mayonnaise dressing over them.

180.

Lettuce, cabbage, and potato require a moist dressing. The cabbage should be shredded very fine. The potato should be tender but firm, and sliced very thin. It should be dressed an hour or more before serving; good additions are minced onion, pickles, and parsley.

181.

Shrimps look better whole, but taste better shredded and dressed with a little mayonnaise.

Lettuce cups, formed by placing together two or three crisp leaves of head lettuce, make a good individual portion in which to serve most salads.

182.

Cheese Salads are made by adding grated cheese to diced meats. Dress as usual.

183.

Welsh Rarebit. In the boiled dressing (No. 175) substitute 2 c. grated cream cheese for the vinegar; serve on hot buttered toast.

SOUPS AND SAUCES.

Stock. The secret of good soups and sauces is a concentrated stock.

184.

White Stock may be obtained from chicken, turkey, veal, the juices of clams and oysters, the water in which light-colored vegetables have been cooked, as corn, asparagus, salsify, etc. Prepare white stock like No. 185.

185.

Brown Stock is obtained from beef, browned meats, and bones. The color may be deepened with caramel, spice, or beef extract. Spices steeped in water give a deep wine color, and this may be used when such flavors are required. It is convenient to keep it prepared. Never throw away bones, gristle, fat, or skin before levying a contribution for soups and sauces. Pack these materials closely in the stock-pot, and add barely enough water to cover them, in order to keep the stock as strong as possible. Simmer 3 to 4 h.; strain as soon as the bones are clean. This is done to preserve the flavor. The stock-pot cannot be run from day to day without cleaning any more successfully than a tea-pot or a coffee-pot. It should be granite or porcelain-lined, and scrupulously clean. Rinse the meat plate with a few drops of hot water, and add to the stock. Utilize odds and ends of gravies in the same way. Make it a daily practice to care for them while strictly fresh. In the ordinary kitchen there is enough of this material to make a good soup nearly every day.

186.

Vegetable Soups may be made with or without meat stock. Its absence may be compensated for, in part, by using milk, cream, butter, salt pork drippings, and strong vegetable flavors, but the soups are never so good as when a little strong meat stock is added. Meat extracts may be bought, but are expensive, and not as well flavored as the fresh stock. The best vegetables for soups are tomatoes, celery, green peas, salsify, asparagus, corn, potato, and onion. Use canned goods when the fresh vegetables cannot be obtained.

The Stock. Boil the vegetable with an equal quantity of water (part of which may be stock if the soup is to be a fine one); when tender, mash through a coarse strainer as much of the vegetable pulp as possible.

The Thickening. 1 T. flour; 1 T. butter; 1 qt. vegetable stock. Cook together the butter and flour until smooth and frothy (it is not usually browned for vegetable soups); add the soup, a little at a time, and stir until smooth after each addition. When comparatively thin, having used about half of the stock, mix all together.

Flavoring. Flavor and season to taste, with salt and pepper. 1 t. salt to a pint of soup is the usual proportion, and 1-8 t. pepper (this varies with the kind that is used). When fresh vegetables are used for flavoring, a good plan is to cut them up and simmer in the butter until they are colored a golden brown and have a wilted appearance. By this time, if they have cooked as slowly as they should, their flavors will have been absorbed by the butter; now the flour may be added, and treated as indicated in the paragraph on thickening. The best vegetables for seasoning are onion, parsley, celery, and carrot. When used sparingly, they are a good addition to most soups. Onion, however, should be used generously in the tomato and potato soups. After the soup is thickened, strain it a second

time, and this time through a fine purée strainer. Now add the milk and cream, bring to the boil, and serve immediately. A quart is enough for six persons. The flour and the double straining are necessary to produce a perfectly smooth purée. A little whipped cream puts on the gilt edge. It should be placed in a tureen and the hot soup poured over it.

187.

Tomato Soup. 1 qt. tomatoes; 1 pt. stock; 1 T. whole spices, mixed; 1 t. sugar; 2 T. corn starch; 2 T. butter; 1 onion; 1 sprig parsley. Boil the tomatoes, stock, spice, and sugar 30 m.; simmer the butter, onion, and parsley. Proceed as in No. 186.

188.

Corn Soup. 1 can of cornlet; 1 pt. milk; 1 T. butter; 1 onion; 1 T. flour; 1 pt. stock; 1-2 pt. cream; salt and pepper. Cook the cornlet for 20 m. in a double boiler with the milk; simmer the butter and onion, add the flour; when it bubbles all over, add the stock; pour this into the corn, strain twice; add the cream; heat, season, and serve. Use fresh corn when in season.

189.

Asparagus Soup. In No. 188 substitute 2 bunches of asparagus. Cook the buds in the stock. Boil the stems in a small quantity of salted water; when tender, strain what you can of the pulp, and use this with the water in which it was boiled to thin the butter and flour. Follow the general directions for white soups (No. 186); add the buds last.

190.

Cauliflower Soup. Boil the cauliflower in a little salted water; reserve the buds to be heated with the purée just before serving. Make a purée of the rest, using the water in which it was boiled and following the general directions (No. 186), and the proportions suggested in No. 191.

191.

Potato Soup. 1 pt. mashed potatoes; 1 pt. milk; 2 onions; 2 stalks celery; 1 pt. stock; 1 T. butter; 1 T. flour; 1-2 pt. cream; pepper and salt to taste. Cook the onions and celery in the stock, which may be added to the butter and flour; blend with the potato and milk; season and pour boiling hot over the whipped cream.

192.

Green Pea Soup. Use fresh peas if possible, otherwise French canned peas, or some favorite American brand. Cook the fresh peas in a little water and proceed as in corn soup (No. 188). When the cream is not available make the soups without it, but they are not so fine.

193.

White Soup. 1 qt. white stock; 1 blade of mace; 1 bay leaf; 6 pepper-corns; 1 inch of stick cinnamon; 2 stalks celery; 1 onion; 2 T. butter; 2 T. flour; 1 c. milk; 1 c. cream. Cook the spice and celery with the stock. Simmer the onion in the butter. Proceed as directed in No. 186.

194.

Mock Bisque Soup. Make a tomato soup (No. 187). Add as much milk and cream as tomato soup. Enough thickening may be added to the tomato to thicken the milk, which should be heated separately to the boiling point and added to the tomato at the last moment before it is served. This is to prevent its being curdled by the acid of the tomato. A teaspoonful of soda may be used to neutralize the acid, but this is not to be commended, as it impairs the flavor of the tomato.

195.

Fish and Meat Purées can be prepared in the same way as vegetable soups. Use lobster, crabs, shrimps, salmon,

turtle, poultry, game, and veal; add milk, cream, and stock; season with salt, and pepper, and use vegetables, spices, and sweet herbs in minute quantities. It is a convenience in most cases to put the meat through a grinder. Cook together the fish, stock, herbs, and whole spices; simmer the celery, onion, parsley, etc., in the butter; add the flour to the butter, and, when it bubbles all over, thin with the stock; strain twice, add the milk and cream last; season with salt and pepper and serve. A well-beaten egg is sometimes put into the tureen, and the soup poured over it boiling hot. The flour may be replaced by stale bread crumbs or by cooked rice added to the milk. 1-3 c. may be used to 1 qt. of soup.

196.

Bisque of Crabs. 1 pt. crab meats; 1 qt. milk; 1 T. butter; 1 small onion; 1 sprig parsley; 1 c. white stock; 1 T. flour; salt and pepper; 1 c. cream. Make a paste of the crab meat, and add it to the milk. Cook 1-2 h. in a double boiler. Simmer the vegetables in the butter, add the flour, thin with the stock, mix all together, strain twice, heat and season. Pour it over the whipped cream.

Make the other soups mentioned in No 195 in the same way.

197.

Green Turtle Soup. 1 can green turtle; 1 qt. water; 12 peppercorns; 6 cloves; 2 bay leaves; 2 sage leaves; 2 sprigs summer savory; 2 sprigs sweet marjoram; 2 sprigs thyme; 2 T. butter; 1 stalk celery; 1 T. carrot; 1 onion; 2 sprigs parsley; 2 T. flour; 1 t. salt; 1-4 t. pepper; 1 lemon. Dice the turtle, removing the fat; boil it with the spices and sweet herbs. Cook the vegetables with the butter for 15 m., and then add them to the soup: Brown the flour in the butter, and thin with the soup. Pour it into the soup, add the salt and pepper, and simmer one hour. Slice the lemon very thin, and place it in the tureen. Strain the soup and pour it over the lemon.

198.

Simple Broths. To the stock (Nos. 184 and 185) add 1 T. rice to the quart, or 1 T. tapioca to the quart, or 1-3 c. diced vegetables to 1 qt. Boil half an hour, season with salt and pepper, and serve. Barley should be soaked overnight, and simmered several hours. To a mixed soup may be added any bits of vegetable left from a recent meal; a little hash, parings of apples and peaches may go into the soup pot.

199.

Clear Soups are the concentrated essence of meats, sweet herbs, vegetables, and spices, the best of which is wasted in the process of clearing. They consist of three parts: (1) stock; (2) flavoring; (3) browning.

The Stock. Use 2 qts. of the concentrated stock of chicken, veal, and beef (Nos. 184 and 185).

The Seasoning. 1 T. of all the sweet herbs mixed; 1 T. of all the whole spices; 1 c. of all the soup vegetables diced. Simmer 1 h. in 1 pt. stock, strain and let it stand a day or two to blend the flavors before using.

The Browning. This is obtained from previous roasts, but it should be without a trace of burnt flavor or a particle of flour. It may also be obtained from beef browned, especially for the soup, and simmered in the stock. Remove every particle of fat from the stock. Mix the latter with the whites of two eggs; the stock should be cold and the egg should be well mixed, but not light. Heat very gradually to the boiling point; keep it for half an hour with the gas turned down so that the soup will not boil. Strain through a napkin, season to taste with salt and pepper, heat and serve.

200.

Decorations for Clear Soups. Alphabetical macaroni, plain macaroni, vermicelli, spaghetti, 1 T. granulated

tapioca to the qt. Vegetables diced, cut in strips, or stamped in fancy shapes ; the vegetables may be carrots, turnips, beans, peas, asparagus buds, cauliflower, rice, barley, etc. Or,

201.

Royal Custard. 2 eggs ; 1-4 t. salt ; 2 T. milk. Blend the ingredients and bake like a custard, setting the cup into water ; when cold, slice and stamp into fancy shapes.

202.

Marrow Balls. 1 c. stale bread crumbs sifted ; 1-3 t. salt ; 1 t. minced parsley ; 1 T. minced marrow ; white of egg ; pepper to taste. Mix all the ingredients and bind together with white of egg. Make into balls the size of an egg yolk. If they are not pressed together firmly enough, the balls will go to pieces in cooking ; if they are packed too hard, they lose their delicacy. At the golden mean they are very choice. Have a little of the soup at the boiling point, slip in the balls ; when they rise to the surface they are done.

203.

Force-Meat Balls. Force-meat is a specialty of good cooking in England, and is worthy of more attention among us. The scope of this little book does not permit a set of detailed receipts to illustrate this topic, so that one must suffice with the following suggestions : any kind of delicate meat or fish may be reduced to a paste by putting it through a meat grinder with 1-3 as much salt pork (when the force-meat can be subjected to long cooking). After the grinding, rub through a purée strainer. The seasonings are salt and pepper, and almost anything in the line of sweet herbs (powdered), truffles, mushrooms, chestnuts, oysters, sweetbreads, essence of meats, onion, hard-cooked eggs, bread crumbs, and raw egg enough to bind together. The meats used for making force-meat are raw.

Force-Meat. 1 c. meat paste; 1 c. cream; 1-2 c. stale bread; 1-2 blade of mace; 3 T. butter; 2 t. salt; 1-8 t. pepper; 3 whites of eggs. For the paste use raw veal, chicken, fish, or game; grind through a meat chopper and rub through a purée strainer. While preparing the meat, steam the cream, bread and mace in a double boiler, then remove the mace and beat to a cream; blend it thoroughly with the other ingredients, adding the beaten egg last. It is now ready to be used in a variety of ways as, filling for boned meats, for timbales, quenelles, or balls the size of grapes, to be poached or fried and served in soups.

204.

Noodles. (1) Mix 1 egg (not beaten) a pinch of salt, and flour enough to make crumbs. Throw them into the soup, boil 2 m. and serve. (2) Knead the foregoing to a smooth paste, roll thin, dry 15 m., roll tightly, and cut across in thin slices. Boil in the soup until cooked.

SAUCES.

The methods used in making soups and sauces are almost identical, in fact, a sauce is a concentrated soup ; thin it with milk or water and the result is a soup. Their bewildering number may be reduced to a few varieties, such as sweet sauces, stock sauces, etc. A simple analysis of their ingredients would be : fat, thickening, liquid and seasoning ; the seasoning and liquid are always present, and usually the fat and thickening. Butter is the fat most commonly used, but it may be substituted by the following which are arranged in the order of preference : chicken fat, butter mixed with the fat of veal or beef, and salt pork drippings. Butter may be replaced entirely by cream, and to some extent by the yolks of eggs or salad oil. The ordinary thickening is flour, but it may be corn starch, bread crumbs, rice, eggs, pulp of meats, fruits, or vegetables ; clear sauces are thickened with pure starch, as corn starch, arrowroot, or tapioca. The liquids may be water, milk, cream, stock, the juices of meats, fruits, vegetables, and liquors. The seasonings are salt, condiments, spices, acids, sweets, fish, meats, vegetables, and liquors. Sweet herbs and spices may be used in great variety in many sauces, but they must be used in minute quantities, especially mace, cloves, and bay leaf ; they are usually simmered in the liquid. Fresh vegetables, as onions, turnip, carrot, parsley, garlic, chervil, etc., are simmered in the butter.

205.

General Formula for Sauces. 1 T. fat ; 1 T. flour ; 1 c. liquid ; seasoning. Cook the fat and flour together, stirring continually, until smooth and frothy ; add the liquid slowly at

first, stirring until smooth after each addition. When a brown sauce is desired, brown the flour and butter to the required shade before adding the liquid. When the quantity of liquid is large, heat before adding it to the thickening to save time.

Caution: Stir the sauce thoroughly; a beginner will fail at this point, and will add the liquid too fast.

206.

White Sauce. 1 T. butter; 1 T. flour; 1 c. milk; 1-2 t. salt. Combine as indicated in No. 205. When a rich sauce is desired, use cream instead of milk. When the sauce is to be used with meats or vegetables, replace a part of the milk by a good vegetable or meat stock. Any and all of the vegetables may be served with it, but those with a firm structure are the best. Delicate meats, fish, and eggs are in harmony with white sauce, especially when thinned with cream and rich stock; it then forms the gilt edge of many a superlative dish, as lobster Newberg, lobster cutlets, deviled crabs, ragouts, scalloped dishes, fillings for patties, croquettes, and a host of others. Suitable seasonings for such dishes are celery, onion, mace, and lemon, all of which may be obtained in the form of a strong liquid extract. Further variations will be suggested by reading the following:—

207.

Butter Sauce. 2 to 4 T. butter; 2 T. flour; 2 c. stock; 1 t. salt; 1-8 t. pepper. Combine like No. 205.

Variations. 1. Add to No. 207 1 c. oysters, lobster, crab, shrimp, salmon, etc., and in some cases a little of the liquor, to make oyster sauce, lobster sauce, shrimp sauce, etc.

2. Add to No. 207 1 T. minced pickles, capers, truffles, parsley, olives, to make caper sauce, parsley sauce, etc.

3. Add to No. 207 1-2 c. mushrooms, boiled and mashed chestnuts, asparagus buds (cooked in the stock), to make asparagus sauce, etc.

4. Add to No. 207 1-2 c. sherry, Madeira, port wine, or claret.
5. Add to No. 207 1 c. purée of apple or onion.
6. Add to No. 207 1 T. tomato catsup, Chili sauce, Worcestershire sauce, tarragon vinegar, lemon juice, horse radish, curry powder, or 1 t. mustard. The foregoing are intended to be merely suggestive.

For those who would like a few detailed receipts, the following may be consulted:—

208.

Tomato Sauce is prepared exactly like tomato soup (No. 187).

209.

Cranberry Sauce. 1 c. sugar; 1 c. water; 1 qt. berries. Boil 10 m., simmer 20 m.

210.

Mint Sauce. 1-2 c. vinegar; 1-4 c. sugar; 1-2 c. spearmint, finely cut, not chopped.

211.

Bread Sauce for Game. 1 pt. milk or cream; 1-3 c. sifted crumbs; 1-4 onion; 1 t. salt; 1-4 t. pepper; 2 T. butter; 2-3 c. coarse crumbs. Cook the milk, stale bread crumbs, and onion in a double boiler for 20 m.; remove the onion, beat the sauce to a cream, and season. Pour it into a hot platter and on it lay the birds. Brown the coarse crumbs in 1 T. butter, and throw them over the birds.

212.

Hollandaise Sauce. 1-2 c. butter; yolks of 3 eggs; 1 1-2 T. lemon juice; 1-4 t. salt; a pinch of pepper; 1-3 c. boiling water. Cream the butter and add the yolks, beat with a Dover beater for several minutes, add the seasoning and beat again. The upper compartment of a double boiler is convenient in making this sauce. Add the salt and water and cook like a custard. As it curdles easily, handle very carefully at the last.

213.

Tartar Sauce. 2 T. butter; 1 T. lemon juice; 1 T. Worcestershire sauce; 1-4 t. salt. Brown the butter and add the other ingredients.

214.

Robert Sauce. 2 T. butter; 1 onion; 1-2 T. flour; 1 c. brown stock; 1 t. mustard; 1-8 t. pepper; 1 t. sugar; 1-2 t. salt; 1 T. vinegar. Simmer the onion in the butter; add the flour, and brown; then the other ingredients. Strain and serve.

EGGS AND OMELETS.

Albumen. Starch must be boiled in order to make it digestible, but the same temperature renders albumen indigestible. Eggs and meats contain a large proportion of albumen, which should be cooked to a jelly, and not made horny by a temperature above 180 degrees F. An apparent exception occurs in cooking meats, but it consists in stiffening a thin layer of albumen upon the surface to shut in the juices of the meat.

215.

Soft-cooked Eggs. Fill a heated bowl two-thirds full of boiling water; into it lower the eggs with a spoon, and cover the bowl. In ten minutes serve the eggs in a napkin. Use about one quart of water to four eggs.

216.

Dropped Eggs. Into a frying-pan pour about one quart of boiling water, add 1 t. salt, 1 T. vinegar, and muffin rings. Break and slip an egg into each ring. Keep the pan in a warm place but do not let the water boil. When the whites have become like jelly, lift the eggs with a skimmer, and serve on toast.

217.

Steamed Eggs. There are several patent devices for this purpose. Glaze the pans with butter, break and slip an egg into each, cover and turn on heat enough to boil the water gently in the lower compartment. If it boils rapidly there will be too much heat. Watch the eggs carefully and serve as soon as they have reached the right consistency.

218.

Baked Eggs. Individual dishes are nice, and may be found in great variety. Glaze the dishes with butter, break an egg into each, and bake in a moderate oven until the albumen is like jelly. Vary this dish by putting into the baking dish first a layer of chopped meat or fish, moistened with a sauce, or use the sauce without the meat.

Baked, steamed, or chopped eggs may be served with a sauce, or may be cooked in a sauce, and served on toast. The yolks of hard-cooked eggs passed through a strainer make a suitable garnish.

219.

Egg Nests. Beat the whites with a pinch of salt, glaze some small baking dishes with butter, one for each egg, and divide the whites between them. Make a depression in the top and in it place the seasoning of salt, pepper, and if you like it, a little grated cheese or any other flavor that you may fancy — a little sauce will do no harm if you chance to have some at hand, as eggs in this form are apt to be tasteless. On the seasoning place the yolk. Handle it very carefully to avoid breaking. Bake until the albumen begins to set and the whites are tipped with brown. Bake and serve the nests in a single dish if more convenient.

220.

Scrambled Eggs. 4 eggs; 1 t. butter; 8 T. milk; 1-2 t. salt; pepper. Put all the ingredients into a quart pan, and stir from the bottom as it thickens over moderate heat. Arrest the cooking while the eggs are still creamy, and serve on toast which may be buttered, dipped, or creamed.

Variations. 1. In the place of the milk substitute a sauce.
2. Scramble eggs with diced meats, fish, or vegetables.

221.

Poached Eggs. 4 eggs; 6 T. milk; 1 t. butter; 1-2 t. salt; pepper. Put the ingredients in a double boiler and stir gently while it cooks to a cream.

222.

Fried Eggs. Glaze a hot griddle with butter, break the eggs on it, being careful to keep the yolks whole. When a little brown, turn, if you like them cooked on both sides. They cook in less than two minutes.

223.

Hard-Cooked Eggs. Slip the eggs into a saucepan of boiling water. Keep the heat a little below the boiling point; this is easily done by turning down the gas flame as low as possible without extinguishing it. At the end of thirty minutes remove the eggs to cold water and slip off the shells; they are ready now to be used in a variety of ways as

224.

Creamed Eggs. Keep the hard-cooked eggs, No. 223, warm while preparing a sauce. Place the eggs on hot buttered toast, and pour the hot cream sauce over them.

225.

Egg Baskets. With a sharp knife cut the eggs across lengthwise; pulverize and season the yolks, make them into balls — one for each half of the white. Serve on toast with a sauce poured around them. For this purpose use the following sauces: tomato, cream, mushroom, asparagus, green pea, or cheese.

226.

Picnic Eggs. From hard-cooked eggs remove the yolks, No. 225, which are pulverized, seasoned, and returned, the halves being sealed with raw white of egg. Cover the outside with force-meat, double bread and fry like croquettes.

Omelets. These are of two kinds, light omelets and creamy omelets. The latter are varied by the addition of meats, vegetables, and sauces; the former by adding sweets, liquors, etc.

228.

Creamy Omelets. 1 t. butter; 2 eggs; 2 T. milk; 1-2 t. salt; pepper. Put the butter in a French omelet pan which is perfectly smooth. While it is heating, blend the other ingredients with a fork. When the butter begins to brown, add the egg mixture, and shake vigorously over intense heat. At the end of a minute it should be creamy; roll up the omelet, brown the top and turn onto a heated dish. Garnish with parsley.

Variations. 1. Just before rolling the omelet, add chopped meat moistened with sauce and heated.

2. Add creamed fish, frizzled beef, or ham.

3. Add creamed vegetables, as asparagus buds, chopped mushrooms, peas, salsify, onions, corn, stewed tomatoes, minced parsley, etc.

4. Instead of milk use cream or a cream sauce. Of the above, use about 1 T. to each egg.

229.

Light Omelets. Use the same proportions as for creamy omelets, but unlike them, one may increase the quantities to almost any extent. The eggs must be beaten separately until as light as possible; add the seasoning to the yolks and over them pour the milk boiling hot, beating all the time. Have ready a smooth omelet pan with the butter just beginning to brown, blend the yolks and whites, pour the mixture into the pan, and cook slowly until the bottom is evenly browned. This is determined by running a spatula around the edge and lifting the omelet. Place it in the oven to cook the top. Light omelets should be thoroughly cooked. Arrest the cooking just before

it falls, fold and serve. The omelet does not fall as quickly when hot milk is used.

- Variations.* 1. Replace the milk by cream or a cream sauce.
2. Cook the omelet wholly in the oven.
 3. Cook and serve it in a soufflé dish.
 4. Serve with a sauce poured around it, or creamed peas, asparagus, salsify.
 5. For sweet omelets reduce the salt one-half and add 1 T. XXXX sugar for each egg. Flavor with wine to replace a part of the milk or cream.
 6. Replace the liquid by orange juice; grate a part of the yellow rind into the yolks for the flavoring; serve with an orange sauce. In the same way use strawberry, pineapple, jelly, marmalade, etc.
 7. When beating the whites, add cream of tartar in the proportion of 1-8 t. to each white of egg.
 8. After folding, dredge with XXXX sugar, heat and wipe a scoring iron (a clean poker will answer), and with it mark the top in diamonds.
 9. It is not advisable to fold into these omelets anything as heavy as fruit, meat, vegetables, or cheese, as they all impair the lightness.

MEATS, RECHAUFFÉS, ETC.

Boiled Meats. *General Rule.* Boil the meat ten minutes to stiffen the albumen on the surface, then simmer it until tender. This takes longer, but the meat is more delicate. Stop the cooking as soon as the meat is tender enough, since a longer cooking will impair the flavor.

Meats should be cooled in the water in which they are cooked; it keeps them moist, and improves their flavor. Bear this in mind when cooling tongue, ham, corned beef, fowls for salad, etc. This rule does not apply to fish of any kind. Fowls, veal, and stews should be cooked in very little water; legs of lamb or mutton, tongue, ham, and corned beef should be covered with water, but it is wise to use a kettle that will take as little water for this as possible, and the water can be used for stock when it is not too salt. In selecting hams and corned beef, choose the brighter-colored meats. This shows that it has not been "killed" with salt. Fresh meats should be boiled in slightly salted water.

230.

Boiled Ham. Soak the ham overnight with the skin side down. In the morning scrub it until perfectly sweet and clean; trim off unsightly edges, place skin down in a ham boiler, cover with boiling water, and add 1 lb. sugar, 1 pt. vinegar, 12 cloves. Keep the water bubbling for five hours.

231.

Broiled Ham. A nice breakfast dish is to cook a ham as above, and let it cool when a little under done. After it has simmered four hours, let it cool in the same liquor, and then remove the rind. Slice and brown it in a hot pan.

232.

Baked Ham. After cleaning a ham as above, make a dough of flour and water; knead it until smooth; roll half an inch thick, and large enough to cover the ham generously. For this about three quarts of flour will be required. Inclose the ham, and pinch the edges firmly together. It will be well to lift the ham a little from the bottom of the roasting pan to prevent the dough from burning; a tin sheet or perforated pie plate will do this. Bake the ham in a moderate oven about five hours; cool it, and remove the dough and skin. The juices which escape make a fine flavoring for soups and sauces.

233.

Roast Beef. A large, one-ribbed roast, or any tender piece, cut an even thickness not over three inches, may be cooked to perfection in the lower compartment of the gas range, where it is exposed directly to the heat of the gas. A larger roast had better be cooked in the upper compartment for the reason that the surface nearer the gas will cook too rapidly.

The principle of good roasting and broiling is to stiffen the albumen upon the surface of the meat first, so as to shut in the juices, and then to cook it long enough to start the flow of the juices. This is done most successfully in a roast of beef by heating the roasting pan over one of the top burners, smoking hot, and without any fat, flour, or seasoning. Sear the cut surfaces until brown. Before this, the meat has been wiped, trimmed, and skewered, and the oven burners lighted about five minutes in advance. Place the meat in the roasting pan on the rack a few inches from the gas flame. A one-rib roast will cook in forty minutes. Turn it occasionally. There will be some fat, but scarcely a drop of meat juice in the pan. Prepare a brown sauce with some rich stock obtained from a previous roast. It is unsafe to roast meats a certain number of minutes to the pound, as the time required depends upon the thickness

and not at all upon the area of the piece. Roast lamb, pork, and game in the same way, basting often with the fat in the pan. Add drippings if the meat is lean.

234.

Fillet of Beef. Trim the tough fibers from a tenderloin; lard it with strips of fat pork cut parallel to the rind; season with salt and pepper, and dredge it with flour. Lay the fillet on slices of pork placed in a dripping-pan; bake in a quick oven thirty minutes, and baste frequently with the salt pork fat. Serve with a rich brown sauce, and allow one pound of the tenderloin for every four persons.

235.

Baked Fish. Clean and dry the fish. The head and tail are usually retained for decoration, but the fins may be removed. Fill the body with stale bread crumbs seasoned with salt, pepper, and butter. A few oysters are a good addition. Some like sweet herbs and a little onion. Sew up the fish, or fasten it with a skewer. Place thin slices of salt pork on a baking sheet, and lay the fish upon them. Glaze the fish with butter or salt pork fat, and bake it about forty minutes, or until the bone separates easily from the meat. Garnish with parsley, and serve with Hollandaise or Robert sauce.

236.

Swedish Baked Fish. 2 eggs; 1 t. salt; nutmeg; pepper; 1 t. sugar; 2 c. milk; 3 crackers; 3 lbs. fish; 3 T. butter. Break the crackers into a custard made of the milk, salt, sugar, nutmeg, and pepper. Skin and bone the fish; season it with salt and pepper; lay one half on a baking sheet previously glazed with 1 T. butter. Place it in a dripping-pan, and cover with cracker and custard, and dot with 1 T. butter. Over this lay the rest of the fish, and dress as before. With a cake-turner, lift the custard in the pan as it thickens onto the fish,

forming a smooth outline. When all has been used, baste it with the remaining butter, and brown. Use white fish, cod, halibut, or haddock. Bake about forty-five minutes, and serve with a rich cream sauce flavored with lemon.

237.

Roast Turkey and Chicken. *Cleaning.* Make a cut at the back of the neck and remove the crop; cut out the oil gland at the base of the tail. Below the breast bone cut across the body for two inches, and carefully around the vent, leaving a piece of skin one inch wide between this and the previous cut, through which remove the entrails and lungs. Scrub the skin with warm water in which a pinch of soda has been dissolved; rinse and hang the fowl up to drain.

Filling. Sever the neck close to the body (leaving a generous piece of skin) and the feet at the first joint. Prepare a filling of seasoned bread crumbs, see No. 282, to which may be added any special flavors that you like. Fill the breast, fold back the skin over the neck and pin it with a skewer. Fill the body moderately full and tuck the ends of the "drumsticks" under the strip of skin left below the breast bone. Fold back the wings and pass a skewer through them and the body. Pass a third skewer through the tail, turn the back up, and lace a string across the back, beginning at the neck; when you come to the tail, fasten the "drumsticks" firmly to it.

Larding. If the fowl is to be larded, cut lardoons from the solid fat of dry salted pork, and pass them with a larding needle through the skin at the side of the breast, one row on each side and a star on each leg.

Roasting. Brown the bird in a quick oven, then reduce the heat and baste every ten minutes with a thin drawn butter seasoned with salt and pepper. See No. 207. A chicken should roast about forty-five minutes. If the fowl is over a year old, parboil or steam and then roast it. A turkey will require

from two to four hours according to size and age. Veal, mutton, pork, and poultry cook well in a covered roasting pan — this is a form of braising.

238.

Roasted Prairie Chicken. Clean the chicken and wipe it dry. Season the inside with salt, pepper, and jelly. Glaze the outside with butter to hasten the browning. Roast the bird in a quick oven twenty minutes for those who like it rare, or thirty minutes if preferred better done. Toward the last baste with melted jelly. Serve on a hot platter with the juices poured over it. Ducks may be treated in the same way.

239.

Broiled Beef Steak. Wipe and trim the steak, which should be at least an inch thick. Light the oven burners and turn the gas on full ; three to five minutes will heat the compartment. Place the steak on the rack that comes with the oven, and as near to the gas as possible without touching the steak. Turn the steak every minute, broil it six minutes, or more if you like it well done. Season, garnish and serve.

240.

Pan-broiled Steak. Heat a cast-iron frying-pan smoking hot, wipe and trim the steak ; put it into the hot pan without fat or seasoning. Keep the pan as hot as possible, turning the steak very often for six minutes ; season and serve.

241.

Hamburg Steak. Choose a good cut from the top of the round. Have it freed from gristle, and chopped by the butcher. At home season and press the meat firmly together in the shape desired, forming one large steak or small individual cakes. Glaze the surface with butter, and dredge with flour to retain the juices of the meat. Have a frying-pan very

hot, glaze it with salt pork drippings, brown both sides of the meat as quickly as possible, and cook it from three to five minutes. Garnish with parsley or shredded lettuce, and serve with tomato sauce.

242.

Broiled Fish. Clean the fish, remove the head, tail, and fins, and wipe it dry. If the backbone is removed, it will brown more evenly. Lay the fish open, skin side down on a tin sheet or an oak board, not too long for the oven. Light the oven burners for five minutes in advance. If the fish is dry-meated, glaze the cut surface with butter. When it is fat, this will not be necessary. Place the fish on the rack as near the flame as possible without touching it. Place thin slices of salt pork on the fish after the surface begins to brown, it bastes the fish and prevents burning. After the first ten minutes the flame may be reduced and the broiler lowered. Fish one inch thick should broil thirty minutes, and requires no turning when the under side is protected with skin. Slip a knife between the fish and the board, slide it (the fish) onto a hot platter, season with maître d'hôtel butter, and garnish with lemon points and parsley, or water cresses. When the fish is cut in steaks, glaze both sides with butter, place in a broiler, and turn frequently while cooking.

243.

Broiled Chicken. The chicken must not be over one year old. Split it down the back, clean and dry it, place it in a wire broiler to keep it flat, and brown it near the gas flame, turning often. When golden brown, place it in a small dripping-pan (skin side down), sprinkle with salt and pepper, and over it drain whatever has dripped from the chicken in broiling; add a little cream, and cover. Now place it in the baking oven until done. The whole operation requires thirty minutes.

244.

Broiled Liver. Slice calf's liver quarter of an inch thick, wipe it, season with salt and pepper, and dredge it with flour; broil it three minutes, dress with butter, and serve.

245.

Tripe Sauté. Tripe is usually boiled tender before it comes into market. Season 1-4 c. vinegar with salt and pepper; cut the tripe into individual portions, dip them into the vinegar, then into raw egg, and lastly into cracker dust. Sauté until crisp and brown in butter. Serve with lemon points, tomato sauce, or tartar sauce, No. 213.

Variations. For the egg and cracker substitute a fritter batter, No. 151, and fry in a bath of smoking hot fat.

Braising is a method of cooking in which a small quantity of liquid is used; this may be water, stock, or sauce. The food material is usually browned. Green vegetables may be boiled, but dried beans and all meats should be cooked below the boiling point. In many cases it is desirable to use a closely covered kettle.

246.

Braised Veal Chops. Loin chops, one inch thick, are best, but any cut will do, as this method of cooking brings to their best estate the inferior cuts of meat. Ragged pieces may be shaped into compact rounds, and secured with wooden toothpicks. Dredge these with a mixture of 3 T. flour, 1 t. salt, 1 t. sugar, and pepper. Brown in salt pork fat, and pack into the braising pan; add water, stock, or a thin sauce, in quantity about half as much as there is of the meat. Light a burner, and turn down the gas as low as it will burn, and over this simmer the chops. Thirty minutes will suffice for tender-loin chops, but one or two hours may be required for inferior cuts. Keep the kettle closely covered. Serve on a hot platter, with the sauce strained over the chops.

247.

Beef a la Mode and Potted Meats are cooked in the same way as braised veal chops, No. 246. The meat may be in one compact piece, or is divided into convenient portions, seasoned, dredged with flour, browned, and simmered in stock until very tender. A tomato sauce used in the place of stock contributes a good flavor, and the acid softens the meat fiber.

248.

Chicken Marengo. Serve only the wings, breast, and second joints. Cut the wings with a slice of breast on each, the remainder of the breast will make two good portions. Slip the skin from the breast and thighs and treat like veal chops, No. 246. Place the other portions of the chicken on the bottom of the braising kettle, and the choice pieces on top; add 2 c. of water or stock and simmer until the chicken is tender. Serve with a potato or rice border.

249.

Other Braised Meats are turkey, fowl, ham, pork, mutton, tongue, tripe, game. A great variety of sauces may be used.

STEWES AND RAGOUTS.

250.

Scotch Broth. 1 c. pearl barley; 2 lbs. mutton; 1 c. vegetables; 1 T. parsley; 2 t. salt; 1-4 t. pepper; 2 qts. water; 1 T. butter; 1 T. flour. Soak the barley overnight. Free the meat from skin, bone, and gristle (cheap cuts may be used). Simmer the bones, etc., in one pint of water. In another kettle place the clear meat, diced vegetables, water, barley, salt, pepper, and parsley and simmer three hours. Cook the butter and flour together, No. 205, blend with the stock from the bones, and add to the broth, season to taste, and serve.

251.

Chicken Terrapin. 2 eggs; 2 c. cooked chicken; 1 chicken liver; 1 1-2 T. butter; 1 T. flour; 1-2 c. chicken stock; 1-2 c. cream; 1-2 t. salt; nutmeg, 2 T. sherry; 1-2 t. lemon juice. Cook the eggs hard, and chop them fine; dice the chicken, and mash the liver. Make a sauce of the flour, butter, stock, and cream, No. 206, blend all, heat, and serve in cases, or on toast.

252.

Lobster Newberg. 2 medium-sized lobsters; 3 T. butter; 1 t. salt; 1-8 t. pepper; 2 truffles; nutmeg; 1-4 c. sherry; 1-2 T. flour; 1 c. cream; 4 yolks of eggs. Boil the lobsters in salted water twenty minutes, chill them, and remove the meat, using all but the alimentary canal; slice thin, and simmer with 2 T. of the butter, the salt, pepper, nutmeg, and truffles cut into small dice. In five minutes add the wine, and

prepare a sauce of the flour, cream, and remaining butter, No. 206 ; pour it over the well-beaten yolks, cook a minute, and add the lobster. Serve immediately.

Variations. Omit the flour, and cook the cream and egg like a custard. This requires the most delicate handling to prevent the egg from curdling. For the lobster substitute crabs, turtles, or clams.

253.

Terrapin are killed by throwing them into boiling water. Parboil for ten minutes, and chill in cold water. Scrub the shells, and remove the black skin from the legs. Cover them with boiling water, and cook until tender ; it will require from thirty minutes to two hours, according to the age. Cool, and remove the under shell (which now separates easily), also the liver, gall, and sand-bags, which are found near the neck. Dice the meat, and chop the entrails fine ; save the water which collects in the shells, and add it to the other parts which are now ready to be used in a variety of ways.

254.

Terrapin Stews. 1. Prepare like Lobster Newberg, No. 252.

2. The eggs given in No. 252 may be boiled, and the yolks mashed, and added to the other ingredients.

3. The juice of a lemon may be used in addition to the other seasonings.

4. Season with salt, pepper, cream, and Madeira. Use a chafing dish, and serve very hot.

255.

Scalloped Terrapin. Scrub the shell, cream the terrapin, No. 253, return it to the shell, cover the top with seasoned crumbs, brown it in the oven, and serve.

256.

Fish Chowder. 1-4 lb. salt pork; 3 lbs. fish; 1 qt. potatoes; 1 T. salt; 1-8 t. pepper; 1 onion; 1-2 lb. Boston crackers; 1 qt. milk; 1 T. butter; 2 T. flour. Dice and brown the pork, free the fish from skin and bone, and cut it into inch cubes (use cod, haddock, or halibut). Have the fat in the bottom of the saucepan; then alternate layer of fish and potato seasoned with salt, pepper, and onion. Add a scant covering of water, and boil gently. When the potatoes are nearly done, soak the crackers in the milk, then pour it off and combine it with the butter and flour, No. 206. Blend all, heat to the boiling point, and serve in a tureen, or, add the fish last.

257.

Clam Chowder is prepared like a fish chowder. 1 peck of clams makes a scant quart when free from shells. Separate the soft from the tough portions; simmer the latter in water enough to cover, and add this to the liquor of the clams. Add the soft parts of the clams, and heat through just before serving.

258.

Oyster Stew. 2 c. oysters; 1-2 T. flour; 1 T. butter; 1 c. milk; 1 t. salt; 1-8 t. pepper; 1 egg or a little cream. Free the oysters from bits of shell, and strain the liquor; heat and skim the latter; add the oysters and cook until they plump. In the meanwhile prepare a white sauce, No. 206, of the flour, butter, and milk; pour it over the well-beaten egg, cook one minute, blend all and serve. For a change, omit the egg and flour.

259.

Creamed Oysters (1). 1 blade of mace; 2 c. cream; 1 small onion; 1 T. butter; 1 T. flour; 1 qt. oysters; 1 t. salt; 1-8 t. pepper. Cook the mace in the cream; simmer the onion in the butter, and use a little of the oyster liquor for the sauce. Strain it before adding the oysters, heat and serve.

260.

Creamed Oysters (2). 2 T. butter; 2 c. oysters; 1-2 c. cream; 1 T. flour; 1-2 t. salt; pepper; 1 t. lemon juice; 1 egg. Heat the butter and add the oysters; when plump, drain the liquor into a cup, and fill with cream; use this for a white sauce, No. 206, with the butter, flour, and egg; add the oysters, and serve in cases or on toast.

261.

Curried Oysters. In the above substitute 1 t. curry powder for the lemon juice.

262.

Creamed Oysters with Cheese. In No. 260 substitute 1-2 c. grated cheese for the lemon juice.

263.

Panned Oysters. Use solid oysters, and heat to the boiling point; season with salt, pepper, butter, and lemon juice. Serve on toast. When convenient cook on the table in a chafing dish.

264.

Broiled Oysters. Season large oysters with salt and pepper, glaze with butter, and roll in cracker dust. Broil three minutes in an oyster broiler, or simply lay them in a granite-ware plate, and expose to the heat of the gas broiler, brown, and turn. Serve with lemon points.

265.

Oyster Sauté. Prepare like the above and brown on a griddle with clarified butter.

266.

Fried Oysters. Season large oysters with salt and pepper, roll in flour, egg, and cracker dust. Fry a golden brown in smoking hot fat.

267.

Stuffed Oysters (1). Wipe and season large oysters with salt and pepper ; roll them in cracker dust, spread half of the oysters with force-meat, cover these with the remaining oysters, press them together gently, double bread, and fry them in the usual way. Serve on a folded napkin with lemon points.

268.

Stuffed Oysters (2). Parboil the oysters in their own liquor, wipe and spread them on both sides with force-meat, double bread, and brown in a bath of fat.

269.

Oyster Force-Meat. 12 oysters ; 2 T. mushrooms ; 3 T. oyster liquor ; 2 c. stale bread crumbs ; pepper ; 2 t. salt ; 1 T. lemon juice ; 2 yolks of eggs ; nutmeg. Chop and strain the oysters and mushrooms, blend them with the other ingredients, and when required more moist add a little cream.

Variations. Replace the oysters by crabs, lobster, turtle, clams.

270.

Scalloped Oysters (1). 2 c. stale bread crumbs ; salt and pepper ; 3 T. butter ; 30 oysters. Prepare the dish and crumbs as indicated in No. 282. Use one or two layers of oysters (separated by seasoned crumbs), but not more. Bake in a hot oven until the oysters plump. It will take ten minutes for one layer of oysters, and twenty minutes for two.

271.

Scalloped Oysters (2). Plump the oysters in their own liquor and moisten them with a cream sauce, No. 206. It is well to use cream, white stock, and oyster liquor for the liquid portion of the sauce. Vary the seasonings from time to time.

272.

Creamed Codfish. Prepare 1 c. cream sauce, No. 206, and use genuine cream. Free from skin and bone 1 c. dried fish, moisten it with water and slip it into the sauce. Season with pepper and more salt if it is needed. When good cream is used the dish is superfine. A beaten egg or egg yolks may be added just before serving. Dropped eggs may be served in this dish.

273.

Frizzled Beef. Dried beef should be trimmed carefully before it is sliced, cut very thin, and freed from gristle and fat. Brown 1 T. butter, add 1 c. meat, and heat until it curls; dredge generously with flour and stir while it browns; add a cup of cream, and season with salt and pepper. Eggs may be combined with this dish, and it may be served on toast.

274.

Frizzled Ham. The last of a boiled ham may be sliced very thin, and prepared like frizzled beef, No. 273. In each of the three foregoing dishes there is danger of their being too salt. Make enough sauce to utilize the excess of salt in the meat.

275.

Hashes. After a roast or joint has been sliced cold, there still remains some of the choicest meat. The larger morsels may be used for ragouts, meat pies, etc.; the smaller ones should be made into hash. It is best to cut the meat with a sharp boning-knife, but if this involves too much time, a sharp chopping knife will answer. The quality of the edge makes a great difference with the freshness of the flavor. Use beef, veal, chicken, turkey, corned beef, ham, lamb, or fish. When potato is combined with the meat, a good proportion is 2 c. potato to 1 c. meat. This, however, may be varied as convenient. Season with salt and pepper, and moisten with a little sauce if there is any

at hand. If not, use stock, cream or water. The meat for hashes must be tender and carefully freed from bone, skin, and gristle, but a little fat improves it. When the meat is deficient in fat, use a little butter, season with salt and pepper, and heat in a frying-pan or the oven. To form a brown crust, glaze the pan with 1 T. butter; lay in the hash, and press it together. Keep it moderately hot for 30 m., and fold like an omelet. Most of the meats mentioned above are nice served on toast without a vegetable; potato is by no means the only one served in hash; beets, turnips, parsnips, onions, salsify, etc., may be used.

276.

Deviled Crabs. 1 doz. crabs; 1 T. flour; 2 T. butter; 1 c. cream; 1-4 t. pepper; 1 t. Worcestershire sauce; 1 lemon; 2 t. salt; 1 t. mustard; 1 c. crumbs; 4 eggs; 1 c. cracker dust. Boil the crabs for twenty minutes in salted water. Chill and remove the meats. Make a sauce of the flour, cream and half the butter, No. 206. Cook three of the eggs hard, and chop them. Use stale bread for the crumbs, and dress them with the rest of the butter; a few crumbs may be mixed with the other ingredients; Scrub and dry the shells; sprinkle them with crumbs; fill them with the crab mixture, being careful to smooth the edges lest the fat should penetrate in frying. Double-bread the filled surface with egg and cracker dust; fry a golden brown in a bath of smoking hot fat. Place in the oven to heat through, and serve very hot.

277.

Other Deviled Meats. In the same manner, No. 276, prepare deviled shrimps, lobster, turtle, salmon, ham, tongue, game, fowl, etc.

The frying may be omitted, and the dish heated entirely in the oven. It then becomes a highly seasoned scalloped dish.

278.

Fish Loaf. 1 lb. cold cooked fish ; 3 eggs ; 1 t. parsley ; 1 t. onion ; 1 T. lemon juice ; 1-2 c. sauce ; 1 c. stale bread crumbs. Free the fish carefully from skin and bones, and mince it thoroughly. Beat the eggs, chop the parsley and the onion (omit them if you prefer). The sauce may be drawn butter or white sauce, Nos. 206, 207. Mix all together. Mould and steam, or bake until firm. Serve with a white sauce.

279.

Halibut in Forms. 1 lb. fish ; 1 egg yolk ; 1 T. cream ; 1-2 t. butter ; salt, pepper, and nutmeg to taste. Boil the fish gently for fifteen minutes ; rub it through a sieve, blend with the other ingredients, and press firmly into well-buttered moulds. Steam ten minutes, and serve with tomato sauce. Little moulds in the form of a fish may be used ; in that case the eye of a fish can be made with a currant.

280.

Veal Loaf. 2 lbs. veal ; 1-2 lb. salt pork ; 2 eggs ; 1 c. stock ; 1 c. stale bread ; 1 T. butter ; 1 t. salt ; 1-8 t. pepper ; 1 t. onion ; powdered sweet herbs ; 1-2 c. dried crumbs. Buy solid meat and pass it through the meat grinder before cooking, also the salt pork. Moisten with one egg and half a cup of stock ; add the stale bread crumbs and the seasoning ; blend all and pack in a buttered pan, making a good shaped loaf for slicing. Beat the other egg, and with it glaze the top ; cover with the dry crumbs, and bake in a moderate oven two hours, basting with the rest of the stock.

SCALLOPED DISHES.

281.

The materials that enter into this class of dishes are meats, fish, eggs, vegetables, seasoned bread crumbs, and usually a sauce. Bake and serve in the same dish, which may be bound with a folded napkin, or slipped into an ornamental cover of china or silver. A great variety of individual dishes come for this purpose in metal, china and natural shells.

282.

The Bread Crumbs should be prepared as follows: break a stale loaf into large pieces and rub them together lightly over a bowl, or grate them. Sift the crumbs, and for each cupful melt 1 T. butter in a granite pan. Add the crumbs and season them rather highly with salt and pepper. Dried and sifted crumbs are not suitable for these dishes. When the moulds are small, melt the butter and glaze them with a pastry brush. A convenient way to butter large dishes is to spread the butter with the back of a spoon. Cover the bottom of the dish with a layer of crumbs, then a layer of meat or vegetable, moisten with a sauce, No. 206-207, and cover the top with an abundance of the seasoned crumbs. Brown in a quick oven and serve hot. When a large dish is used, it may be filled with alternate layers of crumbs, meat, etc.

283.

Scalloped Eggs. Use hard-cooked eggs (sliced or chopped) with a white sauce, No. 206, to which a little grated cheese may be added for variety.

284.

Scalloped Fish. The white-meated fish are especially nice, as halibut, cod, white fish, crabs, etc., also the red fish, as salmon, lobster, and shrimps. This is a tempting way to use the fragments of fish. Flake the fish, moisten with sauce, and scallop as above. It is nice for any meal.

285.

Scalloped Meats. Almost any meat cooked tender is nice scalloped, as chicken, turkey, lamb, pork. With a sharp boning knife, free the meat from skin and bone, gristle and most of the fat — a very little fat, if it is delicate, improves the dish. The meat may be sliced or diced. Use a brown sauce for dark meats and a white sauce for the light ones, Nos. 205-207.

286.

Scalloped Sweetbreads. Free the sweetbreads from fat and flabby tissue (this is essential to a delicate flavor). Boil them until tender (ten to twenty minutes) in salted water, chill in ice-water and separate them into their natural divisions. Make a cream sauce, No. 206, and scallop in the usual manner, Nos. 281-282.

287.

Scalloped Vegetables. Boil the vegetables until tender, No. 318. They are diced or sliced (usually before boiling). Prepare a thin cream sauce, using a little of the water in which the vegetable was boiled to enrich the flavor. Scallop as in No. 281. Most of the vegetables are nice cooked in this way; for a list see No. 319. Carrots, sweet potatoes, and celery may be diced; parsnips, turnips, white potatoes, and salsify should be sliced. Separate cauliflower into pieces of convenient size; small onions and Brussels sprouts may be left whole; cabbage may be chopped before boiling. Grated cheese is a pleasant addition to cauliflower, Brussels sprouts, and cabbage.

288.

Scalloped Potato. White potatoes are especially nice prepared in this way. Slice raw potatoes into a buttered baking dish; season each layer with pepper, salt, and butter, and cover the top with seasoned bread crumbs. Now fill the dish with milk until it touches the crumbs, and bake forty-five minutes. Cover the dish the first twenty minutes.

289.

Scalloped Tomato. Season tomatoes (canned or fresh) with salt, pepper, nutmeg, onion and sugar to taste. A little cracker or stale bread may be added to the tomatoes. Butter the baking dish generously, add the tomato, and cover with an abundance of seasoned crumbs, No. 282. Bake in a moderate oven for two hours, keeping the dish covered the first hour.

290.

Stuffed Tomatoes. Choose smooth ripe tomatoes of medium size; remove a generous crown and excavate a part of the seeds. Fill this space with crumbs, very highly seasoned with red pepper, salt, onion, and sweet herbs. Bake from twenty to thirty minutes. They should be thoroughly softened, but if cooked too long they lose their shape.

291.

Scalloped Corn (1). 1 can cornlet; 2-3 c. milk; salt; pepper; 3 T. butter; 2 c. crumbs. Green corn may be grated, or the kernels split and the milk scraped out, taking pains to reject the hull. Canned corn should be chopped. Blend the corn and milk, and season to taste. Spread 1 T. butter on the baking dish, add the corn, cover with the seasoned crumbs, and bake 30 m.

292.

Scalloped Corn (2). 1 can corn; 3 eggs; 3 T. butter; 1 1-2 c. crumbs; 2 c. milk; 1 t. salt; 1-8 t. pepper. Chop the corn; beat the eggs separately; use 1 T. butter on the baker and the rest on the crumbs. Bake forty minutes.

293.

Scalloped Macaroni and Spaghetti. 12 sticks macaroni or 24 of spaghetti; 1-2 T. butter; 1 1-2 c. thin white sauce or plain milk; salt and pepper; 1 c. grated cheese. Boil the macaroni in a large quantity of salted water; when tender, drain and rinse. Butter the baking dish; fill it with macaroni moistened with the sauce and cover with grated cheese. If you like, combine the cheese with a cup of seasoned crumbs for the top dressing.

294.

Scalloped Apple. Butter a baking dish and fill it with alternate layers of chopped apples and stale bread crumbs, No. 282. Season each layer with salt, butter, spice, and sugar, having a generous layer of the crumbs on top. Cover the dish and bake it forty-five minutes, then uncover and brown the top.

CROQUETTES AND TIMBALES.

295.

Chicken Croquettes. 2 c. chicken; 3 T. butter; 3 T. flour; 1 c. stock; 1 c. cream; 2 t. salt; 3-4 t. celery salt; 1-4 t. mace; 1-4 t. pepper; 1 T. parsley; 2 t. onion juice; 3 T. lemon juice; 2 c. diced bread crumbs; 2 eggs. Pass the cooked chicken through a meat grinder or chop it to a paste. Make a sauce of the flour, butter, chicken stock, and cream; add the seasonings and chicken, blend and chill. Use a heaping teaspoonful of this mixture for each croquette.

296.

To Form Croquettes. Make a round smooth ball, using crumbs enough to keep the mixture from sticking to the hands. Dip the ball into egg, being careful to moisten every point; lift it with a teaspoon and roll it in the dried and sifted bread crumbs (these are better than cracker crumbs). Now form a cylinder or cone, or keep the croquette round. It is wise to complete the double-breading with no loss of time, as the first coat dries and cracks readily, and cracks admit the hot fat, which shatters the croquette. The fat should be hot enough to brown a crumb of bread in forty seconds. The croquettes may be placed in a frying basket or handled in the fat with a surprise egg beater which is even more convenient. When the croquettes have fried a golden brown, drain on coarse brown paper. Serve on a folded napkin, and garnish with parsley. After croquettes have been double-breaded they can be kept without harm for some hours before frying.

297.

Other Meat Croquettes. No. 295 is a good general formula for meat and fish croquettes. Turkey, lamb, veal, beef, pork, game, sweetbreads, oysters, salmon, shrimp, lobster, crab, etc., may be substituted for the chicken.

298.

Vegetable Croquettes. These can be made from potato, rice, mashed parsnips, salsify, cauliflower, corn, etc. Potato or other vegetables can be combined with meat or fish, as in codfish balls, for which the following is a good receipt :—

299.

Fish Croquettes. 1 c. fish ; 2 c. potatoes ; 1 T. butter ; pepper and salt if needed ; 1 egg. Free the fish from skin and bones. Pare and slice the potatoes, being very exact about the measure ; the quantity had better be scant. Put the potato into a saucepan, and the fish upon it ; cover the potato with hot water, and boil until tender ; drain very dry ; mash the fish and potato together with a wire masher until very light, and add the other ingredients. Have ready a kettle of smoking fat ; into it dip a tablespoon, then take up a spoonful of the mixture, smooth it quickly, and slip it into the fat. Fry the fish-balls a golden brown, drain on paper, and serve very hot. It is assumed in this receipt that dried codfish is used, but other kinds of fish may be substituted, and, if already cooked, mashed with the potato.

300.

Potato Croquettes. Boil and mash white potatoes, using a wire masher. Season them with salt and white pepper, and, if you like it, a little onion. The extract is both convenient and economical. To 1 c. of potato use 1-2 T. butter and the white of one egg. Add it to the potato without beating, and mix well. When the potatoes are nice, the white of

egg makes a very white croquette ; but if this is not an object, use one egg to one pint of potato. Form balls the size of walnuts, double bread, fry, drain, and use them for a garnish. While mashing the potatoes, keep the kettle hot, as a good deal of steam will thus escape, and the croquettes will be less liable to crack in frying.

301.

Potato Balls. To the foregoing receipt add flour enough to keep the mixture from sticking to the hands. Form balls, and boil in salted water or stock until the balls rise to the surface, when they are done. While they are boiling, brown 2 T. butter, and add 1 c. cracker or bread crumbs ; throw these over the balls just before serving. They are nice with a butter sauce, No. 207.

Another way is to grate raw potato, and proceed as above.

The Germans have many dishes in which grated potato is used, and the grating may be done either before or after the potato is boiled, or they may be parboiled. The grated potato is used with an equal quantity of flour, and combined with the usual ingredients for dumplings, and for the crusts of meat and fruit pies.

302.

Other Vegetable Croquettes may be prepared like potato croquettes : use parsnips, salsify, onion, squash, cauliflower, corn, chestnuts. The vegetable is boiled or steamed, strained, seasoned with salt, pepper, and a little butter and sugar. Cook butter and flour together as for a white sauce, and add the vegetable in place of other liquids. If too dry, moisten with cream or stock. If the vegetable can be cooked in stock, the flavor of both will be improved. Chill the croquette mixture and form in the usual manner, No. 296.

303.

Corn Balls. 1 c. water; 1 c. Indian meal; 1 t. salt; 1 T. butter; 1 c. milk; 2 eggs. In the upper part of a double boiler (granite ware) place 1 c. boiling water, the salt and meal; stir while it boils for five minutes. Add the milk and butter, and steam one hour. Cool, and mix with the egg. Form balls and brown in a bath of fat. Serve for breakfast, lunch, or tea, with butter or syrup.

304.

Rice Croquettes 1-2 c. rice; 1-2 c. water; 2 T. sugar; 1 1-2 c. milk; 1-2 t. salt; 3 eggs; 1-4 t. vanilla; 1 c. crumbs. Steam the rice one hour with the water, milk, sugar, and salt, stir until creamy, add one beaten egg, and cook two minutes. Chill and form croquettes, double bread and fry.

For variety:—

(1) Cut the croquette in two, lengthwise, before coating with egg and crumbs, excavate the centre, and fill with jelly or a bit of rich conserve. These are called surprise croquettes. (2) Season the whole mixture with 1-2 c. orange marmalade, or some similar conserve, chill in a sheet one inch thick, cut into cubes, diamonds or strips, double bread, and fry.

305.

Crème Frête. 2 1-4 c. milk; 1 inch stick-cinnamon; 1-4 t. salt; 1 T. flour; 1-2 c. sugar; yolks of 3 eggs; 2 T. corn starch; 1 t. vanilla; 1 t. butter; 2 c. crumbs. Scald the milk and cinnamon, reserving 1-4 c. to blend with the starch, flour, sugar and yolks of eggs. Add this mixture to the hot milk and stir rapidly while it thickens. After steaming fifteen minutes, add the butter, salt and vanilla. Cool in a buttered pan, cut in strips, cubes or diamonds, double bread, and brown in a bath of fat.

306.

Timbales. The mixture used for croquettes may be utilized for timbales, if egg enough is added to keep the form when taken from the mould. Force-meat may be used in the same way.

307.

Salmon Timbales. 1-2 c. stale bread ; 1 c. cream ; 3-4 lb. salmon ; 1-4 c. mushrooms ; 1-4 t. pepper ; nutmeg ; 1 1-2 t. salt ; 3 eggs. Cook the bread and cream ten minutes ; meanwhile free the fish from bone, skin, and fat ; pass it with the mushrooms through a meat grinder. Beat the eggs, blend all the ingredients, and add more seasoning if needed. Butter the timbale moulds, and fill with the salmon paste. Place the moulds in a pan of hot water, cover with a buttered paper, and cook in a moderate oven three quarters of an hour. Serve with lobster or tomato sauce ; or steam one hour in a large mould.

308.

Lobster Sauce is simply butter and flour cooked together in the usual way, and thinned with the water in which lobster meat has simmered. Season with salt, pepper, and lemon juice. Color with lobster butter. This is prepared by pounding the coral with an equal quantity of butter, strain and use as needed.

309.

Potato Timbales. 4 potatoes ; 2 T. butter ; 1-2 T. salt ; 1-4 t. pepper ; 1-2 c. milk ; 2 eggs ; 1-4 c. bread crumbs, dried and sifted. Boil, mash, and season the potatoes, beat and add the eggs. Butter the moulds generously (use one large or several small ones), and sprinkle with crumbs — all that will adhere ; fill with the potato mixture, and bake for 30 m. in a moderate oven. Cool a few moments, when they will slip out of the moulds easily and make a pretty garnish.

310.

Egg Timbales. 3 eggs; 1-2 t. salt; 1-2 t. parsley; 3-4 c. milk; pepper; onion. Mix and bake like a custard in buttered timbale moulds. Serve with tomato or any other favorite sauce. Omit the parsley and onion if you prefer.

311.

Casserole of Rice and Meat. 1 c. rice; 2 1-2 c. milk; 1-2 c. water; 1 t. salt; 1 T. butter; 1-2 c. dried bread crumbs; 1 egg; 2 c. cold meat or fish; sauce enough to moisten the meat. Steam the rice, milk, water and salt one hour. Butter a mould and sprinkle with crumbs (all that will adhere). Line the mould with rice half an inch thick and fill the remaining space nearly full of the meat, which has been carefully freed from bone, fat, and gristle, diced and moistened with a well-flavored sauce. The egg is used to bind it together. Cover with rice, and bake half an hour or steam three quarters of an hour, unmould and serve with a sauce.

312.

Aspic Jelly. 1 calf's foot; 1 lb. knuckle of veal; water enough to cover the bones; 1 T. whole spices mixed; 1-2 t. salt; 1-2 t. sweet herbs; 1 c. vegetables; 1 lemon; whites of 2 eggs; 1 T. Chici vinegar; 1-4 c. sherry. Scald and clean the foot; divide it and the bone into small pieces. Use all the spices and vegetables for flavoring—do not forget garlic and thyme, celery, tarragon and bay leaf. Simmer these with the bones for five hours. Strain, chill and remove every particle of fat. Add the yellow rind of the lemon, the whites of the eggs (well mixed but not light), together with the egg shells, the lemon juice and vinegar. Heat for an hour but do not let it boil. Strain through a cotton flannel (twice if necessary) to make it clear. Madeira may be substituted for sherry. One quart of consommé and one package of gelatine, with the acids and wine, are equivalent to the above receipt.

313.

To Mould in Aspic. Use any kind of delicate meat or fish. Place half an inch of melted jelly in the mould and set on ice. When firm, decorate with alphabetical macaroni, fancy shapes cut from cold boiled beets, whites of eggs, carrots, truffles, etc. Secure the decorations with a few drops of jelly, and over them place the meat, as boned chicken, birds, tongue, veal, etc. Over the meat pour jelly enough to fill the mould, and chill. Just before serving dip the mould for an instant in warm water, and invert on a cold dish. Individual portions are often moulded in jelly. A sheet of aspic may be cut into fancy shapes for decorations.

314.

Sausage Meat. 16 lbs. meat; 8 lbs. fat; 1 c. sage; 5 oz. salt; 1 oz. red pepper; 2 oz. black pepper. Scatter the seasoning over the meat, grind it, pack in stone jars and cover with melted lard. In a cool place it will remain sweet for almost any length of time if the covering of fat is kept sound.

CEREALS.

315.

General Directions. Measure the proportions accurately, using 1 t. salt to 1 qt. of boiling water. To 1 c. rolled grains use 3 c. water, and steam 3 h. To 1 c. cracked grains use 4 c. water, and steam 4 h. To 1 c. pearled grains use 5 c. water, and steam 5 h. To 1 c. rice use 3 c. water, and steam 1 h. Stirring makes the dish pasty and destroys the fine flavor of the grain. Most of the cereals should be cooked the day before, and reheated for breakfast. If the time is short, blend the ingredients, boil ten minutes, and then steam, but the flavor will be impaired by the stirring which is necessary to keep the mush from sticking. The white grains, as rice, farina, and rolled barley are improved by using half milk and half water. Use a double boiler for steaming. The cereals should be strained for children and persons of delicate digestion. Children under one year of age should not be fed on starchy foods.

316.

Wheatlet. 1 c. cereal; 1 1-2 t. salt; 6 c. boiling water. Blend the ingredients and stir occasionally while the starch is swelling. Steam one hour.

317.

Corn Meal Mush. 1 c. meal; 1 T. flour; 1 t. salt; 1 c. cold water; 2 c. boiling water. Blend the cold ingredients, add the hot water, boil ten minutes, and steam one hour. Mould in the form of a brick, slice, roll in flour, and brown in hot salt pork fat.

VEGETABLES.

318.

General Directions. Clean and cover with boiling salted water, 1 t. salt to 1 qt. water. Boil gently until tender when the water should be drained off at once. Season with salt, pepper, and butter. Most vegetables are improved by a little sugar. In the place of the butter a sauce may be used. The best for this purpose are cream, milk, and stock, sauces No. 205-207, cheese sauce No. 183, and mustard sauce No. 175. Beans, beets, celery, cauliflower, cabbage, and asparagus are good with an acid sauce.

To Clean Vegetables. Keep a small scrubbing brush for roots; from new potatoes rub the skin with a coarse cloth; scrape carrots, parsnips, and salsify; peel white potatoes, egg-plant, cucumbers, and mushrooms thin; pare turnips thick; scrub but do not trim beets. Lay cauliflower in slightly salted water with heads down for an hour before boiling to cleanse and freshen it; stand asparagus and lettuce with heads up in the water to crisp. Wash spinach in several waters. The instant salsify is scraped cover it with water. After onions, turnips, and potatoes are cleaned cover them with cold water until it is time to cook them.

A Pinch of Baking Soda may be added while boiling to soften the cellulose of beans, cabbage, Brussels sprouts, etc. Some vegetables are cooked in acidulated water, as cabbage, cauliflower, Brussels sprouts and egg-plant.

The Time Table for Cooking Vegetables is approximately: 10 m. for tender green corn and spinach; 25 m. for white potatoes, peas, asparagus, rice, summer squash and celery; 45 m. for young beets, parsnips, turnips, onions, carrots, cabbage, sweet potatoes, winter squash, salsify and cauliflower.

One to two hours for shell beans, string beans, winter carrots, onions, turnips and parsnips. The age and degree of freshness make a great difference in time.

SOME METHODS OF COOKING VEGETABLES.

319.	Boiled.	Baked.	Braised.	Creamed.	Croquettes.	Fried.	Fritters.	Steamed.	Stuffed.	Scalloped.	Salads.	Sauté.	Timbales.
ASPARAGUS.....	X		X	X	X		X	X		X	X	X	X
BEANS, { Dried.....	X		X	X							X		
{ Shelled.....	X		X	X							X		
{ String.....	X		X	X							X		
BEETS.....	X	X	X	X	X			X	X	X	X		
BRUSSELS SPROUTS...	X		X	X			X			X	X	X	
CARROTS.....	X		X	X				X		X	X	X	
CABBAGE.....	X		X	X					X	X	X	X	
CAULIFLOWER.....	X		X	X	X		X	X	X	X	X	X	X
CELERY.....	X		X	X	X		X			X	X	X	X
CORN.....	X	X	X	X	X		X	X		X		X	X
CUCUMBERS.....	X	X	X	X				X	X	X	X	X	
EGG-PLANT.....	X	X	X				X	X	X	X		X	
ONIONS.....	X	X	X	X	X		X		X	X	X	X	X
PARSNIPS.....	X		X	X	X		X	X		X	X	X	X
PEAS.....	X		X	X						X	X		
POTATOES.....	X	X	X	X	X	X	X	X	X	X	X	X	X
SALSIFY.....	X		X	X	X		X			X	X	X	X
SQUASHES.....	X	X			X		X	X	X				X
TOMATOES.....	X	X							X	X	X	X	X
TURNIPS.....	X		X	X				X		X	X	X	

For detailed receipts the books on cooking may be consulted. The following brief notice comes within the scope of this small book:—

Asparagus. To retain the flavor, boil it standing, so that the buds may be cooked by steam.

320.

Dried Beans. Reject the broken beans, wash and soak them overnight in a warm place. In the morning change the water, and simmer for several hours, being careful not to let them boil, as they should absorb all the water possible without breaking. When about half cooked, thicken slightly with a stock sauce seasoned with salt and pepper.

321.

Boston Baked Beans. 1 qt. beans; 1-2 lb. pork; 1-4 t. soda; 1 T. molasses; 1 T. salt; 1 t. mustard. Clean the beans, and soak them overnight. Rinse, and parboil them in an abundance of water with the soda and salt pork, having scored the rind. After they come to the boil, reduce the heat. In 15 m. rinse again, and place half of them in the bean pot, then the pork, rind side up; add the rest of the beans, the seasoning, and water enough to cover. Cook slowly in the oven for ten hours, being very careful not to let them boil; add water as needed. When poured onto the platter, every bean should be whole. Add sugar if you like them sweeter.

322.

Cabbage cooked under water gives no odor. It may be quartered, and the tough core removed, or each leaf separated (always rejecting imperfect ones), or it may be chopped before boiling.

323.

Cauliflower. A nice way to utilize cauliflower for fritters is to separate the flowerets (after it is cooked), dip each into fritter batter, No. 151, and fry.

324.

Corn oysters. Press the milk from fresh corn, season with salt, and bind with egg and flour. Use 1 T. flour to 1-2 c. corn. Sauté in little cakes the size of oysters.

325.

Cucumbers and Egg-Plant should be peeled, and thrown into slightly acidulated water for half an hour before using. They are nice stuffed with force-meat, or meat and rice par-boiled and seasoned; simmer in stock, and serve with a sauce.

Onions should be parboiled to make the flavor more delicate, and then may be cooked in a variety of ways.

326.

Green Peas are boiled enough when the color begins to change. Canned peas should be rinsed to improve the flavor, then heated and seasoned. The best dressing is salt, pepper, and butter; a little flour or cream may be added for variety, also a sprig of spearmint while they boil.

327.

Mashed Potatoes are nice served in the skins in which they were baked. There are two ways: after baking cut them in two, lengthways, or cut off one end. Excavate the potato, and return it to the skins mashed and seasoned. Reheat and serve.

328.

Potato Soufflé is mashed and seasoned potato, to which whites of eggs, beaten stiff, are added in the proportions of the white of one egg to three potatoes. Bake until the egg stiffens. Add grated cheese for a change.

329.

Braised Potatoes. Boil sweet potatoes until tender, or white potatoes until half done, glaze with dripping, and bake until tender and brown.

330.

Saratoga Chips. Peel the potatoes, and slice very thin with a chip cutter. Wash the starch from the chips, and let them stand overnight to crisp in a great abundance of cold water. Wipe, and fry them in smoking hot fat, a handful at a time. They are done as soon as they show a trace of color. Drain them on brown paper, and dust with salt.

331.

Potato Straws. Cut strips two inches long and one-eighth wide. Fry and salt them.

332.

Turkish Pilaff (1). 2-3 c. rice ; 1 t. salt ; 1-8 t. pepper ; 1 c. tomato sauce ; 1 c. stock ; 2 T. butter. Boil the rice five minutes, drain, add the other ingredients (minus the butter), and steam one hour. After placing the rice in a dish for serving, pour the melted butter over the top. The dish may be garnished with meat balls or croquettes.

333.

Pilaff (2). 3 c. water ; 1 c. rice ; 1 t. salt ; 1-4 c. tomato ; 2 T. butter ; pepper. Boil the water and add the washed rice and salt. Stir as little as possible. When the water is nearly absorbed, add the tomato juice for coloring. Reduce the heat, and let it simmer until every kernel is swollen. When ready to serve, pour the melted butter over the top. Clear meat stock may be substituted for the water.

334.

Pilaff (3). 1 t. onion ; 1 T. butter ; 1 c. rice ; 2 c. tomato ; 2 c. meat ; pepper and salt. Simmer the onion in the butter until it turns a pale brown. Wash and drain the rice, and brown it carefully in the butter. This delicate parching improves the flavor. Now add the tomatoes and 2 c. hot water ; when this is

absorbed, a pint more may be required. The rice will be tender in half an hour, when the meat should be added — use any kind of meat or fish. Set the pan one side to cook more slowly. Season with pepper and salt.

335.

Dolmas. Season with pepper and salt, equal parts of chopped meat and parboiled rice. Excavate small summer squashes, egg-plant, or cucumbers. Fill and steam two hours. Serve with a sauce.

336.

Tomato Sauté. Peel and slice the tomatoes; roll them in flour seasoned with salt, pepper and sugar, and sauté in equal parts of butter and salt pork fat. When the tomato is a rich brown, place it on a warm platter, and over it strain a brown sauce made by adding a little flour to the fat in the pan, and thinning with cream. This is a dainty dish and requires careful handling.

337.

Cheese Straws. 2 oz. grated cheese; 1-4 c. cracker dust; 1-4 c. flour; white of 1 egg; red pepper; 1-4 t. salt. Form a smooth dough, roll it thin, cut in straws. Bake in a quick oven.

338.

Salted Almonds. Blanch and dry Jordan almonds. Glaze with clarified butter or fine salad oil. Roast like coffee, in a hot oven or a corn popper. Shake often, and when nearly done, dust with salt. Treat other nuts in the same way.

BEVERAGES.

339.

Tea. 1 t. tea ; 1 c. water. The water must be freshly boiled in the cleanest of kettles, nor is it less important that the cups and teapot should be clean and fresh. The most scrupulous neatness is essential to good flavor, and also the presence of carbon dioxide (CO_2), which constitutes several per cent of good drinking water, and gives it a fresh, sparkling taste. With boiling the CO_2 gradually passes off, and, since it is desirable to retain as much as possible, the water should be used at the moment of boiling. After each drawing the teapot should be thoroughly scalded and wiped dry, so that no moisture will remain when required for use. Assuming that this has been done, heat the dry tea in the pot, and add the boiling water. Steep three minutes and serve. English breakfast tea must be served with cream ; other kinds are better with milk. Use cut sugar.

340.

Coffee. 1 T. coffee ; 1 c. water. Use a mixture of Java, Mocha, and a little Golden Rio. Java should constitute two thirds. Wash the coffee and brown it in a corn popper, as freshly as possible before using. Seal it in a glass jar, and grind as needed.

341.

Boiled Coffee. Heat the ground coffee in a pot. Add a freshly broken egg-shell and a little of the white, mixed with water enough to wet the coffee. Add the boiling water, and let it come slowly to the boil. After boiling three minutes, extin-

guish the gas, add a little cold water, and let it settle. In five minutes, strain it into a hot coffee urn and serve with cream, hot milk, and cut sugar. All that was said about freshness and cleanliness, under the head of tea, applies with equal force to coffee.

342.

Dripped Coffee. A large number of coffee-pots have been invented for this purpose, but they are essentially the same. The coffee must be ground to a powder and heated to freshen the flavor. Place it in the strainer, and add the boiling water, a cupful at a time. Let the pot stand where it will keep hot but not boil. When the water has dripped through it is ready to serve.

343.

Chocolate and Cocoa. There are now so many convenient preparations of powdered chocolate and cocoa, that we do not often use the solid form. The proportions are: 1 T. chocolate or cocoa to 1 c. milk. The latter may be water or milk, or both in any proportion. This makes a rich drink; if you prefer it more delicate, reduce the quantity of chocolate and thin the milk with water. Blend the ingredients, and stir constantly until they boil. When the chocolate is not sweetened, add 1 t. sugar for each cup. Whipped cream or white of egg beaten to a stiff froth, and flavored with pulverized sugar, may be served with the chocolate. Place 1 t. on the top of each cupful. Chocolate may be mulled while heating. Some chocolate pots are provided with a dasher for the purpose, or a Dover beater may be used.

When it is necessary to use the solid chocolate, melt it in the top of a double boiler: (1 oz. chocolate, 1 T. sugar, 2 c. milk, 1-4 t. vanilla,) add the sugar, and hot water enough to make a smooth paste, then the milk. When it boils, mull it, add the vanilla, and serve with whipped cream. Mulling thickens the chocolate,

but starch is also used for this purpose, and may be cooked with the chocolate and sugar. There are preparations, both in the solid and powdered form, which are already blended with starch, sugar, and vanilla; all that remains to be done is to heat these with the milk.

344.

Koumyss. 1 qt. milk; 2 or 3 T. sugar; 1-2 cake yeast. Bottle tightly and use after eighteen hours.

345.

Raspberry Vinegar. 8 qts. berries; 3 pts. vinegar; 1 lb. sugar to every pint of juice. Soak the berries in the vinegar for twenty-four hours. Strain, add the sugar, boil twenty minutes and bottle.

346.

Raspberry Shrub. 12 lbs. fruit; 2 qts. water; 5 oz. tartaric acid; sugar. Add the water to the berries and let them stand forty-eight hours. Drain through a jelly-bag and add the acid, also 1 1-2 lbs. sugar to every pint of juice. After a few days bottle, and, if a slight fermentation takes place, wait a few days before corking. The whole process is cold.

347.

Cucumber Pickles (1). 600 cucumbers; vinegar, salt, and water; 1 qt. brown sugar; 1 pt. mustard seed; 1-2 c. cloves; alum (the size of a butternut) pulverized; 1-2 c. stick cinnamon; 1-2 c. horseradish root; 1 T. celery seed; 3 green peppers. Make a brine of salt and water, strong enough to bear up an egg; pour this boiling hot over the cucumbers which should not be larger than a finger. After twenty-four hours wipe them dry, and cover with good cider vinegar boiling hot. The next day boil more vinegar with the sugar, alum and flavorings for three minutes, and pour it over the cucumbers, from which the first vinegar has been removed. The mustard seed should be tied in cheesecloth. In two weeks the pickles will be ready for use.

Cucumber Pickles (2). Prepare a pickle of salt and water as in the preceding receipt. After the cucumbers have been covered with this for three days, pack them in jars and cover with cold vinegar in which the flavorings of the previous receipt have been boiled. A little onion may also be used.

348.

Chili Sauce. 1 qt. tomato; 4 peppers; 2 onions; 1 T. cinnamon; 2 T. salt; 2 T. sugar; 3 c. sugar. Cook and strain the tomato, mince the peppers and onion. Boil one and a half hours. Bottle and seal.

349.

Tomato Catsup. 1-2 bu. tomatoes; 1 qt. vinegar; 6 onions minced; 2 lbs. brown sugar; 4 oz. mustard seed; 1 lb. salt; 1-4 lb. black pepper; 1-4 lb. whole allspice; 1 oz. cayenne pepper; 20 cloves of garlic minced; 1 handful green peach leaves. Boil four hours, strain, bottle, and seal.

350.

Yorkshire Pudding. 1 1-2 c. flour; 1 1-2 c. milk; 1-2 t. salt; 1 egg. Make a smooth paste of the flour, salt, egg, and 1 c. milk. Add the egg without beating. Thin with the remainder of the milk and let the batter stand several hours. Bake in a well-buttered pan 25 m. in a hot oven. When nearly done, baste with the drippings of roast beef or pork. The English spread the top, sometimes, with a conserve and eat it cold.

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