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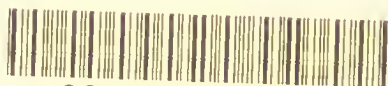
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EASY FRENCH COOKERY



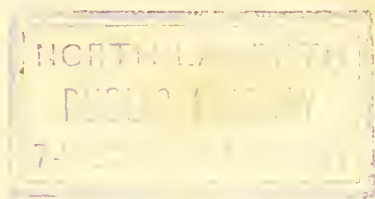
QUALITY AND TASTE, NOT QUANTITY AND COST, ENSURE THE MOST CHARMING EFFECT IN TABLE DECORATION (page 7).

EASY
French Cookery

Containing over 300 Economical and
Attractive Recipes from a
Celebrated Chef's
Note-Book

BY
AUGUSTE MARIO

Late of the Carlton, Cecil
Café Royal and
Criterion



WITH EIGHT FULL-PAGE PLATES

CASSELL AND COMPANY, LTD.
London, New York, Toronto and Melbourne
1910

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PREFACE.

THIS little book has been compiled for the express purpose of enabling Englishwomen to practise French cookery capably and economically. For many years, M. Mario, a *chef* of wide experience, well known both in England and on the Continent, collected recipes of the most attractive and economical French dishes, and they are now published, for the first time, in this volume.

It has long been the opinion of English housewives that French cookery is expensive, and for that reason, and because of the difficulty in obtaining simple recipes, few English kitchens have witnessed the making of those appetising dishes which, except in France, are to be enjoyed only at the best hotels and restaurants. M. Mario's recipes

PREFACE

and hints prove conclusively that good French cookery need be neither difficult nor costly.

The book also contains a number of carefully selected menus, in English and in French; and in the recipes will be found, except in cases where such information would be superfluous, instructions as to how the dishes in these bills of fare can be produced successfully by any intelligent woman with a preliminary knowledge of culinary principles and a love for the assuredly delightful and truly feminine art of fine cookery.

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EASY FRENCH COOKERY

HINTS FOR SHOPPING

Do not simply give your orders and allow your butcher or fishmonger to cut you your meat or fish at his own discretion, but remain and see it cut or prepared yourself.

Tender meat is usually judged by the brownness of the outer skin of the exposed fat, the smoothness of the grain, and the soft white fillets or fibres on the surface of the meat.

Meat, to be in really good cooking condition, should not be freshly killed, but should have been properly hung for at least seven days.

It is essential that the larder in which meat and game are kept should have a draught or current of cool air passing through, besides being kept cold by the aid of ice during the hot months, as the

cold air not only tends to keep meat fresh, but helps to make it more tender and more nourishing.

Foreign meats may be recognised by the coarse grain and the slightly swollen state of the veins; they are generally used for making stews, ragoûts, or any dishes in which the quality of the meat is covered by means of sauces.

The best veal comes from France, where the calves are most daintily fed, eggs and similar luxuries forming a part of their recognised diet. English calves are usually turned into the fields with their mothers, and obtain little other nourishment than Nature provides for them, the result being that their French neighbours obtain more favour when finally criticised on the table. Veal should be smooth in grain, and quite white.

When buying fish, lift the gills near the head, and if they are of a bright red it may be taken as a sign of freshness. If, on the other hand, the gills are dull or dark in appearance, it is in most cases a sure indica-

tion that the fish has been kept too long and is not worth purchasing.

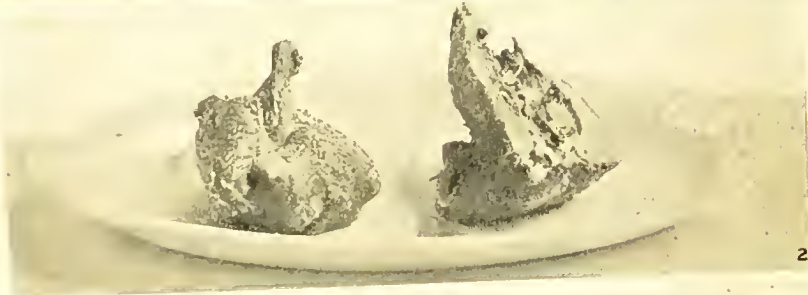
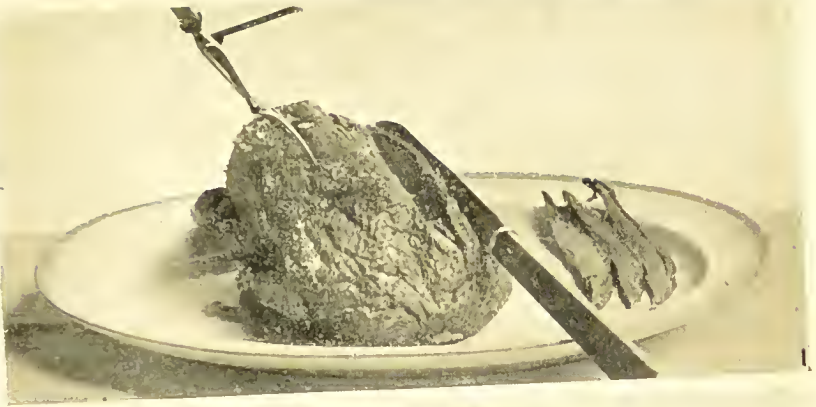
Soles, brill, turbot, cod, haddock, and trout should be cooked very fresh, and whitebait should be cooked the same day as caught. Red mullets will keep on the ice for three or four days without losing their good qualities; so also will salmon or mackerel.

Game of all descriptions can be kept for varying periods, some varieties remaining good for as long as fifteen days in a proper larder, but the diner who is not partial to high game would do better not to preserve it longer than three or four days. Game should have, when bought, a plump and firm appearance.

Great care should be taken that foreign partridges, pheasants, etc., are not palmed off as English. Native birds may be known by the black rings round the legs. These rings are absent on the foreign game, which has an altogether coarser appearance.

Chickens, ducks, and turkeys should have a white appearance, and not be coarse.

They can, if necessary, be kept five or six days in the larder before being prepared for the table. The very best poultry is that which has been reared on a farm.



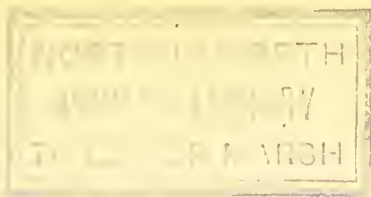
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CARVING POULTRY.

1. A Duck. 2. A Pigeon. 3. A Fowl.



HINTS FOR THE KITCHEN

ALWAYS wash vegetables in salted water; by this means all insects are killed.

Keep a special knife for onions.

Do not have a *roaring* fire; it is unnecessary.

Always make a dish look nice and appetising; half the battle is then won.

Never omit to taste a sauce.

Press fruits in wooden presses, as presses of metal easily corrode and cause the colours of the fruits to fade.

Thoroughly scald all new saucepans and stewpans before using.

Each culinary utensil should have its place, and should be kept in it when not in actual use. The untidy cook wastes half her time looking after things which she has lost or mislaid.

The correct temperature for a cellar is sixty degrees Fahrenheit.

Clarets and Burgundies should be

slightly warmed, Moselles or hocks should be iced.

Try any new dishes yourself before experimenting on other persons.

Do not lose your temper when anything burns through your carelessness ; and never use bad language to the saucepans.

Remember that cooking is a fine art, and that the knowledge of it, when perfectly acquired, is very valuable. Many of the leading *chefs* enjoy a salary of £1,000 a year.

TABLE DECORATION AND SERVICE

THE table-cloth should be spotlessly white, and should be laid without being creased.

A lamp or candelabrum, with soft red shades, preferably of silk, gives the table a comfortable appearance. Entwine round it a little smilax, and provide three or four small vases of flowers, either carnations and roses, or lilies-of-the-valley and roses, relieved with maidenhair fern or asparagus fern, or any flowers of the season.

Do not endeavour to have a flower for every colour of the rainbow. Nothing is more select and refined than just two or three colours, tastefully blended, and delicately arranged with green.

In table decoration a pretty effect is ensured by quality and taste, not by quantity. Take care that the flowers are not so high as to prevent the guests from seeing each other.

Now lay a small dessert plate for each

person dining, on which place a napkin quite plainly folded or with the corner rolled under. It becomes disagreeable to the habitual diner to find his napkin fantastically arranged, perhaps with finger marks and creases all over it. Place a little dinner roll on each napkin, a small knife and fork, and one soup spoon at the sides of the plate. One wine and one water glass should complete the *couvert*.

Avoid placing too much silver and a lot of unnecessary paraphernalia on the table, as it interferes with the comfort of the guests, besides being at this period quite out of the "mode."

Hors d'œuvre should be arranged on a tray which has a napkin on it, and should be handed round. If the dining party does not exceed three or four persons, and if there is room to arrange the hors d'œuvre on the table, this should be done before the guests take their seats.

The waiter or maid should always take great care not to make a noise or get flurried, but should move about quietly. When

laying service for a dish, place the articles on a napkin-covered plate. This will deaden the sound of clinking silver.

In order that the fingers may not soil the sides of the soup-plates, a second plate should be placed underneath before ladling.

Always serve wine from the right side of a guest, and pass the dishes from the left. Never pass the arm or hand in front of a diner to reach for something past him. It is much better to apologise and to disturb him in order that you may reach the required object quite comfortably.

When the dinner has reached the sweets course, make a partial clearance of the table before serving. Take away all plates, empty glasses, and crusts, and remove all crumbs. When coffee is about to be served, lay a napkin over the cloth, should it be in the least soiled.

Serve finger-bowls of tepid water on a plate, and let there be a slice of lemon and a dash of rose-water in each bowl.

By this time the servants should have

cleared the sideboards of all dishes, plates, and silver, and with the exception of one or two, according to the number of persons dining, should leave the room.

RELISHES OR APPETISERS

(Hors d'Œuvre)

HORS d'œuvre are of two kinds—hot and cold—and are generally served at the commencement of dinner or luncheon, or immediately following the soup.

Cold hors d'œuvre are composed of salted fish, sausage, various salads, or uncooked foods, such as Westphalian ham, smoked salmon, and smoked eels. Hot hors d'œuvre are little patties or pasties, rissoles, croquettes, and garnished toasts. They are served very hot on a daintily folded napkin or pretty dish-paper.

Cold hors d'œuvre are the more popular of the two, because they are so much more easily prepared, and can be re-dressed and served a second time. The object of the hors d'œuvre is to stimulate the appetite, and increase the relish for the more substantial viands that are to follow.

It is usual to serve a small glass of

sherry, madeira, vodka, or an American cocktail with this course.

I. BUTTER

(Beurre)

Always serve a dish of small pats of fresh butter with the hors d'œuvre, and dress with tiny sprigs of parsley.

2. DRESSED ARTICHOKEs

(Artichauts Poivrade)

Cut some very young green artichokes into quarters, and soak them in cold water till fairly soft; arrange on a dish, and pour a thickened French dressing (No. 224) over them; sprinkle a little chopped parsley, and serve.

3. CUCUMBER SALAD

(Concombres en Salade)

Thinly slice the cucumbers, and mix

lightly with French dressing (No. 224);
sprinkle with some finely-chopped parsley.

4. PRAWNS

(Crevettes roses)

Arrange ten or twelve prawns on a
bed of parsley, and serve quite plain.

If an important dinner, remove the plates
as soon as the prawns are eaten, and place
a finger-bowl, with a slice of lemon in it,
and a clean napkin on each plate for each
guest, taking care to remove the first
napkin.

5. CAVIARE (Sturgeon's Eggs)

(Caviar)

The best caviare comes from Astrakhan,
and can be purchased at most of the leading
stores and provision dealers'.

It should be served in the tin or earthen-
ware bowl in which it has been bought, and
placed in a receptacle containing ice. A

small tray of quarters of lemon, hot dry toast, butter, and finely-chopped onion should be handed round with this course.

6. SARDINE TOAST

(Canapés aux Sardines)

Mix a little butter with some Gorgona anchovy sauce, and spread on small squares or strips of hot toast.

Skin some sardines, and lay on each piece of toast; place under salamander or in the oven a minute or two, squeeze a little lemon on each, and serve.

7. CAVIARE TOAST

(Canapés au Caviar)

Butter some small squares of toast and place on each a thin layer of caviare; serve with some chopped onion and lemon separately. This hors d'œuvre can be served either hot or cold.

8. ANCHOVY TOAST

(Canapés aux Anchois)

Butter a thin piece of hot toast and place on it a thin layer of hard-boiled egg-yolks which have previously been passed through a sieve; add a layer of fillets of anchovies, border the edge of the toast with finely-chopped parsley, sprinkle a few whole capers on top, and serve either hot or cold.

9. TUNNY FISH TOAST

(Canapés au Thon mariné)

Mix some anchovy sauce with some butter and spread on hot toast; cut the tunny fish into thin layers and lay on toast, leaving a small space between each piece of fish; in these partitions place alternately some finely-chopped gherkins and parsley. Cut into small squares or long strips, and serve either hot or cold.

10. HASHED TUNNY FISH TOAST

(Canapés au Thon haché)

Butter toast as in last recipe, then finely chop the tunny fish; add a shake of cayenne pepper and a pinch of salt, and place on toast.

II. VARIOUS RUSSIAN TOASTS

(Canapés à la Russe variés)

These are different kinds of toasts, such as caviare, salmon, Westphalian ham, or any of those just given; two or three of each dressed on a dish, and garnished with a little parsley.

For six persons prepare, say, four squares each of anchovy toast, caviare toast, smoked salmon toast, and tunny fish toast.

The articles in the following list require little or no preparation, and are very easily obtainable; a little parsley, beetroot, or thinly-sliced lemon or tomato, arranged round the dish, forms all the garnish that is necessary.

<i>Salami.</i>	Italian Sausage.
<i>Saucisson de Lyon.</i>	Lyons Sausage.
<i>Jambon de Westphalie.</i>	Westphalian Smoked Ham.
<i>Saumon fumé.</i>	Smoked Salmon.
<i>Keiller Sprotten.</i>	Smoked Sprats.
<i>Harengs fumés.</i>	Smoked Herrings.
<i>Anchois de Norvège.</i>	Norwegian Anchovies.
<i>Anchois de Gorgona.</i>	Gorgona Anchovies.
<i>Sardines à l'Huile.</i>	Sardines in Oil.
<i>Sardines aux Tomates.</i>	Sardines in Tomatoes.
<i>Olives.</i>	Olives.
<i>Royal Natives.</i>	Royal Natives (Oysters).
<i>Oeufs de Pluvier.</i>	Plovers' Eggs.
<i>Filets de Hareng.</i>	Fillets of Herring.
<i>Salzgurken.</i>	Salted Cucumbers.
<i>Cornichons.</i>	Gherkins.
<i>Radis.</i>	Radishes.

The following recipes (Nos. 12-15) should appeal strongly to my readers, as they exemplify the thrift of the cook or housewife. The articles required to compose these appetising dishes need only be those which remain

from the previous day, and would in many households be considered useless.

12. FISH SALAD

(Salade de Poisson)

Bone and remove all the skin of some cold boiled fish—such as turbot, sole, cod, plaice, eel, or red mullet—and cut as nearly as possible into equal squares.

Take two or three cold boiled potatoes to each pound of fish, and cut into thin slices and place in a bowl with the fish; then add either cold French beans, cauliflower, peas, tomatoes, or bottoms of green artichokes. Chop a little onion and parsley very finely, and sprinkle the salad with it.

Now add a thickened French dressing (No. 224), and mix together carefully so as not to break the potatoes into tiny pieces. Place in a salad-bowl and sprinkle some finely-chopped beetroot in centre. Arrange round the salad-bowl some thinly sliced tomatoes and some thin fillets of

anchovies, tapering these to the centre of the beetroot.

A decided improvement is to place these salads during the hot months in an ice pail for about three-quarters of an hour before serving them.

13. BEEF SALAD

(Salade de Bœuf)

Same recipe as the Fish Salad, omitting the fillets of anchovies.

The beef for this salad should be that which has been used for making soup or gravy; it should be cut into thin strips about one inch square.

A little piccalilli finely chopped in with the dressing is a decided improvement.

14. VEAL SALAD

(Salade de Veau)

Is prepared in the same way as the Beef Salad.

15. CHICKEN SALAD

(Salade de Poulet)

Bone and cut into fairly thin strips some cold chicken. Then for half a chicken take two fairly sized apples and cut into strips the same as the chicken.

Cut some tomatoes into sixteen pieces, and mix all together with a Mayonnaise sauce (No. 211).

16. TUNNY FISH SALAD

(Salade de Thon)

Same recipe as Chicken Salad (No. 15), using tunny fish instead of chicken, omitting the apples, and adding capers and chopped parsley.

17. ANCHOVY SALAD

(Salade d'Anehois)

Cut some carefully washed Gorgona anchovies into fine fillets, and arrange cross-wise on dish.

Finely mince white and yellow of an egg separately, also some parsley, gherkins, and beetroot. Now, with the edge of a knife, take a little of each and place separately on each side of the anchovies, putting first the chopped white of egg, then parsley, then chopped yolk of egg, then beetroot. In the centre of each little square of anchovy place a caper, trim edge of dish with beetroot cut into tiny ovals, and pour a little salad oil into centre.

18. TOMATO SALAD

(Salade de Tomates)

Slice one or two firm tomatoes and arrange on oval dish; sprinkle lightly with chopped onion, pour a little French dressing (No. 224) over centre of tomatoes, and sprinkle over this a little chopped parsley.

This salad may be varied by placing alternately slices of tomato, potato, and cucumber.

19. NICE SALAD

(Salade Niçoise)

Cut into small, regular pieces celery, tomatoes, potatoes, and French beans, and arrange separately in a dish or salad-bowl; pour a thickened French dressing (No. 224) over, and mix all together just before serving.

20. POTATO SALAD

(Salade de Pommes)

Cut some cold boiled potatoes into thin slices. Chop some vinegar or mustard pickles up very finely, with some onion and parsley, and mix all together in a bowl with a French dressing (No. 224); arrange on a dish, sprinkle with some chopped parsley or beetroot, and serve.

21. POTATO AND ANCHOVY SALAD

(Salade de Pommes aux Anchois)

Same preparation as last, adding some

finely-chopped anchovies and some fillets finely cut arranged on the top, when dressed in dish.

22. RUSSIAN HERRINGS

(Harengs à la Russe)

Fillet some raw salted herrings, and place for a day or two in oil with some sliced onions, cloves, and pepper.

Make a salad with some cold boiled French beans and French dressing (No. 224), and place on a long oval dish; lay two fillets of herrings on each side of the salad, and garnish the sides of the herrings with sliced beetroot and tomatoes arranged alternately, and three little piles of chopped garlic, onion, and parsley round dish.

23. GORGONA ANCHOVIES

(Anchois de Gorgona)

Are purchased in square bottles; they should be well washed in two or three waters,

cleansed and filleted, placed on dish and dressed with a little plain salad oil; garnish the edge with parsley and beetroot.

24. DRESSED EGGS

(Œufs à la Vinaigrette)

Cut into quarters or round slices a hard-boiled egg for each dish, and dress with a thin Mayonnaise sauce (No. 211) into which has been worked a little anchovy sauce.

25. STUFFED EGGS

(Œufs farcis)

Cut three or four hard-boiled eggs in halves and remove the yellow, taking care not to break the white; cut a thin slice from the bottom of each, so that they stand upright.

Mash the yellow up finely in a plate with a fork, add a little cayenne, anchovy sauce, half minced gherkin, and Mayonnaise sauce (No. 211); mix all together to a

firm paste, and replace in the halves of white with a teaspoon; garnish the dishes with a little beetroot.

26. JELLIED EGGS

(Œufs pochés à la Gelée)

Pour some good jelly soup, either of veal or chicken, to which has been added a little gelatine, into a suitable dish (a round one is best); add two or three soft poached eggs, and place on the ice overnight. It should be jellied in the morning.

27. CANTALOUPE MELON

(Melon Cantaloup)

The finest melons come from Cantalupo, in Italy, whence they derive their name; the rock melon, which comes from America, is so very similar that only a connoisseur can detect the difference.

Place the melon in a big bowl with small chunks of ice at least one hour before serving.

Cut from the centre of one side to the centre of the other, remove the pips or seeds, and cut a thin slice of the rind from the bottom, so that it will stand upright; serve with powdered sugar, salt and pepper or powdered ginger.

SOUPS

CLEAR SOUPS

28. BEEF BROTH

(Pot-au-Feu)

THIS soup is one that finds most favour with the *bourgeoise*, or French housewife, forming, as it does, a most nourishing and sustaining food. It is at the same time very economical, as the meat utilised is afterwards served as a dish, with the vegetables arranged around, or is converted into Beef Salad (No. 13).

The beef most suitable is the hind-quarter or shoulder, which should be boned and bound together with string; the bones can also be boiled at the same time.

Put the meat in an earthenware or enamelled saucepan, add some chicken giblets and the bones of the meat, cold water, and rough, ordinary salt.

Place the saucepan on the fire and allow

to boil, skimming off the fat as it rises. As soon as the water boils, add a glass of cold water and continue to skim off the fat; when it has boiled again, withdraw to edge of fire and allow to simmer for four or five hours with the lid partly tilted.

After it has simmered for two and a half hours, add carrots, leeks, and, finally, some chervil; plenty of vegetables should be used, and they should be quite fresh, as the parts that are not dissolved in the soup will be afterwards served with the beef.

Remove the beef from the soup, place it on a hot dish, and arrange some carrots and leeks round the meat; keep warm by the side of the fire, and serve later on with a separate dish of boiled potatoes and a *rémoulade* sauce (No. 210).

Cut a few of the vegetables into thin slices and place in the bottom of the soup tureen; pass the soup either through a fine sieve or a coarse linen cloth into a basin; add three or four drops of essence of caramel to clarify it, pour into tureen, and serve very hot.

29. CLEAR SOUP AND VEGETABLES

(Croûte au Pot)

This soup is prepared in the same way as Beef Broth (No. 28), with some small round pieces of French bread or rolls (which have been previously baked in the oven) served separately.

30. CLEAR CHICKEN AND BEEF SOUP

(Petite Marmite)

For this soup it is essential to have a *marmite*, or earthenware saucepan, which can be purchased at any of the leading stores or French *fournisseurs*.

Put into the *marmite* from one to two pounds of lean beef cut into inch cubes, and the uncooked legs and wings (the second joints) of one or two chickens; add some veal or chicken gravy, fill the *marmite* with cold water, add some salt and a little pepper, and allow to come to the boil; withdraw to the side of the fire, and let simmer very slowly for from three to four

hours. Now add the heart of a white cabbage firmly tied with string, some small carrots and young turnips.

When the vegetables are all thoroughly cooked, put the *marmite* on a plate and serve. Some thin slices of either French bread or roll should have been previously baked crisp.

In serving, cut the beef and the chicken into small pieces and place two or three of each of the vegetables on the plate with three or four of the slices of baked bread.

31. CHICKEN IN THE POT

(Poulet au Pot)

This is made precisely like the last dish, Clear Chicken and Beef Soup, only a whole chicken instead of the wings must be put in the *marmite*. When dishing up, remove the chicken and serve thin slices of white meat and vegetables, as in the last formula.

32. CLEAR SOUP

(Consommé)

In order to preserve this quite fresh from one day to another, turn it into an earthenware vessel, taking care that no sediment has poured in with it. It should then be placed on a shelf in the larder, and exposed to a current of fresh air.

Consommé that has to be kept for three or four days should be boiled up morning and evening.

In order to preserve soup for an indefinite period, it must be bottled and securely corked.

33. JULIENNE SOUP

(Consommé Julienne)

Take four carrots, three turnips, two onions, two leeks, three hearts of lettuce, a small heart of cabbage, and two small sticks of celery; cut the turnips and carrots into thin slices about one inch long, also the celery, onion, and leeks.

Place the onions and leeks in a saucepan with some cooking butter, and let cook till brown; now add all the remaining vegetables, with the exception of the cabbage and lettuce, and allow to cook till all the moisture has evaporated; add salt, pepper, and a pinch of sugar.

Mix with two quarts of hot consommé (clear soup of either beef or chicken).

As soon as all comes to the boil, draw to the side of the fire and allow to simmer for one hour; now add the cabbage and, one hour afterwards, the lettuce. A handful or two of green peas may be added if desired.

As soon as the last vegetables are thoroughly cooked, pour all into tureen and serve.

34. POACHED EGGS IN SOUP

(Consommé aux Œufs pochés)

Warm some chicken or beef soup, poach one or two eggs to each person, pour soup in tureen, and then carefully float in the eggs and serve.

35. ITALIAN SOUP

(Consommé à l'Italienne)

Boil some spaghetti or some macaroni in water for twenty minutes; drain it, and put it into some hot chicken or beef soup, let the whole come to the boil, and send to table with grated Parmesan cheese, served separately.

36. ITALIAN PASTE SOUP

(Consommé aux Pâtes d'Italie)

Let some chicken or beef soup come to the boil; allow half a pound of pâte d'Italie to one quart of soup; boil for five minutes, and serve with grated Parmesan cheese, sent in separately.

37. VERMICELLI SOUP

(Consommé au Vermicelle)

Same preparation as Italian Soup (No. 35), using vermicelli instead of macaroni, and serving with grated Parmesan cheese.

38. CLEAR RICE SOUP

(Consommé au Riz)

Previously boil some rice, and serve as for Italian Soup (No. 35).

39. CLEAR VEGETABLE SOUP

(Consommé Brunoise)

Cut some carrots, white cabbage, turnips, and onions into very small squares, and mix with boiling consommé.

40. CLEAR CHICKEN SOUP

(Consommé de Volaille)

Put into a saucepan two quarts of diluted gravy—either veal or chicken—remove fat, and pass through a fine sieve.

Mince finely two sets of chicken gIBLETS; add the necks and wings, with two pounds of lean beef, some carrots, turnips, one leek, the white of a cabbage, and one raw egg; put all into a saucepan,

and let boil for an hour. (The carcass of one of the chickens may be added if handy.) Clarify with a few drops of caramel, pass through a sieve, and serve.

41. CLEAR GAME SOUP

(Consommé de Gibier)

Game soup is made in the same way as chicken soup, substituting the uncooked flesh of a hare or the legs of partridges, pheasants, or grouse. Add also a pinch of spice.

42. CLEAR CHICKEN SOUP WITH RICE

(Consommé de Volaille au Riz)

Boil some rice separately and put into the clear chicken soup; serve with grated Parmesan cheese, sent in separately.

43. CLEAR GAME SOUP WITH RICE

(Consommé de Gibier au Riz)

Same as Clear Chicken Soup with Rice, omitting the Parmesan cheese.

44. PEASANT'S SOUP

(Soupe à la Paysanne)

Prepare some soup as for Julienne Soup, and add some thin slices of bread previously made crisp in the oven; sprinkle over a little Parmesan cheese, and serve very hot.

THICK SOUPS**45. CREAM OF CHICKEN**

(Crème Reine à la Ménagère)

Put in an enamelled saucepan or a *marmite* a shin of veal and one chicken's giblets; cover with six pints of cold water, add salt, and place on the fire.

Skim the fat as it appears. When the soup comes to the boil, draw to the side of the fire, and add one leek, one lettuce, half a turnip, and one carrot.

One hour afterwards add a quarter of a pound of washed rice

When the veal is quite cooked, remove

it from the *marmite*, and pass the soup through a fine sieve, pressing the rice and vegetables also through.

Replace in saucepan and bring to the boil.

Beat together the yellow of three eggs and a little cream; add these to the soup, and place on fire, but do not allow to come to the boil. Cut some tiny squares of veal and place in tureen with some rice, boiled separately; pour in soup, and serve.

46. ANOTHER CREAM OF CHICKEN

(Crème de Volaille)

Place a whole chicken in a *marmite* or a saucepan with six pints of cold water, one onion, a stick of celery, one turnip, and salt to taste; cook on a fairly slow fire.

When the chicken is three-parts cooked, add half a pound of rice and let boil till the rice is quite soft; withdraw the chicken and vegetables, which can afterwards be served separately, or put on one side for

to-morrow's hors d'œuvre (No. 15); pass the liquid through a fine sieve, pressing the rice and vegetables through, and warm again in a saucepan till just on the point of boiling.

Beat together the yolks of three eggs and a little cream; mix with soup, season, and serve.

47. TOMATO SOUP

(Crème de Tomates)

Make a little brown butter by cooking two ounces of butter and a little flour in a saucepan till of a brownish colour; mix some plain chicken or beef soup, and cook for half an hour.

Peel and halve ten or twelve tomatoes, removing the seeds, mince a big Spanish onion already boiled, and cook these ingredients together with a little butter in another saucepan (adding a small bunch of parsley, salt, whole pepper, cloves, and one laurel leaf), till the moisture has almost evaporated. Stir constantly, so that it does not burn.

Now press all through a fine sieve into the saucepan containing the brown butter; let come to the boil, and pass again through the sieve into a tureen, adding salt and pepper if necessary.

48. TOMATO SOUP AND RICE

(Crème Portugaise)

The same preparation as for Tomato Soup, adding some previously boiled rice just before serving, and allowing to come to the boil.

49. CREAM OF TURNIPS

(Crème de Navets)

Cut up very small three pounds of fairly young turnips; place in saucepan with a lump of butter, on a good fire, and let cook till brown, stirring continuously. Add salt and a teaspoonful of flour, mix with some beef soup, and cook slowly on the side of the fire for one hour; pass through

sieve, replace in saucepan, and stir till it comes to the boil.

Should it not be thick enough, add three or four yolks of eggs and a little cream, whipped together.

50. CREAM OF BARLEY

(Crème d'Orge)

Melt in a saucepan three or four ounces of butter, add a teaspoonful of flour, and cook for three minutes; now put into the saucepan three-quarters of a pound of pearl barley, and three minutes afterwards add a quart of hot water, and bring the whole to the boil.

Withdraw the saucepan to the side of the fire and allow to cook slowly, and as the liquid evaporates add a little boiling water.

As soon as the barley has melted, pass all through a sieve, mix with some clear soup, and pass again through sieve into the saucepan.

Cook without allowing to come to the

boil, and add a thickening of four yolks of eggs and cream whipped together; allow to boil up, and serve.

51. CREAM OF LENTILS

(Crème Faubonne)

This is a very inexpensive soup, and is at the same time very nourishing and sustaining.

Boil one pound of dried lentils in a quart of hot beef soup. When quite cooked, pass together through a sieve into another saucepan, and allow to come again to the boil.

Fry in a frying-pan, with a little butter, half a carrot, one onion, one turnip, and three single sticks of celery cut into long strips; add to the soup; allow to boil for fifteen minutes, and serve.

52. POTATO SOUP

(Crème Parmentière)

Boil fifteen potatoes in salted water in the usual way for twenty minutes; strain

water off and dry them a minute or two in the oven or at the mouth of the stove, then pass through a sieve.

Put the sieved potatoes in a saucepan and mix with them some very clear beef soup or boiled milk; stir well and bring to the boil, season with a pinch of sugar, salt, and pepper, thicken with the yolks of two eggs and cream beaten together; put a piece of butter in soup tureen, pour soup in through sieve, and serve.

A few squares of fried bread may be sprinkled in the soup if desired.

53. CARROT SOUP

(Crème Crécy)

Mince finely the red part of four pounds of carrots, and cook slowly in a saucepan, with a pinch of sugar, salt to taste, and some butter or dripping.

In about twenty minutes add five big floury potatoes and a little soup. Allow to cook slowly for fifteen minutes.

Pass through sieve, add one quart of

Hot beef soup, stir till it comes to the boil ;
let simmer slowly for twelve minutes, season,
and serve either with some previously boiled
rice or some little squares of fried bread.

54. OYSTER SOUP

(Crème aux Huîtres)

Is prepared the same as Mussel Soup (No.
6), using three dozen oysters.

Some small croûtons, or crusts of bread
fried in a little fat, may be sprinkled in
the soup.

55. CRAYFISH SOUP

(Bisque aux Écrevisses)

Take two dozen crayfish of a fair size
and boil in half a bottle of white wine ;
add some finely - minced turnip, cabbage,
carrots, and onions.

Detach the back shell of the crayfish,
fill these shells with some Crayfish Butter
(No. 225), and place on one side to garnish
the soup when completed.

Crush the remains of the fish, and mix with the paste a quarter of a pound of bread-crumbs, soaked in some clear soup; mix this in the first liquid of the crayfish, and add a quart of water in which some fish has been boiled, and four or five tablespoonfuls of tomato sauce.

Allow to come to the boil, withdraw to side of the fire, and let cook slowly for half an hour; sieve, add the prepared shells, and serve.

56. MUSSEL SOUP

(Soupe aux Moules)

Cover four to five dozen fresh mussels with cold water and boil till they open; drain off, and keep the liquid.

Remove the mussels from their shells and keep them warm.

Mince very finely the whole of a leek and one onion, and cook with a little salad oil in a saucepan; add the liquid and six pints of hot water, a small bunch of parsley, one laurel leaf, half a pound of rice, a pinch

if saffron, four cloves, and salt and pepper if necessary.

Cook slowly till the parsley becomes very soft; withdraw, and pass through sieve into soup tureen; add the mussels, and sprinkle with a little chopped parsley.

The mussel soup should be moderately thick.

57. TOMATO SOUP AND VERMICELLI

(Purée de Tomates au Vermicelle)

The same preparation as for Tomato soup (No. 47), adding some vermicelli as soon as the soup comes to the boil, and letting boil for three or four minutes.

58. PEA SOUP

(Purée de Pois)

Boil about one pound of shelled peas in salted water; when cooked, press through sieve, mix with some beef gravy and part the water in which the peas have been boiled, and cook for half an hour on a slow

fire ; add to the soup a spoonful of minced spinach to colour it. Pass again through sieve, add a lump of butter, a pinch of cayenne or white pepper, and a pinch of caster sugar ; boil for five minutes, and serve with some little squares of fried bread sprinkled in the soup.

59. PEA SOUP AND RICE

(Purée de Pois au Riz)

The same preparation as pea soup, adding some previously boiled rice, just before the last boiling, and omitting the fried bread.



FISH

60. GRILLED LOBSTER

(Homard grillé Carlton)

CUT a lobster into equal halves down the centre of the back. Remove the inside parts, and put them in a soup plate.

Dip the fish in oil, place on grill, and allow to cook till the meat is easily detachable. In the meantime add some butter, chopped parsley, and a suspicion of chopped onion, with salt, pepper, and a pinch of cayenne, to the contents of the soup plate; work well together to form into a stiff paste.

Put the lobster on a very hot dish as soon as cooked. Fill the inside hollow with the prepared paste, place the dish under the salamander or in a very hot oven, and allow the butter to commence to melt; pour over it a glass of brandy, and replace the salamander to get quite hot; light the brandy with a match, and serve immediately.

61. DEVILLED GRILLED OYSTERS

(Huîtres grillées Diable)

Place a layer of coarse rough rock salt on a dish, and arrange the oysters upon it.

On each oyster pour a little devilled sauce (No. 199) ; place under salamander or in hot oven for twelve or fifteen minutes ; serve directly with cut lemon.

62. FRIED SOFT HERRING-ROES

(Laitanees frites Villeroi)

Dip ten or twelve soft herring-roes in oil or melted butter, and cook in boiling fat till of a brown colour ; garnish the dish with some quarters of peeled lemon and some fried parsley.

63. FILLETS OF SOLE WITH SPINACH

(Filets de Sole Florentine)

Poach some fillets of sole in boiling water for ten minutes.

Butter a long, flat porcelain or china dish, and lay a bed of hot mashed spinach in the centre. Arrange the fillets on the spinach, and pour a hot Béchamel sauce (No. 208) over; season with salt and pepper, and place in oven for twelve minutes till the top of sauce just begins to get brown. Serve in the same dish, placing it on another of silver or china.

64. SOLE WITH CHEESE SAUCE

(Sole Mornay)

Poach a sole or some fillets of sole in boiling water for ten minutes; butter a long flat oval dish and place the fish in it.

Warm a hot Béchamel sauce (No. 208), and mix with it a spoonful of finely-grated Parmesan cheese; pour the sauce over the fish, and put in oven or under salamander for about fifteen minutes, till of a light brown colour.

Place the dish on another of silver or fine china, and serve.

65. NORMANDY SOLE

(Sole Normande)

Cut four fillets from a sole, and cook as in No. 71, adding a dressing of mussels, oysters, crayfish, trufflès cut into thin slices, three or four small fried smelts, and a few bread croûtons, fried crisp in fat, all arranged round the sole.

66. BAKED SOLES

(Sole au Plat)

Clean as many soles as necessary ; butter a flat oval porcelain dish, put the fish in it, and sprinkle over them some finely chopped onion ; season with salt and pepper, and pour on bottom of dish a glass of white wine.

Place in slow oven for twelve or fifteen minutes, basting occasionally with a little melted butter.

67. BOILED SOLES WITH MELTED BUTTER

(Sole bouillée, Beurre fondu)

Boil the soles in the ordinary way, arrange on a dish with a spray of parsley.

at the head of each fish, and three or four boiled potatoes on each tail; serve a little plain butter separately.

68. FRIED SOLES

(Soles frites au Citron)

Dip each sole in beaten yolk of egg, roll in flour, and plunge into boiling fat. Cook for six minutes, turn them over and cook for another six minutes, drain fat off, dry in cloth, salt them slightly, and serve with a lemon cut in two and a little fried parsley.

69. FRIED FILLETS OF SOLE WITH TOMATO SAUCE

(Filets de Sole Orlic)

Cut each sole into four fillets; cook and dress as for fried soles, and serve separately some tomato sauce (No. 203).

70. DEVILLED SOLE

(Sole Diable)

Dip each sole in salad oil, and place on

grill for about ten minutes, turning after the sole has been on about six minutes; place on dish and pour some Devilled Sauce (No. 199) over the fish, four tablespoonfuls being necessary; place under salamander or in oven for three or four minutes, and serve.

71. SOLE WITH CHABLIS SAUCE

(Sole au Chablis)

Cut into long thin strips one onion, a leek, two carrots, and a stick of celery, and boil for five minutes.

Mince finely half an onion and half a leek, cook till quite brown in a little butter; drain the boiled vegetables, add them to the saucepan containing the browned minced onion and leek, and fry all together until brown; season with salt and pepper and withdraw from fire.

Clean two good-sized soles and cut them each into three pieces; put in saucepan, season to taste, and place the vegetables with them; just cover the soles with a little

white wine, thicken the sauce by adding a small piece of butter rolled in flour. Dress the soles on a dish with the vegetables and sauce.

72. FILLETS OF SOLE WITH WHITE WINE

(Filets de Sole au Vin blanc)

Cut four fillets from each sole and prepare these the same way as for Sole with Chablis Sauce (No. 71), omitting the long, thin Julienne vegetables.

73. FRIED SOLE WITH PARSLEY BUTTER

(Sole Colbert)

Cut a sole half through to the bone, beginning just below the head and terminating just above the tail. Work the knife underneath on either side of the cut, and draw the flesh, without tearing or breaking, to the right on one side and the left on the other, so as to form a receptacle to hold sauce.

Now fry the fish as in No. 68, taking care that the receptacle is properly opened when put into the boiling fat; drain off fat, season with salt, and put a cold Maître d'hôtel sauce (melted butter and parsley) in the opening; sprinkle a little lemon juice on the butter, and serve.

74. BRILL WITH SPINACH.

(Barbue Florentine)

Is prepared in the same way as No. 63, using brill in place of sole, allowing to poach a few minutes longer, and garnishing in the same way.

75. NORMANDY BRILL

(Barbue Normande)

Take a flat dish sufficiently large to contain the brill, and butter it; sprinkle over the fish some finely-chopped onions and mushrooms, and add two wineglassfuls of white wine.

Put the fish black side downwards on the dish, and place one or two small pieces of butter on the top; season with salt and pepper, and allow to boil. When the liquid comes to the boil, cover with a buttered paper and finish cooking in the oven, basting occasionally.

Now take five oysters, the heads of five mushrooms, twelve mussels, and half a dozen prawns, and fry them in oil or butter for from ten to fifteen minutes.

Add a little soup to the liquid and allow to boil, stirring in a teaspoonful or more of flour to ensure a slight thickness.

As soon as the brill has cooked, dress on the dish (a porcelain one is preferable). Pass the liquid from the fish through a sieve and mix it with the sauce made from the mussels and oysters, place on a slow fire and allow to reduce to three-quarters; pour the sauce on the fish, dress the oysters, mussels, mushrooms and prawns round sides, and serve.

Fish cannot be more daintily served than on the easily cleaned and inexpensive

porcelain dishes now so much in use in all French kitchens. The porcelain dish should be set on an ordinary china or silver platter, to prevent possible burning of the tablecloth.

76. GRILLED BRILL

(Barbue grillé Maître d'Hôtel)

Take a sufficient quantity of brill and cut it across the middle into strips, roll in oil, season, and place on grill; allow to cook on both sides, occasionally basting with oil; grill for from fifteen to twenty minutes, and serve with some Maître d'hôtel sauce (No. 221), either poured over the brill or separately.

77. SMALL TURBOT WITH CHEESE SAUCE

(Turbotin Mornay)

Prepare the same as in No. 64, using a whole small turbot.

78. BOILED TURBOT WITH OYSTER SAUCE

(Turbotin bouillé, Sauce aux Huîtres)

Clean a small turbot, and remove the head; boil the fish in salted water for twenty minutes. Serve oyster sauce (No. 215) separately.

Dress the fish with some floury boiled potatoes and a little bunch of parsley.

A thick slice from the middle of a fish may be cooked and served in the same way.

79. TURBOT CREAM

(Turbot à la Crème)

Bone and cut into small pieces some cold turbot, already cooked.

Prepare a sauce by boiling two ounces of butter, the same weight of flour, and half a pint of milk, and reduce the whole by boiling to half the quantity; now pass through sieve.

Place the fish on a flat porcelain dish, pour the sauce over the top, add a few pieces of butter, and put in a brisk oven

till lightly brown, and serve in the same dish.

80. BAKED TURBOT CREAM

(Turbot Crème au Gratin)

Is almost the same preparation as No. 79, except that a little cream is added to the sauce when reducing it. Just before putting the fish into the oven, garnish with mashed potatoes. This is best done by putting some floury potatoes in a coarse linen bag and squeezing them through it, and arranging them round the sides of the fish.

81. TURBOT SALAD

(Turbot Vinaigrette)

Cut some cold turbot into little squares, and season with a French dressing (No. 224), thickened, if desired, with some Mayonnaise sauce (No. 211). Add a little finely-chopped parsley and arrange on a dish; garnish round the sides with beet-root and hard-boiled eggs.

82. TURBOT WITH HOLLANDAISE SAUCE

(Turbot, Sauce Hollandaise)

Boil a piece of turbot for ten minutes ; set on a dish, and arrange with floury boiled potatoes and a little bunch of parsley.

Serve a Hollandaise sauce (No. 220) separately.

83. BOILED TURBOT WITH CAPER SAUCE

(Turbot, Sauce aux Câpres)

Boil a piece of turbot as for Turbot with Hollandaise Sauce (No. 82), and serve with caper sauce.

84. BOILED COD STEAK WITH MUSSEL SAUCE

(Tranche de Cabillaud, Sauce aux Moules)

Cut a slice or steak of codfish, preferably from near the head, and set it in a fish-kettle ; cover with cold water, add salt, and allow to come to the boil ; withdraw

to side of the fire, and allow to cook slowly for about fifteen minutes.

Place a napkin or a dish-paper on a dish, and garnish the cod with small floury boiled potatoes and a little bunch of parsley. Send to table with mussel sauce (No. 216), either poured over the fish or served separately.

85. COD STEAK WITH MELTED PARSLEY BUTTER

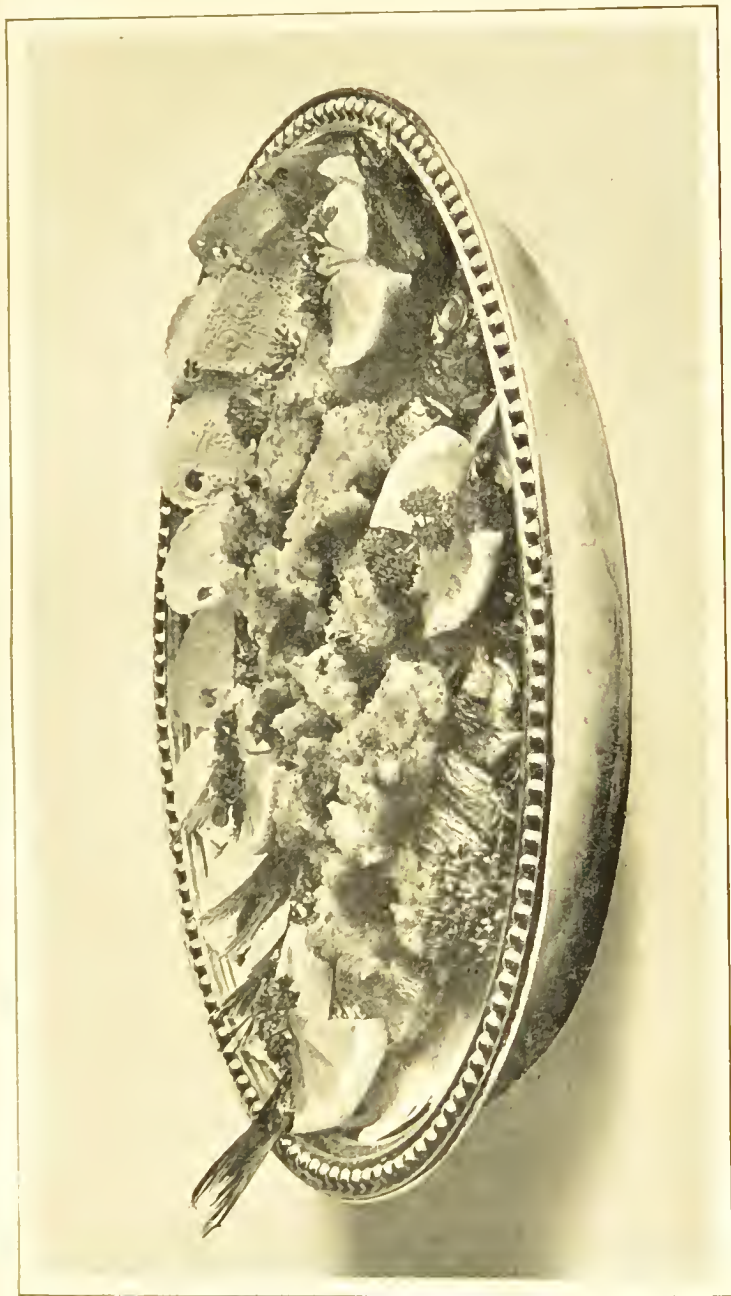
(Tranche de Cabillaud Maître d'Hôtel)

Cook the fish as in No. 84, and serve with a Maître d'hôtel sauce (No. 221).

86. BAKED RED MULLET

(Rougets Meunière)

Roll one or two very fresh red mullets in flour, and place in a porcelain or china oval dish; season with salt and pepper, and put three or four little lumps of butter on each fish; cook in oven for about twenty minutes, basting occasionally. Sprinkle a little lemon juice over, and serve.



GRILLED RED MULLETS (*page 61*).
(Rougets grillés à l'Huile.)

87. GRILLED RED MULLET

(Rougets grillés à l'Huile)

Clean and remove the liver of some red mullets, dip the fish in oil, season, and grill on both sides.

Mince the livers up very finely, and make into a stiff paste by mixing with some oil, lemon, and chopped parsley, salt, and pepper.

Dress the fish on a hot dish, and lay a strip of paste on each fish. Serve very hot, with slices of lemon.

88. FRIED RED MULLET

(Rougets frits)

Clean, but do not touch the interior of, as many red mullets as are required; roll in beaten eggs, then in flour or breadcrumbs; place in boiling fat, and cook for about ten minutes.

Arrange on a dish with some fried parsley and lemon.

89. BAKED SMELTS

(Éperlans Anglaise)

Split twelve or fifteen quite fresh smelts as you would a herring, flour and breadcrumb them and arrange on a buttered porcelain dish ; on each fish set a small piece of butter, and put them into a fairly brisk oven ; cook for twelve or fifteen minutes, basting them occasionally, till they are of a light brown colour ; squeeze a little lemon on them, and serve.

90. FRIED SMELTS WITH TARTAR SAUCE

(Éperlans frits, Sauce Tartare)

Flour and breadcrumb twelve or fifteen fresh smelts, put them into boiling fat, and cook till brown ; drain off fat, dress on a dish with a garnish of fried parsley, and serve with Tartar sauce (No. 212), sent in separately.

91. GRILLED MACKEREL

(Maquereau Maître d'Hôtel)

Split open a mackerel, dip in oil, and

Place on the grill, with the skin nearest the fire; sprinkle with a little salt. After about five minutes turn the fish and cook for another five minutes, basting occasionally with a little oil.

Dress the fish on dish, and place a lump of melted butter and parsley in the centre of the fish; season lightly with salt and pepper, and serve very hot.

902. BOILED MACKEREL WITH PARSLEY SAUCE

(Maquereau, Sauce Persil)

Clean the mackerel and place in a fish-kettle; cover it with cold water to which has been added a teaspoonful of vinegar, and salt to taste; boil for a quarter of an hour, drain water off, and set the mackerel in a dish.

Pour over the fish (or serve separately) parsley sauce, made with milk, a little clear gravy, a teaspoonful of flour, and some chopped parsley.

93. BOILED MACKEREL WITH MELTED BUTTER

(Maquereau, Beurre fondu)

Boil a mackerel and send to table with some plain melted butter, served separately.

Plain boiled potatoes should also be handed round with this dish.

94. WHITEBAIT

(Blanchailles)

Whitebait to be good should be cooked the same day as caught, and served very hot.

Put the whitebait in a frying sieve, and sprinkle some flour on them; shake them together and plunge the sieve into boiling fat; as soon as they are brown, which, should the fat be properly hot, will take but two or three minutes, drain the fat off; sprinkle with salt, dress on dish, and serve with brown bread-and-butter, and a lemon cut in quarters.

95. DEVILLED WHITEBAIT

(Blanchailles Diable)

Cook as before, drain off fat, sprinkle with salt and a little cayenne pepper, shake well, and serve with brown bread-and-butter and cut lemon.

96. FRIED HERRINGS

(Harengs frits)

The herrings should be very fresh. Clean them, sprinkle them with salt and dip them in some milk; put into boiling fat, fry till cooked; drain off fat, and serve with lemon and fried parsley.

97. GRILLED HERRINGS WITH MUSTARD SAUCE

(Harengs grillés, Sauce Moutarde)

Clean three or four fresh herrings, leaving the roes in them; dip in oil and cook for six or seven minutes on the grill; dish them, and serve with them a mustard sauce.

98. BOILED SALMON WITH HOLLANDAISE SAUCE

(Saumon, Sauce Hollandaise)

Take a small salmon, or one or two slices of salmon, according to the number of persons dining, and boil in salted water; place a frilled paper on a dish, and serve the salmon with small floury boiled potatoes.

Serve a Hollandaise sauce (No. 220) separately, also hand round a sliced cucumber salad.

99. BOILED SALMON WITH OYSTER SAUCE

(Saumon, Sauce aux Huitres)

Boil and dress salmon as in No. 98, and serve with oyster sauce (No. 215), either poured over the fish or sent to table in a sauce-boat.

100. BOILED SALMON WITH MUSSEL SAUCE,

(Saumon, Sauce aux Moules)

Boil some slices or a piece of salmon, and

pour over them (or serve separately) a mussel sauce (No. 216), as in Salmon and Oyster Sauce (No. 99).

101. GRILLED SALMON WITH TARTAR SAUCE

(Tranche de Saumon grillé, Sauce Tartare)

Dip a thick slice of salmon in oil, and place on grill; cook both sides, allowing ten minutes to each side; place on a papered dish, previously garnished with thin half-slices of lemon and sliced beetroot placed alternately. Serve a Tartar sauce (No. 212) separately, and hand round a thinly sliced cucumber salad.

102. GRILLED SALMON MAÎTRE D'HÔTEL

(Saumon grillé Maître d'Hôtel)

Grill salmon as in No. 101; place on dish and put on fish some melted butter and parsley; place under salamander or in brisk oven for a few minutes, and serve with a thinly-sliced cucumber salad.

103. COLD SALMON WITH GREEN SAUCE

(Saumon froid, Sauce verte)

Remove the skin from a slice of cold boiled salmon, dress with hearts of lettuce and hard-boiled eggs cut into quarters, and place alternately with the lettuce.

Serve a green sauce (No. 218) separately, also a finely-sliced cucumber salad.

104. SALMON SALAD

(Salade de Saumon)

Bone and cut into equal-sized pieces some cold boiled fish; place in form of a pyramid in a salad-bowl, and garnish with finely-chopped parsley, one or two hard-boiled eggs cut into quarters, slices of beet-root, and a French dressing (No. 224).

105. BAKED TROUT

(Truite Meunière)

Take four moderate-sized trout, make three or four incisions on either side of each, and roll the fish in flour; rub a thick

coating of butter over a porcelain dish, and place the fish in it; season with salt and a very little pepper, and a dash of vinegar; cook in brisk oven for fifteen minutes till brown, basting occasionally. Add a squeeze of lemon, and serve in same dish.

106. TROUT COOKED WITH VEGETABLES

(Truite au Bleu)

Put one or two trout in a saucepan or porcelain dish, with six thin slices of carrots and onions; just cover the fish with cold water, season, and cook slowly for twenty-five minutes.

Serve with part of the water the fish has been boiled in, and send to table a dish of small boiled potatoes and a sauce-boat of Hollandaise sauce (No. 220) or melted butter (No. 201).

107. GRILLED TROUT, DEVILLED SAUCE

(Truite grillée, Sauce Diable)

Take one or two trout, score them three

or four times on each side, dip in oil, and cook lightly on the grill.

Garnish a dish with thin slices of lemon and little sprigs of parsley placed alternately, arrange the trout on dish, and serve some devilled sauce (No. 199) separately.

108. SALMON TROUT WITH HOLLANDAISE SAUCE

(Truite Saumonée, Sauce Hollandaise)

Clean a salmon trout, but do not remove the scales; place on the grill of the fish stewpan, and cover with hot salted water; allow to come to the boil, draw to side of the fire, and let slowly simmer for twenty minutes.

Dress on a dish with parsley at each end and small boiled potatoes on either side. Serve a Hollandaise sauce (No. 220) separately.

109. FRIED FILLETS OF WHITING

(Paupiettes de Merlan frites)

Fillet three or four whittings, season

with salt and pepper, sprinkle with finely-minced onion and parsley on both sides ; now roll each fillet over and over into the form of a little barrel, and fix all together on a wooden skewer.

Dip in beaten egg, and put into boiling fat, and let cook till brown ; drain off fat, remove the skewer, dress on dish with fried parsley and lemon.

110. FRIED SMALL WHITINGS AND LEMON

(Petits Merlans frits au Citron)

When buying whiting, always see that the fish is quite fresh.

Cook as for Fried Red Mulletts (No. 88).

111. BROILED WHITING

(Merlans grillés)

Having prepared the whiting, seasoned them with salt and pepper, and dipped them in olive oil, grill them over a slow fire,

turning them till browned. Serve with tomato sauce (No. 203).

112. BOILED MUSSELS

(Moules Marinière)

Finely mince two onions and two small shallots; put in saucepan with some butter, and let cook without turning colour; add five or six dozen mussels that have been thoroughly washed, season with salt and pepper and a suspicion of cayenne, and just cover with water; allow to cook until the mussels open.

Remove the mussels from the saucepan and thicken the remaining liquid with some butter; add some finely-chopped parsley and more seasoning, if necessary. Dress all on a dish, and serve very hot.

neither the risk nor the trouble of turning them out and re-serving.

113. PLAIN FRIED EGGS

(Œufs au Plat)

Melt a little butter in some of the small dishes; break into them one or two eggs to each person, being very careful that the yolks and whites remain separate; season with salt and pepper, and place in oven or on top of the stove till cooked.

114. FRIED EGGS AND SAUSAGES

(Œufs Berey)

Previously cook some little French sausages. Melt one ounce of butter in four small dishes, crack four eggs and drop carefully in; put a sausage on one side of each egg, and place either in oven or on top of stove till cooked. Pour a little hot, thick tomato sauce (No. 203) round edge of dish, and serve.

115. FRIED EGGS AND KIDNEYS

(Œufs Meyerbeer)

Cut some kidneys into halves, fry them, remove from the pan, add to the gravy a little clear soup or meat juice, and boil up again.

Fry some eggs as for No. 113, and dish them, arranging kidneys and gravy round the edge of the dish.

116. FRIED EGGS AND CHICKENS' LIVERS

(Œufs aux Foies de Volaille)

This is the same preparation as No. 115, using chickens' livers in place of kidneys.

117. PLAIN SCRAMBLED EGGS

(Œufs brouillés Nature)

Season three or four eggs with salt and pepper, and beat until quite frothy; add a tablespoonful of cream, and beat again.

Melt a little butter in a frying-pan,

pour eggs in, and stir slowly but continuously for one or two minutes to prevent burning. When the eggs become slightly consistent, dress on hot dish and serve with some hot toast.

118. SCRAMBLED EGGS WITH CHICKENS' LIVERS

(Œufs brouillés aux Foies de Volaille)

Cook some chickens' livers in a frying-pan with a little butter.

Prepare some scrambled eggs as for No. 117; add the chickens' livers, and serve.

119. SCRAMBLED EGGS WITH FRESH TOMATOES

(Œufs brouillés aux Tomates fraîches)

Skin two or three tomatoes by placing them in boiling water for a few minutes, cut into eighths and remove the seeds, fry for a few minutes with a little butter, salt, and pepper.

Prepare some scrambled eggs in the way described in No. 117; then mix the hot tomatoes with the eggs, arrange on a dish and serve.

120. SCRAMBLED EGGS WITH PRAWNS

(Œufs brouillés aux Crevettes)

Cut some prawns, either fresh or canned, into pieces.

Prepare some scrambled eggs as for No. 117; mix in the prawns just before the eggs set, stir for a minute, then dress and serve.

121. SCRAMBLED EGGS WITH ASPARAGUS TIPS

(Œufs brouillés aux Pointes d'Asperges)

Fry lightly in some butter a few asparagus tips which have been seasoned with salt and pepper.

Prepare some scrambled eggs as for No. 117; dress on dish, and place asparagus tips in centre and round edge.

122. SCRAMBLED EGGS WITH MUSHROOMS

(Œufs brouillés aux Champignons)

Peel a few young mushrooms, cut into thin slices, place them in a pan with some butter, and allow them to cook for a few minutes.

Prepare some scrambled eggs as for No. 117; add mushrooms, stir together, dress on dish and serve.

123. EGGS WITH BLACK BUTTER

(Œufs au Beurre noir)

Previously prepare some black butter (No. 202).

Fry two eggs to each person as for No. 113; pour the black butter over, and serve very hot.

124. POACHED EGGS WITH SPINACH

(Œufs pochés Florentine)

Allow two eggs to each person, and poach

them for one and a half minutes in boiling water to which a dash of vinegar has been added.

Butter some small round porcelain dishes, and lay in each a spoonful of hot minced spinach; place the eggs carefully, without breaking, on the spinach, and pour a spoonful of Béchamel sauce (No. 208) over each egg. Season with salt and pepper, place in oven for about ten minutes, and serve a little dish to each person.

125. POACHED EGGS WITH CHEESE SAUCE

(Œufs pochés Mornay)

Poach one or two eggs to each person, as in No. 124, butter some small round porcelain dishes and place the eggs therein; pour a spoonful of hot Béchamel sauce (No. 208) over each egg, season with salt and pepper, and sprinkle with some grated Parmesan cheese. Place in oven for ten minutes, and serve a dish to each person.

126. EGGS WITH CREAM

(Œufs en Cocotte à la Crème)

For this recipe it is indispensable to have a few of the small oval deep dishes or shells, in which each egg is cooked separately. Two eggs are usually provided to each person; therefore, if six are lunching, twelve little dishes, or *cocottes*, as they are called, will be required.

Put a small lump of butter in each *cocotte*, pour in the eggs whole, season with salt and pepper, pour a little cream on the top of each egg, place in the oven for about ten minutes, and serve. The eggs when served should be quite soft.

127. EGGS WITH MEAT JUICE

(Œufs en Cocotte au Jus)

This is the same preparation as No. 126, using some hot meat-juice instead of cream.

128. EGGS WITH TARRAGON

(Œufs en Cocotte à l'Estragon)

Butter as many little *cocottes* as re-

quired, and break an egg into each; season with salt and pepper, and pour a spoonful of meat juice into each *cocotte*; chop some tarragon very finely, and sprinkle just a suspicion over the meat juice; then take some long leaves of tarragon and lay on each egg, place in oven for five or six minutes, and serve.

129. FRIED EGGS WITH TOMATO SAUCE

(Œufs frits à l'Orlie)

Put half a pint of good Lucca oil in a clean saucepan and let boil; break as many eggs as required—one at a time—into a saucer; put each egg in a big round spoon, so as to give them a decidedly round appearance; drop carefully into oil and let cook till quite brown; now either pour a hot tomato sauce (No. 203) on a dish and arrange the eggs in the sauce, or dress on a dish and serve the sauce separately.

A little fried parsley will supply the necessary garnish.

130. FRIED EGGS WITH LEMON

(Œufs frits au Citron)

Put about half a pint of good olive oil in a saucepan, and let come to the boil.

Take as many eggs as are required, and break them one at a time into a saucer; place each egg in a big round spoon, so as to give them a nice round appearance; pour carefully into the fat, and allow to cook till quite brown.

Sprinkle a little salt on the eggs, dress on a dish with some fried parsley and quarters of lemon.

131. EGGS WITH ONIONS

(Œufs Lyonnaise)

Fry some onions in a little butter till they are almost reduced to a liquid, and mix with a little Béchamel sauce (No. 208).

Cut three or four hard-boiled eggs in halves, arrange on a dish, pour the sauce over, sprinkle with a little grated Parmesan

cheese, place in oven for fifteen minutes, and serve.

132. EGGS WITH POTATOES

(Œufs Parmentière)

Place a layer of potatoes, mashed with cream, on a dish, lay three or four lightly-poached eggs on the potatoes, sprinkle with cream and grated Parmesan cheese, and place in the oven. The dish will be ready to serve in ten minutes.

133. TURKISH EGGS

(Œufs à la Turquie)

Take one or two chickens' livers and as nearly as possible cut into equal pieces, and season with salt and pepper; fry in a pan with a little butter.

Prepare some eggs as for No. 113; next dress the chickens' livers, and finally put a hot Madeira sauce (No. 217) round the sides of the eggs.

134. PLAIN OMELET

(Omelette Nature)

It is not often that one makes a complete success of the first omelet, but the young housewife who essays this delicate form of cookery must not be discouraged. Even if the first omelet is a comparative failure, it is almost certain that, with patient attention to the following instructions, the fifth or sixth attempt will be a decided success.

Butter a frying-pan, beat the eggs (seasoned with salt and pepper) and pour into the frying-pan, stir briskly with a fork, and as soon as the eggs begin to set, tilt the pan on one side, and work the eggs together with the fork, till the omelet assumes an oblong shape and is evenly united.

Now drop the omelet on to a dish by placing the dish on the uneven part of the eggs and turning the pan on to the dish, thus getting the smooth side uppermost; trim the edges and serve.

135. SAVOURY OMELET

(Omelette aux Fines Herbes)

When beating the eggs, mix a little parsley, or spice, or dried herbs, as may be desired, and cook in the same manner as for No. 134.

136. MUSHROOM OMELET

(Omelette aux Champignons)

Finely slice a few fresh mushrooms and cook in a frying-pan with a little butter.

Make a plain omelet (No. 134), and mix the mushrooms just before the eggs commence to set.

137. TOMATO OMELET

(Omelette aux Tomates)

Skin two or three tomatoes after placing in boiling water for a few minutes, cut into eighths, remove the seeds, and mix with the eggs.

Make a slit in the centre of the omelet,

and pour a thickened tomato sauce (No. 203) into it.

138. AMERICAN OMELET

(Omelette Américaine)

Make a tomato omelet, and add a few slices of very thin breakfast bacon round sides.

139. TRUFFLES OMELET

(Omelette aux Truffles)

Either fresh or bottled truffles may be used, fresh, of course, being preferable.

Skin and mince one or two small truffles and put into a frying-pan with a little butter, salt and pepper ; cook for about five minutes.

Beat eggs as for plain omelet, add truffles, make omelet, and serve very hot.

ENTRÉES

IN compiling the following recipes for entrées I have endeavoured to simplify the formulæ as much as possible. In some cases an article which is easily obtainable has been substituted for another that is difficult to procure.

The recipes may in every case be fully trusted to produce the very best results, and the housewife will be saved both expense and trouble by following them closely.

140: STEWED CHICKENS' GIBLETS

(Abattis de Volaille)

Thoroughly wash and clean two or three chickens' gIBLETS, with the necks and wings, and set the livers on one side.

Cook, with a little butter, salt, and pepper, eight small onions, until brown; add the gIBLETS, etc., and allow to cook on a brisk fire for about twelve minutes; now sprinkle

with a tablespoonful of flour and, three minutes afterwards, cover the whole with boiling water; season again, and simmer for an hour and a quarter.

Add ten or twelve small potatoes, and let simmer again; in the meantime cook the liver, cut it into small pieces, and fry it in a little butter; add to the giblets, let the whole come to the boil, and serve.

141. STEWED CHICKENS' GIBLETS AND RICE

(Abattis de Volaille au Riz)

Prepare some chickens' giblets as in No. 140; omit the potatoes, and add some boiled rice just before the last boiling.

142. GRILLED CHICKENS' LIVERS AND BACON.

(Brochettes de Foies de Volaille)

The same as for No. 166, using chickens' livers, bacon, and mushrooms.

143. CHICKEN CUTLETS AND PEAS

(Côtelettes de Volaille Maréchale)

Cut some thick slices from the breast of a chicken, dip in beaten egg, then in breadcrumbs; season with salt and pepper, and fry in butter till of a light brown colour.

Dress on a dish some fresh or preserved peas previously fried in butter, arrange the cutlets round, and serve with a cream sauce (No. 219), sent in separately.

144. STEWED CHICKEN AND FRESH TOMATOES

(Poulet sauté aux Tomates fraîches)

Take an uncooked chicken and joint it neatly, cutting the legs in halves; add the carcass cut in two, and put all in a saucepan with some butter, salt, pepper, a small whole garlic, and a bunch of parsley, laurel, and thyme all tied together; allow to cook on a moderate fire.

As soon as the chicken is cooked, add to

it half a pint of clear soup ; let boil for three minutes, then remove from fire.

Fry six or seven tomatoes with a little butter.

Dress the chicken on a dish, with the exception of the carcass ; pour the gravy over, and dress with the tomatoes and a few pieces of crisp bread fried in dripping.

145. STEWED CHICKEN

(Poulet sauté Marengo)

Prepare a chicken the same as for No. 144, and dress the dish with croûtons of bread, and a fried egg to each person.

146. STEWED CHICKEN AND ARTICHOKES

(Poulet sauté aux Fonds d'Artichauts)

Prepare a chicken as for No. 144, and, when the chicken has cooked, add a little thick gravy and let come twice to the boil.

Then add ten or twelve artichoke bottoms cut in halves or quarters.

Drop in a squeeze of lemon just before serving.

147. PULLET STEWED WITH VEGETABLES

(Poussin en Cocotte Paysanne)

Line a round porcelain dish with small pieces of bacon and chopped onions, and cook with butter, salt, and pepper for ten or twelve minutes; place the young chicken in, and cook for ten minutes.

Parboil some potatoes, carrots, and turnips; cut into equal oval shapes, and put in *cocotte* with a little clear gravy, adding, shortly after, a few small braised onions; allow all to cook thoroughly, and serve.

148. STEWED CHICKEN AND VEGETABLES

(Poulet en Casserole Paysanne)

Prepare in the same way as for No. 147,

but allow the chicken longer time to cook, according to size.

149. DEVILLED GRILLED CHICKEN

(Poulet grillé Diable)

Cut a chicken down the centre of the back, beat the bones of the legs, and pass a skewer through the legs and back, and another through the wings and back, so as to give the chicken a flat appearance.

Dip in beaten eggs and breadcrumbs, season with salt and a little cayenne pepper, and place on grill, basting occasionally with oil or butter.

Allow to grill thoroughly on both sides, which will take about twenty-five minutes, according to the size of the chicken.

Place on a dish, dress with watercress and a hot devilled sauce (No. 199) served separately.

150. BAKED PHEASANT

(Faisan Souvaroff)

Stuff a pheasant with some pieces of *parfait de foie gras* and fresh truffles.

Line the bottom of an earthenware saucepan with small pieces of bacon, a few mushrooms cut into thin slices, a piece of butter, and some salt.

Put in the pheasant and allow to cook for fifteen minutes; pour half a glass of white wine over the bird, and baste well. Replace the lid, and seal it by means of a stiff paste of flour and water, so that the air cannot get inside; replace in oven for thirty minutes.

Place the casserole on a dish and remove the seal before the guests, serving the stuffing with the bird.

151. BAKED PHEASANT WITH BRUSSELS SPROUTS

(Faisan aux Choux de Bruxelles)

Cook a pheasant in a casserole (earthenware pot), with some finely-cut pieces of bacon, and a little meat juice at the bottom of the casserole.

Fry thirty or forty cold boiled Brussels sprouts in a frying-pan with a little butter,

salt, and pepper, and dress round pheasant when it is cooked.

152. GRILLED PARTRIDGE WITH PARSLEY BUTTER

(Perdreau grillé Maître d'Hôtel)

Cut down the back a young partridge, and skewer together, beat lightly, roll in butter and then in breadcrumbs; place on grill for about fifteen minutes, turning and basting occasionally.

Dress on dish, place some cold melted butter and parsley in the centre of the bird, and serve with a lemon cut in two.

A few chip potatoes may also be served with the partridge.

153. PARTRIDGES AND CABBAGE

(Perdrix au Chou)

Take two or three partridges and cook for ten minutes, with butter and bacon; add a little soup, and cook slowly for three-quarters of an hour.

Cut two cabbages in halves, and braise them for an hour in the oven with some pieces of bacon, three or four small French sausages, and a sprinkling of oil.

Now add the partridges, cover with the cabbage and bacon, and cook for twenty minutes in the oven.

Dress the cabbage on a dish, lay the birds in the centre, and place alternately the bacon and sausages.

154. BAKED GROUSE

(Grouse en Casserole)

Line an earthenware saucepan with small pieces of bacon and onions, and put over these some little pieces of butter.

Place the grouse in the casserole, season with salt and pepper, and let cook for twenty-five minutes, basting occasionally.

155. GRILLED GROUSE WITH DEVILLED SAUCE

(Grouse grillé, Sauce Diable)

Cut a grouse down the centre of the

back, skewer it, and beat lightly ; dip in butter and white breadcrumbs ; place on grill for fifteen minutes, basting occasionally with oil.

Dress on dish with watercress and lemon, and serve either with chip potatoes, or with bread sauce, gravy and browned breadcrumbs, and chip potatoes, or, again, with devilled sauce (No. 199).

156. STEWED PIGEONS WITH OLIVES

(Pigeons aux Olives)

Put some finely-cut bacon in a saucepan with butter and finely-chopped onions, and cook until brown ; place the pigeons in the pan and allow to cook for fifteen minutes, turning occasionally ; season, add a glass of white wine, and simmer until reduced to half the quantity. Then three-parts cover them with hot gravy soup, and let them simmer slowly beside the fire. When the pigeons are properly cooked, pass the sauce through a sieve and replace in pan with pigeons, and allow to come to the boil.



STEWED PIGEONS (*page 97*).
(Pigeons en Compote.)

Dress the pigeons with some stoned olives that have been scalded with water.

157. STEWED PIGEONS

(Pigeons en Compote)

Take as many pigeons as are required and fry them in a saucepan with some melted lard; season lightly with salt, add two slices of bacon cut into small pieces, sprinkle with a spoonful of flour, add a glass of white wine, and cover all with hot water.

Let boil five or six minutes on a quick fire, add a few herbs, season, and let slowly simmer on side of fire.

Peel some onions (the smaller the better), and fry in butter and a pinch of sugar until brown.

When the birds are half-cooked, add the onions and, twenty minutes afterwards, a dozen small mushrooms.

Arrange the birds on a dish, with the onions and mushrooms round; pass the remaining sauce through a fine sieve, skim off

the fat, pour the sauce over the pigeons, and serve.

158. STEWED YOUNG RABBITS

(Lapereau sauté Marengo)

Cut two or three young rabbits into pieces and cook in a saucepan with oil that has come to the boil; season with salt and pepper, and add a bunch of herbs, composed of thyme, laurel, and parsley.

Draw the pan to the edge of the fire and allow to cook slowly, turning occasionally.

When cooked, add a glass of white wine and a few tablespoonfuls of tomato sauce (No. 203), and allow to come to the boil; dress on dish with a few ovals of fried bread.

159. STEWED RABBIT

(Lapin sauté, Sauce piquante)

Cut one or two rabbits into pieces and place in a saucepan with butter and chopped

onion; allow to cook for fifteen minutes, turning occasionally.

Season with salt and pepper, add a glass of white wine and let reduce to half the original quantity; now add another glass of wine and a piece of butter; finish cooking on slow fire.

Dress on dish and sprinkle plentifully with capers and chopped gherkins.

160. GRILLED LAMBS' SWEETBREADS

(Brochettes de Ris d'Agneau grillés)

Boil two or three lambs' sweetbreads; drain off the water, and allow to cool.

Cut into equal slices about half an inch thick, cut also some thin slices of ham the same size as the sweetbreads, and skewer a slice of ham and one of sweetbread alternately; dip the skewer in oil or melted butter; season with salt and pepper, and sprinkle over some breadcrumbs and chopped parsley.

Grill slowly, basting occasionally with oil, and serve on the skewer.

161. FRIED SLICES OF SWEETBREAD

(Escalopes de Ris de Veau Marie Stuart)

Cut one or two sweetbreads into three or four slices each, dip in butter or oil, and place on slow grill; season with salt and pepper.

Boil some celery and mash up very fine by passing through sieve; put in saucepan; add butter, salt, and pepper, and a little milk or cream; allow to cook on slow fire for ten minutes, stirring constantly.

Dress on a dish with the sweetbreads, and serve a hot Madeira sauce (No. 217) separately.

162. BRAISED SWEETBREAD

(Ris de Veau braisé)

Lard a sweetbread with small strips of bacon (using a proper larding needle), and put in a saucepan with bacon and some vegetables chopped very fine. Cook on a slow fire for about twelve minutes, basting occasionally with a little gravy, and boil until it thickens.

Put the sweetbread at the mouth of the oven and glaze it by basting while drying.

Arrange on dish, pass the gravy through sieve, and serve.

163. SWEETBREADS AND PEAS

(Ris de Veau aux Petits Pois)

Should the sweetbreads be very large, cut them in two; flour them, and dip in eggs and breadcrumbs.

Melt a little butter in a frying-pan and cook the sweetbreads till of a golden brown colour.

Cook also some cold boiled peas in butter, salt and pepper, and arrange them round sweetbread.

Pour a little Madeira sauce (No. 217) over each sweetbread.

164. SWEETBREADS AND ASPARAGUS TIPS

(Ris de Veau aux Pointes d'Asperges)

Cook sweetbreads as for No. 163, but use asparagus tips instead of peas.

165. GRILLED SWEETBREAD

(Ris de Veau Maréchale)

Cut a sweetbread into slices or round pieces, dip in oil, and place on a slow grill; season, and cook on both sides for a few minutes.

Prepare a few peas or asparagus tips by stewing in a frying-pan with butter, salt and pepper.

Dress each piece of sweetbread on an artichoke bottom; arrange peas or asparagus tips round, and serve.

166. GRILLED CALF'S LIVER, VEAL AND BACON

(Brochettes de Foie et de Veau au Lard)

Cut into equal squares (about $1\frac{1}{2}$ inches) some calf's liver, loin of veal, and thin bacon; put the liver on a plate, and season with oil, pepper, and chopped parsley.

Now put on a skewer pieces of liver, veal, and bacon, arranged alternately; place on grill, basting occasionally; season,

and serve. A squeeze of lemon may also be added.

167. FRIED VEAL CUTLETS

(Côtelettes de Veau Milanaise)

Dip as many veal cutlets as will be required in beaten eggs, then in very fine breadcrumbs.

Melt a little butter in a frying-pan and cook the cutlets till quite brown; season with salt and pepper.

Dress on dish, add a squeeze of lemon, and serve.

168. VEAL CUTLETS AND SPAGHETTI

(Côtelettes de Veau Napolitaine)

Prepare some cutlets as described in (No. 167), and dress on dish with a Neapolitan macaroni (No. 316) and a little Madeira sauce (No. 217).

169. CALF'S LIVER AND BACON

(Foie de Veau au Lard)

Wash a calf's liver and cut into slices

the thickness of a finger ; beat lightly, and roll first in flour and afterwards in beaten yolk of egg.

Place either in a grill or in a frying-pan, with a little butter, salt, and pepper ; cook both sides, and dress with thin slices of grilled breakfast bacon ; add a squeeze of lemon juice before serving.

170. FRIED CALF'S LIVER AND ONIONS

(Foie de Veau sauté Vénitienne)

Fry some onions in butter, and fry also some small pieces of floured liver, seasoned with salt and pepper.

Mix them together and fry again till both are thoroughly cooked, then dress and serve.

171. STEWED VEAL

(Sauté de Veau)

Take two or three pounds of veal and cut into equal-sized pieces about an inch and a half square ; melt three or four ounces of butter in a saucepan, mix with

it two tablespoonfuls of flour, and let slightly colour on a slow fire; add the meat, season with salt and pepper, and allow to cook without ceasing to stir; now just cover with boiling water, and stir till it boils; let simmer for fifteen minutes and add one onion and a bunch of herbs. When the meat is thoroughly cooked, arrange on dish, pass sauce through sieve, pour over meat, and serve.

172. STEWED VEAL AND VEGETABLES

(Sauté de Veau Paysanne)

Is prepared the same as No. 171, adding potatoes, onions, carrots, and turnips. Arrange the vegetables round the meat, pass the sauce through a sieve, pour it over the meat, and serve.

173. BRAISED HAM AND SPINACH

(Jambon braisé aux Épinards)

Boil a ham in the usual way and cut some very thin slices; arrange on a hot

dish with a little of the gravy that will come from the ham.

A little champagne poured over is a great improvement.

Serve a dish of mashed spinach separately.

174. YORK HAM AND MADEIRA SAUCE

(Jambon de York Madère)

Cut some thin slices of a freshly boiled ham, and either pour or serve separately a hot Madeira sauce (No. 217).

175. MUTTON CUTLETS AND MASHED PEAS

(Côtelettes de Mouton Soubise)

Prepare and cook some mutton instead of lamb cutlets, as described in Lamb Cutlets and Vegetables (No. 181).

Prepare some mashed green peas that have been forced through a fine sieve, grill each cutlet, dress the mashed peas on a dish in the centre, arrange the cutlets around, and serve.

176. BONED CUTLETS AND CARROTS

(Noisettes Vichy)

Remove the bones from some cutlets, allowing two cutlets to each person, and place in a frying-pan with melted butter; season with salt and pepper, and cook so that they are underdone inside and brown outside.

Prepare some young boiled carrots by simmering in a few spoonfuls of cream and a little salt on a slow fire; cook carefully for a few minutes, taking care that they do not brown.

Dress the noisettes on a flat oval dish, and on each pour a little hot Madeira sauce (No. 217); arrange the carrots on each side, and serve.

177. STEWED MUTTON

(Navarin de Mouton)

Use for this dish a breast of mutton cut up into small neat pieces, and scald for ten minutes in boiling water; put in a saucepan four or five raw potatoes cut up small,

two or three dozen small onions, salt, pepper, and a small bunch of mixed herbs tied together (thyme, chervil, parsley); cover with hot soup and let simmer on the fire till the meat is quite cooked. Serve very hot.

178. STEWED MUTTON AND VEGETABLES

(Navarin de Mouton Printanière)

Prepare in the same way as for No. 177, with the exception that when the hot soup is added, add also some French beans, peas, carrots, and some new potatoes.

179. ROAST SADDLE OF MUTTON AND VEGETABLES

(Selle de Mouton Renaissance)

Roast a saddle of mutton in the oven. Now take some carrots and turnips, cut into minute squares, add peas, and put into frying-pan with butter, salt, and pepper, and a spoonful of thick cream to mix them together.

Fry some artichoke bottoms in butter.

Dress the joint on a long oval dish and place the vegetables in the form of little pyramids on each artichoke; arrange these round the meat, pour over it a little of the gravy, and serve with a hot Madeira sauce (No. 217).

180. LAMB CUTLETS AND PEAS

(Côtelettes d'Agneau aux Petits Pois)

Prepare some cutlets as for No. 181, and cook some peas in a little butter.

Dress cutlets on a dish, and place peas either in centre or round the sides.

181. LAMB CUTLETS AND MIXED VEGETABLES

(Côtelettes d'Agneau Jardinière)

Trim as many cutlets as are required, usually two to each person; dip in beaten eggs, then in breadcrumbs; cook in a frying-pan till they assume a light brown colour.

Prepare the vegetables, carrots, tur-

nips, French beans and peas, by mixing them with a little cream sauce (No. 219); the vegetables should all be cut to the same size, excepting, of course, the peas.

182. LAMB CUTLETS AND TOMATO SAUCE

(Côtelettes d'Agneau, Sauce aux Tomates)

Prepare some cutlets as described in No. 181; dress on dish with a little fried parsley, and serve a hot tomato sauce (No. 203) separately.

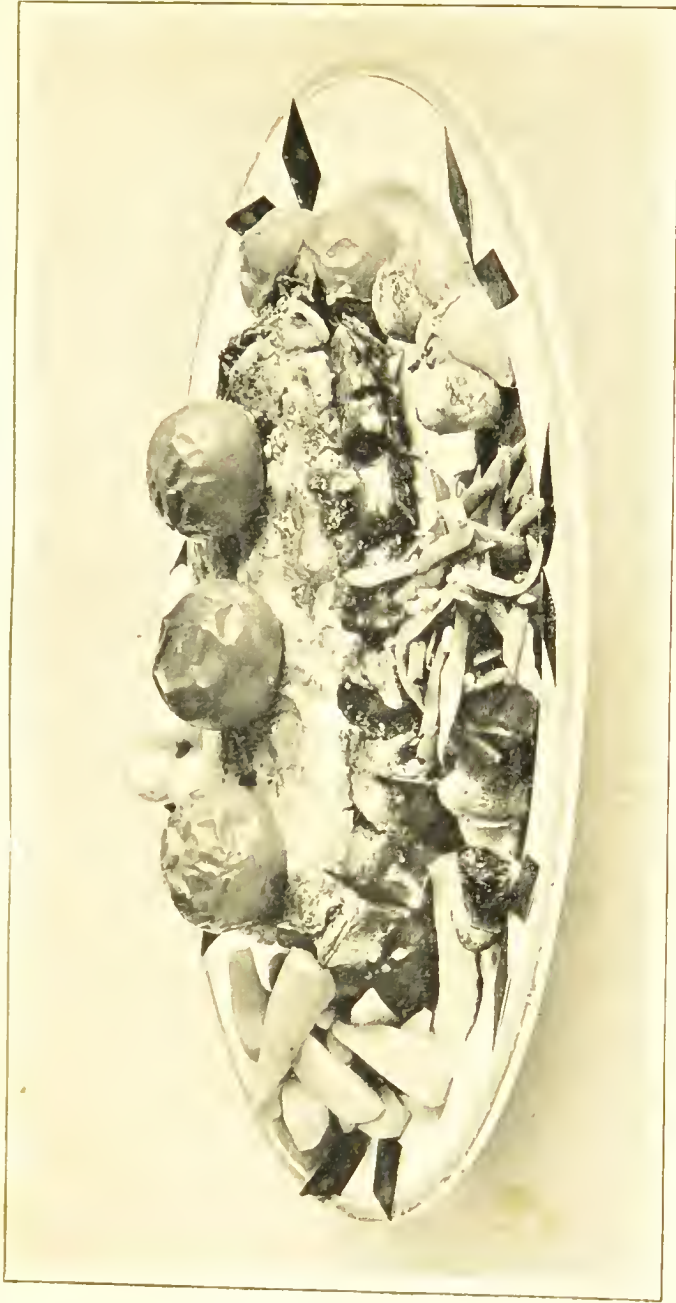
183. BAKED LOIN OF LAMB WITH VEGETABLES

(Carré d'Agneau de Lait Maseotte)

"Agneaux de lait de Pauillac" are the very young lambs that are bred at Pauillac, in France, undergoing a special milk diet to render the flesh more tender and succulent.

Young Scotch lamb will be found equally serviceable for this dish.

Cut three or four potatoes into rounds



BAKED LOIN OF LAMB WITH VEGETABLES.
(Carré d'Agneau de Lait Mascotte.)

or ovals, and cut three Jerusalem artichokes into eighths. Prepare also twelve or fifteen small onions, three or four parsnips and as many small turnips. Flour the loin of lamb, place on a porcelain dish previously buttered, and arrange the vegetables round (the parsnips and turnips should have been par-boiled); season with salt and pepper, and one or two small pieces of butter, and cook in an oven for forty-five minutes, turning the meat and basting occasionally. Now pour over the meat a glass of sherry or madeira, and add to the dish three or four small tomatoes; replace in oven, and when tomatoes are cooked rearrange the dish, placing the vegetables separately and the tomatoes on the meat.

Two or three slices of thinly-cut truffle arranged round the edge of the dish are a great improvement.

184. BAKED LOIN OF LAMB AND POTATOES

(Carré d'Agneau de Lait Parmentière)

Prepare the loin of lamb in the same

way as for No. 183, Baked Loin of Lamb, but omit all the vegetables there named except the potatoes.

185. BAKED SHOULDER OF LAMB

(Épaule d'Agneau Boulangère)

Cut seven Spanish onions and seven potatoes into thin slices, butter an oval dish, and place a layer of onions, a layer of potatoes, and the same of each again; season each layer with salt and pepper, add a few little bits of butter, season and flour the shoulder, and lay on the top of the vegetables.

Cook in a brisk oven, occasionally basting both meat and vegetables. If too much fat accumulates during cooking, drain some off, as the vegetables should be nicely browned, but not greasy.

Should the meat not be sufficiently cooked when the vegetables are ready, finish off the joint separately, and serve on the same dish (a porcelain one is preferable).

186. STEWED LAMB AND RICE

(Ragoût d'Agneau au Riz)

Cut some lamb into pieces (the shoulder and loin are the parts best suited for this stew); put the meat in a saucepan with a tablespoonful of butter, a large onion (finely minced), a bunch of herbs, and salt and pepper to taste; let cook for fifteen minutes.

Cover with some hot clear soup, and cook for thirty minutes longer.

Add half a cup of thoroughly washed rice and a quarter of a pint of tomato sauce (No. 203); place lid on saucepan, and allow the rice to cook.

Dress the meat on a flat oval dish, pour the sauce over it, and serve.

187. STEWED LAMB AND VEGETABLES

(Ragoût d'Agneau Printanière)

Cook in the same way as for No. 186, but omit the rice.

Parboil some peas and carrots, and add

these, with a glass of sherry, after the ragoût has been cooking for about thirty minutes. A dozen small braised onions may be added to this stew.

188. ROAST SADDLE OF LAMB AND DRESSED VEGETABLES

(Selle d'Agneau Arlequin)

Roast a saddle of lamb in the oven.

Braise some tomatoes and celery, prepare some minced spinach; place each tomato separately in a little round mould.

Dress the joint on a long oval dish and place the vegetables round, pour some of the gravy of the meat on the joint, and serve with a hot Madeira sauce (No. 217), sent in separately.

189. SADDLE OF MUTTON ORLOFF

(Selle de Mouton Orloff)

Take a thick and tender saddle of mutton, cut out each fillet in one piece, cut again into fairly thick slices and replace in position,

with a thin slice of truffle and a coat of Soubise sauce (No. 223) alternately between the slices of fillet.

Thicken half a pint of Soubise sauce with three yolks of eggs, cover the whole joint with it, sprinkle with some grated Parmesan cheese, and place for ten minutes in hot oven or under salamander.

Serve a thick veal gravy sauce separately, and arrange either some peas or some asparagus tips round the joint.

190. SLICED LAMB

(Émincé d'Agneau)

Cut some thin slices of cold leg of lamb and put on a dish, pour over them a very hot sharp sauce (No. 222); place some mashed potatoes round the edges; put into the oven for ten minutes before serving.

191. FILLET OF BEEF À LA RUSSE

(Filet de Bœuf à la Russe)

Hash very finely some tender raw fillet

of beef, and dress on a dish ; season with salt and pepper.

Dress with capers, minced onion, minced parsley, and the yolk of a raw egg on the top of the steak.

192. SMALL FILLETS OF BEEF

(Tournedos sautés)

Take some very small pieces of fillet of beef from the thin end of the fillet, string them round, season with salt and pepper, and fry in a frying-pan with butter till they are brown outside yet underdone inside.

193. STEWED FILLETS OF BEEF WITH VEGETABLES

(Tournedos aux Légumes)

Prepare some fillets of beef as for No. 192.

Fry in a frying-pan, with butter and some parboiled young carrots and turnips.

Dress fillets on dish, arrange the vegetables round, put a thin slice of truffle on

each tournedos, pour a hot Madeira sauce (No. 217) over, and serve.

194. FILLETS OF BEEF WITH SHARP SAUCE

(Tournedos Poivrade)

Prepare some fillets from the small end of fillet of beef, string round, sprinkle with salt and pepper and some boiled vinegar. Let stand in this pickle for four or five hours.

Drain off all the liquid and cook the fillets in a frying-pan with oil and butter till they are of a nice brown colour, yet underdone inside ; dress on round pieces of toast the same size as the tournedos, and pour a hot sharp sauce (No. 222) over them.

195. FILLET OF BEEF WITH PARSLEY BUTTER

(Chateaubriand Maître d'Hôtel)

Trim a thick slice from the centre of a fillet of beef, and cook carefully on the grill.

When cooked, arrange on a dish with watercress and a little mound of parsley butter in the centre.

196. SLICED PORK AND ONIONS

(Émineé de Pore Lyonnaise)

Cut into thin slices some cold loin or leg of pork ; cook in a saucepan three spoonfuls of minced onions and a quarter of a pint of vinegar, allow to reduce to about half, add the meat, and stew for ten or twelve minutes ; dress the meat on a flat dish, pour the sauce over, and, lastly, pour over all a hot tomato sauce (No. 203).

197. GRILLED PIGS' FEET

(Pieds de Porc grillés)

Clean and halve some pigs' feet ; dip the halves in beaten eggs and breadcrumbs ; put on slow grill for ten minutes, seasoning with salt and pepper, and basting occasionally with oil.

**198. SIRLOIN STEAK AND BÉARNAISE
SAUCE**

(Entrecôte Béarnaise)

Grill a fairly thick slice of steak, season with salt, and dress on a dish ; serve with it Béarnaise sauce (No. 227), placing this on the centre of the steak or sending to table in a sauceboat.



SAUCES

199. DEVILLED SAUCE

(Sauce Diable)

PUT half a tablespoonful of dry English mustard in a bowl, add a quarter of a bottle of A I sauce, and stir till it has formed a smooth paste ; now add a quarter of a bottle of Worcestershire sauce, a quarter of a bottle of anchovy sauce, two tablespoonfuls of mushroom ketchup, a dash or two of Tobasco sauce.

Work these sauces all together until thoroughly blended ; serve with cold meats, fish, game, etc.

This sauce may also be bottled in the ordinary way and placed on the table.

200. DEVILLED BUTTER

(Beurre Diable)

To the same quantity of the above sauce add half a pound of fresh butter, and work all together till it is perfectly smooth.

Sample the sauce, and should it appear too acid, add a little more mushroom ketchup, and mix together.

201. MELTED BUTTER

(Beurre fondu)

May be prepared either by simply melting some butter, or by thickening melted butter with flour.

202. BLACK BUTTER

(Beurre noir)

Put three spoonfuls of good vinegar in a saucepan and reduce to half by boiling.

Melt in a frying-pan a quarter of a pound of butter and allow to colour; withdraw from fire, and let it settle and cool, when mix with the reduced vinegar; season with salt and pepper. Cook again for a few minutes, and use as desired.

203. TOMATO SAUCE

(Sauce aux Tomates)

Mince one onion finely and cook in a

saucepan with some butter till brown ; add a laurel leaf, two small stems of parsley, pepper, salt, and a slice of uncooked ham.

Now halve six or seven tomatoes of the average size, and remove the seeds.

Cook on a fairly brisk fire till the tomatoes become dry, then press all through a fine sieve.

Put the purée in a saucepan with some clear gravy, thicken with flour, boil for ten minutes, and serve.

204. HORSE RADISH SAUCE

(Sauce Raifort)

Put two ounces of butter and the same quantity of flour in a saucepan, and cook for ten minutes.

Add a small quantity of clear soup and the same quantity of milk, stir continuously till it comes to the boil, season with salt and pepper and cook again for twelve minutes ; it should now be moderately thick.

Add either some grated or scraped horse-

radish and a pinch of sugar, stir all together, and serve.

205. COLD HORSE RADISH SAUCE

(Sauce Raifort froide)

Grate some horseradish and put in a basin; add salt, sugar, a little vinegar, and a few white breadcrumbs.

Mix thoroughly, and add gradually a quarter of a pint of whipped cream.

206. APPLE SAUCE

(Sauce aux Pommes)

Peel three or four cooking apples, remove the cores and cook in water with a very little sugar till quite soft; pass through a sieve, add a little more sugar if necessary, and a little white wine.

Let come to the boil, and serve.

207. CLEAR GRAVY

(Sauce Claire)

Cut two onions and three pounds of veal

into square pieces, add three carrots cut into halves; put all into saucepan and allow to cook on the fire with a little butter till the meat becomes slightly brown.

Add a pint of stock, and allow to reduce to half by boiling.

Cover the meat with hot water and a quarter of a bottle of white wine; season with salt and allow to come to the boil, skimming the fat from the top as it rises.

Draw the saucepan to the side of the fire, add two carrots, two turnips, a little parsley and the bones of the meat; the bone of a ham, if procurable, can also be added; let all boil for two hours, skimming the fat occasionally.

Pass all through a fine sieve.

208. BÉCHAMEL SAUCE

(Sauce Béchamel)

Melt three ounces of butter in a saucepan, add four ounces of flour, stir and mix with butter so as to obtain a stiff, smooth paste.

Add three pints of milk and let come to the boil, stirring so as to prevent burning; now withdraw to the side of the fire, and add about three ounces of raw ham together with a bunch of parsley and a laurel leaf; season lightly with salt and pepper, and allow to simmer slowly for twenty-five minutes.

Pass through a muslin cloth.

209. INDIAN SAUCE

(Sauce Indienne)

Put two ounces of butter in a saucepan with a pinch of chopped onion, a very little spice, and one or two red chillies.

Allow the onion to cook quite brown, when add two tablespoonfuls of curry powder, and mix with half a pint of white sauce; boil for fifteen minutes, pass through a sieve or muslin cloth, replace in the saucepan, thicken with some cream, boil for five minutes, and serve.

210. RÉMOULADE SAUCE

(Sauce Rémooulade)

Take four fillets of anchovies, a dessert-spoonful each of chopped onion, parsley, and capers, and three yellows of hard-boiled eggs; put them in a kitchen mortar and pound to a paste.

When the paste is perfectly smooth add the yolks of two raw eggs, half a teaspoonful of dry English mustard, and half a teaspoonful of salt. Stir with a fork, always in the same direction, and add, drop by drop, quite slowly, half a pint of good salad oil; the result will be a thick, creamy paste.

211. MAYONNAISE SAUCE

(Sauce Mayonnaise)

Put the yolks of two or three raw eggs in a dish and beat them with a whisk till quite frothy; add a pinch of salt, and the same quantity of English mustard.

Mix together with a fork, always turning in the same direction, adding slowly by degrees a quarter of a pint of good salad

oil and occasionally two or three drops of lemon juice.

When the oil has become absorbed the sauce should be smooth and firm in appearance; add a tiny drop of vinegar, and serve.

212. TARTAR SAUCE

(Sauce Tartare)

Mince very finely three yellows of hard-boiled eggs and add to a dish containing the yolks of two raw eggs, salt and pepper, and a teaspoonful of English mustard.

Stir as for Mayonnaise sauce, using half salad oil and half tarragon vinegar, and add some chopped gherkins when the sauce has become smooth and thick.

213. COLD RAVIGOT SAUCE

(Sauce Ravigote froide)

Take some Mayonnaise sauce and add some spring onions, parsley, and tarragon leaves, all finely minced together and worked into the sauce.

214. MINT SAUCE

(Sauce à la Menthe)

Mince very finely some mint, place in a sauce-bowl, add a pinch of sugar, and well cover with some white wine vinegar and a little cold water ; mix and serve with cold or hot roast lamb, etc.

215. OYSTER SAUCE

(Sauce aux Huîtres)

Boil twelve to eighteen oysters in a saucepan, with a little white wine ; pass the liquid through a sieve ; cut the oysters in halves, or, if they are small, leave them whole.

Cook two ounces of butter and the same quantity of flour in a saucepan with a quarter of a pint of clear gravy and the liquid from the oysters, bring to the boil and withdraw to side of fire for fifteen minutes ; remove all fat from the top, and thicken with the yellows of two eggs beaten together ; pass through sieve, add oysters, and serve.

If desired, a little chopped parsley may be added.

216. MUSSEL SAUCE

(Sauce aux Moules)

Prepare in the same way as oyster sauce (No. 215), using double the quantity of mussels in place of oysters.

217. MADEIRA SAUCE

(Sauce Madère)

Put a pint of meat juice or gravy in a saucepan, add a few mushrooms, or, if desired, a few slices of truffles, and allow the liquid to reduce to half; add gradually, drop by drop, a pint of Madeira; pass through a linen cloth, and serve.

218. GREEN SAUCE

(Sauce Verte)

Mash in a mortar a small bunch of parsley, a little tarragon, and a few mixed herbs.

Work these herbs to a paste, and add the yellows of five or six hard-boiled eggs.

Pass or squeeze all through a fine sieve, and put the mash in a basin; add salt, pepper, a drop of vinegar, and dry English mustard.

Mix all together with a fork, turning always in the same direction as for Mayonnaise sauce (No. 211), and add little by little a quarter of a pint of salad oil.

219. CREAM SAUCE

(Sauce à la Crème)

With an ounce of butter and an ounce of flour make a white thickening. Add a pint of warm cream, and whisk until it comes to the boil. Then add salt, pepper, nutmeg, and finally an ounce of butter, and again whisk.

220. HOLLANDAISE SAUCE

(Sauce Hollandaise)

Put into a saucepan the yolks of four or

five raw eggs, two spoonfuls of flour, a little butter, a pinch of salt, and a pinch of spice; mix all well together, and add half a pint of cold water; continue stirring till just before boiling point is reached, when withdraw to side of the fire, and add gradually a quarter of a pound of butter, stirring all the time; add the juice of half a lemon, pass through cloth, and serve.

221. MELTED BUTTER AND PARSLEY

(Sauce Maître d'Hôtel)

Melt some butter; add salt, pepper, and some finely-chopped parsley.

222. SHARP SAUCE

(Sauce Piquante)

Chop finely a good-sized onion, put it in a saucepan with butter, and let cook for ten minutes; add two tablespoonfuls of flour, cook for three minutes, stirring constantly. Now add half a pint of hot beef gravy soup, and stir till it comes to the

boil ; draw to side of the fire, and add two dessertspoonfuls of reduced vinegar and two cups of caramel.

Set aside for fifteen minutes ; then skim off all fat, pass through sieve, add three dessertspoonfuls of finely-minced gherkins, and serve.

223. ONION SAUCE AND CREAM

(Sauce Soubise)

Peel and blanch in salt water two good-sized onions, cut into thin slices, and fry in a pan with a little butter ; when cooked, rub through a fine sieve into a saucepan ; add salt, pepper, and a quarter of a pint of milk ; let it come nearly to the boil, and serve.

224. FRENCH DRESSING

(Sauce Vinaigrette)

For an ordinary salad for, say, four persons, use half a teaspoonful of salt, one-eighth teaspoonful of pepper ; place these on the tablespoon, and fill with vinegar,

mix together; now add three tablespoonfuls of salad oil.

To this, if a sharper sauce is required, may be added a little English or French mustard.

225. CRAYFISH BUTTER

(Beurre d'Écrevisses)

Place twelve crayfish in a little salted water with a minced onion, half a carrot, a glass of white wine, and a pinch of pepper; boil all together for twenty minutes.

Remove from the fire, pound the shells and claws in a mortar with some butter, and put the purée in a saucepan on the fire till the butter assumes a slightly red colour.

Now add a very little boiling water; let come to the boil, stirring slowly; rub through a fine sieve into a basin, and let get cold.

When cold, remove the sediment that will have accumulated at the bottom, and use as required.

226. LOBSTER BUTTER

(Beurre de Homard)

Use lobsters in the place of crayfish (No. 225), and prepare in the same way.

227. BÉARNAISE SAUCE

(Sauce Béarnaise)

Mix some butter and chopped parsley together; add gradually a little French vinegar.

Beat the yolks of six eggs together, and mix with the butter, etc., adding salt and pepper to taste.



TRUSSING A FOWL.

1. How to truss the Wings.
2. How to fix the Legs.
3. How to place the Liver and Gizzard.

ROASTS

It is unnecessary to detail each of the different varieties of meat, poultry, and game, as all flesh is prepared and roasted in pretty much the same way, and the cook can easily judge by the appearance and tenderness of the meat whether or not it is sufficiently cooked.

Meat such as beef, mutton, lamb, or veal should be floured and seasoned with salt and pepper, and the cook should be careful that the joint is occasionally basted, turned, and cooked equally on both sides. It should be of a moist and juicy appearance when dished to go on the table.

In the case of game or poultry, do not let the oven be too brisk, and baste more frequently than when roasting meat. Should game be "too high" to suit the diner, the objection may be partly removed by placing a red-hot poker in the interior for one or two seconds. For poultry, put some salt

inside the bird: this removes any staleness when cooked.

Game should not be over-cooked, and in the case of woodcock, wild duck, etc., should be under-done.

I give here a list of some of the varieties of meat, game, and poultry most suitable for roasting, together with the times required for cooking.

i.

TABLE SHOWING TIMES REQUIRED FOR ROASTING
JOINTS OF DIFFERENT WEIGHTS

Veal (Veau), about 5 lb.	. . .	1 hr. 15 mins.
Pork (Porc), about 10 lb.	. . .	3 hrs.
Beef (Bœuf), about 10 lb.	. . .	2 „
Lamb (Agneau), about 8 lb.	. . .	1 hr. 15 mins.
Mutton (Mouton), about 10 lb.	. . .	1 „ 30 „

TABLE SHOWING TIMES REQUIRED FOR ROASTING
GAME AND POULTRY

Venison (Chevreuil), about 10 lb.	. . .	1 hr. 45 mins.
Hare (Lièvre)	. . .	30 „
Rabbit (Lapin)	. . .	30 „
Chicken (Poulet), about 3 lb.	. . .	35 „
Young Pullet (Poussin)	. . .	20 „
Goose (Oie), about 7 lb.	. . .	1 hr. 45 „

Turkey (Dindonneau), about 12 lb.	2 hrs.
Duck (Canard)	30 mins.
Pigeon (Pigeon)	25 "
Quail (Caille)	12 "
Snipe (Bécassine)	12 "
Woodcock (Bécasse)	15 "
Grouse (Grouse)	25 "
Pheasant (Faisan)	30 "
Partridge (Perdreau)	20 "
Larks (Mauviettes)	10 "
Wild Duck (Canard sauvage)	15 "
Guinea Fowl (Pintade)	30 "
Plover (Pluvier)	25 "
Teal (Sarcelle)	20 "

The oven in which the roasting takes place should not be too hot, as, if it is, the meat becomes burnt outside and is raw inside. Nevertheless, the oven should be sufficiently hot to demand and receive constant attention, as any joint that is being roasted needs to be frequently basted and occasionally turned.

The proper way to truss a fowl and to carve poultry is clearly shown by the accompanying illustrations.

VEGETABLES

228. POTATOES FRIED IN BUTTER

(Pommes sautées)

MELT a little butter in a frying-pan, place some sliced or mashed cold boiled potatoes in it, season with salt and pepper, and allow to cook till brown, turning occasionally to prevent burning.

Dress on dish, sprinkle over the potatoes some chopped parsley, and serve.

229. FRIED POTATOES AND ONIONS

(Pommes Lyonnaise)

Partly cook in butter or dripping some thinly-sliced onions.

Mix the onions with some potatoes prepared as for Potatoes Fried in Butter (No. 228), and dress in the same way.

230. POTATO CROQUETTES

(Croquettes de Pommes)

Boil some potatoes in the ordinary way, drain off the water, and allow to steam in front of the fire for ten minutes; mash by pressing through a fine sieve; replace in saucepan, with a piece of butter, the yolks of four eggs, a pinch of sugar, salt to taste, and a little nutmeg; add finally half a tea-cupful of grated Parmesan cheese, mix thoroughly together, and let cook for five minutes.

Next divide the mixture into equal parts and roll in the form of a big cork on a floured table.

Dip in beaten egg and breadcrumbs, plunge into boiling fat, cook till brown, season with salt, and serve.

231. POTATOES STEWED IN MILK

(Pommes Maître d'Hôtel)

Cut into slices some cold boiled potatoes and put into a saucepan, add a little

butter, salt and pepper, and just cover with half clear soup and milk mixed; let boil till the liquid is reduced to about three-quarters; draw to side of the fire, add two tablespoonfuls of cream and one or two small pieces of butter.

Arrange on dish, and sprinkle with some chopped parsley.

232. POTATOES BOILED IN THEIR SKINS

(Pommes Robe de Chambre)

Select some new potatoes of a uniform size, and boil and serve with their skins on.

233. STRAW POTATOES

(Pommes-pailles)

Cut into long and very fine strips two or three big potatoes and plunge into boiling fat; let cook till brown; drain them, season with salt, and serve very hot.

234. FRENCH FRIED POTATOES

(Pommes frites)

Cut some potatoes in strips of about

$1\frac{1}{2}$ inch long and $\frac{1}{2}$ inch thick, and cook as for Straw Potatoes (No. 233).

235. FRIED WHOLE POTATOES

(Pommés rissolées)

Take some small new potatoes, or old ones cut to resemble them, and put into boiling fat.

Cook them till they are brown, drain off the fat, and sprinkle with salt and chopped parsley.

236. BAKED MASHED POTATOES

(Pommes au Gratin)

Prepare some potatoes as for Potato Croquettes (No. 230). Butter a porcelain dish, arrange the potatoes in it, sprinkle with Parmesan cheese, and place two or three small pieces of butter on top; put the dish into a brisk oven for ten minutes till the potatoes are of a light brown, and serve in the same dish.

237. BAKED POTATOES AND CHEESE

(Pommes au Fromage)

Cut some partly-boiled potatoes into thin slices.

Butter either a baking-dish or a porcelain dish and place a layer of potatoes on bottom, season with salt and pepper, and sprinkle with grated Parmesan cheese.

Now put one or two small pieces of butter on the potatoes, and repeat the layer of potatoes and cheese until the dish is full; bake in a brisk oven for forty-five minutes, and serve.

238. POTATOES WITH PARSLEY AND BUTTER

(Pommes persillées)

Boil some potatoes, either new or old, that have been cut into equal oval parts, drain the water off, and place in dish with melted butter; sprinkle over the potatoes some chopped parsley.

239. PUFFED POTATOES

(Pommes soufflées)

Cut into long, thin slices some potatoes about $1\frac{1}{2}$ inches long and 1 inch wide.

Two fats are required for these potatoes; one should be just hot, and the other boiling.

Put the potatoes in the fat that is just hot, and allow to cook for one minute; collect in sieve, and plunge into the boiling fat, when they should commence to swell and assume a balloon-like appearance.

Drain off the fat, season with salt, and serve immediately.

240. BAKED ONIONS AND POTATOES

(Pommes Boulangère)

Put a layer of potatoes in a flat oven-dish, then add a layer of thinly-sliced onions, and repeat till the dish is full. Some little bits of butter or dripping and a seasoning of salt and pepper should be added between each layer of vegetables.

Cook in a very brisk oven for forty-five minutes, basting occasionally, and, if necessary, adding more butter or dripping.

241. BAKED POTATOES

(Pommes au Four)

Wash some big potatoes and cook in oven for about thirty minutes till quite soft.

Press them open and place a little piece of butter, together with salt and pepper to taste, in the centre of each potato.

242. ROASTED POTATOES

(Pommes Château)

Prepare some old potatoes by cutting them into equal oval shapes.

Place them in a dish with some butter or dripping, and cook them in the oven for about twenty-five minutes.

243. FRIED EGG-PLANT

(Aubergines frites)

Take one or two egg-plants and cut them

into thin slices, circle-ways. Dip them in oil and drop them one at a time into boiling fat; cook till fairly crisp, drain off fat, sprinkle a little salt, and dress on dish with some fried parsley.

244. ARTICHOKE WITH HOLLANDAISE SAUCE

(Artichauts, Sauce Hollandaise)

Boil some green artichokes for about twenty minutes, and serve one to each person with some Hollandaise sauce (No. 220) separately.

245. COLD ARTICHOKE WITH VINAIGRETTE SAUCE

(Artichauts Vinaigrette)

Boil some green artichokes for about twenty minutes, then let them get cold, and serve a vinaigrette sauce (No. 224) separately.

246. ASPARAGUS WITH MELTED BUTTER

(Asperges, Beurre fondu)

Either fresh or conserved asparagus may be used.

There are several different kinds of this vegetable, the most popular being the white asparagus, which comes from Argenteuil in France, and the English variety, which is green.

Clean the asparagus, tie into little bundles, and place gently in boiling water with a little salt in it.

Allow to cook for about fifteen minutes till soft, withdraw, arrange on a napkin-covered dish, and serve with some plain melted butter.

247. COLD ASPARAGUS WITH VINAIGRETTE SAUCE

(Asperges froides, Sauce vinaigrette)

Serve some cold boiled asparagus with a vinaigrette sauce (No. 224).

248. BOILED SPINACH

(Épinards en Branche)

Clean and thoroughly wash in at least three waters some spinach, and boil for fifteen minutes in salted water.

Drain all water off, and serve.

249. MASHED SPINACH

(Épinards en Purée)

Pound some cooked spinach in a mortar, pass through sieve into a saucepan, and work into it a little cream, salt, and pepper.

250. SPINACH AND GRAVY

(Épinards au Jus)

Dress some spinach as for Mashed Spinach (No. 249). Pour a little hot meat-juice around sides of dish, place two or three croûtons of fried bread in the spinach, and serve.

251. BAKED CAULIFLOWER

(Choux-fleurs au Gratin)

Boil a cauliflower in salted water, and place it on a flat porcelain dish; season with salt and pepper and a little nutmeg, pour over the top three spoonfuls of hot Béchamel sauce (No. 208), sprinkle with a little grated Parmesan cheese, and bake in a fairly brisk oven for about twenty minutes.

252. FRIED CAULIFLOWER

(Choux-fleurs frits)

Separate one or two cold boiled cauliflowers into tiny flowers, place on a dish, and season with salt and pepper and minced parsley; dip into flour and beaten eggs; now plunge into boiling fat and cook till of a light brown, drain off fat, and serve.

253. CAULIFLOWER WITH FRIED BREAD-CRUMBS

(Choux-fleurs au pain frit)

Boil a cauliflower in salted water; then

to butter which has been melted in a pan add some bread-crumbs, and stir over the fire. Having sprinkled chopped parsley over the cauliflower, throw over it the butter and bread-crumbs.

254. CAULIFLOWER FRIED IN BUTTER

(Choux-fleurs sautés au Beurre)

Separate some cold boiled cauliflower into tiny flowers.

Melt some butter or dripping in a frying-pan and cook the cauliflower in this for about twelve minutes, stirring constantly; season with salt and pepper, dress on a dish, sprinkle minced parsley in the centre, and serve.

255. FRIED BRUSSELS SPROUTS

(Choux de Bruxelles au Beurre)

Cook some sprouts in the way described in the recipe for Cauliflower Fried in Butter (No. 254).

256. FRIED FRENCH BEANS

(Haricot Verts sautés au Beurre)

Use green haricot beans in the place of cauliflower, and cook as No. 254.

257. FRENCH BEANS IN BLACK BUTTER

(Haricots Verts au Beurre noir)

Scald some green haricot beans, drain them carefully, season them with salt and pepper, place them in the dish, and pour over them some black butter (No. 202).

258. PEAS AND BUTTER

(Petits Pois sautés au Beurre)

Melt a little butter in a frying-pan and place some cold boiled peas in it; season with salt and pepper, and let cook till quite soft.

259. FRENCH PEAS

(Petits Pois Française)

Put some parboiled peas in a saucepan with a piece of butter and a little cold

water ; add a few small onions previously braised in the oven, a teaspoonful of chopped parsley, a pinch of sugar, salt, pepper, and a few very small pieces of bacon ; cover with water and put on a brisk fire till it comes to the boil ; withdraw to side of the fire, and let cook slowly for ten minutes. When the peas are quite cooked, add another piece of butter, and serve.

SALADS

THE most popular ingredients of salads are lettuce (laitue), tomatoes (tomates), endive (chicorée), escarole (escarole), potatoes (pommes de terre), beetroot (betterave), corn-salad (mâche), and watercress (cresson), all of which are easily obtainable in England in their various seasons.

They should be thoroughly cleaned and washed in three or four different waters, and should be cut up, not too small, and arranged in a salad bowl. The top of the salad may be prettily garnished with sliced tomatoes, beetroot, hard-boiled eggs, tarragon, or chopped spring onions.

In the case of tomato salad a little chopped onion and parsley may be sprinkled on the top.

Dress these salads with a French dressing (No. 224), to which may be added some Mayonnaise sauce (No. 211) if desired.

260. CELERY SALAD

(Salade de Céleri)

Cut into long, thin strips some celery, or, better still, a large celery root; wash thoroughly and season with a French dressing (No. 224), thickened with Mayonnaise sauce (No. 211), adding a little extra pepper and a sprinkling of chopped parsley.

261. AMERICAN TOMATO SALAD

(Salade de Tomates Américaine)

Scald and peel some tomatoes, place whole in a salad-bowl, and cover with crushed ice.

When ready to serve, remove them from the bowl, dry them in a cloth, place one on each small plate, pour a thickened French dressing (No. 224) over each, and serve.

**262. CORN-SALAD, CELERY AND
BEETROOT SALAD**

(Salade Lorette)

Clean about half a pound of corn-salad,

washing well in at least three waters to remove the grit; cut a beetroot into thin, even slices, and cut a stick or two of celery into thin, long strips.

Arrange each separately in same salad-bowl, and serve with French dressing (No. 224) as in former salads.

263. LETTUCE AND POTATO SALAD

(Salade de Laitue et de Pommes)

Cut three or four potatoes into thin slices and arrange round a dish containing some well-washed lettuce.

Sprinkle a little chopped parsley on potatoes, and serve with a French dressing (No. 224).

264. NICE SALAD

(Salade Niçoise)

Put some lettuce in centre of bowl and arrange round it some cold green haricot beans, tomatoes, and potatoes cut into thin slices.

Serve with French dressing (No. 224), and sprinkle a little chopped parsley on potatoes.

265. RUSSIAN SALAD

(Salade Russe)

Take some white meat off a chicken, also some smoked ham and smoked salmon, and cut into little equal squares.

Cut also three or four small, tender young carrots, ready boiled, and the same number of boiled potatoes into very thin slices.

Keep all these separate, and add to them some cold boiled green haricot beans and some French dressing (No. 224).

Arrange in separate little heaps in a salad bowl with a spoonful of Russian caviare in the middle.

Before serving, pour over all a spoonful of Mayonnaise sauce (No. 211).

The Mayonnaise sauce may, if desired, be mixed with the French dressing before that is put with the various vegetables.

266. SALAD OF FRENCH BEANS

(Salade de Haricots Verts)

Arrange some cold green haricot beans in

a salad-bowl, sprinkle a little chopped parsley on top, and dress with a French dressing (No. 224).

267. CAULIFLOWER SALAD

(Salade de Choux-fleurs)

Detach the flowers of one or two cauliflowers and cut the soft part of the green leaves into small pieces.

Sprinkle some chopped parsley on top and dress with a French dressing (No. 224).

268. WATERCRESS SALAD

(Salade de Cresson)

Watercress is often recommended by medical authorities on account of its blood-purifying qualities. It is very simply prepared.

Clean and wash thoroughly in at least three waters, which should be salted.

Dry in cloth, arrange in bowl, sprinkle with some finely-chopped onion, or rub a piece of garlic round the sides of the dish, and serve with a French dressing (No. 224).



VEGETABLE SALAD (*page 157*).
(*Salade de Légumes.*)

269. VEGETABLE SALAD

(Salade de Légumes)

Cut some cold boiled potatoes, green haricot beans, and cauliflowers in little branches.

Arrange separately in salad-bowl, and trim with some sliced tomatoes and beet-root.

Dress with a French dressing (No. 224) thickened with Mayonnaise sauce (No. 211).

A little chopped onion and parsley may be added if desired.

SWEETS

270. FRUITS AND ICE IN GLASSES

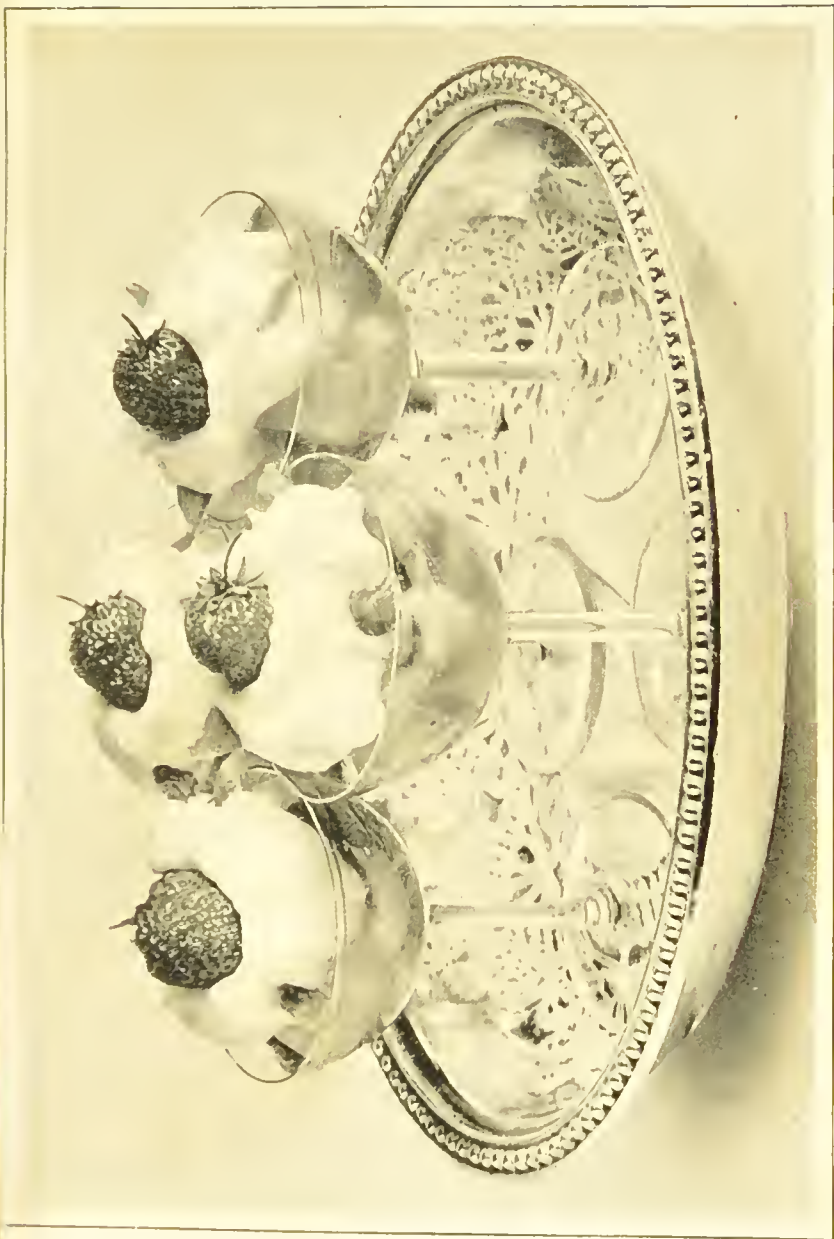
(Coupe Jacques)

PLACE some thinly-cut slices of bananas, peaches, and pears with a few strawberries, or almost any fresh fruit in season, in a dish.

Add two spoonfuls of sugar and a glass of Kirsch ; mix together, and place either in the refrigerator or on the ice.

When ready to serve, place the fruit in as many glasses (fruit *coupes* or champagne glasses) as there are diners ; make each glass three-quarters full ; now fill each glass either with lemon or with vanilla ice-cream, place a fine strawberry or raspberry, or any similar fruit, in the centre of the ice, and serve.

Hand round some finger sponge-cakes or wafers.



FRUITS AND ICE IN GLASSES.
(Coupe Jacques.)

271. FRUITS AND WHIPPED CREAM IN GLASSES

(Coupe Chantilly)

Prepare some fruits as for Coupe Jacques (No. 270), and fill the glasses with whipped cream (No. 275) instead of vanilla ice-cream ; serve as before.

272. CUSTARD AND WHIPPED CREAM

(Crème Beaurivage)

Make a custard pudding, and allow to set in shallow mould with the centre filled in.

Turn on to a dish. Whip some cream and caster sugar until it is very stiff, pile it in the centre of the custard, and sprinkle some finely-minced green almonds, or, if these cannot be obtained, ordinary almonds will answer the purpose.

273. PEACHES AND ORANGE CREAM

(Pêches à la Crème d'Orange)

For this preparation an ice timbale is required, or two basins will answer the same

purpose, one being smaller than the other ; in the larger place some finely-chopped ice.

Peel two or three peaches (should the skins refuse to come off, place in boiling water for a few seconds) ; cut each peach quarter-ways into sixteenths, and place in smaller dish ; squeeze the juice of a lemon and of an orange through a sieve on to the fruit, add two or three spoonfuls of sugar and the same quantity of cream, mix all well together till little bubbles are seen in the cream ; allow to stand undisturbed for twenty minutes, mix again, and serve.

274. STRAWBERRIES AND ORANGE CREAM

(Fraises à la Crème d'Orange)

This is prepared in the same way as for Peaches and Orange Cream (No. 273), using strawberries instead of peaches.

275. WHIPPED CREAM

(Crème Chantilly)

Place half a pint of cream in a dish with

three spoonfuls of sugar, and, with a light whisk, beat always in the same direction till it becomes firm.

276. STRAWBERRIES AND WHIPPED CREAM

(Fraises Chantilly)

Pick over some good, sound strawberries and place in inner bowl of an ice timbale; pour over some whipped cream (No. 275), and dress top of cream with a few strawberries.

Let stand on ice for fifteen minutes, and serve.

277. PEARS AND ICE-CREAM

(Poire Melba)

Cut one or two pears in halves, remove seeds and core, and simmer for twenty minutes in a little water with some sugar and vanilla.

Place some vanilla ice-cream in an ice timbale, arrange the pears in the ice, pour

a spoonful of raspberry syrup over each pear, and serve.

Another way of preparing the "Poire Melba" is to pour a little Kirsch or Maraschino over each pear, instead of the raspberry syrup.

278. STRAWBERRIES AND ICE-CREAM

(Fraises Melba)

This sweet is prepared in the same way as the Poire Melba (No. 277), using strawberries in the place of pears.

279. PEACHES AND ICE-CREAM

(Pêche Melba)

Prepared in the same way as the Poire Melba (No. 277), using either fresh or conserved peaches cut in two.

280. PEACHES AND RASPBERRY SYRUP

(Pêche Cardinal)

Skin one or two peaches and place in an ice timbale; now pour three or four spoon-

fuls of thick raspberry syrup over the fruits, blanch a dozen almonds, and stick them in the peaches at an equal distance apart.

Place some very finely-cut ice in the bottom part of the timbale, replace the upper receptacle containing the fruit, allow to stand for fifteen minutes, and serve.

281. PEARS AND RASPBERRY SYRUP

(Poire Cardinal)

Prepare in the same way as for Pêche (Cardinal (No. 280), using pears in place of peaches.

282. ICED FRUIT SALAD

(Macédoine de Fruits)

Cut an apple, an orange, a banana, a slice of pineapple, and a peach or nectarine into thin slices of as nearly as possible a uniform size, and place in an ice timbale. Pour over one glass of Kirsch and one of Maraschino; add sugar and a squeeze of

lemon ; mix together, let stand for ten minutes, and serve.

283. PINEAPPLE AND MARASCHINO

(Ananás au Maraschino)

Cut some slices of pineapple (preferably fresh), about a quarter of an inch thick ; arrange on dish, and pour over them a glass of Maraschino ; add caster sugar, allow to cool on ice, serve with finger sponge-cakes.

284. BAKED APPLES

(Pommes au Beurre)

Wash some large apples of the cooking variety and arrange on an oven dish ; cut a thin slice from the top of each apple, and place on each a piece of butter. Sprinkle some caster sugar over, then put in oven for twenty minutes.

285. BAKED APPLES AND WHIPPED CREAM

(Pommes au Four Chantilly)

Cook and prepare some apples as for

Baked Apples (No. 284). Whip some cream and caster sugar together until stiff, and serve separately with apples.

286. FRUIT AND RICE CROQUETTES

(Croquettes de Riz au Fruits)

Allow some rice to boil without getting soft; drain water off, and mix with the yellows of three or four eggs.

Cut some dried preserved fruits into small pieces and mix with the rice.

Place the rice in a shallow dish, and allow to cool. Cut into equal strips of about three inches by two, and roll in bread-crumbs on a table, shaping into the form of corks; dip into beaten egg and fry in boiling fat.

Cook till of a light golden brown, then dust with fine caster sugar, and serve.

287. APPLE FRITTERS

(Beignets de Pommes)

Peel three or four apples, and remove

the cores with a core-cutter ; cut the apples into rings half an inch thick.

Whip one egg, two spoonfuls of flour, and a little milk or cream into a slightly stiff paste ; dip the rings in separately and plunge into boiling fat till they assume a light brown colour ; drain off fat, sprinkle with powdered sugar, and serve.

288. BANANA FRITTERS

(Beignets de Bananas)

Peel three or four bananas and cut into halves lengthwise ; treat in the same way as Apple Fritters (No. 287).

289. PINEAPPLE FRITTERS

(Beignets d'Ananas)

Take either a fresh or a preserved pineapple, cut into slices half an inch thick, and proceed as for Apple Fritters (No. 287).

290. APRICOT FRITTERS

(Beignets d'Abricots)

Cut either some fresh or conserved apricots in two, place on a dish for fifteen minutes with some caster sugar and a little rum; now roll them in some powdered macaroni biscuits, and then in a paste made of an egg, flour, and milk beaten together; plunge into boiling fat for a few minutes, and serve.

291. JUBILEE CHERRIES

(Cerises Jubilé)

Warm some cherries preserved in brandy, pour a little Kirsch on the top and let come to the boil, apply match, and serve.

292. CUSTARD WITH WHITE WINE

(Sabayon au Vin blanc)

Put five or six yellows of eggs in an enamelled saucepan, with the same amount of

powdered sugar, and stir; now add a glass and a half of light white wine.

Beat with an egg whisk and place the saucepan on the fire, stirring constantly with the whisk till the custard assumes a thick, creamy appearance; serve it in cups, handing finger sponge-cakes or wine biscuits with it.

293. CUSTARD WITH SHERRY

(Sabayon au Sherry)

Prepare in the same way as Custard with White Wine (No. 292), but substituting sherry for the white wine, and using only half the quantity.

294. CABINET PUDDING

(Pouding au Cabinet)

Beat six or seven eggs in a basin, and mix with a pint and a half of milk, two spoonfuls of sugar, and half a gill of brandy.

Butter a good-sized jelly mould, and arrange in it a layer of biscuits or any cake, not too rich, that may be available ; sprinkle in a few raisins and dried cherries.

Now place another layer of cake or biscuits and sprinkle raisins and cherries, and so on till the mould is full.

Pour the eggs and milk into the mould and place in a saucepan containing sufficient hot water, so as not to enter or touch the top of the mould, and let simmer for one hour.

Serve with a Custard with Sherry (No. 293) poured over the top.

295. PEARS AND RICE

(Paires au Riz)

Peel and halve three or four large pears of a good cooking quality (or conserved fruit may be used), and simmer in water until three-parts cooked. Drain off half the water ; add two tablespoonfuls of sugar, and cook for five minutes longer.

Boil for six minutes half a cupful of rice,

drain off water, and finish cooking with milk and sugar till it becomes firm and smooth ; add a little cream, a small piece of butter, some powdered sugar, and the juice of half an orange.

Mix all well together, dress on a dish with the pears and a few dried fruits.

296. APRICOT OMELET

(Omelette aux Abricots)

Beat in a plate three or four eggs with a very small pinch of salt and a spoonful of sugar.

Butter a frying-pan, pour eggs in and tilt the pan on one side as soon as the eggs commence to set.

Lay a spoonful of apricot jam in the middle and tilt over on to a dish.

297. SOUFFLÉ OMELET

(Omelette soufflée)

Great care must be exercised to obtain

perfection, as, should the directions not be minutely followed, the omelet will not be a success.

Break six eggs, one at a time, into a plate and separate the white and yellow; place in two basins.

Mix with the yellow four spoonfuls of powdered sugar and whip for ten minutes, always turning the whisk in the same direction; then add four finely-minced almonds.

Add a pinch of salt to the white, and whip till a stiffish froth has formed.

Take another basin and put half the yellow in with half the white; now add the rest of the yellow and the rest of the white, and beat lightly together.

Butter a long, flat, oval dish, place the whipped eggs in it, arrange into shape with a knife, and bake in a moderate oven till delicately brown.

This soufflé should take fifteen to twenty-five minutes to cook. Sprinkle a little powdered sugar on the top, and serve immediately.

298. SURPRISE OMELET

(Omelette en Surprise)

Whip some eggs as for the Soufflé Omelet (No. 297).

Butter a long, oval dish, and place on the bottom, in the centre, a layer of biscuits or sponge-cakes; on this put some ice-cream (usually vanilla); place the eggs on the top, put into a brisk oven for about fifteen minutes, and serve.

299. RUM OMELET

(Omelette au Rhum)

Make a plain sweet omelet, and place on a very hot dish.

Pour a glass of rum over the omelet, apply a match, and serve with finely sifted sugar.

ICES

HOW TO FREEZE ICES

A FREEZING apparatus consists of an ice-tub with a hole and a peg in it, an ice-pot, and an ice-spoon.

The freezer, properly cleaned, is placed in the centre of the tub, and is surrounded with small chunks of ice and two or three handfuls of freezing salt.

Pour into the central receptacle the preparation which you wish to freeze, lay a piece of white paper on the top and put the lid on.

Turn the handle from right to left continuously for fifteen minutes or thereabouts; then remove the lid, and with the spoon work the frozen mixture from the sides of the ice-pot to the centre; repeat the turning till the contents have become firm, when the ice is ready for serving.

300. VANILLA ICE-CREAM

(Glace Vanille)

Boil a quart of milk, add a stick and a half of vanilla, cut lengthwise in four; when the milk comes to the boil, put on the lid and let infuse for about an hour.

Place the yolks of seven eggs in a saucepan, add nine ounces of powdered sugar, and stir well together.

Now mix with the milk, stirring continuously, without allowing to boil, till the milk coats the spoon.

Strain through fine sieve, and allow to get cold, giving an occasional stir to prevent a skin forming on top.

When cool, place in freezer and follow directions "How to Freeze Ices" (p. 173).

301. COFFEE ICE-CREAM

(Glace Café)

Put about a quarter of a pound of freshly-washed coffee beans into a quart of milk,

allow to come to the boil, and then stand for three-quarters of an hour.

Mix the yolks of seven eggs with nine ounces of powdered sugar, stir with spoon, add the milk, and allow to come to the boil, stirring continuously.

Pass through sieve and follow directions "How to Freeze Ices" (p. 173).

302. STRAWBERRY ICE-CREAM

(Glace Fraise)

Squeeze through a fine sieve about a pound and a half of ripe strawberries.

Place in a saucepan, with ten ounces of powdered sugar, the juice of a lemon and a quart of milk; let come to the boil, stirring all the time; add a drop or two of cochineal to give the necessary tinge; pass through sieve into freezer and follow directions "How to Freeze Ices" (p. 173).

303. FRUIT PUDDING ICED

(Pouding aux Fruits glacé)

Cut two ounces of mixed candied peel

into small dice; clean a quarter of a pound of raisins and the same quantity of currants.

Put all together in a small saucepan with two glasses of Maraschino, and let simmer to half; remove from the fire, and set aside.

Bring to the boil a quart of milk, with a stick of vanilla in it, and let steep for half an hour, not removing the lid.

Place the yolks of six eggs in a saucepan, with half a pound of sugar, add the milk, and let cook slowly, stirring constantly till the spoon becomes coated.

Pour through sieve and let cool, then put into freezer and treat as described in "How to Freeze Ices" (p. 173). The chopped fruits must be added gradually during the process of freezing.



SAVOURIES, ETC.

304. BUCK RAREBIT

MAKE a Welsh Rarebit (No. 305); poach lightly two new-laid eggs and place on top of cheese after the rarebit has been toasted under the salamander or in the oven.

305. WELSH RAREBIT

Cut some Cheddar and Gruyère cheese into small pieces and put into saucepan, with a quarter of a glass of light ale; allow the cheese to melt completely, stirring continuously until the whole comes to the boil.

Put a piece of hot, dry toast on a dish, pour the cheese over it and place either in the oven or under salamander till nicely browned on top; serve in the same dish.

306. PARMESAN SOUFFLÉ

(Soufflé au Fromage)

Melt one ounce of butter in an enamelled

saucepan, and mix half an ounce of potato flour to a smooth paste; add slowly by degrees a quarter of a pint of milk, and stir continuously till the sauce has boiled and thickened; season with salt and white pepper, withdraw the pan and let cool a little; add the yolks of three eggs, beating them one at a time into the mixture, sprinkle in four ounces of grated Parmesan cheese, and add lastly the whites of the eggs whipped to a stiff froth.

Line a soufflé mould on the outside with a band of buttered paper two inches higher than the top of the mould, pour in the mixture, and put directly in a quick oven for twenty minutes.

Remove the band, and serve immediately.

307. SOFT ROES ON TOAST

(Canapés aux Laitances)

Place some soft herring-roes on a dish with a little butter, salt, and pepper, and cook in oven for five or six minutes; arrange

them on some lightly buttered toast, sprinkle a few grains of cayenne and a squeeze of lemon on each roe; replace in oven or under salamander for two minutes, and serve.

308. MUSHROOMS ON TOAST

(Canapés aux Champignons)

Prepare and clean five or six medium-sized mushrooms; place in a dish with a little oil, salt and pepper, and cook in oven for ten or twelve minutes; arrange on well-buttered toast, replace under salamander or in oven for two minutes, and serve.

309. ANCHOVIES ON TOAST

(Canapés aux Anchois)

Clean, wash and cut into fillets four or five Gorgona anchovies, mix a little anchovy sauce with some butter, and spread on one or two slices of toast; put the fillets on the toast, and cut the whole into small squares; arrange on dish and place

under salamander or in hot oven for two minutes, and serve. (For another form of Anchovy Toast, *see* No. 8.)

310. CURRIED PRAWNS ON TOAST

(Canapés aux Crevettes Madras)

Place twelve or fifteen prawns (either preserved or fresh) in a saucepan and cook for ten minutes with a little curry sauce; arrange the prawns on squares of hot buttered toast, and serve.

311. ANCHOVIES, SOFT ROES AND MUSHROOMS ON TOAST

(Canapés Bressane)

Take three or four mushrooms, and as many soft roes, sprinkle them with salt and pepper, place over them a few little bits of butter and bake for ten minutes. Arrange a few fillets of anchovies on some anchovy buttered toast, cut the mushrooms into thin slices, and lay on the anchovies; now arrange the soft roes on the mushrooms,

pour a little devilled sauce (No. 199) over each canapé, place under salamander or in oven for two minutes, and serve.

312. OYSTERS ON TOAST

(Huîtres à Cheval)

Roll six or seven oysters in very thin slices of breakfast bacon, place the rolls on a skewer in such a manner that each oyster is completely encased with the bacon; dip in oil and place on slow grill for five or six minutes, basting occasionally and cooking both sides; withdraw skewer and place each oyster on a square of buttered toast. (Or all the oysters may be served on a large piece of toast, the skewer being removed after the dish is placed on the table.) Add a squeeze of lemon to each oyster before serving.

313. DEVILLED OYSTERS ON TOAST

(Huîtres Diable à Cheval)

Prepare some oysters as for Oysters on

Toast (No. 312), and pour a little devilled sauce (No. 199) over each oyster; place under salamander or in oven for a few minutes, and serve.

314. FRENCH MACARONI

(Macaroni Française)

Place some macaroni (of which there are several kinds, the medium-sized, or spaghetti, being most suitable) in boiling salted water and allow to come to the boil; withdraw to side of the fire, and let simmer for five minutes; strain off water, add a little salt and pepper, four or five lumps of butter, and four tablespoonfuls of grated Parmesan cheese. (The macaroni should have a firm appearance, and should not be over-cooked so as to become pasty.) Let cook for five or six minutes, stirring continuously to prevent burning.

A little dish of finely-grated Parmesan cheese should be served separately, as an accompaniment to the macaroni.

315. BAKED MACARONI

(Macaroni au Gratin)

Boil some macaroni as in No. 314, add cheese, salt, pepper and butter; stir all together without cooking, and place in a flat porcelain oven dish; pour two tablespoonfuls of cream on the top of the macaroni, grate a little nutmeg, add one or two lumps of butter, and sprinkle plentifully with grated Parmesan cheese. Put in a brisk oven till brown on top. Serve in same dish.

316. NAPLES MACARONI

(Macaroni Napolitaine)

Boil some macaroni in salted water; drain carefully, add salt, pepper, one or two pieces of butter, and some tomato sauce; withdraw to side of the fire and stir continuously; cook for five minutes; sprinkle freely with grated Parmesan cheese, and serve.

317. THIN MACARONI AND TOMATOES

(Spaghetti Italienne)

Place in boiling water as for the French Macaroni (No. 314); drain off the water, add salt, pepper, and five or six small lumps of butter; stir on the fire for eight or ten minutes, and add three or four spoonfuls of hot tomato sauce, or, better still, some fresh tomatoes fried in a little butter. Send to table with Parmesan cheese served separately.

318. POTATOES STUFFED WITH SHRIMPS

(Pommes Georgette)

Boil some medium-sized potatoes in their skins, cut a thick slice off the top, and with a small spoon remove the centre of each potato; now cut a thin slice from the bottom, so as to enable the potato to remain in an upright position. With the potato removed from the centre make a purée, by passing it through a fine sieve and cooking

with a little cream, salt and pepper. Now add a few shrimps or prawns to the purée; replace in the centre of the cases already prepared, add the cover, put in the oven for a few minutes, and serve.

319. SCOTCH WOODCOCK

Melt a little butter in a frying-pan, break two or three eggs on a plate, season them with salt and pepper, and beat well; pour the eggs into a frying-pan and stir continuously; as soon as the eggs begin to solidify, withdraw the pan from the fire.

Now with a spoon arrange the eggs on hot buttered anchovy toast (made by mixing a little anchovy sauce with butter).

Dress one or two fine fillets of anchovy on top, and serve very hot.

FRENCH AND TURKISH COFFEE

THE connoisseur of to-day invariably looks for a cup of really good coffee to follow immediately after luncheon or dinner ; but, curiously enough, one is seldom served with delicious coffee in a private house.

Only the best coffee should be bought, and it should be freshly ground before being used. A French earthenware coffee-pot should be used, for it is easily kept clean and is always presentable. The coffee-cups should be warmed either in boiling water or in the oven.

320. BLACK COFFEE

(Café Noir)

Rinse the coffee - pot with hot water, allow a heaped teaspoonful of coffee to each person, and place on top filter of pot ; pour boiling water over and allow to run through, which will take some time, but it

should not be disturbed, otherwise the coffee will have a thick and muddy appearance. Should it not be strong enough, add a little more coffee and repress.

321. EXTRA BLACK COFFEE

(Café Double)

Should a very strong cup of coffee be required, after having allowed the first filtering refill the filter with fresh coffee and repress the coffee that has just been made.

322. COFFEE WITH MILK

(Café au Lait)

Make some coffee as in No. 320, and serve with a jug of boiling milk, placing a little whipped cream on the top of the milk.

323. TURKISH COFFEE

(Café à la Turque)

Here the hostess has an opportunity of

displaying her ability and charm, as it is fashionable to make this coffee at the same table that one has dined at, or on small copper-covered tables that are sold for the purpose.

The whole Turkish outfit is a very pretty ornament to a dining-room, and occupies very little space.

It consists of a small round or square table, tiny china cups and cup-stands, three or four copper pots in which to make the coffee, a spirit lamp, and coffee and sugar receptacles, and the whole may be bought for fifteen shillings and upwards.

Light the lamp and boil some water in a pot, leaving sufficient space at top to allow for boiling ; just before the water begins to boil, put in and stir one or two teaspoonfuls of powdered sugar to each person, according to taste. When the water has boiled, remove from lamp and stir and mix well a teaspoonful of Turkish coffee to each person, replace on lamp and, stirring slowly, allow to come to the boil again ; when it boils, remove from lamp for a second or two

and cease stirring. Boil for third time and add a dash of cold water to cause the grounds to settle quickly; serve in the tiny cups, which must have been previously warmed. Hand round Turkish cigarettes to complete the Oriental effect.

The coffee required is not the same as that used for French Coffee; it is roasted for a longer time, and is ground into a very fine powder. It can be purchased at most of the leading stores, and should be asked for as "Turkish Coffee."

CHAMPAGNES, WINES, LIQUEURS AND CUPS

LUNCHEON or dinner wines, to be served correctly, should appear at their proper times. Thus one would not commence to serve with port and terminate with sherry. Hock, Moselle or light claret is considered most suitable for lunch. Some prefer beer—light lager or Pilsener. A very good variation is to make a light Rhine or claret cup.

For dinner, should it be on an elaborate scale and many different wines be required, pass with the various dishes as follows:—

Hors d'œuvre and soup	A glass of sherry or cocktail.
Fish	Hock or Moselle.
First entrée	Claret.
Second entrée	Claret or Burgundy.
Roast, to end of dinner	Champagne.
Dessert	Light port
Coffee	Various liqueurs.

The offering of so many different wines does not tend, in my opinion, to the enjoyment and comfort of the guests, especially if their taste runs to simplicity, and I always advocate a glass of sherry, and then either a good claret or champagne to the end of the dinner, liqueurs being passed with the coffee.

White Bordeaux and Burgundies, hocks, Moselles and champagnes should always be slightly iced before serving; the cellar should be kept at a temperature of sixty degrees, and a draught through it will ensure its being always cool.

Clarets and Burgundies should always be warmed a little to remove the abruptness found in even very good and expensive wine when served cold. Another way is to decant, cork, and place on the table for an hour before the dinner; the warmth of the room will then do all that is necessary.

Liqueurs are now becoming quite fashionable, and a tiny glass of liqueur brandy is almost always looked for by the habitual good diner.

To abuse liqueurs by over-indulgence in them is, of course, to be deprecated; but a tiny glass of good brandy, or, in fact, of almost any of the hundred-and-one liqueurs that are on the market, does no harm, makes one quite contented with oneself, and may promote and aid digestion, many liqueurs being fabricated with that object in view.

To serve, at the beginning of the meal, a glass of sherry and Angostura, orange bitters, French -or Italian vermouth, or one of the many different American cocktails (the favourites of which are the Martini or Manhattan), is also a little courtesy on the part of the host or hostess that should not be omitted, as the cocktail promotes appetite and prepares the stomach for the repast that is to follow.

A hock, Moselle, French white wine, claret, cider or champagne cup is a delightfully refreshing and cooling drink for lunch or dinner during the hot months, and is very easily prepared, the recipes being as follows :—

324. HOCK, MOSELLE OR FRENCH WHITE WINE CUP

Pour one bottle of wine into a glass jug, add a liqueur glass of Maraschino, one of brandy, and one of Curaçoa, a strip of cucumber-peel, two slices of lemon, two slices of orange, some fruits (such as peaches, strawberries, raspberries, or red-currants), a sprig of borage, and half a syphon of soda-water. Should the cup be required very sweet, put a liqueur glass and a half of Maraschino, half a liqueur glass of brandy, and a little powdered sugar; should it be preferred not sweet, put a glass and a half of brandy and half a glass of Maraschino. Add chunks of ice, shake well, and serve.

325. CLARET CUP

Made in the same way as No. 324, using claret instead of white wine, and adding a tablespoonful of sugar.

326. CHAMPAGNE CUP

Two liqueur glasses of brandy, one of

Curaçoa, fruits, lemon, orange, borage, soda-water, ice, and two drops of Angostura bitters. Proceed as in No. 324.

327. CIDER CUP.

To one bottle of cider add two liqueur glasses of gin, one of Curaçoa, four drops of Angostura ; fruits, ice, etc., as for No. 324.



MENUS IN ENGLISH AND FRENCH

MENUS FOR DINNERS

Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Grilled Salmon, Tartar Sauce	<i>Saumon grillé, Sauce Tartare</i>
York Ham and Champagne	<i>Jambon de York au Cham- pagne</i>
Spring Chickens and Pota- toes	<i>Poussin en Cocotte Par- mentière</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Artichokes and Melted Butter	<i>Artichauts, Beurre fondu</i>
Rice Croquettes with Fruit	<i>Croquettes de Riz aux Fruits</i>
Grated Ham on Toast	<i>Ivanhoe Toast</i>

Plovers' Eggs	<i>Œufs de Pluvier</i>
Baked Trout	<i>Truite Meunière</i>
Baked Loin of Lamb	<i>Carré d'Agneau de Lait Mascotte</i>
Roast Rouen Duck	<i>Canard de Rouen rôti</i>
Corn-salad, Celery and Beetroot Salad	<i>Salade Lorette</i>
French Peas	<i>Petits Pois Française</i>
Cherries and Kirsch Fruit	<i>Cerises Jubilé Fruits</i>

Caviare	<i>Caviar</i>
Cream of Vegetables	<i>Crème de Légumes</i>
Clear Soup and Rice	<i>Consommé au Riz</i>
Baked Sole	<i>Sole au Plat</i>
Small Fillets of Beef with Vegetables	<i>Tournedos aux Légumes</i>
Sauté Potatoes and French Beans	<i>Pommes sautées Niçoise</i>
Roast Snipe	<i>Bécassines rôties</i>
Salad	<i>Salade</i>
Asparagus, Hollandaise Sauce	<i>Asperges, Sauce Holland- aise</i>
Ice Soufflé	<i>Soufflé en Surprise</i>
Bressane Toast	<i>Canapés à la Bressane</i>

Caviare	<i>Caviar</i>
Oyster Soup	<i>Crème d'Huîtres</i>
Clear Soup and Small Vegetables	<i>Consommé Brunoise</i>
Brill and Spinach	<i>Barbue Florentine</i>
Roast Saddle of Lamb with Vegetables	<i>Selle d'Agneau Arlequin</i>
Sauté Potatoes with French Beans	<i>Pommes Niçoise</i>
Roast Snipe	<i>Bécassines rôties</i>
Salad	<i>Salade</i>
Peas sauté in Butter	<i>Petits Pois sautés au Beurre</i>
Vanilla and Strawberry Ices	<i>Glace à la Vanille et Fraises</i>
Wafers	<i>Gaufrettes</i>

Prawns	<i>Crevettes roses</i>
Pea Soup	<i>Purée de Pois</i>
Sole with Cheese Sauce	<i>Sole Mornay</i>
Small Fillets of Beef with Vegetables	<i>Tournedos aux Légumes</i>
Roast Potatoes	<i>Pommes Château</i>
Pheasant stuffed with Truffles and Pâtés de Foie gras	<i>Faisan Souvaroff</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Asparagus and Melted Butter	<i>Asperges, Beurre fondu</i>
Fruits in Ice	<i>Coupe Jacques</i>

Cantaloup Melon	<i>Melon Cantaloup</i>
Clear Chicken Soup	<i>Petite Marmite</i>
Fried Soft Roes	<i>Laitances frites Villeroi</i>
Baked Loin of Lamb	<i>Carré d'Agneau Mascotte</i>
Roast Spring Chicken	<i>Poulet de Grain rôti</i>
Lettuce Salad	<i>Salade Laitue</i>
Artichokes, Hollandaise Sauce	<i>Artichauts, Sauce Hollandaise</i>
Chocolate Soufflé	<i>Soufflé au Chocolat</i>
Soft Roes on Toast	<i>Carpes aux Laitances</i>

Caviare	<i>Caviar</i>
Cream of Turnips	<i>Crème de Navets</i>
Baked Smelts	<i>Éperlans Anglaise</i>
Fillets of Beef	<i>Tournedos, Sauce Poivrade</i>
Roasted Potatoes	<i>Pommes Château</i>
Roast Pheasant	<i>Faisan rôti</i>
Salad	<i>Salade</i>
Pears in Rice	<i>Poires au Riz</i>

Royal Natives	<i>Royal Natives</i>
Clear Vegetable Soup	<i>Croûte au Pot</i>
Thick Potato Soup	<i>Crème Parmentière</i>
Devilleed Soles	<i>Soles Diable</i>
Calves' Sweetbreads and	<i>Escalopes de Ris de Veau</i>
Mashed Celery	<i>Marie Stuart</i>
Roast Partridge	<i>Perdreau rôti</i>
Lettuce Salad	<i>Salade Laitue</i>
Vanilla Soufflé	<i>Soufflé Vanille</i>
Fruit	<i>Fruits</i>
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Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Clear Game Soup and Rice	<i>Consommé Gibier au Riz</i>
Grilled Red Mullet, Maître	<i>Rougets grillés Maître</i>
d'Hôtel Sauce	<i>d'Hôtel</i>
Pheasant with Brussels	<i>Faisan aux Choux de</i>
Sprouts	<i>Bruxelles</i>
Soufflé Potatoes	<i>Pommes soufflées</i>
Custard and Whipped	<i>Crème Beurivage</i>
Cream	
Curried Prawns on Toast	<i>Canapés aux Crevettes Madras</i>
Fruit	<i>Fruits</i>
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Clear Chicken and Beef Soup	<i>Petite Marmite</i>
Normandy Brill	<i>Barbue Normande</i>
Lamb Cutlets and Peas	<i>Côtelettes d'Agneau Maréchale</i>
Roast Woodcock	<i>Bécasse rôtie</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Cold Artichokes with Vine-	<i>Artichauts Vinaigrette</i>
gar Dressing	
Cherries and Kirsch	<i>Cerises Jubilé</i>

Clear Chicken Soup	<i>Consommé de Volaille</i>
Grilled Lobster	<i>Homard grillé Carlton</i>
Roast Saddle of Mutton	<i>Selle de Mouton Renaissance</i>
Roast Snipe	<i>Bécassines rôties</i>
Corn-salad, Celery and Beetroot Salad	<i>Salade Lorette</i>
Asparagus, Hollandaise Sauce	<i>Asperges, Sauce Holland- aise</i>
Melba Pears	<i>Poire Melba</i>
Wafers	<i>Gaufrettes</i>
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Clear Chicken and Beef Soup	<i>Petite Marmite</i>
Baked Sole	<i>Sole Meunière</i>
Lamb Cutlets and Peas	<i>Côtelettes d'Agneau aux Petits Pois</i>
Roast Spring Chicken	<i>Poulet de Grain en Casserole</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Asparagus with French Dressing	<i>Asperges vertes, Sauce Vinaigrette</i>
Strawberries in Ice-Cream	<i>Coupe aux Fraises</i>
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Russian Hors d'Œuvre	<i>Hors d'Œuvre Russe</i>
Beef Broth	<i>Pot-au-Feu</i>
Boiled Trout	<i>Truite au Bleu</i>
Roast Saddle of Mutton and Dressed Vegetables	<i>Selle d'Agneau Arlequin</i>
Roast Quails	<i>Cailles rôties</i>
Salad	<i>Salade</i>
Artichokes, Hollandaise Sauce	<i>Artichauts, Sauce Holland- aise</i>
Mushrooms on Toast	<i>Canapés aux Champignons</i>
Fruit	<i>Fruits</i>

Cantaloup Melon	<i>Melon Cantaloup</i>
Crayfish Soup	<i>Bisque aux Écrevisses</i>
Baked Sole	<i>Sole au Plat</i>
Roast Chicken with Small Potatoes	<i>Poulet en Casserole Parmentière</i>
Lettuce Salad	<i>Salade Laitue</i>
French Beans sauté in Butter	<i>Haricots Verts au Beurre</i>
Pineapple with Kirsch	<i>Ananas au Maraschino</i>
Grated Ham on Toast	<i>Ivanhoe Toast</i>
Fruit	<i>Fruits</i>
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Caviare	<i>Caviar</i>
Thick Cream Chicken Soup	<i>Crème Reine Ménagère</i>
Clear Soup with Macaroni	<i>Consommé Italienne</i>
Boiled Salmon, Hollandaise Sauce	<i>Saumon, Sauce Hollandaise</i>
Braised Ham with Madeira Sauce	<i>Jambon braisé au Madère</i>
Spinach and Cream	<i>Purée d'Épinards à la Crème</i>
Baked Pheasant with Brussels Sprouts	<i>Faisan aux Choux de Bruxelles</i>
Salad	<i>Salade</i>
Ice Soufflé	<i>Soufflé en Surprise</i>
Different Fruits	<i>Fruits variés</i>

MENUS FOR SHORT DINNERS

Royal Natives
 Julienne Soup
 Roast Shoulder of Lamb
 with Potatoes
 Peas sauté in Butter
 Coffee Ices

Royal Natives
Consommé Julienne
Épaule d'Agneau Par-
mentière
Petits Pois au Beurre
Glacé Café

Clear Chicken and Beef
 Soup
 Baked Sole in Butter
 Roast Pheasant
 Salad
 Braised Lettuce
 Fruit

Petite Marmite
Sole au Four
Faisan rôti
Salade
Laitue braisée
Fruits

Boiled Salmon, Holland-
 aise Sauce
 Roast Saddle of Mutton
 Soufflé Potatoes
 Roast Pigeon
 Salad
 Surprise Soufflé

Saumon, Sauce Holland-
aise
Selle de Mouton Renaissance
Pommes soufflées
Pigeons rôtis
Salade
Soufflé en Surprise

Clear Vegetable Soup	<i>Croûte au Pot</i>
Baked Smelts	<i>Éperlans Anglaise</i>
Slices of Sweetbread and Asparagus Tips	<i>Escalopes de Ris de Veau aux Pointes d'Asperges</i>
Roast Snipe	<i>Bécassines rôties</i>
Salad	<i>Salade</i>
Fruit	<i>Fruits</i>

Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Baked Sole and Soft Roes	<i>Sole Meunière aux Laitances</i>
Roast Loin of Lamb with Onions and Potatoes	<i>Carré d'Agneau Boulangère</i>
French Peas	<i>Petits Pois Française</i>
Iced Strawberries and Orange Cream	<i>Fraises à la Crème d'Orange</i>

Cream of Vegetables	<i>Crème de Légumes</i>
Whitebait	<i>Blanchailles</i>
Roast Chicken in Casserole	<i>Poulet en Casserole</i>
Lettuce Salad	<i>Salade Laitue</i>
Vanilla Soufflé	<i>Soufflé à la Vanille</i>

Crayfish Soup	<i>Bisque d'Écrevisses</i>
Sweetbread and Asparagus Tips	<i>Ris de Veau aux Pointes d'Asperges</i>
Roast Snipe	<i>Bécassines rôties</i>
Salad	<i>Salade</i>
Cabinet Pudding	<i>Pouding au Cabinet</i>

Grilled Salmon, Tartar
Sauce

Compote of Pigeons

Grilled Fillet of Beef,
Béarnaise Sauce

Soufflé Potatoes
Fruit

*Saumon grillé, Sauce
Tartare*

*Pigeons en Compote
Chateaubriand, Sauce
Béarnaise*

*Pommes soufflées
Fruits*

Lamb Cutlets and
Asparagus Tips

Roasted Potatoes

Baked Pheasant

Orange Salad

Iced Fruits and Liqueur

*Côtelettes d'Agneau aux
Pointes d'Asperges*

Pommes Château

Faisan Souvaroff

Salade d'Orange

Macédoine de Fruits

Baked Sole

Roast Chicken

Fried Potatoes

Lettuce Salad

Fruit

Sole Meunière

Poulet rôti

Pommes frites

Salade Laitue

Fruits

Royal Natives

Pheasant in Casserole
Salad

French Beans sauté in
Butter

Soft Roes on Toast

Royal Natives

*Faisan en Casserole
Salade*

Haricots Verts au Beurre

Canapés aux Laitances

Thick Barley Soup
Salmon and White Wine
Sauce

Grilled Sweetbreads and
Peas

Potatoes with Cream
Asparagus and Melted
Butter
Fruit

Crème d'Orge
Saumon au Chablis

Ris de Veau grillés
Maréchale

Pommes à la Crème
Asperges, Beurre fondu

Fruits

Royal Natives
Clear Chicken Soup
Roast Pheasant, Bread
Sauce

Endive Salad
Welsh Rarebit

Royal Natives
Consommé de Volaille
Faisan rôti, Bread Sauce

Salade Escarole
Welsh Rarebit

Fowl in the Pot
Baked Red Mullet
Grilled Spring Chicken
Maître d'Hôtel Potatoes
Melba Pears
Wafers

Poule au Pot
Rougets Meunière
Poulet de Grain grillé
Pommes Maître d'Hôtel
Poire Melba
Gaufrettes

Fillets of Sole in White Wine
Roast Saddle of Mutton

Baked Mashed Potatoes
Italian Macaroni
Fruit

Filets de Sole, Vin blanc
Selle de Mouton
Renaissance

Pommes au Gratin
Macaroni Italienne
Fruits

Crayfish Soup
 Baked Shoulder of Lamb
 Asparagus, Hollandaise
 Sauce
 Ice Soufflé
 Fruit

Bisque aux Écrevisses
Épaule d'Agneau
Boulangère
Asperges, Sauce Holland-
aise
Soufflé en Surprise
Fruits

Various Hors d'Œuvre
 Baked Sole
 Roast Chicken with Veget-
 ables
 Lettuce Salad
 Vanilla Ice-Cream
 Wafers

Hors d'Œuvre variés
Sole au Plat
Poulet en Casserole Pay-
sanne
Salade Laitue
Glace Vanille
Gaufrettes

Clear Chicken and Beef
 Soup
 Salmon, Hollandaise Sauce
 Roast Saddle of Lamb,
 Mint Sauce
 Potatoes with Parsley
 Butter
 Peas sauté in Butter
 Strawberry Ice
 Wafers

Petite Marmite
Saumon, Sauce Hollandaise
Selle d'Agneau, Sauce
Menthe
Pommes persillées
Petits Pois au Beurre
Glace Fraise
Gaufrettes

Thick Chicken Soup	<i>Crème de Volaille</i>
Develled Grilled Oysters	<i>Huîtres grillées Diable</i>
Roast Grouse	<i>Grouse rôti</i>
Chip Potatoes	<i>Potato Chips</i>
French Peas	<i>Petits Pois Française</i>
Melba Pears	<i>Poire Melba</i>

Turbot, Mussel Sauce	<i>Turbot, Sauce aux Moules</i>
Grilled Fillet of Beef,	<i>Chateaubriand, Sauce</i>
Béarnaise Sauce	<i>Béarnaise</i>
Soufflé Potatoes	<i>Pommes soufflées</i>
French Beans in Butter	<i>Haricots Verts au Beurre</i>
Fruits in Ice	<i>Coupe Jacques</i>

MENUS FOR LUNCHES

Plovers' Eggs
Clear Soup in Cups
Stewed Rabbit
Baked Potatoes
Cheese
Fruit

Œufs de Pluvier
Consommé en Tasse
Lapin sauté
Pommes au Four
Fromage
Fruits

Various Hors d'Œuvre
Baked Smelts
Grilled Beefsteak
Fried Potatoes
Lettuce Salad
Iced Fruit Salad and
Liqueur

Hors d'Œuvre variés
Éperlans Anglaise
Bifteck grillé
Pommes frites
Salade Laitue
Macédoine de Fruits

Clear Soup in Cups
Scrambled Eggs with
Chickens' Livers
Roast Spring Chicken
Salad
Melba Peaches
Cheese

Consommé en Tasse
Œufs brouillés aux Foies
de Volaille
Poulet de Grain rôti
Salade
Pêche Melba
Fromage

Eggs with Black Butter	<i>Œufs, Beurre noir</i>
Stewed Veal Marengo	<i>Sauté de Veau Marengo</i>
Maître d'Hôtel Potatoes	<i>Pommes Maître d'Hôtel</i>
Cheese	<i>Fromage</i>

Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Eggs with Onion Sauce	<i>Œufs Lyonnaise</i>
Grilled Sirloin Steak	<i>Entrecôte grillé</i>
Fried Potatoes	<i>Pommes frites</i>
Cheese	<i>Fromage</i>

Cantaloup Melon	<i>Melon Cantaloup</i>
Grilled Lobster Carlton	<i>Homard grillé Carlton</i>
Lamb Cutlets and Mixed	<i>Côtelettes d'Agneau</i>
Vegetables	<i>Jardinière</i>
Sauté Potatoes	<i>Pommes sautées</i>
Strawberries and Kirsch	<i>Fraises au Kirsch</i>
Wafers	<i>Gaufrettes</i>

Scrambled Eggs with	<i>Œufs brouillés aux Pointes</i>
Asparagus Tips	<i>d'Asperges</i>
Grilled Chicken, Devilled	<i>Poulet grillé, Sauce</i>
Sauce	<i>Diable</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Grated Ham on Toast	<i>Ivanhoe Toast</i>
Fruit	<i>Fruits</i>

Fresh Caviare	<i>Caviar frais</i>
Turkish Eggs	<i>Œufs à la Turquie</i>
Grilled Mutton Cutlets	<i>Côtelettes de Mouton grillées</i>
Buttered Potatoes	<i>Pommes au Beurre</i>
French Beans	<i>Haricots Verts</i>
Apple Tart	<i>Tarte aux Pommes</i>
Cheese	<i>Fromage</i>

Scrambled Eggs and Prawns	<i>Œufs brouillés aux Crevettes</i>
Grilled Mackerel and Melted Butter	<i>Maquereau Maître d'Hôtel</i>
Roast Saddle of Lamb, Mint Sauce	<i>Selle d'Agneau rôtie, Sauce Menthe</i>
Peas	<i>Petits Pois à la Menthe</i>
Potatoes with Parsley Butter	<i>Pommes persillées</i>
Strawberries with Ice- Cream	<i>Coupe aux Fraises</i>

Poached Eggs in Potatoes	<i>Œufs Parmentière</i>
Stewed Chickens' Giblets	<i>Abattis de Volaille</i>
Cold Meat	<i>Viande froide</i>
Vegetable Salad	<i>Salade de Légumes</i>
Cheese	<i>Fromage</i>
Fruit	<i>Fruits</i>

Scrambled Eggs and Fresh Tomatoes	<i>Œufs brouillés aux Tomates fraîches</i>
Fillets of Sole with White Wine Sauce	<i>Filets de Sole au Chablis</i>
Baked Shoulder of Lamb with Potatoes and Onions	<i>Épaule d'Agneau Boulangère</i>
Cold Meat	<i>Viande froide</i>
Salad	<i>Salade</i>
Cheese	<i>Fromage</i>
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Clear Soup in Cups	<i>Consommé en Tasse</i>
Eggs with Chickens' Livers	<i>Œufs aux Foies de Volaille</i>
Baked Slices of Lamb	<i>Émincé d'Agneau</i>
Sauté Potatoes	<i>Pommes sautées</i>
Rum Omelet	<i>Omelette au Rhum</i>
Cheese	<i>Fromage</i>
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Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
American Omelet	<i>Omelette Américaine</i>
Cold Roast Beef	<i>Bœuf rôti froid</i>
Vegetable Salad	<i>Salade de Légumes</i>
Cheese	<i>Fromage</i>
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Plain Fried Eggs	<i>Œufs au Plat</i>
Cold Meat	<i>Viande froide</i>
French Bean Salad	<i>Salade de Haricots Verts</i>
Baked Macaroni	<i>Macaroni au Gratin</i>
Fruit	<i>Fruits</i>

Prawns	<i>Crevettes roses</i>
Fried Sole	<i>Sole frite</i>
Roast Ribs of Beef	<i>Côtes de Bœuf rôties</i>
Cauliflower and Holland- aise Sauce	<i>Choux-fleurs, Sauce Hollandaise</i>
Scotch Woodcock	<i>Scotch Woodcock</i>

Fried Eggs and Tomato Sauce	<i>Œufs frits Orlie</i>
Leg of Lamb with Potatoes and Onions	<i>Gigot d'Agneau Boulangère</i>
Peas in Butter	<i>Petits Pois au Beurre</i>
Baked Apples	<i>Pommes au Four</i>
Cheese	<i>Fromage</i>

Plovers' Eggs	<i>Œufs de Pluvier</i>
Fried Sole with Lemon	<i>Sole frite au Citron</i>
Grilled Steak	<i>Bifteck grillé</i>
Sauté Potatoes	<i>Pommes sautées</i>
Cheese	<i>Fromage</i>
Fruit	<i>Fruits</i>

Cantaloup Melon	<i>Melon Cantaloup</i>
Clear Soup in Cups	<i>Consommé en Tasse</i>
Calf's Liver and Bacon	<i>Foie de Veau au Lard</i>
Maître d'Hôtel Potatoes	<i>Pommes Maître d'Hôtel</i>
Soft Roes on Toast	<i>Canapés aux Laitances</i>

Clear Soup in Cups	<i>Consommé en Tasse</i>
Baked Sole	<i>Sole Meunière</i>
Stewed Lamb and Rice	<i>Sauté d'Agneau au Riz</i>
Fried Potatoes	<i>Pommes frites</i>
Jam Omelet	<i>Omelette Confiture</i>
Cheese	<i>Fromage</i>
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Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Boiled Trout	<i>Truite au Bleu</i>
Stewed Veal and Vegetables	<i>Sauté de Veau Paysanne</i>
Baked Mashed Potatoes	<i>Pommes au Gratin</i>
Pineapple Fritters	<i>Beignets d'Ananas</i>
Cheese	<i>Fromage</i>
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Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Turkish Eggs	<i>Œufs à la Turque</i>
Grilled Mutton Cutlets	<i>Côtelettes de Mouton grillées</i>
Baked Cauliflower	<i>Choux-fleurs au Gratin</i>
Cold Roast Beef	<i>Bœuf rôti froid</i>
Potato Salad	<i>Salade de Pommes</i>
Cheese	<i>Fromage</i>
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Smelts fried in Butter	<i>Éperlans Anglaise</i>
Grilled Sirloin Steak with	<i>Entrecôte Béarnaise</i>
Béarnaise Sauce	
Fried Potatoes	<i>Pommes frites</i>
Vegetable Salad	<i>Salade de Légumes</i>
Pineapple Fritters	<i>Beignets d'Ananas</i>

Clear Soup in Cups
 Truffle Omelet
 Cold Meat
 Salad of Corn-salad,
 Celery and Beetroot
 Vanilla Ices

Consommé en Tasse
Omelette aux Truffes
Viande froide
Salade Lorette

Glace Vanille

Royal Natives
 Fried Whiting
 Grilled Grouse, Bread
 Sauce
 Lettuce Salad
 Chip Potatoes
 Cheese

Royal Natives
Merlans frits
Grouse grillé, Bread
Sauce
Salade Laitue
Potato Chips
Fromage

Various Hors d'Œuvre
 Poached Eggs and Spinach
 Stewed Lamb and Spring
 Vegetables
 Cheese

Hors d'Œuvre variés
Œufs pochés Florentine
Navarin d'Agneau
Printanière
Fromage

Caviare
 Fried Eggs and Kidney
 Braised Ham and Spinach
 Custard and Whipped
 Cream
 Fruit

Caviar
Œufs Meyerbeer
Jambon braisé aux Épinards
Crème Beurivage

Fruits

Clear Soup in Cups
 Baked Fillets of Sole
 Sirloin Steak, Béarnaise
 Sauce
 Sauté Potatoes
 Sauté French Beans
 Fruits in Ice

Consommé en Tasse
Filets de Sole Meunière
Entrecôte Béarnaise

Pommes sautées
Haricots Verts au Beurre
Coupe Jacques

Royal Natives
 Clear Soup in Cups
 Grilled Spring Chicken,
 Devilled Sauce
 Vegetable Salad
 Iced Fruit Salad
 Cheese

Royal Natives
Consommé en Tasse
Poulet de Grain grillé, Sauce
Diable
Salade de Légumes
Macédoine de Fruits
Fromage

Various Hors d'Œuvre
 Turbot and Mussels
 Mixed Cold Meats
 Corn-salad, Celery and
 Beetroot Salad
 Cabinet Pudding
 Cheese

Hors d'Œuvre variés
Turbot Dieppoise
Viandes froides assorties
Salade Lorette

Pouding au Cabinet
Fromage

Stewed Chickens' GIBLETS
 Cold Meats
 Salad
 Apple Fritters

Abattis de Volaille
Buffet froid
Salade
Beignets de Pommes

Sardines
 Fried Eggs and Sausages
 Compote of Pigeons
 Cold Meats
 Salad
 Apricot Jam Omelet
 Cheese

Sardines à l'Huile
Œufs Bery
Pigeons en Compote
Buffet froid
Salade
Omelette aux Abricots
Fromage

Various Hors d'Œuvre
 Turbot and White Wine
 Sauce
 Roast Snipe
 Salad
 Cold Meats
 Cheese

Hors d'Œuvre variés
Turbot au Chablis
Bécassines rôties
Salade
Buffet froid
Fromage

Poached Eggs and
 Tarragon
 Grilled Sole, Maître d'Hôtel
 Sauce
 Stewed Rabbit
 Potatoes sauté with Onions
 French Bean Salad
 Fruits in Ice

Œufs en Cocotte l'Estragon
Sole grillée Maître d'Hôtel
Lapin sauté Piquante
Pommes Lyonnaise
Salade dé Haricots Verts
Coupe Jacques

Grilled Devilled Oysters	<i>Huîtres grillées Diabie</i>
Roasted Chicken in Casserole	<i>Poulet en Casserole</i>
Long Lettuce Salad	<i>Salade Romaine</i>
Vanilla Ice	<i>Glace Vanille</i>
Cheese	<i>Fromage</i>

Stewed Lamb and Vegetables	<i>Sauté d'Agneau aux Légumes</i>
Cold Meat	<i>Viande froide</i>
Salad	<i>Salade</i>
Cheese	<i>Fromage</i>

Royal Natives	<i>Royal Natives</i>
Devilled Sole	<i>Sole grillée Diabie</i>
Sirloin Steak and Marrow	<i>Entrecôte à la Moelle</i>
French Beans sauté	<i>Haricots Verts au Beurre</i>
Potatoes sauté with Onions	<i>Pommes Lyonnaise</i>
Vanilla Ice	<i>Glace Vanille</i>

Clear Soup in Cups	<i>Consommé en Tasse</i>
Baked Red Mulletts	<i>Rougets Meunière</i>
Lamb Cutlets and Peas	<i>Côtelettes d'Agneau aux Petits Pois</i>
Potatoes with Parsley	<i>Pommes persillées</i>
Butter	
Cheese	<i>Fromage</i>

Fried Smelts, Tomato Sauce	<i>Éperlans frits, Sauce Orlie</i>
Grilled Fillet of Beef Maître d'Hôtel	<i>Chateaubriand Maître d'Hôtel</i>
Soufflé Potatoes Cheese	<i>Pommes soufflées Fromage</i>

Royal Natives	<i>Royal Natives</i>
Clear Soup in Cups	<i>Consommé en Tasse</i>
Sweetbreads Maréchale	<i>Ris de Veau braisé Maréchale</i>
Different Cold Meats	<i>Viandes froides assorties</i>
Endive Salad	<i>Salade Escarole</i>
Cheese	<i>Fromage</i>

Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Fried Sole	<i>Sole Colbert</i>
Grilled Mutton Cutlets	<i>Côtelettes de Mouton grillées</i>
Green Peas and Butter	<i>Petits Pois au Beurre</i>
Baked Potatoes	<i>Pommes au Four</i>
Cheese	<i>Fromage</i>
Fruit	<i>Fruits</i>

MENUS FOR COLD LUNCHEES

For the Hot Summer Months

Cantaloup Melon	<i>Melon Cantaloup</i>
Cold Salmon, Green Sauce	<i>Saumon froid, Sauce verte</i>
Chicken and Ham Salad	<i>Salade de Poulet et de Jambon</i>
Iced Fruit Salad and Liqueur	<i>Macédoine de Fruits</i>

Cold Clear Soup in Cups	<i>Consommé froid en Tasse</i>
Fish Salad	<i>Salade de Poisson</i>
Cold Meats	<i>Buffet froid</i>
Strawberries and Ice-Cream	<i>Coupe aux Fraises</i>
Cheese	<i>Fromage</i>

Cold Trout, Mayonnaise Sauce	<i>Truite froide, Sauce Mayonnaise</i>
Cold Tongue and Ham Vegetable Salad	<i>Langue et Jambon froid Salade de Légumes</i>
Strawberries and Orange Cream	<i>Fraises à la Crème d'Orange</i>
Wafers	<i>Gaufrettes</i>
Cheese	<i>Fromage</i>

Various Hors d'Œuvre
 Mayonnaise of Chicken
 Cold Roast Beef
 Potato Salad
 Cheese

Hors d'Œuvre variés
Mayonnaise de Poulet
Bœuf rôti froid
Salade de Pommes
Fromage

Plovers' Eggs
 Mayonnaise of Salmon
 Russian Salad
 Strawberries and Whipped
 Cream

Œufs de Pluvier
Mayonnaise de Saumon
Salade à la Russe
Fraises Chantilly

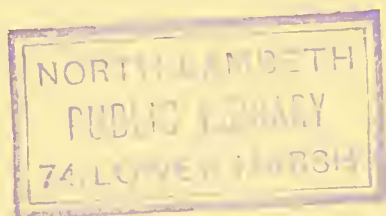
Jellied Clear Soup in Cups
 Various Cold Meats
 Nice Salad
 Strawberry Jam Omelet
 Cheese

Consommé en Gelée
Viandes froides assorties
Salade Niçoise
Omelette aux Fraises
Fromage

Anchovy Salad
 Cold Salmon, Rémoulade
 Sauce
 Cold Chicken and Jelly
 Lettuce Salad
 Cheese

Salade d'Anchois
Saumon froid, Sauce
Rémoulade
Poulet froid à la Gelée
Salade Laitue
Fromage

Various Hors d'Œuvre	<i>Hors d'Œuvre variés</i>
Cold Clear Soup in Cups	<i>Consommé froid en Tasse</i>
Cold Lamb, Mint Sauce	<i>Agneau froid, Sauce Menthe</i>
New Potatoes and Parsley	<i>Pommes nouvelles per- sillées</i>
Butter	
Apple Tart	<i>Tarte aux Pommes</i>



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