

EOS 298

CANTALOUPE *to* CABBAGE

Author of

CAVIARE TO CANDY
GARDENING IN SUNNY LANDS
THE HERBACEOUS GARDEN
THE SECRETS OF MANY GARDENS
ROUMANIA AND HER RULERS

CANTALOUPE *to* CABBAGE

HOW TO COOK AND SERVE
VEGETABLES

With Many New Dishes

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My thanks are due to all the friends who have helped me with this book. Among them I include those who have invited me to partake of delicious fare at their tables, as well as those who have given me recipes. Among the latter are Mdlle. C——, Mrs. Lowenadler, Mdme. de Langlois, Miss Norah Lyttelton, Baroness Palmstierna, Mrs. Philippi, Mrs. Praed, the Dowager Lady Swaythling, Mrs. George Wade and to Mrs. John Walter; to whom I am indebted for many Spanish recipes, for she was kind enough to give me “the run of my teeth” in the book of recipes collected by her in Spain and elsewhere, many of which are reproduced here.

A. M. M.

SCOTS GRACE

Some hae meat and canna eat,
And some wad eat that want it ;
But we hae meat and we can eat,
And sae the Lord be thankit.

Burns.

“ Much food is in the tillage of the poor : but there is that is destroyed for want of judgement.”—*Proverbs.*

“ Give me neither poverty nor riches, feed me with food convenient for me.”—*Proverbs.*

CONTENTS

	PAGE
“THE KINDLY FRUITS OF THE EARTH”	9
HINTS ON COOKING IN GENERAL	12
NOTES TO REMEMBER	20
RECIPES (ARRANGED ALPHABETICALLY)	22

“THE KINDLY FRUITS OF THE EARTH”

When a book has achieved success it is with fear and trembling that (in answer to urgent prayers) one essays a second volume. The high standard set up by those friends, one's readers, needs a good deal of living up to, especially as their demands are so contradictory! “Do give us a nice simple book that will tell us how to cook Brussels sprouts *green* instead of *brown*,” or “Do give us a book with higher class cooking, suitable for dinner parties.” My reply to the first request will certainly be answered, and to the other I would say that the dishes given at my own dinner parties seem to very well content the diners, and so I shall not seek undue elaboration but continue on the same lines as my last book, “Caviare to Candy.” A few even of the recipes therein will appear again, as they have met with such approval. Such a one is the Provençal onion soup, about which I must tell the following story. Two friends noted for their taste in food met me, and one said, “I have a bone to pick with you apropos your cook book.” Fearing the worst, I listened. “We had your onion soup one night and liked it so much that we sent for it to be brought back to have a second helping, and in the end we finished the dish.” I waited, feeling faint with apprehension. “Well, we couldn't eat anything else,” in an aggrieved tone! As this excellent

dish constitutes the whole supper of the Provençal peasant after a hard day's work, I was not surprised. That we all eat too much is generally conceded, and it would be better if we eat too much vegetable rather than too much meat, not that meat is excluded from my table, and I agree with the author of that delightful little book, "The Gardener and the Cook," which is, alas, now unobtainable, when she says that "a little meat, or it may be poultry or ham, gives an appetising flavour to vegetables when both are cooked together," but her meat bills are apparently very small, and the *ragoûts* that she likes so much might almost be called vegetable stews, being "Combinations of vegetables principally roots, with onions and herbs; and all, including such portions of meat as are put in, are fried before they are placed in the casserole."

The words, vegetable cookery, seem to conjure up vivid odours of cabbage, rank parsnips and watery turnips, but by the time my readers have finished I hope these greensome ideas will have been dispelled. Frankly I dislike cabbage. Unless amply disguised, greens are my abomination as reminiscent of lunches on an English train, and very few vegetables *à l'eau* meet with my entire approval (alas for my figure), green peas and good floury potatoes excepted. Still it is necessary to show how they ought to be cooked *à l'eau* if only for the sake of the young bride of my acquaintance who couldn't get her Brussels sprouts green, even though she had taken a "Cordon Bleu" certificate after twelve months' training! It is surprising to find that many men know quite a good deal

about cooking. One of them, Col. Howard Carter, recently told me that quick cooking was the secret of his *cuisine*. "I would like to lock the kitchen door against my cook until twenty minutes before lunch," said he, and it is painfully true that a cook will take off a pot of boiling potatoes or sprouts and make room for something else, let it go off the boil at the back of the stove, bring it on again, and perhaps let the vegetables stand in it after the cooking is finished and then is surprised that they are not a success. Quick boiling and quick serving should be her motto. How rarely do we taste a really well-cooked and flavoured potato, and what *is* better than a good floury spud!

I shall give in nearly every case a recipe for the plain cooking of a vegetable before proceeding to the fancy dishes so that all may be pleased.

The using of Cantaloup in a vegetable book may be questioned, but it is certainly one of the fruits of the earth (with which salt may be eaten instead of sugar), just as cherry soup, pickled peaches or pear salad would not come under the heading of dessert. I must therefore claim some latitude for including such fruits as chestnuts, without which no dish of sprouts is complete, mushrooms, sweet corn, or even rice, all of which belong to the vegetable kingdom at any rate.

HINTS ON COOKING IN GENERAL

Much stress must be laid on the importance of using fresh vegetables. All are not fortunate enough to know the taste of freshly gathered cauliflower, spinach, etc., especially now that so much green food comes from long distances. But we can make a rule of never allowing uncooked green vegetables to remain till the next day, and this rule should be strictly enforced. It is so easy to cook the spare spinach or cauliflower and use them the next day for soup or *purée*. Green vegetables should be boiled very fast with the lid off, and never allowed to go off the boil. Add a little vinegar (not salt) to the water they are washed in, to kill insects. The water should invariably be salted that is used to boil them, as well as onions, unless it is very chalky water. To add salt makes the water slightly harder. There is no reason to endure the unpleasant smell of boiling green vegetables. All you have to do is to dip a crust of bread in a little vinegar, tie it in a piece of muslin, and put it into the water with them, only while they are in the saucepan.

All vegetables should be drained *immediately* after cooking and not allowed to stand in the saucepan a moment. A rule that should never be forgotten is to blanch any strongly flavoured vegetable such as old cabbage, Brussels sprouts, kale and parsnips.

This means that they are thrown into the boiling water for a few minutes, taken out, and finished in freshly boiling and salted water. This takes away much of the rank taste, keeps the greens a good colour, and makes them more digestible.

Lentils, split peas and dried beans do not cook in hard water, therefore omit the salt and add half a teaspoon of bi-carbonate of soda, or bi-carbonate of ammonia, to every gallon of water to soften it. Rather less for broad beans.

If green vegetables have wilted they can be freshened up by soaking in cold water for an hour, without salt, which spoils them. They must not be cooked in tin. Use enamel saucepans for boiling but earthen for stewing.

Roots, such as turnips, are not cooked quite in the same way as green things. They are brought quickly to the boil and then simmered or cooked gently till tender. The water should not be salted until they are just finished. There are two distinct schools of thought as regards the cooking of vegetables—steaming *versus* boiling. The former is slowly coming into favour, as doctors and food experts are recognising the value of the salts and various constituents of the vegetable generally washed out by boiling. Boiled cabbage is said to lose a third of its food material in boiling, and potatoes in peeling and boiling even more.

Steaming means the use of two compartments, one to hold the vegetables, the other to hold the water. The steam from the boiling water rises through the

small pipe of the top compartment and thereby cooks the vegetables. A tightly fitting lid is absolutely necessary. Some use a top perforated with holes, but this is quite wrong as all the gravy and juice is lost, as it falls into the water below.

It takes double the time to steam than to boil and the colour is not so good. Not that this matters if sauce is eaten with the vegetable. The water below must be kept on the boil all the time and replenished if necessary. There is an intermediate school of thought which says that vegetables need only just sufficient water to cover them, and it is well known that spinach requires no water at all, for it cooks itself. The French cook will wash her French beans, for instance, in cold water and pour them into a strainer. A small quantity of hot water and a tablespoon of salt are put into a saucepan and when boiling the beans are thrown into the water which should just cover them, then cooked till tender, adding hot water if necessary so that they do not burn. Strained in a colander, and finished off in a frying-pan with a melted lump of butter and sprinkled with home-ground white pepper. This method is used for most vegetables in France. It is the retaining of the flavour by using very little water, and the finishing of them off with butter, that makes them so delicious. The average cook gets fearfully alarmed if the word French cooking is mentioned, but most French dishes are perfectly simple once the primary rules of cooking are learned. Butter or good gravy is a necessity for this form of cooking, but then the dish is often eaten

separately and not as an accompaniment to meat or poultry, and therefore not so expensive an item of the dinner.

Really exquisite clear soup can be made from vegetables alone. At a recent dinner the soup was so good that I complimented the hostess afterwards on it. She kindly gave me the recipe (Clear Soup for Dinner parties), and it will be seen that no meat is used. It was quite clear, golden brown in colour, and of a flavour that one only gets when a Cordon Bleu is employed.

Looking back to one's own childhood, it is surprising to see the amount of vegetables thought necessary for children to-day. Not only the pressed juice of cooked spinach, but the juice of certain uncooked tender vegetables, as well as orange juice and tomato juice. We are told that raw vegetables contain much of the necessary vitamins, and it is certain that young raw peas gathered in the garden are delicious, and that raw carrots and swede turnips are quite palatable. Therefore I shall include among the salads some of these and the popular American dish, Cold Slaw, which is made of finely minced white uncooked cabbage, and is much eaten in Germany.

Having seen a young salesman eat with gusto some peas whose pods he had opened to show me how tender they were, the idea flashed across me that others might also like to eat raw peas. So I hastened home, became "broody" and evolved tomato cups with a filling of raw baby peas and cream dressing. Oh,

but they must be very innocent and baby peas to make a successful debut! And they do not like being dressed with mayonnaise, which does not suit them.

Good vegetable cookery as described in this little book will need some patience with one's cook, who at first may think it so much easier to slap her French beans into her big pot of boiling water and serve them straight from it, than to have to cook them first and toss them in butter afterwards. In reality she does not gain much time, because by the French method she need only break the pods into two or three pieces, whereas she has been used to spending much trouble on slicing up her beans, which seems to give them a poor sort of taste after all her trouble. But the beans must be young and fresh for them to break easily. And here the consumer will benefit greatly if old and coarse beans are refused when ordering. Such vegetables as beans, sprouts, cauliflower, young carrots and others are vastly improved by tossing in butter after boiling in water that just covers them, one of the "foundations" of vegetable cookery. Another "foundation" rule is the frying of sliced vegetables in butter (or the best dripping) and a little flour until golden brown, and then adding water or stock in small quantity for stews (more for soups). Thus the brown sauce is obtained to put over vegetables such as turnips, celery, etc. White sauce has to be made with "*cuison*," a very important factor in vegetable cooking. It is the liquid in which the vegetable has been cooked, and which is usually

put down the sink! A good cook or chef will use this instead of water to thin down her *roux*, or thickening.

For white sauce, or soups, the water in which white vegetables only have been boiled is used—such as haricot beans (spaghetti and macaroni are included). The water that potatoes have been boiled in is an excellent thickening, and a good stock to have on hand, which can be heated up from time to time, is made as follows: Lentils or dried red beans should be soaked for a night and then put into a deep jar, with a bunch of scraped carrots, some parsnips, onions and celery, a bouquet of herbs and some seasoning. This must be cooked for some hours (the jar tied down) in the oven or inside a saucepan with water half-way up. It must always be strained before re-heating. This will flavour aspic jelly, make sauce for curries, and act as a foundation for many sauces such as Espagnole or Robert.

All white soups, such as asparagus, artichoke, cauliflower or celery, are infinitely better if the water in which the vegetable has been boiled is used as stock. It is so simple when one has one of these as a vegetable to save the stock to make soup for the next day, with perhaps some of the “left over” rubbed through a sieve as thickening. But oh, how difficult to get one’s cook, unless she be “natural-born” (like the famous Colonel) to save that precious stock which contains all the salts so necessary to health. White sauces for vegetables do not need strong flavours; a few small mushrooms or shrimps,

mild cheese, oysters, etc., and perhaps a few drops of lemon juice are all that is needed. Whereas for brown sauce, onions, horseradish, chervil, truffles and dark mushrooms, pickles, chutney, tomatoes and red wine are necessary, but not all put in one sauce, for discretion is counselled!

The foundation of all cream or thick vegetable soups is "purée." In other words, vegetable boiled till soft and rubbed through a fine sieve. Haricot beans soaked over night in tepid water, placed in cold water the next day and boiled till soft (with a scrap of fat bacon in the pot to soften them) make a purée which is the foundation of several kinds of cream soups as well as of rissoles and croquettes. *Note.*—The purée which is to be eaten by itself or as an accompaniment to cutlets or turkey, such as chestnut purée, or to mutton (onion purée) is a more elaborate thing than that used as a foundation for soup. After rubbing through the sieve it must be returned to the saucepan, mixed with butter, seasoning and herbs, yolks of eggs or cream. It will need careful stirring and should be moderately thick.

Many of the vegetable purées can be made into ices—not to eat alone, but as an accompaniment to other dishes. For instance, iced cucumber cream as a filling to tomato or cucumber cups gives a very decorative touch to salmon or salmon trout, while horseradish sauce made into an ice with which to fill lemon cups gives a distinctive touch to lobster, or may be served with fried soles.

Let me conclude with a counsel to those who are not accustomed to eating a vegetable dish without meat. Hand with it some fingers of bread and butter sprinkled with grated cheese, and lightly browned in the oven. Their crispness seems to combat the creamy texture of the purée or whatnot that is being served.

NOTES TO REMEMBER

(1) All green vegetables to be put in boiling water with salt and a tiny pinch of carbonate of soda.

(2) To blanch vegetables place in boiling hot water in a basin for a minute or two. Then put into cold water and strain off. The skins of tomatoes will come off quite easily after this.

(3) Well dry all vegetables, except spinach, before cooking them.

(4) All mushrooms must be peeled. The stalks and peelings must not be thrown away, but slowly stewed with salt and a couple of tablespoons of water. This makes an excellent flavouring for sauces or soups. Do not peel young potatoes or new carrots; just rub them in a coarse cloth with some kitchen salt. Old carrots should be scraped, not peeled.

(5) Do not throw away odd pieces of celery but dry them in a slow oven and use them for flavouring. They will keep for weeks in greaseproof paper bags.

(6) If a sauce curdles turn it into a basin in a cool place and beat it with an egg whisk. If this fails, mix a spoonful of cornflour with a little water, mix it with the sauce and cook it in the saucepan for a minute or two and then strain. If mayonnaise curdles place the yolk of an egg in a basin and slowly beat in the mayonnaise when all curdling will disappear.

(7) When potatoes are required for such dishes as creamed potatoes, shepherd's pie or purée, they should be boiled in their jackets and then skinned. Otherwise much of the flavour and the nourishment is lost. This applies to mashed and sieved potatoes also.

(8) In using carrots and turnips allow two-thirds carrots to one-third turnips, as the flavour of the latter is so pronounced.

(9) A "cocotte" is an earthenware fireproof dish with a lid, used in the oven usually. A casserole means a saucepan and is often confused with a "cocotte."

(10) Crumb butter for putting on the top of vegetables is made as follows. Melt half a teacup of butter in a saucepan, add one and a half teacups of dry breadcrumbs and cook until golden brown.

(11) All pepper should be freshly ground as the flavour is quite different. Black pepper for brown dishes, white pepper for white.

RECIPES

Alligator Pears

These are served as hors d'œuvre in Chile. They are carefully peeled and cut in halves. Lemon juice is squeezed over them and a powdering of cayenne pepper is added. Serve with thin bread and butter sandwiches.

Apples, Fried

This excellent dish is constantly served as a vegetable in America, with roast meat. The apples must not be too soft. Firm apples, like Bramley or Newton Wonder, are the best.

Cut the apple in slices across, with or without the skin or core. Fry them lightly in butter or dripping till tender, but not too much, for fear they break. Large apples may have the slices cut in quarters, when the core can be taken out. Very good served with grilled chicken or sausages.

(America)

Artichoke Bottoms and Cheese

Use the bottled artichoke "fonds" or boil the globe artichokes till tender in salted water and remove

the leaves and choke. (Slightly cook the bottled artichokes). Arrange in a fireproof dish and after adding a spoonful of white wine to some Sauce Espagnole, pour it over the "fonds," sprinkle with grated cheese and breadcrumbs, brown in the oven and serve as an entrée.

Artichoke Bottoms and Mushrooms

Use the bottled or tinned artichoke bottoms for this dish and cook them gently in a little salted water. Arrange in a hot dish and fill the centres with a small pyramid of mushrooms that have been cooked in a little butter, pepper and salt. Chop up the mushrooms, add a squeeze of lemon juice and fill the artichokes with them and sprinkle some breadcrumbs and some bits of butter on each. Brown a little in the oven. These can either be served as a dish by themselves or as a garnish to roast saddle of mutton.

Artichokes, Fried (1)

Peel the tubers, and pare or shave into very thin slices. Put them into a frying basket or wire spoon and fry in boiling lard till golden. Dust over with salt and pepper, and serve with chicken or game.

Artichokes, Fried (2)

Boil the tubers in salted water, blanch in cold water, drain and dry. Roll them in egg and breadcrumbs

and fry in a basket in deep fat. Dust with salt and pepper. Pare them, and if large quarter them.

Artichoke Fritters

Peel and slice two pounds of artichokes and quarter of a pound of the white portion of leeks. Boil in some milk until soft, strain and wring in a cloth till dry. Rub through a tammy and mix with about an ounce of white roux, a little cream, some pepper, salt and a scrap of mace, and moisten with a beaten-up egg. Mould with a spoon and dip into fritter batter and fry a golden brown. The spoon should be dipped into the hot fat before moulding each fritter.

Use the same mixture for rissoles and croquettes, rolling them in breadcrumbs and egg, or egg and vermicelli before frying. Serve with a sauce of sweet corn, tomato or mushroom.

Artichokes, Globe (to boil)

Choose large heads that are freshly picked, cut the stem level with the leaves and trim down the top leaves by an inch and a half. Wash them well and place in a saucepan of salted boiling water. Let them boil very fast until the leaves come away quite easily when pulled; this will be in from thirty to forty minutes. Serve very hot with either drawn butter in a tureen, or Hollandaise sauce.

Artichokes (Jerusalem)

The original name for these was Girasole, of which Jerusalem is a corruption. They are most nutritious and tasty, and are much neglected. Peel the tubers and blanch them in cold water. Boil in salted milk and water (to keep the colour white) and never let them stand in the saucepan. They should take about twenty minutes of fast boiling to cook and must not be squashy. Drain quickly and serve with Béchamel sauce or cream sauce flavoured with mace, or with curry sauce and a border of rice, or with brown sauce and grated cheese, with a cheese sauce, or au gratin, like celery, and in many such ways.

Artichokes, Roast

Peel, and roast them under the meat as you would a potato.

Artichoke Snow

Cook the artichokes as for fritters, and after wringing in a cloth till dry, press through a coarse wire sieve or strainer, and let them fall as lightly as possible in the form of a pyramid into a hot dish. Arrange round the pyramid a ring of chestnuts braised or stewed in brown sauce, and serve as an entrée.

Artichoke Soufflé

Rub six Jerusalem artichokes through a sieve or tammy. Mix some white sauce, made with white roux, with the yolk of an egg and a little lemon juice, which has been added to the yolk, stirring all the time. The sauce must not boil or it will curdle. Add the sauce to the artichoke purée, together with the stiffly-beaten whites of two eggs, stirring them lightly in with a fork. Put the mixture into a buttered soufflé dish and bake in a hot oven for a quarter of an hour. Serve at once.

Artichoke Soup

(See p. 96.)

Artichoke Timbale

PAIN A L'INDIENNE

Take two pounds of Jerusalem artichokes and one onion, and after peeling slice them, and boil until soft in milk. Strain off and wring in a cloth until quite dry. Pass through a hair sieve and put in a basin. Beat thoroughly four whole eggs, and add gradually to the artichoke with pepper and salt to taste. Then add half a pint of cream.

Butter a plain or timbale mould, putting a buttered paper on the bottom to help in turning it out. Steam very gently for an hour. Make a curry sauce with

the milk the artichokes were boiled in, pour over the mould and serve with boiled rice.

As this very closely resembles cream of chicken, it can be used in much the same way, either in small or large moulds, and if the whites of the eggs are separated from the yolks, the yolks worked in first and the whipped whites afterwards, it can be baked and served as soufflés.

Another way of using this artichoke cream is in the form of a chartreuse.

Line a mould with pastry, press it well to the sides and fill with uncooked rice and bake until nicely brown. Carefully remove the rice, and when cold well mask the inside with artichoke cream.

Make some rather thick white sauce and mix together some cut macaroni and either button mushrooms or small mushrooms cut in quarters, flavour with Parmesan cheese and fill up the centre of the mould. Put another layer of the cream on the top and bake slowly. Serve with a cheese sauce. French beans or peas can be made into a cream in the same way.

N.B.—The recipe for Artichoke Timbale would make an excellent iced mousse if the pint of cream were stiffly whipped and added to the artichokes, etc., and then frozen in a mould instead of being steamed for an hour.

Asparagus, to Cook

Tie the asparagus into bundles and place in a saucepan, the heads up. The water should come about

half way up the bundles and must be salted. Cook for twenty minutes or more until the heads are soft. This method prevents the tender heads from breaking or getting over cooked.

Asparagus Filling

Cut off the soft part of cooked asparagus and rub through sieve, mix half a pint of this with half a gill of cream dressing and half a gill of semi-liquid aspic (barely semi-liquid). Add gently to this a table-spoonful of stiffly-whipped cream that has had a dash of sugar and white pepper, and use the mixture to fill Bridge rolls—or brown bread sandwiches (not buttered). This is a nice supper dish.

Asparagus Soufflé

Take two tablespoons of butter, four of flour, two cups of rich milk, and boil all together. Then cool. Add the yolks of five eggs, and the heads and soft part of cooked asparagus, chopped, some salt and pepper. Place in a soufflé dish and add carefully the white of the five eggs, beaten stiffly, and steam over boiling water.

Asparagus Soup

(See p. 97.)

Aubergines

This is a vegetable, which plainly boiled or fried has no particular merit, but which if stuffed can claim merit not entirely deserved !

Remove the stalks and sepals ; cut in halves lengthwise and scoop out the soft insides, which are not needed. Simmer the halves in butter till tender, and fill them each with a mince of meat (well flavoured with onion), cover them with breadcrumbs and grated cheese. Set them in a baking dish and bake in the oven till a light brown. Or they may be filled with minced vegetables, onion and boiled rice, instead of meat.

Aubergines with Tomato

Take two aubergines and peel and slice them, put them into a stewpan with boiling water and a little salt. Cook for about eight minutes, then strain off the water ; be sure not to break the aubergines. Have a cocotte buttered and about six tomatoes, sliced, and a little chopped onion and parsley. Line the cocotte with a little onion, then put a layer of tomatoes, then aubergine, with a little onion and parsley, pepper and salt. Continue doing this until you have your cocotte full, then put tiny bits of butter over the top, put on the lid and cook in a nice hot oven, looking at it from time to time. Decrease the heat when necessary, it will take quite three-quarters of an hour to cook.

Beans, Broad, in the Pod

For this dish the pods must be of great youth and innocence, the pods a couple of inches long, and the beans within, tiny. Cook the pods (after washing) in some weak stock or water for three-quarters of an hour and then add a little salt. When cooked enough, drain and serve with drawn butter. The top or stalky bit needs to be cut off before cooking.

Beans, Brown

It was said after the Great War by the King of Roumania that he who invented beans deserved a statue! The fact being that had it not been for the humble bean the peasants would have starved. There is much nutriment in them, and they are a quick and easy crop to grow. Soak them overnight. Drain and reheat them, but never let them boil, or the skins will break. Drain after cooking and wash once in cold water. Fill a cocotte with layers of beans and slices of fat bacon, or salt pork. Season each layer with a little mustard and brown sugar, pepper and salt.

Mix half a teacup of golden syrup with two cups of water and fill up the cocotte. Lay a slice or two of bacon on the top and put on the lid. Cook in the oven very slowly for six or seven hours. Take the lid off before serving, and brown the beans at the top. This dish, which somewhat resembles Boston beans, can be varied by the addition of tomatoes and fried

onions and a little garlic, when it becomes Spanish in character.

Beans, French, à la Béchamel

Boil a pint of French beans in salted water and a speck of carbonate of soda until almost cooked. Drain them and dry them. Fry in butter lightly. Meanwhile make ready this sauce in an enamel saucepan: One beaten egg, one teaspoon of cream, two heaped dessertspoons of grated Gruyère (or other) cheese, a small scrap of mace, some pepper and salt. Let it cook slowly and do not let it even simmer. Just before taking it off the fire add a teaspoon of lemon juice. Place the hot beans in a dish and pour the sauce over them.

Beans, French, au Beurre Noire

Take a pint of French beans and boil them in salted water, drain and dry. Put an ounce of butter in a pan and cook until the butter is a good brown. Add lemon juice, chopped parsley, salt and pepper. Toss the beans in this and serve.

Beans, French, and Eggs

Break off the tips and tails of the beans and break into pieces. Cook the beans in a little water and

32 CANTALOUPE TO CABBAGE

toss them in butter with pepper and salt, and pile them on a dish. Place the halves of hard-boiled eggs among the beans and arrange a wall of mashed potatoes around. Serve with brown gravy in a tureen and hand grated cheese.

Beans, French, à la Maitre d'Hôtel

Boil the beans in salted water and drain. Fry or toss them in two ounces of melted butter. Add salt and pepper and the juice of half a lemon. When thoroughly mixed, add a teaspoon of finely chopped parsley and serve in a hot dish.

Beans, How to Cook Old French Beans or Runner Beans

Boil them in water till partly cooked. Drain them and put them into a cocotte, or a jar with a lid, with a lump of butter, an onion, salt, pepper, a dash of sugar and some herbs. Cover them with vegetable broth and stew them gently for about an hour. Serve with a sauce made from some of the liquor thickened with a little baked flour and the yolk of an egg.

Beans, White (Spanish)

Soak the beans overnight. Put them to cook in cold water with a clove of garlic and a bay leaf. When half cooked pour off the water, leaving the garlic.

Add olive oil, chopped onion and a few grains of black pepper (whole) and cold water enough to make the stew. Adding water so that it is just moist. Just when serving add a squeeze of lemon or vinegar.

Beetroots, to Boil

Wipe the beets carefully with a damp cloth, taking great care not to bruise or cut them. If the skins are broken at all they will bleed when boiling and lose their colour.

Place in a saucepan of salted water and boil till tender. Large beets will take two hours, smaller in proportion.

Beetroots, Creamed

Cut two small beets that have been boiled with salt, and place in a saucepan with a butter sauce, made by melting an ounce of butter with a yolk of egg, beaten up, a teaspoon of cream (or milk), a teaspoon of lemon juice, salt and pepper. Let the beet cook quietly in this, not even simmering, and serve.

Beetroot Soup.

(see p. 97.)

Broccoli, Sprouting

Wash and trim the stems and tie into small bundles as if they were asparagus. Put them into a saucepan of boiling water, well salted and with a speck of carbonate of soda. Boil fast till they are tender. Put in a hot dish, pepper and serve with drawn butter.

Brussels Sprouts

Well wash the Brussels sprouts in water, to which a little vinegar has been added, making a slight slit down the side of each first. Put about a pound of sprouts in two quarts of fast-boiling water, to which a small handful of salt and speck of carbonate of soda has been added. Keep the water boiling fast all the time for forty-five minutes (about), or till the sprouts are tender. The carbonate of soda helps to keep them green, but on no account use washing soda.

Brussels Sprouts and Bacon

Boil the sprouts in salted water. Lay them in a gratin or fire-proof dish, and cover all over with very thin slices of bacon. Cook lightly under the grill.

Brussels Sprouts and Chestnuts

Wash and boil a pound and a half of sprouts in salted water (always with that speck of carbonate of

soda) for twenty minutes and drain on a sieve. Shell a pound of chestnuts. Blanch in boiling water for ten minutes or more and peel off the brown skin (it should come off easily). Place in a saucepan with enough well-seasoned white or vegetable stock to cover them and a little sugar. Cover the pan and cook for twenty minutes or till you can pierce them easily with a skewer or fork. Drain well and place both sprouts and chestnuts in a round cocotte with an ounce of butter, a teaspoon of salt and three saltspoons of white pepper, toss well and serve in the cocotte. Some people prefer not to fry the chestnuts, only the sprouts, and to serve them arranged in layers in the cocotte.

Brussels Sprouts au Gratin

After boiling place the sprouts in a gratin dish and cover with grated cheese, breadcrumbs, and little bits of butter placed all over the top. The dish is then placed under the grill, or in the oven for a few minutes, until lightly brown.

Cabbage

Cut young cabbages in halves, throw them into a pan of fast-boiling water, salted, for five minutes. The usual speck of carbonate of soda may be added for colour. Drain, and put back into a saucepan with fresh boiling water poured over them, some more salt

and a little sugar. Cook with the lid off till tender. Then drain, press, and serve. If this simple fashion is not appreciated, then chop the cabbage finely and put back into the hot (dry) pan with butter and pepper and perhaps a dash of vinegar, and steam for half an hour. It can be pressed into a mould before turning out, and eaten with brown sauce or tomato sauce round it, when it will be pronounced "good."

Cabbage en Cocotte (French)

Instead of boiled cabbage try cooking it (after washing) in an earthenware fire-proof dish (a cocotte) with a large piece of bacon rind at the bottom of the dish, the fat side uppermost. Cut the cabbage in four and put a small lump of beef dripping or bacon fat, with plenty of salt and pepper, on each quarter of cabbage. If there are any scraps of meat or bacon that want using up, place this on the centre of each piece. Put a spoonful of flour in the saucepan and brown everything together for a little while. Then add a tablespoon of vinegar (or some claret), four peeled potatoes cut up, and put the lid on the cocotte. Cook for an hour and a half and serve on rounds of bread. Even children will eat this, who ordinarily dislike cabbage.

Cabbage, Red

Cut a hard red cabbage very finely across. Cook slowly in a very little salted water. Make a good

sauce with butter and flour and add to the cabbage. Add some lemon juice, cover, and allow to finish in the steam.

Cabbage, Steamed

Prepare the cabbage by removing all dead and bruised leaves. Cut it in halves or quarters according to size, and trim off stalk neatly. Put the cabbage head downwards in strongly salted water or water with vinegar for fifteen minutes to get rid of all insects, but do not soak it. Dry in a cloth, sprinkle the leaves with a little salt and put them dry on the tray of the steamer. Pour water to half fill the lower vessel. The steamer should be put on a brisk fire with lid on. While steaming the cabbage should be examined and tested now and then, exactly as boiled vegetables are. Drain at once when ready and prepare in any way you like.

Cabbage, Stuffed

Blanch the cabbage after removing the outer leaves. Open out the leaves that are left and insert between them a good mince of sausage-meat. Tie it up with string and stew in a saucepan with some good broth or stock, which when thickened makes the sauce for it. Any mince will answer for this, but a little chopped bacon should be added to it.

Cantaloup

This, the most favourite hors d'œuvre of all, should be dead ripe—nothing is so aggravating as to see a handsome slice of rose-pink melon in front of you and find that it is of the flavour and feeling of a turnip.

Choose the Cantaloup yourself, smell it, and if ready to use, it will have a very strong fragrance, and pinch it at the stalk end to see if it be soft. Then keep it on ice till the last minute, and serve cut into big segments or chunks, no small slices please, for “a little cantaloup is a dangerous thing,” leaving one like Oliver Twist silently crying “More.” Serve with ginger and salt to gourmets, other people may have sugar handed.

Cantaloup Salad

(See p. 84.)

Cardons, Italian

This vegetable is but little grown or known out of France and Italy. It resembles in leaf and stalk the handsome grey globe artichoke, is very easy to cultivate, and resembles celery in some small degree when cooked, without so good a flavour.

Cut the cardons lengthwise, and after scraping, blanch them in boiling water, then throwing them into cold water to keep them firm. Place them one by one in a cocotte with four ounces of butter (to two

or three pounds of cardons) and a little salt, and cook for a little while. Add some white sauce and a quarter of a pound of grated Parmesan cheese. Cover and cook them in the oven, serving in the cocotte.

Carrots

Wash and scrape old carrots. Young ones need only to be rubbed with a cloth and some salt. Put them in a saucepan of salted boiling water and cook till tender, from twenty-five minutes to an hour, according to age and size. They can be eaten plain, or chopped and pressed (with butter, pepper and salt) with a shape, or made into a purée if old. If young they must be put into a hot dish with butter, pepper and salt, chopped parsley, a teaspoon of brown sugar and a squeeze of lemon, and just heated through again in the oven.

Carrots à la Crème

Take some baby carrots and rub them with some salt in a coarse cloth. Put into a saucepan a walnut or more of butter, a dessertspoon of flour and mix it well over the fire. Then add three tablespoons of milk, salt, pepper, and a scrap of mace, and stir it well. Add the carrots and cook for twenty-five minutes not too fast, add a spoon of cream and serve in a hot dish.

Carrot Fritters

Mash a large carrot (after cooking till tender with a very little water in a covered pan) with cut parsley in a basin. Grate an onion, some lemon peel, and a spoon of browned pine-kernels, and cook in butter. Add to the other ingredients *off* the fire, two table-spoons of fritter batter and two tablespoons of white breadcrumbs. Drop the mixture in dessertspoonfuls into boiling fat and fry till a nice brown. Quantity for six fritters.

Carrot Soufflé

Two tablespoons of butter, two cups of carrot purée, four eggs, two tablespoons of flour, pepper and salt to taste, half pint of milk, a soufflé dish buttered lightly and flavoured.

Make a thick sauce first by putting the butter in a large enough stewpan, let it melt, then add flour, and stir with a wooden spoon for a few moments until the flour is cooked, but not brown, then add the milk and stir well all the time until you have a thick sauce; it must be thick to support the carrot purée. Mix in the purée and add pepper and salt and yolks of egg, one at a time. Then put the whites into a bowl and whip until very stiff. If your mixture is a little on the soft side only use three whites, anyway use less whites and have them very stiff, then fold into your carrot mixture and pour into a soufflé dish

and bake in a moderate hot oven for half an hour, perhaps three-quarters of an hour.

Always butter a band of cartridge paper and put a dust of flour on it ; tie the paper around the soufflé dish about two inches above the top of the soufflé case. So that when the soufflé is cooked the paper can be removed quite easily by cutting the string.

Cassoulet (Basses Pyrénées)

Soak white haricot, or butter beans, over night. Place them in a "cocotte" with ground pepper, salt, a powdered bay leaf, thyme, a tiny scrap of garlic (more if you like it), several small onions, parsley, and a lump of butter, and some bacon cut in dice, add to this some pieces of goose or duck (an excellent way of using up the "left-overs") and several sausages cut in pieces. Pack up the "cocotte" to the top and pour in a good vegetable stock, brown or white, till the dish will hold no more. Put on the lid and bake in the oven slowly for two or three hours ; serve

Cauliflower

Cook head downwards in rapidly-boiling salted water with the lid of the saucepan off, for twenty minutes, or till tender. Skim the water before taking out the cauliflower. A gill of milk added to the water improves cauliflower. Drain and stand on a

dish, serving either Béchamel, Hollandaise, or Yellow sauce, separately in a tureen. (The day for smothering cauliflower in a pasty white sauce is mercifully over.)

Cauliflower, Fried

Boil (not too soft), drain and cut in pieces. Fry the pieces or flowerets in butter or dripping with a little well-minced onion, pepper and salt, or dip the flowerets after boiling in egg and breadcrumbs and fry till golden brown, garnish with fried parsley and serve with tomato sauce in a tureen as an entrée. Or after dipping in egg and breadcrumbs sprinkle with grated Parmesan cheese before frying.

Cauliflower, Gratiné

Cook with half a gill of hot milk added to two quarts of salted water, and season. Drain and divide into flowerets and place them on a hot dish. Heat one and a half tablespoons of butter in a frying pan, add three spoons of fresh crumbs and toss till golden brown. Pour these over the flowerets and serve.

Cauliflower and Macaroni

Three ounces macaroni, broken small, one small cauliflower, two tablespoons grated cheese, one tomato peeled and cut small, three ounces of breadcrumbs, one ounce melted butter, one egg.

Cook the cauliflower and macaroni separately, then mix all ingredients together in a basin, leaving the cauliflower till last. Break the cauliflower into small sprigs, add the egg well beaten. Steam for three quarters of an hour in a mould or basin, and serve with tomato or cheese sauce.

Cauliflower and Mushroom Entrée

Take the flowerets cooked as described and place them on rounds of buttered toast, one for each person. Cover with mushroom sauce and serve.

Cauliflower and Oatmeal Soup

(See p. 99.)

Cauliflower Soup

(See p. 98.)

Cauliflower (Spanish)

(WITH TOMATO OR SOUBISE SAUCE)

Steam or boil, but if *boiled* the second water should be clouded with milk or flour.

To serve.—(1) *Tomato Sauce.* A pound and a half of ripe tomatoes, remove stalks, wash, dry and slice up, skins, seeds and all. Mince finely two ounces onion.

Put one ounce of butter in stewpan, melt over moderate fire, put in minced onion, and fry gently for five minutes; add tomatoes and an uncut clove of garlic, a teaspoon of dried basil in a muslin bag, a teaspoon of sifted sugar, and season with black pepper and salt. Cover the pan and cook ten to twelve minutes. Remove cover and increase heat, boil and stir well, reducing some of the liquid of the tomatoes. Take out the basil bag and the garlic, and pass the rest through a hair sieve. Put the purée thus obtained into a stewpan, slightly thicken with butter and flour, which have been kneaded together. Boil up and serve.

(2) *Sauce Soubise*.—Mince one pound Spanish onions finely, plunge into boiling water and boil fast for three minutes. Drain and dry well. Melt two ounces of butter and cook the onion in it over a low fire. Season with salt, white pepper and a pinch of mace. Stir and fry till onions begin to turn yellow. Drop in a tablespoon of flour, mixing well, add warm milk or a vegetable broth, or half and half, three gills in all. Then bring to the boil and cook fifteen minutes, getting consistency right with milk. Pass through sieve.

Celeriac, Fried

Celeriac can be used in any way that celery is used, cooked or raw, and it is less stringy and altogether a better thing to grow and cook. This excellent vegetable deserves to be more used. It looks like

a big rough turnip. To fry, it is peeled, cut in slices and fried in butter. Some advise that it should only be washed and scraped and not peeled.

Celeriac, Stewed

This is perhaps the nicest way of cooking celeriac. Wash and scrape, cut in quarters and if large, slice them into pieces quarter to half inch thick. Blanch by throwing first into boiling and then cold water. Partly cook in boiling stock (seasoned), drain and put into a cocotte and cover with the stock it has been boiled in, but reduced and thickened into thick sauce. Let it simmer in this till tender.

Celery, Braised, and Cheese

Proceed as for braised celery à l'Espagnole, but cover with brown sauce (Spanish) to which a salt-spoon of vinegar has been added. Serve in a dish and hand with it grated Parmesan or Gruyère cheese.

Celery, Braised (Spanish)

Wash the celery and put into a saucepan with some really good well-flavoured stock that has had plenty of vegetables cooked in it, and add a squeeze of lemon juice. When tender put the celery in a fire-proof dish. Cover with Hollandaise sauce, sprinkle

with a little grated cheese, and brown in the oven, or cover the Hollandaise sauce with breadcrumbs and tiny scraps of bacon and then brown.

Celery au Gratin

Cut up a head of celery and wash. Boil it in milk and water till tender, and after draining place in a buttered gratin dish. Make some white sauce of the liquor, thickened with cornflour and a little butter, and fill the dish with layers of celery and sauce. Put plenty of grated cheese and breadcrumbs on the top and bake till it is golden brown.

Celery Mousse (Iced)

Make a mixture as for celery soufflé but let it get cold before adding the whites of eggs and about a gill of stiffly whipped cream. Set in a mould in the ice chest till frozen. The mould must be well packed with ice all round it and should take about three hours to freeze. Turn out and serve on a dish surrounded with French lettuce salad.

Celery Purée

Wash and clean a head of celery. Cook for twenty minutes in boiling water. Drain it well and throw

into cold water for a minute. Chop with a knife and rub through a wire sieve. Put it into a saucepan with a walnut of butter, salt, pepper or three white peppercorns, and a dust of nutmeg. Add half a pint of slightly thickened white stock, and simmer until it is quite smooth. Add a few spoons of hot milk or some cream just before serving. It should be served in either a dish garnished with fried croûtons or in a tureen, and is far better to eat with roast pheasant than bread sauce.

Celery Soufflé

Make a purée of celery. Do not add any milk or cream but mix in a saucepan two spoons of melted butter, three spoons of flour and a gill or a gill and a half of milk. Add this to the purée with an ounce of grated cheese (Parmesan or Gruyère) and half a saltspoon of cayenne pepper. Stir well till it boils, add the yolks of two eggs carefully, stir quickly for three minutes, and take off the fire. Beat the whites of the two eggs stiffly and mix into the celery. Fill your soufflé dish and bake in a fairly hot oven for about twenty minutes. Serve in the dish. It can be served in paper ramakin cases if preferred.

Celery Soup

(See p. 100.)

Chestnuts and Cabbage

This is an excellent dish for the vegetarian, and if fried sausages are added makes a meal to satisfy the meat-eating man. Boil your cabbage, removing any hard stalk, then chop it up, return it to the pan, in which meanwhile a spoonful of butter has been allowed to frizzle with a chopped small onion, until transparent but not brown. Add to the chopped cabbage half a teaspoon of carraway seeds. Heat all together for a few minutes, and lay the sausages on the top. Trim all round like a border with chestnuts which were boiled after peeling and tossed in butter until brown.

Chestnuts (Curried)

A quarter of a pound of chestnuts, one onion, one apple (both small), one teaspoon of chutney, one ounce of butter, one dessertspoon of flour, one dessertspoon of curry powder (*Vencatachellum*), one teaspoon of tomato sauce, one teaspoon brown sugar, one teacup vegetable stock or water if the former is not available.

Chop the onion and fry in butter till brown, add flour and curry powder, stirring till cooked a little. Chop the apple and add with the sauce, chutney; pepper and salt to taste. Pour in stock gradually, stirring all the time. Boil the chestnuts twenty minutes to half an hour. Remove skins. Place them

in a greased cocotte, pour in the curry, well cover over and place in a moderate oven for half an hour. Rice to be served with this is more nourishing if done in conservative fashion, i.e. wash well, two cups of cold water added to one cup of rice. Cover and cook for twenty minutes.

Chestnut Purée

This is often "piped" into rounds on the top of tournedos of beef or into little mounds to garnish cutlets or grilled pigeons, chicken, etc., and is not difficult to make though its excellence is undoubted. Take half a pound of chestnuts, slit them each a little and put into salted boiling water. Boil for twenty minutes or until the shells and brown skin can be easily removed. Then heat up the chestnuts in some brown stock, and when quite soft pass through a tammy. Add some tomato sauce and some well-flavoured brown sauce, enough to enable the chestnuts to be made into a smooth paste. Season well, and heat up before serving.

Chestnuts (to serve with Veal or Poultry)

Boil and blanch, and peel off the skins. Then stew gently in a well-seasoned and flavoured thin brown sauce until tender.

Chestnuts (recipe for Skinning)

Cooks so often object to doing these because of the trouble of removing their skins. If chestnuts are washed, a slight incision made in the skin of each, and then put in a hot oven for a few minutes, the skin will shrink away, together with the inner fine fibre, and both be quickly and easily removed.

Chestnut Soup

(See p. 100.)

Chicory

This blanched salad, called chicory by shopkeepers, is really the French "endive" and is a heart of white closely folded leaves. To cook them, wash and clean, and cook in boiling water for five minutes. After draining place them in a fireproof dish with some bits of butter, pepper and salt, and just cover them with some brown stock or gravy. Put on the lid and bake for about fifteen minutes, basting them occasionally as they must not be allowed to dry up. Serve as a separate course, handing grated cheese with it.

Chutney

Two pounds of stoned and chopped raisins, one pound of figs, chopped finely, two pounds of apples

chopped, two pounds of moist sugar, two ounces of salt, one and a half ounces of pounded garlic, one ounce ginger, a quarter of an ounce of cayenne pepper, one quart of vinegar. Mix together and boil for half an hour. Turn it into a fine hair sieve or tammy and let it drain till it is of the consistency of jam.

Chutney, Tomato

Cut up two pounds of tomatoes, ripe or unripe, green or red or yellow, with four good-sized apples. Place in a stewpan with half a pint of vinegar, two onions thick with cloves and a small piece of ginger, some peppercorns, some chillies, a pounded clove of garlic and a quarter of a pound of brown sugar. Simmer all together till the tomatoes are quite soft. Then place in perfectly dry bottles, and tie down when cold.

(I find a quarter of an ounce of mustard seeds a great improvement.—A. M. M.)

Colcannon (Scotch)

This, which should be eaten with slices of salt boiled beef fried, is made by mashing potatoes and cabbage together with pepper and salt after boiling separately. Mashed carrot, onion and butter may also be added and the whole pressed into a flat cake and fried on both sides in some bacon fat. When cooked the slices of beef are laid on after being fried.

Cucumbers, in Butter

These make a nice accompaniment to fried or grilled sole. They should be peeled, the seeds removed and the cucumber cut down in halves and then quarters and then in pieces three or four inches long. Heat two spoons of butter in a cocotte or glass pyrex, add the pieces of cucumber and season with salt and pepper, a dash of lemon juice, and some chopped olives. Cook with the lid on until tender. They will need basting occasionally as they must not get dry. Serve either as a garnish to the fish or in separate dish. They should look transparent and very slightly browned.

Cucumber, a Garnish for Salmon

Cut some cups from a cucumber and take out the seeds. Fill with horseradish mayonnaise decorated with chopped green peppers.

Cucumber Hors d'Œuvre

Cover a cheese biscuit (home made) with cucumber sauce or cream, and place some flakes of smoked salmon on the top. The contrast of green and pink is attractive.

Cucumber (Iced) and Eggs

Cut the peel off the sides of a large cucumber, making it almost square-sided. Cut it across in slices an inch and a half thick, scoop out the seeds almost to the bottom of the squares and set them on ice for three hours. Boil some eggs for four minutes and throw into cold water before peeling off the shells.

Fill the hole in the centre of the cucumber squares with Hollandaise sauce and set the egg on end on it. To get the egg to stand firm it may be necessary to cut a slice off the end. Place the cucumber and egg on a square of buttered bread, sprinkled with grated cheese, and serve.

Dahl

(AN INDIAN DISH)

Soak a cup of lentils in water all night, drain and wash in cold water. Then put into salted water with an onion and boil till tender, about two hours. Meanwhile fry some onions (two large or four small) in butter with a scrap of garlic and some sugar, and chop it all finely. Mix a tablespoon of brown curry powder, with some stock, into a smooth thin paste and add to the fry. Stir well and then mix it all with the lentils and simmer for two minutes. Serve, garnished

with slices of lemon and bordered with boiled rice. This dish makes a good substitute for meat and is very nourishing. Grated coconut may be sprinkled on the top and is an improvement.

Endive (Stewed)

This is in reality chicory, the "chicorée frisée" of France. Wash and drain the endive, which may be Batavian endive, or curled. Cook for five minutes in boiling water. Drain and chop, and simmer in a saucepan for five or six minutes with butter, a couple of spoons of stock, pepper, salt and a pinch of sugar.

Garbanzos (Stewed Beans—Spanish)

Garbanzos must be soaked over night. Fry a piece of bread in fat (about the size of the palm of your hand and one and a half inches thick). Pound this up with a tooth of garlic till quite mashed. Add a drop of water to moisten it. Prepare some spinach (taking out all the hard veins). Boil by itself in salted water and pour away the water or the green water will discolour the garbanzos. Chop up finely with a knife (do not pass through a sieve). Boil the garbanzos till tender, add the rest of the ingredients with a small piece of butter (after pouring off the water). Serve garnished with fried croûtons and hard-boiled eggs if liked.

Gravy, Good Clear (Vegetarian)

Vegetables: carrot, turnip (very little), onions, parsley roots (or any vegetable not too strong). (About half a teacup of vegetables.) Cut up *very* small. Fry in oil or butter. Add water (one quart). Boil till vegetables are cooked. Strain, and add half a teaspoon of arrowroot, previously mixed in a little cold water. Flavour with a saltspoon of Marmite and if liked about a teaspoon of wine.

Hop Sprouts

These cannot be bought, but if you should happen to be in a hop-growing country, such as Kent or Herefordshire, endeavour to procure some of the very youngest shoots, which appear in May or June. Tie them in small bundles, and boil them as you would asparagus. Serve them with run butter.

Hors d'Œuvre (Spanish Salad)

Cook a marrow (green if possible), split and cut some rounds or squares about half an inch thick and about three inches across from the sides. Powder with pepper and salt and put a tiny bit of butter on each round. Grate some Gruyère cheese on to it, and pile in a pyramid some boiled and tender green peas and some chopped French beans, or

other cooked vegetables cut in fancy shapes, tossed in either a little plain cream or a cream sauce, well seasoned with salt and pepper. Grate a little more cheese with the peas before making the pyramids on each round. Set on ice or in a very cool place till needed. This makes a delicious first course dish for lunch.

By accident this "salad" was placed in a cocotte one day and slightly browned. It was served hot, and was quite excellent.

Horseradish

This should be employed more often in the kitchen. It is exceedingly good grated over any fried fish. And when made into a stiff purée with vinegar and whipped cream, makes a pleasant change from parsley and butter for Sole Colbert—in which case the sole has an incision made right down the back which is filled up with the horseradish cream.

Horseradish Sauce

(See pp. 91-92.)

Kohl-Rabi

This much neglected vegetable is like a turnip which grows above ground, and is very useful when turnips have grown wooden in hot weather.

Do not use the leaves, only the turnip-like portion just above the ground. Cook it in a little salted water till tender and serve with a cream sauce, or rub it through a sieve like turnips.

Leeks à la Vinaigrette

Insist on having small leeks with thin figures! Boil them in salted water, after cutting off most of the green tops. Let them get cold and serve them as you would asparagus with a sauce of oil, vinegar, pepper, salt and some chopped gherkin. This is a very popular dish in Paris, and is often mistaken for asparagus.

Leeks (Dressed)

Thin off leaves and green stems, boil quickly in salted water and drain. Arrange in a gratin dish and pour over them a brown or Espagnole sauce that has been made with plenty of flavouring, bay leaves and so forth, and a spoon or two of sherry. Prepare a cup of breadcrumbs and run butter. Add a little dry mustard to the crumbs (a saltspoon) and a spoon of some hot sauce, such as the end of a bottle of Worcester sauce. Arrange the crumbs on the leeks that are covered with brown sauce and bake in the oven till light brown. Garnish with fried parsley.

Lentils or Red Beans (Spanish)

Cook the beans in cold water with a tooth of garlic (after soaking all night). When not *quite* cooked, pour off water. Then fry a little onion in oil till tender, add to the beans with salt and pepper (Spanish red paprika) and cook together with a little water (cold), not too much, as you don't want it to be like soup. Serve with garnish of fried bread. Squeeze a little lemon on the beans at last.

Lentil and Tomato Pie

Ingredients.—A teacup of well-washed lentils, cooked quickly (with lid on saucepan) in one cup of water ; this will take ten minutes. Stir occasionally to prevent sticking. When cooked mix with half a cup of baked and grated breadcrumbs, pepper and salt to taste. Butter a dish, put in a layer of lentils and a layer of tomato pulp alternately, seasoning with pepper and salt as you go. The top layer should be tomatoes. A little sauce should be spread over and lastly a crust of mashed potatoes, a little butter mashed with it, spread on with a palette knife and scored across both ways. Bake in a moderate oven till the crust is nicely brown.

Lettuce

Very few people realise what a good dish can be made of cooked lettuces, and as there is often a glut

of these in the garden, it is better to use them in this way than to give them to the hens. Wash (with a little vinegar in the water to remove insects) and cut in halves. Throw into boiling water and blanch; lift them out and drain. Place in a stewpan or earthen "cocotte" with some minced onion, parsley and tarragon, pepper and salt and butter. Just cover with stock (vegetable or bone stock), put on the lid firmly and simmer gently for an hour. Put them in a hot dish, and garnish the centres with cooked peas or beans. The liquor is thickened, re-boiled and poured over.

Lettuce, Scrambled

Take two large cos lettuces after careful washing and pick the leaves off, after which pull each leaf (not cut them) into three pieces. Cut a quarter of a pound of ham or bacon into little pieces and fry them till brown, adding two tablespoons of vinegar at the last minute.

While this is frying beat one egg till fluffy, and add two tablespoons of sour cream. Put this into the frying-pan with the ham, stirring till it thickens. Pour it straightway over the lettuce, mix it up with a fork and serve with hot toast.

Lettuce, Stuffed

This dish closely resembles the Roumanian "Sarmelos," which are also made with vine or spinach leaves.

Blanch some firm leaves of large lettuces, after washing, and lay them on a board. Make a stuffing of cooked rice, minced onions and herbs, a little grated cheese and, if handy, some minced bacon, meat or game. Season it and moisten with tomato sauce. Spread the leaves with this "*farce*" and roll and tie them into neat shape. Place the rolls in a saucepan in which a little butter has been melted to prevent "catching," with a little stock, and stew gently for an hour or so. Cut the ties before serving and pour a little brown and thickened stock round them.

Maitre d'Hôtel Butter

A well-washed bunch of parsley chopped very fine, to which add the same quantity of hard butter, the juice of a lemon, a pinch of salt and pepper. Mix all together until smoothly blended and put away on ice until required. Lay a slice on filets of broiled meat as required, but at the last moment, or it will melt. Or cut in rounds and lay upon a slice of tomato, which helps to prevent it melting quickly on the hot meat. If a finely chopped anchovy is added it makes a welcome change, but is then called Anchovy Butter.

Mint and Currant Jelly Sauce

(See p. 92.)

Mushrooms en Cocotte

Peel the mushrooms. Place some squares (two-inch) of wholemeal bread, which must be coarse and well-buttered both sides, in the cocotte. Put a small bit of butter on each mushroom. Pepper and salt. Pile them well up on the bread, and pour over them a teacup or half teacup of cream. Bake in the oven till cooked with the lid on the cocotte, which should be round and not too large. A good first-course dish.

Mushrooms, Creamed

Take as many mushrooms as you require to serve, according to how many persons are at table, but one pound makes a nice dish say for six or eight people.

Slice the mushrooms and put a tablespoon of butter in the bottom of the stewpan, put in the sliced mushrooms and start them frying slowly on the fire. Chop a small onion very fine and sprinkle over the mushrooms in the pan. Stir it all from time to time, then add two tablespoons of water. Put on the lid on the stewpan and let it steam for one hour. When nearly time to serve add half a pint of fresh cream and mix it all with a wooden spoon and serve. If too thin thicken with half a teaspoon of potato flour and water mixed.

Mushrooms and Macaroni

Take four ounces of macaroni broken in pieces (or coquilles) and throw into a pint of white stock

which is boiling, also a teaspoon of chopped onion, and a small bay leaf. When the macaroni has absorbed all the stock add a quarter of a pound of mushrooms that have been chopped (after peeling) and cooked till soft in about an ounce of butter. Season well with pepper and salt, put into a glass pyrex dish, sprinkle well with grated Gruyère cheese and bake for about ten minutes.

Mushroom Omelette

Make a plain omelette with three or four eggs. Place three or four tablespoons of mushroom sauce on it before folding over.

Mushroom Sauce

(See p. 92.)

Mushrooms, Scalloped, au Gratin

Butter some scallop dishes or shells, and sprinkle them with breadcrumbs. Add a layer of mushroom sauce, but in this case the mushrooms should be cut in rather larger pieces. Put another layer of crumbs and some bits of butter, and another layer of mushrooms. Finish off with a layer of crumbs and butter, and pour in some cream and milk thickened with unsweetened condensed milk (if it is at all dry, add enough to well moisten). Bake in the oven for twenty minutes or so.

Mushrooms sous Cloches

Wash the mushrooms in salted water, peel and remove stalks. Make some squares of toast and butter well. Set the mushrooms on the toast, salt and pepper them and put a little bit of butter on each, pour a tablespoon of thick cream over each and place them separately in small fireproof dishes, covering each one with a fireproof bell glass that fits the dish exactly. Place in the oven for ten or fifteen minutes. If they should get at all dried add a little more cream or run butter to moisten them. The great secret is to set each dish before the guest with the bell glass still on it. Then when the glass is removed the aroma rises up in grateful fragrance and is not wasted.

Mushroom Stew

Wash in salt water, peel and remove stalks and place in a shallow pyrex dish that has a lid, buttered and sprinkled with pepper and salt. Add just enough vegetable or other well-flavoured stock to cover them, and put lid on. Place in the oven and cook gently for half an hour. Serve with toast.

Mushrooms, Stuffed

Peel and wash in salted water some good-sized mushrooms and set in a baking dish. Peel the stalks

and chop finely, add an onion which with a spoon of parsley and some herbs that have been fried in butter. Mix some good brown stock (about a breakfast cup) with this and two spoons of breadcrumbs. Cook for ten minutes, and with it fill the centres of the mushrooms. Sprinkle them with fine raspings and some bits of butter and bake in a quiet oven for a few minutes, covered with buttered paper or in a glass pyrex dish that has a lid.

Nettles

Young nettles are not to be despised in early spring. They can hardly be known from spinach, and come at a time when green food is very scarce. They should be plunged into boiling water (salted) and cooked in any way that spinach is cooked. The "sting" disappears as soon as they are put into the boiling water.

Nettle Soup

(See p. 103.)

Omelette, Mushroom

(See p. 62.)

Omelette, Southern

Take two small onions, a shred of garlic, half a chile and six peeled tomatoes. Chop them all up together. Add one ounce of breadcrumbs, salt, pepper and a quarter of an ounce of sugar. Mix it all, cook slowly until it thickens. Meanwhile beat the whites and yolks separately of six eggs, add five tablespoons of water, salt and pepper and half an ounce of breadcrumbs soaked in water. Fry this egg mixture in butter lightly without turning it. When it sets pour the hot sauce you have made all over it and cook it for two or three minutes more. Slide it into a hot dish and serve.

Omelette, Spanish (Potato and Tomato)

Cut up a good deal of onion very finely and fry in plenty of oil till tender, but not coloured. Cut up raw potatoes in small rounds about a quarter of an inch thick. Fry in hot oil till tender and slightly yellow, then add a little salt. Pour off the oil and put the potatoes aside. Prepare a purée of tomatoes. Then make the omelette mixture (one egg for each person and one over). Break the eggs into a basin with a little salt and beat up till the thread is well broken. Add the potatoes and the tomatoes and onion. Mix well and fry in very little butter till set. This can be made with tomatoes alone or potatoes alone. It must not be cooked too much but left moist.

Omelette, Spinach

(See p. 112.)

Onions, Boiled

Few there be that dare to serve onions alone as a vegetable, and yet how gladly are they eaten as an accompaniment to boiled beef! Be brave and try this dish. Skin the onion and cut the base out very carefully (this is important). Boil the onions in cold salted water, and when boiling point is reached throw away the water and replace with fresh cold water after draining the onions. Cook them till very tender and be sure to have plenty of salt in both waters. When finished drain and serve with a little run butter poured over them and a powdering of pepper.

Onions, Fried

Cover the onions with cold water and remove the skins. Cut them in slices, cover with boiling water, add a teaspoon of salt, and boil for twenty minutes. Drain and add a large tablespoon of butter to the onions, and fry for half an hour, stirring frequently. Add salt and pepper and serve. They should be crisp like the fried onions on board a ship! Very good piled up on a grilled steak.

Onions au Gratin

Cook as above, in two waters. Slice and lay in a gratin dish seasoned with buttered breadcrumbs and grated cheese in layers and filled up with a cream sauce and then set in the oven to brown with grated cheese as the top layer.

Onion Soup, Brown

(See p. 103.)

Onion Soup, Provençal

(See p. 104.)

Onions (Spanish) in Brown Sauce

Clip off a little bit from top and bottom of each onion, and boil in salted water. Drain and dry carefully. Fry some butter or beef dripping and flour in a saucepan. Add the onions and fry until light brown. Then add half a teaspoon or more of Marmite dissolved in a breakfast cup of hot water. Bring it to the boil, then put on the lid and stew slowly till quite tender, from one to two hours. Thicken the liquor with some cornflour if required for the sauce, and serve with the sauce poured over them. Hand grated cheese with this dish.

Onions (Spanish) and Kidneys (Swedish Dish)

Peel as many onions as required and scoop out the insides, allowing half an inch to remain at the bottom. Season with pepper and salt, a very little chopped bay leaf and thyme. Take small mutton kidneys and cut them in half lengthways, removing the skin and season as before, and put one or two kidneys to each onion. Make a stuffing with the onion taken out, one ounce breadcrumbs, pepper, salt, a little chopped parsley and the yolk of an egg. Cover the kidneys up with this mixture, then put the onions into a stewpan with a good piece of butter, add one ounce finely chopped bacon and any onion left over. Cover the onions with buttered paper and fry them with the cover off the pan for a quarter of an hour. Then add half a pint of gravy or brown stock, cover the pan and braise them for about three hours, adding a little stock from time to time and basting them. When cooked strain the gravy, adding a little red wine and pour it round the onions. This dish needs time and must be cooked quite slowly.

Onions (Spanish) Stuffed with Mushrooms

Cook six onions in salted water, changing the water twice (about an hour), drain and cool. Take out the centre of the onion carefully. Fry six mushrooms lightly in butter, chop fine and add half a cup of mushrooms mixed with well-flavoured cream sauce

(see p. 90) and half a cup of breadcrumbs, salt and pepper and some small bits of butter.

Fill the onions with this and place in a buttered baking dish and sprinkle the tops with fine dry breadcrumbs and some more bits of butter. Bake for twenty minutes, basting with a little butter and hot water.

Onions (Spanish) Stuffed with Sausage

Proceed as for the foregoing dish but substitute sliced sausages for the kidneys.

Pancake (Spanish)

Fry a little of each of the following: onions, potatoes, French beans (cooked), green peas (cooked), pimientos (chiles), pepper, salt and a speck of garlic. When these have cooked into a nice brown add three or four beaten eggs and make a thick pancake of it and fry in some butter. Another way is to cook the omelette separately and fold it over the mixture of fried vegetables. Serve with stewed or baked tomatoes round it to take off the dryness.

Parsnips

Do not shudder, but eat them as fritters or au gratin, or curry and enjoy them. Peel and boil the parsnips, and work into a paste, adding a spoon of

flour, then two eggs, pepper (plenty), salt, a teaspoon of curry powder and a very little run butter. When quite smooth drop it by spoons into a frying-pan of very hot fat and fry a light brown, turning once. Serve them with hot gravy and boiled rice.

Peas, Green, Chartreuse of

Line a charlotte mould with thin pastry well pressed to the sides. Fill with uncooked rice and bake in the oven. Take out the rice, which will have preserved the shape of the pastry, and when cold well mask the inside with a cream purée of green peas or French beans. Make a thick cream sauce and mix together with it some cut up macaroni and button mushrooms and a little grated Parmesan cheese, and fill up the centre of the mould. Put a layer of the purée on the top and bake slowly.

Peas, Green, to Cook

Shell into two basins, putting the larger peas into one. Have some fast boiling water slightly salted and with a speck of carbonate of soda in it and a sprig of mint. Throw the larger peas into it and cook for three or four minutes before adding the smaller peas. Then boil all till tender. This should take about fifteen minutes or longer.

Peas, Green (to Cook when Elderly)

Alas that peas should ever grow up! But they do, and even when home-grown one must realise that the time has come to have the face lifted! The French have achieved success in this by cooking them with lettuce and onion. You must add one or two lettuces according to size, broken in pieces, to your shelled peas, several young onions, a spoon of white sugar, some salt and ground pepper. Put a good lump of butter in the saucepan, add the rest of the ingredients when the butter has melted, and sufficient water or milk and water to cover the peas. Put the lid on and cook very slowly till the peas are tender. Mix in a tablespoon of cream at the last just before serving. If onions are not liked (after trying this dish) leave them out and use a sprig of mint instead, but this is strictly against all French ideas!

Pea, Green, Soup

(See p. 102.)

Peppers, Green (Chile)

As they are now to be found occasionally in the shops, it behoves us all to make use of such useful things. They are invaluable as an addition to any

form of brown stew, and when chopped make a tasty omelette. They and their red companions may be bought in bottles.

Peppers, Green (Stuffed with Kippers)

Scald and bone the kippers and pound up. Mix with some steamed rice, butter and pepper. With this stuffing fill some green peppers that have been cut in halves lengthwise and seeds removed. Bake in oven with butter for half an hour.

Peppers, Stuffed

Blanch and skin them, cut in halves lengthwise and remove the seeds and threads.

Make a "farce" or stuffing of minced ham, chicken, mushrooms, sausage or any tasty scraps, add a little onion juice, some parsley, salt and some breadcrumbs. Bind it all together with white roux and some stock, Fill the pepper and cover with breadcrumbs and butter. Bake in the oven till brown.

Pisto (Spanish)

Fry all together in salad oil, two small vegetable marrows (peeled and cut in pieces), two Spanish

onions, three large green pimientos (chiles), which must be peeled after blanching them in hot water; one pound of tomatoes (peeled in the same way). All these to be cut up before frying. Fry till no water remains, only the oil, add a little pepper and salt and half a saltspoon of Spanish red pepper (coraline). When well fried add four well-beaten eggs. Stir all together till the egg is cooked. The pisto must be soft when finished and served in the same way as you would serve scrambled eggs, with toast round it as garnish.

Potatoes

How lyrical one could become on this subject, and how vituperative when one recalls the black and sodden things sometimes served to one under this honest name, so superior to the "apple of the earth" of the French, who so often shorten "pomme-de-terre" to merely "pomme," as "pommes frites" for fried potatoes.

Potatoes ("Anna")

Slice very thinly three or four peeled and washed potatoes and dry them. Melt an ounce of butter in a small deep frying-pan, take it off the fire and arrange one layer of the sliced potatoes at the bottom. Pepper and salt them and give a powdering of grated cheese, Gruyère for choice, and a few bits of butter on the

top of the cheese. Place another layer of potato, cheese, butter and seasoning and continue till you have used all the potatoes. Cover the pan and cook on a moderate fire for five minutes. Turn the potatoes over with a slice and cook for three minutes. Then finish off in the oven for ten minutes with a little more butter, and serve.

Potato Birds' Nests

These take a little time and trouble, but make a most dainty lunch dish or entrée with either a quail or a noisette of lamb, or a small piece of fillet of beef or veal, reposing therein.

Pare thin strips round the potato, and throw the strips into water for an hour. Take a round of bread, half an inch thick and two and a half to three inches across, and into the bread firmly insert four or five small wooden skewers round the edge. Then dry some strips and weave them in and out of the skewers, as in basket making.

Place the little nest when finished into a frying-basket and plunge into very hot fat till a golden brown. Remove the skewers carefully without breaking the weave, and replace by small sticks of macaroni.

(Caviare to Candy)

Potato and Cheese (Steamed) Soufflé

Half a pound of lightly mashed potatoes (rubbed through a potato masher if possible), two tablespoons

of grated cheese (put through a nut-mill if you have it), half a teaspoon of ground mace, a little cayenne pepper and salt, two eggs. Place all in a basin except the eggs and stir well together, then add the egg yolks, stirring well in. Lastly stir in as lightly and quickly as possible the stiffly beaten whites. Put in a buttered mould, fastening the opening tightly up with greased paper. Steam for twenty-five minutes in saucepan with water not too high up the mould. Serve with cheese sauce.

P.S.—The cold remains can be sliced, rolled in egg and breadcrumbs and fried.

Potatoes, to Cook

Scrub and peel thinly. Boil in fast boiling salted water; when cooked pour off the water and let the potatoes dry over the fire in the saucepan till floury. Some cooks cut them into slices before boiling.

Potatoes, Creamed

Boil the potatoes in their skins, peel and cut or chop into small pieces. Make a nice cream sauce flavoured with mace and seasoned with salt and pepper and gently stir the cubes of potato into the sauce. Serve very hot with roast meat or chicken.

Potatoes Duchesse

Take the remains of mashed or purée potatoes. Add the yolk of an egg, butter, pepper and salt, a

little chopped parsley and, if liked, a few drops of onion juice. Make this all into a smooth paste and shape in round cakes or balls, rolled in egg and bread-crumbs and fried lightly in boiling fat.

Potato Dumplings (German)

Fry some tiny squares of bread in butter. Mix one pound of cooked potatoes which have been put through a sieve with about quarter pound flour, two beaten eggs and a spoonful of melted butter. Form into balls the size of a small apple. Make a hole and put in a few pieces of the fried bread and close up. Then poach all the balls, which should be quite even and of one size, in bouillon or in boiling water for ten minutes. These can be served as an accompaniment to any meat dish, or laid in a fireproof dish and covered with a thin white sauce flavoured with cheese.

Potatoes, Fried (French)

Peel some large potatoes and dry in a cloth. Cut into four-sided cubes, but as long and as thick as one's finger. Dry them again and put into a deep pan of boiling fat. This is of suet, and as it is used over and over again it cannot be called extravagant. The potatoes are occasionally stirred in the fat and

should cook for ten minutes about, till light yellow or golden. Lift them out with a strainer, drain them on a sieve, and powder with kitchen salt. Serve at once.

Potato Mash (Browned)

Boil six potatoes in their skins, peel and chop into pieces with salt and pepper, seasoning and half a teaspoon of chopped parsley. Put a quarter of a big cup of bacon fat into a frying-pan, and when very hot, put in the potatoes and cook them quickly. Press them to one side and make into a cake. When well browned drain and turn into a dish.

Potatoes, New (French)

These must be rubbed in a coarse cloth with salt, and then boiled. They must not be over cooked. When finished, drain and dry them and toss them in a pan in very hot butter till lightly browned.

Potato Pie

Line your dish or tin with mashed potatoes (having been cooked in their skins). Fill with pieces of cooked cauliflower, carrots and turnips; in fact any except green vegetables. Peas may be used and a few broad beans, artichokes and celery; one or two

mushrooms, cooked separately in butter, are almost a necessity for this, and a saltspoon of onion juice. Place the vegetables in the dish in layers with either a good vegetable white stock made with cream sauce, or with cream if you have it, or unsweetened tinned milk. Cover with white breadcrumbs and tiny bits of butter sprinkled on the top and bake in the oven for a short time until the crumbs are golden. This when served in a soufflé dish and with not too much potato makes an excellent entrée.

Potato Puffs (German)

A plateful of grated potato (boiled), one whole egg, three ounces butter, a little salt and Parmesan grated cheese to flavour. Mix to a thick paste, fry in round small pancakes in lard or butter. Cheese may be omitted and cream added.

Potatoes, Puffed (French)

Proceed as for French fried potatoes, but cut them into slices rather shorter, and do not let the frying fat get too hot. Cook a few at a time. When they rise to the surface remove them one by one and keep warm at the edge of the oven. Then heat the fat to a much greater degree and throw in the half-cooked slices and turn. In a second or two the slices will swell out into a puff and may be served at once.

Potato Purée (French)

To make a good purée the potatoes must be boiled in their skins and then peeled, and they must boil fast, and not wait a minute more than necessary after being cooked. Beat the potatoes quickly with butter, adding a little salt and pepper. Use plenty of butter but remember that the secret of this dish is haste.

Potato Purée (Spanish)

Boil potatoes with an onion stuck with cloves. Put potato through a sieve, then return to saucepan. Add milk and a little cream, pepper and a little salt if necessary. Work up smartly with a wooden presser or spoon, for about twenty minutes. Serve hot.

Potato Purée with Onions (Spanish)

Half a pound of onions and the same weight of peeled potatoes. Boil them in salted water. When cooked rub them through a sieve and add slowly about two ounces of butter, or less, cut in small pieces, add a little hot milk to moisten it. Season with pepper, salt and a little powdered mace. Stir in the yolks of two eggs and whip well over the fire till smooth and very light. This is an excellent purée on which to dish cutlets.

Potato Rissoles

Use cooked potatoes. Mash them very fine and add well-beaten eggs, a little flour, salt and pepper, finely-cut parsley, a little finely-chopped onion (previously fried a little). Mix all well together, the consistency must be just thick enough to be able to take the mixture in spoonfuls, dropping each into very hot fat (i.e. butter, or oil and butter mixed). The spoon must each time be dipped in the hot fat, before taking up the mixture, otherwise it will stick to the spoon.

Potato Soufflés (French)

Take some old potatoes and make a good purée seasoned with salt and pepper, add half a pound of flour to each pound of purée and make it into a paste. Roll it out quite thin and then cut into rounds with a small cutter and fry in boiling fat two or three at a time (and in rather deep fat). Drain on paper and pile up on a dish and powder with salt. They will swell out to twice their size in the boiling fat.

Potatoes (Stuffed)

Bake six potatoes in their skins and cut a piece off the end of each when cooked. Take out as much of the inside as possible, put it through a sieve and season with pepper, salt and ground mace. Add a

third of the quantity in grated cheese and moisten with the yolks of two eggs and a little milk. Whisk the whites till stiff and add quickly to the paste. Fill the potato skins with this, leaving a little to come over the top. Set the potatoes on end and reheat in oven.

Pumpkin (Squash) Purée for Tarts

Stew the pumpkin (marrow does as well) till tender. Beat it with butter and sugar, a little cinnamon, lemon peel and ginger, and add the yolk of an egg. This is used as a filling for tartlets and open tarts which are baked first and cooled. When the filling has been put in, pile the whisked white of an egg on the top and return to the oven for a few minutes.

To make a very superior "pumpkin pie," place a layer of strawberry jam on the tart and then add the purée.

Pumpkin Soup

(See p. 105.)

Radishes, in Cream Sauce

Few people know what an excellent dish is made with radishes as a substitute for turnip. Cut off the leaves, peel or scrape and put into fast boiling water. Cook till tender, drain and serve with cream sauce. They are more delicate than turnips.

Red Pottage

Soak some red or brown haricot beans for twelve hours. Cover an earthenware cocotte with a large piece of bacon rind, fat side uppermost, and add the beans, two green peppers, two tomatoes, a fried onion and a scrap of garlic, some salt and plenty of paprika. Cover these with red wine and stock, half of each, so as to cover the beans and a good deal more than cover them. Place the lid on the cocotte and bring the contents almost to boiling point (must not boil). Then move it to the side or back of the stove and leave it eight hours. Or put it in the oven at night with the door slightly open. The fire may die down but the beans will go on cooking slowly. They can be heated up when required and moistened with some stock.

Risotto à la Milanaise

Wash some rice and allow to dry on a serviette. Fry a good-sized onion (cut small) in butter till golden. Add the rice and stir for two minutes with a two-pronged fork. Add boiling broth (salted) very gradually. Then leave to simmer on a low fire for half an hour, stirring frequently, till the rice is just soft. Add broth as much as the rice will take up, and a little saffron, a bit of butter and a pinch of nutmeg, and at the last moment stir into it a handful of grated cheese. Remove from the fire, dish in a legumière, and serve hot.

SALADS

One of the secrets of a good salad is to have the uncooked lettuce, etc. etc., thoroughly dried before dressing (as one would oneself after bathing). French people arrive at this end by whirling the washed lettuce round and round their heads in a wire basket made for the purpose. But even a dry cloth is better than nothing, though too much squeezing is not good for the lettuce. The oily, or creamy, dressing cannot adhere properly to the leaves if they are wet, and sinks to the bottom of the dish instead. And how well do we know *that* salad!

Salad à l'Americaine

Arrange on a bed of golden-hearted lettuce the half of a Doyenne de Comice pear, fill the centre with Roquefort cheese and mayonnaise, and serve with bread and butter fingers sprinkled with cheese and browned in the oven.

Asparagus and Apple Salad

Dissolve some gelatine in a little warm consommé, season and flavour. Cut off the heads of some cooked asparagus the same depth as the border mould that is to be used, set these round the edge of the mould

in a little jelly with the heads downwards, and very tidily arranged, so as to look as if they were growing when turned out. When they are set, fill up the rest of the mould with the remainder of the asparagus chopped, and the aspic, until the mould is full. Set it on ice. When needed turn it out on a dish and fill the centre of the mould with mayonnaise, into which a little chopped apple has been introduced. Serve either alone or on a bed of lettuce, or with slices of thinly-cut ham.

Camembert Salad

Scrape thoroughly a Camembert cheese that is not too ripe, and slightly freeze it in a refrigerator, to set it on ice. Then cut it into sections, and serve on lettuce leaves which have been well washed, and while wet frozen in a refrigerator until they are stiff as a silver thaw.

Cantaloup Salad

Get a small French Cantaloup melon that is very ripe and stand it on the ice till needed.

Stone some Muscat grapes and peel them if possible. Cut the melon down in two divisions for each portion. Turn these on their backs, take out any seeds, and fill with the grapes, pouring a cream dressing over all. Decorate with hearts of lettuce and some Kraft cheese

shaped into balls or into little carrots with a bit of parsley for a top. Muscat grapes may be bought in a tin ready to use.

Cold Slaw

Take a firm white cabbage and shred finely (about a quart), leaving in cold or even iced water till crisp. Beat up two eggs, add a gill of cream, season well with salt, pepper and a little sugar. Cook them in a double boiler and add gradually when cooking, the juice of a lemon, or two teaspoons of vinegar. Pour over the shredded cabbage and serve cold with cold meat, garnished with green peppers chopped fine, and paprika.

Florida Salad

This consists of a ring mould of savoury tomato jelly, filled with cut up celery and apples, dressed with oil and vinegar only, and served on a flat dish surrounded with a salad of asparagus, the latter cut into short lengths, and covered with a good cream dressing (not mayonnaise, which would be too sickly). With this is handed bread and butter thinly cut and browned in the oven, sprinkled with chopped almonds and salted slightly (grated cheese may be used instead of nuts).

(Caviare to Candy)

Française, Salade

Well wash, pick over, and dry some nice fresh watercress, and mix it with rather more than half its bulk of good sharp and very thinly-sliced apples. Toss in a French salad dressing, or in mayonnaise as you please, and serve with either hot or cold roast beef. (Mrs. Huntley)

Grape and Asparagus Salad

Fill a border mould with aspic made as above, setting some heads of asparagus upside down in the jelly. Turn out, when the heads will be found to be standing up, and fill the centre of the mould with the rest of the asparagus, chopped up and dressed with mayonnaise, with stoned and peeled white grapes in the middle.

Grape Fruit Salad

Cut out the sections of grape fruit, and pile them up on separate hearts of lettuce, cut in quarters. Pour a little French salad dressing over them, garnish with coralline pepper, paprika, or mignonette pepper.

Grape Fruit and Aspic Salad

Make some aspic flavoured with Marmite, or with Campbell's soup instead of water, added to the

gelatine. Fill some very small moulds with the jelly, or cut it out with a teaspoon when it is needed.

Arrange some segments of grape fruit on lettuce leaves with the small moulds of jelly in the centres. Scatter some chopped pine kernels or fresh walnuts over it all, and cover with a good mayonnaise or a cream dressing.

Italian Salad

Take such cooked vegetables as potato, Spanish onion in pieces, beetroot, artichoke and sliced tomatoes (raw). This is dressed with oil and vinegar in the proportion of three to one and well beaten together with plenty of pepper and salt. It should be eaten as soon as dressed and may be garnished with bits of chopped gherkins or olives and a few shrimps.

Lettuce Salad

(THE BEST OF ALL)

Take some fresh firm lettuce and cut into quarters ; well wash and dry. Make a French dressing of oil and vinegar (three to one), pepper and salt, and beat it up well. Then add one spoon of tomato ketchup, quickly toss the lettuce in the dressing and serve.

Orange Salad

This is delicious to eat with wild duck. Peel four oranges, and cut in slices across the orange. Remove

pips, and powder with white sugar rather thickly. Pour on to them half a wineglass of rum and let stand for an hour or more. Sprinkle a little chopped parsley or chervil on them just before serving. This may be omitted.

Raw Pea and Tomato Salad

Cut some blanched tomatoes in halves, carefully take out centres, and fill with raw and very young peas and a little cream dressing. Or pour a French oil-and-vinegar dressing over all, with a grate of horseradish on the top.

Russian Salad

Cooked peas, French beans, chopped carrots and turnips, beetroot and onion all go to the making of this dish. They are better cooked separately. Have some cooked sliced potatoes and lay them at the bottom of the dish. Mix all the rest of the vegetables together with some chopped olives, some chopped apples and a little chopped celery. Making a dressing of oil and vinegar, well beaten up with pepper and salt and a little sugar, and toss the salad with this. (It will need plenty of the dressing.)

Garnish it on top with boned anchovies, or smoked salmon flaked up, and some capers, and serve.

Spanish Salad

(See p. 55.)

Tomato Salad

Blanch and skin the ripe tomatoes and cut in slices, powder them with sugar and cover them with dressing of oil and vinegar (proportions three to one), a little finely-powdered parsley, some finely-minced chives or boiled onion, and plenty of pepper and salt. Let the tomatoes lie in this dressing for fifteen minutes. Turn once and serve.

Salsify

Scrape the salsify roots and cut into three-inch lengths. Let them soak in some cold water with some vinegar or lemon juice for half an hour. Then boil in salted water for an hour till quite tender. Dust some scallop dishes or a gratin dish with crumbs and plenty of butter. Put in layers of salsify seasoned with salt and pepper, some melted butter to which a teaspoon of lemon juice has been added, and bread-crumbs, until the dish is full. Pour in milk (and if possible a little cream, or unsweetened condensed milk), about a pint, and bake in moderate oven for an hour and a half. A little anchovy paste added to the milk will make it taste like oysters.

SAUCES

Blanche, Sauce, for Vegetables

Take two ounces of butter. Put half of it into a stewpan. Melt in stewpan and add by degrees one ounce of flour, stirring and working with a wooden spoon till a smooth paste has been obtained. Continue to work it over a low fire for three or four minutes, but do not allow it to brown. Then dilute it by degrees with three gills (three-quarters of a pint) of luke warm water. Season with a saltspoon of salt. Mix vigorously till it is perfectly smooth, and bring to the boil. Remove the vessel from the fire and add the remainder of the butter, melt and mix well and pass through a strainer. If when it boils the sauce appears too thick, add a little hot water before adding the butter.

Cranberry Sauce

One pint of cranberries simmered until soft. Pass through sieve. Add two ounces of sugar, a tablespoonful of red currant jelly, and half a glass of port wine. Serve hot or cold. Not too watery.

Cream Sauce

Mix equal quantities of fresh cream and butter and melt together in a double boiler. Season with salt and pepper and a tiny scrap of mace. This is a

foundation for many sauces but is really best served as it is whenever a cream sauce for vegetables is indicated.

Horseradish Sauce No. 1

Mix three tablespoons of finely grated horseradish with a pinch of salt, two pinches of sugar, a pinch of pepper and a tablespoon of vinegar, into a paste. Whip a gill of cream till quite stiff, and gently mix it in with the paste. Decorate the top of the sauce when it is in the tureen with red currant jelly, if it is to be served with roast mutton.

Horseradish Sauce No. 2

Take two ounces of white roux, and add salt, a little grated nutmeg, pepper, a gill of cream and three gills of milk. Stir well together and bring it to the boil. Boil for about fifteen minutes, stirring all the time, till quite smooth, when nearly finished add one or two bits of butter. Take it off the fire and mix with it two spoons of finely grated horseradish, mixed with two spoons of vinegar. Keep it hot over hot water and add a couple of spoons of whipped cream at the last minute. This is a good sauce for salmon or white fish.

Horseradish Sauce (Another Recipe)

Melt a small cup of butter, add the same quantity of scraped horseradish. Beat the yolks of two eggs with quarter cup of cream and few drops of catsup and half a grated nutmeg. Stir all over a slow fire until creamy and hot, but not boiling, or it will curdle.

Mint and Currant Jelly Sauce

Mince the mint finely and soak in about a spoon of white vinegar for five minutes. Warm some red currant jelly so that it is soft but not too liquid. Beat in the mint and serve in a tureen. This makes a better sauce with roast lamb than mint sauce.

Mushroom Sauce

Peel six mushrooms and remove the stalks. Fry them for three or four minutes in three ounces of butter. Add two ounces of flour, and when all is well blended together, add little by little three parts of a pint of white stock. Stir until it boils. Take off the fire and stir in the yolks of two eggs beaten with a good squeeze of lemon juice, pepper and salt. Stir it at the side of the fire for a minute or two and when thick enough pour over the cauliflower or chicken that it is intended for. It is very good served with a white fish soufflé or cream of chicken.

Salad Dressing Cream (to Keep)

Two eggs, three tablespoons vinegar, one of cream, one teaspoon sugar, quarter teaspoon mustard.

Beat eggs well and add the rest by degrees. Place the bowl in boiling water and stir till thick as cream, then cool. Will keep well in a bottle.

Soubise, or Onion Sauce

Peel and slice three onions, and put them into a stewpan with two ounces of butter and nutmeg, pepper and salt to taste. Place the lid on and allow the onions to stew very gently until almost dissolved. They must not acquire any colour. Then add four ounces of flour, two mealy potatoes, and a pint of milk or milk and cream. Stir all the time over the fire until creamy, about fifteen minutes. Then pass through a hair sieve, and put away until wanted, when it must be heated, but not boiled.

Tomato Sauce (Roumanian)

Tomato sauce is enormously used in southern countries and is made in large quantities every summer and bottled for winter use and is the base of many ragoûts and stews. The Roumanians cover the tomatoes with salt and let them drain on a sloping board all night. The pulp that is left is boiled an hour or more and then put through a sieve. Next

day it is seasoned with salt and pepper and boiled down again till it is a thick pulp, when it is bottled.

An American way is to use a tin of tomatoes, which is added to a few such things as celery, a clove, onion and parsley and a little roux, simmered for fifteen minutes, and then strained, seasoned with salt, pepper and three tablespoons of tomato ketchup and half a teaspoon of Worcester sauce. If not thick enough, add a little more white roux.

(Caviare to Candy)

Watercress Sauce (New Zealand)

This is made the same way as is a thin purée of spinach, but with watercress instead of spinach. It is an excellent sauce with which to cover a boiled fowl.

Savoury Pie

Crust.—Two ounces wholemeal flour, two ounces white flour, two ounces butter, enough water to make into a paste. Rub the butter into the flour, add the water slowly and be careful not to make the paste too wet, as adding flour is liable to spoil its lightness. Roll out thinly and cover the pie. Making

a little flower ornament for centre. Brush over lightly with egg before baking.

Filling.—Any vegetables that want using up (i.e. some that have already been cooked); any of the following: cooked rice, cauliflower, onions (onions should have been fried separately), chestnuts, boiled lentils, carrots — parboiled and cut up and fried. This filling is put in a piedish lightly with a fork and then crust put on the top. Baked in moderate oven. (Possibly a little gravy or sauce in the dish with the vegetables would improve this recipe.—A. M. M.)

Seakale

Wash and make into small bundles. Place in boiling salted water, just enough to cover it. Let it boil till tender, about thirty minutes. Drain and untie the bundles and serve like asparagus, either with mousseline or Hollandaise sauce, or with drawn butter, not doused with “white sauce” in the dish.

Sorrel

This is much used in France, generally as an accompaniment to roast veal or veal cutlet.

Wash and clean the leaves, removing any stalks and ribs, and cook without water for ten minutes. Drain, chop and put in a saucepan with a walnut of butter, pepper, salt, a little sugar and a tablespoon of good stock. Simmer it for a little while till it is smooth.

SOUPS

Artichoke Soup

Peel and wash a dozen Jerusalem artichokes, and boil them in a pint of water and a pint of milk. Cook three or four shallots or white onions in butter, but delicately, so that they do not brown. A stick or two of celery, a couple of parsley stalks, salt and pepper, and a scrap of mace. When both lots are cooked, mix together and rub through a sieve or tammy, and stir carefully into the water the artichokes were boiled in. Put the soup into the tureen and add either some cream or a cup of boiling milk. Serve with fingers of bread and butter sprinkled with cheese and baked in the oven for five minutes or less.

Artichoke or Palestine Soup

Pare and slice the artichokes under water to which some white vinegar (teaspoon) has been added, and let them remain there for ten minutes. Take a pint and a half of white stock (meat or vegetable) and add to it a chopped onion and the sliced artichokes (about a pound). Simmer in a saucepan till they are tender and season with pepper and salt and a little sugar just before passing through a tammy. Thicken with white rous, made with one ounce of butter and one of flour, and boil up. Boil half a pint of milk and put into the soup tureen. Pour the soup gently

into the milk, stir and add a couple of spoons of cream. Serve with fried croûtons in dice. This delicious soup, which was once a great favourite, has been forgotten of late years and left out of nearly all cook-books. If these directions are followed the soup will be quite white.

Asparagus Soup

For this the water that asparagus has been boiled in must be saved, the asparagus having been eaten the day before in the ordinary way. Boil up the asparagus water again. A few sorrel leaves (washed) are put into a saucepan with a bit of butter to keep them from burning, and stirred. A cup of well-washed rice and the asparagus water are poured on to the sorrel and seasoned.

In twenty minutes' time or when the rice is cooked the soup is poured into a tureen, at the bottom of which a beaten-up yolk of an egg and a small bit of butter have been placed. The soup must not be boiling or the egg will curdle and it must be stirred gradually into it.

Beetroot Soup

Well wash two large beetroots and boil them in the usual way in their skins till quite tender. When cold

remove skin and chop up the beetroot very finely with two large parboiled onions. Put into a pan three pints of bone stock, seasoned to taste, add minced vegetables, and bring all to the boil. When the vegetables are quite cooked lift off the fire, add a couple of spoonfuls sour cream. Serve with fried croûtons. This is a German form of the Russian Bortsch. (Mrs. Huntley)

Bonne Femme, Soup à la

(A favourite peasant dish in France)

Half fill a saucepan with onion stock or water. Place in a saucepan several spring onions, a couple of ounces of butter, two handfuls of sorrel leaves, the heart of a cabbage, lettuce and some herbs—all minced together. Cover it closely and simmer for thirty minutes. Season with salt and pepper and add to the stock in the other pan, and cook for three or four minutes. Have the yolks of two eggs beaten up with half a cup of milk or cream placed in the tureen. Add the soup gently to this, stirring quietly. Serve with fried croûtons on the top of the soup.

Cauliflower, Cream of, Soup (French)

Place a cauliflower that has been broken into small pieces into a saucepan with a quart of cold salted

water and keep the lid on till the water boils. Then remove the cover and allow the cauliflower to cook till soft. Season with pepper and a scrap of mace and rub through a tammy or fine sieve. Add to this purée half a pint of milk and a saltspoon of sugar. Boil up the water that the cauliflower was cooked in and beat in the purée with a wooden spoon. Beat the yolk of an egg into half a cup of cream and place in the soup tureen. Take the soup off the fire, add a little at a time to the egg and cream, very slowly to prevent curdling. Serve with fried croûtons.

Cauliflower and Oatmeal Soup

(FOR SIX PEOPLE)

One and a half small teacups of oatmeal. Use stock in which cauliflower has been cooked, that you have saved, salt, white bread cut into dice, small onion, one egg, two or three spoonfuls of sour cream, parsley, and a leaf of celery.

Put the oatmeal into a little of the cold stock, add salt. Boil for about half an hour, and add the rest of the stock to make up the amount of soup you want. Take the dice of white bread, fry with a little onion (cut finely) in the butter till it becomes yellow. Add to the soup. Add a celery leaf if you have it. At the last minute take out the celery and add just before serving two or three dessertspoons of sour cream, a little finely-cut parsley, and one well-beaten egg, and pepper. Serve very hot.

Celery Soup

Make a purée of celery and at the last minute mix with a pint of white stock and milk (half and half) or with milk alone, a walnut of butter, and season it with pepper and salt and a little sugar, and serve with fried croutons. A teaspoon of cream on the top is an improvement.

Chestnut Soup

Boil the chestnuts till they crack open, throw them into cold water and peel off both skins. Crush them into a paste with a little milk so as to enable them more easily to be rubbed through a tammy. Put the purée into the cocotte, where an onion has been gently cooking itself in butter, and add a scrap of mace, or allspice, pepper, salt and sugar, and sufficient milk to make the quantity of soup required. Stir it constantly, and when it boils, add a spoonful of rice-flour made into a paste with cold milk and a few spoons of cream (about half a pound of chestnuts to a pint and a half of milk will be required).

Clear Soup No. 1 (for Dinner Parties)

Well wash and cut up any kind of well-flavoured vegetables. Carrots, turnips (not many),

onions, cabbage, leeks, celery (if possible the greenest part), tomatoes, no potatoes. Fry well in a very little butter till brown. Then add any kind of vegetable stock you may happen to have, such as the water that rice, barley or oatmeal have been boiled in, or water that any vegetable has been boiled in. Make up about two quarts of the liquid, simmer slowly for about four or five hours, and flavour with a saltspoon of Marmite and a little pepper and salt. The Marmite is an improvement though not obligatory. If it appears necessary, clear with the white of an egg, and add a few drops of sherry or white wine.

Note.—Be careful if Marmite, which is salt in itself, be used, or it will darken the soup, and swamp the flavour of the fresh vegetables. Carrots and turnips must be used with discretion. If the soup be too sweet, too much carrot has been used, if slightly bitter, too much turnip. Marmite is purely vegetable and valuable as flavouring.

Clear Soup No. 2

Quarter pound of mixed vegetables, about six small onions, three young carrots, half the outside peeling of one small turnip, a little celery if possible, half a pint of large butter beans.

Method.—Cover the butter beans with water and soak for twenty-four hours. Put them on to boil, after throwing away the water they have been soaking

in (two quarts of water) for six hours. Strain. Fry the vegetables a good brown colour (cut up roughly). Pour the bean liquor over them, simmer five or six hours. Clear with white of egg and strain through a clean (scalded) cloth.

French Soup

Onions, tomatoes, French tapioca (fine), a little milk, water and two dessertspoons of white wine.

Method.—Fry the onion (cut up) in oil, later add the tomatoes (also sliced). Fry together and when quite soft pass through sieve. Cook tapioca (about two tablespoons) in this mixture. Add hot milk and water as much as necessary, and when ready two dessertspoons of white wine.

Green Pea Soup

For this the pods of young peas may be used, or old green peas with a little mint. Cook till soft and rub through a sieve. Cook a small onion in some butter and add to the purée with pepper, salt and sugar to taste. Heat through, stirring well, and add white stock or half water and half milk. A tablespoon of cream at the last.

Minestrone Soup (Italian)

Four tomatoes, the white part of celery head, two onions, two carrots, all thinly sliced. Season, and add bouquet.

Simmer the above in two ounces of butter twenty minutes without browning, add a quart of good stock, veal being best, or vegetable stock, and a tablespoon of macaroni or vermicelli broken up. Let it all simmer for thirty minutes, skimming once or twice, add a pinch of sugar and serve either in soup pots or from a marmite. Grated cheese must be handed with this soup—preferably Parmesan or Gruyère.

Nettle Soup (Swedish)

First cut your young nettles (with gloves on), a couple of big basins full. Scald them with boiling water and chop finely almost to powder. With two tablespoons of flour, put this into a saucepan with a lump of butter and fry delicately. Then add seasoning and nutmeg, milk and a little cream and cook it a little longer. For soup add some stock, otherwise it can be used as a purée. Nettles are said to be very good for the complexion.

Onion Soup (Brown)

Two medium-sized onions, one large potato, one dessertspoon of flour, one ounce of butter, and one quart of stock or water.

Method.—Cut up the onion into slices and sprinkle with flour. Fry in the butter until brown, add to this the stock, and slice the potatoes and add also. Let all simmer for thirty minutes. Pass through hair sieve twice. Season with salt and pepper and serve very hot. (If not brown enough add a saltspoon of Marmite.)

Onion Soup (Provençal)

Four Spanish onions cut into thin strips and fried in butter to a golden brown. Put into a large soufflé dish or cocotte, fill three-quarters of the way up with water, season with pepper and salt. Grate two ounces of Parmesan cheese into it and place in the oven for a quarter of an hour. Cut odd-shaped pieces of bread about one and a quarter inches across, and let them soak in the soup. Grate more cheese over it, then cover the top with buttered bread to make a top like a bread and butter pudding. Put back into a hot oven till browned (about fifteen minutes), enough for four persons; if more is needed, make it in an earthen casserole.

(Mrs. Cobden-Sanderson, Caviare to Candy)

(I find that one usually has to add more water to this excellent dish about half-way through the baking.
—A. M. M.)

Parmentier, Soup

A great favourite in French homes, inexpensive and easy to make in a hurry.

Take four or five good leeks and cut the white portion into dice—five or six potatoes also in dice and a little chervil. (The leeks must be well washed after cutting.) Cook the dice in salted water, rather more than a quart, and some butter, about an ounce to a quart, and a dash of pepper; cook until quite soft, and just before serving mash up the potatoes. At the last moment add a tiny bit of butter rubbed up with some flour to take away the rough feeling of the potato in the throat. Put croûtons of bread fried in butter into the tureen, and pour the soup on the top of them.

Pumpkin Soup

The large red and yellow pumpkins or “Potirons,” will keep in a cool storehouse for some months. Slices are cut from them and slowly stewed in salted water. When soft they are rubbed through a sieve with some boiled carrot. Meanwhile some white roux (butter and flour) is slowly heated in a saucepan, and with pepper, salt, a little sugar, a scrap of mace and a saltspoon of onion juice is mixed in with the purée and cooked for ten minutes. Dilute with white stock, or with hot milk and water. Boil up once and serve in a tureen.

Spanish Soup

One large onion, three potatoes, one quart of stock or water, one large carrot, one ounce of butter or other fat.

Method.—Cut up onion and fry in fat, cut potatoes in slices, and add with carrot (*grated*). Let all fry together to draw out flavour. Add the liquid and bring to the boil. Allow to simmer until vegetables are cooked. Rub through hair sieve. Re-heat and season, and add finely chopped cooked macaroni.

Sweet Corn Soup

About a pint of corn, either preserved or *grated*, to three pints of water, one pint of milk, three tablespoons butter, two even tablespoons of flour, the yolks of two eggs (these may be omitted), salt and pepper. Cook the corn in the water (boiling) until quite soft and rub it through a sieve. Season and let it simmer. Mix the butter and flour together and add, stirring all the time. When it thickens, add the milk, which should be boiling, and cook for a minute. Take off the fire, and after a minute or so add the beaten yolks of the eggs. Serve in soup cups with half a teaspoon of cream poured on the top of each cup before serving. Hand fried croûtons with it.

Tomato Bisque (Mock Lobster) Soup

Take a large can of tomatoes and cook them till very soft with a bay leaf, a scrap of mace and some parsley, then pass through a sieve or tammy. Put it into an enamel saucepan and add a good saltspoon of bicarbonate of soda and a teaspoon of sugar. When this has ceased foaming add two tablespoons of butter, a little at a time, till all is melted. Season, put a quart of milk into a double boiler and stir with it a dessertspoon of cornflour, smoothly mixed with cold milk. Cook for ten minutes till it thickens.

Place the tomato purée in a tureen and add the milk, beating it in well. Served with whipped cream on the top.

Note.—Do not use fresh tomatoes. Or if you do, omit the soda, add instead a teaspoon of Heinz tomato sauce, thus making a plain tomato soup without the taste of lobster.

(Caviare to Candy)

Tomato Soup,

Have some white stock heated and add enough tomato purée to thicken it. Mix half a teaspoon of Heinz tomato ketchup and some hot milk. It should be of the consistency of thin cream. Serve in soup cups with a dab of whipped cream on each.

Tomato Soup, Clear (Cold)

Cut up about four pounds of very lean gravy beef, as fine as you can possibly cut it, put it into a stewpan and allow it to fry very slightly, then add four pounds of very ripe tomatoes, also cut very small. Fill the stewpan with cold water, let this come to the boil, then take off any scum that may have risen and pull it on one side to boil very gently. Add two onions, two carrots, a bunch of herbs, a sprig of tarragon, a little mace, about twelve peppercorns, three cloves and one clove of garlic; this should simmer at least six hours. Clear in the usual way and allow it to get very cold. Serve in china soup cups cold.

(Caviare to Candy)

Vegetable Soup No. 1

(FOR TWO PERSONS)

One small cauliflower, six small carrots, six spring onions, stalks, one turnip, a sprig of parsley, three tomatoes, and vary the flavour with celery, mace, herbs or mint. Wash all vegetables clean, but do not skin. Fry all except the cauliflower in a little butter, not too brown. Add any vegetable stock, such as that from carrots, rice or macaroni, and stew gently for two or three hours. Clear with white of egg and egg-shell.

Vegetable Soup No. 2

One pound of carrots, one of leeks, one of onions, two turnips, celery root, lettuce leaves; parsley, thyme, marjoram, basil (in a muslin bag); a heart of cabbage, a cauliflower (rough part). Chop up and fry in butter for half an hour (not too brown) two or three tomatoes, artichokes, asparagus. Add about two quarts of vegetable liquor, if you have it, if not, water. Boil three or four hours. Clear with egg-shells and strain through a scalded cloth. Vegetable stock can be made up of water that vegetables, rice, macaroni or butter beans have been boiled in.

Spinach

This vegetable, full of iron, it is said, is only good when properly cooked, and then it is good indeed. (It is usually served as a green poultice, tasting of earth and with a gritty feeling.) The way to cook spinach, after well washing and the discarding of any stalks that are tough, is to place it straightway into a covered saucepan and let it cook itself in its own steam. The water on the leaves from the washing is enough. Put in a small handful of salt with it and in ten minutes it will be done. After draining it add a little butter and fresh-ground pepper, stir it up in a saucepan for a few minutes till the butter has

melted and mixed with it, and serve as a vegetable. If there is any gravy or good stock going, this may be used instead of butter.

To use it with eggs cooked in any form or with braised veal or mutton cutlets, rub it through a sieve after it has been cooked, and add cream or the yolks of eggs. A few leaves of sorrel give a pleasant sharpness to the spinach.

Spinach and Bacon

This is nicer than cabbage and bacon. Boil a piece of gammon of bacon, about four pounds, not too fast, for an hour. Thoroughly wash, but do not bruise, two pounds of spinach, and let it soak in cold water for half an hour. Do not cut up the spinach but add the leaves and stalks if any to the bacon. Cover closely and simmer for about an hour and serve.

Spinach, Bouillabaisse of (French)

Take two cups of spinach purée, season it with saffron, if you wish, and fancy yourself back in Provence, but anyhow with salt and pepper, bay leaf and chervil or parsley, and add a quart of vegetable stock. Add to this some potatoes that have been

cooked in their skins and then peeled, and a few very small cooked onions, or pieces of leek, and place in a cocotte; cook for an hour, when it should be like thick soup with pieces of potato and onion in it. Place several poached eggs on the top and serve. A good lunch on a cold day.

Spinach (Cream Sauce for)

Melt a tablespoonful of butter in a saucepan with two teaspoons of flour, a pinch of salt. Stir well to make white roux. Add a spoon of milk to it after it is off the fire, and mix till very smooth. Add nearly a gill of milk to it very slowly, and return to the fire with a scrap of mace and a bit of onion the size of a pin's head or a squeeze of onion juice. Return to the fire and cook slowly till the sauce is almost on the boil, stirring all the time.

Spinach au Gratin

Take a purée of spinach and place in a fire-proof dish, grate two ounces of Gruyère cheese and mix it with three ounces of breadcrumbs that have been dipped in run butter. Cover the spinach with this and set in the oven for fifteen minutes or till golden brown on the top. Serve with squares of toast.

Spinach Omelette

Prepare a good spinach purée well flavoured and mixed with eggs or cream (see p. 109). Make a light plain omelette and spread with a portion of the spinach purée. Fold over and serve with the rest of the spinach arranged at each end of the dish.

Spinach, Poached

Fill some buttered dariele moulds with a stiff spinach purée that has been rubbed through a coarse wire sieve, not through a tammy. Poach in water as for quenelles. Turn out and pour over them a good Béchamel sauce or a cream sauce and decorate each dariele with some chopped gherkins on the top.

Spinach Rissoles

Wash and cook two pounds of spinach in boiling water with a handful of salt for ten minutes. Press and drain well, and chop. Two yolks of eggs, one ounce of Gruyère cheese, and seasoning to taste to be added to the spinach and placed in a stewpan. Stir well with a wooden spoon for about eight minutes till all moisture has been absorbed. Melt

two tablespoons of butter in a frying-pan and heat until it has ceased to smoke. Take up spoonfuls of the spinach and drop into the butter quickly ; when light brown on one side, turn and cook them on the other. When light brown all over drain them in a cloth and serve with a cream sauce flavoured with mace poured over them. This makes a good first course dish for lunch.

Spinach and Smoked Salmon (Swedish)

Make a purée of spinach with cream or eggs, which should be very creamy and not stiff. Serve it in a dish surrounded with thin slices of smoked salmon. Sometimes poached eggs are served on the top of the spinach, but whether this is done or not, spinach is the usual accompaniment of smoked salmon.

A variation of the above dish is to ice the spinach purée in a machine, turning and stirring till like a cream ice. Scoop the centres out of some lemons cut in halves lengthways and fill with the spinach ice. Either garnish a dish of smoked salmon with these, or lay some thin flakes of salmon on the top of each.

Spinach Soufflé No. 1

Wash and cook the spinach as described on p. 109 and rub through a tammy. Make some nicely

flavoured white sauce (about four tablespoons to a large cup of spinach purée) and mix with the spinach, add the well-beaten yolks of two eggs and season to taste. Whip the white of the eggs stiffly and add them carefully to the mixture. Pour into a soufflé dish that has been prepared with stiff paper standing up all round and bake for half an hour. A powdering of grated cheese just before putting it in the oven improves it. Take off the paper before serving.

Spinach Soufflé No.2

Prepare the spinach as before and add one ounce of grated cheese to a large cup of the purée, with four tablespoons of cream, seasoning to taste. Add the stiffly whipped whites of three eggs. Put into a buttered soufflé dish, sprinkle another ounce of cheese on the top and bake for about twenty-five minutes.

Stock, Vegetable

(See pp. 16-19.)

Suet (an Excellent Substitute)

Soak two dessertspoonfuls of tapioca overnight, just covered with water. By morning it will have

absorbed the water. Be careful to see that it is not too wet, only moist and each grain separate, and rub it well into a tablespoon of butter on a plate. Then use as if it were ordinary suet. This makes a beautifully light boiled-pudding crust, or suet dumplings which may be added to vegetable stew or soup.

Sweet Corn or Maize

The heads of corn should be cooked as soon as gathered. This is why corn bought in a shop is never very nice. Strip off the husk as far as the inner layer. Take away the "silk" and bring the inner layer of leaves up to the top, where it must be tied. Then place the cobs in boiling water (unsalted) and boil fast for twenty minutes. Untie and strip off the leaves. Serve and hand with butter, salt and pepper.

Sweet Corn (a Chilean way of serving)

IIUMITAS

For this, one requires the ears of corn covered with the outside covering of leaves, and quite fresh.

The corn is stripped from the stalks or grated off them, mixed with a little lard and salt, and fried just a little in a frying-pan, after which a few spoons of well-flavoured stock (fried onions, carrots, herbs, etc.) are added while it is still in the pan.

Take some of the most tender of the green leaves that surround the corn and cut them in strips. Wrap some little heaps of the corn up in these strips, binding them over and round till the corn looks like a packet about four and a half inches by two and a half inches. Split some of the leaves up into much thinner strips and tie up the packets with them. Then place them in a saucepan with some water and boil till cooked. They must not be over-cooked. Serve one to each person, who undoes the packet and sprinkles a little sugar on the corn before eating it. The best way of cooking green corn, it is said.

N.B.—Lard means clarified suet.

(*Caviare to Candy*)

Sweet Corn, Creamed

Drain the corn from a pint tin. Put half an ounce of butter in a frying-pan with four tablespoons of milk, two tablespoons of cream, salt and pepper and a dash of nutmeg if liked. Add the corn and cook for seven or eight minutes, stirring occasionally. This can be used as a vegetable, or can be poured over poached eggs.

Sweet Corn and Eggs

Ingredients.—One tin of sweet corn, six eggs, one ounce of flour, half a gill of milk, salt, pepper.

Method.—Open the tin of corn and drain. Put at once into a basin. Mix the flour smoothly with the milk. Put the liquor from the corn into a saucepan and bring to the boil. Then pour on to the flour, stirring well. Return all to the pan and stir until boiling. Put in the corn and simmer fifteen minutes, or until the corn is soft. Season well. Butter six small egg casseroles and three parts fill them with corn and sauce. Boil the eggs carefully so that though set enough to shell they are still soft. Place one in each casserole, cover with sauce, and serve very hot.

(*Caviare to Candy*)

Sweet Corn, Fried

Prepare as above, and when ready to serve, fry the cobs a light brown in butter. It is not an easy thing to eat with grace, but very toothsome.

Sweet Corn, Scrambled

One pint of sweet corn to one minced green pepper, half a cup of butter. Fry the green pepper in the butter with a little flour till brown, then add one cup of milk, pepper and salt. Stir until the mixture is smooth and keep stirring all the time for fear it burns. Serve with toast.

Two beaten-up eggs are an improvement, and tomato can be used instead of green peppers.

Sweet Corn Soup

(See p. 106.)

Sweet Potatoes

Wash and well scrub sweet potatoes, taking care not to bruise or scratch them, bake them in a hot oven, turning them over once or twice until they seem slightly soft when pressed (about forty-five minutes), serve in their jackets and eat with butter, pepper and salt, or scoop out the insides and mash up with butter and cream, a little salt and a dash of sherry. Replace the mixture in the skins and reheat in the oven.

Sweet potatoes can be used in many of the ways that we use chestnuts, for when rubbed through a sieve they closely resemble them. They make a delicious filling for layer cakes or for making a flat Belgian tart with very flaky pastry and whipped cream on the top.

Sweet Potato Custard or Ice

Boil and skin the sweet potatoes and rub them through a sieve, make a nice custard, well flavoured with vanilla and sweetened (not a baked custard) and mix with the sweet potato until you have a purée. Add to this a small glass of Maraschino or Kirsch and a few tablespoons of well-whipped cream, also

sweetened and flavoured with vanilla. Serve in custard glasses with compôte of fruits, or with cream and powdered cinnamon on top, or place the mixture in a mould and freeze, serving it as a bombe or pineapple, decorated with pistachio nuts, and with an orange or pineapple sauce handed.

Sweet Potato Jam (Chilean)

Roast the sweet potatoes, then sieve them, weigh an equal quantity of sugar as you have potatoes and boil to a syrup, then add potatoes and boil.

A very good Chilean recipe for filling open tarts or layer cakes.

Sweet Potato Pone

Grate three-quarters of a pound of sweet potatoes and add half a pint of golden syrup, six ounces of brown sugar, half a pound of butter, three eggs lightly beaten, a pinch of powdered ginger, salt and half a teaspoon of carbonate of soda. Mix this into a soft batter with sufficient water, and turn it into a greased baking-tin. Bake for about thirty-five minutes in a quick oven.

Sweet Potato Snow

Boil in their skins and rub through a sieve (a large meshed wire sieve), pile it all up in the middle of a

glass dish with a sauce made from apricot or strawberry jam around the pyramid, cover with well-whipped cream that has been sweetened and flavoured with vanilla. Serve as a cold sweet.

Tomatoes, to Cook

Blanch and peel. Place in the oven with some bits of butter on them and a sprinkling of pepper and salt. Cook for about twenty minutes. Or slice up with skins on and cook in butter in oven or frying-pan.

Tomatoes and Macaroni Cheese

Half a pound of macaroni, a quarter of a pound of cheese, one cupful tomatoes, small onion. Chop and fry onion (very small) golden brown in piece of butter. Boil the macaroni (broken into small pieces) for half an hour (the water must be fast boiling before macaroni is put in). When the onion is ready add tomatoes and cook together slightly. Grate the cheese and grate a few breadcrumbs (separately). Serve in a gratin dish in alternate layers. Layer of macaroni, pepper and salt, layer of cheese, layer of tomatoes. Put the breadcrumbs on the top and bake for ten minutes. Finish if necessary under gas grill to make brown.

Tomato and Macaroni Rissoles

Nouilles cooked in boiling water with salt. When tender strain off water and add grated cheese, butter and tomato sauce or pulp. When well mixed and melted allow to get cold. Then chop up very finely, add a hard-boiled egg, chopped up with it. Flatten mixture into a square about an inch thick and cut into shapes. Roll each piece first in breadcrumbs, then in egg and again in breadcrumbs and fry in deep *very hot* oil till golden.

Tomato Mousse

Cook the tomatoes after blanching them and press on a sieve. Take the juice that has run through the sieve and mix it with some melted gelatine (melted in a tablespoon or two of water). Season it to taste and add a teaspoon of Heinz tomato sauce. Then mix carefully with the tomato pulp left on the sieve, set in a ring mould, and ice. Fill the centre when the mousse is turned out with a mayonnaise of apple, pineapple, celery and banana, all chopped, and garnish with balls of cream cheese in each of which a split and grilled almond is stuck. This is a nice entrée or second course dish for lunch.

Tomato Purée, No. 1

This is the foundation of soup and of several dishes and is a useful help in time of need !

Blanch some half-dozen tomatoes by throwing them into boiling water, when the skins will peel off easily. Trim off the tops and cut them up. Melt a teaspoon of butter in a saucepan. Add two chopped shallots and cook till light brown. Add a tablespoon of white wine (this may be omitted), mix and add the tomatoes with a teaspoon of chopped parsley, pepper, salt and sugar. Mix and cook in a covered pan for about twelve minutes, stirring occasionally. Rub half a teaspoon of flour into a teaspoon of butter and mix with the tomatoes. Then strain through a sieve and the purée is ready.

Tomato Purée, No. 2 (Spanish)

Weigh one and a half pounds of ripe tomatoes, remove stalks, wash, dry and slice them up, skins seeds and all. Mince up very finely two ounces of onions. Put one ounce of butter in a stewpan and fry the onion in this for five minutes. Add the tomato with an uncut clove of garlic, a teaspoon of dried basil in a muslin bag, a teaspoonful of sifted sugar, and a seasoning of black pepper and salt. Cover the pan and allow contents to cook gently for ten or twelve minutes. Remove the cover, increase the heat, boil and stir well to reduce some of the wateriness of the tomatoes. Remove the herbs and garlic. Pass the rest through a hair sieve. Put the purée in a stewpan, slightly thicken with a dessert-spoon of flour kneaded up with a little butter. Let it come to the boil and serve.

Tomato Purée (Iced)

Proceed as above, but add the whites of three eggs and a gill of cream, all stiffly whipped, to the purée when the latter is quite cold. Place in an ice machine and freeze. Either fill tomato cups with the mixture and serve with a tomato salad, or fill the centre of a tomato mousse with the iced tomato cream. Serve as an entrée.

Tomato Pyramid

Tomatoes are plentiful, and a good first course dish for lunch is made of mashed potatoes, added to tomatoes cooked in butter (plenty of butter) and worked into a pyramid; then a tablespoon is deeply indented in the pyramid at intervals, and an egg gently broken into each depression, and the whole then browned in the oven till the eggs are set.

(*Caviare to Candy*)

Tomato Sauce

(See p. 93.)

Tomato Shells

Cut off the top and the stalk of each large tomato, carefully keep the top cut off, which has to act as a

cap. Take out the seeds of the tomato, leaving some of the flesh. Powder the insides with salt and pepper and some bits of butter. Carefully drop a small raw egg (bantam's are excellent for this) into each tomato and put on the cap to cover it. Bake them in the oven till the eggs are set and serve with a thin purée of spinach round them.

Tomato Soup

(See pp. 107-108.)

Tomatoes with Spaghetti (Italian)

This can be made at table in a chafing dish for supper. The spaghetti can be cooked earlier and kept till needed. Throw plenty of it (for this dish is well liked) into boiling water and a little salt. Let it cook fast for twenty minutes, and put it away till needed, say on your return from the theatre. Put a piece of butter, the size of a hen's egg, into the frying-pan or chafing dish and melt it. Add four sliced tomatoes, which have been blanched and skinned (also earlier in the day) and move them about in the pan till all is cooking into a liquid pulp. Then add a spoon of powdered sugar and a couple of spoons of Heinz' tomato chutney and the juice

of half a lemon, stirring all the time. Put the cooked spaghetti into the pan and go on stirring till it is well mixed and heated through. At the last put in two ounces of grated cheese, Parmesan or Gruyère, stir it round once and serve quickly.

Vegetable Charlotte

Cut up into fine pieces (after carefully cleaning, boiling and straining) two pounds of different vegetables—peas, potatoes, spinach, cauliflowers, carrots, French beans, etc., and some sweet herbs.

Boil them in some good stock, and when cooked add a cup of cream or milk. Stir it well in and cool. Then add the yolks of two eggs, some grated Parmesan cheese, and the whites of the eggs stiffly beaten. Put the mixture into a buttered charlotte mould, dusted with pounded biscuits or crumbs, and cook in the oven.

(Caviare to Candy)

Vegetable Cocotte (in Cream Sauce)

Prepare and cook new potatoes ready for table. Take carrots, cut in pieces (cooked) and macaroni cooked and cut in pieces and some button mushrooms

cooked between two plates with cream, butter, pepper and salt, in the oven.

Arrange these separately cooked ingredients in a fireproof dish with the liquor from the mushrooms as well. Then make a good white sauce and pour all over, grating cheese on the top. Make it boil in the oven and nicely brown it on the top. Green peas may be used instead of carrots for a change.

The secret of this delicious *maigre* dish is to cook everything in separate pots before mixing with the cream sauce.

(*Caviare to Candy*)

Vegetable Haricot

Peas, broad beans, asparagus, carrots and turnips and young onions, the last three browned in butter or good beef dripping, and a few small potatoes, season well with pepper and salt, a little sugar, a teaspoon of Worcester sauce, some green peppers or capsicum (the mild sort) and a few small blanched tomatoes, may also go into the pot—pieces of cucumber too. Just cover with vegetable stock or water in the casserole in which they are to cook very slowly for a couple of hours. A spoonful of brown roux is an improvement and should be put first into the saucepan. They will cook equally well in a cocotte in the oven if the fire is needed for other work.

Vegetable Marrows

These to my mind are only good to eat when quite young, never larger than a goose's egg. At this age they do not require to be cut but are cooked whole. Indeed, I have tasted them in Paris served the size of a bantam's egg, under the name of "courges," when they were indeed worth eating. They were cooked in a covered cocotte or glass pyrex dish, with butter, pepper and salt. Sometimes a spoon of chopped onion was cooked in brown roux in the cocotte, some more butter, pepper and salt added, and then the tiny marrows. They then come to table rather brown and very well flavoured. The gardener need not fear to cut them this size, for he will get plenty more!

Vegetable Marrow Custard (Welsh)

Steam a peeled marrow till soft. Place in a sieve and drain and press all water from it. Mix half a pound of white sugar to a pound of pulp, add the juice of a lemon, the yolk of an egg, a quarter of a cup of cream and a little lemon peel or cinnamon. Beat all together and either bake till lightly browned or place in a saucepan and cook slowly for about ten minutes.

Vegetable Marrow Flowers (French)

An old-fashioned recipe for the country. Search for the male flowers and place face downwards on the bottom of the basket; this prevents the cup from closing. Make a stuffing beforehand of boiled rice, minced chicken and gravy, and some scraps of fried bacon and onion, and mix it all with a beaten egg. Fill the flower cups, not too tightly, tie round with thread and stew in broth or gravy in the oven slowly for an hour. Untie the cups and serve with the gravy over them.

Vegetable Marrows (Greek Fashion)

Take small marrows, parboil, and scoop out the inside after cutting lengthways in half. Mix this, after removing the seeds, with chopped fried onion and grated cheese. Place marrows in a china dish which has been well buttered. Sprinkle breadcrumbs and chopped hard-boiled egg over. Put little pieces of butter or liquid butter over the top. Bake twenty minutes.

Vegetable Marrow (Stuffed)

No recipe for boiled marrow with white sauce will be given here. Need the reason be stated? But

try this instead. Take an older marrow and cut in half across. Take out the seeds and pulp and fill each half with the following "farce": Two or three minced mushrooms, two ounces of bread-crumbs soaked in milk, two ounces of grated cheese, a dessertspoon of chopped parsley, and half a spoon of chopped onion, pepper, salt and two eggs beaten, and then used to mix the ingredients into a paste. When filled tie the two halves of the marrow into its original shape and stew with some butter in a covered saucepan for an hour in the oven. Just before serving thicken the liquor in the pan with roux, the yolk of an egg and the juice of a lemon. Serve the marrow in a dish after removing the string and pour the sauce over. If eggs are scarce use white sauce, flavoured with mace or nutmeg, to bind the stuffing.

Vegetable Marrows Stuffed (Provençal)

ROUND "CREAM MARROWS"

Scoop out the inside of a marrow, throwing away the seeds, and stuff with the following mixture: Fry with butter the inside that has been scooped out with onion, parsley, a couple of tomatoes, salt, pepper and a scrap of garlic, grated cheese and breadcrumbs. When fried to a light brown, mix in a beaten-up egg

and fill the marrow. Then bake in the oven in a baking-dish, with some stock at the bottom of the dish.

Vegetable Soups

(See pp. 108-109.)

Vegetable Stew (Spanish)

Cabbage, carrots, etc. Boil the vegetables in a very little water. Pour over them when cooked the following sauce: oil allowed to get very hot, add a clove of garlic and a little vinegar. Take out the garlic and pour the sauce over the vegetables. Serve hot.

Watercress Hors d'Œuvre

Chop some watercress very finely and mix with butter. With this, butter a small round (about two inches across) of brown bread. On this press some Roquefort cheese and some chopped nuts or walnuts, a little salt and paprika. Chopped salted almonds will do if they are fresh.

Watercress Sauce

(See p. 94.)

