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**THE “QUEEN” COOKERY BOOKS.**



# THE "QUEEN" COOKERY BOOKS.

NO. 6.

## SWEETS.

(PART I.)

COLLECTED AND DESCRIBED BY

S. BEATY-POWNALL,

Departmental Editor "Housewife and Cuisine," *Queen Newspaper*,  
and Author of "A Book of Sauces."

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## PREFACE.

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LITTLE, if any, originality is claimed for the following recipes, most of which have appeared in the Cookery columns of the *Queen* during the last eight or nine years, from whence they have been collected at the request of many readers of the *Queen*, to save reference to back numbers not always within reach. Additional recipes have, however, been given, to bring this little work as much up to date as possible; but all these, like the previous ones, have been carefully tested, and are all (as I know from practical experience) well within the capacity of any ordinary "good plain cook," gifted with fair intelligence and a little goodwill. I desire also to take this opportunity of acknowledging my indebtedness to the various authors of standard foreign cookery books, and also to offer my grateful thanks to Mrs. A. B. Marshall, and several other well-known chefs, whose kindness has so materially helped and rendered possible my work in these last years.

S. BEATY-POWNALL.



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# SWEETS.



## CHAPTER I.

### PIES AND TARTS.

PROBABLY in no country is the sweet course a more integral part of the daily menu than in England, and possibly no form of "sweet" is more popular than the pie or tart, with its well-made pastry. There is a certain doubt as to what constitutes the difference between pies and tarts, but, roughly speaking, it may be decided thus: A pie is a sweet dish containing fruit of some kind and covered over with pastry, whilst the tart is an uncovered pie with a layer of pastry under, but not over, it. In support of this theory it may be noticed that old-fashioned cookery books always speak of paste-covered fruit as "apple pie," "cherry pie," "mince pie," &c., whereas when they mention a tart it is invariably uncovered. Moreover, we still speak of "mince pies" and

"pudding" or "Lent pies," though, naturally, everything else baked in a patty pan is entitled tart or tartlet. Accepting this definition, therefore, let us begin by describing the method of making the paste which plays so important a part in these dishes. Roughly speaking, pastry in England may be divided into puff and short pastry, the difference between these two consisting in the fact that for puff pastry the flour and the liquid are made into a dough first and the butter then worked into it; whereas, for

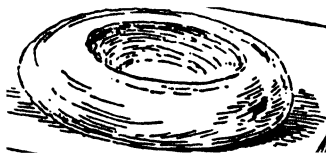


Fig. 1.

short paste, the flour and butter are rubbed together and afterwards worked into a dough by means of the liquid used. Besides these two kinds, there are suet paste, brioche, and choux paste, besides one or more forms of pastry, which will, however, be mentioned later. First we will give the puff paste as used for the highest class of pastry, when it is known as *feuilletage* paste. For this you require the finest flour, Hungarian or Viennese for choice (and this must be well dried and sifted), and the best fresh

butter. Pour the flour out in a heap on the pastry board or marble slab (this is not a very expensive luxury, and where pastry is much used should always be available), and make a hollow in the centre with your knuckles, as in Fig. 1. This is called making a "bay" in the flour. Now pour into this bay about  $\frac{1}{2}$  oz. of salt for each pound of flour, and add very gradually water enough to bring it all to a firm, workable dough. The method is to pour in the water a very little at a time, working the flour into this water very evenly by using the fingers of one hand with a kind of circular movement in the inside of the bay, working down more and more flour as you add more water, till you have drawn it all down and worked it to a dough that will neither stick to the hands nor the table. Then cover this paste with a cloth and let it stand for ten minutes or so to settle. Now dredge the slab lightly with very dry flour by means of the dredger (unless the flour in the dredger is looked after and kept very dry, it will clog the sieve-like holes at the top), then lay the ball of dough on this and roll it out quickly and steadily into a square about  $\frac{1}{4}$  in. thick. Meanwhile, take an equal weight of fresh butter (that has been well washed in cold water and then thoroughly kneaded and pressed in a clean cloth to get rid of as much of the moisture as possible), and pat this out into a square shape; place it in the centre of the rolled out paste as in Fig. 2, and fold the ends over neatly till the butter is perfectly inclosed. Now roll it out very evenly, pushing flour and butter well forward as you roll, keeping it all in a strip about

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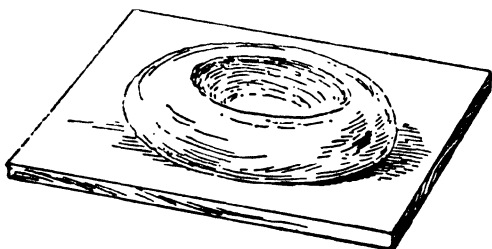


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$\frac{1}{2}$ in. thick. It should measure as nearly as possible twice its breadth, i.e., if 12in. broad it should be 24in. long. Now fold it over evenly into three, and again roll it out into a long strip as before, keeping it even and regular in shape. Then fold it up into three again and put it aside in a cool place for ten

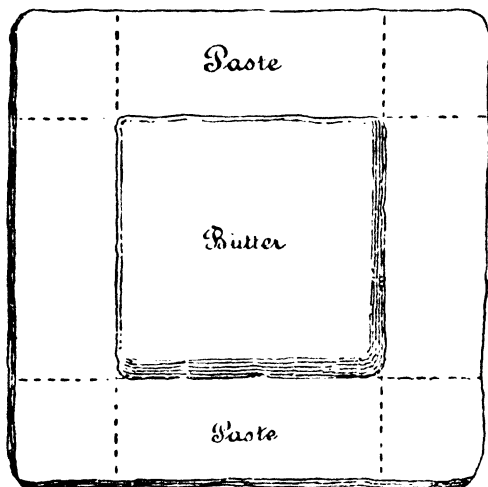


Fig. 2.

minutes or so, to "rest," as it is technically called. This rolling out and folding is called "giving the pastry a turn." For *feuilletage* this paste may need six of these "turns," but, as a rule, five is seldom exceeded. The great art is to keep the butter from escaping, which it will do if the paste is too soft, or

is rolled out too thinly, or not rolled out regularly. If the paste is not kept flat and even in the rolling it will not rise properly in the baking, but will have tough, hard streaks through it. The great secret in *feuilletage* making is care and exactness. The butter should be of the same consistency as the dough with which it is to be rolled, for, if harder, it will break through, whilst, if softer, it will get rolled into it, and in neither case will it attain to the flaky layers of crust risen evenly which are the glory of the French paste. The butter should, therefore, in summer be placed on ice to harden it, and in winter in a warm corner to soften it. The quantity of water to be added is another stumbling block, which, unfortunately, only experience can really clear away, as some flour takes more moistening than others. As a rough average you may reckon a gill of icy cold water to each pound of flour used. But this needs watching, because of the variations in the flour, and should be added very gradually as you work the flour and water together. As puff pastry requires considerable practice it is well to begin with small quantities, say 2oz. or 3oz. each of butter and flour, using water by the spoonful. After each folding the paste must be turned at right angles with its previous position (hence the name "turn"), always keeping the open edges of the paste towards you as you begin rolling. Keep the shape as even as possible, be particular in keeping the corners square, and, above all, see that the pressure of your hands on the roller is even. If the paste, as you roll it, shows signs of curving at the edges, it is evident you are

pressing heavier on the curving side than on the other. Watch also that the butter does not break through, especially in the first rolling out; if it looks in the least like doing so, flour the place over lightly at once, and wind the paste round the roller at frequent intervals to see that it is not sticking to the board or slab, which must be kept lightly and frequently dusted with fine sifted flour. Remember, also, that after its last folding the paste must be rolled out to the thickness required. All these details will probably seem over-minute to the amateur who has not tried puff pastry making, but unless care is bestowed on the points mentioned, the pastry when made will be anything but a success. In fact, it is to carelessness and inattention to detail that the awful failures so often seen at our tables are due. A cook will often succeed the very first time she tries puff pastry, and then every subsequent attempt will be a dismal fiasco, to the astonishment of her mistress, who remembers her first success. The reason is simply that the first time she condescended to attend to the details given in her recipe; but the second and subsequent times she trusted to the great doctrine of "there, or thereabouts," with the usual result. Remember, in pastry (puff especially) making, coolness and cleanliness must be the rule. See that the water used is as cool as possible; keep a basin of ice-cold water and a clean towel alongside, and cool the hands in this frequently. Have all your ingredients ready to hand, and be careful to use a straight rolling pin. A bulging one is certain to lead to uneven rolling and consequent failure.

This is the French method for puff pastry, and is well worth the trouble of learning; it may be mentioned that butter is by no means indispensable for the process. M. Urbain-Dubois, the great French *chef*, declares that, for summer use, beef suet, previously well picked over, soaked in fresh cold water, well drained, and then pounded to a firm, smooth paste, after which it can be worked in a cloth (as described for the butter), is often to be preferred to butter, as the consistency is better. A little fine salad oil should be pounded into the suet to give it body; or half beef suet, half pure lard may be worked up together; whilst *horresco referens*! some actual *chefs* and *cordons bleus* have been detected in the felonious act of making their best puff paste with delicately clarified dripping! The paste, moreover, being a great success. Pastry can also be made with fine salad oil, if for any reason the previous fats are rejected. For this you mix lightly together to a nice paste 12oz. of fine flour, 2oz. of oil, the yolks of two eggs, and about two teaspoonfuls (small) of salt. When well worked together let it stand for ten minutes or so, then roll it out, as described above, when you brush it all over with more salad oil; fold the paste up into three again and roll it out gently again, after which you fold it as before and set it aside to rest. Proceed thus until you have used about 12oz. of oil, then use like any other paste.

These are all French recipes; the following are British, and very good, besides being simpler and more economical than the *feuilletage* which should be

reserved for high days and holidays, and certainly not be attempted till the cook has worked her way up from "short" and "flaky" to "rough puff paste" with entire success.

*Rough Puff Paste.*—Make a pound of flour (with which you have sifted a small teaspoonful of salt) into a smooth lithe dough with the yolk of an egg and from one to one and a half gills of cold water; when this dough sticks neither to the hands nor to the board, flour the board and the rolling pin lightly, and roll out this dough into a long strip, keeping the edges very even, and rolling straight from you with an even onward movement. Never roll crooked, or from side to side, or the paste will not rise evenly. Have ready about 12oz. of butter, lard, or half and half, divided into three portions, and dab one of these portions evenly in dots about the size of a hazel nut, over the surface of the dough, leaving about an inch margin all round. Now roll up the paste exactly as if it was a roly-poly pudding, draw it round with the open ends towards you, pressing it at the ends and once or twice across towards the centre with the rolling pin (to prevent the inclosed air all collecting in one spot) and then roll it out to a strip as before. Now brush the surface over lightly with some strained lemon juice, fold the paste and put it aside to rest for ten to fifteen minutes according to the temperature (it requires longer in hot weather); then again roll it out as before, applying the fat in the same way; fold it up and roll out again. Brush over with more lemon juice, roll it

up and again let it rest for the same period, when you repeat the process, using up the last portion of the fat. It may be rolled and folded once or twice more in the same way, but with no fat, being careful the last time to get it to the right size and thickness. If it requires more width, turn the paste round at right angles and again roll it out straightforwardly, for it will never come light if rolled slanting from the direction in which it was folded. Remember that the less pastry is actually handled the better it will be, and if you do not possess cool hands, never touch the paste at all, even with your fingers, if you can help it, and *never drag the paste*, or let it hang with its weight drawing on it, as this makes the texture uneven. The proper way to lift pastry from the board is to roll it gently up on the rolling pin, rolling the latter from you, then dust your pastry board, or cover the dish as you please, releasing the paste by rolling back the pin the reverse way. Also, do not use more flour than you absolutely require for dusting the board, pin, or the dough itself, or you will spoil the balance of the ingredients, and very possibly make the dough heavy.

A less expensive, but very good flaky crust may be made in the same way, only using 1lb. of flour, a small teaspoonful of salt,  $\frac{1}{2}$ lb. of butter or lard, and a gill (more or less) of cold water.

*Short Crust.*—This is the easiest form of pastry making, and it is best to learn the art of making this first thoroughly before going on to the puff or, as some people call it, flaky pastry. For a plain

short crust sift together a pound of flour, a pinch of salt, and a teaspoonful of baking powder, then rub into it with the tips of the fingers 4oz. of lard or clarified dripping till it is all crumbled like breadcrumbs; when you have got it to this condition, work into it a little cold water, getting it to a stiffish paste that can be rolled easily without sticking either to the board or the pin. This crust must be rolled out at once to the thickness required, for if rolled too much it becomes heavy. The quantity of water needed depends a good deal on the flour and on the temperature; for the above, a gill of cold water is a fair average, though in cold weather, and with some flours, it may take nearly twice as much. All short crust is made in this way, though the ingredients vary according to the degree of richness desired. For instance, for 1lb. of flour take 4oz. each of lard (or clarified dripping) and of butter, with half a teaspoonful of baking powder, a pinch of salt, a teaspoonful of caster sugar, the same of lemon juice, and a little water, proceeding exactly as above, only remembering that with the sugar and lemon juice less water will be needed. This makes a very useful everyday crust for fruit tarts, pies, &c. The yolk of an egg added to the preceding paste improves it much, and makes it very suitable for dainty little tartlets and such like. For a *rich short crust* take a pound of fine sifted flour,  $\frac{1}{2}$ lb. of butter (or half butter, half lard), and either cold water and half a teaspoonful of salt or the yolk of an egg beaten up lightly with the juice of one lemon, and a

little cold water may be used to moisten it. The best way to proceed is this: Put the flour into a basin which it only half fills, then mix or sift it with half a teaspoonful of salt; have ready the fat (whichever is used, only remembering that butter, and often lard, needs to have the extra water squeezed out of it with a clean cloth), minced or shredded very finely (if hard fat be used), with a knife, then crumble this lightly into the flour with your fingertips, being careful not to press or roll it between the palms of the hands as some cooks *will* do. When this is all like fine breadcrumbs, the water must be added, very slowly and gradually, as the quantity depends so much on the fineness of the flour; the finer the latter the more water will it take up. As a good deal of the success of pastry making depends on this mixing, it is well (for a beginner at all events) to measure out a gill of water in a cup, watching it carefully as you mix in the first two or three parts of this water, with the blade of a knife, adding it towards the end very slowly. It is easy to tell when sufficient water has been added, for when most of the liquid has been put in, the dough will cling together in little rolls, which on being pressed with the finger will not only cling together but will gather to them any loose flour there may be round them; as long as there is the least crumbliness in the dough when pressed, more liquid is wanted. When properly mixed, the dough can be gathered into a ball, and used to wipe the mixing bowl out, like a cloth. Make it into a neat oblong shape on the



floured board and press it out gently but firmly at first with the roller, then roll it out with short quick rolls to the right thickness, being careful always to stop the roller just short of the edges of the paste. Take care it sticks neither to the board nor to the roller, keeping both these lightly floured, but be careful not to overdo this flouring, as over-flouring, like over-rolling, will make your pastry hard and tough. Lift the pastry from the board as advised for puff paste by rolling it round the roller, reversing this action when you replace it. (N.B.—Excellent suet paste may be made by either of the above short paste recipes.) Remember that paste made with baking powder should be used at once and never left "to rest" like puff paste.

A delicious *crisp paste*, made without any butter, can be used for fruit pies, which is made thus: Sift together 4oz. flour and 2oz. finely powdered sugar, and work this to a smooth paste with the well-beaten yolks of two eggs, using a delicately clean wooden spoon for the mixture and handling the paste as little as may be with the hands. This paste requires a hot oven, and should be brushed over, before being placed in the oven, with stiffly whipped egg white, and then dusted with roughly pounded caster sugar. A few words must be said regarding the ingredients used in pastry making, &c., before proceeding to individual recipes. Always see that your flour, whether it be plain household or the finest Vienna or Hungarian flour, is perfectly dry and sifted, for damp or

*lumps are fatal to pastry making. If by any chance the flour should have got damp, dry it carefully in a warm place before sieving it, but let it cool before using it.*

For the richest and best forms of pastry, butter of first-rate quality is required, though it need not be fresh; but the slightest rankness in butter is fatal, for heat brings out and intensifies this obnoxious flavour to the most nauseous extent. If using good salt butter, wash it well three or four times in clean cold water, pressing it well with a clean cloth between each washing. This pressing is needed, though not to the same extent with the freshest butter, to free it from superfluous moisture. It is, perhaps, heresy to mention that really good margarine makes excellent short crust, though it does not answer so well for flaky or puff paste, probably because of its extra density.

Lard can be used either by itself or with butter, as you please, so long as it is pure and of good quality, and not watery; whilst for household use good clarified dripping gives most excellent results, and is far better, even for puff or flaky paste, than questionable lard. Suet carefully shred is also good for short crust.

When eggs are used care must be taken to see they are fresh and in good condition. They add greatly to the lightness and richness of short pastry, though many cooks object to their use in puff pastry.

Baking powder again is a debatable point. Some cooks taboo it indignantly, and, undoubtedly, baking

powder pastry is apt to dry far more quickly than pastry made with fat only; but this is frequently the result of an over-generous allowance of the baking powder. It should be sifted with the dry flour, and any paste in which it is used should be baked at once, for directly moisture is added to the powder, effervescence is set up, and unless fired before this has ceased, all the advantages of the baking powder will be lost. Pastry made with an extra allowance of powder rises quickly and largely, but it dries equally, if not more quickly, and both smells and tastes disagreeably.

It may be well to remind the beginner that puff pastry is none the worse for being left in a cool place for a little before use.

To judge the heat of an oven there is no better guide than M. Gouffé's celebrated rules: Have ready some pieces of white kitchen paper, and try the oven by putting in a piece of this paper every ten minutes or so. If the oven is too hot the paper will blacken or blaze up at once; if it turns a deep, almost chocolate, brown, the oven is ready for patties, mince pies, &c. If it turns a Havana or cigar brown, tarts, *vol-au-vent*, &c., may be put in; if it simply becomes a light brown, like deal, the oven is fit for game or large meat pies, pound cake, or bread; if it turns a very pale yellow, or hardly colours at all, it is a slow oven just fit for sponge cakes, &c., which only want light baking and but little colour. The paper should be left two or three minutes in the closed oven.

**Beginners are often puzzled to know when pastry**

is cooked, as often they use a too quick oven, thus browning their paste before cooking it through. The safest test is to run a small and delicately clean steel skewer or knife into the centre of the paste. If cooked it can be drawn out clean, but if any paste sticks to it, the latter is not sufficiently cooked.

Finally, there are the icings used as a finish to most tarts, and of these there is a great variety. For instance :

I. Wet a brush or a small bunch of feathers well in cold water, and shake it lightly all over the paste, then dredge the latter well with sugar, and bake at once. This gives the paste a pretty light brown tint.

II. Put into a basin the white of an egg and an equal amount of cold water, and beat these well together. Now apply it as in the preceding recipe with a brush or feathers, or, if preferred, brush it all over (*damp*, but do not *wet* the crust or it will make the paste heavy ; you only want enough to make the sugar stick). Then dredge it pretty thickly with caster sugar, and lastly wet your brush again with the egg and water, and sprinkle the paste lightly and evenly with this.

III. Whip the white of an egg to a stiff froth and apply this evenly all over the tart, then dredge it pretty thickly with the sugar, sprinkling it afterwards with cold water. This icing is put on when the pie is about three-quarters cooked, and is then returned to the oven to set it.

IV. This icing is best for rather large tarts. Brush the paste all over well with cold water, then

sprinkle it generously with coarsely crushed loaf sugar, sprinkling this again with a little more cold water, and bake carefully, covering the pie, if necessary, with a sheet of wetted paper to prevent its overcolouring.

*Fruit Pies.*—These are mostly made in much the same way. Take green gooseberries, for instance. For this choose the rich short crust mentioned before, made with the yolk of an egg and lemon juice (or, for household purposes, use the second recipe with the addition of an egg yolk); roll it out about  $\frac{1}{4}$  in. thick, and as near as you can guess the size of the dish; now turn the latter over the paste, and cut it round to the shape of the rim, leaving about  $\frac{3}{4}$  in. all round, to allow for the piled up fruit. From the paste left over cut a strip just the width of the piedish rim and long enough to go round it, overlapping just a little. Now moisten the rim of the dish, place this strip on it, pressing it to make it adhere, and cover with the shaped piece of paste when the fruit is put inside. When you have fixed on the rim strip, proceed to fill the dish with the green gooseberries, topped and tailed, adding from three to four good tablespoonfuls of brown sugar when you have half filled the dish, then put in the rest of the gooseberries, piling them well up in the centre to keep it all raised in a dome shape, adding about half a gill or so of water. This water is also usually added with apples and such like relatively dry fruit. If you have not fruit enough to pile up the centre of the dish well, it is best to put a small cup bottom upwards in the piedish to

support the crust, or the latter will fall from its own weight before it sets, and will then become sodden and heavy. Having filled it with fruit, now lay the upper paste over it by means of the rolling pin, and scallop the edges with the back of a knife held in a slanting direction, and brush it all over with one or other of the icings before given. A fruit pie, or tart, needs no further decoration, nor does it need a vent hole at the top. All fruit pies are made in this way, the only difference lying in the flavouring. It is well to remember that—in making cherry or black currant pie for instance—it is wise to add a stick or so of nice rhubarb cut small, as this gives a rich, syrupy, but perfectly tasteless, liquid, thus adding to the juice which in such pies is always notoriously deficient. It is also well to remember that brown sugar (of first-rate quality, however) is always to be preferred to caster sugar for sweetening fruit. A tart made with one and a half pints of gooseberries and  $\frac{1}{2}$  lb. short paste will take three-quarters of an hour in a good oven—a time limit which also applies to most other fruit.

*Apple Pie*, nowadays, is made in the same way as the green gooseberry pie given above, but in old days it was a much more elaborate affair. The fruit was peeled, cored, and sliced down, when it was carefully stewed to a marmalade with an ounce or so of fresh butter and 2oz. to 4oz. of the best brown sugar, powdered cloves and nutmeg being added to taste; it was then piled up in the piedish with some shred candied peel and about half a quince, peeled,

cored, and sliced, mixed through it. It was then covered with the crisp paste (made without butter), previously given, and baked at once in a sharpish oven. Quince, sliced and peeled, whole cloves, grated lemon peel, and a squeeze of lemon juice, are each and all considered additions to apple pie, and I have been told that a couple or more freshly gathered peach leaves, laid on the top of the fruit before covering it down, will add enormously to the flavour. These leaves, should be lifted out when the pie is opened, for they are not nice to eat.

The thinnings from the grapes, green apricots, and plums may all be used in this way, but the initial stewing must on no account be omitted.

*Banana and Damson Pie.*—Cover a piedish with damsons (fresh or bottled), moistening it with a little sugar syrup or the syrup of the fruit, strew generously with caster sugar, then add a layer of peeled and sliced bananas, more sugar, and a good sprinkle of brandy or white Silver Rays rum and proceed thus till the dish is well piled up with the alternate layers, finishing with the sugar; cover with good short or puff paste and bake in a quick oven. Serve with clotted cream or thick cream flavoured with vanilla.

*Strawberry Pie* (sometimes called *tourte à la Parisienne*).—Line a round tart mould with a thin puff paste, put a strip about  $\frac{1}{2}$  in. thick and lin. wide round it, fill up the centre with stalked strawberries, piling these well up in the middle, and sifting a good deal of sugar over all, then pour a liqueur-glassful of maraschino over it all, cover with a disc

of puff pastry, pinching the edges well together, brush it over with white of egg, strew plentifully sifted sugar over it, bake in a quick oven, and serve directly it is cooked. Almost any fruit and any good compôtes can be utilised in this way.

*Pie à l'Alliance.*—Stew 4oz. of rice till tender in lemon, vanilla, or liqueur-flavoured syrup till tender and sweet; then stalk and stone a pound of cherries and roll the latter well in 4oz. caster sugar; lay a quarter part of these in a piedish, strewing a few of the kernels (blanched) amongst them; cover this with a quarter of the rice, and repeat these layers till the rice and fruit are all used up, being careful to pile it all well up in the centre. Fix a strip of puff paste round the rim of the piedish, then cover the whole with a thin layer of puff paste, brush it well over with white of egg, strew generously with caster sugar, and bake in a moderate oven for one and a quarter hours. Then brush the crust over with dissolved apricot jam, and sprinkle with crushed macaroons. Any fruit may be used thus, only varying the flavourings.



## CHAPTER II.

### PIES AND TARTS (*Continued*).

TAKING the definition previously given, that "pies" represent covered pastry, whether sweet or savoury, whereas a tart or tartlet represents an uncovered pie, it may be observed that the method of preparation is much the same for the large tart, or the smaller tartlet. A flat, shallow tin is chosen, either round or oval in shape, over which is laid a sheet of pastry (generally of the short kind such as the second recipe given in Chapter I., an egg being added to the paste whilst mixing), which is then carefully pressed on to the tin to get the shape right, a strip of paste, from three-quarters of an inch to one inch wide, being closely pressed on to the circumference of the tart, and the edges nicked or scalloped with the back of a knife as for a pie. The centre is then filled up with jam, compôte, fresh fruit, &c., to taste. If liked, narrow strips of paste may be laid across the surface of the tart, in a lattice pattern, but it is best to put these on before fastening on the outer ring, as the latter hides the ends of the crossbars and keeps them in place.

Tartlets are made in precisely the same way as the larger tarts, and both require a fairly hot oven. Many cooks prefer to bake the tartlets till two-thirds done, and then fill them up, and this is a practice decidedly to be commended, both for flavour and appearance. Both tarts and tartlets may be filled with a variety of mixtures, from fresh or stewed fruit, compôtes, cheesecake mixtures, or any mixture similar to that employed for Bakewell puddings, and such like. A few recipes only can be given, owing to the limited space available.

*Pudding Pies.*—These are also often called “Lenten pies.” Boil up a pint of new milk with two or three strips of thinly peeled lemon rind till nicely flavoured, then stir in 2oz. of ground rice, being careful to get this all to a perfectly smooth porridge; now turn it into a basin and stir into it about 1oz. of butter, add a tiny pinch of salt, two good tablespoonfuls of caster sugar, two eggs, a good grating of nutmeg, and a heaped tablespoonful of well washed and dried currants. Stir this altogether till it is cool, then use it to three parts fill some thinly-lined patty pans, and bake about fifteen minutes in a gentle oven. In many parts of the country these are baked in special tins that have a false bottom, and they are covered over with a round of paste, the edges being moistened and carefully pressed together. They may be served plain, dusted with sugar, or brushed over with whisked white of egg, and dusted with caster sugar.

*Banbury Cakes.*—For these have ready a mince-meat made thus: Beat  $\frac{1}{2}$ lb. of butter to a cream,

shred very finely  $\frac{1}{2}$  lb. of mixed candied peel, well wash and dry 1 lb. of currants,  $\frac{1}{2}$  oz. of powdered cinnamon,  $2\frac{1}{2}$  oz. powdered allspice, and a stale penny sponge cake grated fine; mix this all well together, and keep in a covered-down jar. Roll out some rich short crust tolerably thin, and either cut it out into circles or ovals. In the former case put a large spoonful of the mince on half the cake, and fold the other half over, brushing the edges lightly with white of egg, pressing them well together, and shaping the cakes into an oval with pointed ends. If you cut the paste into ovals, pile up a good spoonful of the mixture on half the ovals, brushing the edges well with white of egg, then cover with the others, pinching the edges well together, and make the ends very pointed. In either case brush with whisked white of egg, and dust with caster sugar. They take fifteen minutes, and may be eaten hot or cold. The filling, or mincemeat, varies locally, but the above is a good average filling.

*Eccles Cakes.*—These are very much like Banbury cakes, a grated apple or two, and 3oz. or 4oz. of brown sugar being added to the mixture, omitting half the candied peel there given. The pastry, which may be any odds and ends of puff or short crust, is rolled out thinly, stamped out in rounds the size of a tumbler, a small dessertspoonful of the mixture placed on each, which is folded over into a crescent, pointing the ends well; three cuts are given to each, and the cakes are then frosted and finished off like Banbury cakes, but, being smaller, they take less time to cook.

*Mincepies.*—For these prepare the following mincemeat: Stone and chop 2lb. of raisins; well wash and dry 2lb. of currants; peel, core, and chop finely 2lb. of apples; shred very finely 2lb. of good suet free from skin or sinew; 1lb. of good Demerara sugar; 4oz. of crumbled Naples or sponge finger biscuits; 2oz. each of candied citron, lemon, and orange peel, finely shred; one nutmeg grated; a teaspoonful of powdered cloves; half pint of brandy and a gill of port wine. Mix all well together and let it stand, well covered with a bladder, for a month before use. An ounce or so of blanched and chopped almonds, and the juice and grated rind of a lemon, are both a great addition to the above. Line some patty pans with puff paste, not too thickly rolled out, lay a rim of paste all round, pressing this well on to the under layer; put in a good spoonful of mincemeat, and cover with another round of paste, pressing this well down on to the other rim; brush over with white of egg, dust thickly with caster sugar, and bake.

*Cheesecakes.*—For these you line patty pans with thinly rolled-out short crust, then fill up with any of the following cheesecake mixtures, and either arrange a trellis work of thin paste strips over it with the rim of paste as described above, or simply put on the rim, pinching it well into place, and icing it with white of egg or sugar. *Lemon Cheesecake:* Put into a delicately clean pan 1lb. of loaf sugar, broken up into small lumps, the yolks of six and the whites of four eggs, the juice of three and the grated rind of two lemons,  $\frac{1}{2}$ lb. of fresh butter, and three Naples or sponge finger biscuits grated;

stir this all gently over a slow, clear fire till the mixture thickens and becomes like honey ; then pour it into jars, cover down, and store in a cool, dry place. This mixture will keep good for three or four years. *Almond Cheesecake*: Crush two or three ratafies, and pour on to them a spoonful of hot milk ; when they are well soaked, add them to 4oz. of blanched, chopped, and pounded almonds, 2oz. butter beaten to a cream, one or two table-spoonfuls of cream, the yolks of two eggs, a spoonful of brandy (this is optional), and the rind and juice of a quartered lemon. Beat this all well together for some minutes, then stir in the whites of the eggs whisked to a stiff froth, and three parts fill some pastry-lined patty pans with the mixture and bake in a good oven. *Chocolate Cheesecake*: This is American, and in the United States these cakes are known as *mirlitons*. Crush to a fine powder six macaroons, then add them, with a tablespoonful of grated vanilla chocolate, to a pint of new milk, and let them infuse for ten minutes. Beat the yolks of three eggs till light with a full tablespoonful of caster sugar, flavour to taste with vanilla, mix this lightly but thoroughly to the macaroons, &c. ; fill the pastry-lined patty pans with this mixture, and bake for fifteen to twenty minutes in a quick oven. *Potato Cheesecake*: Grate off the rind of two oranges and one small lemon on to 2oz. or 3oz. of loaf sugar, then pound this with 3oz. of boiled and very floury potato ; beat 2oz. of fresh butter to a cream, add it to this, and, when it has all been worked to a smooth paste, add the yolks of two eggs and the white of

one whipped to a froth; half fill the pastry-lined patty pans, and bake about twenty minutes in a quick oven.

*Richmond Maids of Honour.*—Turn three pints of good milk with one and a half table-spoonsful of essence of rennet, letting it stand untouched until all the whey has come away from the curd, when you leave the curd to drain for a little on a reversed sieve till it is solid enough to press lightly in a clean cloth; now mix this curd gradually with the yolks of four eggs beaten till light, a gill of clotted or thick cream, the rind of a lemon grated off on to a few lumps of loaf sugar (this should then be pounded), a dust of powdered cinnamon, rather more of grated nutmeg, 5oz. or 6oz. of well washed and dried currants, and half a gill of brandy. Line buttered patty pans with puff paste, fill with the mixture, and bake about fifteen or twenty minutes. The amount of sugar is a matter of taste, so are the currants, which may be either mixed in, just sprinkled on the top when ready for the oven, or be omitted altogether, chopped almonds being substituted as a sprinkling. There are many recipes given for these tartlets, which all claim to be “*the original Richmond maids of honour*,” but the above I believe to be as near that as one can get nowadays; at all events, it contains the curd which was of old an integral part of a cheesecake.

*Treacle Tart or Tartlets.*—For this line a tart, or some tartlet pans, with good short crust, and pour in some treacle or golden syrup, previously flavoured with grated lemon rind and a little of the juice, and

slightly thickened with either breadcrumbs or crumbled cake crumbs; cover with a trellis of pastry strips, fix on the outer rim, and then bake.

*Manon Tarts.*—Roll out some short paste rather thinly, and with it line some plain tartlet pans; pour in a little *frangipane*, *patissière* cream, or any rich fruit marmalade to taste; put some fresh fruit, either whole or halved and stoned, and rolled in caster sugar on the top. Cover the whole with a disc of the thin short crust (made without butter) previously given; pinch the edges well together. Wash the tarts over with a little well-beaten egg and bake. When three parts baked sprinkle them lightly with sugar and glaze, then return them to the oven (which should be a gentle one for this) to finish baking, and serve hot or cold.

In families where unexpected visitors are rather the rule than the exception, it is well to keep a supply of tiny tartlet cases at hand, for if stored in air-tight tins they keep very well. To make these butter any pretty little quenelle, dariole, or shell moulds, and line them with a rather stiff paste, pressing this well into the moulds to get the shape exact. Prick the paste all over to prevent its blistering, and lay in each little bits of paper filled with rice, dried peas, &c., and bake. For the pastry for this purpose make a paste with  $\frac{1}{2}$  lb. flour, 3oz. to 4oz. of butter, and four tablespoonfuls of beaten whole egg, or enough to mix the paste. This makes a capital and rather stiff paste, which keeps well and can be used with all sorts of fillings on an emergency; for instance, if required in a hurry, take

a bottle of fruit macédoine, strain off the syrup, and flavour it to taste with vanilla or liqueur (if there is time, let it just boil up), arrange the fruit in the pastry wells (if you have used dariole moulds to shape them), pour the reduced syrup over them, place on each a teaspoonful of whipped cream, and serve. These are called in France *puits d'amour aux fruits*. In England these *puits d'amour* are mostly made by stamping out thick slices of cake or cold plum-pudding into rounds with a plain cutter, using a smaller cutter to hollow out the centre, which is then filled up with whipped cream, brandy, butter, Caledonian cream, &c., to taste.

Few things differ more, though bearing the same name, than English and French tarts and tartlets. We all know the usual British version—an open shape with a raised border, and at times a kind of crossbar of strips of paste, which is usually baked till the jam in the centre forms a gluey syrup, of good enough flavour, but of a most uncomfortably viscous consistency. The tart of *outré-mer* is quite a different article. The crust is crisp, equally cooked through, and delicately coloured, whilst the fruit, whether hot or cold, is perfect in shape and colour, and floating in, or surrounded by, a delicate creamy syrup, strongly flavoured with the fruit essence, the latter being brought up by the addition of a little liqueur or flavouring to taste. The method of preparing these is as follows: Roll out some good short or rough puff paste pretty thinly, and with this line some small tartlet or patty pans, pricking the lower crust with the points of a fork or with a skewer to



prevent the paste rising. Fill up with rice or anything of that sort, and bake in a fairly hot oven till nicely coloured. Have ready the filling, which, if of strawberries or any soft fruit, may be prepared thus: Choose nice ripe fruit and roll it in sifted sugar. Have ready some sugar syrup made by boiling  $\frac{1}{2}$  lb. of sugar in a gill of water till it will thread; flavour this with either liqueur, vanilla, or lemon juice to taste, and pour it boiling on to the fruit. Let this stand in a warm place for twenty-five minutes or so, then lift out the fruit carefully and place it in the tartlets (which should have been emptied out in readiness) as whole as possible, and pour one or more teaspoonfuls of the syrup in which the fruit was cooked into each tartlet, and serve either hot or cold. Harder fruit, such as plums, apricots, &c., should be first blanched till they give if pressed with the finger, then drain them well, and leave them till cold, when you finish them off in syrup boiled as above till they are perfectly soft, but not mashed. Now lift the fruit out with a skimmer, and let it drain whilst you boil up the syrup in which it was cooked till it threads again, when it must be ladled, boiling, on to the fruit which has been placed in the tartlets. Of course, if necessary, a little more sugar may be added to the syrup for this second boil-up, and also any flavouring to taste should be added just before pouring it over the fruit. Where liqueur or spirit is objected to, fruit juice, any essence to taste, or liqueur syrup, may be used instead.

Then, again, there are the *flans*, a kind of open tart made by standing a *flan* or *fleur* ring on a

baking sheet, and lining it with a good paste as before; bringing up the border well, and pinching it into shape with the finger and thumb, pricking it well all over, and either cooking as advised for the tartlets, or else brushing the bottom over with white of egg, and filling the flan as follows: Take any fruit you choose, either one sort only or a mixture, and toss this after stoning and peeling (and, if necessary, halving) it, in sifted sugar, arrange it in the flan, cook the whole in a sharp oven, and then serve sprinkled with the cracked and blanched kernels of the nuts, or some shred sweet and bitter almonds, moistening it all with a little sugar syrup flavoured to taste. If you prefer to fill the cooked flan, heat any compôte to taste (chestnut compôte is excellent for this) and pour it whilst hot very carefully into the flan, and if to be served hot cover the top with a meringue of egg whites and sifted sugar flavoured to taste, and set this in a slack oven till lightly browned. If to be eaten cold, leave it till quite cold, then garnish with whipped cream, sprinkling this with chopped pistachios, "hundreds and thousands," &c., as you like.

Then, again, there are the *tourtes*. For one of these roll out some rough puff paste rather thinly, and cut from this a round about the size of a plate; on this round pile up some good apricot, apple, or orange marmalade as you please, leaving about an inch all round quite bare. Now brush this outer rim lightly with a brush dipped in water, and cover the jam all over with a second round, pressing the two edges well together with your finger and thumb;

then cut a strip of the same paste, about three-quarters to one inch wide, and about half an inch thick, and place this all round the part pressed together, finishing it off neatly by cutting the two ends of the band diagonally and fitting them well together; trim it all round with a knife, brush it over with either egg or milk, and bake in a hot oven, glazing it with a little sifted sugar before it is quite baked, and serve. If preferred, strips of paste may be arranged in a trellis over the jam, instead of the second round of paste, finishing off with the same border as before. Bottled fruit, or any kind of *compôte* or *frangipane* cream may be used for these *tourtes*, as you please, in precisely the same way. There is a kind of *tourte*, more often called a *gâteau fourré*, or stuffed cake, which is particularly good for a change. For this you roll out two sheets of puff paste as before, spreading one with either a rich jam, marmalade, stewed or preserved fruit (or fresh fruit, marinated in sugar and lemon juice with a very little thick syrup); cover with the second round, pressing the edges well together, brush it with milk, and bake in a sharpish oven; then brush over with white of egg, dust it with sugar and blanchéd and chopped almonds or pistachios, and put it in the oven for a minute or two to set this glazing. Serve cold. Very often before putting this cake in the oven it is marked with the back of a knife into segments, pressing from the centre to the circumference, so that when cold it can be cut up into portions neatly. Lastly, there is the well-known *Gâteau St. Honoré*. This is, if properly carried out,

one of the *chefs d'œuvre* of the French cuisine, but it is not at all difficult to produce a very creditable and decidedly palatable version at much less trouble and expense. Roll out a round of short paste about six or eight inches in diameter and one-third of an inch thick, pricking this all over to keep it from rising; have ready some good chou paste in a forcing bag with a plain pipe and force out a roll of this paste all round the sheet of short paste, fastening off the two ends as neatly as possible. On another baking sheet press out a number of little balls the size of a small walnut, and then bake both the tart and the balls in a moderate oven till nicely coloured. Dust the border and the balls with sifted sugar, and set them in the mouth of the oven to glaze. When quite cold dip the lower half of the balls either into white of egg or sugar boiled to the crack, and fasten them all round the cake, on the top of the border of chou paste. Meanwhile make a *frangipane cream* thus: Put into a pan rather more than 6oz. of fine sifted flour, the yolks of six eggs, 6oz. or 8oz. of sugar, and a pinch of salt; moisten it with a pint of new milk, and stir it all over the fire, which should be a slow one, all the time till it thickens, letting it all but come to the boil (if it actually boils, the eggs will curdle) two or three times; then lift it off the fire, stir in lightly and quickly the stiffly whipped whites of the eggs, replace it on the fire for a minute, stirring it all the time, then again remove it, and stir it till almost cold, when you turn it into the cold St. Honoré case and leave it till set. It can then be served plain, or garnished with

glacé fruit, or with fruit marinaded in sugar and lemon juice, or liqueur, and then dipped in sugar boiled to the crack. The points of a St. Honoré are the use of the two kinds of paste, either short and best puff paste or, more commonly, short paste and chou paste, the use of the *frangipane* or cream, and the garnish of glazed fruit, though very often the name is given to a tart made thus and filled with stewed fruit or compôte covered with whipped cream. The *frangipane* can be flavoured to taste with essences or liqueurs, or with praline almonds, crushed macaroons, &c., as you please.

*St. Honoré of Chestnuts (aux marrons).*—For this peel the nuts and blanch them for a moment or two till the inner skin peels off easily. Now put these nuts into a thin sugar and water syrup flavoured with a little lemon juice and any liqueur or liqueur syrup to taste, and allow them to cook until quite soft, but not broken; have ready a St. Honoré case, and lay the chestnuts into this, giving the syrup a sharp boil up to get it as thick as possible, and when nearly cold pour it on to the chestnuts. The great secret is to have the syrup thick enough not to run too much, or it will make the case messy. Just before serving it pile over it some cream well whipped and flavoured to match the chestnuts. For the case, roll out some short paste not too thin, and stamp out from it a six-inch round; have some choux paste in a bag with a plain pipe, and press out the paste in a roll all round the edge of the round of short paste, which should be well pricked to prevent its rising. Press out also some little balls

of the paste on another baking sheet, and bake it all in a moderate oven till nicely coloured. Brush the ring of choux paste over with white of egg, and press the little balls on to it all round, and use the case. This will serve as a guide for any kind of compôte. Canned fruits are particularly good for St. Honorés, either with or without cream.

*Chou Paste.*—Put into a saucepan a tumblerful (barely half a pint) of cold water, a very tiny pinch of salt, an ounce of caster sugar, an ounce of butter, and a little grate of lemon peel. When this is boiling, lift it off the fire, and strew in gradually enough flour to make it all a nice thick paste (about a teacupful, or, say, 4oz. should be ample; but it depends a good deal on the flour, the original French from which this recipe is taken says 100 grammes); return it to the fire, stirring it sharply all the time, till it becomes quite smooth and does not adhere to the sides of the pan—this will take a very few minutes. Now lift it off again and set the pan on a reversed plate or stand, and let the paste get very cool, not to say cold; then break into it one egg, stirring this all till perfectly amalgamated, and repeat this with two or three more eggs, never putting in the next till the previous one is quite worked up into the paste. At the end of this the paste should be of such a consistency that the spoon can be lifted out of it quite clean, while if lifted itself the mass will come off clear from the sides of the pan and be quite firm. It may be necessary to add a fourth egg sometimes. The test of the paste being ready is to lift a piece in the spoon and allow it to drop

on the board, when it should fall quite clear of the spoon, and not spread in the falling. Then bake in a moderate oven. This can be shaped by dropping it from a spoon or by the use of a forcing bag and plain pipe, when it is forced out in rounds, rings, &c., as required.

*Flan d'Amandes à la ménagère*.—Pound 6oz. to 7oz. of blanched almonds (or take the same of freshly ground sweet almonds) and mix it with half its weight of veal kidney suet well picked over and shred; then add 6oz. of sifted sugar, half that weight of fine sifted flour, one whole egg and the yolk of four, two or three spoonfuls of orange flour water, or an adequate flavouring of grated lemon peel, and lastly, the whites of two eggs whipped as stiff as possible. Prepare a *flan* as described above, fill it with this mixture, and bake forty minutes in a moderate oven. Strew sugar over and serve.

*Tourte Pralinée à l'Anglaise*.—Prepare a frangipane as described for the St. Honoré, only adding to this a few well washed and dried currants or some stoned raisins, some finely shredded candied peel, two or three bitter almond macaroons or ratafies, a grate of nutmeg, and half a sherry glassful of sherry or rum; fill a *tourte* made as above with this mixture and bake in a good oven, glazing it when about half done with a little sugar mixed with a little white of egg and an ounce or two of blanched and chopped almonds. Return it to the oven and finish off as usual.

## CHAPTER III.

### PANCAKES, FRITTERS, &c.

PANCAKES are well known in every house, and in many Shrove Tuesday would hardly seem itself without these dainties. But the art of pancake-making is, by most, classed with potato boiling, "the sort of thing anyone can do," as I once heard a lady say contemptuously when her husband inquired anxiously if the incoming *cordons bleus* "could boil a potato decently!" As a matter of fact, the good woman could not, and what's more her mistress could not show her, so, like the little pig of nursery lore, the husband "got none" during her reign.

The first thing naturally is to consider the batter. Of this there are several kinds, from the plain flour, eggs, and milk mixture for the ordinary pancake or Yorkshire pudding, to the dainty batter compounded with eggs, flour, and delicate liqueurs which is used for the finest fruit fritters. The following may give some idea of the various kinds:

I. Put  $\frac{1}{2}$ lb. of flour into a basin, make a bay in the centre with your knuckles, and into this drop



the yolks of two unbeaten eggs, and a tablespoonful or so of milk. Stir the flour gradually down into this little pond, adding a little more milk gradually as you work it all together, being careful not to thin it too quickly, but to keep it stiff enough to enable you to rub out any lumps and to keep it all perfectly smooth. When you have used about half a pint of milk, beat the mixture well with a delicately clean wooden spoon till it is a mass of air bubbles, then work in the rest of the milk—about half a pint—as before, and let the batter stand for an hour at least (two are better) before using it; just at the last add in quickly and lightly the whites of the eggs whipped to a stiff froth. If a richer batter is desired, double the number of eggs and omit a short gill of the milk. A little salt should *always* be sifted with the flour.

II. Beat well together two tablespoonfuls each of best salad oil and water with a pinch of salt, then gradually work into this enough fine dry flour to produce a decidedly thick paste, which you thin gradually and cautiously with more cold water till you get it to the right consistency, when you let it rest as before; incorporating into it when about to use it the very stiffly whipped whites of two eggs.

III. Beat up the yolks of two eggs with two tablespoonfuls of brandy, rum, or liqueur to taste, one tablespoonful of best salad oil (if using liqueur a dessertspoonful of oil will be sufficient), and four or five tablespoonfuls of cold water; sift together three tablespoonfuls of fine flour and a pinch of salt, then beat into it gradually the eggs, &c., being

careful to get it all to a perfectly smooth paste, and keep on beating it for fully ten minutes. If this paste is too thick it must be thinned by the addition of a little water, beating this also in thoroughly. Let it stand for a couple of hours at least, and when about to use it incorporate the whites of two eggs beaten to a stiff froth. If preferred, light French or Rhine wine or liqueur syrup may be used for this batter instead of water. This form is very useful for fritters of many kinds, especially fruit ones. It must be remembered that even for use as a sweet, batter is better unsweetened, as the least oversugaring results in heavy batter.

For pancakes choose a perfectly clean frying or omelet pan, and melt an ounce or so of butter (according to the size of the pan) in it, allowing this to heat till it smokes, then pour quickly into the very centre of the pan a wineglassful or so of batter; if the fat is at the right temperature the batter will spread all over the pan directly, whereas if it has not reached quite the right heat you may have to tilt the pan to get the batter to cover it properly. It must be left undisturbed for a minute or so until it is set enough to allow of a knife blade (a palette knife is best) being slipped under it to loosen it from the pan. Directly the under side is delicately browned, turn it over with the knife and brown the other side; then slip it out of the pan, strew sugar over the side last done (this is generally not so even in tint), roll up the pancake and keep it hot whilst you finish off the rest. This is the ordinary pancake, which may of course be varied

according to its flavouring, a cut lemon being usually sent to table with it. It is well to remember that pancakes are like omelets, and require a pan kept for their use, a pan, moreover, that should *never be washed*, but simply wiped out carefully after use with pieces of paper until no soil or fat marks the last paper used. If by any accident the omelet or pancake pan has been used for any other purpose (carelessness that cannot be too strongly deprecated), rub it well, first with salt, and then with paper; next put into the pan a lump of fat (dripping, lard, or any fat will do for this), and heat it till the fat smokes strongly and begins to brown, when it must be poured off, and the pan rubbed clean, as described above, with several pieces of clean paper. This is called "seasoning" the pan, and is a process that every new pan should go through before it is used for omelets, &c.

There are many varieties of pancakes, such, for instance, as the *pannequet à la Célestine*, when the batter is measured off into little cups so as to keep the quantities equal, the pancakes being, when ready, quickly spread with any nice jam, rolled up, and served, sprinkled with sugar, plain or flavoured. Or make the pancakes as just given, being careful to strew each as it comes from the pan pretty thickly with grated vanilla chocolate and a dust of sugar, placing the first pancake ready on a hot dish, then lay the next, similarly coated, on top, and continue thus till you have used all the pancakes but one, which you leave plain, only dusting the top thickly with vanilla sugar. Serve very hot, either plain or

with cream. This pancake is particularly dainty if made with the liqueur batter.

*Pannequets Glacés.*—These are somewhat differently prepared. Pound to a powder 1oz. of macaroons and  $\frac{1}{2}$ oz. of dried orange flowers, then mix this powder with 2oz. of finely powdered sugar and 1oz. dried flour, sifted with half a saltspoonful of salt, and work into all this the well-beaten yolks of five eggs, and a pint of cream or new milk. Add the well whipped whites of three eggs at the last. Divide this mixture as before, and make the pancake in precisely the same way as usual, browning it delicately on both sides, and keeping the layer of batter as thin as possible. Now turn it out on to a hot baking sheet, spread the pancake with apricot marmalade, covering this again with a good dust of crushed macaroons, roll it up tightly and keep hot till the rest are done; then strew them all pretty thickly with caster sugar and glaze them by passing a red-hot salamander or shovel over the surface, and serve at once. French cooks frequently halve and trim these pancakes, but if carefully made to start with they do not need this, and are undoubtedly better the less they are handled. Another version of this, known as *pannequets à la royale*, is made by spreading these pancakes with any nice *crème patissière* to taste (chocolate for choice), and either rolling them up or putting them one on top of the other, when the last is laid over them plain, piled up with a *meringue* of beaten egg-white and sugar, and set in a slack oven for a minute or two to crisp and just colour.

*Strudel*n, a German form of pancake, are very nice, and are made thus: Make a batter with four egg yolks, 2oz. of warmed butter, 3oz. or 4oz. of fine flour, 1oz. of caster sugar, and half a pint of warm milk; prepare the pancakes in the usual way (being careful to measure the batter off into cups), adding in the beaten whites and also more butter each time the batter is poured into the pan; meanwhile stir together the well-beaten yolks of four eggs with half a pint sour cream, stir in a spoonful or two of well washed and dried currants and sultanas, with a good grate of lemon peel, and spread this mixture over the pancakes, rolling each up lightly, and lay them in a buttered piedish; moisten with a few spoonfuls of milk sweetened and flavoured to taste, put a morsel of butter on each pancake, and set the dish in the oven till it is all slightly browned, and serve very hot.

*Ale Pancakes*.—For these make a batter with 4oz. of flour sifted with a pinch of salt, a teaspoonful of brown sugar, about half a pint of ale, and spice to taste. These are very old-fashioned, and should be made rather thick, a generous allowance of brown sugar being strewn over them. The white of an egg for each half pint of ale added at the last, as with other pancakes, is a great improvement to most tastes, or sometimes half ale and milk is used. Apples peeled, cored, and cut into dice, or well washed and dried currants, are also added to this (and, indeed, other batters) when stirring in the frothed egg-white into the batter.

*Snow Pancake*.—Mix three tablespoonfuls of sifted

flour gradually and smoothly with half a pint of new milk, then add one egg well beaten, and just at the last, as you are about to use it, beat in three tablespoonfuls of new-fallen snow, and fry as usual.

Lastly, there are two very toothsome American forms of pancake :

*Flannel Cakes.*—Beat to a cream 2oz. of butter and 1oz. of caster or brown cane sugar, then add in two well-beaten whole eggs, working in quickly at the last  $\frac{1}{2}$ lb. of flour sifted with half a teaspoonful of baking powder, add enough milk to produce a smooth batter, cook, and use at once.

*Adirondack Pancakes.*—Make the pancakes as in the preceding recipe, pour dissolved butter over them, and then a good layer of maple syrup, and serve very hot, piled one on the other. Cut them through right down to serve.

*Fritters.*—The great point about fritters is that they must be fried in a fat-bath like rissoles, croquettes, &c. When fruit is to be used it should preferably be marinaded in sugar, lemon juice, liqueur, wine, spirit, or liqueur syrup to taste, for at least an hour or two, then well dusted with caster sugar. (This makes the batter adhere more evenly.) Apples and pears should be peeled and sliced across, the core being stamped out of each slice with a plain round cutter; apricots, peaches, plums, &c., should be halved, stoned, and peeled before marinading and sugaring them, whilst small fruit, such as currants, blackberries, &c., should be stalked, sugared, and dropped altogether into the batter, then carefully

lifted out with a small spoon three or four together, dropping them neatly into the hot fat so as to form one fritter out of them. For fruit fritters for company use batter No. III.

Pieces of any cake or of cold pudding can be utilised for fritters, or any rich marmalade, jelly, &c., wrapped in wafer paper, and dipped in good batter, makes a delicious and uncommon fritter.

*Fritted Fritters.*—These are great favourites in the nursery. Make a good batter with one egg, a table-spoonful of flour, and sufficient new milk to mix this to the consistency of thick single cream. Have ready the frying kettle with the fat at the right heat for fish (*i.e.*, till it browns a crumb of bread in a minute or two), drop the batter into it very gently by dessertspoonfuls, and fry to a delicate golden brown till quite light and crisp. They will take about three minutes to cook, becoming of a hollow cup shape with frilly edges. Serve dusted with lemon or vanilla sugar.

*Beignets Soufflés.*—These are a common dish in France, but somehow seldom appear to succeed in England, yet they are very simple to make. Put into a delicately clean pan a short half pint of water, a few grains of salt, loz. each of sugar and fresh butter, and the finely grated peel of a lemon. (This flavouring may be varied to taste.) When this is all boiling, lift it off the fire and strew in by degrees sufficient flour to make a nice thick, smooth paste (about a teacupful of flour will be needed). Now return the pan to the fire, stirring it sharply all the time—to ensure its being smooth and not sticking to

the pan—for a few minutes; then lift it off again and let it cool, breaking into it when nearly cold three or four whole eggs, one after the other, working one well into the paste before adding in the next, until the paste becomes an elastic dough, slowly drawing back from the spoon and leaving it quite clean as you lift it above the pan. Now let it rest for a couple of hours, then drop this paste in spoonfuls the size of a walnut into some hot fat in a frying kettle, and let it cook till nicely coloured and very much swollen, when you lift out the fritters with a skimmer, let them drain for a little in a warm corner on a sheet of paper, then dredge with sugar, and serve either hot or cold. Do not put too many into the frying kettle at once or it will chill the fat, and remember not to get the frying fat too hot at first or the fritters will not puff out properly. Some people add an extra egg white, beaten to the stiffest possible froth at the last, to this batter (which, by the way, is the same paste used for *choux à la crème*, &c., or for *Boston Cream Cakes*, only that these are baked instead of fried). When first dropped into the fat these fritters sink to the bottom, rising gradually to the top as they swell, at last floating on the surface of the fat. Now keep them well turned so that they cook evenly, for if neglected they will probably burst. They will take from ten to fifteen minutes to cook, and should swell enormously and be of a bright golden brown, quite crisp and hollow.

Lastly, there are the American fritters known as *Dough Nuts*, made thus: Beat up two eggs, then



mix in 6oz. to 8oz. of sugar, four tablespoonfuls of butter melted, a saltspoonful each of salt and ground cinnamon, a few sultanas, half a pint of milk, and sufficient flour (mixed with a teaspoonful of baking powder) to make it all to a soft dough; roll it out an inch thick, cut it into inch-wide strips, and roll or twist these into any shape or plait you please; then drop them into smoking hot fat, and fry a golden brown. Drain thoroughly, and roll them in powdered sugar whilst warm. This is an American recipe given me by an American lady. They are also dropped like the *beignets soufflés* into hot fat, the cook pressing her finger through the centre of each to give them a ring shape; or a spoonful of jam may be inserted between two rounds of the paste, the edges well pinched together, and the whole finished off as before.

*Omelets*.—These are by some people described as the French version of the English pancake, a mistake, however, as the French have *pannequets* and *crêpes*, which last are a very delicate form of pancake, cooked in precisely the same way as our British sweet, but owing their differential qualities to the care and daintiness of their preparation, as everyone who has tasted a real *crêpe à dentelle* (or lace pancake) will readily acknowledge, though it is really only a very thin, liqueur-flavoured wafer of batter. Moreover, it is to this mistake that the English cook's failure in omelets is greatly due, as the dear good soul cannot be made to understand that an omelet is *not* an extra thick pancake cooked on both sides.

The following method may be recommended to the novice. Break three or four very fresh whole eggs into a basin and mix them with about a teaspoonful of sifted sugar and a few drops of essence of vanilla (or any other flavour to taste, a good teaspoonful of liqueur being often used in France), together with a tiny dust of salt; beat them all lightly together for a few minutes, then put into a pan about 1oz. of butter for the first two eggs, and a short  $\frac{1}{2}$  oz. for each egg over this number, allowing this to froth up well in the pan; now pour in the sweetened and flavoured egg, and let it cook for a few seconds over a clear, glowing (but not fierce) fire till a film of cooked egg has formed on the under side; to ascertain if this has formed, tilt the pan a little, and if ready a puff or two of steam will escape. Now lift the edge of the omelet with the broad blade of a palette knife (if at hand), and allow as much of the still liquid egg as you can to run under the omelet, repeating this process till no liquid is left to run, when you slide the omelet off the pan on to the dish, folding it over as you do so and serve at once with a dust of sifted vanilla or other sugar over it. This plain sweet omelet should not have even the under side coloured; it should just be a bright golden yellow, the top surface being little if at all more set than buttered eggs; for eggs cook on after they leave the fire, so that if you left them in the pan till the upper surface was properly cooked the omelet would be shoe-leather by the time it reached the dining room. This is the well-known *omelette sucrée*. If you wish for an

*omelette aux confitures*, prepare the omelet as above, and, just as you are about to dish it, slip a spoonful of jam, previously lightly heated, into it as you roll it over into its dish, then sift sugar over it, and glaze with a red hot shovel, or, as they do in some cafés abroad, with a red hot skewer or small grid made for the purpose. For an *omelette au rhum* make the omelet precisely as before, only adding a small spoonful of rum (or brandy, or liqueur, if preferred) to the eggs, &c. When ready to dish, spread a layer of apricot or any rich jam over the omelet, fold it over quickly on to a hot dish, previously well dusted with sifted sugar, dust the omelet with more sugar, glaze this with the red hot iron, pour two tablespoonfuls of rum round it, and just as you are about to serve it, set fire to a teaspoonful of heated spirit, light the rest of the spirit with this, and set it on the table flaming. This omelet need not have jam with it, but can be rather highly flavoured with vanilla, though to most tastes the jam is an improvement. This omelet may be varied almost indefinitely. For instance, add a spoonful of good kirsch to the eggs, spread the omelet when ready with sieved cherry jam, and then serve with blazing kirsch round it. Remember that unless you heat the jam a little before adding it, it will not keep its place properly.

The last of the omelets that requires special mention is the *omelette soufflée*. For this beat up the yolks of five eggs till perfectly light with 3oz. of caster sugar and the finely grated rind of half a lemon (or four or five ratafies crushed to a fine

powder with a pinch of powdered vanilla or any spice to taste), and a tiny dust of salt. Meanwhile whip the egg whites till they are as stiff as it is possible to get them (they should cut clean with a knife if sufficiently whipped), then mix them lightly and quickly with the yolks, &c., and pour the mixture into a well buttered, shallow piedish, and set it in a moderate oven for eight to ten minutes till it has risen thoroughly, and serve at once. An *omelette soufflée* must wait for no man or no thing! It is wise when the mixture is piled up in the piedish to make two or three cuts with a clean knife to divide it, or else the first stroke of the spoon in helping it, will tear the surface skin, and let it all fall at once.

*Soufflés*.—A soufflé is really, I suppose, a form of pudding, but owing to the batter which forms its basis, whether sweet or savoury, it is best included in this chapter. It is not really difficult to make a soufflé, granted an intelligent cook, and a moderate, evenly heated oven. Proceed first to make the foundation batter exactly as you would any good white sauce, *i.e.*, melt loz. of fresh butter over the fire and incorporate with it loz. of fine sifted flour (for variety's sake rice flour, or *crème de riz*, or potato flour may be used for this), allowing it to cook gently together for four or five minutes till thoroughly blended, when you moisten it with a gill of new milk and let it all come to the boil together, stirring it well; now lift it off the fire and stir into it for, say, a *soufflé à la vanille*, loz. of caster sugar, and about half a teaspoonful of essence of vanilla,

then when it is nearly cold work in, one at a time, three egg yolks, beating in one well first before adding in the next. As soon as these are all well blended stir in quickly and lightly the whites of the eggs whipped to a very stiff froth, and pour it all into a plain mould round which you have fastened a band of white paper projecting from one and a half to two inches above the mould; this latter should be about half full, as it rises tremendously. Bake in a moderate oven for half an hour for the above quantities, or if you divide it up into small soufflé cases (mind these are well papered), they will take about ten to twelve minutes if very small, or two or three minutes longer if larger. If you prepare a soufflé as above, omitting 2oz. of the sugar, replacing it with 2oz. of finely grated vanilla chocolate, you have a *soufflé au chocolat*; whilst if you make the soufflé by the first recipe, only using rice flour instead of common flour, and flavouring it with four or five crushed ratafies, and a drop or two of essence of ratafie, you have the French *soufflé au riz*. If you wish to make fresh fruit soufflés, you mash the fruit (either cooked, or raw, according to circumstances), till for the above quantities you have obtained about a gill of pulp, which you sweeten and flavour to taste according to the kind of fruit (*e.g.*, maraschino with strawberries, noyau with apricots, kirsch with cherries, &c.), then stir it hot into the hot foundation batter, adding the eggs one by one, and finishing off precisely as before. It is very nice if you do not use quite the gill of pulp, but add in a little of the

fruit chosen, raw and cut up, at the last, with the white of egg, but remember that if you add heavy solid fruit it will be well to allow an extra egg white to make up for this. Soufflés can be steamed quite as well as baked, if the mould, buttered and papered as before, be stood in a pan of boiling water up to three parts its height, a buttered paper placed over the top of the soufflé, and the water surrounding it kept gently boiling all the time till the soufflé is cooked. It can then be turned out and served with any sauce to taste. If preferred the mould can be caramelled as for *crème au caramel* before pouring in the soufflé mixture.

A very light form of soufflé, known as a *mousse*, is particularly delicate, though any cook who has mastered the art of soufflé making can manage this. The mixture is precisely as before save that an extra egg is used, and a spoonful or two of stiffly whipped cream are added in at the last, before turning the mixture into the buttered and papered mould. This kind of sweet requires very gentle steaming, and some dexterity in turning out or it will fall apart from its own lightness. Soufflés and mousses may be made with preserved ginger, pineapple, &c., as well as with any preserved fruit; the initial batter should be flavoured with about a tablespoonful of the syrup for the above quantities, 2oz. or 3oz. of the solid fruit being added in at the last, cut into dice just before putting in the whites of the eggs.

## CHAPTER IV.

### CUSTARDS AND CREAMS.

CUSTARDS are generally made of eggs and milk variously flavoured, cooked over a fire just sufficiently hot to cook and stiffen the eggs without actually boiling, and consequently curdling or toughening them. For this reason when making custards it is best to use either a bain-marie or else to place the pan or jug containing the custard in a larger pan full enough of boiling water to reach three parts up the sides of the inner pan. The mixture is then stirred (if intended for an actual English custard) till sufficiently thick for the purpose for which it is made. If, however, it is to be used for French *petits pots à la crème*, a sweet very popular abroad and much appreciated by British tourists, though seldom seen this side of the channel, it is prepared thus: Boil a piece of vanilla pod about two inches long in a pint of new milk, with 2oz. to 3oz. of loaf sugar, till the milk is well flavoured and sweetened (this will take about three minutes), when you mix into this milk, off the fire, the well-beaten white of one and the yolks of three eggs; then strain the

whole into the little *pots* (tiny china pans with covers always used for this dish in France; the tiny earthenware *marmites* of fireproof ware, glazed inside, sold for *potage à la petite marmite*, answer admirably for these creams) and stand these either in the bain-marie or in a pan half full of boiling water, and leave them over the fire until they are quite set, when you lift them off the fire and stand them in a cool place until perfectly cold, when (and not till then) they must be covered with the little lids of the pots. Another and perhaps simpler way is to stir the custard in the usual way till all but boiling (if they actually boil they will curdle), then lift the pan off at once and pour the custard into the little pots, which should be surrounded to three parts their depth in cold water, and leave them till perfectly cold and set, when they may be covered. It may be mentioned here that if in making custard you accidentally let it boil up, it may be saved by at once standing the pan in a basin of cold water, at the same time whisking the custard sharply with a fork. But undoubtedly the best plan is never to let it boil up.

These *petits pots* may be variously flavoured to taste, *i.e.*, by the addition of 2oz. or 3oz. of grated vanilla chocolate, or of a gill of strong coffee to the same amount of milk (allowing four instead of three egg yolks if the coffee is chosen); or, in short, any flavouring which may be added to custard. Custards are made in many qualities according to the use they are to serve, and to the pocket of the maker. For instance—I. Mix a tablespoonful of



cornflour to a very smooth paste with a little cold milk taken from a pint, and stir to this 1oz. to 2oz. of caster sugar, the rest of the milk being then poured to it boiling, when it is well stirred together and allowed to boil for a few minutes; then it is poured on to a whole egg beaten and strained, the pan being now returned to the fire and the whole gently stirred till it thickens. (To judge when a custard is ready, watch it thickening till it will coat the spoon used in stirring it, evenly, and rather thickly.) If the milk is poor, or short, when making this custard add a spoonful or so of condensed milk to it. This custard can naturally be flavoured to taste, and is far nicer if carefully made than it reads. (An inferior edition of this custard, made with skim milk enriched with one or two spoonfuls of condensed milk, sugar, cornflour, and egg powder is the foundation of the cheap "cream" (so-called) ices sold in the streets in summer.) Remember that if for eating with fruit, either <sup>•</sup>grated lemon peel (or a piece of lemon rind) or a piece of stick vanilla boiled with the milk in the first instance is to be preferred to any other flavouring, as lemon or vanilla increase the flavour of fruit to a wonderful extent. II. Boil up a pint of milk with any flavouring to taste, 2oz. or 3oz. of sugar, and two or three sheets of French leaf gelatine, then pour this as before on to two or three eggs beaten and strained, and stir it all over the fire till it has thickened properly. III. Three-quarters of a pint of milk, a gill of cream, the yolks of four eggs, with sugar and flavouring to taste. (This is very good for trifles,

tipsy cakes, &c.) IV. Put into a jug a pint of cream, the yolks of six eggs, 3oz. or 4oz. of sugar, and any flavouring to taste; stir this lightly together, then stand the jug in the bain-marie, or in a panful of warm (*not* hot) water, and stir it over the fire till the water comes almost to boiling point and the custard thickens properly. If liked, this may be enriched by a gill of the cream being whipped and stirred to the custard when cool, just before moulding or otherwise using it. This is, of course, the richest form of custard, but the gradations may be infinitely varied between the egg powder and cornflour custard first given, to this one, by varying the number of the eggs and the quality of the milk or cream used. These custards can be moulded by the addition of gelatine in the proportion of one-third to one-half an ounce of the best leaf gelatine (Mrs. A. B. Marshall's leaf gelatine is the kind I use) to each pint of milk used. Remember, however, when adding gelatine to these custards always to boil it up first with the milk, and then strain it on to the eggs, as this prevents any risk of the lumps of india-rubber-like substance often found in jellies and creams stiffened with gelatine, and considered by the average cook to be the result of coarse gelatine, though in reality it proves that she has not properly dissolved it. These moulded custards, which can of course be flavoured to taste, are in France known as *bavarois à la* whatever they are flavoured with, whilst the plain custard is called *crème*. The English cream is made after a slightly different pattern; it is really, as its name implies, made

with pure cream and fruit purée, obtained either by mashing the raw fruit through a pulper or sieve, or by using sieved jam, sweetening it duly, and working it with an equal quantity of stiffly whipped cream and some fine leaf gelatine dissolved in water; the proportions are for half a pint fruit pulp and half a pint cream, 1oz. leaf gelatine dissolved in a very little water, or milk, and sugar to taste. For instance, stalk a pound of strawberries, and crush them through a sieve into a basin; add to this purée 6oz. or 8oz. of sifted sugar and the juice of a lemon, dissolve 1½oz. of gelatine in a very little milk or water, and add it to the fruit, then stirring in lightly one and a half pints of stiffly whipped cream; stand a well rinsed mould (three-pint size) in ice, pour in the mixture, cover the mould either with its own cover or with a delicately clean stewpan lid, put some ice on this and leave it till set. These creams, properly so-called, are to most palates more delicate than the heavier *bavarois*, a still more delicate cream being produced by omitting the gelatine and simply whisking together the thick cream and the well-sweetened fruit pulp, but this last form, though very delicious, has the objection that it will not mould. It is well to remember that when mixing fruit purée with cream the former must be well sweetened or it will curdle the cream from the acid in the fruit.

*Petites Crèmes en Surprise.*—Dissolve an ounce of leaf gelatine in three-quarters of a pint of new milk with 3oz. or 4oz. of sugar (this depends on the fruit used), and when perfectly dissolved set it aside to

cool. Have ready some little paper or china cases, and half fill these with any nice small fruit, such as wood strawberries, stoned cherries, mulberries, currants, &c., dusting these lightly with sugar, and sprinkling them either with lemon juice, maraschino, or any other liqueur to taste; now when the milk, gelatine, &c., is cool, but still liquid, mix into it very carefully a gill of stiffly whipped cream, and, just as it is all setting, pile it up over the fruit and set the little cases on ice or in a cold place till firm. This sweet may be varied almost indefinitely by varying the fruit and the quality of the custard.

*Petits Ballettes en Surprise.*—Prepare one and a half pints of custard (the richer the better) stiffened with leaf gelatine as above, and pour this whilst hot on to 3oz. of brown bread crumbs (which should have been made from a stale loaf and carefully sieved), 1oz. of crushed ratafies, a spoonful of brandy or liqueur, and a drop or two of essence of almonds; cover the basin containing this, and leave it till cool, then stir in a gill of stiffly whipped cream and with this line rather thickly some ballette moulds. When nearly set fill up the centre with any rich compôte of cold fruit, or any nice fresh fruit marinaded in liqueur syrup, and a little melted jelly, close up the ballette moulds and leave till set. Serve on a bed of chopped lemon jelly. Any custard and any fruit can manifestly be used for this dish.

*Advokaat.*—This is a Dutch (and fearfully rich) custard, and is usually served in cups or a china bowl, and handed with a silver punch ladle for what we should call five o'clock tea, though in Holland,

as in Germany, it is the *kaffeeeklatsche* time. Whisk the yolks of twelve eggs till creamy, then add gradually two wineglassfuls of good brandy or rum, 3oz. of caster sugar, and either vanilla essence or powdered cinnamon to taste. A delicious *variante* of this is made by adding brandy and the flavouring here given to a pint or so of the richest form of custard, together with about 1oz. of leaf gelatine (dissolved in the milk of which the custard is made). Now line a mould with coffee jelly subsequently given, then fill it with alternate layers of the custard and the coffee jelly, allowing each to set pretty well before adding the next, and leave it on ice till set. These *crèmes panachées* are very pretty, and not at all difficult to make. Any kind of jelly and fruit may be used, but remember that for *crèmes* such as the one given above, and known as *crème à la hollandaise*, it is well to increase the proportion of eggs in the custard, reducing the quantity of milk, and always adding a few spoonsful of stiffly whipped cream at the last. A very good formula for the jelly for this purpose is the following: Dissolve  $\frac{3}{4}$ oz. of best leaf gelatine with  $\frac{1}{2}$ lb. of sugar in a pint of water, with a few drops of vanilla essence and the whites of two eggs. Let it all just boil up, then lift it off the fire, let it stand for five minutes, when you strain it through the jelly bag, adding as you do so a liqueurglassful of liqueur, spirit, or wine to taste. This is sufficient to a quart mould when used with about a pint of custard and a gill of whipped cream.

*Crème Valois*.—Prepare a pint and a half of rich custard, and halve it; to three-quarters of a pint

add (when cool but still liquid) half a gill of whipped cream, and pour it into a mould, keeping the rest of the custard in the bain-marie to prevent its setting. When the custard in the mould is firm, lay in the centre, lightly piled up, some sliced sponge or Madeira cake, spread with any nice jam and moistened (but not soaked and consequently pappy) with any liqueur or liqueur syrup to taste, being careful this filling does not touch the sides of the mould ; then fill up with the rest of the custard to which you have added a spoonful or two of whipped cream. The flavouring of this must manifestly depend on the jam and liqueur used. Lastly, before giving some hints on custard puddings, recipes may be given for a *bavarois* made with any of the jelly tablets now so popular, and for economical whipped cream.

*Banana Cream.*—Dissolve a pint tablet of lemon jelly in half a pint of water, then add to it 6oz. or 8oz. of bananas peeled and pulped with a little sugar, a good tablespoonful of apricot jam, and three or four tablespoonsful of maraschino liqueur or syrup, a squeeze of lemon juice, and a gill of whipped cream or custard, and mould in the usual way. Any fruit can be used thus.

*Economical Cream.*—For this boil up a pint of milk with  $\frac{1}{2}$ oz. of best leaf gelatine till this is dissolved ; have ready a stiffly whipped gill of cream, sweetened and flavoured to taste. As soon as the stiffened milk has cooled and just as it is beginning to set, whisk it lightly and thoroughly, stirring in at the last gradually the stiffly whipped

cream. This "cream" can be used either for méringues, trifles, &c., or, if poured into a jelly-lined mould and left to set, is an excellent addition to any compôte, stewed fruit, &c., and is much to be preferred to the mixture of whipped egg white and cream adopted by some economical housewives.

Few people will deny the excellence of a really well made custard pudding, even if it be only the baked custard pudding of one's infancy; but it must be confessed that it is difficult to find anything much more repulsive than the same sweet badly made; yet in itself it is not a difficult dish to produce. The only genius it needs is that which consists in the capacity for taking pains—intelligently!

To begin with, it must be remembered that, however simple its ingredients, the texture of every custard pudding should be smooth, even, and cut clean like a jelly. A custard pudding that is full of holes, is broken, and curdled, has been cooked in too great heat, or allowed to boil in the process. If it is found to be tough and spongy in consistency, it has been cooked too fast, though the oven may have been fairly right in temperature. The reason is that you have to obtain just (and only just) sufficient heat to thoroughly cook the egg, of which the custard is principally composed. So remember that if baked, the oven must be a very slow one, and the dish containing the pudding should be stood in a baking-tin three parts full of water, which water must never be allowed, during the whole time of cooking, to do more than simmer. If steamed, place

the pudding in the steamer whilst the water below it is just boiled up; then draw the pan to the side and keep the water only simmering henceforward till the pudding is cooked. Especially is this attention necessary in the case of the richer forms of custard pudding, as these, being usually made with the yolks of the eggs only, need the utmost attention, both in the cooking and in the subsequent turning out. The fewer whites in proportion to the yolks used the richer and more delicate will be the custard, but also the more troublesome to handle. Here is the original nursery pudding: Boil three-quarters of a pint of milk with an ounce or two of lump sugar, and a bay leaf, a strip of thinly pared lemon rind, an inch or two of vanilla pod, or the same of stick cinnamon, as you choose, till the milk is well flavoured; have two whole eggs, ready beaten, in a basin, and to these pour the boiled milk slowly, beating it well all the time of mixing. When blended, pour it into a pie dish that has been either well buttered or thoroughly rinsed out with cold water; grate a little flavouring over the top, to correspond with that originally used, and bake in a slack oven; or, if you are doubtful as to the oven, stand the piedish in a baking tin of water, and so bake. If preferred, you may flavour this with any essence to taste, but in that case the flavouring should not be added until after the egg and milk have been mixed and the whole is slightly cooled. This pudding may be enriched by edging the dish with a rim of short or puff paste and using part cream instead of all milk, or by increasing the



number of eggs, of which, in that case, the whites may be omitted. For instance, the yolks of four eggs may be used for the above quantity of milk with excellent effect. The same pudding is very nice if steamed instead of baked, but it will not turn out, as there is not sufficient egg in the mixture to give it the requisite consistency. For a pudding that will turn out you must allow three whole eggs for each half pint of milk used. If you once master the cooking of the simpler forms of custard pudding you will have little or no difficulty in producing the more complicated kinds; only remembering that nothing but great care and some practice will make you successful in preparing them with the egg yolks only, which you must do for the richer kinds.

Granted, however, that you have only so far mastered the simpler form of custard, you can produce very dainty little dishes. For instance, there is the *caramel pudding*, which is prepared thus: For a pint mould (which is required for the proportions given above) put about 2oz. of white sugar into the mould, with a full tablespoonful of water, or preferably lemon juice, for each ounce of sugar, and set the tin on the hottest part of the stove till the sugar dissolves and colours, being careful to keep it stirred that it may colour evenly. It should be the shade of dark brown sherry when ready. Now lift the tin with a cloth wrung out of hot water, and turn the tin round and round sharply so as to coat the inside evenly all over; then either dip the outside of the tin in cold water or put it aside for a few minutes till the caramel has set like

toffy, when you pour in the above mixture through a strainer; stir it lightly together, then lay a sheet of buttered paper over it, set the mould in a stewpan full of boiling water, just draw it to the side, and let the water simmer till the pudding is done, which it will be if on touching the centre with your finger it will resist. When ready lift out the mould, wipe it round outside, turn the dish it is to be served on over it, and turn the two over together, when, if the caramelling is perfect, the whole pudding will slip out with ease. Another form of this pudding is made by stirring sufficient of the caramel left over after the mould is lined into the custard mixture till it is nicely coloured. This is the sweet usually known in France as *crème au caramel*. If made with cream and egg yolks only, and served cold, it would be called a *bavarois*, obtaining its distinctive title from the flavouring added to it. A very pretty cold dish can be made by cooking the custard, flavoured to taste in the usual way, stirring it over the fire (the pan containing the custard being stood in another three-parts full of water) till pretty thick, dissolving in it whilst hot about one-eighth of an ounce of best leaf gelatine for each half pint of milk; it is then allowed to cool a little and poured into a glass dish, and when set a layer of caramel is poured over it about a quarter of an inch thick. This can then be served plain, or, if liked, a meringue of stiffly whipped egg whites and caster sugar, variously flavoured and coloured, or stiffly-whipped cream similarly treated, may be heaped over it to taste. It must be remembered that in preparing

caramel care must be bestowed on the cooking, as, if the heat is insufficient, the sugar will dry up and crystallise instead of dissolving and mixing with the liquid ; whereas if too hot the caramel will colour too quickly, burn, and acquire a distinctly acrid flavour. For the latter there is no remedy save a fresh brew ; for the former, draw the pan to a hot part of the stove, add a little more liquid to replace that evaporated, and begin the process over again.

Needless to say that, if preferred, the mould may be simply buttered, garnished with any nice crystallised or dried fruit, and then filled up with the custard and finished as before. Remember in steaming any cream or custard to place a doubled sheet of kitchen paper at the bottom of the pan with the water, on which to stand the mould containing the custard, as this prevents the undue hardening and toughening of the top (when turned out) from the closer contact of the heat.

These custard puddings may be varied almost indefinitely. For instance, an ounce of chocolate, grated fine, mixed with the custard will produce a *crème au chocolat* (if the original custard be rich enough to justify the French title) ; a gill of strong coffee for each pint of milk or cream will make a praiseworthy *coffee cream* ; or an ounce of blanched and chopped almonds stirred into 4oz. of sugar (previously dissolved over a slow fire till lightly coloured), and stirred together till the almonds are nicely browned ; when they are spread out on a sheet of oiled paper or dish to cool, then crushed to a fine powder (a few of the larger pieces being kept intact

or a few almonds may be finely shred and cooked with the rest, but not pounded), and mixed with a very rich cream custard, the larger bits of almond being stirred in at the last, gives *crème pralinée*; or it may be served in a pastry case and garnished with stiffly whipped cream flavoured with liqueur, as *vacherin à la crème*. For such use, however, the richest form of custard should be chosen, and a gill or more of stiffly-whipped cream be stirred in lightly for each pint of custard. If to a very rich custard be added stoned raisins, preserved ginger, and candied citron peel cut into dice, with a flavouring of liqueur, it is known as *crème à la Reine Marguerite*. If you blanch and then pound to a smooth paste about 4oz. of sweet almonds and one or two bitter ones, and infuse them for an hour or so in a tablespoonful of new milk, then mix it with the custard (one pint for this), flavouring it with a spoonful of brandy and a few drops of ratafie, then stirring in some shred candied citron peel and finishing off as before, it becomes *crème à la Kaiser*. A teaspoonful of essence of vanilla, half a teaspoonful of rose-water, three spoonsful of brandy, and one of maraschino, with 2oz. or 3oz. of blanched and minced almonds, will produce, when added to a pint of rich custard, *crème à la Czarina*. In short, as the above shows, the variety in custard puddings or crèmes is simply bounded by the capacity of the operator.

Needless, almost, to say that these puddings are equally good cold, and if moulded in china moulds, or in jelly-lined tin ones (for the metal would discolour the cream) make very dainty *bavarois* or

*crèmes.* The remains of cold custard pudding make praiseworthy *cream fritters* by cutting the cold stiff custard into squares, lozenges, &c. Strew them with fine biscuit crumbs, then brush over with egg and again crumb them, then fry in plenty of boiling fat, drain well, dust with sugar, and serve plain or with jam sauce. They should be crisp outside and soft and creamy within.

## CHAPTER V.

### PUDDINGS.

It is so manifestly impossible, in a book of this size, to give even a tithe of the pudding recipes one could collect, that it seems best to give first the general directions which may help the novice to work out the various formula which follow reduced to the merest skeletons. These directions apply to all puddings of the same class, so that by their means it should need but little experience to make a workable recipe out of even the vaguest descriptions which occasionally pose as correct directions. Undoubtedly at the head of the British pudding tribe comes the suet pudding in some shape or form. This starts with the utmost simplicity, as follows :—

*Suet Dumpling.*—Remove all skin and fibre from  $\frac{1}{2}$ lb. of good beef suet, mince it very finely, and crumble it up with 1lb. of flour, to which you have sifted a pinch of salt ; then stir in one whole egg, and work it rapidly to a nice paste with a wooden spoon, adding gradually sufficient water (about a gill) to get it to the right consistency—i.e., *too soft to handle*, but *too thick to pour*. Wring a delicate

clean pudding cloth out of hot water, flour it, ladle the pudding mixture into it by spoonfuls, tie it up firmly, plunge it into fast boiling water, and keep it boiling in a closely covered pot till cooked; then turn it out, and serve very quickly and very hot. This is excellent served with roast meat and gravy, or it can be served with treacle or golden syrup, Demerara sugar, or a jam sauce, &c., as a sweet. Usually for a sweet, however, it is made somewhat richer—*i.e.*, 6oz. of very finely shred suet are allowed for each  $\frac{1}{2}$ lb. of flour, with two eggs, and the juice of a lemon for the above quantities, to which you add from 6oz. to 8oz. of whatever gives the pudding its distinctive feature—say, finely shred apple, shred figs, dried fruit, jam, golden syrup, &c.—a little spice, wine, &c., being added to taste if liked. Then again, many cooks use dried and sifted bread-crumbs in conjunction with the flour—say, 6oz. of crumbs to 2oz. of flour, and allow a small liqueur-glassful of brandy or wine, and a little milk to the above quantities. The above makes a pretty rich pudding, but a plainer one is produced by omitting the eggs, replacing them with about one and a half gills of water, using only half the weight of suet that you have of flour, adding, however, a small teaspoonful of baking powder for each  $\frac{1}{2}$ lb. of flour. When once these proportions are fixed in one's memory, it is easy enough to work out almost any formula. (Remember that all the dry ingredients should be thoroughly mixed together before adding a drop of liquid, and if baking powder is used they must be cooked as soon as mixed.) This same mixture—*i.e.*,

$\frac{1}{2}$  lb. of flour mixed with a pinch of salt (and, if liked, half a teaspoonful of baking powder; this, however, is a matter of taste, not necessity), 6oz. of finely shred suet (weighed after mincing), mixed to a paste with about a gill of water and the juice of half a lemon, can be rolled out into a long oblong strip, and spread with jam, mincemeat, lemon curd, golden syrup, currants, raisins, &c., mixed with brown sugar and lemon rind, leaving about an inch clear all the way round the edge of the paste. Wet this clear space, and then roll up the pudding evenly and firmly, but not too tightly, turn in the ends neatly, and press down the outer edge firmly. Have ready a pudding cloth, scalded and floured (if liked a little brown sugar may be mixed with the flour, as some people hold that it improves the subsequent appearance of the pudding), and roll the pudding up in this rather loosely to allow room for swelling; tie the ends of the cloth very tightly close up to the ends of the roll, and then either tack or pin down the cloth, using three or four pins to keep the roll nice and even. If only one pin were used the pudding would have a waist where the pin was, and would bulge beyond. Remember that if minced apple is used for this rolled pudding (and, indeed, whenever apple is used), sweeten it with brown cane sugar, and season lightly with powdered cloves, as this brings out the flavour; so also does a bayleaf, or a slice or two of quince minced with the apple. In using treacle or golden syrup always remember to add three or four spoonfuls of fine sifted bread crumbs, with a little



grated lemon rind to each  $\frac{1}{2}$ lb. of treacle used. Also always warm the treacle in the oven first, to make it flow easily, as this saves wastes. The same paste is used for fruit puddings, rolled out  $\frac{1}{4}$ in. thick, in a circle about half as large again as the width of the basin. Line the well-buttered basin with this crust, smoothing out any creases, and drawing up the paste well to the edge, to form a rim to which to fix the cover after the basin is filled. Mind in filling this pudding to heap the fruit well up in the centre, or when the fruit shrinks as it cooks the crust shrinks, and then gets sodden. It is well to put most of the sugar into the pudding after putting in the first layer of fruit, then covering this again with more fruit, dusting this well also on top with more sugar, and adding two or three spoonfuls of water or syrup if the fruit is not very juicy. One point with regard to suet puddings must never be forgotten, and that is the time they take to cook. A pudding weighing about a pound all told will take on an average from two and a half to three hours' boiling, according to its richness; a plum pudding of a medium size will take fully seven or eight hours steady boiling, and will not be spoiled even by a longer time. A small suet pudding of any kind, boiled in a basin about the size of an average teacup, will take an hour. You can tell when the suet rolls are cooked by watching the cloth, which, when the pudding is cooked, will begin to wrinkle up; for the pudding, as soon as it is done, begins to boil away, and then the water gets in and the pudding, when served, is found sodden and watery. A roly-poly

pudding, as these are often called, made with the quantities previously given, will take from one and a half to two hours' boiling, but it is always best to watch the cloth. You may either boil or steam suet puddings, some liking them one way, some the other. Steaming, however, takes a little longer than boiling. If the pudding is boiled in a cloth it must be plunged into sufficient *absolutely boiling* water to well cover it, and this water must be kept boiling steadily the whole time the pudding is in it, for if it is once allowed to go off the boil the pudding will be spoiled. Many people when preparing their Christmas puddings follow the good old plan of making them six weeks or two months before they are actually required, mixing them well and boiling them fast for one-half to three-quarters of the time they ought to cook ; they then lift them out and hang them up in some cool, dry place till wanted, when they are plunged again into boiling water and the cooking finished according to the time desired. If a suet pudding is cooked in a basin, be sure the cloth tied over it is firmly fixed on, or else in the cooking, as it swells, it may burst the fastenings and boil over into the water. For boiled pudding, fill the basin up to the brim ; but if to be steamed, only three-quarters fill it and place it in the steamer covered with a piece of buttered paper. Always see in this case also that the surrounding or steaming water is kept at the boil all the time and the pan in which it is set is kept tightly covered. After suet puddings come the cake-like puddings, differing only from actual cakes by the lightness

and softer nature of their consistency. For these you take the requisite number of eggs, the weight of these, *in their shells*, of flour, one-half to the whole of their weight in butter and sugar individually, with any flavouring to taste, and either jam or dried or candied fruits to taste, with just enough cream or milk to bring it to the consistency of melted butter. You make these puddings very much like cakes, by creaming the butter, then beating it with the sugar, and finally beating in the eggs and the flour in alternate spoonfuls till all is beaten in; you then continue beating it till it becomes quite white and light, when the flavouring, &c., can be added in, and the whole poured into the piedish or mould as preferred; for these puddings can be either baked or steamed. Many cooks beat the eggs separately; the yolks till light and no longer ropy, the whites to a stiff froth; in this case they need less beating, but must be moulded and cooked at once. And, lastly, there are the custard and cake, &c., puddings. For these you have some substance such as cake or breadcrumbs, fruit, &c., arranged in a dish or mould which this substance would about three-quarters fill, then pour to it any more or less rich custard flavoured to taste, to fill the mould if to be baked, or only three-quarters fill it if to be steamed. You will find that 4oz. to 6oz. of cake or bread and the same of candied peel, fruit, &c., will be sufficient for a custard made with half a pint of milk and two eggs. Butter the basin or mould, decorate it to taste with halved and stoned raisins (putting the cut side next the mould), dried cherries, candied

peel, &c., then put in the foundation whatever it may be, mixing it with sugar, raisins, almonds, &c., to taste, and finally pour on to it the custard and let it all stand to soak for half an hour or so, then steam or bake as may be desired.

**SUET PUDDINGS.**—*Plum Pudding.*—Half a pound each of shred suet and well washed and dried currants,  $\frac{3}{4}$  lb. stoned raisins, four tablespoonfuls of dried and sifted breadcrumbs, three tablespoonfuls of dried and sifted flour, 5oz sugar, three eggs, 3oz. shredded citron, half a nutmeg grated, a teaspoonful of brandy, and just enough milk to make it all mix. Boil six to eight hours. (Observe the proportions, for if too much sugar is used the pudding will crumble when turned out.)

*Vegetarian Plum Pudding.*—Half a pound of butter creamed with 4oz. sugar, 6oz. flour, 2oz. breadcrumbs,  $\frac{1}{2}$  lb. each of currants and raisins, 4oz. candied peel, 3oz. to 4oz. of almonds, a teaspoonful of mixed spice, six eggs, and a tablespoonful each of brandy and rum. Finish as usual.

*Lemon Pudding.*—Six ounces grated breadcrumbs, 6oz. suet, 4oz. moist sugar, grated rind and juice of one lemon, one egg, a pinch of salt, and half a sherry-glassful of brandy. Boil one and a half to two hours. If the lemon and sugar be omitted, and a couple of tablespoonfuls of marmalade and an ounce of shred candied peel be added, this becomes *Golden Pudding*; or use 2oz. or 3oz. sweet and 1oz. bitter almonds blanched and shred, 3oz. of sugar, and 3oz. sultanas, and you have *Almond Suet Pudding*. Or add to the first recipe a tablespoonful of golden syrup or

treacle, and a teaspoonful of ground ginger (omitting 2oz. of the sugar) and you get *Ginger Pudding*. } Or use the first recipe with a gill of milk instead of the brandy, add a tablespoonful of golden syrup,  $\frac{1}{2}$  lb. of figs cut up small, and a pinch of spice, and it becomes *Fig Pudding*. Or dates may be used in the same way, omitting the golden syrup.

*Half-pound Pudding* (sometimes called *Half-pay Pudding*).—Half a pound each of suet, flour, bread-crumbs, currants, and raisins, a gill of milk, and a gill of either brown sugar or golden syrup. Boil four or five hours in a well-buttered basin.

*Imperial Pudding*.—Have ready 12oz. to 16oz. suet crust, and line a basin with some of this rolled out very thin, then spread some honey on this, then a layer of French plums or dates (stoned), and spread this again with apricot jam; then cover with a thin layer of crust, and repeat the fruit and crust layers (finishing with the latter), squeezing some lemon juice over each layer of paste. It takes 10oz. to 12oz. of plums or dates, and 4oz. each of honey or apricot jam, and should be steamed fully three hours. Treacle mixed with lemon juice and bread-crumbs can be used instead of the jam, &c., if preferred. Or stoned and chopped raisins and almonds may be used, but in this case retain the honey and apricot jam, which are omitted when golden syrup is used. A nice jam, syrup, or other sauce may be served with these puddings, for which the moulds, after buttering, should be well dusted with brown sugar. This particular pudding may be varied *ad lib.*

*Paradise Pudding*.—Four ounces each of brown sugar, breadcrumbs, and suet, the grated rind and juice of one lemon, six to eight medium-sized apples, a good grate of nutmeg, a full tablespoonful of brandy or sherry, and three eggs. Cook three and a half to four hours, steaming is best. Serve plain or with apricot sauce.

*Raisin Pudding* (or *Plum Duff*).—Half a pound each of flour, breadcrumbs, suet, and stoned and chopped raisins, one egg, one teaspoonful of baking powder (mixed with the flour), and half a teaspoonful of mixed spice. Boil for three hours in a cloth. Mix with water or milk.

*Welcome Guest Pudding*.—Four ounces breadcrumbs, 2oz. each of sugar and suet, 1oz. each of blanched and shred almonds and of shred candied peel, one egg, the grated rind of a lemon, and a teacupful of milk. Steam one and half hours. Serve with any nice sauce to taste, or dust the basin thickly with brown sugar.

*Preserved Ginger Pudding*.—Mix 4oz. each of breadcrumbs, suet, and preserved ginger, with two well beaten eggs, and two tablespoonfuls of ginger syrup, and steam three hours in a well-buttered basin. Preserved pineapple is good thus.

*Snowden Pudding*.—Four ounces each of suet, ground rice, and brown sugar, one egg, 2oz marmalade, and a little milk. Steam three hours.

*Treacle Pudding*.—Half a pound each of suet, flour, currants, and treacle mixed in slowly, moisten with one well beaten egg and a gill of milk, and boil four hours. N.B.—When using treacle set in the

oven till nearly boiling, as it then pours freely and so saves waste.

*Saffron Pudding.*—Half a pound each of suet, flour, and breadcrumbs; 2oz. to 4oz. brown sugar, a teaspoonful of mixed spice (or ground ginger), three eggs, a little milk, and half a gill of saffron water. Boil in a cloth for four hours. For the saffron water boil a good pinch of saffron in about half a gill of water till the latter is strongly flavoured and of a clear yellow tint.

*Cup Pudding.*—One cupful each of flour, ground rice, suet, raisins, and milk, one teaspoonful each of carbonate of soda and of ground ginger (if liked), and a tablespoonful of vinegar. Boil four hours. Serve with brandy or any sauce to taste.

*Berkeley Pudding.*—Chop very finely 4oz. of suet (try Atora suet for this, for if the directions are exactly followed this will crumble to a fine dust), and mix it with 6oz. fine sifted white breadcrumbs and 2oz. fine flour, with 2oz. caster sugar. Work it to a dough with one whole egg, the strained juice and finely grated peel of one lemon, and just enough milk to make it all stiff enough to be moulded into a nice round shape, and boil or steam it for three hours or more. Serve with a very rich rum-flavoured custard over and round it. For this make a custard with half a pint of cream, the same of new milk, the yolks of four or five eggs, 2oz. of caster sugar, and at the very last, when the custard is ready, stir in a good spoonful of best rum.

*Cheap Plum Pudding.*—Four ounces suet, 2oz. each of currants, and raisins, two tablespoonfuls

each of brown sugar and treacle, one egg, half a teaspoonful of carbonate of soda dissolved in a gill of warm milk, and as much flour as will make a good stiff batter. Boil two hours. 1oz. shred candied peel is an addition, and of course any sauce to taste.

Plum pudding can be perfectly re-heated if the pudding is sliced and arranged in a basin, and the latter set either in the steamer or in the bain-marie; or else heat in the oven, standing the basin in a panful of boiling water in not too fierce an oven, and serve with a little more sauce, &c.

*Harvest Pudding.*—Half a pound each of flour and suet, 4oz. moist sugar,  $\frac{1}{2}$ lb. raisins (weighed after stoning), two eggs, a pinch of salt, and a little milk. Boil five hours in a basin.

*Scrap Pudding.*—Soak any scraps of stale bread for several hours in water or skim milk, wring them dry in a cloth, weigh when dry, then beat them till light with a fork. To each pound of this bread allow 4oz. each of suet, sugar, and raisins, a teaspoonful each of ground ginger and baking powder, and one egg beaten up with a little milk; press tightly into a well-buttered basin, cover with a buttered paper, and steam for two hours. Chopped apple, flavoured with cinnamon or nutmeg, may be used instead of the raisins.

*Staffer* (a Jewish recipe).—Peel, core, and mince 2lb. of apples, mix with  $\frac{1}{2}$ lb. well washed and dried currants, 2oz. mixed and shred candied peel,  $\frac{1}{2}$ lb. moist sugar, the grated rind and juice of a lemon, and a little ground cinnamon. Butter a basin, dust



it pretty thickly with moist sugar, then line it with suet crust rolled rather thin, put a layer of the fruit mixture on this, then a layer of paste, and repeat these two layers till the dish is full, finishing with the paste; rub this over with moist sugar, and bake two hours.

*Zenda Pudding.*—Mix 2oz. each of flour, bread-crumbs, and suet, with  $2\frac{1}{2}$ oz. grated cocoanut, 2oz. sultanas, and 2oz. caster sugar, and mix to a nice paste with the yolks of three eggs beaten up with half a gill of milk. Butter a mould, garnish it with angelica, fill with the mixture, cover with a buttered paper and steam for one hour. Turn out and serve with a *whip sauce*, made by whisking the yolks of two whole eggs in a glass of sherry over hot water till the eggs thicken. Sweeten to taste and use.

*Pittencrief Pudding.*—Four ounces each of suet and sifted flour,  $2\frac{1}{2}$ oz. brown (cane) sugar, two whole raw eggs, 4oz. sieved raspberry jam, and a drop or two of carmine; stir to this a gill of milk in which you have dissolved  $\frac{1}{4}$ oz. of bicarbonate of soda, and pour the mixture in to a mould previously buttered and thickly dusted with cake crumbs; steam for two and a half to three hours, then turn out and serve with an iced (if possible) purée of raspberries and whipped cream. Any rich preserve may be used in the pudding, bottled and canned fruit being used for purée. This pudding appears under a variety of names, according to the jam, &c., used.

*Russian Pudding.*—Four ounces each of bread-

crumbs and flour, 2oz. each of suet and moist sugar, 1oz. shred candied peel, the grated rind of a lemon, with the yolks of two eggs and enough golden syrup (with a little milk if liked) to make a paste; lastly, add the stiffly whipped whites of the eggs, and steam for two and a half hours. Serve with brandy or any other sauce to taste.

## CHAPTER VI.

### PUDDINGS (*Continued*).

CAKE AND CUSTARD PUDDINGS, &c.—For the cake puddings the general proportions are: Eggs, their weight (with their shells) in flour; half (or their whole weight) in sugar and butter; flavour to taste; jam, candied or other fruit, as required, with just milk or cream enough to bring them to a stiff batter, of the consistency of thick melted butter. The commonest form of this mixture is *Swiss Roll*, of which there are many varieties. For instance: Take the weight of the eggs in flour and sugar; warm the flour and the sugar, then break the eggs separately, and beat the yolks with the sugar for ten to fifteen minutes, until it is all light; then work in the flour and the egg whites in alternate spoonfuls; the whites of the eggs must be whipped to the stiffest possible froth, and put in very lightly and quickly; if really *beaten* in, the mixture will be heavy. Line a tin with buttered paper, and pour the mixture on to it about a quarter of an inch thick, and bake in a moderate oven. Now turn out, take off

the paper, wetting it slightly if it sticks at all, spread the paste quickly with nice sieved jam, roll it up, brush it over with raw egg yolk, roll it in caster sugar and let it cool on a reversed sieve; it requires attention whilst cooking, or the sheet of pastry will brown and harden at the edge and then will not roll. Another method is to take equal weights of butter, sugar, flour, and eggs, creaming together the butter and sugar, beating it well, then adding in the eggs singly, beating them well in, and lastly the flour sifted and warmed, stirring this in very quickly and lightly. This paste is also used for *Victoria sandwiches* (using half a teaspoonful of carbonate of ammonia to the pound of flour), spreading the paste sandwich fashion, and cutting it into neat fingers, diamonds, &c., as you please. (*Petits fours* are also made from this mixture, cutting it out with a cutter, spreading the pieces rather thickly with any icing to taste, and garnishing them with any glace, or dried fruit, or nuts, as you please.) About half a teaspoonful of baking powder to every two or three eggs makes this (Genoese) pastry very light, but it dries much sooner than if made without this lightening, with which a little lemon juice should always be used. Needless to observe that this Genoese pastry can be flavoured to taste.

*Austrian Pudding*.—Mix together 4oz. each of caster sugar and fine bread or cake crumbs; beat the yolks of four eggs till light, and beat them gradually to the sugar, &c. Beat the whites of five eggs to the stiffest possible froth and mix them lightly to the rest, folding, rather than beating, them into the

mixture, then pour it into a generously buttered mould and bake in a slow oven. Turn it out, and pour over it hot sauce of any kind you like. Chocolate, vanilla, or liqueur sauce is excellent with this pudding, if to be eaten hot; if cold, however, many cooks pour over it a hot liqueur, or otherwise flavoured, syrup, leaving it till soaked and cold, and then pour a thin liqueur *glace* over it.

*Imperial Pudding.*—Boil 2oz. of fresh butter in one pint of new milk, with the finely minced rind of one lemon, a little piece of vanilla stick, and  $2\frac{1}{2}$ oz of sugar; simmer for fifteen minutes, then mix in 4oz *crème de riz*, previously rubbed down with a gill of cold water; stir this together till it boils, then let it cook for ten minutes by the side of the stove, when you turn it out into a basin and let it cool. Now stir in four whole eggs beaten up, with 4oz. of vanilla biscuits crumbled (failing these use sponge fingers crumbled, and a good flavouring of vanilla), brush a border mould with liquefied butter, dust it well with equal parts of flour and caster sugar, pour in the mixture, stand the mould on a sheet of doubled paper in the bain-marie, surrounded with boiling water, to three-quarters of its depth; bring it to the boil, then draw the pan to the side and poach the pudding gently for an hour. Turn it out, pour one of the sauces recommended for the Austrian pudding over it, and serve with a macédoine of any nice fruit in the centre.

*Pine-apple Pudding.*—Infuse half a vanilla pod in one and half gills of new milk for twenty minutes in the bain-marie; mix together 4oz. each of warm

butter, fine flour, and caster sugar with  $1\frac{1}{2}$  oz. of *crème de riz*; pour the milk on to this and stir it over the fire till it boils up, when you lift it off at once and let it cool; now work into it well the yolks of three eggs, and then the whipped whites of two and half eggs, and two tablespoonfuls of cut up pine-apple. Line a plain mould with buttered paper, pour in the mixture and steam it for one to one and a quarter hours. Turn it out, garnish with cut-up pine-apple heated in some rum or liqueur-flavoured syrup, and send iced cream to table with it. Canned or fresh fruit can be used for this, and preserved ginger is equally nice.

*Marrow Pudding.*—Put into a basin one full teacupful of freshly grated crumbs, pour on to them one pint of boiling new milk or single cream, cover it down and let it soak. When thoroughly soaked, stir into it 4oz. very finely shred beef marrow (or failing this use veal kidney suet, but it is not so delicate), and one large or three small eggs well beaten up. Now stir in 1oz. each of stoned raisins and well-cleaned currants, sweeten to taste, and season with nutmeg and cinnamon. Edge a pie-dish with puff paste, decorate it neatly, pour in the mixture, and bake twenty-five to thirty minutes.

This pudding may be either boiled or steamed if preferred, and can be varied by using dried cherries, finely shred candied citron peel, blanched and shred almonds, &c. It can be re-heated by slicing it, warming it in the Dutch oven, and serving it *en couronne* with brandy, rum, or apricot sauce over it.

*Bakewell Pudding.*—There are different methods for this, but the commonest is the following: Edge a piedish with puff paste, and cover the bottom with some good preserve, such as strawberry (the preserve originally used), apricot, &c., then stir together 4oz. of dissolved butter, 4oz. sifted sugar, and 1oz. freshly ground almonds; work into this the yolks of five eggs, and the stiffly whipped whites of two, and when it is well mixed pour it into the dish till full, and bake for an hour in a moderate oven. For a commoner kind, cover the layer of preserve with a rather liquid form of Genoese pastry, and bake. If breadcrumbs are used instead of the almonds (using about 2oz.) it becomes *Manchester pudding*.

*Chatsworth Pudding.*—Shake 1oz. of tapioca into half a pint of boiling milk, and stir it over the fire for five minutes; then stir to this, off the fire, one gill of fine crumbs, 1oz. of sugar, and 3oz. of butter. Slice down four penny sponge cakes, spread them with jam, then cut them into dice; when the milk, &c., is cold, stir into it four eggs, one liqueur-glassful of rum, and one gill of cream; strew a well-buttered mould with crushed ratafies, shaking out all that do not stick, stir the juice and grated rind of half a lemon to the mixture, and pour it into the mould, together with the sponge and jam dice, press it all down tightly, cover with a buttered paper, and steam for two and half hours. Serve with any nice wine or liqueur sauce to taste.

*Sponge Pudding.*—Mix together one teacupful of sifted Vienna flour, half a teacupful of caster sugar,

one teaspoonful of baking powder; now moisten this with a tablespoonful of butter beaten to a cream, and half a gill of milk, and beat all well together for ten minutes; three parts fill a buttered mould with this mixture, and bake twenty minutes in a moderate oven. This is enough for six persons, and can be flavoured to taste with chocolate, liqueur, &c., and be baked either in a border mould or in small darioles, and served with compôte, jam, or any sweet sauce.

*Primrose Pudding.*—Make a nice batter with one pint and a half of milk, and let it stand for an hour; now stir into it a full pint of primrose pips (the flowers freed from stalk and green), pour the mixture into a buttered basin, tie down closely, and steam an hour. This dish, which is from a very old recipe, may be made with cowslips, rose leaves, &c.

*Chocolate Roll.*—Beat the yolks of three eggs till light, with 3oz. caster sugar, then mix in alternately, the stiffly whipped whites of the eggs, and 4oz. fine sifted flour. When well mixed, add to it a gill of water in which you have dissolved a pinch of carbonate of soda. Bake twelve to fifteen minutes in a shallow, well-buttered tin, sprinkling over it two tablespoonfuls of milk when baked. Have ready an icing made by incorporating 4oz. caster sugar and 1oz. grated chocolate with the stiffly whipped whites of four eggs; lift the paste on to a flat dish, and spread it pretty thickly with about half the icing, set it in the oven for five minutes, then roll it up, pour the rest of the icing over it, and return it to the oven for a few minutes to harden this; serve



with the following sauce round it: Beat the white of an egg to the stiffest possible froth, then mix to it gradually the well-beaten yolk, 3oz. or 4oz. caster sugar, and five tablespoonfuls of boiling milk; stand the pan containing this in the bain-marie, and stir till it thickens, then lift off the fire, add a teaspoonful of essence of vanilla and use.

*Austrian Coffee Pudding.*—Soak the crumb of a small stale loaf in very strong black coffee. Mix together 1oz. dissolved butter, 1oz. each of sugar and of blanched and chopped almonds, and the well-beaten yolks of four eggs; squeeze the bread out lightly, and beat it into the rest of the ingredients. Now whisk in lightly the stiffly whipped whites of three eggs, and when of the consistency of a cabinet pudding pour into a well-buttered mould, and bake in a moderately hot oven, or it may be steamed. Serve with the following sauce: Mix about a gill of strong clear coffee with three-quarters of a pint of rich custard, and stir in the bain-marie till all but at boiling point and quite thick, then stir in half a gill of thick cream, and the same of maraschino. When liqueurs are not liked, vanilla, cinnamon, &c., may be used to taste.

*Chaudeau Pudding.*—Beat two tablespoonfuls of fine sifted flour into the well-beaten yolks of seven eggs, being careful to get it all very smooth, then mix in a short pint of light white wine, 3oz. caster sugar, and grated lemon peel to taste; when well blended simmer it till thick, and then let it cool. When cold add to it 2oz. dissolved butter and the yolks of two more eggs, with a little more sugar if

needed; now mix in lightly and quickly the stiffly whipped whites of the seven eggs, and bake in a well-buttered mould. When three parts baked sift caster sugar thickly over the top, repeating this two or three times to form a thick crust, and when this is browned, serve.

*Nassau* (or marmalade) *Pudding*.—Five ounces marmalade, 2oz. to 4oz. fresh butter, 4oz. caster sugar, three eggs. Dissolve the butter, and beat the rest of the ingredients into it in a marble mortar, and bake half an hour in a puff-paste lined dish.

*Transparent Pudding*.—Beat 4oz. fresh butter gradually into the well-beaten yolks of five and the whites of two eggs, with 4oz. of sugar, beating it all well. Edge a dish with puff paste, place a layer of sliced candied fruit at the bottom, pour the mixture on this, and bake one hour in a moderate oven. The butter should be slightly warmed.

*Albert Pudding*.—Three eggs and their weight (in the shell) of butter, caster sugar, and flour. Beat the butter to a cream, then beat in the sugar and the well-beaten egg yolks, and lastly beat in alternately the flour and the whites, whipped to a stiff froth. Beat well together, and boil or steam four hours. Serve with the following sauce: To a pint of custard (the richness of this is a matter of taste) add a teaspoonful of brandy or liqueur, and one or two spoonfuls of finely shred candied peel, previously marinaded in a little liqueur syrup. (Remember, when adding liqueur to any sauce, to add it in at the last, for if boiled or over-heated these lose their

strength, and double the quantity is in consequence required.)

If to be used for a *diner de parade*, this pudding can have one or more ounces of raisins (or dried cherries), and either lemon juice or vanilla, &c., added to it, and be boiled in a buttered mould garnished with raisins, shred peel, angelica, &c., of course serving the previous sauce, or with liqueur-flavoured whipped cream.

*Chestnut and Vanilla Pudding.* — Peel about twenty-four chestnuts, then blanch them in boiling water till the inner skin will come off; now place the nuts in a stewpan with enough weak sugar syrup, flavoured with vanilla, &c., to cover them, and stew them till soft and nearly dry; then rub them through a wire sieve. Have ready a custard, made with three-quarters of a pint of new milk, three whole eggs and two yolks, and loz. of sugar; whip this over hot water till thick and creamy, then let it cool. Line a mould either all over, or in a thick cap, with caramel; let this harden, mix the chestnut purée with the custard, and pour it into the mould (which must be well buttered if only a cap of caramel is allowed), cover with a buttered paper, set the mould in the bain-marie, watch the water re-boil, then draw it to the side and simmer it gently but steadily for about an hour. Serve hot or cold. For the sauce make a gill of plain sugar and water syrup, add to this a tablespoonful of apricot jam, and a dessertspoonful of kirsch or maraschino, heat it all together without letting it boil, and strain over the pudding. The custard should be cold when

the chestnut purée is added, and may, if liked, be enriched with a gill of whipped cream at the last. If you have not got a bain-marie it is very easy to improvise a steamer thus: Take a small plate or a saucer, according to the size of the pan chosen, and reverse it in the pan, stand the mould or basin on this, then pour in enough boiling water to reach about half-way up the mould; watch this re-boil, then let it simmer gently till the pudding is cooked. A Rapid steamer, to be bought at most good iron-mongers, is also excellent for this purpose. When putting any pudding of this kind into a bain-marie always place a sheet of paper folded under it, to prevent the top of the pudding cooking too fast and so toughening on the top.

*Banana Pudding.*—Butter a plain Charlotte mould with dissolved butter, and fill it thus: Peel and slice lengthways six or eight good ripe bananas, removing every atom of pith or string, and marinade them for a little in a liqueur-glassful of rum, the juice of half a lemon, and a good dust of sugar. (To marinade fruit always lay it flat in a dish, dust well with sugar, pour the liquid over it, and let it stand for an hour or more, turning it now and again to soak it evenly.) Now arrange the fruit in the mould crosswise, and then pour in a custard made with three or four eggs and 2oz. of caster sugar, with flavouring to taste, to the half pint of new milk. Pour this in very gradually when cool, so that it settles in well, and finish off in the same way as for the chestnut pudding just given, only substituting strawberry jam and maraschino for the apricot

and kirsch there given. If preferred, rum and apricot jam are also a good combination for this pudding.

*Railway Pudding.*—Mix well together a teacupful each of flour and caster sugar, three eggs, and a tablespoonful of milk in the order given. Pour into a well-buttered flat tin, and bake twenty minutes.

*Fruit Meringue.*—Peel, core, and slice  $1\frac{1}{2}$  lb. of apples (any fruit will do) into a delicately clean stewpan with the thinly pared rind and strained juice of a lemon, half a gill of water, and two tablespoonfuls of raw sugar. Cook it all gently for about one and a half hours, stirring occasionally, then sieve it, work into it loz. of butter and the well-beaten yolks of three eggs, and pour it all into a well-buttered piedish edged with puff paste. Bake in a good oven till the paste is nicely browned; then let it cool, when you pile over it rockily the whites of the eggs whipped to the stiffest possible froth with 2oz. of caster sugar. Ornament with shred candied peel or fruit, and return to the oven till the meringue is of a pale fawn. Mind it does not burn! A pudding of the same nature is made thus: Line a well-buttered dish with apricot jam. Have ready 4oz. Carolina rice previously swollen in a gill of milk, and when cool mix with it  $1\frac{1}{2}$  oz. of fresh butter, 3oz. caster sugar, a grain of salt, the grated rind of a small lemon, 2oz. of sweet and six bitter almonds blanched and chopped, and the yolks of four eggs, one by one. Pour this into the dish over the jam, then cover with the whites of the

eggs, beaten to a stiff froth with a tiny pinch of salt and 4oz. of sugar, and bake at once in a moderate oven for half an hour. Watch it, for if overcooked or left to stand, the meringue will toughen.

*Queen's Pudding.*—Grate down enough stale brown bread to produce half a pint of crumbs and pour on to these a pint of boiling single cream, add the grated rind of a lemon, three tablespoonfuls of caster sugar, 1oz. of fresh butter, and the beaten yolks of two eggs. Pour this into a buttered and pastry edged dish and bake till the paste is nicely browned. When cool, cover rockily with the whites whisked to a stiff froth with a spoonful of sugar, and finish as in the preceding recipe, only flavouring it with powdered cinnamon.

*Tansy Pudding.*—Grate four stale sponge finger biscuits, and pour on them enough boiling cream to wet them, then beat them up with the yolks of four eggs. Add a few tansy leaves (be careful, as too many would make it bitter) and enough spinach to make it a pretty green. These should be mixed in when the cream is cool, and sweetened to taste. Now stir it over a slow fire till it thickens, and again leave it till cold, when you turn it into a well-buttered and floured cloth, tie it up closely and boil three-quarters of an hour; then let it stand for ten or fifteen minutes before turning it out, and serve with sweet white sauce. Another version advises 4oz. blanched and pounded almonds with a little rose-water and a thinly sliced French roll, all soaked in a pint of boiling cream, then sweetened to taste, season with grated nutmeg and mix with four

well-beaten eggs, a glass of brandy, a little tansy juice, and enough spinach to colour it. It is then put into a pan with 4oz. of fresh butter, allowed to boil up gently, and finished off as in the preceding recipe, or baked in a piedish. (These are my grandmother's recipes.)

*Cocoa Pudding.*—Mix well 4oz. grated bread-crumbs and 2oz. each of sugar and cocoa (or chocolate powder) with a well-beaten egg, pour a pint of boiling milk (or, if chocolate is used, single cream) over it all, and bake. A layer of apricot jam at the bottom of the piedish is an immense improvement.

*Cherry Pudding.*—Line a buttered mould with cherries (either fresh or dried), and fill it with the following: Beat  $\frac{1}{2}$  lb. of butter to a cream, work into it  $\frac{1}{2}$  lb. each of sugar and flour with the well-beaten yolks of five eggs, half a grated lemon rind, and lastly the whites of the eggs whipped till quite stiff. Steam for two hours and serve with cream sauce flavoured with cherry juice, or sweetened whipped cream flavoured with kirsch.

*The Staff's : Yeomanry Pudding.* — Six ounces creamed butter, 6oz. caster sugar, the well-beaten yolks of four and the whites of two eggs, 1oz. sweet and  $\frac{1}{4}$  oz. bitter almonds blanched and pounded with a spoonful of milk. Line a piedish pretty thickly with apricot jam, pour the above mixture, well beaten, on to it, and bake three-quarters of an hour. Let it cool, and then cover rockily with the egg whites whipped to a stiff froth with caster sugar, and bake in a moderate oven till lightly coloured.

(This is the original recipe, but for average tastes half the sugar will be found ample.)

*George Pudding.*—Simmer a handful of rice till tender in as little milk as possible, then drain off any rice that may be left, and mix the rice with twelve apples previously peeled, cored, sliced, and cooked to a very dry marmalade, a glass of white wine (brandy or liqueur), the yolks of five eggs, 2oz. finely shired candied citron, and sugar to taste. (It should be fairly sweet.) Line a mould with very thin paste, stir the stiffly whipped whites of the eggs into the pudding mixture, pour the latter into the mould and bake till nicely browned, then turn out and serve with this sauce: Melt together two glasses of wine (or liqueur), a spoonful of sugar, the yolks of two eggs, about  $\frac{1}{2}$ oz. of butter, and stir over the fire till smooth.

*Pouding Saxon.*—Moisten 4oz. of fine flour very gradually with a small wineglassful of boiling milk stirring it till smooth; add to this 2oz. fresh butter and a pinch of salt, keep it stirred over the fire till it thickens, when you lift it off but continue to stir it. When perfectly smooth return it to the fire and stir in gradually the yolks of five eggs, 2oz. vanilla sugar, 2oz. butter, and another pinch of salt. When the mixture begins to cream, stir in the stiffly whipped whites of four eggs, butter. a mould, dust it with equal parts of fine flour and sugar, and pour in the mixture. Stand this in a pan with boiling water three parts the height of the mould, and bake twenty-five minutes in a slow oven, serve with a *sabayou*. For this whip together over boiling water



3oz. caster sugar, the raw yolks of six and the whites of two eggs, a wineglassful of brandy or liqueur, and half a wineglassful of strained lemon juice. Use directly it is light and spongy. Or an ordinary *German whip sauce* may be used. For this put half a gill of brandy, wine, or liqueur, or liqueur syrup, into a pan with the yolks of two eggs, and 1oz. or 2oz. of loaf sugar rubbed on the yellow part of a lemon rind and then crushed. Stand this pan in another three parts full of boiling water, and whip the mixture over the fire till it is all a light frothy mass. The great secret is to whip this sauce just enough but not too much, or it curdles and looks untidy. Fruit or liqueur syrups may be used instead of the spirit if liked.

*Wiesbaden Pudding*.—Make a thick sauce with 1oz. flour, 2oz. butter, half a pint of new milk, and 2oz. of sugar. When quite smooth add the lightly beaten yolks of three eggs, and lastly the whites beaten till stiff; add a little flavouring to taste, mix well, and steam for an hour in a well-buttered mould. Turn out and serve with the German sauce given above.

*Viennese Pudding*.—Put 1oz. of sugar into an iron saucepan with a teaspoonful of lemon juice or water, and heat it over the fire till the sugar becomes a dark golden brown (mind it does not burn!) Then pour on to it half a pint of milk, and when this has well coloured mix into it two well-beaten eggs; put into a mould or basin about 4oz. of stale bread cut into dice, pour the milk, &c., on it, and leave it to steep for half an hour. (Some cooks pour the milk boiling on the bread, and leave it till cold before

adding the eggs.) Now beat it all well together, mixing in as you beat 3oz. sultana raisins, 2oz. finely shred peel, and 3oz. caster sugar; steam till firm (about one and a half hours), and serve with jam sauce made by dissolving two tablespoonfuls of jam in one of water, sweetening it if necessary, and adding a few drops of lemon juice and a little flavouring to taste.

If you add half a wineglassful of sherry or liqueur to the mixture and about  $\frac{1}{2}$  oz. more bread, reserving the whites of the eggs and stirring them in, beaten to a stiff froth, at the last, and cook the pudding in small timbale moulds for twenty-five to thirty minutes, serving with liqueur sauce, it makes a particularly dainty entremets. Stale gingerbread used thus, flavoured with cinnamon, and served with a brown sauce is excellent. For the *brown sauce* make some melted butter with brown roux, moistening it with caramelled milk, flavouring it with powdered cinnamon, and adding a well-beaten egg and a spoonful or two of brandy at the last.

*Conservative Pudding.*—Well butter a mould and put in a layer of crumbled sponge fingers, then a thin layer of apricot jam, then a layer of crumbled ratafies, then more jam; repeat these layers till the mould is about three parts full, then pour over it all about half a gill of brandy, or any liqueur (or liqueur syrup) to taste, and let it soak well. Now pour on to it about a pint of milk mixed with the yolks of four eggs and one whole egg, cover the mould with a buttered paper, and steam an hour.

A full tablespoonful of jam and 2oz. to 3oz. each of sponge fingers and ratafies will be found ample for an average mould.

*Mousseline Pudding*.—Cream together 2oz. of fresh butter with the finely minced or grated peel of two lemons, then work in 2oz. of caster sugar, and beat it all well for five minutes longer. Now add in gradually 2oz. fine sifted flour, the raw yolks of five eggs, the strained juice of a lemon, and a few drops of essence of vanilla; beat these altogether for ten minutes or so, then mix in lightly and quickly the whites of the eggs previously beaten to a stiff froth with a pinch of salt. (Remember in this, as in every case where whipped white of eggs is used, this must *not* be beaten in, but, so to say, *folded* into the mixture, raising the latter with a knife and gently slipping the egg froth under it.) Have ready a well-buttered Charlotte mould lined with a buttered paper, dust it with caster sugar and very finely shred candied lemon peel, turn in the mixture, and steam for eighty minutes. Then turn out on to a hot dish, remove the paper carefully, and serve with *mousseline sauce*; send to table at once. It must not be turned out till wanted, as it grows heavy as it cools. For the sauce: Boil a gill of water with 6oz. loaf sugar to the pearl (or until on dipping your finger and thumb into cold water, and then into the sugar, the latter will form a thread as you draw the former apart; but be sure and do not forget the cold water, or you will get a nasty burn), then lift it off the fire and whisk into it the raw yolks of six eggs, over ice, till it becomes of the consistency of cream;

now mix in a gill of brandy, maraschino, or any liqueur to taste, the whipped whites of two eggs, and a gill of stiffly whipped cream, and leave on ice till wanted. If preferred a gill of any nice fruit purée to taste, and half a wineglassful of liqueur, may be used instead of the brandy.

## CHAPTER VII.

### PUDDINGS, NURSERY.

It is a curious, but none the less an attested fact, that in many households where the dining-room cookery is of the most perfect kind, and the servants' hall and housekeeper's room leave little if anything to be desired in culinary ways, the nursery and schoolroom often suffer from cooking that needs personal evidence to be credited. Many a person now a victim to dyspepsia might trace their trouble to those nursery meals, and of all the horrors of nursery fare, few can equal the disgust inspired by "milky" and other so-called "wholesome" puddings of a cereal kind in many a child's life. In fact, the very words rice, tapioca, sago, &c., to use an old phrase, fairly stink in the nostrils of many denizens of the nursery, and the distaste thus acquired hardly yields in after life even to the daintiest version of *riz à l'Impératrice*, or of *crème des îles*, most delicate of all tapioca preparations.

Yet it is quite as easy to make an appetising cereal entremets as an ordinary (and usually most

*un-appetising*) rice, tapioca, or sago pudding. The secret lies in the prefatory cooking of the material, thus: Never use more than 2oz. for each pint of milk, and if you like a softer or more milky dish, use  $\frac{1}{2}$ oz. less. Put the rice, &c., into a piedish, then pour the milk used for cooking it over it (being careful that the dish is not more than half to three parts full to allow room for the swelling of the grain), and bake in a *very* slow oven for about two and a half hours, being very careful it at no time cooks fast. This allows the grain to become creamy and digestible, and to swell to its utmost capacity. Then lift the pudding out and let it cool, stirring into it about 2oz. or 3oz. of sugar (this is a matter of taste) to the pint of milk, a spoonful or two of cream if at hand (or mix in 1oz. of butter as you lift the hot pudding from the oven), with any flavouring to taste, and let it cook thirty to thirty-five minutes, when it will be ready. If a richer pudding is desired add a whole egg, or two yolks to each pint of milk, or about half a gill of cream, when sweetening and flavouring the whole mixture. A pudding cooked thus will be a revelation to many who connect rice and tapioca pudding with the detestable odour of burnt milk and the horrible taste of the gluey mass which only the schoolboy word "stickjaw" adequately describes. Unless you allow plenty of milk the grain can neither swell nor burst properly (on which the excellence of the dish depends); if you do not allow room for the swelling, and place the pudding in an over hot oven, the inevitable result is that the

milk boils up, and over, and the grain, having no more milk to absorb, cannot swell properly, and so hardens and stiffens more and more, whilst a black, burnt skin forms all over the surface, and the whole presents the well-known features of rice pudding as known to the nursery and the average landlady.

It is well to remember that different cereals require different times of cooking, so attention must be paid to this point, as not only the variety, but even the quality of the same variety will often affect the time required for the due preparation of the cereal in question. It may also be mentioned that many of the patent cereal foods (of which there are nowadays such a number) are the better for somewhat longer cooking than is indicated in the recipes sent out with them, *i.e.*, they, like all other cereals, improve by being cooked as slowly as possible, though, of course, the patented preparations compare favourably with the whole grain in the matter of time.

The next bugbear of children is the suet pudding; and this is the more to be regretted as few things, if *properly made*, are more nourishing and wholesome. This dislike is due in great measure to careless preparation of the suet and insufficient and hurried cooking. As regards the suet, carefully remove all skin and fibre, and then slice it down as finely as possible, dust these slices generously with sifted flour, collect them into a ridge on the chopping board, and then, holding the point of the knife with one hand, work the handle with the other, chopping

steadily across the ridge. If treated thus, suet, if in proper condition, *i.e.*, hard and dry, will very soon become almost a powder. Any suet if good can be used, though beef suet is mostly preferred; mutton suet, however, makes the lightest pudding, and veal suet, particularly the kidney suet, is far and away the most delicate. Indeed, veal kidney suet is frequently used in preference to butter by foreign chefs in fine pastry-making. Next as to the time of boiling. As a matter of fact it is very difficult to overcook a suet pudding. Suet is very heavy, and size makes comparatively little difference; of course a large pudding needs extra time, but even the smallest suet dumpling requires a period of cooking which, having regard to its actual weight, can only be called considerable. For instance, a dumpling cooked in a teacup and about the size of a duck's egg will take fully an hour to cook, and would be none the worse for double that time. It is on this long and steady cooking that its digestibility entirely depends. For good-sized puddings for a large family two and a half hours is the *least* that should be allowed for their cooking, and four hours is not out of the way. There is a third point that deserves consideration, and this is the improvement effected by replacing some part of the flour usually given in recipes by finely grated breadcrumbs, the proportions varying from one part crumbs to seven of flour to one part crumbs to two parts flour; in fact, this mixture of breadcrumbs and flour can be used with advantage even for suet crust for rolling as well as for suet puddings.



Perhaps the following may help some mothers in search of variety for the nursery :—

*Sultana or Cherry Roll.*—Sift a short half teaspoonful of baking powder into 6oz. of flour, and add to this 2oz. of finely grated breadcrumbs; shred 6oz. of suet as described above, and mix it in with the flour, &c., and about 2oz. of sugar and 4oz. of sultanas or dried cherries. Work it all to a nice paste with a little milk, make it into a roll, tie it into a floured and buttered cloth, and boil it for two full hours, then turn out, and serve either whole or sliced, with brown sugar or jam sauce to taste.

*Ginger Sponge Pudding.*—Sift together 1lb. of flour, a teaspoonful of ground ginger, rather more of tartaric acid, half a teaspoonful of ground cloves and nutmeg mixed, 4oz. of well-clarified beef dripping, one egg, one and a half gills of milk, and 2oz. brown sugar. Beat the materials all well together; dissolve a teaspoonful of carbonate of soda in a tablespoonful of water, and add at the last minute. Half to two-thirds fill a buttered mould or basin with the mixture, and steam from two and a half to three hours. If preferred the sugar may be left out, in which case it will be much lighter, but then either golden syrup or *ginger sauce* (made by adding about half a small teaspoonful of essence of ginger to half a pint of melted butter flavoured to taste with sugar and lemon juice) should be served with it. If a less rich pudding be desired, use water instead of milk; baking powder may also be used instead of the soda, &c., or Combe's Eureka Flour can be used.

*Fruit Cheesecakes.*—Grate down some bread-

crumbs pretty fine, and soak these in fruit syrup of any kind till all the liquid is absorbed and the bread is thoroughly soaked; then beat to this some well-beaten eggs (in the proportion of two to each half pint of crumbs), line some patty pans with any scraps of pastry at hand, fill these with the mixture, and bake. Serve hot or cold, dredged with caster sugar. The same tartlets may be made with any fruit when plentiful by crushing, say, a pint of raspberries or strawberries with one or two tablespoonfuls of caster sugar, and then beating in two or three eggs, finishing as before.

*Strawberry Pudding.*—Butter a piedish, and put a layer of strawberry jam at the bottom (the whole-fruit jam is nicest), then cover this with a good layer of fine breadcrumbs; well beat two eggs, and stir to them 1oz. of caster sugar and a few drops of essence of vanilla. Now add a pint of milk, and stir it over the fire till it thickens, when you pour it very gently over the crumbs, &c., and bake in a very moderate oven for half an hour.

*Eggless Puddings.*—Peel, core, and slice some apples, and stew them till tender in just enough water to keep them from burning, with a good squeeze of lemon juice, the finely pared rind of the lemon, and sugar (brown is best) to taste. Now place this marmalade in a piedish. Rub down 1½oz. of cornflour to a smooth paste with a very little cold milk and 2oz. of sugar; put a pint of milk on in a pan with the thinly pared rind of half a lemon, bring it just up to, but not over, the boil; then pour it over the apples and bake till the surface browns.

This of course can be made with various fruit. Stoned cherrios and kirsch syrup are particularly good, Tapioca boiled till liquid may be used instead of the cornflour. Or, peel and core some nice even-sized apples, and fill their centres with quince jam, damson cheese, or any nice preserve to taste, place them in a piedish, strew round them a cupful of raw tapioca, with caster sugar and grated lemon peel; fill the dish up with milk, and bake in a very slow oven.

*Imitation Burnt Cream.*—Beat up the yolks of four eggs with a tablespoonful of flour, the grated rind of a small lemon, and sugar to taste; pour to it a pint of milk in which you have dissolved  $\frac{1}{2}$ oz. of leaf gelatine, and stir it all over the fire till it is a thick custard, then pour it into the dish in which it is to be served; boil some sugar in a little lemon juice (1oz. liquid for 2oz. sugar) till of a rich dark brown, but do not stir it till you lift it from the fire, then pour this caramel on to the cream when cool, and let it set. When quite cold, whip the whites of two of the eggs to a stiff froth, with sugar and a little grated lemon rind to taste, and dispose this froth in spoonfuls, rockily, over the brown surface.

*Sponge Puddings.*—Take the weight of two eggs (in their shells) of butter, flour, and sugar, beat the eggs to a froth, and the butter to a cream, then beat both together, adding in gradually and alternately the flour and sugar, beating it well all the time. Half to three parts fill small cups with the mixture and bake. Serve hot or cold with jam sauce.

*Rice Croquettes.*—Put two tablespoonfuls of rice in a pan, or a piedish, with a little grated lemon rind and three tablespoonfuls of sugar, together with a little cold milk, and let it cook either over the fire, or in the oven, adding more milk (but without stirring it, or it would burn) until the rice has absorbed all it can. It will take up from three-quarters to a full pint. Now leave it till next day, or till quite cold, then work into it two whole and well-beaten eggs. Dust the pastry board with flour, shape the rice into balls or olive shapes, dip them in egg beaten up with caster sugar and a few drops of vanilla, and roll them in very fine bread raspings; then fry like fritters. Strew caster sugar over them as you dish them, and serve very hot.

*Brown Betty.*—Peel, core, and slice six or seven good cooking apples; put a layer of stale sifted breadcrumbs at the bottom of a piedish, then a layer of sliced apple, repeating these two layers till the dish is full. Now add a gill of water to a gill of golden syrup, with two tablespoonfuls of brown sugar, and a squeeze of lemon juice, and pour it all over the crumbs (which must form the last layer of the sweet), bake in a moderate oven for half an hour, and serve with the following sauce: Beat 2oz. or 3oz. of fresh butter to a cream, adding in gradually about 6oz. of caster sugar, and beat till very light, when you add the whites of two eggs, and beat it all again till light and frothy; then beat in a teaspoonful of essence of vanilla, or a few drops of essence of lemon, and set it away on ice or in a

cool place till wanted; then strew lightly with grated nutmeg and serve. (This is one version of the well-known American *hard sauce*, only, for grown-up use, the cream when beaten should be flavoured with a teaspoonful of brandy, sherry, or liqueur.)

*Fruit Batter Pudding*.—Beat three whole eggs till light, then add to them a pint of milk, and then about 14oz. of fine sifted flour, and beat till smooth; now stir in about 1oz. of dissolved butter, half a teaspoonful of salt, and two teaspoonfuls of baking powder, stir in quickly one pint of stoned cherries, well dredged with flour (this prevents their sinking), turn it all into a generously buttered mould, cover down with a buttered paper, and steam steadily for three hours. If the water in the steamer evaporates, add more. This is served with hard sauce, or *fairy butter*, as the former is sometimes called when no spirit is used with it. Strawberries, raspberries, blackberries, or indeed any fruit berries can be used for this pudding.

*Fruit Tapioca*.—Pick over and well wash a cupful of tapioca, and soak it in cold water overnight; then put it into a pan with a pint of boiling water and cook till transparent, simmering it very slowly. Have ready stoned  $1\frac{1}{2}$  lb. of cooking cherries, and stir them quickly into the boiling tapioca, sweetening it to taste and adding a squeeze of lemon juice. Turn out at once into the dish it is to be served in, and leave it till cool. Serve when quite cold, with sugar and clotted or thick cream. (If iced it is nicest.) Any fruit, fresh or canned, can be used thus, only for soft fruit like strawberries, &c., allow

a full 2lb. of fruit. Blackberries and apple (peeled, cored, and sliced) are delicious thus.

*The Children's Pudding.*—Split some penny sponge-cakes, and line a well-buttered mould with the under sides of the cakes, then pack in any fresh fruit to taste, strewing each layer with plenty of brown sugar, and lastly pour over all a cupful of milk (according to the size of the dish; six sponge cakes would take about a gill); dip the top halves of the cakes into milk, or water, for just a minute, lay them over the top, and bake half an hour.

*Apple Charlotte.*—Peel, core, and slice about twenty-four nice apples and stew them till tender, with just enough water to prevent their burning; then add 6oz. of sugar for each  $\frac{1}{2}$  lb. of pulp and a tiny grate of lemon peel, and let it cook a little longer till fairly dry. Cut a slice of stale bread, and cut from it a round the size of the bottom of a plain well-buttered Charlotte mould; prepare also some fingers of the same bread, the height of the mould and  $1\frac{1}{2}$  in. wide, and either spread each with butter, or dip each in hot dissolved butter (this is often thought too rich for nursery use), then fit the round at the bottom of the mould and arrange the strips round the sides, letting each overlap a little to keep in the juice; brush the inside over well with white of egg, then fill up with the apple, adding half a glass of sherry, and cover with another round of bread, pressing this down a little, put a plate on top, and bake from forty to fifty minutes in a sharp oven till of a pretty golden brown. Turn it out, and serve dusted with caster sugar. For a birthday sweet a

spoonful or two of apricot jam may be added to the apple, and the whole covered, when turned out, with apricot *jam sauce*, made by boiling together half a pint of water with 2oz. of sugar, till reduced to one-half, then stir in two tablespoonfuls of jam and a squeeze of lemon juice, and stir it over the fire till hot.

*Golden Pudding*.—Shred finely 4oz. of suet, and mix it well with 4oz. flour, 4oz. of sifted bread-crumbs, 4oz. of sugar, 4oz. of marmalade, and one egg. Turn these all when well mixed into a buttered basin and boil for two and a half hours.

*Gingerbread Pudding*.—Grate finely 6oz. stale bread, and mix it with 6oz. finely shred suet, a teaspoonful of ground ginger, and 2oz. flour; now mix it well with  $\frac{1}{2}$  lb. of golden syrup, put it into a buttered mould, and boil for at least two hours.

*Spongecake Pudding*.—Soak six penny spongecakes in a little milk, and when soft beat them up well with the juice and grated rind of a lemon, a little butter, one or two eggs, and caster sugar to taste; bake half an hour in a sharp oven. A couple of spoonfuls of any jam can be used instead of the lemon if preferred.

*Summer Pudding*.—Line a well-buttered plain china mould, or basin, with bread as for Apple Charlotte, pressing it well into the mould, then pour in sufficient hot stewed fruit of any kind to fill the basin, fit a round of bread on top, turn a plate over it, and let it stand till next day, when it can be turned out and served with cream, or a thin custard. Any rich-coloured fruit does for this,

whether of one or many kinds. A variation of this, known as "Dr. Johnson's pudding," may be recommended: Slice thinly about 10oz. of bread, and have about a pound of hot stewed rhubarb, then put these in alternate layers into a rather deep dish, finishing with the fruit (mind the dish is only three-quarters full), and put it aside till cold. When served pour on to it from half to three-quarters of a pint of more or less rich custard. These puddings go by many names, such as Hydropathic, Rhode Island, Wakefield, &c.

*Macaroni Pudding.*—Boil 4oz. of macaroni in a full quart of water for fifteen minutes, sharply; then drain it, cut it into inch lengths, and boil it again with 2oz. of sugar in a pint of milk till tender, but unbroken. Let it cool, then add two or three beaten eggs, and flavour to taste with vanilla, lemon, or any liqueur syrup you please; line a buttered pie-dish with any nice jam, lay in the macaroni, &c., and bake till brown.

*Boston Pudding.*—Rub 6oz. of butter or well-clarified dripping into a pound of flour, then add 6oz. each of moist sugar and sultanas (or currants, but these are often not liked for nursery use), half a teaspoonful of powdered cinnamon, and a quarter of a nutmeg grated. Now mix *very* smoothly a dessert-spoonful of carbonate of soda in a tablespoonful of milk, and stir this into half a pint of milk, then add the rest of the ingredients, stirring it carefully all the time, lest the soda should sink to the bottom; beat all well together for just a minute, then pour it into a well-buttered mould, which must



be only three parts full. Tie the pudding cloth over so as to allow for swelling, which it does considerably, plunge it into fast boiling water, and keep this boiling fast for three and half hours. If properly made this is a very light pudding, without any trace of soda.

*Bun or Teacake Pudding.*—Split open an acrated bun (or slice down a teacake, not too thinly), spread both sides with jam, replace it into shape, put it into a basin, and pour on to it a pint of milk previously mixed while hot with a well-beaten egg, cover it down closely, and let it stand for an hour, then bake for half an hour. If necessary add a little more milk when about to bake it.

*Saucer Puddings.*—Beat to a cream 2oz. of fresh butter with 3oz. of sugar, then work the yolks of two well-beaten eggs and their whites, whipped to a stiff froth, in alternate spoonfuls with 2oz. of flour, moisten with half pint of milk, and divide into four saucers, baking these for fifteen or twenty minutes. Have ready some nice jam heated till nearly liquid, cover one cake with this, then lay the other over it, then more jam, and so on till the cakes are all used; sift sugar over the top and use. A simpler plan is to work the butter and flour together, then add the eggs well beaten and whole, the sugar, and lastly the milk; but these cakes are naturally not so light, as by the first method.

*Radical Pudding.*—Take the weight of four unshelled eggs in butter and beat this to a cream, add to this the well-beaten (whole) eggs, two tablespoonfuls of sugar, two-thirds the weight of the eggs in

dried, sifted breadcrumbs, or cake, or stale sponge-cake crumbs; mix all these ingredients well, flavouring to taste with lemon, vanilla, or almond essence, and pour them into a well-buttered mould. Cover with a buttered paper, tie up in a cloth, and either steam it for about one and a half hours, or plunge in hard-boiling water, and boil a little over an hour. Turn out carefully, and serve with sweetened white sauce flavoured with lemon.

*“Dainty” Pudding.*—Put into a saucepan a pint of milk, with an inch or two of stick cinnamon or vanilla pod, six or seven blanched and shred almonds, and the very thinly pared rind of half a lemon, bring it all slowly to the boil, then strain, adding a pinch of salt, and sugar to taste. When this is all quite cool, add to it one large or two small eggs well beaten, and pour this all into a buttered piedish; cover the top over with thinly sliced breadcrumb, buttered on both sides, and cut to fit the dish. Bake about twenty-five minutes in a moderate oven.

*Baked Pears.*—Choose ripe, but not too soft, *eating* pears, and peel them thinly, leaving on the stalks. Gather any trimmings of short or puff paste, roll it out thin, cut it into pieces, and wrap each pear in one of these, pressing the paste with your hand well into the shape of the fruit, which should have been previously well coated with raw cane sugar. Bake carefully. If the pears are of the hard cooking variety, they will take so long to cook that they will spoil the paste. The cased pears should be iced with No. III. icing (given on p. 15) when about three-parts cooked. Apples may be

cooked in this way, but should be cored, and the cavity filled with raw sugar, with a clove to flavour it.

*Baked Apples.*—Core, but do not peel, some good apples, wipe them, and set them in a fireproof dish half an inch apart, and fill the holes with any nice jam to taste; dust them with caster sugar, pour any sweet home-made wine (such as ginger, raisin, &c.) round them; lay strips of lemon peel about the dish, cover it with a reversed dish, and bake for three-quarters of an hour in a very slow oven. If preferred, the cavity can be filled with brown sugar and a clove or two, the wine being omitted, and the dish well buttered.

*Arme Ritter.*—This sweet, which goes by many names, such as *pain perdu*, bread fritters, &c., is very easily prepared, thus: Boil half a pint of new milk with a little sugar, a tiny dust of salt, a good pinch of grated lemon peel, and at the last add, off the fire, a good teaspoonful of orange flower water or any liqueur syrup to taste. Slice down a French roll, leaving on the crust, soak them in the milk till soft, but not too pappy, then in beaten egg, and fry a golden brown in hot butter, and serve very hot, dusted with grated nutmeg, &c., to taste. In Spain, where this is very popular, clear-run honey is heated and poured over at the last.

*Prune Shape*, sometimes called Stockholm Pudding.—Cook  $\frac{1}{2}$ lb. of French plums in equal parts of claret or port wine and water (for nursery use ginger wine is often used, similarly diluted), and when quite tender stone them carefully. Have

ready blanched and chopped  $1\frac{1}{2}$ oz. sweet and  $\frac{1}{2}$ oz. bitter almonds, and 4oz. or 5oz. of ratafies, or small macaroons. Arrange a layer of the cooked plums in a square or round plain mould, and sprinkle the fruit with the chopped almonds, covering these again with the ratafies. Repeat this till all the plums are used, then press it all well down, and pour on to it three whole eggs beaten up with half pint of new milk, and sweetened to taste. (Mind the mould is very little more than three-quarters full.) Cover with a buttered paper, or steam for three-quarters of an hour. Turn out carefully, and serve, hot or cold, with a thin custard poured over and round it.

*A Children's Bavarois.*—Crush sufficient ripe fruit of any kind through a sieve or masher, and for each  $\frac{1}{2}$ lb. of pulp add from 2oz. to 3oz. of caster sugar, according to the sweetness of the fruit, and  $\frac{1}{2}$ oz. of leaf gelatine previously dissolved in half a gill of boiling milk (add this when cool) and the juice of half a lemon. Now stir to this half a pint of more or less rich custard, and mould either in an earthenware basin, or line a mould pretty thickly with one of the packets of lemon or other fruit jelly to taste, and when this is nearly set pour in the bavarois, let it set, then turn out and serve. A richer dish may be made by using stiffly whipped cream instead of the custard, and whisking the fruit purée before mixing in the cream.

*Marrons à la Chantilly.*—Prick 1lb. of good chestnuts, and boil them for forty-five to sixty minutes, according to size, in boiling water; then remove both skins, and pulp them through a colander, sprinkle

them lightly with vanilla or lemon sugar, have ready a 9d. pot of thick cream, whipped till perfectly stiff, and flavoured to taste with vanilla and sugar, and pour it all over the chestnuts, which should have been piled up high in the dish. Garnish with crystallised fruits and serve.

## CHAPTER VIII.

### GATEAUX, &c.

STRANGELY enough, though we consider France the source and origin of all good bonbons and sweets of every kind (in which, however, nowadays America runs her hard), it is not a country of puddings and sweets of that description. A French lady much interested in culinary matters, and very clever about them, once said to me when talking of French cookery and its introduction into England: "Well, for all your sakes, I wish heartily French cookery may obtain a firm footing in England, for I am sure it would be as good for you financially as hygienically; but my own personal ambition is to get my fellow-countrywomen to appreciate and adopt some at least of the many delicious puddings I have tasted since I have lived in England."

At the same time, in their own line French cooks are *facile princeps*, as has been already asserted with regard to French tarts and *pâtisserie*, and no sweets are more delicious and dainty than the numerous *gateaux* they serve. A few of these may, therefore, be given as samples.

*Génoise aux fruits, à la crème.*—Break five whole eggs into a delicately clean pan, and stir to them  $\frac{1}{2}$  lb. of caster sugar; now place this pan in the *bain-marie* or in another pan three parts full of boiling water; stand this all over the fire, and whisk the contents steadily till lukewarm; then lift the pan off the fire, and continue whisking it till the eggs, &c., are quite light and perfectly cold. Now stir to it 6oz. freshly ground almonds, 4oz. dried and sifted flour (or *crème de riz*), and 4oz. creamed butter; flavour to taste with orange-flower water, and mix it all gently but thoroughly together. Pour it into a plain mould, and bake in a moderate oven. When perfectly cold and set, remove the centre of the cake, leaving a base and an outer wall about  $1\frac{1}{2}$  in. thick all round; the part thus removed makes delicious crumbs for puddings or trifles. Now cover the cake all over with orange *glace* ( $\frac{3}{4}$  lb. cane icing sugar, three tablespoonfuls of orange juice, stirred over the fire till smooth and warm) as evenly as possible, and when this is set proceed to decorate it with a wreath of orange-quarters (Tangerine for choice), freed from pith and pips, and angelica cut into leaves, dipping each of these in sugar boiled to the crack, and leaving them till candied on a slab or dish brushed over with sweet oil. These are then stuck in place with a little of the boiled sugar. Let this stand till perfectly set, then fill it up, piling it up rather highly, with fruit salad, and serve. For the *salad*, peel and slice three or four bananas, cut up some slices of preserved pineapple into nice cubes, two or three oranges broken up into “quarters,”

some dried cherries, &c., to taste, and let these marinade in half a pint or so of liqueur-flavoured syrup for an hour or two, dust them with a little fresh sugar, then drain off the liquid, pile up the fruit, and pile over it a gill or so of stiffly-whipped cream mixed with the liquid from the fruit. A squeeze of lemon juice is an improvement to this dish. Needless to say, this can be varied indefinitely by varying the fillings, which may be anything from a fruit sponge up to iced sorbet or a cream *spongada*, according to your taste and your cook's capacities. For instance, make a cake as above, and let it set; then slice it horizontally, and cover each slice, save the top one, with a rich thick syrup made by boiling together for fifteen or twenty minutes  $\frac{1}{2}$  lb. of apricot jam, 4oz. of sugar, one and a half gills of water, and half a gill of rum till quite thick; rebuild the cake into shape, and when set cover it all with apricot *glace*, decorating the top with crystalised apricots and angelica leaves. Now pipe it with white Viennese icing, and serve with an iced *compôte* of apricots round it, and clotted cream in a boat.

For the apricot *glace* put into a pan  $\frac{3}{4}$  lb. of cane icing sugar, and mix it with three tablespoonfuls of abricotine (liqueur) or with noyau syrup, and a drop or two of yellow colouring; stir it over the fire till just warm, then use. All fruit and liqueur *glaces* are made in this way, using fruit juice or syrup instead of the liqueur. For the *Viennese icing*, work 5oz. of cane icing sugar and 2oz. of butter (previously beaten to a cream) to a smooth paste,



moistening it with a liqueur-glassful of suitable liqueur (or in this case rum), and use when like cream. This icing can, of course, be coloured to taste.

*Gâteau Maltais à la Chantilly*.—Prepare a cake as above, or take a bought sponge or Madeira cake, or, better still, an orange cake, and slice it horizontally. Mix together some thick cream and orange marmalade, and spread all but the top slice with this mixture; then build the cake back into shape, and ice it with orange *glace* (made with orange juice, like the apricot *glace* given above); then, when set, pile stiffly-whipped cream on and round it, garnish with crystallised orange quarters, and serve. The whipped cream constitutes its right to *à la Chantilly*, a name bestowed on it in memory of Charlotte de Condé, wife of the famous Henri II., Prince de Condé, to which lady we are also indebted for the Charlottes, of which nowadays there are such a variety, from the Charlotte Russe upwards and downwards. Princess Charlotte is said to have introduced the fancy for filling up first a scooped-out cake, and later on, special almond paste baskets and shapes, with her favourite whipped cream, and these were called *Gâteaux à la Chantilly*, from the name of her favourite seat, the Chateau de Chantilly. These Condés were a gastronomic family, for if the lady gave her name to the *Charlottes* and the *Gâteau à la Chantilly* (hence by an ellipsis whipped cream minus the *gâteau*), her lord is responsible for the various dishes *à la Condé* introduced by his chef, and dedicated to him.

*Gâteau Chocolat à la Chantilly.*—Slice a chocolate cake as above and spread it with cream and apricot jam, rebuild it, and ice with *rum icing*. (For this stir together over the fire till warm  $\frac{3}{4}$  lb. of cane icing sugar, one and a half (full) tablespoonfuls of rum, and one and a half tablespoonfuls of water. Use when quite smooth and warm.) If preferred, this is excellent iced with chocolate *glace* (cook together till smooth 2oz. best vanilla chocolate, grated, in a gill of water, then work into it a pound of cane icing sugar, and three tablespoonfuls of warm water, and use when it is all warm; be careful not to overheat it as this spoils it), and served with raw fruit *compôte*. It must be remembered that this treatment applied to sliced Genoise paste, spread sandwich fashion with any *compôte* or jam, and then iced and cut into little fancy strips, produces extremely pretty *petits fours* for dessert; or the sliced cake, of different sorts, treated in the same way, iced, and then garnished with *glacé* fruit, makes very pretty little cakes, either for dessert or five o'clock tea, or for Cinderella dances where light refreshments are given.

*Gâteau rubis à la Chantilly.*—Bake or buy a sponge cake prepared in a border mould; bring to the boil together 10oz. of sugar and a gill of water, then stir into it 1lb. of red currants and  $\frac{1}{2}$  lb. raspberries (or use a proportionate amount of red currant and raspberry jam), and let it all boil together for ten minutes, then sieve it. Put the cake into the dish in which it is to be served, strain off all the juice from the cooked fruit, and place the latter, together with

the thick part left on the sieve, in the centre of the cake. Boil the strained juice sharply for ten minutes, then pour it over the cake (in which you have made some holes with a skewer), covering it again and again with the juice by means of a spoon until the cake is thoroughly soaked and covered with a rich red jelly. Now put it aside in a cool place till next day, or at all events for an hour or two, by which time the juice should have jellied. Have ready some stiffly whipped cream, sweetened and flavoured to taste, and pile in the centre of the cake over the cooked fruit, and serve.

*Gâteau de Pithiviers.*—Pound together till smooth 4oz. each of sweet and bitter almonds and of caster sugar, with half a medium-sized pod of vanilla, moistening it as you pound with a little thick cream or orange-flower water, as you please; now work into this 3oz. of butter beaten to a cream, a tiny pinch of salt, a little grated orange rind, and one whole egg and the yolks of two. When this is thoroughly mixed, rub it through a sieve into a basin, stirring it a little longer. Now roll out some puff paste,  $\frac{1}{4}$  in. thick, and stamp out a round six or seven inches in diameter, then roll up the trimmings left over, roll out again and stamp out a second round as before. Lay this round on a baking sheet, and pile up the almond mixture in the centre, leaving an inch all round uncovered. Moisten this uncovered part with a brush dipped in water or milk, place the other round carefully on the top of all, pinching the edges well and firmly together with your finger and thumb, as you would shortbread; then brush the top

over with white of egg, and garnish it with any pattern to taste, marked on it with the blade of a well-floured knife. Bake in a moderate oven for three-quarters of an hour, then lift it out, sprinkle it well with caster sugar, and return it to the oven for five or six minutes to glaze. Serve cold. This cake can be filled with almost any kind of cream or custard, *crème pralinée* being especially nice. Abroad these cakes are prepared thus: Cut out a round as described above, and put round it a spoonful or so of whatever mixture is to fill it, and cover each of these little heaps with a separate round of crust, moistening the edge of this well, pressing it firmly on to the under round, and also with your thumb making a little dent in the top of each mould. Cook as before, glazing it the usual way, and serve cold with a pile of whipped cream in the centre, and a tiny spoonful on each little round, placing a crystallised fruit, nut, &c., to correspond with the filling on each little heap of cream.

*Gâteau à l'Ambrosie.* — Prepare a cake as for *Génoise à la Crème* with a hollow, and ice it with liqueur syrup, garnishing the top when set with dried cherries, leaves cut from green angelica, and little heaps of red currant jelly. When this is all firm, fill with the following mixture: Peel and remove all pith and pips from some sweet oranges and slice them thinly, arranging a layer at the bottom of the hollow of the cake, dust well with caster sugar, and sprinkle generously with equal parts of maraschino and best brandy; now cover with freshly-grated, or desiccated, cocoanut, then put a layer of thinly-sliced

fresh or tinned pineapple, more sugar and more cocoanut, and repeat these layers till the cake is quite full, bringing the top layers to a conical shape, and, lastly, piling over it all whipped cream, sweetened and flavoured with maraschino. This filling, served separately in a glass bowl, after standing on ice, makes a most delicious sweet, and should be served with chocolate or any other delicate wafers.

*Gâteau Anacréon*.—Blanch and shred finely 4oz. of sweet almonds, and mix with these 1lb. caster sugar, the yolks of ten eggs, four whole eggs, and a full half gill of *kirsch wasser*. When these ingredients are all thoroughly mixed, work in 4oz. of fecula (or potato flour),  $\frac{1}{2}$  lb. of creamed butter, and 4oz. of cherries cut up small; mix it all well together, and add in quickly at the last the stiffly whipped whites of the ten eggs. Pour into a Breton mould, bake in a moderate oven, and when cold, ice with *kirsch* icing. (A Breton mould consists of a series of border moulds decreasing in size, in which the cake is baked, each separate cake being turned out and iced, and then placed carefully one on top of the other in a pyramid, a little icing being used to make the different cakes adhere.)

*Gâteau Mille-feuilles*.—Take some fine *feuilletage* (or rich puff) paste, and give it twelve "turns" (*i.e.*, double the ordinary amount of rolling), roll it up pretty thin, then cut it out in equal sized rounds; trim them neatly and bake, then lift them out and cover them with a second baking sheet lightly and evenly weighted, and leave them thus till cold.

Now mask each round with Vienna chocolate icing, *crème pâtissière*, *crème pralinée*, whipped cream flavoured with vanilla, or anything else you choose. Place each slice evenly on top of the other, mask them smoothly all over with whipped cream flavoured to taste, strew blanchéd and chopped pistachio nuts, burnt almonds, or grated chocolate, &c., on the top as you please, and stand on ice for half-an-hour before serving.

*Baba au Rhum*.—Prepare a leaven with 4oz. of flour, and not quite half an ounce of yeast dissolved in a little water; this should be worked to a soft dough and put aside to rise. Meantime make a *bâ* with your knuckles in three-quarters of a pound of fine sifted flour, and put into this 10oz. of fresh butter, three whole eggs,  $\frac{1}{2}$  oz. caster sugar, and one-third of an ounce of fine salt; work it all well together, then beat in, one by one, five eggs, working each well in. As soon as the dough leaves the board clean mix in the leaven, add 1oz. finely shredded candied citron peel, the same of well washed and dried currants, and 2oz. of stoned Malaga raisins. Now butter a baba mould (any tall, rather large sponge cake mould may be used), and half fill it with the dough. Let it rise in a warm place till it is double its original size and well fills the mould (which may, if liked, be lined with buttered paper like a soufflé dish to avoid the dough rising over), bake carefully in a slow oven. It will take about one and half hours. Turn it out and serve with a rich sauce made by boiling together for a few minutes 2oz. of apricot jam, about one gill of syrup at about 32° (*i.e.*, two

parts sugar to one of water, boiled together for twenty to twenty-five minutes), and about half a gill of rum. Some cooks omit one egg, replacing it with a liqueur-glassful of rum and as much saffron as will lie on a threepenny piece dissolved in a little warm water. In fact, many people say these two additions make the difference between a baba and a savarin. The following, however, shows that they differ somewhat in detail.

*Savarin*.—Prepare the leaven as in the previous recipe (using three teaspoonfuls of German yeast instead of ordinary yeast if more convenient), only mixing it with hot milk instead of water. When this leaven has risen to twice its original size, add to the flour, and work in with a spoon half a gill of hot milk and two whole eggs; then mix in another egg, thoroughly, and then a fourth, together with  $\frac{3}{4}$  lb. of creamed butter, working it all well with the spoon; next add one-third of an ounce of fine salt, half an ounce of sugar, and about a small sherry-glassful of hot milk. Lastly, put in a fifth egg, working it well in also, and finally mix in 2oz. finely shredded candied orange peel. Have ready buttered a savarin mould (a rather high border mould always used for this cake), sprinkle it well inside with blanched and chopped almonds, and half fill with the mixture. When the mould is full of the risen dough, set it in a moderately sharp oven, covered with a paper, and bake. Test it in the usual way (with a very thin, perfectly clean, bright skewer) to see if it is baked, and, if ready, turn it out and let it stand for a few minutes. Whilst it is cooking boil 4oz. of loaf sugar in half a gill of

water, until, on lifting it with the skimmer or slice, the syrup falls through the holes in long syrupy drops, then add a liqueur-glassful of anisette, kirsch, or any liqueur to taste, with twenty or thirty drops of essence of vanilla, and, if liked, a drop or two of essence of almonds; mask the cake three or four times with this syrup, and serve hot or cold.

Lastly, there are the *croqu' enbouches*. It should be observed that unless you possess a chef, or a *cordon bleu*, these sweets are best left alone if you do not yourself possess the skill and patience to prepare them, but they are so pretty and so good that they are well worth the trouble of making. Begin by boiling some sugar to the crack, then dip some ratafias or small macaroons each singly into the sugar (with a clean skewer), and fix them all round the inside of a well-oiled plain Charlotte mould, fixing them with a little more of the boiled sugar. Leave them till quite cold and set, then turn out, and serve with whipped cream, jelly, or any filling to taste. I have given ratafias, as these are the easiest to experiment with, but when the process grows easy from practice, prepare the *croqu' enbouche* with orange quarters, free from pith and pips, and crystallised with the boiled sugar. These when crystallised are left till crisp on an oiled slab or dish, and then used, just like the ratafias. In France, all sorts of glacé fruit are used for this, such as tiny green oranges (*chinoïis*), glacé cherries, apricots, &c., varying the colours, and sticking them as before with the boiled sugar. There is no difficulty about these



after a little practice, if you are neat-handed, gifted with patience, and careful not to let the sugar get either too hot or too cold. The best way is to stand the pan containing the sugar in another pan three-parts full of boiling water.

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