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CHAPTER I

POULTRY

TO CHOOSE POULTRY

WHEN fresh, the eyes should be clear and not sunken, the feet limp and pliable, stiff dry feet being a sure indication that the bird has not been recently killed ; the flesh should be firm and thick and if the bird is plucked there should be no discoloration of the skin. Young male birds are considered the best.

Chickens.—The flesh of young chickens is the most delicate and easily assimilated of animal foods, which makes it especially suitable for invalids and persons whose digestion is weak. Few animals undergo so great a change with regard to the quality of their flesh as the domestic fowl. When quite young, cocks and hens are equally tender, but as chickens grow older the flesh of the cock is the first to toughen, and a cock a year old is fit only for conversion into soup. A hen of the same age affords a substantial and palatable dish. This rule respecting age does not apply to capons, which, when well-fed and well-dressed for the table, are surpassed by few animals for delicacy of flavour. Even when three years old the capon is as tender as a chicken, with the additional advantage that his proper chicken flavour is more fully developed. The above remarks are applicable only to capons naturally fed and not crammed. The latter process may produce a handsome-looking and heavy bird, but when tested by cooking its inferiority will be only too apparent. As a rule, small-boned and short-legged poultry are generally found to be the more delicate in colour, flavour and fineness of flesh.

Fowls, when young, should have a smooth red comb, smooth legs and feet ; the cock bird is young when it has

smooth legs and short spurs ; hens when young have smooth legs. The bones and beak of all young birds are soft and gelatinous, and they always harden with age ; the end of the breastbone when young is soft and pliable ; when otherwise, it may be accepted as sure evidence of the advanced age of the bird. The signs of an old fowl are its stiff, horny-looking feet, long spurs, dark-coloured and hairy thighs, stiff beak and bones. The plumage should be even and soft, downy feathers being found under the wings and on the breast. Birds with uncut claws should be chosen, as the sinews are easier to remove. Game fowls, and those with dark-coloured legs, are better for roasting than for boiling. Fowls with white legs, such as Dorkings, are more suitable for boiling as they have whiter flesh.

Geese and Ducks when young usually have yellow feet and bills ; as they grow old they become darker and reddish in colour. The feet of freshly-killed geese and ducks are moist and soft, but, like those of fowls, they become dry and stiff when they have been killed some time.

Geese over a year old are, owing to toughness, of little use as table birds.

Pigeons.—When young, pigeons have small pink legs, large dark legs being a sign of an old bird.

Turkeys.—Turkeys, when young, have short spurs and smooth black legs ; when the legs are pale, or reddish and rough, and the spurs long, these marks may be taken as sure indications of age. When freshly killed the eyes should be full and bright. The flesh should be white, the breast full, and the neck long.

A moderately-sized bird will be found the most satisfactory. Turkeys should be hung up to bleed and, if freshly killed, improve by being hung for 3 or 4 days before cooking. Norfolk turkeys are considered the best ; the cock bird is usually selected for roasting.

Season for Poultry

The cost of poultry varies very considerably, being affected both by the season of the year and by the district in which it is purchased.

The following table shows when the various species are in season, when they are at their best and cheapest, how usually cooked, and their average weight (before cooking) :—

POULTRY. ."

Poultry.	In Season.	Best and Cheapest.	How usually Cooked.	Average Weight before Cooking.
				lb. ozs.
Chickens . .	At any time	July to Oct.	Roast	2 4
Ducklings . .	March to Sept.	May to July	"	2 0
Ducks . . .	Aug. to March	Sept. and Oct.	"	3 0
Fowls . . .	All the year	June to Oct.	Boiled	4 0
Geese . . .	Sept. to Feb.	Oct. and Nov.	Roast	10 6
Green Geese .	Aug. to Nov.	Sept.	"	2 0
Guinea Fowl .	Feb. to Aug.	Summer	"	2 8
Pigeons . .	All the year	March to Sept.	"	0 5
Turkeys . .	Sept. to March	Nov. to Jan.	"	10 0

BAKING

Baking is a very similar process to roasting ; the two often do duty for one another. As in all other methods of cookery, the surrounding air may be several degrees hotter than boiling water, but the food is not appreciably hotter until it has lost water by evaporation, after which it may readily burn. The hot air of the oven is greedy of water, and evaporation is great, so that ordinary baking (i.e. just shutting the food into a hot-air chamber) is not suited for anything that needs moist heat.

To test the heat of an oven special thermometers are made. For poultry and game the temperature should be about 300° Fahr. The heat may be tested with flour, which takes every shade, from coffee colour to black, when sprinkled on the floor of the oven. Experienced cooks test very accurately by means of the hand.

The hot air of the oven sometimes imparts disagreeable flavours to the things cooked ; but this can be avoided by keeping the oven scrupulously clean and having it well ventilated.

Should the oven be very brisk, it will be advisable to cover the bird with a piece of white paper, to prevent the flesh from being scorched outside before the heat can penetrate into the inside. This paper should be removed $\frac{1}{2}$ an hour before the time of serving dinner, so that the flesh may take a good colour.

BOILING

Boiling is generally thought to be the easiest method of cooking. Certainly nothing could be less troublesome than the simple process of boiling, and yet meat tough and flavourless, or boiled to rags, is the rule rather than the exception. Only sufficient water just to cover the meat should be used, and the saucepan must not be larger than is necessary just to hold the bird, etc. Success depends entirely upon the liquid in which the food is immersed, or partially immersed, being kept at a suitable temperature.

The temperature of boiling water at sea-level is 212° F. and 100° C.

Whether the water boils gently or is in a state of violent ebullition the temperature is the same, and anything immersed in that water will cook at an equal rate, although there will be a wide difference between the tender juicy flesh cooked at simmering-point and the tough stringy meat that has been quickly boiled, and which will be overdone outside and underdone inside.

Poultry and game should be put into warm water, and be simmered very slowly. The skimming must not be neglected, or the flesh will lose its whiteness. Cold water first and fast-boiling afterwards (the common way of cooking) is the worst possible way. If the meat is to be boiled for soup the object is to extract all the juice, the soluble albumen, and as much gelatine as may be, so that it should be cut up to multiply surfaces, put into cold water, and heated slowly to boiling-point. To attain contrary ends contrary means must, of course, be applied.

For boiling poultry or game, the softer the water is the better. When spring water is boiled the chalk which gives to it the quality of hardness is precipitated. This chalk stains the flesh, and communicates to it an unpleasant earthy taste. When nothing but hard water can be procured it may be softened by boiling it before it is used for culinary purposes.

The fire must be watched carefully during the operation of boiling, so that its heat may be properly regulated.

The time allowed for boiling must be regulated according to the size and quality of the bird. As a general rule, a $\frac{1}{4}$ of an hour or 20 minutes, reckoning from the moment when the boiling commences, may be allowed for every lb.

BRAISING

This is one of the most delicious ways of cooking birds, etc. Heat given below by means of the stove on which the braising-pan is placed, and heat above from the hot cinders with which the upper part of the vessel is filled, produces the effect that is obtained by first browning, then stewing.

The poultry or game to be cooked is placed in the pan with sufficient stock, or stock and wine, just to moisten it, and vegetables, seasoning, herbs and spice to flavour it thoroughly; then the lid is set on, and the whole may be left, as a stewpan, almost to take care of itself, except for occasional basting. The vegetables, etc., are to help form and flavour the gravy, and when dry birds are cooked in this way they may be larded with advantage, the larded side being uppermost; crispness to the lardoons will be given by the heat above.

Delicate birds should be covered with greased paper to prevent them from being scorched by the heat from the lid.

The gravy obtained by this method of cookery should be strained, a little browning, thickening and seasoning added if necessary, and served poured over the meat.

FRYING

Frying has been described as boiling in fat. It is not a correct phrase, because the fat is not boiled, and the thing fried is not always immersed in fat. Frying is the quickest method of cooking, because melted fat or oil can be brought to a high temperature and, by contact with it, the food is very quickly and very much heated. All fried food is heated beyond boiling-water point on its surface; if the frying is prolonged the meat is overheated throughout, so that this method is not fitted for food that should be slowly cooked at a low temperature, such as tough old fowls.

The point to which fats or oils may be heated varies, some burning much more readily than others. About 350° to 400° F. is a suitable temperature; it can be higher; it should sometimes be lower for things that need slow cooking, but it is usually better to begin at a high temperature and lower it afterwards. The temperature is always lowered by putting in the cold things to be cooked, to a degree determined by the relative quantity of fat and food, and by the sort of food.

FRYING POULTRY

The temperature can be taken accurately with a thermometer constructed specially for the purpose, or it can be taken approximately by several homely devices.

1. Drop in a few drops of water. If the fat bubbles thereupon, it must be hotter than 212° F. ; if it bubbles smartly it is over 300° F.

2. Drop in a piece of bread and take it out at the end of $\frac{1}{2}$ a minute. If the bread is crisp the fat is about 350° F. or more.

3. Parsley that becomes crisp immediately it is dropped in means fat at 350° F. or more.

4. The more violent the bubbling when anything is put in the hotter the fat.

5. A thin, filmy, blue smoke rises when the fat is fit for frying, and then becomes thicker until the fat is burning, when there is a cloud.

6. Fat, unless it has left off bubbling and is quite still, is never hot enough to fry.

These rules are true of all fat, and more or less of all frying. But there are two ways of frying, known to cooks as DRY FRYING, and FRYING IN DEEP FAT ; the second method being also known as " French frying." The former is more common ; the latter is more economical, and produces better results.

Deep Frying, or frying in a saucepan, means that there must be fat enough to cover what is fried, and a pan deep enough to contain it. It is economical, for the fat can be used over and over again, and, if sufficiently hot, does not soak into the food fried, which consequently comes out quite dry and without any of the greasy moisture of frying-pan cookery. In the long run, less fat is used than for ordinary dry frying ; though, of course, there is a greater outlay to begin with.

A steel or aluminium saucepan must be used, as the heat of the fat melts the solder of a tin pan ; it is a good plan to keep one for the purpose.

Frying baskets should be used for all delicate frying to do away with the need for much handling, and to lift all the things out at the same moment. Failing a basket, an iron spoon or slice may be used, but not of tin or Britannia metal, as they would melt. As the basket always expands with heat, it should not be a very tight fit for the pan.

Dry Frying is so called because of the small amount of

fat used, not because of the dryness of what is fried, for things fried this way are very apt to be greasy. Sometimes the frying is so "dry" that only just fat enough is used to prevent the meat from sticking to the pan, just as the bars of a grid-iron are greased. The iron pan is heated, and the meat is cooked by heat directly communicated from the hot iron. Such frying, in fact, is an imitation of grilling, and usually an unsuccessful imitation. There should always be at least enough fat to cover the surface of the pan, and it always should be made as hot as possible without burning, before beginning to fry.

WHATEVER AND HOWEVER YOU FRY, FIRST HEAT THE FAT.

Many things that are fried are previously covered with egg and breadcrumbs, or flour and milk or batter, in order that a crust may be formed round them to keep the juice in and the fat out. The essential thing is to cover them completely and leave no crack.

GRILLING

The rules for grilling remain the same always. A hot fire at first, with a hot gridiron well greased. Frequent turning. No holes made in the surface, nor cuts to see if the meat is cooked.

The bird must be turned frequently so that it may be heated all over and not merely on one side. Tongs are sold to turn it over with, because they cannot be used to stick into the meat and make holes for the juice to run out, but a knife or spoon or a fork answers just as well in the hands of a cook who knows the reason why a blunt instrument is recommended.

ROASTING

This is the favourite British method of cookery. The waste in roasting is great; from a third to a quarter of the total weight of a bird is lost, only a small part being recoverable in the gravy or dripping. Furthermore, it is a method only suited to the tender parts of meat, poultry, game, etc. As in grilling, the object is to harden the surface albumen and so imprison the juices. This can only be done by making it very hot for a short time: the heat must afterwards be lessened by cooling the oven. The fire must be clear, brisk and steady, and no fierce heat, except for the

preliminary period, while the surface albumen is being hardened. The larger the bird the smaller the fire, lest the flesh should be burnt outside before it is cooked enough, but it should always be hot **FIRST**, and cool afterwards. In a perfectly-roasted joint, the outside albumen should be thoroughly hardened, but inside it should only reach the moderate heat that just coagulates the albumen and swells and softens the fibrine ; cooked more than this, the fibre becomes hard and separates into bundles that resist teeth and digestive organs. It is a sign of good meat and of good roasting to lose little in weight.

Baste the bird every 10 minutes ; this helps the cooking, keeps the meat juicy, and improves the flavour.

In each particular recipe there is stated the time required for roasting ; but, as a general rule, it may be here noted that for every pound, fifteen to twenty minutes should be allowed, and fifteen minutes over.

STEWING

Stewing almost invariably requires a heat much below that of boiling water : 165° F. is about stewing-point. Whatever is stewed parts with much of its goodness to the surrounding liquor, which should not, therefore, be wasted. Less liquid is used than in boiling. Stewing is a method particularly suitable for gelatinous meat, such as knuckles, heads and feet, and for all tough, fibrous meat, because long-continued, moderate heat, with moisture, is the best way of bringing gelatine and tough fibre into eatable condition. Stewing is the cheapest method of cooking for several reasons. Little heat is required ; therefore little fuel is used. Nothing is wasted ; whatever goes into the pot comes out, and very little attention is needed while cooking. In order that all the juices may not be extracted from the meat it is sometimes fried before stewing ; this gives it a good colour, and also hardens the surface albumen and prevents the soluble matters from escaping. A stew should not bubble and boil ; it should stand by the side of the stove, and should never do more than bubble occasionally and leisurely at one side of a large pan. The scum must be removed from time to time. Special saucepans for stewing are obtainable at very moderate prices, but casseroles and fireproof glass dishes are very hard to surpass.

A common mistake is to put in too much liquid. The raw meat supplies some liquid by its own juices, and many cooks do not sufficiently realize that at the moderate heat of stewing there is little waste by evaporation.

According to the quality of the meat so must the heat of the water used for stewing be regulated. For hard, gristly parts, or for an old fowl, cold water to start with is best, but it may be brought to boiling-point before a first-class bird is put in.

LARDING

Dry poultry and game are far better if larded, and with very little practice larding will not be difficult.

Bacon sold specially for the purpose must be sliced thinly, not more than a $\frac{1}{4}$ of an inch thick, and this must be again cut in strips, about 3 to the inch for a large surface, or narrower for a small bird. The lardoons must then be put into the split end of the needle and drawn through the flesh as we should draw an ordinary cotton thread, leaving equal quantities projecting where the needle enters and is drawn out.

The usual length for lardoons is from $1\frac{1}{2}$ to 2 in., but long strips may be used run in and out again several times as we use cotton, but this is more difficult, particularly in hot weather, when the bacon is apt to get soft and to break. It should be always kept in a cool place to render it hard and firm, and if it can be laid on ice for a time so much the better. A guinea-fowl should be larded, and the breast of a turkey is better for being so treated.

When the larding is completed, if the pieces look at all ragged, they may be snipped with a sharp pair of scissors.

BARDING

consists of placing thin slices of larding bacon with little incisions in them completely to cover that which should be otherwise larded. The bacon may be left on baked or roast articles when the bird is sent to table, when if a little glaze is at hand it should be brushed over with it, but it should be removed from boiled foods. A string should be used to tie these sheets of bacon upon the article barded. This way of treating poultry and game saves time in the basting that must otherwise be done.

THE COOK'S TIME-TABLE

When consulting this table the following facts must be borne in mind:—

In every instance the times allowed for Cooking have been estimated by good average heat, properly kept up and suitable for each particular thing.

That during roasting or baking the birds, etc., have been carefully basted and looked after.

That in boiling the times stated have been after the water boils, and that the skimming has not been neglected.

TIMES TO ALLOW FOR COOKING POULTRY AND GAME BY VARIOUS METHODS.

NAME.	HOW COOKED.	SIZE OR QUANTITY.	TIME.	NAME.	HOW COOKED.	SIZE OR QUANTITY.	TIME.
			h. m.				h. m.
Blackcock .	Roasted	Large	0 50	Guinea Fowl	Roasted	Medium	1 0
Duckling .	Roasted	Medium	0 35	Larks . .	Baked	1 doz.	0 15
Duck . .	Roasted	Large	1 0	Pigeon . .	Grilled	Medium	0 15
Duck (Wild)	Roasted	Medium	0 25	Pigeon . .	Stewed	Medium	0 30
Fowl . .	Boiled	Large	1 0	Rabbit . .	Boiled	Medium	0 40
Fowl . .	Boiled .	Medium	0 45	Rabbit . .	Roasted	Large	0 50
Fowl . .	Roasted	Medium	0 50	Turkey . .	Boiled	Medium	1 45
Goose . .	Roasted	Large	1 50	Turkey . .	Roasted	Large	2 40
Goose . .	Roasted	Small	1 25	Plover . .	Roasted	Medium	0 12
Grouse . .	Roasted	Medium	0 30	Ptarmigan .	Roasted	Medium	0 35
Hare . .	Jugged	Medium	3 30	Quail . .	Roasted	Medium	0 25
Hare . .	Roasted	Large	1 55	Snipe . .	Roasted	Medium	0 20
Leveret .	Roasted	Medium	0 45	Teal . .	Roasted	Medium	0 12
Partridge .	Roasted	Medium	0 30	Venison }	Roasted	Large	4 30
Pheasant .	Roasted	Large	0 50	Haunch }	Roasted	Small	3 0
Green Goose	Roasted	Medium	0 50	Woodcock .	Roasted	Medium	0 25

OVEN TEMPERATURES.

OVEN.	TEMPERATURE.	WILL BROWN A TABLESPOONFUL OF FLOUR IN
Slow oven	270° to 280° F.	5 minutes
Moderate oven	290° to 300° F.	4 ..
Hot oven	330° to 350° F.	3 ..

CHAPTER II

RECIPES FOR COOKING POULTRY

CAPON CHAUDFROID. (*Chaufroid de Chapon.*)

Boil a ready trussed capon in seasoned white stock. Drain and let it get cold, then untruss and mask completely with White Chaudfroid sauce (p. 119). Decorate tastefully with fancifully-cut slices of truffle, then mask with a thin layer of aspic jelly. Dish up, insert 1 or 2 hatchet skewers, garnish with salad, and serve.

This should be sufficient for 5 or 6 persons.

CAPONS AND POULARDES, TO DRESS.

The male fowl, the capon, and the female bird, the poularde, are both, by treatment while young, made incapable of generating, with the result that their size is increased, and they become fatter than ordinary fowls. The flavour of the poularde is considered more delicate than that of the capon, but the latter is the larger bird. They may be dressed, according to the directions given for cooking chickens and fowls.

CHICKEN À LA MARENGO. (*Poulet sauté à la Marengo.*)

Have ready 1 chicken, $\frac{1}{4}$ of a pint of salad-oil, 1 pint of Espagnole sauce (p. 120), the pulp of 2 ripe tomatoes, $\frac{1}{2}$ a glass of sherry (optional), 1 dozen preserved mushrooms, 6 stoned olives, 1 truffle, salt and pepper, and a few fleurons (i.e. half-moon or crescent-shaped pieces of puff pastry, or croûtes of fried bread) for garnish.

Divide the chicken into neat pieces, and fry them in salad-oil until nicely browned, then drain well and pour away the oil. Heat up the Espagnole sauce with the tomato pulp, replace the chicken in the stewpan, add the sherry (if used), mushrooms

and olives whole, the truffle cut into large pieces, and simmer gently for $\frac{1}{2}$ of an hour, or until the chicken is tender. When done, pile in the centre of a hot dish, strain the sauce over, and garnish with the mushrooms, olives and truffle. Place a few fleurons round the dish.

This should be sufficient for 3 or 4 persons.

Note.—Chicken is obtainable at any time. Spring chickens are in season from April to June.

CHICKEN, BOILED À LA TURQUE. (Poulet bouilli à la Turque.)

To 1 chicken or fowl, allow $\frac{1}{2}$ a lb. of boiled rice, $\frac{1}{2}$ a pint of Tomato sauce (p. 124), 1 oz. of butter, 1 teaspoonful of corn-flour, 1 finely-chopped shallot, salt and pepper.

Boil the chicken and cut it into neat joints. Melt the butter, fry the shallot slightly, add the tomato sauce, and when thoroughly hot put in the pieces of chicken, and simmer very gently for 25 minutes. A few minutes before serving add the corn-flour previously blended with a little cold water. Arrange the chicken in a border of boiled rice, and strain the sauce over.

This should be sufficient for 5 or 6 persons.

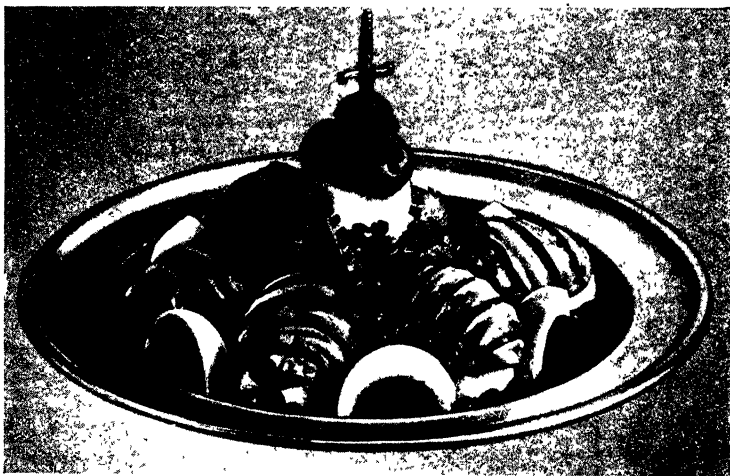
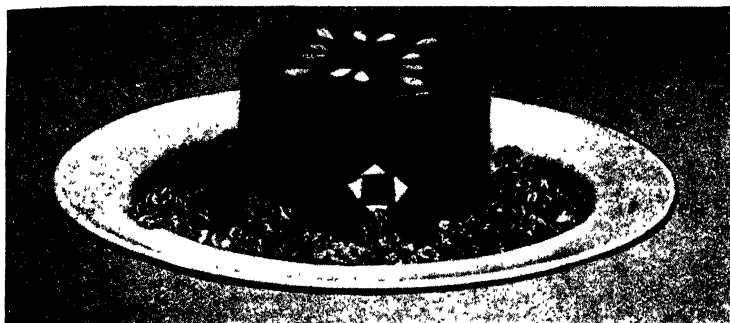
CHICKEN BOMBS. (Petites Bombes de Volaille.)

With $\frac{1}{2}$ a lb. of raw chicken, take 1 oz. of flour, $\frac{1}{2}$ an oz. of butter, $\frac{1}{2}$ a gill of water, 1 egg, 2 tablespoonfuls of cream or milk, chopped parsley, salt and pepper and $\frac{1}{2}$ a pint of Béchamel sauce (p. 117).

Pass the chicken two or three times through a mincing machine, or chop it finely. Melt the butter in a small stewpan, stir in the flour, add the water, boil well, then turn the panada or culinary paste on to a plate to cool. Pound the chicken in a mortar until smooth, adding the panada gradually, and then the egg. Season to taste, and rub through a fine wire sieve. Have ready the bomb moulds thickly coated with clarified butter, and sprinkle their entire surface with chopped parsley. Add the cream or milk. If cream is used whip slightly before adding. Pipe the mixture into the moulds. Place them in a stewpan containing boiling water to about half their depth cover with a buttered paper, put on the lid, and cook gently for 20 or 25 minutes. Arrange them in two rows on a hot dish pour the hot sauce round, and serve.

This should be sufficient for 10 or 12 bombs.

ENTRÉES OF POULTRY AND GAME



1. Chicken Mould (Cold) 2. Quenelles of Quail (Cold).
3. Braised Fillets of Duckling in Paste Border.

ENTRÉES OF POULTRY



1. Chaud-froid of Chicken 2. Chicken Quenelles and Peas.
3. Fricassée of Chicken.

CHICKEN BROTH. (Bouillon de Volaille.)

Procure 1 stewing chicken or small old fowl, and take 2 quarts of cold water, 1 small onion, 1 teaspoonful of finely-chopped parsley, 1 blade of mace, 1 tablespoonful of rice (this may be omitted), salt and pepper.

Cut the chicken into small pieces, break the bones, scald and sk~~in~~ the feet and gizzard, and wash the neck and liver. Put these into a stewpan, add the water and $\frac{1}{2}$ a teaspoonful of salt, bring to the boil, and skim. Add the onion and mace, and cook slowly for 3 hours. Strain, return to the stewpan, bring to the boil, sprinkle in the rice, and simmer for 20 minutes. Add the parsley, season to taste, and serve.

This should be sufficient for 5 or 6 persons.

CHICKEN BROTH À LA CHIFFONADE.

(Consommé de Volaille à la Chiffonade.)

Take a small fowl, 3 quarts of white stock, 3 oz. of butter, 2 leeks, a bouquet-garni (parsley, thyme, bay-leaf), 1 long lettuce, a handful of sorrel, $\frac{1}{2}$ a handful of chervil, pepper and salt.

Cut the fowl into small joints, put 2 oz. of butter in a stewpan, when hot put in the pieces of chicken, season with salt and pepper and fry slightly brown, add the stock, boil up and skim. Next add a small bunch of parsley, the bouquet-garni, and the leeks (previously dressed). Simmer gently for about 2 hours. Wash the sorrel, chervil and lettuce (use the tender leaves only of the latter), cut all these vegetables into very fine strips, put them together with 1 oz. of butter in a stewpan, stir gently over a fire for 10 minutes, then add some of the broth, skim and cook for about 15 minutes. Strain the remainder of the broth into this and season to taste. Cut some neat pieces of chicken and put into a tureen, pour in the soup, and serve as hot as possible.

This should be sufficient for 8 persons.

CHICKEN CANNELONS. (Cannelons de Volaille.)

Prepare some chicken croquette mixture (p. 15) and rough puff-paste, and take an egg, breadcrumbs, frying-fat and parsley.

Roll out the paste as thinly as possible, and cut it into $1\frac{1}{4}$ or $1\frac{1}{2}$ -inch squares. Place a little chicken mixture in the centre of each square, and roll up rather tightly. Coat them carefully

with egg and breadcrumbs, fry in hot fat until lightly browned (about 5 minutes), then drain well, and serve garnished with crisply-fried parsley.

Allow 2 or 3 cannelons to each person.

CHICKEN, COLD, GARNISHED. (*Chaufroid de Volaille.*)

To 2 cold boiled fowls, allow 1 pint of Béchamel (p. 117) or Suprême sauce (p. 123), $\frac{1}{2}$ a pint of aspic jelly, 1 oz. of gelatine. For garnish: dressed salad, truffle, chilli and aspic jelly.

Divide the chickens into pieces of convenient size, skin and trim them neatly. Dissolve the gelatine, previously soaked, in a little cold water, add it to the warm Béchamel sauce, stir until cool, then pour it carefully over the pieces of chicken. Decorate with fancifully-cut pieces of truffle and chilli, and when the sauce is quite set, coat with cold liquid aspic jelly, pouring it carefully over each piece with a tablespoon. Arrange in a pyramid on a bed of dressed salad, and garnish with slices of cucumber, tufts of endive and cubes of aspic.

This should be sufficient for 9 or 10 persons.

Note.—Considerable variety may be introduced by using Tomato, Espagnole, and Green *Chaufroid* sauces (*see* Sauces), the combination of green and white, and brown and red being particularly effective.

CHICKEN CREAM. (*Crème de Volaille.*)

Have ready $\frac{1}{2}$ a lb. of raw chicken free from bone and skin, $\frac{1}{2}$ of a pint of thick Béchamel sauce (p. 117), $\frac{1}{8}$ of a pint of double cream, 1 egg, truffles, salt and pepper.

Chop the chicken meat finely, pound it in a mortar until smooth, adding the egg and white sauce gradually, and pass the ingredients through a wire sieve. Whip the cream stiffly, stir it lightly in, and season to taste. Turn the mixture into 1 large or 6 or 7 very small buttered moulds and steam gently until firm (from 25 to 30 minutes). Dish up and sauce over. Serve garnished with truffles, and send a sauce-boat of Béchamel or other suitable sauce to table separately.

This should be sufficient for 6 or 7 persons.

CHICKEN CREAMS] (Cold). (*Crèmes de Volaille à la Gelée.*)

To $\frac{1}{2}$ a lb. of cooked chicken free from skin and bone, allow 2 tablespoonfuls of white sauce, 1 tablespoonful of sherry

(optional), $\frac{1}{2}$ a gill of cream, $\frac{1}{2}$ a pint of aspic jelly, 4 sheets of gelatine and some dressed salad. For coating the moulds: aspic jelly, cream, small green peas, truffle, chilli, or other decoration.

Coat the moulds thinly with aspic jelly, decorate them tastefully with truffle, or whatever is preferred, set with aspic jelly, then line with aspic cream, made by combining cold liquid aspic jelly and cream in equal quantities. Chop the chicken finely, pound in a mortar until smooth, adding seasoning, white sauce, and sherry (if used) by degrees. Rub through a fine wire sieve, then add the nearly cold aspic jelly (in which the gelatine must have been previously dissolved), and the cream stiffly whipped, mix all lightly but thoroughly together, and turn into the moulds. When cold serve on a bed of dressed salad.

This should be sufficient for 8 or 10 small moulds.

CHICKEN CREPINETTES. (*Crepinettes de Volaille.*)

With 4 oz. of cooked chicken, take 2 oz. of cooked ham, 4 button mushrooms, 1 truffle, 1 yolk of egg, 2 or 3 tablespoonfuls of thick white sauce, salt and pepper, pig's caul, $\frac{1}{4}$ of a pint of Brown sauce (p. 118) and some purée of spinach or peas.

Cut the chicken, ham, mushrooms, and truffle into shreds about 1 inch in length, add the yolk of egg to the hot sauce, season to taste, put in the shredded ingredients, stir by the side of the fire for a few minutes, then put aside until cold (this is called the *Salpicon*). Wash the caul in salt and water, dry it, and cut it into 4-inch squares. Enfold a dessertspoonful of the mixture in each piece of caul, form into a round shape, and either bake them in the oven for about 6 minutes, and brush them over with warm glaze, or coat them with egg and bread-crumbs, and fry in hot fat. Serve on a bed of spinach or purée of green peas, and pour the sauce round.

This should be sufficient for about 4 or 5 persons.

CHICKEN CROQUETTES. (*Croquettes de Volaille.*)

Have ready 6 to 8 oz. of cold chicken or fowl (boned), 2 oz. of cooked ham or tongue, $\frac{1}{4}$ of a pint of stock, 1 oz. of butter, 1 oz. of flour, 1 tablespoonful of cream or milk, 1 teaspoonful of lemon-juice, 6 button mushrooms, 1 truffle, egg, bread-crumbs, frying-fat, salt and pepper.

Chop the chicken and ham or tongue finely, cut the mush-

RECIPES FOR COOKING POULTRY

rooms and truffle into small pieces. Melt the butter, fry the flour without browning, add the stock, and cook well. Stir in the chicken, ham or tongue, cream or milk, lemon-juice, mushrooms and truffle, season with salt and pepper, and turn on a plate to cool. Make into cork-shaped croquettes, coat carefully with egg and breadcrumbs, and fry until lightly browned in hot fat.

This should be sufficient for about 6 persons.

CHICKEN, CURRIED. (Kari de Volaille.)

To 1 chicken, allow $\frac{3}{4}$ of a pint of white stock, 2 oz. of butter, 1 tablespoonful of curry-powder, 1 dessertspoonful of flour, 1 teaspoonful of curry-paste, 1 dessertspoonful of desiccated or fresh coco-nut, 1 dessertspoonful of chutney, 1 tablespoonful of lemon-juice, 2 tablespoonfuls of cream or milk, 1 apple, 1 onion, salt and some cooked rice.

Divide the chicken into neat joints, and fry them lightly in hot butter. Remove them from the stewpan, put in the onion minced, fry for 2 or 3 minutes without browning, add the flour and curry-powder, stir and cook for a few minutes, then pour in the stock and stir until boiling. Replace the chicken in the stewpan, add the curry-paste, coco-nut, chutney, sliced apple, lemon-juice, and salt to taste, cover and cook very gently for about $\frac{3}{4}$ of an hour if the bird is young, or until the flesh of an older bird is tender. Arrange neatly, add the cream or milk to the sauce, and strain over the chicken. The rice should be handed separately.

This should be sufficient for 5 persons.

CHICKEN CUTLETS. (Côtelettes de Volaille.)

With $\frac{1}{2}$ a lb. of cold chicken, take $\frac{1}{4}$ of a pint of white sauce, 1 oz. of butter, $\frac{1}{2}$ an oz. of flour, 1 egg, $\frac{1}{2}$ a shallot finely chopped, seasoning of salt and pepper, nutmeg, egg, breadcrumbs, frying-fat.

Chop the chicken finely. Fry the shallot and flour in the butter without browning, add the sauce, and boil well. Put in the chicken, add nutmeg, salt and pepper to taste, stir over the fire until thoroughly hot, then add the egg, and cook the ingredients for 2 or 3 minutes longer. Cool the mixture; when firm, shape into cutlets, egg and crumb them, and fry in deep fat. Drain well, arrange them in a close circle on a dish-paper, garnish tastefully with fried parsley, and serve hot; 2 to 3 oz. of

lean ham, finely-chopped, may be added to the chicken if liked.

This should be sufficient for about 7 persons.

CHICKEN, DEVILLED. (*Poulet à la Diable.*)

To the remains of a cold roast or boiled chicken, allow a little butter or frying-fat and fried parsley. For the devilled butter, take $1\frac{1}{2}$ oz. of butter, 1 teaspoonful of chutney, $\frac{1}{2}$ a teaspoonful of anchovy-essence or paste, $\frac{1}{2}$ a teaspoonful of lemon-juice, a good pinch of cayenne.

Knead the ingredients for devilled butter together on a plate, and rub them through a fine sieve. Cut the chicken into neat joints, remove all skin, and as much bone as possible, fry them in hot butter or fat until well browned, then sprinkle with salt. Spread each piece thickly with the prepared butter, garnish with crisply-fried parsley, and serve.

CHICKEN EN CASSEROLE. (*Poulet en Casserole.*)

With 1 chicken, take 4 to 6 oz. of streaky bacon, 2 oz. of butter, 1 shallot finely-chopped, 2 tablespoonfuls of coarsely-chopped mushrooms (preferably fresh), stock, 1 oz. of flour, salt and pepper.

Divide the chicken into neat joints. Heat 1 oz. of butter in a casserole just large enough to hold the chicken, and fry in it the bacon cut into strips. Then put in the chicken, add the shallot and mushrooms, cover, and cook slowly. Turn the pieces over, and when both sides are nicely browned, add stock barely to cover, and season to taste. Knead the flour and the remaining oz. of butter together, and add the mixture in small pieces, about 15 minutes before serving. The chicken should be served in the casserole, but it may, if preferred, be turned on to a hot dish.

This should be sufficient for 4 or 5 persons.

CHICKEN, FILLET OF, STEAMED. (*For Invalid.*)

Remove the breast or wings of 1 chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well-buttered soup plate. Have ready a saucepan of boiling water, put the plate on the top of it, cover with another plate or basin, and cook very gently for about an hour. Serve with its own gravy.

CHICKEN FOR INVALIDS. (*See Chicken Broth*, p. 17; *Chicken Cream*, p. 18; *Chicken, Fillet of, Steamed*, p. 21; *Chicken Ramakins*, p. 30; *Chicken Soufflé*, p. 34; *Chicken Panada*, p. 28, etc.)

CHICKEN FORCEMEAT. (*Farce de Volaille.*)

Take $\frac{1}{2}$ a lb. of raw chicken free from bone, 1 oz. of flour, 1 oz. of butter, 1 egg, $\frac{1}{2}$ a gill of chicken stock, nutmeg, salt and pepper.

Melt the butter, stir in the flour, add the stock, boil well, and let the panada or culinary paste cool slightly. Cut up and pound the chicken meat in the mortar until smooth, adding the egg, and the panada by degrees. Season to taste, rub through a fine wire or hair sieve, and use for quenelles, cutlets, boudins, bombes, timbales, etc. Before moulding or shaping the farce, its consistency should be tested, and if found too firm a little cream or milk may be added.

CHICKEN FRICASSÉE. (*Fricassée de Volaille.*)

To 1 boiled chicken, take 1 pint of Béchamel sauce (p. 117), $\frac{1}{2}$ a gill of cream or milk, 1 egg, the juice of 1 lemon, salt and pepper, truffle or cooked green peas for garnish, potato border (optional).

Cut the chicken before it is quite cold into neat joints. Make the sauce as directed, put in the pieces of chicken, let them remain until thoroughly hot. Add the egg and cream or milk previously blended, and stir by the side of the fire until the sauce thickens, without boiling. Season to taste, add the lemon-juice, arrange neatly on a hot dish, and strain the sauce over. The dish may be garnished with truffle or peas, and the fricassée served in a border of mashed potato.

This should be sufficient for 5 or 6 persons.

CHICKEN FRIED IN BATTER. (*Fricandelles de Volaille.*)

Prepare some chicken mixture as for *Chicken Croquettes* (p. 19), and have ready egg, breadcrumbs and frying-fat. For the batter, take 4 oz. of flour, $\frac{1}{2}$ a pint of milk, 1 egg, 1 saltspoonful of salt and a few sprigs of parsley.

Make the chicken mixture as directed. Mix the flour, milk, egg and salt into a smooth batter, and prepare some very thin

pancakes. As each one is fried, spread the meat preparation over one side and roll up tightly. When cold, cut across into two or three pieces about $1\frac{1}{2}$ inches in length, coat with egg and breadcrumbs, and fry in deep fat. Drain well, and serve garnished with fried parsley.

This should be sufficient for 7 or 8 persons.

CHICKEN GRILLED WITH MUSHROOM SAUCE.

(*Poulet grillé aux Champignons.*)

To 1 chicken, allow $\frac{1}{2}$ a lb. of lean raw ham, $\frac{1}{2}$ a pint of Espagnole sauce (p. 120), 2 dozen button mushrooms, salad-oil or oiled butter and a croûton of fried bread.

Divide the chicken into pieces convenient for serving. Make the sauce as directed, add to it the mushrooms, season to taste, and keep hot until required. Cut the croûton to fit the dish, and fry it until lightly browned in hot fat. Cut the ham into short pieces, and fry it. Brush the pieces of chicken over with salad-oil or oiled butter, and grill them over or in front of a clear fire about 15 minutes. Arrange neatly on the croûton, strain the sauce round, and garnish with groups of mushrooms and ham.

This should be sufficient for 4 or 5 persons.

CHICKEN À L'ITALIENNE. (*Poulet à l'Italienne.*)

(*See Chicken with Italian Sauce, p. 36.*)

CHICKEN JELLY. (*Gelée de Volaille.*)

Cut 1 chicken or fowl into small pieces and put them into a stewing-jar with about 1 pint of water and a little salt and pepper, and cook it in a moderately cool oven for about 2 hours. Cut the flesh off the breast, wings and legs in thin slices, replace the bones and trimmings in the stew-jar, and cook as rapidly as possible on the stove for about $\frac{1}{2}$ an hour. Meanwhile arrange the slices of chicken in a mould or pie-dish, leaving a space at the sides, and as much space as possible between the layers, to be afterwards filled with stock. When the stock is ready, strain it, season to taste, let it cool slightly, and pour it over the chicken.

Turn out when cold and firm, and serve as a breakfast or luncheon dish.

This should be sufficient for 1 mould of medium size.

CHICKEN KROMESKIS. (Cromesquis de Volaille.)

Make a salpicon as directed for **Chicken Croquettes**, p. 19, and take as many small very thin slices of bacon as there are cork-shaped pieces of the mixture. For the batter, take 2 tablespoonfuls of milk, 3 tablespoonfuls of flour, 1 tablespoonful of salad-oil or oiled butter, 1 egg, salt, frying-fat and a few sprigs of parsley.

Mix the above ingredients into a smooth batter, and add to it 1 saltspoonful of salt.

Wrap each piece of the chicken mixture in a slice of bacon, dip into a light batter prepared from the above-named ingredients, and fry in a deep pan of hot fat. Drain, and serve garnished with parsley.

This should be sufficient for about 6 persons.

CHICKEN LEGS AS CUTLETS. (Cuisses de Volaille en Côtelettes.)

Have ready chickens' legs, slices of bacon, stock, Espagnole sauce (p. 120), 2 onions sliced, 2 carrots sliced, 1 small turnip sliced, 8 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), glaze, salt and pepper.

Remove the thigh bones, but leave the drumstick, season the legs with salt and pepper, and fold the skin under. Shape as much like a cutlet as possible, enfold each leg in a piece of muslin, and fasten securely. Put the vegetables, bouquet-garni and peppercorns into a stewpan, nearly cover them with stock, and lay the legs on the top. Cover each one with a slice of bacon, place a greased paper over the whole, put on a close-fitting lid, and cook gently for about 1 hour. Remove the muslin and serve with the sauce poured over, or they may be glazed and have the sauce poured round. If preferred, the legs may be enclosed in a pig's caul, instead of muslin, in which case they should be browned in a hot oven, and glazed before serving.

Allow 1 leg to each person.

CHICKEN LIVER PATTIES. (Pâtés de Foie de Volaille.)

Take some chicken livers, butter, Brown sauce (p. 118), rough puff-paste, egg, salt and pepper.

Remove the gall and wash and dry the livers, cut them into

rather small pieces, and toss them in hot butter over the fire for about 5 minutes. Have ready some patty-pans lined with thinly rolled out paste, fill them with liver, season highly with salt and pepper, and add a little brown sauce. Cover with paste, brush over with beaten egg, and bake in a moderately hot oven for about 20 minutes, and serve either hot or cold.

Allow 1 patty to each person.

CHICKEN LIVERS ON TOAST. (*See Chickens' Livers, Devilled, p. 33.*)

CHICKEN MAYONNAISE. (*Mayonnaise de Volaille.*)

With 1 cold boiled chicken or fowl, take $\frac{3}{4}$ of a pint of Mayonnaise sauce (p. 121), $\frac{1}{4}$ of a pint of aspic jelly, dressed salad, endive and cucumber for garnish.

Cut up the chicken into small joints, remove all the skin and ends of bones, and shape the pieces as neatly as possible. Dissolve the aspic jelly; when cool enough, add it to the mayonnaise sauce and mask the chicken. To facilitate the masking process place the pieces of chicken on a wire tray and pour over the sauce carefully by means of a tablespoon. When the sauce is set, decorate tastefully with truffle and chervil, and mask with a thin layer of liquid aspic. Arrange neatly on a dish on a bed of dressed salad, and garnish the side of the dish with sprigs of endive, slices of cucumber and blocks of aspic jelly.

This should be sufficient for 5 or 6 persons.

CHICKEN MAYONNAISE SANDWICHES.

Take some cold cooked chicken or ham, Mayonnaise sauce (p. 121), watercress, or mustard and cress and a few very small rolls.

Wash and dry the cress thoroughly, and remove the stalks. Shred the chicken and ham finely, season with pepper, and moisten with mayonnaise sauce. Scoop the crumb from the rolls, put in a little of the chicken mixture, add a layer of cress, then a little more chicken mixture, and replace the lid.

CHICKEN MEDALLIONS. (*Médallions de Volaille.*)

To the breast and wing portions of a large chicken or fowl, allow a little white stock, 2 eggs, $\frac{1}{4}$ lb. of ham, $\frac{1}{2}$ a pint aspic jelly, 1 gill of aspic cream, meat-glaze, walnuts, 4 oz. of cooked ox-tongue, some lemon-flavoured mayonnaise, salad, etc.

Flatten out the chicken or fowl, shape neatly, poach in white stock, and press. Trim these into rounds and cut similar rounds of hard-boiled white of egg and ham, then sandwich these together with aspic jelly and meat-glaze, then mask with aspic cream and decorate. Prepare a ham mousse, mixed with peeled and chopped walnuts and tongue, and set in a flat border mould coated with lemon-flavoured mayonnaise. Dress the medallions on this and decorate with salad, etc.

Allow 2 medallions for each person.

CHICKEN MINCED. (*Émincé de Poulet.*)

To each $\frac{1}{2}$ lb. of cold chicken, allow 1 oz. of butter, 1 oz. of flour, $\frac{1}{2}$ a pint of stock, poached eggs, salt and pepper.

Chop the chicken finely, boil the bones and trimmings for at least $1\frac{1}{2}$ hours, and use the stock for the sauce. Melt the butter, stir in the flour, add the stock and boil gently for 20 minutes. Season to taste, add the minced chicken, draw the stewpan aside, then let it remain until the contents are thoroughly hot, and serve garnished with neatly poached and trimmed eggs.

Allow about 1 lb. of chicken-meat and 5 or 6 eggs for 4 or 5 persons.

CHICKEN MINCED AND BREADED. (*Poulet au Gratin.*)

Take $\frac{1}{2}$ a lb. of coarsely-chopped cooked chicken, free from bone, 2 tablespoonfuls of finely-chopped cooked ham, $\frac{1}{2}$ a pint of Béchamel sauce (p. 117), breadcrumbs, butter, nutmeg, salt and pepper.

Mix the chicken and ham together, stir in the sauce, which should thoroughly moisten the whole, otherwise more sauce must be added. Season to taste, add a pinch of nutmeg, and turn the mixture into 6 or 8 well-buttered scallop shells. Cover lightly with breadcrumbs, add 2 or 3 small pieces of butter, bake in a moderately hot oven from 6 to 8 minutes until nicely browned, then serve.

This should be sufficient for 5 or 6 persons.

CHICKEN MOULD. (*A South African Luncheon Dish.*)

With 1 lb. of cooked chicken, allow 4 oz. of ham or lean bacon, 2 oz. of butter, $\frac{1}{2}$ of a pint of cream, 3 eggs, nutmeg, cayenne, salt, $\frac{3}{4}$ of a pint of Béchamel, or other suitable sauce (*see Sauces*).

Melt the butter, beat the eggs until light, and mix the two together. Chop the chicken and ham finely, pound them well, adding a little of the mixed egg and butter to moisten. When smooth add the cream stiffly whipped, the remainder of the egg mixture, and season to taste. Turn into a well-buttered mould or basin, steam gently from 30 to 35 minutes, and serve with a little sauce poured round and the remainder in a sauce-boat.

This should be sufficient for 5 or 6 persons.

CHICKEN OR GAME, COOKED AND MINCED.

To 4 oz. of cooked chicken or game, allow 1 oz. of butter, a small dessertspoonful of flour, 1 yolk of egg, 1½ gills of stock or milk, 1 tablespoonful of cream, 1 bay-leaf, or a fine strip of lemon-rind, nutmeg, salt and pepper.

Remove all skin and bone, cut the chicken or game into very small dice, and simmer the bones, trimmings, and bay-leaf in a little water for at least 1 hour. Strain; if necessary add milk to make up the 1½ gills, or, if more convenient, use milk entirely. Melt the butter in a stewpan, stir in the flour, add the stock, and boil for about 10 minutes. Add the prepared chicken; when thoroughly hot stir in the cream and yolk of egg previously beaten together, and season to taste with salt, pepper and nutmeg. Stir by the side of the fire for 2 or 3 minutes to cook the egg, then serve. This is particularly suitable for an invalid.

CHICKEN OR GAME FILLET, BAKED.

Remove the bones carefully from the breast or wings of a chicken, keeping the fillets as intact as possible, sprinkle them lightly with salt and pepper, and place them on a buttered baking-tin. Cover with a buttered paper, and bake in a moderate oven from 15 to 20 minutes. This is suitable for an invalid. If liked and allowed, serve with a little cooked spinach and good White sauce (p. 124).

CHICKEN OR GAME FILLET, GRILLED.

Remove the bones with a sharp knife from the breast or wings of a raw chicken, keeping the fillets as intact as possible. Season them lightly with salt and pepper, wrap them separately in well-buttered white paper, and grill over or in front of a clear fire. Turn two or three times during the process, which should occupy from 10 to 12 minutes. Suitable for an invalid. Serve plainly or with a little of any sauce liked or allowed.

CHICKEN PANADA. (Panade de Volaille.)

Take 4 to 5 oz. of raw chicken, $\frac{1}{2}$ a gill of cream or good white sauce, pepper and salt.

Pass the chicken freed from skin and bone two or three times through a mincing machine, then place it in a buttered jar, cover closely, stand the jar in a saucepan containing a little boiling water, and simmer gently for nearly 1 hour. Pound the chicken in a mortar, adding the liquid in the jar, season to taste, and pass the mixture through a wire sieve. Stir the cream or white sauce into the chicken preparation. If cream is used, whip it slightly before adding. Serve on toast or in ramakin cases. If preferred, the panada may be heated in a saucepan, and served on hot buttered toast.

This should be sufficient for 2 persons.

CHICKEN PATTIES. (Bouchées à la Reine.)

With 4 to 6 oz. of cold boiled chicken, allow 2 oz. of cooked ham, 6 button mushrooms, 1 truffle, 1 teaspoonful of lemon-juice, salt and pepper, $\frac{1}{4}$ of a pint of Béchamel sauce (p. 117), puff-paste and parsley.

When the paste has had the necessary number of turns, roll it out to a thickness of about $\frac{1}{2}$ an inch, and with a hot wet cutter of 2 $\frac{1}{2}$ inches diameter stamp out eight or nine rounds of paste. Brush these over with beaten egg, then make an inner ring to about half the depth of the paste with a cutter, 1 inch in diameter, previously dipped in hot water. Bake them in a hot oven for 20 or 25 minutes, then remove and take care of the tops, scoop out the soft inside, and keep the patties warm until required. Meanwhile chop the chicken and ham not too finely, cut the mushrooms and truffle into small dice, and mix all together. Have the Béchamel sauce ready in a stewpan, add to it the chicken preparation, season with salt and pepper, put in the lemon-juice, and stir the mixture over the fire until thoroughly hot. Fill the cases, put on the lids, and serve, garnished with tufts of fresh or fried parsley.

This should be sufficient for 8 or 9 patties.

CHICKEN PIE. (Pâté de Volaille à l'Anglaise.)

To 1 large or 2 small chickens, allow $\frac{1}{2}$ a lb. of ham or bacon, 2 hard-boiled eggs, veal forcemeat balls (p. 116), $\frac{3}{4}$ of a pint of chicken stock, 1 yolk of egg, puff-paste, and seasoning of salt and pepper.

Divide the chickens into neat joints, cut off the legs and wings at the first joint, and boil these with the backbones, necks and gizzards for about 2 hours, then strain and use for stock. Parboil the livers, chop them very finely, and mix them with the forcemeat. Cut the ham into strips, and the eggs into sections or slices. Place the pieces of chicken and the prepared ingredients in a pie-dish in layers, season carefully with salt and pepper, three parts fill the dish with stock. Roll out the paste, cover the pie-dish with it, ornament, and brush over with yolk of egg. Bake from $1\frac{1}{4}$ to $1\frac{1}{2}$ hours, in a quick oven, until the paste has risen and set, and then more slowly. Before serving, add the remainder of the hot stock to the pie. If preferred, the bones may be removed and the pieces of chicken stuffed with sausage-meat, or the veal forcemeat may be used for this purpose instead of being made into balls. See also the forcemeat used in making **Lark Pie**.

This should be sufficient for 7 or 8 persons.

CHICKEN POTTED. (*Terrine de Volaille.*)

To every lb. of the remains of cold roast chicken, allow 3 oz. of cooked ham, 4 oz. of butter, nutmeg, clarified butter, salt and pepper.

Pass the chicken and ham two or three times through the mincing machine, or chop them finely; then pound in a mortar until smooth, adding seasoning to taste and the butter gradually. Rub through a fine wire sieve, press into small pots, and cover the contents with clarified butter.

CHICKEN PURÉE FOR GARNISH. (*See Chicken Forcemeat, p. 22.*)

CHICKEN PURÉE WITH RICE. (*Purée de Poulet au Riz.*)

Take 4 oz. of finely-chopped cooked chicken, 2 oz. of finely-chopped cooked ham, 4 oz. of rice, white stock, 2 tablespoonfuls of cream or milk, chopped truffle, salt and pepper.

Blanch the rice, drain well, cover with white stock, and cook gently until tender and dry. Pound the chicken and ham until smooth, moistening gradually with a little stock, and pass these ingredients through a wire sieve. Stir in the cream or milk, season to taste, make thoroughly hot, stirring meanwhile, and add stock, a little at a time, until the preparation is reduced to

the consistency of thick cream. Turn into 5 or 6 well-buttered scallop shells, arrange the rice to form a narrow border, sprinkle the surface with truffle, and serve.

This should be sufficient for about 4 or 5 persons.

CHICKEN QUENELLES. (*Quenelles de Volaille.*)

With 8 oz. of raw chicken, take 2 oz. of flour, $\frac{1}{2}$ an oz. of butter, $\frac{1}{2}$ of a pint of stock or water, 2 eggs, 2 tablespoonfuls of cream or milk, salt and pepper.

Melt the butter, stir in the flour, add the stock, let boil whilst stirring. This will produce the panada; which put aside to cool. Shred or mince the chicken meat finely, or pass it through a mincing machine, pound well in the mortar, adding the panada by degrees and each egg separately, season well, and rub through a fine wire or hair sieve. Add the cream or milk to the chicken purée. If cream is used whip slightly before adding. Poach a little of the preparation, and, if too stiff, add a little more stock or milk. See *Quenelles*, p. 115, for directions for shaping, cooking and serving.

This should be sufficient for 3 or 4 persons.

CHICKEN RAMAKINS. (*Soufflés de Volaille en Caisses.*)

To 6 oz. of raw chicken, allow 2 tablespoonfuls of cream, 2 yolks of eggs, 2 whites of eggs, $\frac{1}{2}$ an oz. of butter, 2 mushrooms, 1 truffle, salt and pepper.

Shred the chicken meat finely, or pass it through a mincing machine, then pound it well in the mortar, adding by degrees the yolks of 2 eggs, season well, and rub through a fine wire sieve. Whip the cream slightly, and whisk the whites of eggs to a stiff froth, and then add with the mushrooms and truffle cut into small dice, to the chicken purée. Mix lightly together, if too stiff add a little milk, and put the mixture into 8 well-buttered china or paper ramakin cases. The cases should not be more than three parts filled, as the mixture rises considerably in baking. Place the cases on a baking-sheet, and cook them in a moderate oven from 18 to 20 minutes. Serve in the cases, and, if liked, send hot Béchamel or other suitable sauce to table in a sauce-boat.

This should be sufficient for 8 cases.

CHICKEN RECHAUFFÉ. (*See Fowl, Hashed*, p. 46.)

CHICKEN RISsoles. (*Rissolettes de Volaille.*)

Have ready about 4 oz. of cooked chicken, 2 oz. of cooked ham or tongue, 4 button mushrooms, 1 small truffle, $\frac{1}{2}$ an oz. of butter, $\frac{1}{2}$ an oz. of flour, $\frac{1}{4}$ of a pint of white stock, 1 tablespoonful of cream or milk, salt and pepper to taste, egg, bread-crumbs, frying-fat and rough puff-paste.

Chop the chicken and ham finely, cut the mushrooms and truffle into small dice. Melt the butter in a stewpan, stir in the flour, add the stock, stir and boil well. Put in the chicken and ham, season to taste, mix the ingredients well over the fire, then add the mushrooms, truffle, and cream or milk, and put aside to cool. Roll out the paste as thinly as possible—stamp it out into rounds of about 2 inches diameter, pile a teaspoonful of the preparation in the centre, wet the edges with water, place another round of paste on the top, and press the edges together neatly. Brush over with egg and cover with breadcrumbs, and fry until lightly browned in hot fat. If preferred, half the quantity of the meat mixture may be enclosed in one round of paste, one half of which must be folded over to form them into half-moon shapes; variety may be introduced by substituting crushed vermicelli for the breadcrumbs.

CHICKEN ROASTED. (*Poulet rôti.*)

With 1 good chicken, take 2 or 3 slices of bacon, $\frac{1}{2}$ a pint of stock, fat for basting, salt and pepper, Bread sauce (p. 118), a few drops of liquid caramel and some watercress.

Truss the chicken for roasting, prick the entire surface of the breast with the point of a metal skewer or trussing needle, skewer over it the slices of bacon, baste well with hot fat, and roast the chicken in a moderately warm oven for about 1 hour. Baste frequently, and a few minutes before serving remove the bacon for the breast to brown. Meanwhile simmer the neck (and the liver and gizzard when not trussed in the wings) in the stock. When the chicken is sufficiently cooked remove it to a dish, drain off every particle of fat, taking care not to disturb the sediment, pour in the stock, boil for 2 or 3 minutes, season and colour to taste, and strain into a sauce-boat. Have ready the watercress well washed, drained, and seasoned, and use as garnish. Serve both gravy and bread sauce separately.

This should be sufficient for from 4 to 6 persons.

Note.—Pricking the breast is not essential, but some cooks prefer it.

CHICKEN ROASTED À LA FRANÇAISE. (Poulet rôti à la française.)

Procure 1 chicken and take 1 oz. of butter, $1\frac{1}{2}$ gills of stock, 1 small onion, 1 carrot, 2 or 3 slices of bacon, salt and pepper, Bread sauce (p. 118), and watercress for garnish.

Draw the chicken, wash the liver and heart, and put them aside; cut off the legs just below the first joint, truss for roasting, and spread the butter thickly over the breast. Slice the vegetables, put them into a baking-tin with the bacon, and the liver and heart of the chicken, fry these a little, then place the chicken on the top of the mirepoix or foundation, season well with salt and pepper, and cook in a quick oven for about 40 minutes. Baste frequently, and, if necessary, cover the breast with buttered paper to prevent it becoming too brown. When the chicken is done, remove the trussing string and skewers and keep hot. Drain the fat from the baking-tin, add the stock, boil for 2 or 3 minutes, season it to taste, and strain. Garnish the chicken with tufts of crisp watercress, and serve the gravy and bread sauce separately.

This should be sufficient for 4 or 5 persons.

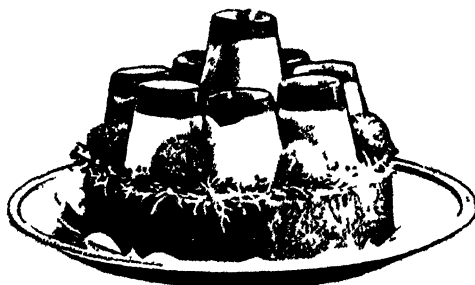
CHICKEN ROAST, STUFFED WITH HERBS.

(Poulet rôti aux Fines Herbes.)

To 1 chicken, allow $1\frac{1}{2}$ oz. of butter, 1 oz. of flour, 1 tablespoonful of shredded onion, 2 tablespoonfuls of shredded carrot, 1 teaspoonful each of chopped parsley, chervil, tarragon, or other herbs which are liked, 1 glass of white wine (optional), $\frac{3}{4}$ of a pint of stock. For the forcemeat take 2 tablespoonfuls of breadcrumbs, 1 teaspoonful each of finely-chopped parsley, shallots, chervil and tarragon, the liver of the chicken, 1 oz. of oiled butter, salt and pepper.

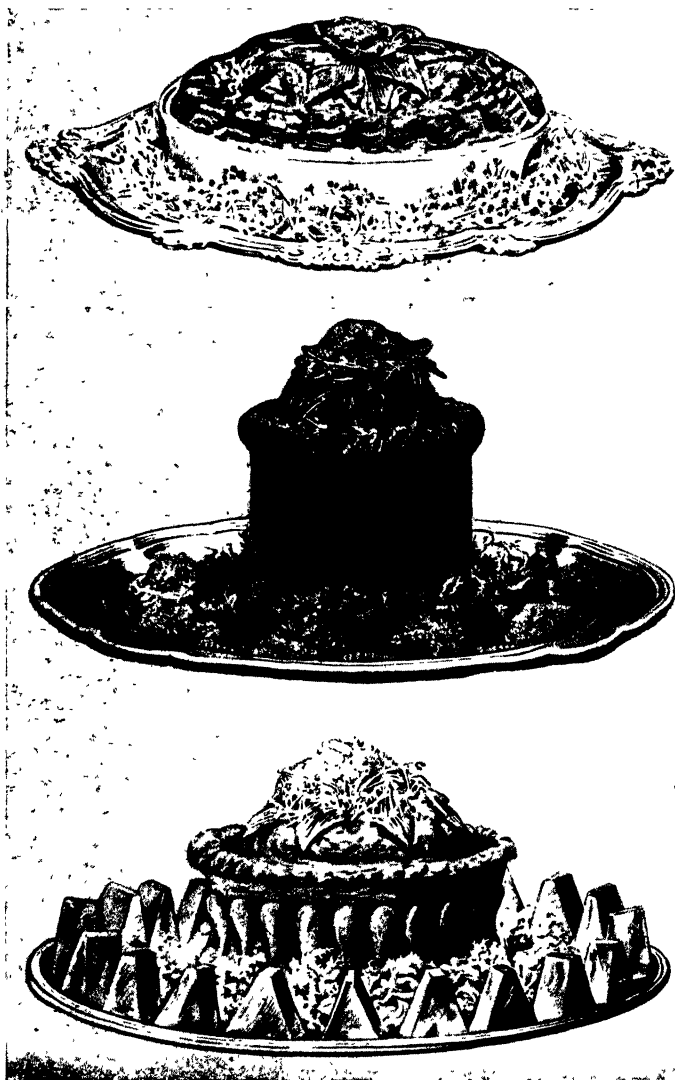
Remove the gall bladder, wash and chop the liver finely, and add to it the breadcrumbs, parsley, shallots, chervil, and tarragon, with a liberal seasoning of salt and pepper. Add sufficient oiled butter to moisten the whole, stuff the crop of the bird with the preparation, secure the opening, and re-truss the bird. Roast the chicken in front of a clear fire, or in a moderately hot oven for about 50 minutes, basting frequently. Meanwhile melt the remaining $1\frac{1}{2}$ oz. of butter in a stewpan, fry the onion and carrot slightly, add the flour, and cook gently until lightly browned. Put in the stock, stir until boiling, season to taste,

ENTRÉES (COLD) OF POULTRY AND GAME



- 1 Cold froid of Chicken Cutlets 2 Chicken Timbales
3 Stuffed Quails

ENTRÉES OF POULTRY AND GAME



1 Pigeon Pie 2 French Raised Pie 2 Raised Game Pie with

add the wine, if used, and about a teaspoonful of parsley, chervil and tarragon mixed, simmer gently for a $\frac{1}{4}$ of an hour, then strain. Serve with a little of the sauce poured round, and send the remainder to table separately.

This should be sufficient for 4 or 5 persons.

CHICKEN SALAD. (*Salade de Volaille.*)

To 4 tablespoonfuls cold chicken (roast or boiled) cut into small joints or pieces if boned, allow 2 tablespoonfuls of finely shredded celery, 1 tablespoonful of finely-shredded white of hard-boiled egg, 4 tablespoonfuls of Mayonnaise sauce (p. 121), 1 dessertspoonful of salad-oil, 1 dessertspoonful of vinegar, $\frac{1}{2}$ a teaspoonful of salt, $\frac{1}{4}$ of a teaspoonful of pepper. For garnishing, take a few pickled gherkins, capers, fillets of anchovy, stoned French olives, lettuce, yolk of egg if liked.

Mix the prepared chicken, celery, and white of egg together, in a bowl, stir in the salad-oil and vinegar, season with the salt and pepper, and let the mixture stand for 1 hour. When ready to serve, stir in the mayonnaise sauce, range the salad in a dish on a bed of crisp lettuce, garnish the surface with the gherkins, capers, anchovies, olives, and, if liked, the yolks of eggs, previously rubbed through a fine sieve.

This should be sufficient for 5 persons.

CHICKEN (OR CHICKEN AND HAM) SANDWICHES.

Select a large French roll or take a white loaf 1 day old, rasp the crust, but do not remove it, slice thinly, and spread with creamed butter. Shred some cooked chicken and ham or tongue finely, place a layer between two slices of bread and butter, and press well together. Arrange overlapping each other in a circle on a folded napkin, and serve garnished with small salad or watercress.

CHICKEN SAUTÉ. (*See Chicken à la Marengo, p. 15, and Fowl Fried, with Peas, p. 45.*)

CHICKENS' LIVERS, DEVILLED. (*Foie de Volaille à la Diable.*)

Procure 4 chickens' livers, and take 3 croûtes of fried bread, bacon, finely-chopped shallot, $\frac{1}{2}$ a teaspoonful of finely-chopped parsley, cayenne, pepper and salt.

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Wash and dry the livers, cut them in halves, and sprinkle them well with shallot, parsley, cayenne and pepper; these ingredients should be previously mixed together. Cut some very thin slices of bacon, just large enough to roll round the liver, wrap them round tightly, and fasten them in position by means of large pins. Bake in a moderate oven for 7 or 8 minutes, then remove the pins, dish on the toast, and serve as hot as possible.

This should be sufficient for 6 or 7 persons.

CHICKEN, SMOTHERED. (*Poulet étuvé.*)

Prepare a boiled fowl and some white sauce (p. 124).

Divide the hot cooked fowl into neat joints, place them on a hot dish, cover completely with sauce, then serve.

This should be sufficient for 5 or 6 persons.

CHICKEN SOUFFLÉ. (*Soufflé de Volaille.*)

To 1 small raw chicken (or about $\frac{1}{2}$ a lb. of chicken meat), allow 1 $\frac{1}{2}$ oz. of butter, the whites of 2 eggs, the yolk of 1 egg, 2 tablespoonfuls of cream, pepper and salt, $\frac{1}{2}$ a pint of Béchamel sauce (p. 117), and truffle or other decoration.

Shred the chicken meat finely, or pass it through a mincing machine, then pound it in the mortar with the butter and yolk of egg, season with salt and pepper, and rub through a fine wire sieve. Whip the cream slightly and whisk the whites of eggs stiffly, and add them lightly to the chicken purée, add a little milk or good white sauce if too stiff. Place in a well-buttered soufflé (plain Charlotte) mould, cover with a buttered paper, and steam gently from 50 to 60 minutes. Or, fill up several small dariole moulds, and steam for about 25 minutes. Serve with the white sauce poured over, and, if liked, decorate with finely-chopped truffle.

This should be sufficient for 6 or 7 persons.

CHICKEN SOUP.

Take 1 chicken or small fowl, 2 yolks of eggs, 3 tablespoonfuls of cream, 1 dessertspoonful of ground rice or *crème de riz*, 1 small onion, 1 small blade of mace, 3 pints of cold water, salt and milk.

Divide the chicken into small pieces, break the bones, put both into a stewpan with the water, and $\frac{1}{2}$ a teaspoonful of salt, and bring to the boil. Remove any scum there may be, put in

the mace and onion, cover closely, and simmer gently for about 4 hours, skimming occasionally. Strain and put aside until quite cold, then remove every particle of fat, replace in the stewpan, and bring to boiling-point. Mix the ground rice smoothly with a little cold milk, stir it into the stock, and simmer gently for 6 or 7 minutes. Beat the cream and yolks of eggs together, add them to the soup, and stir by the side of the fire for 2 or 3 minutes, but the soup must not boil or the eggs may curdle. Season to taste, and serve.

CHICKEN SPATCHCOCK. (*Poulet à la Crapodine.*)

Take 1 chicken, butter, salt and pepper, Tartare, Piquant, or other sharp sauce (*see Sauces*), and 4 to 5 thin slices of bacon.

Split the bird in half, cutting it through the back only, cut off the legs and wings at the first joints, and arrange in a flat form by means of skewers. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire for about 15 minutes. Turn frequently, brush over with butter, and when done season lightly with salt and pepper. Remove the skewers, dish up, garnish with fried bacon, and serve one of the above-named sauces with it in a sauce-boat.

This should be sufficient for 4 or 5 persons.

CHICKEN STEWED. (*Invalid Recipe.*)

To 1 chicken, allow 1 yolk of egg, 1 oz. of flour, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ a pint of water, 1 strip of celery, salt and pepper.

Divide the chicken into small joints, place them in a stewpan, add the water (boiling), milk, celery, and a little salt, cover closely, and simmer gently for about 2 hours. About 15 minutes before serving mix the flour smoothly with a little cold milk, add it to the contents of the stewpan, stir until boiling, and simmer gently for 6 or 7 minutes. Beat the yolk of egg, pour over it gradually 3 or 4 tablespoonfuls of the liquor from the stewpan, and when well mixed add it to the contents of the stewpan. Stir by the side of the fire for 3 or 4 minutes to cook the egg, season to taste, and serve.

CHICKEN TIMBALES. (*Petites Timbales de Volaille.*)

With $\frac{1}{2}$ a lb. of raw chicken, take 1 $\frac{1}{2}$ oz. of butter, the whites of 2 eggs, the yolk of 1 egg, 2 tablespoonfuls of cream, pepper and salt, $\frac{1}{2}$ a pint of Béchamel sauce (p. 117), and some macaroni.

Boil the macaroni in salted water until tender, cut it across into rings about $\frac{1}{4}$ of an inch in thickness, and with the rings line several well-buttered timbale moulds. The rings should be arranged as evenly as possible, and the somewhat tedious task may be facilitated by using the point of a larding needle to fix them in position. Prepare the chicken purée as directed for **Chicken Soufflé** (p. 34). Fill the prepared moulds with the mixture. Steam the timbales from 25 to 35 minutes, arrange neatly on a hot dish, pour the sauce round, and serve.

This should be sufficient for 5 or 6 persons.

CHICKEN VOL-AU-VENT. (Vol-au-Vent de Volaille.)

Prepare 1 lb. of puff-paste and $\frac{1}{2}$ a pint of Béchamel or Suprême sauce (p. 117 or 132), with 6 oz. of cooked chicken, 2 oz. of cooked ham or tongue, 2 truffles, 6 mushrooms, aromatic spice, salt and pepper.

When the paste has had six turns, roll it out to about $\frac{3}{4}$ of an inch in thickness, and cut it into either a round or oval form, as may be desired, and place on a baking-tin. Brush over the top of the paste shape with beaten egg, make an inner ring, cutting the paste to about half its depth, and bake in a quick oven. Meanwhile, cut the chicken and ham into dice shapes or small cubes, cut the mushrooms and truffles into small slices, stir the whole into the hot Béchamel sauce, season with salt, pepper and aromatic spice, and make thoroughly hot. When the vol-au-vent case is sufficiently baked, remove the lid, scoop out the soft inside, fill with the prepared ragoût, put on the cover, and serve hot.

This should be sufficient for 6 to 8 persons.

CHICKEN WITH ITALIAN SAUCE. (Poulet à l'Italienne.)

To 1 chicken trussed for roasting, allow $\frac{3}{4}$ of a pint of Italian sauce (p. 120). For the macédoine, or vegetable mixture, take carrot, turnip, leek, celery, 1 oz. of butter, chopped parsley, pepper and salt.

Roast the chicken in a moderate oven, and cut it into pieces convenient for serving. Cut the vegetables with a plain $\frac{1}{2}$ -inch diameter cutter into rounds about $\frac{1}{4}$ inch in thickness, boil them separately in salted water, and drain well. Melt the butter in a stewpan, put in the vegetables, season with pepper,

and toss them over the fire until the butter is absorbed. Arrange the chicken in the centre of a hot dish, strain the hot sauce over, group the vegetables round the base, and sprinkle with the chopped parsley.

This should be sufficient for 3 or 4 persons.

CHICKEN WITH MACARONI. (*Poulet à la Milanaise.*)

Take 1 chicken, $\frac{1}{4}$ of a lb. of macaroni, $\frac{1}{4}$ of a pint of Tomato sauce (p. 124), $\frac{1}{4}$ of a pint of Espagnole sauce (p. 120), a few drops of lemon-juice or Tarragon vinegar, stock, salt and pepper.

Boil the chicken until half-cooked in stock, or, if this is not at hand, in water flavoured with vegetables. Put the macaroni into salted boiling water and cook rapidly for 15 or 20 minutes, until it is perfectly tender but not broken, then drain well, and cut into short lengths. Heat the sauces in a stewpan, and when the chicken is sufficiently cooked, cut it into pieces convenient for serving, and put them into the sauce. Add the macaroni, salt, pepper, lemon-juice or vinegar to taste, and simmer very gently for about $\frac{3}{4}$ of an hour. Arrange the macaroni to form a bed in the centre of a hot dish, place the chicken on the top of it, strain the sauce over, and serve.

This should be sufficient for 4 or 5 persons.

CHICKEN WITH RICE AND TOMATOES. (*Poulet au riz à la Milanaise.*)

Have ready 1 chicken, larding bacon, 2 onions, 2 carrots, 1 turnip, all thickly sliced, a bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, stock, $\frac{1}{4}$ of a pint of tomato purée, 3 oz. of grated Parmesan cheese, about $\frac{1}{2}$ a lb. of rice, salt and pepper.

Truss the chicken, lard the breast in close rows, and wrap it in a greased paper. Put the vegetables, herbs and peppercorns into a stewpan, add sufficient stock nearly to cover them, and place the chicken on the top. Cover closely, cook gently for about $1\frac{1}{2}$ hours, adding more stock to replace that which boils away. Wash and blanch the rice, cook it in good stock until tender and dry, then stir in the tomato purée and cheese, and season to taste. Put the chicken in a hot oven for a few minutes to crisp the bacon, then serve with the rice as a border.

This should be sufficient for 4 or 5 persons.

CHICKEN WITH SUPRÊME SAUCE. (*Poulet bouilli, Sauce Suprême.*)

With 1 chicken, take $\frac{3}{4}$ of a pint of Suprême sauce (p. 123), white stock, garnish or truffles or macédoine of vegetables.

Stew the chicken in stock until tender, then divide it into neat joints, put the back aside, and pile the remainder on a hot dish. Pour the sauce over, garnish with truffles or mixed vegetables, and serve.

This should be sufficient for 4 or 5 persons.

Note.—See also recipes for cooking Fowl.

DUCK AND RED CABBAGE. (*Canard au Chou rouge.*)

To the remains of 2 or 3 cold ducks, allow $\frac{1}{2}$ a red cabbage, 2 oz. of butter, good gravy or stock, 1 tablespoonful of vinegar, salt and pepper.

Wash and drain the cabbage, and shred it finely. Heat the butter in a stewpan, put in the cabbage and a good seasoning of salt and pepper, cover closely, and cook gently, for about 1 hour, adding a little gravy or stock if necessary to prevent burning. Divide the ducks into neat joints, place them in a stewpan with just sufficient hot gravy or stock barely to cover them, put on a close-fitting lid, and allow the stewpan to stand just below simmering-point for nearly 1 hour. When ready, add the vinegar to the cabbage, turn it on to a hot dish, arrange the duck neatly upon it, and serve with a little good gravy.

This should be sufficient for 4 or 5 persons.

Note.—Ducklings are in season from March to September, while Wild Duck are seasonable from August to March.

DUCK BRAISED WITH CHESTNUTS. (*Canard braisé à la française.*)

Take 1 duck, 1 pint of stock, $\frac{3}{4}$ of a pint of Espagnole sauce (p. 120), 1 glass of port wine (optional), 1 dessertspoonful of red-currant jelly, 1 Spanish onion, 1 lb. of chestnuts, larding bacon, 2 oz. of butter, and 1 egg. For the mirepoix, or foundation: 2 onions, 2 carrots, 1 small turnip, 2 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 allspice, 2 cloves, salt and pepper.

Boil the chestnuts and remove the skins, cook the Spanish onion in stock or water until tender, chop both finely, season with salt and pepper, add the egg, and use these for stuffing the duck. Truss the duck and lard it neatly. Put the butter and sliced vegetables into a large stewpan, place the duck on the top of them, cover and fry gently for about 20 minutes. Next add as much of the stock as will three parts cover the vegetables, and the remainder as that in the stewpan boils away. Cover the duck with a buttered paper, put on the lid, and cook gently for about 2 hours, or until the duck is perfectly tender. Heat the Espagnole sauce, add to it the wine (if used) and jelly, and season to taste. Remove the trussing strings, and put the duck in a hot oven for a few minutes to crisp the bacon. Serve with a small quantity of the sauce poured over, and the remainder in a sauce-boat.

This should be sufficient for 4 or 5 persons.

DUCK BRAISED WITH TURNIPS. (*Canard à la Nivernaise.*)

With 1 duck, take 1 pint of good stock, larding bacon, $\frac{1}{2}$ a glass of sherry (optional), 3 young turnips, salt and pepper, mirepoix as in the preceding recipe, and glaze.

Truss and lard the duck, and braise it as directed in the foregoing recipe. When cooked, brush over with warm glaze, and crisp the lardoons in the oven. Strain the stock and reduce it by rapid boiling until about half the liquid remains, then add the sherry, if used, and season to taste. Have ready the turnips cut into dice, and cooked until tender. Place the duck on a hot dish, arrange the turnips in groups, sauce over, and serve.

This should be sufficient for 4 or 5 persons.

DUCK FILLETS. (*Filets de Canard à la Bigarade.*)

To 1 good duck, allow $\frac{1}{2}$ a pint of Bigarade sauce (p. 118), 2 small oranges, salad-oil, potato border, salt and pepper.

Singe, draw and truss the duck, and roast it in a moderate oven from 40 to 60 minutes until tender, basting frequently. Peel the oranges, separate them into their natural divisions, remove the pith and pips, warm over boiling water in a covered basin or between 2 plates, and before serving mix with them a teaspoonful of salad-oil. Remove the breast from the duck, cut it into long fillets, arrange them neatly overlapping each

other on a nicely-browned potato border, and pour the Bigarade sauce over. Pile the compôte of oranges in the centre, and serve. The remainder of the duck should be put aside, and afterwards converted into a salmi or hash.

This should be sufficient for 4 or 5 persons.

DUCK HASHED. (Canard au Vin Rouge.)

Have ready 1 cold roast duck, 1 pint of stock, 1 oz. of butter, 1 oz. flour, 1 orange, 1 onion, glass of claret, salt, pepper.

Divide the duck into pieces (joints) suitable for serving. Chop the onion finely, fry it in the butter, add the flour, stir over the fire until brown, then pour in the stock, stir until it boils, and simmer for about 10 minutes. Cut the orange-rind into very thin strips, add them with the juice of the orange, the wine and the duck to the sauce, season with salt and pepper, and simmer very gently for about $\frac{1}{2}$ an hour.

DUCKLING STUFFED. (Caneton à la Rouennaise.)

Procure 1 large "Rouen" duckling and take 1 chicken liver, $\frac{3}{4}$ of a pint of Brown sauce (p. 118), 3 oz. of breadcrumbs, 1 oz. of butter, 1 egg, $\frac{1}{2}$ a shallot finely-chopped, $\frac{1}{2}$ a teaspoonful of finely-chopped parsley, $\frac{1}{2}$ a teaspoonful of finely-chopped thyme, or $\frac{1}{2}$ the quantity of powdered thyme, nutmeg, salt and pepper.

Blanch the chicken liver and the liver from the duckling, chop them finely, add the herbs, breadcrumbs, butter melted, a pinch of nutmeg, a good seasoning of salt and pepper, and bind with the egg. Stuff the duckling, baste it well with hot butter or fat, and roast in a quick oven for about $\frac{1}{2}$ an hour, basting frequently. Then drain off every particle of fat, pour the hot brown sauce into the baking-tin, and continue the cooking until the duckling is tender; 15 or 20 minutes should be sufficient, and the duckling must be almost constantly basted during the time with the sauce. Serve on a hot dish, strain over a little of the sauce, garnish with orange quarters, and send the remaining sauce to table in a sauce-boat.

This should be sufficient for 4 or 5 persons.

DUCK ROAST. (Canard rôti.)

Take 2 ducks, Sage and Onion stuffing (p. 116), $\frac{1}{2}$ a pint of stock, $\frac{1}{2}$ an oz. of flour, salt and pepper, Apple sauce (p. 117), and fat for basting.

Stuff the body of the ducks with the onion stuffing, and truss them as directed (p. 106). Baste them well with hot fat, and roast in a moderately hot oven for about 1 hour, basting frequently. When done, pour off the fat, and if a thick gravy is preferred, brown the flour in the dripping-pan before adding the stock. Bring the gravy to boiling-point, season to taste, simmer for 1 or 2 minutes, and serve in a sauce-boat.

This should be sufficient for 8 or 9 persons.

THE WHITE AYLESBURY DUCK is a favourite bird for the table, its flesh being whiter and more delicate than that of other varieties.

DUCK ROUENNAISE. (*Canard à la Rouennaise.*)

With 1 large "Rouen" duck, take 2 oz. of butter, 1 tablespoonful of chopped shallots, a bouquet-garni (parsley, thyme, bay-leaf), $\frac{1}{2}$ a teaspoonful of lemon-juice, 1 glass of claret (optional), $\frac{1}{2}$ a pint of stock, 1 dessertspoonful of flour. For the stuffing, take the heart and liver of the duck, 2 tablespoonfuls of breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 small onion parboiled and finely-chopped, 1 oz. of butter, salt and pepper.

Remove the gall bladder from the liver, wash both liver and heart, and chop them finely. Add the breadcrumbs, parsley, onion, a good seasoning of salt and 1 oz. of butter, previously oiled. Stuff the duck with this preparation, secure the opening, and truss into shape. Heat the 2 oz. of butter in a stewpan sufficiently large to hold the duck, put in the duck and chopped shallot, then fry until nicely browned. Remove the duck, sprinkle in the flour, let it brown, add the stock and claret (if used), and stir until boiling. Replace the bird, add the bouquet-garni and lemon-juice, season to taste, cover closely, and braise in a moderately cool oven for about 1 hour, or until tender. Joint the duck, but keep it in shape, and serve with the sauce strained over.

This should be sufficient for 4 or 5 persons.

DUCK SALAD. (*Salade de Canard.*)

To $\frac{1}{2}$ a cold duck, allow $\frac{1}{2}$ a head of celery, $\frac{1}{2}$ a bunch of watercress, 1 cabbage lettuce, 2 thin slices of sour orange (unpeeled), 1 teaspoonful each of chopped olives and parsley, 2 tablespoonfuls of salad-oil, 1 tablespoonful of Orleans vinegar, Mayonnaise sauce (p. 121), salt and pepper.

Cut the duck into 1-inch dice, wash the celery, trim away the

green parts, and cut the white portion into fine strips. Place both duck and celery in a basin, add the oil and vinegar, season with salt and pepper, and let the preparation stand for a while. Cut each slice of orange into eight sections, trim, wash, and dry the lettuce and watercress, and line a salad-bowl with the leaves of the lettuce. Arrange the watercress and sections of orange on the top of them, cover with a thin layer of mayonnaise sauce, and add the preparation of duck and celery. Spread the surface lightly with mayonnaise sauce, sprinkle over the chopped parsley, and serve.

This should be sufficient for 6 or 7 persons.

DUCK SALMI. (Salmis de Canard aux Olives.)

Have ready 1 duck (or remains of cold ducks), 12 stoned French olives, 1½ oz. of butter, 1 oz. of flour, ¾ of a pint of stock, 1 medium-sized Spanish onion, fat for basting, salt and pepper.

Singe, draw, and truss the duck, slice the onion, and put it into a baking-tin; place the duck on the top, baste with hot fat, and roast in a moderate oven for about ½ an hour, basting frequently. In the meantime, melt the butter, stir in the flour, and cook over the fire until a brown roux or thickening is formed, then add the stock, stir until boiling, and simmer until required. When the duck is sufficiently roasted, remove the trussing string, cut the bird into small joints, add these with the olives to the sauce, season well, and simmer gently for about ½ an hour. Return the baking-tin to the oven until the slices of onion are tender, then rub them through a fine hair sieve and add them to the contents of the stewpan. Drain off every particle of fat, and add the sediment in the baking-tin to the sauce. When it is ready dish the salmi in the centre of a hot dish on a croûte of fried bread, pour over the sauce, and the olives. Serve hot.

This should be sufficient for 4 or 5 persons.

DUCK STEWED OR BRAISED WHOLE. (Canard en Ragoût.)

Procure 1 duck and take 1 pint of brown stock, 1½ oz. of butter, 1½ oz. of flour, 2 onions sliced, 2 sage leaves, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper.

Roast the duck in a good oven for about 20 minutes, then place it in a stewpan with the herbs and onions, and cook

slowly for about $\frac{3}{4}$ of an hour. Melt the butter, add the flour, and, when well browned, strain in the stock. Stir over the fire until a smooth sauce is obtained, then draw the stewpan aside, simmer gently for about 20 minutes and strain. Serve the duck on a hot dish, pour over it some of the sauce, and send the remainder to table in a sauce-boat.

This should be sufficient for 4 or 5 persons.

DUCK STEWED WITH GREEN PEAS. (Canard aux petits pois.)

With the remains of cold roast ducks, take 1 pint of Brown sauce (p. 118), 1 pint of shelled peas, 1 sprig of mint, 1 lump of sugar, and a squeeze of lemon-juice.

Parboil the peas with the mint and sugar, and drain well. Divide the remains of the ducks into neat pieces, put them into the hot brown sauce, add the peas, season to taste, and simmer very gently for about $\frac{1}{2}$ an hour. Before serving, add a few drops of lemon-juice.

This should be sufficient for 3 or 4 persons.

DUCK, WILD. (See Wild Duck, p. 83.)

DUCK WITH CARROTS. (Canard aux Carottes.)

To the remains of cold ducks, allow 3 or 4 large carrots, $\frac{1}{2}$ a pint of Espagnole sauce (p. 120), 1 oz. of butter, sugar, salt and pepper.

Boil the carrots in a small quantity of water with a small piece of loaf sugar until tender, then rub them through a fine sieve, season to taste, add the butter, and re-heat. Cut the ducks into pieces convenient for serving, put them into the hot sauce, and let them simmer very gently for about $\frac{1}{2}$ an hour. Place the purée of carrots on a hot dish, arrange the pieces of duck neatly on the top, and pour the sauce round.

This should be sufficient for 3 or 4 persons.

DUCK ZEPHIRE. (See Wild Duck Zephires, p. 84.)

FOWL BOILED. (Poulet bouilli.)

Have ready 1 fowl, $1\frac{1}{2}$ oz. of butter, $1\frac{1}{2}$ oz. of flour, $\frac{3}{4}$ of a pint of stock, 1 onion, 1 carrot, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns, salt; truffle and parsley, or hard-boiled egg for garnish.

Truss the fowl for boiling. Have ready a saucepan just large enough to contain the fowl, and as much boiling stock or water as will cover it. Rub the breast of the bird with lemon, wrap it in a buttered paper, put it into the saucepan, bring to the boil, and skim well. Add the sliced vegetables, bouquet-garni, peppercorns and salt if necessary, and cook very gently until the fowl is tender. A young fowl should be ready to serve at the end of 1 hour, but an old bird may need twice that length of time. Meanwhile, melt the butter in a stewpan, add the flour, cook for a few minutes without browning, pour in the stock (use some of the liquor in which the fowl was cooked if none other is at hand), and boil up, stirring all the time. Season to taste, and simmer for about 10 minutes, or until the fowl is ready. Remove the trussing string, place on a hot dish, pour over the sauce, which must be thick enough to coat it, garnish with chopped truffle, parsley, or hard-boiled yolk of egg, and serve.

This should be sufficient for 4 or 5 persons.

Note.—Fowl is obtainable at any time, but it is at its best from June to September.

FOWL BOILED WITH OYSTERS. (*Poulet aux Huîtres.*)

Procure 1 fowl, 2 dozen oysters, $\frac{3}{4}$ of a pint of Béchamel sauce (p. 117), $\frac{1}{2}$ a gill of cream or milk, 1 oz. of butter, 1 egg, 1 blade of mace, salt and pepper.

Beard the oysters, place a dozen or so inside the fowl, and truss for boiling. Put the fowl with the mace and butter into an earthenware fireproof stew-jar with a close-fitting lid. Place the stew-jar in a baking-tin, surround with boiling water, and cook on the stove or in a moderate oven for about 2 $\frac{1}{2}$ hours, or until the fowl is perfectly tender. Blanch the remaining oysters in their liquor, strain the liquor, pour it over the oysters, and put both aside until required. When the fowl is sufficiently cooked, transfer it to a hot dish, strain the liquor and add it to the Béchamel sauce, and, when boiling, stir in the cream or milk and the egg, previously blended. Continue the stirring and cooking until the sauce thickens, but it must not boil, or the egg may curdle. Season to taste, pour a little of the sauce over the fowl, add the oysters and their liquor to the remainder, and serve it in a sauce-boat.

This should be sufficient for 4 or 6 persons.

FOWL CURRIED. (*Poulet en Kari.*) (*See Fowl Hashed à l'Indienne*, p. 46.)**FOWL CURRY.** (*Indian Recipe.*)

With 1 fowl, take 2 oz. of ghee or butter, $\frac{1}{2}$ a lb. of Kabool chennah or Indian corn, $\frac{1}{2}$ a lb. of onions sliced, $\frac{1}{2}$ an oz. of green ginger, $\frac{1}{2}$ an oz. of coriander seeds, $\frac{1}{8}$ of a teaspoonful each of black pepper, ground cinnamon, cloves and cardamoms, salt.

Cut the fowl into neat joints, place them in a stewpan barely covered with cold water, add the sliced onions, coriander seeds, green ginger, pepper, 1 dessertspoonful of salt and the Kabool chennah previously well washed, and cook until the fowl is tender. Mix the ground cinnamon, cloves and cardamoms together, moisten with a little cold stock or water, add the strained liquor from the fowl, stir until it boils, and simmer gently for about 20 minutes. Fry the fowl in hot ghee until nicely browned, put it into the stewpan containing the curry-sauce, and let it stand for 20 minutes where it will keep hot. Serve with plainly-boiled rice.

This should be sufficient for 3 or 4 persons.

FOWL FRIED WITH PEAS. (*Poulet frit, aux petits pois.*)

To the remains of 1 or 2 cold roast fowls, allow 2 oz. of butter, 1 oz. of flour, $\frac{3}{4}$ of a pint of stock, 1 pint of shelled peas, salt and pepper.

Divide the fowl into pieces convenient for serving, and boil the bones and trimmings down for stock. Fry the fowl in hot butter until well browned, then remove and keep it hot, and sprinkle in the flour. Brown slightly, add the stock, stir until boiling, and season to taste. Replace the fowl, cover closely, draw the stewpan aside where the contents will keep hot without cooking, and let it remain for about $\frac{1}{2}$ an hour. Meanwhile boil and drain the peas, and season them with pepper. Serve the fowl arranged in a circle on a hot dish with the sauce strained over and the peas piled in the centre, or, if preferred, serve the peas separately.

FOWL GALANTINE. (*Galantine de Volaille.*)

Take 1 boned fowl, 1 lb. of sausage meat, $\frac{1}{4}$ of a lb. of ham or bacon, 2 hard-boiled eggs, 2 truffles, $\frac{1}{2}$ an oz. of pistachio

nuts blanched, aromatic spice, glaze, aspic jelly, pepper and salt.

Bone the fowl, cut it down the centre of the back, spread it out on the table, season the flesh well, and distribute it in such a manner that all parts are of nearly equal thickness. Spread on half the sausage meat, on the top place narrow strips of bacon, slices of egg, slices of truffle, intersperse the nuts, season liberally with salt and pepper, and cover with the remainder of the sausage meat. Roll up tightly, fasten securely in a cloth, and simmer gently in stock for about 2 hours. When cooked, tighten the cloth and press between two boards or dishes until cold. Before serving, glaze thickly and garnish with aspic jelly.

This should be sufficient for 6 or 7 persons.

FOWL GRILLED WITH MUSHROOM SAUCE.

(*Poulet grillé aux Champignons.*) (See *Chicken, Grilled, with Mushroom Sauce*, p. 23.)

FOWL HASHED. (Hachis de Volaille.)

Have ready the remains of cold roast fowls, 1 pint of stock, 1½ oz. of butter, 1½ oz. of flour, vegetables for flavouring, salt and pepper.

Divide the fowls into neat joints, and, when no stock is at hand, simmer the bones and trimmings for at least 1 hour, adding the usual flavouring vegetables. Melt the butter, fry the flour until lightly browned, add the stock, and stir until boiling. Season to taste, put in the pieces of fowl, let the stewpan stand for at least ½ an hour, where its contents will keep hot without cooking, then serve with the sauce strained over.

FOWL HASHED À L'INDIENNE. (Hachis de Volaille à l'Indienne.)

With the remains of cold roast fowls, take ¾ of a pint of Curry sauce (p. 119), and some boiled rice.

Divide the fowls into pieces convenient for serving, and when stock is needed, simmer the bones and trimmings for at least 1 hour in just as much cold water as will cover them. Make the sauce as directed, put in the pieces of fowl, and allow the stewpan to stand for about ½ an hour where its contents will remain just below simmering-point. Serve with boiled rice.

FOWL (INDIAN DISH). (Poulet à la Diable.)

To the remains of 1 or 2 cold roast fowls, allow 2 or 3 small onions sliced, 2 or 3 oz. of butter, 1 tablespoonful of curry-powder, salt and 1 lemon.

Divide the fowl into neat joints, score them, spread on a little butter, sprinkle on a little salt and the curry-powder, and let stand for about 1 hour. Heat the remainder of the butter, fry the onions brown, then remove and keep hot. Now fry the pieces of fowl, and when nicely browned, pile them on the onions, and serve garnished with sliced lemon.

FOWL RAGOÛT. (Ragoût de Volaille.)

Have ready 1 fowl, $\frac{1}{4}$ of a lb. of ham or bacon cut into dice, $2\frac{1}{2}$ oz. of butter, $1\frac{1}{2}$ oz. of flour, $1\frac{1}{4}$ pints of stock, 1 onion chopped and seasoning.

Divide the fowl into neat joints. Heat the butter in a stew-pan, fry the pieces of fowl until nicely browned, then remove and keep it hot. Fry the onion slightly, then sprinkle in the flour, cook slowly until well browned, and add the stock. Stir until boiling, season to taste, replace the fowl, put in the ham or bacon, and cover closely. Cook very gently from 1 to $1\frac{1}{2}$ hours, or until the fowl is tender, then serve with the sauce strained over.

This should be sufficient for 5 or more persons.

FOWL ROAST WITH CHESTNUTS. (Poulet rôti aux Marrons.)

Take 1 fowl, Veal forcemeat (p. 116), 1 lb. of chestnuts, 1 lb. of sausages, 1 pint of good stock, 1 oz. of butter, 1 oz. of flour, 1 lemon, butter or fat for basting, salt and pepper.

Slit the skins of the chestnuts, throw them into boiling water, cook them for 15 minutes, then remove both skins, and bake until tender. When ready, lay a dozen aside, put the remainder into the body of the bird, and stuff the crop with veal forcemeat. Truss into shape, and roast in a moderately-hot oven for about 1 hour, basting about every ten minutes. Meanwhile, melt the butter, fry the flour until lightly browned, then add the stock and stir until boiling. Season to taste, add the remaining chestnuts, and simmer gently for 10 or 15 minutes. Serve garnished with fried sausage, and slices of lemon, and send the sauce to table separately.

This should be sufficient for 5 or 6 persons.

FOWL ROAST AND STUFFED. (*Poulet farci, rôti.*)

Have ready 1 fowl, Veal forcemeat (p. 116), bread sauce, gravy (*see Sauces*), and thin slices of bacon.

Press the forcemeat lightly into the crop of the fowl, truss into shape, and roast in a moderately-hot oven for about 1 hour, basting frequently. Serve garnished with crisply-fried rolls of bacon, and hand round bread sauce and gravy separately.

This should be sufficient for 4 or 5 persons.

FOWL STEWED WITH RICE. (*Poulet au riz.*)

To 1 fowl, allow 4 oz. of rice, 1 quart of stock, 2 or 3 onions, 2 or 3 strips of celery, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt and pepper.

Truss the fowl for boiling, put it into a stewpan, or earthenware stew-casserole, with the cold stock; when it boils add the onions and celery in large pieces, and the herbs and peppercorns tied in muslin. Cover closely, and cook very slowly for 1 hour, then add the rice (previously well washed), salt to taste, and continue the gentle cooking until both fowl and rice are perfectly tender. The rice should absorb nearly all the stock. Before serving, remove the vegetables and herbs, season with salt and pepper, and place the fowl on a hot dish, surrounded by the rice.

This should be sufficient for 5 or 6 persons.

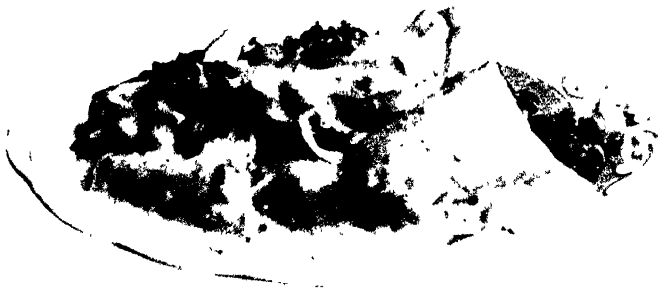
Note.—See also recipes for cooking Chicken.

GIBLET PIE. (*Pâté aux Abatis à l'Anglaise.*)

With 1 set of goose giblets, take 1 lb. of rump steak, 1 onion, a bouquet-garni (parsley, thyme, bay-leaf), puff-paste, salt and pepper.

Wash the giblets, put them into a stewpan with the onion sliced, bouquet-garni, peppercorns, $\frac{1}{2}$ a teaspoonful of salt, cover with cold water, and simmer gently from $1\frac{1}{2}$ to 2 hours. Cut the steak into small thin slices, put a layer of them at the bottom of a pie-dish, add the giblets and the remainder of the steak in alternate layers, and season well. Strain the stock, season to taste, pour over the meat to about three parts its depth, and add the remainder when the pie is baked. Cover with short-crust paste in the usual manner, decorate the centre tastefully with paste leaves, etc., and bake in a brisk oven for

RABBIT



GAME



1. Roast Pheasants, with Chips and Brown Crumbs 2. Plovers with Potato Straws. 3. Roast Wild Duck 4. Roast Hare, with Red-currant Jelly

about $\frac{1}{2}$ an hour, then reduce the temperature, and continue the cooking for about 45 minutes longer. The appearance of the pie may be improved by brushing it over with yolk of egg either before baking or when it is three parts done. Before serving, pour in the remainder of the hot stock.

This should be sufficient for 5 or 6 persons.

GIBLET SOUP. (Potage aux Abatis.)

Procure the giblets of a goose, turkey, ducks, or chickens, and to 1 set allow 1 lb. of lean beef, 3 pints of stock or 2 pints of water, $\frac{1}{2}$ a carrot, 1 small onion, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, 1 dessertspoonful of flour, $\frac{1}{2}$ a glass of sherry (optional), salt, pepper and 1 tablespoonful of macaroni, cooked and cut across into tiny rings.

Skin the gizzard, scald and skin the feet, wash the neck and liver, dry and cut into small pieces. Melt the butter and fry the giblets, meat and sliced vegetables until brown, then add the stock, herbs, salt and pepper, and when boiling skim well. Cook gently for about 2 hours, then strain and return to the stewpan. When boiling, mix the sherry and the flour smoothly together and add to the soup, also the macaroni and any necessary seasoning, simmer a few minutes longer, and serve.

This should be sufficient for 5 or 6 persons.

GIBLETS STEWED. (Abatis d'Oie.)

To 1 set of goose giblets, allow $\frac{3}{4}$ of a pint of stock, 1 oz. of butter, 1 oz. of flour, salt and pepper.

Prepare the giblets as directed for **Giblet Pie**, wash them, cover them with stock and water, and stew them until tender. Remove the liver, neck and tendons as soon as these are sufficiently cooked, and continue to stew the gizzard until it can be easily pierced with a fork. Meanwhile heat the butter in a stewpan, fry the flour brown, and, when ready, remove the giblets, and strain $\frac{3}{4}$ of a pint of the stock on to the flour and butter. Stir until boiling, season to taste, put in the giblets, and when thoroughly hot, serve.

This should be sufficient for 3 or 4 persons.

GOOSE HASHED. (Ragoût d'Oie.)

Have ready the remains of a roast goose, 2 oz. of butter, 1 oz. of flour, 1 pint of stock, 2 finely-chopped onions, 6 button

mushrooms or a few fresh ones, 2 cloves, 1 blade of mace, 6 all-spice, salt and pepper, croûtons of fried bread, Apple sauce (p. 117).

Cut the remains of the goose into neat pieces. Fry the onions in the butter, when turning brown add the flour, stir over the fire until it acquires a nut-brown colour, then add the stock, and boil for about 10 minutes. Add the goose, mushrooms, spices wrapped in muslin, and simmer very gently for about $\frac{3}{4}$ of an hour. Arrange the pieces of goose neatly on a hot dish, remove the spices, season the sauce to taste, and pour it over. Garnish with croûtons of fried bread, and serve with apple sauce.

Note.—Geese are seasonable from September to February.

GOOSE ROAST. (*Oie rôti.*)

Procure a goose, and prepare Onion stuffing (p. 116), $\frac{3}{4}$ of a pint of good beef stock or gravy and apple sauce.

Prepare and truss the goose, put the onion forcemeat inside the body, baste it well with hot fat, and either roast or bake, from 2 to 2 $\frac{1}{2}$ hours, according to size and age. Baste frequently, and if the surface is not well browned, dredge with flour when the bird is three parts cooked. Remove the trussing string, serve on a hot dish, and send the gravy and apple sauce to table in sauce-boats.

This should be sufficient for 10 or more persons.

GOOSE WILD. (*See recipes for Wild Duck, p. 83.*)

GOSLING ROAST. (*See Green Goose, to Dress.*)

GREEN GOOSE, TO DRESS. (*Oison rôti.*)

Take 1 green goose, 3 oz. of butter, pepper and salt to taste, fat for basting and watercress.

Geese are called green until they are about 4 months old, and should not be stuffed. After the goose has been singed and trussed, put into the body a seasoning of pepper and salt, and the butter to moisten it inside. Roast in a moderate oven for about an hour, allow it to brown nicely, and serve with a brown gravy, and, when liked, gooseberry sauce. This dish should be garnished with watercress.

This should be sufficient for 5 or 6 persons.

Note.—Green Geese are seasonable from August to November.

GUINEA FOWL ROAST. (Pintade rôtée.)

Have ready 1 guinea fowl, bacon, fried breadcrumbs, Bread sauce (p. 118), Espagnole sauce (p. 120), watercress, salad-oil, salt and pepper.

Truss the bird, cover the breast with slices of fat larding bacon, and roast it in a moderately hot oven for about 1 hour, basting frequently. When three parts cooked remove the bacon, that the breast may brown. Wash, drain, and dry the watercress, and season it with salt, pepper, and a little salad-oil. Serve on a hot dish, garnish with watercress, and hand the fried breadcrumbs, bread sauce, and Espagnole sauce separately.

This should be sufficient for 4 or 5 persons.

Note.—Guinea Fowl are in season from February to August. Best and cheapest in Summer.

LARK PIE. (Pâté de Mauviettes.)

Procure 12 larks, 1 lb. of rump steak, $\frac{1}{4}$ of a lb. of bacon, puff-paste, and $\frac{1}{2}$ a pint of good stock. For the farce or stuffing take 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, 1 tablespoonful of finely-chopped ham or parboiled chickens' livers, 1 tablespoonful of chopped mushrooms (preferably fresh ones), 1 dessertspoonful of finely-chopped parsley, $\frac{1}{4}$ of a teaspoonful of finely-grated lemon-rind, $\frac{1}{4}$ of a teaspoonful of powdered mixed herbs, 1 egg, a good pinch of nutmeg, $\frac{1}{2}$ a teaspoonful of salt and $\frac{1}{4}$ of a teaspoonful of pepper.

Bone the larks and stuff them with the farce, cut the beef into small thin slices, and the bacon into strips. Put a layer of beef at the bottom of a pie-dish, arrange the larks on the top, intersperse the remainder of the meat and the strips of bacon, season well with pepper and salt, three parts fill with stock, and cover with the paste. Brush over with yolk of egg, bake in a quick oven until the paste has risen and become set, then cook more slowly for about 1 hour. Before serving, add the remaining stock, pouring it carefully through the hole in the centre of the pie. Serve either hot or cold, but a little gelatine must be added to the stock if the pie is intended to be eaten cold, in order that the gravy may form a jelly.

This should be sufficient for 6 or 8 persons.

Note.—Larks are seasonable from November to February.

LARKS GRILLED. (*Mauviettes grillées.*)

To 1 dozen larks, allow 1 egg, breadcrumbs, salt and pepper, croûtes of toasted bread and butter.

Prepare the larks as directed in **Larks, Roast**, brush them over with beaten egg, and coat them carefully with breadcrumbs seasoned with a little salt and pepper. Grill over a clear fire for 10 minutes, and as soon as the breadcrumbs are set, brush them lightly over with oiled butter. Serve on croûtes.

This should be sufficient for 5 or 6 persons.

LARKS ROAST. (*Mauviettes rôties.*)

With 12 larks, take 12 small thin slices of bacon, 12 round or oval pieces of buttered toast, fried breadcrumbs, watercress, salad-oil, lemon, butter or fat for basting, salt and pepper.

Pick and singe the birds, cut off the feet, and remove the gizzards. Truss them in shape by means of a skewer, which should be long enough to hold six. Brush them over with hot butter or fat, cover each breast with a piece of bacon, and roast the birds before a hot fire for about 10 minutes, basting them constantly. Place each bird on a piece of toast, arrange them in a close circle on a hot dish, fill the centre with fried breadcrumbs, and garnish with cut lemons, and watercress seasoned with salad-oil, salt and pepper.

This should be sufficient for 5 or 6 persons.

LARKS STUFFED AND ROAST. (*Mauviettes farcies et rôties.*)

Take 8 or 9 larks, 8 or 9 very small rolls of crisply-fried bacon, 8 or 9 round or oval pieces of buttered toast. For the farce or stuffing: 1 oz. of warm butter, 1 tablespoonful of breadcrumbs, 1 tablespoonful of finely-chopped cooked ham or tongue, 1 large finely-chopped fresh mushroom, or 4 small preserved ones, 1 dessertspoonful of finely-chopped parsley, 1 very finely-chopped shallot, salt and pepper, egg, brown breadcrumbs, butter for basting, and fried potato straws.

Prepare the birds as for **Larks Roast**, stuff with the prepared farce, coat with egg and brown breadcrumbs, truss and fix on a skewer, and roast for about 10 minutes before a clear fire. As soon as the coating becomes fixed baste with hot butter, and repeat the process frequently. Place each bird

on a piece of toast, dish them in a close circle, pile the potato straws in the centre, and garnish with the rolls of bacon. Serve with a boat of nicely-seasoned gravy.

PIGEON COMPÔTE. (*Compôte de Pigeons.*)

Have ready 3 pigeons, $1\frac{1}{2}$ oz. of butter, $\frac{1}{4}$ of a lb. of raw ham or bacon, 2 dozen button onions, 1 carrot, $\frac{1}{2}$ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 1 clove, 6 peppercorns, 1 pint of good stock, 1 tablespoonful of flour, salt and pepper.

Truss the pigeons for roasting, cut the bacon into dice, peel the onions, and fry the whole in hot butter until well browned. Add the stock, and when boiling put in the herbs and the carrot and turnip, previously cut into dice. Cover closely and cook gently for nearly 1 hour. A few minutes before serving skim off all the fat, add the flour, previously blended with a little cold water, stir until the sauce re-boils, season to taste, and simmer at least 10 minutes to cook the flour. Remove the trussing strings, cut the birds in halves, arrange them neatly on a hot dish, strain the sauce over, group the vegetables and bacon round the dish, and serve.

This should be sufficient for 6 or 7 persons.

Note.—Pigeons are obtainable at any time, but are best from March to September.

PIGEON CURRY. (*Kari de Pigeon.*)

Take 2 pigeons, 2 oz. of butter, $\frac{3}{4}$ of a pint of Curry sauce (p. 119) and some boiled rice.

Make the sauce as directed, strain, replace in the stewpan, and keep hot until required. Divide each pigeon into four quarters, fry them in hot butter until well browned, and drain them free from fat. Put them into the sauce, let the stewpan stand for about $\frac{1}{2}$ an hour, where its contents will remain just below simmering-point, then serve with plainly-boiled rice handed round at the same time.

This should be sufficient for 4 or 5 persons.

PIGEON PIE. (*Pâté de Pigeon.*)

With 2 or 3 pigeons, take 1 lb. of rump steak, $\frac{1}{4}$ of a lb. of ham or lean bacon, $\frac{3}{4}$ of a pint of good stock, 2 hard-boiled eggs, the yolk of 1 egg, puff-paste, salt and pepper.

Cut each pigeon into four or more pieces, according to their size; cut the beef into small thin slices, the ham into strips,

and the eggs into sections or slices. Put these ingredients into a pie-dish in layers, season well, and pour in stock to three parts fill the dish. Put on the cover (*see Gilet Pie*), brush over with yolk of egg, bake in a quick oven until the paste is risen and set, then cook at a lower temperature for about 1 hour. Have ready a few of the pigeons' feet, scalded and the toes cut off, also the remainder of the stock. Before serving, pour in the stock through the hole in the centre of the pie, and replace the pastry ornament with the feet, fixing them in a nearly upright position. The pie may be served either hot or cold; if the latter, the stock must form a jelly when cold.

This should be sufficient for 6 to 8 persons.

PIGEONS À LA DUCHESSE. (*Pigeons à la Duchesse.*)

Procure 3 pigeons (trussed for roasting) and take 4 or 5 oz. of sausage meat, 1½ oz. of butter, ½ a pint of Espagnole sauce (p. 120), eggs, breadcrumbs, frying-fat, vegetable garnish, peas, beans or macédoine.

Cut the pigeons in halves, remove all the bones except the first bone of the leg, season well, and fold the skin under, shaping them as much as possible like plump cutlets. Fry them on both sides in clarified butter, press until cold, then mask the upper surface with sausage-meat farce. Coat with egg and breadcrumbs, fry until nicely browned in hot fat and drain well. Arrange neatly on a potato border, fill the centre with a dressed vegetable, pour the sauce round and serve.

This should be sufficient for 5 or 6 persons.

PIGEONS GRILLED. (*Pigeons grillés.*)

Take 2 or 3 pigeons, salad-oil or oiled butter, salt and pepper.

Split the birds down the back, flatten them with a cutlet-bat, and skewer into shape. Brush over with oil or butter, season with salt and pepper, and grill over or in front of a clear fire from 15 to 20 minutes, turning frequently. Serve with Tomato, Piquant, Brown, Mushroom, or other suitable sauce. (*See page 117.*)

This should be sufficient for 4 or 6 persons.

PIGEONS JUGGED. (*Civet de Pigeon.*)

Have ready 4 pigeons, Veal forcemeat (p. 116), 2 or 3 oz. of butter, ½ a pint of strong beef stock, 1 oz. of flour, 1 finely-chopped onion, 1 glass of port (optional), salt and pepper.

Truss the pigeons as if for roasting, fry them in hot butter until well browned, then place them in a stew-jar. Brown the onion in the butter, turn both into the stew-jar, add the stock, and a good seasoning of salt and pepper, and cover closely. Place the jar in a saucepan of boiling water, or, if more convenient, in the oven in a baking-tin filled with water, and cook slowly for 2 hours. Knead the flour and 1 oz. of butter together, divide it into small pieces, and add these to the contents of the jar about $\frac{1}{2}$ an hour before serving. Shape the forcemeat into small balls, egg-crumb them, fry them in hot butter or fat, and drain well. Add the wine (if used) 15 minutes before serving. Serve with the sauce poured over, and garnished with the fried forcemeat balls.

This should be sufficient for 6 to 8 persons.

PIGEONS POTTED. (*See Chicken Potted.*)

PIGEONS ROAST. (*Pigeons rôtis.*)

Draw and truss the birds, cover each breast with a slice of larding bacon, and then roast the pigeons in a brisk oven for about 20 or 30 minutes according to age and size. Baste frequently, and a few minutes before serving remove the bacon to allow the breasts to brown. Remove the trussing-strings, replace the bacon, serve each bird on a croûton of fried bread, garnish with watercress previously washed, dried, and seasoned with salt, pepper, and salad-oil, and serve Espagnole, Tomato or Piquant sauce (*see Sauces*) in a sauce-boat.

Allow 1 bird for 2 persons.

PIGEONS STEWED. (*Compôte de Pigeons à la Bourgeoise.*)

To 3 pigeons, allow $\frac{3}{4}$ of a pint of Espagnole sauce (p. 120), 1 glass of claret (optional), 1 oz. of butter, $\frac{1}{2}$ a pint of shelled peas, 12 button onions, 6 or 7 very small carrots, croûte of fried bread 1 $\frac{1}{2}$ inches in thickness, salt and pepper.

Cut each pigeon into four pieces, and fry them brown in the butter. Have ready the hot Espagnole sauce, put in the pigeons and claret (if used), cover closely, and stew gently for about 35 minutes, or until the birds are tender. Strain the butter into a small stewpan, put in the onions, and cook until tender and well browned. Boil the carrots and peas separately, and drain them well. Arrange the pigeons on the croûte,

strain the sauce over, group the onions, peas, and carrots tastefully round the dish, and serve.

This should be sufficient for 5 or 6 persons.

PIGEONS WITH OLIVES. (*Pigeons aux Olives.*)

With 2 pigeons, take 24 stoned French olives, $\frac{3}{4}$ of a pint of Espagnole sauce (p. 120), $1\frac{1}{2}$ oz. of butter, and a little stock.

Divide each pigeon into quarters, and fry them brown in the butter. Have the sauce ready in a stewpan, put in the pigeons, cover closely, and cook them very gently for about 40 minutes, or until tender. Meanwhile, braise or stew the olives in a little good stock. Serve the pigeons on a hot dish, with the sauce strained over, and the olives grouped at the base.

This should be sufficient for 4 persons.

TURKEY BLANQUETTE. (*Blanquette de Dinde.*)

Take the remains of a cold turkey, $\frac{3}{4}$ of a pint of stock, $1\frac{1}{2}$ oz. of butter, 1 oz. of flour, 1 yolk of egg, 2 tablespoonfuls of cream or milk, 1 small onion, 1 blade of mace, nutmeg, salt, pepper.

Cut the turkey into neat slices, and set these aside until wanted. Put the bones, trimmings, onion, mace and a little salt and pepper into a stewpan, cover with cold water, simmer gently for at least 1 hour, and strain. Heat the butter in a stewpan, add the flour, cook for a few minutes without browning, put in the stock, and stir until boiling. Simmer gently for 10 minutes, season to taste, add a pinch of nutmeg, put in the slices of turkey, and let them become quite hot without boiling. Mix the cream or milk and yolk of egg together, add them to the contents of the stewpan, stir gently for about 5 minutes, then serve.

Note.—Turkeys are in season from September to March, but at their best during December and January.

TURKEY BOILED. (*Dinde bouillie.*)

Have ready 1 turkey, sausage meat (1 to 2 lb., according to size of turkey), Forcemeat balls (p. 116), a small head of celery, 1 pint of Celery sauce (p. 119), stock or water, 2 onions, 2 carrots, 1 small turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 white peppercorns and some salt.

Prepare and truss the turkey for boiling, stuff the crop with sausage meat, wrap the bird in a well-buttered paper, and put it into a pan containing as much boiling stock or water as will

cover it. When the liquor boils, add the onions, carrots, and turnip cut into large pieces, the bouquet-garni, peppercorns, and salt to taste, put on the cover and cook gently from $1\frac{1}{2}$ to $2\frac{1}{4}$ hours, according to size. Meanwhile, make the forcemeat balls, and fry them in a little hot fat or butter. Cut the celery into neat pieces, and boil in well-seasoned stock or water until tender. When the turkey is sufficiently cooked, remove the trussing skewers and strings, place on a hot dish, pour the sauce over, and garnish with groups of celery, vegetable dice, and forcemeat balls. If preferred, Béchamel sauce may be substituted for the celery sauce ; in any case the quantity provided should be proportionate to the size of the bird. Boiled ham or tongue usually accompanies boiled turkey.

A medium-sized bird should be sufficient for 12 persons.

TURKEY CROQUETTES. (Croquettes de Dinde.)

(See Chicken Croquettes, p. 19.)

TURKEY DEVILLED. (Dinde à la Diable.)

For the devilled butter, take 1 oz. of butter, $\frac{1}{2}$ a saltspoonful each of cayenne, black pepper, and curry-powder and a pinch of ground ginger.

Mix the ingredients for the devilled butter together on a plate. Divide the remains of cold roast turkey into pieces convenient for serving, remove all skin, score the flesh deeply, and spread lightly with the butter. Put aside, and let them remain for 1 hour, or longer when a highly-seasoned dish is desired, then grill for about 8 minutes over the fire, and serve with piquant or other suitable sauce.

This should be sufficient for 3 or 4 persons.

TURKEY DEVILLED (LEGS).

Take 2 turkey legs, made mustard, cayenne, pepper and salt.

Score the legs in deep ridges, in regular lines, both along and across ; prepare and salt these, adding cayenne, when liked very hot. Cover with mixed mustard, pressing well into the openings, and let it remain until the next morning. Have a bright clear fire, and grill them until the outside is crisp and brown, about 8 minutes. Spread with small pieces of fresh butter, seasoned with cayenne, and serve quickly.

Allow 1 turkey leg for every 2 persons.

TURKEY FRICASSÉE. (*Fricassée de Dinde.*) (*See Chicken Fricassée, p. 22.*)

TURKEY GALANTINE. (*Galantine de Dinde.*) (*See Fowl Galantine, p. 45, and use a boned turkey in place of fowl.*)

TURKEY HASHED. (*Hachis de Dinde.*)

With the remains of cold roast turkey, take $1\frac{1}{2}$ oz. of butter, $1\frac{1}{2}$ oz. of flour, $\frac{3}{4}$ of a pint of stock made from the bones and trimmings of the turkey, 1 small onion, a blade of mace, a few peppercorns, salt and pepper, a few drops of liquid caramel browning, and some toasted bread or mashed potato.

Divide the turkey into small neat joints, and put them aside. Put the bones and trimmings into a stewpan with a small onion, a blade of mace, a few peppercorns and a little salt, simmer gently for about 2 hours, then strain and use. Melt the butter, stir in the flour, add the stock, and stir until boiling. Let the sauce boil gently for about 10 minutes, in order that the flour may be thoroughly cooked, then season to taste, add the pieces of turkey, draw the stewpan aside, and let it remain for about $\frac{1}{2}$ an hour, where the contents will be kept just below simmering-point. Before serving, improve the colour of the sauce by the addition of a few drops of caramel. The dish may be garnished with sippets of toasted bread, or surrounded by a border of mashed potato.

Note.—For other methods of re-heating turkey, *see* the numerous recipes for re-heating chicken.

TURKEY POULT ROAST. (*Dindon rôti.*)

Truss the bird for roasting and cover the breast with 2 or 3 folds of buttered paper. Roast for about 1 hour in a brisk oven, basting frequently, and serve with good gravy, and, if liked, either fried bacon or boiled ham.

This should be sufficient for 5 or 6 persons.

TURKEY ROAST. (*Dinde rôtie.*)

To 1 medium-sized turkey, allow 1 to 2 lb. of sausage meat, 1 to $1\frac{1}{2}$ lb. of Veal forcemeat (p. 116), 2 or 3 slices of bacon, 1 pint of good gravy, a boat of Bread sauce (p. 118), and fat for basting.

Prepare and truss the turkey. Fill the crop with sausage meat, and put the veal forcemeat inside the body of the bird. Skewer the bacon over the breast, baste well with hot fat, and roast in a moderate oven from $1\frac{3}{4}$ to $2\frac{1}{4}$ hours, according to age and size of the bird. Baste frequently, and about 20 minutes before serving remove the bacon to allow the breast to brown. Remove the trussing-strings, serve on a hot dish, and send the gravy and bread sauce to table separately in sauce-boats.

This should be sufficient for 10 or more persons.

TURKEY SOUP. (Potage de Dinde.)

Have ready the remains of a cold roast turkey, 2 quarts of white second stock, 2 oz. of cooked macaroni, $1\frac{1}{2}$ oz. of crème de riz (rice-flour), 1 small onion, 1 bay-leaf, 1 small blade of mace, salt and pepper.

Divide the remains of the turkey and the bones into small pieces, put them into a stewpan with the onion, bay-leaf, mace, and a little salt and pepper or peppercorns, add the stock, and simmer gently for about 3 hours. Strain, return to the saucepan, add the crème de riz, previously blended smoothly with a little cold stock or milk, stir and boil gently for 7 or 8 minutes. Have the macaroni ready boiled and cut into very short lengths, put it into the soup, season to taste, make thoroughly hot, and serve.

This should be sufficient for 5 or 6 persons.

TURKEY, STEWED OR BRAISED. (Dinde braisée.)

Take 1 small turkey, 2 or 3 slices of bacon, 4 oz. of butter, 2 onions sliced, 2 carrots sliced, 1 turnip sliced, a bouquet-garni (parsley, thyme, and bay-leaf), 10 peppercorns, 1 pint of Oyster sauce (p. 121), stock, seasoning of salt and pepper.

Truss the bird as for roasting. Heat the butter in a stewpan, fry the turkey until the whole surface is well-browned, then remove it. Put in the vegetables, bouquet-garni, peppercorns and a good seasoning of salt, and add stock nearly to cover the whole. Replace the turkey, lay the slices of bacon on the breast, cover closely, and cook gently for about 2 hours, or until the turkey is quite tender. If preferred, brown sauce may be substituted for the oyster sauce, in which case the bird might be stuffed, as when roasted.

This should be sufficient for 8 persons.

TURKEY WITH CHESTNUTS. (*Dinde farcie aux Marrons.*)

With 1 turkey, take 2 or 3 lb. of chestnuts, 1 to 1½ lb. of sausage meat or Veal forcemeat (p. 116), 3 or 4 slices of bacon, ½ a pint of stock, 1 pint of gravy or brown sauce, 2 oz. of butter, 1 egg, cream or milk, salt and pepper, fat for basting.

Slit the skins of the chestnuts, throw them into boiling water, cook for 15 minutes, then remove both skins. Replace in the stewpan, add the stock, cover closely and simmer gently for nearly 1 hour, or until the chestnuts are tender. Rub them through a fine sieve, add the butter, egg, a good seasoning of salt and pepper, and if the purée appears at all dry, a little cream or milk. Prepare and truss the turkey, stuff the crop with sausage meat or veal farce, and fill the body with the chestnut purée. Skewer the bacon over the breast, baste well with hot fat, and roast in a moderate oven from 1½ to 2¼ hours, according to the size and age of the bird. Baste well, and shortly before serving remove the bacon in order that the breast may brown. Remove the trussing-strings, serve on a hot dish, and send the sauce or gravy to table in a sauce-boat.

This should be sufficient for 10 or more persons.

TURKEY WITH MUSTARD SAUCE. (*Dinde, Sauce Moutarde.*)

Take 2 turkey legs, ½ a pint of Brown sauce (p. 118), 1 tablespoonful of made mustard, 1 tablespoonful of Piquant sauce (p. 122).

Score the legs deeply, pour over them the mustard and piquant sauce. Let them soak for ½ an hour, or longer if preferred highly seasoned. Make the brown sauce as directed, add to it the legs and the marinade, simmer gently for 20 minutes, then serve on a hot dish with the sauce strained over.

WHEATEARS, TO DRESS.

After the birds are picked, drawn and cleaned, truss them like larks, cook them in front of a quick fire, and baste them well with oiled butter. When done, which will be in about 20 minutes, dish them up, garnish the dish with watercress, and serve with fried breadcrumbs.

Allow 2 birds to each person.

Note.—Wheatears are seasonable from July to October.

CHAPTER III

GAME

WILD BIRDS

The wild birds, of which we have now to speak, are protected by the law, and may only be killed or sold during some months of the year. In a country so thickly populated as England they would otherwise soon be exterminated. It is, however, more as a matter of custom than as a matter of fact, that we speak of all game as wild, for thousands of birds are bred, and turned loose for sport in the autumn.

SEASON FOR GAME

Game varies much in price, being generally very expensive on the first day or two of the season, while later in the season it may often be purchased more cheaply than ordinary poultry.

TO KEEP GAME

All water birds should be eaten as fresh as possible, because their flesh is oily and soon becomes rank. Most game is kept until putrefaction has commenced, it being thought that the flavour is thereby developed. The time that it may be kept depends upon (1) the taste of the persons who are to eat it; (2) the weather; (3) the age of the bird. Taking all these together, it is impossible to lay down any precise rules. In damp, muggy weather, even if the thermometer is not very high, game will keep a very little time, but in clear, windy weather, even if it is not very cold, it will keep for many days. It should always be kept in the fur or feathers, and should not be drawn, and should be hung up in a current of air. It may sometimes be necessary to pluck, truss and half-cook it, in which state it will keep a day or two longer. Old birds may always be kept longer than young ones.

TO CHOOSE GAME

At the beginning of the season it is easy to distinguish between old and young, but towards the end of the year the distinctions become obliterated. Besides the smoothness of the claws and the small lip cleft of a young hare, the ear is tender and can be easily torn. This sign, however, is not infallible if the ear is torn by the poulterer, who, by long practice, can always tear it very readily. The short, stumpy neck and long joints of a young rabbit or hare are a better guide, and a small bony knob can be felt near the foot of a leveret, which is absent in a full-grown hare. Partridges, at the beginning of the season, can always be distinguished by the shape of the long feathers in the wing; in an old bird they are round at the end, like the letter U; in a young one they are pointed, like a V.

The red-legged French partridges are rather larger and cheaper than the English, but they are not considered so good. The size of the spur, the smoothness of the legs and the tenderness of the pinion are the best guides in choosing a pheasant; and, indeed, these always are the points to observe in all birds, so far as their age is concerned.

If they are in good condition the breast is thick and hard; if lean, the breast feels thin and soft. The feet generally tell if a bird is fresh. They should be supple and moist, especially in water birds, but they soon become stiff and dry after the bird is dead.

The flesh should be firm and plump and not discoloured: blue patches denote that the bird has hung too long. Game should weigh heavily for its size.

Grouse, Pheasants, Snipe, Quail, Ortolans, Ptarmigan, Woodcock, etc., when young, should have short or round spurs. When old, the feet are hard and thick and the spurs pointed. In young birds the feathers under the wing are downy and soft; the long flight feathers in the wing are pointed. Rounded flight feathers are a sign of age.

Hares and Rabbits, when young, should have smooth sharp claws, and the ears are tender and easily torn; small white teeth, a narrow cleft in the jaw, a short stumpy neck and long joints, all indicate a young animal. Hares will hang about a week (according to the weather), and are not paunched until required for cooking. Rabbits, however, are paunched before being hung.

Birds are best hung by the neck in a current of air, undrawn and unplucked, and old birds will hang longer than young ones. In warm, damp weather sprinkle the feathers with pepper to keep away flies. A bird is ready for cooking when the feathers may easily be plucked from the inside of the leg. Waterfowl should be eaten as soon as possible.

In variable climates no hard and fast rule can be laid down for the keeping of game before it is cooked. In all cases it requires hanging ; but while in winter it is safe to buy birds that have been shot some time, in damp or warm weather no such risk should be run.

A number of small birds spoken of in this chapter do not, strictly speaking, come within the limits of either game, wild-fowl or poultry. They are eaten as articles of luxury to no great amount, and are included here because they often replace game on the dinner-table.

The following table shows when the various natures of game are in season, when they are at their best and cheapest, how usually cooked, and their average weight (before cooking) :

GAME.

Game.	In Season.	Best and Cheapest.	How usually Cooked.	Average Weight before Cooking.
				lb. oz.
Blackcock .	Aug. to Nov.	Sept. to Oct.	Roast	3 0
Capercaillie .	Aug. to Dec.	Sept. to Nov.	"	2 0
Ducks (wild) .	Aug. to March	Nov. to Dec.	"	2 0
Grouse . .	Aug. to Dec.	September	"	0 14
Hares . . .	Sept. to March	October	"	4 0
Landrail . .	Aug. to Sept.	September	"	0 12
Leveret . .	Aug. to Feb.	October	"	3 0
Ortolan . .	March to May	April	"	0 6
Partridges .	Sept. to Feb.	Oct. and Nov.	"	0 14
Pheasants .	Oct. to Feb.	Winter	"	2 6
Plovers . .	Oct. to Feb.	Winter	"	0 7
Ptarmigan .	Sept. to April	September	"	0 12
Quail . . .	Sept. to Feb.	Sept. and Oct.	"	0 4
Rabbit . . .	Sept. to March	Oct. to Feb.	Boiled	3 0
Snipe . . .	Oct. to Feb.	Oct. and Nov.	Roast	0 3
Teal	Oct. to Feb.	Winter	"	1 0
Venison . .	May to Jan.	Sept. and Oct.	"	— —
Widgeon . .	Oct. to Feb.	Oct. and Nov.	"	2 0
Woodcock .	Aug. to March	Oct. and Nov.	"	0 8

Table Showing Relative Value of Poultry and Game.

Giving the actual weight of the eatable portion, after deducting Loss in Weight from Cooking, Bone, Skin and Waste.

Much time and trouble has been spent in preparing the following table, all the Poultry and Game having been specially cooked and tested. It will surprise many to see the result, which shows how very costly most of the small birds are when the actual loss in cooking is taken into consideration.

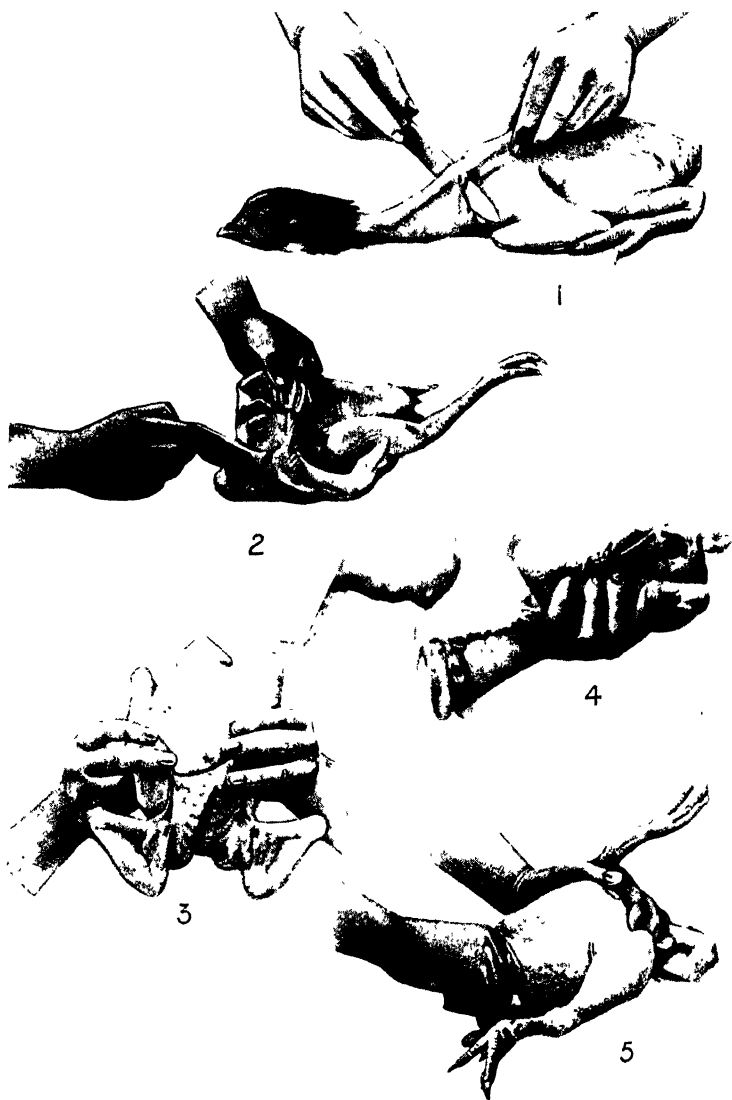
Name of Bird.	How usually Cooked.	Weight before Cooking.	Weight when Cooked, with bone and waste deducted.	Loss per lb. by Cooking, bone and waste.
		lb. oz.	lb. oz.	oz.
Chicken	Roast	2 4	1 4	7
Duck	"	3 0	1 8	8
Fowl	"	4 0	2 4	7
Goose	"	10 6	5 3	8
Grouse	"	0 14	0 10	4½
Hare	"	4 0	2 12	5
Partridge	"	0 14	0 8	7
Pheasant	"	2 6	1 3	8
Pigeon	"	0 5	0 2½	8
Plover	"	0 7	0 4	6½
Rabbit	Boiled	3 0	0 11	7
Snipe	Roast	0 3	0 1½	8
Turkey	"	10 0	5 10	7
Venison	"	13 8	9 4	5
Wild Duck	"	2 0	1 1	7½
Woodcock	"	0 8	0 4	8

TRUSSING A FOWL : No. 1



Section of fowl cut in half (1) With internal organs, (2) When drawn. (See directions in Chapter VI)

TRUSSING No. 2 : TO DRAW A FOWL



See directions in Chapter VI.

CHAPTER IV

RECIPES FOR COOKING GAME

BLACKBIRD PIE. (*Pâté de Merle.*)

Have ready some blackbirds, rump steak, Veal forcemeat (p. 116), hard-boiled eggs, good stock, paste, salt and pepper.

Pick and draw the birds, and stuff them with veal forcemeat. Line the bottom and sides of a pie-dish with rather thin slices of steak, put in the birds, cut in halves, season them with salt and pepper and intersperse sections or slices of hard-boiled eggs; half fill the dish with good stock, cover with paste (*see Gilet Pie*), and bake in a moderately hot oven from $1\frac{1}{4}$ to $1\frac{3}{4}$ hours, according to size. Add more stock before serving.

Allow 1 blackbird to every 2 persons.

Note.—Blackbirds are seasonable from November to the end of January.

BLACKCOCK FILLETS À LA FINANCIÈRE. (*Filets de Coq de Bruyère à la Financière.*)

With 2 blackcocks, take 3 slices of bacon, $\frac{1}{2}$ a pint of Brown sauce (p. 118), $\frac{1}{4}$ of a pint of stock, 1 glass of sherry or Madeira (optional), 12 button mushrooms, 1 medium-sized onion, 1 small carrot, $\frac{1}{2}$ a turnip, a little butter, salt and pepper.

Cut the birds into neat filets, slice the vegetables, place them in a sauté-pan with the stock, add the slices of bacon, lay the filets on the top of them, cover closely with a well-buttered paper, and cook gently for about 30 minutes. Make the brown sauce as directed, add to it the mushrooms (fresh ones must be previously fried in a little butter), and the wine (if used), season to taste, and keep hot until required. When the filets are done, arrange them on a hot dish, strain the

sauce over, and garnish with the mushrooms, and, if liked, the bacon cut into dice and grouped round the base.

This should be sufficient for 5 or 6 persons.

Note.—Blackcock are seasonable from the middle of August to the end of November.

BLACKCOCK GRILLED. (Coq de Bruyère grillé.)

Take 1 blackcock, a little warm butter, $\frac{1}{2}$ a teaspoonful of lemon-juice, a few drops of anchovy-essence, $\frac{1}{2}$ a pint of Brown sauce (p. 118), salt and pepper.

Split the bird down the back, cut off the legs at the first joint, and skewer into as flat a shape as possible. Brush over with warm butter, sprinkle with salt and pepper, and grill over or in front of a clear fire from 25 to 30 minutes. The bird should be turned frequently, and occasionally brushed over with butter during the process of cooking. Make the sauce as directed, add to it the lemon-juice and anchovy-essence, season to taste, strain and serve in a sauce-boat. Fried potato chips or straws are frequently served with this dish.

This should be sufficient for 3 or 4 persons.

BLACKCOCK ROAST. (Coq de Bruyère rôti.)

Have ready blackcock, butter or dripping, toast, gravy, Bread sauce (p. 118), and fried breadcrumbs.

Let the birds hang for a few days, for they will be tough and tasteless if not well kept. Pluck and draw them, and wipe the insides and outsides with a damp cloth, as washing spoils the flavour. Cut off the heads, and truss as a roast fowl, cutting off the toes, and scalding and peeling the feet. Baste the bird well with hot butter, and roast it in front of a clear fire, or in a moderate oven, from 45 to 60 minutes, according to size, basting frequently with butter during the process. Dish on a slice of buttered toast, and serve the gravy, bread sauce and breadcrumbs separately.

One bird should be sufficient for 3 or 4 persons.

CAPERCAILZIE ROAST. (Capercaillie rôti.)

To 1 capercaillie allow $\frac{1}{2}$ of a lb. of beefsteak, 1 or 2 slices of bacon, butter, good gravy, Bread sauce (p. 118), fried breadcrumbs, watercress, salad-oil, salt and pepper.

Prepare and truss the bird in the same way as a roast

chicken. Put the beefsteak inside the bird ; it greatly improves the flavour, and may afterwards be used in the preparation of some cold meat dish. Cover the breast with slices of bacon, and roast in front of a clear fire or in a moderate oven for about 1 hour, basting frequently. When three parts cooked remove the bacon from the breast, dredge lightly with flour, and baste well to give the bird a nice brown appearance. Serve on a hot dish garnished with watercress, previously well washed, dried and seasoned with salt, pepper, and a little salad-oil, and send the gravy, bread sauce and breadcrumbs to table in sauce-boats.

This should be sufficient for 6 or 8 persons.

Note.—Capercaillie are seasonable from August 20 to December 20.

CORN-CRAKE ROAST. (*See Landrail Roast.*)

FRENCH GAME PIE. (*Pâté de Gibier.*)

Procure $\frac{3}{4}$ of a lb. of lean veal, $\frac{3}{4}$ of a lb. of fresh pork, and 1 blackcock, pheasant, partridge, or other game, and have ready some good paste crust, about a gill of stock or water, a few thin slices of bacon, 1 large truffle or truffle trimmings, aromatic spice, salt, egg.

Chop the meat (veal and pork) finely, or pass it through a mincing machine, season it highly with aromatic spice, salt, etc., and add finely-chopped truffle. Cut the game into neat joints. Line a pie-dish with the prepared forcemeat ; on this place a layer of pieces of game, then a few slices of bacon, and more forcemeat ; continue to add these until the pie-dish is well filled. Moisten with a gill of stock or water, cover with a good paste crust, decorate and egg over, bake in a moderate oven for about 1 $\frac{1}{4}$ hours. Serve hot or cold.

This should be sufficient for 6 or 7 persons.

GAME ANDOUILLETES. (*Andouillettes de Gibier.*)

With 4 oz. of finely-chopped cooked game, take 2 oz. of finely-chopped cooked ham, 2 oz. of butter, 1 dessertspoonful of flour, 3 finely-chopped mushrooms, 1 finely-chopped shallot, 1 teaspoonful of chopped parsley, fried parsley, a pig's caul, meat glaze, $\frac{1}{2}$ a gill of stock (about), 1 egg, tomato or piquant sauce, lemon-juice, nutmeg, salt and pepper.

Heat $\frac{1}{2}$ an oz. of butter in a small stewpan, fry the shallot slightly, stir in the flour, and when lightly browned add the

stock and boil well. Put in the game, ham, mushrooms, parsley, the yolk of the egg, a few drops of lemon-juice, a pinch of nutmeg, salt and pepper to taste, stir over the fire until well mixed and thoroughly hot, then spread on a plate to cool. Brush the inside of 8 or 9 oval paper cases with butter, and fry sufficient parsley to form little beds for each case. Mould the game preparation into oval or cork-shaped pieces of suitable size, enclose them in pieces of caul, previously washed and well dried, and seal the ends with a little white of egg. Heat the remaining $1\frac{1}{2}$ oz. of butter in a sauté-pan, fry the andouillettes until nicely browned, then brush them over with warm meat-glaze, and place them on the top of the fried parsley in the paper cases. Arrange neatly in an entrée dish, and serve the sauce in a sauce-boat.

This should be sufficient for 5 or 6 persons.

GAME CUTLETS. (*See Pheasant Cutlets.*)

GAME, GARNISH FOR.

The usual garnish for roast game consists of watercress and crisply-fried potatoes, the latter being usually stamped out into small thin slices, or cut into julienne strips. Mushrooms, truffles, and many other ingredients are used to garnish a salmi of game. *See Wild Duck Salmi.*

GAME HASHED. (*See Wild Duck Salmi.*)

GAME IN ASPIC JELLY. (*Gibier en Aspic.*)

Rinse a plain mould with cold water, cover the bottom with a thin layer of liquid aspic, and, when set, decorate with stamped-out pieces of cooked ham and hard-boiled white of egg. Fix the decorations with a little semi-set aspic, and as soon as it has stiffened, add small pieces of cold cooked game, previously seasoned and freed from skin and bone. Leave plenty of space to be filled with jelly, and let the jelly covering one layer of game become quite set before adding another. Let the mould remain on ice, or in a cool place until wanted, then turn out and serve.

GAME PIE. (*See French Game Pie, p. 67, and Raised Pie, p. 79.*)

GAME, POTTED. (*See Potted Game, p. 77.*)

GAME PURÉE. (Purée de Gibier.)

Remove the bones from any cold cooked game, and simmer them in a little water for at least 1 hour, when gravy is not at hand. Chop the flesh of the bird finely, pound it in a mortar until smooth, moistening gradually with a little good gravy and oiled butter, and pass through a wire sieve. Season to taste with salt and pepper, stir in a little cream or milk, turn the preparation into well-buttered scallop shells, make thoroughly hot, then serve.

Allow 1 scallop shell to each person and 1 or 2 over.

GAME SALAD. (Salade de Gibier.)

With 1 lb. of the remains of any kind of cold game, take 1 hard-boiled egg, 2 lettuces, cayenne, pepper and salt, Mayonnaise sauce (p. 121), and pickled beetroot for garnish.

Remove the bones, and cut the flesh into dice of medium size. Wash, trim and dry the lettuce, and tear it into shreds. Stamp out some star-shaped pieces of white of egg, chop up the remainder of the egg, and mix it with the meat. Arrange the meat, lettuce, and mayonnaise in alternate layers in a salad-bowl, raising the centre in a pyramidal form, and add a sprinkling of salt and pepper to each layer. Cover the surface with a thin layer of mayonnaise sauce, garnish with stars of sliced beetroot and hard-boiled yolk of egg, and serve.

This should be sufficient for 5 or 6 persons.

GAME, TO KEEP FROM TAINING.

In cold, frosty weather game may be hung for 2 or 3 weeks in an ordinary larder without becoming tainted, but when the atmosphere is warm and damp, great care should be taken to hang it in a well-ventilated place, preferably where there is a current of air. The feathers are a great protection from flies, but it is advisable to apply a good sprinkling of pepper, which usually serves to keep away these pests.

GAME, TO REMOVE TAINT FROM.

As soon as there is the least evidence of taint, remove the feathers and draw the birds, and wash them in water with plenty of salt and a little vinegar. If badly tainted, repeat the process two or three times, and afterwards rinse in fresh water. Dry thoroughly before cooking. The tainted flavour may be still further removed by putting some fresh powdered charcoal,

tied in muslin, inside the crop before cooking, which must be removed before the birds are served. When charcoal is not at hand it may easily be made by placing wood in a hot oven until it is burnt through.

GROUSE PIE. (*Pâté de Coq de Bruyère.*)

To 2 grouse, allow $\frac{3}{4}$ of a lb. of rump steak, $\frac{1}{2}$ a pint of good stock, 2 or 3 slices of streaky bacon, puff-paste, 2 hard-boiled eggs, salt and pepper.

Cut the birds into neat joints and remove the lower parts of the back, which if allowed to remain would impart a bitter flavour to the pie. Cut the steak into small thin slices, the bacon into narrow strips, and the eggs into sections or thin slices. Line the bottom of a pie-dish with slices of meat, cover with a layer of grouse, add a few strips of bacon and slices of egg, and season well with salt and pepper. Repeat until the materials are used, add stock to three parts the depth of the dish and cover with paste (*see Gible Pie*). The pie must be baked about $1\frac{1}{2}$ hours; for the first $\frac{1}{2}$ hour in a hot oven to make the paste rise, and afterwards in a lower temperature in order that the birds and meat may be sufficiently cooked. Meanwhile simmer the necks and any trimmings of the birds there may be in the remainder of the stock, strain, season to taste, and pour it into the pie before serving. When about three parts baked the pie should be brushed over with yolk of egg. When a more highly-seasoned dish is desired, a flavouring of parsley, shallot and mushrooms, all finely-chopped and mixed together, should be added to the meat.

This should be sufficient for 6 or 7 persons.

Note.—Grouse are seasonable from August 12 to December 10.

GROUSE ROAST. (*Coq de Bruyère rôti.*)

Take a brace of grouse, 2 slices of toast, butter, good brown gravy, Bread sauce (p. 118), fried breadcrumbs, and bacon.

Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw, and truss them in the same manner as roast chicken. Tie over each breast a thin slice of bacon, and roast in a moderate oven from 30 to 35 minutes, basting frequently with butter. When nearly done remove the bacon, dredged with flour, and baste well to give the birds a nice brown appearance. Toast the bread lightly, and when the

birds are about three parts cooked, put it into the dripping-tin to catch the gravy that drops from them. Dish on the toast, and serve the gravy, bread sauce and breadcrumbs separately.

This should be sufficient for 5 or 6 persons.

LANDRAIL OR CORN-CRAKE ROAST.

Pluck and draw 3 or 4 landrail, wipe them inside and out with a damp cloth, and truss them in the following manner : Bring the head round under the wing, and the thighs close to the sides ; pass a skewer through them and the body, and keep the legs straight. Roast the birds before a clear fire from 12 to 20 minutes, keep them well basted, and serve with fried breadcrumbs, with a sauce-boat of brown gravy. If preferred, bread sauce may also be sent to table with them.

Note.—Landrail or Corn-crake are seasonable from August 12 to the middle of September.

ORTOLANS ROAST. (*Ortolans rôtis.*)

Have ready some ortolans, toast, bacon, bay-leaves or vine-leaves, butter for basting, Brown gravy (p. 120), fried breadcrumbs, and watercress.

Remove the head, neck and crop, but let the trail remain. Truss for roasting, brush over with warm butter, cover the breast of each bird with a vine-leaf or bay-leaf, and tie over them thin slices of bacon. Attach them to a long steel skewer, running it through the body of each bird, and roast them in front of a quick fire for about 10 minutes. Baste the birds almost continuously with hot butter, and put the toast under them to catch the drippings from the trail. When cooked, remove the skewers and strings, but, if liked, the bacon may remain and be brushed over with warm glaze. Serve the birds on the toast, garnish with watercress, and send the gravy and breadcrumbs to table separately.

Allow 1 bird to each person.

Note.—Ortolans are in season from March to May.

PARTRIDGE ESCALOPES. (*Escalopes de Perdreaux.*)

With 1 partridge, take 2 slices of bacon, $\frac{3}{4}$ of a pint of Brown sauce (p. 118), $\frac{1}{2}$ a pint of stock, 1 small onion, 1 carrot, $\frac{1}{2}$ a turnip, a bouquet-garni (parsley, thyme, bay-leaf). For the farce or stuffing : 4 oz. of finely-chopped cold roast partridge,

2 oz. of raw ham or bacon cut into narrow strips, 1 tablespoonful of finely-chopped suet, 1 tablespoonful of breadcrumbs, 1 teaspoonful of finely-chopped parsley, 1 raw egg, 1 hard-boiled egg, a good pinch each of nutmeg and powdered mixed herbs, salt and pepper, and prepare a potato border.

Cut the bird down the back, and remove all the bones. Mix the minced partridge, suet, breadcrumbs, parsley, herbs and nutmeg together, season well with salt and pepper, and bind with the raw egg. Flatten the partridge on the board, season the inside with salt and pepper, spread on half the farce, on the top of which arrange slices of egg and strips of bacon. Season well with salt and pepper, spread on the remainder of the farce, draw the two sides together, forming it as much like a roll as possible, and sew securely with strong cotton. Slice the vegetables, and place them in a stewpan with the 2 slices of bacon on the top. Wrap the bird in buttered paper, lay it on the top of the bacon, cover closely, and cook gently for about $1\frac{1}{2}$ hours. When ready to serve, remove the paper and string and cut the roll into slices about $\frac{1}{2}$ an inch in thickness. Arrange the escalopes in two close rows on a potato border, and strain the hot sauce over. When more convenient, veal may be used for the farce instead of cold partridge.

This should be sufficient for 5 or 6 persons.

PARTRIDGE FILLET FARCED. (Filets de Perdreaux farcis.)

To 2 partridges, or the remains of cold roast birds, allow $\frac{1}{2}$ a lb. of Liver farce (p. 115), $\frac{1}{2}$ a pint of Espagnole sauce (p. 120), 1 oz. of butter, egg, breadcrumbs, salt and pepper, and prepare some purée of spinach or mushrooms, and a potato border.

Remove the fillets intact from the breast, bone the legs and wing, form into a good shape, fry lightly in hot butter, and press between two dishes until cold. Then mask one side with the liver farce or stuffing, coat both sides carefully with egg and breadcrumbs, and fry until nicely browned in hot butter or fat. Arrange in a circle on a border of potato, strain the hot Espagnole sauce over, and serve the purée of spinach or mushroom in the centre. When cold birds are used, the preliminary frying and pressing are unnecessary, the farce being spread on the cold cooked fillets and completed as directed above.

This should be sufficient for 6 or more persons.

PARTRIDGE GRILLED. (*Perdreaux grillés.*)

Procure a brace of partridges and take salt and cayenne to taste, butter, Brown gravy or Mushroom sauce, p. 121.

Pluck, draw and cut the partridges in half, and wipe the insides thoroughly with a damp cloth. Season the birds with salt and cayenne, grill them over a very clear fire, and dish them on a hot dish; rub a small piece of butter over each half, and send them to table with brown gravy or mushroom sauce.

This should be sufficient for 5 or 6 persons.

Note.—Partridge is in season from September 1 to February 1.

PARTRIDGE HASHED. (*See Wild Duck Salmi.*)**PARTRIDGE PIE. (*Pâté de Perdreaux.*)**

Take 2 partridges, $\frac{3}{4}$ of a lb. of veal cutlet, 2 or 3 slices of streaky bacon, $\frac{1}{2}$ a pint of good stock, 1 oz. of butter, 2 hard-boiled eggs, 2 tablespoonfuls of coarsely-chopped mushrooms (preferably fresh ones), 1 teaspoonful of finely-chopped parsley, $\frac{1}{4}$ of a teaspoonful of very finely-chopped shallot or onion, paste, salt and pepper.

Draw, singe, divide the birds into quarters and fry them until lightly browned in hot butter. Cut the veal into small thin slices, place them in the bottom of a pie-dish, season well with salt and pepper, and lay the partridges on the top interspersed with strips of bacon and quarters of egg. Sprinkle on the mushrooms, parsley and onion, season well with salt and pepper, add stock to three parts the depth of the dish, and cover with paste (*see Gible Pie*). The pie will bake in about $1\frac{1}{4}$ hours; it should first be put into a hot oven to make the pastry rise, and afterwards baked more slowly. Several folds of well-greased paper laid on the top of the pie will prevent the crust becoming too brown, and a glazed appearance may be given to it by brushing it over with yolk of egg when three parts baked. The remainder of the stock should be warmed and poured into the pie before serving.

This should be sufficient for 10 or more persons.

PARTRIDGE ROAST. (*Perdreau rôti.*)

Have ready 1 partridge, Brown gravy, Bread sauce (p. 118), fried breadcrumbs, slice of toast, butter for basting, and 1 slice of bacon.

Pluck, draw, and truss in the same manner as a roast chicken. Cover the breast with a slice of fat bacon, and roast in a moderate oven for about 30 minutes, basting frequently with hot butter. A few minutes before serving remove the bacon, dredge lightly with flour, and baste well to give the bird a nice pale brown appearance. Dish on the toast, and serve the gravy, breadcrumbs, and bread sauce separately.

This should be sufficient for 5 or 6 persons.

PARTRIDGE SOUP. (Potage de Perdrix.)

To 1 cold roast partridge, or the remains of 2 or 3, allow $\frac{1}{4}$ of a lb. of calf's or chickens' liver, 2 quarts of second stock, 2 oz. of lean bacon or ham, 2 oz. of butter, $1\frac{1}{2}$ oz. of flour, 1 bouquet-garni (parsley, basil, marjoram, thyme, bay-leaf), 1 glass of port or sherry (optional), salt and pepper.

Cut a teaspoonful of small dice from the breasts of the birds and put them aside. Cut the remainder of the birds into small pieces, the liver into thin slices, and the bacon into dice. Fry all these together in 1 oz. of butter until brown, then add the stock, bouquet-garni, seasoning, and simmer gently for $1\frac{1}{2}$ to 2 hours, keeping the compound well skimmed; strain, pound the meat in a mortar and rub it through a sieve, or, when pounding is inconvenient, rub as much as possible through a wire sieve. Melt the remaining oz. of butter, stir in the flour, and cook until brown. Pour in the stock, stir until it boils, add the purée of meat, wine (if used), seasoning if necessary, the dice of partridge, simmer for a few minutes, and serve.

This should be sufficient for 6 persons.

PHEASANT BOILED. (Faisan bouilli.)

With 1 pheasant, take 1 pint of Oyster sauce (p. 121). For the forcemeat: 12 sauce oysters, 2 tablespoonfuls of breadcrumbs, 1 tablespoonful of finely-chopped suet, $\frac{1}{4}$ of a teaspoonful of finely-chopped parsley, nutmeg, cayenne and salt to taste, sufficient raw egg to bind, stock or water.

Beard the oysters, strain the liquor, and add both to the dry ingredients with as much of the egg as is necessary to moisten the whole. Truss the bird in the same manner as a boiled fowl, and stuff the breast with the oyster forcemeat. Wrap it in a well-buttered paper, put it into boiling stock or water, to which must be added, when it re-boils, 1 onion, 1 carrot, $\frac{1}{2}$ a small turnip, and a bouquet-garni (parsley, thyme, bay-leaf).

Simmer gently from 40 to 60 minutes, according to size, then remove the trussing-strings, and serve on a hot dish with a little of the oyster sauce poured over, and the remainder sent to table in a sauce-boat. If preferred, a purée of chestnuts may be substituted for the forcemeat, or the bird may be dressed without forcemeat, and served with oyster or celery sauce.

This should be sufficient for 5 or 6 persons.

Note.—Pheasant is in season from October 1 to February 12.

PHEASANT CROQUETTES. (Croquettes de Faisan.)

Take 4 tablespoonfuls of finely-chopped cooked pheasant, $\frac{1}{4}$ of a pint of thick Brown sauce (p. 118), 2 eggs, breadcrumbs, salt and pepper.

Make the sauce as directed, add the minced pheasant, the yolk of 1 egg, salt and pepper, and stir briskly over the fire until the mixture thickens, then turn on to a plate. When cold, form into cork-shaped croquettes, coat with egg and breadcrumbs, and fry until nicely browned in hot fat. Drain well, pile on a hot dish covered with a folded napkin or dish-paper, garnish with crisply-fried parsley, and serve.

This should be sufficient for 4 or 5 persons.

PHEASANT CUTLETS. (Côtelettes de Faisan.)

Have ready 1 large pheasant, 1 egg, breadcrumbs, butter or frying-fat, $\frac{1}{2}$ a pint of Espagnole sauce (p. 120), salt and pepper.

Divide the bird into neat joints, and remove the bones, keeping the flesh as intact as possible. Season, flatten, and trim each piece of pheasant, fold the skin under, and form them into a good shape. Coat first with egg, and afterwards with breadcrumbs seasoned with salt and pepper, fry gently in hot fat or butter until sufficiently cooked and well browned (about 10 minutes), then drain well. Insert a small bone in each cutlet, put on a frill, and serve with the sauce poured round.

This should be sufficient for 6 or 7 persons.

PHEASANT GRILLED. (Faisan grillé.)

To 1 pheasant, take butter, cayenne, salt, piquant, mushroom, or other suitable game sauce (*see Sauces*).

The bird, if small, may be cut down the back, and flattened and cooked like a spatch-cock of chicken; if large, it is better divided into joints. In either case the whole of it must be

brushed over with warm butter, and seasoned with salt and a very little cayenne, before grilling. Prepare one of the above-named sauces, strain, return to the stewpan, and keep hot until required. Grill the bird over a clear fire from 25 to 30 minutes, turning occasionally, and brushing over frequently with warm butter. Serve as hot as possible, and send the sauce to table in a sauce-boat.

This should be sufficient for 5 or 6 persons.

PHEASANT ROAST. (Faisan rôti.)

Have ready 1 pheasant, $\frac{1}{4}$ of a lb. of beefsteak, fried bread-crumbs, bacon, Brown gravy, Bread sauce (p. 118), watercress, salad-oil, salt and pepper, larding bacon, flour.

Pluck and draw the bird, truss in the same way as a roast chicken, but leave the head on. Put the beefsteak inside the pheasant; the beefsteak is intended to improve the flavour of the bird and keep it moist, and not to be eaten with it, but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with thin slices of bacon, or lard it with strips of fat bacon, and roast in front of a clear fire or a moderate oven from 40 to 50 minutes, according to size and age. Baste frequently with butter, and when the cooking is about three parts completed remove the bacon, dredge the breast lightly with flour, and baste well to give the bird a nice light brown appearance. Remove the trussing-strings, serve on a hot dish, garnished with watercress previously well washed, dried and seasoned with salt, pepper, and salad-oil, and send the gravy, bread sauce, and fried breadcrumbs to table separately.

This should be sufficient for 6 or 7 persons.

PHEASANT SALMI. (Salmis de Faisan à la Moderne.)

Procure 1 pheasant and take $\frac{1}{2}$ a pint of Brown sauce (p. 118), 6 or 8 slices of goose liver, 6 or 8 slices of truffle, 2 or 3 oz. of butter, 2 finely-chopped shallots, $\frac{1}{4}$ of a teaspoonful of finely-chopped lemon-rind, $\frac{1}{4}$ of a teaspoonful of thyme, 1 bay-leaf, 1 glass of port or claret (optional), salt and pepper.

Pluck, draw and truss the bird for roasting. Baste it well with hot butter, roast in a quick oven for 30 minutes, basting frequently, then strain the butter used for basting into a stewpan. Divide the bird into neat joints, put the breast, wings and legs aside, and cut the remainder into small pieces. Re-

heat the butter in the stewpan, put in the small pieces of pheasant, add the lemon-rind, shallots, bay-leaf and thyme, fry well, then drain off the butter, return the pieces of pheasant to the stewpan. Heat up the brown sauce in a stewpan, add to it the wine (if used), season to taste, and simmer for 10 minutes, then put in the pheasant. Meanwhile, re-heat the butter, fry the slices of liver, and drain them well. Arrange the pheasant in a silver or earthenware casserole, or stewpan, interspersed with slices of liver and truffle, pour the sauce over, garnish with glazed croûtes of fried bread, and serve hot.

This should be sufficient for 6 or 7 persons.

PLOVERS ROAST. (Pluviers rôtis.)

Have ready some plovers, a slice of toast and a slice of bacon for each bird, butter for basting, Brown sauce (p. 118), 1 glass of port wine or claret (optional), 2 lemons, watercress.

Pluck and truss the birds, but do not draw them. Brush over with warm butter, tie a slice of thin bacon over each breast, and roast in a moderate oven from 15 to 20 minutes according to taste. Put slices of toast in the dripping-tin to receive the trail as it drops from the birds. Keep them well basted with butter, and shortly before serving remove the bacon, dredge lightly with flour, and baste well to give the breasts a light brown appearance. Make the brown sauce as directed, and add to it the wine (if used) and the juice of 1 lemon. Serve the birds on the toast, garnish with watercress and quarters of lemon, and send the sauce to table in a sauce-boat. Oiled butter, made acid with lemon-juice, frequently accompanies these birds instead of the brown sauce.

Allow 1 bird to every 2 persons.

Note.—Plovers are seasonable from the beginning of October to the end of January.

POTTED GAME. (Pâté de Gibier.)

To each lb. of cooked game of any kind, allow 2 or 3 oz. of butter, cayenne, salt and pepper.

Free the game from skin and bone, chop it finely, or pass it two or three times through a mincing machine. Pound in the mortar until smooth, moistening gradually with strong game gravy or stock, or, failing this, clarified butter. Season well with salt, pepper and cayenne, then rub through a fine sieve. Press into small pots, and cover with clarified butter.

PTARMIGANS ROAST. (*Perdrix blanches rôties*.)

With some ptarmigans, take butter for basting, a slice of bacon for each bird, fried breadcrumbs, Brown gravy (p. 120), Bread sauce (p. 118).

Let the birds hang in a cool dry place for 3 or 4 days. When ready for use, pluck, draw and truss them in the same manner as roast grouse. Tie over each breast a slice of fat bacon, and roast in a moderate oven from 30 to 35 minutes, basting very frequently with butter. When about three parts cooked remove the bacon, dredge lightly with flour, and baste well to give the birds a nice appearance. Dish on the toast, which should be previously put into the dripping-tin to catch the gravy that drops from the birds, and serve the bread sauce, breadcrumbs and gravy separately.

Allow 1 bird to every 2 persons, or if small birds 1 to each person.

Note.—Ptarmigans are seasonable from September to April.

QUAILS ROAST. (*Cailles rôties*.)

Procure some quails and take as many vine-leaves, small slices of fat bacon, and square croûtons of buttered toast as there are birds, good brown gravy, fried breadcrumbs, watercress and butter for basting.

Pluck the birds, remove the head, neck and crop, but leave the trail. Truss the birds for roasting, brush them over with warm butter, cover each breast with a vine-leaf, and tie a piece of bacon over the leaf. Attach them to a long steel skewer, running it through the body of each bird, and either roast or bake from 12 to 15 minutes, basting frequently with hot butter. When cooked, remove the skewers and strings, but the bacon and vine-leaves may be served or not as preferred; if not removed, the bacon should be brushed over with warm glaze. Serve the birds on the toast, which should previously be put into the dripping-tin to catch the trail as it drops from the birds, garnish with watercress, and send the gravy and breadcrumbs to table in sauce-boats.

Allow 1 bird to each person.

Note.—Quails are seasonable from September to February.

QUAILS STUFFED. (*Cailles farcies*.)

Have ready quails, Liver farce (p. 115), Madeira sauce (p. 120), finely-chopped truffle, finely-chopped cooked ham, 2 oz.

of butter, white of egg, pork caul, salt and pepper and vegetables for garnish.

Bone the quails, stuff them with the prepared farce, press into a good shape, and encircle each one with a band of buttered paper. Heat the butter in a sauté-pan, baste the birds well, and roast them in a moderate oven from 15 to 20 minutes, basting frequently. Meanwhile, wash the caul in salt and water, dry it well, and cut it into pieces large enough to contain half a bird. Split the birds in halves with a hot wet knife, enfold each half in a piece of caul, brush over with white of egg, and sprinkle one half of them with ham and the other half with truffle. Re-heat the butter in the sauté-pan, replace the birds, cover them with a buttered paper, and cook gently in the oven for about 10 minutes. Dish in a close circle on a potato border, alternating the colours, fill the centre with asparagus points, peas, flageolets, or purée of spinach, and pour the hot Madeira sauce round. If preferred, the birds, instead of being sprinkled with ham and truffle, may be simply wrapped in caul, cooked for 10 minutes, then brushed over with warm glaze, and served in paper cases.

Allow 1 bird for each person.

RAISED PIE. (*Pâté de Gibier.*)

With game of any kind, take equal quantities of finely-chopped veal and pork, veal forcemeat, coarsely-chopped truffle, stock that will jelly when cold (preferably game stock), egg, salt and pepper. For the paste: 1 lb. household flour, 6 oz. of lard, $\frac{1}{4}$ pint water, salt.

Mix the veal and ham together, season liberally with salt and pepper, and add 1 or 2 tablespoonfuls of chopped truffle. Divide the birds into neat joints, and remove all bones except those which are deeply imbedded in the flesh and difficult to detach. Put the flour into a large basin, and add to it a good pinch of salt. Boil the lard and water together for 5 minutes, then add it to the flour, stirring it thoroughly until cool enough to be kneaded. Knead until smooth, cover with a cloth, and let the basin stand near the fire for about $\frac{1}{2}$ an hour. Throughout the whole process the paste must be kept warm, otherwise moulding may be extremely difficult; but overheating must also be avoided. At the end of this time, re-knead the paste, put aside about a quarter for the lid, and raise the remainder into a round, or oval form, as may be preferred. If an inex-

perienced worker finds any difficulty in raising the pie by hand alone, a small jar may be placed in the centre of the paste, and the paste moulded over it. When the lower part of the pie has been raised to the necessary shape and thinness, subsequent work may be made much easier by putting in some of the meat, and pressing it firmly down to support the lower part of the pie. Line the bottom and sides with veal forcemeat. Put in the prepared game, season each layer with salt and pepper, and intersperse small pieces of the meat farce, taking care to leave spaces to be afterwards filled with stock. Pile the game high in the centre and cover with a thin layer of veal farce. Before adding the lid, moisten the meat with 2 or 3 tablespoonfuls of the prepared seasoned gravy; the remainder is re-heated, and added after the pie is baked and still hot. Three or four folds of greased paper should be pinned round the pie to preserve its shape, and prevent it becoming too brown. The pie should be baked for at least 2 hours in a moderate oven, and its appearance is greatly improved by brushing it over with yolk of egg when about three parts baked.

Note.—See **French Game Pie**, **Grouse Pie**, and **Partridge Pie**.

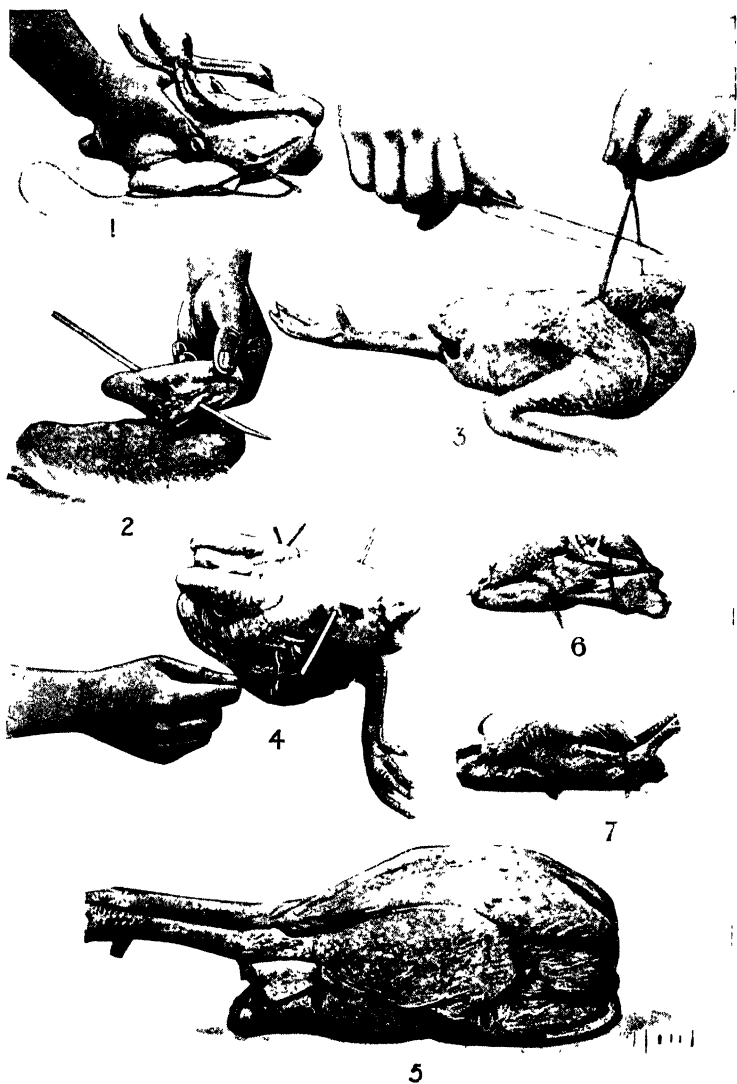
REEVES, TO DRESS. (*See Larks Roast*, p. 52; **Larks Stuffed and Roast**, p. 52; and **Wheatears, To Dress**, p. 60.)

RISSOLETTES OF GAME À L'HORLY; (*Rissolettes de Gibier.*)

For the mixture, take 6 tablespoonfuls of any cooked game, $\frac{1}{4}$ of a pint of thick Brown sauce (p. 118), 1 egg, salt and pepper. For the batter: 1 egg, 2 tablespoonfuls of flour, 1 tablespoonful of milk, $\frac{1}{2}$ a teaspoonful of salad-oil and salt to taste.

Heat the sauce in a small stewpan, put in the minced game, egg and seasoning, stir briskly over the fire until the mixture thickens, then turn on to a plate to cool. Mix the flour, milk, salt, salad-oil and yolk of egg smoothly together, put it aside for about $\frac{1}{2}$ an hour, and when ready to use lightly add the white of egg previously whisked to a stiff froth. Divide the game preparation into pieces about the size of a large walnut, dip them into the batter, and fry in a deep pan of hot fat until nicely browned. Drain well, dish in a pyramidal form on a

TRUSSING No. 3 : FOWL FOR ROASTING



See directions in Chapter VI.

TRUSSING No. 4 : FOWL FOR BOILING



See directions in Chapter VI.

folded napkin or dish-paper, garnish with crisply-fried parsley, and serve hot.

This should be sufficient for 3 or 4 persons.

ROOK PIE.

With 6 young rooks, take $\frac{3}{4}$ of a lb. of rump steak, $\frac{1}{4}$ of a lb. of butter, $\frac{1}{2}$ a pint of stock, salt and pepper, paste.

Skin the birds without plucking them by cutting the skin near the thighs, and drawing it over the body and head. Draw the birds in the usual manner, remove the necks and backs, and split the birds down the breast. Arrange them in a deep pie-dish, cover each breast with thin strips of steak, season well with salt and pepper, intersperse small pieces of butter, and add as much stock as will three parts fill the dish. Cover with paste (*see Gilet Pie*), and bake from $1\frac{1}{2}$ to 2 hours, for the first $\frac{1}{2}$ hour in a hot oven to make the paste rise, and afterwards more slowly to allow the birds to become thoroughly cooked. When the pie is about three parts baked, brush it over with yolk of egg to glaze the crust, and, before serving, pour in, through the hole on the top, the remainder of the stock.

This should be sufficient for 5 or 6 persons.

RUFFS, TO DRESS. (*See Larks Roast*, p. 52 ; *Larks Stuffed and Roast*, p. 52 ; and *Wheatears, To Dress*, p. 60.)

SNIPE ROAST. (*Bécassines rôties.*)

These birds, like the orotolan, plover and woodcock, are dressed without being drawn. They are trussed in the same way as other birds for roasting, but the head is skinned and left on, the long beak of the bird being passed through the legs and body instead of a skewer. Brush them over with warm butter, tie a thin slice of fat bacon over each breast, and place them in a moderately warm oven. Put some toast under them to catch the drippings from the trail, baste frequently with butter, and roast them for about 15 minutes, or less if preferred very much under-done. Dish on the toast, garnish with watercress, and serve with good gravy in a sauce-boat.

Allow 1 bird to every 2 persons, or if small birds 1 to each person.

Note.—Snipe are seasonable from November to February.

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TEAL ROAST. (Sarcelle rôtie.)

With some teal, take butter for basting, good brown gravy, Bigarade sauce (p. 118), watercress, lemons.

Pluck, draw, and truss the teal for roasting. Brush them over with hot butter, and roast in a moderate oven from 25 to 30 minutes, basting frequently. Serve on a hot dish, garnish with watercress and quarters of lemon, and send the sauce to table in a sauce-boat.

Allow 1 small bird or $\frac{1}{2}$ a large one to each person.

Note.—Teal are seasonable from October to March; in better condition after the frost has set in.

THRUSH ROAST. (Grive rôtie.)

After trussing the birds, cover each breast with well-buttered paper, instead of bacon, which would impair the delicate flavour of the birds. Place them side by side on a skewer, baste well with hot butter and roast before a clear fire for about 10 minutes, basting almost continuously with butter. Serve on croûtes, garnish with watercress, and send the gravy to table separately. Allow 2 birds to each person.

WIDGEON ROAST. (Sarcelle rôtie.)

Procure some widgeon and take butter for basting, watercress and lemons. For the sauce: $\frac{1}{2}$ a pint of Brown sauce (p. 118), $\frac{1}{2}$ a glass of port wine or claret (optional), the juice of 1 lemon and 1 orange, castor sugar, salt and pepper.

Truss the birds for roasting. Baste well with hot butter, and roast in a moderately hot oven for about twenty minutes or longer, according to the size and age of the bird. Keep them well basted with hot butter, and shortly before serving sprinkle lightly with flour, to give the birds a nice appearance. Meanwhile make the brown sauce as directed, add to it the wine, orange and lemon-juices, a pinch of sugar, salt and pepper to taste, simmer for 15 minutes, then strain, skim, and serve with the birds on a hot dish, garnished with watercress and quarters of lemon, and hand the sauce separately.

Note.—Widgeon are seasonable from August 1 to March 15.

WILD DUCK RAGOÛT.

Follow the directions given for **Wild Duck Salmi**, p. 83, when utilizing cold remains; otherwise first roast the duck for about 20 minutes (*see Wild Duck Roast*, p. 83).

WILD DUCK ROAST. (*Canard sauvage rôti.*)

With 1 wild duck, take $\frac{1}{2}$ a pint of good gravy, $\frac{1}{2}$ a pint of either Bigarade or Port Wine sauce (pp. 118 and 122), flour, butter, and lemons.

Truss the bird for roasting, and if the fishy taste is disliked, cover a deep baking-tin to the depth of $\frac{1}{2}$ an inch with boiling water, add a tablespoonful of salt, put in the bird, and bake it for 10 minutes, basting very frequently with the salt and water. Then drain, sprinkle lightly with flour, baste well with hot butter, and roast in a moderately hot oven for about 20 minutes, basting frequently with hot butter. These birds should always be served rather under-done, otherwise they lose their flavour. An orange salad frequently accompanies this dish. To make this salad the oranges should be cut across into thin slices, the pips, every particle of skin and pith removed, and the fruit arranged in layers in a dish, each layer being sprinkled with a little castor sugar, salad-oil, and, if liked, a little brandy.

This should be sufficient for 3 or 4 persons.

Note.—Wild duck are seasonable from August 1 to March 15.

WILD DUCK SALMI. (*Canards sauvages en Salmis.*)

Have ready the remains of cold roast wild ducks, 1 pint of stock made from the bones and trimmings of game, 1 glass of port wine or claret (optional), $1\frac{1}{2}$ oz. of butter, 1 oz. of flour, 1 teaspoonful each of orange-juice and lemon-juice, a few thin strips of fresh orange-rind, 1 small onion, 2 or 3 sprigs of thyme, 1 bay-leaf, cayenne, salt and pepper.

Cut the remains of the ducks into neat pieces, put the bones and trimmings, the onion, thyme and bay-leaf into a stewpan, cover with cold water, and simmer for at least $1\frac{1}{2}$ hours. Melt the butter in a stewpan, stir in the flour, cook until a brown *roux* or thickening is formed, then add the strained stock, and stir until it boils. Add the pieces of duck, orange and lemon-juices, and wine (if used), season to taste, cover the stewpan closely, and let it stand for about 20 minutes where the contents will become thoroughly hot, but they must not be allowed to boil.

A salmi is a convenient way of utilizing cold game of any description, and with a little variation of flavouring the above may be adapted to hare, grouse, pheasant, or partridge.

Although the cold remains of any bird make, with the addition of a good sauce, an excellent dish, a salmi to be at its best should be made from birds freshly cooked for the purpose. A salmi may be garnished with croûtons of fried bread or puff-paste, braised olives, button mushrooms or truffles, while slices of lemon, or divisions of oranges are considered a suitable garnish for wild duck.

Note.—In cooking or re-heating game, every effort should be made to retain the characteristic flavour of the bird or animal ; and all flavouring materials added to the sauce or gravy must be used in moderation, otherwise they overpower and destroy the flavour the dish should possess.

WILD DUCK ZEPHIRE. (*Zéphires de Canard sauvage.*)

To 1 wild duck, allow 4 oz. of panada, 1 egg, 1 gill of Salmi sauce (p. 122), $\frac{1}{2}$ a wine-glass of port wine (optional), pepper, salt, aromatic spice, spinach, cooked puff-paste, butter, and a few glacé cherries and $\frac{1}{2}$ a pint of good brown sauce.

Remove the meat from the duck, pound in mortar with the panada and egg, mix in the salmi sauce and port wine (if used), season with pepper and salt and aromatic spice, then rub through a sieve. Butter 8 or 9 zephire moulds, fill with the mixture and poach for about 20 minutes, till firm and set. Turn them out on to a hot dish, put a fancifully-cut piece of cooked puff-pastry, ring or oblong, on each. Fill centre with spinach, and place half a glacé cherry on each. Pour the hot brown sauce round, and serve hot.

This should be sufficient for 5 or 6 persons.

WILD GEESE. (*See recipes for Wild Duck.*)

WOODCOCK ROAST. (*Bécasse rôtie.*)

Have ready woodcocks, toast, bacon, butter for basting, good Brown gravy (p. 120), and watercress.

The skin of these birds is particularly tender, therefore they must be plucked very carefully. They are prepared and cooked in the same manner as Snipe (*see Snipe Roast*, p. 81).

If small birds, allow 1 to each person ; if larger birds, allow 1 to every 2 persons.

Note.—Woodcock are seasonable from August 1 to March 15.

CHAPTER V

RECIPES FOR COOKING VENISON, HARE, AND RABBIT

VENISON CHOPS AND STEAKS.

Venison chops are cut from the loin, and a thick slice from the leg is usually served as a steak. They should be grilled over a clear fire, and served with a sauce made of equal quantities of oiled butter, red wine, and dissolved red-currant jelly. (*See Venison, Grilled à la Polonaise, and Venison Cutlets.*)

Note.—Venison is in season from May to January, but may also be obtained at other times.

VENISON CUTLETS. (*Côtelettes de Venaison.*)

With 1 lb. of the best end of the neck of venison, take some butter, fresh mushrooms, to each lb. allow $\frac{1}{4}$ of a pint of good brown stock or gravy, and 1 oz. of butter, salt and pepper.

Skin and trim the mushrooms, put them into a stewpan with the butter, gravy, and plenty of seasoning, and stew gently from 35 to 40 minutes, or until tender. Divide the venison into cutlets about $\frac{1}{2}$ an inch in thickness, trim the bones at the end, but let the rest of the fat remain; flatten and trim the cutlets. Brush over with warm butter, season with salt and pepper, and grill over or in front of a clear fire from 20 to 25 minutes, turning occasionally, and brushing over frequently with hot butter. Place a small pat of fresh butter on the top of each cutlet, serve as hot as possible, and send the stewed mushrooms to table separately.

VENISON, GRILLED À LA POLONAISE. (*Escalopes de Venaison à la Polonaise.*)

Procure 8 or 10 slices, $\frac{1}{4}$ of an inch thick, cut from a leg of venison, and take 1 $\frac{1}{2}$ oz. of clarified butter, $\frac{1}{2}$ a pint of

Allemande sauce (*see Sauces*), $\frac{1}{2}$ a gill of wine vinegar, 1 tablespoonful of meat glaze or meat extract, 12 juniper berries, salt and pepper.

Crush the juniper berries, simmer them for 10 or 15 minutes in the vinegar, then add the meat glaze and sauce, and cook gently for 15 minutes. When ready to use, strain, return to the stewpan, season to taste, and stir in $\frac{1}{2}$ an oz. of butter. Flatten the slices of venison with a cutlet-bat, and trim neatly. Heat the remainder of the butter in a sauté-pan, and fry the slices of venison quickly until nicely browned on both sides. Arrange them neatly in a hot entrée dish, pour over the prepared sauce, and serve.

This should be sufficient for 5 or 6 persons.

VENISON HAUNCH, ROAST. (*Quartier de Chevreuil rôti.*)

The haunch is the prime part of venison, and its excellence depends greatly on the relative proportions of fat and lean. An abundance of clear creamy-white fat of close texture may be generally accepted as an indication of the good quality of the meat. The flesh of the buck is generally preferred to that of the doe. Venison, like mutton, should be well hung before cooking. It is also well known that the flavour is considerably improved if the meat is marinated before cooking. In cold weather venison should be allowed to hang for about 14 days in a cool, dry place, but it must be carefully examined every day. The meat round the haunch bone first becomes tainted; it is therefore advisable to run a small sharp knife into the flesh; on being withdrawn, if it has an unpleasant smell, the affected parts must at once be washed with warm milk and water, dried thoroughly, and covered thickly with ground ginger and pepper, which must, however, be washed off before cooking. If a little of these condiments be sprinkled on the venison in the first instance, and the meat wiped dry every day, decomposition may be considerably retarded. When ready for use, saw off the knuckle-bone, rub well all over with clarified fat or dripping, and wrap in a well-greased paper. Make a stiff paste of common flour and water, put it over the joint, cover with another well-greased paper, and tie securely with string. Roast the haunch of venison in a moderate oven from 3 to 4 hours, according to size, and baste frequently; allow roughly 25 minutes to each lb. Within $\frac{1}{2}$

an hour of serving remove the paper and paste, dredge lightly with flour, and baste well with hot butter until the joint acquires a good brown colour. Serve as hot as possible, as the fat quickly cools and hardens, and send some good brown sauce or gravy and red-currant jelly to table separately. The best end of the neck of venison, boned and rolled, makes an excellent dish, but other parts are not often roasted, the neck and shoulder being considered better adapted for stews, pies, and pasties.

VENISON STEWED. (*Ragoût de Venaison.*)

Take a shoulder of venison well hung and boned, a few thin slices of mutton fat (preferably off the best end of a neck), a glass of port (optional), $1\frac{1}{2}$ pints of stock, $\frac{1}{2}$ a teaspoonful of peppercorns, $\frac{1}{2}$ a teaspoonful of whole allspice, red-currant jelly, salt and pepper.

Pour the wine (if used) over the slices of mutton fat, and let them remain for 2 or 3 hours. Flatten the venison with a cutlet-bat or rolling-pin, season liberally with salt and pepper, and cover with the slices of mutton fat. Roll up lightly, bind securely with tape, put it into a stewpan already containing the boiling stock and the bones from the joint. Add the wine in which the mutton fat was soaked (if wine has been used), the peppercorns and allspice, cover closely, and simmer very gently from 3 to $3\frac{1}{2}$ hours. Serve with the gravy strained over, and send red-currant jelly to table separately.

This should be sufficient for 10 or 12 persons.

HARE CIVET. (*Civet de Lièvre.*)

Have ready 1 young hare, $\frac{1}{4}$ of a lb. of fat bacon, 1 pint of good stock, 1 glass of port or claret (optional), 2 oz. of butter, 2 oz. of flour, 2 dozen button onions, a bouquet-garni (parsley, thyme, bay-leaf), croûtons of fried bread, salt and pepper.

Divide the hare into small joints, cut the bacon into dice, fry it lightly in $1\frac{1}{2}$ oz. of hot butter in a stewpan, then take it out and put in the pieces of hare. Sprinkle in the flour, and let it brown with the hare, which should be turned occasionally so that every part of it may acquire a good colour. Replace the bacon in the stewpan, add the stock and the bouquet-garni, season to taste, stir until boiling, then cover closely and simmer gently for about $1\frac{1}{4}$ hours. Meanwhile skin the onions, fry them until well browned in the remainder of the butter,

and about 20 minutes before serving add them with the wine (if used) to the contents of the stewpan. Pile the pieces of hare on a hot dish, interspersed with dice of bacon and onions. Season the sauce to taste, and strain it over, and garnish the base of the dish with the fried croûtons.

This should be sufficient for 4 or 5 persons.

Note.—Hares are seasonable from September to March.

HARE CROQUETTES. (Croquettes de Lièvre.)

To 6 tablespoonfuls of finely-chopped cooked hare, allow 1 egg, $\frac{1}{2}$ a pint of Brown sauce (p. 118), a pinch of powdered cloves, salt and pepper, egg and breadcrumbs, frying-fat, parsley.

Make the sauce as directed, add the egg, and stir over the fire until it thickens. Put in the hare, add the cloves, and salt and pepper to taste, mix well, and turn on to a plate. When cool, form into cork-shaped pieces, coat with egg and breadcrumbs, and fry in hot fat, from 4 to 5 minutes, until nicely browned. Drain well, and serve garnished with crisply-fried parsley.

This should be sufficient for 4 persons.

HARE GRILLED. (Lièvre grillé.)

Separate the remains of a roast hare into neat joints, brush them over with oiled butter, and season highly with salt and pepper. Grill over a clear fire until both sides are nicely browned, brushing over with butter two or three times meanwhile. Serve with good gravy or any appropriate sauce.

HARE HASHED. (Lièvre hashi.)

Take the remains of cold roast hare, $\frac{3}{4}$ of a pint of Brown sauce (p. 118), 1 glass of port or claret (optional), salt and pepper, red-currant jelly.

Cut the hare into neat slices, and put these aside while the bones and trimmings are being boiled for stock. Make the brown sauce as directed, and, when economy is an object, use stock, or equal parts of stock and stout instead of adding wine to the sauce when finished. Season the sauce to taste, put in the slices of hare, let them remain until thoroughly hot, then serve with red-currant jelly.

HARE IN CASSEROLE. (*Lièvre en Casserole.*)

With 1 hare, take 1½ pints of good stock, or equal parts of stock and good stout, 3 oz. of butter, 1 oz. of flour, 1 onion chopped, 3 cloves, 10 peppercorns and a bouquet-garni (parsley, thyme, bay-leaf), all tied together in muslin, salt and pepper, Veal forcemeat (p. 116), red-currant jelly.

Prepare the hare as directed and cut it into pieces convenient for serving. Heat 2 oz. of butter, fry the hare until nicely browned, and pack closely in a casserole. Fry the onion brown, add it and the cloves, etc., to the hare, cover with stock, put on the lid, and cook gently for about 2½ hours, or until the hare is tender. Knead the remaining oz. of butter and the flour smoothly together, divide into small pieces, and add them to the contents of the casserole about ½ an hour before serving. Shape the forcemeat into small balls, fry in hot butter or fat, drain well, and add them 5 minutes before serving. Remove the herbs tied in muslin, season to taste and serve in the casserole, with red-currant jelly handed separately.

This should be sufficient for 6 or 7 persons.

HARE JUGGED. (*Civet de Lièvre à l'Anglaise.*)

To 1 hare, take 1½ pints of good stock, 1 glass of port wine or claret (optional), 1 tablespoonful of lemon-juice, 3 oz. of butter, 1 oz. of flour, 1 medium-sized onion, 4 cloves, 12 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, Veal forcemeat (p. 116), red-currant jelly.

Prepare the hare as directed in **Notes on Trussing**, p. 108, and cut it into pieces about the size of a small egg. Heat 2 oz. of butter in a frying-pan, fry the pieces of hare brown, then put them into a stew-jar with a little salt, the onions stuck with cloves, half the wine (if used), the lemon-juice, peppercorns, herbs, and the stock previously made hot. Cover the jar closely, and cook in a moderate oven for about 3 hours. When the oven is too hot the jar should be placed in a baking-tin surrounded by boiling water, or when more convenient, the jar may stand in a saucepan of boiling water on the stove. About ½ an hour before serving, knead the remaining oz. of butter and the flour together, stir into the stock, add the rest of the wine (if used), and seasoning if necessary. Make the forcemeat as directed, shape it into small balls, fry in hot butter or fat, and drain well. Pile the pieces of hare on a hot

dish, strain the gravy over, arrange the forcemeat balls round the base, and serve the red-currant jelly separately.

This should be sufficient for 5 or 6 persons.

HARE POTTED. (*Pâté ou Purée de Lièvre.*)

Take 1 hare, slices of bacon, good stock, a bouquet-garni (parsley, thyme, bay-leaf), 3 cloves, 10 peppercorns, 1 blade of mace, 2 bay-leaves, cayenne, clarified butter, salt and pepper.

Prepare the hare as directed in **Notes on Trussing**, p. 108, and cut it into rather small pieces. Line the bottom of a stew-jar or stewpan with slices of bacon, pack the pieces of hare closely on the top, add the herbs, cloves, peppercorns, mace, bay-leaves, and a liberal seasoning of salt. Barely cover with stock, lay slices of bacon on the top, cover closely, and cook very gently either on the stove or in the oven for about 3 hours, adding more stock from time to time. Remove the bones, chop the flesh and the bacon finely, and pound these in a mortar until smooth, moistening gradually with stock, previously strained. Season rather highly, pass the preparation through a fine sieve, and press it into small pots. Cover with clarified butter, and keep in a cool dry place.

Note.—Cold remains of hare may also be potted, a little good gravy or brown sauce being used to moisten the preparation.

HARE ROAST. (*Lièvre rôti.*)

Have ready 1 hare, bacon, Veal forcemeat (p. 116), $\frac{3}{4}$ of a pint of stock, 1 glass of port (optional), 2 oz. of butter, $1\frac{1}{2}$ oz. of flour, $\frac{1}{2}$ a teaspoonful of finely-chopped shallot or onion, $\frac{1}{2}$ a teaspoonful of finely-chopped parsley, a good pinch of thyme, salt and pepper, red-currant jelly and milk for basting.

Choose a young hare, which may be known by its smooth and sharp claws and the narrow cleft in the lip. To be at its best it should hang about 8 days. When ready for use, skin, draw, and truss according to directions given in **Notes on Trussing**, p. 108. Forcemeat is a matter of taste; if used it should be pressed lightly inside the hare and the body sewn up with a needle and strong cotton before trussing. Carefully follow the directions given for trussing, then brush the hare all over with warm butter or dripping, cover the back with slices of fat bacon, and tie it down with string in three or four places. Roast the hare in a moderate oven from $1\frac{1}{2}$ to 2 hours, according to size and age, basting it very frequently

with milk, to which may be added, when economy is not an object, 1 or 2 oz. of butter. Meanwhile, remove the gall-bladder carefully from the liver, put the liver into cold water, bring to the boil, cook for 5 minutes, then drain and chop finely. Melt the butter in a small stewpan, add the liver, onion, parsley and thyme, fry for 10 minutes, then drain, and return the butter to the stewpan. If available, pound the liver, etc., in a mortar until smooth, and rub through a fine wire sieve. Re-heat the butter, stir in the flour, and cook over the fire until a nut-brown roux is obtained, then add the stock (if none is at hand substitute the milk used for basting), stir until it boils, then add the liver preparation, season to taste, simmer for 10 minutes, and just before serving put in the wine (if used). When the hare is rather more than three parts cooked remove the bacon, to allow the back to brown, dredging slightly with flour, and basting frequently with butter during the process. Remove the trussing-strings, dish up on a hot dish, and serve with the liver sauce and red-currant jelly separately.

This should be sufficient for 5 or 6 persons.

Note.—Hares are in season from September to March.

HARE, ROAST BARON OF. (Baron de Lièvre rôti.)

Procure 1 hare, 1 glass of port (optional), red-currant jelly, butter or fat for basting, and some larding bacon, and prepare some Veal forcemeat (p. 116), $\frac{3}{4}$ of a pint of Brown sauce (p. 118).

This dish will be found most useful for a small dinner. The body, cut close to the shoulder-blades, alone is used, but the legs, neck and head can be converted into soup, potted, or made into a civet of hare. Parboil the liver, chop it finely, add it to the veal forcemeat, then stuff the body of the hare and sew it up with strong cotton. Carefully remove the skin from the back, and lard it, i.e. insert fine strips of larding bacon. Wrap the hare in two or three folds of well-greased paper, secure it with string, and roast in a moderate oven from 40 to 50 minutes, basting frequently with hot butter or dripping. When the cooking is nearly completed remove the paper to allow the lardoons to crisp. Make the sauce as directed, add the wine (if used), season to taste, and serve in a sauce-boat.

This should be sufficient for 2 or 3 persons.

HARE SOUP. (Potage de Lièvre.)

With 3 quarts of second stock, take 1 hare or the bones and inferior parts of a hare, 2 oz. of butter, 1 tablespoonful of corn-flour, 1 small onion, 1 small carrot, $\frac{1}{2}$ a small turnip, 1 strip of celery, a bouquet-garni (parsley, thyme, bay-leaf), 12 peppercorns, 1 glass of port wine (optional), and a little salt.

Wipe the hare with a clean damp cloth and cut it into small joints. Melt the butter in a stewpan, put in the hare, the vegetables sliced, and the herbs, and fry until brown. Add the stock, salt and peppercorns, and simmer gently for 3 hours. Strain, remove the meat from the bones, and pound it well in a mortar. Rub it through a fine sieve, then return it and the stock to the stewpan, and when boiling add the wine and the cornflour, previously mixed smoothly together. Stir and cook for a few minutes, season to taste, and serve.

This should be sufficient for 10 persons.

LEVERET ROAST. (Levraut rôti.)

Procure 2 leverets, butter, flour and red-currant jelly.

Leverets should be trussed in the same manner as a hare, but they do not require stuffing. Roast them in a moderate oven, and keep them well basted all the time they are cooking. A few minutes before serving dredge them lightly with flour. Serve with plain gravy in the dish, and send them to table with red-currant jelly.

This should be sufficient for 5 or 6 persons.

Note.—Leverets are in season from May to August.

RABBIT À LA AMERICAINE.

To 1 rabbit, allow $\frac{1}{2}$ of a pint of tomato purée, 1 $\frac{1}{2}$ oz. of butter, 1 oz. of flour, 2 oz. of dripping, stock, salt and pepper, lemon-juice, and a little castor sugar.

Wash and dry the rabbit thoroughly, and divide it into neat joints. Heat the dripping in a stewpan, fry the rabbit until well browned, and drain away the fat. Barely cover with stock, put on a close-fitting lid, and cook very gently until tender. Meanwhile heat the butter in another stewpan, fry the flour slowly until it acquires a nut-brown colour, then stir in the tomato purée. When ready, remove the rabbit and keep it hot. Strain and add $\frac{3}{4}$ of a pint of the stock to the blended flour and butter. Stir until boiling, season to taste,

and add a pinch of sugar and about 1 teaspoonful of lemon-juice. Put in the rabbit, make thoroughly hot, and serve.

This should be sufficient for 3 or 4 persons.

RABBIT À LA MINUTE. (*Lapin à la Minute.*)

Have ready 1 young rabbit, 4 oz. of butter, 1 good tablespoonful of flour, 2 tablespoonfuls of chopped mushrooms, $\frac{1}{2}$ a dessertspoonful of chopped parsley, $\frac{1}{2}$ a saltspoonful of mace, salt and pepper, and $\frac{3}{4}$ of a pint of boiling stock or water.

Wash and thoroughly dry the rabbit and cut it into neat joints. Heat 2 $\frac{1}{2}$ oz. of butter in a stewpan, put in the rabbit, sprinkle with salt and pepper, and add the mace. Put on the cover, which should fit as closely as possible, and cook gently for 45 minutes, turning the pieces over and basting frequently. Meanwhile melt the remainder of the butter in another stewpan, add the flour, stir and cook gently for a few minutes without browning, then add the stock. Boil up, simmer gently for 10 minutes, and pour over the rabbit when it has cooked for 40 minutes. Add the parsley, mushrooms, salt and pepper to taste, and continue to cook slowly for 20 minutes longer, or until the rabbit is tender. Serve with the sauce poured over.

This should be sufficient for 4 persons.

Note.—Rabbits are seasonable from September to March.

RABBIT BARBEÇUE. (*Lapin grillé.*)

Take 1 very young rabbit, salad-oil or oiled butter, salt and pepper. For the sauce: 2 tablespoonfuls of good gravy, 1 tablespoonful of lemon-juice, 1 teaspoonful of French mustard. For the garnish: sliced lemon, fried parsley.

Cut off the head, let the rabbit lie in salt and water for 1 hour, and afterwards dry it thoroughly. Score the back and legs closely, season with salt and pepper, and coat liberally with salad-oil or oiled butter. Heat up the gravy and other ingredients. Let it remain for 1 hour, then again sprinkle the rabbit with salt and pepper, brush it over with oil or butter, and grill it over or in front of a clear fire from 20 to 25 minutes. Turn frequently, and brush over with oil or butter whenever it appears in the least dry. Divide into neat joints, and dish up, pour over a little brown sauce, and garnish with sprigs of fried parsley and sliced lemon.

This should be sufficient for 3 or 4 persons.

RABBIT BOILED. (Lapin bouilli.)

With 1 rabbit, take 1 onion, 1 carrot, $\frac{1}{2}$ a turnip, a bouquet-garni (parsley, thyme, bay-leaf), 6 peppercorns, salt, some Onion sauce (p. 121), and boiled or fried bacon.

Truss the rabbit (*see Notes on Trussing*, p. 108), put it into boiling water; when the water re-boils add the vegetables cut into large pieces, the bouquet-garni, peppercorns, and a teaspoonful of salt. Cook gently from 45 to 60 minutes, according to the age and size of the rabbit. Remove the skewers, serve on a hot dish, coat with onion sauce, and send the remainder to table in a sauce-boat. Serve the bacon on a separate dish, unless small rolls are preferred, when they may be used as garnish. The liquor in which the rabbit was cooked may be served separately as broth, or afterwards converted into a white soup.

One large rabbit should be sufficient for 4 persons.

RABBIT CREAM. (Crème de Lapin.)

With $\frac{1}{2}$ a lb. of raw rabbit, take $\frac{1}{4}$ of a pint of THICK White sauce (p. 124), 1 small egg, salt and pepper, and $\frac{1}{2}$ a pint of Brown sauce (p. 118).

Chop the flesh of the rabbit finely, or pass it two or three times through a mincing machine, and pound it in a mortar until smooth. Work in the egg, add the white sauce, season well with salt and pepper, and pass the mixture through a fine sieve. Press lightly into six or eight well-buttered bomb or other small moulds, steam gently until firm from 15 to 20 minutes, and serve with the brown sauce strained over.

RABBIT CURRIED. (Lapin au Kari.)

Have ready 1 rabbit, 4 or 5 oz. of cooked rice, 3 oz. of butter or fat, 2 onions, 1 apple, $\frac{3}{4}$ of a pint of stock, 1 tablespoonful of curry-powder, 1 tablespoonful of flour, the juice of a lemon and a little salt.

Wash the rabbit, dry it thoroughly, and divide it into small joints; slice the apple and the onions. Heat the butter or fat in a stewpan, fry the rabbit until lightly browned, remove it, put in the onions, and when they have acquired a deep brown colour add the curry-powder and flour, and fry for 10 minutes. Now put in the stock, and when boiling replace the rabbit, add the apple, salt to taste, cover, and simmer gently for 1 $\frac{1}{2}$

to $1\frac{1}{2}$ hours. Before serving, add the lemon-juice and seasoning if necessary. Pile the rabbit in the centre of a hot dish, strain the sauce over, and serve the rice separately.

This should be sufficient for 3 or 4 persons.

RABBIT CUTLETS. (Côtelettes de Lapin.)

Take 2 rabbits, some Liver farce (p. 115), Brown sauce (p. 118), egg, breadcrumbs, butter or frying-fat and parsley.

Cut off the legs and necks of the rabbits, and put them aside to be afterwards converted into a ragoût or pie. Remove the flesh from the back of each rabbit, keeping it whole, and afterwards divide it into pieces of even and suitable size. Flatten them with a cutlet-bat, trim neatly, and fry gently for 10 or 15 minutes in hot butter or fat. Press between two dishes until cold, then cover one side rather thickly with liver farce, and coat carefully with egg and breadcrumbs. Fry in a deep pan of fat until nicely browned, 10 or 15 minutes, then drain well and serve garnished with fried parsley. Send the sauce to table in a sauce-boat.

This should be sufficient for 4 or 5 persons.

RABBIT DARIOLES. (Darioles de Lapin.)

Procure $\frac{1}{2}$ a lb. of finely-chopped raw rabbit, 1 oz. of panada, 2 tablespoonfuls of Brown sauce (p. 118), 2 tablespoonfuls of cream or milk, 1 egg, salt and pepper, and some mushroom or oyster sauce.

Pound the rabbit until smooth, add the egg, panada, salt and pepper to taste, and, when well mixed, pass through a fine wire sieve. Stir in the cream or milk and brown sauce, press the preparation lightly into well-buttered darioles, and steam gently until firm, from 20 to 25 minutes. Unmould and serve with mushroom, oyster or celery sauce.

This should be sufficient for 6 or 8 darioles.

RABBIT FILLETS. (Filets de Lapin.)

Have ready 2 rabbits, larding bacon, a mirepoix, 2 onions, 2 carrots, $\frac{1}{2}$ a small turnip, a bouquet-garni (parsley, thyme, etc.), stock, glaze, and $\frac{1}{2}$ a pint of Brown sauce (p. 118).

Remove the flesh from the back of each rabbit (*see Rabbit Cutlets*), divide into pieces of suitable size, and lard one side of them in close even rows. Slice the vegetables and put them

in a stewpan, add stock nearly to cover them, and lay the fillets on the top. Cover with a greased paper, put on the lid, which should fit closely, and cook very gently for about 1 hour, adding more stock from time to time. Put the fillets into a hot oven for a few minutes, to crisp the bacon, then brush them over with glaze, and serve on a hot dish with the sauce poured round.

This should be sufficient for 5 or 6 persons.

RABBIT FRICASSÉE. (*Lapin en Fricassée.*)

To 1 young rabbit, allow 2 oz. of butter, 1½ oz. of flour, white stock, ½ a pint of milk, 2 onions sliced, 1 carrot sliced, ½ a small turnip sliced, 1 or 2 strips of celery shredded, a bouquet-garni (parsley, thyme, bay-leaf), 1 blade of mace, 6 white peppercorns and a little salt and pepper.

Cut the rabbit into neat joints, and after rinsing in warm water, place them in a stewpan, and add just sufficient white stock to cover. Bring to boiling-point, add the prepared vegetables, peppercorns and a little salt, cover closely, and cook gently for about 1½ hours, or until the rabbit is tender, adding a little milk from time to time, to replace the stock. Meanwhile melt the butter, add the flour, stir and cook gently without browning, and put aside until wanted. When ready, take up the rabbit and keep it hot, strain and add ¾ of a pint of the stock to the blended flour and butter, stir until boiling, and simmer gently for 10 minutes. Pass the vegetables through a fine sieve, and stir the purée into the sauce. Season to taste, replace the rabbit, make thoroughly hot, then serve.

This should be sufficient for 3 or 4 persons.

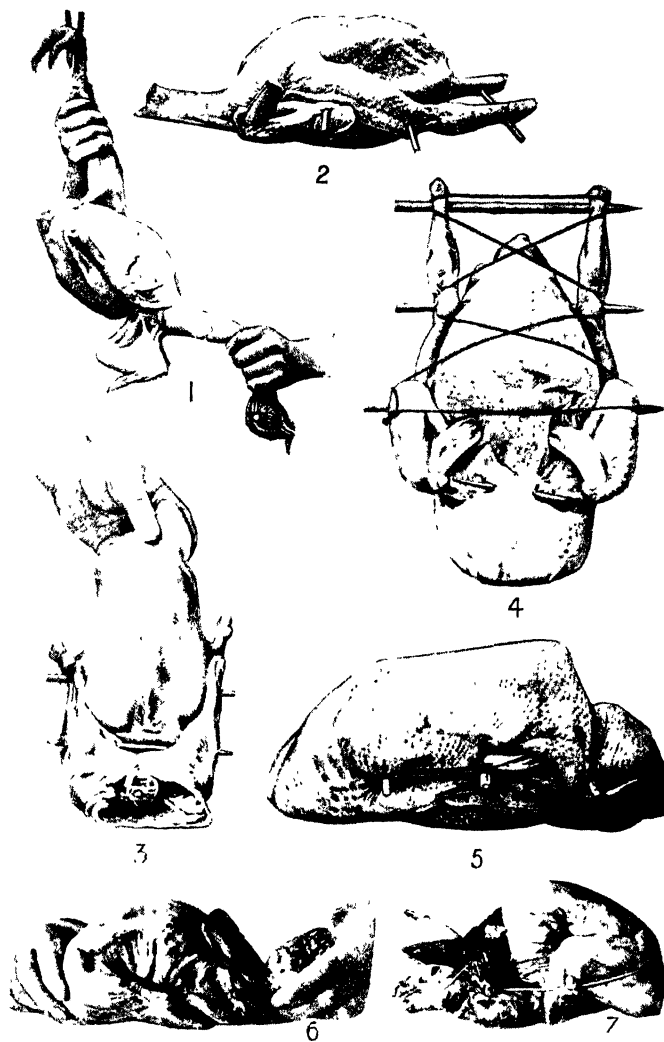
RABBIT FRIED WITH TARTARE SAUCE.

(*Lapereau frit à la Tartare.*)

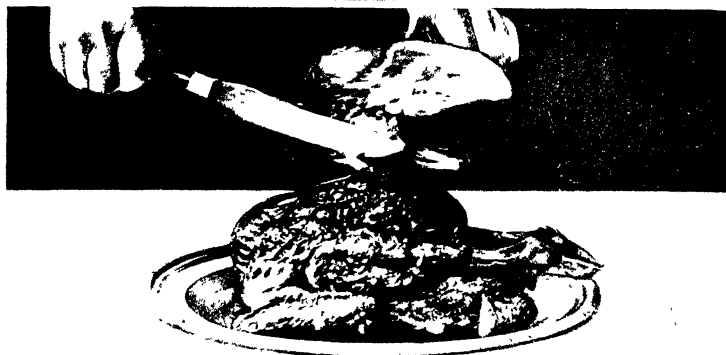
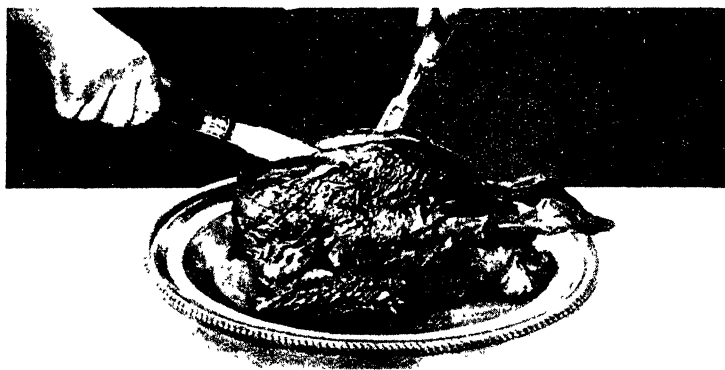
Take 1 cooked rabbit. For the marinade: ¼ of a pint of salad-oil, 1 tablespoonful of chilli vinegar, 1 tablespoonful of malt vinegar, 1 finely-chopped shallot, 2 cloves, 1 bay-leaf, 1 blade of mace, salt and pepper. For the sauce: ¼ of a pint of Mayonnaise sauce (p. 121), 1 tablespoonful of coarsely-chopped pickled gherkins. Also egg, crumbs, frying-fat and parsley.

Bone the legs of the rabbit, and remove the flesh from the back in large fillets. Place them in a deep dish, pour over the marinade, and let them remain in it for at least 1 hour, turning frequently. Make the mayonnaise sauce as directed, and add

TRUSSING No. 5 : POULTRY, GOOSE, AND HARE



CARVING No. 1



1. Roast Turkey. 2. Roast Turkey } Roast Duck.

See directions in Chapter VII.

to it the chopped gherkin. Drain the pieces of rabbit well, coat them with egg and breadcrumbs, and fry in hot fat until nicely browned. Drain well, arrange in a pyramidal form on a hot dish, garnish with crisply-fried parsley, and serve the tartare sauce in a sauce-boat.

This should be sufficient for 3 or 4 persons.

RABBIT IN ASPIC JELLY. (*Lapin en Gelée.*)

Have ready some cooked rabbit, aspic jelly, hard-boiled eggs and shredded bacon.

Divide the rabbit into neat pieces. Cover the bottom of a plain mould with a thin layer of liquid, but cold, aspic jelly, and, when set, decorate with slices or sections of egg, and add more jelly. Arrange the pieces of rabbit in layers interspersed with strips of bacon and slices of egg, and fill up with jelly. Put aside until set, then unmould, garnish with chopped aspic and serve.

The meat from 1 medium-sized rabbit will make a mould sufficient for 4 or 5 persons.

RABBIT JUGGED. (*Civet de Lapin.*)

With 1 rabbit, take 1 pint of good stock, 1 glass of port or claret (optional), 1 dessertspoonful of lemon-juice, 2½ oz. of butter, 1 oz. of flour, 1 medium-sized onion, 2 cloves, 8 peppercorns, a bouquet-garni (parsley, thyme, bay-leaf), salt and pepper, some Veal forcemeat (p. 116), and red-currant jelly.

Wash and dry the rabbit and cut it into neat joints. Fry in 1½ oz. of hot butter until well browned, and afterwards follow the directions for **Hare Jugged**, p. 89.

This should be sufficient for 3 or 4 persons.

RABBIT LARDED AND BRAISED. (*Lapin piqué et braisé.*)

Procure 1 rabbit, and take some larding bacon, stock, 1 oz. of butter, 1 oz. of flour, 2 oz. of dripping, a bouquet-garni (parsley, thyme, bay-leaf), and a little salt and pepper.

Wash and dry the rabbit thoroughly, cut it into neat pieces, and lard each piece by inserting thin strips of larding bacon. Heat the dripping in a stewpan, fry the rabbit quickly until lightly browned, and drain away the fat. Cover with stock, add salt and pepper to taste, and the herbs tied in muslin, cover closely, and cook gently from 1¼ to 1½ hours, or until

the rabbit is quite tender. Knead the butter and flour together, and add it, in small pieces, to the contents of the stewpan about 20 minutes before serving. Serve with the sauce strained over.

This should be sufficient for 3 or 4 persons.

RABBIT PATTIES. (Pâtés de Lapin.)

With 6 oz. of either raw or cooked rabbit, take 2 oz. of ham or lean bacon, stock or water, salt and pepper, some short crust or puff-paste and 1 egg.

Cut both rabbit and bacon into rather small dice, season liberally with salt and pepper, mix well, and moisten with stock or water. Have ready some patty-pans lined with paste, fill them with the meat preparation, and put on the covers. Brush over with egg, and bake in a moderately hot oven for about 20 minutes, or until cooked if using raw meat. Serve either hot or cold.

This should be sufficient for 12 patties.

RABBIT PIE. (Pâté de Lapin.)

To 1 rabbit, allow $\frac{1}{2}$ a lb. of bacon or pickled pork, $\frac{1}{2}$ a lb. of beefsteak, $\frac{1}{2}$ a pint of stock, salt and pepper and a little short crust or puff-paste.

Wash the rabbit, divide it into small joints, cut the beef into small thin slices, and the pork into dice. Place these ingredients in layers in a pie-dish, season each layer liberally with salt and pepper, and three parts fill the dish with stock. Cover with paste (see **Giblet Pie**, p. 48), bake from $1\frac{3}{4}$ to 2 hours in a brisk oven until the paste has risen and set, and afterwards more slowly. Before serving, add the remainder of the stock to the pie. When the pie is intended to be eaten cold forcemeat balls and hard-boiled eggs will be found an improvement, and the appearance may be improved by brushing over with yolk of egg when three parts baked.

This should be sufficient for 6 or 7 persons.

RABBIT PUDDING. (Pouding de Lapin.)

Have ready 1 rabbit, $\frac{1}{2}$ a lb. of pickled pork cut into dice, flour, salt and pepper and some suet crust.

Wash the rabbit, cut it into neat joints, and put the head, neck, liver and kidneys aside, to be afterwards stewed in gravy. Mix together 1 tablespoonful of flour, 1 teaspoonful

salt, $\frac{1}{4}$ of a teaspoonful of pepper; coat the pieces of rabbit with the mixture, and put them closely in a basin lined with paste, interspersing the dice of pork; leave spaces to admit water, thus preventing the pudding becoming too dry. Nearly fill the basin with cold water, cover first with paste, and afterwards with 2 or 3 folds of greased paper, and steam for at least $2\frac{1}{2}$ hours. Turn out the pudding on a hot dish and send the gravy made from the head, etc., to table separately.

This should be sufficient for 5 or 6 persons.

RABBIT RAGOÛT. (Ragoût de Lapin.)

Take 1 rabbit, 4 oz. of streaky bacon, 2 oz. of butter, $1\frac{1}{2}$ oz. of flour, 1 onion cut into dice, 1 carrot cut into dice, $\frac{1}{2}$ a small turnip cut into dice, 6 peppercorns, salt and pepper and 1 pint of boiling stock or water.

Wash and dry the rabbit thoroughly, and cut the bacon into 1-inch squares. Heat the butter in a stewpan, fry the rabbit until the entire surface is nicely browned, then remove and keep it hot. Fry the onion slightly, put in the flour, stir and cook slowly until well browned, and add the stock or water. Boil gently for 10 minutes, add salt to taste, put in the carrot and the turnip, and the bacon and peppercorns. Replace the rabbit in the stewpan, cover closely, and cook very gently for about 2 hours, or until the rabbit is tender. Serve on a hot dish, with the sauce strained over, and garnished with the dice of turnip, etc., which should be previously boiled separately.

This should be sufficient for 3 or 4 persons.

RABBIT ROAST WITH ESPAGNOLE SAUCE.

(Lapin rôti à l'Espagnole.)

Have ready 1 rabbit, Veal forcemeat (p. 116), bacon and $\frac{1}{2}$ of a pint of Espagnole sauce (p. 120).

Stuff the rabbit with the forcemeat, sew up the opening, and truss according to directions given on **Trussing**, p. 108. Cover the back with slices of streaky bacon, baste well with hot dripping, and roast from 50 to 60 minutes, according to size, in a moderately hot oven. Baste frequently, otherwise the flesh will be dry, and a few minutes before serving remove the bacon to allow the back of the rabbit to brown. Remove the skewers, serve on a hot dish with some of the sauce poured round, garnish with the bacon cut into dice, or have ready some crisply-

fried small rolls of bacon, and send the remainder of the sauce to table in a sauce-boat.

This should be sufficient for 3 or 4 persons.

RABBIT SOUFFLÉ. (Soufflé de Lapin.)

To 6 oz. of finely-chopped raw rabbit, allow 2 oz. of butter, 2 oz. of flour, 2 eggs, $\frac{1}{2}$ a pint of milk, salt and pepper and some Brown sauce (p. 118).

Melt the butter, add the flour, stir in the milk, simmer gently for 10 minutes, and put the sauce aside to cool. Pound the flesh of the rabbit until smooth, work in the yolks of eggs, add the white sauce, and season liberally with salt and pepper. Pass the mixture through a wire sieve, add the stiffly-whisked whites of eggs, and turn into a well-buttered soufflé-tin. Steam gently from 40 to 50 minutes, and serve with the sauce round.

RABBIT SOUP WITH SORREL. (Potage de Lapin à l'Oseille.)

With 3 quarts of water, take 1 rabbit, $\frac{1}{2}$ a lb. of shin of beef, 2 oz. of lean bacon, 1 onion, 1 small carrot, a few leaves of sorrel, 10 peppercorns, 2 cloves, 2 blades of mace, 2 oz. of butter, 1 $\frac{1}{2}$ oz. of flour, 1 dessertspoonful of finely-chopped parsley, 1 teaspoonful of lemon-juice, and a little salt and pepper.

Cut the bacon into dice or cubes, the beef into small pieces, and the rabbit into small joints : from the back cut one or two nice fillets. Melt the butter in a large stewpan, and fry the beef, bacon, and rabbit until brown ; put the small fillets aside, to be used later as a garnish. Add the water, sliced carrot, the onion, into which the cloves should be stuck, peppercorns, mace and salt, bring slowly to the boil, and skim well. Cook slowly for 3 hours, then strain. Put the beef into the stock-pot. The meat of the rabbit and the bacon pound well, and rub through a fine sieve. Re-heat the soup, mix the flour smoothly with a little cold stock, add it to the soup, stir and cook for a few minutes. Put in the purée of meat. Wash the sorrel, cut it into fine shreds, blanch, strain, and put into the soup. Cut the fillets of fried rabbit into dice, and add them, together with the lemon-juice, parsley, and any necessary seasoning, to the soup, and serve.

This should be sufficient for 10 persons.

RABBIT SOUP (WHITE). (Potage de Lapin.)

To 1 rabbit, allow 3 pints of second stock, 1 pint of water, 4 oz. of gammon of bacon, 1 onion, a piece of celery, 1 small bunch of savoury herbs, 1 oz. of butter, 1 oz. of flour, $\frac{1}{2}$ a pint of milk and seasoning.

Skin the rabbit, wipe it with a damp cloth, and cut it up into small pieces. Put it in a stewpan with 3 pints of stock and 1 pint of water, bring it to the boil, skim, and add the bacon, the onion (stuck with a clove), celery, and herbs. Cook gently for $1\frac{1}{2}$ hours, or until the meat is quite tender. Remove the best pieces of rabbit (these can be used for croquettes, etc.), and the bunch of herbs. Melt the butter, add the flour, mix well, stir in the milk, and boil. Stir into the pan containing the soup, simmer for 20 minutes, season with salt, pepper and nutmeg, and rub through a sieve. Re-heat, and add, if liked, a cupful of cream. Serve with fried bread croûtons.

RABBIT STEW (RICH). (Gibelotte de Lapin.)

With 1 rabbit, take $\frac{1}{4}$ of a lb. of streaky bacon, 1 pint of good stock, 1 glass of claret (optional), 2 oz. of butter, $1\frac{1}{2}$ oz. of flour, 18 button onions, a bouquet-garni (parsley, thyme, bay-leaf), 2 cloves, 6 peppercorns and a little salt and pepper.

Divide the rabbit into small joints, cut the bacon into dice, and peel the onions. Heat the butter in a stewpan, fry the onions and bacon until brown, and remove to a plate. Now put in the rabbit, and when it has acquired a little colour sprinkle in the flour, and continue the frying until both rabbit and flour are well browned. Replace the onions and bacon, add the hot stock, bouquet-garni, cloves, peppercorns, and salt to taste, cover closely, and stew gently for about 1 hour, or until the rabbit is tender; 15 minutes before serving add the claret (if used), and when the sauce again reaches simmering-point put in the liver, previously washed and cut into small pieces, and let it cook for about 10 minutes. Pile the rabbit in the centre of a hot dish, season the sauce to taste and strain it over, garnish the base with groups of bacon-dice and onions, and serve.

RABBIT STEW (WHITE). (Lapin en Blanquette.)

Have ready 1 young rabbit, $\frac{3}{4}$ of a pint of white stock, $\frac{3}{4}$ of a pint of milk, 1 oz. of butter, 1 oz. of flour, 1 onion sliced, 1 or 2 strips of celery shredded, 1 blade of mace, 8 white peppercorns,

salt and pepper. For the garnish : 2 tablespoonfuls each of finely-shredded carrot, onion and turnip.

Wash and joint the rabbit, place it in a stewpan with the stock and milk, and bring to the boil. Add the onion previously blanched, celery, mace, peppercorns and a little salt, and simmer gently until the rabbit is tender. Knead the flour and butter together, and add it, in small pieces, when the rabbit is three parts cooked. Serve with the sauce strained over, garnished with the vegetables previously cooked separately.

RABBIT STEWED IN MILK. (*Lapin au lait.*)

Take 1 rabbit, 1 small onion very finely chopped, a small blade of mace, 1 pint of milk (about), salt and pepper and 1 teaspoonful of cornflour.

Wash the rabbit, cut it into neat joints, and soak and blanch the head and neck in strong salted water. Pack the pieces closely in a baking-dish or pie-dish, sprinkle over them the onion, season well with salt and pepper, and add the mace. Nearly fill the dish with milk, cover with an inverted dish or pie-dish, and cook in a moderate oven from $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. About 10 minutes before serving mix the cornflour smoothly with a little cold milk, boil up and add it to the contents of the pie-dish and allow to cook for another 10 minutes. When ready, arrange on a hot dish, strain the sauce over, then serve.

RABBIT TURBAN. (*Turban ou Bordure de Lapin.*)

Procure 2 rabbits, larding bacon, 1 oz. of butter, $\frac{1}{2}$ an oz. of flour, 1 egg, $\frac{1}{2}$ a gill of stock or water, pepper and salt, glaze and some Brown sauce (p. 118).

Separate the flesh from the bones (*see Rabbit Fillets*, p. 95), divide the back into pieces of even size, and lard them neatly. Melt the butter, stir in the flour, add the stock, cook until the mixture leaves the sides of the pan, then put it aside to cool. Chop the remainder of the flesh finely, or pass it through a mincing machine, and pound it until smooth. Work in the panada, add the egg and seasoning to taste, and when well mixed pass through a fine wire sieve. Press the mixture lightly into a well-buttered border or turban mould, and steam until firm (about 35 minutes). Meanwhile, the fillets should have been braised and glazed : *see directions given in Rabbit Fillets*. Now arrange them neatly within the shape, pour the sauce round, and serve.

CHAPTER VI

TRUSSING POULTRY AND GAME

REALIZING the importance of this branch of the cook's art, and knowing how difficult it is to learn from written instructions, we have prepared a series of illustrations to show practically the various stages in the preparation of game and poultry for different methods of cooking. Skewers are not now used for trussing fowls and similar small birds, which are always trussed with a needle and twine. This method not only facilitates the carving, but avoids serving a dish rendered unsightly by skewers or skewer holes.

TO PLUCK A BIRD.

Hold the bird in the left hand, and commence to pull off the feathers from under the wing. Having plucked one side, take the other wing and proceed in the same manner.

Another way is to plunge the bird into hot, but not boiling, water for about 1 minute, and immediately pull out the feathers. But this is rather risky, for if left too long in the water, the skin becomes tender and is apt to be easily torn.

TO SINGE POULTRY.

Hold the bird by the neck with the left hand, and with the right hand singe off the down with a lighted paper, moving it quickly so as not to scorch the bird ; those parts that will be hidden after the bird is trussed must be most carefully gone over, but it is usual again to singe after trussing.

It is useless to expect singeing to take away the feathers that have been left in through careless plucking.

TO BONE POULTRY AND GAME.

Birds are invariably plucked and singed before boning, but not drawn. The crop, however, should be removed, the

wings and legs cut off at the first joint, and the tendons of the legs carefully drawn at the same time. To bone the bird, use a small sharp knife, and first remove the merrythought at the neck—a very simple matter. This done, cut the skin down the centre of the back and raise the flesh carefully on either side, sever the wing joints, and continue to detach the flesh, keeping the blade of the knife close to the bone. When the legs are reached, dislocate the joints, cut the connecting tendons, but leave both wings and legs intact until the breast and back bones have been removed, together with the viscera. Turn the body completely inside out; take the thigh bones of one of the legs in the left hand and strip the flesh downwards. Repeat this until all the small bones are removed. The bird may then be turned right side out.

TO DRAW POULTRY. (Trussing Illustrations Nos. 1 and 2.)

In order to draw a bird properly, it is well to know where to find the different parts of the inside. Trussing Illustration No. 1, Fig. 1, shows a fowl cut in half. The different organs can be seen in the exact positions they occupy. Fig. 2 shows the inside of the bird when drawn.

Lay the bird back downwards upon the table, and cut off the ends of the pinions. Then turn the bird breast downwards, and cut a long slit in the back of the neck, in the manner shown in Trussing Illustration No. 2, Fig. 1; pass the knife under the skin, cut off the neck at its junction with the body, taking care not to cut through the under skin of the neck in this motion. Then cut through the skin of the back of the neck at the place where the first incision was made and through the underneath skin about 3 inches from the breast, leaving the two flaps of neck skin to fold over the jagged opening (*see* Figs. 2 and 3), and draw out the neck. Then take out the crop, and well loosen the entrails by placing the forefinger inside the body, and working it round from left to right (*see* Fig. 4). Put the fowl on the table tail upwards and make a deep cut straight across the body between the tail and the vent. The vent can then be easily cut out, and the opening will be sufficiently large to enable the fingers to be put inside the bird to take hold of the gizzard, etc. (*see* Fig. 5), and if the loosening at the other end has been properly performed, the whole of the inside of the fowl can be easily drawn away

in one mass. Care should be taken not to draw away the fat on gizzard. This can be felt with the fingers and may be easily left inside the bird.

Be careful not to break the gall-bladder, for this accident may ruin the bird. Now wipe out the inside with a clean cloth, but do not wash the bird, unless any part has been broken in drawing ; dip the legs of the bird in boiling water, scrape them, and cut off the claws.

TO TRUSS A FOWL FOR ROASTING. (Trussing Illustration No. 3.)

Place the fowl on the table as shown in illustration, and pass the needle and string through the centre, just above the thigh-bone, exactly in the centre of the two joints (*see Fig. 1*), leaving the end of the string protruding from the place where the needle entered. Turn the fowl over on to its breast, and carrying the twine on, pass it in a slanting direction between the two centre bones of the wing, catching the underneath part of the pinion (*see Fig. 2*), and then over the bird through the pinion and then the wing of the other side, and the string will come out near the point where it first entered ; tie the two ends together, but not too tightly or the bird will not lie flat (*Fig. 3*). Next take the fowl in the left hand, breast downwards, and pass the needle and twine through the back, close to the end of the thigh-bones (*Fig. 4*) ; put the legs into position shown, turn the fowl on its back, and carry the string over the leg and then through the breast, catching up a small portion of the bone as the needle passes through. Take the string on over the other leg and tie the ends together (*see Fig. 5*). Now again singe the bird very carefully. Then, after cleaning and washing the gizzard and liver, put one in each pinion.

TO TRUSS A FOWL FOR BOILING. (Trussing Illustration No. 4.)

Loosen the skin of the leg by placing the two first fingers of the hand inside the body, and working round the leg (*Fig. 1*). Make a cut in the drumstick, about $\frac{1}{2}$ an inch from the hock (*Fig. 2*), to prevent the bone breaking under the next operation. Turn the shank inward on to the back of the fowl (*Fig. 3*), and draw the skin of the leg over the hock, tucking

the joint into the body (Fig. 4). Next cut off the shank about $\frac{1}{2}$ an inch above the foot, i.e. cutting off all the leg and foot that shows in Fig. 4. Sew with needle and string as for roasted fowl (*see* Fig. 5).

TO TRUSS A TURKEY. (Trussing Illustration No. 5.)

Turkeys are plucked and singed in exactly the same manner as fowls, but before trussing draw the sinews. To do this, break the leg bones close to the feet, run them on a hook placed in the wall (*above* you, so that weight as well as strength can be brought to bear), and draw out the sinews (Fig. 1). This is sometimes rather a hard task, but it must be done. Next cut off the neck close to the back (*see To Draw Poultry*, p. 104), leaving enough skin to turn over it, and loosen the liver and the rest of the inside at the throat end. Cut off the vent, take out the gut and draw the bird with a hook sold for this purpose. Take care not to break the gut joining the gizzard, for fear of grit, or the gall bladder, which, if broken, would spoil the flavour of the bird.

Next dry the inside thoroughly. Cut the breastbone through at each side close to the back, beat it flat with a wooden rolling-pin, then place the pinions as shown in illustration, and skewer (Figs. 2 and 3).

Press the legs close to the body and skewer at first and second joints, and the turkey will now be ready for stuffing.

Having filled the bird with the forcemeat (the fuller the better and neater it will look), skewer over the flap of skin, also that at the neck.

Turn the bird back uppermost and put a string across and across as shown, except in the case of a very small turkey.

As with a fowl, a boned turkey has sometimes the legs put inside, so that less stuffing is needed.

TO TRUSS A GOOSE OR DUCK. (Trussing Illustration No. 5, Fig. 5.)

Geese and ducks are prepared, drawn and trussed in the same manner as fowls and turkeys, except that the wings or pinions are cut off at the first joint. The feet of a goose are nearly always removed, but those of a duck are just as

frequently left on, the tips of the toes alone being cut off.

Having well plucked and singed the bird, cut off the feet at the joint, the pinions at the first joint, and the neck close to the back, as directed for fowls, leaving enough skin to turn over the back. Next loosen the inside at the throat end. Cut the bird open between the vent and the rump and draw ; then wipe out the bird and very carefully flatten the breastbone with a rolling-pin, taking care not to break the bone into splinters. Put a skewer through the under part of one wing and bring it through the other, as shown in Fig. 5. Skewer the legs by passing the skewer through the first joint and carrying it through the body so as to secure the other. Always remove the merrythought from a duck or a goose.

TO TRUSS GROUSE.

When plucking leave the breast feathers for removal afterwards, in order to prevent the skin being broken in trussing.

First cut off the head, leaving enough skin to skewer back, loosen the inside at neck and squeeze out and carefully wipe the inside of the bird.

Secondly, bring the legs close to the breast, between it and the side-bones, and pass a needle through the pinions and the thick part of the thighs, tie round, then take off the breast feathers with the aid of a knife, thus avoiding the breaking of the skin.

Partridges and Pheasants are trussed in the same manner, but the latter are large enough for the passage of the hand and can be drawn in the same way as a fowl.

TO TRUSS A PIGEON. (Trussing Illustration No. 3, Figs. 6 and 7.)

First pluck and draw the bird, wash thoroughly and wipe perfectly dry. Then cut off the neck and head, and the toes at the first joint. Truss for roasting by crossing the legs and running a trussing needle and twine through both pinions and legs (*see* Illustration No. 3, Fig. 7).

For stewing, twist the legs up on each side and fasten with a trussing needle and twine (Fig. 6).

Pigeons are better if drawn directly they are killed.

TO TRUSS SNIPE, PLOVERS, QUAILS, AND WOODCOCKS.

First pluck the birds, and wipe them outside with a damp cloth, but do not draw them. Twist the legs, thrust them close to the body; skin the neck and head, and bring the beak round under the wing.

TO SKIN AND TRUSS A HARE. (Trussing Illustration No. 5, Figs. 6 and 7.)

Cut off the fore and hind legs at the first joint, make a long slit in the skin underneath the body, detach it from the flesh, and draw it over the hind leg, leaving the tail on. The next step is to draw the skin over the back and slip out the fore legs, easing it with a knife, if necessary, over the neck and head, and being very careful not to injure the ears, which are left on. In skinning this is the most delicate part, but the appearance of a roast hare is spoiled if the ears are torn or otherwise injured. To hang the hare on a hook is a most convenient way of accomplishing the skinning.

Slit the body in the same direction as the skin was cut, remove all the viscera except the kidneys, and wipe the inside with a clean damp cloth. Next cut the sinews beneath the hind legs and press them towards the head, and bring the fore legs backwards to the hind ones.

When the legs are arranged in the manner indicated, a skewer can be passed through the two legs on one side, through the body and the two legs on the other side.

Press back the head (Fig. 6), pass a skewer through the top of the shoulder, the back of the neck, and out through the top of the opposite shoulder.

TO TRUSS A RABBIT FOR ROASTING OR BOILING.

Empty, skin and wash the rabbit thoroughly, wipe it dry, and take out the eyes. (*See instructions in paragraphs above in regard to Skinning a Hare.*)

Then cut off the fore joints of the shoulders and legs, and, bringing them close to the body, fasten with needle and twine, skewer firmly. Thirdly, raise the head and skewer it back between the shoulders.

Put stuffing in (if liked) when for roasting, and sew up.

CHAPTER VII

CARVING POULTRY AND GAME

THE advantages of good carving are many, the chief being the ability to derive the best possible flavour from a dish, and at the same time to dispose of it in an economical manner.

Many people find it very difficult to learn to carve, but as a rule it is because they do not begin at the beginning. They try to cut up a bird without any idea of its anatomy, or where to find the joints, if any, and they therefore cannot succeed.

The sharpness of the knife is, of course, an important consideration, and it is well to have some idea of how to use a steel, though the operation is one rather for the workshop than the dinner-table, and should be performed before the meal.

When carving a slice of meat, after the first incision has been made, the angle at which the knife is held must never be altered, or a jagged slice will be obtained. When the way to control the knife has been mastered, the key to successful carving has been acquired. The cut should be direct, sharp, and incisive. A saw-like action should never enter into the operation.

Generally speaking, the knife should be held firmly, but it cuts best when applied lightly, and much less gravity is thereby squeezed from the meat. By using the point of the knife lightly as a wedge, and the fork as a lever, even a big turkey or goose may be easily jointed, provided the carver is aware exactly how the joint is situated and held together. Every assistance should be given the carver by providing him with a thin sharp-bladed knife of suitable size, and by serving whatever is to be carved on a dish large enough to allow the joint or bird to be turned to the most convenient position for the purpose. The dish should also

afford space for carved portions, for an expert carver will, with a few strokes of the knife, disjoint a bird, and usually prefers to do so before beginning to serve any part of it. Carving is always more easily and pleasantly performed when the dish contains neither gravy nor garnish.

TO SHARPEN THE CARVING-KNIFE.

Hold the steel in the left hand, which should be on a level with the elbow, pointing the steel towards the right shoulder, and hold the knife, almost perpendicularly, in the right hand. Place the hilt of the knife's edge at the top of the steel, and draw the blade downwards the whole length of both steel and knife, first on one side and then on the other, i.e. so that the point of the knife finishes at the hilt of the steel. The blade should be almost flat on the steel, with the back slightly raised, but with only the edge touching it.

POULTRY

DUCK ROAST. (Carving Illustration No. 1, Fig. 3.)

A young duck or duckling is carved in the same manner as a chicken. First remove the wings, then the breast should be cut off the bone in one slice, or several slices if very plump. The legs are next removed and divided at the joints; and unless a contrary request has been made by the person for whom the portion is intended, the foot and the bone to which it is attached should be cut off before serving. When stuffing has been introduced, the skin should be cut across and the farce scooped out with a spoon. "The wings of a flyer and the legs of a swimmer" are generally considered the best portions.

FOWL BOILED. (Carving Illustration No. 2, Figs. 2 and 3.)

Though the legs of a boiled fowl are hidden beneath the skin, the method of carving is not affected, and the following directions may be applied to birds either roast or boiled. The fork should be inserted firmly in the breast of the bird, and with a sharp knife a downward cut made between the thigh and the body, after which an outward turn of the blade of the knife usually detaches the leg sufficiently to allow the

joint connecting it to the body to be easily severed. With the fork still inserted in the breast, next remove the wings by cutting widely, but not deeply, over the adjacent part of the breast; contrive to give to the wing the desired shape without depriving the breast of much flesh. When carving a large fowl the breast may be sliced, otherwise it should be separated from the back by cutting through the rib-bones, the only difficulty being the small hinge-bones near the neck. The breast should be cut across in half, thus providing two portions, to which may be added a slice off the thigh. Cut lengthwise into rather thin slices, the legs may next be satisfactorily disposed of. To conclude the carving, the back should be turned over with the cut side to the dish, and if the knife be pressed firmly across the centre of it, and the neck raised at the same time with the fork, the back is easily dislocated about the middle. To remove the sockets of the thigh-joints (the side-bones to which are attached choice morsels of dark-coloured flesh) the tail part of the back must be stood on end, and held firmly by means of the fork, while the bones are cut off on either side. The more highly esteemed parts of a fowl are the breast, wings and merrythought. The drumsticks should be put aside and used afterwards in some way that necessitates the flesh being minced.

A fowl when boned and stuffed is usually cut across in slices.

FOWL ROAST. (Carving Illustration No. 2, Fig. 1.)

Fowls, when roast, are carved in exactly the same manner as when boiled. When the fowl is stuffed, a little forcemeat should be served with each portion.

GOOSE ROAST.

The breast of a goose is the part most esteemed, therefore when the bird is large, it frequently happens that the carving is confined solely to the breast. The carver should, however, consult the tastes of those he is serving, for the leg is sometimes preferred. A large number of slices may be cut off the breast, and as the wing is the part least esteemed, the flesh of the upper part of it may with advantage be included. When onion farce has been employed it is as well to find out if it is liked by the person for whom the portion of goose is intended. The directions given for carving a boiled fowl may be applied

here, although greater force will most probably be required in detaching the various parts.

PIGEON.

A very straightforward plan is adopted in carving a pigeon ; the knife is carried entirely through the centre of the bird, cutting it into two precisely equal and similar parts. If it is necessary to make three pieces of it, a small wing should be cut off with the leg on either side, thus serving two people ; and, by this means, there will be sufficient meat left on the breast to send to a third person.

TURKEY ROAST. (Carving Illustration No. 1, Figs. 1 and 2.)

A small turkey may be carved in the same manner as a large fowl (*see* directions for carving the same) ; and no bird is more easily carved than a large turkey, for the breast alone may, when properly carved, be made to serve a large number of persons. If more meat is required than the breast provides, the upper part of the wing should be served. When it is necessary for the legs to be carved, they should be severed from the body and then cut into slices. The forcemeat in the crop of the bird should be carved across in thin slices ; and when the body is stuffed, the apron should be cut across.

A boiled turkey is carved in the same manner as when roast.

GAME

BLACKCOCK.

The brains of this bird are considered delicious by many, and for this reason the head is frequently trussed on one side of the bird, but this is entirely a matter of choice. The method of carving blackcock is identical with that for boiled fowl. The breast and the thigh are the only choice parts ; the latter may be cut lengthwise into thin slices, or served whole.

GROUSE.

Grouse may be carved in the way first described in carving partridge. The backbone of the grouse is preferred by many, and this part of many game birds is considered to possess the finest flavour.

CARVING No. 2



1. Roast Fowl 2. Boiled Fowl 3. Boiled Fowl.

See directions in Chapter VII.

CARVING No. 3



Roast Hare

CLARK & VII

HARE ROAST. (Carving Illustration No. 3, Figs. 1, 2 and 3.)

Place the hare on the dish with the head at the left hand. Make an incision, and cut along the spinal bone from about the centre of the back to the end. Then cut through the side and middle, and remove the portion shown in Fig. 1. The part it is removed from is more clearly seen in Fig. 2. Then cut off the hind leg in the manner shown in Fig. 2, and afterwards the foreleg or wing, as Fig. 3. It is the usual plan not to serve any bone in helping hare; and thus the flesh should be sliced from the legs and placed alone on the plate. A great point to be remembered in connection with carving hare is that plenty of gravy should accompany each helping. Stuffing and red-currant jelly are also served with it.

LANDRAIL.

Landrail, being trussed like Snipe, with the exception of its being drawn, may be carved in the same manner.

ORTOLANS. (*See Snipe.*)**PARTRIDGES.**

There are several ways of carving this bird. The usual method is to carry the knife sharply along the top of the breastbone and cut it quite through, thus dividing the bird into two equal parts. When smaller portions are desired, the bird is sometimes divided into three parts. The legs and wings may be easily severed from the body in the manner described for boiled fowl, while the breast, if removed intact, will provide a third helping. Another easy and expeditious way of carving birds of this description is to cut them through the bones lengthwise and across, thus forming four portions. A piece of toast should accompany each portion of bird.

PHEASANT.

The choice parts of a pheasant are the breast and wings. The various members of the bird are severed from the body in exactly the same manner as those of a roast or boiled fowl.

PTARMIGAN. (*See Grouse and Partridge.*)

RABBITS.

In carving a boiled rabbit, the knife should be drawn on each side of the backbone, the whole length of the rabbit, thus separating the rabbit into three parts. Now divide the back into two equal parts, then let the leg be taken off, and next the shoulder.

A roast rabbit is rather differently trussed from one that is meant to be boiled ; but the carving is nearly similar. The back should be divided into as many pieces as it will yield, and the legs and shoulders can then be disengaged in the same manner as those of the boiled.

SNIFE.

One of these small but delicious birds may be given whole to a gentleman ; but in helping a lady it will be better to cut them quite through the centre, completely dividing them into equal and like portions, and put only one-half on the plate.

VENISON (HAUNCH).

A carver of average ability will have little or no difficulty in cutting up this joint. An incision being made completely down to the bone, the gravy will then be able easily to flow ; then slices, not too thick, should be cut along the haunch, the thick end of the joint having been turned towards the carver, so that he may have a more complete command over the joint.

WILD DUCK, TEAL AND WIDGEON.

Of wild-fowl, the breast alone is considered by epicures worth eating, and slices are cut ; if necessary, the leg and wing can be taken off by following the directions given for carving boiled fowl.

WOODCOCK, PLOVERS AND QUAILS.

These birds, like a partridge, may be carved by cutting exactly into two similar portions, or made into three helpings, as described in carving partridge.

CHAPTER VIII

RECIPES FOR FORCEMEATS

LIVER FARCE. (*Farce de Foie de Veau.*)

Have ready $\frac{1}{2}$ a lb. of calf's liver, 2 oz. of lean veal, 3 oz. of bacon, $\frac{1}{2}$ a very small onion, a bouquet-garni (parsley, thyme, bay-leaf), 1 oz. of butter, the yolk of 1 egg, salt and pepper.

Cut the liver, veal, and bacon into very small pieces, melt the butter in a sauté-pan, put in the meat, onion finely chopped, bouquet-garni, and seasoning of salt and pepper, and fry for 10 or 15 minutes. Pound in a mortar, rub through a wire sieve, add the yolk of egg, mix well, and season to taste.

OYSTER FORCEMEAT. (*Farce aux Huîtres.*)

Procure 18 sauce oysters, and take $\frac{1}{2}$ a pint of breadcrumbs, 2 oz. of finely-chopped suet, $\frac{1}{2}$ a teaspoonful of mixed herbs, a good pinch of nutmeg, salt and pepper, 1 egg, and a little milk.

Beard the oysters, put any liquor from them into a saucepan, add the beards, and simmer for about 10 minutes. Cut the oysters into small pieces, mix with them the breadcrumbs, suet, herbs, nutmeg, and seasoning. Add the egg and sufficient milk or oyster liquor thoroughly to moisten the whole, and mix well.

This should be sufficient for 1 turkey.

QUENELLES, TO SHAPE.

To make quenelles, use a knife and two dessertspoons, or smaller spoons when intended for soup. Dip one of the spoons in hot water to prevent the mixture sticking to it, fill it with the farce, press it from the sides, and raise it in the centre with the knife (previously dipped in hot water), making it a nice oval shape. Take the other spoon, dip it into hot water, pass the knife carefully round the edge of the quenelle, transfer it to the second spoon and shape as before.

SAGE AND ONION STUFFING.

Take 4 large onions, 10 sage leaves, $\frac{1}{4}$ of a lb. of bread-crumbs, $1\frac{1}{2}$ oz. of butter, salt and pepper to taste, and 1 egg.

Peel the onions, put them into boiling water, let them simmer for 5 minutes or rather longer, and, just before they are taken out, put in the sage leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and the sage leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw, but the stuffing then is not nearly so mild, and, to many tastes, its strong flavour would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg and butter may be omitted.

This should be sufficient for 1 goose, or a pair of ducks.

VEAL FORCEMEAT. (Farce de Veau.)

Have ready $\frac{1}{2}$ a lb. of lean veal, $\frac{1}{4}$ of a lb. of finely-chopped beef suet, 2 oz. of fat bacon cut into fine strips, 2 tablespoonfuls of freshly-made breadcrumbs, 1 dessertspoonful of finely-chopped parsley, $\frac{1}{2}$ a teaspoonful of finely-chopped onion, 2 eggs, salt and pepper, a pinch of ground mace, and nutmeg.

Pass the veal twice through the mincing machine, then pound it and the suet and bacon well in the mortar. Pass through a wire sieve, add the rest of the ingredients, season to taste, and use.

This should be sufficient for about 1 lb. of forcemeat.

VEAL FORCEMEAT. (Economical.)

Take 4 tablespoonfuls of freshly-made breadcrumbs, 2 tablespoonfuls of finely-chopped suet, 1 tablespoonful of finely-chopped parsley, 1 teaspoonful of powdered thyme, $\frac{1}{4}$ of a teaspoonful of grated lemon-rind, 1 egg and a little milk, a good pinch of nutmeg, salt and pepper.

Mix all the dry ingredients well together, add the egg and sufficient milk thoroughly to moisten the whole, and season to taste with salt and pepper.

This should be sufficient for about $\frac{1}{2}$ lb. of forcemeat.

CHAPTER IX

RECIPES FOR SAUCES, GRAVIES, ETC.

ALLEMANDE SAUCE. (Sauce Allemande.)

With $\frac{3}{4}$ of a pint of white stock, take $1\frac{1}{2}$ oz. of butter, 1 oz. of flour, the yolks of 2 eggs, 1 tablespoonful of cream, 1 teaspoonful of lemon-juice, nutmeg, salt and pepper.

Melt 1 oz. of butter in a saucepan, add the flour, stir and cook for a few minutes, without browning, then put in the stock and bring to the boil, stirring meanwhile. Let it simmer gently for $\frac{1}{2}$ an hour, take it off the stove, add the yolks of the eggs and cream previously mixed together, a pinch of nutmeg, and season to taste. Continue to stir and cook slowly without boiling for a few minutes longer, then add the lemon-juice, and the remainder of the butter bit by bit, stirring the ingredients well between each addition. Pass through a fine strainer or tammy-cloth, re-heat, and use.

APPLE SAUCE. (Sauce aux Pommes.)

To 1 lb. of apples, allow $1\frac{1}{2}$ oz. of sugar (or to taste), 1 oz. of butter, and a little water if NECESSARY.

Peel, core and slice the apples, put them into a saucepan with the sugar, butter, and a very little water, and cook them until tender, rub through a wire sieve. Reheat and add more sugar, if necessary, before serving.

BÉCHAMEL, or FRENCH WHITE SAUCE. (Sauce Béchamel.)

Take $1\frac{1}{2}$ oz. of flour, 2 oz. of butter (or corresponding quantity of white rous), $1\frac{1}{2}$ pints of milk (or white stock), 1 small onion or shallot, 1 small bouquet-garni (parsley, thyme, bay-leaf), 10 peppercorns, $\frac{1}{2}$ a bay-leaf, 1 small blade of mace and seasoning.

Put the milk on to boil with the onion or shallot, the bouquet-garni, peppercorns, mace, and bay-leaf. Melt the butter, stir in the flour, and cook a little without browning, stir in the hot milk, etc., whisk over the fire until it boils, and let it simmer from 15 to 20 minutes. Strain and pass through a sieve or tammy-cloth, return to the stewpan, season lightly with a pinch of nutmeg, $\frac{1}{2}$ a pinch of cayenne, and $\frac{1}{2}$ a teaspoonful of salt. The sauce is then ready for use.

BIGARADE SAUCE. (Sauce Bigarade.)

Have ready $\frac{1}{2}$ a Seville orange, $\frac{1}{2}$ a pint of brown sauce, $\frac{1}{2}$ a pint of good stock, 1 glass of port wine, 1 teaspoonful of lemon-juice and a little salt and pepper.

Strain the juice of the orange. Cut the rind into very fine strips, cover with cold water and bring to the boil. Simmer gently from 10 to 15 minutes, then strain and drain well. Mix the brown sauce, stock and orange-juice together, and boil until reduced to half the original quantity. Strain, return to the saucepan, add the prepared orange-rind, lemon-juice and port wine, season to taste, boil and use as required.

BREAD SAUCE. (Sauce au Pain.)

With $\frac{1}{2}$ a pint of milk, take 1 tablespoonful of cream, 2 oz. of freshly-made breadcrumbs, $\frac{1}{4}$ of an oz. of butter, 1 very small peeled onion, 1 clove, salt and pepper.

Put the milk and onion, with the clove stuck in it, into a small saucepan and bring to the boil. Add the breadcrumbs, and simmer gently for 20 minutes, then remove the onion, add salt and pepper to taste, stir in the butter and cream, and serve.

Note.—The cream may be omitted, and, if preferred, a little more butter added. Flavouring is simply a matter of taste (when cloves are not liked, mace or nutmeg may be substituted).

BROWN SAUCE. (Sauce Brune.)

To $\frac{1}{2}$ a pint of stock or water, allow 1 oz. of butter or sweet dripping, 1 oz. of flour, 1 small carrot, 1 small onion, salt and pepper.

Cut the carrot and onion into small pieces. Melt the butter in a saucepan, put in the flour and vegetables, and fry until brown. An occasional stir is necessary to prevent the ingredients burning, but if they are constantly stirred they brown

less quickly. Add the water or stock, stir until it boils, simmer for 10 minutes, then season to taste, and use. A few drops of Browning may be added when too light in colour.

CELERY SAUCE. (Sauce Céleri.)

Prepare $\frac{3}{4}$ of a pint of white stock, and take $\frac{1}{2}$ a pint of milk, 2 tablespoonfuls of cream, $1\frac{1}{2}$ oz. of butter, $1\frac{1}{2}$ oz. of flour, 2 sticks of celery (white part only), a blade of mace, salt and pepper.

Wash the celery, cut it into short pieces, cover with cold water, bring to the boil, and strain. Put the stock and mace into a stewpan, add the celery, simmer until tender (45 to 60 minutes), then rub through a fine hair sieve. Melt the butter in the stewpan, stir in the flour, cook for about 5 minutes, then add the milk, and celery purée, and stir until it boils. Add seasoning to taste, stir in the cream and use.

CHAUD-FROID SAUCE (WHITE). (Sauce Chaud-Froid Blanche.)

With $\frac{1}{2}$ a pint of Béchamel sauce (p. 117), take $\frac{1}{4}$ of a pint of aspic jelly, $\frac{1}{4}$ of a pint of cream, $\frac{1}{2}$ oz. of gelatine and 1 teaspoonful of chilli vinegar or lemon-juice.

Dissolve the gelatine in the aspic jelly, and mix with the hot sauce. Stir over the fire until it boils, then add the vinegar or lemon-juice, simmer for 3 or 4 minutes, and strain or pass through a tammy-cloth. When cool add the cream, and use as required, when just on the point of setting.

Note.—Brown Chaud-Froid sauce may also be made by substituting equal quantities of good brown sauce and tomato sauce for the Béchamel. Green Chaud-Froid is composed of Béchamel and a few drops of spinach greening, and pink Chaud-Froid is made by adding a few drops of carmine to the Béchamel sauce.

CURRY SAUCE. (Sauce au Kari.)

To $\frac{3}{4}$ of a pint of good stock, allow $1\frac{1}{2}$ oz. of butter, 1 tablespoonful of curry powder, 1 dessertspoonful of flour, 1 tomato sliced, 1 small onion sliced and salt.

Melt the butter in a saucepan, fry the onion until lightly browned, then add the flour and curry powder. Stir and cook gently for a few minutes, then add the stock, and bring to the boil. Put in the tomato, and seasoning to taste. Simmer gently for 20 minutes, then strain and serve.

ESPAGNOLE OR SPANISH SAUCE.**(Sauce Espagnole.)**

Have ready 1 quart of stock, 1 oz. of raw lean ham or bacon, 2 oz. of butter, 2 oz. of flour, 1 carrot, 1 onion, 1 clove, 4 peppercorns, a bouquet-garni (parsley, thyme, etc.), $\frac{1}{2}$ a gill of tomato pulp, $\frac{1}{2}$ a gill of sherry (optional), 2 mushrooms.

Melt the butter in a stewpan, add the ham, cut into small pieces, fry for a few minutes, and then put in the vegetables sliced, the herbs, and spices. Stir these ingredients over a slow fire for about 5 minutes, then add the flour and brown it carefully. Add the stock, tomato-pulp, and sherry (if used), stir the sauce until boiling, draw the saucepan to the side of the fire, let it boil slowly for about 1 hour, then skim off the fat, pass the sauce through a tammy-cloth, season, warm up, and serve.

GRAVY. (Jus de Gibier.)

Take the bones and trimmings of game or meat, sufficient cold water to cover them, a bay-leaf, 1 clove, 6 peppercorns, a sprig of thyme, a small piece of onion, and 1 oz. of butter.

Cut up the trimmings and break the bones into small pieces. Melt the butter, add the bones and meat, and the rest of the ingredients, cover with water, simmer for about 2 or 3 hours, then strain, season, and use as required.

ITALIAN SAUCE. (Sauce Italienne.)

With $\frac{1}{2}$ a pint of Espagnole sauce (above), take 4 small shallots chopped, 4 small mushrooms chopped, 1 sprig of thyme, 1 bay-leaf, a tablespoonful of sweet-oil, 1 glass of chablis (optional) and $\frac{1}{2}$ a gill of stock.

Put the shallots in a small piece of muslin, and squeeze them in cold water to extract some of the flavour, then place them in a stewpan with the oil, cook for a few minutes, but do not brown. Add the wine, mushrooms, herbs and stock, reduce well, and add the Espagnole. Boil for 10 minutes, take out the herbs, skim off the oil, and serve.

MADEIRA SAUCE. (Sauce Madère.)

To $\frac{1}{2}$ a pint of Espagnole sauce (above), allow $\frac{1}{4}$ of a pint of good gravy, 1 oz. of meat glaze, 1 glass of Madeira or sherry, salt and pepper.

Simmer the sauce, gravy and wine until well reduced. Season to taste, put in the meat glaze, stir until it is dissolved, then strain the sauce, and use as required.

MAYONNAISE SAUCE. (Sauce Mayonnaise.)

Take 2 yolks of eggs, 1 teaspoonful of French mustard, $\frac{1}{2}$ a teaspoonful of salt, a pinch of pepper, 1 tablespoonful of tarragon vinegar, about 1 pint of best salad oil and 1 tablespoonful of cream.

Put the yolks into a basin, add the mustard, salt and pepper, stir quickly with a wooden spoon. Add the oil, first drop by drop and afterwards more quickly, and at intervals a few drops of the vinegar. By stirring well, the mixture should become the consistency of very thick cream. Lastly, add the cream, stirring all the while. A little cold water may be added if the sauce is found to be too thick.

In hot weather, the basin in which the Mayonnaise is made should be placed in a vessel of crushed ice.

MUSHROOM SAUCE. (Sauce aux Champignons.)

Have ready $\frac{3}{4}$ of a pint of Brown sauce (p. 118), and take $\frac{1}{2}$ pint of button mushrooms, $\frac{1}{2}$ oz. butter, salt and pepper.

Peel the mushrooms and remove the stalks. Heat the butter in a stewpan, put in the mushrooms, and toss them over the fire for 10 minutes. Drain off any butter that remains unabsorbed, add the brown sauce, season to taste, make thoroughly hot, and serve.

ONION SAUCE (WHITE). (Sauce Soubise.)

With 2 Spanish onions, take 1 gill of white stock, $\frac{1}{2}$ a pint of Béchamel sauce (p. 117), white pepper, salt and a pinch of white sugar.

Peel the onions, parboil them in salted water, strain and chop very finely. Return to the saucepan, stir over the fire until all moisture is absorbed, then add the stock and cook until tender. Now add the sauce, reduce until the desired consistency is acquired, add the seasoning, and serve.

OYSTER SAUCE. (Sauce aux Huîtres.)

Procure 12 sauce oysters, 1 oz. of butter, a teaspoonful of lemon-juice, the yolk of 1 egg, and make $\frac{3}{4}$ of a pint of Béchamel sauce (p. 117).

Open the oysters, remove the beards, and put them with their liquor and the butter in a small saucepan. Cover with a lid, and cook for 4 minutes (they must not be allowed to boil), then drain well, and halve or quarter them. Reduce the liquor to half its original quantity, then strain, and return to the saucepan. Add the Béchamel sauce, when hot, bind with the yolk of egg, then put in the oysters and lemon-juice. Stir until the oysters are quite hot, season with a pinch of salt and pepper if necessary, and serve separately in a hot sauce boat.

PIQUANT SAUCE. (Sauce Piquante.)

With $\frac{1}{2}$ a pint of Brown sauce (p. 118), take 2 tablespoonfuls of vinegar, 1 tablespoonful of capers cut in two, 1 tablespoonful of gherkin coarsely chopped, 1 small onion finely chopped, salt and pepper.

Put the onion and vinegar into a small saucepan, let them boil until considerably reduced, then add the brown sauce, capers, cut in halves, and coarsely chopped gherkin, salt and pepper if necessary, bring to the boil, simmer for 5 minutes, and serve.

PORT WINE SAUCE. (Sauce au Vin d'Oporto.)

To $\frac{1}{2}$ a pint of gravy from roast venison, allow 1 small glass of port wine, 1 teaspoonful of red-currant jelly, a few drops of lemon-juice.

Put all the above into a small saucepan, bring to the boil, and serve.

SALMI SAUCE. (Sauce Salmis.)

Take 1 teaspoonful red-currant jelly, $\frac{1}{2}$ a pint of Espagnole sauce (p. 120), 1 gill of game stock (made from the carcass of cooked game), 2 shallots chopped finely, 1 bay-leaf, 1 sprig of thyme, a few mushroom trimmings, 1 glass of port or claret (optional), 1 tablespoonful of sweet-oil.

Put the oil in a stewpan, and fry the shallots a golden colour, add the bay-leaf, thyme, mushroom trimmings and port or claret (if used), cover the stewpan and cook for 5 minutes. Add the stock and sauce, stir well, simmer for 10 minutes, and remove the scum. Pass the sauce through a tammy-cloth, season, add red-currant jelly, warm up, and serve at once.

STOCK, BONE.

Any kind of bones, cooked or uncooked, may be used to make bone stock. Put them in a small stewpan or small stock-pot, add enough water to well cover, and bring to the boil. Skim, add a peeled onion, a carrot and a bay-leaf, and simmer for 2 or 3 hours. Season to taste with salt. This stock may be used in place of water for making gravy and sauces.

STOCK, GRAVY.

Chop up, rather small, some bones from roast meat, fry them till brown in a pan with a little dripping ; pour off all the fat, and add enough stock or water to cover the bones. Season with salt and pepper, and boil for half an hour. Strain and use as required.

STOCK, SECOND.

The bones and meat used for making rich stock, and the meat used for clearing consommé (clear soup) should be covered with cold water and cooked for several hours to make what is known as "second" or "ordinary" stock. Neither seasoning nor flavouring is added, as this second stock forms the basis of sauces, etc., which have a distinct flavour of their own.

STOCK, WHITE.

The liquor in which chicken, veal, rabbit, calf's head or mutton has been boiled makes excellent white stock ; and the cold remains of any of these ingredients may be made into second stock, which, if not very rich, is obviously better than water in making sauces, etc.

SUPREME SAUCE. (Sauce Suprême.)

Take 1 oz. of butter, 1 oz. of flour, 1½ pints of chicken stock, 1 small onion, 1 clove, ½ a bay-leaf, 1½ oz. of fresh butter, 1 tablespoonful of cream, 1 yolk of egg, the juice of ½ a lemon.

Melt the butter in a stewpan, add the flour, cook well over the fire, but do not let it brown, then add stock, onion, clove, and bay-leaf. Stir until boiling, simmer for 15 minutes, and skim well. Now work in the fresh butter, cream, and yolk of egg, cook for 3 minutes, but do not let the sauce boil. Add

the lemon-juice, pass the sauce through a tammy-cloth, warm, and serve.

TARTARE SAUCE. (Sauce Tartare.)

With $\frac{1}{2}$ a pint of Mayonnaise sauce, take 1 tablespoonful of chopped gherkin or capers, $\frac{1}{2}$ a teaspoonful of very finely-chopped shallot (this may be omitted).

Stir the gherkin and onion lightly into the mayonnaise, and use as required.

TOMATO SAUCE. (Sauce Tomate.)

To 1 lb. of tomatoes, allow 2 shallots, 1 bay-leaf, 1 sprig of thyme, 10 peppercorns, 1 oz. of butter, a tablespoonful of flour, 2 oz. of lean ham, 1 tablespoonful of vinegar, salt and pepper.

Melt the butter in a stewpan, add the ham cut small, and the shallots chopped. Cook over the fire, but do not brown. Now add the seasoning, herbs, peppercorns, and tomatoes sliced, sprinkle over the flour, stir altogether, and boil for about 20 minutes, or until well reduced. Pass the sauce through a tammy-cloth, heat up, season to taste, and serve.

WHITE SAUCE. (Sauce Blanche.)

Have ready 1 oz. of butter, 1 oz. of flour, $\frac{1}{2}$ a pint of milk, $\frac{1}{2}$ a gill of white stock, $\frac{1}{2}$ a bay-leaf, salt and white pepper.

Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown. Dilute with the milk, stir till it boils, then add the stock and bay-leaf, and let simmer for at least 10 minutes. Remove the bay-leaf, season to taste, and strain.

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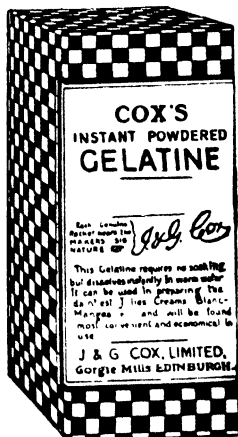


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