

THE ADELAIDE
COOKERY NOTE BOOK,

FOR

DOMESTIC ECONOMY PUPILS.

By ALICE HILLS, B.Sc., Inspector of Schools and
Domestic Economy Instructor

*(Formerly Superintendent of the Training School for
Teachers of Domestic Economy, Battersea).*

PRICE—SIXPENCE.

ADELAIDE :

PUBLISHED BY THE EDUCATION DEPARTMENT.

PRINTED BY C. E. BRISTOW, GOVERNMENT PRINTER, NORTH TERRACE,

1902.

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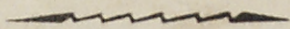
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THIS book is intended for the use of the pupils in the public schools attending the Domestic Economy Classes under the Education Department. It is meant to prevent much note-taking, but not to take the place of systematic demonstrations given by teachers. It is not therefore complete in itself; but the recipes have been carefully chosen and tested, and may be relied upon.



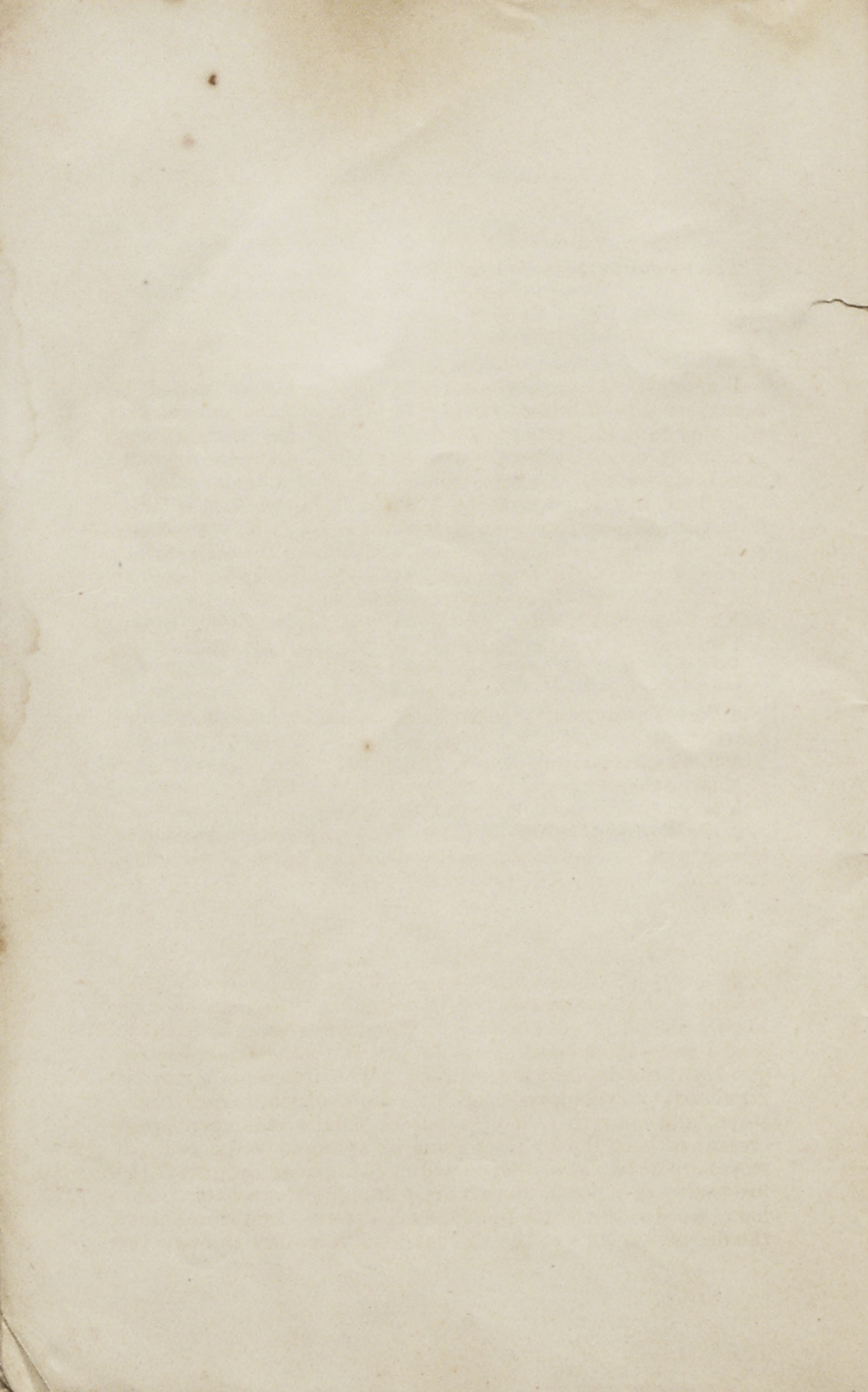


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WEIGHTS AND MEASURES.

The measures used most frequently in this book are—

16ozs. = 1lb.

4 gills = 1pt.

2pts. = 1qt.

4qts. = 1gall.

Besides these the following measures and sizes should be remembered :—A tablespoonful (1tbsp.) means the amount that will stay in a tablespoon after the material has been piled up and the spoon tapped sharply underneath. Usually the quantity remaining weighs 1oz., for though sugar is a denser material than flour, it will not stand so high in the spoon. It is better to test the tablespoon once with weights and a scale. A dessert-spoonful (1dsp.) and a teaspoonful (1tsp.) mean the amounts left when dessertspoon and teaspoon have been filled and tapped.

A breakfast cup or tumbler usually holds $\frac{1}{2}$ pt.

A teacup usually holds $\frac{1}{3}$ pt.

Two tsp. of liquid = 1dsp.

Two dsp. of liquid = 1tbsp.

Four tbsp. of liquid = 1 wineglassful.

A doctor's Soz. bottle, with two more ounces, holds half a pint exactly.

A large carrot means three to the pound.

A large turnip means two to the pound.

A large potato means four to the pound.

A pinch of salt means as much as can be held between the thumb and tips of the two forefingers, or as much as will stand easily on a threepenny piece.

STOVES AND FUEL.

The chief kinds of fuel are wood, coal, gas, oil.

WOOD AND COAL STOVES.—Coal requires much more draught to keep it alight than wood, so that wood will burn on an open hearth when coal would go out. Wood can always be burnt in a coal stove if chopped small enough, but may burn away too quickly if the draught is too strong. The draught of a stove is regulated by "dampers," or little flaps, which, turned edge-ways, allow air to pass up a flue or narrow chimney, turned crossways, keep the air from going up the flue. Wood and coal stoves are of two kinds—open and closed. In an open stove the fire is always exposed, and no great draught blows over it, and hence wood is the better fuel for such a stove. In a closed stove the fire is shut in, and the air that feeds it rushes through the

fire and up a narrow chimney. Coal burns well and lasts longer than any wood in these stoves. Cabbage stalks, potato parings, any refuse, however damp, can be burnt in a closed stove. In most wood and coal stoves the fire is outside the oven; therefore the heat of the oven is a dry heat, and puddings and cakes will burn sooner at the top than at the bottom.

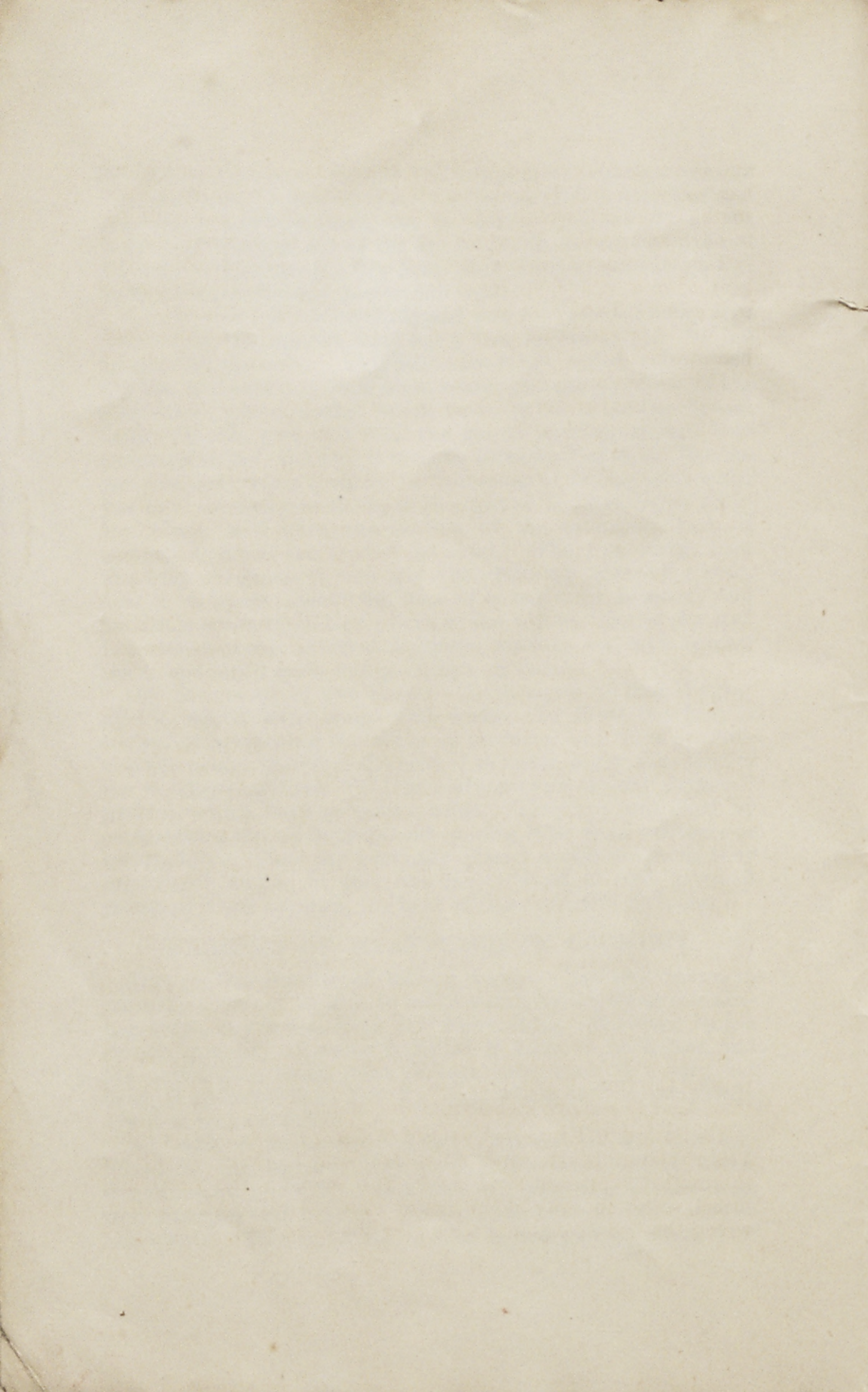
GAS STOVES.—Look carefully and you will see that every pipe from which the gas jets come has a hole underneath at the end nearest the gas main. This hole admits air, which mixes with the gas, and makes it burn blue, hotly, and completely. If the gas, when lighted, makes much noise, gives a bad smell, and looks whitish, you will find the gas is burning at the hole underneath the pipe, and it must be turned off at once. Use the gas sparingly when cooking in saucepans or frying pans when you have no water in them, as the heat of the gas, being all in one place, will burn the bottom of the saucepan, and, if enamelled, cause the enamel to crack. The jets which heat the oven are inside it, and gas when burning gives off a great deal of moisture; hence the heat of a gas oven is moist, and puddings are more liable to burn at the bottom than at the top. For this reason it is safest to spread sand or salt on a baking sheet, and stand cakes and puddings on this.

OIL STOVES are of two classes—(1) those resembling Rippin-gille's, which have lamps with wicks. In these the heat is controlled by turning the wicks up or down, and these are outside the oven; therefore the heat of the oven is dry, like that of the wood or coal stove. (2) Other oil stoves are of the "Primus" pattern, which burn without a wick. They are controlled by compressing the oil in them and causing it to shoot out more or less rapidly. They are generally placed inside the oven they are to heat, and as oil, just like gas, or wood, or coal, gives off moisture when burning, the heat of this oven will be moist.

DEGREES OF HEAT USED IN COOKERY.

212° = temperature of boiling water. You will never, in ordinary cooking, be able to make water, or anything containing water, any hotter than 212° Fahrenheit. However long a certain quantity of water is boiled it becomes no hotter, and the centre of a moist joint of lean meat, even in a very hot oven, is no hotter than 212° F. You would have to completely dry it to make it hotter.

300°-400° = temperature of fat. Fat and oil, which is only liquid fat, can be made very much hotter than boiling water, sometimes over 400° F. Put a little dripping from a joint in an iron saucepan and heat it. After a little time it makes a noise and spurts. This is because the fat is just getting above 212°



and the water is escaping. When the fat is quite still all water has escaped, and it is hotter than water. Presently a blue smoke comes off, which gets thicker; then the fat is beginning to burn and spoil. Very hot fat *never boils nor bubbles*.

Temperature of oven must be judged by the hand. In a dry-heat oven a little flour sprinkled on the shelf will turn brown in a minute if the oven is *very hot*—hot enough for bread.

180° = temperature at which the white of eggs or lean meat becomes hard.

118° = tepid.

98° = temperature of human body.

32° = freezing point.

CLEANING OR SCULLERY WORK.

TO CLEAN A KITCHEN RANGE.—Commence by removing all cinders and ashes; sift these and save the cinders. Sweep all flues with a flue brush, beginning from above and going downwards. Sweep out the oven and wash it if necessary. If any part of the outside is greasy, wash with hot soda water or wipe with a rag dipped in turpentine. Brush all over with blacklead mixed with sufficient water to make it a thick black cream; when dry brush with a dry brush and polish with another brush. Rub all steel parts with emery paper.

TO CLEAN A GAS STOVE.—Remove the bars from the top; wash them with hot soda water if greasy. Wash the top of the stove and round the taps if at all greasy, or rub with a rag dipped in turpentine. Sweep out and, if necessary, wash out the oven. Remove the tin dish from the bottom and wash it. Blacklead the gas stove in the same way as the coal or wood stove. Rub any bright steel parts with emery paper, and the brass taps with Putz pomade or “brilliantshine.” Wash the tiles or sheet on which it stands.

TO CLEAN AN IRON SAUCEPAN.—Scrape it as clean as possible, and, if necessary, soak it. If very greasy warm it and wipe out with old paper. Wash in hot soapy water, rubbing well with sand. Rinse in clean water and dry inside and out. Wash the lid in the same way, and polish with whiting, if bright.

TO CLEAN AN ENAMELLED SAUCEPAN.—Treat in the same way as the iron, but if possible use salt or Monkey soap rather than sand to remove stains from the enamel.

TO SCRUB A TABLE.—Use cool water (*no soda*), soap, sand, a scrubbing brush, and a house flannel. Wet a portion thoroughly, sprinkle sand on it, rub soap on the scrubbing brush, scrub the way of the grain, rinse off all sand and soap, wring the flannel dry and wipe over the clean part.

TO SCRUB A PASTRY-BOARD AND ROLLING-PIN.—Treat in the same way as the table, but use neither soap nor soda, as soap might remain and give a flavour to the pastry. Remember that hot water and soda both tend to turn white wood yellow.

TO CLEAN KNIVES AND STEEL FORKS.—Scrape gently, to remove all food sticking to them. Wash in hot soapy water, taking care not to leave any part of the handles in water. Wipe at once. Remember soap removes from metals every trace of onion or fish flavour. Clean by rubbing with a smooth wet cork dipped in emery powder. Polish, and dust with a soft duster or leather. For kitchen knives, brick dust is sufficiently fine to use.

TO CLEAN SPOONS AND PLATED FORKS.—Wash in warm soapy water, rinse in clean hot water, and wipe while still hot. Mix some whiting and water to the consistency of cream, strain through muslin, rub on the spoons and forks, leave to dry; rub off with a clean soft duster and polish with a leather.

TO WASH UP PLATES AND DISHES.—Scrape all scraps of food from them. Wash thoroughly in warm soapy water; rinse in clean and, if possible, hot water; stand to drain, or wipe with a cloth.

DISHCLOTHS.—A damp clean dishcloth is most useful while cooking, for wiping or dusting a plate or dish, wiping a knife or spoon, &c. They should be steeped in water, with a small piece of soda, washed well and boiled in a large saucepan if the copper is not in use. If treated carefully they will save much trouble and the expense of many kitchen towels.

It will be noticed that soda is not very often mentioned in these directions. It is a very cheap substitute for soap, but rots and discolours the cloths, and at the same time makes the hands very sore. It can be used in the washing up of plates, dishes, steelware, and stove cleaning. Extract of soap is another substitute for soap.

A FEW IMPORTANT RULES.

When ROASTING or BAKING any kind of flesh remember to make it very hot at first, and also to keep it well coated with fat, which becomes very hot and assists the cooking of it. For beef or mutton allow at least 15min. to the pound and 15min. over, but allow more for a thick joint. White meat, such as veal or pork, requires from 20min. to half an hour to the pound and 20min. over. Choose the best meat, such as leg, shoulder, or loin of mutton, rib or sirloin of beef. Gristle roasts into a horny substance.

When BOILING meat plunge into boiling water and let it boil up for 5min. at first to set the outside and make it firm; then

only let the water heave slightly, that is to say, let it simmer. Slow cooking will make the meat tender. Allow the same time as for roasting white meat. Allow about 2tbsp. salt to the gallon in the water, unless the meat is already salted.

When STEWING meat aim at extracting the flavour and juices of the meat, and at the same time give the meat other flavours, such as of vegetables or herbs. Put on in a liquid that is not quite boiling, and never allow it to really boil. Use very little liquid, only enough to serve as gravy with the meat. A good method is to put the stew in a jar, cover it, and stand in a very moderate oven, or stand the jar in a saucepan of boiling water. Allow as long as possible, never less than $2\frac{1}{2}$ hrs. or 3 hrs. Tough and gristly meat and bones may be used for this kind of cooking, as gelatine can be extracted from them by long cooking.

When BROILING meat heat the gridiron first; then grease it and grill over a clear fire. Use only well-shaped tender meat, and do not prick with a fork or the gravy will come out. Turn every 2min., and allow about 18min. for a steak or chop $1\frac{1}{2}$ in. thick, or 10min. for one an inch thick. The meat is done immediately it feels firm on both sides when pressed with a spoon.

FRYING may be done in an opening pan or in a saucepan, in 2in. or 3in. of melted fat. The best and cheapest fat is a mixture of beef and mutton dripping, being less likely to waste than lard. Olive oil is the best actually, but is very expensive. All cutlets, fritters, and fish are much nicer cooked in the deep fat. They are coated with batter, or egg and bread crumb, which form firm cases outside them, and prevent the hot fat penetrating. When done with the fat should be cooled, and then strained through a muslin for future use. Fish and sweets can be fried in the same fat, as, when this is hot enough, no flavours can escape.

Most PUDDINGS which used to be boiled are now steamed. They are put into basins which they do not quite fill, covered with greasy paper, and placed in pans of boiling water, so that the water comes about half way up them. The steam will penetrate much farther than water, and no essence is lost, while there is no trouble in washing pudding cloths. A pudding will take three hours to steam which could be boiled in two hours.

PASTRY must be kept cool while it is being made, to prevent the fat from oiling, and to keep more air amongst the flour. Flaky pastry requires a quick oven first and a slower one afterwards. Baking powder, ammonia, bicarbonate of soda, and yeast are all used, because they give off some kind of gas which blows up the cake or pastry in the oven, fills it with little holes, and makes it light. Baking powder begins to give off its gas

directly it is wet, and so pastry made with it must be put in the oven as soon as possible. Ammonia is much easier to use, because it does not give off its gas until it is hot in the oven. Bicarbonate of soda acts rather like ammonia, but has a much stronger taste, and turns pastry or cakes brown. Yeast is a little living plant, and produces its gas before the heat of the oven kills it. That is why bread and cakes made with yeast are allowed to rise for some time before baking.

CAKES should be made moist according to their richness. Small cakes require a quick oven, but large cakes do better in a cooler oven, as they do not become hard outside before they have properly risen. For this reason some people put a pan of water in the oven, which keeps the air moist and prevents the cake hardening on top. They are tested by pushing a clean iron skewer into them, which should come out clean. When done they should be tilted up on a coarse cloth, or on a wire sieve, to allow all steam to escape.

DIET.

Our ordinary foods may be divided into several classes—(1) Those without which we cannot live at all, and which keep all our living parts alive—these are called nitrogenous, because they contain an element called nitrogen; (2) other foods which seem to keep us warm and energetic—these are again divided into two classes, namely (A) fats and (B) starch and sugar; (3) mineral foods, which keep us healthy, such as common salt, water, and other salts found in vegetables.

NITROGENOUS FOODS.

1. Lean meat.
2. Eggs.
3. Curd of milk, or cheese.
4. Gluten, or sticky part of moist flour.
5. Stuff filling pea and bean seeds.

WARMTH-GIVING FOODS.

- | (A) | (B) |
|--------------|---------------------------|
| 1. Butter. | 1. Starchy part of flour. |
| 2. Cream. | 2. Potatoes. |
| 3. Fat meat. | 3. Rice. |
| 4. Dripping. | 4. Sago, &c. |
| | 5. Sugar. |

MINERAL FOODS.

- | | |
|--------------|-------------------|
| Water. | Green vegetables. |
| Common salt. | Fruits. |

Now, to be healthy we require a mixed diet, and at each meal we ought to have some of each class of food. For instance, if

we have some lean meat for dinner then we ought to have some potatoes or bread, and a pudding containing some fat or butter. The salts which we require are contained in fruit and vegetables, so that we ought also to include some of these in the day's rations. For instance, a grown-up person would have a proper proportion of the various kinds of food if in one day he received:—

- | | |
|--------------------|---------------------|
| 1. Bread, 18ozs. | 7. Cheese, 3½ozs. |
| 2. Butter, 1oz. | 8. Sugar, 1oz. |
| 3. Milk, 4ozs. | 9. Salt, ¾oz. |
| 4. Bacon, 2ozs. | 10. Water (alone or |
| 5. Potatoes, 8ozs. | mixed), 3pts. |
| 6. Cabbage, 6ozs. | |

SOUPS AND STOCK.

Soups are valuable because (1) they contain food in its most digestible form; (2) they can be made from scraps which, though wholesome, are uninviting and unsightly; (3) they are warm, and warm food is more digestible than cold, especially for old or very young people.

Stock is very thin soup which is to be used as a foundation for other soups or for sauces. Vegetable soups, which do not contain much strengthening food, require the addition of stock made from scraps of meat or other strengtheners.

Materials that may be put into a stock pot—(1) Bones of meat or poultry; (2) bits of gristle, sinew, or skin, and scraps of meat; (3) giblets of poultry; (4) rinds and trimmings of tongue, ham, and bacon; (5) liquor in which meat or poultry has been boiled. Things to be kept out of the stock pot are—(1) Pieces of fat, especially marrow; (2) cabbage; (3) bread; (4) sauces containing milk or cream. The fat would simply have to be removed again, while the other things enumerated would cause the stock to turn sour. Stock should be simmered for several hours and then emptied out of the stock pot into a clean basin to cool. Any fat should be skimmed from the top before the stock is used.

Soups are of three kinds—(1) Those which have all solid ingredients removed, as clear soups; (2) those called purées, which have their solid ingredients broken up by being rubbed through a sieve; (3) those which have their solid ingredients all separate, and which may or may not be thickened.

Remember that all purées require an ingredient which will support the pulp and keep it from sinking to the bottom of the soup; also that no soup should be thicker than single cream.

TOMATO SOUP (Purée).

Time to cook, about 2 hours.

Principal—4 large fresh tomatoes, 1 large carrot, 1 onion.

Flavourers—1tsp. salt, $\frac{1}{4}$ tsp pepper.

Fat—1oz. dripping.

Liquid— $1\frac{1}{2}$ pts. water.Support— $\frac{1}{2}$ tbsp. flour, $\frac{1}{4}$ pt. milk.

Wash, scrape, and cut up the carrot; peel and slice the onion; warm the dripping in the saucepan; stir in the flour, then the vegetable. When the fat is thoroughly absorbed add the flavourers and water. Simmer gently till carrots are nearly tender. Wipe and cut up the tomatoes, add, and simmer for another half hour. Rub through a sieve, return to the saucepan, and add the milk. Warm up, but do not boil again, lest the milk should curdle.

LENTIL SOUP (Purée).

Time, $2\frac{1}{2}$ hours.Foundation— $\frac{1}{2}$ lb. lentils (red).

Flavourers—1 small onion, 1 small carrot, 1 turnip, stick celery, 4 cloves, small bunch of herbs (parsley, thyme), pepper, salt.

Fat—1oz. dripping.

Liquid—2qts. water.

Support—1oz. flour and $\frac{1}{2}$ pt. milk (if liked).

Wash the lentils thoroughly, heat the fat in the saucepan, add the lentils, and stir till the fat is absorbed; add the water, and simmer gently. Prepare and cut up the other vegetables; add them and the other flavourers to the lentils, and simmer for 2hrs. at least. Rub through a sieve; mix the flour with the milk or water to a smooth paste. Add gradually to the soup, and boil up, stirring carefully for 5min.

HARICOT SOUP (Purée).

Time, 4 hours.

Foundation—1lb. haricot beans.

Flavourers—1 each of turnip and onion, pepper, salt, 1tsp. chopped parsley.

Fat—None.

Liquid—2qts. water.

Support—1oz. flour, 1pt. milk.

Soak the beans over night. Put the beans in the 2qts. of water, and simmer gently; cut up the turnip and onion, and add. Simmer for 4hrs.; then rub through a sieve. Mix up the flour with a little milk; boil up the rest and add to the

flour. Add this flour and milk sauce to the purée, and boil up. Wash, dry thoroughly, and chop the parsley, and stir in just before serving.

BROWN SOUP.

Time, 2½ hours at least.

Foundation—1lb. shin of beef.

Flavourers—1 carrot, 1 turnip, 1 onion, ¼tsp. sweet herbs, 2tsp. salt, ¼tsp. pepper.

Fat—1oz. dripping.

Liquid—1qt. of water.

Thickener—1tbsp. flour.

Cut the meat up into pieces about 1in. each. Roll them in the flour. Heat the fat till a blue smoke rises, brown the meat, and lift it out; clean and cut up the vegetables, and add them and any remaining flour to the fat; stir a few minutes; then add the water and rest of flavourers, and boil up. If the herbs are not dry and powdered they should be washed and tied up in muslin. Simmer very gently for at least two hours, skimming occasionally. Remove the herbs and any bones present, and serve very hot.

POTATO SOUP (Purée).

Time, 2 hours.

Foundation—1lb. potatoes.

Flavourers—1 onion, small piece of celery, 4 cloves, bunch of herbs, tied up in muslin.

Fat—1oz. dripping.

Liquid—1qt. water or stock.

Support—1tsp. sago or crushed tapioca, or flour; ½pt. milk.

Peel and slice potatoes and onions, cut up the celery. Warm the fat in the saucepan and add the vegetables to it, and stir till fat is absorbed, about 15min. Add the water or stock and other flavourers, and simmer for about 1½hrs., till the vegetables are quite tender. Rub through a sieve, and add the sago or tapioca. Stir over the fire till this is cooked; then add the milk and heat up, but do not boil.

SCOTCH BROTH.

Time, 2½ hours.

Foundation—2lbs. scrag of mutton or sheep's head.

Flavourers—2 carrots, 2 turnips, 2 onions, 2 sticks celery, ¼ cabbage, or 2tbsp. of chopped parsley, pepper, salt.

Fat—None but that of the meat.

Liquid—5pts. water.

Thickener—4tbsp. barley.

If the meat is to be served whole, wash it carefully, but do not cut it up. A sheep's head must be split in half, carefully

washed in salt and water, and the nose bones removed. Wash the barley and put into the water with the meat and seasoning. Simmer for 1hr.; then add the vegetables, cleaned and cut up, and simmer for another hour. In the meantime trim and open the cabbage and soak in salt water; cut it up finely and add to the soup 20min. before serving. Skim occasionally. If parsley is used, wash, dry thoroughly, chop finely, and add just before serving. If parsley is boiled its colour darkens. If the meat is served separately, pour a little of the strained broth round it for gravy.

BONE STOCK.

2lbs. or 3lbs. of bones, 1tbsp. brown sugar, salt, 2qts. of cold water.

Break up the bones, carefully removing all fat and marrow, which remains as oil in the stock and cannot be skimmed off. Add to the water, with sugar to soften it, and salt, and simmer gently for 5hrs. or 6hrs. to remove all albumen, skimming carefully. Turn into a basin to cool, so that the fat can be removed. Stock without vegetables remains good much longer than with vegetables; hence these can be added a few hours before the stock is used.

FRIED FISH.

1lb. butterfish (in slices or filleted) or any other white fish, 1 egg, bread crumbs, frying fat.

Wash the fish and wipe it quite dry, and rub with a little flour. Beat the egg well. Rub some stale bread crumb on a grater, so as to make fine white crumbs. Brush each piece of fish with the egg, drain it, sprinkle thoroughly with bread crumbs, pressing these gently so as to make them stick. Put $\frac{1}{2}$ lb. or more of clarified fat into a saucepan, and heat till blue smoke arises. Put in each piece of fish gently and fry a golden brown. Crumple up clean soft paper on a dish and place on it each piece of cooked fish, so that the paper may absorb any drops of fat. Let the fat cool a little; then strain through a muslin and reserve for future use.

FRYING BATTERS.

Instead of egg and bread crumbs the fish may be dipped into either of the following batters, drained, and fried as above:—

Batter No. 1.

$\frac{1}{4}$ lb. flour, $\frac{1}{4}$ pt. water, pinch of salt.

Add the salt to the flour, stir the water in gradually, beat the batter thoroughly, and stand aside for 1hr.

Batter No. 2.

3tbsp. flour, 2tbsp. bread crumbs, 1 egg, $\frac{1}{2}$ pt. (nearly) of milk, salt.

Mix the bread crumbs, flour, and salt, beat the egg, and add to milk; stir gradually into flour, and allow to stand $\frac{1}{2}$ hr.

Batter No. 3.

1 oz. flour, 1 egg, 2 good tablespoonfuls milk.

This makes a very light batter for fruits. Make as No. 2.

Batter No. 4.

4tbsp. flour, 1tbsp. salad oil or melted butter, whites of 2 eggs, $\frac{1}{4}$ pt. tepid water, salt.

Stir the oil into the flour and salt; add the tepid water gradually. Sprinkle a little salt on the whites and beat them on a plate with a knife to a stiff froth. Stir this lightly into the batter and stand aside for 1hr.

TO FILLET FISH.

First cut off the tails and fins close to the flesh. If a roundish fish, like whiting, make a cut down the back, and then with a pointed knife press the fish away from the bones on either side, so making two fillets. Some fish, as tommy roughs, may be opened down the under side and then opened out flat on a board. If the backbone is pressed firmly from the upper side it will separate from the flesh, taking the ribs with it. A flat fish gives four fillets. A sharp cut is made down the centre of the upper side, and the flesh removed from the bones with a pointed knife on either side. The fish is then turned over, and the under side treated in exactly the same way as the upper.

FISH BAKED IN MILK.

1 $\frac{1}{2}$ lbs. of Murray cod, butterfish, or any white fish, $\frac{3}{4}$ pt. milk, $\frac{1}{2}$ oz. dripping, 1tbsp. flour, chopped parsley, $\frac{1}{2}$ tsp. salt.

Wash the fish in salt and water and dry carefully. Put in a baking tin, pour the milk over it, place the dripping and salt on top of the fish. Bake in a moderate oven for $\frac{3}{4}$ hr., basting constantly. Remove the fish to another dish and keep hot. Mix the flour to a smooth paste with a little water; add the milk and boil up. Wash, dry, and chop some parsley and stir into the sauce; pour over the fish and serve.

STEAMED FISH.

Slices or fillets of white fish, a little butter, pepper and salt.

Well wash and dry the fish. Butter a plate; sprinkle the fish with pepper and salt; lay on one plate and cover with

another. Place over a saucepan of boiling water and cook about 20min.; or, well butter a baking dish, lay in the fish, and cover with another dish, and bake in a moderate oven for about the same time.

For a dry fish put 2tbsp. water in the dish, which may afterwards be used to flavour a sauce.

BOILED FISH AND MELTED BUTTER.

1lb. of any fish, boiling water, $\frac{1}{2}$ tsp. salt, 1oz. flour, 1oz. butter, 1 gill milk, 1 gill water, pinch of salt.

Clean the fish thoroughly in salt and water. Put into boiling water, and then simmer very gently, so as not to break the flesh, for about 20min. Lift carefully from the water at once and keep hot. For the sauce—Melt the butter in a saucepan, stir in the flour, and salt; add the milk and water gradually, removing from the fire every time some liquid is added, and boiling up thoroughly before the next addition.

STUFFED AND BAKED FISH.

1 fish, about 2lbs.—2tbsp. bread crumbs, 1tbsp. chopped parsley, $\frac{1}{2}$ tsp. herbs (dried and powdered), 1oz. dripping, 1 egg (or a little milk), pepper and salt.

Wash and clean the fish well, and dry it; do not take off the head, but take out the eyes. For the stuffing, mix the crumbs, parsley, herbs, pepper, and salt, moisten with nearly all the well-beaten egg, form into a roll, and place inside the fish. Sew up with a darning needle and strong cotton; then draw this cotton through eyes and tail, bending the fish into the shape of an S. Dredge with flour, place the dripping in pieces on top, and bake in a hot oven for about $\frac{1}{2}$ hr., basting occasionally. Draw out the thread, and serve with melted butter.

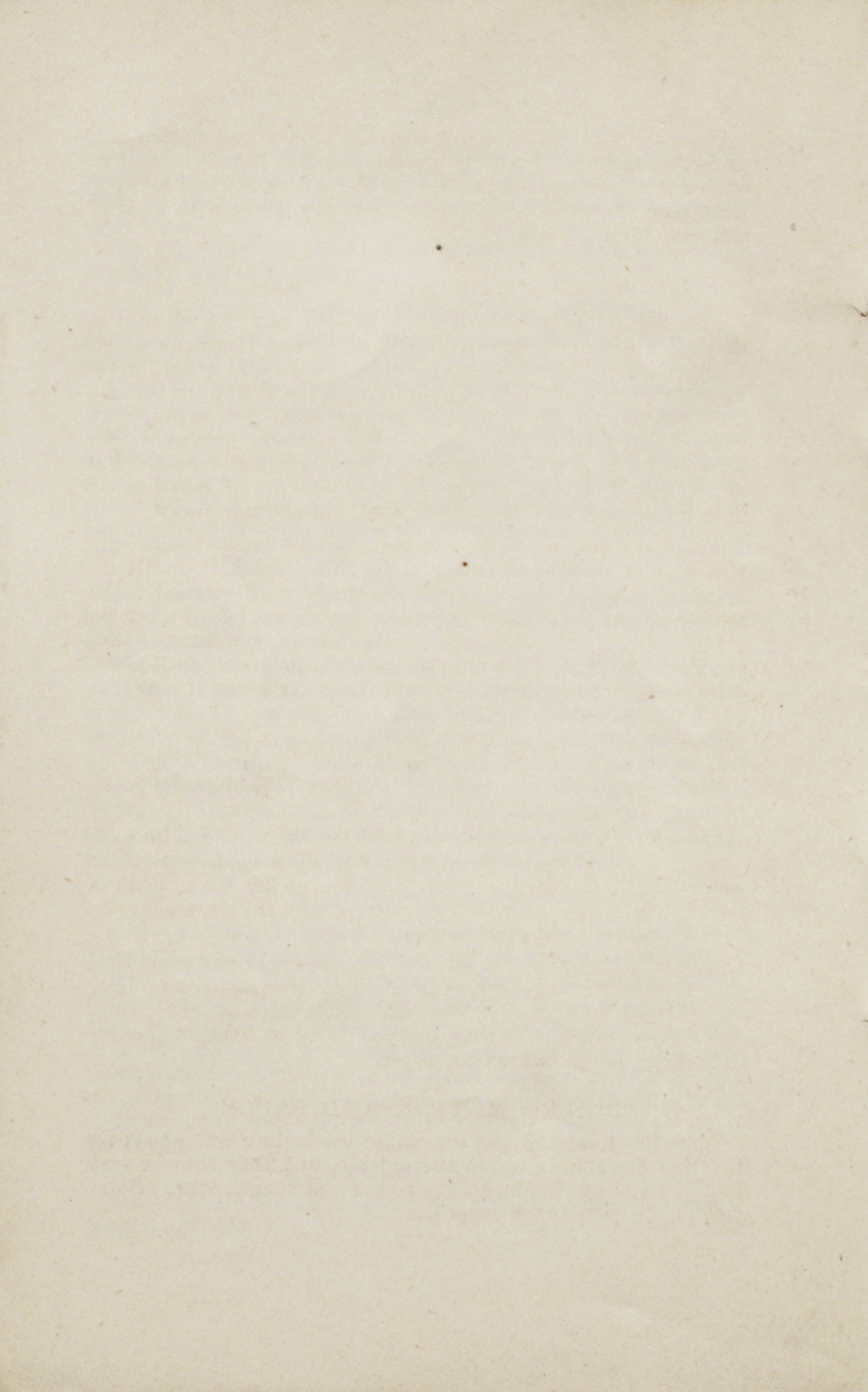
SCALLOPED FISH.

$\frac{3}{4}$ lb. cold boiled fish, 4ozs. bread crumbs, 2ozs. butter (or good dripping), 1oz. flour, $\frac{1}{2}$ pt. milk or fish stock, pepper and salt.

Break up the fish and remove all bones. Mix with it 3ozs. bread crumbs, pepper, and salt. Make a white sauce thus:—Melt 1oz. butter in a saucepan, stir in 1oz. flour, add the milk or stock gradually, removing from the fire every time some liquid is added, and boiling up before the next addition. Stir in the fish, &c. Place in a greased pie dish. Put the rest of the crumbs on top, and also the 1oz. of butter, broken up. Bake for 20min.

PICKLED FISH.

5 or 6 fresh tommy roughs— $\frac{1}{2}$ pt. vinegar, 5 or 6 bay leaves, pepper, and salt.



Clean the fish, cut off the heads, split open and flatten out, press the backbone from the outside so that it will come out, wash again, roll up, and put in a pie dish with a bay leaf between each, pour the vinegar over, add seasoning, cover with a plate, and bake for about $\frac{1}{2}$ hr.

ROAST OR BAKED MEAT.

Choose good meat without much gristle, and not too thin in shape. Allow about 15min. to the pound and 15min. over. If a very thick piece, allow 20min. to the pound and 20min. over. For white meat like veal or pork allow from 20min. to $\frac{1}{2}$ hr. for each pound and 1hr. over. For lean meat put an ounce or more of dripping in the pan and baste thoroughly, as the fat becomes very hot and helps to cook and brown the meat. Put into a very hot oven at first or near the fire if roasting, so as to harden the outside and keep in the steam and gravy.

For gravy, pour all fat from the pan, but not gravy or sediment. Put boiling water and salt into the pan, and boil up till the sediment is nearly dissolved and the gravy well browned. For mutton sprinkle a little flour into the pan to slightly thicken the gravy. If possible, stew any scraps of bone or meat, and slice of onion, carrot, and turnip and a clove, to make stock to use instead of the plain water. Strain the gravy round the meat or into a gravy boat.

BOILED SALT BEEF.

Pickle for meat—1lb. salt, 6ozs. brown sugar, $1\frac{1}{2}$ ozs. saltpetre, 1gall. water.

Put into a large saucepan and boil for 5min., and skim well. Strain into a large basin or tub, and, when cold, put in the meat. Turn and keep covered with the pickle for nine days. Boil up the pickle again before putting any fresh meat in, and do not use again after pickling pig's head.

Salt meat should be put on with plenty of cold water and then simmered very gently, allowing 20min. to the pound and 20min. over. Skim occasionally. Carrots and turnips can be cooked in the same saucepan if they are put in so as to allow them to be cooked enough but not too much.

BOILED MUTTON AND SAUCE.

Wipe the joint and put into sufficient boiling water to cover it. Boil for 3min., to set the outside, and then simmer very gently, allowing 20min. to the pound and 20min. over. Serve with onion, parsley, or caper sauce.

SAUCE.

1oz. dripping, 1oz. flour, $\frac{1}{4}$ pt. milk, $\frac{1}{4}$ pt. liquor from the joint, salt.

Melt the dripping in a saucepan, stir in the flour, add the liquid gradually, boiling up after each addition. Onions must be boiled till tender, separately, chopped finely, and added to the sauce. Parsley washed, dried, and chopped (or capers) should be added just before serving.

SAVOURY ROAST.

2lbs. beef steak, 4ozs. bread crumbs, 1oz. finely-chopped suet, 1 small onion (chopped), 1tsp. chopped parsley, $\frac{1}{2}$ tsp. sweet herbs, 1 egg or a little milk, salt, pepper, dripping.

Mix the bread crumbs, suet, onion, parsley, herbs, pepper, and salt; bind with the egg or milk. Flatten the steak, place in it the stuffing, roll up, and tie. Place in a baking tin, with sufficient dripping to baste. Bake for 1hr., basting frequently; untie, and serve with gravy made as for roast beef.

EXETER STEW AND SAVOURY DUMPLINGS.

1lb. shin of beef, 1 onion, $1\frac{1}{2}$ oz. dripping, 1tbsp. flour, 4 cloves, little mace, pepper, and salt.

Heat the fat in a saucepan till smoking, slice the onion and brown it in the fat, add the flour and brown, then add the water and the flavourers. Cut the meat into neat pieces, removing nearly all the fat. Put into the saucepan and simmer for 2hrs.

SAVOURY DUMPLINGS.

$\frac{1}{4}$ lb. flour, 2ozs. chopped suet, 1tsp. chopped parsley, little thyme and marjoram, 1tsp. baking powder, pepper and salt, water.

Mix all well together; then make into a stiff paste. Roll into about eight balls and drop into the stew half an hour before it is ready.

HARICOT MUTTON.

1lb. neck of mutton, 1 onion, half a turnip, 1 carrot, 1oz. dripping, 1tbsp. flour, $\frac{3}{4}$ pt. hot water, pepper and salt.

Wash and clean thoroughly. Cut into chops and take off the fat. Heat the dripping, and in it brown the meat on both sides. Take out, and brown the onion sliced and the flour. Add the water; stir and boil up; put in the meat, the seasoning, and the vegetables (cleaned), and cut up. Simmer gently about 2hrs.

IRISH STEW.

1lb. neck of mutton, two small onions, 2lbs. potatoes, $1\frac{1}{4}$ pts. cold water, pepper and salt.

Wipe or wash the meat and cut into chops; peel the potatoes and onions and cut into slices; put a layer of meat at the bottom of the saucepan, sprinkle with pepper and salt, then put a layer of potatoes and onions; repeat, putting potatoes and onions at the top. Pour on the water and boil up; then simmer gently about 2hrs.

SEA PIE.

$\frac{1}{2}$ lb. beef, 1 onion, 1oz. dripping, $\frac{3}{4}$ pt. water, pepper and salt, mace, $\frac{1}{2}$ tbsp. flour, 6ozs. flour, 3ozs. suet, $\frac{1}{2}$ tsp. baking powder, salt.

Make the dripping hot, cut up and fry the onions brown, fry the tbsp. flour brown, add the water gradually, and boil up. Cut the meat in pieces an inch square, put in with the seasoning and simmer for $\frac{1}{2}$ hr. Chop the suet finely, mix with flour and baking powder and salt; make in a stiff dough and roll out to the size of the saucepan. Drop into the saucepan gently and simmer for another hour. Cut the pastry into sections before serving, lift them out and lay on the meat and gravy in the dish.

COTTAGE PIE.

$\frac{1}{2}$ lb. cold or tinned meat, $\frac{3}{4}$ lb. potatoes (cooked), 1 small onion, 1oz. dripping, 1tsp. flour, $\frac{1}{4}$ pt. stock, pepper and salt.

Mash the potatoes finely, mixing with them salt and $\frac{1}{2}$ oz. dripping or a little milk. Chop the onion and fry it and the flour brown in the other $\frac{1}{2}$ oz. dripping; add the water, pepper, and salt, and boil up for 5min. Mince the meat, removing all skin and gristle. Warm in the gravy for 5min. Put into a greased pie dish, pile the potatoes on top and roughen with a fork; bake in the oven till a golden brown.

STEWED RABBIT AND FORCEMEAT BALLS.

1 rabbit, $\frac{1}{4}$ lb. bacon, 2 onions, 4 cloves, 1tbsp. flour, 1 $\frac{1}{2}$ pts. hot water, pepper and salt.

Cut the bacon in slices and fry in a saucepan; slice the onions and brown them and the flour; having removed the bacon, stir in the water, and boil up. Cut the rabbit up into joints, wash and dry it, and put into the gravy with the seasoning. Simmer all for 1 $\frac{1}{2}$ hrs., or longer.

FORCEMEAT BALLS.

2ozs. flour, 2ozs. bread crumbs, 2ozs. chopped suet, 1tbsp. chopped parsley, $\frac{1}{4}$ lemon rind (grated), $\frac{1}{2}$ tsp. herbs, salt, and pepper.

Mix all the ingredients, make into a stiff paste, roll into about 8 balls, and put them with the bacon into the saucepan 20min. before serving.

ROAST NECK OF PORK AND APPLE SAUCE.

1 neck of pork, 2 large onions, 6oz. bread crumbs, 3tsp. chopped sage, 2oz. butter, 1 egg, pepper, and salt.

For sauce—4 or 5 apples, 1tsp. sugar, 2 or 3 cloves, $\frac{1}{4}$ pt. water.

Bone the neck; mix all the other ingredients, and lay them on the meat; roll up tightly and tie. Roast or bake it slowly, allowing over $\frac{1}{2}$ hr. for each pound; baste frequently. Make the gravy as for beef or mutton, and serve with apple sauce. Peel, core, and slice the apples, and put them, with the sugar and water, and cloves, in a jar; cover, and cook in the oven for about $\frac{3}{4}$ hr. Take out the cloves and serve.

STEWED LIVER AND BACON.

1lb. liver, $\frac{1}{4}$ lb. fat bacon, 3 small onions, $\frac{1}{2}$ oz. flour, 1tsp. chopped sage, $\frac{3}{4}$ pt. water, pepper, and salt.

Cut the bacon in thin slices and fry them in a saucepan and remove. Cut the liver into thin slices, wash, dry them and flour them; fry in the bacon fat till slightly brown and remove. Chop the onions and fry them brown. Put back the liver and bacon, add the seasoning and water, and simmer about 1hr.

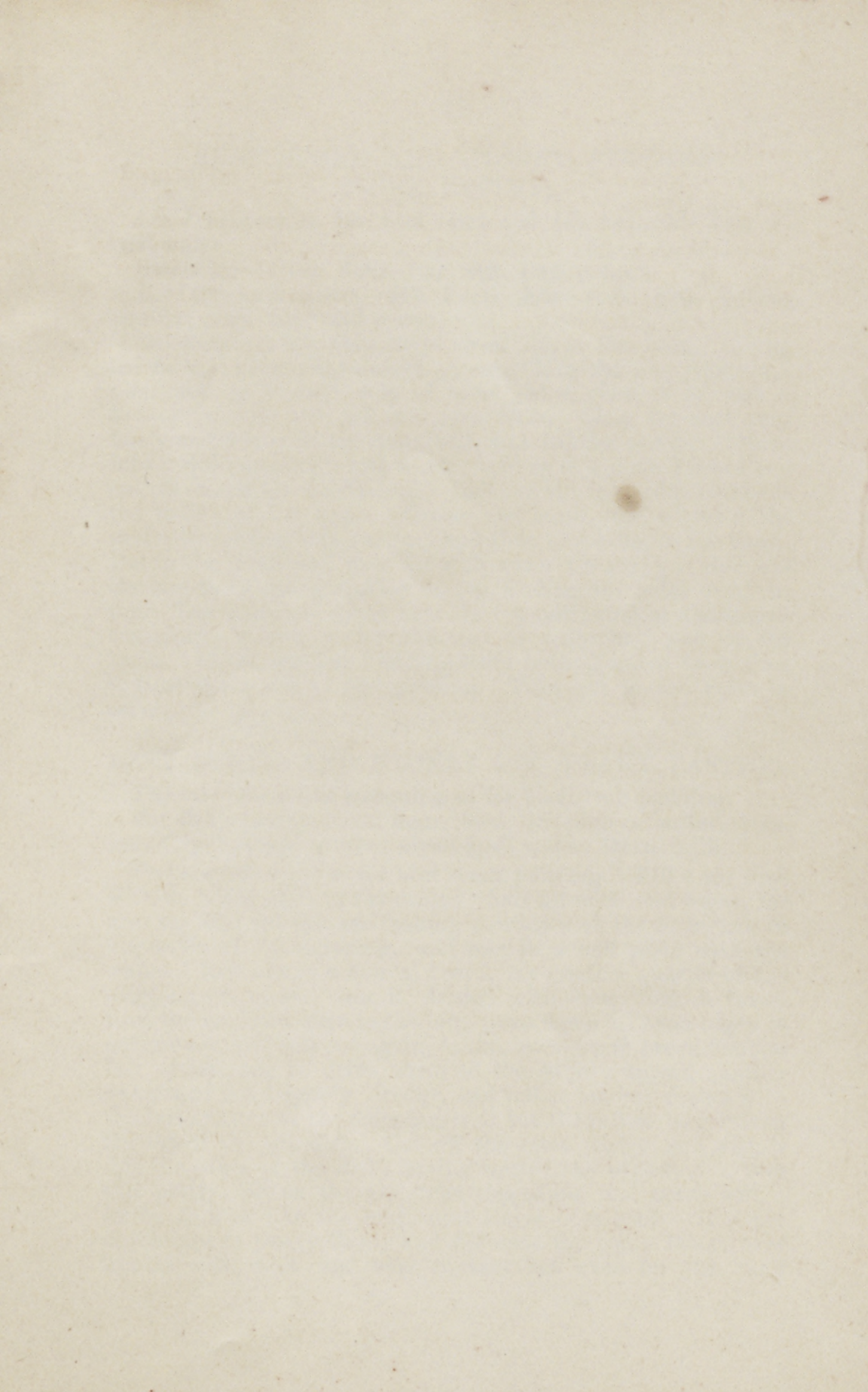
FRIED CUTLETS AND TOMATO SAUCE.

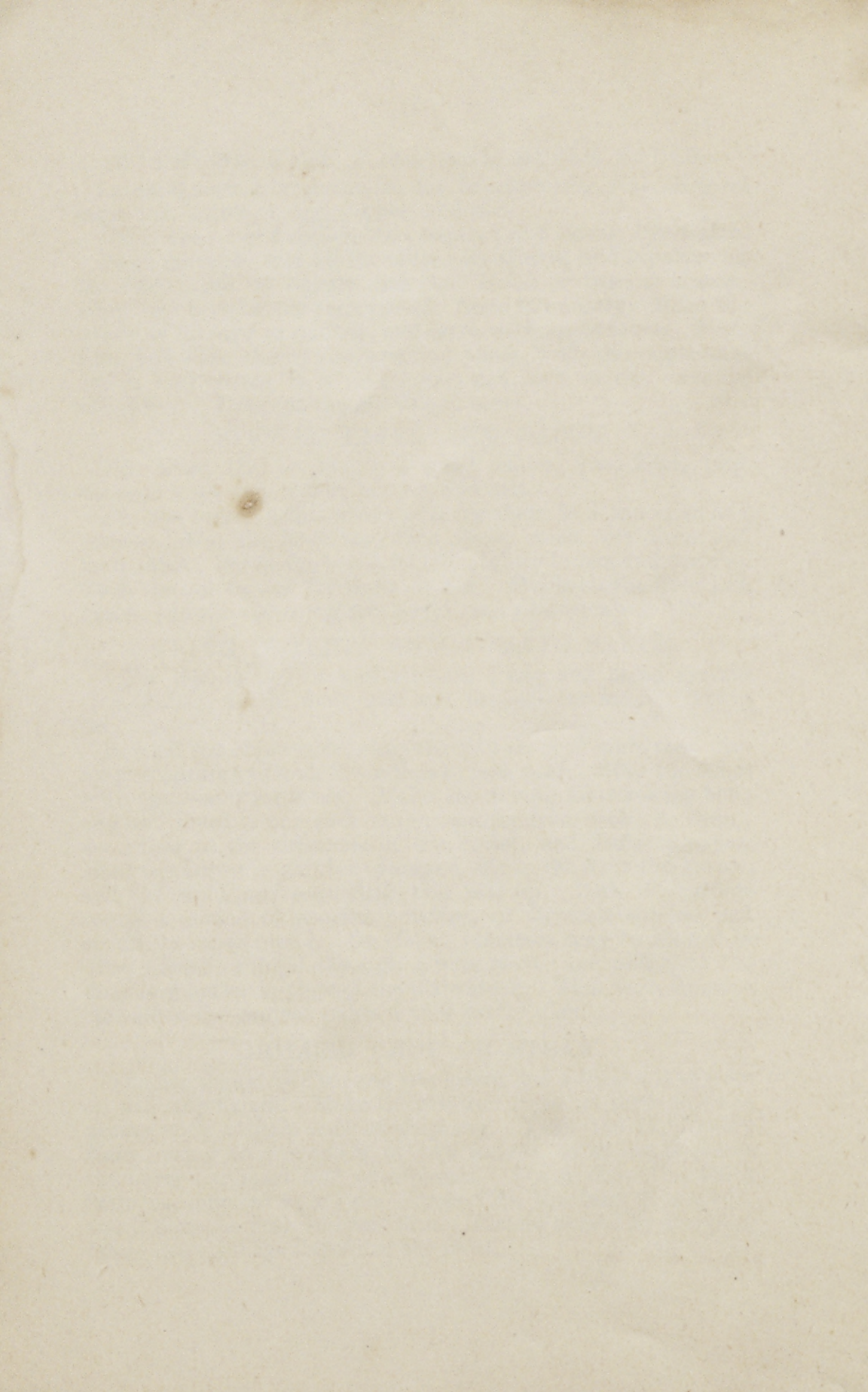
1 $\frac{1}{2}$ lbs. best end of neck of mutton, 1 egg and bread crumbs ($\frac{1}{2}$ oz. butter, 1tbsp. flour, salt and pepper—for sauce), frying fat.

Saw off the chine bone, chop the ribs short if more than 3in. long, separate and trim the cutlets to look neat. Stew the bones with $\frac{1}{2}$ pt. water for stock. Make the frying fat smoking hot; egg and bread crumb each cutlet and fry from 4min. to 7min., according to the thickness of the cutlet, and drain on paper. Heat the butter in another saucepan, stir in the flour and brown, add the stock and seasoning, and boil up. Dish the cutlets round a mound of mashed potatoes, or Brussels sprouts, and strain the sauce round. Or 1lb. of tomatoes may be stewed in 3tbsp. stock, rubbed through a wire sieve, and added to the flour and butter in place of the plain stock. This, with Brussels sprouts in the centre, makes a very pretty dish.

GRILLED CHOP OR STEAK.

The fire should be clear and smokeless, and a little salt thrown on will stop flames. Make the gridiron quite hot through, then grease with a little suet or dripping. Turn the chop every 2min., using an iron spoon or two knives, so as not to pierce the outer hardened coat of albumen. For a chop 1in. thick 8min. is sufficient as a rule. Press with the back of a spoon, and if done the flesh will feel firm. Flames caused by dropping fat do not spoil the flavour of the meat.





BEEF STEAK AND KIDNEY PUDDING (SUET PASTRY).

1lb. beef steak or $\frac{3}{4}$ lb. beef skirt and $\frac{1}{4}$ lb. bullock's kidney; cold water.

Seasoning—1tbsp. flour, 1tsp. salt, $\frac{1}{4}$ tsp. pepper.

For the suet pastry— $\frac{1}{2}$ lb. flour, 3ozs. suet, $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt; cold water.

Cut the meat into thin strips about 2in. or 3in. long. Cut up the fat and kidney into small pieces. Mix the seasoning on a plate, roll in it each strip of meat, put a piece of fat and of kidney in each and roll into neat balls. Chop the suet very finely and mix with the flour, salt, and baking powder. Make into a stiff paste with cold water; turn on to a floured board and cut off one-third for the top. Roll out till the width is double the height of the basin. Grease the basin and line with the pastry by folding it in quarters and then unfolding in the basin. Put in the meat and half fill with water for gravy. Roll out the one-third pastry and lay on top, folding the sides over the top. Lay a greased paper over the top and stand in a saucepan containing boiling water sufficient to come half-way up the basin. Steam for 3hrs., adding more boiling water from time to time at the side of the pudding. Turn out of the basin to serve.

BEEF STEAK AND KIDNEY PIE (FLAKY PASTRY).

The same meat and seasoning as for beef steak pudding.

For flaky pastry—6ozs. flour, 3ozs. dripping or butter, $\frac{1}{2}$ tsp. salt, 1tsp. baking powder, about $\frac{1}{2}$ gill water, 1tbsp. milk.

Prepare the meat as for beef steak pudding. Fill a pie dish with it, piling high in the centre; half fill with cold water, for gravy. Mix the salt and baking powder with the flour, rub in a quarter of the dripping, and mix to a stiff paste with the water. Roll out on a floured board, lay another quarter of the dripping (in pieces) over it, dredge with flour, fold in three, turn the enclosed edge to the left, press down all open edges to enclose air, and roll out again, taking care not to break bubbles full of air, nor to drive them to the edges; spread another quarter of the dripping, dredge, and roll as before; repeat with the last quarter of the dripping, roll out till rather larger than the top of the pie dish. Cut off the extra pastry, and with it line the edges of the dish, having wetted the edge first. Wet this pastry, lay on the top, trim the edges, and notch with a knife, to look like the horizontal leaves of a book. Roll out any scraps of pastry thinly and decorate the top. Brush over lightly with milk, and bake in very hot oven for $\frac{1}{4}$ hr., and

then, in a cooler part, for $\frac{3}{4}$ hr. or longer, according to the toughness of the meat.

SAUSAGE ROLLS.

$\frac{1}{2}$ lb. sausages, $\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. dripping or butter, $\frac{1}{2}$ tsp. salt, about 1 gill water, 1tbsp. milk.

Parboil the sausages and skin them; divide each in half, lengthways. Make flaky pastry with the flour, dripping, &c. Roll out and divide into the number of oblong pieces required for the half sausages. Fold the pastry over the sausage meat to meet at the top in a little frill. Brush with milk, and put on a greased tin, and bake in a hot oven for $\frac{1}{2}$ hr.

RISSOLES.

No. 1.

$\frac{1}{4}$ lb. cold meat (finely minced), 1oz. flour, 1 $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ pt. milk (flavoured), a slice each of onion, turnip, celery, a sprig of parsley and thyme, salt, pepper.

Put the milk in a clean saucepan and simmer with the vegetables and herbs, previously washed, for $\frac{1}{4}$ hr. Melt the butter in a saucepan, stir in the flour, thicken, add the strained milk gradually, boiling up after each addition, and then add the seasoning. Chop the meat finely or mince it, mix with the sauce, and spread on a plate to cool, which may take 2hrs. or more. Mould into balls, coat with egg and bread crumbs, and fry in smoking hot fat.

No. 2.

1lb. cooked meat, one small onion (partly cooked), $\frac{1}{4}$ lb. bread crumbs, 1 egg, 1tbsp. chopped parsley, pepper, salt.

Chop the meat and onions, soak the bread in water until quite soft, drain and beat up with a fork. Mix well with the meat, onions, parsley, and seasoning; make into balls, coat with flour or egg and bread crumbs, and fry in smoking hot fat.

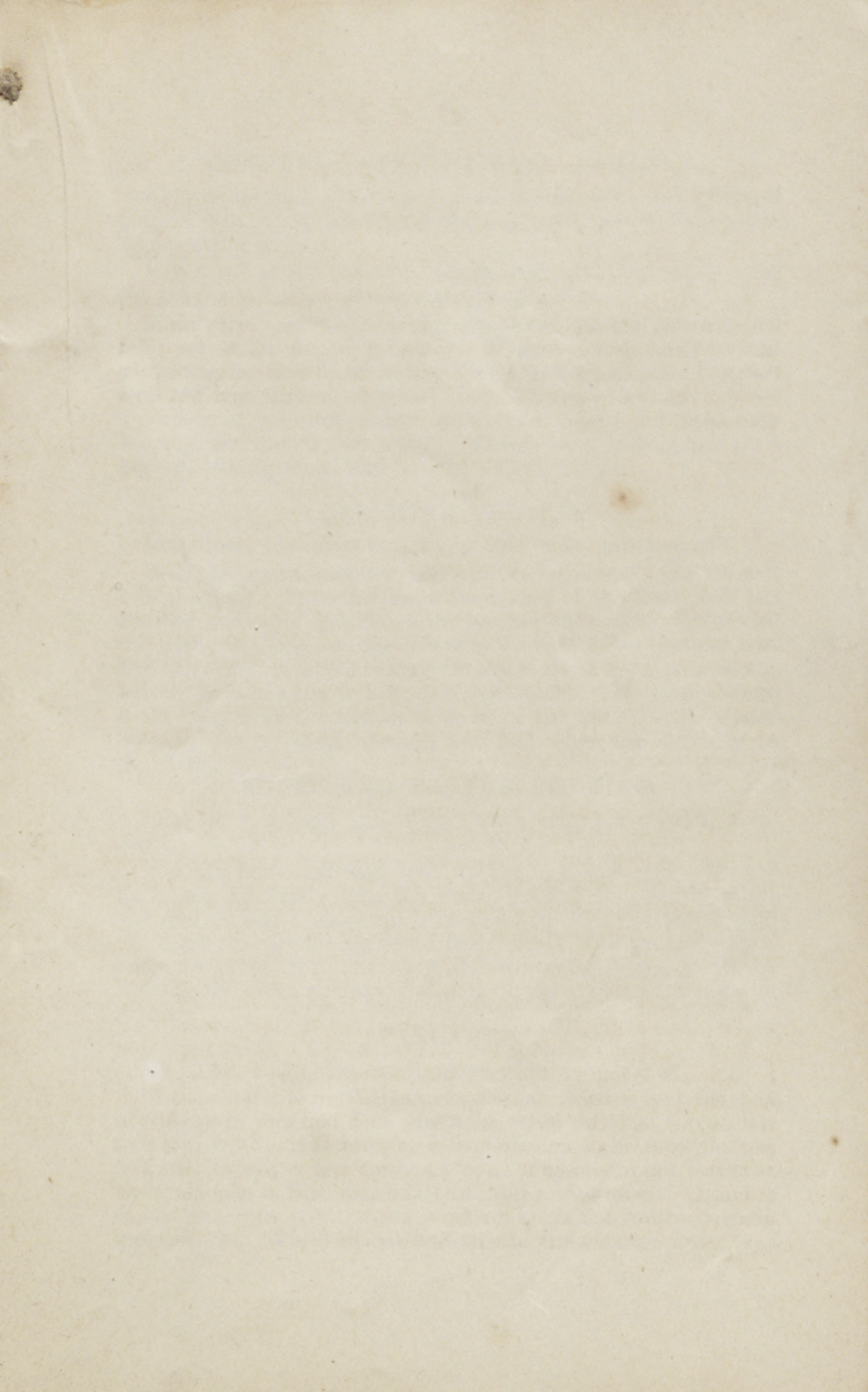
CURRY.

Pieces of cold meat, 1oz. dripping, 1 apple, 1 onion, 1dsp. curry powder, 1dsp. of sauce, $\frac{1}{2}$ pt. water, salt, 1dsp. flour.

Peel and chop the onion finely, heat the fat and fry the onion brown, lift it out of the fat; put in the chopped apple, flour, and curry powder, and cook thoroughly in the fat; put back the onion, add the water and salt, and boil up. Lay in the slices of cold meat, and simmer gently for $\frac{1}{2}$ hr.

If fresh meat is used it should be browned in the fat after the onion, and before the apple, and then allowed to simmer very gently in the thick sauce for 2hrs.

Curry is usually served with well-cooked rice.



CORNISH PASTIES (SHORT PASTRY).

6ozs. meat, 6ozs. potatoes, 1 small onion, $\frac{1}{2}$ tsp. salt, pinch of pepper, $\frac{3}{4}$ lbs. flour, $\frac{1}{4}$ lb. dripping, $\frac{1}{2}$ tsp. salt, water, little milk, 1tsp. baking powder.

Mince the meat, potatoes, onion, and mix thoroughly with the pepper and salt; divide into nine portions.

Make *short* pastry thus—Mix the flour, baking powder, and salt; rub in the dripping lightly. With cold water make a stiff paste, turn on to a flour pastry-board, and divide into 9 parts. Roll out each part into a round about the size of a saucer; place a portion of meat and potato in the centre, join the edges over the top, and pinch into a frill. Brush with milk, place on a greased baking sheet, and bake in a hot oven $\frac{1}{2}$ hr.

YORKSHIRE PUDDING.

4ozs. flour, 1oz. dripping, 1 egg, $\frac{1}{2}$ pt. milk, pinch of salt.

Beat the egg thoroughly, and add the milk to it; put the salt into the flour. Make a hole in the centre of the flour, and put the egg and milk gradually in, beating thoroughly before all the liquid is added and the batter is too thin. Let it stand 1hr. Put the dripping into a baking tin and make it hot; pour in the batter, and bake in a hot oven for 20min. It may also be cooked under meat roasting in front of the fire. [N.B.—Some chop up finely 1tbsp. of suet, and add when the batter is in the dish.]

FRUIT AND BATTER PUDDING.

3ozs. flour, 1 egg, $\frac{1}{2}$ pt. milk, pinch salt, $\frac{1}{2}$ lb. apples, 1tsp. sugar.

Mix the flour and salt, beat up the egg, and mix with the milk, stir gradually into the flour, beating thoroughly while still not too thin; chop the fruit and add it to the batter with the sugar; nearly fill a greased basin, cover with greased paper, and steam for 1hr. Serve with sweetened syrup, made by stewing the clean parings and core of the apples with sugar or syrup.

PANCAKES.

$\frac{1}{4}$ lb. flour, 1 egg, $\frac{1}{2}$ pt. milk, pinch of salt, frying fat.

Make a batter as for Yorkshire pudding, or only beat the yolk of the egg in with the flour and milk, whip the white on a plate to a stiff froth, and stir lightly in. Put enough fat in the pan to quite cover it when smoking hot. Put in enough batter to cover the pan (a 6in. pan will take half a teacupful). Leave it to set, and then free the edges with a knife and loosen if stuck underneath. When brown underneath turn with a knife, and

brown the other side. Turn out with the last-cooked side uppermost; sprinkle with sugar and lemon juice, roll up, and serve very hot.

BREAD AND JAM FRITTERS.

$\frac{1}{2}$ stale loaf, jam, frying fat, 4ozs. flour, 1 egg, $\frac{1}{2}$ pt. milk.

Cut some thin slices of stale bread, spread with jam, and make into neat sandwiches. Make a light batter, as for pancakes, dip each sandwich in, cover well with the batter; fry in hot fat till light brown. Drain on crumpled paper, sprinkle sugar over them, and serve hot.

Fruit, such as slices of apple, may replace the bread and jam.

BIRDS' NEST PUDDING.

3ozs. tapioca or sago, peel and juice of half a lemon, 4 cloves, 3tbsp. sugar, 6 large apples, 1qt. water.

If tapioca is used, soak it for 12hrs. in the quart of water. Peel the lemon very thinly, so as not to take off any white. Put the tapioca or sago, sugar, lemon peel, and cloves into a saucepan, and boil till clear, stirring constantly. Peel and core the apples, and divide into quarters; put into the tapioca and stew very gently till the apples are tender. Squeeze the juice of the lemon in, lift out the apples and pile in a dish; remove the peeling and cloves, and pour the tapioca over the apples.

[Another method is to pour the boiled tapioca over the uncooked apples and bake them in a moderate oven till tender.]

BREAD AND BUTTER PUDDING.

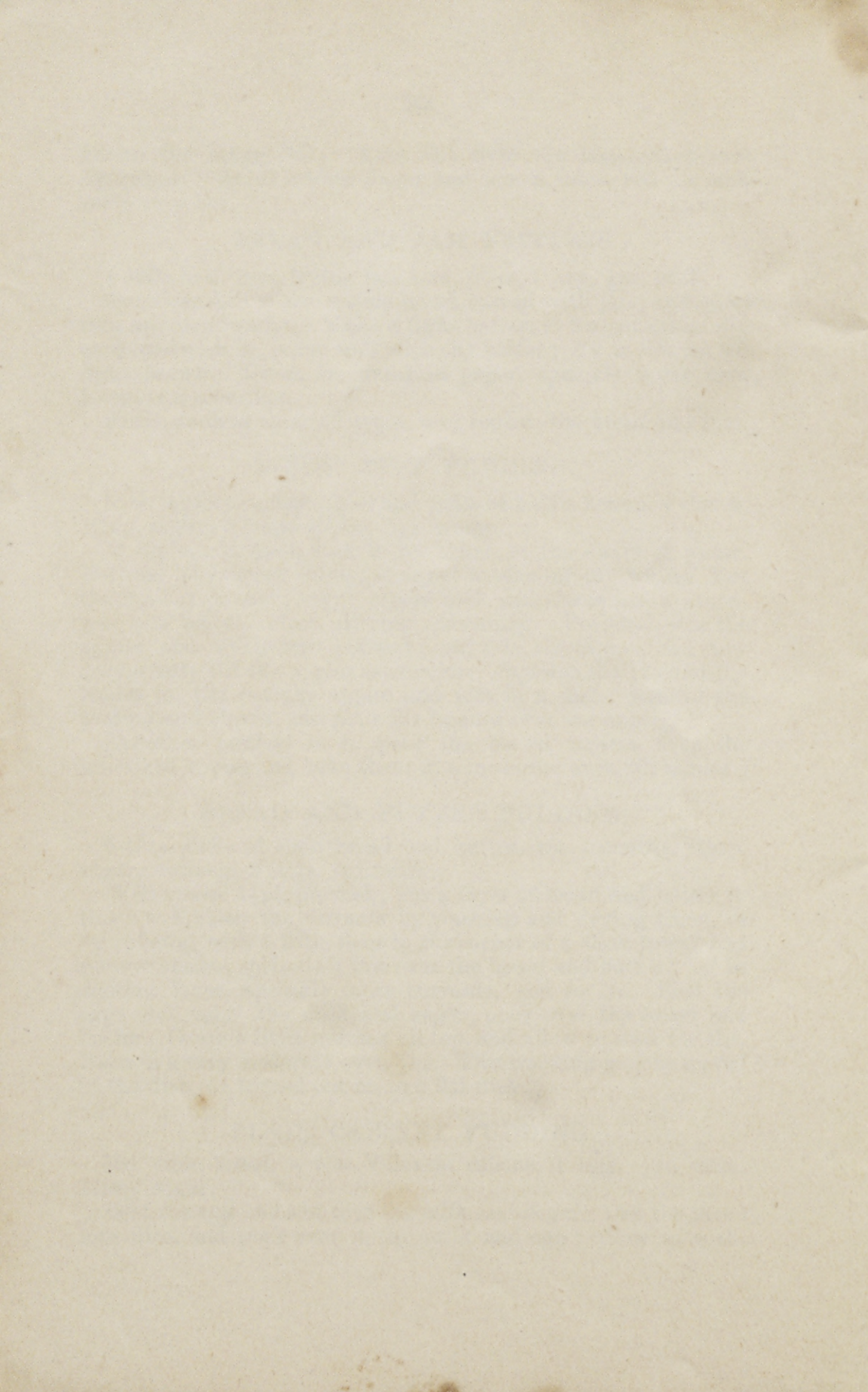
6 thin slices of stale bread and butter, 1oz. currants, 1tbsp. sugar, nutmeg, 2 eggs, 1pt. milk.

Well grease $1\frac{1}{2}$ pt. pie dish; put a layer of bread and butter in this; well clean the currants by washing and drying them, or by rubbing with a little flour in the corner of a clean towel, and remove stalks; sprinkle a few over the bread and butter; put in another layer, sprinkle more currants, and so on. Beat the eggs well, add the milk and sugar, pour over the bread and butter. Grate a little nutmeg on top, and allow to soak for $\frac{1}{2}$ hr. Bake in a very moderate oven $\frac{1}{2}$ hr. This pudding may be served in the dish, or turned out on to a flat dish.

PLAIN CABINET PUDDING.

$\frac{1}{4}$ lb. stale bread, a few Valencia raisins, 1 egg, $\frac{1}{2}$ pt. milk, 1tbsp. sugar.

Beat the egg and add to it the milk and sugar. Cut the bread into dice, and pour over it the milk and egg; allow to soak.



Well grease a basin and stick the stoned and halved raisins over it in a pattern, pour in the bread, &c.; cover with a greased paper, and steam gently $\frac{3}{4}$ hr. Turn out to serve.

CASTLE PUDDING AND SAUCE.

The weight of 1 egg in sugar, the weight of 1 egg in butter, the weight of 1 egg in flour, 1 egg, the grated rind of 1 lemon.

Beat the butter to a cream in a basin; sift the flour through a hair or wire sieve, mix with the sugar; beat the eggs thoroughly; add the flour and eggs alternately to the butter; add the lemon rind and beat thoroughly. Half fill small buttered cups or tins, and bake in a quick oven for about 20min. Turn out and serve with any sweet sauce.

For the sauce—Melt $\frac{1}{2}$ oz. of butter in a pan, stir in 1oz. of flour, add $\frac{1}{2}$ pt. of water gradually, boiling up after each addition. Sweeten to taste with sugar.

FIG OR DATE PUDDING.

$\frac{1}{2}$ lb. dates or $\frac{1}{4}$ lb. figs, 2ozs. flour, 2ozs. sugar, $\frac{1}{4}$ lb. bread crumbs or dry crusts, 2ozs. suet, a little grated nutmeg, a pinch of salt, about $\frac{1}{4}$ pt. milk or water.

Stone and cut up the dates, chop the suet; mix all the dry ingredients; add enough milk or water to make a stiff batter. Put into a greased basin, cover with greased paper, and steam 2hrs. Turn out and serve with white sweet sauce. [If crusts are used, soak them in milk and beat with a fork.]

For sauce—Mix 1oz. flour smoothly with $\frac{1}{2}$ pt. milk; put in an enamelled pan, and boil up, stirring constantly. Sweeten to taste.

MARMALADE PUDDING.

$\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. bread crumbs, $\frac{1}{4}$ lb. suet, $\frac{1}{4}$ lb. sugar, $\frac{1}{4}$ lb. marmalade, 1 egg, 1tsp. baking powder, pinch of salt, $\frac{1}{2}$ pt. milk.

Chop the suet, mix all dry ingredients, beat the egg, add it to the milk and marmalade, stir well into the pudding. Steam in a greased basin for 2hrs.

FIVE - MINUTES PUDDING (OR SWISS ROLL).

2ozs. flour, 3ozs. sugar, 2 eggs, 1tsp. baking powder, jam, a few drops of flavouring essence.

Sieve the flour, beat the yolks with the sugar, beat the whites thoroughly (on a plate), and beat the flour into the yolks and stir in the whites; add the essence and baking powder last of all. Pour into a well-greased baking tin, and bake in a hot oven for five minutes, or rather less. Spread a layer of jam over at once, roll up, sift sugar over it, and serve.

GINGER - BREAD PUDDING.

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. oatmeal, $\frac{1}{4}$ lb. suet, 3tbsp. sugar, $\frac{1}{4}$ lb. treacle, 2tsp. ground ginger, 1tsp. carbonate soda, 1 teacupful of milk.

Chop the suet, mix all the dry ingredients, mix the milk and treacle, and stir well into the flour, &c. Steam for 4hrs. in a greased basin, and covered with greased paper. If two or three smaller puddings are made from this quantity, $1\frac{1}{2}$ hrs. to 2hrs. will be long enough.

STEAMED FRUIT PUDDING (SUET PASTRY).

6ozs. flour, $2\frac{1}{2}$ ozs. suet, pinch of salt, $\frac{1}{2}$ tsp. baking powder, 1lb. apples or other fruit, sugar to taste, water.

Chop the suet finely, and add to the flour salt and baking powder. Peel, core, and slice the fruit; mix the suet, flour, etc., to a stiff paste; cut off one-third for the top; roll out the rest large enough to line a basin; grease the basin; line it with pastry; put in half the fruit, then the sugar, then the rest of the fruit. If rather dry fruit is used, add a little water. Roll out the top and lay it on; wet the edges and fold the sides a little way over it, cover with a greased paper, and steam nearly 2hrs.

HYDROPATHIC PUDDING.

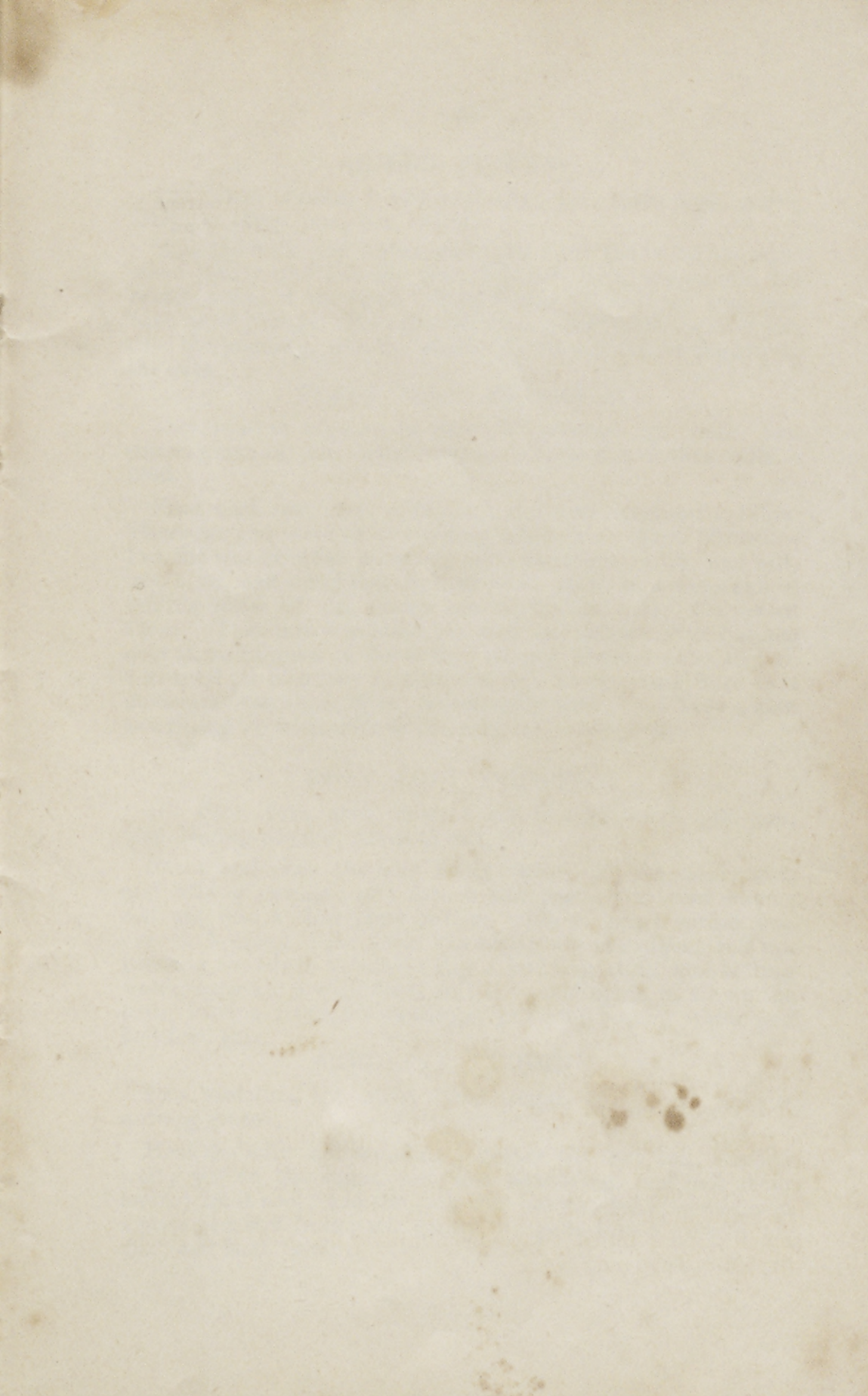
About 1lb. rhubarb (or any juicy fruit), slices of bread about $\frac{1}{2}$ in. thick, 2ozs. or 3ozs. of sugar, 1pt. water.

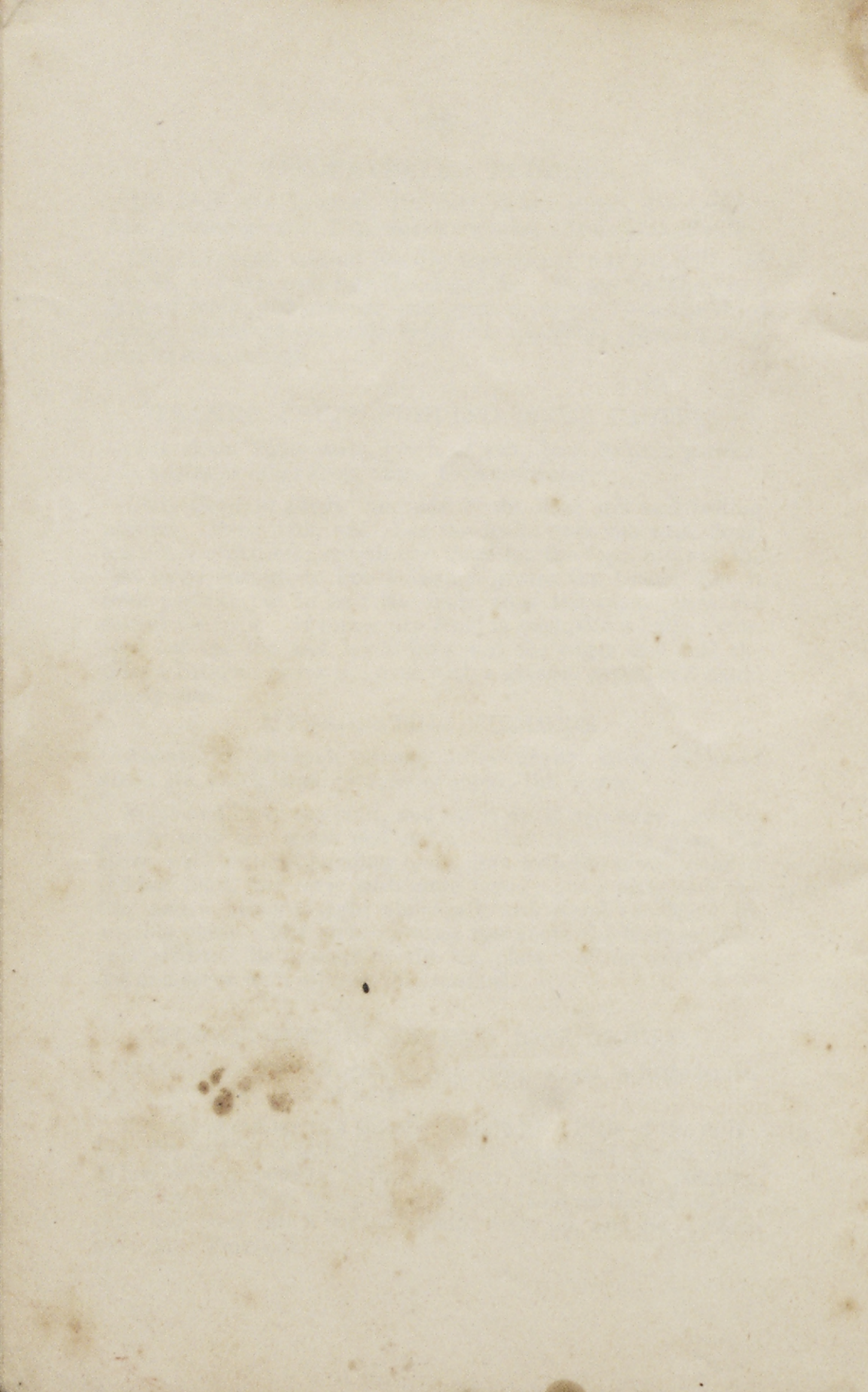
Wipe and clean the fruit, and cut it up, if necessary; stew it gently with the water and sugar. Cut the crusts from the slices, well butter a pudding basin, line with the bread, pour in the hot fruit, and cover with more bread; put a plate over the top, and a heavy weight above all, and stand the basin on another plate. The pudding must rise above the basin at first, or it will not be pressed by the top plate. When cold, turn out and serve with milk or thin custard.

CORNFLOUR OR GROUND RICE MOULD.

2tbsp. of cornflour or ground rice, 1tbsp. sugar, a little lemon rind (very thin), 1pt. of milk.

Mix the cornflour to a smooth paste with a little of the milk. Put the rest in a saucepan with the sugar and lemon rind. When boiling, pour on to the cornflour, stirring well. Remove the lemon rind, boil up again, and when it leaves the side of the pan clear pour into a wetted mould, cover up, and let it stand till cold. Turn out.





QUEEN PUDDING.

$\frac{1}{2}$ pt. bread crumbs, 1 lemon, 2 eggs, $\frac{1}{2}$ pt. milk, 2ozs. sugar, 2tbsp. or 3tbsp. jam, 1oz. butter.

Boil the milk and butter and pour over the bread crumbs; when nearly cool add the grated lemon rind, sugar, and the beaten yolks of the eggs. Pour into a buttered pie dish, and bake until just set. Beat the whites to a stiff froth; spread jam over the pudding, pile the whites on top, and colour slightly in the oven.

PLAIN MILK PUDDINGS.

2ozs. rice, or tapioca, or sago, or hominy, 1pt. milk, 1oz. sugar, pinch of salt, little nutmeg; a little suet if skim milk is used.

First wash rice, sago, or tapioca, and soak hominy for 12hrs. There are two ways of proceeding after this. First Method—Put the rice or other material, with the sugar, milk, and salt, into a jar, and stand this covered with paper in a saucepan of boiling water till the grains are tender and jelly-like, about $1\frac{1}{2}$ hrs. Turn into a greased pie dish and grate a little nutmeg over it, and brown in the oven. Second Method—Put all into a greased pie dish (the nutmeg on top) at once and bake in a moderate oven about 2hrs., occasionally lifting the brown skin and filling up with milk as the rice, &c., soaks it up.

ROLY POLY PUDDING.

$\frac{1}{2}$ lb. flour, 3ozs. suet, about 1 gill of cold water, $\frac{1}{4}$ lb. jam, $\frac{1}{2}$ tsp. baking powder, pinch of salt.

Shred and chop the suet finely; mix with the flour, salt, and baking powder; mix into a stiff paste with cold water; roll out into a thin piece half as wide as long; spread jam over it, keeping it $\frac{1}{2}$ in. from the edge; wet the edges; roll up, pressing the edges together; dip a pudding cloth into boiling water, sprinkle it with flour, roll the pudding in it, tie up the ends, leaving room for swelling; put into boiling water and boil for $1\frac{1}{2}$ hrs.

SEMOLINA PUDDING.

2ozs. semolina, 1pt. milk, 1tbsp. sugar, 1 egg, salt, a little nutmeg grated.

Heat the milk and semolina together till they boil, stirring well; put in the sugar, salt, and flavouring, and boil about 5min.; let it cool; add the yolk well beaten; beat the white on a plate to a stiff froth; stir gently in; pour into a greased pie dish, and bake 10min.

TAPIOCA CREAM.

4tbsp. tapioca, 1qt. milk, 2 eggs, 3tbsp. sugar, few drops of essence.

Soak the tapioca 12hrs. in water; drain off the water; add the sugar, beaten yolks of the eggs, and milk. Stir in a saucepan till thin, boil, and thicken. Pour the mixture into a pie dish and cool. Beat the whites of the eggs to a stiff froth with a little fine sugar and the essence. Pile on top of the tapioca and slightly colour in a cool oven.

SYRUP TART.

4ozs. flour, 1½ozs. dripping, ½tsp. baking powder, pinch of salt, 1tsp. sugar, water, 4ozs. golden syrup, 1 small teacupful of bread crumbs.

Make short pastry. Mix the salt, baking powder, and sugar with the flour. Rub in the fat lightly with the tips of the fingers, and keep it as cool as possible. Mix with water to a stiff paste, using a knife. Grease a flat dish or plate and roll out the paste 1in. wider than the dish. Cut off the extra width and place round the dish. Wet this edging and place the pastry on the dish, pressing it well down in the middle. Press the edges together and notch with a knife. Mix the bread crumbs and syrup and fill the centre of the dish or plate with them. Bake in a quick oven till the pastry is done, about 20min.

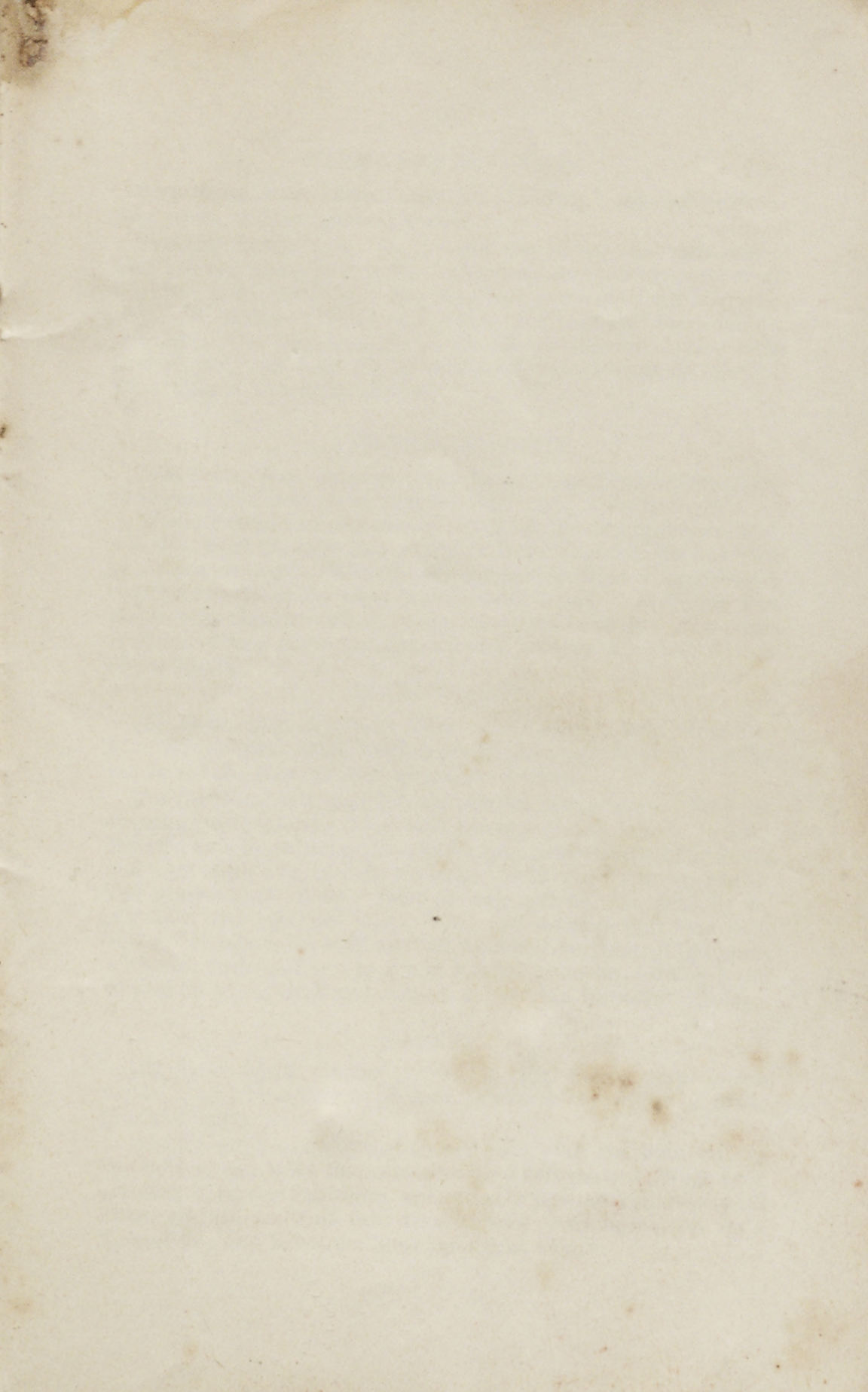
FRUIT TART.

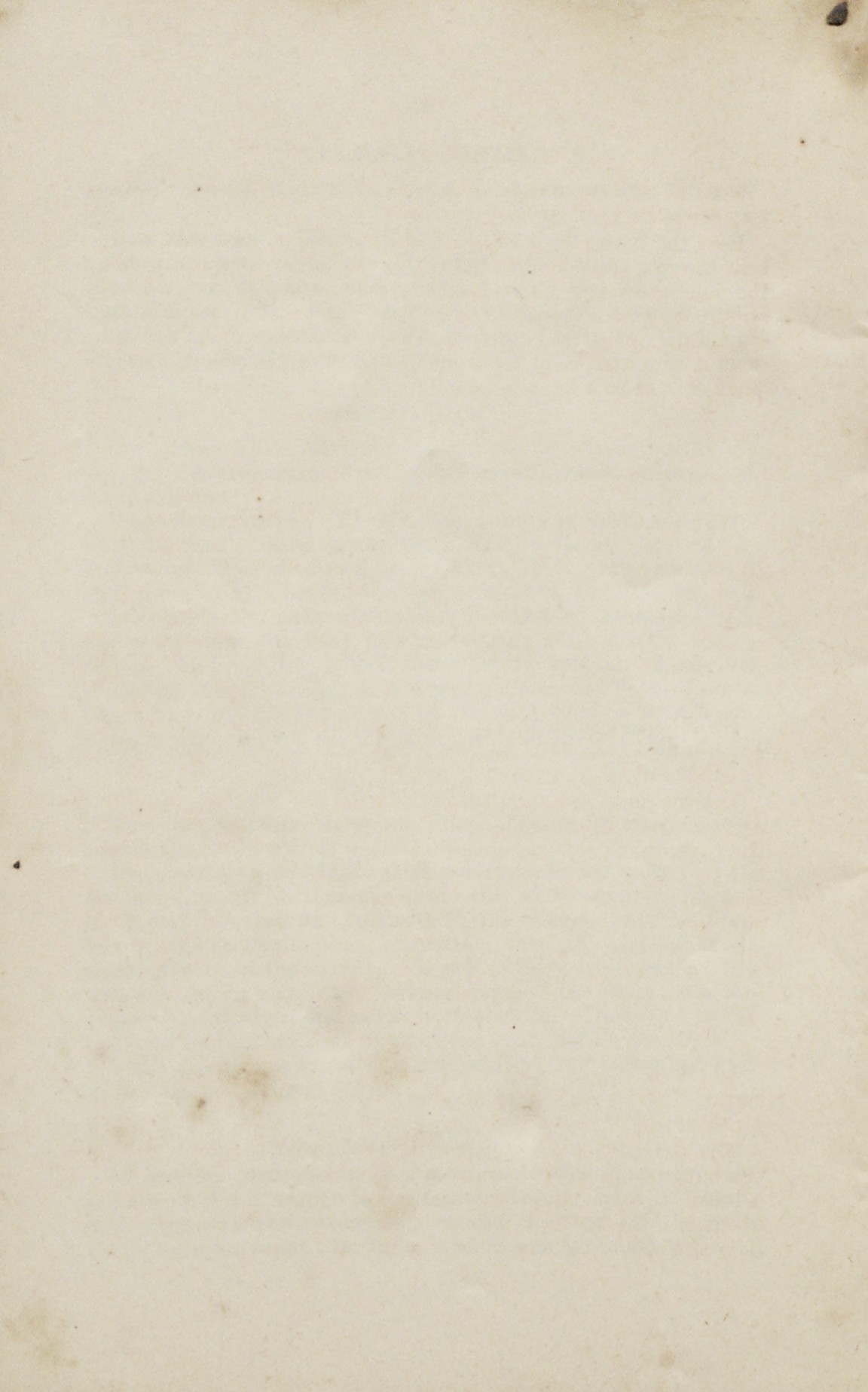
6ozs. flour, 2½ozs. dripping, 1tsp. baking powder, 3tbsp. sugar, 1lb. fruit, water.

Prepare the fruit. Make short pastry as for syrup tart. Roll out to a little larger than the dish. Cut off the extra width and lay round the edge of the dish; having wetted the dish first. Put in half the fruit, then the sugar, then the rest of fruit, piling it high in the middle. If not a juicy fruit, add a little water. Put on the crust, having dampened the strip, press the edges well together, and notch with a knife. Damp the top of the crust and sprinkle on it a little sugar, but do not prick it. Set in a quick oven so that the crust will be firm before the fruit sinks. Bake for about ½hr.

JAM PUFFS.

Make flaky pastry as for beef steak pie. Cut the pastry into squares; put a little jam in the centre of each. Wet the edges, fold over, and press together. Brush the tops lightly with water, sprinkle sugar over them, and bake in a quick oven.





SHREWSBURY CAKES.

6ozs. flour, 4ozs. butter, 4ozs. sifted sugar, 1 egg, a few caraway seeds, or $\frac{1}{4}$ tsp. ground cinnamon.

Beat the butter to a cream; add the sugar, and beat well; beat the egg and add it to the butter and sugar alternately with the flour and cinnamon. Let the mixture stand to get cold and stiff. Well flour a board and rolling pin and roll the mixture out thin. Cut with a cutter or tin lid into biscuits, place on a floured tin, and bake in a moderate oven for about 20min. They should be a light brown.

OATMEAL BISCUITS.

7ozs. flour, 3ozs. oatmeal, 3ozs. lard, 3ozs. sifted sugar, $\frac{1}{4}$ tsp. bicarbonate of soda or baking powder, 1 egg, a little water.

Warm the lard in a saucepan. Mix all the dry ingredients in a basin. Beat the egg, and add to it about 1tbsp. of warm water and the warm lard. Mix all the liquids with the dry ingredients carefully. Turn on to a well-floured board. Roll out the paste very thinly. Flour a tumbler and cut the paste into rounds. Place on a greased tin and bake in a moderate oven about 20min.

ROCK CAKES.

$\frac{1}{2}$ lb. flour, 3ozs. dripping, 3ozs. moist sugar, 3ozs. currants, $\frac{1}{2}$ oz. candied peel, 1tsp. baking powder, 1 egg, about $\frac{1}{4}$ pt. milk, pinch of salt, $\frac{1}{2}$ tsp. ground ginger or nutmeg.

Put the flour, salt, and baking powder into a basin. Rub the dripping well into the flour with the tips of the fingers. Clean the currants by rubbing them in a clean cloth with a little flour, and pick them over to detect stones. Add the currants, sugar, and ginger to the flour. Beat the egg and add the milk to it; stir into the mixture well. Cut the candied peel into thin slices. Grease a tin well and lift up small portions of the paste with two forks and put in rough heaps on the tin. Put a piece of peel on top of each and bake in a hot oven for about 15min.

SCONES.

$\frac{1}{2}$ lb. flour, $1\frac{1}{2}$ ozs. butter (or none), 1oz. sugar, 1tsp. cream tartar, $\frac{1}{2}$ tsp. bicarbonate of soda, about a teacupful of milk, pinch of salt.

Mix the salt, cream of tartar, and soda with the flour, rub in the butter, mix with the milk to a very soft paste. Well flour a board, turn out the paste, and quickly press or roll it out till about $\frac{1}{3}$ in. thick. Cut into small circles or triangles, put on a floured tin, and bake in a hot oven about 15min.

PLAIN CAKE FOR AN INVALID.

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. butter, 6ozs. sifted sugar, 3 small eggs, 1tsp. baking powder, half the rind of a lemon (grated), half teacupful milk.

Line a cake tin with greased papers. Beat the butter and sugar to a cream; beat the yolks and whites of the eggs separately; sift the flour; add one-third of the yolk of the egg and one-third of the flour alternately, continuing to beat; stir in the whites; lastly, add the grated lemon rind and baking powder, stirring them well in. Pour the mixture into the tin, and bake about $1\frac{1}{2}$ hrs. in a fairly hot oven.

VICTORIA SANDWICH.

$\frac{1}{4}$ lb. flour, $2\frac{1}{2}$ ozs. butter, 2 eggs, $\frac{1}{4}$ lb. sifted sugar, 1tsp. baking powder, a little grated lemon rind, 2tbsp. or 3tbsp. jam.

Well butter two plates or round tins; cream the butter and sugar; sift the flour; beat the yolks and whites of the eggs separately; add the eggs and flour alternately to the butter and sugar; lastly, add flavoring and baking powder. Put half the mixture on each plate, and bake at once in a hot oven. Turn out on to a sieve or coarse towel and, when cool, spread jam on one and fit the other on top. Sprinkle fine sugar on top.

GINGERBREAD.

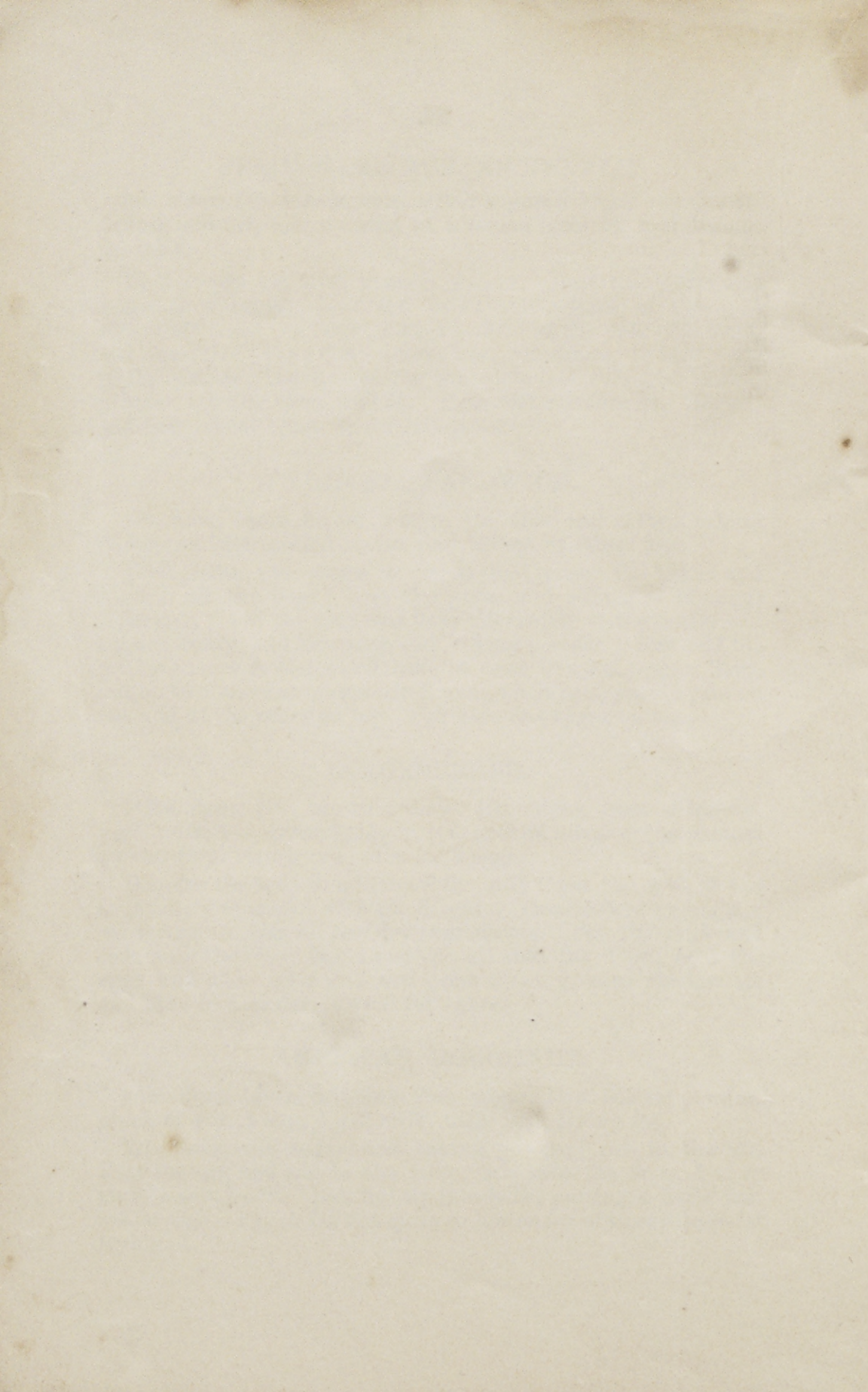
$1\frac{1}{4}$ lbs. flour, $\frac{3}{4}$ lb. brown treacle, $\frac{1}{2}$ lb. sugar, 5ozs. dripping, $\frac{1}{2}$ gill milk, 1oz. ground ginger, $\frac{1}{4}$ oz. ground allspice, $\frac{1}{4}$ oz. ground cloves, $\frac{3}{4}$ tsp. bicarbonate of soda, 3 eggs.

Dissolve the soda in a little of the milk; put the rest of the milk into a saucepan with the dripping, treacle, and sugar, and warm them. Mix all the dry ingredients. Put the milk and soda with the other liquid and stir all into the flour; beat the eggs and add. Stir well and pour into a greased shallow tin and bake in a moderate oven for $1\frac{1}{2}$ hrs.

AMERICAN DOUGHNUT.

6ozs. flour, $1\frac{1}{2}$ ozs. dripping, 2ozs. sugar, 1tsp. baking powder, pinch of salt, 1 egg, $\frac{1}{2}$ gill milk, little jam, frying fat.

Mix flour, salt, sugar, and baking powder; rub in the fat. Beat the egg and add to the milk; stir into the flour, &c., to make a soft paste. Roll lightly into balls, putting a little jam inside each. Fry in fat not quite so hot as for ordinary deep-fat frying.



CURRANT CAKE.

8ozs. flour, $\frac{1}{4}$ lb. dripping, $\frac{1}{4}$ lb. sugar, 4ozs. currants, 1oz. candied peel, 2 eggs, 1tsp. baking powder, $\frac{1}{2}$ gill milk, grated rind of a lemon, pinch of salt.

Well grease a cake tin. Rub the dripping in the flour and salt. Clean the currants and add all the dry ingredients to the flour. Beat the yolks of the eggs, add them to the milk, and stir into flour, &c. Beat the whites to a stiff froth and stir in lightly. Put into the cake tin and bake for $1\frac{1}{2}$ hrs., or less if a shallow tin is used.



INVALID COOKERY.

BEEF TEA.

$\frac{1}{2}$ lb. of good beef, $\frac{1}{2}$ pt. cold water, pinch of salt (if allowed).

Remove all fat and skin from the meat. If time allows scrape it to a pulp and mince the part that is not pulpy. Put into a jar with the water and salt and stir up. Cover the jar with its lid or with paper to keep in the steam, and place in a saucepan of hot water, which reaches half-way up the jar. Place the saucepan on the stove where the water round the jar will simmer, but never boil. Simmer for an hour, when the beef tea should be straw-coloured and contain flocky pieces of albumen, but no gritty albumen. Pour off the beef tea and remove any trace of fat with pieces of soft paper. Salt helps to draw out the albumen from the meat, but is not allowed in cases of fever.

CUSTARD—BAKED OR STEAMED.

$\frac{1}{2}$ pt. of milk, 1 egg, 1oz. sugar, piece of lemon rind.

Warm the milk with the lemon rind and sugar and remove the rind. Beat the egg thoroughly, add the milk, and pour into a buttered pie dish. Bake in a quite moderate oven for about 20min., or until the centre has just set. If steamed, pour into a greased basin, covered with greased paper, and stand in simmering water. The water must come three-parts up the basin and must never quite boil or the custard will curdle. Cook thus for about half an hour. Cool a little and then turn out.

LINSEED TEA.

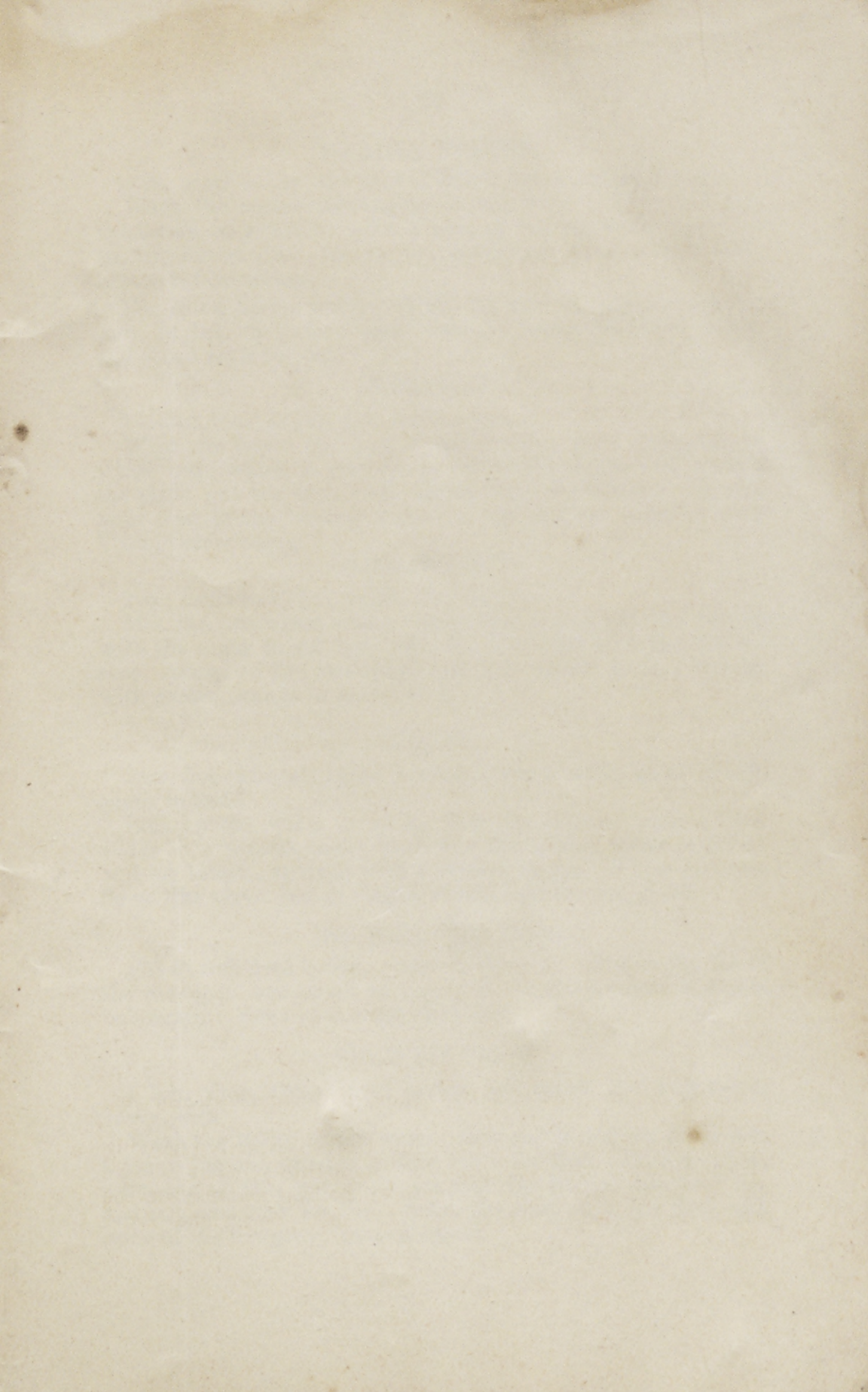
1oz. linseed, 1qt. water, $\frac{1}{2}$ oz. liquorice, $\frac{1}{2}$ oz. sugar.

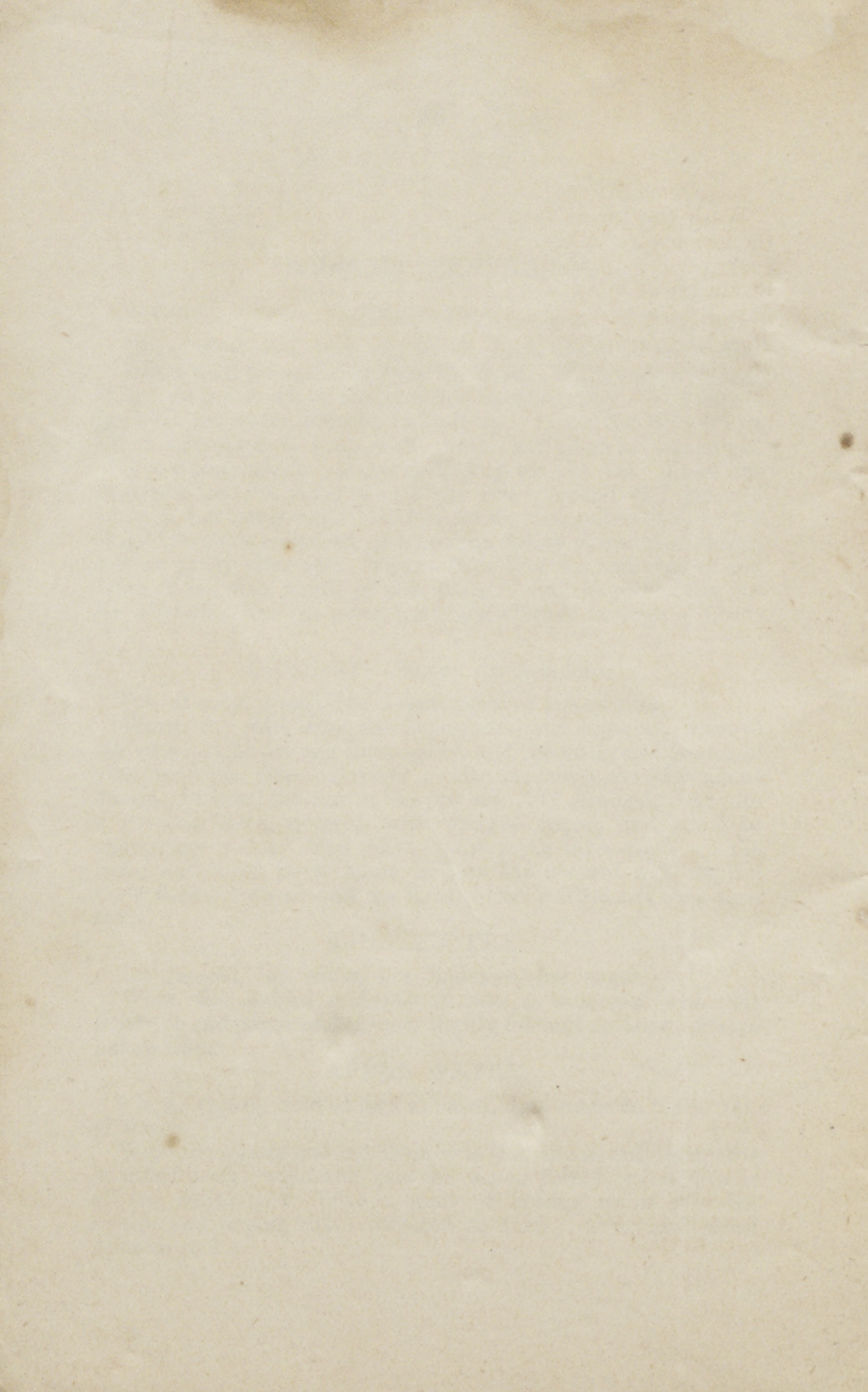
Wash the linseed and put it into a saucepan with the liquorice and sugar and simmer gently for half an hour. Strain before using.

APPLE WATER.

6 large apples, rind of half a lemon, loaf sugar to taste, 1qt. of water.

Wipe the apples and cut them into thin slices, only removing unsound parts; wipe and peel the lemon thinly, so as to leave all the white part; pour a quart of boiling water over the apples and lemon rind; sweeten to taste; cover and stand aside to cool.





BARLEY WATER.

2ozs. pearl barley, the rind of half a lemon, sugar to taste.

Wash the barley thoroughly in hot water; wipe and peel the lemon very thinly; pour a pint of boiling water over the barley, lemon rind, and sugar; cover and stand aside to cool. Strain before using.

For thick barley water—Wash the barley, and simmer for 2hrs. in 1qt. of water; pour over the lemon rind and sugar, and stand aside to cool.

LEMONADE.

1 lemon, 1oz. sugar, 1pt. boiling water.

Wipe the lemon and peel it very thinly; then scrape off all white pith, which is very bitter; slice the lemon and remove the pips; put the thin rind, lemon, and sugar into a jug, and pour over it the boiling water; cover and set aside to cool. Strain before using.

ARROWROOT.

2tsp. arrowroot, $\frac{1}{2}$ pt. milk, 1tsp. sugar.

Mix the arrowroot with a very little milk; put the rest on with the sugar to get hot; mix the hot milk with the arrowroot; return to the saucepan, and boil up for 1min.; flavour with grated orange or lemon rind.

GRUEL.

2ozs. fine oatmeal, $1\frac{1}{2}$ pts. boiling water or milk, pinch of salt, sugar to taste.

Boil up the water or milk. Stir the oatmeal with a little water to a smooth paste; pour into the boiling water or milk; boil for 15min., stirring with a wooden spoon. Sugar to taste. Some like about $\frac{1}{4}$ oz. of butter stirred into the hot gruel.

TO BOIL IN EGG.

Put in sufficient boiling water to cover it. Put on the lid of the saucepan and stand at a part of the stove where it cannot boil again. Remove the egg after 5min.

STEWED CHOP.

1 loin chop, 1tbsp. pearl barley, $\frac{1}{4}$ pt. water, $\frac{1}{2}$ pt. beef tea or gravy, salt.

Wash the barley in hot water; then put it and the water into a jar or jug and stand in boiling water for 2hrs. Trim the chop, removing all fat; put in the jar with the barley, the beef tea, and salt, and stew for 1hr. Serve the chop on a hot dish with some of the hot gravy poured round.

VEGETABLE COOKERY.

BOILED POTATOES.

Choose potatoes all about one size, so that they may all be done about the same time; scrub them; then peel them very thinly (removing all specks and eyes) and drop into clean water till the saucepan is ready; put them in a pan with cold water (if old potatoes) and a little salt; boil gently until *nearly* soft when pricked with a fork; strain off the water; put the pan back on a cool part of the stove with the lid on until the potatoes are quite soft; then dry them by shaking occasionally and leaving the lid off. New potatoes are scraped thoroughly, and then put on in boiling water with a little mint and salt; and finally dried in the same way as the old ones.

Potatoes can also be boiled in their jackets, but must be very thoroughly cleansed first. They are cooked just as if they were peeled.

MASHED POTATOES.

1lb. cooked potatoes, 1oz. of dripping or butter, little milk.

Mash the potatoes in a warm basin with a wooden spoon or a fork; warm the fat with the milk and stir into the potatoes, taking care not to make them too moist; pile on a hot dish, and mark with a fork.

FRIED POTATOES.

1lb. cold boiled potatoes, about 1oz. dripping, salt.

Make the fat smoking hot in a small deep frying-pan; slice the potatoes not less than $\frac{1}{2}$ in. thick; fry a golden brown, turning constantly with a knife; drain them, sprinkle salt over, and serve very hot. Raw potatoes may be used, and these are sliced very thinly.

BOILED CABBAGE OR GREENS.

Cut away all damaged leaves; cut across the stalks; steep stalk upwards in salt and water for about an hour to remove insects, sand, &c. Put into a large saucepan of boiling water, stalk upwards, with a teaspoonful of salt and a piece of washing soda the size of a hazel nut, or a little brown sugar, to soften the water and keep the colour good. Boil with the lid off from 20min. to 40min. A piece of crust of bread in the saucepan will prevent the strong smell which arises from boiling greens. When tender, remove the bread, strain through a colander, and press well. Turn on to a hot dish and cut across several times.

BOILED CAULIFLOWER.

This is cooked exactly as the cabbage, but the stalk is not cut and the flower is kept downwards to prevent scum settling on it. Salt, soda, and bread crust are added to the water and the lid kept off. Lift out gently and stand in a colander. Lift on to a hot dish and serve with white sauce.

TO BOIL ROOT VEGETABLES.

Carrots and parsnips must be washed and scraped with a sharp knife if not quite young; turnips must be peeled thickly. They must be put on in boiling salted water and cooked till tender with the lid on. Jerusalem artichokes must be washed and peeled under water to keep their colour good; they are then cooked like turnips and served with white sauce.

PEAS AND BEANS.

These are both put into boiling salted water with a little sugar to keep them a good colour; the lid is kept off also to keep them a good colour. Peas are served with a little butter and black pepper over them.

WINTER SALAD.

Beetroot (well cooked), potatoes (cold), apples, celery.

Slice the potatoes and rather less beetroot; chop the apples and celery; put the sliced and chopped vegetables in alternate layers in a dish and pour a little salad dressing over them.

SALAD DRESSING.

Yolk of a raw egg, 2tbsp. best oil, cream, or milk, 4tbsp. vinegar, $\frac{1}{2}$ tsp. made mustard, pinch salt, pepper, $\frac{1}{2}$ tbsp. sugar.

Break up the yolk; add the salt and pepper; stir in the oil, milk, or cream gradually; add the mustard and sugar and then the vinegar very gradually.

RICE FOR CURRY.

Well wash the rice; put into plenty of boiling salted water; boil fast about 10min., or until the rice is *nearly* done; strain on to a sieve or colander; grease the saucepan with butter; return the rice to it and stand on a rather cool part of the stove with the lid half off, and steam till quite tender, stirring occasionally with a fork.





