1955

Barron Recipe / Instruction Book

Máire Barron
Anna Barron

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Máire and Anna Barron.

Máire Barron (February 18th 1926—August 22nd 2013) was educated at Dominican Convent, Muckross Park, Donnybrook and obtained her Diploma in Domestic Science Teacher Training from Cathal Brugha St. College in the late 1940s. Máire taught at secondary school level for all of her professional life, predominantly at the College of Commerce, Rathmines.

Anna Barron (October 10th 1935—February 6th 2017) was educated at Dominican Convent, Eccles Street. Anna completed a one year Home Management Course and a three-year Diploma in Domestic Science Teacher Training at St. Catherine’s College, Sion Hill, Blackrock, Co. Dublin, qualifying in 1958. Anna taught in several schools in Ireland, Northern Ireland and England and lectured in Cathal Brugha St. College for over thirty-five years.
Práísi bearbhadh

Comhaisí
Práísi
Suise


Neach. Tá roimh naire miolus i práísi agus tá an saol san dheacán fóin zezorcánann. Ní móir na cuidithe do boigid do réit a céile in dréig is go bpleasaigeadh siad go phuirísge. Sin é an fáig go zonnach sean-práísi i n-usge snaír ac cumhacht práísi mar i n-usge zheur go bheireadh.

óruaíthin

Comhaisí práísi 1 unsa ime
2 na ganearn tóimne príobar agus saolann

Innúin bhearniúse

Cónnúsí 5-6 innúin usghe buair
an Móid biú i h-anamhnar aon mheid. Bain an
Geóreann donn do bhí a. Cuire isearcach igeorcán agus
chúisí le h-usghe buair rad. Terz docht réaliz go
meas go pomnne bhearniúse agus szag rad. Bhearniúse
annsin rad cosmhail las na gnaé glasarta. Daoibh a.
Cuire sios i n-usghe bhearniúse le Ronnín Salainn
agus bhearniúse 40-60 nóiméada do réir a churz.
Szag go marad rad, cuire i méaí glasarta ce rad agus
chúisí le h-anamhnar bán rad.

Carcéir Bhearniúse

Cónnúsí 6 carcéir
usghe guire ar fionrad
le fíoráiteain i níos eile
probar agus Salainn.

An Móid. Nídh go maradh le szuag rad. Szkerob rad agus
núd úad. Zeark an bun agus an báirí díobh. Más go
gearradh an fáid rad. Cuire sios i n-usghe guire ar
probar agus bhearniúse go mbonn rad boch. Szag rad
Cuire an t-ceil, probar agus Salainn iseasc i georcán
craic na carcéir, isearc ann agus nuaic ará
Siad ar an-íocramais glasarta ce rad agus craic-
púirse. Mon-gearadh a ra breál.
Conaighsí: 1 p.e. plúir ½ p.e. banne ghéar
Is sp. ré de Salainn nó bláithe.

An mó: Cuir an plúir agus an salann ré ceartach faoin na cnapas den sóid ar áthin agus cuir tri fiúchair pleasín. Measg na Conaighsí go marí le céile. Cuir is mó:
an bláithe ar fad beagáine agus dein é do meascaí le spíúnus nó go mórúí raos Sgaoile agus. Ceart beagáin plúir ar lusad. Tomnúigh an raos amach agus dein é d'fhumneáid go marí go ri go bhfuil an raos i m-áice lers an mbóthar go min réid. Tomnúigh bun.

Sconar Té.

Conaighsí: ½ p.e. plúir.

Is mon-sp. Salainn.
12 líne amh. 1. ¼ sp. sóid.

2. Is sp. púa de báile agus ½ p.e. banne.
1 p.e. banne.

An mó: Céileadh an plúir. Tá an doirc an t-am le Szian. Amh ar díseáil réid an plúir le bhearradh na míeará. Cuir tóiseach an salainn, an sóid agus púa de báile agus measg go marí. D'oir tóiseach an banne.

1. Cuir na Conaighsí cormha agus measg le spúnus aonáir go mbóthar raos b'fheidirm agus. Tomnúigh amach ar lusad agus beagáin plúir ar óg dein é d'fhumneáid go marí go mbóthar an taoibh. 1 m-áice lers an mbóthar go min réid. Céileadh amach go mbóthar go náisiúntas a hÚsáid.
Ann: Craíz beagán fear an slainn báca sa ghearr na sconnaithe. Dhiúna dá tháit 1 n-uisce. Beag an slainn ceap go frie n-omrach 15-20n. Máis mar beag is féidir sconnaithe nulse do dhéanamh leis an slán gneimh nó aon tóir a gno rómha de. Cur leis an taoscaire áit is é an t-ainm do cur Israeil san phlúir.

**Púdar Bácaicla**

Conainsi. 4 ansa tarraic cheal.
2 Livid
6 de phlúir an abhair nó de slán mara.


**Meaich Galarigí:**

Conainsi. ½ meaich nó 1 meaich beag.

An Móid: Gaear an meaich 'na súiscanna 1" nó ½" ar cairgais. Bain an cairgais sa ghearr nó d'úsáid na síolta as.
é. Cuir an t-anbriúe ságraí rakte n-aús í sá gcéadaí agus cuire an ságraí nóic'in na zeoon.insa fíoc é 30 mbiriam an ságraí. Leótr gíon gíon uimheall 15 neíomharaí. Úsáid an ban na zeooninsa den é do úsáid an ban na maír. Cuire an maas anbriúeis fíoc agus crais peirsí

**Anbriúe Gíasearí.**

<table>
<thead>
<tr>
<th>Cónraí</th>
<th>Meacain n-éirí</th>
<th>Baca Meacain Bé sí</th>
<th>Líne</th>
<th>Cuir 500c nó líosge</th>
<th>Líne toimne</th>
<th>Ís Leabhar</th>
<th>Líne moch de</th>
<th>Píséanna</th>
</tr>
</thead>
</table>


**Corpeál Beirbhíle agus Gíasearí.**

<table>
<thead>
<tr>
<th>Cónraí</th>
<th>Meacain Córpeálta nó 2-3 píns Gíasearí Táirce Corríodhí Meacain Réibhle</th>
<th>Líne</th>
<th>Líne moch de</th>
<th>Píséanna</th>
</tr>
</thead>
</table>

Amhain peiread

Cónaíonn óna plúise. dá tháinse ime.
plúise pairene. probair 7 sállann.
-bá mo phríomh ghearr tad de peiread mon-gearr.

An Móire.

Toradh Scéimseighe

Cónaíonn 3-4 abaill [2 línse scéimseighe.
3-4 milldein dáire [4 móir sp. usghe.
An Móire. Bain an scéimseighe ais gan gearr an de na
h-ubhla agus an úr do bhloida. geicre na cearnad
nó a bhí na scéimseighe agus faigéin is móir agus
bá mo phríomh ghearr tad. Cuirr an línse agus ní e-usghe le feithic ghearr agus
dein suir iob. Cuir na h-ubhla agus na milldein
dáire is móir agus sceimseighe go raibh tad go mór un
siad do gá a fhar a bhi bress. léig do bhurpháir agus
curr ar bhrúd tad a mór gheant.
An duine Mhíosain

Connaic, 1. úb airín 1. 1/2 chnácaire banne

1 sp. trae sinneach blais (i)h.

An Mór. Cuire an banne ar an seine go dtí go mbíonn sé ar a láigh dó bearnuíodh. Tá an úb go maíz agus cuire bás air sinne azus an blaisiúil doire an banne annus ar an úb bhadhe gá corrúil go maíz ar feadh na h-ama. Cuireadh n-árs do cnocán é (cnocán údchearta) corrúil ar feadh an ama go mbíonn sé cóm tinigh go zulbhóchar sé cúis na sphúinte oise. Cuireadh tréile far ná ce 1 gheárcas gluine nó 1 méas annann.

Srúasín Gearraí na oigíochta

Connaic 1 pr. cnóireacha (úf no gigot) 3 mhinús
2 príomh-pratáir
protar azus salmon
1 sp. perúsir mor-giarra

Wiazan Bascate

Como goodbye

beazan a ro-masce

An Moi Smeriz mas priozize. Baim an speck den as
Cure an suire azus an blairic hir azus dor ze an
baunne ze annas exa. Zia correu air fead an ama
Sgaz azus Cure is chee son mears priozize. Cure an
meis na seasa ar staim a bair fead - Sonia de
k-ushe. Curez beazain a ro-masce an. Den e do
baichair in m-oin firon-fine 300 F' de feas de-ic
zo mbea siunizige. Cure ains buide e de payzair
zeanez de mais azus curez beazain suire ni son air
An t-Éireannacha.

<table>
<thead>
<tr>
<th>Congnuí</th>
<th>1 cosaí spún nó mísge</th>
<th>1 príomhfeasta (muintir nó Ceann)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.3 gusa peás corraí</td>
<td>1 príomhpeásas salann</td>
<td>1 meón - spúnóidh</td>
</tr>
<tr>
<td></td>
<td>2. príomhfeasta mór</td>
<td>peású phríomh-gearráin</td>
</tr>
</tbody>
</table>

An Móir. Cumal an peás le h-Éadaigh gan teagmhál, agus gearr' na ceire nó a cuígh píosaí. Chun de teachtar an t-Éadaigh agus an teaghlach. Míl an peás corraí. Cuir an mísge, an peás an peás corraí, an salann agus luísce is ea é i gceann. Béimh é. Cuir an t-Éadaigh de aghas fáig air an cháis agus leis an cúiseann a bhí ann. Linnann na glasraí, aghas den Cúisbeann a 1.3.5.6. Linn leis an amhrán is iad agus fáig air an cháis agus leis an cúiseann a bhí ann. Is de chuid deartháirí é. Tóig amach an peás mar comnaídear í. Chun an nós na h-Éadaigh is féidir den tús. Cuirtear an peású mór-gearráin. Chuí airís é aghas eile an bhiomi nó mís amhrán is.

Nóta: Is féidir an peás a chuig an bruach freisin acu i ndiaidh le h-annáil an bun-Chaidheirleach le h-annáil peású.
Seanrún Donn

Céim aithrí: 1 p' a náisiúnaigh (stéige ceathairnín)
1 mnám 2 seráid
1 meacán aon chútaí

An tAthair: 1 tús a chon nósca 3 p' a náisiúnaigh
1 phar 7 salainn
1 mnám spóiríogha - tAthair Worcester

Leáduin: Shíolanna Thadgha.

An Móin: Céad an fhorla e h-éadair ghan 215. Céad air den saoil an a fras a thioncail abhainn. Ni féidir a thuras ar fás a thóin na ghréas an a thuras a thioncail. Leáduin 1 mnám na bPáiní. Leáduin 7 tioncail a thuras na
iórsaí feidh. Toğ amraic rál agus curle issean an phheir.

Céime fós, an saol na ríne go roight dair marí

donn ar. Toç dó pruaic baithín agus curle an scoc.

VERS DAIL É AR NAIRI. Déligín chug mharaí ag

ama. Dheirbhimis go leann saol ríneataí. Cúir na

glásar, an pléid píobaire agus sálaígh agus an

2-anamhna Nottóir. Vers agus fáis Leathasrigh go leann

mare go léir nó dá naire. Bíd iúchaidh darasán ar

an Ghorcáin. An amhrán an sréisin éan bruích de Nóis

de, an pléid san lár agus na glásar ar fhoir inni-umhann

arís. Dheas de le sleasanna Juliaínn é.

Sleasanna Juliaínn. Bhí treangh na glásar mar is gnáth.

Gar i gnapóir ríne taide. Cúir az bheireamh dad

a-úsáid gnuair ar pochte ar pháid 10 go 20 ríneataí.

Mearóg Ubhail (ar leanamhanna)

1-úsáid gnuair agus chibhaidh an mearóg leis an pochta

sálaígh eile. Fáise Cinaigh na sálaígh go marí le

réile. Chibhaidh an mearóg le pochte snaéeda agus

dúil mhéad ológ adh usáidean agus deo. Dún é do

bheireamh ar pháid ó naire. Túmnusg amraic ac

níos an usáid chugmánaíon-sínsear ar a

báir. Cúir anamhna saboróg nó anamhna

usáid do iomh éire.
Mea Rož Semolins

Cionguer. 1 pe bunne 150g semolins 6 lásuir
1 lnb 2 línsa síúcre

An Méd. Measg an semolín le bháis an bunne. Cuir
isréac 'san glórán é 1 chaonnra an bunne águs
an bláisuir. Tabhair go pomare beirbéire fo mull
já céileadh ar féidir an ama.

Cuir isréac an bhurdeáin águs measg go maí. Cuir
isréac an galacán bhuadhe águs doiche 5 líséac
1 marais píobóige Sméartha. Déan é do báis a 1
novéam masarán 20 ar féidir umpeall's baí
nuair. Cuir éam bán'er ar páipéar gheannra
ar mas agus craith mon-siúcre ar a báire.

Mea Rož Ibháil

Cionguer. 4 línsa plúre 2 línsa breas aráin
2 sp. B.P. 2 línsa ghréise mon-
4 sp saltainn gheareáin

Tonná 2 uball 2 mheasain daraige

Síúcre

U Dóireán: Annlann Siorópe ndu Annlann Ibháil.
An Méd. Graihrú do plúre saltainn águs plúrár
báis a. Cuir isréac an breas aráin águs án ghréise
mon-geareáin. Measg go meac 'le b'fhéidir d'oibríomh
Laigh de 'le h-áine plúre go mór go measgadh le bháis. Dinn
beasaithe ar lóna plúre a shearr ar thóimnéad arís do
agus rochadh mar gabhacht a bhíosa a bháis cáirí.
Sméartha báis'i bháis umpeall 5" Measg águs
lon an báis leis an poist arís. Shearr 'le h-áine plúre
'foinsì is an ghréise a shearr. Cuir isréac na mheasain daraige.
Cuir breac na millscain daraige. Cuir báire na síudóirí.
`Róthar Luinne.

Cogaiste: ½ pr puíre 1-1½ bréas sinne.

1-1½... hne.

1 mon. sp. B.P.

bheagán lainne.

Ann Mós: Craithneiz an puíre agus an charann. Cínd liom anaim le cairde na meáir. Cur an sinnece agus an bpuairé baile leis agus measa go maith.

Cur an uaim an iad bruadh agus a n-dóiam banne cuimtaos measaire go de chéile ann. Anúr amic an rosad go bprim puíre air agus roinn'ar dhá lánd é. Is fiúin é go bprim sé go min reáid. Lomnú ann os cionna agus lhabh anair nó go mbéidh "de rinne ann agus cuma croíealaithe air. Zear an fhorsaí nó séif bóthar agus doth bhíte anaim eiré. Placa na priontaí agus lhabh air anaim féin na priontaí. Cínn le h-ubh bruadh nó le banne agus curte an stáin sinne. Círte ag bachtaidh i n-oirgean cumhachtai ro gceann na cailín.

Ann Lann Spóirse.

Círte croíealaithe agus croíe le h-ubhla i croíealaithe agus aithint le h-ubhla rad a de ghrá dá h-ubhla agus ½ pr úsáide) curte an iadth na réime go ceann leath na réime agus curte cúpaí iubhla iubhla daóBroad na bheagán croíealaithe umóidh na réime. Sgaoth é de chéile air mon spóirse amain le puíre air a.oire agus móspóirse usáide donn an leath an am. Bureadh go ceann airhrom air. Círte an sinnece leis agus duine é do fáithi le caillín.
Cazín barbijo e agus Cobáise

Cón guíes

\[ \frac{15}{2} \] a pú cazín

uns e wíse fúñac

trens aráin donn

An Míz

dem an cazín do méítícaurz. Ní \( 1 \) n-uisge fúñac é agus séirc-e cm raob socaire de. Má cé an cazín
an-quez curc ar bózad \( 1 \) n-uişe fúñac ar
féid eícíl air. Cuir isleac 1 gosceán é agus chuid ac le \( 1 \) n-uisge fúñac. Cuir chuid ac e an
goscean agus lirz do racth go fonníte barbijo nó mall.

Dú gúí \( 1 \) n-uisge nó racth sa Céais. Cuir ac plaíd ce e

car an chosceán de. Céais bruinne aráin donn air agus
dem é do gairt lá go mbíonn dí gúí donn air. Cuir cein
büírric e ak mío ce agus curc Cobáise barbijo

mor-jairca e gúí raob de.

Cobáise barbijo.

Cón guíes, Cobáise

An Móz
car an cos agus na dhiullogaistige den Cobáise.

dem Céire anna den báinn. Zaich an gas de agus curc
ar bózad \( 1 \) n-uisge fúñac nó báinn Coláihan do nuile agus

agus nóir-sp按摩 airnán sálaonn san wesle aím na

fornd a drin. Ní \( 1 \) n-uisge fúñac gach

dhiulloga lein fom agus szaz é. Cuir \( 2,08 \) \( 1 \) n-uisge a

fúníe agus sálaonn amh nó san wesle \( 1 \) n-uir

barbijoic an peid saolhe amh. Na curc chuidic ar

an gosceán agus curc céise arán sa gosceán cum ar

bolad do laigín. Cuirbínt go nearc e go mbíonn an

cobáise boiy, umpeall t-socaire de gas. Szaz go nearc
e agus páisic an \( 2 \)-uisge aí. Olsic e gheanaí agus
salann azus mon-zeare é. Déun é d'air lizé gan;
le bázan une azus cwe en buód an ée é
Hé ñ zé bekbrunzad bázán azus cabáisse 15 fud,
an bázán do bekbrunzad; é do zégarn azus
á bázán e neez ñe, ann san an cabáisse do
ekbrunzad san vuse Candra, é sin a roza r as
an kórcán azus an bázán do eur iar nu irs sa
kórcán éun é d'air lizé deam.

Ambrìzoz Dóir

Cóvgnee

2 báza tus Darabé
1 naére nan perbe báine
1 mara
1 bár, sot ré ussze
1 uss per le plur arbaik

Mod, bám an kroccan, súll azus na Cháima dem
jéóo. Jlan le k-ládai raas azus mon zeare é
Cwe réen ans sot é azus páz ar bazo ñe, peed
naire a chug más pèédkir. An mar na glaskari azus
zeare ir biióre beaza r éd. Lez an 2 ronmar azus
sot na glaskari ann. Cwe isé éen ans sot, an
jéó, ussle, plur arbaik azus salann. Páz az naáziar
ar peed naire zo lé. Cwe édo créizir é. Nérez
an plur arbaik le beaza sot puz ak nu ussje
Cwe ronmar anbrìzoz nes Cwe isé éan cóccan
báz zu pommé béoizgij é azus bekbrunz zo ean,
10 nemaray é. Darun 1 más anbrìzoz r é é.
Anbriwa Piseńańz

Cômzas. 4. unsa piseńańz. i unân
1 meram karbe bin i cared
1 lâh meram duśalba
1 unâ 2 coriänk. 2 pq-sene nó msze
Salann probar agus lusne
1 unâ phiri 2 pq banne.

An Môd. Nîj na piseńańz agus cûr ak bôjar i
n. msze snak ak feâdo rumâl. Wëngunz na glâksà
agus zëær i slisnî lâh. Teâz an 2-coriänk agus
dëkkunz na glâksà ann zo de zo bëjul se Sümùr
uszaic coriänk. Cûr uszaic na piseńańz salann agus
probar lusne agus zëc nô msze. Taz ag ez ànàm
zo dea bëjul na glâksà boz (1-½ nañ) Cûr zëc
corasia. Meâz an plëk le bëgân banne agus
unsm meâz. Uës an 2-ánbriwa. Berbëinz ak
feâ 10 nêoriänk. Cûr uszaic an banne agus dem
ë dominëdañ. Dëlwiz 1 mas anbriwa le.
Congmasd de Sídan

Trí seo le fheoiladh lena mataraíochta an lárú, cuairtír dí chearta do áit a bhfuil an chátaigh, féin de na hollathchána is gá a thabhairt amach air. Leathan cóitianta an t-áit isteach faoi bhfrithaíochtaí agus féideadh roinnt básanna is mó a bhfuil siad ag obair. Ceann de na hollathchána is mó féin a thabhairt amach air, de na lárú, is féidir leis an traidisiúin a thuilleadh agus a fháil a mhíniú a thugtar chuimhneachtaí ar an mbéal a bhí ann sa bhfear féin. Tá sé fós ina dhiaidh sin a d'fhág, agus tá sí feasachta aici ón mbaint a bhí ann sa bhfear féin don bhfear féin í. Tá sé fós ina dhiaidh sin a d'fhág, agus tá sí feasachta aici ón mbaint a bhí ann sa bhfear féin don bhfear féin í.
Sconair Subhle

Coimhne:

\[ \frac{1}{2} \text{ pt. plur.} \quad 1-2 \text{ unsa vomc} \]

\[ 1 \text{ unu} \quad 1-2 \text{ unsm Subhle} \]

\[ \text{canne} \quad \text{1 miun sp. B.P.} \]

Sub

Cócaireachta don Diar

Ráisulaíte Cócaireachta don Diar.

1. Thar comhairle an Dochtúra maidir leis an mbíodh is ceart a labhairte don diar aigs Cheaíd leis.
2. Ná ceann duil ac an mbíodh 1 pearsa go mór mór maidir le bhiodann go díreach mar sin a raíoch, bánne, mbeaca, iorras, scéid aigs cabhrach.
3. Broí go raibh 1 gormair allmhiúin an biog go fhan.
4. Ná h-ultnaigh ac an mbíodh aír Riucaireachta don bhithe amin.
5. Ná bhíodh aí an mbíodh ceart de bláthach san mbíodh.
6. Ná bhíodh don cuspán na an ghlóine liomha go bhrack.
7. Ní folaír bíodh an diar do bheiri díreach i n-am, brád te, brád sé te, brád phuar aigs brád sé phuar.
8. Ná cuirceart díreach ar an diar i dráibè cabh na marí leis, ac fáirn an d’oide sin ar slígo eigin eile més peidir e. Is marí an rud sin a bheith suid ar leis a labhairte don diar una fearanna. Spreagann sé ar goile.
9. Cuir i bhaíd ar stairc a bhí chuidí le h-íde ac a
10. Bhi an oibread aírghaidh aigs is peidir’sa bhíodh lúr.
11. Mhar bun-rua feidhre úsáideadh go raíoch a Chluig aigs bhíodh a gach cuiteoireach.
12. Ná h-ultnaigh an bhíodh 1 seomra an diar aigs ní fáí gur seomra a bhíodh na stairc 1 úsáide ac a
Congras.

\[ \frac{1}{2} \text{ pr maiz - seola} \quad \frac{1}{2} \text{ pr usge puar} \]

\[
\text{ghranne saithin}
\]

\[
\text{fheoic aindean}
\]

\[
\text{arain ushri}
\]

\[
\text{an Mod}
\]

olsi i mór

báisnín

báisnín

báisnín

báisnín

báisnín

báisnín
Deoch Homóide.

Déan an Homóide do roithiún ar an mbórd.
Suar Le h-éadaí ghlac 7 agus szuairagh zo lamairé.
Leis an as a mhadhr. Szag an bás leis an fhírlain.
Zo rabhaim, curf éas agus 7 as an szuairé. Chroíteann na Homóide é agus 7 as 11 arszu air agus coreas 10.
Mbíonn an szuairé leagtha. Szag é agus 7 feadh é d'úsáid mar deoch 7 nó deoch fuair.
Déoc Carraghín

Cén gníomh? Edhín bhunne ghráinne carraghín súille de bhrásní.
An moidh, fais an carraghín ar boiai ar pháidí mar sheasún agus aonamh i. Cuir leis an inbann agus fais is aithne a chárais ar pháidí is deach. D'fhág 1, cahir an súille agus ar bháin bheag is aighis cahir is éire a nglúne u. 1s gnáth an bháisn chomóide a chuir innti.
Usge na h-Corann

Comhshrúint

Trísa p'éabhr eorthain sin i cheart

I pr usge frak

Corcasann agus suilraidh i lomóide.

An Mod.

Ní hj an p'eadh eorthain i n-usge frak. Cuir isceic i gcóirceai agus usge frak d'chaithaic sinc i
sagair agus cair na. an n-usge. Cuir isceic
ta gcóirceai aris agus pág i gcanáiche i ar
sióad i'nt naire. Sagair. Cuir leis suilraidh lomóide
agus sin suimhse agus is frak é d'oibrigh den

Biarc te nó frak. Má is dhaas uisceanainn corr é

Tá'sás le canmair le Cuir an sinchir sé

lomóide ann. Má'ís do pháisì é Cuir leat an méicion

peart eorthain ann.

Mhàidh.

Comhshrúint

An méic Céadna bannl i'c agh bannl gheàr

An Mod.

Cuir i d'inneal bannl isceic i gcóircei

agus beirbhuig rad. Sagair nó cumhacht bhosra

Trísa rad.
Conaigh
1 p2 banne
2 mon-sprúinóg Sinchre
1 mon-sprúinóg Binnide
unaise griátha.
An Mod. Cuir t2 p2 banne agus an Sinchre ar an
dhreine. Páiz ann é go mbionn an Sinchre leagtha.
Cuir leis an t2 eile den banne agus an Binnide
dor2 is treac t2 nais fhionn agus Cuir is treac laca2n
unaise griátha ar a báire. Páiz t2 leas--caith é
1 n-áir le go mbionn sé sinn éise. Is féidir d2
mon-sprúinóg usc ghearta nó Ran 2 Cuir 2is
sak a ghearcha2n in Binnide is treac ann. Ni Cherz
an banne do t2idham tar 2eadar na pola.
Tae.

Comóisí

nugse berebíe

An Móid. Curf mugse funm sa crosh aghas berebíe é
reighe corcaí an uile le h-mugse berebíe. Cuir
an uile sa gcorcaín, i mion spúnigh ainmí an bhaoid.
Is mura ní mar sin, fáis an uile i m'-umh é ar
fead 2 nó 3 neomaráí. Comóisí an puíom na áir

Caisie

íom chaise
eagus aghas sine é

no uaimh.

An Móid. Cuir an gcorcaín i zeo uacra i gcorcaín urain. Cuirf
an uile as corcaín na zeo ar feidhce aghas as.
Doire
Bhai an uile berebíe aghas cuire ar iadh nó
uile ar feadh ceoire nóimhité. Cuirf é aghas
curf ar iadh nó uile ar feadh 5 neomaráí eile go
dhó tugtarann an gcorcaín go ba o beagán corcaín. Sgáil
aghas cuire an bheith i zeo as aise amháin nó
curf ar iadh nó uile ar feadh ceoire nóimhité.

Cocoa

Comóisí

íom spúnigh amháin cocoa

cum prín móir uaimh no mugse nó cumhac agus
múir nive fáisróise.

An Móid. Mearagh an cocoa le h-ceasamh berebhíe.
Béabhúig
an uile is é na cumhac aghas doire annus na cocoa
é. Cuir spúnigh leis aghas cuire iadh i m'umh sa
gcorcaín aghas berebíe ar feadh neomaráí e. Tion
an cumhac aghas cuire i mion spúnigh amháin haine fáis
leis na scórais tréas.
Lasz beuberighe agus Amanta.

Corrinne.

Chonnuis 1953 do iochd.

1. Zeobhrac Con gnái ós na teorcia seo leanas?
2. An fhéid fo bheid go zeal bolgaidhe.
3. An fhéid fo bheid go zeal bolgaidhe.
4. An fhéid fo bheid go zeal bolgaidhe.

Bogaid fo h-ae glan.

Raglairic an leis do beuberighe.

1. Amach ar an 1953 ar acht an bráid agus sós i n-uisce an-íobhach a neacht.
2. Mh iúsdreach aic an oiread neise a chuidhach an 2-uisst.
3. Ná leis ar an oiread neise a chuidhach an 2-uisst.
4. Luirigh 6-7 neomarai fo i n-áit ar ghearracht neise 6 neomarai iad is anois.
5. Chuiradh an t-uisst 1 píosa mórshín agus aithníonn is fuinne 7 a tógaimh amach as an gcórthain.

6. Díogha go réidhí e agus díogha amhain pearsde annas aic.
Sraith Mairead Coirce a tháinig.

Tir agus lámh [i]
probar tonnair 2 lámh mór
4 pr. clár donn

Le bhreuil peirsíl.

An Mór. Cúradh an fheidh le h-aonadán, áit ar azus cairg probar uirthi. Cuir an t-sonair sa tseiridh azus le fheiceá. Anois is leis an fheidh an t-sonair a bhí a bheith go dtí an bheith as azus nó cópla rónair a luadh ar an dá mbád. Déan t-a, do fhorcad go mbiomh daí donn uirthi, nimpeall 7-12 nó 12-18.

Do réir ruis fhoireann na sfeice agus p' as an ré-bhíodh na sfeice go mhaith a rás ruis fhoireann. Táim ann go minic i azus i do fhorcad. Tá aonad i azus atá in ann aonsábháil a chomhla, 1 n-áir le. Dá an cionar leis na h-lámh anair azus sa bháin i bhfeidhm. Cuir a t-imhle tonnair a bhí a tseiridh mar sa bháiní azus go githire bo? Chuir an fhorcad azus le do fhorcad sa go mhaith é agus cur éin bhruadh mór taimpeall na sfeice. Déan an t-clár donn azus cur éin bhruadh i nús ann fainne le.
Mearóga Subh Órásche.

1. tús a phléire
2. m'fheirisor Órásche
Salann
1 go bhfionn Subh Órásche
1 go bhfionn

Le Fheoiseachtaí Annalai Subh Órásche
Ann Mod. Cuire an phléire Salann agus púdar bácle
1 loss i mbás. Cuire an bhfein agus, go bhfeicfear
m'fheirisor agus an Glus. Measg go mar i le héidh
le chéile radh. Cuire an bhfein agus an
2. a bhuadódh na banna beag baiste mór mór.
Ba cheart don mhacluim bhi ró-bhó le tirneachtaí
azus ró-mhí úin é do dhruid. Simcheamh cuairtín
beag 10 maid agus curte píosa beag pheurin Smáéirce
az a bhu. Cuire an mearóga 15-16 ann. Chuid 
le píosa Smáéirce azus bain é do galadh 15-20 " Is
bheag anuas ar réite. Creidite m'fheirisor agus
2. a bhois mg. Cuire an bhuirfe le h-annalai
Subh Órásche.

Annalai Subh Órásche.

Comghairt.
2. go h-ainm Subh Órásche
1 m'fheirisor Glus. píosa Cruiceann lmóite
1 fionn Subh Órásche
1 m'fheirisor ainmín phléire arbaire.
Ann Mod. Cuire an 2-mhise, Subh Órásche, Niche
Cruiceann azus Subh lmóite le héidh le Cruiceann.
Measg an phléire arbaire le thleagamh túsce. Sag an
Corcán ar iad na rime ar feas 15-20 neomar.
Annann deiphe annas ar an phléire arbaire, d'fhéadfadh
dí curroif ina mar. Béireadh ar feadh 5 neomar
azus eume àn bheire 1 más annalaim re.
Mairín Seadh Rosáin

Cognáisiú

Rosáin Den Talam (3-4 púin) torniarra
6-8 bpráid.

Meáirois Yorkshire
2 ansa planr
1 lub
2 ansa ronmar

Oisín Donn

1/2 srosc donn saibhneas 7 probair.


Cur 1 n-oigeán le áit ubaird 15 neomair do jiar píon féidir agus 15 neomair sa mbreis. Níl aon agus scumaigh na próiseach go randaí. Sméadóir le h-sonmsaíteach agus cur e móre-impeall an spóirt ar an stáin, ná a chuig sé nach amhráin an fheidh Rosáin.

An Meáirois Yorkshire

Creideimis an plúne agus an saibhneas. D'fhéadfadh báis an trí thuiscint sa chorrán agus docht 15 saothair. Sa pothlaise.

Cur beagnach banna leis an áit mezg go mór ón áit agus cur e leis an banna 15 saothair. Ansin bunaigh le cuid na spinnóga adhmad go díth go bífadh an mezg an tíobh. Tonnigh an spinnóga an bunaí an mezgán ar fáid agus 6 neomair. Cur 15 saothair an chead eile den banna. Chuir uis an básam agus fás ar leis córd go leanach mar go dtugann sé an banna. Fós, de sharkéimeach. Tóg 15 saothair, cur as uis na spóirt Rosáin leis an sonmsaíteach ar an stáin. Yorkshire agus cur e leis an meáirois agus cur 1 n-oigeán ar fear 20 neomair. Tog amach agus go iomar 1 n-oigeán le seach 20 neomair. Tóg amach agus go iomar 1 n-oigeán le seach 20 neomair.
al mears re. Désir le peusd.
Côz amac an féord aghus bain amac an brock aghus
cùrk in buird ro ak mèirs re aghus na pràcair mó.
imp-reul.
Olivier Donn
Doriæ amac an i-connar aghus fâz an doedrak. Crair
isreic probair aghus salann aghus doriæ isreic an stoir.
Corroj ão meabhriúinn sé aghus ãag ãisreic 1 mèirs
annlainne re.
Désir an féord le meacan râdaiz sgeobt aghus
peòsd aghus cùrk annlain meacan râdaiz in
bùird ter.

Annlainn Meacan Râdaiz.

Congnisir, bâr meacan râdaiz in mòr spùnog ventígge
1 mìon spùnog suidse nín [½ pò màcair
salann
[rò 2 spùnog barma
aghus 1 spùnog bòs achán

An Mòd Nìos an bàr meacan râdaiz, bain an geòrceann
de aghus fâz in n-usghe pàirce ar fèlo ñamaròr. Scroò
30 mín e. Cùrk isreic 1 mòr in ìmbair leis na Congnisir
èile air amairn an 2-màcair. Bionn an 2-màcair
bèagán in aghus mèrsig leis na Congnisir èile. Cùrk
iùr in buird 1 mèirs annlainne
Báguin agus Ub: Feirseá.

Com如期.

7-síolstéir báguin
ub: ainidh

An móid ba m na cónar arais an croscaim do sa stíl na
bóid an fheirceán 7e agus. Cuir croícheann na stíl na agús
an na stíl na ar ais lenas do saoradh go mbíonn
an raibh orra leat-thise aigh thar a thad do an 7e donn
as an 7-ub go mór 7ae: Cuir ar raibh 7a rad agus fág
7r-áire 7e go mbíonn an 7-ub príore.

Cuir an 7-ub do saoradh.

Oras an 7-ub isreii 7GH agha dhú na cónar. Thaig den
raibh orra leat-thise aigh leat an fheirceán agus den 7a rad do saoradh
as an 7-ub isreii 7GH agha dhú na cónar. Cuir an 7-ub
isreii 7GH agha dhú na cónar 7a rad do saoradh
as an 7-ub isreii 7GH agha dhú na cónar. Cuir an 7-ub
isreii 7GH agha dhú na cónar 7a rad do saoradh
as an 7-ub isreii 7GH agha dhú na cónar. Cuir an 7-ub
isreii 7GH agha dhú na cónar.
Choróe Róisín foir leoncra

Conúnso
Choróe Carraic
foghlannáí a mhór-sp. bruis arán 1815 uainn
a túnas cime
mon-sp. pearsol
4sp lubéanna
bén an sáoc

Le Dorsín
Sibhanna Julienne
Le focháillseár, Olár Domm

Ann Móid. Bhaín den choróide na soine foir a chug奥斯卡 aon aigh as bhreis 2. Jearraí
thi an dirseal a d'itétar da taobh an chroide. Nísh go
máir i g'n-uisge a' chúis. Tha bhord romhna
Salmain ann. Muir a bhíodh sé glan d'fhorrnaim é an
criu a'pochionaidh ann. Ceanamh posa papeála
obsinneach sa bhraic, nó dein e bj form
le snáir báin. Leag an c'orán a' chuis a bhíodh a hál
forn ann an chruic, as criu isigach an coróide. Cuir clúidic
bhàin air an feachaimh. Lionnadh go mór na tu slipped air
sadh 1815 a aon the bás a' chlaid. Tha muir a
bhíodh sé Róisín bhàin a' papeála dhì a' chuis a bhí
bàin ì g'ainne. Leag an lóan a' chuir Olár Domm doичe an
forsóic, bheirt de pearsol a' chuis, Sibhanna Julienne
fisch leatha nain.

An foghlannáí, Mon òscairn an 2-úin aoi a' mheas go bhao
bhras arán, a' lubéanna aoi pearsol. Óscair udit.
aoi a' choir lóan a' chuir aoi go hór baonna nó
bórr un iad do dhùin air a' cúis
Olar Domo (fisch leathainn)
Sálaire

1/2 pr. bainne

1 uibh-áin

Le feiceáid. Olár nó

Le fheacán arís. Súibeir mhin bíóide

homóid zeáire.

An Móid deim an fuilraidh más adhmhair meákoiz
Yorkshire. Doire islaic tchìumain é agus faz air
leai-lead go ceann uaire. Broi beagán olár nó in
no margarina beag aí an tseadm. Los-ís doíre
beag an den margarina islaic ann.

Lois-ís doíre é aí an doíj é. Tháinim doire air an
sán beagán é agus broi an corcán ghréas

Doire skairiz zanaide den fuilraidh air an tseadm.
Jime go lapaip é. Skairiz é agus loingniz le soirse.

Lois-ís an dara leat sa tsoile lsea. Cuire amac ar
papéir go láidir suíntre mhin air. Skairiz suígh homóide
air agus rothliz suas. Cuire ar pháirce sa tsoile lsea.

Cuir am broch ar pháipéir gleann ar nós lsea.

Cuir am broch ar páipéar gleann ar nós lsea.

Cuir homóir zeáire le.
Mearóg  Dáile na m'Gall

Suídóir Ghréise

4 tús a phuir 2 tús a bhus ar aíne
3 mh. sprúin 8 B.P. 2 tús a ghreise
4 sp. Salann mon-gharrec
uige fuar
Sub

Amhláin Srúide

2 po uige crocenn homóide
2 mh. sp. srúid 1 mh. sp. phíd ar bheirín
1 mh. sp. srúid


Amhláin Srúide

Cuir an 2 le, an 2-uige agus an crocenn homóide le iche 'san gorméid. Breachtaigh go leamh uaire go leibh nó dá uair. Safra é agus doigh annas ar an phrínc arba i bhfeidhm le bhagán uige. Cuir iad Neamh 'san gorméid leis an srúidigh agus ríonach griom homóide. Breachtaigh go leamh do neamhan agus cur air bhagán homóide leis naíshr.
Pížeog na h-Aoiarine

Conas.

1/2 p2 d’fheol bearbhaićie 1 p2 Bruignín
1/2 p2 d’ann lánn doin (strúiseigie)
beagán beann nó ab buadha

le desnúi. Pearsún.

An Mod. Déan an i’ann lánn an curt Ronn beag
mínín ann. Searr an féidh go mór na gcuire bás
an i’ann lánn náirt atá sé fuar. Bláisidh go mór, agus
curt is féidir le móirtí oícheSTRACT. Curt an
Brúignín ó a báire agus lármaigh amach le spreac. Curt
Ronn beag beann nó ab buadha ó a báire. Curt
is féidir le n-óglaí nastróidh le ar pháirt ó thuirt a
chruadh agus cuire cúnt bhuíocht le móirtí oíche
le pearsún.
Risóid.

Cónaínsi.

1/2 pír pears (bhearrógic)
4 tínsa bruíghín
imón sp. innín (imón zearkía)
Salann 7 píobair

[1 tínsa comharch 1/2 pír slic nó mórge
1 tínsa plúca píobair agus salann

le Chúdáta: uibh bhuadhré
brens aráin

le Forróida: conmar ze

An Móid. Dún an 2-annánn agus curf 13íeic an
blaistín. Zéara an píob go mhn azus curf 13íeic san
2-annánn. Cúr 13íeic ar bruíghín azus an innín
zearkía azus measg go mór. Cúr amce a leath
plúca azus den cásra beaga. Cúrth leis an uibh
bhuadhré azus an brens aráin azus den nád do
preóid 7 a conmar ze zalúi go bhfuil dair doran
órdó úr bí. Duil go h-anr fead ar meas pears léir
ar méas ze.

Meánaíc Aráin 7 tme.

Cónaínsi.

Shiúin aráin 7 tme 3/4 pír banne
1 tínsa Síniúr 1 uibh
2 tínsa síulaim

An Móid. Boc ná shiúin aráin go zanad de azus gnéir
na neacrab Reid. Blan na síulaim. Cúr an 2-aráin
azus na síulaim 13íeic 2 mins pígeaise sméarca.
Cúrth an uibh azus an Síniúr léitíf azus dúrcce
an banne ze amnas an. Dúmer amnas an aráin 5a
más pígeaise azus Curf Rón naíonanach ar a bheir
Cúr an más pígeaise ar stáin. Fáth ar leid - leid
ar feid mar a clúth nó mac Shín azus amnas
Curf 13íeic 1 n-óigein measaigé ar feidh te,
mar a chlúth nó mac Shín.
Cadhla bacála

Conas.

1. Cádágh
2. Conamhce

Foirthenad.

2 únsa bórás aráin
1 míon Sp. pearsle móraíreá
gráinne de húbanna
únasa an ré nó conamhce
poitín agus salann
Bealain báinne.

le danum. homóid 7 fersi.

An Móid.

Cónais an 2-cás. Ní hé agus barra na seanail de.
Ba in amna na súile. Dein an foireannad agus
cur tusaí i mBod na cadhrasa. Déin é i fhuaighíl
le snáth báin. Curr deada 8 ar an bás. Dírte ar
poit na. Éal tríd an Éirp. Agus tríd an caraill.
Bealain póisí. Cóire tairce ár un mhiobh. agus
Bealain fón chís. É. Biodh an 2-conairce ar
súnaí agus a cur an 2-cás annas ar. Díre an
2-conairce leitir annas aí amus de. Déin é do
bácaíl i mBod na. Measadh é 3 naír mó nó 3, naír
a chuig. Céisi barra aráin donn ar a bheará aghus
dorsa na súile le homóid agus preisi fersi.
Báigín agus a féiceann.

Cónaíonn:
1) p2 7shs báigín 1sp. plúir
2) " ae caorach pròbar agus salann
le dresnú, peirseil

Ain Mhí. Ceann ar de 1 shscannar a do leir ar
ríoga agus ní stair é 1 n-a-ise
de lorg. Ceannag 79 mara. Ceann ar an aimh
agus ar éiríceann duis na sheasnaí agus peirc
rad. Comhaid te rad. Measg ar pròbar agus ar
salann leis ar thús agus chúiseach le shúsna é leis
ná chúiseach na sheasnaí a d'fhorbairtar sar lad do
féiceann. Cuir a chumhacht leis ar mhí aíse a
éiríceann más go d'ainsear a d'fhéadfadh as leis a
foróir na sheasnaí agus pròbar le an dá inaith: a
capaoi againn pròbar go mall é go ceann
5 nó 7 nóiseanna. Dáilte ar más te rad aighse a' cairn
na sheasnaí báigín ar a bheire. Désfág te peirseil.

Níos púin féicea agus brugim.

Cónaíonn:
1) p2 báigín 1nínse comhairde
1) mór 7sp. ainmain plúir
1) p2 ainmain brugim
le dresnú - peirseil

Ain Mhí. Ceann ar báigín le plúir agus pròbar go
maire rad do bhrecte nó ghabhlaí. Bhróid an 7-ainmain
rad. Cuir leis aon 7-báigín agus d'fhéadfadh go mall ar
rad 10 nóiseanna. Tomhsing 79 nóiseanna. Síl 79 mara
rad. Bhróid an
brugim ar a d'fhorbairt aghus de an
níos. Cuir na 7-báigín ar a bheire agus
caire peirseil mór. Táirge tana.
Céanna Mhuire Béarbhíise

Comhnaíse:
1. Céanna mhuire
2. uisce phuar
3. bruach adhain donn
4. cabáirse bearbhíise pribhrach


Márta. Má tá an leis-céanna leasaighníos ní polaice é do cuireár bochaidh a rois na h-áirí é agus é a chlaidheachar ar féidir nach 'sin treise.

Mearóid Easaid:

Conánach:
1. iús a shiúire
2. uisce phpair i ní anam
3. bruach
4. mon-sp. P.B.

Le Feiróirí: Ann Úann Suidhe (Teachnais 39)

An Modh. Cuireann i b'ann agus an shiúire i mbaisin aghus saoláiseach le spóireannadh dá thióg go bhfuil an cumhachta i rochtair arús. Cuireann leis i mbaisin aghus phuir bearbhíise racht leis an fhadará ná trí go bhfuil an cumhacht i rochtaí arús. Cuireann leis an claidheachar an fhadará go mór. Cuireann leis an claidheachar an fhadará go mór.
Cuíte máis iad. Cuir tseacá i mbasaí smeartha (Sóirt) agus páipid i smearthar a a bháire. Gabhaidh ar feadh 1-1/2 naire. Cuir ar mas a aghas cruth mion smacaire a a bháire agus d'fhais an láimh sméi mór-impeall.

Cé Le Páirce

í na páirce bereadh le unsa plúir sa mon sp. salainn 's í 's mon sp. P.B. 's e unsa róimh leagthaí salainn.

Am Móid Ceannarach ar plúir, salainn aghas P. Bocasa. Cuir le a na páirce Ceannarach aghas ar róimh leagha. Mhaidh le cáil le aghas a a bhás an bháin leis máis faoi a bhos caois a neck agus Cuir amach ar bóthar plúir a. Té an a tháinig aighsion róimh amach leis leathdú ansbhois. Té an a tháinig aighsion róimh amach leis aiste de cnoic na排骨. De bhás an mbóthar de cnoic róimh daonra. Cuir le a na páirce aghas Cuir le a na mbóthar ar máis le.
Sreúisín Corrin

Corrin 1/4 pr. bagum
1 Meacain Raibe báín 2/4 pr. sórt
1 tray 1 cæite
1 unsa plúair 1 probair agus salann

le deisic — Persíl mon-geareasa

Am Mod. Tá an Corrin agus baoin an croíceann de.
Ní gá agus gearr 1 leithscéal hí na fág az boí
t a-n-úsá a-al a-Goí ar fad cáiliúil nóimh. Tormaigh
t a-dagas chraí plú air. 1 baoin an croíceann agus
na cáoina df na síse nó bádaí agus gearr na
to nó 2 prósaí. 1 troc taid. Tá a-amaí agus próca
na prósaí den corrin. Tá a-amaí 2 san agus 2 ó a
annann síneisí. An úsáid an Corrin agus na
glasrái gearrtha 1 leithscéal hí na fág az boí.
Sreúisín ar fad 1 leithscéal 2 sórt 2 ní tráí 2 san agus aí an úsáid na síse
bodhún 10 nóimh. 1 stul a bhfuil sé réid. Tá ar
mais ce — an Corrin 1 tráí na nóimh, na glasrái
móir-imp air. Tá an €-annaí 1 ar a bhecirc agus
deisic 1 persíl mon-geareasa.

Dealbhóid Carragín

Corrin
1 pr. báin 1/4 unsa Carragín
Croíceann lomóide 1 unsa Suíche.

Am Mod. Ní gá an Carragín agus fág az boíar ar fad
10-15 nóimh. Gearr de aon prósaí duit agus aí
1 croíceann é 1 baoin mba ina agus na croíceann
lomóide. Tá caoin pomair bhealbhíe 1 doch malt agus 1
2 chotarlaí doch malt do gniomhíonn sé cuil na
spúнscéal. An úsáid an úsáid agus Carragín é 1
dru 1 h-tráín sé leat. Sroiligh dealbhóid le h-úsá aí agus
fág an Carragín is fear an. Na brúigh e. Fág 1 n-aí.
Bhí an tsáisi don iomlagh ón bháis a riamh i m'abháil. Ón buaiteach a dtugtar daonra, é go dtraidreamh a chonruitheann air. Is féidir leat a rith iontachtaí patrónáil ná frithachtartha a dhéanamh san eolaíocht. Is éis na hiontachtaí seo a thugtar daonra ná frithachtartha a dhéanamh an eolaíocht. Is é an t-eolaíocht a dhéanamh ná frithachtartha a dhéanamh an eolaíocht. Is é an t-eolaíocht a dhéanamh ná frithachtartha a dhéanamh an eolaíocht.
Sceilge marra cheoilha

Uisge gurr ar fuicad

Lpe an annlann chaithig.


le náisiúin: Meacair Kádaig Segróiba
le náisiúin: im Maith d'fhailte

Im Maître d'hôtel

Comme si. T'as une imons amain peurkile mon gezarka

imons amain suig homorde

1 " " Yorkshire Relish

pibar agus salann

An Mod. C'kun an 2-uk ak plaia. C'kun meri

peersil mon gezarka salann agus pibar suig

Homorde - Yorkshire Relish. Medioz zo mai ci
cëde rad agus dem ceurk roizorg de.

Skubátir

Comme si.

1 pt pluie
1 un sa sinicke
1.8 " Salann.
6 blé "

An Mod. C'kun em suig agus an salann agus an
Sord lu àni Crapóga am brei ian mbaam. C'kun an

sinicke am. Dern poll 1 lár an pibar
aguñ dower 15 u. an 2-uk agus zo leor blézarje

cum pibareaz. Reizun a bearnami fo inizal dem

suinóg zo k-eczairde. C'kun an gredul te aza
aguñ Suinók zo mai ci. Dower lám sp. Dern

pibareaz ak am ngredul agus ákdyn an suinóeg
bezanami agus blid cuma nius peere oetia. Faz

e am ngredul rad zo di zo biam stàd arnuig agus
zo biam dair akom ak am naot roizorg oob.

Coomuz rad agus jykoc ak am naot eile rad. C'kun
im idir zac peere agus cum cum sinicke

ràiureac i mèis zé.
Vegetable Marrow Soup.

Ingredients:
- 1/2 lb. vegetable marrow
- 2 sticks celery
- Salt and pepper
- 1/2 pt. milk
- 1/2 pt. fat
- 1 small onion
- Bouquet garni
- 1/4 white stock
- 1/4 gill cream (optional)
- Chopped parsley

Method: Peel the marrow and cut in small pieces. Prepare the other vegetables according to type and cut into small pieces. Melt the fat and sauté the vegetables in it. Add the flour and stir well in. Then add stock, bouquet garni, pepper and salt. Bring to the boil and simmer for 1/2 hrs. Rub through a sieve. Add the milk and reheat, but do not boil. Pour over the cream in a heated soup tureen. Sprinkle finely chopped parsley on top.

Stuffed Tomatoes (hot)

Ingredients:
- 3 large firm tomatoes
- 3 rounds toast
- Parsley
- 2 Tbsp. Gumbo
- 1 Tbsp. chopped parsley
- 1 slice bacon
- Salt and pepper

Filling:
- 1 lb. mixed herbs
- 1/2 lb. grated cheese

Method: Slice the tomatoes and cut off a cap from the end opposite to the stalks end. Remove pit with using the handle of a teaspoon and being careful not to break the skin. Mix all the ingredients for the stuffing together in a bowl. Add the tomato pulp. Fill up the tomato cases with the stuffing, filing it high.
on top. Put the cap on one side and place on a greased tin. Bake in a slow oven 15-20 mins. Then serve on rounds of toast and garnish with parsley.

Swiss Apple Pudding

Ingredients:
- 60 g crumbles
- 1 1/2 g chopped curr or melted butter
- 10 g brown sugar
- 2 or 3 apples
- A little water (1/2 tsp)
- 10 g sugar
- Brown crumbs
- Grated rind of 1/2 lemon

To Serve: - Custard sauce.

Method: Grease a 5" cake tin and line it with brown crumbs. Put the brown crumbs, curr and sugar into a bowl. Add the lemon rind and mix well together. If using melted butter pour it over the crumbs and mix well. Stem the apples to a pulp with the sugar and water. Put a layer of crumb mixture in the bottom then a layer of apple pulp, keeping it about 1/2" from the crumb mixture. Continue in layers finishing with a layer of crumb mixture. Bake in a moderate oven for about 1 1/2 hrs. and serve Custard sauce in a sauce boat with it when it has been turned out on a hot dish.
**Tomato Soup**

**Ingredients:**
- 3/4 lb fresh tomatoes or 1 lb tomato purée (small)
- 1 onion
- Bouquet garni
- 2 sticks of celery
- 1/2 lb fat
- 1/4 lb flour
- 1/2 tsp. sugar
- [1/2 pint cream]

**Method:** Wipe the tomatoes and cut in slices. Prepare other vegetables according to kind. Cut in small pieces and sauté in fat. Add the stock, tomatoes, Bouquet garni, salt and pepper. Bring to the boil and simmer slowly until the vegetables are soft. Sieve. Add the blended flour and boil for 5 mins. Add the milk and reheat but do not boil. Serve in a hot soup tureen, sprinkled with a little finely chopped parsley. A few drops of Colombe may be added if necessary.

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**Stuffed Marrow**

**Ingredients:**
- 1/2 marrow
- Stuffing: 1/2 onion
- 1 dessertsp. parsley
- mixed herbs
- 1/2 cup brown crumbs
- Salt and pepper
- 1/2 cup crumbs
- 1/2 cup butter (melted)
- 1/2 cup brown crumbs
- 1/2 cup milk

**Method:** Cut the marrow in slices about 2” thick. Peel thickly and remove the pith and seeds. Steam 10 mins. Prepare the stuffing. Add in the chopped meat. Place the slices of marrow on a greased tin. Fill the centres with stuffing. Bake in a moderate oven.
until the marrow is thoroughly soft. Lift on to a hot dish and if liked sprinkle with browned crumbs. Pour a little Tomato Sauce round and garnish with parsley.

**Tomato Sauce**

**Ingredients:**
- 4 or 5 tomatoes or ½ pt. of pulp
- ½ pt. stock or water
- 1 bay leaf
- ½ small onion
- Pinch of sugar
- ½ oz. butter
- Salt and pepper
- 1 tsp. cornflour

**Method:** Put the tomatoes (sliced), seasonings, flavourings and water into a saucepan and infuse for ½ hr. Rub through a sieve. Add blended cornflour. Boil for 10 mins. Add the sugar and butter and serve in a hot sauceboat.

**Queen of Puddings**

**Ingredients:**
- 1 cup crumbs
- ½ oz. butter
- 1 egg yolk
- 1 egg white
- ⅓ cup milk
- 1 egg
- ⅛ tsp. grinded nutmeg
- 1 oz. grated nutmeg
- ½ tsp. grated rind of ½ lemon
- ½ oz. fine sugar
- ¼ tsp. grated nutmeg

**Method:** Beat the milk with the grated lemon rind and butter. Pour on to the beaten egg yolk and sugar whisking all the time. Put the crumbs into a greased flan dish. Pour the liquid over. Leave to soak for about 3 hrs. Then bake in a moderate oven until set. Spread the heated jam stiffly on top. Beat the egg white and fold in the fine sugar. Pile the meringue on top of the pudding and return
to a cool oven until the meringue is set and lightly browned. Serve the fish dish on a flan dish on an oval dish.

**Potted Herrings**

**Ingredients**

- 2 herrings
- 2 gill brown vinegar
- 2 gill water
- 2 cloves
- 1 bay leaf
- 2 peppercorns
- 1 blade mace
- 1 small onion
- parsley

**Method**
Cut off the head of the fish. Split the underside and place back upwards on a chopping board. Press down along the backbone until the fish lies flat. Turn over and remove the bone beginning at the head end. Cut in halves to make 2 fillets. Wash each piece. Sprinkle with salt and roll up. Put into a fiendish or Jasper dish with the seasonings, flavourings and sliced onion. Pour the vinegar and water over and cover with a piece of greased kitchen paper and bake in a moderate oven for about 1 hr. Wipe the edge of the fish dish and serve hot or cold. Stand the fish dish on a dish with a plain dish paper underneath.
Baked Apples

Ingredients
- 3-4 even-sized apples
- 3 oz sugar
- 3 oz butter
- ground cinnamon
- cloves

To serve: Custard sauce

Method: Wipe the apples. Remove the cores and place on a tin. Cream the butter and sugar and add the ground cinnamon and put this mixture into the centres of the apples. A few cloves may be stuck into the skin of the apples if liked. Pour a little water around the tin and bake in a moderate oven for about 30 mins. or until soft. Lift on to a hot dish and dredge with caster sugar. Serve with Custard Sauce.

Note: Put a slit around the centre of the apple in the skin.

Queen Cakes

Ingredients
- 9 oz butter
- 9 oz sugar
- 9 oz flour
- 1 tsp B.P.
- a little milk if necessary
- flavouring

Method: Cream the butter and sugar. Add beaten egg and sifted flour alternately adding B.P. with a little milk if necessary to make the mixture drop from the spoon. Put into greased fluted tins and bake in a moderate oven 15-20 mins. Cool on a wire tray.
Green Pea Soup

Ingredients:
1 small tin peas or ¾-1 lb fresh peas
1 onion
2 sticks celery
Salt and pepper
1 oz fat
9 oz flour
Colouring
½ pt milk

Method:
Put the prepared vegetables with the stock, seasonings and flavourings into a saucepan and bring slowly to the boil. Simmer until vegetables are soft, then rub through a sieve. Thicken by making a white sauce. Boil for 5 mins. Add the soup and reheat. Add a few drops of Colouring if necessary and pour over the slightly beaten cream in a hot soup tureen.

Grilled Kidney, Bacon & Tomato

Ingredients:
1-2 sheep's kidney
2 tomatoes
6 oz butter
5 oz chipped bacon

Method:
Spoon the kidney, steep in tepid water for 5 mins. and dry. Brush with melted fat. Remove skin and bone from the rashers and flatten out. Halve the tomatoes and brush with melted fat. Lay on a greased grid iron and grill turning frequently. Time: Kidney 7-9 mins, Rasher 5 mins, Tomatoes 4-6 mins.
Serve on a hot dish with a pat of maitre d'hotel butter on top.

**Fruit Salad**

**Ingredients**

- Syrup 1/4 lb sugar 1/2 cup water
- 2 tbsp. sherry 1 tbsp. lemon juice
- Colouring
  - 2 oranges
  - 2 pears
  - 1/2 pineapple
  - 10 nuts
  - 1/4 cups whipped cream
  - 2 bananas
  - 1/2 lb black grapes
  - 1/4 lb green cherries

**Method.** Dissolve the sugar slowly in the water, then bring to the boil and boil 3-4 mins. Add the sherry and lemon juice and Colouring and leave to cool. Prepare the fruit according to type and cut into small sections. Remove the stones from the grapes. Put all the fruits into a glass bowl or divide into individual glass dishes. Add the chopped nuts. Put a cherry on top of each dish and decorate with whipped cream.
Haricot Mutton

Ingredients: 1½ lbs far-end mutton 2 small onions
13 flour
15p Stock
To garnish: small bunch fresh herbs, pepper and salt.
15p Tomato Ketchup 15p Mushroom Ketchup

Method: Wipe the meat. Saw off the chine bone and divide the meat into equal-sized cutlets. Shorten the cutlets by about 2" and trim off surplus fat. Melt down the surplus fat and fry the meat on both sides until lightly browned. Pour off the fat leaving only 1 1/2tsp and make a brown sauce with the flour and stock. Boil for 5 mins. Add seasonings and flavourings, bouquet garni, meat and sliced onions. Cover with a tightly-fitting lid and stew gently until the meat is tender, about 1½-2hrs. Before serving lift off any grease which may be on the surface. Serve on a hot dish, meat in the centre, strain the sauce over and use bunches of julienne strips as garnish.

Note: Any trimmings left after the preparation of the julienne strips may be put into the stew.
**Stuffed Tomatoes**

**Ingredients:**
- Even sized tomatoes
- Filling mixture of cooked vegetables, carrots, celery, peas, potatoes
- Uncooked cucumber, chopped apple, dried pineapple, chopped nuts
- Sauce: Mayonnaise or Cold Dutch Sauce
- Garnish: Parsley, lettuce, hard boiled egg

**Method:** Prepare the tomatoes as for her Stuffed Tomatoes. Cut the cooked vegetables in dice and chop or shred the raw vegetables. Mix with the tomato pulp, season well and add about 1 dessertsp. of cold sauce. Pile the mixture back into the tomato cases and garnish. Serve standing on washed lettuce leaves.

**Household Apple Cake**

**Ingredients:**
- 8 oz flour
- 1-2 oz sugar
- 2 oz margarine
- 1 tsp. B. P.
- Cold water or milk
- Filling: 2 small apples, cloves, sugar

**Method:** Make the mixture as for scones keeping it fairly stiff. Roll out to the size of a dinner plate. Slice the apples very thinly on to 1/2 of the mixture, sprinkling sugar and cloves through. Dam the edges and fold the other half over. Press the edges well together and flute them. Score the top once or twice. Bake on to a greased tin and bake in a moderately hot oven 30-40 mins. Brush with beaten white of egg and dredge with castor sugar and
return to the oven for a few mins to set the glaze. Serve either hot or cold cut in fingers.

Boiled White Fish

**Ingredients:**
- 1 lb white fish
- salt & vinegar
- boiling water

**To Serve:**
- Caper Sauce
- Garnish: cut lemon
- Parsley
- Anchovy
- Egg

**Method:** Wash, dry, trim and scale the fish. Wash it and allow 6 mins per lb and 6 mins over. Put to cook in a fish kettle with enough boiling water to cover, adding vinegar and salt in the proportion of 1 tsp. per lb. The fish may be laid on a small plate and tied in muslin for cooking. Cook very gently at no time allowing the water to boil. Lift out, remove the skin and drain thoroughly. Serve on a hot dish coated with sauce or on a folded table napkin garnished with parsley.

Caper Sauce

**Ingredients:**
- 1 pt. foundation white sauce coating

**Method:** When cooked add 1 dessertsp. Chopped capers. Reheat and season well.

Parsley Sauce

**Ingredients:**
- ½ pt. cooking sauce 1 tbsp very finely chopped parsley
**Anchovy Sauce**

\[ \frac{1}{2} \text{ pt. Coating sauce} \quad 1 \text{ drop of vinegar} \]
\[ 1-2 \text{ tsp. Anchovy Essence} \]

**Egg Sauce**

\[ \frac{1}{2} \text{ pt. Coating sauce} \quad 1 \text{ egg} \]
When cooked add the sieved yolk of egg and the chopped white

**Potato Loaf**

**Ingredients**

- 1 lb. mashed potatoes
- 1 1/2 tsp. chopped parsley
- black or salt
- 1 oz. melted butter
- 1 tsp. chopped onion
- 1/4" mixed herbs

**To Bind** - beaten egg
**To Glaze** - beaten egg
**Garnish** - chopped parsley

**Method**

Have potatoes free from lumps. Add the seasonings and flavourings, melted butter, and enough beaten egg to bind. Turn on to a floured board and form into a cone. Lift on to a greased tin. Brush with beaten egg, and score with a fork. Bake in a moderately hot oven for about 20 mins.
Serve on a hot dish and garnish with parsley.
Apple Shortcake

Ingredients:
8 oz flour
pinch of salt

2-3 apples
2-3 cloves
4 oz margarine
Cold water
2 tbsp sugar

To glaze: white of egg
Castor sugar

Method:
Make short-crust pastry. Cut in ½'s and roll out large enough to line a round plate. Use any juices which may be left for an edge strip. Put the apples, thinly sliced on the first layer of pastry. Add sugar and a few cloves. Damp the edges of the pastry. Cover with the second piece. Flute and decorate the edges. Score the top once or twice. Bake in a hot oven for the first 10 mins. Reduce the heat and bake in all 25-30 mins. Brush with slightly beaten egg white. Dredge lightly with fine sugar and return to the oven for a few mins. Lift the tart off the plate and serve cut in slices on a plate with a fancy d'oyly underneath.
Toad in the Hole (Sausages in Batter)

Ingredients:
- 4 oz. sausages
- Batter
  - 2 oz. flour
  - 1 pt. milk
  - 1 egg
  - 1/2 oz. salt

Method:
Make a batter, let it stand and leave for 1½ hours. Skin the sausages and cut them if necessary. Place in a greased pudding or fish dish. Pour the batter over the sausages and bake in a hot oven for about ½ hour until well risen and nicely browned. Garnish with parsley on a hot dish on a plain dish paper.

Winter Salad

Ingredients:
- Mixture of cooked vegetables: peas, beet, carrot, potato, cauliflower.
- Uncooked: celery, onion, grated carrot, chopped apple, grated cheese, hard boiled egg, tomatoes.

Sauce: Dutch, Mayonnaise, French Dressing

Method:
Prepare raw vegetables and cut in dice, or chop or grate. Mix all together in a bowl. Keeping back a few choice pieces of each for the top. Add some dressing to the mixture in the bowl and then pile up in a well-polished glass dish. Garnish the top and serve. The remainder of the sauce in a sauce boat.

Dutch Sauce

Ingredients:
- 2 oz. white sauce
- 1/2 oz. mustard
- 1 egg or 1 egg yolk
- Salt and pepper
- 1/2 oz. white vinegar

Method:
Make a white sauce using the rule. Add
seasonings and when slightly cool add the egg and mix well in. Add the vinegar slowly lastly.

**French Dressing**

Ingredients: 2 tbsp. salad oil 1 tsp. made mustard 1 " vinegar 1/2 " salt.

Method: Mix the oil with the seasonings and add in the vinegar slowly stirring all the time.

**Mayonnaise**

Ingredients: 1/2 cup olive oil 1 egg yolk 1/2 tsp. made mustard 1 tsp. vinegar salt and pepper.

Method: Separate the egg yolk carefully. Put into a small bowl. Add the seasonings. Add the oil drop by drop from a spoon, beaten all the time with a wooden spoon. When a thick emulsion has been formed add the vinegar very slowly.
**Banana Pudding**

**Ingredients:**
- 20g butter or marg
- 20g sugar
- 3/4 cup sugar
- 1/4 tsp. B.P.
- 1 dessertsp. milk
- 2-3 bananas

**To Serve:** Custard, Lemon or Orange Sauce

**Method:** Make Queen Cake mixture per rule and add the bananas cut in slices at the last. Put into a greased Pudding bowl. Cover with greased paper and tie. Steam or cook in boiling water having the water coming 2/3 way up the sides of the pudding bowl for 1-1 1/2 hrs. Turn out on to a hot-dish. Pour a little sauce around, and dredge some Castor Sugar on top.

**Lemon Sauce:**

**Ingredients:**
- Rind and juice 1/2 a lemon
- 1 oz sugar
- 1 1/2 gills water
- 5 oz arrowroot

**Method:** Wipe the lemon. Grate the rind onto the sugar. Blend the arrowroot with a little of the water. Then add the sugar and the remainder of the water and stir until boiling. Add the strained lemon juice. Cook for a few mins. Cut the butter in small nuts and put it in just before serving.

**Orange Sauce:**

Make as for Lemon Sauce substituting an orange for the lemon.
Beefsteak and Kidney Pudding

Ingredients:
- 4 oz flour
- 2 oz suet
- 1/2 tsp. B.P.
- 12 oz Crumbs
- 1/2 lb round steak
- 1/2 lb kidney
- 1 small carrot
- Seasoned flour
- Stock or water

Filling:
- 1 mutton or 1/4 lb kidney
- 1 onion
- Tomato

Method:
1. Make suet pastry as usual. Cut off 1/3 for the lid and roll out the remainder large enough to line a well-greased pudding bowl. Prepare the filling. Skin and core the kidney, steep in tepid water for a while. Dry. Cut into small pieces. Toss in seasoned flour. Cut the meat into strips about 3" by 1/2" and about 1/4" thick. Roll up each piece, tying a small piece of fat in the centre of each. Toss in seasoned flour. Cut the vegetables into slices. Arrange the filling in layers in the pudding bowl. Add 2 tbsp stock or water. Ramp the edges of the pastry and cover with the remainder of the pastry. Cover with greased paper and tie and steam or cook in boiling water for 2 hrs. Turn on to a hot dish and garnish with parsley.
**Sponge Sandwich**

**Ingredients:**
- 4 eggs
- flavouring
- 4 oz.
- sugar
- 1/2 tsp.
- flour
- 1/4 tsp.
- B.P.

**Method:** Beat the eggs and sugar together over a saucepan of hot water until thick and creamy and until the mixture takes the imprint of the beater. Add the flavouring and fold in the sieved flour very lightly adding the B.P. with the last lot. Turn into 2 well greased sandwich tins and bake in a moderately hot oven about 400° Electric for 15-20 mins until set and nicely browned. Turn out on to a wire tray and when cool spread with heated jam. Put the other half on top and sprinkle with fine sugar.

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**Fish Soup**

**Ingredients:**
- 1 lb. fish or fish trimmings
- 2 lb. white fish
- 2 lb. fish stock
- Bouquet garni
- 1/2 pint milk
- 1 egg
- salt and pepper
- finely chopped parsley
- 2 leeks or onions

**Method:** Wash the fish or fish trimmings. Cut the fish into cubes. Put into a saucepan with the cold stock or water. Bring to the boil and skim. Add the sliced onions and Bouquet Garni and seasoning and remove a few pieces of the cooked fish for garnish. Leave to simmer gently for 15 mins - then strain through a fine sieve. Put a little through but be careful not to let any of the bone slip through. Melt the fat - add the flour. Add the soup slowly at first - then bring to the boil. Boil for 5 mins. Add the milk and flaked fish and reheat but
do not boil. Serve in a hot soup tureen with finely chopped parsley sprinkled on top. If liked, pour the soup on to an egg yolk in the soup tureen whisking all the time.

**Stewed Rolls of Plaice**

**Ingredients:**
- 1 plaice
- 1 oz butter
- 1 oz flour
- salt and pepper
- 3 pt liquid either milk, stock or "n" + water
- 1 oz real force meat

**Garnish:**
- Tomato
- Parsley
- Cub Lemon

**Method:** Fill the fish, skin the fillets, wash and dry them. Make real force meat and use to stuff the fillets. Roll up and tie with thread. Put in sauce with the cold liquid and cook gently for 12-15 minutes. Lift out the rolls and keep warm. Strain the liquid and make a sauce with flour and butter. Serve the rolls on a hot dish. Pour some of the sauce over and around and serve the remainder in a sauce boat. Garnish with cub lemon, parsley or cooked tomato. A teasp. of Anchovy Essence - ½-1 oz grated cheese or 1 egg may be added to the sauce.

**Veal Force meat:**

**Ingredients:**
- 2 tablesp. crumbs
- 1 tsp chopped parsley
- ½ slice chopped onion
- pinch mixed herbs
- ½ oz butter (melted)
- a little stock or milk to bind
Swiss Roll

Ingredients
3 eggs
(1/2 tsp B.P.)
flavouring
30g sugar
30g flour

Filling: Jam or Whipped Cream

Method. Line a Yorkshire tin with kitchen paper and grease it. Make the mixture as for Sponge cake and pour in to the prepared tin. Bake in a moderately hot oven 10-15 mins. Turn out on to sugared paper or a sugared kitchen cloth. Trim off the extreme edges if necessary. Spread with heated jam and roll up gently, leaving in the cloth or paper for a few seconds and cool on a wire tray.

Beefsteak and Kidney Pie

Ingredients
500g flour
11/2 round steak
30g shortening
500g kidney
1 tsp salt
1/2 tsp lemon juice
1/2 tsp pepper
Cold water
1 carrot (sliced)
1 onion (chopped)
1 tomato (sliced)
Stock - Seasoned flour

To Glaze - Beaten egg

Method. Sift the flour into a bowl. Add the salt. Cut in the shortening into pieces about the size of a walnut or if using clamped fat shred it before putting it into the flour. Mix well and then make into a stiff paste using the lemon juice and cold water. Turn onto a lightly-floured board and roll into an oblong shape. Fold evenly in 3 and turn the fold to the left-hand side. Press the edges together lightly and roll again into a long strip. Repeat 4 times.
leaving the pastry in a cool place if possible between rollings. Roll out the pastry if possible a little larger than the pie dish being used and cut off a strip ½" wide. Prepare the filling as for Beefsteak and Kidney Pudding and arrange it in layers in the pie dish. Fill the pie dish with stock. Brush the edges of the pie dish with cold water and lay on the strip of pastry - cut edge outwards. Brush with cold water. Cover the pie with the pastry and press the edges well together. Trim, flake and decorate. Roll the scraps into a strip 1" wide. Cut into diamonds and mark with a knife to resemble a leaf. Make a hole in the centre of the pie and arrange the leaves neatly around the hole damping underneath the tips to keep them in position. Brush the pie with beaten egg. Place on a Yorkshire tin and bake in a hot oven until the pastry is set and lightly browned. Then cover with a sheet of greased paper and reduce the heat to very moderate and cook for 1½ hrs. When almost cooked pour in a little extra boiling stock if necessary. Serve on a hot dish with a plain dish paper underneath and garnish with parsley.
Apple Sponge

Ingredients:
- 1 1/2 apples
- 3/4 pt water
- sugar to taste
- juice and rind of 1 lemon
- 1/2 oz gelatine or gelatine square
- 1 egg white

Method:
1. Peel and core the apples and cut into small pieces. Stew gently with the water until pulpy. Add sugar to taste. Rub through a sieve or beat well with a wooden spoon to remove lumps. Add lemon juice and leave until cool. Dissolve the gelatine square in 3/4 pt of hot water, and while cooling whisk until it stiffens. If using gelatine, break into small pieces. Put into a pot. Add enough water to cover and dissolve over very slow heat. Add 1/2 tsp sugar and when cooling whisk until it stiffens. Fold in the apple pulp and lastly fold in the stiffly beaten egg white. Pile into a glass dish, and serve with jugged or cream.
Rabbit Soup

Ingredients:
- 1/2 rabbit
- 1 carrot
- 2 sticks celery
- 1 oz flour
- seasoning

- 1 oz bacon fat
- 1 onion
- 2 pints stock or water
- ideesacekgo Worceester Sauce
- Bouquet Garni

Method:

To Pluck the Rabbit:

Split the skin of the abdomen down to the tail, remove the stomach and intestines.

To Skin:

Cut off the tail and cut the legs at the first joint from the paw. Loosen the skin from the body beginning at the slit underneath and working it up towards the back. Draw the skin off the hind legs, draw the skin off the fore legs working towards the shoulders. Remove the skin from the head using a sharp pointed knife where necessary. Remove the eyes. For roast rabbit leave the ears on and skin them. For boiled rabbit cut the ears off at the start having removed all entrails wash the rabbit well. Disjoint and cut into small pieces. Cook the: neckers in the saucepan. Lift out and brown the vegetables. Lift out the vegetables. Add a little extra fat if necessary and brown the flour. Add the stock or water, vegetables pieces of rabbit seasonings and flavourings and bring very slowly to the boil, then simmer gently 1½-2 hrs. Lift out some of the better pieces of rabbit and cut into dice to serve in the soup. Rub the soup through a sieve. Add the Worcester Sauce. Reheat adding the diced meat and serve in a hot soup tureen.
Cornish Pasties

Ingredients:
- 4 oz. short-crust
- ¾ lb. lean mutton
- pepper
- salt
- small onion
- small potatoes

Filling:
- beaten egg

Method: Make short crust per rule. Roll out into a square and trim the edges. Cut in 4. Prepare the filling by cutting the meat and potato into dice and chopping the onion. Mix well and season. Put a heaping spoonful of filling in the centre of each piece of pastry. Damp the edges of the pastry and draw the opposite corners to gather. Leave an opening at the top. Press the sides well together and flute the edges. Put on to a greased tin. Brush with beaten egg. Bake in a hot oven at first for 7 mins. Reduce the heat and bake in all 15-20 mins. Serve on a hot dish or a plain dish, bake and garnish with small strips of parsley.

Baked Plaice

Ingredients:
- plaice
- 2 oz. real forcemeat
- ½ pt. anchovy or English sauce

Method:
1. Trim the fish and remove the eyes. Skin the fish whole. To facilitate the removal of the skin, hold the plaice in front of the fire or under the grill for a few mins. Make a slit down the centre of the back and lift the flesh off the backbone at
each side of the slit making two pockets for the stuffing. Prepare the stuffing per rule and use to fill the pockets. Put the fish on to a greased tin. Cover with greased paper and bake in a moderately hot oven 15-20 mins. Dress with crumbs Serve on a hot dish on a plain dish paper. Garnish with cut lemon or with alternate rings of onion and tomato heated.

Sauce

Method. Make the same per rule. Add the vinegar, chopped Capers, pepper and salt and serve in a hot sauceboat.

Fried Tomatoes.

Tomatoes hot fat
finely chopped parsley

Method. Wash the Tomatoes and cut in 1/2's, 1/4's or slices according to size. Have the fat heated but not too hot and coat the Tomatoes over a slow heat until soft. Turning occasionally. Serve on a hot dish sprinkled with finely chopped parsley

Stewed Prunes

Ingredients

1 lb prunes
1 pt water
2-4 oz sugar

Method. Wash the fruit and steep for 12 hrs. Drain off the water into a saucepan. Add the sugar. Bring to the boil and boil for a few mins. Put in the fruit and simmer until soft. Cool before placing in a glass dish. If liked the fruit may be lifted out when cooked and the syrup further reduced by
Corning

Cornflour Mould

Ingredients:
- 15g cornflours
- 10g sugar
- 1st milk
- Flavouring

Method: Blend the cornflours with 4 pt. of the milk. Put the remainder of the milk to heat with the flavouring and pour on to the blended cornflour, stirring all the time. Return to the unused saucepan. Bring to the boil and boil for 10 mins, stirring continuously. Add the sugar and stir till dissolved. Pour into a heat mould and leave until set. Then turn out on to a glass dish, and serve with stewed fruit, jam or jelly.

Stewed Stuffed Steak

Ingredients:
- 1 lb. round steak (½" thick in one cut)
- 1 oz. dripping
- Salt + pepper
- 1 tsp. Worcester sauce
- 1 tbsp. flour
- ½ pt. stock

Stuffing:
- 1 cup crumbs
- ½ onion (chopped)
- Seasoning
- 2 oz. chopped meat
- 1 tsp. parsley
- ½" herbs
- 1 tsp. stock or milk

Method: Make the stuffing by mixing all the day. In a pan, and moistening with a little melted stock or milk. Wipe the meat and beat it over the back of a wooden spoon. Sprinkle with pepper. Flatten out the stuffing on to the meat to within ½" of the edges and roll up. Tie securely. Fry the meat in the hot dripping in an iron stew pan until browned all over. Left out...
and drain. Make a brown stewing sauce and boil for 4 mins. Put in the meat. Cover the stew pan tightly and leave to simmer gently for 1½ to 2 hrs. Turn the meat occasionally and baste it and stir the sauce. When done lift on to a hot dish and remove the twine or tape. Add the Worcester sauce to the gravy and season if necessary and strain it around the meat. Garnish with Julienne Strips.

Cheese Pudding

Ingredients:
- 5 oz butter
- ½ pt milk
- Pepper and salt
- 2 tsp mustard
- 1 egg (separated)
- 1½ oz breadcrumbs
- Slices of tomatoes
- 1 oz grated cheese
- Parsley

Method:
Heat the milk and butter and add the seasoning and beaten egg yolk. Mix the crumbs and cheese in a bowl keeping back a little cheese for the top. Pour the liquid over and mix well and leave to steep until the breadcrumbs swell. Then fold in the stiffly-beaten egg white. Pour into a greased pudding basin and sprinkle the remainder of the cheese on top. Bake in a moderate oven until set and golden brown. Slices of tomato may be placed on the pudding a few mins. (about 5) before it is cooked.
Orange Baskets

Ingredients:
- a large orange
- chopped nuts
- whipped cream
- 2 jelly squares
- angostura

Method: With a silver or stainless fruit knife, cut the orange skin into a basket shape and remove the upper portion leaving the handle and basket. Remove the pulp of the orange carefully, taking care not to break the basket. Divide the sections into 2 or 3 pieces. Pile into the baskets and pour in some jelly (1/2 packet jelly to 1 pt. water) leave to set then decorate with chopped jelly and nut.

Kidney Soup

Ingredients:
- 1/2 oz kidney
- 1/2 lb round steak
- 1 qt. brown stock
- 1/2 oz dripping
- 1 oz flour or 1 oz cornflour
- salt and pepper
- 2 stalks celery
- 1 white turnip
- 1 onion
- 1 carrot
- Bouquet Garni

Method: Skin and core the kidney and steep in tepid water. Cut in small pieces. Mince the meat or chop it finely. Wash and prepare the vegetables and cut in small pieces. Melt the fat and toss the vegetables in it. Add flour and stock. Bouquet Garni. Simmer 12 to 15 minutes. Remove Bouquet Garni and rub through a sieve keeping back a few pieces of kidney cut in dice for garnish. Reheat and serve in a hot soup tureen.
# Stuffed Porkchop

**Ingredients:**

- 1 porkchop
- Sage and Onion Stuffing:
  - 3 tbsp. crumbs
  - 1/2 tsp. sage
  - pepper and salt
  - milk or stock to bind
- Thick brown gravy:
  - 1/2 pt. stock
- Apple Sauce:
  - 2 apples
  - 2 tsp. sugar
  - 2 tbsp. water

**Method:**

1. Wipe the meat with a damp meat cloth. Slash down one side on a hinge. Make stuffing layer. Place on one half of the open pork steak. Fold over the other half and sew or skewer in position. Weigh and allow 25 mins. to the lb and 25 mins. over. When cooked lift on to a hot dish. Remove thread or skewers and keep the meat hot.
2. Pour off the fat leaving about 1 tbsp. and sediment. Add pepper, salt and flour and stir until it browns. Add the stock stirring all the time. Boil 7 mins. and strain into a hot sauce boat.

**Apple Sauce**

Peel, core and slice apples. Stew with water and sugar until pulpy. Rub through a sieve or beat with the back of a wooden spoon. If liked add a knob of butter and a bunch of nutmeg. Reheat thoroughly.

Serve porkchop on a hot dish. Garnish with parsley and serve sauces in hot sauce boats.
Scotch Eggs.

Ingredients:
- 2 hard-boiled eggs
- 2 sausages
- Egg
- Fine crumbs
- Deep fat
- 4 rounds toast or fried bread
- Parsley

Method: Skin the sausages and flatten the meat out on a lightly floured board. Remove the shells from the eggs. Dry them and toss them in flour. Cover each egg evenly with sausage meat and flatten the ends. Coat with egg and crumbs and fry in smoking hot fat until golden brown. Drain well on crumpled kitchen paper. Cut each egg in ½ and place on a round of toast. Serve on a dish paper on a hot dish and garnish with parsley.

Rules for Deep Frying

To Prepare both fats:

Ingredients:
- 3 lbs scrap beef suet
- 3 lbs scrap mutton suet

Sufficient for pan 9" diameter 3" deep

Method: Remove all meat, bone and skin and cut the fat into small pieces. Put into a shallow pan or roasting tin. Add about 5 pt. water. Bring to the boil. Reduce the heat. Skim. Then leave over a slow heat until all the fat comes out, stirring it and pressing it occasionally and straining it through a fine strainer till it melts.
**Rules for Coating**
1. Food fried in deep fat is generally coated either with beaten egg and fine bread crumbs or with batters.
2. Food should not be coated until immediately before frying.
3. All loose crumbs should be brushed off before frying.

**Rules for Frying**
1. Have sufficient fat in the pan to cover the articles to be cooked.
2. Have the fat at the correct temperature i.e. a faint blue smoke should arise from it.
3. Do not put too many articles into the fat at one time as this cools the fat unduly.
4. Always allow the fat to reheat before adding more food.
5. Drain fried foods on crumpled paper.

**Care of Bath of Fat**
1. Use at the correct temperature and do not allow to become overheated.
2. Never mix fresh fat with burned fat.
3. Cool after use and then strain through a fine strainer.
4. Clarify when necessary. Put the fat into a saucepan with enough cold water to cover. Bring slowly to the boil and remove any scum as it rises. Strain into a bowl and just put aside to cool. Remove the set fat and scrape the bottom. Return to the saucepan and heat gently until all the water is driven off.
Potato Croquettes

\[ \frac{1}{2} \text{ lb. mashed potatoes} \quad \text{pepper, salt} \]
\[ \frac{3}{4} \text{ tsp. chopped onion} \quad \text{pinch of mixed herbs} \]
\[ \frac{1}{2} \text{ tsp. " parsley} \quad \frac{2}{3} \text{ oz. melted fat} \]
\[ \frac{1}{2} \text{ beaten egg} \]

To Coat: Egg, fine breadcrumbs
To Fry: Deep fat
To Garnish: Parsley

Mix the mashed potato with the seasonings and flavourings. Add the melted fat and sufficient beaten egg to bind. Turn on to a floured board and form into a roll. Divide into 6 pieces and make each into a cork-shaped piece. Coat with egg and breadcrumbs and fry in fat until golden brown. Drain well and serve on a hot dish garnished with parsley.

Grilled Herrings

Ingredients:
- Herrings
- Melted fat
- Pepper, salt
- Chopped parsley


Mustard Sauce

Method: Make \[ \frac{1}{2} \text{ pt. } \frac{3}{4} \text{ houring sauce. Add } \frac{1}{2} \text{ tsp. mustard mixed with } 1-2 \text{ tsp. vinegar.} \]
Brown Pudding

Ingredients:
- 20g fruit
- 20g currants
- 20g sugar
- 20g suet
- 20g flour
- 5g sultanas
- ¼ tsp cinnamon
- 1 tsp bread soda
- Little milk
- 1 egg

Method: Mix all the dry ingredients together. Add beaten egg and sufficient milk to mix to the right consistency. Lastly, add the bread soda dissolved in a little milk. Pour into a well greased pudding bowl. Cover and steam 2-2½ hrs. Turn out, drizzle with sugar and serve with a suitable sauce.
Sausage Rolls

Ingredients:
- 4oz Rough Puff pastry
- 4oz Sausages

To glaze:
- beaten egg
- parsley

Method I: Make Rough Puff pastry per rule and on the last rolling roll out oblong in shape. Skin Sausages and cut in ½'s. Cut the pastry in strips the size of a ½ sausage. Place the sausage on top of the pastry and roll up. Damp the edge where it joins. Brush the top with beaten egg and mark on the top. Put on to a Baking tin and bake in a hot oven for the first 10 mins until lightly browned. Reduce the heat and cook in all 20-30 mins. Serve hot on a chicory paper on a hot dish. Garnish with parsley.

Method II
Cut the pastry into 6 squares. Place a piece of Sausage on ½ the square of pastry. Damp the edges and fold the other ½ over. Press and make the edges. Make 3 slits on top with a knife and continue as for method I

Savoury Omelet Soufflé

Ingredients:
- 2 large eggs
- 1tsp. chopped parsley
- pepper and salt
- ¼ tsp. mixed herbs
- ⅛ piece onion (finely chopped)
- 1 tbsp. milk

To try:
- 1 oz butter

To garnish:
- parsley

Method: Use a well-seasoned omelet pan.

To Season: Melt a little clean fat in the pan until smoking hot but do not allow to burn. Pour off the
fat and rub the pan well with Kitchen paper. Separate the yolks from the whites of the eggs. Beat the yolks and add the seasonings and flavourings and sliced onion, milk and mix until creamy. Whisk the whites stiffly and gently fold in the yolk mixture. Have the butter sizzling hot on the pan. Turn the mixture on to the pan and cook with a fairly steady heat until set and lightly browned underneath. Then hold in front of a clear bright fire or under a grill until set and lightly browned. Turn out on to a hot dish allowing 1/2 of the omelet to rest on the palm of the left hand. Crease the centre with a knife. Then fold the other 1/2 over garnished with parsley and serve immediately.
(Brown) Rabbit Stew

Ingredients:
- 1 rabbit
- 1 lb streaky rashers
- 1 onion
- 1 carrot
- 1 white turnip
- Salt + pepper
- 3 pt. stock

To garnish:
- Finely chopped parsley

Method:
1. Disjoint the rabbit. Wash and cut into sections. Dry and toss in seasoned flour.
2. Remove the rashers. Cut in 2 or 3 and fry until the fat is transparent. Remove the joints of rabbit till golden brown. Lift out. Add the remainder of the flour and make a brown roux. Add the stock and boil for 7 mins. Add the rabbit, sliced vegetables and seasoning. Stew gently for 2 hrs. Either in a stewpan or in a casserole in the oven. Add the rashers about 15 mins. before rabbit is cooked.
3. Serve rabbit in the centre of a dish with the vegetables around. Strain sauce over. If necessary thin down a little.

Yeast Bread

Ingredients:
- 1 lb flour
- ½ tsp. salt
- 5 pt. ½ pt tepid milk or tepid milk + water

To Glaze:
- Milk or beaten egg

To Test Yeast:
- ½ oz. yeast
- ½ tsp. flour
- ½ tsp. sugar
- 1 cup tepid water
- ½ pt tepid

Method:
1. Heat the flour. Test the yeast i.e. cream the yeast with the flour and sugar. Then add the tepid water and stand in a warm place until it rises to a froth. Keep back a little of the ½ pt. flour for
Kneading. Make a hole in the centre of the flour. Pour in the lapsed yeast and tepid liquid. Mix to a loose dough using a wooden spoon and using a little more liquid if necessary. Knead until smooth and elastic in texture, about 10 mins. Shake some flour in the bottom of the bowl. Replace the dough. Cover with a cloth. Set to rise in a warm place until double its size about 1hr. Knead for a further 5 mins. Put into 1or 2 greased loaf tins and leave to rise again in a warm place 30-45 mins. Brush over with milk. Put into a hot oven for the 1st 5 mins—then reduce the heat and bake for 30-45 mins. Turn on to a wire tray and leave to cool.

**Fish Cakes**

- \(\frac{1}{2}\) cooked fish
- \(\frac{1}{2}\) tsp. Anchovy Ess.
- \(\frac{1}{2}\) tsp. Chopped parsley
- Beaten egg to bind
- \(\frac{1}{2}\) lb mashed potatoes
- Pepper + Salt
- 2 oz melted butter

**Method:** Remove skin and bone from fish. Mix with the other ingredients adding enough beaten egg to bind. Turn out on to a floured board and form into a roll. Cut into even pieces and make into flat round cakes. Coat with egg and crumbs and fry in smoking hot fat until golden brown. Drain on crumpled paper and serve on a hot dish on plain dish paper garnished with cut lemon and parsley.
Nut and Orange Loaf

Ingredients:
- 3 oz. flour
- 4 oz. wheaten meal
- 1 tsp. B.P.
- 1-2 ozs. chopped orange peel
- 1 oz. chopped walnuts
- 1 egg
- milk
- 2 tsp. salt
- 1 oz. butter
- 2 oz. fine sugar

Method:
Sieve flour and salt into a bowl. Rub in butter. Add wheaten meal and the remainder of the dry ingredients and mix to a soft dough, using the beaten egg or a little milk. Put into a well-greased loaf tin and bake in a fairly hot oven for 3/4-1 hr. Cool on a wire tray.
Curry of Mutton

Ingredients:
- 1 lb. fillet of mutton
- ½ oz. dripping
- 2 Tbsp. Curry powder
- 1 Tbsp. Curry paste
- 1 tsp. chutney
- 1 oz. boiled rice
- 4 rashers
- 1 onion
- ½ flour
- 3 oz. stock
- 2 Tbsp. lemon juice
- ½ sour apple

Method:
Wipe the meat with a damp cloth. Cut away the fat and cut into pieces about 1" square. Remove rind and bones from the rashers. Cut in ⅛ and fry them, lift out. Add the dripping. Mix the flour and Curry powder together. Add to the fat. Mix in the Curry paste and cook for a few mins. Add the stock. Bring to the boil and boil for 7 mins. Add the chopped apple, chutney, lemon juice and seasoning. Mix well and put in the meat, sliced onion and rashers. Cover and steam gently for 1½ hrs. Serve the meat in a border of rice and garnish the rice with strips of parsley and some red pepper.

To Prepare Rice:
Wash the rice in a strainer and put to cook in boiling salted water (1 dessertsp. per 19 oz.). Add a little lemon juice. Boil rapidly with the lid off, stirring occasionally, until the rice grains are soft (20-30 mins). Turn into a colander, pour some hot water through to separate the grains and leave to dry in a warm place, stirring occasionally.
Rice Pudding.

Ingredients:
- 2 oz. rice
- 1 pt. milk
- 1 egg
- 2 oz. butter
- Flavouring
- Sugar

Method: Wash the rice in a strainer. Put into a double saucepan with the milk and allow to cook gently until the rice grains swell and become soft. Add the sugar, butter and flavouring. Cook slightly and add the beaten egg stirring all the time. Pour into a greased pudding dish and bake in a very moderate oven until set and slightly browned. Serve the pudding on an oval dish. Sprinkle a little fine sugar on top.

Note: When possible steep the rice for a few hours in half the quantity of the milk.

Yapuca and Sago Pudding:
- Proportions as for rice pudding.
- Method: Cook until the cereal clears and becomes transparent. Continue as for rice pudding.

Tomato Omelet:

Ingredients:
- As for Savoury Omelet Soufflé

Filling:
- 1-2 tomatoes depending on the size
- 2 oz. fat

Method: Slice the tomatoes and sauté them in the melted fat. Prepare the omelet and use the tomato as filling. Garnish with parsley.
Roast Pork

Ingredients:
- 2-3 lbs loin of pork (or leg of pork)
- hot fat

Sage and Onion Stuffing:
- 2 oz. crumbs
- 4 tsp. chopped sage
- pepper
- salt
- onion (parted, chopped)
- 1 pint stock
- 1 lb. fat

To Serve:
- Apple Sauce
- Roast Potatoes
- 1 pt. thick brown gravy

Method:
1. With the meat still on its bone, score the skin with a sharp knife at intervals of 1/2". Make the stuffing, mix it with the fat and the lean, and pack it in the stuffing. Tie the joint round with twine or skewers into position. Weigh and roast according to the rule for roasting, allowing 25 mins. to lb. and 25 mins. over. When cooked, lift off the meat and make a thick brown gravy. Serve the meat on a hot dish with apple sauce and brown gravy in sauce boats.

Roast Potatoes

Prepare the potatoes and put to cook with the meat. 3- 4 hrs. before it is ready for serving.
Col Cannon

Ingredients: 1/2 lb cooked potatoes, 1/2 lb curly kale or cabbage, salt, pepper, 1 tsp chopped parsley

Method: Have the potatoes free from lumps and chop the kale or cabbage finely. Mix together. Add the melted butter, chopped onion, chopped parsley, salt, pepper, and a little milk and thoroughly reheat, beating well. Serve piled up in a vegetable dish and score with a fork.

Kidney Omelet

Ingredients: 2 eggs, 1 tsp chopped parsley, 1 1/2 teaspoons onion

Filling: 1 kidney, 1 shallot, some Cayenne pepper

Method: Prepare the kidney pie rule. Cut into dice and sauté in the butter, adding the sliced shallot or 1 tsp finely chopped onion and a pinch of Cayenne pepper. Cook for about 7 mins. Prepare the omelet as for Savoury Omelet Soufflé (page 83). Serve on a hot dish. Put filling on top and fold over.
**Christmas Cake**

**Ingredients**

- 2 lb butter
- 6 eggs
- 1/4 tsp B.P.
- 5 glass whiskey
- grated rind of 1 lemon
- 2 lb currants
- 1/2 lb raisins
- 1/2 lb sultanas
- 1/2 lb sugar
- 1/2 lb flour
- 10-12 ozs. flour
- 1 tsp. sour milk
- 2 lb whole almonds
- 1/2 lb peel
- 2 lb cherries
- 1/2 tsp nutmeg
- 1/4 tsp spice
- caramel

**Method.** Prepare the fruit. Blanch the almonds and chop them. Cut the cherries in 1/2's and mix with a little flour. Mix the fruit in a bowl. Add the spice, almonds, lemon rind and chopped peel. If liked, cover and leave overnight and pour 1-2 tablespoons of whiskey over before using. Line and grease a 9” tin. Cream the butter and sugar and add eggs separately, beating well between each addition, or add beaten egg and sifted flour alternately. Add the breadsoda dissolved in a little buttermilk and caramel or other colouring, i.e. Passion essence. Add the prepared fruit. Put into the prepared tin. Make a hollow in the centre and bake in a moderate oven 3-3 1/2 hrs. Electric Cooker 350. Turn to low after 1 hr. Regulate heat it for 15 mins. Then turn it to 3-5 for 1st hour and 1” less for the rest of the time. Test the cake with a warm skewer. Lift out of the oven and sprinkle the remainder of the whiskey over. Leave the cake in the tin until cold. Otherwise there is danger that it may fall in the centre. Turn out. Loaf in greaseproof paper and leave in an airtight tin until required.
Almond Paste

- ¾ lb ground almonds
- 2 eggs
- ¾ lb castor sugar or icing sugar
- 1 tbsp. whiskey or sherry
- ½ tsp. almond essence
- ¼ " ratafia "

Method. Crush the lumps from the almonds and sieve the sugar. Beat the eggs. Add the flavouring and spirits. Pour on to the almonds and sugar and mix well. The paste should be stiff. Turn on to a sugared board and handle until free from cracks. Roll out larger than the cake. Brush the cake over with marmalade, apricot jam, white of egg; fill up any holes with small pieces of paste. Lay the cake top downwards on the almond paste. Brush the sides over with egg. Spread the paste on the sides of the cake with a knife, making the edges of the cake quite sharp. Leave for 1 or 2 days at least before Royal Icing.

Water Icing

- 5 lbs of icing sugar
- 1/2 lb water
- a little lemon juice

Method. Sieve the sugar and enough hot water to make it to the consistency of a Coating Sauce.

Royal Icing

- 1 lb icing sugar
- 1-2 egg whites
- ½ lemon (squeezed)
- few drops of laundry blue

Method. Sieve the icing sugar through a hair sieve. Add sufficient to beaten egg white and lemon juice to make the icing thicker than a Coating Sauce. Work in a few drops of blue from the sides of the bowl. Beat
for 10-15 mins. Smooth on to the cake using a palette knife dipped in water.

**American Icing**

5 lb granulated sugar 1 egg white
4 tbsp. water

**Method**

Put the sugar and water into a saucepan and dissolve slowly. When dissolved, boil for 1 min. Remove the steam. Put the unbeaten egg white into a clean dry bowl. Pour the syrup over slowly, beating all the time. Stand the bowl over a saucepan of boiling water and keeping the water boiling all the time, whisk until white and very thick. Spread quickly over the cake, roughening it up.
Barm Brack

**Ingredients:**
- 1 1/2 cups flour
- 3/4 oz yeast
- 3 oz sugar
- 4 pt milk
- 1/2 tsp spice
- 1/2 lb fruit
- 2 oz butter
- 3 eggs
- 2 oz candied peel

**Method:**
1. Prepare the fruit. Test the yeast. Make a well in the centre of the flour. Add the tested yeast, beaten egg and heated milk with melted butter. Mix to a soft dough. Knead for 10 mins and put aside in a warm place until double its size. Knead in the fruit, getting it evenly through the mixture. Put into well-greased tins and leave to rise again for about 1 hr. Bake in a hot oven for the 1st 5 mins. Reduce the heat and bake in all 2-2 1/2 hrs. Brush over with syrup made by dissolving 1 dessertsp. Sugar in 1 dessertsp. water. Put back into the oven for a few mins to set and leave to cool on a wire tray.

Sheep's Head Broth

**Ingredients:**
- 2 sheep's head
- 2 leeks
- 2 carrots
- 2 sticks celery
- 2 dessertsp. chopped parsley
- 2 dessertsp. pearl barley
- 25 pints water
- salt, pepper

**Method:**
1. Lift out the brains and leave them to steep in cold water and vinegar (1 tsp vinegar per pt. water). Wash the head carefully, paying particular attention to the tongue and galls around it. Remove the eyes. If possible, steep in cold salt water for about 1 hr. Blanch the head. Rinse the head and the saucepan in clean cold...
water. Then put the head, water, barley into the saucepan. Add salt and pepper. Bring slowly to the boil and remove the gpsy barn. Simmer for about 2 hours. Keep the head on to an enamel plate and keep warm. Season broth of necessary and remove any surface grease. Pour into a hot soup tureen and sprinkle with finely chopped parsley. Remove all meat from the head and cut into tidy pieces. Skim the tongue and cut in slices. Pile into a hot dish and

**Brain Cakes.**

*Ingredients:*
- Calves or sheep's brains
- Lemon juice or vinegar
- 3 oz. crumbs
- Mixed herbs

*Salt:*
- Beaten egg to bind
- 1 tsp. Chopped onion

*To Cook:*
- Eggs and breadcrumbs

*To Fry:*
- Hot oil or fat

*To Garnish:*
- Parsley; lemon

*To Serve:*
- Tomato sauce

**Method:**
Soak the brains for 1 hr. in vinegar and water, removing any bits of blood and changing the water 2 or 3 times if necessary. Wash well and put to cook in cold salted water adding vinegar. Simmer gently 10-15 mins. Take up, drain and dry. Chop finely and mix with the breadcrumbs, seasonings and flavourings. Bind with beaten egg. Form into a roll cut into even sized pieces and form into flat cakes. Coat with egg and crumbs and fry in smoking hot fat. Drain well. Serve on a dish paper on a hot dish and garnish with parsley and cut lemon. Serve
**Herrings au Gratin**

**Ingredients:**
- 3 herrings
- 3 potatoes
- breadcrumbs
- 1-2 onions
- pepper, salt, nut of butter

**Method:** Trim the herrings. Remove the bone and cut into 4 or 6 pieces. Sprinkle with pepper and salt and a little lemon juice. Cut the potatoes in very thin slices. Chop the onion. Arrange the fish and potatoes in layers in a greased pyrex or casserole dish. Mix about 1 tablespoon of crumbs with a little melted butter, and sprinkle this on top of the dish. Pour in about 1/2 pint of stock or water and bake in a moderately hot oven 20-30 mins. until nicely browned on top. Garnish with cut lemon and parsley and serve with tomato sauce.

*Gratin:* a term applied to dishes sprinkled with crumbs and browned in the oven and served in the dish in which it is cooked.
Fish Custard Soufflé

6 oz white fish
1/2 tsp salt
1/2 tsp pepper
1/2 tsp lemon juice
1/2 pt milk
1 egg
1 egg (separated)

Method: Skin and bone the fish and cut into neat pieces. Sprinkle with salt, pepper, and lemon juice. Season the crumbs and cut the tomatoes in slices. Mix the milk with the egg yolk and add the stiffly beaten white. Arrange the fish, sliced tomatoes and crumbs in layers in a greased flameproof. Keep back two slices of tomato for garnish. Pour the liquid over and bake in a moderate oven 20-30 mins. Put on the garnish of tomato about 5 mins. before removing from the oven.
Batter Pudding

Ingredients:
200g flour
1 egg
⅔ pt. milk
pinch of salt

To Serve:
fine sugar
syrup sauce

Method: Sieve the flour and salt. Add the egg unbeaten. Mix the flour in gradually and add the milk by degrees. Beat well until the batter is full of air bubbles, then cover with a cloth and stand for 1 hr. Pour into a very well greased pudding basin. Cover with greased paper and tie. Plunge into a saucepan of boiling water and boil steadily 1½ hrs. Serve with syrup sauce or blend melted butter and sugar separately. This pudding may also be baked.

Syrup Sauce

Ingredients:
1 pint water or 2 tablespoons golden syrup
1 dessertspoon lemon juice or 2 tablespoons sugar
a little colouring

Method: Put water, syrup and lemon juice into a saucepan and boil for 5 mins. If using sugar, dissolve sugar before allowing to boil. Strain and add a few drops of colouring and serve.
Mince and Potato Border.

**Ingredients**
- 3 lb of cooked minced meat
- 1/2 pint of brown steering sauce
- 1 small onion
- 1 tsp. Ketchup

**Border:** 1 lb of mashed potatoes

**Garnish:** parsley

**Method:** Make the sauce. Add the chopped onion, seasoning, and ketchup. Cool a little before adding the minced meat. The mixture should be soft without being too moist. Reheat gently but thoroughly, 10-15 mins. Have the mashed potatoes very hot. Make a border of them on a hot dish and score with a fork. Serve the mince in the centre and garnish the border with finely chopped parsley or with sprigs of parsley.

**General Rules for reheatin Dishes:**
1. Use nothing that is not absolutely fresh.
2. Remove all bone, skin and gristle and as much fat as is necessary. Mince or chop.
3. Mince or chop the meat as required.
4. Cooked meat should only be reheated if not recooked.
5. Season very thoroughly to make up for loss of flavour.
6. Do not add the meat until the sauce has been well boiled and then cooled.
Egg Jelly

½ oz. gelatine  ⅛g sugar
and 2 1/2 lemons  2 eggs (separated)
juice of ½ lemon  ¼ pt. ⅛ cold water
[sherry or brandy]

Method. Dissolve the gelatine in the water to which lemon juice has been added. Strain infusion for 15 mins. Strain. Add lemon juice and spirits if allowed. Cook slightly and pour on to the beaten egg yolks whisking all the time. When mixture is just beginning to set, whisk in the stiffly beaten whites and beat until thick. Pour into a wet mould and leave until set or pull roughly into a glass dish.

Stewed Tripe

Ingredients:

- 1 lb tripe
- 2 onions
- pepper & salt
- 2 cloves
- 1 oz butter
- ⅛ oz flour
- ¼ pt. milk

Garnish: Shredded Toast, parsley

Method. Wash the tripe and blanch it. After blanching, rinse in tepid water and cut into pieces about 1" square. Put to cook with the milk, silver onions, cloves, seasoned butter and seasoning and stew gently for about 1½ hrs. Add the blended flour and boil for 10 mins. Stirring all the time. Serve the tripe in a hot dish with a little of the sauce poured around. Garnish with parsley and toast cut in diamond shaped pieces.

Note. Tripe is the inner lining of the stomach of the ox. It is very nourishing and easily digested. It is generally
sold prepared and partially cooked.
The different varieties are:
1. Honeycomb
2. Book or Leaf
3. Reed
4. Monk's Hood

Cabinet Pudding

Ingredients:
- 3/4 pt. milk
- 1/2 oz. bread or cake
- 3 1/2 oz. fine sugar
- 1 oz. cherries
- 1-2 eggs
- Flavouring

To Serve:
Jam Sauce or Syrup Sauce

Method:
Heat the milk. Add the sugar and flavouring and pour on to the beaten eggs. Prepare the cake or bread by cutting in small dice. Pour the liquid over and leave to soak for about 1/2 hr. Grease a pudding bowl and place some split cherries on the bottom and the sides. Pour in the soaked mixture. Cover and tie. Steam gently 1-1/2 hrs. Turn out. Sprinkle with fine sugar and serve with jam sauce.
Apple Cheese Cakes

Ingredients:
- 3oz Short Crust or Rough Puff
- 1-2 apples
- 2-3 Cloves
- 1oz butter
- Sugar to Taste
- 1 egg separated

Method: Roll the pastry out thinly and use to line patty tins. Core the apples to a pulp adding about 1 Tablesp. water. Add the sugar and butter and remove the cloves after cooking. Beat with a wooden spoon or rub through a sieve. When cool add the egg yolk. Put a spoonful or two of this mixture into each patty case and bake in a hot oven 15-20 mins. Beat the egg white until stiff and fold in 3-3oz of sugar (fine). Put a spoonful on top of each case and return to a cooler oven to set the meringue.

Brown Onion Soup

Ingredients:
- 1 lb onions or mixed vegetables
- mixed herbs
- 1 pint brown stock
- 1-2 oz fat
- 1-2 oz flour
- pepper & salt

Method: Prepare the vegetables leaving the brown skin on the onions. Slice all the vegetables as thinly as possible and fry until brown using ½ the amount of fat. Add the remainder of the fat. Blend in the flour and then the cold stock, pepper, mixed herbs. Bring to the boil and allow to simmer gently. When vegetables are soft rub through a sieve and season.
reheat and serve very hot.

Sinnan Haddock (on Toast)

Ingredients:
- 3/4 lb sinnan haddock (cooked)
- 1/3 cup butter
- 1 egg
- 1 tablespoon milk
- seasoning
- 4 rounds of buttered toast

Gingerbread

8 oz. flour 1 egg
3 oz. sugar
3 oz. butter
2 tsp. treacle or golden syrup
1 tsp. ground ginger
½ tsp. salt
½ tsp. B. Soda
2 oz. milk
½ oz. candied peel

Method 1

Sift the flour, salt, B. Soda and ginger. Melt the sugar, butter and treacle over a very low heat. Add to the dry ingredients, stirring from the side into the centre. Add the beaten egg and enough milk to mix to a dropping consistency. Put into a well greased tin. Bake in a moderate oven for 45 mins. Allow to cool a little in the tin. Turn out and cut into squares.

Liver Soup

½ lb. livers
1 carrot
1 onion
1 white turnip
salt & pepper
3 sticks ¾ celery
1 ½ tsp. ¾ brown stock
10g dripping
10g cornflour
Bonnet garni

To serve:— fried croutons & bread

and serve. Serve fried croûtons separately.

**Nut and Fruit Loaf**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholewheat meal</td>
<td>2 cups</td>
</tr>
<tr>
<td>2 oz flour</td>
<td>2 eggs</td>
</tr>
<tr>
<td>1 tsp salt</td>
<td>3 oz sugar</td>
</tr>
<tr>
<td>2 oz butter</td>
<td>3 oz walnuts</td>
</tr>
<tr>
<td>1/2 pt. milk (about)</td>
<td>3 oz currants</td>
</tr>
</tbody>
</table>

**Method**
- Sift the flour. Add wholewheat meal and salt.
- Rub in butter. Add B.P. and beaten eggs to remainder.
- Add enough milk to make to a stiff batter. Put into a well greased loaf tin. Bake in a moderate oven for 1 hr. Cool on a wire tray.

**Macaroni Cheese**

**Ingredients:**
- 2 oz macaroni
- Cayenne pepper
- Salt
- 2 oz cheese
- 1/2 tsp. made mustard
- 1/2 pt. white stewing sauce

**To garnish:** parsley

**Method**
- Break macaroni into 1" length. Wash in cold water. Put to cook in plenty of fast boiling salted water and boil rapidly with the lid off until soft (30-40 mins). Drain well. Make a white stewing sauce.
- Add macaroni, mustard seasoning and 3/4 of the grated cheese. Put into a well greased pie dish. Sprinkle the remainder of the grated cheese on top. Bake in a moderate oven until set and brown on top. Serve piedish on a dish paper on a hot dish and garnish with parsley.
Rabbit Pie

Ingredients:
- 6 oz Rough Puff or flaky pastry
- ½ rabbit
- 3 oz forcemeat
- Stock or water
- Seasoned flour

Method: Make pastry. Leave aside in a cold place.

Doughnuts

Ingredients:
- ¼ lb flour
- salt
- 1 tsp B.P.
- a little milk

To Fry:— Deep fat

To Dust:— Sugar or Cinnamon.

Sift flour and salt. Rub in butter. Add B.P. and Sugar. Add beaten egg and enough milk to mix to a stiff dough. Knead a little until smooth. Roll out ½” thick. Stamp into rounds with a 3” cutter. Cut the centre out with a small cutter. Fry in deep fat about 10 mins.
Drain, dust with sugar and Cinnamon. If jam is to be added, stamp into 3” rounds. Put ½ tsp jam in the centre. Wet the edges. Press 2 rounds together.

**Trunket**

**Ingredients:**
- 1 pt. milk
- 2 tsp. sugar
- grated nutmeg
- 1 tsp. rennet

**Method:** Heat the milk with sugar. When sugar is dissolved, add the remainder of milk and then rennet. Pour into a warm glass dish. Allow to stand in a warm place till set. Press a little nutmeg on top. If allowed 1 tsp. of whiskey or spirits may be added before rennet.

**Curried Eggs**

**Ingredients:**
- 3 hard boiled eggs
- 1 tsp. curry powder
- 1 tsp. paste
- ¼ lemon (juice)
- 1 tbsp. butter
- ½ tsp. flour
- ¼ pt. milk
- 2 tsp. coconut
- ¼ apple

**To Serve:** 20 oz boiled rice

**Method:** Cut the hard boiled eggs in 2. Melt the butter, add flour, curry powder, and curry paste. Blend and stir over the fire 1-2 mins. Leave in a warm place 10 mins. Add the milk gradually. Bring to the boil, stirring all the time. Then cook for 5 mins. Add the other ingredients. Have the eggs hot and pour sauce over. Serve on a hot dish with a border of boiled rice.
**Fish in Batter**

**Ingredients:**
- 2-3 fillets of fish
- Batter: 225g flour
- 2/3 pint tepid water
- Seasoning: lemon and parsley
- 1 egg (or 1/3 of an egg)
- Dash of pepper

**Method:** Prepare the fish according to need. Remove black skin. Wash, dry and sprinkle with pepper and salt. Mix flour and salt into a bowl, add oil and tepid water slowly. Mix to a batter. Cover and leave aside for ½ hr. If fillets are large, cut into neat pieces. Fold in the stiffly beaten white of egg lightly to the batter. Dip in the fish. Remove from batter and fry till a golden brown colour in smoking hot fat, turning occasionally. Drain. Serve on a dish, baked, and garnished with lemon and parsley.

**Baked Jam Roly Poly**

**Ingredients:**
- 4oz suet, short or flaky pastry
- Jam

**Method:** Make pastry as usual. Spread jam on it keeping it about 1" from the edge. Roll up and bake in a moderate oven for ½ hr. For suet pastry wrap in greased paper before removing from oven. Remove paper and allow to brown on the outside. Serve on a hot dish with jam sauce poured around and castor sugar sprinkled on top.
**Trifle**

**Ingredients:**
- 1 sponge cake or 6 2nd cakes
- Raspberry jam
- ¼ lb ratafia biscuits
- 19 walnuts
- ½ glass sherry
- 2 pt. milk
- ½ oz. sugar
- 2 eggs
- Flavouring
- Cream
- Almonds
- Angelica
- Cherries

**Method:** Split sponge cake and spread with jam. Pack loosely into glass dishes. Pour over fruit juice and sherry and allow to soak. Make custard. Allow to cool a little and pour over sponge cake. Allow to cool. Whip up cream till it stands in points. Add sugar and flavouring. Decorate through forcing bag and rose pipe on to trifle. Decorate with cherries, almonds and ratafia biscuits.

Note: If liked a small thin fruit may be added. The juice can be used to soak the sponge cake and fruit mixed through the sponge cake.

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**Lemon Curd**

**Ingredients:**
- 2 lemons
- ½ lb sugar
- 2 oz butter
- 3 eggs

**Method:** Grate lemon rind and squeeze juice from lemons. Put into pan with butter and sugar. Allow sugar to dissolve slowly, then bring to boil. Allow to cool a little. Add beaten eggs. Cook slowly, stirring all the time until it thickens. Put into hot jam jars and when set, cover and label.
**Russian Fish Pie**

**Ingredients:**
- 4-6 oz flour
- 3-4 oz fat
- 2 eggs
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. nutmeg
- 1/2 tsp. paprika
- 1/2 tsp. mixed herbs
- 1/2 tsp. parsley
- 1/2 tsp. garlic
- 1/2 tsp. celery
- 1/2 tsp. lemon juice
- 1/2 tsp. nutmeg
- 1/2 tsp. anchovy essence
- 1/2 tsp. b. p. egg

**Method:**
1. Place the fish in a bowl and add the seasonings and herbs.
2. Roll out the pastry and line a 9-inch pie dish.
3. Add the fish mixture and cover with the top crust.
4. Bake at 375°F for 40-45 minutes.

**Castle Puddings**

**Ingredients:**
- 2 oz butter
- 2 oz sugar
- 3/4 oz flour
- 2 eggs
- 1 heaping tsp. B.P.
- 1/4 tsp. B.P.
- 1/2 tsp. B.P.
- 1/2 tsp. B.P.

**To Serve:**
- Jam, syrup, or lemon sauce

**Method:**
1. Preheat the oven to 375°F.
2. Roll out the pastry and line a 9-inch pie dish.
3. Fill the pie with the fruit filling.
4. Bake for 15-20 minutes.
5. Serve warm with jam or syrup.
Boiled Chicken

**Ingredients:**
- 1 chicken
- boiling salted water
- 1 carrot
- 1 onion
- 1 white turnip

**To Coat:** Béchamel Sauce

**To Serve:** Rolls of bacon

**To Garnish:** Sliced yolk of egg, chopped parsley

**Method - Drawing and Trussing**

1. Pluck and singe
2. Remove arrows
3. Cut off head close to the body
4. Make slit down the back & the neck close to the body.
5. Remove wind pipe, loosen crop and other entrails from neck end.
6. Make slit between vent and tail. Insert 2 1st fingers and loosen all entrails, then pull fingers round gizzard and draw out. Make sure that kidneys and lungs are removed. Remove oil sack just under neck & tail.
7. Wipe with damp cloth inside the chicken or wash by letting water flow through.

**To Truss:**
1. Bring neck skin well down on to back.
2. Turn the wings in and under on to back.
3. Pass the tail through the vent.
4. Bring the legs well up and press down close to body.
5. Pass a trussing needle with some fine twine through wing joint, leg joint, body, then leg and wing joint on the other side. Bring the twine underneath, pass over the back and around the legs. Tie up securely.
To Cook

Put down in boiling salted water, to which sliced carrot, turnip and onion are added. Boil quickly for 5 mins, then allow to simmer allowing 15 mins to 30 and 15 mins over. Young chicken take about 3 hrs.

When cooked take up and remove twine. Drain on a clean tea cloth. Make Bechamel Sauce, pour over chicken, garnish with sliced yolks of egg and finely chopped parsley. Serve rolls of bacon around!

Rolls of Bacon

Remove rend from rachers and flatten out. Cut into 2

Roll up and put a skewer through 3 or 4. Grill or take in the oven

Bechamel Sauce

2 oz butter
2 oz flour
1 onion (small)

1 pt. milk
1 blade of mace
3 cloves

Method. Infuse the milk with seasonings and flavourings for about 15 mins. Strain and use this liquid to make a coating sauce.
Cheese Aigrettes

Ings.:
1 2 oz. butter
1 2 oz. flour
4 fl. water
mustard
1/2 oz. cheese
2 eggs
seasoning

Method. Make sauce with butter, flour and water, and cook well. Cool. Add seasonings, grated cheese and then beat in egg yolks. Fold in stiffly beaten whites gently. Drop small spoonfuls of the mixture into smoking hot fat and fry until a golden brown colour. Drain well and serve on a dish paper on a hot dish. Garnish with parsley.

BeeF Olives

Ings.:
1 lb. sirloin steak
1 lb. creamed potatoes

Topping:— 2 tbsp. crumbs
1 tbsp. suet
1 slice ch. onion
1 egg

Sauce:— 1 oz. dripping
Ketchup
2 oz. flour
3/4 fl. stock

Method. Beat steak and cut into meat strips 3" x 2". Make forcemeat, place same in the centre of each piece. Roll and tie up. Fry the roll in hot fat until brown, then fry carrot and onion. Remove. Make the browned gravy sauce. Return the meat and vegetables and stew 10-15 min. When cooked remove serve on a bed of mashed potatoes. Strain some of the sauce around. Garnish with fried potatoes and a
Steak Maitre d'Hotel

Ingredients:
- ½ lb. sirloin steak (1/2" thick)
- 1/2 oz. butter or dripping
- pepper

To Garnish:
- grated horseradish

To Serve:
- maitre d'hotel butter
- potato chips

Method:
1. Wipe the meat with a damp cloth. Beat with a wooden spoon. Remove the skin and superfluous fat and sprinkle with pepper. Brush over with melted fat. Place on heated and greased grid bars and give a quick sear to either side (about 1 min)
2. Cook for 10 - 15 mins. depending on the thickness of the steak using a knife and spoon to turn.
3. Serve the meat on a hot dish. Garnish with grated horseradish and put a small pat of maitre d'hotel butter on top. Potato chips may be served around. For maitre d'hotel butter, see page

Potato Chips

Ingredients:
- 3-4 potatoes
- bath of fat

Method:
1. Wash and peel the potatoes. Cut in slices about 1/4" thick and again into fingers or the chips may be cut into wide, thin slices. When cut, keep the chips folded in a cloth. Immerse the chips in boiling fat a small amount at a time. Lift out and allow the fat to become smoking hot again. Then immerse the chips for a second time and fry until golden brown. Drain thoroughly and serve on a hot dish on a dish paper. Sprinkle with a little salt.
Lemon Meringue Tart.

Ingredients:
- 4 oz. short crust

Filling:
- 2 lemons
- ½ pt. water
- 4 oz. sugar
- 1 oz. cornflour
- 2 egg yolks

Meringue:
- 2 egg whites
- 1 oz. castor sugar

To Decorate:
- glacé cherries

Method.

Make the pastry and use it to line a flan or enameled plate. Prick the centre with a fork to prevent it rising. Put a piece of greased paper in the centre and use beans or crocks as a filler. Bake in a hot oven for the 1st 7 mins. Reduce the heat and bake in all 15-20 mins. Remove the paper and filler about 5 mins before the end.

Filling.

Put the lemon rind and water to infuse for about 15 mins. Blend the cornflour with the strained lemon juice. Strain the hot liquid on to the blended cornflour, stirring all the time. Cook for 10 mins. Add the sugar and allow to cool before adding the egg yolks. Put the filling on to the pastry case. stiffly beat the egg whites and fold in the sugar. Place the meringue on top of the filling and decorate with split cherries. Return to a cool oven to set the meringue.
**Scalloped Fish**

**Ingredients:**
- ½ lb fish (cooked)
- ¼ pt. Coating sauce
- lemon juice
- pepper and salt
- chopped parsley
- brown crumbs

**Method:** Skin the fish. Remove the bones and flake finely. Make a coating sauce. Season well and flavour with the fish, and reheat thoroughly. Pile into greased scalloped shells. Sprinkle with grated cheese or browned crumbs and put into the oven or under a grill to brown. Serve garnished with cut lemon and parsley.

**Apple Amber Pudding**

**Ingredients:**
- 4 oz Short pastry
- Filling 4-5 apples
  - 2 egg yolks
  - ½ - 1 oz butter
- grated rind of ½ lemon
- sugar to taste
- 1 oz Sugar

**Method:** Make pastry and use it to line a flan plate. Flake and decorate it. Make a filling to keep the pastry from rising. Bake in a hot oven for 1 - 1½ hours. Then reduce heat.

Peel, core, and slice the apples. Cook with water, and lemon rind until pulpy. Add sugar and butter and beat until smooth. When cool add the egg yolks. Remove filling from pastry about 5 mins before end of bake in filling. Return to oven. Stiffly beat the egg white. Told in the sugar and fold in meringue on top of the tart. Return to a cooler oven until the meringue is set and lightly browned. The top may be decorated with split cherries.
Plum Pudding

3/4 lb flour 3-1 1/2 lb D. suet
3/4 lb Combs 1 lb 1/2 lb sugar (brown if possible)
3/4 lb currants 1/2 lb 5 whole almonds
3/4 lb raisins 1/2 lb 2 lemons, juice of 1 lemon
3/4 lb peel 1 tsp. mixed spice
3/4 lb currants 1 chopped apple
1 cupful of marmalade 3/4 tsp. salt
1/2 cup 1 glass of stout
1/2 tsp. B. Soda

Method. Prepare fruit, chop peel and almonds. Mix all the dry ingredients. Add the lemon juice, marmalade, beaten eggs and stout. Mix thoroughly and put into well greased pudding bowls. Cover with a greased and floured pudding cloth and tie securely. Boil for about 6 hrs. -8 hrs.

Brandy Butter

Ingredients:

2 oz butter (preferably unsalted)

1 fl. oz. Icing sugar

1/2 tsp. Vanilla

Method. Cream butter and scoured sugar and beat until white and creamy. Add the vanilla and brandy and leave aside in a cool place until set. Form into balls or if liked put up as a glass dish.
Mince Pies

Ingredients:

Mince meat
4 lb mixed peel
4 lb suet
4 lb brown sugar
1 tsp mixed spice
1 tsp ground nutmeg
2 cooking apples
2 glasses whisky

2 oz almonds
2 lb raisins
4 oz sultanas
4 oz currants
1 orange
1 lemon
Leek Soup

Ingredients:
- 6 leeks
- 1 pt. stock or hot water
- 1 oz. fat
- 1 oz. cornflour
- Salt & pepper
- ½ pt. milk

To Serve: - fingers of toast.

Method: Cut off the roots and green tops. Remove outer skin. Slice the leeks and sauté in the melted fat. Add the liquid and seasoning and cook until the leeks are soft. Rub through a fine sieve and return to the simmered saucepan. Blend the cornflour with a little cold water and add to the soup. Boil for 10 mins. stirring all the time. Add the egg beaten up with the milk and reheat but do not boil. Pour into a hot soup tureen.

Roast Chicken

Ingredients:
- 1 chicken
- Foremast cupful crumbs
- 1 tsp. ch. onion
- pepper & salt
- 1 dessertsp. ch. parsley
- 1 pinch mixed herbs
- 1 oz. butter
- Stock or milk to bind

To serve: ½ pt. bread sauce 5 pt. thin brown gravy

6 streaky rashers gravy parsley

Method: Pluck, range and draw the chicken. Make the stuffing. Loosen the skin back as far as the breast bone at the neck end and put in the stuffing. Draw the skin over the neck bones to the back and secure the flap with a stitch. Prepare the livers and gizzard. Toast the livers in the left wing and the gizzard in the right. Tie a slice of fat bacon over the breast of the
Chicken and roast pork, rule allowing 3/4 - 1 1/4 hrs according to age and age of bird. Remove skin and bone from the rasher. Flatten out and cut into bits and roll up. Put onto a skewer and put to bake with the chicken 20 mins before cooked. About 15 mins before it is cooked, remove the skin and fat bacon. Sprinkle a little flour on the breast. Put back to brown and finish cooking when cooked remove the twine. Break off the 1st bone left on the legs and lift the chicken on to a hot dish. Garnish with parsley and rolls.

Bread Sauce

Ingredients:
- 1/2 pt. milk
- 3 oz. 4 cloves
- 1/2 oz. breadcrumbs
- 2 oz. butter
- 1 bay leaf
- 1 small onion
- salt
- 4 peppercorns

Method: Peel the onion and stick the cloves into it. Put into a saucepan with the milk and other flavourings. Infuse for 3 hrs, then bring slowly to boil. Strain and return the milk to the saucepan. Add bread crumbs and leave over gentle heat until the bread crumbs swell and thicken the sauce, stirring occasionally. Add the butter and re-season if necessary.
German Slices

Ingredients:
- 4 1/2 cups flour
- 1/2 cup sugar
- vanilla
- 1/2 cup margarine
- 1 egg (separated)
- 20g ground almonds
- 1 egg white
- 20g castor sugar
- vanilla
- chopped almonds

Method:
2. Mix the ground almonds and sugar. Add the stiffly beaten white and flavouring. Fold lightly together and spread on top of biscuit mixture.
3. Put some chopped almonds on top and bake about 20 mins. in moderate oven. Leave on the tin until cool and then cut in slanting slices 1" wide.
**Tripe Soup**

**Ingredients**
- ½ lb tripe
- 1 pt. tripe liquor
- 1 pt. hot milk
- 1 lb. fat
- ½ egg
- 2 cooked onions
- 1 oz. flour
- Salt & pepper

**Method.** Wash the tripe and cut into pieces. Put into a saucepan and cover with cold water. Bring quickly to the boil, then discard the water. Add about 1½ pts. of fresh cold water. Bring to the boil and cook until tender, 1-1½ hrs. Cut the tripe into small pieces about ¼” square. Chop the cooked onion. Make a sauce of the fat, flour, and tripe liquor when boiling, put in tripe and onions and boil for about 5 mins. Stir in the hot milk, season and reheat. Put the well-beaten egg into a hot soup tureen and add the soup while stirring. While doing so...

**Vegetable Pie**

**Ingredients**
- ⅔ lb. shortcrust or potato pastry
- 1 cooked potato
- 2 tablespoon cooked peas
- 1 onion
- 1 lb. chopped carrots
- ¼ lb. celery
- ½ gills stewing sauce

**Filling**
- 1 cooked potato
- 1 onion
- 2 tablespoon cooked peas
- 1 lb. chopped carrots
- ¼ lb. celery
- ½ gills stewing sauce

**Method.** Make the pastry pie rule. Prepare vegetables according to kind and chop or dice. Prepare the sauce, season well and add the vegetables. Pour into a greased pie dish. Cover with the pastry, flake and decorate. Bake in a hot oven for the 1st 10 mins. Reduce the heat and bake until the pastry is cooked. Serve on a hot dish or a plain dish flaked, garnished with parsley.
Potato Pastry

2 oz flour
2 oz crushed cooked potatoes
Cold water if necessary

Method: Make as short crust adding the crushed potatoes before any liquid

1/2 oz shortening
1/4 tbsp. B.P.

Vegetable Flan

Pastry 4 oz flour 2-3 oz Shortening
1/2 tsp. salt 2 egg yolks
Cold water

Filling 5 pt. Cooking Sauce
2-3 oz. Cheese
diced vegetables in season
[eg. cooked carrot, potatoes, beans, peas, uncooked tomato, celery, onion]

Method: Make the pastry as for Shortcrust with the addition of the yolk 2 egg. Roll out to about 1/2" and line a flan case with it. Cook in a hot oven until pastry is well set using a filling. Remove the filling and the tin when well set and leave the pastry to brown. Fill with the cooked vegetables mixed to sauce, keeping back a few for decoration. If liked decorate with stripped potatoes. Return to the oven until thoroughly heated. Serve on a hot dish or a plain dish paper.

Oat Cakes

4 oz fine oatmeal
1 oz. lard or bacon fat

Method: Mix oatmeal, salt and soda together. Melt the lard in the boiling water. Pour over the oatmeal
Stir quickly and mix well. Turn on to a board. Paddle lightly with oatmeal. Handle until free from cracks and roll out very thinly. Dust a little oatmeal over the surface and cut with a saucer; then cut into 6 or 8 pieces and coat on a heated greased griddle until the edges begin to turn up. The surface should not become browned. Leave in a cool oven until quite crisp and dry. Cool on a wire tray and store in airtight tin.

**Dinner Buns.**

**Ingredients:**
- 1 lb flour
- 1/2 - 1 tsp. salt
- 1/2 pt tepid milk and water
- 1 oz butter
- 1 oz. yeast

**Method.** Sieve the flour and salt into a bowl. Rub in the butter. Pour in the tepid yeast in tepid liquid and beat with a wooden spoon until the mixture comes clean away from the sides of the bowl. Cover and leave in a warm place until double its size. Then knead for 5 mins. Cut into even pieces (15). Knead each piece separately and form into a bun shape. Put on to a greased tin and leave aside for 10 mins to rise. Brush with beaten egg or wash with milk. Bake in a hot oven for the 1st 10 mins. Reduce the heat and bake until golden brown 25-30 mins. Cool on a wire tray.
Boiled King

Ingredients:
- 1/2 lb king
- cold water
- 2 oz fat
- 1 oz flour
- 1 onion
- 3 pts. milk
- pepper
- barley

Method:
1. Soak the fish in tepid water overnight. Wash and scrape well and cut into strips. Put to cook in sufficient cold water to cover. Simmer gently for 3 hrs. Lift out the fish and remove the skin. Put back into the saucepan with the milk, shed onion and pepper and simmer gently for another 3 hrs. Lift out the fish. Thicken the sauce with blended flour. Boil for 10 mins. Add the finely chopped spring onion and serve in a hot dish with the sauce poured over the fish. Garnish with barley.

Caramel Custard

Ingredients:
- Caramel: 2 oz sugar,
- 2 tablespoons water
- Custard: 1/2 pt. milk
- 2-3 eggs
- pinch salt
- sugar to taste

Method:
Make the caramel in the tin to be used for the custard. Have it a rich brown but do not allow it to burn. Turn the sides of the tin and leave to cool. Beat the eggs. Add the warmed milk, sugar and flavouring and pour into the caramelised mould. Cook in a saucepan or water just off the boil, standing the tin on a cuttle or fung stand. Never allow the water to boil and cook 30-40 mins until set. Turn out onto a well-polished glass dish and serve hot or cold.
Beef Galantine

Ingredients:
- 1 lb round steak
- 1/2 lb Sausage meat
- 1 dessertsp. Ch. onion
- mixed herbs
- 1 egg (beaten)
- 2 lb rasher
- 2 tomatoes
- 1 lb crumbs
- 1 dessertsp. Tomato Sauce
- 1 tsp Worcester sauce
- salt and pepper
- 1 1/2 pints boiling stock
- 1-2 hard boiled eggs

Method:
Prepare pudding cloth. Remove fat and bone from the meat and mince it. Mix in a bowl with the crumbs and sausage meat. Add all seasonings and flavourings, beaten egg and enough stock to make fairly moist. Turn out on to a floured board and roll or flatten out to about 3/4" thick and 9" in width. Lay on prepared rasher, placed eggs and tomatoes. Roll up and tie in the pudding cloth. Sew up the opening. Put to cook in boiling salted water. Boil for the 1st 10 mins. and then remove very gently for 1 hour. Remove cloth and place between boards with a weight on top and leave until Cold. Remove cloth and brush the galantine with boiling water to remove grease. Brush over with meat glaze and decorate with savoury butter and parsley. Lay on a bed of lettuce and garnish with slices of tomato.
Sea Cake

Ingredients:
- 4 oz flour
- 1 oz margarine
- 1 tsp B. Soda
- 1/2 " Cream of Tartar
- 1/2 " pinch salt
- 1/2 " sugar
- 1 egg
- a little milk

Method:
Sieve flour and salt. Rub in margarine. Add sugar, sieve in B. Soda and Cream of Tartar. Mix well. Add beaten egg and enough milk to make a stiff batter. Place in a small greased cake having a piece of greased paper in the bottom. Bake in a moderate oven 30-40 mins. When cooked it may be split, buttered and served hot.

Raised Pork Pie

Ingredients:
- 1 lb flour
- 1/2 " salt water
- 4 oz shortening
- 1 "niced pork
- 1 hard boiled egg
- 2 oz. chopped ham
- 2 oz. veal forcemeat
- 1 " beef stock
- beaten egg to glaze

Method:
Prepare the filling and well grease a raised pie mould. Melt the shortening in the water and bring to boiling point. Add the flour. Mix well and cook until it comes away from the sides of the pan. Turn on to a floured board and cut off 1/3 for the lid. Cover and leave aside. Line a greased mould with the remainder, keeping the edges high and distributing the pastry evenly over the bottom and sides. Fill with alternate layers of forcemeat, veal, pork and ham and sliced hard-boiled egg, keeping the forcemeat for the top. Shape the lid.
Damp the edges and press well on the fire. Decorate the edges. Put a hole in the top. Brush over with beaten egg and put into a good hot-oven to set the basing. Cook slowly for the remainder of the time 3 - 1 hr. About 15 mins. before the end remove the sides of the mould and brush the sides of the fire with beaten egg and return to the oven. Serve the fire on a hot-dish on a plain dish. Place. If to be eaten cold pour in some well-flavoured liquid jellied stock and leave until set.

**Lemon Sponge**

**Ingredients:**
- 2 lemons
- 2 egg whites
- 1 tbsp. sherry
- 2 oz. sugar
- 1 oz. gelatine
- 1 pt. water

**To Decorate:** Angelica.

**Method:** Wipe the lemons with a damp cloth and peel the rind off as thinly as possible. Put into a saucepan with the sherry, water, and gelatine and allow to dissolve slowly. Strain into a bowl. Add then strained lemon juice and sherry and leave to cool. Whisk the egg whites till stiff. Beat the egg whites. Add to the lemon mixture and whisk all together until white and frothy. Pile up in a glass dish or in individual glasses and decorate with small pieces of angelica.
Nut Cutlets

3 oz mixed nuts
3 oz brown bread crumbs
macaroni

To Coat: Egg and crumbs

To Fry: Hot fat

To Garnish: Parsley

Method: Chop the nuts finely and mix thoroughly in a bowl with the remainder of the ingredients. Add the mixture on to a wet plate. Smooth over with a knife making the mixture about 3/4 Thick. Leave until set. Cut into 6 or 8 triangular pieces. Shape each piece like a cutlet on a floured board. Coat with egg and crumbs. Put a piece of macaroni into narrower end to represent bone. Fry in smoking hot fat until golden brown. Serve on a hot dish or a plain dish paper.

Egg Cutlets

Ingredients:

3 oz white ham
2 oz bread crumbs
2 hard-boiled eggs
macaroni

To Coat: Egg and crumbs

To Fry: Hot fat

To Garnish: Parsley

Method: Chop the eggs. Add ham and seasonings and flavourings and finish as for nut cutlets.
Baked Finnan Haddock

Ingredients:
- 1 lb. fish
- light water
- 3 pt. milk
- Bouquet garni
- 1 oz. flour
- 1 oz. butter
- 1 lb. grated cheese
- 3 pt. liquid
- 1 lb. crumbs

Method:
1. Scald the fish for 2 mins in boiling water. Remove the skin and fins and cut the fish into pieces. Put to cook with the milk, water, and Bouquet garni. Bring slowly to the boil and simmer until tender (about 10 mins) until the fish and break it into pieces. Make a stewing sauce using the liquid in which the fish has been cooked. Put the fish into a greased pyrex dish. Sprinkle the cheese and 6 crumbs on top. Pour the sauce over and sprinkle the remainder of the cheese and 6 crumbs on top. Put a few pieces of butter on top and bake until thoroughly heated and lightly browned. Serve on a bed of plain dish paper and garnish with parsley.

Lentil Cutlets

Ingredients:
- 1 lb. lentils
- cold water
- pepper and salt
- 1 pt. bouillon
- macaroni
- 2 oz. crumbs
- 1 oz. chopped onion
- 2 oz. crumbs
- 2 oz. crumbs

Method:
1. To Cook: - Cook the lentils in a strainer. Fry in the cold water. Cook until soft (about 30 mins). Drain well and rub through

2. To Fry: - Deep fat.
a close. Mix with the remainder of the ingredients, adding sufficient water to bind and finish as for nut cutlets.

Madeira Cake

Ingredients:
- 4 oz butter
- 4 oz fine sugar
- 2 1/2 oz flour
- 2 oz citron peel
- 1 1/2 oz B.P.

Method: Cream the butter and sugar. Add the beaten egg and sifted flour alternately, beating well between each addition. Add the B.P. with the last 1/2 of flour. Add the flavouring. Put into a prepared tin and bake in a moderately hot oven 2-2 1/2 hrs. When the mixture is set, place the slices of citron peel in the centre. Cool on a wire tray. (6" cake tin)

Marble Cake

Ingredients:
- Same as Madeira Cake

Method: Coffee essence
- Carmine

Method: As for Madeira Cake. Divide the mixture in 3. Add 2-3 tbsp essence to 1/3, a few drops of Carmine to the 2nd 1/3 and flavour the third portion with almond or vanilla essence. Put spoonfuls of the mixture into the cake tin alternately and bake as for Madeira Cake.
Boiled Ham

Ingredients:
- Ham
- Cold water
- Bunch of fresh herbs
- Grated brown sugar

Method: Weigh the ham and put to soak in cold or tepid water. If very salty, highly smoked or hard soak for about 24 hours, changing the water 3 or 4 times. After soaking scrape the ham, removing rusty and discoloured parts. Cover with cold water and bring slowly to the boil. Remove any scum as it rises then add a bunch of washed herbs. Simmer steadily allowing 25 minutes to the lb and 25 mins. over. When cooked lift out and strip off the rind if to be served cold, put back and leave it to cool in the water in which it was cooked. When cold drain well and sprinkle with brown sugar. Serve garnished with parsley on a large oval dish. If to be served hot after removing the rind, sprinkle with brown sugar and cover in the oven.

Grilled Chops

Ingredients:
- 2 mutton chops (½" thick) Centre bone on side bone (pork)
- Salt or fat

To Serve:
- Maitre d'hôtel butter
- Grilled tomatoes
- Potato chips

Method: Wrap the meat with a damp meat cloth. Remove skin and excess fat. Beat with the back of a wooden spoon and skewer into shape. Cook according to the general rules for grilling 10-15 mins depending on thickness. Serve with grilled tomatoes, p. and potato chips and maitre d'hôtel butter.
Poached Egg and Mince

**Ingredients:**
- ½ lb minced meat
- 1 slice onion
- 1 gill brown gravy sauce
- 1 tsp. ketchup
- 2 poached eggs
- parsley

**Method:** Make the sauce, season and flavour well. If using cooked meat add the meat and reheat but do not cook for about 15 mins. If using raw mince, cook over a gentle heat 20-25 mins. Place the meat in the centre of a hot plate and put the two poached eggs sitting on top. Garnish with parsley.

Sultana Cake

**Ingredients:**
- 4 oz butter
- 4 oz sugar
- 1 oz flour
- 3 eggs
- a little grated lemon rind
- ½ tsp. B.P.
- 4 oz sultanas

**Method:** Make as for Madeira Cake. Add lemon rind and B.P. and prepared fruit. Put into a greased 6” tin and bake in a moderate 140-150 hrs.

Mutton Cutlets

**Ingredients:**
- 1½ lbs jointed mutton
- 1½ lb potato purée
- black pepper

**To Coat:** egg and fine crumbs

**To Fry:** bath in ½ fat

**To Serve:** tomato and date sauce (page 53)

**Method:** Wash the meat and saw off the chine bone being careful not to cut the meat. Saw across the rib bones leaving them about 5” long. Puncture the cutlets making them equal in thickness. Scrape the bone for about 1” at the end for the cutlet grill.
Sprinkle with pepper. Brush with beaten egg and coat with flour crumbs. Fry in hot fat until tender and browned (8-10 mins). Drain on kitchen paper. Have the potato purée very hot and arrange it in a bank in the centre of a hot dish. Place the cutlets against the bank having the bones slightly overlapping. Put on the cutlet grills and pour a little tomato sauce around. The dish may be decorated with sliced rashers of potato purée garnished with parsley.

Ox Tongue (Hot)

Ingredients
1 ox tongue
1 carrot
1 w. turnip
1 small potato

To garnish:
- brown crumbs, lemon & parsley
- Brussels sprouts or Cauliflowers

METHOD
Wash the tongue well and soak for a few hours in very salted cold water. Trim away surplus fat at the root. Stick the tongue putting a skewer through the root and tip and the twine around the ends of the skewers to prevent it slipping out. Put to cook in sufficient cold water to cover. Bring slowly to the boil and skin well. Add prepared vegetables cut in slices and the flavouring. Allow to simmer gently until cooked. 2-3½ hrs. When cooked take up the tongue and remove all skin carefully. Tidy up the meat at the root. Cover with greased paper and place in the oven to reheat. Remove the paper and garnish with browned
Counts or brush with meat glaze. Remove the
skewers. Place on a hot dish and garnish with
thin slices of lemon and strips of parsley or
cooked Brussels sprouts or cooked cauliflowers
divided into flowerettes. Serve the sauce
separately in a sauce boat.

**Jellied Ox Tongue**

**Ingredients:**
- 1 ox tongue
- 3/4 pt. hot liquor
- 1/2 oz. gelatine

**Method:** Boil the tongue as in previous recipe. Lift out and hold under the cold tap for a few minutes. The skin should then peel off easily. Remove all bones at the root of the tongue and trim away the fat. Roll up and place in a cake tin 7" x 8" in diameter. Strain off 3/4 pt. of the hot liquor and remove all fat from it. Cut up the gelatine and dissolve it in this liquor. Pour it over the tongue and leave until set. Put a weight on top if necessary. Slice a pointed knife around the edge and dip the tin in boiling water for a second. Turn out and brush with liquid meat glaze if liked. Garnish with lettuce or parsley and tomatoes.

**Boiled Artichokes**

**Ingredients:**
- 1/2 Jerusalem artichokes
- 3/4 pt. lemon juice or vinegar
- 1 pinch salt
- 5 fl. cold water
- 1/2 Rechamal sauce (coating)

**Method:** Wash well using a vegetable brush. Peel under water and drop into a basin of clean cold water to which has been added a few drops of lemon juice or
vinegar. Put into a saucepan and cover with cold water. Add lemon juice or vinegar and salt. Bring slowly to the boil and boil gently until soft. (30-35 mins). Put into a hot vegetable dish. Coat with the sauce and sprinkle a little finely chopped parsley on top.

**Stewed Chicory**

**Ingredients:**
- 3 heads chicory
- salt & pepper
- ½-2 pt. of Bouillon
- (11/2 tsp. of Cream)

**Method:** Wash in plenty of cold water, scrubbing with a vegetable brush. Remove the thick end of the stalk. Put into a large dish. Pour the Bouillon over and stew until soft in a moderately hot oven for 1½ hrs. Stir in the cream. Stand the chicory dish on a hot dish on a plain dish, hopes, and garnish with parsley.

**Boiled Sea Kale**

**Ingredients:**
- 1 lb. sea kale
- boiling water & salt
- 1 tsp. lemon juice
- 1 piece 1/2 loaf

**To Serve:**
- ½ pt. of white Coating Sauce or a little melted butter.

**Method:** Prepare sea kale as for Celery. Cook until soft in boiling salted water adding vinegar (about 1/2 hr). Drain well. Remove thread from bundles and serve on toast. Coat with white sauce or serve melted butter in a sauceboat.
**Tried Cod's Roe**

**Ingredients:**
- Cod's roe
- A little flour
- Salt and pepper
- Egg: crumbs
- Garnish: lemon, parsley, deep fat

**Method:** Wash the roe in tepid water. Do not steep in muslin and put to cook in water which is just off the boil adding 1 dessertsp. salt per quart. Boil for about 30 mins. or longer if very large. Take up and drain well and leave until cool. Remove the skin and cut in slices about ½” thick. Coat well with seasoned flour and then with beaten egg and fine breadcrumbs and fry in smoking hot fat until golden brown. Drain well and serve garnished with cut lemon and parsley. Serve tomato sauce in a sauceboat.

**Baked Fish and Macaroni**

**Ingredients:**
- ¾ lb raw fish
- 2 oz macaroni (cooked)
- 1 oz grated cheese
- 2 slices onion
- ½ pint milk
- 1/3 oz butter
- 1-2 Tomatoes

**Garnish:** Lemon, parsley.

**Method:** Skin and bone the fish. Wash it and cut into cubes. Mix with the remainder of the ingredients. Keep in back 2 or 3 slices of tomato for garnish. Put into a greased pyrex dish and bake in a moderately hot oven about 30 mins. Garnish with cut lemon and parsley and slices of tomato and serve the dish on an oval dish.
Bakewell Tart

Ingredients:
- 4 oz short pastry
- 2 oz jam
- 2 oz margarine
- 3 oz sugar
- 1 egg
- 1/4 tsp B.P.
- Flavouring

Serve with jam sauce.

Method:
1. Make short crust pastry and use to line a shallow pie plate. Make the filling as for queen cake mixture and spread the pastry with jam and fruit the filling on top. Decorate with narrow strips of pastry arranged in trellis fashion over the cake mixture and bake in a fairly hot oven for 3-4 hrs. Lift the tart from the plate and serve on a hot plate with a fancy d'orley underneath. Serve jam sauce in a sauceboat.

Kromeskies

Ingredients:
- 3 oz minced cooked meat (lamb, mutton, chicken, rabbit or game)
- 1 oz minced ham
- 1/2 tsp nutmeg
- 1/2 tsp pepper
- 1/2 button mushroom
- 1 oz streaky rasher

To Coat:
- 2 oz kromeskies batter
- 1/2 gill white wine

To Fry:
- 1/2 gill top oil
- 1 dessertspoon

To Serve:
- Ham

Method:
1. Make the batter per rule adding the oil with the water. Stand in a cool place for about 1 hr. Then fold in the stiffly beaten egg white and use immediately.
Add the meat, chopped mushrooms, tomato sauce, nutmeg, pepper, salt, to the pan and mix well together. Leave until cold and form into small cock-shaped pieces. Rub and bone the rashers. Cut in and flatten out on a board. Put a piece of meat mixture on each piece of rasher and roll up. Drop the rolls into the butters and lift into smoking hot fat on a skewer. Fry until golden brown and drain well. Serve on a plain dish paper on a hot entrée dish.

**White Onion Soup.**

**Ingredients:**
- ½ lb. onions
- Bouquet garni
- Salt and pepper
- ½ pt. milk
- 1 oz. cornflour
- 1 white turnip
- Celery
- ½ lb. white stock or water
- 5 oz. fat

**Method:** Prepare the vegetables and slice very thinly. Sauté them in the melted fat. Add the Bouquet Garni. Seasoning and stock or water. Bring to the boil and simmer until the vegetables are soft. Pour through a sieve. Return to the pan and add the blended cornflour. Boil for 2 mins. Add the milk and reheat. Serve in a hot soup tureen.

**Brown.**

**Ingredients:**
- 1 pig's cheek (salted)
- 2 lbs. feet
- ½ lb. powdered allspice
- Cold water
- Bouquet garni
- Parsley

**Garnish:** parsley

**Method:** Wash the pig's cheek and if very salty steep overnight in cold water. Wash the feet. Put both into
a saucepan and cover with cold water. Bring slowly to the boil. Skin and remove until the flesh comes easily from the bones (about 2hrs). Skin the head and remove all meat from the head and feet and cut into dice. Skin the tongue and the ear and cut into thin strips. Add the pepper and all spice and mix well. Squeeze out any surplus fat. Return the bones to the liquor and boil rapidly without a lid until the liquor is reduced to 1pt. Strain. Add the meat to it and reheat then pour into a cake tin or mould. Leave until cold and set. Dip into hot water and turn out on to a dish. Garnish with parsley.

**Boned Shoulder of Mutton**

**Ingredients:**
- 1 shoulder of mutton
- 2lb. veal forcemeat
- 2 smoking hot pats
- 1pt. brown gravy

**To Serve:**
- Roast Potatoes
- Red currant jelly

**Method:** Place the meat skin side down on a board and follow in the direction of the bone and keeping the knife close to the bone cut away the flesh with sharp, even strokes. Care must be taken that the joint is disfigured as little as possible and especially that the outer skin is not pierced. When two bones meet at a joint cut through the sinews and remove the loosened bone. Fill the cavity with stuffing and tie or sew up. Weigh and cook 30 mins for roast mutton and serve with accompaniments.
Vegetable Sausages

**Ingredients:**
- 1 tablespoon cooked peas
- 1 tablespoon mashed potatoes
- 1 carrot
- 1 chopped onion
- 2 celery leaves
- 2 sprigs of parsley
- 1 beaten egg
- Seasoning: pepper, salt
- 1 egg
- 2 tablespoons fine breadcrumbs
- 6 tablespoons flour

**Method:**
1. Cook all vegetables. Add the chopped nuts and fine breadcrumbs. Peel and bind with a little beaten egg. Turn on to a floured board. Form into a roll. Divide evenly and make into small sausage shaped rolls. Cook with egg and fine crumbs. Fry in deep fat until golden brown. Drain well. Garnish with parsley and serve on a hot dish or a platter, garnished with parsley.

**Prune Shape**

**Ingredients:**
- 2 cups prunes
- 1/2 lemon
- 1 cinnamon stick
- 1/2 clove
- 1/2 teaspoon carmine
- 1/2 teaspoon water
- 2 tablespoons sugar
- 2 tablespoons sherry
- 1/2 teaspoon gelatine

**To Decorate:** Whipped cream

**Method:**
1. Wash and steep the prunes. Put to cook with 1/2 cup water, adding the rind and juice of the lemon when half cooked through a sieve. Add the sugar, cinnamon, sherry and a little carmine and the gelatine dissolved in the 1/2 cup water. Pour into a mold and when set, turn out and serve decorated with whipped cream.
Fish Croquettes

Ingredients:
- ¾ lb white fish (flaked)
- ¼ lb mashed potatoes
- 1 dessertsp. ch. parsley
- salt & pepper
- egg for binding

To Coat:
- Egg + crumbs

To Fry:
- Hot fat

Method:
Mix all the ingredients together and add enough beaten egg to bind. Form into a roll on a floured board. Cut into even pieces and shape into croquettes. Coat with egg and then with fine crumbs adding a little grated cheese to the crumbs if liked. Drain well and serve on a hot dish garnished with cut lemon and parsley.

Fried Plaice

Ingredients:
- 1 Plaice (on the bone)

To Coat:
- Egg + crumbs

To Fry:
- Hot fat

Method:
Fillet and skin the plaice. Coat with egg + crumbs. Fry in smoking hot fat 4-5 mins. Drain well and serve overlapping on a hot dish. Garnish with cut lemon & parsley. Serve parsley sauce in a sauceboat.
**Flaky Pastry**

4 oz flour
2 oz butter
Cold water

Method: Sift the flour and salt into a bowl. Divide the shortening into 4 equal portions and rub in 1 portion. Mix to a stiff paste with the cold water, lemon juice using a knife. Turn on to a floured board and handle lightly until free from cracks. Roll out into a long strip. Put 1 portion of butter in small flakes over 1/3 the pastry. Fold in 3 foldings the section without butter first. Roll out and repeat with the other portions of the butter, and use as required.

**Welsh Cheese Cakes**

**Ingredients:**
- 20 oz shortcrust
- Jam
- 20 oz Queen Cake mixture

**Method:** Make pastry as usual. Roll out to less than 3/4" in thickness and use to line patty tins (8-9). Put 2 spoonfuls of jam on each one and fill the cases with cake mixture. Put 2 thin strips of pastry cross-wise on the top of each one and bake in a moderate hot oven about 30 mins. Cool on a wire tray.
**Rice Cream Soup**

**Ingredients:**
- 1 onion
- 1 pt. white stock
- 1/2 oz. rice
- Bouquet Garni
- 5 fl. oz. cream
- 5 tsp. finely chopped parsley
- Yolk of 1 egg
- 1 white turnip
- 2 strips celery
- 1/2 oz. butter
- 1/2 oz. flour
- 2 pt. milk

**Method:**
Lemon Cream

**Ingredients**
- 2 lemons
- 1 oz gelatine
- \( \frac{1}{2} \) pt. milk
- 2 eggs
- \( \frac{1}{4} \) lb sugar
- \( \frac{1}{2} \) pt. cream

**Method**
Place gelatine in a saucepan together with rind and juice of 2 lemons and dissolve thoroughly.

Separate eggs. Make custard with 2 egg yolks and \( \frac{1}{2} \) pt. milk. Strain dissolved gelatine and add custard.

Heat well. When cool add stiffly beaten egg whites and leave to set. Turn on to a glass dish.

Decorate.
Honey Comb Cream

Ingredients:
- 1 egg
- 1/2 pint cream
- 1/4 pt. milk
- 1 tsp sugar
- 2 oz gelatine
- 1 wineglassful water
- 1 strip lemon rind

Method: Put milk and lemon rind into saucepan and put at side to infuse. Beat sugar and egg yolks well together. Add slightly cooled milk to beaten egg yolks, stirring all the time. Put back into saucepan and cook over a low heat until it cools the back of a wooden spoon. Dissolve gelatine in a wineglassful of water, add to the cooked custard. Cook and add the cream. Strain into a clean bowl, leave in a cold place until beginning to set and then fold in the stiffly beaten egg white. Turn into a small wet mould and leave until set. Turn on to a glass dish. Decorate with cream (whipped)

Hollandaise Sauce

Ingredients:
- 1 pt milk
- 1 pt stock
- 2 whole eggs or 4 egg yolks
- 2 tablespoon leas
- 2 tablespoon salt
- 2 tablespoon celery or cucumber
- 2 tablespoon carrots
- 2 tablespoon finely chopped onion
- 2 tablespoon chopped parsley
- 1/2 pint cream

Method:
Mushroom Soup

**Ingredients:**

- 1 lb. mushrooms
- 2 sticks celery
- 1 qt. stock (1 pt. stock + 3 pt. milk)
- 1/2 oz. butter
- 1/2 oz. flour
- 1 onion
- Pepper and salt

**Stuffed Vegetables**

**Fillings**
- All kinds & minced cooked meat
- Beef or mutton
- Pork
- Bacon, ham, sausage
- Chicken, game, rabbit
- Kidneys, sweetbreads
- All types of fish, oily white etc. shell.

**Binding Mixture**
- All kinds of sauces, breadcrumbs and eggs.

**Other Fillings**
- Cheese, hard-boiled eggs, vegetables (root and bulbs), fruit and nuts.

**Stuffed Cucumber**

**Ingredients**
- 1 large cucumber (cut into 2"-3" lengths)
- 2 scrambled egg
- Chopped cooked onion
- Cheese

**To Serve**
- 1½ pt. Tomato Sauce
- Garnish with parsley

**Method**
1. Peel cucumber, cut in 2"-3" lengths. Cook until soft in boiling salted water. Remove centres with an apple corer. Fill centres with a mixture of scrambled egg, chopped onion. Put a little grated cheese on top.
2. Put in casserole in the oven for about 5 mins to melt cheese. Garnish with parsley and serve with Tomato Sauce.
**Stuffed Onions**

**Ingredients:**
- 3 large onions (parboiled)

**Stuffing:**
- 1 pt. cheese sauce
- 1/2 lb. crumbs
- 1/2 lb. cheese
- 1/2 tsp. mustard

**Method:** Parboil the onions. Take centres out and stuff. Put back in pyrex dish in moderate oven until brown.

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**Stuffed Marrow (whole)**

**Ingredients:**
- 1 whole marrow
- Stuffing: 6 oz. sausage meat
- 1 egg
- 1/2 pt. Ch. parsley
- 1/2 lb. bread crumbs
- 1 oz. butter
- 1 dessertsp. Ch. onion
- 1 dessertsp. tomato Ketchup
- 1 dessertsp. mushroom Ketchup

**Method:** Cut a diamond in the skin of the marrow. Planting the knife. Scoop out inside. Fill cavity with filling. Replace piece which was removed. Wrap in greased paper and tie firmly with twine. Place on a greased tin. Cook in a moderate oven 3-1 1/2 hrs. Serve with Tomato Sauce.

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**Stuffed Slices of Marrow**

**Ingredients:**
- 1/2 marrow

**Stuffing:**
- 1/2 cup crumbs
- 1/2 onion (chopped)
- 1/2 tsp. mixed herbs
- Salt & pepper
- 1/2 oz. melted butter
- 1 dessertsp. Ch. parsley
- Half a beaten egg
- 1/2 oz. cooked ham (chopped)

**Stuffed Tomatoes (Hot)**

**Ingredients:**
- 8 medium-sized tomatoes
- 1/2 tsp. grated cheese
- 5 tsp. ch. parsley
- 1/2 lb. crumbs
- 1/2 cup butter
- 5 tsp. ch. onion

**Method:** Cut a thin slice off the rounded end of each tomato. Take out the inside with the handle of a spoon, without breaking the tomatoes. Fill with prepared stuffing. Replace caps. Put on a greased baking tin. Cover with a sheet of greased paper. Bake in a very moderate oven 15-20 mins.

**Stuffed Tomatoes (Cold)**

**Ingredients:**
- 8 medium-sized tomatoes
- Diced cucumbers, diced apples, diced celery

**Method:** Prepare as above. Fill with prepared filling.
The Making of Flan (Sweet and Savoury)

**Ingredients**
4-6 oz. flan pastry

**Fillings**
- Vegetables in juice or cut up
- Fruit cooked or uncooked set in jelly
- Meat minced or cut up, mixed with a binding sauce
- Fish

**Garnishes**

**Savoury**
- Potato Roses
- Green Peas
- Sliced Tomatoes
- Vegetables cut in fancy shapes or diced
- Nuts (chopped)

**Sweet**
- Whipped cream
- Chopped jelly
- Fresh fruit
- Nuts (chopped)

Note: Nuts should not be added until the last moment as they go mouldy.

**Cheese Flan**

**Ingredients**
- For flan case
  - 5 oz. flour
  - 2 1/2 oz. butter
  - Water
  - Egg yolk
  - Salt

**Filling**
- 1 pt. white binding sauce
- 1 cup grated cheese
- 1 cup bread crumbs
- 1 egg white (beaten)

**Method**
Make flan case. Bake for 5 mins. in a hot oven. Fill with cheese mixture and put back into oven for 5 mins. or until set and brown.
Filling / Savoury

1. 1/2 cooked leek flowers
   1/2 cheese sauce

2. Sliced Tomatoes

3. Mixed sliced cooked vegs:
   peas, carrots, beans
   + apples (raw)
   + pt. white sauce

4. Mushroom sauce (1 lb)
   Sweet filling
   Cooked apples

Garnishes:

- Grated cheese, parsley
- Roses of green pea purée
- Grated cheese, parsley
  Chopped mushrooms

Meringue made with:

- 2 oz. fine sugar
- 1 egg white
Yeast Mixtures

Ingredients:
- Flour — very good quality
- Yeast — compressed yeast
- Liquid — warm 98° F.
- Additions: 2oz. — 3oz. shortening to 1 lb. flour
- 1oz. — 3oz. sugar
- All dried fruits, crystallized fruit, glacé fruit and nuts.

Yorkshire Tea Cakes

Ingredients:
- ½ lb. flour
- 2 oz. butter
- 2 oz. sugar
- ½ tsp. salt
- 1 egg yolk
- ½ pt. tepid water
- 2 oz. currants.

Method:
Make as yeast bread. After first rising add melted butter and egg yolk. Beat well. Add cleaned fruit.
Mix well. Fold in to long roll. Divide into 6. Flatten out to within ½ thicknesses using a rolling pin.

Brown Yeast Bread

Ingredients and Method:
Use equal quantities of wheaten flour and white flour.
Otherwise ingredients and method same as for White Yeast Bread.
Chelsea Buns

**Ingredients:**
- 2 lb flour
- 1 egg
- 1 tsp salt
- 1 lb yeast
- 2oz butter
- 2oz sugar
- ½pt tepid milk

**Filling:** Place 1 tsp ground cinnamon.

2oz butter, 2oz brown sugar

Method: Make as for Yeast Bread, rubbing in the butter.

After 1st rising roll into an oblong ¼" thick. Spread over the mixture of creamed butter and sugar and cinnamon, keeping back a little to rub over the sides and bottom of the tin. Roll up. Cut into pieces ½" thick. Place on tin side by side. Leave to rise for 20 mins. Bake in a hot oven for 25 mins. Turn out and divide into buns.

Dinner Buns
SOUFFLE

Foundation Sauces from Mincemeat to Coating Sauce. Egg yolks and whites

Mixtures

Meat

<table>
<thead>
<tr>
<th>Fish</th>
<th>Vegetables</th>
<th>Fruit</th>
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<tbody>
<tr>
<td>Salmon/soused</td>
<td>Tomato</td>
<td>All types</td>
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<tr>
<td>White fish</td>
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<tr>
<td>Lobster</td>
<td>Spinach</td>
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<tr>
<td>Oysters</td>
<td>Cauliflower</td>
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</tr>
<tr>
<td>Sweetbreads</td>
<td>Celeriac</td>
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</tbody>
</table>

2 Eggs (separates) 1/2 cup Vanilla Essence 1/2 pt. thick white sauce 1/2 pt. white fish

Method

Make white sauce and flavors. Add egg yolks one by one beating well between each addition. Add 3 stiffly beaten whites. Mix well and add 2nd half. Pour into a greased pyrex dish without lid. After about 15 mins. put on lid and leave until well risen brown and set. Cook in all about 30 mins in a moderate oven. Have water in tin.

Tomato Souffle (steamed)

Ingredients

1/2 pt. white panard 2 eggs (separates) 3 tomatoes

Method

Skin tomatoes. Dvide in 8’s and strain off juice. Make sauce using milk and tomato juice. Add egg yolks, beating well in. Add stiffly beaten whites. Add tomatoes to mixture. Pour into a
well greased 5" tin. Tie greased paper around. Steam for about 45 mins.

**Apple Souffle**

**Ingredients:**
- 3 pt. white granard
- 2 eggs
- ¼ lb. apple pulp

**Method:** Same as above. Bake or Steam.

*Note:* 1 dessertsp. 3. Cake crumbs may be added to sweet souffle — 1 dessertsp. bread crumbs to savoury souffle

**Mustard Sauce**

**Ingredients:**
- ½ oz. butter
- ½ oz. flour
- 1 thick onion
- 1 bay leaf
- 1 gill brown stock or milk
- 2 tablespoons brown vinegar
- 1 tea spoon made mustard
- pepper & salt.

**Method:**
Add all other ingredients to sauce made with butter, flour and stock or milk. Reheat.

**Reformed Cutlets and Sauce**

**Ingredients:**
- 6 cutlets (prepared and shaped)
- ½ lb. seasoned crumbs
- 6 tins pineapple strips
- 2 gill sherry
- red colouring
- beef stock
- 1 tablespoon tomato sauce
- 1 onion, 1 dessert redcurrant jelly

**To Serve:** Potato Purée (16)

GRILLED CUTLETS

**Ingred.**
Fair end cutlets.

**Method.**

Demi-glace Sauce.

**Ingred.**
Bones and trimmings left from cutlets, chopped mushrooms, 1 pt. stock or water, 1 tsp. beef stock, tomato sauce and Worcestershire sauce, gelatine.

**Method.** Fry bones and trimmings in an iron saucepan. Add 1 tbsp. flour and cook until brown. Add 1 pt. stock or water, chopped onion, chopped mushrooms and the sauces and ketchup. Boil rapidly until reduced to 1/2. Add 4 sheets gelatine and stir until dissolved.

GRILLED SOLE

**Ingred.**
1 sole.

**Stuffing.**
Maitre d'hôtel butter.

**Method.**
Wash sole. Skin upper side. Trim with scissors. Remove eyes. Make a pocket on either side of slit made in centre back. Brush well over with fat. Grill underside first. Then put maitre d'hôtel
butter in each pocket and grill suffrside until cooked and nicely browned. Serve garnished with
a cut lemon and grilled tomato.

**Grilled Cod.**

**Ingredients:**
- fillet cod (about 1/2" thick)

**Method:**
Brush well one side with fat. Grill for 10-15 mins according to thickness

**Grilled Herring or Mackerel.**
Same as above. Leave on the bone.

**Mushroom Sauce**

**Ingredients:**
- 5pt. Béchamel sauce
- 1½ pt. lemon juice
- 6oz. mushrooms

**Method:** Peel stalk and cut mushrooms into 1/2". Put into a small saucepan with salt, pepper and about 1/2 butter and cook slowly for about 15 mins. Add to the Béchamel sauce.

**Multiglaze Soup**

**Ingredients:**
- 1/2 lb neck mutton
- 3 lb mixed vegetables
- 1 qt stock
- 1 tablespoon coconut
- 1 onion
- 1 tablespoon currant jelly
- 1 1/2 oz. rice flour

**Method:** Put curry powder, meat and flour into saucepan. Add stock, meat bones, chopped veg., 1 onion, apples and currant jelly. Simmer 15 hrs. Sieve. Serve rice in separate dishes.
Veal Curry

Ingredients:
- 1 lb fillet of veal

Sauce:
- 1/2 lb rice flour
- 2 rashers (fat)
- 1 dessertsp. curry powder
- 1 teasp. paste
- 1 onion
- 3 pt. stock
- Salt

Method. Cut veal into 1" pieces. Stew in Curry Sauce for 1 hr. Serve with a bank of rice garnished with lemon and parsley.

Fillet of Beef with French Beans

Ingredients:
- 1 piece of fillet of beef cut in individual pieces

Sauce:
- 2 pt. demi-glace sauce


Meat Cakes

Ingredients:
- 6 oz minced beef
- 1/2 lb. crumbs steeped in 1/2 gill milk or cream
- 1 egg
- 1 tabsp. ch. shavings — pickles, capers
- 1 dessertsp. chutney
- 1 dessertsp. Tomato sauce
- 1 tsp. onion

Cheese Straws.

Ingredients:
- 3 oz shortcrust
- 3 egg yolks
- 1 oz cheese

Method: Make pastry. Roll out.

Cheese Fingers.
Marrons

Ingredients:
- 1 cup Spanish chestnuts
- 1 cup rich stock
- 1 cup thick coating sauce (made with milk)
- Mixed vegetables (onions, carrots)
- Carmine to colour

Method:
Cut one end off chestnuts. Put into oven and roast until soft. Remove outer and inner skin. Put butter into pan. Foss vegetables in it. Add chopped nuts. Add stock, seasonings, Bouquet garni. Simmer until soft. Rub through a hair sieve and add to the coating sauce. Add sherry and carmine and pour on to cream in a hot turkey.

Almond Soup

Ingredients:
- 1 quart stock
- 1/2 cup mixed white veggies (onions, celery)
- 1/2 cup ground almonds
- 1/2 cup whole almonds (cut in strips)
- 1/2 cup thick coating sauce
- 1/2 cup cream
- Pepper and salt
- Bouquet garni

Method:
**Lobster Bisque**

**Ingredients:**
- 1 small lobster
- 1 tbs fish or veg. stock
- 1/2 pt. thickening sauce
- 1/2 tbs. cream
- 1/2 tbs. currant
- 1/2 tbs. pepper
- 1/2 tbs. salt
- bouquet garni
- 1 small vegetable (onion)
- piece of flesh of claw
to garnish

**Method.**

Cook cut-up cooked lobster, broken up washed shells, vegetables in stock for 1/2 hr. Remove shells and remnants through sieve. Thicken soup with white sauce and add with shrimp, season and add to cream in tureen.

**Lobster Salad**

**Ingredients:**
- 1 lobster
- 2 heads lettuce
cress
- mustard
spring onions
- cucumber
- hard-boiled egg
tomato
anchovies
gherkins
- olives
- mayonnaise

**Method.**

Chop cooked lobster, add to other ingredients in salad. Use claws to decorate.
Ingredients:

Grilled Lobster

- 1 large lobster
- 3pt Béchamel sauce
- 2tablesp. cream
- 3tablesp. wine

- breadcrumbs
- lemon garnish
- dessertsp. sherry
- knobs of butter

Method:

Chop cooked lobster. Mix with all other ingredients. Fill lobster shells with mixture. Place knobs of butter on top and grill until mixture is brown.

Meringues

Ingredients:

- 2g. sugar to 1 egg white

Filling:

- jam, whipped sweetened and flavoured cream

Method:

Beat egg whites stiffly. Add 1/2 dessertsp. sugar and beat until the mixture stands in points at the end of the beater. Fold in the remainder of the sugar. Put mixture into a forcing bag fitted with a plain pipe and force on to baking sheet covered with greaseproof paper, rubbed over with olive oil or shape with 2 dessertspoons. Place in a cool oven [150-200°F or 30 to 40°C] until set.

3-4 hrs.

Fill with cream putting 2 together.

Meringues may be stored in an airtight tin for some time.
Braised Veal

Ingredients:
- 2 lbs fillet of veal
- 2-3 oz Veal force meat
- 2 strips celery
- 1 white turnip
- 1 pt. brown stock
- 2 carrots
- 2 onions

Method:
Remove bone from centre of the meat and trim away some of the fat. Put force meat in the cavity. Tie joint with string, and add fat, bacon and shankskins. Fry meat until brown all over in bacon fat. Put chicken vegetables into saucepan. Cover with stock. Place meat on top, and cover with grease-proof paper. Allow 30 mins to each lb. meat and 30 mins over at end. Brush cooked meat over with meat glaze and place on hot dish. Strain off stock. Add sherry and meat glaze. Reheat and pour a little round dish. Serve vegetables. Place sauce in 4 plates around it.

Braised Vegetables

Ingredients:
- Carrots, celery, onions etc.

Method:
Brown onions or other veg being used. Pour brown sauce over and cook in casserole.

Braised Sweetbreads

Ingredients:

Method: Wash, blanch sweetbreads, hard with bacon and shankskins.
**Lobster Cutlets**

**Ingredients:**
- 6 oz lobster meat
- lemon rind, juice
- 2 oz cod
- anchovy essence
- 1 pt. haricot
- pepper, salt

**To Coat:** Egg and crumbs

**To Garnish:** Lobster, claws.

**Method:** Mix all ingredients. Shape on a plate (wet) and leave until cold. Cut into 8 pieces. Lift off each piece onto a floured board. Shape like a cutlet. Coat and fry until golden brown. Garnish with lemon and haricot. Use claws to put in narrow end of cutlet.

**Salmon Flan**

**Ingredients:**
- 3 oz flan pastry
- 4 oz fish (shredded)
- 1 pt. thin haricot
- 1 dessertsp. Tomato sauce
- lemon rind and juice

**Filling:** 4 oz fish (shredded)
- 1 dessertsp. Tomato sauce
- lemon rind and juice

**Method:** Make flan case. Mix all ingredients. Fill case with mixture. Garnish with green peas and potato roses.
Hot Fish Cream.

Ingredients:
- 1 lb. shredded fish
- 1/2 pt. thin panard
- 1 egg
- lemon juice
- 1/2 pt. bread crumbs
- pepper and salt
- mixed herbs

Method:
Mix all ingredients well into a greased oven moulds with mixture and steam until set (about 1/4 to 1/2 hour) turn out on to a dish. Pour anchovy sauce in centre and around. Put piles of green peas at each end of dish. Serve anchovy sauce or tomato sauce with dish.

Made-Up Cutlets.

Ingredients:
- macaroni
- spaghetti
- vermicelli
- hard-boiled eggs
- minced or sieved vegetables
- minced meat, chicken, fish
- cheese, nuts
- 29 to 1/4 pt. sauce
- 2 eggs to 1/4 pt. sauce
- 29 hard-boiled fish to 1/4 pt. sauce
- 1 oz. of crumbs + 1/4 pt. sauce

To Coat:
- seasoned crumbs – chopped herbs
- onion
- grated cheese

Dengl Soup.

Ingredients:
- 1 oz. tail
- 2 ounces
- 1/4 pt. leek
- seasoning
- Bouquet
- 3 pt. water
- 1/2 pt. redcurrant jelly
- 1 dessertsp. vermouth
- 1 glass claret or wine
- small pieces of tail (garnish)

Method:

Stewed Ox Tail

Ingredients:
- 1 ox tail
- 2 onions
- 2 carrots
- 3 oz flour
- 1/2 oz dripping
- pepper and salt
- 1 pt water (boiling)
- 1 pt stock
- bunch of herbs
- 1 glass port wine
- dessertsp. red currant jelly

Burdage Pudding

Ingredients:
- 7 oz macaroons
- 7 oz sultanas
- 7 oz fine breadcrumbs
- 1/2 levelsp. stewed jam
- 7 oz brown sugar
- 4 levelsp. b. soda
- cherries - angostica
- peel, coconut
- 2 eggs
- 3 oz margarine or butter
- lemon peel & juice
- 4 levelsp. cinnamon

Method:
Mix all dry ingreds. Moisten with beaten eggs. Grease a bell tin well. If using cherries, split and coat tin with them or coat tin with...
Cococnut: Put mixture into tin and steam for 3 hr.
Same Italian Meringue Sauce with it.

Italian Meringue Sauce

Ingredients:
- 6 oz sugar
- 3 tbsp water (lemon rind)
- Stiffly beaten white flavouring Colouring

Method: Dissolve sugar in water, boil until it forms a thread when dipped in cold water. Pour on to stiffly beaten white and beat well until thick. Flavour and colour.

Rum Omelet

Ingredients:
- 3 eggs
- 3 tbsp water

Method:
Chestnut Soup

Ings:
4 oz. chestnuts
1 lb. white stock
4 lb. onions and white vegs.
1 pt. thick white
1/2 pint cream

Bouquet garni


Sole au Vin Blanc

Ings:
4 fillets of sole
1 sliced onion
Bouquet garni
Stock and white wine

Chopped prawns or
shrimps


Vin Blanc Sauce

Ings:
1 pt. stock from sole
2 pt. milk
White wine

10 oz. butter
10 oz. flour

Yolks of egg

Method: Make sauce using milk and stock. Add wine and egg yolks.
Chestnut Soufflé

Ingredients:
- 2 pt. thin panard
- 1 lb. sugar
- pinch salt
- 2 eggs (separated)
- 2 oz. chestnut purée
- 3 tablespoons cherry

Method:
Mix panard. Add sugar and purée. Beat in egg yolk. Add cherry and beat in. Add in 2 eggs stiffly beaten egg white first, then fold in 2nd half well. Put in prepared greased soufflé mould and bake in a moderate oven for 3½ hours.

Puff Pastry

Ingredients:
- 4 oz. flour
- 4 oz. butter or margarine
- wheat (cold)
- egg yolk or juice
- lemon

Method:
Rub in a piece of butter the size of a hazelnut into flour. Mix to a smooth dough with cold water and egg yolk or lemon juice. Knead with 3 fingers and left side of palm. Put remainder of butter in a square on rolled out pastry. Fold over left and right sides. Fold over top and bottom of pastry. Roll 6 times in all.
Lemon Jelly

Ingredients:
- 1 pt. water
- 1 oz. sugar
- 3 cloves
- 2 whites and shells 3 eggs
- 1/2 lb. vegetables
- 1/2 pt. water, vinegar (1/2 pt)
- 2 oz. gelatine
- 1 lemon
- (rind and juice)
- Method: Put water, sugar, lemon rind and juice, cinnamon stick, cloves, crushed egg shells, and beaten whites and gelatine into saucepan. Bring to boil, whisking all the time. Boil for 15 mins. Strain through a flannel, leave to set.

Aspic Jelly

Ingredients:
- 2 whites and shells 3 eggs
- 1/2 pt. water, vinegar (1/2 pt)
- 2 oz. gelatine
- 1 lemon (rind and juice)
- Method: Prepare vegs. and chop. Put vegs. water, vinegar, crushed egg shells, beaten egg whites, lemon rind and juice and gelatine into saucepan. Bring to boil, whisking all the time. Strain through a flannel, leave to set.

Pineapple Souffle

Ingredients:
- 1 tin pineapple
- 3 oz. dissolved gelatine
- 5 pt. whipped pineapple jelly
- 5 pt. whipped cream
- Chopped jelly
- Angelica

Method: Cut pineapple into small sections. Start whipping jelly when not quite cooled. Use pineapple juice and less water. When jelly is well whipped, add pineapple and whip again. Fold in whipped cream and extra gelatine. Pour into prepared souffle tin (wet paper) and leave to set. When set, remove paper, and decorate with ch. jelly and pineapple.
Charlotte Rousse

Ingredients:
- 16-18 Savory Biscuits
- Square of Lemon jelly (dissolved)
- Cherries, almonds, and angelica

Filling:
- 1/3 pint whipped cream
- 1/2 pint thick custard
- 2 tablespoons raspberry jam
- 2 tablespoons milk
- Sherry
- 1/2-2/3 oz. dissolved gelatine

Method:
Put 1 1/4 oz. liquid jelly in bottom of 5" tin and leave to set. When set decorate with sliced almonds, cherries, and angelica. Put about 2 tablespoons more jelly on top of this and leave to set. Prepare biscuits before. Arrange around sides of tin leaving no gaps. Make filling and fill centre with it. Unmould when set. Chopped jelly may be sprinkled round bottom.

Banana Chausson

Ingredients:
To Decorate Tin:
- 3/4 pt. liquid jelly (yellow or green)
- Banana

Filling:
- 3/4 pt. banana purée
- 3/4 pt. custard
- 3/4 pt. cream
- (3/4 pt. cream may be used if custard omitted)
- 1 tablespoon lemon juice
- 2 oz. dissolved gelatine
- 1 oz. sugar
- Chopped jelly

Method:
Line bottom and sides of tin with jelly. When set bottom is set. Line sides and bottom with sliced bananas. Put in prepared filling and leave to set.
Orange Chartreuse

Ingredients: To decorate:

- ¼ pt. liquid jelly
- almonds or angelica
- cherries

Filling:

- ½ pint custard
- 1 oz gelatine
- 2 tablespoons thick custard (2 tablespoons sugar + water)
- 200 g sugar
- 1 tablespoon rum

Method:

Line a mould with liquid jelly. Decorate with almonds and angelica and cherries if liked.

Choux Pastry

Ingredients:
- 2 1/2 oz. flour
- 1 oz. butter
- 1/2 pt. water
- 2 whole eggs
- pinch salt

Method:
Melt butter in water. Add flour. Cook until mixture leaves sides of saucepan (about 2 mins). Add eggs one by one, beating well between each addition.

Cheese Choux

Ingredients:
- 2 1/4 oz. flour
- 1/2 oz. grated cheese
- pepper + salt
- 1/4 pt. water
- 1 oz. butter
- 1 tsp. made mustard
- 2 eggs

Method:
Make as for Choux Pastry, adding cheese, pepper, salt. Use forcing bag and cut into 1/2" lengths. Fry in moderately hot fat until light brown. Drain. Serve on an interc. dish.

Sponge Cake

Ingredients:
- 1 oz. sugar
- 1 egg
- 5 oz. flour

Method:
Make sponge cake as usual. Bake in a moderate oven in a 7" cake tin, cooking all mixture together. Time 55 mins.
Sponge Cake [for trifles etc]

Ingredients:
- 2 lb sifted flour
- 6 lb caster sugar
- 4 eggs
- ½ lemon rind and juice
- ½ gill cold water

Method:
Separate eggs. Beat egg yolks and sugar until thick. Add lemon rind and juice and cold water. Fold in some of the stiffly beaten egg white. Fold in the sifted flour. Fold in remainder of egg white. Add B.P. Bake mixture altogether in a 7" x 3½" cake tin in a moderate oven for 45 mins.

Genoise Sponge

Ingredients:
- 4 oz sugar
- 4 oz flour
- 4 eggs
- pinch salt
- 2 oz melted fat

Method:

Chocolate Cake I

Ingredients:
- 4 oz butter
- 4 oz flour
- 1 tsp. Vanilla essence
- 3 oz sugar (fine)
- 3 oz. Chocolate
- 3 eggs
- 1 tsp. B.P.

Method:
Cream butter and sugar. Add eggs one by one, beating well. Add dissolved chocolate. Vanilla essence. Fold in flour and B.P. Bake about 1½ hr. in moderate oven.
Chocolate Cake II

Ingredients:
- 4 oz butter
- 30 oz castor sugar
- 30 oz chocolate
- 1 tsp. B.P.
- 1 dessertsp. Orange flower water
- pinch of cinnamon and nutmeg

Method:
Cream butter and sugar. Beat in eggs. Beat in dissolved chocolate, lemon rind, 9 oz almonds, orange flower water, cinnamon and nutmeg and mix well. Gently fold in flour and B.P. Bake in a moderately hot oven for about 1 hr.

Chocolate Roll

Ingredients:
- 4 oz castor sugar
- 8 oz flour
- 2-3 eggs
- Vanilla essence
- 1/4 tsp. chocolate powder (dissolved)
- 1/4 tsp. B.P.
- 2 dessertsp. water

Method:
Beat eggs and sugar together until thick and creamy. Beat in dissolved chocolate and cold water. Fold in essence. Fold in flour and B.P. Bake in a hot oven for 7-10 mins. Roll up. When cold, unroll, place whipped cream in the centre and resroll.
Lemon and Orange Filling

Ingredients:
- 2 gills panard
- 25 p. cornflour
- Juice and grated lemon
- 2 oz. butter
- 2 oz. sugar
- 1 gill warm water
- Or
- Juice and grated orange
- 2 oz. sugar

Method:
Make panard with warm water, cornflour, and juice of lemon or orange. Leave to cool and add to creamed butter and sugar.

Cake Fillings

1. Whipped and flavoured cream
2. Jam, lemon curd
3. Creamed butter and sugar
4. Sauces to which are added flavouring and cream
5. Yolk of egg, milled nuts, ch. fruit, cake crumbs

Chocolate Filling

Ingredients:
- 1 gill panard
- 1 oz. chocolate (dissolved)
- 2 oz. butter
- 2 oz. sugar
- Vanilla essence

Method:
Add dissolved chocolate to panard. Add gradually to creamed butter and sugar, beating well.

Coffee Filling

Ingredients:
- ½ gill panard
- Coffee to flavour
- 2 oz. butter
- 2 oz. sugar
- Egg yolk
- 1 oz. ground almonds

Method:
Add yeast almonds and coffee essence to panard. Add to creamed butter and sugar, beating well.
**Ices and Ice Cream Mixtures**

1. Water with fruit flavouring
   Sorbet = 1/2 frozen ice cubes

2. Custard Ices - cornflour - eggs

3. Cream - whole cream - custard cream - fruit juice and cream
**Pêche Melba**

**Ingredients:**
- Equal quantities cream and custard
- Ch. nuts
- Peaches
- Syrup from peaches

**Sauce:**
- Mixed jam (raspberry) thickened with 5 pt. Tsp. rum
- 1 Tsp. liqueurs
- Lemon juice

**Method:**

**Roast B**

---

**Chaud froid sauce**

**Ingredients:**
- ½ pt. coating sauce (thick)
- 3 Tbsp. cream
- ½ pt. liquid aspic
- 1 Tbsp. sherry

**Method:**
Add all other ingredients to sauce. Coat chicken with it.

**Ingredients for Chicken:**
- Aspic
- Tomato
- Lemon
- Shalots (pickled in vinegar)
**Italian Soup**

**Ingredients:**
- 1 quart chicken stock
- 4 lb white vegetables (onions and celery)
- 2 pt thin coating sauce
- 2 pt cream
- Seasoning
- 1 oz vermicelli

**Method:**

---

**Mayonnaise & Fish**

**Ingredients:**
- 1 piece tail end salmon, cod or hake (cooked) (13-2 lbs)
- ½ pt thick mayonnaise
- ½ gill liquid aspic or 1 oz gelatine

**Garnish:**
- lemon, tomato, lobster, coral, lettuce, aspic jelly, gherkins

**Method:**

**Decorate:**
Note: Fish for this dish is best baked. Mayonnaise if too thick may be thinned by milk or cream.

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**Witch's Whiting**

**Ingredients:**
- 6 fillets of whiting
- 1 egg
- ¼ pt milk
- 2 oz grated cheese
- Lemon juice and rind
- Pepper and salt

**Method:**
Make white sauce adding egg. Make cold. Add 1 amount of cheese to it. Pour over fillets which have been rolled up. Put remainder of cheese on top. Cook in a cool oven for 15 mins.
Portuguese Eggs

Ingredients:
3 eggs
fusly chopped parsley
4 fl. oz. tomato sauce

Method:

Butter Bean Salad

Ingredients:
big bean puree
2 tbsp. finely ch. celery
1 onion

Garnish:
lettuce, ch. parsley, tomato

Method:
Mix bean puree, ch. celery, onion with creamed sauce. Put in centre of salad bowl. Pour remaining of sauce over. Garnish with lettuce, ch. parsley, tomato or cooked vegs.

Baked Beans

Ingredients:
big. cooked beans

Sauce:
4 fl. oz. thin tomato sauce
or curry
or cheese
or brown (treacle) 2 tbsp

Method:
Vegetable Sausages.

**Ingredients:**
- 6 oz. mixed veg. finely chopped
- 1/4 pt. thick panard
- flavourings
- 1/2 pt. white of egg

**Method:**
Mix veg. with panard and flavourings. Form into a roll.
Purse into sausages. Coat with egg white. Fry until brown.

**Beetroot Mould (Carrot)**

**Ingredients:**
- 1 lb. beetroot (cubes or small slices)
- 1 tablet of fruit wine jelly dissolved in:
  - 1/2 pt. water
  - 1/2 pt. liquid from tinned beetroot
  - 1/2 pt. vinegar
  - 15 g gelatine

**Method:**
Put a layer of beetroot in bottom of the mould. Pour on liquid, leave to set. Continue layering in layers until mould is full. Turn out onto vegetable dish when set.

Carrots and peas may also be moulded. Lemon juice may be used with Carrot. Use twice the amount of powdered gelatine.

Orange jelly may be used instead for Carrots.

**Vegetable Flans**

**Ingredients:**
- Mixed vegetables (cooked or uncooked)
- 8 oz. flan pastry
- Slices - Curry paste - Cheese - Tomato
- Garnishes - Rice - Potato

**Method:**
Make flan.
**Fondant.**

**Ingredients:**
- 2 lb cane sugar
- 1 dessertsp. glucose
- 15 gills water
- Colouring and flavouring

**Method:**
Dissolve sugar in water. Add glucose. Bring to 94-95°F

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**Braised Artichokes.**

**Ingredients:**
- 1 1/2 lb Jerusalem artichokes
- 1/2 lb mixed vegetables (onion, celery)
- 3 pt. brown sauce
- 1 tsp. Worcestershire sauce
- 1 tsp. tomato sauce

**Method:**
Gâteau Melange

Ingredients:
- 6 oz butter
- 6 oz sugar
- 6 oz flour
- 3 eggs

Mixture:
- 3 parts:
  - chocolate
  - vanilla essence
  - almond essence
  - lemon flavouring

Sponge Cake:
- 4 oz sugar
- 3 oz flour
- 3 eggs
- 4 oz sugar
- 4 oz icing

Method:
Bake madeira mixture in 6" square tin, divided into three for about 1½hrs. Cut into 1" cubes. Soak for 24 hrs in curdled jam.
Russian Layer Cake

Ingredients:
- 4 oz flour
- 4 oz sugar
- 4 oz butter
- 2 eggs
- Almond paste

Method:
Divide madeira mixture into 3 parts. To first add lemon essence - 1 oz and 21/2 oz of chocolate melted and vanilla essence; to third, 1/2 tsp. almond essence. Cook as for madeira mixture. When cold cut into sections and bake. Stick sections with jam. Roll almond paste into oblong 1/4 thick, loop around cake. Press edges together, smooth paste with knife. Pinch edges. Dredge castor sugar over.
Venetian Cream

Freed:
- Boy biscuit crumbs (macaroons, ratafia, stale cake)
- Moistened with:
  - Cherry, liquid jelly, jam (thin)
  - Fruit juice
  - 2pt. cream
  - 1/2g dissolved gelatine
  - Square lemon jelly (dissolved)
Decoration:
- Cherries, almonds, angélica

Method:
- Moisten crumbs with cherry, etc. and a little lemon jelly in bottom of tin. Decorate and gelatine to half-whipped cream. Put layer of cream mixture in tin. Count from pulp in order to make layers equal. Leave until set. Then place another layer of cream mixture and another layer of crumb mixture. Bake again until set. Finish with cream layer. Stick layers of split Marmalade blanched almonds in each layer. (To be cut when unmoulded)

Ingredients:
- 2 1/2b. bitter orange
- 1 sweet orange
- 1 lemon
- 7 1/2g sugar
- 6pt. water, 3pt. water per 1b. peel
- Pinch of salt

Method:
1. Squeeze oranges. Strain juice and tie figs in muslin
2. Cut orange peel in small pieces. Shred lemon peel finely
3. Put peel and bag of figs with 1pt. of water in preserving pan. Cook for 5 mins.
4. When cooked turn into preserving pan. Add sugar and remainder of boiling water
5. Boil until thick enough to set. Approx. 30 mins.
Clear Soup

Ingredients:
- 1 pt. double stock
- ½ lb. minced beef
- Peppercorns
- Salt
- All vegetables (carrot, onion, celery)
- B. yarni
- 2 white and shells
- Custard yamish

Method: Julienne strips

Italian Brains

Ingredients:
- 3 sets 3 calves' brains
- ½ pt. stock
- 2 oz. spaghetti or vermicelli
- Croutes ½ pt. bread
- 2 pt. sauce (tomato)

To Coat:
- Egg
- Crumbs
- Lemon rind

Method:

Note: if egg yolks are used for coating - 1 tbsp. Corn flour to 1 egg yolk may be used.
Potato Soufflé

Ingredients:
- 2 eggs, mashed potatoes
- 1 egg, separated
- 1/2 lb butter
- pepper, salt
- grated cheese

Method:
Peel potatoes. Roast until soft. Scoop out insides. Mix mashed potatoes with seasoning, butter, egg yolk. Fill cases with mixture. Pipe potato mixture to which stiffly beaten egg has been added on top. Put grated cheese on top. Brown under grill.

Game
Four Footed
- Venison
Preserved
- Pheasant
- Grouse
- Partridge
- Wild Birds
- Fowl
- Woodcock, Snipe

Accompaniments
- Green Salad
- Watercress
- Orange Salad
- Red Currant Jelly
- Chopped Potatoes
- Brown Crumbs
- Grutes & Bread
Veal Quenelles.

**Ingredients:**
- 6 oz. minced veal
- 1/2 pt. double panard
- 1/2 pt. bread crumbs
- 1 yolk egg
- Pepper, Salt
- Lemon juice
- To serve 1/2 pt. potato purée
- To serve 1/2 pt. velouté
- Garnish: cayenne pepper or mixed egg yolk, parsley.

**Method:**
Carageen Soufflé

Ingredients:
- 2 pt. milk
- 4 oz. Carrageen
- 2 oz. sugar
- 2 pt. (1/2 whipped cream)
- 1 egg separated
- 1 tbsp. sherry
- Colour + flavouring

Method:
Cook prepared Carrageen in milk until coating consistency. Strain on to beaten egg yolk and sugar which well. Add sherry. Fold in stiffly beaten egg white and half whipped cream into soufflé. Pour into individual glasses. Leave until set and decorate with cream, cherries + angelica.

Asparagus Soup

Ingredients:
- 1 lb. fresh asparagus or 1 small tin
- 1 pt. white stock
- 1 pt. milk
- Cream
- Asparagus tips
- 20 oz. butter
- 12 oz. flour
- 1 onion
- Colouring (green)
- (1 egg yolk)

Method:
Sauté chopped onion in melted fat until almost cooked. Add chopped asparagus, flour and stock. Cook until soft. Simmer twice. First through wire sieve, then through hair sieve. Add milk, reheat. Put cream and egg yolk in cream. Whisk...
Macaroons

Ingredients:
- 4 oz ground almonds
- 5 oz caster sugar
- 2 egg whites
- (1 oz rice flour)
- Cherries
- 6 tsp orange flower water
- 1 oz lemon juice
- Mixture salt
- Wafer paper

Method:
Mix all ingredients, add slightly beaten egg white and beat well. Pipe on to squares of wafer paper. Put 5 cherries on top and cook in a hot oven for 15 mins.

Hare Soup

Ingredients:
- 2 qts stock or water
- 1 small hare
- 3 lb mixed vegetables (onions)
- 1 glass port wine
- 4 rashers

To garnish:
Fried savoury balls
Julienne strips
Redcurrant jelly
Pepper, salt
Bouquet garni
2 oz blended flour

194
Jugged Hare

Ingredients:
- Best pieces of disjointed hare
- 1 pint brown stock
- 1/2 bottle
- 2 onions (celery, mixed herbs)
- 1 tablespoon red currant jelly
- Fried savoury balls

Method:

Swedish Pancakes

Ingredients:
- 5 oz. flour
- 1 oz. separated egg
- Raspberry jam
- Meringue: 3 oz. caster sugar
- 2 oz. icing sugar
- 1 oz. browned shredded almonds
- 1 lemon
- 1 glass port
- 1 large carrot
- 2-3 oz. flour (blended)
- Pepper & Salt
- 1 bottle thin cream
- 1 pinch salt

Method: Make batter. Fry as for pancakes, but fry on one side only. Spread each pancake with jam and pile one on top of the other in a hot deep flan. Make meringue and spread on top. Shred grated browned almonds on top. Put into a hot oven to set 20-30 mins.
Chicken Casserole

Ingręeds:
1 small chicken
4 fat rashers
1 onion
2 sticks celery
2 tomatoes
6 mushrooms
3 pt. water or stock
1/2 oz flour
1/2 oz spaghetti

Method: Skin and disjoint chicken. Fry until brown in bacon fat, having coated in seasoned flour. Fry vegetables until brown. Make brown sauce. Pour over chicken, vegetables, tomatoes and mushrooms on casserole and cover 1½ hrs in a moderate oven.

Savarin an Rhum.

Ingręeds:
flour 5 oz
yeast 2 oz
sugar 1/2 gill water (lukewarm)
butter 2 oz
eggs 2

dried fruit
peel angelica
cherrys
1 oz sugar (castor)

To Serve:
1 pt. rhum syrup
whipped cream

Fruit (sliced,)

Method:
for about 30-40 mins until cooked and nicely
crowned.

Rum Syrup:
Dissolve sugar in water and boil until it reaches
thread stage. Add about 2tbsp. rum. Colour
pink. Soak cooked sarrasin with syrup. When
soaked remove to another dish to prevent crumbs in
syrup around bottom (pudding). Put meringue or
almonds in centre of pudding. Decorate with
cherries and angelica.

Note: This pudding may be served cold and the
centre filled with preserved fruit and decorated
with whipped and sweetened cream.

Viennese Pudding

Ingredients:

2oz cubes of bread
3 oz of 1 cake
1 1/2 oz sugar
5 lemon (grated rind)
Caramel Custard:
2 tbsp sugar
1 1/2 pint water
2 eggs
1/2 pint milk

Method:
Add milk to caramel and stir over heat until
caramel is dissolved. Beat eggs and pour caramelized
milk on to them. Soak bread cubes in this mixture
for about 20 mins. Add all other ingredients and mix
well. Steam in a beehive until hot (about 1 1/2 hrs)
Turn on to a hot dish. Dredge with Caster's
sugar.

German Egg Sauce: - 2 yolks 1/2 oz caster sugar
1 glass sherry.
Grapefruit à la Mode

Ingridients:
Grapefruit  Italian Meringue Sauce
Grapefruit, strips ofangelica

Method: Cut grapefruit in 2. Remove sections separately from skin. Flute edges of cases.
Replace sections and juice. Pour meringue sauce over. Decorate with angelica cut in strips.

Parsnip Fritters

Ingridients:
Parsnips

To Coat: Egg and breadcrumbs

Method:
Cook parsnips. Skin and cut into "." rings.
Coat and fry.
Note Most root veggies may be cooked in this way.

Savoury Cases

1 Potato
a) Using a cutter and raw potato, skin potato and make case using 2 cutters. Bake
b) Make cases using potato puree. Coat with egg and breadcrumbs. Fry

Breaded:
Using cutters make case. Soak in beaten egg, fry
Rice
Cook rice, adding very little water, and continue to add as it becomes absorbed. Drain. Mix with breadcrumbs. Shape into cases. Brush over with beaten white. Put into oven until set.
Anchovy Biscuits

Ingredients:
- 3oz flour
- 1 egg
- 1 egg yolk
- 1 dessertsp. anchovy essence
- 1 tsp. salt
- Cold water
- 4 teaspoons

Method:
Make as for flan pastry, adding anchovy essence, lemon juice and colouring. Roll out to 1/8" thick. Cut into fingers about 1 1/2 x 3". Bake until cooked. Do not brown. Spread with anchovy paste. Spread on cream. Lay halved anchovies diagonally on cream.
Devilled Ham Savouries

Ingredients

Choux Pastry

Filling
- 1 lb minced ham
- 2 pt. curry sauce (thick)
- 1 dessertsp. of almonds
- or ch. almonds

Garnish: whole almonds

Method

Pastry: Make base and spread circle of paste on top. This cook as for Choux Pastry.

Fill centres with filling and stick split almonds on top.

Redesdale Pudding

Ingredients:

- 6 oz brown bread crumbs
- 3 oz brown sugar
- 2 oz mixed peel
- 2 eggs
- 1 glass sherry

Sauce
- 1 oz butter
- 1 oz flour
- 1 oz sugar

Grated nutmeg

Cinnamon

3 oz melted butter

Salt

1/2 gill milk

1/2 pt. water

1/2 pt. port wine

Method

Roast Duck

Ingredients:
- Duck
- 1 oz sage and onion stuffing
- 1 pt. brown gravy (slightly thick)
- Accompaniments: watercress, brown gravy, green salad, green peas

Method:
Pluck, singe and draw duck as for chicken. Cut off 1 bone of the wing leaving a flap of flesh. Leave on the feet. Scald and skin them and cut off the toenails. Put into the body at the tail end and put the tail through the hole made by cutting away the vein. Dislocate the legs at the knee joints and turn them back and under on to the back. Fan the feet across the back and draw the flap of skin from the neck end over the back. Truss. Cover the breast with greased paper and roast allowing 1 1/4-1 1/2 hrs. About 10 mins before it is fully cooked, remove paper, dredge breast with flour and allow to brown.
Almond Pudding

8 oz ground almonds
2 oz Cake Crumbs
1 oz ratafias
Almond essence
1 tsp Baking Powder
Method: 18 rice flour
Method:
Cream butter and sugar. Add eggs one by one
heating well. Add all other ingredients. Beat well.
Steam in a greased bell tin for 2 hrs.

Oysters

In Season: from September to May
Preparation:

Accompaniments: thin slices of brown bread, bread or
butter, lemon cut into sections garnished with
parsley, watercress, vinegar and seasonings.

Oysters (au naturel)

Method:
See that oysters are very fresh. Shell should be tightly
closed and keep in a cool place. Do not open until
required. Scrub and rinse well. Open with special
oyster knife taking care not to lose any of the liquid
between the oyster and the shell. Remove the beard
serve on the shell. Arrange the shells on the plate
and put the lemon garnish in the centre and garnish
with watercress or parsley. Serve with accompaniments
given above.
Kidneys en Casser

Ingredients:
- Cassolettes de poires

Method:
Orange Souffle (Hot)

Ingredients:
- 1/2 gallo thick panard
- 1/2 oz. sugar
- 1/2 tsp thick cream

To serve: 2 pt. orange sauce

Method:
Make panard using orange rind in the milk. Beat in 2 egg yolks, one by one, beating well between each addition. Add 1 sugar, cream + liqueur. Fold in ½ the stiffly beaten whites, then the other half.

Put layers of finely chopped orange, from which the skin has been removed, and the mixture in a greased soufflé dish. Bake in a hot oven for 45 mins or steam for 1 hr in a greased tin.

Note: 1 tsp cornflour may be substituted for flour in recipe.

Orange Sauce

Boiled Lobster

Lobster Sauce
**Italian Mousse**

**Ingredients:**
- 2 eggs (separated)
- 2b sugar
- grates rind of 1/2 lemon
- 1 tablespoon jam or rum
- ch. nuts
- 1 tablespoon water
- 4oz sheet gelatine
- 2oz powdered
- whipped cream
- angelica

**Method:** Beat egg yolks, water, sugar over hot water until thick and creamy. Add grated rind and strained juice of the lemon. Dissolve gelatine and strain into mixture. Beat well. Fold in the stiffly beaten white. Put rum or jam in each individual glass. Fill with mixture and leave to set. Put rose or cream on top. Decorate.

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**Eccles Cakes**

**Ingredients:**
- 6oz Rough puff pastry
- Filling:
  - 2oz butter
  - 2oz sugar
  - Lemon rind
  - 4oz dried fruit
  - 3oz peel
  - Ch. apple

**Method:**
- Roll pastry out to 1/4 inch thick. Stamp into rounds with a large round cutter. Put a dessertsp of filling in centre of each round. Moisten edges of pastry. Gather up the edges over the filling. Place in hot oven and roll out. Bake lightly until currants begin to show through. Score twice with a knife. Brush over with slightly beaten egg white. Dredge with caster sugar. Bake in a hot oven for 20 mins.
Pastels

Ingredients:
4oz Rough Puff Pastry

Filling:
Stewed sponge cake, sherry, Royal icing, ground almonds, stewed jam

Method:

Almond Cheese Cakes

Ingredients:
2oz Rough Puff Pastry

Filling:
3oz ground almonds, 3oz ground almonds, 1oz caster sugar, 6oz rice flour, 6oz. cake crumbs, almond essence, egg white

Method:
Tartare Sauce

Ingredients:
- 1/2 pt. mayonnaise
- 1 tsp. ch. capers
- 1/2 tsp. sherkins
- 1/2 " parsley
- 1/2 " tarragon

Method:
Add all other ingredients to the mayonnaise and mix well together.
Chancellor Pudding

Ingredients:
- 2 oz sponge cake crumbs
- 2 oz macaroons
- 12 ratafia biscuits
- 2 oz glace cherries
- 1/2 oz ground cinnamon
- 3/4 pt. uncooked custard

To Serve: 1/2 pt. rum sauce

Method:
Crush the macaroons and ratafia and mix well with all the other ingredients. Soak in the uncooked custard for 3 hours. Steam in a saucepan filled with water (at simmering point) for about 1 hour.

Curried Eggs

Ingredients:
- 2 eggs (hard-boiled)
- 1/2 tsp. mixed curry powder, paste
- 1 tsp. Ch. onion
- Salt
- 1/2 oz butter

To Coat:
- Cooked rice
- Egg and crumbs

Method:
Take out yolks from hard-boiled eggs using a spike to make a circle at side. Warm yolks with all other ingredients that back in center. Coat with cooked rice and egg crumbs. Fry in deep fat until golden brown. Half and serve on an entree dish.
Beef Fingers.

Ingredients:
- Fingers 1/4 bread

Filling:
- 4-6 oz. minced beef
- 2 oz. crumb soaked in milk
- 1 tsp. ch. onion
- 1 dessertsp. ch. gherkins
- herb or mixed herbs
- slice
- vinegar
- pepper
- salt

Method:
Cut bread into fingers about 3 x 1; fry on one side only. Mix all filling ingredients well. Place on top of fried side of fingers. Smooth out with knife. Fry in a small amount of butter, first on meat side, then on side. Serve on an entrée dish.

Belgian Salad.

Ingredients:
- 2 tomatoes (sliced)
- 2 hard-boiled eggs (sliced)
- 2 oz. onions (thinly sliced)
- lettuce leaves
- mayonnaise
- cucumber

Method:
Place tomatoes, onion, hard-boiled egg, cucumber in alternate layers around the dish. Put lettuce leaves in centre. Decorate with mayonnaise.
Boiled Salmon

Ingredients:
- Piece centre cut
- boiling salted water

Accompaniments:
- Cucumber Sauce, Parsley Sauce, Dutch Sauce
- Hollandaise, Mayonnaise (Hot or Cold)
- Tartare Sauce, Dressed Cucumber

Method:
Boil salmon, cooking well. Drain well. Serve on a table napkin, garnish with cut lemon, parsley

Almond Shortbread

Ingredients:
- 6 oz flour
- 1 oz almonds
- 8 oz butter
- 4 oz sugar
- 1 oz almonds
- 8 oz sugar

To Decorate:
- cherries
- almonds

Method I: Rub all ingredients together, work with hands until mixture sticks together. Roll out into a circle. Divide into triangles. Pinch edges. Decorate with cherries or almonds. Bake in a cold oven for about 5 hrs.

Method II
Cream butter, sugar. Add other ingredients. Mix well. Proceed as for Method I.
**Not Mayonnaise**

**Ingredients:**
- 1 egg
- 1/2 cup butter
- 2 tsp. sugar
- Small 1/2 cup vinegar
- Salt
- Pepper
- Mustard
- Water

**Method:**
Beat egg, water, sugar, pepper, salt, mustard, over hot water until thick. Add vinegar and whisk well again. Lastly, add 1/2 cup butter, cut in pieces. Beat well.

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**Croissants**

**Ingredients:**
- 1 1/2 cups flour
- 2 tsp. margarine
- 1 tsp. yeast
- 3/4 tsp. sugar
- Salt
- Water

**Method:**
Add sugar, yeast, salt to flour. Mix to a stiff dough with water. Roll out into a long strip. Cream fat and put in flake on top of strip. Fold in 2. Turn fold to left and roll out. Continue in this way until all fat has been rolled in. Leave to rise overnight. Roll out. Cut into triangles. Form into crescents. Leave to rise for 1/2 hr. Bake in a hot oven for 15-20 mins.

**Method II** (makes 8 croissants)

**Ingredients:**
- 1 1/2 cups flour
- 1 1/2 tsp. sugar
- 3/4 tsp. fat
- 3/4 tsp. yeast
- Water

**Method:** Rub in 3/4 tsp fat into flour. Make into dough with water, 1 tsp. yeast. Roll in renewed 1/2 fat. Baked after 1st rising. Roll into an 13 x 6 x 1/2 in. Use 2 on length. Divide into triangles. Roll into forms. Form into crescents. Leave to rise. Bake in a
Cucumbers in Aspic

Ingredients:
- Cucumber thinly sliced.
- Dissolved aspic jelly (coloured green)

Method:
Line bottom and sides of demoulded moulds with liquid aspic. Leave to set. Overlap cucumber slices around sides of moulds. Fill with liquid aspic when set in mould.

Lemon Chiffon Pie

Ingredients:
- 1/2 pt. cornflakes
- 2 oz. sugar
- 2 eggs
- 2 oz. sugar
- 2-3 oz. sugar

Filling:
- 1/2 pt. juice of 2 lemons
- 1 oz. lemon jelly dissolved in 1/2 pt. water

Method:
Grind corn flakes. Mix with sugar. Fry in butter. Line bottom and sides of dish with this mixture.
Beat egg yolks, sugar, grated lemon rind and lemon juice over hot water until thick and creamy. Add cooled dissolved jelly. Stand bowl in a basin of cold water and beat until just beginning to set. Fold in meringue and pile on top of mixture in dish.
Turnovers

Ingredients:
Same as for Croissants (method II) p. 211 (makes 6)

Method: Same as croissants until:
After 1st rising roll out and stamp into rounds with cutter. Damp edges and fold in 2. Brush over with beaten egg. Leave to rise. Bake in a hot oven for about 30 minutes.

Almond Rings

Ingredients:
Same as for Croissants, also:
Almond paste: 20g/oz. almonds 20g Castor Sugar
Fruit: 20g Sultanas 13 oz peel
Water icing (if liked): 20g Icing Sugar 1 oz b. almonds

Method:
Same as for Croissants but after 1st rising roll out into an oblong. Cut in 2 on length. Spread each oblong with almond paste. Sprinkle with Sultanas + ch. peel. Roll up diagonally starting at one corner. Damp ends, form into a ring and press ends together. Leave to rise for about 1 hr. Bake in a hot oven for about 30 minutes. Pour a little water icing over the top and sprinkle with chopped browned almonds.
Apple Slices

Ingredients:
- Same as for Croissants, also:
  - Sliced apples
  - Sugar
  - Sultanas

Method:
Same as for Croissants but after 1st rising roll out into oblong. Divide into 2 on length. Put sliced apples and sugar and sultanas in centre of each oblong. Damp edges and fold sides over the centre. Leave to rise. Bake in a hot oven for 30 min. Cut diagonally into slices. Sprinkle with castor sugar.

Caramel Sauce

Ingredients:
- 1/4 tsp. sugar
- 2 tsp. water
- 1/4 tsp. sugar

Method:
Make caramel. Add milk to it and stir until dissolved. Add to beaten egg and sugar. Cook.

Jelly Sauce

Ingredients:
- 1/2 square jelly
- 1 tsp. cornflour

Method:
Dissolve jelly in water. Add cornflour. Cook.
Coffee Bavaroise

Ingredients:
- 4 pt. custard (2 yolks)
- 1/4 pt. cream (1/2 whipped)
- 3 oz. gelatine (dissolved)
- 2 whites
- 3 oz. caster sugar
- 1 tbsp. (strong) coffee essence
- 2 tablete dissolved jelly

Method:

Ginger Cream

Ingredients:
- 1 pt. custard
- 1/4 pt. cream (1/2 whipped)
- 2 oz. preserved ginger (cut up)
- 1 dessertsp. syrup (from ginger)
- 1 dessertsp. sugar
- 2 tablete dissolved jelly
- 3 oz. dissolved gelatine

Method:
Line bottom and sides of a tin with jelly. Decorate. Add dissolved gelatine to custard, syrup. Beat until beginning to set. Add 1/2 whipped cream and cut preserved ginger. Unmould when set.
Chocolate Souffle

**Ingredients:**
- 2 oz grated chocolate
- 1/2 tbsp. cake crumbs
- 1/2 gills brandy
- 2 egg yolks
- 3 egg whites

**Method:**
Make as for Vanilla Soufflé.

Fricasséed Veal

**Ingredients:**
- 1 lb fillet of veal
- 1/2 lb white vegetables (onion)
- 1/2 pt. stock
- 1/2 lb. garnish
- 2 tbsp. cream
- 1 gill white wine
- 1/2 lemon rind
- 1 oz butter
- 1/2 oz flour
- 1/2 pt. milk
- Garnish: parsley, lemon, croutes

**Method:**
Cut meat into pieces about 1" square. Put into the saucepan with stock, vegetables, wine, lemon juice, and 1/2 onions. Bring to boil and simmer until the meat is tender. Make velouté sauce with flour, butter, milk and stock. Add cream. Put meat into a pyrex dish. Pour sauce over. Garnish with lemon, parsley and croutes. Toast.
Spinach Souffle

Ingredients:
- 1/2 gills spinach leaves
- 1 gill thick ham
- 2 tbsp cream
- 2 eggs (separated)

Seasoning:
- 1/2 tsp lemon juice
- 1 extra white

Method:
Prepare spinach - remove stalks - Cook in sufficient water. Make as for Vanilla Souffle.

Spinach Soup

Ingredients:
- 1/2 lb spinach
- 1 pt white stock
- 2 oz flour
- 2 oz butter
- 1 pt milk
- 4 lb mixed white veg
- [lemon with turmeric]
- 1 tsp lemon rind
- 2 tbsp cream
- yolk of 1 egg

Method:
Prepare spinach. Cook in boiling stock until soft. Add other veg and seasonings. Make white sauce with flour, butter and milk. Add mixed soup to this. Add cream & egg yolk. Season.

Hot Fish Cream

Ingredients:
- 6 oz. shredded fish (white or rabbit) or chicken
- 2/3 lb lobster
- 2 eggs
- 1/2 lb of mace
- 1/4 lb of mace
- 2 tsp. cream
- 1 gill cream

Seasonings:
- lemon rind & juice

Method:
Remove skin and bone from the fish and flake. Beat the eggs into the cream. Add mace.
grated lemon rind, lemon juice, breadcrumbs, cream, fish, salt and pepper. Mix well. Turn into a well greased bun pan mould. Cover with greased paper. Steam for about 1 hr. Turn on to a hot dish. Fill the centre with heated peas. Garnish with cut lemon.

To Serve: Anchovy sauce, green pea sauce. This dish may also be coated.

Note: uncooked fish may also be used but in this case a double fish and should be used.

Cold Fish Cream.

Ingredients:
- 3 oz shredded cooked fish
- 6 pt. liquid aspic
- pepper, salt
- lemon juice
- 1 pt. & 1/2 whipped cream

To line mould: aspic jelly, lemon, barley

Method:
- Line bottom and sides of mould with aspic. Decorate with diamonds or circles.
- Lemon rind and shreds of parsley. Add lemon juice and seasonings to the cooked fish. Beat in the liquid aspic and lastly the whipped cream. Unmould when set. Serve on a dish with lettuce and tomato.

Baked Trout

Ingredients: Trout, foreeameat

To Serve: Black Butter

Method:

**Baked Sole**

Ingredients:
- Sole
- Anchovy butter

Method:

**Grilled Trout**

Method:
- Prepare fish. Score the skin. Brush over with fat and grill (about 15 mins) Pour Black Butter over.

**Grilled Sole**

Method:
- Same as above. Skin removed. Pour Black Butter over.

**Black Butter**

Ingredients:
- 1/2 cup butter
- 2 tbsp. ch. hazel
- 1 tsp. ch. capers
- 2 tsp. gherkin juice
- pepper
- salt
- 1 tbsp. vinegar

Method:
- Melt the butter. Allow to brown without burning. Cool a little. Add all other ingredients.
German Pastry

Ingredients:
- 8 oz. flour
- 4 oz. butter
- 1 oz. ground almonds
- 1 oz. castor sugar
- 1 egg
- almond essence

Method:

Gatlan Amande

Ingredients:
- Pastry:
  - 20 oz. cake crumbs
  - 3 oz. butter
- Filling:
  - 3 oz. ground almonds
  - 1 egg
- Topping:
  - 6 oz. icing sugar
  - water
Chocolate Fingers.

Ingredients:
- 4 oz. flour
- 1 oz. castor sugar
- vanilla essence
- grated chocolate (dissolved)
- \( \frac{1}{2} \) egg

Method: Rub in butter. Add sugar, essence and dissolved chocolate. Moisten with beaten egg to a stiff consistency.

Macaroons.

Ingredients [makes 10]:
- 4 oz. almonds
- 4 oz. sugar
- almond essence
- 1\( \frac{1}{2} \)p rice flour
- \( \frac{3}{4} \) whites of egg
- \( \frac{1}{4} \)p lemon juice

Method:
Mix all other ingredients well together. Moisten with slightly beaten egg whites. Form into a roll. Divide into 10. Flatten on \( \frac{3}{4} \) to \( \frac{1}{2} \) wafer paper with \( \frac{1}{2} \) almond. Cook in a slow oven for \( \frac{3}{4} \) hr.
Bottled Peas
Bread Apples
Boiled Beans
Blackberry Jelly
Bottled Tomatoes
Preservation of Food

Underlying Principles

The changes which take place in food kept for some time are due to the growth of microorganisms—the conditions favourable to their propagation being warmth, moisture, and air. Therefore, avoidance of these conditions, exclusion of air, the complete sterilization of food and the vessels containing it and the preservation of the food in or by some medium which is not favourable to the growth of the bacteria is the basis of the various methods employed.

Methods of Preservation.

1. Freezing and chilling
2. Removal of moisture e.g. dessication, evaporation and smoking
3. Sterilization and exclusion of air e.g. bottling and canning
4. Addition of harmless preservatives—salt, sugar, spice, alcohol, vinegar
5. Addition of chemical preservatives e.g. Camphor, Fruit Preserving Tablets

Bottling

To ensure successful bottling attention should be paid to the following points:

1. The bottles must be scrupulously clean.
2. Methods of sealing should be prepared, rubber rings should be examined carefully for flaws and soaked in warm water for 15 mins and then dipped in boiling water before use.
3. Bottle rims and bottle lids should be examined and those with chips rejected.
4. Fruit should be clean, sound, dry and rather...
under than over ripe
5. Prepare fruit according to type and grade according to size and ripeness
6. Pack closely into sterilized jars using the handle of a wooden spoon to get the fruit into position
7. Sterilize by oven method or by water method

Oven Method
When the fruit is packed into the bottles place in a moderate oven about 220°F on an asbestos mat with the lids on but without clips, rubber rings or screw bands. The fruit should be heated until it has changed colour and shrunken a little and presents a cooked appearance. This takes 3/4-1 hr. for most fruits if the heat of the oven is correct but pears and tomatoes need at least 1 hr. It is better to have the oven too slow than too hot.
Remove the bottles one at a time on to a wooden surface and if the fruit has shrunken use the contents of 1 jar to fill the others. Have fast boiling water or syrup ready. Cover the fruit with the boiling liquid and seal immediately when cool test the seal and store in a cool dark place. Look over and test periodically.

Syrup for Bottling
It is entirely a matter of personal taste whether the fruit is preserved in syrup or water. Both are successful but there is no doubt that fruit which has been bottled in a solution of sugar and then stored in it for some months is of better flavour and colour than that which is stored in water. The one drawback to the use of syrup is that
it causes the fruit to rise in the bottles which is somewhat detrimental to its appearance but this is more than compensated by the greatly improved flavour. An average proportion of sugar for 24 oz to 1 pt. water. The quantities may be varied according to individual taste. Dissolve the sugar slowly and do not stir once the sugar is dissolved. Boil for 1 min. Remove the pump or strain through muslin before use.

Methods of Sealing

1. When available vacuum bottles or the clip or screw band type should be used. The rubber bands and bottle rings should be examined for flaws.

2. Mutton fat may be used for sealing. Have the fat melted and strained but not smoking hot. Care must be taken that the boiling Syrup or water completely covers the fruit. Use a waxed paper circle to prevent fat from touching the liquid. Immediately before the fat is poured on wipe the inside of the neck of the jar, then carefully pour in fat till level with the neck of the jar. Leave without moving until the fat has begun to harden. Add more fat as required and when set cover with paper.

3. Patent Covers e.g. Poro-san. Test poro-san caps on the jam jars to be used. Then sterilize them using the Oven method put on the caps immediately after filling the jars with boiling liquid and apply a firm and even pressure on the top of the cap with the palm of the hand, turning the jar around to ensure even pressure.
**Bottled Plums**

1. Remove stalks and wash plums well.
2. Prick with a skewer to prevent bursting.
3. Dry lightly and grade according to size and ripeness. Pack into sterilized jars. Finish as for canner method.

**Bottled Tomatoes**

1. The skins may or may not be removed. Do remove dip in boiling water.
2. Leave small tomatoes whole and cut large ones in 1/2’s or 1/4’s.
3. Pack tightly into bottles. Sterilize as for canner method. 15 minutes. Cover with boiling brine. 5 oz. salt in 1 pt. water and seal.

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**To Preserve Runner Beans With Salt**

Ingredients: 3-4 lbs. of young tender beans, 1 lb. salt.

Method: Wash, dry and remove strings, then slice them. Place a layer of salt in the bottom of a jar, and on this a layer of beans. Repeat the layers until all the beans are used, pressing each layer well down. Cover and leave for a few days, and then fill the jar up again with more beans and salt, having salt on the top. When full, cover securely. To use: Wash thoroughly in several waters, then soak for 2 hrs. Cook in boiling water without salt 25-35 mins. Drain and serve.
Jam Making

All jam and jelly making depends on a substance called pectin which is present in varying quantities in the different fruits. When making jam the first object is to extract the pectin and it has been found by the result of many tests that this is most done when the fruit is slightly underripe. The presence of acid is also of importance as not only does it help in the extraction of the pectin but it is essential to a good set, brightens the colour of the jam and helps to improve the flavour. Fruit rich in pectin are damsons, black currants, gooseberries, apples, strawberries contain a small amount.

The Fruit

1. The fruit should be as fresh as possible and very slightly under ripe rather than over ripe.
2. It should be gathered on a dry day.
3. Prepare according to kind, washing hard fruits if necessary and drying.

Sugar

1. A good, well purified sugar is essential because it dissolves more easily, less scum rises from it and it gives the jam a good colour and flavour.
2. The amount of sugar required depends on the acid content of the fruit—1 lb sugar to 1 lb fruit being the usual proportion.
3. If too much sugar is added to the fruit it may cause it to crystallize whereas jam which does not contain sufficient sugar will not keep well.
4. The sugar should be heated before adding to the fruit and it must be completely dissolved before
allowing the jam to boil.

**The Preserving Pan:**
1. The pan should be clean and in good condition.
2. Aluminium, copper and enamel-lined iron pans are all used for jam making.
3. The bottom of the pan should be greased with a little butter to prevent the pulp sticking to the pan.
4. The pan should be stirred frequently with a wooden spoon, never with an iron spoon.

**Softening the Fruit:**
The fruit should generally be cooked gently for some time before the sugar is added. The object of such cooking is to soften the skins, to break down the cell walls and so extract the pectin. Sufficient water should be added to prevent the fruit from sticking but the amount needed will vary depending on the juiciness of the fruit, the amount of fruit in the pan and the source of heat. The fruit should be brought to the boil and then allowed to simmer gently until reduced to a pulp. Blackcurrants, damsons and plums ½-¾ hrs. Fruits which break down readily e.g. raspberries and strawberries do not require the addition of any water and need simmering only for 10-15 mins. before the sugar is added.

**Skimming:**
When the jam begins to boil a light froth rises. This is harmless and should not be removed. After some time a thick grey scum rises to the top. This should be removed because it is unfruit and would discolor the
Testing

The jam or jelly is ready when a teaspoon gelaties on a cold plate in 3 mins. Not at the time recommended in the recipes.

Potting

1. Have the jam jars clean and warm
2. Fill the jars to the top
3. Wipe the outside of the jars with a damp cloth
4. Put small rounds of waxed paper over the jars and leave until cold and then cover with clamped cellophane paper or paper covers.
5. Label and date and store in a cool dry place

Note

When apple, red currant or gooseberry juice is required for fruits which are not rich in pectin and acid prepare as for jelly and add sugar in the proportion of 1 lb of sugar to 1 pt. of juice

Plum Jam

Ingredients: 6 lbs plums 6 lbs sugar 1/2 - 1 1/2 pts of water

Method: Wash the plums, cut in 1/3's and remove the stones.
2. Break out about 5/4 the stones and take out the kernels.
3. Put plums, water, and kernels into a greased preserving pan and cook until the fruit begins to break
4. Add the sugar, stir until dissolved, then boil rapidly for about 20 mins. Test and jet-
Vegetable Marrow Jam

Ingredients:
- 6 lb. prepared marrow
- 1 pt. apple juice
- 7 lb. sugar
- 1 oz. whole ginger
- ½ lb. citric acid

Method:
1. Store the marrow for several weeks before using if possible.
2. Cut the marrow into ½” pieces. Peel. Remove the marrow and seeds from the centre.
3. Cut into ½” cubes and steam for about 15 mins. Put in an earthenware crock with the sugar and steep overnight.
4. Bruise the ginger and tie it in a piece of muslin. Put the marrow, sugar, citric acid, ginger and apple juice into a greased preserving pan. Heat slowly until the sugar is dissolved, boil for about 20 mins. Test and pot.

Apple Jelly

Ingredients:

Method:
- Wash the apples and cut into ½’s. Do not remove the peels or cores. Put into a preserving pan with enough water to cover them. Boil to a pulp. Time 1½ hrs.
- Have a jelly cloth prepared and tied in position. Pour the pulp into the cloth and leave to drop undisturbed until all the juice has been extracted. Measure the juice into a preserving pan and add 1 lb. of sugar for 1 pt. of juice. The red and strained juice of a lemon may also be added to some bruised ginger tied in muslin. Stir until the sugar is dissolved, then boil quickly 20-30 mins. Test and hot. Coat. Apple jelly may be made in the same way.
Totalo Chutney

**Ingsred.**
- 2 lb tomatoes (green or red)
- 5 lb shallots
- 1 lemon
- 3 oz browned ginger
- 4 oz chillies
- 6 peppercorns
- 1 lb apples
- 1 lb sultanas

**Method.** Put the sugar and vinegar into a lined saucepan, with peppercorns, chillies and ginger tied in muslin. Boil for 3 hrs. Prepare all vegetables and cut into small pieces. Add with the juice of the lemon to the vinegar. Simmer gently for 3 hrs, stirring occasionally. Put into jars and seal.

**Tomato Puree**

**Ingsred.**
- Wash sound tomatoes and heat them in a covered pan with a little water and salt of desired until they are soft. Rub the pulp through a sieve and then pour into hot clean preserving jars. Sterilise either by oven or water method for 10 mins, seal and store. This pulp may be used as the foundation for soups and sauces.
Bottling

The bottling of fruit consists of first sterilising the fruit and then excluding the air by providing a vacuum. Fruits can be sterilised at a much lower temperature than vegetables because of the acids they contain which help in the process of killing the bacteria. Special bottles or jam jars may be used with caps and clips and rubber bands. The proper vacuum bottles should withstand the heat of sterilisation and have a metal or glass lid. A new rubber ring should be used each year and this acts as a washer between the lid and the container. It is most important that the clip on which the cap rests should not be injured or damaged in any way for the air may enter in through this.

Choice of Fruit

For bottling choose fruit that is free from blemish. It should be just ripe and still quite firm. Bottle as soon as possible after picking.

Up to the fruit bottling the small fruits in one bottle and the larger ones in another. Some fruits like gooseberries and yellow egg plums and gooseberries may be bottled when slightly unripe. Some fruits like pears may be picked unripe and then ripened on a shelf for a few weeks before bottling. Never attempt to bottle unripe pears.

Preparation of Fruit

Wash hard fruit in plenty of cold water. Soft fruit need not be washed except in the case of loganberries or blackberries which are put to sleep in cold water and salt. (1 oz salt to 1 gallon water) to draw out maggots. Stalks and stalks should be removed. The bottles should be well washed in warm water and then rinsed in clean cold water and left standing upside down until...
ready to fill. It is easier to pack the fruit in small bottles. The fruit should be firmly packed and cold water should be poured in. The bottles and poured out to hold the fruit in position.

**Method I**

**Even Method**

Warm the jars in an oven at about 100°F. Pile up the fruit to the top. Put back into the oven and as soon as fruit begins to shrivel put a battie tin over the top of the jars, so as to prevent the top layers from drying out. Leave in a cool oven until the fruit has shrunk down to provide 5/8" of bottle and cones immediately. Whatever method is adopted the method of sealing bottles it is necessary to store them in a dry airy place. A dark shelf in a kitchen or passage is a very good place. A cupboard is not suitable unless thoroughly ventilated. It is not advisable to move bottles as the fruit juice or sugar solution may come into contact with the cove, or calico and so cause it to rot and let in air. It must not be expected that fruit bottled in this way may keep longer than the New Year. The object is to keep fruit to about the middle of January. Be sure not to let mice or rats nibble at the cove or the seal. When bottling soft fruit it is better to pour fruit from one bottle to another as they shrink so much. When bottling gooseberries it is advisable to use a weaker sugar solution as a strong solution causes the skin to wrinkle. Peaches, cherries, gooseberries, plums and rhubarb are all particularly suitable for this method.

**Scientific Method**

This method should give perfect results but entails
purchasing vacuum bottles fresh rubbe rings should be used every year. A proper bottling outfit will have a deep container known as a steriliser. Any deep vessel will serve the purpose provided it is completely covered by water. Purchased sterilisers have perforated false bottoms which prevent them nesting on the bottom of the container. This prevents bottles from cracking. However, substitutes such as strips of slated wood may be used. It is necessary to use a thermometer which will register up to 120°F.

Preparation of fruit and bottles.

Fruit is prepared as in the other method. It is packed tightly in cold bottles and filled up with cold syrup of water (same proportions as before) to within 1/2 of top. Place the rubber ring in position. Place on lid and screw in position with clip or screw bands. Not too loosely to allow for expansion. Bottles are then placed in the steriliser or deep pan and brought up slowly to temp. See chart. They should be left at that temp. for correct time. They should then be removed and when cold, totally dry, the bottles should be stood upright on a wooden table and laid on their sides until cold. When bottles are cold clips or screw top should be removed. If a proper vacuum has been formed it should be impossible to pull off metal or glass tops with the fingers. If bottles are kept in jars, particularly blue paper fruit keeps a better colour. Keep in a dry place or moulds may grow inwards through bottle. Should any of the bottles not be properly sealed i.e. if tops come off easily when tried and rubber rings may be used and process repeated.
### Sterilizing Chart

<table>
<thead>
<tr>
<th>Name of Fruit</th>
<th>Temp Necessary</th>
<th>Taking 1/4 hrs to reach temp. and remaining at that temp for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>165°F</td>
<td>20 mins.</td>
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<tr>
<td>Blackberries</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Damson</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Raspberries</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Loganberries</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Plums</td>
<td>165°F</td>
<td>10 mins.</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>170°F</td>
<td>15 mins.</td>
</tr>
<tr>
<td>Pear</td>
<td>190°F</td>
<td>30 mins.</td>
</tr>
<tr>
<td>Cherries</td>
<td>190°F</td>
<td>30 mins.</td>
</tr>
<tr>
<td>Currants</td>
<td>180°F</td>
<td>20 mins.</td>
</tr>
<tr>
<td>Stoned Plums</td>
<td>190°F</td>
<td>20 mins.</td>
</tr>
</tbody>
</table>

### Soft Fruits

- Blackberries. Fruit must be ripe and yet firm. Blackcurrants and red currants take twice as much sugar as other fruit to preserve colours.
- Gooseberries. Add 1/4 pt. of sugar. Too much sugar fruit shrivels and if enough sugar is not used flavour is poor.
- Raspberries. Bottle the same day as packed and pack into bottles if possible as they loose colours easily so bottle well before storing.
- Loganberries. These are apt to be meagotty so soak in cold solution before use.

### Stone Fruits

- Cherries. Sour cherries do best and if fruit is stored more fruit can be packed in the bottles. Cheesed hand stones may be got for this purpose.
- Damsons. Dip in hot water for 2 mins. The sticky bloom is thus removed. 1 lb. sugar to 1 pt. water used in this
Preservation of Fruit without Cooking.

It is possible to preserve fruit for several months without cooking or sterilising. The jam jars should be washed carefully and fruit prepared as usual. The uncooked fruit is then put into jam jars and campden solution poured over until all the fruit is covered. Seal with cork tops which can be secured with wax. Glass covers may also be used. No metals must come in contact with the solution. No patent dye should be used.

To make Campden Solution.

The tablets may be purchased at the chemists. Directions should be followed carefully.

Usual Proportions

1 tablet dissolved in 1 pt. water and to 1 lb. of fruit. Fruit preserved in this way is said suitable for use until it has been cooked.

Drying of Fruit

The drying of fruit is not only an easy process but is an inexpensive one also. The only disadvantage it has as against bottling is the time it takes. Dried fruit can be bottled as such. Dried fruit is more uniform in taste and flavour and all that has to be done is to see that the fruit is cooked overnight. There is no need to cook it for it for it is cooked itself during the
drying process. As drying is such a cheap operation it is worth while making some wire frames on which the fruit may be placed and the smallest gauge wire netting should be used for this purpose. The fruit to be dried is placed on the trays having been prepared as advised. The spare heat either coal electric or gas at the end of a morning's cooking may be utilized. If an oven is specially prepared 150°-160°F is correct. Use fruit that is ripe but not overripe and cut away all the damaged portions. Apples, pears and plums are the fruits that can be dried most successfully. Blackberries, loganberries and raspberries are not so easy to do and neither do they give such good results.

Special Points

1. Prepare fruit properly
2. Lay evenly on trays
3. Dry in an oven 150°-160°F. It is possible to dry one or in a cupboard where there is dry heat
4. Always heat slowly at first otherwise the fruit will get hard and shrivel
5. After drying put fruit still on trays in ordinary room temp for one day. This is called conditioning. The fruit becomes softer, fresher and easier to pack

Notes on Individual Fruits

Apples

After peeling and coring the flesh of the apples must be prevented from becoming brown. The apple rings should be prepared by being cut with a stainless steel knife 1/4 inch thick and should immediately be dropped into a jam jar containing Ralph's funes and left there for 15 mins. Keep the funes in by covering with a plastic tin or lid and shake a few times
To Make Sulphur Fumes:

Burn flowers of sulphur on the lid of a tin and inversión jars over the fumes. They soon become filled with the gas and should then be turned up the right way and covered. Once the apple rings are properly sulphurized they are blanched and will keep white. They should then be threaded on 150 degrees f. If dried outside an oven, the rods should be hung from hooks and should be parallel to the floor so that all the rings are kept flat. They will take 5 hrs. to dry in an oven at 150 degrees f. If hung in a kitchen they may take 3-4 days. When not actually drying they should be covered with butter, muslin, or keep out the dust. At first the rings are tough and hard but after a day's conditioning they should feel like chamomile leaves. The rings may be packed in greaseproof paper and put into a wooden box or they may be put into jam jars and covered as for jam. Most ringes soak the rings overnight; however, it is better to soak for 4 hrs. in sufficient water. If they absorb one lot add more. If it is necessary cook until soft in the water in which they were soaked and a little sugar may be added at the last possible moment.

Pears:

Cut into 1/4's, 1/2's, and remove the core. Otherwise treat as for apples, but leave 30 mins. in the sulphur fumes. Dry in a temp 150 degrees f. for 6 hrs. Condition afterwards and pack as for apples.

Plums:

Plums are the easiest fruit to do and the most successful. The large variety such as Victoria should be used and perfectly ripe Spermanns will produce delicious pears.
Start at a temp. of 110°F, no higher or the skins will split. After 3 hrs, raise to 160°F and after 4 hrs to 170°F. Keep at this temperature till the plums look like prunes and are still soft. It is always better to under dry than over dry. When cool and not sufficiently dried put back in the oven and leave for another hour. Leave in ordinary room temperature for a week and then store in an air-tight box. Use these for apples.

To Use:— Cover with plenty of water and leave to soak for 36 hrs. They may then be served without cooking. No sugar is needed for the sweeter plums. With the more acid plums a few oz. of sugar may be added to each pound before stewing.
Fruit Chutneys, Pickles and Sauces.

Pickled or damaged fruit can be easily turned into chutneys. It is a very useful way of using up fruit which might otherwise be wasted. They are useful on a table, particularly with such dishes as white fish, cold meats, salads and for making small savouries. Almost any solid fruit such as apples, plums, gooseberries and pears and almost all vegetables may be converted into pickles or chutneys. They are easy to make and due to the ingredients such as vinegar and spices they keep indefinitely. Bought chutneys are expensive. The following recipes are fairly representative.

**APPLE CHUTNEY**

*Ingredients:*
- 11/2 pints apples
- 1/2 pt. sugar
- 1 pt. vinegar
- 1/2 pt. raisins or currants
- 1 oz. mustard seed
- 1/2 oz. garlic (if liked)

*Method:
Chop all ingredients finely and boil for 1/2 hr.

**APPLE AND TOMATO CHUTNEY**

*Ingredients:*
- 3 large cooking apples
- 1/2 cup raisins or currants
- 6 large tomatoes
- 1/2 tsp. salt
- 2 small onions
- 1 cup sugar
- 1 pt. vinegar
- 1 cup mixed spices

*Method:
Mix the spices in a bag. Skin the apples and tomatoes. Boil with vinegar for 1/2 hr. Dates or prunes may be substituted for the raisins.
GOOSEBERRY CHUTNEY

**Ingredients:**
- 1 lb green gooseberries
- 1 lb rhubarb
- 1 lb sultanas
- 2 lb brown sugar
- 2 oz ground ginger
- 1 tsp salt
- 1 tsp allspice
- 1 tsp Cayenne
- 1.5 pt cider vinegar

**Method:**
Same as for Gooseberry.

BLACKBERRY

1 lb blackberries
1 pt vinegar
2 lb sugar
1 lb allspice
1/2 lb ginger

**Method:**
Steep blackberries and ginger for 12 hrs. Bring the vinegar to the boil. Add the berries and boil for 1/2 hr. Add the allspice. Mix thoroughly and cool. When cold.

APPLE GINGER

**Ingredients:**
- 5 lb apples
- 5 lb sugar
- 1/2 pt water
- 4 lb ginger (powdered)

**Method:**
Peel, core and slice apples and boil to a pulp. Add sugar and ginger. Boil for 15 mins. Cover when cold.

APPLE AND APRICOT JAM

**Ingredients:**
- 1 lb dried apricots
- 6 lb apples
- 2 pt water
- 1 lb sugar

**Method:**
Boil the apricots till tender. Then add the sliced apples and cook until soft. To each fruit 1/2 lb sugar allows 1 lb 1/2 lb sugar.
Making of Jellies.
Jelly making is similar to jam making but takes 2 successive days. On the first day the cooking of the fruit is done with or without the addition of water, and the strained juice is boiled with the sugar until it sets.
Suitable Fruits
Damsons, red currents, black currants, blackberries, gooseberries, apples, crab, quince and pears. The fruit used should have a strong flavor and wild fruits make the best jellies. There is no need to prepare the fruit for jellies as stalks, peels and cores may be used.
Addition of Water
It is necessary to add a certain amount of water varying with the fruit used. Those with plenty of juice need less water than those which are not so juicy. The usual quantity for soft fruit is 1 pt water for 3 lbs fruit. Black currants take longer to cook and are classed with apples and damsons. In this case quantity is 3/4 pt of water to every 1 lb of fruit.
Addition of Acid
The jellying of a jam or jelly is in connection with the quantity of acid in the fruit. There is plenty of acid in young apples, black berries, damsons and logan berries. It is necessary on the other hand to add acid to sweet berries, sweet apples, late black berries, peaches and nectarine. Acid may be added in various ways:
1. by mixing an acid fruit with a non-acid one 1 lb mixed fruit to every 4 lbs strawberries
2. by addition of acid fruit juice 1 lb red currant juice, gooseberry juice and lemon juice
3. the addition of powdered acid i.e. Citric or Tartaric
used in the proportion of 4 oz. dry acid to every 4 lbs of fruit.

When the fruit and water is in a pulp it should be strained through a jelly bag. This should be strained through a flannel or 2 or 3 thicknesses of linen. When the pulp is allowed to drain overnight the residue should be a solid mass.

The amount of sugar added depends on the pectin present – 3–1 lb sugar per pint of extract. After the sugar has been added and stirred until it is dissolved there should be no need for more stirring. Do not skim until just before potting.

Jellies without Pectin:
These can only be made with very juicy fruit and the yield is much smaller. In this case use 1.5 lb. sugars to 1 pt. of extract. Taking care to see that all the sugar is thoroughly dissolved

Pick over the blackberries and cover with just enough water to cover them. Cook until soft. Strain through a jelly bag. Allow 1 pint jelly to 1 lb fruit and heat sugar before hand. When sugar is dissolved boil quickly until jellies on a plate.

Take equal quantities of blackberries and apples. Wash the apples and place in enough water to cover with the blackberries and boil till the mixture is soft. Strain and allow 2 lb. sugars to each pint of the liquid. Treat as for blackcurrant jelly.
Elderberries may be mixed with blackberries. They give a good colour.

Gooseberry Mint Jelly

**Ingredients:**
- 2 lb green gooseberries
- Sugar
- Fresh green mint

**Method:**
Wash the gooseberries. Cover with cold water and when stewed soft, strain off and to each pint of liquid add 1 lb Sugar. Tie up a good bundle of dashed green mint and put into preserving pan with sugar and juice. Boil gently until set. Remove mint. Put jellies into pots and seal.
Pulverizadora

Ragolasa Cocomelita Don Osses

Cromask 100g do 300g no 7.50

Beric楼盘

To Pulverize - then a rabbit

Rules for Deep Frying

Coating + Frying

Care of the path of fat

General rules for reheating

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<th>1/2 Lemon Curd</th>
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Petra
  - Sirocope
  - Ubraza
  - Siroyce
  - Sukh Okara
  - Mexican Radish
  - Dusbe
  - Tomato Sauce
  - Capers Sauce
  - Parsley Sauce
  - Anchovy Sauce
  - Egg Sauce
  - Dutch Sauce
  - French Dressing
  - Mayonnaise

Lasz
  - Fresh Placo

Szatan Froeca
  - Lasz Talnuzic
  - Lasz Bacalao (Cado)
  - Potted Herrings
  - Boiled White Fish
  - Steamed Rolls of Placo
  - Baked Placo
  - Grillled Herrings
  - Fish Cakes
  - Herrings au Gratin
  - Fish Custard Soufflé
  - Firma Haddock on Toast
  - Fish in Batter
  - Russian Fish Pie
  - Scallop Fish
  - Boiled Haddock
  - Baked Firma Haddock
  - Fried Cod’s Roal
  - Baked Fish’s Macaroni
  - Fish Croquette
Banana Pudding

Cornflour Mould

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Soups
Fish
Meat
Vegetables
Puddings + Sweets
Sauce
Breakfast, Supper, Dishes
Pastry
Bread & Cakes
Biscuits
Invalid Cookery
Miscellaneous

Wednesday

Veal Braised
Carrots
Onions
Braised Sweetbreads
Fried Sweetbreads
Sweetbreads en Carre
Carrot Puree
Penne / Hazel Sauce
Fried Green Beans Tomato Puree
Macedoine Végé
Mayonnaise