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LUNCHEON DISHES

COMPRISING

MENUS IN FRENCH AND ENGLISH

FOR FOUR COMPLETE LUNCHEONS FOR SIX PERSONS

AS WELL AS

SUGGESTIONS FOR APPROPRIATE ARRANGEMENT

AND DECORATION OF THE TABLE

FOR THE FOUR SEASONS

SPRING, SUMMER, AUTUMN, AND WINTER

BY

MARY L. ALLEN

AUTHOR OF "BREAKFAST DISHES," "SAVOURIES AND SWEETS," AND
"FIVE O'CLOCK TEA."

LONDON
KEGAN PAUL, TRENCH, TRÜBNER & CO., LTD.
1891

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PREFACE.

It having been suggested to me that a collection of Menus for easily-prepared Luncheon Dishes would be appreciated by the Public, I have brought out the accompanying little book on the subject.

Many of the receipts contained in it are obtained from family MSS. (one dating as far back as 1696), a few of the receipts are original, and several are new. I have given the cost of each dish, as far as possible, and have arranged the Menus with regard to the season of the year.

As regards decorations for the table, I have purposely omitted suggesting anything elaborate, because I consider that, however appropriate decorations may be for "dinner," luncheon being a daylight meal, the less the spotless linen of the table is hidden from view, except by fruit and flowers, the better is the taste displayed by the hostess.

I want to take this opportunity of thanking Mrs

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Bagot for the valuable help she has given me in the present collection of receipts, as in a previous publication, viz., "Savouries and Sweets," which has met with considerable appreciation by the public.

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SPRING.

I.

Table Decorations.—Take an oblong piece of drawn linen work handsomely embroidered in white between the drawings. It should be 1¼ yards long and nearly half a yard wide. On it, stand down the centre of the table three tall slender glass vases mounted in ornamental copper work. Arrange some sprays of pink almond blossom in the vases. Procure six or eight little copper plates or saucers, and fill them with the fashionable American bonbons in brown and pink colours. Tie up six small sprays of almond blossom with copper-coloured ribbon, and lay them on the table-cloth, on either side of the drawn linen work strip.

II.

Fill three oval-shaped silver baskets with mauve and white lilac, and stand them down the centre of the table. Tie twelve small sprays of the same flower with apple green ribbon, and lay two before each guest, alternately mauve and white.

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MENU FOR SPRING.

Receipt to be found on Page	*ENGLISH.*	*FRENCH.*
	SMALL COLD SIDE DISH.	HORS D'ŒUVRES.
30.	Plovers' Eggs and thin Bread and Butter.	Oeufs de Pluviere avec mince tranches de Pain et Beurre.
	Reindeer Tongue Ramekins with Olives and Horse-radish.	Ramequins avec langue, ded-ain et olives et mérédis.
	FISH.	POISSON.
27.	Oyster Cutlets.	Côtelettes d'Huitres.
	ENTREES.	ENTREES.
36.	Chicken and Ham Cutlets in Aspic (cold).	Cotelettes de Poulet et Jambon en Aspic.
30.	Bobotages (hot).	Bobotages (chaud).
34.	Timbale of Rice.	Timbale de Riz.
49.	Truffled Sweetbreads.	Riz de veau Truffes.
	JOINTS (cold).	ROTI (froid).
50.	Pressed Beef stewed.	Bœuf Pressé.
24.	York Ham.	Jambon de York.
46.	Galantine of Veal.	Galantine de Veau.
95.	Asparagus Salad.	Salad d'Asperg.
93.	Potato Balls (hot).	Pomme de Terre Roussies (chaud).
	GAME.	GIBIER.
94.	Guinea Fowl, garnished with Watercress.	Pintade Rotis au Creseon.
	SWEETS.	ENTREMETS
25.	Prune Jelly with Cream.	Gelée de Prunes avec Crême.
40.	Venoise Pudding.	Poudin de Venoise.
53.	Pine Apple Whips.	Ananas à la Crême.
64.	Chantry Sponge Cake.	
	SAVOURY.	SAVOUREU.
23.	Aspic of Shrimps.	Crevettes en Aspec.
28.	Aigrettes of Parmesan.	Aigrettes au Parmesan.
	Cream Cheese.	Fromage de Crême.

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SUMMER.

I.

Table Decorations. — Procure an oval-shaped piece of looking-glass and lay it in the centre of the table, surround it with little green enamelled troughs made of tin. Fill them with feathery moss and maidenhair fern, and stick in a few sprigs of forget-me-nots as if they were growing. On the looking-glass put a flat oval-shaped glass dish, which fill with waterlilies opened out and resting on the water (the stalks must be cut off close to the heads, to make them lie flat); between the lilies place a few forget-me-nots, and lightly veil the whole with fronds of maidenhair.

II.

On a handsome piece of drawn linen work set a large blue china bowl in which roses of all colours are tastefully arranged.

By the table napkin of each guest, place a rose-bud and foliage, alternately red and yellow.

Let sweetmeats of the colours of the roses used for decoration be arranged in small blue china saucers about the table.

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MENU FOR SUMMER.

Receipt on Page	*ENGLISH.*	*FRENCH.*
	SMALL SIDE DISHES.	HORS D'ŒUVRES.
29.	Herring Salad.	Salade de Harengs.
	Prawn and Sliced Lemon.	Crevettes au Citron.
	FISH.	POISSON.
51.	Sole à la Toque (hot.)	Sole à la Toque.
	ENTREES.	ENTREES.
31.	Curried Chicken (cold).	Poulet au Currie (froid).
32.	Mutton Cutlets, Cucumber Sauce.	Côtelettes de Mouton Sauce aux Concombres.
44.	Cream of Ham.	Jambon à la Crême.
	JOINTS (cold).	RÔTE (froid).
39.	French Pie.	Paté Français.
19.	Braised and Larded Fillet of Beef.	Filet de Bœuf lardé et braisé.
33.	Salad, Bishop's Sauce.	Salade avec Sauce aux Bishop.
58.	Fricandeau of (hot) Veal.	Fricandeau (chaud).
	VEGETABLES.	LEGUMES.
21.	Peas, New Potatoes.	Petits Pois, Pommes nouvelles.
	GAME.	GIBIER.
84.	Roast Pigeons stuffed, a vine leaf over each breast.	Pigeons rôtis et farci, chacun recouverts d'une feuille de vigne.
	SWEETS.	ENTREMETS.
44.	Iced Fruit Fool.	Crême glacée au fruits.
78.	Brandy Snaps.	Biscuits de Cognac.
90.	Boiled Almond Custard.	Crême aux Amandes.
87.	Cherry Meringue.	Meringue de Cerise.
47.	Chocolate Cake.	
	SAVOURY.	SAVOUREU.
86.	Patie de foie grass and Truffles in Aspic.	Aspic de foie gras aux Truffles

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AUTUMN.

I.

Table Decorations. — On an oblong piece of white satin embroidered in gold, place a tall trumpet-shaped green glass vase in hammered iron frame-work ; arrange on it lightly field poppies and grasses. Round the embroidered table centre trail some well-coloured blackberry sprays and leaves, forming a handsome cluster of berries and leaves at one corner.

II.

Use a d'oyley of fine drawn linen work for the centre of the table. Stand an oblong wicker basket in the middle of it, painted dead white. Decorate the basket with coloured leaves and the deep red berries of the bryony, twining a cluster round the handle. Place four similar white baskets (but of much smaller size) at the corners of the table, arranged to correspond.

Fill a dozen small silver gilt or brass bowls with red, yellow, and brown sweetmeats, and place them about the table. Each bowl should have a miniature pair of sugar tongs laid by the side of it for helping the bonbons.

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MENU FOR AUTUMN.

Receipt on Page	*ENGLISH.*	*FRENCH,*
	SMALL SIDE DISHES.	HORS D'ŒUVRES.
	Caviare and Red Cabbage.	Caviare et Tranches de blanc
29.	Sliced Chicken Breast, Strips of Smoked Tongue, and Pickled French Beans.	de Poulet, et langue furnée et marinée Haricots verts.
	FISH.	POISSON.
57.	Scalloped Oysters.	Hultres en Escalopes.
	ENTREES.	ENTREES.
48.	Parisian Rabbit.	Lapin au Française.
59.	Pork Cutlets à la Pompadour.	Côtelettes de porc à la Pompadour.
43.	Tongue and Sharp Sauce.	Langue avec sauce piquante.
	JOINTS.	ROTIS.
54.	Braised Turkey (hot).	Dinde braisée (chaud).
91.	Lobster Pie.	Paté de Homard (froid).
37.	Rump Steak, stuffed and rolled.	Filet Farcé et roulé.
45.	Potato Chips fried in Butter with Parsley.	Pomme de terre à la Macaire.
20.	Mont d'or Beans.	Haricots Mont d'or.
	GAME.	GIBIER.
84.	Roast Snipe and Watercress.	Becasse au Cresson.
81.	Wild Duck and Orange	
82.	Salads.	
	SWEETS.	ENTREMETS.
63.	Chocolate Custard (cold).	Crême au Chocolat (froid).
60.	Diplomatic Pudding.	Poudin Diplomatic.
85.	Seed Cake.	
	SAVOURY.	SAVOUREU.
	Potted Pheasant on Toast garnished with Truffles and Aspic	Pâté de faisan sur croûte garni de truffes et aspec.
24	Tomato Salad.	Salade de Tomates.

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RECEIPTS,

WITH

INGREDIENTS AND COST.

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BRAISED AND LARDED FILLET OF BEEF.

Ingredients.	*Average Cost.* S.	D.
3 lbs. fillet (or undercut of sirloin of beef),	3	6
¼ lb. fat unsmoked bacon, . . .	0	2½
1 carrot, 1 onion, 1 turnip, bouquet of herbs, ...	0	2
1 bay leaf, 2 cloves, 1 blade of mace, ½ a glass of white wine, 6 pepper cones, } .	0	2
1 pint stock, ...	0	5
	4	5½

RECEIPT.

1. Trim the fillet nicely, and lard it.

2. Put it into a stew-pan and fry it a nice brown.

3. Add all the other ingredients, and simmer it very gently two hours.

4. Let it get cold; serve garnished with parsley. It is good hot or cold.

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MONT D'OR BUTTER BEANS.

Ingredients.	*Average Cost.* S.	D.
1 lb beans,	0	8
½ oz. butter, pepper and salt,	0	0½
	0	8½

RECEIPT.

1. Cut the beans up coarsely.

2. Boil in water with salt and a small piece of soda for twenty minutes.

3. Serve with the butter amongst them, and sprinkle with pepper and salt.

POTATO RIBBONS.

Ingredients.	*Average Cost.* S.	D.
4 potatoes,	0	0½

RECEIPT.

1. Peel the potatoes.
2. Cut them in slices an inch thick.
3. Peel them round and round into ribbons, the longer the better.
4. Place in a dry cloth for half an hour.
5. Fry in boiling fat.
6. Drain on blotting paper, and serve very hot.

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NEW POTATOES.

Ingredients.	*Average Cost.* S.	D.
1 lb. new potatoes, ...	0	3

RECEIPT.

1. Scrape the potatoes.

2. Put them into cold water with a nice pinch of salt, till required, when they should be put into boiling water with a sprig of mint, and boil fifteen minutes.

3. Serve with a small piece of butter amongst them.

SPRING SALAD.

Ingredients.	*Average Cost.* S.	D.
4 cabbage lettuces, ...	0	8
1 root of beetroot, ...	0	2
1 bunch of radishes, ...	0	2
1 head of celery, ...	0	2
½ basket mustard and cress, . . .	0	3
	1	5

RECEIPT.

Wash the lettuces, radishes, and cress; put into a wire basket, and shake till quite dry. Put into the salad bowl the beetroot, cut in thin slices, round the bowl, then a wreath of celery, and beetroot in the middle; lay the radishes round outside the beetroot, and do not cut off the tops of them. Pour the sauce over at the last moment.

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FRENCH SAUCE.

Ingredients.	*Average Cost.* S.	D.
2 table-spoonfuls Huile de Provence, 1 do. garlic vinegar, 1 salt-spoonful of salt, ½ do. of white pepper, 1 mustard spoonful of made mustard,	0	3

RECEIPT.

1. Put the mustard into a basin.

2. Add the pepper and salt.

3. Then the oil ; mix well.

4. Last the vinegar, and beat till as thick as cream.

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ASPIC OF SHRIMPS OR PRAWNS.

Ingredients.	*Average Cost.* S.	D.
4 lbs. knuckle of veal, 5d.,	1	8
1½ lb. knuckle of ham,	1	0
1 calf's foot,	0	6
2 eggs,	0	2
1 pt. pickled shrimps,	0	6
Pepper, salt, 1 onion,	0	1
Herbs, 1 table-spoonful tarragon vinegar, 4 cloves,	0	1
¼ wine glass white wine,	0	2
	4	2

RECEIPT.

1. Put the knuckle of veal, ham, and calf's foot into a stew-pan with two quarts of cold water; also the onion, cloves, and bunch of sweet herbs.

2. Boil gently till reduced to rather more than a pint.

3. Strain and set aside to get cool.

4. Remove all fat and sediment.

5. Place the jelly in a sauce-pan with the wine, tarragon vinegar; pepper and salt to taste.

6. Whip the whites of the eggs, and stir them well in; let it boil; draw aside, and simmer ten minutes.

7. Strain through a jelly bag once or twice if required.

8. Pour into a mould sufficient of it to cover the bottom; let it set.

9. Then carefully arrange a layer of shrimps. Pour in two inches of the melted jelly. Let it set, then another layer of shrimps, fill the mould with jelly, and put in a cool place till wanted.

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TOMATO SALAD.

Ingredients.	*Average Cost.* S.	D.
1 lb. tomatoes,	1	0
3 table-spoonfuls Huile de Provence,	0	1
1½ do. garlic vinegar,	0	0½
1 sprig tarragon, chervil and parsley,	0	1
Salt and pepper,	0	0¼
	1	2¾

RECEIPT.

1. Cut the tomatoes into slices.

2. Pour the oil and vinegar, previously mixed, over them.

3. Chop the tarragon, chervil, and parsley, and sprinkle over the tomatoes.

4. Season to taste.

5. Put into the centre of the aspic, and serve.

YORK HAM (BAKED).

Ingredients.	*Average Cost.* S.	D.
1 ham, 12 lbs.,	12	0
7 lbs. flour,	1	0
	13	0

RECEIPT.

1. Make the flour into a paste with water.

2. Completely cover the ham with it.

3. Put into the oven, and bake three to three and a half hours.

4. Take the crust off as soon as it comes out of the oven.

5. When cold, glaze.

N.B.—The best hams are got from Berringer, Covent Garden.

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PRUNE JELLY.

Ingredients.	*Average Cost.*	
	S.	D.
1 lb. prunes,	0	6
¼ lb. sugar,	0	1
½ a lemon,	0	0½
1 oz. gelatine,	0	2½
½ pint cream,	1	0
	1	10

RECEIPT.

1. Put the prunes into a sauce-pan with sufficient water to cover them.

2. Add the sugar and the peel of the lemon.

3. Stew gently two hours.

4. Pass through a wire sieve.

5. Add the gelatine, having previously soaked it in water.

6. Crack the prune stones and put the kernels into the jelly.

7. Boil all together for a few minutes, and pour into a china mould, which is the shape of a ring.

8. Whip the cream and heap it up nice and high in the centre of the mould, and serve.

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CURRY SAUCE.

Ingredients.	*Average Cost.* S.	D.
1 table-spoonful curry powder,*	0	1
1 do. flour,	0	0¼
½ an apple grated,	0	0¼
1 small onion grated,	0	0¼
1 oz. butter,	0	1
1 tea-spoonful chutnee, Salt,	0	0¼
½ pint stock,		
	0	3

RECEIPT.

1. Melt the butter.
2. Add and cook the onion and apple.
3. The flour.
4. The curry powder, chutnee, and salt.
5. The stock.
6. Let it come to the boil, and pour round the bobotages.

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* Vencatachellums curry powder is the best, per tin 1s. 1d. at the stores.

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OYSTER CUTLETS.

Ingredients.	*Average Cost.* S.	D.
2 doz. oysters,	4	0
2 oz. butter,	0	2
1 oz. flour,	0	0¼
¼ pint cream,	0	4
3 eggs,	0	3
Pepper and salt, bread-crumbs,	0	0¾
	4	10

RECEIPT.

1. Melt the butter, add the flour.

2. Add the cream.

3. The yolks of three eggs, pepper and salt.

4. Cut the oyster in half, and cook about five minutes in the sauce, but do not let them boil.

5. Turn on to a dish to cool.

6. When cold, form into cutlets.

7. Egg with the whites of the eggs, and fry in boiling fat; serve very hot.

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AIGRETTES OF PARMESAN.

Ingredients.	*Average Cost.* S.	D.
¼ pint water.		
2 oz. butter,	0	2
2 oz. flour,	0	0½
2 oz. grated cheese (Parmesan),	0	2
2 eggs, pepper and salt, ¼	0	2¼
	0	6½

RECEIPT.

1. Put the water into a sauce-pan with the butter.
2. Let it boil.
3. Shake in the flour ; cook well.
4. Add the cheese.
5. The eggs well beaten, one at a time.
6. Have ready some boiling fat and drop in about a dessert-spoonful of the mixture at a time.
7. Fry a golden brown, and serve very hot.

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HORS D'ŒUVRES.

Ingredients.	*Average Cost.* S.	D.
Sliced chicken breast,	1	0
3 slices of tongue,	0	6
Pickled French beans,	0	3
	1	9

RECEIPT.

1. Cut the chicken breast into narrow strips, and the tongue also.

2. Arrange them alternately, chicken, tongue, and French beans.

3. Garnish with water-cress, and serve.

HORS D'ŒUVRES.

HERRING SALAD.

Ingredients.	*Average Cost.* S.	D.
3 herrings,	0	4½
2 cold boiled potatoes,	0	2
1 beetroot,		
1 lettuce,	2	0
4 table-spoonfuls of oil,	0	2
2 table-spoonfuls of French vinegar, Pepper and salt to taste,	0	1
	0	11½

RECEIPT.

1. Cook the herrings, and, when cold, shred them and free them from bone.

2. Slice the potatoes.

3. Cut the lettuce into nice-sized pieces, and mix all together.

4. Pour the oil and vinegar over the salad.

5. Season with pepper and salt.

6. Cut the beetroot into pretty shapes with a tin cutter, and garnish the salad with it.

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HORS D'ŒUVRES.

Ingredients.	*Average Cost.* S.	D.
12 plovers' eggs,	6	0
1 pot French olives,	0	4
	6	4½

RECEIPT.

1. Arrange the plovers' eggs in a nest made of moss.

2. Put the olives into a small white china dish; make them into a pyramid.

3. Hand round with the plovers' eggs.

BOBOTAGES.

Ingredients.	*Average Cost.* S.	D.
4 oz. of any cooked meat,	0	3
4 oz. bread-crumbs,	0	0½
1 onion,	0	0½
1 egg,	0	1
1 oz. butter,	0	1
½ pint stock,		
1 spoonful curry powder,	0	0½
	0	6½

RECEIPT.

1. Chop quite fine the meat.
2. Soak the bread-crumbs in the stock.
3. Fry the onion chopped fine in a little butter.
4. Mix with the meat and bread-crumbs.
5. Add the curry powder.
6. Then the egg well beaten; mix thoroughly.
7. Butter some small cups or moulds, and stand them in a dripping tin with hot water in it.
8. Bake twenty minutes in a brisk oven, and turn out; serve with curry sauce.

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COLD CURRIED CHICKE .

Ingredients.	*Average Cost.*	
	S.	D.
1 chicken,	3	6
1 small onion, 1 tea-spoonful desiccated cocoa-nut, 1 dessert-spoonful grated apple, 1 table-spoonful curry powder or paste, 1 table-spoonful flour,	0	6
½ pint stock,	0	2½
Salt to taste,		
2 oz. butter,	0	2
	4	4½

RECEIPT.

1. Cut the chicken into small joints, and fry till nice and brown, in the butter.

2. Add the onion grated, and apple.

3. Soak the cocoa-nut in warm milk for two hours before it is required, then add it and the stock; simmer all together for one hour.

4. Then mix the flour and curry powder or paste together, with a little stock, and thicken the curry; let it boil ten minutes, stirring all the time.

5. Let it get cold.

6. Serve with boiled rice round it.

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MUTTON CUTLETS AND CUCUMBER SAUCE.

Ingredients.	*Average Cost.* S.	D.
3 lbs. best end neck of mutton, 10d.,	2	6
1 egg,	0	1
Bread-crumbs,	0	0½
1 cucumber,	0	6
½ pint stock,	0	3
1 small onion, Pepper and salt,	0	0½
	3	7

RECEIPT.

1. Cut the mutton in nice small cutlets.

2. Egg, bread-crumb, and fry in boiling fat.

3. Peel the cucumber, cut into small pieces, and put into the stock, and cook with the onion.

4. When quite soft, pass through a hair-sieve; season to taste.

5. Arrange the cutlets in the middle and, pour the cucumber sauce round them, and serve.

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SALAD (BISHOP'S SAUCE).

Ingredients.	*Average Cost.* S.	D.
2 Cos lettuces, ...	0	4
2 eggs, ...	0	2
¼ pint cream, ...	0	6
1½ table-spoonful of vinegar,		
2 mustard-spoonfuls of mustard,		
1 salt-spoonful of salt,		
,, white pepper,	0	3
Cayenne to taste,		
1 small slice of onion,		
1 sprig of tarragon,		
	1	3

RECEIPT.

1. Hard boil the eggs; when cold take out the yolks.

2. Put them in a soup plate, and pound quite smooth with a spoon.

3. Add the mustard, pepper, and by degrees the cream.

4. Chop up the onion on a plate and add the salt, press with a knife till the onion is all dissolved, mix with the sauce.

5. Cut the tarragon small, and add.

6. Then the vinegar.

7. Wash the lettuce and put into a towel till quite dry.

8. Shred, and pour the sauce over it.

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TIMBALE OF RICE.

Ingredients.	*Average Cost.* S.	D.
1 teacupful of rice,	0	0½
1 lb. of any cooked meat,	1	0
1 egg,	0	1
2 table-spoonfuls of bread-crumbs,	0	0¼
½ a small onion,	0	0¼
¼ pint stock,	0	2½
Salt and pepper,	0	0¼
1 tea-spoonful chopped parsley,	0	0¼
1 oz. butter,	0	1
	1	6

RECEIPT.

1. Boil the rice till tender.

2. Put on a sieve to drain.

3. Chop the meat fine.

4. Season with the onion chopped fine, parsley, pepper and salt.

5. Add the bread-crumbs and egg, mix well.

6. The stock.

7. Butter a mould, line with the rice, put in the meat, cover the top with rice, and steam three-quarters of an hour—turn out, and pour tomato sauce round dish.

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TOMATO KATSUP.

Ingredient.	*Average Cost.* S.	D.
½ bottle tomato katsup (Gordon and Dilworth's), ...	0	6

RECEIPT.

Heat the tomato katsup in a sauce-pan, pour round the mould, and serve.

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CHICKEN AND HAM CUTLETS IN ASPIC.

Ingredients.	*Average Cost.* S.	D.
Breast of a chicken,	2	0
Some thin slices of lean ham,	0	6
¼ pint thick white sauce,	0	3
1 pint aspic jelly,	1	0
¼ oz. gelatine,	0	0½
1 lettuce,	0	3
1 bunch radishes,	0	1
Pepper and salt,	0	0¼
	4	1¾

RECEIPT.

1. Cut the chicken in thin slices.

2. Dissolve the gelatine, and mix it with the white sauce.

3. Brush over a piece of ham as near cutlet shape as possible with the white sauce pretty thickly.

4. Place a thin slice of chicken on it.

5. Then a nice coating of white sauce. When all are done put on the ice to set for half an hour.

6. Then trim the edges even and put them in a large pie-dish.

7. Cover them with the aspic jelly, which must be as cold as possible without being set.

8. Put on to the ice to set.

9. When wanted, cut out with a knife in cutlets.

10. Cut up the lettuce and dish them on a bed of lettuce.

11. Chop up the remaining jelly and put in the middle.

12. Garnish with radishes round the dish.

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RUMP STEAK STUFFED AND ROLLED.

Ingredients.	*Average Cost.* S.	D.
2 lbs. rump steak,	2	4
2 oz. suet,	0	2½
3 oz. bread-crumbs,	0	1
6 olives,	0	2
1 dessert-spoonful chopped parsley, pepper and salt,	0	1
2 eggs,	0	2
	3	0½

RECEIPT.

1. Peel and chop the olives small.

2. Chop the suet.

3. Put into a basin with the crumbs, parsley, olives, suet, pepper and salt.

4. Mix well with the eggs.

5. Spread the mixture on the steak, roll and tie securely.

6. Place in a greased paper and roast about three-quarters of an hour.

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ERROLL CAKE.

Ingredients.	*Average Cost.*	
	S.	D.
1 lb. butter,	1	4
1 lb. castor sugar,	0	4
1 lb. flour,	0	1½
¼ lb. almonds,	0	4
8 eggs,	0	8
	2	9½

RECEIPT.

1. Cream the butter.
2. Add the sugar.
3. Flour.
4. Eggs well beaten.
5. Almonds cut into strips.
6. Mix lighly.
7. Butter a mould, pour in the mixture and bake in a moderate oven.

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FRENCH PIE.

Ingredients.	*Average Cost.* S.	D.
1½ lb. calf's liver,	1	3
½ lb. unsmoked fat bacon,	0	5
¼ lb. cold roast veal, rabbit or chicken,	0	6
½ tea-spoonful white pepper, 1½ oz. gelatine,	0	4
1 eschalot,		
1 pint stock,	0	5
Cayenne, mace, nutmeg and salt to taste,		
	2	11

RECEIPT.

1. Boil the calf's liver till tender.

2. When cold, put twice through a mincing machine with the eschalot.

3. Pound in a mortar, and season highly with pepper, salt, cayenne, mace and nutmeg.

4. Soak the gelatine and melt it with the stock.

5. Line a china mould with the bacon cut into very thin slices.

6. Then put a layer of the cooked meat or poultry.

7. Next a layer of the pounded liver, and so on, until the mould is full.

8. Pour in some of the stock in which the gelatine has been melted.

9. Cover the top with bacon, and bake in a moderate oven two hours.

10. Add more stock when it comes out of the oven.

11. Do not turn it out till next day.

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VENOISE PUDDING.

Ingredients.	*Average Cost.*	
	S.	D.
5 oz. stale bread cut into dice,	0	0½
3 oz. sultana raisins,	0	2
2 oz. shread candied peel,	0	1
2 oz. castor sugar,	0	0½
1 oz. lump sugar, Rind of 1 lemon grated,	0	1½
½ pint of milk,	0	1
¼ pint of cream,	0	6
4 yolks of eggs,	0	4
½ wine-glass of sherry,	0	2
1 oz. butter,	0	1
	1	7½

RECEIPT.

1. Put the loaf sugar in an old sauce-pan till it gets black, add the milk, cream, yolks of eggs, the bread, raisins, peel, rind of lemon, sugar and sherry ; mix well together.

2. Butter a china mould.

3. Put in the mixture and steam two and a half hours with a buttered paper over it.

4. Turn out and serve with german sauce poured round it.

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GERMAN SAUCE.

Ingredients.	*Average Cost.*	
	S.	D.
¼ pint sherry, ...	0	8
2 yolks of eggs, ...	0	2
Sugar to taste, ...	0	1
	0	11

RECEIPT.

1. Put the yolks into a basin and whisk well.

2. Pour in a sauce-pan, add the sherry and sugar to taste ; let it heat but not boil.

3. Pour round the pudding.

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ICED FRUIT FOOL.

Ingredients.	*Average Cost.*	
	S.	D.
½ pint strawberries,	0	4
½ pint raspberries,	0	5
½ pint currants,	0	2
½ pint cherries,	0	2
6 greengages,	0	6
4 apricots,	0	8
Sugar to taste,		
½ pint of cream,	1	0
	3	2

RECEIPT.

1. Stone the cherries, greengages and apricots. Pick the other fruit free from stalks.

2. Put all into a china-lined sauce-pan with a little water, so that it should not stick to the bottom.

3. Stew till quite tender.

4. Pass through a hair sieve.

5. Mix the cream with it and add sugar to taste.

6. Put it into the glass dish in which it is going to be served and place on ice till required. It is impossible to state amount of sugar required, as some seasons the fruit requires so much more than others.

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TONGUE WITH SAUCE PIQUANTE.

Ingredients.	*Average Cost.* S.	D.
10 slices out of a cold tongue, . . .	2	6
½ pint of stock, ...	0	5
2 oz. butter, ...	0	2
1 small turnip, 1 do. carrot, 1 do. onion, ...	0	2
4 cloves, 6 pepper-corns, 1 sprig parsley, 1 do thyme, ...	0	1
1 table-spoonful of flour, Pepper and salt, 1 dessert-spoonful tarragon vinegar, .	0	0½
	3	4½

RECEIPT.

1. Put the butter into a sauce-pan, and fry all the vegetables.

2. Add the stock.

3. Cloves, pepper-corns, parsley, thyme, vinegar, salt, and pepper.

4. Put the lid on the sauce-pan, and boil half an hour.

5. Sprinkle in the flour.

6. Strain and free from all grease.

7. Put back into the sauce-pan.

8. Heat the slices of tongue in the sauce, but do not let them boil.

9. Arrange the slices prettily in your entrée dish.

10. Pour the gravy over them.

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CREAM OF HAM.

Ingredients.	*Average Cost.* S.	D.
½ pint of cream,	1	0
½ pint aspic jelly,	0	6
4 table-spoonfuls finely chopped ham, 1 tea-spoonful tarragon vinegar,	0	4
1 basket mustard and cress,	0	1
1 bunch radishes,	0	1
Pepper and salt to taste,		
	2	0

RECEIPT.

1. Melt the aspic jelly, which should be nice and stiff, whip the cream with it.

2. Add the chopped ham and the tarragon vinegar.

3. Turn out on a dish to set, and cut in shapes with a round cutter.

4. Serve them on a bed of cress and garnish with radishes.

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POTATOES FRIED WITH PARSLEY.

À LA MACAIRE.

Ingredients.	*Average Cost.* S.	D.
1 lb. potatoes,	0	3
2 oz. butter,	0	2
2 tea-spoonfuls chopped parsley,	0	0½
Pepper and salt,		
	0	5½

RECEIPT.

1. Scrape and boil the potatoes.

2. Let them get cold.

3. Put the butter into a frying-pan, when melted, put in the potatoes and fry a pale gold.

4. Add the parsley about five minutes before serving, sprinkle with pepper and salt.

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GALANTINE OF VEAL.

Ingredients.	*Average Cost.* S.	D.
7 lbs. breast of veal,	5	3
8 eggs,	0	8
1 tea-spoonful of white pepper, 1 do. salt, 1 dessert-spoonful chopped parsley, 1 do. mixed sweet herbs,	0	2
½ tin of mushrooms,	0	3
1 lb. lean ham,	1	0
	7	4

RECEIPT.

1. Remove the bones.

2. Boil hard six eggs, pound them and add the pepper, salt, parsley, herbs, chopped mushrooms; and mix with one egg, well beaten.

3. Brush the veal over with the beaten egg.

4. Cut the whites of the eggs into strips.

5. Cut the ham into dice.

6. Put a thick layer of the mixture on the veal, arrange the whites in strips alternately with the ham.

7. Roll up and tie securely with tape, sew it up in a cloth, and simmer gently three hours, with one carrot, one onion, and a bunch of sweet herbs.

8. When cooked, place between two dishes and press.

9. Glaze before serving.

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ORANGE FOOL.

Ingredients.	*Average Cost.* S.	D.
3 fine Seville oranges,	0	6
3 eggs,	0	3
½ pint of cream,	1	0
2 oz. sugar,	0	0½
	1	9½

RECEIPT.

1. Squeeze the oranges and strain the juice.
2. Mix with the eggs well beaten.
3. Add the cream.
4. Then the sugar.
5. Put the mixture in a sauce-pan over a slow fire (do not let it boil) and stir till it thickens.

CHOCOLATE CAKE.

Ingredients.	*Average Cost.* S.	D.
¼ lb. chocolate,	0	8
¼ lb. castor sugar,	0	1
¼ lb. butter,	0	4
2½ oz. flour,	0	0½
3 eggs,	0	3
1 tea-spoonful baking-powder,	0	0½
	1	5

RECEIPT.

1. Grate the chocolate.
2. Add the flour, baking powder, sugar and butter.
3. Beat the eggs and mix with the other ingredients.
4. Mix well together.
5. Bake in a moderate oven.

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PARISIAN RABBIT.

Ingredients.	*Average Cost.* S.	D.
1 rabbit,	1	6
2 oz. butter,	0	2
1 onion, 1 table-spoonful mixed herbs, 1 table-spoonful of flour,	0	2
½ pint stock,	0	2
	2	0

RECEIPT.

1. Cut the rabbit into joints.

2. Fry in the butter, with the onion chopped fine.

3. When brown, put into a fireproof jar with the herbs, stew gently one and a half hour.

4. Pour in the stock.

5. Thicken with the flour, and serve.

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TRUFFLED SWEETBREADS.

Ingredients.	*Average Cost.*	
	S.	D.
1 pair of sweetbreads,	5	0
Truffles,	1	9
½ pint stock,	0	2½
Flour and browning,	0	0½
Pepper and salt,	0	0½
	7	0½

RECEIPT.

1. Soak the sweetbreads in cold water for two hours.

2. Then boil them from ten to fifteen minutes.

3. Throw them again into cold water for half an hour, then drain them.

4. Chop up the truffles and make a thick layer of them, and place on one of the sweetbreads, put the other bread on the top of it. Bind them together, and stew gently in the stock for half or three-quarters of an hour.

5. Season with pepper and salt.

5. Thicken and brown, and serve with fried sippets of bread round the dish.

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PRESSED BEEF.

Ingredients.	*Average Cost.*	
	s.	d.
8 lbs. brisket of beef, ...	4	0
2 lbs. common salt, ...	0	0½
1 oz. saltpetre, ...	0	0½
½ lb. moist sugar, ...	0	1½
	4	2½

RECEIPT.

1. Place the beef on a dish.

2. Rub every day for eight or ten days with the above mixture.

3. Turn the beef each day.

4. Put into a stew-pan with sufficient lukewarm water to cover it, and one onion, two cloves, one bay leaf, one carrot, one turnip. Let it boil up once, then draw aside and simmer about four hours.

5. Put between two dishes and press

6. Glaze before serving.

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SOLE À LA TOQUE.

Ingredients.	*Average Cost.* S.	D.
2 soles,	2	0
¼ pint picked shrimps,	0	2
2 table-spoonfuls bread-crumbs, 1 dessert-spoonful of chopped parsley,	0	1
1 oz. butter,	0	1
1 salt-spoonful chopped onion, 1 tea-spoonful lemon juice, 2 table-spoonfuls stock,	0	1
1 egg,	0	1
Pepper and salt to taste.		
	2	6

RECEIPT.

1. Make an incision down the centre of the sole from head to tail, loose the flesh close to the bones as though you were going to fillet it, only do not cut them off, turn them back, and spread the sole thickly with the force-meat made of the above ingredients.

2. Turn back the fish over the force-meat.

3. Place in a baking tin with bread-crumbs on the top, and pour the stock round it.

4. Bake twenty minutes.

5. Serve with the liquor it was cooked in round it.

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CHRISTMAS PUDDING—NO EGGS.

Ingredients.	*Average Cost.* S.	D.
1½ lb. bread-crumbs, ½ lb. flour,	0	5
1 lb. currants,	0	6
1 lb. raisins,	0	6
½ lb. sultanas,	0	6
½ lb. citron peel, ¼ lb. orange peel,	1	4
1 lb. suet, (beef),	0	10
Juice of three oranges, 3 tea-spoonfuls baking-powder,	0	4
½ a nutmeg grated, ½ lb. of dark brown sugar, ½ a tea-spoonful of salt,	0	3
¾ pint of beer,	0	2
	4	10

RECEIPT.

1. Chop the peel, stone and chop the raisins, pick the currants, shred the suet.

2. Mix the baking-powder with the flour, to which add the crumbs and sugar, and afterwards all the other ingredients.

3. Mix with the beer.

4. Boil ten hours. Or divide into two puddings, and boil five and a half hours each.

5. The second day cut into slices, fry in butter, and ornament with dried cherries.

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PINE-APPLE WHIPS.

Ingredients.	*Average Cost.* S.	D.
1½ pint cream,	2	3
1 pot of pine-apple jam,	2	0
1 lemon,	0	1
1 table-spoonful castor sugar,	0	0½
	4	4½

RECEIPT.

1. Take six or eight custard glasses.

2. Whip the cream to a stiff froth and add a little sugar.

3. Half fill the glasses with small blocks of pine-apple and a little syrup.

4. Squeeze a little lemon juice on to the contents of each glass.

5. Pile up the cream, as much as the glasses will hold, serve.

The above will make enough for twelve persons.

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BRAISED TURKEY.

Ingredients.	*Average Cost.* S.	D.
A 12-lb. turkey,	12	0
2 lbs. unsmoked bacon,	1	10
2 sheep's trotters,	0	4
3 onions, 6 cloves, 1 bay leaf, 1 parsnip, 3 carrots, A bunch of parsley and thyme,	0	6
1 glass of sherry,	0	6
½ glass of brandy,	0	4
Salt and pepper,	0	0½
3 pints good stock,	1	0
	16	6½

RECEIPT.

1. Cut up the vegetables small and lay them with the seasoning in a deep stew-pan (a braising pan if it is to be had).

2. Lay the turkey upon them, and add the sheep's trotters.

3. Cover the breast of the bird with thin slices of fat bacon; tie on.

4. Put in the stock, sherry, and brandy.

5. Cover the whole with a well-greased paper and put on the lid of the stew-pan.

6. Stew gently for four hours, then turn the turkey over, and stew for two more.

7. Brown the bird in the oven and reduce the gravy which should be poured round it.

8. Garnish with chopped-up carrot in little heaps round the dish.

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SALSAFY BOILED.

Ingredients.	*Average Cost.*	
	s.	d.
1 bundle salsafy,	0	6
½ pint of cream,	0	9
Pepper and salt,	0	0½
1 lemon,	0	1
1 oz. butter,	0	1
	1	5½

RECEIPT.

1. Scrape the roots very gently to get off the outer skin, and quickly throw them into vinegar and water or they will go black.

2. Boil them in enough water to cover them, add the butter, the juice of a lemon, pepper and salt, allow to boil till tender.

3. Boil the cream, add to it one gill of the water used for boiling the salsafy.

4. Pour over the vegetables, and serve in a silver dish.

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PARMESAN CROQUETTES.

Ingredients.	*Average Cost.*	
	S.	D.
4 oz. parmesan,	0	5
1 oz. flour,	0	1
1 oz. mashed potatoes,	0	1
2 oz. butter,	0	1½
¼ pint of cream,	0	4
¼ pint of milk,	0	0½
2 eggs,	0	2
A pinch of unmixed mustard, A pinch of salt, A pinch of cayenne,	0	0½
1 oz. bread-crumbs,	0	0½
	1	3½

RECEIPTS.

1. Mix 1 oz. of flour with 2 oz. of butter in a sauce-pan, stir for five minutes, and add the milk and potato and cheese, stir thoroughly together.

2. Add the seasoning and the cream, allow to boil, then take off the fire, and stir in gradually the well-beaten yolks of two eggs.

3. Allow to get cold and hard, then make up into balls the size of a small walnut, egg and bread-crumb, and fry in boiling lard, in a frying-basket.

4. Allow to drain, then pile up high in a small silver dish, and ornament with pickled chillies and mustard and cress.

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OYSTERS *AU GRATIN* OR SCALLOPED IN THEIR OWN SHELLS.

Ingredients.	*Average Cost.* S.	D.
12 oysters,	1	6
¼ pint cream, ¼ pint milk,	0	4
1 tea-spoonful anchovy sauce,	0	1
2 yolks of eggs,	0	2
1 tea-spoonful lemon juice, 1 saltspoonful, white pepper,	0	1
1 bunch watercress,	0	1
	2	3

RECEIPT.

1. Open and beard twelve large oysters.

2. Save the liquor and the beards, add the milk to them, and bring up to the boil.

3. Take the deep oyster shells and thoroughly wash them.

4. Strain the beards away from the milk, and stir into it ¼ pint of cream, the anchovy sauce, pepper and lemon juice, and boil up.

5. Take off the fire for a minute or two and stir in the two yolks of eggs, then replace on the fire, and allow to thicken (not boil).

6. Cut up the oysters into three pieces each, and place six pieces on each deep shell.

7. Put on the top a dessert-spoonful of the mixture just prepared, which should be thick, cover with fried crumbs of bread, and heat through in a dutch oven.

8. Serve on a large flat dish on a folded napkin, and garnish with watercress.

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FRICANDEAU OF VEAL.

Ingredients.	*Average Cost.* S.	D.
4 lbs. veal (the fat side of the leg),	4	0
1 pint mutton broth,	0	6
4 oz. lean ham,	0	2½
1 faggot sweet herbs,	0	1
1 carrot, 1 onion, 3 bay leaves, 1 blade of mace,	0	1
¼ lb. fat bacon, for larding,	0	2½
8 artichoke bottoms, 6 truffles, 4 mushrooms,	2	6
	7	7

RECEIPT.

1. Beat your fricandeau with a rolling pin, take off the skin, and trim off the rough edges.

2. Lard the top and sides, cover it with fat bacon and then with white paper.

3. Lay it in a stew-pan with some trimmings of raw veal underneath it, also the onion and carrot cut up small, the herbs, mace, the lean ham, pepper, add salt, and a pint of mutton broth.

4. Cover the pan close, and let it stew slowly three hours.

5. Then take up the meat, remove all fat from the gravy, boil quickly to a glaze, then glaze the fricandeau.

6. Make a rich gravy; add the mushrooms, truffles and artichoke bottoms, and serve round the meat.

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PORK CUTLETS.

A LA POMPADOUR.

Ingredients.	*Average Cost.* S.	D.
3 lbs. loin of pork,	2	6
3 oz. of butter,	0	3¼
Lemon juice,	0	1
3 tomatoes,	0	2
1 carrot, 1 turnip, 1 parsnip, 1 apple,	0	2
1 oz. glaze,	0	1
Chopped parsley,	0	0¼
1 lb. chestnuts,	0	5
Pepper and salt,	0	0½
	3	9

RECEIPT.

1. Take a very young and tender piece of loin of pork, cut it into delicate cutlets.

2. Fry the cutlets in 2 oz. of butter quickly.

3. Boil your carrot, turnip, apple, parsnip, and cut them into thin strips.

4. Keep the vegetables warm.

5. Boil your chestnuts very soft and take the shell and skin off them.

6. Pound with pepper, salt, and an ounce of butter, and rub through a sieve.

7. Arrange as a wall on which to dish your cutlets.

8. Bake your tomatoes and use them to garnish the dish.

9. Fill the centre of the chestnut wall with the cut-up vegetables.

10. Pour the melted glaze round the cutlets.

11. Squeeze the lemon juice over all.

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DIPLOMATIC PUDDING.

Ingredients.	*Average Cost.* S.	D.
1 pint of thick cream,	2	0
2 table-spoonfuls castor sugar,	0	1
½ a lemon,	0	0½
1 wine-glass of brandy,	0	6
1 oz. gelatine,	0	3
	2	10½

RECEIPT.

1. Put the cream into a basin and whip it to a stiff froth with the sugar.

2. Add the brandy and juice of the half lemon.

3. Next the gelatine, which has been melted.

4. Divide the cream, colour half with a few drops of carmine, or with fruit rubbed through a sieve.

5. Pour the white half in first, and let it set, then the coloured half, put it on ice till required.

6. Turn out and serve.

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BOILED PHEASANT.

Ingredients.	*Average Cost.*	
	S.	D.
1 pheasant,	3	6
1 lb. chestnuts,	0	2
1 tea-spoonful anchovy sauce,	0	1
½ lb. sausage meat,	0	5
1 tea-spoonful white pepper, 1 tea-spoonful salt,	0	1
	4	3

RECEIPT.

1. Have ready a pheasant trussed for boiling.

2. Stuff the bird at the neck end with sausage meat and seasoning. It should not have been shot more than two or three days.

3. Place the bird breast downwards in well-salted water, and see that the water covers it.

4. Bring it to the boil and then boil three-quarters of an hour.

5. Skim well.

6. Serve with a thick white sauce poured over the bird.

7. Garnish the dish with small cooked chestnuts, tomatoes, tufts of fried parsley, and cut lemon.

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GOOD WHITE SAUCE.

Ingredients.	*Average Cost.*	
	S.	D.
½ pint of cream and milk,	0	9
1 gill lemon juice,	0	1
½ pint white stock,	0	4
2 oz. butter,	0	2
½ oz. flour,	0	1
1 stick of celery, 1 small onion, 1 small carrot,	0	1
4 mushrooms,	0	6
½ oz. gelatine,	0	2
Salt, bay leaf, and pepper,	0	0¼
	2	2¼

RECEIPT.

1. Cut up the vegetables fine, put them with salt, pepper-corns, and bay-leaf into a stew-pan with ½ oz. of butter for a few minutes.

2. Before the vegetables have browned, mix the flour and the rest of the butter in another stew-pan, and whisk in the cream or milk.

3. When smoothly mixed pour over the vegetables, and let all boil together for ten minutes.

4. Dissolve in the stock ½ oz. of gelatine.

5. Mix it with the other ingredients.

6. Pour over the pheasant.

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"CHOCOLATE CUSTARD."

A most delicious dish.

Ingredients.	*Average Cost.* S.	D.
¼ lb. chocolate,	0	5
¼ lb. of sugar crushed and sifted,	0	1
1½ pint of good milk,	0	5
4 eggs,	0	6
6 drops of vanilla,	0	1
	1	6

RECEIPT.

1. Take a clean sauce-pan.

2. Put in it the crushed chocolate and sugar.

3. Pour the milk over by degrees, thoroughly stirring all the time.

4. Let it boil up, still stirring.

5. Move it to the side of the fire to stand simmering for twenty minutes.

6. Break four eggs, separately (to be quite sure they are good).

7. Take the yolks of four and the whites of three and mix them with the cream, being careful it is not too hot.

8. Strain the whole through a fine strainer into a jug.

9. Stand in a sauce-pan of boiling water, and keep stirring the same way until the custard thickens, it will take about twenty minutes after the water in the sauce-pan boils.

10. When it is thick enough, take out of the hot water and leave it in the jug until cold.

11. Stir a tea-spoonful of vanilla into the cream.

12. Serve when required in a glass dish or in custard cups, and hand sponge-cake with it.

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CHANTRY SPONGE CAKE.

Ingredients.	*Average Cost.*
	s. d.
½ lb. flour,	0 1
¾ lb. lump sugar,	0 2
¼ cup boiling water,	
7 eggs,	0 9
	1 0

Time required for baking—one and a half hour.

RECEIPT.

1. Melt ¾ lb. of sugar in a little water.

2. Beat the yolks of seven eggs and the whites of four all together.

3. Mix with the above three parts of a cup of boiling water.

4. Dredge ½ lb. of flour into the other ingredients.

5. Beat all together for twenty minutes.

6. Pour into a well-buttered cake tin, and bake in a moderate oven.

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WALLFIELD PUDDING.

Ingredients.	*Average Cost* S.	D.
2 eggs,	0	3
The same weight in—		
Butter,	0	4½
Sugar,	0	1
Flour,	0	2
1 doz. sweet almonds,	0	2
1 doz. candied cherries,	0	3
1 doz. Pistachio nuts,	0	3
1 wine-glassful of sherry,	0	4
½ lb. apricot jam,	0	4
¼ pint cream,	0	4
½ lb. blackberry jelly,	0	6
1 table-spoonful brandy,	0	4
	3	4½

RECEIPT.

1. Beat your butter and finely-sifted sugar to a cream.

2. Dredge in the flour.

3. Well-beat the eggs, and add to the other ingredients.

4. Butter a tin oblong mould with a space in the centre.

5. Put your mixture into it, and cover with a buttered paper.

6. Bake in a quick oven about twenty minutes.

7. Take out when of a golden colour, turn from the mould, and allow to get cold standing on a hair-sieve.

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8. When cold, stand in a pretty glass dish.

9. Pour the sherry and brandy over the cake, and take a spoon to take up what runs from it, to pour it over again until the moisture is all absorbed in the cake.

10. Take your almonds, blanch them and cut into strips.

11. Stick them round the cake, shape alternately, with the Pistachio kernels and candied cherries (which latter are simply laid on).

12. Put the apricot jam in the centre of the shape.

13. Whip the cream to a strong froth, and ornament the centre with it.

14. Ornament the outside of the cake shape with lumps of blackberry jelly.

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SHRIMP CREAMS.

Ingredients.	*Average Cost.* S.	D.
1 pint shrimps,	0	4
1 gill cream,	0	3
½ oz. gelatine,	0	2
1 tea-spoonful anchovy sauce,	0	0½
½ salt-spoonful white pepper, ½ pint milk,	0	1
½ gill lemon juice,	0	0½
2 tomatoes,	0	4
1 endive, 1 bunch water-cress,	0	2
	1	5

RECEIPT.

1. Dissolve the gelatine in the milk.
2. Shell and pound the shrimps, leaving six whole ones.
3. Add the anchovy, pepper, and lemon juice.
4. Put the cream and seasoning into the warm milk in which the gelatine has been melted.
5. Dip six little china ramaquin cases in very cold water.
6. Pour the mixture into the cases and leave to set.
7. When required for use they will readily turn if dipped in hot water.
8. Have ready the endive, tomatoes, and water-cress washed and dried.
9. Arrange the endive and water-cress tastefully in a silver dish.
10. Cut the tomatoes in six rounds, put about the dish, and on each piece place a shrimp cream.
11. Place a tiny sprig of endive on the top of each shape, and a whole shrimp.

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BRIDE PIE.

From an old MS. receipt book of 1696.

Ingredients.	*Probable Cost.* S.	D.
6 sweetbreads,	12	0
12 sausages,	1	1½
6 sheep's tongues,	1	6
3 doz. large oysters,	4	6
Salt, pepper, mace, nutmeg and herbs,	0	2
2 carrots, 1 turnip, 2 onions,	0	2
4 eggs,	0	4
½ lb. of butter,	0	9
½ pint of cream, 1 lb. of flour,	0	9
	20	3½

RECEIPTS.

1. Well wash six sweetbreads, and cover them with salted cold water.

2. Boil them for ten minutes.

3. Again wash them in cold water and take out the gristle.

4. Take a stew-pan, and in it put two cut-up onions, two carrots, one turnip, and a bunch of sweet herbs.

5. Lay the sweetbreads on this, and cover with good strong stock.

6. Put over the top of these things, a well greased paper, and allow it to simmer for three-quarters of an hour.

7 Then allow to get cold.

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1. Take twelve pork sausages.
2. Boil them for ten minutes.
3 .Skin the sausages and allow to get cold.

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1. Take six sheep's tongues.
2. Steep them in cold water for an hour.
3. Put them into a stew-pan with a bunch of herbs and pepper-corns, quarter of a nutmeg grated, and a small piece of mace, and a little salt.
4. Cover with stock, boil gently for two hours.
5. Take the skin off the tongues and cut in neat pieces, then allow to get cold.

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1. Take a pie dish.
2. Entirely line with good short paste rather thick.
3. Take the sweetbreads, the tongues, the sausage and the hard-boiled eggs, all cut up in neat pieces, and lay them on the crust.
4. Take three dozen of large oysters, beard them and lay them, with the other ingredients, in the pie dish.
5. Take the oyster liquor and the beards, also the liquor in which the sweetbreads and tongues were boiled, put all together in a sauce-pan, and boil quickly until reduced to a pint.
6. Strain and stir into half a pint of thick cream, and then boil up again for three minutes.
7. Pour about half of this mixture over the contents of the pie.
8. Season with white pepper and a little salt.
9. Put on the top crust.
10. Make a hole in the centre, which must be disguised with paste ornamentation.
11. Bake in a good oven for an hour and a half.
12. Dissolve half an oz. of gelatine in the remaining liquor, and when the pie is done pour it through the hole left in the top of it.
13. Serve cold.

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ASPARAGUS SALAD.

Ingredients.	*Average Cost.* S.	D.
1 bundle asparagus,	2	6
1 gill of fine salad oil,	0	6
Salt and pepper to taste, / 1 tea-spoonful of white vinegar,	0	1
	3	1

RECEIPT.

Boil the asparagus, and when cold dress it and serve.

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ENGLISH SPICED BEEF.

A Family Receipt.

Ingredients.		*Average Cost.* S.	D.
12 lbs. silverside beef,		9	6
1 oz. of cloves,	pounded,	0	1½
1 oz. of allspice,	pounded,	0	0½
1 nutmeg,	pounded,	0	0½
1 oz. saltpetre,		0	0½
2 oz. coarse brown sugar,		0	0½
5 handfuls of salt,		0	1
¼ oz. of mace,		0	1
		9	11¼

RECEIPT.

1. When bought of the butcher, the meat should stand twelve hours in a large dish to allow the blood to thoroughly drain away.

2. Lay the meat in the pickle for a week, rubbing it well each day with the hand all over, and turn the joint every twenty-four hours.

3. On the eighth day enclose the meat in a paste, and wrap it in three thicknesses of brown paper tied on securely with tape or string.

4. Let it be baked in a bakehouse oven twenty minutes to a lb. and twenty minutes over.

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POTATO RISSOLES.

Ingredients.	*Average Cost.*	
	S.	D.
2 lbs. potatoes,	0	3
¼ lb. butter,	0	4½
Pepper and salt,		
2 eggs,	0	3
Dried crumbs, ¼ pint milk	0	1
	0	11½

RECEIPT.

1. Boil your potatoes in their skins.

2. Skin them and mash them with the butter ; add the seasoning and milk.

3. Make into balls, brush over with yolk of egg and crumbs.

4. Fry three minutes in boiling fat in a frying basket.

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CURRIED SHEEP'S TONGUES.

Ingredients.	*Average Cost.* S.	D.
6 sheep's tongues,	1	6
2 large onions,	0	2
1 beetroot,	0	2
2 large sour apples,	0	2
1 gill lemon juice,	0	1½
2 large table-spoonfuls of curry powder and curry paste,	0	7
1 oz. of grated cocoa-nut,	0	3
½ pint good stock,	0	4
1 pint of milk,	0	4
2 lumps of sugar,	0	0¼
	3	7¾

RECEIPT.

1. Take your sheep's tongues and lay them in salt and water for two hours.

2. Boil them gently in stock till the skin will peel off easily.

3. Skin them and cut them up into pieces about half an inch square.

4. Cut the onions and fry them in dripping till quite brown.

5. Cut up the apples in thin slices, and add to the onions, also the beetroot.

6. Mix the curry powder and paste smoothly with the stock.

7. Add the cocoa-nut, lemon juice, and two lumps of sugar to the onions in the frying-pan and fry for twenty minutes, stirring repeatedly.

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8. Put the cut-up tongues in a pudding basin, cover with the contents of the frying-pan, cover with buttered paper, and place in the oven for three hours.

9. The mixture should be stirred every twenty minutes, and moistened with milk until the pint is absorbed.

10. There should be no gravy when done, but the meat should be very moist. This curry can be prepared the day before it is wanted.

11. It should be served in a silver dish with a lid to it, surrounded by well-boiled rice.—Lean pork or veal is very good dressed in the same way.

To boil Rice for Curry.

1. Take a breakfast-cupful of rice.

2. Put it in a fine strainer, and turn a tap of cold water on it for three minutes.

3. Set a sauce-pan containing a quart of water on the fire to boil.

4. Put in a good handful of salt, and, when quite boiling, throw in the rice.

5. Let it boil hard for twenty minutes, and then turn it into a fine sieve.

6. Put it under the tap again and turn the cold water on it to separate the grains.

7. Put it into a dry sauce-pan, and stand it near the fire with the lid off, and when the rice is dry and hot it is ready for serving.

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BUTTERED CRAB.

Ingredients.	*Average Cost.*	
	S.	D.
1 crab,	1	0
1 gill lemon-juice,	0	1
1 gill sherry,	0	6
¼ lb. well-dried crumbs,	0	0½
1 gill of tomato sauce,	0	1
3 anchovies pounded,	0	1
½ lb. of butter,	0	9
A little nutmeg,	0	0½
Pepper, Salt, Mustard,	0	0½
	2	7½

RECEIPT.

1. Take all the meat out of a good-sized crab.

2. Mix all the other ingredients with it.

3. Simmer the whole until perfectly hot.

4. Clean and warm the shell of the crab in the oven.

5. Pour a good mayonnaise dressing over each layer.

6. Garnish with balls of caviare aspic jelly and olives.

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MAYONNAISE.

Ingredients.	*Average Cost.*	
	S.	D.
3 yolks of eggs,	0	3
One salt-spoonful of white pepper and salt,	0	0½
6 drops of tarragon vinegar,	0	0½
1 tea-spoonful white vinegar,	0	0½
1 salt-spoonful dry mustard,	0	0½
Nearly ½ pint of best salad oil,	0	8
	1	1

RECEIPT.

1. Put the three yolks into a basin.

2. Add all the ingredients except the oil,

3. Which drop in afterwards, drop by drop, whisking all the time.

4. If the mayonnaise is too thick, add a little milk.

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RUSSIAN SALAD.

Ingredients.	*Average Cost.*
1 beetroot,	0 1½
2 carrots,	0 1
1 parsnip,	0 1
2 turnips,	0 1
1 stick horse-radish,	0 1
½ lb. French beans (summer price),	0 2
6 olives,	0 3
¼ tin cavaire,	1 0
½ pint mayonnaise,	1 1
½ pint aspic jelly,	0 6
6 gerkins,	0 4
	3 9½

RECEIPT.

1. Boil the vegetables and cut into strips.

2. Scrape the horse-radish.

3. Arrange the salad in layers, paying attention to effect of colour, each layer getting smaller till the top comes to a point.

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BRANDY SNAPS.

Ingredients.	*Average Cost.* S.	D.
1 lb. flour,	0	2½
¾ lb. brown sugar,	0	2
1 lb. treacle,	0	4
5 oz. butter,	0	4
¼ oz. powdered ginger,	0	0½
	1	1

RECEIPT.

1. Make the treacle hot.

2. Melt the butter in it.

3. Mix the flour, ginger, and sugar in a basin.

4. Stir the treacle and butter into it.

5. Leave this mixture till next day, then roll out very thin, cut into rounds, and bake on a well-floured tin.

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BOLOGNA SAUSAGE, RADISHES AND OLIVES.

Ingredients.	*Average Cost.* S.	D.
1 Bologna sausage,	1	0
Radishes,	0	2
12 olives,	0	6
6 pats of butter,	1	0
	2	8

RECEIPT.

1. Cut the sausage in thin slices and arrange in narrow glass dishes (one before each guest) with the radishes and olives.

2. Divide each pat of butter into three, roll in tiny balls, and arrange three in each dish with the other things.

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ST HUBERT VENISON CUTLETS.

(17th December, St Hubert's Day.)

Ingredients.	*Average Cost.* S.	D.
2 lbs. neck of venison,	3	0
½ lb. of bacon,	0	3
1 shallot, 1 pinch of mace, Salt, Cayenne, 1 lump sugar,	0	2
1 glassful of port,	0	6
1 pot red-currant jelly,	0	6
1 pint of stock,	0	2
	4	7

RECEIPT.

1. Trim neatly eight cutlets from a neck of venison, leaving an inch of bone bare.

2. Put the trimmings and bacon into a closely-covered stone jar with the stock and all the seasoning, except the currant jelly and wine.

3. Cook it like a custard in a sauce-pan of boiling water for 2¼ hours.

4. Fry the cutlets until brown in butter.

5. Strain the sauce, put the port wine into it, and re-heat it (as venison must always be smoking hot when served).

6. Dish up the cutlets on a silver hot-water dish.

7. Pour the sauce round them.

8. Garnish with toast sippets and slices of pickled melon or gerkin heated, and hand the jelly.

N.B.—It is a good plan, to ensure the plates bring very hot (as is necessary when venison is to be served), to place a soup plate before each guest, fill it with boiling, water and lay the hot plate to be used upon it.

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SALMÉ OF WILD DUCK.

Ingredients.	*Average Cost.* S.	D.
1 wild duck,	1	6
1 lemon,	0	1
1 bunch of sweet herbs,	0	1
Cayenne pepper, Salt, Black pepper,	0	0½
1 sherry-glassful of port,	0	6
1 pint of well-seasoned gravy,	1	0
8 olives,	0	6
	3	8½

RECEIPT.

1. Roast the duck, and be careful it is not too much dried.

2. Cut into neat pieces.

3. Put the gravy with all the seasoning, the juice of half the lemon, and a pinch of cayenne. Stew for an hour.

4. Then strain, thicken with arrowroot, and colour brown.

5. Pour over the pieces of duck, which should be laid in a clean stew-pan.

6. Stone the olives and warm up with the duck.

7. Place in a silver entrée, dish, garnish with olives and crisp toast sippets.

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ORANGE SALAD.

Ingredients.	*Average Cost.* s.	d.
2 oranges,	0	2
Oil, ¼ pint Vinegar, 1 tea-spoonful, Pepper, 1 salt-spoonful, Salt, ½ salt-spoonful,	0	6
	0	8

RECEIPT.

1. Cut the oranges into thin slices.

2. Mix the vinegar, pepper, salt, and oil, and pour over the orange.

3. Hand with the wild duck.

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CUTLETS OF RABBIT CASED IN RICE.

Ingredients.	*Average Cost.* S.	D.
1 rabbit,	1	6
¼ lb. of rice,	0	1½
2 eggs,	0	3
Pepper, salt, and vinegar,	0	0½
1 oz. grated ham,	0	2
2 onions,	0	0½
1 pint milk,	0	4
½ pint strong broth,	0	3
	2	8½

RECEIPT.

1. Take a young rabbit that has been well cleaned.

2. Cut it into small pieces the size of an ordinary cutlet, and bone each one.

3. Put in a stew-pan with some strong broth, and a tea-spoonful of vinegar, pepper and salt, and allow to stew for half an hour.

4. Clean the rice, and simmer in the milk till it swells, with an onion and white pepper and salt.

5. Put the seasoned rabbit cutlets on a dish, flatten into nice shapes, leave to get cold.

6. Take the rice off the fire, stir the yolks of two eggs into it, and cover the rabbit cutlets with the rice.

7. Dry in boiling lard for three minutes.

8. Serve in a pretty entrée dish garnished with fried mushrooms and small baked tomatoes.

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ROAST SNIPE.

Ingredients.	*Average Cost.* S.	D.
3 snipe,	(variable.)	
1 bunch of water-cress,	0	1
1 table-spoonful strong gravy,	0	2
6 pieces of buttered toast,	0	3
2 oz. of fresh butter,	0	2
	0	8

RECEIPT.

1. Truss the snipe for roasting.

2. Hang up in a Dutch oven before a clear fire.

3. Baste with butter continually for twenty minutes.

4. Cut each, bind in two pieces, and lay each piece on a square of well-buttered toast.

5. Place in a hot entrée dish and garnish with water-cress.

6. Pour a few drops of gravy on each piece.

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WICKHAM SEED CAKE.

Ingredients.	*Average Cost.* S.	D.
1 lb. of flour,	0	2
½ pint milk,	0	1
4 oz. of brown sugar,	0	1
4 eggs,	0	4
½ lb. clarified butter,	0	9
1 dessert-spoonful of carraway seeds,	0	1
A little salt,		
2 oz. of citron peel,	0	1½
	1	7½

RECEIPT.

1. Rub the butter into the flour until there are no lumps.

2. Mix thoroughly with this the carraway seeds, sugar, cut-up peel, and salt.

3. Beat up the yolks of four eggs with the milk, mix with other ingredients, and put into a buttered tin.

4. Whisk the whites to a stiff froth, and stir lightly into the contents of the cake tin.

5. Bake for one hour.

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PÂTÉ DE FOIE GRAS IN ASPIC.

Ingredients.	*Average Cost.* S.	D.
1 jar of pâté de foie gras, . . .	3	6
½ pint aspic jelly, ...	1	0
6 rounds of bread and butter, . . .	0	4
6 slices of truffle, ...	0	6
1 chilli, ...	0	0½
1 bunch watercress, ...	0	1
	5	3

RECEIPTS.

1. Cut some dice-shaped blocks of foie gras, place them in a flat-bottomed deep dish (thirty pieces will be required).

2. Pour the warmed aspic jelly over the blocks, which must be allowed to get cold.

3. Just before serving, cut some rounds from a new Vienna loaf, and butter with good fresh butter, cut out with a fancy paste cutter each piece about 2½ inches across.

4. Cut the dice of foie gras out of the aspic, arrange five blocks on each piece of bread.

5. Cut your slices of truffle out with a small vegetable cutter, and place one piece on each piece of bread.

6. Mince the chilli and ornament with it, also use the shavings of the truffles for the same purpose.

7. Serve in a silver dish on a folded napkin garnished with watercress.

N.B.—The aspic minced in small pieces and piled high in an entrée dish, with slices of foie gras simply laid against the pile, ornamented with prawns is another and very effective way of serving this dish.

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CHERRY MARINGUE.

Ingredients.	*Average Cost.* S.	D.
½ lb. castor sugar,	0	2
2 lbs. of cherries, or 1 bottle,	1	0
½ lb. lump sugar,	0	5½
2 eggs,	0	3
	1	10½

RECEIPT.

1. Open a bottle of preserved cherries.

2. Pour the syrup into a copper preserving-pan, and add ½ lb. of sugar.

3. Let it boil for quarter of an hour, and then add the fruit for a few minutes until soft.

4. Take out the cherries with a wooden spoon and place in a pretty fire-resisting dish.

5. Boil the syrup up again and pour over the fruit (about half cover it).

6. Whisk the whites of two eggs to a stiff froth.

7. Sift nearly ½ lb. of icing sugar into it, stirring all the time.

8. Lay the mixture over the fruit, put the maringue into a moderate oven immediately, and bake half an hour. Sprinkle with coloured sugar.

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APPLE JELLY OR QUINCE.

Ingredients.	*Average Cost.* S.	D.
36 apples,	2	6
1 pint of water,		
1 lemon,	0	1
	2	7

RECEIPT.

1. Peel and core and slice thirty-six large apples, add one pint of water, and place into a stone jar.

2. Stew gently, until quite soft, with the thinly-cut peel of a lemon and the juice.

3. Strain through a flannel jelly-bag, but do not allow the bag to be touched after the fruit is put into it, as the jelly must be quite clear.

4. Make the sugar hot in a copper preserving-pan, and then add the juice to it.

5. Boil for thirty minutes or until the syrup jellies.

6. Pour hot into pots, and tie down.

N.B.—A mixture of apple and quince is very good, but the quinces require longer stewing than the apples, so that the latter should be added one hour after the former.

The best pots for putting the jelly into are small ones, the size and shape of old china tea-cups, so that the jelly, when required for use, will turn out a pretty round shape.

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BLACKBERRY JELLY.

Ingredients.	*Average Cost.*	
	S.	D.
3 quarts blackberries, ...	1	0
1½ pint of water,		
1 lb. lump sugar to every pint of juice, .	1	6
1 lemon to every pint of juice, . . .	0	6
	3	0

RECEIPT.

1. Take a good-sized stone jar and put three quarts of blackberries into it, pour over one and a half pint water.

2. Add the juice of six and the very thinly-cut rind of one lemon.

3. Cover the jar closely and stew gently till all the juice is extracted from the fruit.

4. Strain through a flannel jelly-bag, and when all the juice has run through, which will do so naturally, the bag may be well squeezed until the fruit is converted into a hard lump.

5. Measure the juice thus extracted, and to every pint add 1 lb. of lump sugar (but when the quantity is ascertained, the sugar must be made hot in a copper preserving-pan before the juice is mixed with it).

6. Boil for thirty minutes, or until the syrup jellies.

7. Pour hot into pots.

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BOILED ALMOND CUSTARDS.

Ingredients.	*Average Cost.*	
	S.	D.
2 oz. of almonds, ...	0	3
6 eggs, ...	0	6
½ pint cream, ...	0	9
1½ pint milk, ...	0	2
½ oz. sugar, ...	0	0½
½ inch cinnamon, 2 bay leaves, ...	0	0½
	1	9

RECEIPT.

1. Put the cinnamon, bay leaves, and sugar into the milk and cream in a clean sauce-pan on the fire until it boils.

2. Break the eggs, one at a time, into a tea-cup, and if all are good, mix them in a basin, well beat with a wisk, and strain into the cream and milk, which must not be very hot.

3. Put the strained mixture into a jug and place in a sauce-pan of boiling water, stir on the fire until thick enough.

4. As soon as the custard is cold, pour it into a glass dish in which it is to be served.

5. Blanch the almonds, mince them up finely, and stew on the top of the custard just before serving.

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LOBSTER PIE.

Ingredients.	*Average Cost.*	
	S.	D.
2 lobsters,	5	0
2 spoonfuls of vinegar, Pepper to taste, Salt ,,	0	1
2 oz. butter,	0	2
½ oz. flour,	0	0½
½ pint cream,	0	9
¼ pint crumbs,		
Puff paste,	0	6
	6	6½

RECEIPT.

1. Take a quart pie dish.

2. Take out all the meat from two fine lobsters.

3. Set aside the furry parts and the spawn, which with the shells set on the fire to stew in three-quarter spint of water, the vinegar, salt, pepper, and powdered mace.

4. When all the flavour is extracted from the shells, etc., strain it over the pieces of lobster, and add the cream and crumbs.

5. Line the pie dish with puff paste rather thick, pour into it the lobster mixture, cover over with paste, brush with the yolk of an egg, and bake.

6. Be sure that a hole is made in the top of the pie to allow of the steam escaping.

7. When dishing up the pie, which should be eaten cold, ornament the top with three small lobster claws, and place a pink frill round the pie dish.

N.B.—Sliced truffles are an improvement to this dish.

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JUGGED HARE.

Ingredients.	*Average Cost.* S.	D.
1 hare,	4	6
¼ pint port,	1	0
1 inch of cinnamon, Salt, ½ oz. sugar, Pepper,	0	0½
½ lb. forcemeat,	0	6
2 onions,	0	1
6 cloves,		
½ pint rich brown gravy,	0	6
2 small bay leaves, 1 table-spoonful lemon juice,	0	1
1 pound beef steak,	0	11
2 anchovies,	0	2
	7	9½

RECEIPT.

1. Cut the hare up into small pieces, and fry brown in butter.

2. Drain and put them directly into a stone jar.

3. Pour the quarter pint of port over the meat, cover closely and stand for half an hour.

4. Cut up the beef into small pieces and put into the jar, and the two anchovies.

5. Add the onions stuck with cloves, the cinnamon, sugar, salt, and pepper, bay leaves, lemon juice, and brown gravy.

6. Cover the jar closely and stand in a sauce-pan of boiling water for two hours.

7. Make the forcemeat into balls, fry brown, and add to the jugged hare when it is being dished up.

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POTATO BALLS.

Ingredients.	*Average Cost.*	
	S.	D.
1½ lb. of potatoes,	0	0½
2 eggs,	0	2
¼ pint milk,	0	0½
Cayenne and salt,	0	0¼
1 oz. butter,	0	1
Bread-crumbs,	0	0¼
	0	4½

RECEIPT.

1. Steam the potatoes, and, when cooked, pass them through a wire sieve.

2. Put them into a basin and mix with the butter, cayenne, and salt to taste, one egg well beaten.

3. Add the milk—let them get cold.

4. Then make into balls, egg, bread-crumb, and fry in boiling fat.

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GUINEA FOWL.

Ingredients.	*Average Cost.* S.	D.
1 guinea fowl, ...	3	6

RECEIPT.

1. Truss and lard them, roast exactly like a pheasant.

2. Put a buttered paper over the breast to prevent it getting dry.

3. Cook one hour.

4. Serve with bread sauce.

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TURNBULL AND SPEARS,

PRINTERS,

EDINBURGH.

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LUNCHEON DISHES

COMPRISING

MENUS IN FRENCH AND ENGLISH

FOR FOUR COMPLETE LUNCHEONS FOR SIX PERSONS

AS WELL AS

SUGGESTIONS FOR APPROPRIATE ARRANGEMENT

AND DECORATION OF THE TABLE

FOR THE FOUR SEASONS

SPRING, SUMMER, AUTUMN, AND WINTER

BY

MARY L. ALLEN

AUTHOR OF "BREAKFAST DISHES," "SAVOURIES AND SWEETS," AND
"FIVE O'CLOCK TEA."

LONDON
KEGAN PAUL, TRENCH, TRÜBNER & CO., LTD.
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