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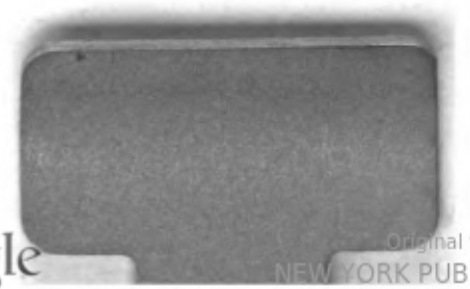

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The New

Galt Cook Book

(REVISED EDITION ENTIRELY RE-SET)

A BOOK OF TRIED AND TESTED RECIPES

Compiled by

MARGARET TAYLOR

and

FRANCES McNAUGHT

TORONTO

GEORGE J. McLEOD, LIMITED

PUBLISHERS

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SOUPS

"If you do expect spoon—meat, bespeak a long spoon."
—Comedy of Errors.

Bone Stock for Soup.

Bones of any meat which has been dressed, as sirloin bone, leg of mutton bone, etc., two scraped carrots, one stick celery, enough cold water to cover the bones, or enough of the liquor left from braising meat to cover them, one spoonful of salt. Break the bones into very small pieces, put them into a stew-pan with the carrots and celery, cover them with cold water or cold braise liquor and let it boil quickly till the scum rises; skim it off and throw in some cold water when the scum will rise again. This must be done two or three times, till the stock is quite clear; then draw the pan from the fire and let it stew for two hours, till all the goodness is extracted from the bones; strain it off and let it stand all night. The next day take off the grease very carefully, and lift it from the sediment at the bottom of the pan. It will then be fit for use.

To Clarify Stock for Soup.

The whites of two eggs to about four quarts of stock or soup; two pints and a half of cold water. Whisk the whites of two eggs with half a pint of water for ten minutes; then pour in very gently the four quarts of boiling soup or stock, whisking it all the time. Place the stew-pan over the fire, skim it clear, and when on the point of boiling whisk it well together, then draw it to the side and let it settle till the whites of the eggs become separated. Strain it through a fine cloth placed over a sieve and it will be clear and good. For coloring soups: For brown

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soup burnt brown sugar is used; green soup, leaves of green spinach, parsley or celery with the juice squeezed out and put into the soup a few minutes before serving. To color soup red use the juice of tomatoes. To give an amber color use grated carrot, boil it for three-quarters of an hour in the soup. For white soup use white vegetables and chicken, veal or lamb. A delicious savor is imparted by putting into beef soup a whole onion with a dozen white cloves stuck into it. Peel the onion, but don't trim off the top so the layers will break apart in boiling. Leave out in serving.

Split Pea or Bean Soup.

For four quarts of soup, use two cups ordinary yellow split peas or two of beans. Pick over and wash in cold water. Put them in a saucepan with two quarts of cold water. Do not add salt till nearly done, as it hardens them. When it boils put in half a cup of cold water, let it boil again, and add cold water in same way every fifteen minutes until you have used two quarts more of cold water. This gradual method softens thé peas better. When very tender, season to taste. While the peas are boiling you can put in a ham bone or any other fresh or cooked joint, or a little fried onion, as you please, though the plain pea soup is very nice. Just before the soup is dished, rub all through a stout sieve, return to the kettle, and stir in a paste made by rubbing together smoothly a teaspoonful each of flour and butter. A little baking soda makes the peas cook more quickly if they are hard.

Nice Family Soup.

One pound of beef, one pint of split peas, one-half pound of scraped potatoes, one onion, three ounces of rice, one head of celery, one carrot, pepper and salt, toasted bread, six pints of water. Cut the beef in pieces an inch square. Add peas, potatoes, onion, rice, and put all into the six pints of water and boil until reduced to five. Strain through a sieve, return to saucepan, adding the celery and carrot grated. Stew well, season with pepper and salt. Put toasted bread into the tureen. Pour the soup on and serve hot.

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Scotch Broth.

Two to three pounds of beef, three quarts water, half teacupful barley, two large carrots, one small turnip, two moderate sized onions, one small cabbage, bunch of parsley, green peas and beans in season. The barley put in with the cold water and well skimmed when it comes to boiling. Vegetables all minced finely. One carrot grated improves the color very much. After everything is put in boil two hours. The above with a larger quantity of all the vegetables and without the barley is Hotch-potch.

Scotch Broth.

A shank of beef, a half cup barley, two slices onion, half a cabbage, three carrots, one head of celery, a little parsley, pepper and salt. Cover the beef with cold water, add barley, onions, and skim well when coming to the boil. Two hours before serving, add the vegetables all chopped fine. Skim the fat from the broth before serving; add pepper and salt to taste. This soup requires four hours to boil properly.

Mutton Broth.

For mutton broth use one pound lean mutton or lamb, cut small; one quart water—cold; one tablespoonful rice, or barley, soaked in a very little warm water; four tablespoonfuls milk; salt and pepper, with a little chopped parsley. Boil the meat, unsalted, in the water, keeping it closely covered, until it falls to pieces. Strain it out, skim, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn. Serve hot, with cream crackers.

Scotch Broth.

Take one cup of barley, five quarts of water, a piece of beef weighing four pounds. Boil two hours, then add the following vegetables chopped fine: Two carrots, one parsnip, quarter head of cabbage, a bunch of parsley to color the broth. Grate two carrots, pepper and salt to taste, boil other two hours. Before using skim all the fat off.

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Potato Soup.

Fry a small onion in half a cup butter, pour on it a quart of milk and bring to a boil. Mix two cupfuls of cold mashed potatoes, beaten smoothly into the soup and boil all together a few minutes. Season with salt and pepper and serve.

Scotch Potato Soup.

One pound of pork or mutton, one ham bone, one onion, four potatoes, two grated carrots, one head celery. Pepper and salt to taste. Cover the meat with four quarts of cold water, skim well, add onion, carrots and celery cut fine, to which add potatoes that have been sliced and parboiled. Boil three hours. The potatoes are more digestible if they are boiled for a few minutes in hot water before putting them in the soup.

Save-All Soup.

The meat and bones of cold beef or mutton, six medium-sized potatoes, one large onion, one thin slice of salted pork, celery, salt and pepper. Cut the meat from a cold beef or mutton bone, break up the bone, put into a stew-kettle with six medium-sized potatoes, three pints of cold water, one large onion minced fine, and one thin slice of salt pork, hashed. Boil slowly two hours. Then strain, and add one quart of milk, boiling hot, into which one tablespoonful of butter and one of flour has been smoothly stirred. Season with salt, pepper and crushed celery. To crush the celery, chop the stalks fine, then crush them with a rolling-pin. Serve this soup with cubes of bread.

Soup in Haste.

One pound of cold cooked meat, two ounces of butter, one tablespoonful flour, one quart water and a few slices of browned bread. Chop your meat very fine and put it into the stew-pan with the butter; pepper and salt to taste. Dredge over it a tablespoonful of flour, add a good quart of boiling water, cover it close, set it over a moderate fire for half an hour, strain it, toast some pieces of bread, cut them into squares or diamonds, put them into a tureen and pour the soup over it. Macaroni boiled tender may be put into the soup ten minutes before serving. Time, half hour.

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Ox-Tail Soup.

Two ox-tails, two slices of ham, one ounce of butter, two large slices of turnip, one leek, three onions, one head of celery, one bunch of herbs, pepper and salt to taste, two tablespoonfuls of catsup, one-half glass of port wine, three quarts water, two grated carrots. Cut up the tails separating them at the joints, wash them and put them in a stew-pan with butter. Cut up the vegetables and add with the herbs. Put in one-half pint of water and stir it over a quick fire until the juices are drawn out. Fill up the stew-pan with water, when boiling add salt. Simmer gently for four hours or a little longer if the tails are not tender. Take them out, strain the soup, thicken and flavor with the wine and catsup, put back the tails and simmer again for a few minutes and serve. Do not forget to skim the soup.

Ox-Tail Soup.

Begin to make it the day before you require it. Take two tails, wash clean and put in a kettle with nearly a gallon of cold water, when the meat is well cooked add a small handful of salt, then take out the bones, let it stand covered until the next day. About two hours before dinner, skim the fat off, add an onion, grated carrot (or any vegetable you like) chopping them fine, and a little summer savory.

Clear Soup.

Four pounds of beef (off the round), boil the day before until all the substance is out of the meat and set aside until next day. When the grease is skimmed off strain twice through a cloth, allowing it to settle each time, then add a large teaspoonful of whole allspice and one of whole pepper, salt to taste, serve very hot, removing allspice and pepper before using.

White Soup.

Cut up six potatoes, four onions, put into two quarts of boiling water. Boil three-quarters of an hour. Rub vegetables through sieve and put the paste back into water again, add butter, pepper, salt to taste. Then boil four ounces of tapioca in it for fifteen minutes; the tapioca requires soaking; add one and a half pints of milk, and when fully heated through serve.

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Kidney Soup.

One beef kidney cut in small pieces, butter size of a walnut, one and a half tablespoonfuls rice flour wet with water, and one quart of cold water, one tablespoonful of tomato catsup, one tablespoonful of Worcester sauce, pepper and salt to taste. Boil one and a half hours. Brown the kidney with butter.

Noodle Soup.

Add to the water in which the noodles were boiled three quarts of salted boiling water, bread crumbs, butter the size of an egg, a tablespoonful of chopped parsley, and two or three tablespoonfuls of cooked noodles; season with more salt if necessary. Throw a few noodles at a time into the salted water, shaking them with a fork to keep them from matting together.

Noodle.

Beat up an egg and add as much flour as will make it a stiff dough, roll it out in three sheets, flour it and roll it round closely, then with a sharp knife, cut it off the end like shavings, flour these to prevent them sticking, add them to the soup when boiling. Cook for ten minutes.

Asparagus Soup.

A piece of beef or mutton; a quantity of fresh asparagus; a few slices of toast. Make in the usual way a nice rich soup of beef or mutton seasoned with salt and pepper. After it has been well boiled and skimmed and the meat is all to pieces, strain the soup into another pot (or wash out the same one) and return the liquid. Have ready a quantity of fresh asparagus with the stalks cut off close to the green tops; it should have been lying in cold water all the time the meat was boiling. Put into the soup half the asparagus tops and boil them in it till entirely dissolved, then add the remaining asparagus to the soup (having previously boiled them in a pan by themselves until they are tender but not broken). Give the whole a boil together. Make some nice slices of toast with the crust cut off; dip them a minute in hot water. Butter them and lay at the bottom of the tureen and pour the soup upon them. This is nice soup for company.

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Celery Soup.

Two heads of celery; one quart white stock; one quart milk; two tablespoonfuls flour; one cup cream, salt and pepper. A more delicate and somewhat more expensive soup is cream of celery. It is especially excellent with a poultry or game dinner. Cook two heads of celery in a quart of white stock for forty-five minutes. Bring a quart of milk to the boiling point. Stir into it two large tablespoonfuls of flour mixed with a little milk. Strain the celery and the stock in which it was cooked through a flour sieve, mashing the celery through, add it to the milk and let the whole boil up together for five minutes, stirring it thoroughly. Season the soup with salt and pepper, and just before serving it add a cup of cream.

Cream of Celery Soup.

Take the stock of one chicken (an old one best), put four heads of celery with the stock; one-half cup of tapioca which has been soaked over night, boil until the celery is tender, strain through a sieve, add one-half cup of cream, and salt and white pepper to taste; if not quite thick enough add a little corn starch dissolved in a little cream. The chicken can be used for salad.

Corn Soup.

One pint grated green corn, one quart of milk, two teaspoonfuls butter, a little flour. Cook corn in water thirty minutes, let the milk come to a boil, have flour and milk mixed together, add a few tablespoonfuls of boiling milk; when quite smooth stir into the milk and cook eight minutes; add corn and season to taste.

Sweet Corn Soup.

A knuckle of veal, four calf's feet, several ears of young corn, a little butter, pepper. Take the veal and calf's feet and some cold boiled ham (if you have it) cut into pieces and season with pepper only, pour on a quart of water for each pound of meat and boil until the meat is in rags, strain it, wash your pot and put it back again. Make this soup of milk if you can get it, if not, use water. When the soup is strained and ready, cook by themselves in another pot several ears of sweet young corn, cut

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the grain from the cob, mix the corn with a little fresh butter, season it with pepper and stir in the strained soup. Give the whole a short boil and serve.

Venison Soup.

Venison soup is excellent made like the sweet corn soup, with water instead of milk and plenty of corn.

Tomato Soup.

Place in a kettle four pounds of beef or prepared stock, add one gallon of cold water, let it boil slowly for three hours if the meat is used; if prepared stock about half an hour. Remove the meat, put into the soup one quart of tomatoes, one onion cut fine; salt and pepper to taste. One teaspoonful of flour should be dissolved, stirred into it and boiled for one-half hour before serving. Strain.

Tomato Soup.

Take a can of tomatoes, bring them to a boil and strain through a coarse strainer; add one teaspoonful of soda, and when the foaming ceases add a quart of milk and a tablespoonful of butter. Season to taste, and thicken slightly with cracker crumbs; boil for a few moments and serve.

Tomato Soup.

One quart stewed tomatoes, one quart of water, one and one-half tablespoonfuls of corn starch, one teaspoonful sugar, one good tablespoonful of butter, one pinch cayenne pepper, salt and pepper to taste. Boil up and serve. Dissolve the corn starch in a little water before putting in the soup.

Bean Soup.

A quart of dried white beans, a shank of beef, a bit of boiled ham (the hock will do), celery and pepper. Soak the beans in cold water over night, in the morning put on your beans to boil with only water enough to cook them well, boil slowly and keep stirring so that it does not burn. Put your meat in another pot, allowing a large quart of water to every pound of meat; season, pepper only, put in the celery cut into small pieces, boil

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the soup till the meat is all boiled to pieces (do not forget to skim it well), then strain the liquid and put it back in the pot, add the boiled beans and let them boil together until they are thick, strain again and serve.

A Very Cheap Soup.

One pound of lean trimmings of meat such as butchers charge five or six cents per pound for and cut into small pieces. Prepare three good-sized onions, two turnips, two leeks and five or six sticks of celery, clean these vegetables and cut them up small, wash one-half pound of pearl barley or rice and drain it, melt two ounces of dripping or bacon fat in an iron saucepan, put in the meat and sprinkle a teaspoonful of coarse sugar on it, put the pan on the fire and stir its contents briskly with an iron spoon, add the shred vegetables and stir again.

Macaroni Soup.

Four ounces macaroni, one large onion, five cloves, one ounce butter, two quarts clear soup gravy. Put into a stew-pan of boiling water the macaroni, butter and onion, in which the cloves are stuck. When the macaroni has become quite tender, drain it very dry and pour on it two quarts clear gravy soup. Let it simmer ten minutes, taking care not to let it become a pulp.

Egg Balls for Soup.

Four boiled eggs, one raw egg, one teaspoonful flour, some salt, pepper and parsley. Mash the yolks of boiled eggs with the raw yolk. Add flour, salt, pepper and parsley. Make into balls and boil two minutes.

Turkey Soup.

Bones of fowl or turkey, carrot, onion, celery, rice, salt and pepper. This is an excellent way to use the remnants of fowls or turkey on which considerable meat remains. Put in the soup kettle the carcass, and any bits of stuffing or gravy that remain. Pour over it one quart of cold water. Let the bones simmer for two hours (break the bones before putting them into the water). At the end of two hours strain your stock, wash the pot and put back your stock and add to it more stock if you have it, and if

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not, add boiling water enough to make a good quart, also a slice of carrot grated, a small onion cut fine, a piece of celery (the coarse pieces may be used for soup), and two tablespoonfuls of rice. At the end of an hour strain again, and serve, salt and pepper to taste.

Sweet-Bread Soup.

Prepare sweet-breads as for cooking in any other form. Salt, stew in as much water as there is soup required. When done remove sweet-breads from liquid, when cold chop finely and put back in liquid, let it come to a good boil, pour this quickly upon the yolk of an egg beaten up with a tablespoonful of cold water. Stir while pouring to prevent curdling.

Hare or Rabbit Soup.

Hare or rabbit, salt, onion, one-half pint of port or native wine, flour, pepper, cloves, one head of celery. Thoroughly cleanse in salt and water, cut into very small pieces, put into the oven in a crock with an onion pierced with cloves, and one head of celery cut fine and sufficient water to cover (the water will decrease and a little more must be added), the crock, of course, to be covered. The oven must not be very hot, and the crock may be left in until the meat will slip from the bones, then taken out and the contents strained, return the soup to the crock, adding one-half pint of port or native wine, flour to thicken, pepper and salt to the taste, allowing to remain in the oven until it is ready to boil. This soup takes fully twenty-four hours in preparation.

Chicken Broth.

One chicken, three pints of water, half a teacupful of pearl barley or rice, pepper and salt. Cut up the chicken, put it in the cold water with the barley or rice and salt, cover it close and let it simmer for an hour, add pepper to your taste. The chicken may be placed on a plate with pieces of butter over it.

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FISH

"The silvery fish,
Grazing at large in meadows submarine,
Fresh from the wave now cheers
Our festive board."

Fish is either boiled, broiled, baked or fried. In all cases it is to be treated on the same principle as meat. When put to boil in cold water, fish, like meat, will part with its best substances, which will go to enrich the water it is cooked in. To make a soup of it, or a fish-jelly (which is very delicate), this would be the right way; but to boil fish that is to be eaten, it is necessary to put it into boiling water. To know the right moment when a fish is done is not such an easy affair as you might think. An underdone fish is disgusting, while an overdone one is tasteless and mostly tough. After fifteen minutes from the time a fish has been put on the fire one has to be on the watch. If the fish is small or thin it most likely will not stand a second's longer cooking. If large it may need half an hour to be well done, or even more. Experience and a certain fine instinct have to guide you. One sign—and a pretty safe one—is to try a fin. If it gives way easily to a slight pull, the fish is done. Fish, like meat which is to be dished up, has to be kept simmering rather than boiling after its first immersion in lively boiling water. When it is to be cleaned it must not be kept soaking in cold water. Some salt-water fishes are better for sprinkling them with salt inside and outside for about one hour before cooking them. The salt, of course, has to be washed off again. Be sure that your fish is always as fresh as possible. Never buy a fish whose eyes are dull-looking, or the gills of which are not of a fine red color and the flesh firm and odorless.

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Garnishing of Fish.

There are no dishes that come on our table more capable of improvement by garnish than a dish of fish. Without garnish it is bare and unappetizing. A boiled fish should always be lifted up with an open skimmer or on a grating, or, if boiled in a napkin, should be laid in a colander a moment to drain. It must then be turned instantly on a hot platter on which a folded napkin has been laid. A decoration of lemon quarters, or of slices of lemons and parsley, is very suitable for almost any boiled fish. Groups of fried oysters and pieces of lemon are also suitable decoration to salmon or halibut. Usually potato croquettes or mashed potatoes are the only vegetable served with boiled fish. Baked fish are often improved in appearance by fried bread-crumbs strewn over them. Baked fish are usually served with a sauce around them, while the boiled fish is accompanied by the sauce in a boat. A fried or boiled fish is best served with garnish of fried potatoes, or of lemon and parsley, lightly used. Butter or tartar sauce is generally served with fried or boiled fish.

For Boiling Fish.

For boiling fresh codfish and all large fish, except salmon, let them lie in salt over night; when ready to boil put them in a kettle two-thirds full of boiling water, add vinegar and salt, place the fish on a drainer (or roll in a cloth), put it into the boiling water; for a four-pound fish let it remain thirty minutes boiling rapidly. For salmon put it to boil in tepid water and thoroughly skim; allow the same time. For small fresh-water fish use cold water, as soon as they boil they are cooked.

Steamed Salmon or White Fish.

After cleaning well, rub it both inside and out with salt, pepper and vinegar, roll in a cloth, steam twenty minutes for every pound; serve with parsley sauce. In boiling or steaming fish put one tablespoonful of vinegar in the water to keep it from breaking.

To Bone Fish and Cook It.

Lay the fish on a board, cut off the head and fins, cut it up the back. Begin at the tail and run a knife under the flesh

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close to the bone and scrape the flesh away from it, holding the fish firmly so as not to break the flesh. When one side has been removed slip the knife under the other side and raise it, leaving the flesh on the board. Cut the fish into pieces suitable for serving, sprinkle a little brown sugar, pepper and salt over the fish, set it away to get firm. Fry it in butter, first rolling it in egg, parsley and bread-crumbs. Garnish with parsley. Scotch way.

Baked Fish.

A fish weighing from four to six pounds is a good size to bake. Make a dressing of bread-crumbs, butter, salt and some salt pork chopped fine, mix these with one egg, fill the body, sew it up, lay in dripping pan with a pint of water, bake an hour and a half, thicken the gravy and pour over it.

Fresh Salmon Fried.

Cut the slices three-fourths of an inch thick, dredge with flour, or dip them in eggs and crumbs, fry a light brown. This mode will do for all fish cut into steaks. Season with salt and pepper.

Fried Fish.

Take white fish cut into rather small quares and fry in boiling lard or dripping (just as you would doughnuts) until it is a delicate brown. This is the way it is usually cooked on steamboats, and is very nice indeed.

To Fry Smelts.

Wash and dry in a cloth, then lightly flour and shake off. Dip in egg, then in bread-crumbs, and fry in boiling lard or dripping. Take care not to take off the bread crumbs. These fish may be cooked on the gridiron.

Lunch or Breakfast Dish.

Wrap a salmon steak a little over an inch thick in thin writing paper and fry a delicate brown.

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Cold Salmon Pickled.

Take the fish left from dinner, remove the bones and lay in a dish. Boil a breakfast cup of the liquor in which the fish was boiled with same quantity of vinegar. Half an ounce of whole pepper, half an ounce of allspice, one teaspoonful salt and a bay leaf. Let stand till cold and pour over the fish. Allow to remain ten hours before using. A very nice breakfast dish.

Potted Fish.

Cut a fish twelve inches in length into four equal parts. Rub a little salt on the end of each piece and place the pieces in an earthen pot. Add whole spices and cider vinegar to cover the fish when the pot is nearly full. Tie on a paper cover, and over this put an earthen cover to keep in all the steam. Bake in a moderate oven for three hours. Fish cooked in this way is delicious and will keep two weeks in a cool place and longer in a refrigerator.

Salmon Pudding.

Take the contents of one can of salmon, pound well and mix in a tablespoonful of butter; two eggs, half a cup of bread crumbs. Beat all well together, season with salt and pepper, press tightly into a pudding-mould and steam for an hour. Serve hot with white sauce.

Salmon Croquettes.

One can of salmon, one egg, well beaten, one-half cup of fine bread crumbs, salt, cayenne pepper, nutmeg, juice of half a lemon. Drain off the liquor and mince the fish. Melt and work in the butter, season, and if necessary moisten with a little of the liquor; add the crumbs. Form the parts into rolls, which flour thickly, and stand them in a cold place for an hour. Fry in hot fat and serve on a hot platter, garnished with fresh parsley.

Escalloped Fish.

Boil two pounds of fish about twenty minutes (in a separate dish), boil half a pint cream, half pint milk and stir in two tablespoonfuls flour, season with salt and pepper, then put in a

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dish a layer of fish and cream alternately until the dish is filled, on the top put cracker crumbs which have been rubbed in melted butter, then bake slowly.

Escalloped Salmon.

One can of salmon, two cups biscuit crumbs, one cup hot water, a little butter, pepper and salt. Do just as you would oysters, putting in all the liquor in the can. Bake about twenty minutes in a moderate oven.

Fish Scallop.

Remains of cold fish of any sort, half a pint of cream, half a tablespoonful of anchovy sauce, half of made mustard, a teaspoonful of walnut catsup, pepper and salt to taste. (The above quantities are for half a pound of fish when picked). Put all into a stew-pan, set it on the fire, let it remain till hot, stir it but do not let it boil, when done put into a deep dish with a good quantity of bread crumbs and small pieces of butter on top, set in oven to brown. Half an hour should cook it.

Fish Turbot.

Take a can of salmon, pour off all liquid and pick out all bones and skin, have one-half pint of milk heated, in which an onion has been put for a little while, add to this one-quarter cup melted butter, and two tablespoonfuls of flour rubbed together, season with pepper and salt. When this mixture is cool add one egg well beaten, then take a pudding dish and put a layer of salmon and a layer of sauce till the dish is full, put grated bread crumbs on top, and brown in the oven. The onion may be left out. Bake twenty minutes.

Cod Fish Balls.

Pick fine one quart of cod fish, let it simmer for a little while, boil six good-sized potatoes, mash fine and mix while hot with the fish, season well with salt, pepper and butter, add three beaten eggs, drop in hot lard, serve in a napkin on platter.

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Cod Fish for Breakfast.

One quart finely shred cod fish, one ounce butter, one and a half cups cream or milk, two teaspoonfuls flour. Remove all bones from the fish, lay in frying pan well covered with cold water, let it heat gradually, simmer for twenty minutes, drain it, add pepper, butter, milk or cream, reserving a little of this for the flour which must be rubbed into it gradually to keep it smooth, when it begins to simmer add the flour, let it boil two or three minutes, then add the beaten egg, slip on a platter and serve.

Cod Fish Balls.

Pick in small pieces a large cupful of boneless cod, then peel your potatoes and cut them in pieces the size of a walnut, wash the fish (but do not soak it), put fish and potatoes in same vessel, having as many more potatoes as fish, and boil until potatoes are cooked, then drain and mash together, take butter the size of an egg, and some pepper, salt if necessary, and one egg; beat with a fork until light and creamy, then drop a large spoonful into boiling lard, and fry like doughnuts.

Stewed Lobster.

Make a sauce of the yolk of a hard-boiled egg, smooth with a spoonful of vinegar, a teaspoonful each of finely minced onion and parsley, a tablespoonful of butter, the same of flour, with pepper and salt; after mixing all together put on the stove in a saucepan and add half a pint of boiling water; turn into this a can of lobster and let it steam ten minutes.

Eel Pie.

Cut the eels lengthwise in two or three-inch pieces, season with salt and pepper, lay in the dish with bits of butter and a little water; cover with a paste.

Finnan Haddie.

Take a haddock, put in a baking pan with the skin down, and pour in enough warm water just to cover the skin and not the rest of the fish. Let the fish remain in the oven fifteen minutes. By this time the skin should be loosened. Take the fish out of

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the oven, pull off the skin, and pour the water out of the baking pan. Lay the fish back in the pan with milk enough over it to cover it, and strew bits of butter over it. When it is brown serve it for breakfast, or if you have sweet cream, instead of using butter take a coffee cup of cream and then thicken with a little flour, about a spoonful. (Mix your flour with a little cold cream first.) Boil it up and have it ready to pour over your fish when it is cooked.

Salt Mackerel.

Soak your fish over night in milk if you have it; if not, in water; put the mackerel in a frying pan with cold water enough to cover. When it boils for five minutes put it into a warm dish, putting bits of butter over it. Set in the oven for a few minutes before serving.

Bloater Pie.

Fry two or three small bloaters, skin and bone them, put the fish into a pie dish with a little chopped parsley, cayenne and a few bits of butter. Put some mashed potatoes on top and bake in a brisk oven for half an hour.

Frogs Fried.

Skin well and cook for five minutes in salted water, the hind legs only; then throw into cold water to cool and drain, fry in hot fat. Serve garnished with parsley.

White Sauce.

For salmon and white fish, one cup of cream or rich milk, two ounces of butter, two teaspoonfuls of flour, salt and pepper to taste. If liked, a little lemon juice is an improvement, or a little parsley cut fine.

Plain Sauce for Boiled Fish.

One cup boiling water, two teaspoonfuls corn starch mixed in cold water, one tablespoonful butter, one teaspoonful chopped parsley, one teaspoonful anchovy sauce or good catsup, juice of half a lemon, beaten yolks of two eggs, salt and cayenne pepper, stir the corn starch smoothly into the boiling water, set on the

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fire, stirring until it thickens, add pepper and salt, butter, parsley, mix well together, put in lemon juice and catsup, boil a few minutes, add beaten yolks, stir for two minutes, pour over the fish and serve. Lemon juice improves fish sauce if the fish is insipid.

Egg Sauce.

One hard-boiled egg and mince it up fine, and add it to the ordinary white sauce.

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OYSTERS

"Canst tell how an oyster makes his shell? No—nor I neither."
—King Lear.

Oyster Soup.

Take two quarts milk, six rolled biscuits, butter size of an egg, salt and pepper to taste, bring to a boil, add one quart oysters, remove from fire as soon as it comes to a boil. Oysters should not be boiled, as they become tough.

Oyster Soup.

To one quart of oysters add half pint water, put the oysters on the fire in the liquor, the moment it begins to simmer (not boil, for that would shrivel the oysters), pour it through a colander into a hot dish, leaving the oysters in the colander. Now put into the sauce piece butter size of an egg, when it bubbles sprinkle in a tablespoonful of sifted flour, let it cook a few minutes, stirring it well, then add to it gradually the oyster juice and one-half pint of good cream (which has been brought to a boil in another vessel), season carefully with cayenne pepper and salt, skim well and add the oysters, do not let it boil, but serve immediately. Oyster soup is made with thickening and oyster stew without.

Oyster Stew.

Put two quarts oysters in saucepan with the liquor, when they begin to boil skim out, add a pint of cream or rich milk and seasoning, add to the oysters butter to taste, pour over them the hot liquor and serve.

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Creamed Oysters.

One quart oysters, one pint of cream or sweet milk, thicken with a little flour as for gravy. When cooked pour in the oysters with liquor, pepper, salt and butter. Have platter with nicely browned toast. Pour creamed oysters over and serve hot.

Smothered Oysters.

Put one tablespoonful of butter in a covered saucepan with half a saltspoonful of white pepper, one teaspoonful of salt and a few grains of cayenne pepper. When hot add one pint of oysters carefully prepared. Cover closely and shake the pan to keep the oysters from sticking. Cook five minutes and serve on toasted crackers.

Oysters Fried.

Select the largest oysters, take off all bits of shell and wipe quite dry. Have ready some bread crumbs or grated crackers. Season with salt and pepper. Beat the yolks of two eggs and add a little cream. Dip the oysters in the egg and then in the bread crumbs. Fry in plenty of hot lard and butter till a light brown. Serve hot. Fine oatmeal may be used for frying instead of cracker crumbs.

Scalloped Oysters.

Sprinkle a buttered dish with bread crumbs, then put in a layer of oysters, some bits of butter, pepper and salt, and so on until the dish is filled, leaving the crumbs and butter on the top. Pour over a little milk. Bake until a light brown.

Oyster Pattles.

One dozen oysters cut in pieces, stew in their own liquor, add a teaspoonful of flour, a tablespoonful of butter, a grating of lemon peel, season lightly with salt and cayenne, add three tablespoonfuls of cream, mix well, open the patties and put in a tablespoonful of the mixture. Serve hot.

Oyster Pie.

Make a rich puff paste, roll out twice as thick as for fruit pie, line a pudding dish and fill with dry crumbs or light crackers,

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butter the edges that you may be able to lift the upper crust without breaking, cover the mock pie, ornament at the edge, cook the oysters as for a stew, only at the last beat in two eggs and thicken with cracker crumbs, time them that the paste will be ready to receive them, lift the crust, pour them in. Serve hot.

Oyster Fritters.

Take one pint of milk, two well beaten eggs and flour to make a smooth but rather thin batter, season with pepper and salt, stir in fifty large oysters, drop a spoonful of batter into boiling lard, having one or two oysters in each spoonful. Serve hot in fringed napkins.

Oysters on a Block of Ice.

Oysters look very pretty served in this way, and add to the festive appearance of the Christmas table. A clear crystal block of ice must be chosen and wreathed about the base with the dark-green leaves and red berries of the holly, concealing the platter that holds it. The oysters rest in the hollow scooped out of the centre of the ice. Of course, this dish is more effective under candle or gas light.

Pickled Oysters.

One quart of fine large oysters, one pint of oyster liquor and the same of strong vinegar. Drain the oysters, strain the liquor and boil. While boiling hot drop in the oysters allowing them only to be well scalded. Remove the oysters to a flat dish where they will cool. Add the vinegar with one teaspoonful black mace, two dozen whole cloves, same of black pepper and allspice, to the oyster liquor, and just as this liquor boils, pour over the cold oysters, which must previously have been put in a jar.

Filling for Oyster Patties.

Take equal parts of milk and cream, add pepper and salt to taste, a little nutmeg, and the liquor from the oysters and the rind of a lemon. Bring to a boil and thicken with flour well blended in milk. If the oysters are large, cut them in halves and drop them into the sauce. Fill your patties and heat in the oven.

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Oyster Fritters.

Take the largest oysters, drain from the liquor and wipe dry. Whisk six eggs very light, one cup of fine sifted flour, and, by degrees, one pint of rich milk and a little grated nutmeg. Beat to a smooth batter. Have the pan very hot, put in lard or butter, and when it begins to froth drop in small ladlefuls of batter, and place an oyster in the middle of them. Fry a nice brown and send to table hot.

Pigs in Blankets.

Season large oysters with salt and pepper. Cut some fat bacon in nice slices. Wrap an oyster in each slice, fasten with small wooden skewer, heat a frying pan very hot and put in the pigs. Cook just long enough to crisp the bacon (say about two minutes). Place on small pieces of toast. Don't remove the skewers. Serve hot, garnished with parsley.

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POULTRY

"To thee and thy company, I bid a hearty welcome."—The Tempest.

To judge the age of a fowl touch the end of the breastbone; if it bends easily from side to side the fowl is young.

The skin of the chicken should be firm, smooth and white.

If a fowl is tough rub it inside with a teaspoonful of baking soda, being careful to wipe it off before cooking it; it is also good for tough meat.

Lumps of charcoal put with fowls when they are a little tainted will restore the flavor.

Slices of lemon cut into small pieces and stirred into drawn butter and allowed to come to the boiling point, served with fowl is a fine addition.

The inside of poultry should be rubbed with salt after it is drawn.

To Draw a Fowl.

It is not every housekeeper that understands how to draw a fowl so that all the interior parts come out in one piece. In order to do this, first split the skin on the back of the neck and turn it back over the neck. Loosen the pipes around the neck with the finger. Remove all fat that can be reached under the skin and lay it aside for use. When this is done, cut with a sharp-pointed knife from the leg to and around the vent, in order to open the chicken. Pass the hand up the back of the chicken on the inside carefully till you reach two little ligaments near the wings, which seem to bind the intestines down to the back. Loosen them and pull slowly and firmly, and all the pipes in the neck, with the entire mass of intestines, will come out

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together without breaking. When they are on a plate it is easy enough to cut out the gall bladder and separate the liver and other giblets from the parts that are to be thrown away. The fat of poultry should always be taken out of the bird, because it gives a strong taste if cooked in it, but it should be saved, as it has many uses in cookery, except in the case of turkeys, geese and ducks, when it is too strong. Goose oil is saved for medicinal purposes by prudent mothers, and that of turkeys and ducks may well be added to the soap-fat can.

Boned Turkey.

It requires some patience and skill to prepare a turkey and keep the bird entire after removing all the bones, but it is by no means an impossible task for an inexperienced person; and boned turkey is a very convenient dish to serve at evening parties or at any time when a cold collation is in order. Freezing makes the skin tear easily, so the first essential is a turkey which has not been frozen. Singe and prepare the bird for roasting, but do not draw it. Turn it on its back and cut down the backbone with a small boning knife if you have it. Begin at the neck and run the knife between the flesh and bones, being careful not to pierce the skin, press off the flesh with the thumb and finger. Do not remove the small bone at the rump or the bone at the end of the wing. Work first on one side and finally turn the bird inside out by removing the leg bones, leaving the skeleton denuded. Turn the bird on the right side, fill it with the forcemeat given, skewer it in shape, and steam for three hours and roast for one. When cold garnish with aspic jelly.

Forcemeat for Boned Turkey.

Chop as fine as possible the raw flesh of a chicken weighing four pounds, one pound of veal, a pint of oysters and half a pound of clear pork. Mix in a small cup of cracker crumbs, two eggs and one cup of stock, two heaping teaspoonfuls of salt, a saltspoonful of pepper, a teaspoonful of summer savory, one of sweet marjoram, one of thyme, half a spoonful of sage, and two teaspoonfuls of onion juice. A very handsome way of serving turkey, if eaten cold, is to drop a few tablespoonfuls of currant or cranberry jelly over it at small distances and in the dish round it, then make a quantity of jelly seasoned with wine,

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lemon, cinnamon, etc., lay the turkey in the dish in which it has to go to the table and set it under the jelly, let the jelly drip on it so as to form a transparent coating all over it. Take the back of a spoon and make the jelly smooth, allow it to congeal on the turkey. Large fowls may be boned and stuffed in the same way; also a roasted pig.

Boiled Turkey.

Soak it in salt and water an hour and a half to make it white, make the stuffing of bread crumbs and suet, a little parsley and lemon peel chopped fine, tie lightly in a cloth and boil. A young turkey will boil in two hours.

Turkey Dressed with Oysters.

For a ten-pound turkey take two pints bread crumbs, half a cup butter cut in bits, one teaspoonful summer savory, pepper and salt, mix thoroughly, rub the turkey well inside and out with salt and pepper, then fill with first a spoonful of crumbs then oysters, using a pint of oysters; cook the giblets, chop fine, and put in gravy. A fowl of this size will require three hours in a moderate oven.

Roast Turkey.

For an eight-pound turkey use one small loaf of bread, tear it apart and grate it lightly on a coarse grater. This takes but a short time. As soon as the crust is reached lay it aside to be dried for bread crumbs. The foundation of the dressing is soft bread crumbs, not the hard dried crumbs used for breading croquettes, veal cutlets and other dishes; then add a teaspoonful of pepper, a tablespoonful of salt, a teaspoonful of minced parsley, half a teaspoonful of sage and half a teaspoonful of summer savory. Mix all together lightly with the hands. Drop in small bits one-quarter a cup of hard butter and mix this lightly through the dressing. Stuff the turkey and sew it up. The neck should be cut off close to the body, leaving a flap of skin which covers the neck and can be skewered down on the back, after the crop is stuffed. The tips of the wings should be cut off and the wings skewered down on the back so as to throw up the breast. The drumsticks (from which all the ligaments must be drawn out before the legs are cut off except the large

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one, that will never move), must be skewered to the tail of the fowl. When the turkey is properly trussed, rub it with butter and dredge with flour. Place it on its side in the meat rack. When the flour in the baking pan browns pour in half pint of water and baste the turkey. When it has cooked half an hour on one side turn the other, and the last half hour it is roasting let it lie on its back to brown the breast. Success in roasting depends upon a brisk oven and faithful, thorough basting. The dressing should be moist when the turkey is served, but it separates like rice. Two apples may be added to the stuffing minced up, which is an improvement. For cooking a lean turkey, cut up quite a bit of beef suet into the pan; good also for cooking chickens.

Roast Goose.

Two ounces of onions, half as much sage chopped fine, one coffee cup of bread crumbs, a little pepper and salt and the yolks of two eggs. Do not quite fill the goose, but leave room to swell. Roast from one hour and a half to two hours, and serve with gravy and apple sauce.

Broiled Chicken.

A delicious way of preparing a broiled chicken is with tartar sauce. To do this the chicken is split down in exactly the same way as for broiling, seasoned, sprinkled thickly with fine bread crumbs and put on a rack in the baking pan in a hot oven for half an hour. A broiled chicken will take about fifteen or twenty minutes over a moderate fire. At the end of this time put it in the oven ten or twelve minutes to become more thoroughly done, as it is almost impossible to cook a chicken thoroughly through by merely broiling it. Serve it with butter or tartar sauce. A green goose broiled is very nice served with tartar sauce.

Roast Duck.

Singe, draw, wash thoroughly, wipe dry and fill with the following dressing: Two slices stale bread soaked and squeezed dry, a small onion chopped fine, season with salt, pepper and sage, boil the giblets, strain, chop fine, mix all and fry a light brown, place in pan with some slices salt pork on the breast, put

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a small cup of water in pan, baste frequently, have a moderately hot oven, roast an hour and half, thicken the gravy with a spoonful of flour stirred smooth together.

Boiled Fowl and Oyster Sauce.

Select a plump, fat, year-old fowl with a full breast, weighing not less than five or six pounds. Draw it, after singeing it, and remove carefully all the fat wherever it can be reached. A fat fowl is the tenderest, but if the fat is cooked in it it gives a strong taste to the flesh. Prepare a dressing with a pint of soft bread crumbs, from the inside of a stale loaf, a tablespoonful of salt, a pinch cayenne, a pint of small oysters, a large heaped teaspoonful of butter, and an egg. Mix this dressing well, and fill the fowl. Rub a thick cloth with butter, and then dredge it with flour and sew the fowl up in this cloth, and plunge it into boiling water. Set the pot where it will boil rapidly for ten minutes, and afterward put it where it will simmer from two to two and a half hours. Then remove it from the cloth and serve it with oyster sauce. The water in which the fowl was boiled should be saved for cream soups.

Fried Chicken.

Wash the pieces in cold water, dry and roll in fine bread crumbs, take one-half pint milk, chop a bit parsley very fine, add to this milk a little salt, pepper and a teaspoonful flour. Fry the chicken in butter, when done lay the pieces on a hot dish, then pour the prepared cream into the frying pan, stirring quickly. When well done pour the cream over the chicken.

NOTE.—Before frying the chicken steam it for a few minutes, it is a great improvement.

Fried Chickens.

A pair of young chickens, lard or butter, pepper and salt, cut up your chickens into quarters, put your lard or butter into a heated frying pan, when it is hot put in your chicken and fry brown on one side, then turn and sprinkle with chopped parsley and fry brown, you may fry with them a few slices of ham. Before serving drain off the lard.

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Chicken Fricassee.

Carve a fowl into nice joints, make gravy of the trimmings and legs by stewing them with lemon peel, mace or herbs, onions, seasoning and water until reduced to one pint. Then strain and put in the fowl; let boil for three-fourths of an hour, take another stew-pan, put in a little butter, dredge with flour and a little hot water, add to the chicken and let it boil for twenty minutes; before serving stir the well-beaten yolks of one or two eggs with a little cream into it, but do not let it boil again.

Smothered Chicken.

The chicken must be split down the back as for broiling, washed well and wiped dry; lay it, breast upward, in a baking pan, pour in two cups of boiling water, in which has been dissolved a heaping tablespoonful of butter, and cover with another pan turned upside down and fitting exactly the edges of the lower one, cook slowly half an hour, lift the cover and baste plentifully, with the butter-water in the pan, cover again and leave for twenty minutes more, baste again and yet once more in another quarter of an hour. Try the chicken with a fork to see if it is done. An hour and ten minutes should be enough for a young fowl; baste the last time with a tablespoonful of butter, cover and leave in the oven ten minutes longer before transferring to a hot dish; it should be a fine yellow-brown all over, but crisped nowhere. Thicken the gravy with a tablespoonful of browned flour, wet up in a little water, salt and pepper to taste, boil up once and pour a cupful over the chicken, the rest into a gravy boat. There is no more delightful preparation of chicken than this.

Chicken Pie.

One chicken, one pint sour cream, salt and pepper, one-half teaspoonful soda. Cut the chicken in the usual way for stewing and steam until tender; put in a deep dish with plenty of gravy, salt, pepper and butter. Make a thick batter of sour cream, one pint will do, a pinch of salt, one-half teaspoonful of soda dissolved in the cream and flour. Pour this batter evenly over the chicken and bake about half an hour. Leave out some of the gravy. Sweet cream will do instead of sour, by adding a little tartaric acid.

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Chicken Pie.

Stew chicken till tender, season with a little butter, salt and pepper, line the sides of a pie dish with a rich crust, pour in the stewed chicken, cover with a crust, first cutting a hole in the centre.

Curry of Chicken.

Veal, lamb, chicken, any delicate meat may reappear on the table in a curry more delicious than when first served. For a chicken curry, fricassee a pair of tender chickens. Remove them from the pot when done and fry them brown in butter in which an onion and a clove, or garlic have been fried. When the chicken is brown, remove it to a platter, and stir into the butter in which it was fried about two tablespoonfuls of flour and a large teaspoonful of curry powder. Add the gravy in which the chickens were fricasseed to this and add salt and pepper. One-half cup of rice boiled and put round the chicken on the platter is a nice addition.

Chicken Pot Pie.

Stew gently a nice chicken. Season with salt and pepper and thicken the gravy with a tablespoonful of flour, mixed smooth with a piece of butter, size of an egg. Have ready some biscuit dough cut in pieces an inch square; drop this into the gravy, having previously removed the chicken to a hot platter. Boil fifteen minutes. Lay on the platter with the chicken, pour over the gravy and serve.

Chicken Pot Pie.

Have ready biscuit dough cut in square pieces, and bake in the oven. Split them and put on a platter, and pour your gravy over them, putting chicken in the centre.

Cream Chicken.

Stew two chickens until tender, remove bones and skin, chop rather coarsely, season with salt and pepper and a little parsley, add one can of mushroom, and take two small cups of the liquid of the chicken and thicken with a little corn starch and put in a dish. Spread over the top very fine bread crumbs and brown in the oven. Cut up mushroom fine.

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Veal or Chicken Croquettes.

Take three cupfuls of either chopped veal or chicken. Add one cupful of bread crumbs, the yolk of two hard-boiled eggs, a little pepper and salt, one tablespoonful of minced parsley, one-fourth onion grated, half cupful of cream, and juice of half a lemon. Mix all together and make into balls, dip into an egg beaten, and then into fine crumbs and fry in boiling lard till brown.

Pigeon Pie.

Dress and wash clean, split down the back, and then proceed as for chicken pie.

Jellied Chicken.

A fowl, four pig's feet or a shank of veal, salt and pepper. Take a fowl, an old one is best; put on with water enough to cover, add salt and pepper; cook until tender, take out the bones and lay the pieces in a mould, take your pig's feet, which have been cleaned and soaked, boil them to a jelly, strain off and put with the liquor from the chicken, boil it down, skimming well until only enough remains to cover your chicken well. Salt and pepper to taste.

Pressed Chicken.

Cut up two nice spring chickens, nearly cover with water and put in a small tablespoonful of salt, cover closely, and boil till the flesh falls off the bones, free it from all skin and gristle, pull the meat into small pieces with a fork, then put into a mould, and if there is too much liquid, boil it down till there is just enough to cover the meat. Taste the liquid to see that it is salt enough before it is poured over the meat.

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