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[Home](#) | [Subjects](#) | [Titles](#) | [Authors](#) [Thesaurus](#) | [Quotations](#) | [English Usage](#)

[Reference](#) > [Farmer's Cookbook](#) > [ENTRÉES](#)

< [SALADS AND SALAD DRESSINGS](#) [HOT PUDDINGS](#) >

[CONTENTS](#) · [BIBLIOGRAPHIC RECORD](#)

Chapter XXII. ENTRÉES.

Batters and Fritters

Batter I

1 cup bread flour Few grains pepper

$\frac{1}{2}$ teaspoon salt $\frac{2}{3}$ cup milk

2 eggs

Mix flour, salt, and pepper. Add milk gradually, and eggs well beaten.

Batter II

1 cup bread flour $\frac{2}{3}$ cup water

1 tablespoon sugar $\frac{1}{2}$ tablespoon olive oil

$\frac{1}{4}$ teaspoon salt White 1 egg

Mix flour, sugar, and salt. Add water gradually, then olive oil and white of egg beaten until stiff.

Batter III

$1\frac{1}{3}$ cups flour $\frac{1}{4}$ teaspoon salt

2 teaspoons baking powder $\frac{2}{3}$ cup milk

1 egg

Mix and sift dry ingredients, add milk gradually, and egg well beaten.

Batter IV

1 cup flour $\frac{1}{4}$ teaspoon salt

$1\frac{1}{2}$ teaspoons baking powder $\frac{1}{3}$ cup milk

3 tablespoons powdered 1 egg

sugar

Mix and sift dry ingredients, add milk gradually, and egg well beaten.

Batter V

5

1 cup flour Yolks 2 eggs

1/4 teaspoon salt Whites 2 eggs

2/3 cup milk 1 tablespoon melted
or water butter or olive oil

Mix salt and flour, add milk gradually, yolks of eggs beaten until thick, butter, and whites of eggs beaten until stiff.

Apple Fritters I

6

2 medium-sized sour apples Batter III

Powdered sugar

Pare, core, and cut apples in eighths, then cut eighths in slices, and stir into batter. Drop by spoonfuls and fry in deep fat. Drain on brown paper, and sprinkle with powdered sugar. Serve hot on a folded napkin.

Apple Fritters II

7

2 medium-sized sour apples Batter IV

Prepare and cook as Apple Fritters I.

Apple Fritters III

8

Sour apples Lemon juice

Powdered sugar Batter II

Core, pare, and cut apples in one-third inch slices. Sprinkle with powdered sugar and few drops lemon juice; cover, and let stand one-half hour. Drain, dip pieces in batter, fry in deep fat, and drain. Arrange on a folded napkin in form of a circle, and serve with Sabyon or Hard Sauce.

Banana Fritters I

9

4 bananas 1/2 tablespoon lemon juice

Powdered sugar 3 tablespoons Sherry wine

1/2 rule Batter V

Remove skins from bananas. Scrape bananas, cut in halves lengthwise, and cut halves in two pieces crosswise. Sprinkle with powdered sugar, lemon juice, and wine; cover, and let stand thirty minutes; drain, dip in batter, fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar, and serve on a folded napkin.

Banana Fritters II

10

3 bananas 1/4 teaspoon salt

1 cup bread flour 1/4 cup milk

2 teaspoons baking powder 1 egg

1 tablespoon 1 tablespoon
powdered sugar lemon juice

Mix and sift dry ingredients. Beat egg until light, add milk, and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat, and drain. Serve with Lemon Sauce.

Orange Fritters

11

Peel two oranges and separate into sections. Make an opening in each section just large enough to admit of passage for seeds, which should be removed. Dip sections in Batter II, III, IV, or V, and fry and serve same as other fritters.

Fruit Fritters

12

Fresh peaches, apricots, or pears may be cut in pieces, dipped in batter, and fried same as other fritters. Canned fruits may be used, after draining from their syrup.

Cauliflower Fritters

13

Cold cooked cauliflower Batter V
Salt and pepper

Sprinkle pieces of cauliflower with salt and pepper and dip in Batter I or V. Fry in deep fat, and drain on brown paper.

Fried Celery

14

Celery cut in three-inch Salt and
pieces pepper
Batter I, III,
or V

Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce.

Sardines Fried in Batter

15

Drain fish and pour over boiling water to free from oil, then remove skins. Dip in Batter III, fry in deep fat, and drain on brown paper. Serve with Hot Tartare Sauce.

Tomato Fritters

16

1 can tomatoes 1 teaspoon salt
6 cloves Few grains cayenne
 $\frac{1}{8}$ cup sugar $\frac{1}{4}$ cup butter
3 slices onion $\frac{1}{2}$ cup corn-starch
1 egg

Cook first four ingredients twenty minutes, rub all through a sieve except seeds, and season with salt and pepper. Melt butter, and when bubbling, add corn-starch and tomato gradually; cook two minutes, then add egg slightly beaten. Pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, diamonds, or strips. Roll in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Cherry Fritters

17

2 cups
scalded $\frac{1}{4}$ teaspoon salt
milk
 $\frac{1}{4}$ cup

corn-starch $\frac{1}{4}$ cup cold milk

$\frac{1}{4}$ cup flour Yolks 3 eggs

$\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup Maraschino cherries, cut in halves

Mix corn-starch, flour, sugar, and salt. Dilute with cold milk and add beaten yolks; then add gradually to scalded milk and cook fifteen minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, dip in flour, egg, and crumbs, fry in deep fat, and drain. Serve with Maraschino Sauce.

Maraschino Sauce

18

$\frac{2}{3}$ cup boiling water $\frac{1}{4}$ cup Maraschino cherries, cut in halves

$\frac{1}{3}$ cup sugar

2 tablespoons corn-starch $\frac{1}{2}$ cup Maraschino syrup

$\frac{1}{2}$ tablespoon butter

Mix sugar and corn-starch, add gradually to boiling water, stirring constantly. Boil five minutes, and add cherries, syrup, and butter.

Farina Cakes with Jelly

19

2 cups scalded milk $\frac{1}{4}$ cup sugar

$\frac{1}{2}$ cup farina (scant) $\frac{1}{2}$ teaspoon salt

1 egg

Mix farina, sugar, and salt, add to milk, and cook in double boiler twenty minutes, stirring constantly until mixture has thickened. Add egg slightly beaten, pour into a buttered shallow pan, and brush over with one egg slightly beaten and diluted with one tablespoon milk. Brown in a moderate oven. Cut in squares, and serve with a cube of jelly on each square.

Gnocchi à la Romana

20

$\frac{1}{4}$ cup butter $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup flour 2 cups scalded milk

$\frac{1}{4}$ cup corn-starch Yolks 2 eggs

$\frac{3}{4}$ cup grated cheese

Melt butter, and when bubbling, add flour, corn-starch, salt, and milk, gradually. Cook three minutes, stirring constantly. Add yolks of eggs slightly beaten, and one-half cup cheese. Pour into a buttered shallow pan, and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a platter, sprinkle with remaining cheese, and brown in oven.

Queen Fritters

21

$\frac{1}{4}$ cup butter (scant) $\frac{1}{2}$ cup flour

$\frac{1}{2}$ cup boiling water 2 eggs

Fruit preserve or marmalade

Put butter in small saucepan and pour on water. As soon as water again reaches boiling-point, add flour all at once and stir until mixture leaves sides of saucepan, cleaving to spoon. Remove from fire and add eggs unbeaten, one at a time, beating mixture thoroughly between addition of eggs. Drop by spoonfuls and fry in deep fat until well puffed and browned. Drain, make an opening, and fill with preserve or marmalade. Sprinkle with powdered sugar and serve on a folded napkin.

Chocolate Fritters with Vanilla Sauce

22

Make Queen Fritters, fill with Chocolate Cream Filling, and serve with Vanilla Sauce; filling to be cold and sauce warm.

Coffee Fritters, Coffee Cream Sauce

23

Cut stale bread in one-half inch slices, remove crusts, and cut slices in one-half inch strips. Mix three-fourths cup coffee infusion, two tablespoons sugar, one-fourth cup teaspoon salt, one egg slightly beaten, and one-fourth cup cream. Dip bread in mixture, crumbs, egg, and crumbs again. Fry in deep fat and drain. Serve with

Coffee Cream Sauce. Beat yolks three eggs slightly, add four tablespoons sugar and one-eighth teaspoon salt, then add gradually one cup coffee infusion. Cook in double boiler until mixture thickens. Cool, and fold in one-third cup heavy cream beaten until stiff.

24

Sponge Fritters

25

| | |
|---|---------------------------------|
| $2\frac{2}{3}$ cups flour | $\frac{1}{3}$ cup melted butter |
| $\frac{1}{3}$ cup sugar | $\frac{1}{4}$ teaspoon salt |
| $\frac{7}{8}$ cup scalded milk | 2 eggs |
| $\frac{1}{3}$ yeast cake, dissolved in 2 tablespoons lukewarm water | Grated rind $\frac{1}{2}$ lemon |
| | Quince marmalade |

Currant jelly

Make a sponge of one-half the flour; sugar, milk, and dissolved yeast cake; let rise to double its bulk. Add remaining ingredients and let rise again. Toss on a floured board, roll to one-fourth inch thickness, shape with a small biscuit cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in centre to form a nest. In one-half the pieces put one-half teaspoon of currant jelly and quince marmalade mixed in the proportion of one part jelly to two parts marmalade. Brush with milk edges of filled pieces. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done fritters will separate during frying. Fry in deep fat, drain on brown paper, and sprinkle with powdered sugar.

Calf's Brains Fritters

26

Clean brains, and cook twenty minutes in boiling water, to which is added one-half

teaspoon salt, one tablespoon lemon juice, three cloves, two slices onion, and one-half bay leaf. Remove from range, and let stand in water until cold; drain, dry between towels, and separate into pieces. Make a batter of one-half cup flour, one teaspoon baking powder, one-fourth cup salt, a few grains pepper, one egg well beaten, and one-fourth cup milk. Add brains, and drop mixture by spoonfuls into greased muffin rings, placed in a frying-pan in which there is a generous supply of hot lard. Cook on one side until well browned, turn, and cook other side. Arrange on serving dish and pour around Sauce Finiste .

Clam Fritters

27

| | |
|-----------------|--|
| 1 pint clams | 1 ¹ / ₃ cups flour |
| 2 eggs | 2 teaspoons baking powder |
| 1/3 cup milk | Salt |

Pepper

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Drop by spoonfuls, and fry in deep fat. Drain on brown paper, and serve at once on a folded napkin.

Croquettes

28

Before making Croquettes, consult Rules for Testing Fat for Frying, page 21; Egging and Crumbing, page 22; Uses for Stale Bread, page 69; and Potato Croquettes, page 316.

Banana Croquettes

29

Remove skins from bananas, scrape, using a silver knife to remove the astringent principle which lies close to skin, and cut in halves crosswise; then remove a slice from each end. Dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Cheese Croquettes

30

| | |
|----------------------------|---|
| 3 tablespoons butter | 1 cup mild cheese, cut in very small cubes |
| 1/4 cup flour | |
| 2/3 cup milk | 1/2 cup grated Gruyère cheese |
| Yolks 2 eggs | Salt and pepper |

Few grains cayenne

Make a thick white sauce, using butter, flour, and milk, add yolks of eggs without first beating, and stir until well mixed; then add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in a shallow pan, and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper. Serve for a cheese course.

Chestnut Croquettes

31

1 cup mashed French chestnuts Yolks 2 eggs
 2 tablespoons thick cream 1 teaspoon sugar
 1/4 teaspoon vanilla

Mix ingredients in order given. Shape in balls, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Chestnut Roulettes

32

1 cup chestnut purée 2 tablespoons butter
 2 eggs 2 tablespoons heavy cream
 Few drops onion juice 1/4 teaspoon salt

Few grains paprika

Mix ingredients in order given, cook two minutes, and cool. Shape a little larger than French chestnuts, dip in crumbs, egg, and crumbs again. Fry in deep fat, and drain on brown paper.

Lenten Croquettes

33

Soak one-half cup lentils and one-fourth cup dried lima beans over night, in cold water to cover; drain, add three pints water, one-half small onion, one stalk celery, three slices carrot, and a sprig of parsley. Cook until lentils are soft, remove seasonings, drain, and rub through a sieve. To pulp add one-half cup stale bread crumbs, one egg slightly beaten, and salt and pepper to taste. Melt one tablespoon butter, add one tablespoon flour, and pour on gradually one-third cup hot cream; combine mixtures, and cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce I.

Rice Croquettes with Jelly

34

1/2 cup rice 1 teaspoon salt
 1/2 cup boiling water Yolks 2 eggs
 1 cup scalded milk 1 tablespoon butter

Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on a shallow plate to cool. Shape in balls, roll in crumbs, fry then shape in form of nests. Dip in egg, again in crumbs, fry in deep fat, and drain. Put a cube of jelly in each croquette. Arrange on a folded napkin, and garnish with parsley, or serve around game.

Sweet Rice Croquettes

35

To rice croquette mixture add two tablespoons powdered sugar and grated rind one-half lemon. Shape in cylinder forms, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Rice and Tomato Croquettes

36

1/2 cup rice 2 cloves

$\frac{3}{4}$ cup stock $\frac{1}{4}$ teaspoon
 peppercorns
 $\frac{1}{2}$ can 1 teaspoon sugar
 tomatoes
 1 slice onion 1 egg
 1 slice carrot $\frac{1}{4}$ cup grated cheese
 1 sprig parsley 1 tablespoon butter
 1 sprig thyme $\frac{1}{2}$ teaspoon salt

Few grains cayenne

Wash rice, and steam in stock until rice has absorbed stock; then add tomatoes which have been cooked twenty minutes with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar, and then rubbed through a strainer. Remove from fire add egg slightly beaten, cheese, butter, salt, and cayenne. Spread on a plate to cool. Shape in form of cylinders, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Oyster Crabs à la Newburg

37

1 cup oyster crabs Salt
 1 cup mushroom caps Cayenne
 $\frac{1}{3}$ cup Sherry wine Nutmeg
 $\frac{1}{4}$ cup butter $\frac{3}{4}$ cup cream
 1 tablespoon flour Yolks two eggs
 1 tablespoon brandy

Peel mushroom caps and break in pieces. Add oyster crabs and wine, cover, and let stand one hour. Melt butter, add first mixture, and cook eight minutes. Add flour, and cook two minutes. Season with salt, cayenne, and nutmeg; then add heavy cream. Just before serving add egg yolks, slightly beaten, and brandy.

Oyster and Macaroni Croquettes

38

$\frac{1}{3}$ cup macaroni,
 broken in $\frac{1}{2}$ inch
 pieces Few grains
 cayenne
 Few grains
 mace
 1 pint oysters $\frac{1}{2}$ teaspoon
 lemon juice
 1 cup Thick White $\frac{1}{4}$ cup
 Sauce grated
 cheese.

Cook macaroni in boiling salted water until soft, drain in a colander, and pour over macaroni two cups cold water. Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Reserve one-half cup oyster liquor and use in making Thick White Sauce in place of all milk. Mix macaroni and oysters, add Thick White Sauce and seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs, again, fry in deep fat, and drain.

39

Oysters à la Somerset

| | |
|---------------------------------|---------------------------------|
| 1 pint selected oysters | $\frac{1}{3}$ cup oyster liquor |
| 1 tablespoon chopped onion | $\frac{1}{3}$ cup Chicken Stock |
| 2 tablespoons chopped mushrooms | Salt |
| | Pepper |
| 3 tablespoons butter | Cayenne |
| 4 tablespoons flour | |

Parboil and drain oysters. Reserve liquor, strain, and set aside for sauce. Cook onion and mushroom in butter five minutes, add flour, and pour on gradually oyster liquor and chicken stock. Season with salt, pepper, and cayenne. Remove tough muscles from oysters, and discard. Shape oysters, cover with sauce, and coll on a plate covered with stale bread crumbs. Dip in egg and stale bread crumbs, fry in deep fat, and drain on brown paper.

Salmon Croquettes

40

| | |
|--|------------------------|
| $1\frac{3}{4}$ cups cold flaked salmon | Few grains cayenne |
| 1 cup Thick White Sauce | 1 teaspoon lemon juice |
| | Salt |

Add sauce to salmon, then add seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Salmon Cutlets

41

Mix equal parts of cold flaked salmon and hot mashed potatoes. Season with salt and pepper. Shape in form of cutlets, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Arrange in a circle, having cutlets overlap one another, on a folded napkin. Garnish with parsley.

Lobster Croquettes

42

| | |
|--------------------------------|-------------------------|
| 2 cups chopped lobster meat | Few grains cayenne |
| $\frac{1}{2}$ teaspoon salt | 1 teaspoon lemon |
| $\frac{1}{4}$ teaspoon mustard | 1 cup Thick White Sauce |

Add seasonings to lobster, then add Thick White Sauce. Cool, shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Cream Sauce.

Lobster Cutlets

43

| | |
|-----------------------------|-----------------------------------|
| 2 cups chopped lobster meat | 1 teaspoon lemon juice |
| $\frac{1}{2}$ teaspoon salt | Yolk 1 egg |
| Few grains cayenne | 1 teaspoon finely chopped parsley |

Few gratings
nutmeg

1 cup Thick White Sauce

Mix ingredients in order given, and cool. Shape in form of cutlets, crumb, and fry same as croquettes. Make a cut at small end of each cutlet, and insert in each the tip end of a small claw. Stack around a mound of parsley. Serve with Sauce Tartare.

Beef and Rice Croquettes

44

| | |
|---|-------------------------------------|
| 1 cup chopped beef (cut from top of round) | $\frac{1}{4}$ teaspoon pepper |
| | Few grains cayenne |
| $\frac{1}{3}$ cup rice | Cabbage |
| $\frac{1}{2}$ teaspoon salt | Tomato Sauce |

Mix beef and rice, and add salt, pepper, and cayenne. Cook cabbage leaves two minutes in boiling water to cover. In each leaf put two tablespoons mixture, and fold leaf to enclose mixture. Cook one hour in Tomato Sauce.

Tomato Sauce. Brown four tablespoons butter, add five tablespoons flour, and pour on gradually one and one-half cups each Brown Stock and stewed and strained tomatoes. Add one slice onion, one slice carrot, a bit of bay leaf, a sprig of parsley, four cloves, three-fourths teaspoon salt, one-fourth teaspoon pepper, and a few grains cayenne. Cook ten minutes, and strain.

Lamb Croquettes

46

| | |
|---|--|
| 1 tablespoon finely chopped onion | 1 cup cold cooked lamb, cut in small cubes |
| 2 tablespoons butter | $\frac{2}{3}$ cup boiled potato cubes |
| $\frac{1}{4}$ cup flour | Salt and pepper |
| 1 cup stock | 1 teaspoon finely chopped parsley |

Fry onion in butter five minutes, then remove onion. To butter add flour and stock, and cook two minutes. Add meat, potato, salt, and pepper. Simmer until meat and potato have absorbed sauce. Add parsley, and spread on a shallow dish to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Sauce.

Veal Croquettes

47

| | |
|---|--------------------------|
| 2 cups chopped cold cooked veal | Few grains cayenne |
| $\frac{1}{2}$ teaspoon salt | Few drops onion juice |
| $\frac{1}{8}$ teaspoon pepper | Yolk 1 egg |
| 1 cup thick sauce made of White Soup Stock | |

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

Chicken Croquettes I

| | |
|--|--------------------------------------|
| 1 ³ / ₄ cups chopped cold cooked fowl | 1 teaspoon lemon juice |
| | Few drops onion juice |
| 1/2 teaspoon salt | 1 teaspoon finely chopped parsley |
| 1/4 teaspoon celery salt | |
| Few grains cayenne | 1 cup Thick White Sauce |

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.

Chicken Croquettes II

Clean and dress a four-pound fowl. Put into a kettle with six cups boiling water, seven slices carrot, two slices turnip, one small onion, one stalk celery, one bay leaf, and three sprigs thyme. Cook slowly until fowl is tender. Remove fowl; strain liquor, cool, and skim off fat. Make a thick sauce, using one-fourth cup butter, one-half cup flour, one cup chicken stock, and one-third cup cream. Remove meat from chicken, chop, and moisten with sauce. Season with salt, cayenne, and slight grating of nutmeg; then add one beaten egg, cool, shape, crumb, and fry same as other croquettes. Arrange around a mound of green peas, and serve with Cream Sauce or Wine Jelly.

Chicken and Mushroom Croquettes

Make as Chicken Croquettes I, using one and one-third cups chicken meat and two-thirds cup chopped mushrooms.

Maryland Croquettes

Season one cup chopped cold cooked fowl with salt, celery salt, cayenne, lemon juice, and onion juice; moisten with sauce, and cool. Parboil one pint selected oysters, drain, and cover each oyster with chicken mixture. Dip in crumbs, egg, and crumbs; fry in deep fat, and drain.

Sauce. Melt one and one-half tablespoons butter, add three tablespoons flour, and gradually one-third cup oyster liquor and two tablespoons cream. Season with salt and cayenne.

Lincoln Croquettes

Mix one cup each bread crumbs, walnut meats cut in pieces, and cold cooked chicken cut in cubes. Moisten with a sauce made by melting one and one-half tablespoons butter, adding one and one-half tablespoons flour, and pouring on gradually, while stirring constantly, one-half cup chicken stock. Season with salt, celery salt, paprika, nutmeg, and Sherry wine. Shape in balls, dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Serve with a sauce made of one-half chicken stock and one-half cream and flavored with Sherry wine.

Cutlets of Sweetbreads à la Victoria

| | |
|----------------------------------|--------------------------|
| 2 pairs parboiled sweetbreads | Slight grating nutmeg |
|----------------------------------|--------------------------|

2 teaspoons 1 teaspoon finely
lemon juice chopped parsley

1/2 teaspoon salt

1/8 teaspoon 1 egg
pepper

1 cup Thick White Sauce

Chop the sweetbreads, of which there should be two cups; if not enough, add chopped mushrooms to make two cups, then season. Add egg, slightly beaten, to sauce, and combine mixtures. Cool, shape, crumb, and fry. Make a cut in small end of each cutlet, and insert in each a piece of cold boiled macaroni one and one-half inches long. Serve with Allemande Sauce.

Epigrams of Sweetbreads

56

Parboil a sweetbread, drain, place in a small mould, cover, and press with a weight. Cut in one-half inch slices, and spread with the following mixture: Fry one-third teaspoon finely chopped shallot in one and one-half tablespoons butter three minutes, add three tablespoons chopped mushrooms, and cook three minutes; then add two and one-half tablespoons flour, one-half cup stock, two tablespoons cream, one tablespoon Sherry wine, one egg yolk, and salt and pepper to taste. Cool, dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

Swedish Timbales

57

3/4 cup flour 1/2 cup milk

1/2 teaspoon salt 1 egg

1 teaspoon 1 tablespoon olive
sugar oil

Mix dry ingredients, add milk gradually, and egg slightly beaten; then add olive oil. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

To Heat Timbale Iron. Heat fat until nearly hot enough to fry uncooked mixtures. Put iron into hot fat, having fat deep enough to more than cover it, and let stand until heated. The only way of knowing when iron is of right temperature is to take it from fat, shake what fat may drip from it, lower in batter to three-fourths its depth, raise from batter, then immerse in hot fat. If batter does not cling to iron, or drops from iron as soon as immersed in fat, it is either too hot or not sufficiently heated.

To Form Timbales. Turn timbale batter into a cup. Lower hot iron into cup, taking care that batter covers iron to only three-fourths its depth. When immersed in fat, mixture will rise to top of iron, and when crisp and brown may be easily slipped off. If too much batter is used, in cooking it will rise over top of iron, and in order to remove timbale it must be cut around with a sharp knife close to top of iron. If the cases are soft rather than crisp, batter is too thick and must be diluted with milk.

Fill cases with Creamed Oysters, Chicken, Sweetbreads, or Chicken and Sweetbreads in combination with Mushrooms.

Bunuelos

61

Use recipe for and fry same as Swedish Timbales, using a Bunuelos iron. Serve with cooked fruit and with or without whipped cream sweetened and flavored.

Strawberry Baskets

62

Fry Swedish Timbales, making cases one inch deep. Fill with selected strawberries, sprinkled with powdered sugar. Serve as a first course at a ladies' luncheon.

Rice Timbales

63

Pack hot boiled rice in slightly buttered small tin moulds. Let stand in hot water ten minutes. Use as a garnish for curried meat, fricassee, or boiled fowl.

Macaroni Timbales

64

Line slightly buttered Dario moulds with boiled macaroni. Cut strips the length of height of mould, and place closely together around inside of mould. Fill with Chicken, or Salmon Force-meat. Put in a pan, half surround with hot water, cover with buttered paper, and bake thirty minutes in a moderate oven. Serve with Lobster, Béchamel, or Hollandaise Sauce I.

Spaghetti Timbales

65

Line bottom and sides of slightly buttered Dario moulds with long strips of boiled spaghetti coiled around the inside. Fill and bake same as Macaroni Timbales.

Pimento Timbales

66

Line small timbale moulds with canned pimentos. Fill with Chicken Timbale II mixture, and bake until firm. Remove from moulds, insert a sprig of parsley in top of each, and serve with

Brown Mushroom Sauce

67

| | |
|--|----------------------------|
| 3 tablespoons butter | 1/2 lb. mushrooms |
| Few drops onion juice | 1 teaspoon beef extract |
| 3 ¹ / ₂ tablespoons flour | Salt |
| 1 cup cream | Paprika |

Melt butter, add onion juice, and cook until slightly browned; then add flour and continue the browning. Pour on, gradually, while stirring constantly, the cream. Clean mushrooms, peel caps, cut in slices lengthwise, and sauté in butter five minutes. Break stems in pieces, cover with cold water, and cook slowly until liquor is reduced to one-third cup; then strain. Dissolve beef extract in mushroom liquor. Add to sauce, and season with salt and paprika. Just before serving, add sautéed caps.

Halibut Timbales I

68

| | |
|------------------------|--|
| 1 lb. halibut | Few grains cayenne |
| 1/3 cup thick cream | 1 ¹ / ₂ teaspoons lemon juice |
| 3/4 teaspoon salt | Whites 3 eggs |

Cook halibut in boiling salted water, drain, and rub through a sieve. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten whites of eggs. Turn into small, slightly buttered moulds, put in a pan, half surround with hot water, cover with buttered paper, and bake twenty minutes in a moderate oven. Remove from moulds, arrange on a serving dish, pour around Béchamel Sauce or Lobster Sauce II, and garnish with parsley.

Halibut Timbales II

69

| | |
|---------------|---------------------|
| 1 lb. halibut | 1/4 teaspoon pepper |
|---------------|---------------------|

| | |
|----------------------|--------------------------|
| 2/3 cup milk | Few grains cayenne |
| Yolk 1 egg | 2/3 teaspoon corn-starch |
| 1 1/4 teaspoons salt | 1/3 cup thick cream |

Force fish twice through a meat chopper, then rub through a sieve. Add yolk of egg, seasonings, corn-starch, milk, gradually, and cream beaten until stiff. Cook same as Halibut Timbales I and serve with Cream or Lobster Sauce.

Lobster Timbales I

70

Sprinkle slightly buttered Dario or timbale moulds with lobster coral rubbed through a strainer. Line moulds with Fish Force-meat I, fill centres with Creamed Lobster, and cover with force-meat. Put in a pan, half surround with hot water, place over moulds buttered paper, and bake twenty minutes in a moderate oven. Serve with Lobster or Béchamel Sauce.

Lobster Timbales II

71

| | |
|----------------------------|-----------------|
| 2 lb. live lobster | 2 eggs |
| 1/4 cup stale bread crumbs | Sherry wine |
| 1/2 cup heavy cream | Salt and pepper |

Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to shell as possible to obtain the color desired. Force meat through a sieve, add bread crumbs, cream, eggs slightly beaten, and salt, pepper, and Sherry wine to taste. Fill small timbale moulds two-thirds full, place in iron frying-pan, and pour in boiling water to two-thirds the depths of the moulds. Place over moulds buttered paper and cook on the range until firm, keeping water below the boiling-point. Remove from moulds and serve with Hot Mayonnaise .

Lobster Cream I

72

| | |
|---------------------------------|---------------------------|
| 2 lb. lobster | 2 teaspoons Anchovy sauce |
| 1/2 cup soft stale bread crumbs | 1/2 teaspoon salt |
| 1/2 cup milk | Few grains cayenne |
| 1/4 cup cream | Whites 3 eggs |

Remove lobster meat from shell and chop finely. Cook bread and milk ten minutes. Add cream, seasonings, and whites of eggs beaten until stiff. Turn into one slightly buttered timbale mould and two slightly buttered Dario moulds. Bake as Lobster Timbales. Remove to serving dish, having larger mould in centre, smaller moulds one at either end. Pour around Lobster Sauce I, sprinkle with coral rubbed through a sieve, and garnish with pieces of lobster shell from tail, and parsley.

Lobster Cream II

73

| | |
|----------------------------|-----------------------|
| 1 cup chopped lobster meat | Few drops onion juice |
| 1 tablespoon | 2 egg yolks |

butter

1 tablespoon flour $\frac{1}{3}$ cup milk

1 teaspoon salt $\frac{1}{3}$ cup heavy
cream

$\frac{1}{8}$ teaspoon White one egg,
paprika beaten stiff

Cook lobster meat with butter five minutes. Add flour, seasonings, egg yolks, milk, cream beaten until stiff, and white of egg. Fill buttered timbale moulds three-fourths full, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with Lobster Sauce.

Chicken Timbales I

74

Garnish slightly buttered Dario moulds with chopped truffles or slices of truffles cut in fancy shapes. Line with Chicken Force-meat I, fill centres with Creamed Chicken and Mushrooms, to which has been added a few chopped truffles. Cover with Force-meat, and bake same as Lobster Timbales Serve with Béchamel or Yellow Béchamel Sauce.

Chicken Timbales II

75

2 tablespoons $\frac{1}{2}$ tablespoon
butter chopped parsley

$\frac{1}{4}$ cup stale bread
crumbs

$\frac{2}{3}$ cup milk 2 eggs

1 cup chopped Salt
cooked chicken

Pepper

Melt butter, add bread crumbs and milk, and cook five minutes, stirring constantly. Add chicken, parsley, and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual moulds, having moulds two-thirds full set in pan of hot water, cover with buttered paper, and bake twenty minutes. Serve with Béchamel Sauce.

Chicken Timbales III

76

Soak one-half tablespoon granulated gelatine in one and one-half tablespoons cold water, and dissolve in three-fourths cup chicken stock. Add one cup chopped cooked chicken, and stir until the mixture begins to thicken, then add one cup cream beaten until thick. Add one tablespoon Sherry wine and a few grains cayenne. Mould, chill, and serve on lettuce leaves.

Ham Timbales

77

Make and bake same as Chicken Timbales II, using chopped cooked ham in place of chicken. Serve with Béchamel Sauce.

Sweetbread and Mushroom Timbales

78

Cook two tablespoons butter with one sliced onion five minutes. Add one and one-half cups mushroom caps finely chopped, and one small parboiled sweetbread, finely chopped; then add one cup White Sauce II, one-fourth cup stale bread crumbs, one red pepper chopped, one-half teaspoon salt, yolks two eggs, well beaten, and whites two eggs, beaten until stiff. Fill buttered timbale moulds, set in pan of hot water, cover with buttered paper, and bake fifteen minutes. Remove to serving dish and pour around

Mushroom Sauce. Clean five large mushroom caps, cut in halves crosswise, then in

79

slices. Sauté in three tablespoons butter five minutes; dredge with two tablespoons flour, add one-third cup cream and one cup chicken stock, and cook two minutes. Season with salt and paprika, and add one chopped truffle.

Sweetbread Mousse

80

Parboil a sweetbread ten minutes, chop, and rub through sieve; there should be one-half cup. Mix with one-third cup breast meat of a raw chicken, and rub through sieve. Pound in mortar, add gradually white of one egg, and work until smooth, then add three-fourths cup heavy cream. Line buttered timbale moulds with mixture, fill centres, cover with mixture, place in a pan of hot water, cover with buttered paper and bake until firm. Remove to serving dish, and pour around sauce.

Filling. Melt one tablespoon butter, add one tablespoon corn-starch, and pour on gradually one-fourth cup White Stock; then add one-third cup parboiled sweetbread cut in cubes, one tablespoon Sherry wine, and salt and pepper to taste.

81

Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on one cup rich chicken stock and one-half cup heavy cream. Season with one tablespoon Sherry wine, one-fourth teaspoon beef extract, and salt and pepper to taste.

82

Suprême of Chicken

83

Breast and second joints of
uncooked chicken weighing 4 eggs
4 lbs.

1¹/₃ cups

thick

cream

Salt and

pepper

Force chicken through a meat chopper, or chop very finely. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream, and season with salt and pepper. Turn into slightly buttered Dario moulds, and bake same as Lobster Timbales, allowing thirty minutes for baking. Serve with Suprême or Béchamel Sauce.

Devilled Oysters

84

1 pint oysters 1/2 tablespoon finely
chopped parsley

1/4 cup
butter

1/4 cup flour 1/2 teaspoon salt

2/3 cup milk Few grains cayenne

Yolk 1 egg 1 teaspoon lemon juice

Buttered cracker crumbs

Clean, drain, and slightly chop oysters. Make a sauce of butter, flour, and milk; add egg yolk, seasonings, and oysters. Arrange buttered scallop shells in a dripping-pan, half fill with mixture, cover with buttered crumbs, and bake twelve to fifteen minutes in a hot oven. Deep oyster shells may be used in place of scallop shells.

Crab meat, Indienne

85

2 tablespoons butter $\frac{2}{3}$ tablespoon
 curry powder
 1 teaspoon finely 1 cup chicken
 chopped onion stock
 3 tablespoons flour 1 cup crab meat
 Salt

Cook butter with onion three minutes, add flour mixed with curry powder and chicken stock. When boiling-point is reached add crab meat and season with salt.

Devilled Crabs

86

1 cup chopped crab meat Yolks 2 eggs
 $\frac{1}{4}$ cup mushrooms, finely chopped 2 tablespoons Sherry wine
 2 tablespoons butter 1 teaspoon finely chopped parsley
 2 tablespoons flour
 $\frac{2}{3}$ cup White Stock Salt and pepper

Make a sauce of butter, flour, and stock; add yolks of eggs, seasonings (except parsley), crab meat, and mushrooms. Cook three minutes, add parsley, and cool mixture. Wash and trim crab shells, fill rounding with mixture, sprinkle with stale bread crumbs mixed with a small quantity of melted butter. Crease on top with a case knife, having three lines parallel with each other across shell and three short lines branching from outside parallel lines. Bake until crumbs are brown.

Devilled Scallops

87

1 quart scallops 1 teaspoon salt
 $\frac{1}{3}$ cup butter Few grains cayenne
 $\frac{1}{3}$ teaspoon made mustard $\frac{2}{3}$ cup buttered cracker crumbs

Clean scallops, drain, and heat to the boiling-point; drain again, and reserve liquor. Cream the butter, add mustard, salt, cayenne, two-thirds cup reserved liquor, and scallops chopped. Let stand one-half hour. Put in a baking-dish, cover with crumbs, and bake twenty minutes.

Fried Oyster Crabs

88

Wash and drain crabs. Roll in flour, and shake in a sieve to remove superfluous flour. Fry in a basket in deep fat, having fat same temperature as for cooked mixtures. Drain, and place on a napkin, and garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne.

Bouchées of Oyster Crabs

89

Pick over oyster crabs, dip in flour, cold milk, and crumbs, fry in deep fat, and drain on brown paper. Fill bouchée cases with crabs.

Halibut Marguerites

90

Line a buttered tablespoon with Fish Force-meat II. Fill with Creamed Lobster, cover

with force-meat, and garnish with force-meat, forced through a pastry bag and tube, in the form of a marguerite, having the centre colored yellow. Slip from spoon into boiling water, and cook eight minutes. Serve with Béchamel or Lobster Sauce.

Cromesquis à la Russe

91

Melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup milk; then add one-half cup finnan haddie which has been parboiled, drained, and separated into small pieces. Season with cayenne, and spread on a plate to cool. Cut French pancakes in pieces two by four inches. On lower halves of pieces put one tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve garnished with parsley.

French Pancakes. To one-fourth cup bread flour add one-third cup milk, one egg, and one-fourth teaspoon salt; beat thoroughly. Heat an omelet pan, butter generously, cover bottom of pan with mixture, cook until browned on one side, turn, and cook on other side.

92

Shad Roe with Celery

93

Clean a shad roe, cook in boiling, salted, acidulated water twenty minutes, and drain. Plunge into cold water, drain, remove membrane, and separate roe into pieces. Melt three tablespoons butter, add roe, and cook ten minutes; then add one tablespoon butter, one-half cup chopped celery, few drops each onion and lemon juice, and salt and pepper. Serve on pieces of toasted bread.

Stuffed Clams

94

Cover bottom of dripping-pan with rock salt. Arrange two quarts large-sized soft-shelled clams on salt, in such a manner that liquor will not run into pan as clam shells open. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, strain, and use in making a thick sauce (follow directions for thick White Sauce for Croquettes, p. 266), making one-half rule, and using one-fourth cup each clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered soft stale bread crumbs, and bake in a hot oven until crumbs are brown.

Crab Meat, Terrapin Style

95

| | |
|-----------------------------------|------------------------------|
| 1 cup crab meat | 2 tablespoons Sherry wine |
| 2 tablespoons butter | 1/3 cup heavy cream |
| 1/2 small onion, thinly sliced | Yolks 2 eggs |

Salt and cayenne

Cook butter and onion until yellow; remove onion, add crab meat and wine. Cook three minutes, add cream, yolks of eggs, salt, and cayenne.

Mock Crabs

96

| | |
|-------------------------|-------------------------|
| 4 tablespoons butter | 1 1/2 cups scalded milk |
| 1/2 cup flour | 1 can Kornlet |
| 1 1/2 teaspoons salt | 1 egg |

| | |
|------------------------|------------------------|
| $\frac{3}{4}$ teaspoon | 3 teaspoons |
| mustard | Worcestershire Sauce |
| $\frac{1}{4}$ teaspoon | 1 cup buttered cracker |
| paprika | crumbs |

Melt butter, add flour mixed with dry seasonings, and pour on gradually the milk. Add Kornlet, egg slightly beaten, and Worcestershire Sauce. Pour into a buttered baking-dish, cover with crumbs, and bake until crumbs are brown.

Martin's Specialty

97

| | |
|--|--------------------|
| $\frac{1}{2}$ tablespoon onion (finely chopped) | Stock |
| 2 tablespoons butter | 1 egg yolk |
| 1 cup chopped cooked chicken or veal | Salt and pepper |
| 1 cup soft bread crumbs | Lettuce |

Cook onion in butter three minutes. Add meat and bread crumbs, moisten with stock, and add egg yolk and seasonings. Wrap in lettuce leaves, allowing two tablespoons mixture to each portion. Tie in cheese-cloth and steam. Remove to serving dish and pour around Tomato Sauce.

Sweetbread Ramequins

98

Clean and parboil a sweetbread and cut in cubes. Melt two tablespoons butter, add three tablespoons flour, and pour on gradually one cup chicken stock. Reheat sweetbread in sauce and add one-fourth cup heavy cream and one and one-half teaspoons beef extract. Season with salt, paprika, and lemon juice. Fill ramequin dishes, cover with buttered crumbs, and bake until crumbs are brown.

Sweetbread à la Mont Vert

99

Parboil a pair of sweetbreads, and gash. Decorate in gashes with truffles cut in thin slices, and slice in fancy shapes. Melt three tablespoons butter, add two slices onion, six slices carrot, and sweetbreads; fry five minutes. Pour off butter, and add one-fourth cup brown stock and two tablespoons Sherry wine. Cook in oven twenty-five minutes, basting often until well glazed. Serve in nests of peas, and pour around Mushroom Sauce.

Nests. Drain and rinse one can peas, and rub through a sieve. Add three tablespoons butter, and salt and pepper to taste. Heat to boiling-point, and shape in nests, using pastry bag and tube.

100

Mushroom Sauce. Clean three large mushroom caps, cut in halves crosswise, then in slices. Sauté in two tablespoons butter five minutes. Dredge with one tablespoon flour, and add one cup cream and liquor left in pan in which sweetbreads were cooked. Cook two minutes.

101

Sweetbread in Peppers

102

Parboil sweetbread, cool, and cut in small pieces; there should be one cup. Melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup chicken stock; then add two tablespoons heavy cream, and one-third cup mushroom caps broken in small pieces. Season with salt, paprika, and Worcestershire Sauce. Cut a slice from stem end of six peppers, remove seeds, and parboil peppers five minutes. Cool, fill, cover with buttered crumbs, and bake until crumbs are brown. Break stems of mushrooms, cover with cold water, and cook slowly twenty minutes. Melt two tablespoons butter, add a few drops onion juice, two tablespoons flour, and pour on gradually the water drained from mushroom stems, and enough chicken stock to make one cup. Add one-fourth cup heavy cream, and season with salt and paprika. Pour sauce around peppers. When parboiling peppers add one-fourth teaspoon soda to water.

103

Cutlets of Chicken

Remove fillets from two chickens; for directions, see page 245. Make six parallel slanting incisions in each mignon fillet and insert in each a slice of truffle, having the part of truffle exposed cut in points on edge. Arrange small fillets on large fillets. Garnish with truffles cut in small shapes, and Chicken Force-meat forced through a pastry bag and tube. Place in a greased pan, add one-third cup White Stock, cover with buttered paper, and bake fifteen minutes in a hot oven. Serve with Suprême or Béchamel Sauce.

104

Fillets of Game

Remove skin from breasts of three partridges. Cut off breasts, leaving wing joints attached. Separate large from mignon fillets. Make five parallel slanting incisions in each mignon fillet, and insert in each a slice of truffle, having part of truffle exposed cut in points on edge. Beginning at outer edge of large fillets make deep cuts, nearly separating fillets in two parts, and stuff with Chicken Force-meat I or II. Arrange small fillets on large fillets. Place in a greased baking-pan, brush over with butter, add one tablespoon Madeira wine and two tablespoons mushroom liquor. Cover with buttered paper, and bake twelve minutes in a hot oven. Serve with Suprême Sauce.

105

Chicken Cutlets

Remove fillets from two chickens; for directions, see page 245. Dip each in thick cream, roll in flour, and sauté in lard three minutes. Place in a pan, dot over with butter, and bake ten minutes. Serve with White Sauce I, to which is added one tablespoon meat extract.

106

Russian Cutlets

Cover bottom of cutlet moulds with Russian Pilaf and cover Pilaf with Chicken Force-meat II, doubling the recipe and omitting nutmeg. Set moulds in pan of hot water, cover with buttered paper, and bake in a moderate oven fifteen minutes. Remove from moulds to serving dish, surround with Brown Mushroom Sauce, and garnish with parsley.

Russian Pilaf. Wash one-half cup rice. Mix one cup highly seasoned chicken stock with three-fourths cup stewed and strained tomato, and heat to boiling-point. Add rice, and steam until rice is soft. Add two tablespoons butter, stirring lightly with a fork that kernels may not be broken, and season with salt.

108

Brown Mushroom Sauce

| | |
|--|---|
| 3 tablespoons butter | 1 ¹ / ₄ cups brown stock |
| 1 slice carrot | 1/2 lb. mushrooms |
| 1 slice onion | 1 cup cold water |
| 1 tablespoon lean raw ham, finely chopped | 1 teaspoon beef extract |
| | Salt |
| 5 tablespoons flour | Pepper |

Cook butter with vegetables and ham until brown, add flour, and when well browned add stock, gradually, then strain. Clean mushroom stems, break in pieces, cover with water, and cook slowly until stock is reduced to one-third cup. Strain, and add to sauce with beef extract and seasonings. Just before serving add mushroom caps peeled, cut in slices lengthwise, and sautéd in butter five minutes.

109

Chicken à la McDonald

| | |
|--|----------------------------|
| 1 cup cold cooked chicken, cut in strips | 3 tablespoons butter |
| | 3 tablespoons flour |
| 3 cold boiled potatoes, cut in one-third inch slices | 1½ cups scalded milk |
| | Salt |
| 1 truffle cut in strips | Pepper |

Make a sauce of butter, flour, and milk. Add chicken, potatoes, and truffle, and, as soon as heated, add seasoning.

Chicken Mousse

110

Make a chicken force-meat of one-half the breast of a raw chicken pounded and forced through a purée strainer, the white of one egg slightly beaten, one-half cup heavy cream, and salt, pepper, and cayenne to taste. Add three-fourths cup cooked white chicken meat rubbed through a sieve, the white of an egg slightly beaten, and one-half cup heavy cream beaten until stiff. Decorate a buttered mould with truffles, turn in mixture, set in pan of hot water, cover with buttered paper, and bake until firm. Remove to platter, and pour around Cream or Béchamel Sauce.

Fillets of Chicken, Sauce Suprême

111

Remove fillets from three chickens, leaving wing joint and a piece of bone attached to each fillet. Reserve mignon fillets for the making of force-meat. Make a pocket in each large fillet, and stuff with one-half tablespoon force-meat; close pockets, and fasten each with five pieces of truffle, shaped to represent nails and drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking-pan, brush over with cold water, add one-half cup Madeira wine, cover with buttered paper, and bake in a hot oven ten minutes. Arrange cooked mushroom caps overlapping one another the entire length of platter, put a chop frill on bone of each fillet, and put three fillets on each side of mushrooms. Garnish with celery tips and pour around.

Sauce Suprême. Cook remaining chicken with one small sliced carrot, one onion, one stalk celery, two sprigs parsley, and a bit of bay leaf, with enough water to cover, one hour. Strain and cook stock until reduced to one cup. Melt two tablespoons butter, add two tablespoons flour, and pour on stock; cook slowly fifteen minutes. Add three-fourths cup heavy cream and season with salt and pepper; then add twelve peeled white mushroom caps and cook five minutes. Remove caps to platter and add one-fourth cup heavy cream to sauce.

Chicken Force-meat. Put mignon fillets through a meat chopper, add one-half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add one and one-half tablespoons melted butter, yolk one egg, two tablespoons cream, and salt and pepper to taste.

Birds on Canapés

114

Split five birds (quails or squabs), season with salt and pepper, and spread with four tablespoons butter, rubbed until creamy, and mixed with three tablespoons flour. Bake in a hot oven until well browned, basting every four minutes with two tablespoons butter, melted in one-fourth cup water. Chop six boiled chickens' livers, season with salt, pepper, and onion juice, moisten with melted butter, and add one teaspoon finely chopped parsley. Spread mixture on five pieces toasted bread, arrange a bird on each canapé and garnish with parsley.

Breast of Quail Lucullus

115

Remove breasts with bone from six quail, lard, and bake in a hot oven twenty minutes, basting every five minutes with rich brown stock, that breasts may have a glazed appearance. Mould corn meal or hominy mush in cone shape; when firm remove from mould and sprinkle with finely chopped parsley. Arrange breasts on cone around base, and make six nests of mashed seasoned sweet potato around bases of cone at equal distances, using a pastry bag and rose tube. Fill nests with creamed mushrooms and sweetbread. Garnish between nests with toasted bread points, the tips of which have been brushed with white of egg, then dipped in finely chopped parsley. Insert a stab frill in each nest and one in top of cone.

Serve with one and one-half cups rich brown sauce seasoned with tomato catsup and mashed sweet potato. A small amount of the sweet potato gives a suggestion of chestnuts.

Pan Broiled Lamb Chops à la Lucullus

117

Pan broil lamb chops and garnish same as Breast of Quail Lucullus.

Chickens' Livers en Brochette

118

Cut each liver in four pieces. Alternate pieces of liver and pieces of thinly sliced bacon on skewers, allowing one liver and five pieces of bacon for each skewer. Balance skewers in upright positions on rack in dripping-pan. Bake in a hot oven until bacon is crisp. Serve garnished with watercress.

Chestnuts en Casserole

119

Remove shells from three cups chestnuts, put in a casserole dish, and pour over three cups highly seasoned chicken stock. Cover, and cook in a slow oven three hours; then thicken chicken stock with two tablespoons butter and one and one-half tablespoons flour cooked together. Send to table in casserole dish.

Cheese Fondue

120

| | |
|---|---------------------------|
| 1 cup scalded milk | 1 tablespoon butter |
| 1 cup soft stale bread crumbs | 1/2 teaspoon salt |
| 1/4 lb. mild cheese, cut in small pieces | Yolks 3 eggs |
| | Whites 3 eggs |

Mix first five ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking-dish, and bake twenty minutes in a moderate oven.

Cheese Soufflé

121

| | |
|----------------------------|--|
| 2 tablespoons butter | Few grains cayenne |
| 3 tablespoons flour | 1/4 cup grated Old English or Young America cheese |
| 1/2 cup scalded | |

milk

1/2

teaspoon Yolks 3 eggs

salt

Whites 3 eggs

Melt butter, add flour, and when well-mixed add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish, and bake twenty minutes in a slow oven. Serve at once.

Ramequins Soufflés

122

Bake Cheese Soufflé mixture in ramequin dishes. Serve for a course in a dinner.

Cheese Balls

123

1 1/2 cups grated mild Few grains

cheese cayenne

1 tablespoon flour Whites 3 eggs

1/4 teaspoon salt Cracker dust

Mix cheese with flour and seasonings. Beat whites of eggs until stiff, and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat, and drain on brown paper. Serve with salad course.

Compote of Rice with Peaches

124

Wash two-thirds cup rice, add one cup boiling water, and steam until rice has absorbed water; then add one and one-third cups hot milk, one teaspoon salt, and one-fourth cup sugar. Cook until rice is soft. Turn into a slightly buttered round shallow mould. When shaped, remove from mould to serving dish, and arrange on top sections of cooked peaches drained from their syrup and dipped in macaroon dust. Garnish between sections with candied cherries and angelica cut in leaf-shapes. Angelica may be softened by dipping in hot water. Color peach syrup with fruit red, and pour around mould.

Compote of Rice and Pears

125

Cook and mould rice as for Compote of Rice with Peaches. Arrange on top quarters of cooked pears, and pour around pear syrup.

Croustades of Bread

126

Cut stale bread in two inch slices, and slices in diamonds, squares, or circles. Remove centres, leaving cases. Fry in deep fat or brush over with melted butter, and brown in oven. Fill with creamed vegetables, fish, or meat.

Rice Croustades

127

Wash one cup rice, and steam in White Stock. Cool, and mix with three-fourths cup Thick White Sauce, to which has been added beaten yolk of one egg, slight grating of nutmeg, one-half teaspoon salt, and one-eighth teaspoon pepper. Spread mixture in buttered pan two inches thick, cover with buttered paper, and place weight on top. Let stand until cold. Turn from pan, cut in rounds, remove centres, leaving cases; dip in crumbs, egg, and crumbs, and fry in deep fat. Fill with creamed fish.

Soufflé au Rhum

128

Yolks 2 eggs 1 tablespoon
rum

1/4 cup powdered Whites 4 eggs
sugar

Few grains salt

Beat yolks of eggs until lemon-colored. Add sugar, salt, and rum. Cut and fold in whites of eggs beaten until stiff and dry. Butter a hot omelet pan, pour in one-half mixture, brown underneath, fold gradually, turn on a hot serving dish, and sprinkle with powdered sugar. Cook remaining mixture in same way. Soufflé au Rhum should be slightly underdone inside. At gentlemen's dinners rum is sometimes poured around soufflé and lighted when sent to table.

Omelet Soufflé

129

Yolks 2 eggs 1/2 teaspoon
vanilla
1/4 cup powdered Whites 4 eggs
sugar

Few grains salt

Prepare same as Soufflé au Rhum. Mound three-fourths of mixture on a slightly buttered platter. Decorate mound with remaining mixture forced through a pastry bag and tube. Sprinkle with powdered sugar, and bake ten minutes in a moderate oven.

Patties

130

Patty shells are filled with Creamed Oysters, Oysters in Brown Sauce, Creamed Chicken, Creamed Chicken and Mushrooms, or Creamed Sweetbreads. They are arranged on a folded napkin, and are served for a course at dinner or luncheon.

Bouchées

131

Small pastry shells filled with creamed meat are called bouchées.

Vol-au-vents

132

Vol-au-vents are filled same as patty shells.

Rissoles

133

Roll puff paste to one-eighth inch thickness, and cut in rounds. Place one teaspoon finely chopped seasoned meat moistened with Thick White Sauce on each round. Brush each piece with cold water half-way round close to edge. Fold like a turnover, and press edges together. Dip in egg slightly beaten and diluted with one tablespoon water. Roll in gelatine, fry in deep fat, and drain. Granulated gelatine cannot be used.

Filling for Rissoles. Mix one-half cup finely chopped cold cooked chicken with one-fourth cup finely chopped cooked ham. Moisten with Thick White Sauce, and season with salt and cayenne.

134

Cigarettes à la Prince Henry

135

Roll puff paste very thin, and spread with Chicken Force-meat. Roll like a jelly roll, and cut in pieces four inches long and a little larger round than a cigarette. Brush over with egg, roll in crumbs, fry in deep fat, and drain on brown paper. Arrange log-cabin fashion on a folded doiley, and serve while hot.

Zigaras à la Russe

136

Make and fry same as Cigarettes à la Prince Henry, using cheese mixture in place of Chicken Force-meat. Melt two tablespoons butter, add four tablespoons flour, and pour on gradually one-half cup milk, then add one tablespoon heavy cream, one egg yolk, and one-third cup grated cheese. Season highly with salt and cayenne. Cool before spreading on paste.

Dresden Patties

137

Cut stale bread in two-inch slices, shape with a round cutter three inches in diameter, and remove centres, making cases. Dip cases in egg, slightly beaten, diluted with milk and seasoned with salt, allowing two tablespoons milk to each egg. When bread is thoroughly soaked, drain, and fry in deep fat. Fill with any mixture suitable for patty cases.

Russian Patties

138

| | |
|-------------------------|---------------------------------|
| 1 pint oysters | 1/2 tablespoon vinegar |
| 3 tablespoons butter | 3/4 tablespoon lemon juice |
| 4 1/2 tablespoons flour | Yolks 2 eggs |
| 1/2 cup chicken stock | 1 tablespoon grated horseradish |
| 1/2 cup cream | 2 tablespoons capers |

Salt and pepper

Parboil oysters, drain, and reserve liquor; there should be one-half cup. Make sauce of butter, flour, stock, oyster liquor, and cream; add yolks of eggs, seasonings, and salt and pepper to taste. Add oysters, and as soon as oysters are heated, fill patty shells.

Cheese Soufflé with Pastry

139

| | |
|---|--------------------------------|
| 2 eggs | 1/3 cup grated Parmesan cheese |
| 2/3 cup thick cream | |
| 1/2 cup Swiss cheese, cut in small dice | Salt and pepper |
| | Few grains cayenne |
| 1/2 cup grated American cheese | Few gratings nutmeg |

Add eggs to cream and beat slightly, then add cheese and seasonings. Line the sides of ramequin dishes with strips of puff paste. Fill dishes with mixture until two-thirds full. Bake fifteen minutes in a hot oven.

Lamb Rissoles à l'Indienne

140

Roll puff paste one-eighth inch thick and shape, using circular cutters of different sizes. On the centres of smaller pieces put one tablespoon prepared lamb mixture, wet edges, cover with large pieces, press edges firmly together, prick upper paste in several places, brush over with yolk of egg diluted with one teaspoon cold water, and bake in hot oven.

Lamb Filling. Cook three tablespoons butter, with a few drops onion juice, until well browned, add one-fourth cup flour, and brown butter and flour, then add one cup lamb stock. Season highly with salt, paprika, and curry powder. To one-half the sauce, add two-thirds cup cold roast lamb cut in one-third inch cubes. Add stock to remaining sauce, and pour around rissoles just before sending to table.

141

Quail Pies

| | |
|---------------------|-----------------------------|
| 6 quails | Bit of bay leaf |
| 6 slices carrot | 1/4 teaspoon peppercorns |
| Stalk of celery | Flour |
| 2 slices onion | Salt and pepper |
| Sprig of parsley | Sherry wine |

Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and sauté in butter. To butter in pan add vegetables and peppercorns, and cook five minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly one hour. Drain stock from vegetables, and thicken with flour diluted with enough cold water to pour easily. Season with salt, pepper, and wine. If not rich enough, add more butter. Allow one bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make two incisions, through which the legs of the bird should extend.

Aspic Jelly

| | |
|-----------------------------|--|
| Carrot | 7/8 cup white or Madeira wine |
| Onion 2 tablespoons | 1 box gelatine |
| each, cut in cubes | 1 quart White Stock for vegetables and white meat, or |
| Celery | |
| 2 sprigs parsley | |
| 2 sprigs thyme | |
| 1 sprig savory | 1 quart Brown Stock for dark meat |
| 2 cloves | |
| 1/2 teaspoon peppercorns | Juice 1 lemon |
| 1 bay leaf | Whites 3 eggs |

Aspic jelly is always made with meat stock, and is principally used in elaborate entrées where fish, chicken, game, or vegetables are to be served moulded in jelly. In making Aspic Jelly, use as much liquid as the pan which is to contain moulded dish will hold.

Put vegetables, seasonings, and wine in a saucepan; cook eight minutes, and strain, reserving liquid. Add gelatine to stock, then add lemon juice and strained liquid. Season with salt and cayenne and whites of eggs slightly beaten. Add slowly to remaining mixture, stirring constantly until boiling-point is reached. Place on back of range and let stand thirty minutes. Strain through a double cheese-cloth placed over a fine wire strainer, or through a jelly bag.

Tomatoes in Aspic

Peel six small firm tomatoes, and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt, invert, and let stand thirty minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise to which has been added a small quantity of dissolved gelatine, and garnish with capers and sliced pickles. Place a pan in

ice-water, cover bottom with aspic jelly mixture, and let stand until jelly is firm. Arrange tomatoes on jelly garnished side down. Add more aspic jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley.

Stuffed Olives in Aspic

146

Stone olives, using an olive stoner, and fill cavities thus made with green butter. Place small Dario moulds in pan of ice-water, and pour in aspic jelly mixture one-fourth inch deep. When firm put an olive in each mould (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until moulds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a pastry bag and tube, yolks of "hard-boiled" eggs forced through a strainer, and red peppers cut in fancy shapes.

Green Butter. Mix yolk one "hard-boiled" egg, two tablespoons butter, one sprig parsley, one sprig tarragon, one small shallot, one-half teaspoon anchovy paste, one teaspoon capers, and one teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper, and add a few drops vinegar.

147

Tongue in Aspic

148

Cook a tongue according to directions on page 210. After removing skin and roots, run a skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice-water, cover bottom with brown aspic, and when firm decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with aspic jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture as in Tomatoes in Aspic.

Birds in Aspic

149

Clean, bone, stuff, and truss a bird, then steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice-water, cover bottom with aspic jelly mixture, and when firm garnish with truffles and egg custard thinly sliced and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnishing the small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding-needle, and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. When mixture is added, and firm to the depth of three-fourths inch, place in the bird, breast down. If sides of mould are to be decorated, dip pieces in jelly and they will cling to pan. Add remaining mixture gradually as in Tomatoes in Aspic. Small birds, chicken, capon, or turkey, may be put in aspic.

Egg Custard for Decorating

150

Separate yolks from whites of two eggs. Beat yolks slightly, add two tablespoons milk and few grains salt. Strain into a buttered cup, put in a saucepan, surround with boiling water to one-half depth of cup, cover, put on back of range, and steam until custard is firm. Beat whites slightly, add few grains salt, and cook as yolks. Cool, turn from cups, cut in thin slices, then in desired shapes.

Stuffing for Chicken in Aspic

151

Chop finely breast and meat from second joints of an uncooked chicken, or one pound of uncooked lean veal. Add one-half cup cracker crumbs, hot stock to moisten, salt, pepper, celery salt, cayenne, lemon juice, and one egg slightly beaten. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

Spring Mousse

152

Chop three-fourths cup cold cooked chicken or veal, and pound in a mortar. Add

gradually one-half cup heavy cream, and force mixture through purée strainer. Add one-half tablespoon granulated gelatine dissolved in three tablespoons White Stock. Add another one-half cup heavy cream and season with salt, cayenne, and horseradish powder. Pour jelly into small moulds one-third inch deep, using lemon Sauterne, or aspic. When firm, fill moulds with veal mixture and set aside to chill. Remove from moulds and serve on lettuce leaves.

Chaud-froid of Eggs

153

Cut six "hard-boiled" eggs in halves lengthwise and remove yolks. Mix one-third cup cold cooked chicken finely chopped, two tablespoons cold cooked ham finely chopped, two tablespoons chopped raw mushroom caps, one-half tablespoon chopped truffles, and yolks of four of the eggs rubbed through a sieve. Moisten with Spanish Sauce and refill whites with mixture. Mask eggs with Spanish Sauce, garnish with truffles, cut in fancy shapes, and brush over with aspic. Arrange on serving dish and garnish with cress.

Spanish Sauce. Cook one and one-half cups canned tomatoes fifteen minutes with one-fourth onion, sprig of parsley, bit of bay leaf, six cloves, one-third teaspoon salt, one fourth teaspoon paprika, and a few grains cayenne; then rub through a sieve. Beat yolks three eggs slightly, and add, gradually, three tablespoons olive oil. Combine mixtures and cook over hot water, stirring constantly. Add one tablespoon granulated gelatine soaked in three-fourths tablespoon each tarragon vinegar and cold water. Strain, and cool.

154

Jellied Vegetables

155

Soak one tablespoon granulated gelatine in one-fourth cup cold water, and dissolve in one cup boiling water; then add one-fourth cup, each, sugar and vinegar, two tablespoons lemon juice, and one teaspoon salt. Strain, cool, and when beginning to stiffen, add one cup celery cut in small pieces, one-half cup finely shredded cabbage, and one and one-half canned pimentos cut in small pieces. Turn into a mould and chill. Remove from mould and arrange around jelly thin slices of cold cooked meat overlapping one another. Garnish with celery tips.

Mayonnaise of Mackerel

156

Clean two medium-sized mackerel, put in baking-dish with one-third cup each water, cider vinegar, and tarragon vinegar, twelve cloves, one teaspoon each peppercorns and salt, and a bit of bay leaf. Cover with buttered paper and cook in a moderate oven. Arrange on serving dish, remove skin, cool, and mask with Mayonnaise thickened with gelatine. Let stand until thoroughly chilled, and garnish with sliced cucumbers, lemon baskets filled with Mayonnaise sprinkled with finely chopped parsley, and sprigs of parsley.

Chaud-froid of Chicken

157

2 $\frac{3}{4}$ teaspoon granulated
tablespoons gelatine dissolved in one
butter tablespoon hot water

3
tablespoons
flour

1 cup
White
Stock

Yolk one Aspic jelly
egg

2
tablespoons Truffles
cream

1
tablespoon 6 pieces cooked chicken,
lemon juice shaped in form of cutlets

Salt and
pepper

Make a sauce of butter, flour, and stock; add egg yolk diluted with cream, lemon juice, salt and pepper; then add dissolved gelatine. Dip chicken in sauce which has been allowed to cool. When chicken has cooled, garnish upper side with truffles cut in shapes. Brush over with aspic jelly mixture, and chill. Arrange a bed of lettuce; in centre pile cold cooked asparagus tips or celery cut in small pieces, marinated with French Dressing, and place chicken at base of salad.

Moulded Salmon, Cucumber Sauce

158

1 can salmon Yolks 2 eggs

$\frac{1}{2}$ tablespoon $1\frac{1}{2}$ tablespoons
salt melted butter

$1\frac{1}{2}$
tablespoons $\frac{3}{4}$ cup milk
sugar

$\frac{1}{2}$ tablespoon $\frac{1}{4}$ cup vinegar
flour

1 teaspoon $\frac{3}{4}$ tablespoon
mustard granulated gelatine

Few grains
cayenne

2 tablespoons cold water

Remove salmon from can, rinse thoroughly with hot water, and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine soaked in cold water. Strain, and add to salmon. Fill individual mould, chill, and serve with

Cucumber Sauce II. Beat one-half cup heavy cream until stiff, add one-fourth teaspoon salt, a few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained through cheesecloth.

159

Moulded Chicken, Sauterne Jelly

Cover a four-pound fowl with two quarts cold water, and add four slices carrot, one onion stuck with eight cloves, two stalks celery, bit of bay leaf, one-half teaspoon peppercorns, and one tablespoon salt. Bring quickly to boiling-point, and let simmer until meat is tender. Remove meat from bones, and finely chop. Reduce stock to three-fourths cup, cool, and remove fat. Soak one teaspoon granulated gelatine in one teaspoon cold water, and dissolve in stock which has been reheated. Add to meat, and season with salt, pepper, celery salt, lemon juice, and onion juice. Pack solidly into a slightly buttered one-pound baking powder tin, and chill. Remove from tin, cut in thin slices, and arrange around Sauterne Jelly, beaten with a fork until light.

When making Sauterne Jelly to serve with meat, use but three tablespoons sugar.

160

Lenox Chicken

161

1 tablespoon $1\frac{1}{2}$ teaspoons
granulated gelatine sugar

| | |
|---|---------------------------|
| 3/4 cup hot chicken stock | 1 teaspoon mustard |
| 3/4 cup heavy cream | 1/4 teaspoon pepper |
| 1 1/2 cups cold cooked chicken, cut in dice | 2 tablespoons lemon juice |
| | 1 tablespoon vinegar |
| 1/2 tablespoon granulated gelatine | 1/2 cup hot cream |
| 2 tablespoons cold water | 1 1/2 tablespoons butter |
| Yolks 2 eggs | Whites 2 eggs |
| 1 teaspoon salt | 1/2 cup heavy cream |

2 cups finely chopped celery

Dissolve one tablespoon gelatine in chicken stock and strain. When mixture begins to thicken beat until frothy and add three-fourths cup heavy cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual moulds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Beat yolks of eggs slightly and add salt, sugar, mustard, lemon juice, vinegar, and hot cream. Cook over hot water until mixture thickens, add butter and strained gelatine. Add mixture, gradually, to whites of eggs beaten stiff, and when cold, fold in heavy cream beaten until stiff, and celery. Remove chicken from mould, surround with sauce, and garnish with celery tips.

Rum Cakes

163

Shape Brioche dough in the form of large biscuits and put into buttered individual tin moulds, having moulds two-thirds full; cover, and let rise to fill moulds. Bake twenty-five minutes in a moderate oven. Remove from moulds and dip in Rum Sauce. Arrange on a dish and pour remaining sauce around cakes.

Rum Sauce

164

| | |
|---------------|---------------------|
| 1/2 cup sugar | 1 cup boiling water |
| | 1/4 cup rum or wine |

Make a syrup by boiling sugar and water five minutes; then add rum or wine.

Flûtes

165

Shape Brioche dough in sticks similar to Bread Sticks. Place on a buttered sheet, cover, and let rise fifteen minutes. Brush over with white of one egg slightly beaten and diluted with one-half tablespoon cold water. Sprinkle with powdered sugar and bake ten minutes. These are delicious served with coffee or chocolate.

Baba Cakes

166

To one and one-half cups Brioche dough add one-third cup each raisins seeded and cut in pieces, currants, and citron thinly sliced, previously soaked in Maraschino for one hour. Shape, let rise, and bake same as Rum Cakes. Dip in sauce made same as Rum Sauce, substituting Maraschino in place of rum.

