1955

Barron Recipe / Instruction Book

Máire Barron

Anna Barron

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Máire and Anna Barron.

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

Cúimise

Práthá

Salainn

usghe


Nóra. Tá roimh mara níshle i práthá aghas a thá an sin saol sin buileach an gcnáthaí. Tá mo lí mara sa chuid an do chogadh do réit a céile a d'fhor inas bpleasaidh sin do fhorrissi. Sm'i a air a fáithiú aghas a bhí an bhfoirne i prátháí i n-úsge gníomh a chur i bhfeidhm prátháí ma 'is fós usghe rud a chur go toneacht.

Ocúlaíún

Cúimise

punr uimhir

usghe lake leannn

próbar agus Salúnn

An móid bíodh an chreimeann dé a práthá aghas déin an ocúlaíún do bhí nó is fheice radharcach an próbar agus Salúnn eile agus an gcéide úsge. An láthair a chur i mbórr próbar agus Salúnn eile leis an gcéide úsge. An bhfuair an ocúlaíún leis an ghníomh agus measc os cionn na rann fo mhíniun radharc a bhí agus dá tháinig radharc. Dá bhfeadh an ocúlaíún a thóg an fós usghe raidharc, bhí an próbar agus Salúnn eile a thugtar le feisil mo mhor-geareacht órice.
Cónhuisi 5-6 míniúin
úsge faoi an Móid biúd na h-áineadbhainn dona dibel. Cuir is mó scéal i gcoireann agus chuaidís le h-úsge faoi rad. Téig do bhreac go mear go pòirnne bearbógí ce agus šząd rad. Beartóg a briseann rad cosánach las na šząe glasair darobáic. Cuir šsos in h-usge bearbógí le Kormán Salaman azus bearbóg 40-60 roimh dao féin ar chor. Šząd go mear rad, cuir in méis glasair le rad azus chuaidís le h-áineadbhainn bán rad.

Caruíodh bearbógí
Cónhuisi le caruíodh. Š(167,449),(517,485)
úsge guire ar forcad
le friostailean. In ndáire
probar azus Salaman.

An Móid. Ní ghaoth le šcząib rad. Síriob rad azus
niğ rad. Zeakar an t-im azus an básar dóibh. Mír gá: zeakar az an phíad rad. Cuir šsos in h-usge guire ar
probar azus bearbóg 40-60 roimh šiąd bo. Šząad rad,
cuir an t-im, probar azus Salaman is mósc i gcoireann
craí na caruíodh. Is mósc ann azus náirrad. Šiąd
an t-icuirí móis glasair le rad azus craí
peasal món-zeakar az a bhi.
Cónaigh ar an spéir úsáideach.

Cónaigh

\[ \text{1 p} \text{ plúir} + \text{2 p} \text{ banúnne gear} \]
\[ \text{3 sp. ré de Salainn} + \text{no bláide} \]
\[ = \ldots \text{ sódaír} \]

An Mób. Cuir an plúir azus an Salainn ré chreithre baun na cnapaí den sóid arín aísh azus cur a théicreacht pruisin. Measg na Cónaigh go maraí te céile. Cur iomai an bláide ar pad beag naíse agus deimh É oír meascach le spróineag nó go mbíodh aích sávere agas. Cearr beagán plúir ar losad. Lomnúigh an raos amac-azus deimh É oír prúinneáid go maraí go d'fhéadfadh an raos

1 m-ace lers an mbeidh go min réid. Lomnúigh bun na crónn É. Cearr beagán plúir ar an sóid bádál beaínigh amach an aiste aísh cur ar an sóid bádál beaínigh. Cuir croí ar a bárr. Deimh É a bádál 1. n-óige amach bádál beaínigh teicfear faid 40-45 neomair. Deimh É oír prúinigh ar Ronnseal.

Sconar le.

Cónaigh

\[ \text{2 p} \text{ plúir} + \text{mon. sp. Salainn} \]
\[ = \ldots \text{lúisine} \]
\[ \begin{align*}
&\text{1 p} \\
&\text{4 sp. sóid} \\
&\text{4 p} \text{ bláide} \\
&\text{1 sp. púnaí bádál} \\
&\text{4 p} \text{ banúnne} \\
&\text{4 sp. sóid} \\
&\text{4 p} \text{ sp.} \\
\end{align*} \]


1. Tá ar na Cónaigh uimhreachaí aísh measg le spróineach domhain go bhfuil rois chuid aísh le ríomhair. Lomnúigh amach ar losad a bhreith beagán plúir ar aísh deimh É oír prúinneáid go maraí go mbíodh an raos 1 m-ace lers an mbeidh go min réid. Leaínigh amach go mbíodh ríomhaí iománaí eiseála.
ann. Crait beagán phuír ar an sráin bácaíl azus éar na sconnar air. Déan na sóid do bácaíl in bhféin
aze, chuig neomhach beag go fíre neomhach 15-20n. Más mian beag do phéir sconnar níl nó d'éanam air suíche azus ríais nó aon torraí formhór do cur leis an taors ér éis an r-thin do cur is fearr san phuír.

Púdar bácaíl

Cónaisti. 4 insa taísh a ghealt a chao 22 sóid.
6 " de phúr an eabhrach nó de réis medhí
An Mór. Measg na cónaisti go cúir le caille, curait beag a char on rad, canaile nó chuí naire. Cur is fearr san sráin úrth ar eiríjn é. Éidh an clúidic air an sráin
zé comrades earnach nó mbiomn sé 1 n-usád. Cuir

Measg Galaríce

Cónaisti. 1/2 measg nó 1 measg beag.
An Mór. Geare an measg 'na sbisanna 1/3 nó 1/2' ar
ar eiríjn. Bán an eabhrach dí azus bóg. na fíor eireann.
Geare sásair 1/4 nó 2 cod 1. Cuir is fearr san galaríce azus cearr beagán súlaíonn ari. Éidh an 2-beag san
sráin az beur-buíghiacht go mBall nó go mbeidh an
measg beog. An tímpeall 20 neomhar. Dún e a sráin Cuir 1 más glasrach te é azus chúiracht. 'e h-anndach
bán é.
Srocc Donn

Comaigh: 3 caise ùisea faisic
tursc fis an Ráig
dúlaigh labhringe
dhris bhán dalaigh
más
dhris cealain
4 probair Caorach
imbeanna mun-
Zearraigh.

Méid bhí na cróna agus bain didhe an-smior agus an sound.
zearr an peol i bhfiosracht. Crídhe an peol, na cróna
an uisge agus an uisge sa sgríochain. Crídhe an tuise
tens agus tóg go mall go foirmea bhearnaiche. Baim de
an bain. Leig do cnasaice go mall ar pealaid uaire. 
Mhíomgha na glasraí agus gaeil i bhfiosracht impaidh
fíor i uain 20 mhiobhán
sin Dorn. Crídhe tens an srocc agus leig do cnasaice ar
pealaid uaire. Táim é do sgríochtaa i.msín.
ná crídhe obair air an saol e. Baim an sound de go
curthaí. Le fheidear an peol agus na cróna do àsáid
le dara srocc do tháinig.

An Ghruide Prácaigh

Comaigh: 4-5 prácaigh móra
ca idhe srocc bán
minn
1: meascain Raide
2: banai
1: minse ainm ro bhain
salain

Thar deasúnadh peiread mun-glaiseadh.
An Méid. Mhíomgha na glasraí agus gaeil i shuaimhne.
leag an u-ma agus cormaigh na glasraí ann os
cionna na seinn nó go mbíonn an u-ma leis
sgríách isreatha a na glasraí. Crídhe isreatha a na glasraí
1: minse aon roimh na glasraí leag. Crídhe trí curthaí

Anbhrúnne Glasrai

Conaigh sé 1 sách 1 meascain Raibe

náin 2 bára meascain vàcháin

úsá. p.7.8.

1 cách 5 roth nó usghe

'úsá tionar 12 básach poite. 1 píce baunac 1 sp. moib de píscéanna.


Caomhpeal Bheithíe agus Glasrai

Conaigh sé 3 cheadhanna caomhpeala nó 2-3 púcín sáithraí bheith

caothi 1 meascain Raibe

úasghe guree ar fhead.

An Mo. Cuir leath an t-íomán galam bás. Deimh neacht a leath. Cuir an bheithíe do 7 úasghe guree ar fhead 5 roimh.
am an córa álainné aca leasmhúid den peóid a thacaíte. Fáig az cnágra ansean é 20 neomair i n-áiríteach. fac fuan agus 20 neomair sa breis. Thabharf na càraim agus na meachan réithe tóin agus ghearrinn i na ghearradh d'fhirigh. Cuir az beirtbhuaithe leis an peóid anair amáin sar a mbíonn sé i mбоith. Cuir an peóid ar méis cé agus súil gur bhac leas usige trí chuid air an le h-anáil lenan peóid agus den an méis do bhacoíte leis na ghasrach.

An bháthar peóid

Cónaistiú: dá lúnas phuine.
phuine pannne.

An Móir.

Toradh Scríofaithe

Cónaistiú: 3-4 abiall en 2 lúnas saol e.
3-4 m fhreagair 4 mót sp. usige.

An Móir. Cair an cnágrann agus an ghearradh is ná h-aodh usige aon uil a bhiodh croidh. Ghearr ina charann. designer a deirtradh cuidleanna agus fáig an n-usige iad. Cuir an sochraithe agus an t-usge le claidh i gceol na croíce. Cuir an reicteach agus d-usige le cheile i gceol an agus dem sochraithe. Cuir na hubla usige na mbíonn air guire iompraíte òr. Cuir i bhunadh usige sa sceilte agus scríofaithe go reidh iad go mbain iad cóg a e gan a bheith brise. leis dóibh fearacht agus cuir i bhunadh iad in méas glomna.
Annlann Ubhághan
Conszuir. 1 ubaamín 15a chnagare banne
1 sp. ra 1-siúcre bhaicín.
An Mod. Cruic an banne ar an zaíne go d'é go mbíonn sé ce aic ná taiz do bheagbíonadh. Cuíál an ub go marí azus cuir leis an siúcre azus an dianín.
Dó ré an banne annas ar an ub bhadh ra go corruí go marí ar pead na h-ama. Cruic air n-áis sa córcán é (Córcán Tharla) Cruiríz aír pead an ama go mbíonn sé com vuing go zélíséach go cód na sruíncise. Cruic air cuir peac nó ce 1 súrsís an gloine nó 1 més annnann.

Súrsísín saoiréalai
Conszuir 1 pr cnuseofedha (úc nó gíogat) 3 minún
2 púin príarach
pobair azus salann
1 sp. peuskil mon-ghlaíse
An Mod. Anud an peol le h-éadr éir, guíar iobráin nóraí, gnaíleazus ban amaim ceáig méiríse de más go mbíonn na gláscaíazus guair na h-amain i b'fhannt. Guíar príarach aimín 1 slione azus cuir ce b'fhan na córcán É. Cruir iszéad an peol, na h-amain, pobair azus salann. Dó ré iszéad an núsce saor azus cuir na príarach ar a mbíonn.

Chudhag an córcán azus súrsísíz go mall réidh ar peol anug go lár nó dá mair. Ni chuidh tagúine do bheagbíonadh is sheach é a d'earn amháin saoghal réidh san oighl. Cruic air cuiríz É ce 1 més zé. An peol azus na h-amain san Íar, na príarach, nóimheach azus peuskil moir ghlaíse créile orlaí. Dó ré aí chum tumblar ór air azus cuir air cuiríz É. Cruic air cuiríz É ce 1 més annnann É.
in the hand-written text
An Abhran Caoi féile

Cmhaisi.

1. Caorz sinne nó miosghe
   i. p. caoré féile (muinteál nó Ceann)
   proise agus saolann
   i. mon - spioridh

2. P. meicn ráth na bain
   i. mian
   riu
   mian

an Mhí. Cúruit an fheid le h-éadaí glan rasaí, agus
gearr' na comhóir nó a cuimhneadh. Buain de réir
an tóiréadh agus an uíle. Ní chum an próise corcan.
Cuir an f-easga, an fheid an próise corcan, an saolann
agus luise 1931 i geoscáin. Béarbhín é. Tá an
spiorad de agus fais ag an chás díreach go Ceann naire
Láimh na hAlsa, agus den aithne a' 4" do bhf
Cuir leis an arbrú na n-eád agus fais ag an shán díreach na
Ceann naire eile. Tóig amach an fheid an cornead i
i. Tá an mhí beìlníte is féidir den tiar. Cuir isann
an próise arís agus e agus cine
i. bhun i a mhotheach

An Mhí. Cúruit an fheid a chuir an bhuírdeann freisin aic
7 i. ódh uaidh le h-éadaí na h-anamhain gur aidhrighróí le h-anamhain

Pídeog Abhall.

Cmhaisi.

4. tóiréadh 2-3 nbeall
2: tóiréadh 2 mbuiitín daraighe

Zrannán Salann
Suíre

Meicn Ghuaí
Blaigín meicn Guaí

Le Pídeog láidir, cealaíochta iomhán
nín suíre

An Mhí. Cúruit an fheid agus an saolann iomhán
mhaith an glan. Zaite an 2-3ó 30 a mho. Cúruit é
an barraín na mbeannaí a chomhradh na bain de aon
an meascán. Déan naós le h-áiteadh Guaí aighdeóirí le
El cas de los «pescados» lo tenemos en los días que se suelen comer. Los pescados son de carne muy ligera y de fácil digestión. Para su consumo es necesario que estén bien cocidos. La carne de los pescados se debe cocinar a fuego lento para que no se quemen. Se debe teniendo en cuenta que el pescado se debe comer lo más fresco posible.
C'EST AVEC CEUX-CI COMME AVEC TOUS
CEUX QUI ONS N'AIMONS PAS.
ON N'AIME PAS CEUX QUI ONS
N'AIMONS PAS.

MAIS CEUX-LA, ON N'AIMONS PAS.
ON N'AIME PAS CEUX-LA.

MAIS CEUX-LA, ON N'AIMONS PAS.
ON N'AIME PAS CEUX-LA.

MAIS CEUX-LA, ON N'AIMONS PAS.
ON N'AIME PAS CEUX-LA.

MAIS CEUX-LA, ON N'AIMONS PAS.
ON N'AIME PAS CEUX-LA.
The recipe for blueberry muffins is as follows:

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, mix together 2 cups of flour, 2 teaspoons of baking powder, 1 teaspoon of salt, and 1/2 cup of brown sugar.
3. In a separate bowl, beat 2 eggs, 1/2 cup of sugar, 1/2 cup of melted butter, and 2 cups of milk together.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Gently fold in 1 cup of fresh blueberries.
6. Fill muffin tins with batter and bake for 20-25 minutes or until golden brown.
7. Cool on a wire rack before serving.

Note: You can substitute other fruits or nuts for the blueberries as desired.
Céngus na 1\(\frac{1}{2}\) phealrú

1\(\frac{1}{2}\) thens súnaírce

1 mon sp. b. p.

báis an banne.


Cuir uiseá an t-ubh bardús agus a nódúin banne can uas measartha go d'fhanam. Cuir amic ar lósad jo h Обrú phríoch air agus roinn an dá chuid é. Is fuann é go h Обrú sé go min rad. Longuyz bunaos cróiní agus réilí anam nó go mbíodh í de mhisne ann agus cuma crocaslú ar. Zearaí zao giúasair 'na soibh nó e. Caidh an t-ubh bardús de h Обrú: tréantaí ar an. Slí neamh ariachtaí air, slíne na pronad na gais róilí zao tréantaí fé díom na pronad. Anuill le h Обrú bardús nó le banne agus cuire ar stáin níos fearr. Cuire an báis an u-Obh fear eubhisce ar 70 oíche.

An t-ubh bardús crocaslú na h-ubhla i crocaslú agus ctúntaí le h-ubhla rad (de gnáth dá nubla aigh) 7 phealrú. Cuire ar iadó na uime go leana leic náise agus cuire úsnaírce níos fearr darais agus náis an báis an fear eubhisce. Cuir ceobh an báis an u-Obh fear eubhisce ar 70 oíche.

Anníonn Spóirsead

Cuir crocaslú an gais croí驰 na h-ubhla i crocaslú an gais ctúntaí le h-ubhla rad (de gnáth dá nubla aigh) 7 phealrú. Cuire ar iadó na uime go leana leic náise agus cuire úsnaírce níos fearr darais agus náis an báis an fear eubhisce. Cuir ceobh an báis an u-Obh fear eubhisce ar 70 oíche.
Cón guíes

1/2 azuz buzún
buzos akún don

An Máey

dem an buzún do mencióne. Ni 1 u. usge fuek é azus schiet am zaob locare de. Man 11 an buzún an-quez curk e bozad 1 u. usge fuek ak pařa eñka mañe. Cureusk 1 zore am é azus chorrun le u. usge fuek. Cureusk ak am yeor am azus loñg do ræb 1 tórra ñe borebísè ambulk. To zai pr azus 25 romarí sa Greis. Cureusk ak plaña zí e ban am chooream de. Céskus buñz akún donn ak azus den é do queñuí se mbôn zai donn ak 1 cure am huñce é ak máey 1 u. usge curk cabásse 1 borebísè mor-zarre am zai zaob de.

Cabaúse borebísè.

Cón guíes Cabaúse

An ñorí ban am cos azus xar duñllakaphísè dem Cabaúse.
Dem Ceñke Ranna den ñeann. Zeeke an gas de azus curk e bozad 1 u. usge fuek. Zo ñeann Cabaúse akñe azus curk noñ-smánnoz amán salann 1u. usge am na perendi a ñiñu. Ni 1u. marí akís 1 u. usge fuek zai duñllak phíñ fum azus suáz é. Cureusk 11 u. usge ak suñca azus salann ann no san usge 1 u. ak borebísè ak jeor sañhie ann. Ni cuñ adáñ se am yeor am azus buñz akñe akún. Zo ñorí am buñz do lajndi. Burebísè zuir uñe zuir am Cabaúse buñz, unpeblí te mañe de zuir. Suáz zuir é azus pañz am 2 usge 1. Ñeñuñ he probak azus
salam c'mis mueh-neise is. D'om ë d'air c'hogann
le boagán c'ne axus eru enn tóimis an-nie è
e' era ñe beiriu màh. Boagán axus cabaisè 15 fud
an boagún do beiriu màh; è do iogun axus
bàisàr 1.nn è ci, am an cabaisè do
beiriu màh san nòmb Ceada, è san ñe tóag z as
an geornàn axus an boagún do CUR tair 11 aís 's à
geornàn ùn ë d'air teile Arn.
<table>
<thead>
<tr>
<th></th>
<th>1 pt banne</th>
<th>2 l'nsa ris</th>
<th>3 l'nsa ris</th>
<th>1 1/4 pouces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Con usage</td>
<td></td>
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<tr>
<td>Siucre</td>
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<td></td>
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</tr>
<tr>
<td>1</td>
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<tr>
<td>mon siucre</td>
<td></td>
<td></td>
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</tbody>
</table>

**An mótr:** Mír an ris azus curc ar boadó isá banne ar feadh tamaill. Corcaí 09 eocn̂n na réme go de 30 8p̂ndt an 9úd 15 mò la banne suifre isruac. Curc an siucre an blaisiu azus an in leis. Leig dót suar níugán̂n azus measg an 16 buanĉre leis. Cuir bleac 1 mòl pígeone sméarh a. Cuir Ronnie an áin̂n̂se ar a baiĉe azus curc az báêd 1 m-oĝen̂ meaŝâd̂a 2e (325-50) ar feadh 1/2 haur nò mar sin.

**Cair Carraghearea:**

<table>
<thead>
<tr>
<th>Con usage</th>
<th>3 pt plúne</th>
<th>1-2 l'nsa ris</th>
<th>1-4 l'nsa ris</th>
<th>1-20 luinsce</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1-2 l'nsa ris</td>
<td>1-20 luinsce</td>
<td></td>
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</tr>
</tbody>
</table>

**An mótr:** Den mar aedhre a. S'cn̂a, ellenianca 8) ac bodh naos Rígin azus. Cuir an sméarh a úa gáloja azus curc az báêd 1 m-oĝen̂ 2e (425-50) ar feadh 18-20 nema ñaire.
Ambroise Pisseauz

Conques 4 unsa piséanâiz 1 unân
1 mearcaù raikel bain 1 careù
1 bao mearcaù dañaba
1 uns a toniark 2 pezus nò muge
Salann probar agus lusne
1 uns a phin 2 pezus bannne.

An Môd. Êz na piséanâiz agus cunck an bôzad 1
n. muge fañ ar peñùzumalù. Uñinuz na glasker
agus gware 1 sisam 1 tao. Lez an 2-toniark agus
lêrêvex na glasker ann zo de zo bùjul sé suñiù
iszeac tonizg. Cunck iszeac na piséanâiz salann agus
probare lusne agus szoc nò muge. Fay az anñamé
zo de zo bùjul na glasker bozh (1-½ nark) Cunck ëzef
chruizk. Measz an phin le barzan bannne agus
annsm measz lez an 2-ambruze. Barbing zo
feñ 10 neomiar. Cunck iszeac an bannne agus dem
é dori zeârâ. Weluz 1 mas ambruze ëc.
Szadán Fhionná

Céongrá dí szadán

Mon cere

Le Deisiú Pearsí le Fhionná Lomair

Sconáí Sinicre

1/2 plc. phluin
1 phluin
1-2 línse línse
1-2 línse Sinicre
1 món sp. B.P.

An Modh den mar adeirtear sconáí té a é buis
raos meas ar da Rísin azaz. Rodhig amach azas
zee ne 110 no 12 prosaí. Cuir pódh i lítir azas
prosa azas cur iscreis 1/3 spinnóiz Sinicre. Plú mair
an cumas azas chéardc an sub. Cuir ar 5 máin
Smeáire. Cuir leis buntre azas Ronnur. Beag
Sinicre ar báir i gcaim azas cur ar sacáid
1 h-ógann té a é féad 15-20 nómean.
Céadteach don Diar

1. Tá ceannach an dochtúra mar a leas an mbíodh is ceart a cabhrú don diar agus Clar ó sheas.
2. Ná ceannach Sé an mbíodh is fosta go mór nuair a dhéanann go d'fhágadh mar a dhéanfeadh prinne, má bhíodh Corcaí, féach agus lais.
3. Céad fáit roidh 1 geomair illmíshim an bhí go fhan.
4. Ná h-áthairnach ac an mlód biodh atá riarachán taisn bithle amháin.
5. Ná bród aí an mlód ceart de gluaisín san mbíodh.
6. Ná bród aon cupán na aon glasmine d'fionn go báire.
7. Ní foláir béidh an oighir do bheiri díreach i n-am, bród u, bród sé te, bród pháir agus bród sé pháir.
8. Ná cur cheist díreach do an oighir i d'ár eadhacht fáé ar mai leis, ach páir an t-olais sin ar stíoch anghin éile mós féidir é. Is mar an t-aon duais na gplaid i nádúracha lean a i dtábhacht don diar na ndearranna. Spreagann sé ar goile.
9. Cuir an bhíodh ar seacht atha cluaidh is le h-Íadach.
10. Bhíodh an oibreach airphiaidh agus is féidir sa bhíodh Clic.
11. Mír bim-riachtas léitear saoí saibhreas a dheach agus bhíodh tóire deas air.
12. Ná h-úll naíonach an bhíodh 1 seomra an oighir agus ná fásga sa seomra aon bhíodh na seachtí ndearraí.
Céad Mháire

án uros.

An Mód

Bain an téacraimh agus an méiréad den pós ong agus amhÁ le h-Éadaí glan naíos rí. Meas an teaghlach a shaol leis an pós má is ghearrfear le bhroclá chreithis. Chúruigh le h-mise puar agus a fháin ghráimne salainn leis an pós mar a d'fhág leabhar ar fadfadh a tháinig a chloig. Chorrún báspla na hainn. Muir fheice I lean d'chocair mór an pós agus b'fheidhme ois agus an pós is mó a bhí ann a thabhairt an phádraig. Muir chuir an tag an fhíon i measc na hainn mar gheall air ní oibrigh agus corruigh é o am go h-ainn. Nuaire a bhíonn sí, thaitneamh doice an le maraí de agus cumhacht an críoch. Bain an cáiliúl den bhréadh leis an phádraig a easúinigh agus cumhacht an bháidh uirthi a bheith ann amháin is mó. Chuir an phádraig air ainmhothar le na foirne.
Cuimhneachán
1. mb 4. jé na bann
2. blaisín 5. mon-spéineach sé a phara
3. an móIRE.

Sméardui chúrpín é le h-um. Bùain an ubaigh as an bhreá idir an bhfhuaim í: Dún an banna an bhfás agus an bhfás a léimh nó maith leis an h-sheasain. Is fearr leat eadhamh ar an bheannachta na h-amháin. Is féidir go bhfuil aon duine ina chuid is freisin sa chorrán é. Go díreach, is féidir go bhfuil aon duine i ndiaidh an bhfás agus is féidir go bhfuil aon duine i ndiaidh an bhfás nó leis na heagairtí. Is féidir go bhfuil aon duine i ndiaidh an bhfás agus is féidir go bhfuil aon duine i ndiaidh an bhfás nó leis na heagairtí.
úb ón bhunad.

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Déoc Carraiziné

Céimeáid
1 níos a mhe Coisín 1 prámsge
salainn

U fearaidh

súirce agus bannán.
An móir béibinín an 2-prámsge. Cicr täiteach an salainn.
Chuir ìsleach an mìn-Coisín dá córra go mair le
sproinís còmaide. Fág az chàraich ar feadh na haoise
zu lei ní dá mair. Cicr chin buntac le súirce agus
bannán. Má's Coisín an fógaic a bionn 1 n-fásad
agaz. Is leor é bheith az Chàraich 30 Coisín 25
neomair.

Déoc Carraiziné
Usaigh na n-Clinnín.

Comhras
1. Tíseadh ord na n-Clinnín sinsear.
2. Prísneadh na n-Clinnín.
3. Croíteanna agus suíomhúil in homóide.

An Mod.

Ní féidir le an péail ord na n-Clinnín sinsear dá chaithseachas fírinnsi.

Is tríú thábhachtach agus usáidtear prísneadh na n-Clinnín.

Ar an lár-thaobh, chuir an tíseadh ord na n-Clinnín sinsear ina n-úsáid.

Ar an lár-thaobh, chuir an tíseadh ord na n-Clinnín sinsear ina n-úsáid.

Ar an lár-thaobh, chuir an tíseadh ord na n-Clinnín sinsear ina n-úsáid.

Ar an lár-thaobh, chuir an tíseadh ord na n-Clinnín sinsear ina n-úsáid.
Comhghairdeas

1. spáin cheann 2. mon-sprinóg sinche
1. mon-sprinóg binnide
unaise gráitea.

An Modh. Cuir 1. spáin cheann agus an sintche ar an oíche. Fáig ann é go mbíonn an sintche leagtha. Cuir leis ar tháinig den binn agus an binnid doire is zeac i mheas fionn agus cine is zeac leagtha. Unaise gráitea ar a báire. Fáig i leagtha é i n-áir le go mbíonn sé sinni. Is féidir d'é mon-sprinóg usga beátha nó rann a chuir leis saor a d'gearrach an binnid is zeac ann. Ní cheart an binnid de teileam tár fearraí na póil.
Leice.

Con gúis: a muna inom corce i prinsge as beirbhuing Salann.

An Mod: Dain usáid as cercán dubhla ma's féin.
Cuir an Salann leis an usáid ag beirbhuing's sa cercán agus cheart is zeac an corce. Cuirteach ar phad cpla neomaraí agus beirbhuing ar padé 1/4 uair a dhíu. Dáistí bainne nó naicair leis.

Ní bhroibh.

Con gúis: ub anáin, prása beag rime (teagráin)
Spriónn mo bhaile na báinne.
Phitair agus Salann arán uíoch.

An Mod: Geare an chúrsa in achar uíoch agus cuir in anu.
Cuir an 2-ub agus cuir phitair agus Salann le. Teóidz an bainne agus an 2-um 12chóir.
Dó抽取 an 2-ub traidhe. Cuir ar zené
Cuirteach é é agus corench go réid go mbíonn se con uíoch le h-naicair. Cuir an 2-ub scrobhán ar an achar uíoch agus d'éit a phreisid.

Ní Sheallra.

Con gúis: ub anáin, phitairh or Salann
lasaí beobhrighe agus Amháin

2. An pléad go dainseam.reámh.
3. An cleachtna go zeal mhin.
4. Na geóthlaigh teakz agus an i-carbhall ceann.
5. An b détail go h-áite gan.

Bhí aon leas go beobhrigad.
1. Cionnacai zac rasg aí amáin bradán agus s'ís 2. n-miiche an-áic na bród go n-úsáide arm mhinacht.
2. Mh. ní féidir le an oiread níche a chuidhadh ar 2-nasg.
3. Na thaidheag mheag féicte aic amáin san mbíuir.
4. Líonáid 6-7 reomair do 1 n-áaidh gac phuinn agus 6 reomair riúrs sin.
5. Céannaí an 2-rasg 1 píosa msùn azus mán in 5 frunús as a thógaim am Rae as an gcorcán.
6. Díobhair go rí-shíne i aí agus doirse am láinn poireide annas air.
Sneachta. Maire i gceart le h-ainm. 2 ainm mór.

4 pr ság a thain [i] príobar tonair.

4 pr dáir donn.

Le daonlath: peirsil.

An Móid: Cuidh an fheidhle h-aedair gan raih agus craigh príobar uirce. Cuir an t-tonair sa bhfuirtán agus tuidhiodh é. Cuir tseach an fheidhle mar a bheidh an gach ag eicirte as agus róid cúpla neomháirt do an dá chuid. Den i do bhfuirtad go m比óinn daír donn uirce, taimheadh 7-12th.

Do réir nuair is na féide agus pé acu ro-bhfuirtad na fuirne go maith a rás a thionchar le dani. Comphus go mór i agus i do bhfuirtad. Tug suas i agus comeadh i n-aír le i. Dán an droidheanna déis na h-ainm agus gcaithfí beannaí tád. Cuir a iomadh tonair ar an bhfuirtán mara's gach. Cuir tseach an fheidhle as go mbeadh an fuirne do chroí orta agus go gcaithfí bo. Chúidh an bhfuirtán agus tád do bhfuirtad go maith tád agus cur i bhfuirt maraíomh taimheadh a féidire. Den i do t-dair donn agus cur i bhfuirt maraíomh i dtáibh an t-ainm arnaicrű.
Mearbóga Subh Oráisí:

1. rua ina pluró
2. ina beus aráin
3. " zeise mon-gercach 2 ina suinór.

Salann

1. Bárr spruín go Subh-Oráisí
1. Eibh A'ainín

Le friomhaíonn A'ainín Subh-Oráisí.

Mairéad Seoid Róisín

Céimnse

Píosa den túsam (3-4 píun) torúasna 6-8 ópráití.

Mearcois Yorkshire

2 amsa plúir
1 uibh
2 amsa ronmar

Olaine Dónn

ín 40 suíomh dinn salann 7 próbar.

An Mór. Mhinniú an spóirt do gearradh. Measadh agus
chuirtear le h-éadraítais. Buir anam an bróg adhaidh
agus cuireadh broch mór air na aic a thímar é. Chuir
an spóirt le h-éadraítais agus cuireadh air sin. Sméaraí é
an raobh leis an chroiceann 1 n. anair. Cuireadh
1 n-oorzéan le aghs tabhairt 15 neomharr do gcaoi
píunz fíosta agus 15 neomharr sa mbéars. Ní haghús
scuamaigh na príobháideachtaí. Sméaraí le h-éadraítais
leagtais agus cuireadh móre-impleachtaí an spóirt ag an
sáín, d'iar a chluí saor amhránn an t-éadraí Rosé.

An Mearcois Yorkshire

Chraoínigh an plúir aghs agus an salann. Déanadh sa bá
bhras an t-ubhrísí sa coiscín agus docht 15 saothair. Sa potha
1. Cuireadh baithne tar aghs meáis le scáil. Cuireadh
seasgaí ina dhiaidh go dtí 50 fíora agus cuireadh
leáth do thír. Cuireadh an spoinneachtaí adhaidh do dhé
cheithre an t-eaglaí. Sméaraí an spoinneachtaí an bheart na
measain agus fuair tús 5 neomharr. Cuireadh an chuid
achtaí den bhainne. Chuir aithne saor aghs fais an
diaidh go leóch maraí. Jec neomharr saor a
mbríonn an spóirt Rosé. Sméaraí le h-éadraítais an
sáín. Yorkshire aghs cuireadh leáth an meárnóis. Agus
eaghs 1 n-oorzéan le scáil 20 neomharr. Tog anam aghs go raibh
1 n-oorzéan le bróghaí aghs cuireadh bhuí na frightening meise.
D'où amac an féord agus baen amac an brod agus cuir in ñuí vor i ar méis ze agus na prazas môr.

Gael Donn

Dórez amac an i-conmar agus fág an dorchaidh. Cahie ise aí probair agus saolann agus dórez ise aí an stor. Cogair go mbeirbeinjeann sé agus szág ise aí 1 méis annlaíne ze.

Dórez an féord le macam Radaiz sgleodóga agus peirsoh agus cuir annlaíne macam Radaiz ñuí ñuí vor.

Annlaíne Macam Radaiz

Combris. Cuir Macam Radaiz 1 môr sproógh veikyzo
1 mion sproógh súgór m’oinn [½ p2 na caíde]
Sailann
[ñó 2 sproógh garan]
agus 1 sproógh blain daoin

Ann Mód Riz an báite macam Radaiz. Cuir an t-choimhne
de agus fág i n-úsáide fuaire ar féidir zamaidh. Scríobh
20 mín e. Cuir ise aí i mbairín leis na Combris
eile a am ñúin an ñ-úcháire. Éadh an ñ-úcháire
bencaní agus mearsh leis na Combris éile. Cuir
in ñuí vor i ar méis annlaíne.
Bárainn aghas Mhí Feidhme.

Cónas.

2 sís sa básún. ub an indín
p
eirse.

Is mó dán na cáirde aghas an oiche ann do sheas na súil.

Cé do an phrócaim te aghas. Cuir oiche ann do súil aghas

an na súil ar aghas. Dún do phrócaim tó mbíonn

an is aidhthóir leit-geiscic air gan ró do 60 do.th
dom púca go monic ró. Cuir ar mór a ró aghas púca

tin air te go mbíonn an t-úb phréise.

Céin an t-úb do phrócaim.

Bris an t-úb isleic i léachtú go churaim. Téig do dhó

an isleic a bhírócaim fúdar leis an básún. Cuir an t-úb

isleic air an bhféachtaí aghas. Dún é do phrócaim
gó leath 3 ríomhaire nó mar sin aghas amhain deim an

an t-bhunadáin silead go mbíonn an lúdacháin ag a

bairt fósragh. Cuir annus ar na bású básún a

aghas tósú le fíosa bás phréise.
Chloide Rosca foir Leona

*Conaich
Chloide Caoraich

fioskonnad
Mór sp. brúis airn
2 túsna lommarc
1 mór sp. pearsle
4 sp. lúbrainne
leogar szoc

Le Desiú
Sisannna Julienne

Le fiorúilean
Olar Donn

An Mod. B ain den creitile na sinig pola ata az oscéide
isceal ann azus bain am mèirtreas sa breas dr. zeale
níd az neigil asa rid da taob an creitile. Ùig zo
maid a 1 n-usuge alaboz. An broid Ronne
Sahuna ann. Muir a beid sé Yan zeameas e an
cuir an forkanedd ann. Ceanal posa pàypàara
Sisannna sweare as an oscéile nó dhin e ñrugan.
le snàr trán. Leag an 2-lommar azus muair a beid gal
zorm az errigé as cuir isceal an creitile. Cuir Citulai
bainzan as an geórinn. Lommar zo mince t an
spad 1 a da a bhrúis tr. muil a chluig. Muir a
beid sé Rosca bain am pàypàar dr. azus cuir an
lúbra 1 méis 7e azus beagan olair donn dorze
ar jac taoi dr. Ùisig dr posa pearsle azus
Sisannna Julienne fior lúbrainne

An forshonnad
Mon zeameas an 2-lommar azus meargtas
an brúis airn, na lúbrainne azus pearsle. Ùisig leid.
azus cuir leag an 2-lommar azus zo lú brúin na
lúbra 1 cuir sàd do dr.chair ar a tèile
Olar Donn fior lúbrainne
Sún cabhrach ón ánghaispáiste an tSaoirse agus an tAonair. Tá an tAonair ag dul ar aghaidh faoi dhá chl茄ith iad - "an tSaoirse" agus "an tAonair" - a bhfuil an tSaoirse, nó an tAonair, ag deireadh faoi dhathachtaí agus cruthanna dhathacha ag glachtadh go dèidh. Is é an gheall an tsaoirse, nó an gheall an tAonair, go mór a bhfuil an tAonair ag teacht ar an gcaithdeamh acu, níos fearr ná náisiúntacht, nó náisiúntacht náisiúntacht, nó náisiúntacht náisiúntacht. Tar éis thosú an tSaoirse agus an tAonair, bhí an gheall an tAonair agus an gheall an tSaoirse a chur ar fáil, níos fearr ná náisiúntacht, nó náisiúntacht náisiúntacht, nó náisiúntacht náisiúntacht.
Mearóga Darle na n'éall

Suíge Geise

4 Ú rsa pluic 2 Ú rsa buses arcaí
1 mór speachta B.P. 2 Ú rsa geise
1 mór saláin

úrge phuie
Sub

Annlnna Suidhe

1/2 púrge croíccaim thomóide
2 mór-sp. Sub 1 mór-sp plúch seo
1 mór-sp. Súiche


Annlnna Suidhe

Cuir an sub, an lúrge agus an croíccaim lomóide le eile 'san go forreidh. Ceolbheo go ceann 'san gáfaigh an 2 Ú rsa amach go leir. Scaí é agus dochae annas ar an plúch arbaile, measgadh le beagáin úrge. Cuir iad Néisi 'san gceolán leis an Súiche agus roinnisíomh lomóide. Ceolbheo go ceann 10 neomar an agus cur beagáin ar aíme leis móre go deo.
Pídeas na h-Aoisear

Congfais.

½ p2 d'fleóid beicheag
½ p2 d'ann lamh doinn (seacht agus)
beagán bainne nó ab bhuadc

le deise.

Peasal.

An Mhíd: D'fhraim a d'annlamh an curr Romnu bheag
imhainn ann. Seach ar fhleod go móin na haghus curr lenis
an t-annlamh na fir a la só fhar. Bhaisg go maire aghas
curr is ceart i m'íomh pídeas na mearáid. Curr an
brúighim ar a báire aghus leanúm amach le saoin. Curr
Romnu bheag bainne nó ab bùdhe ar a báire. Curr
is ceart i n-oifin mearáidís le ar fheal é naír a
cluig aghas curr i m'fhóird i m'íomh deise na
peasal.
Rísíod.

Cónghus

2 pí pearsi (beabhair)
1 unsa bréini
1 mór sp. mórín (mórán beacéir)
Salann 7 píobár

1 unsa comhair
1 unsa phluine

Le chuidí: nil ba mhaidh
le fíreocád: ba mhaidh ce

An Mod. Déan an 2-annlann agus cur an tsreachán
beásún. Teach an pháid go min aghas cur an tsreachán san
2-annlann. Cuir tsreachán ar bréini aghas an minn
beacéir aghas maise go marí. Cuir amach ar leith
phuice agus den aíse beaga. Achtadh leis an ab-
ba mhaidh aghas an brens aghas den radh do
fíreocád 1 n-coinneach ze galar go mbceil daí dorra
otraithe. Duit go h-anáir iad ar maith go bhfuine
ar mheas ce.

Meágoz Acráin 7 Imé

Cónghus

Shúsh aghas 7 imé 3/4 pí beann
1 unsa smaerce
2 unsa suílis

An Mod. B'fhearr na shúsh aghas go lean de aghas gáisín
na meásacht radh. Blain na suílis. Cuir an 2-aghas
aghas na suílis isreach 7 mins píjoirego smeáire. Cuir
an smaerce aghas ar smaerce le bheithe aghas doire
an bainne a linn, a linn doire. Duit annas sa aghas sá
más píjoirego aghas. Cuir Romhnaic ainmhsaí ar a lúche,
cuir an máis píjoirego ar shúsh, fáth ar leith is ceol
ar fheirt mar a chluin nó mar sin an agas annsin.
Cuir isreach 1 n-coinneach aghas aghas le feidh féin
mar a chluin nó mar sin.
Cadog Bacalga

Cónighse.
1 Cadog

Sceilgionadh.
2 Línse Lórus aráin
1 mór Sp. pearsle món bréaria
gráinne de lúbanna measgaíte
1 línsa ríe nó róinnaicre
próchór aghais déanta
Beagan Bóinne.

le dísin. Líomoid 7 Pearsid

An Móid.

Cóirig an t-lás go ard. Ní b' aghas bain na fein cíde.
Bain amne na súile. Déim an fóireannad agus
cur isscrí é mordhr na ceadhté é. Déim é: Dí gnaighid
le snáth bein. Cuir dealbh 8 ar an tísg. Bhíor ón
poit na súil tríd an cùm aghas tríd an earbail.
Beagan piósa Córda Inis ar an móir aghas
beagan fín tísg é. Bhíodh an 2-romhair ar an
súim aghas Cuir an t-lász amnas ar. Doire an
2-romhair leisín amnas ar aghas Déim é do
bácaíth 4 mór-loin measaide 2 é uaidh nó 3 é steer
a chloig. Céim brás aráin dona ar a bácaí agus
dísin na súile le húmroid aghas pearsid.
Bagúin agus An Fheasa

Conaigh:
4 pí shísh básún
1 sp. plúir
2 " ae caorraí
probar agus salann

le désnaí. péireil.

An mó: ghearr an ae 1 shíseanna a bheilí an
bunús agus ní chéad faoi mhair é 1 muisce
fon fíadh. Cúramh go mac. Geall na anúna
agus an écorceann d'fhan na bású agus péireil
nd. Comóid te iad. Measg an probhar agus an
salann len a plúir agus chuaigh le shúise é leis
ná chuaigh na bású uí díreach sar ladar do
péireil. Cuir a rúla saoil len a náid a'ís a
bheas, amháin m'fhás gaz agus maire aise leis a'cú
isceach na bású agus proicear a bhí na gá. Fhoireadh
agus ann ar fheasa go mór é go ceann
5 nó 7 nóiméadaí. Dúilfág ar más as ladar agus cruin
na bású básúin de a baile. Désnaí le péireil.

Usáin scórce agus Brugíin.

Conaigh:
4 pí usáiní
1 sp. anúna plúir
1 pí amáin plúir
le désnaí - péireil.

An mó. Cuirtear na usáiní le plúir agus proicear go
mhair é de bhro'n nó zablog. Díriú ar an d'éoraín
le aghas. Cuirtear na 2 usáiní agus déan
radh go fhoróid go mór ar fheasaí to
4 nó 7 nóiméadaí. Lopting go mhring iad. Síl go mac iad. Díriú ar
uirbhinni ar. Le aghas agus déan ban'te de ar
níos. Cuirtear na 2 usáiní ar a baile agus
creidte. Désnaí le péireil. Meon. Íosaí orí.
Cána n Mhuine Deirbhíige

Cé gána n Mhuine n-uisge mór
Brus a fháin donn
cabáiste berebhíige próbar

An mód, ba in amacc an síd azgas ní bhris an leai-cean
muirce i n-uisge mór. Bhí curramaí gá glanadh polt
na síde, an grón azgas an taoiseach azgas bain
úsaidh as sweep bhris a bhfuil trod mara uile.
Dín síocháin na Clochán an ghrán amach an clois sér
azgas na h-Aireann in aice nílimith. Ní náth sí azgas
ann aithri d'fhoireann n-uisge fada é azgas 193
go pómnaí berebhíige go maith. Fág az cónaí ar
mhucaim's d'é ire a chúig nó go mbeidh sé
dhreabhíige. Tóg snaé é azgas ba in Cloiseann a F.
Craic brus a fháin donn a bháire. Cuir an t-áiríord
é go cur i stáisí an róisín go mbeidh sé beirtse
Cuir proso greidse i bpoll na síde. Cuir éin
bhuachтрíse le cabáiste.

Nóta. Ma lá an leai-cean taisníte ní póltair é do
cuir ar bás nó nó 1 rí na h-oidhce azgas é a chónaí ar
séad naír ar bhris.

Meáráid Gníde.

Cúimhneas.
2 iúnaí siníre 3 iúnaí plúirse
2 " iúnaí 1 mba chráim
blaisín 4 mba chráim p. b.
4. le fhoiríníse - Annlann Stíubh (Leitiniac 39)

An mód, cáir an iúnaí azgas an siníre a mbairne azgas
snaírísíad le spairnóí éimide go dór go bfpul am Cúmain
1 róisín níraíse. Cáir isráíil mba chruinne azgas plúirse
bheartbhíige sac le sell gá mbairneadh go mara. Cáir
isráíil ar blaisín e i l. 8 az an derti ar gás báire a bheag
banna máis gá d. Cuir isceá i mbainin sneachta (5 ór) agus páipéal sneachta ar a báire. galúin ar fad 1-1½ naire. Cuir ar más le agus chaith monr sciórce ar a báire agus doirct amhain smúil mór-impeal.

Cúsfí Prácaí.

Contaimse: tpe prácaí benribigie 2 úinsa plúir
2 mon sp. salainn 4 mon sp. P.B.
2. úinsa roinníre beagní salainn
Sceilísín Corrín

Conúise.

Corrín 14 pt真情
1 Mear nan Raibhe báin 6 pt szór
1 Hímn 1 Cáríd
1 Insa plúir próbac angs zultan

É deiseg — Peirsil mon-geare
An Mhó: Ón an Corrín agus bain an Cróceann de
Ní h é agus geare i bprósaí néásta, far ag bhogad
1 n-usgala - Cóig ar féad cúpla nóimhre. Tormnúg
todhaghs crais plúir orra. B éann an Cróceann agus
nu Ainm de na slins agus geare na
tó nó 8 prósaí, prós byad. Log amac agus príor
ta prósaí den Corrín. Tóg amac dán agus d'éim
annlann steirísige. An éair an Corrín agus na
glasraí geare na bprósaí néásta. Sceilísín agus féad
2 náirt nó 2 nár ám san agus curt Isráel na slins
bogadh 10 n-roimh sár a bheith sé kúid. Dálgadh ar
móis le — an Corrín 1 lá le nástre, na glasraí
mór-impeall. Dásg an 2-anndhána ag a bheir agus
déisg u Péirsil mon-geare..

Deallbóz Carragín

Conúise.

1 pt i misuse 14 pt i thugs Carragín
Cróceann hómóide 1 thugs Suíce.

An Mhó: Ní h é an Carragín agus fág all go thú ag feadh
10-15 n-roimh. Geare de an prós déanta agus cur
1 Scóce an déas an mbainn agus an Cróceann
hómóide. Loq an pearsce bearnbhíbí zo mial é agus dón
é a cóitair zo mial zo dú go bhfuil an hómóide sé cil na
spuncháide. An éir an Simarré agus córúg é go dú
zo bóilidh sé leáir. Scéiligh deallbóz le h-usgala plúir agus
dásg an Carragín isráel an. Ná bruidh é, fág 1 n-áir
Tuig go dtí go biúnt leis sna na hAoine, tóimpn amach i mheas go lom agus cuireann cuimh Briadh i le feiceáil snauspisighe nó nácair.

Blonairí.ρ

Conmaice.
1 pí blonairí
2 níos spá napáin
3 níos spá nácair
4 níos spá bearbíse
tuig agus salann
An Móir. Ní teachtar blonairí go mór i n-ússeachadh.
Cam de an gas agus na púisteoga ar a lár na
ruidheáine Sios. Siorá na mara 1 n-ússeachadh
cam an salack agus an monrac do ghaibh dh.
Cúir mara 1 geocáin é agus ní sao a mho an-usseach a
a bheith de phúnusacht ag na ruidheáine eis aad go
náig ar an ainmhair ar a dhún blonairí an-aosra,
agus amhain 4 a plú usseach do cheartais.
Bhend na mbíonn sé boch, ina phoist 15-20 naomhaisi
Sí, gur mara agus bruth amach an bhraon usseach
cúir i bás ceanair e. Siorá na corcaí. Chuir forscáil
an-ússeachadh, tuig agus salann agus cúir
sna nácair blonairí ceannaimhce. Agus forscáil é go mór
cúir ar ceannógach an-tóra 1 mheas glasraí i.
Siorá na púisteoga agus mara in chaithim le h-ub
ceannóir bearbíse agus é gearra i nó chaithim le an ãad.
Corús Bhearbhaí

An Mháthair Chathracha as an Ghairdeán na h-Éireann. Tá an ghairdín ag an t-áthasóir sa bhliain anois. Anois is féidir liom a dtugadh an chuid aiste ar an bhrátaigh a theaghasc anois. Anois is féidir liom a dtugadh an chuid aiste ar an ghairdín na h-Éireann. Anois is féidir liom a dtugadh an chuid aiste ar an ghairdín na h-Éireann. Anois is féidir liom a dtugadh an chuid aiste ar an ghairdín na h-Éireann.
Im Maitre d'hôtel

Comptes : 1 lunes une

Immonpann peusaile

Mon - geare

Immon sp. ainain stug domorde

1 " " Yorkshire Relish

poteak auzs Salann

An Mod : C'ur an 2 - um at plāza. Cean meri

peur stil mon gearea Salann auzs poteak stug

Domorde - Yorkshire Relish. Medig zo mai i

cël saud auzs dem ceire roloja de.

Shubai

Comptes

2 pt plāze 4 mmon sp. Sōd Akain

1 lusa Sincke 4 " Salann

1 uē Glāza

An Mod : Chaireun an plāze auzs an Salann auzs an

Sōd zan anu Cnapoza ann breic san mkaaun.

C'ur an 3X3cK eur a. Deim pail 1 lac an plāze

auzs der 15 euri an 2 - uē auzs zo leor Glāzaie

cun puidrea, rejun a deanam go iuream de

Spunöz zo h - eazgaide. B'od an gileaile le aza

auzs šneaking zo mai e. Doura lan sp. Dein

puidrea ake an xhrual auzs ikwiz an Spunöz

eazgāim auzs bid eur a nos perire tria. Šag

a an xhrual rad zo du zo bijul stad arduig eauz

zo bijul daiz akón ake an zaob sorcai diud.

Lomping rad auzs p Hor ak an zaob eule rad. Ceur

im edik zai perire auzs curc eim binked tāi dēlaic

1 mer i.
Vegetable Marrow Soup

Ingredients:
- 15 lb. vegetable marrow
- 2 sticks celery
- Salt and pepper
- 1 oz. fat
- 1/2 pt. milk
- 1 small onion
- Bouquet garni
- 2 pts. white stock
- 1 oz. flour
- Chopped parsley

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

Stuffed Tomatoes (hot)

Ingredients:
- 3 large firm tomatoes
- 3 rounds toast
- Parsley
- Filling:
- 2 tbsp. crumbs
- 1 tbsp. chopped parsley
- 1 pinch mixed herbs
- Salt and pepper
- 1 slice bacon or ham
- 1/2 tbsp. grated cheese

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

**Swiss Apple Pudding**

**Ingredients:**
- 6oz crumbs
- 1/3g chopped currants or melted butter
- 1oz brown sugar
- 2 or 3 apples
- 1 tsp grated rind of 1/2 lemon
- 1/2 tsp water
- 1/4 tsp sugar
- 1/4 tsp brown crumbs

**To Serve:** Custard sauce

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

**Ingredients:**
- 3 fresh tomatoes or 1 small tomato puree
- 1 onion
- Bouquet garni
- 2 sticks of celery
- 1/3 fat
- 1/2 tsp. flour
- 1/2 tsp. sugar
- 1/2 pt. milk
- 1 white turnip
- Salt & pepper
- 1/2 pt. stock
- [1/2 pint cream]

**To Garnish:** parsley

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

**Stuffing marrow**

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

**To Serve:**
Tomato Sauce

**Method:**
Cut the marrow in slices about 1/2" thick. Peel thickly and remove the pith and seeds. Stew 15 mins. Prepare the stuffing. Add in the chopped meat. Place the slices of marrow on a greased tin. Fill the centres with stuffing. Bake in a moderate oven.
until the marrow is thoroughly soft. Lift on to a
hot dish and if liked sprinkle with browned
grace. Pour a little Tomato Sauce round and
garnish with parsley.

Tomato Sauce

Ingredients:
4 or 5 tomatoes or ½ pt. of juice
½ pt. stock or water
½ small onion
pinch of sugar
salt and pepper
1 tsp cornflour

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

Queen of Puddings

Ingredients (breakfast):
1 cup Currants
1/3 cup butter
1 egg yolk
1 egg white
1/2 tsp. essence
1/2 tsp. cinnamon
1/2 pt. milk
1/2 cup sugar
Grated rind of 1/2 lemon

Method: Heat the milk with the grated lemon rind
and butter. Pour on to the beaten egg yolk
and sugar whisking all the time. Put the Currants
into a greased flan dish. Pour the liquid over
Leave to Soak for about 5 hrs. Then bake in
a moderate oven until set. Spread the heated jam
Stiffly beat the egg white and fold in the fine sugar
Pile the meringue on top of the pudding and return
to a cool oven until the meringue is set and lightly browned. Serve the meringue on a foyer on an oval dish.

**Potted Herrings**

**Ingredients**

- 2 herrings
- ½ gill brown vinegar
- ½ gill water
- 2 cloves
- 1 bay leaf
- 2 peppercorns
- 1 blade mace
- 1 small onion
- parsley

**Method**

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

**Ingredients**
- 3-4 even-sized apples
- 1/2 oz sugar
- 1/2 oz butter
- ground cinnamon
- cloves

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

N.B. Put a slit around the centre of the apple in the skin.

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**Queen Cakes**

**Ingredients**
- 2 oz butter
- 3 oz flour
- 1 oz sugar
- 1 egg
- 1 tsp B.P.
- a little milk if necessary
- flavouring

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

Ingredients:
1 small tin peas or 3/4-1 lb. fresh peas
1 onion
2 sticks celery
Salt & pepper
1 oz. fat
1 oz. flour
Colouring
(1/2 gill cream)

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

Grilled Kidney, Bacon & Tomato

Ingredients:
1-2 sheep's kidneys
2-3 rashers
2 tomatoes
Melted fat
Maitre d'hôtel butter
5 oz. butter
1/2 g. chopped parsley
1/2 tsp. lemon juice
1/2 tsp. Yorksire relish
Salt & pepper

Method:
Skin and core the kidneys. Soak in tepid water for 5 mins. and dry. Brush with melted fat. Remove skin and bone from the rashers and flatten out. Halve the tomatoes and brush with melted fat. Lay on a greased grid iron and grill turning frequently.

Time:
Kidney 7-9 mins
Rasher 5 mins
Tomatoes 4-6 mins
serve on a hot dish with a pat of maitre d’hotel butter on top.

**Fruit Salad**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syrup</td>
<td>1/4 lb sugar</td>
</tr>
<tr>
<td></td>
<td>root water</td>
</tr>
<tr>
<td></td>
<td>2 tbsp sherry</td>
</tr>
<tr>
<td>Colouring</td>
<td>2 oranges</td>
</tr>
<tr>
<td></td>
<td>2 peaches</td>
</tr>
<tr>
<td></td>
<td>1/2 pineapple</td>
</tr>
<tr>
<td></td>
<td>10 oz nuts</td>
</tr>
<tr>
<td></td>
<td>2 bananas</td>
</tr>
<tr>
<td></td>
<td>1/2 lb black grapes</td>
</tr>
<tr>
<td></td>
<td>2 green</td>
</tr>
<tr>
<td></td>
<td>1/4 lbs cherries</td>
</tr>
<tr>
<td></td>
<td>whipped cream</td>
</tr>
</tbody>
</table>

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

Ingredients:
- 1 1/4 lb. fat-end mutton
- 1/3 lb. flour
- 2 small onions
- 1 1/2 pints stock
- Small bunch fresh herbs
- Pepper and salt
- 1 1/2 pints tomato ketchup
- 1 1/2 pints mushroom ketchup

Method:
Wipe the meat, saw off the chine bone and divide the meat into equal-sized cutlets. Shorten the cutlets by about 2" and trim off surplus fat. Melt down the surplus fat and fry the meat on both sides until lightly browned. Pour off the fat leaving only 1 1/2 lbs. and make a brown sauce with the flour and stock. Boil for 5 minutes.

Add seasonings and flavourings, bouquet garni, meat and sliced onions. Cover with a tightly-fitting lid and stew gently until the meat is tender, about 1 1/2-2 hours before serving. Lift off any grease which may be on the surface. Serve on a hot dish, meat in the centre, strain the sauce over and use bunches of Julienne strips as garnish.

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

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

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

**Household Apple Cake**

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

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

**Boiled White Fish**

**Ingredients:**
- 1 1/2 white fish
- salt and vinegar
- boiling water

**To Serve:**
- Caper Sauce
- garnish: cut lemon, parsley
- Anchovy
- Egg

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

**Caper Sauce**

**Ingredients:**
- 1/2 pt. foundation white sauce, coating

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

**Parsley Sauce**

**Ingredients:**
- 1 1/2 tbsp cooking sauce
- 1 tbsp very finely chopped parsley
**Anchovy Sauce**
- 1/2 pt. Coating Sauce
- 1-2 tsp. Anchovy Essence
- 1 drop of vinegar

**Egg Sauce**
- 1 egg
- When cooked add the sieved yolk of egg and the chopped white

**Potato Loaf**
**Ingredients**
- 1 lb. mashed potatoes
- 1/2 tsp. chopped parsley
- pepper or salt
- 1/2 oz. melted butter
- 1 tsp. chopped onion
- 1/2" mixed herbs

**Method**
Have potatoes free from lumps. Add the seasonings and flavourings, melted butter, and enough beaten egg to bind. Turn on to a floured board and form into a cone. Lift on to a greased tin. Brush with beaten egg and score with a fork. Bake in a moderately hot oven for about 30 minutes. Serve on a hot dish and garnish with parsley.
Apple Shortcake

Ingredients
- 8 oz flour
- 1/2 tsp salt
- 4 oz margarine
- Cold water
- 2-3 apples
- 2 cloves
- Yeast
- White of 1 egg
- Castor sugar

Method:

Make short crust as usual. Cut in 1/2's and roll out large enough to line a round plate. Use any juices which may be left for an edge strip. Peel the apples, thinly sliced on the first layer. Put the apples, thinly sliced on the second layer. Gently roll the edges of the pastry. Cover with the second piece. Bake and decorate the edges. Score the top once or twice. Bake in a hot oven for 10 mins. Reduce the heat and bake in all 25-30 mins. Brush with slightly beaten egg white. Dredge lightly with fine sugar and return to the oven for a few mins. Lift the tank off the plate and serve cut in slices on a plate with a fancy d'oeuvre underneath.
Toad in the Hole (Sausages in Batter)

Ingredients:
- 4 oz. sausages
- Batter
  - 2 oz. flour
  - 2 fl. milk
  - 1 egg
  - pinch of salt

Method: Make a batter, her rule and leave it to stand in a cold place for 3hrs. Mix the sausages and cut them if necessary. Place in a greased pudding or flan dish. Pour on the batter and bake in a hot oven for about 3hrs until well risen and nicely browned. And serve garnished with parsley on a hot dish or on a plain dish paper.

Winter Salad

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

Sauce: Dutch, Mayonnaise, French Dressing

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

Dutch Sauce

Ingredients:
- 2 oz. white sauce
- ¼ tsp. mustard
- salt and pepper
- 1 egg or 1 egg yolk
- ½ tsp. white vinegar

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

French Dressing
Ingredients: 2 tbsp. salad oil 1/2 tsp. made mustard 1 " vinegar 1/2 " salt.
Method: Mix the oil with the seasonings and add in the vinegar slowly stirring all the time.

Mayonnaise
Ingredients: 1/2 cup olive oil 1 egg yolk 1/2 tsp. made mustard 1 tsp. vinegar salt + pepper
Method: Separate the egg yolk carefully. Put into a small bowl. Add the seasonings. Add the oil drop by drop from a spoon, beaten all the time with a wooden spoon. When a thick emulsion has been formed add the vinegar very slowly.
Banana Pudding

Ingredients: 2 oz butter or marg., 2 oz sugar, 3/4 cup flour, 1 tsp B.P., 1 dessertsp. milk, 2-3 bananas.

To Serve: Custard, Lemon or Orange Sauce

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

Lemon Sauce

Ingredients: Rind and juice of 1 lemon, 1 oz sugar (1 oz butter), 1 1/2 gills water, 1 oz arrowroot.

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

Orange Sauce

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

Ingredients: 4 oz flour 2 oz suet
2 tsp B.P. 2 oz crumbs
1/2 tsp salt Cold water

Filling: 1 lb round steak 1 tomato
1 mutton or 4 oz kidney 1 onion
1 small carrot seasoned flour
Stock or water

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

**Ingredients:**
- 4 eggs
- Flavouring
- 4 oz sugar
- 4 oz flour
- 1 tsp B.P.

**Filling:**
- Jam
- Whipped cream

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

**Fish Soup**

**Ingredients:**
- 1 lb fish or fish trimmings
- 2 lbs white fish
- 2 lbs fish stock
- 1 oz butter
- 1 oz flour
- 1 egg yolk (if liked)
- 2 leeks or onions
- Bouquet garni
- 1/2 pint milk
- Salt
- Pepper

**Method:** Wash the fish or fish trimmings. Cut the fish in

**arcs. Put into a saucepan with the cold stock or water.**

Bring to the boil and skim. Add the sliced onions, bouquet garni and seasoning and remove a few pieces of the cooked fish for garnish. Leave to simmer gently for 15 mins - then strain through a fine sieve. Rub a little through but be careful not to let any of the bones slip through. Melt the fat - add the flour. Add the soup slowly at first - then bring to the boil. Boil for 5 mins. Add the milk and flaked fish and reheat but
do not boil. Serve in a hot soup tureen with finely chopped parsley sprinkled on top. If liked, pour the soup on to an egg yolk in the soup tureen, whisking all the time.

**Stewed Rolls of Plaice**

**Ingredients:**
- 1 plaice
- 10g butter
- 10g flour
- salt and pepper
- 3 pt liquid either milk, stock or 1 pt + water
- 15g real forcemeat

**Garnish:** Tomato, Parsley, Cub Lemon

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

**Veal Force Meats**

**Ingredients:**
- 2 tbsp. crumbs
- 1 tsp. chopped parsley
- 1 slice chopped onion
- pinch mixed herbs
- 1/4 butter (melted)
- a little stock or milk to bind
Swiss Roll

Ingredients:
- 3 eggs
- 75g flour
- 75g sugar
- 30g flour

Filling:
- Jam or Whipped Cream

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

Beefsteak and Kidney Pie

Ingredients:
- 500g flour
- 30g shortening
- 1lb round steak
- 500g Kidney
- 1 tsp salt
- 1 tsp lemon juice
- 1 cup cold water
- 1 carrot (sliced)
- 1 onion (chopped)
- 1 tomato (sliced)
- stock - seasoned flour

To Glaze:
- Beaten egg

Method:
Sift the flour into a bowl. Add the salt. Cut in the shortening into pieces about the size of a walnut or if using clarified fat shred it before putting it into the flour. Mix well and then make into a stiff paste using the lemon juice and cold water. Turn on to a lightly-floured board and roll into an oblong shape. Fold evenly in 3 and turn the fold to the left-hand side. Press the edges together lightly and roll again into a long strip. Repeat 4 times.
leaving the pastry in a cool place if possible between rollings. Roll out the pastry if possible a little larger than the pudding dish used and cut off a strip ⅜" wide. Prepare the filling as for Beefsteak and Kidney Pudding and arrange it in layers in the pudding. Fill the pudding dish with stock. Brush the edges of the pudding dish with cold water and lay on the strip of pastry-cut edge outwards. Brush with cold water. Cover the pie with the pastry and press the edges well together. Trim, flake and decorate. Roll the scraps into a strip ¾" wide. Cut into diamonds and mark with a knife to resemble a leaf. Make a hole in the centre of the pie and arrange the leaves neatly around the hole damping underneath the tips to keep them in position. Brush the pie with beaten egg. Place on a Yorkshire tin and bake in a hot oven until the pastry is set and lightly browned. Then cover with a sheet of greased paper and reduce the heat to very moderate and cook for 1½ hrs. When almost cooked pour in a little extra boiling stock if necessary. Serve on a hot dish with a plain dish paper underneath and garnish with parsley.
Apple Sponge

Ingredients:
- 1 lb apples
- 4 tsp water
- sugar to taste
- 1/2 tsp gelatine or jelly square
- 1 egg white

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

Ingredients:
- ½ rabbit
- 1 carrot
- 2 stalks celery
- 1 oz flour
- Seasoning
- 1 oz bacon fat
- 1 onion
- 2 pts. stock or water
- 2 pts. stock or water
- Worcestershire Sauce
- Bouquet garni

Method:

To Prepare the Rabbit:

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

To Skin:

Cut off the tail and cut the legs at the first joint from the hock. Loosen the skin from the body beginning at the slit underneath and working it up towards the back. Draw the skin off the hind legs. Draw the skin off the fore legs working towards the shoulders. Remove the skin from the head using a sharp-pointed knife where necessary. Remove the eyes. For roast rabbit leave the legs on and skin them. For boiled rabbit cut the legs off at the start having removed all entrails wash the rabbit well. Disjoint and cut into small pieces. Place the rakers in the saucepan. Lift out and sauté the vegetables. Lift out the vegetables. Add a little extra fat if necessary and brown the flour. Add the stock or water. Vegetables pieces of rabbit seasonings and flavourings and bring very slowly to the boil, then simmer gently ½ - 2 hrs. Lift out some of the better pieces of rabbit and cut into dice to serve in the soup. Rub the soup through a sieve. Add the Worcester Sauce. Reheat adding the diced meat and serve in a hot soup tureen.
Cornish Pasties

Ingredients:
- 4oz short-crust
- 1 small onion
- 1 small potato
- 1/2 lean mutton
- pepper, salt

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

Baked Plaice

Ingredients:
- 1 plaice
- 2 oz veal forcemeat
- 1/2 pt anchovy or brine sauce

Piquant Sauce
- 1/2 pt stock
- 1/2 pt milk
- 1 tbsp blended cornflour
- 1 tbsp capers
- 1 dessertsp. vinegar
- pepper, salt

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

**Sauce**

**Method.** Make the sauce per rule. Add the vinegar, chopped capers, pepper and salt and serve in a hot sauceboat.

**Fried Tomatoes**

**Ingredients**

- Tomatoes
- Hot fat
- Finely chopped parsley

**Method.** Wash the tomatoes and cut in ½'s, ¾'s or slices according to size. Have the fat heated but not too hot and cook the tomatoes over a slow heat until soft. Turn occasionally. Serve on a hot dish sprinkled with finely chopped parsley.

**Stewed Prunes**

**Ingredients**

- 1 lb prunes
- 1 pt water
- 2-4 oz sugar

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

Ingredients:
- 1 1/2 oz cornflours
- 1 oz. sugar
- 1 pt. milk
- flavouring

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

Stewed Stuffed Steak

Ingredients:
- 1 lb round steak (1/2" thick in one cut)
- 1 oz dripping
- 1/2 oz flour
- 1 1/2 tsp. stock
- 1 tsp Worcester sauce
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp mixed herbs
- 2 oz minced meat
- 1/2 onion (chopped)

Stuffing:
- 1 cup crumbs
- Seasoning
- Stock or milk

Method: Make the stuffing by mixing all the ingredients and moistening with a little melted stock or milk. Wipe the meat and beat it using the back of a wooden spoon. Sprinkle with pepper. Flatten out the stuffing on to the meat to within 1/2" of the edges and roll up, tie securely. Fry the meat in the hot dripping in an iron stew pan until browned all over.
and drain. Make a brown stewing sauce and boil for 4 mins. Put in the meat. Cover the stew pan tightly and leave to simmer gently for 12 to 2 hrs. Turn the meat occasionally and taste it and stir the sauce. When cooked, put on to a hot dish and remove the twine or tape. Add the Worcester sauce to the gravy and season if necessary and strain it around the meat. Garnish with Julienne Strips.

**Cheese Pudding**

**Ingredients:**
- 3 oz butter
- 1 pt milk
- Pepper and Salt
- 4 Tbsp mustard
- 1 egg (separated)
- 1 oz crumbs
- Slices of tomatoes
- 1 oz grated cheese

**Garnish:** parsley

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

Ingredients:
- 2 large oranges
- 2 jelly squares
- chopped nuts
- absinthe
- whipped cream

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

Kidney Soup

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

Bouquet Garni

Method:
Skin and core the kidney and steep in tepid water. Cut in small pieces. Mince the meat or chop it finely. Wash and prepare the vegetables and cut in small pieces. Melt the fat and toss the vegetables in it. Add flour and stock, Bouquet Garni. Simmer 1 1/2 to 2 hrs. Remove Bouquet Garni and rub through a sieve keeping back a few pieces of kidney cut in dice for garnish. Reheat and serve in a hot soup tureen.
Stuffed Porksteak

Ingredients:
- 1 porksteak
- Sage and Onion Stuffing:
  - 3 tbsp. crumbs
  - ¼ tsp. sage
  - pepper and salt
  - milk or stock to bind
- Thick brown gravy:
  - 4 pt. stock
  - 2 tsp. flour
- Apple Sauce:
  - 2 apples
  - 2 tbsp. sugar
  - 2 tbsp. water
  - ¼ tsp. butter

Method:
1. Wipe the meat with a damp meat cloth. Split down one side on a hinge. Make stuffing per rule. Place on one half of the open pork steak folded over the other half and sew or skewer in position. Weigh and allow 25 mins. to the lb and 35 mins. over. When cooked lift on to a hot dish.
2. Remove thread or skewers and keep the meat hot.
3. Pour off the fat, leaving about 1 tbsp. and sediment.
4. Add pepper, salt and flour and stir until it browns.
5. Add the stock, stirring all the time. Boil 7 mins. and strain into a hot sauce boat.

Apple Sauce:
1. Peel, core and slice apples. Steep with water and sugar until pulpy. Rub through a sieve or beat with the back of a wooden spoon. If liked add a knob of butter and a bunch of nutmeg. Reheat thoroughly.
2. Serve porksteak on a hot dish. Garnish with parsley and serve sauces in hot sauce boats.
Scotch Eggs.

Ingrid.: 2 hard-boiled eggs 2 Sausages
To Coat: — Egg fine Crumbs
To Fry: — Deep fat
To Serve: — 4 rounds Toast or fried bread Garnish: — Parsley
Method: Skin the sausage and flatten the meat out on a lightly floured board. Remove the shells from the eggs. Dry them and toss them in flour. Cover each egg evenly with sausage meat and flatten the end. Coat with egg and crumbs and fry in smoking hot fat until golden brown. Drain well on crumpled kitchen paper. Cut each egg in half and place on a round of Toast. Serve on a dish paper on a hot dish and garnish with parsley.

Rules for Deep Frying

To Prepare Both of Fat.

Ingrid.: [3 lbs scrap beef suet 3 lbs scrap mutton suet] sufficient for pan 9" diameter 3" deep

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

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

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

- ½ lb mashed potatoes
- ½ tsp. chopped onion
- ½ tsp. " parsley
- pepper, salt
- pinch of mixed herbs
- ½ oz melted fat
- ½ beaten egg

**To Coat:** Egg, fine crumbs

**To Fry:** Deep fat

**To Garnish:** Parsley

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

**Grilled Herrings**

**Ingredients:**
- Herrings
- melted fat
- chopped parsley
- pepper, salt

**Method:**
- Grill 4½-5 mins if cooked in 2 fillets - 6-8 mins if folded over. Turn during cooking. Serve on a hot dish sprinkled with finely chopped parsley and serve Mustard Sauce in a sauce boat.

**Mustard Sauce**

**Method:**
- Make ½ pt. 3 lb flavouring. Add ½ tsp. mustard mixed with 1-2 tsp. vinegar.
Brown Pudding

Ingredients:
- 20g suet
- 20g flour
- 20g sugar
- 20g currants
- 20g breadcrumbs
- 1/2 tsp. Cinnamon
- 1/4 tsp. Bread Soda
- 1/2 tsp. milk
- 1 egg

Method:
Mix all the dry ingredients together. Add beaten egg and sufficient milk to mix to the right consistency. Last, add the bread soda dissolved in a little milk. Pour into a well greased pudding bowl. Cover and steam 2-2 1/2 hrs. Turn out, dredge with sugar and serve with a suitable sauce.
Sausage Rolls

Ingredients:
- 400g Rough Puff pastry
- 4 large sausages

Glaze:
- Beaten egg
- Parsley

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

Method II:
Cut the pastry into 6 squares. Place a piece of sausage on the square of pastry. Damp the edges and fold the other 5 over. Press and make the edges. Make 3 slits on top with a knife and continue as for Method I.

Savoury Omelet Soufflé

Ingredients:
- 2 large eggs
- 1 tsp chopped parsley
- 1 slice onion (finely chopped)
- 1 tsp mixed herbs
- Pepper and salt
- 1 tbsp milk

To fry:
- 10g butter

To glaze:
- Parsley

Method: Use a well-seasoned omelet pan.

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

Ingredients:
- 1 rabbit
- 1/2 lb streaky rashers
- 1 onion
- 1 carrot
- 1 white turnip
- 1 tsp flour
- salt and pepper
- 2 pints stock

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

Yeast Bread

Ingredients:
- 1 lb flour
- 1 tsp salt
- 2 pints tepid milk or tepid milk + water
- To glaze: milk or beaten egg
- To test yeast: 1/2 tsp yeast
- 1/2 tsp sugar
- 1/2 tsp water + tepid milk

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

Fish Cakes

- 1/2 lb mashed potatoes
- 1lb cooked fish
- 1/2 tsp. Anchoy Ess.
- 1 tsp. Chopped parsley
- beaten egg to bind

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

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

**Method:**

Sieve flour and salt into a bowl. Rub in butter. Add wheaten meal and the remainder of the dry ingredients and mix to a soft dough using the beaten egg or a little milk. Put into a well-greased loaf tin and bake in a fairly hot oven for 3 1/4 - 1 1/2 hours. Cool on a wire tray.
Curry of Mutton

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

Method:
Wipe the meat with a damp cloth. Cut away the fat and cut into pieces about 1" square. Remove rind and bones from the rashers. Cut in 1/2 and fry them first. Add the dripping. Mix the flour and curry powder together. Add to the fat. Mix in the curry paste and cook for a few mins. Add the stock. Bring to the boil and boil for 7 mins. Add the chopped apple, chutney, lemon juice and seasoning. Mix well and put in the meat, sliced onion and rashers. Cover and stir gently for 15 mins. Serve the meat on a border of rice and garnish the rice with strings of parsley and some red pepper.

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

Ingredients:
- 2 oz. rice
- 1 pt. milk
- 1 egg
- 2 oz. butter
- flavouring
- sugar

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

Note: When possible steep the rice for a few hrs. in ½ the quantity of the milk.

Yapioca and Sago Pudding:

Proportions as for rice pudding.

Method: Cook until the cereal clears and becomes transparent. Continue as for rice pudding.

Tomato Omelet:

Ingredients: As for Savoury Omelet Soufflé.

Filling: 1-2 tomatoes depending on the size.
- ½ oz. fat

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

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

Sage & Onion Stuffing:
2 oz. crumbs
4 tsp. chopped sage
pepper, salt
1 oz. fat
onion (harboiled, chopped)

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

Method:
Wipe the meat with a damp cloth and score the skin with a sharp knife at intervals of 1/4". Make the stuffing, tie the meat, and put in the stuffing. Tie the joint round with twine or string into position. Weigh and roast according to the rule for roasting allowing 25 mins. to lb. and 25 mins. over. When cooked lift off the meat and make a thick brown gravy. Serve the meat on a hot dish with apple sauce and brown gravy in sauce boats.

Roast Potatoes

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

Ingredients:
- ½ lb cooked potatoes
- ½ lb curly kale or cabbage
- Salt and pepper
- 1 tsp chopped parsley
- 1 oz butter
- 2 slices chopped onion
- A little milk

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

Kidney Omelet

Ingredients:
- 2 eggs
- Salt
- 1 tsp chopped parsley
- 1 tsp chopped onion
- A pinch Cayenne Pepper
- 1 oz butter
- 1 tablespoon milk, cream or water

Filling:
- 1 kidney
- 1 shallot
- Some Cayenne pepper

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

Ingredients:
- 6 oz butter
- 6 eggs
- 1/4 tsp B.F.
- 1/2 glass whiskey
- grated rind of 1 lemon
- 1 1/2 oz raisins
- 1/4 lb currants
- 1/2 lb sultanas
- 1/2 lb sugar
- 10 oz flour
- 1 tsp sour milk
- 2 oz whole almonds
- 1/3 lb peel
- 2 oz cherries
- 1/3 tsp spice
- 1/3 tsp caramel

Method:
Prepare the fruit. Blanch the almonds and chop them. Cut the cherries in 1/2s and mix with a little flour. Mix the fruit in a bowl. Add the spice, almonds, lemon rind and chopped peel. If liked, cores and leave overnight and pour 1-2 tablesp. of whiskey over before using. Line and grease a 9’’ tin. Cream the butter and sugar and add eggs separately, beating well between each addition. Add flour alternately. Add the bread soda dissolved in a little buttermilk and caramel or other colouring i.e. Parrison liqueur. Add the prepared fruit. Put into the prepared tin. Make a hollow in the centre and bake in a moderate oven 3 - 3 1/2 hrs. Electric Cooker 350. Turn to low after 1 hr. Regulate heat for 15 mins. Then turn it to 3-5 for 1 1/2 hour and 10 mins for the rest of the time. Test the cake with a warm skewer. Lift out of the oven and sprinkle the remainder of the whiskey over. Leave the cake in the tin until cold otherwise there is danger that it may fall in the centre. Turn out. Hoop in greaseproof paper and leave in an airtight tin until required.
Almond Paste

\[ \frac{3}{4} \text{ lb ground almonds} \quad 2 \text{ eggs} \]
\[ \frac{3}{4} \text{ lb Castor Sugar or icing sugar} \]
\[ 1 \text{ Tbsp. whiskey or sherry} \]
\[ \frac{1}{2} \text{ Tsp. almond essence} \]
\[ \frac{1}{4} \text{ " ratafia "} \]

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

Water Icing

\[ \frac{3}{4} \text{ lb of icing sugar hot water} \]
\[ \text{a little lemon juice} \]

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

Royal Icing

\[ \frac{1}{4} \text{ lb icing sugar} \quad 1-2 \text{ egg whites} \]
\[ \frac{1}{2} \text{ lemon juice} \quad \text{few drops of laundry blue} \]
\[ 1 \text{ Tbsp. cold water} \]

Method. Sieve the icing sugar through a hair sieve. Add sufficient \( \frac{1}{2} \) beaten egg white and lemon juice to make the icing thicker than a Coating Sauce. Work in a few drops of blue from the sides of the bowl. Beat
for 10-15 mins. Smooth on to the cake using a palette knife dipped in water.

American Icing

5 lb granulated sugar 1 egg white
4 tbsp. water

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

Ingredients:
- 1½ lb flour
- 1½ lb fruit
- 2 oz yeast
- 2 oz sugar
- 2 oz butter
- 1–2 eggs
- 4–5 pt milk
- 2 oz candied peel
- 1½ tsp spice

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

Sheep's Head Broth

Ingredients:
- 5 sheep's head
- 2 carrots
- 1 white turnip
- 2 leeks
- 2 stalks celery
- 1 tbsp chopped parsley
- 25 pints water
- 1 tbsp pearl barley
- salt, pepper

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

**Brain Cakes.**

**Ingredients:**
- Calves or sheep's brains
- Lemon juice or vinegar
- 3 oz. crumbs
- Mixed herbs
- Salt
- Beaten egg to bind
- 1 Tbsp. Chopped onion

**To Cook:**
- Eggs and breadcrumbs

**To Fry:**
- Hot dripping fat

**To Garnish:**
- Parsley, lemon

**To Serve:**
- Tomato sauce

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

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

To serve: tomato sauce

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

An *gratin* is a term applied to dishes sprinkled with crumbs and browned in the oven and served in the dish in which they are cooked.
Fish Custard Soufflé

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

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

Ingredients:
- 2 oz. flour
- 1 egg
- 4 pt. milk
- pinch of salt
- fine sugar
- syrup sauce

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

Syrup Sauce

Ingredients:
- 1 gill water
- 1 dessertspoon lemon juice
- 2 tbsp. golden syrup
- a little colouring

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

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

**Border:**
- 1 lb. of mashed potatoes

**Garnish:**
- parsley

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

**General Rules for reheating Dishes:**

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

\[
\frac{1}{2} \text{ oz gelatine} \quad \text{2 oz sugar}
\]

\[
\text{and } \frac{1}{2} \text{ lemon} \quad 2 \text{ eggs (separated)}
\]

\[
\text{juice of } \frac{1}{2} \text{ lemon} \quad \frac{1}{4} \text{ pt. } \frac{1}{2} \text{ cold water}
\]

[Sherry or brandy]

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

---

**Stewed Tripe**

**Ingredients.**

| 1 lb tripe | 2 onions |
| 20 cloves |
| pepper | salt |
| 1 lb butter |
| 3 oz flour |
| \(\frac{1}{4}\) pt. milk |

**Garnish:** Sippets & Toast, parsley

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

**Note.** Tripe is the inner lining of the stomach of the ox. It is very nourishing and easily digested. It is generally
sold prepared and partially cooked. The different varieties are:

1. Honeycomb
2. Book or Leaf
3. Reed
4. Monk's Hood

Cabinet Pudding

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

To serve: Jam Sauce or Syrup Sauce.

Method: Heat the milk. Add the sugar and flavouring and pour on to the beaten eggs. Prepare the cake or bread by cutting in small slices. Pour the liquid over and leave to soak for about 3/4 hrs. Grease a pudding bowl and place some split cherries on the bottom and the sides. Pour in the soaked mixture. Cover and tie. Steam gently 1 1/2 hrs. Turn out. Sprinkle with fine sugar and serve with jam sauce.
Apple Cheese Cakes.

Ingredients:
3 oz Short-Crust or Rough Puff
1-2 apples
nutmeg
1 egg, separated
2-3 Cloves
butter
sugar to taste

Method: Roll the pastry out thinly and use to line patty tins. Core the apples to a pulp adding about 1 tablespoon of water. Add the sugar and butter and remove the cloves after cooking. Beat with a wooden spoon or rub through a sieve. When cool, add the egg yolk. Put a spoonful or two of this mixture into each patty case and bake in a hot oven 15-20 minutes. Beat the egg white until stiff and fold in 2-3 oz sugar. Put a spoonful on top of each case and return to the oven to set the meringue.

Brown Onion Soup

Ingredients:
4 onions, mixed vegetables
mixed herbs
1 quart brown stock
1-2 oz fat
1-2 oz flour
pepper, salt

Method: Prepare the vegetables leaving the brown skin on the onions. Slice all the vegetables as thinly as possible and fry until brown using 1/3 of the amount of fat. Add the remainder of the fat. Blend in the flour and then the cold stock, pepper, mixed herbs. Bring to the boil and allow to simmer gently. When vegetables are soft, rub through a sieve—season—
Reheat and serve very hot.

**Finnan Haddock (on Toast)**

**Ingredients:**
- 4 lb finnan haddock (cooked)
- 1 oz butter
- 1 egg
- 1 tablespoon milk
- seasoning
- 4 rounds of buttered toast

**Method:** Heat butter and milk in saucepan. Add shredded fish, seasoning, chopped parsley and beaten egg. Pile on to the hot toast. Garnish with parsley. Serve on a hot dish on a dish paper.
Gingerbread

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

Method 1

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

Liver Soup

½ lb liver
1 carrot
1 onion
1 white turnip
Salt & Pepper

3 stalks 1/4 celery
19 fl oz 1/4 brown stock
1 oz dripping
1 oz cornflour
Bouquet Garni

To Serve:—Fried onions 1/4 bread

and serve. Serve fried onions separately.

**Nut and Fruit Loaf.**

1 lb wheaten meal  2 tbsp. B.P.
20 oz. flour  2 eggs
5 oz. salt  3 oz. sugar
3 oz. butter  3 oz. walnuts
1/2 pt. milk (about)  6 oz. currants

**Method.** Sift the flour. Add wheaten meal and salt. Rub in butter. Add B.P. and beaten eggs to remainder.

Eggs Add enough milk to mix to a stiff batter. Put into a well greased loaf tin. Bake in a moderate oven for 2 hours. Cool on a wire tray.

**Macaroni Cheese.**

**Ingredients:**

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

**To garnish:** - parsley

**Method.** Break macaroni into 1" length. Wash in cold water. Put to cook in plenty of fast boiling salted water and boil rapidly with the lid off until soft (30-40 mins). Drain well. Make a white stewing sauce. Add macaroni, mustard seasoning and 2/3 of the grated cheese. Put into a well greased pie dish. Sprinkle the remainder of the grated cheese on top. Bake in a moderate oven until set and brown on top

Serve fried dish on a dish paper on a hot dish and garnish with parsley.
Rabbit Pie

**Ingredients:**
- 6 oz. Rough Puff or flaky pastry
- 1 lemon
- ½ rabbit
- 1 tomato
- 3 oz. forcemeat
- ½ carrot
- Stock or water
- 3 rashers
- Seasoned flour

**Method:**
- Make pastry. Leave aside in a cold place.
- Before serving fill up with a little hot stock or water.

**Donuts:**

**Ingredients:**
- ⅔ lb. flour
- 2 oz. butter
- 1 egg
- 1 tsp. B.P.
- a little milk
- 1 oz. sugar

**To Fry:**
- Deep fat

**To Dust:**
- Sugar + Cinnamon

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

**Junket**

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

**Method.** Heat ½ the milk with sugar. When sugar is dissolved, add the remainder of milk and then rennet. Pour into a warm glass dish. Allow to stand in a warm place till set. Podge a little nutmeg on top. If allowed 1 tsp of whiskey or spirits may be added before rennet.

**Curried Eggs**

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

**To serve.** 2 oz. boiled rice

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

Ingredients:
- 2-3 fillets of fish
- 23 flours
- ½ pail tepid water
- seasoning
- 1 dessertspoon salad oil (or 1 egg yolk)
- stiffly-beaten white egg

To Fry:
- hot fat

To Garnish:
- lemon and parsley

To Serve:
- sauce

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

Baked Jam Roly Poly

Ingredients:
- 1 kg suet, short or flaky pastry
- jam

Method:
Make pastry as her rule. Spread jam on it keeping it about 1" from the edge. Roll up and bake in a moderate oven for 4 hrs. For suet pastry wrap in greased paper. Before removing from oven, remove paper and allow to brown on the outside. Serve on a hot dish with jam sauce poured around and castor sugar sprinkled on top.
Trifle

Ingredients:
- 1 sponge cake or 6-8 Madeira cakes
- Raspberry jam
- ½ lb ratafia biscuits
- 19 walnuts
- ½ glass sherry
- ⅔ pt. milk
- ½ oz. sugar
- Eggs
- Flavouring
- Cream
- Almonds
- Angelica
- Cherries

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

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

Lemon Curd

Ingredients:
- 2 lemons
- 3 eggs
- ⅓ lb sugar
- 2 oz. butter

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

Ingredients:
- 4 oz flour
- 3 oz fat
- Rough Puff Pastry
- Salt
- Lemon juice
- Cold water
- 4 pt. bananas
- Anchovy essence
- 1/2 lb. egg

Filling:
- 6 oz white fish
- Seasoning
- 1 tsp. ch. parsley

To Glaze:
- Beaten egg


Castle Puddings

Ingredients:
- 2 oz butter
- 2 oz sugar
- 3/8 oz flour
- 4 tsp. B. P.
- 1 egg - a little milk

To Serve:
- Jam, syrup or lemon sauce

Method: Make up Queen Cake Mixture per rule. Fill well-greased drawer moulds having the mixture coming up about 2/3 the way. Bake in a hot oven 10-15 mins. Turn on to a hot dish and serve jam sauce around.

Variation: Brush the cakes over with liquid jam and toss in coconut, add nuts or chopped almonds. Serve with jam sauce.
Boiled Chicken

Ingredients:
1 chicken
1 carrot
1 white turnip

To Coat: - Béchamel Sauce

To Serve: - Rolls of bacon

To Garnish: - Sieved yolk of egg
Chopped parsley

Method - Drawing and Trussing

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

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

Put down in boiling salted water to which sliced carrot, turnip and onion are added. Boil quickly for 5 mins, then allow to simmer allowing 15 mins to 16 and 15 mins over. Young chicken take about 3/4 hr. When cooked take up and remove twine. Drain on a clean tea cloth. Make Béchamel Sauce, pour over chicken, garnish with stewed yolk of egg and finely chopped parsley. Serve rolls of bacon around.

Rolls of Back

Remove rind from rachers and flatten out. Cut into 2. Roll up and put a skewer through 3 or 4. Grill or bake in the oven.

Béchamel Sauce

2 oz butter, 1 pt. milk
2 oz flour
1 onion (small)
1 blade of mace
3 cloves

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

Ingredients:
- 1½ oz. butter
- ½ oz. flour
- ¼ pt. water
- seasoning
- mustard
- 2 eggs
- to fry

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

Beef Olives

Ingredients:
- 1 lb. sirloin steak
- 1 lb. creamed potatoes

Topping:
- 2 tablespoons crumbs
- 1 tablespoon suet
- 1 slice ch. onion
- 1 egg
- pinch parsley
- mixed herbs
- seasoning

Sauce:
- 1 oz. dripping
- Ketchup
- ½ oz. flour
- ¼ pt. Stock
- 1 carrot
- 1 onion

Method:
- Beat steak and cut into meat strips 3'' x 2''. Make forcemeat, place some in the centre of each piece. Roll and tie up. Fry the roll in hot fat until brown. Fry carrot and onion. Remove. Make the brown dripping sauce. Return the meat and vegetables and stew 30–45 mins. When cooked remove and serve on a bed of mashed potatoes, strain some of the sauce round. Garnish with jugged potatoes and a
Steak Maître d'Hôtel

Ingredients:
- ½ lb sirloin steak (1/2" thick)
- 1/4 lb butter or dripping
- pepper

To garnish:
- grated horseradish

To serve:
- maître d'hotel butter
- potato chips

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

Potato Chips

Ingredients:
- 3-4 potatoes
- salt

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

Ingredients:
- 4 oz. short crust
- Filling: 2 lemons
  - ½ pt. water
  - 4 oz. sugar
  - 2 egg yolks
  - ½ oz. cornflour
- Meringue: 2 egg whites
  - 1 oz. caster sugar

To Decorate: glacé cherries

Method:

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

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

**Ingredients:**
- 1 lb fish (cooked)
- lemon juice
- chopped parsley
- brown crumbs
- pepper and salt
- 1/4 pt. coating sauce

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

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**Apple Amber Pudding**

**Ingredients:**
- Short pastry
- 4 oz
- 4-5 apples
- 2 egg yolks
- 1/2 oz butter
- grated rind of 1/2 lemon
- sugar to taste
- a little water
- 2 egg whites
- 1 oz sugar

**Method:**
1. Make pastry and use it to line a tart plate. Flake and decorate it. Use a filler to keep the pastry from rising. 
2. Bake in a hot oven for 10-15 mins. then reduce heat.
3. Peel cores and slice the apples. Cook with the water, and lemon rind until pulpy. Add sugar and butter, and beat until smooth. When cool add the egg yolks. Remove fillers from pastry about 5 mins before end spit in filling. Return to oven. 
4. Stiffly beat the egg white. Fold in the sugar and mix this meringue on top of the tart. Return to cooler oven until the meringue is set and lightly browned. The top may be decorated with split cherries.
Plum Pudding

Ingredients:
- 5 lb flour
- 3 lb sugar (brown if possible)
- 1 lb 5 oz whole almonds
- 2 lemons, juice of 1 lemon
- 1 cup full of marmalade
- 1/2 lb currants
- 1 chopped apple
- 1/2 tsp. mixed spice
- 1/2 tsp. B. soda
- 1/2 tsp. salt
- 1 glass of stout
- 6 eggs
- 1 pc. brandy

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

Brandy Butter

Ingredients:
- 2 oz butter (preferably unsalted)
- 1/2 oz icing sugar
- 1/2 tsp. vanilla
- 1 dessertsp. brandy

Method: Cream butter and sieved sugar and beat until white and creamy. Add the vanilla and brandy and leave aside in a cool place until set. Form into hats or if liked fill up in a glass dish.
Mince Pies

Ingredients:

- Mince meat
- 4 lb mixed peel
- 4 lb suet
- 1 lb brown sugar
- 1 tsp mixed spice
- 5 tsp ground nutmeg
- 2 cooking apples
- ½ glass whisky
- 20g almonds
- 2 lb raisins
- 2 lb sultanas
- 2 lb currants
- 1 orange
- 1 lemon
Leek Soup

Ingredients:
- 6 leeks
- 1pt. stock or hot liquid
- 1 oz. fat
- 1 oz. cornflour
- salt & pepper
- 1/2 pt. milk

To Serve: - fingers of toast.

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

Roast Chicken

Ingredients:
- 1 chicken
- forcemeat
- cupful crumbs
- 1 tsp. ch. onion
- pepper & salt
- 1 dessertsp. ch. parsley
- pinch mixed herbs
- 1 oz. butter
- stock or milk to bind
- 6 slices bread sauce
- 5 pt. thin brown gravy
- gravy
- parsley

To Serve: 5 pt. bread sauce 5 pt. thin brown gravy

Method: Pluck, range and draw the chicken. Make the stuffing. Loosen the skin back as far as the breast bone at the neck end and put in the stuffing. Draw the skin over the neck bones to the back and secure the flap with a stitch. Prepare the livers and gizzard. Insert the livers in the left wing and the gizzard in the right. Tie a slice of fat bacon over the breast of the
Chicken and roast pease rule allowing 3/4 – 1 1/2 hrs according to age and age of bird. Remove skin and bone from the rashers. Flatten out, cut in bits and roll up. Put onto a skewer and put to bake with the chicken 20 mins before cooked. About 15 mins before it is cooked remove the skin of fat bacon. Sprinkle a little flour on the breast. Put back to brown and finish cooking when cooked remove the twine. Break off the 1st bone left on the legs and lift the chicken on to a hot dish. Garnish with parsley and rolls of bacon and serve the gravy and sauce in hot sauce boats.

Bread Sauce

Ingredients:

- 1/2 pt. milk
- 3 oz 4 cloves
- 1 1/2 oz bread crumbs
- 2 oz butter
- 1 bay leaf
- 1 small onion
- salt
- pepper

Method: Peel the onion and stick the cloves into it. Put into a saucepan with the milk and other flavourings. Simmer for 1/2 hr. then bring slowly to boil. Strain and return the milk to the saucepan. Add bread crumbs and leave over gentle heat until the bread crumbs swell and thicken the sauce, stirring occasionally. Add the butter and re-season if necessary.
German Sheets

Ingredients
- 2 1/2 cups flour
- 2 oz. sugar
- 2 oz. margarine
- 1 egg (separated)
- vanilla

Filling
- 2 oz. ground almonds
- 1 egg white
- 2 oz. caster sugar
- vanilla
- chopped almonds

Method: Sieve flour. Rub in margarine. Add sugar and stump in yolk and flavouring and squeeze together. Handle lightly on a flour board and roll out. Cut into strips about 3" long. Crimp the edges. Mix the ground almonds and sugar. Add the stiffly beaten white and flavouring. Fold lightly together and spread on top of biscuit mixture. Put some chopped almonds on top and bake about 30 mins. in moderate oven. Leave on the tins until cool and then cut in planting sheets 1" wide.
# Tripe Soup

**Ingredients:**
- 1/2 lb tripe
- 1 pt. hot milk
- 1 oz. fat
- 1 egg
- 1 pt. tripe liquor
- 2 cooked onions
- 1 oz. flour
- Salt
- Pepper

**Method:** Wash the tripe and cut into pieces. Put into a saucepan and cover with cold water; Bring quickly to the boil; then discard the water. Add about 1 1/2 pts. of fresh cold water. Bring to the boil and cook until tender, 1-1 1/2 hrs. Cut the tripe into small pieces about 1/2" square. Chop the cooked onion. Make a sauce of the fat, flour and tripe liquor when boiling, put in tripe and onions, and boil for about 5 mins. Stir in the hot milk, season and reheat. Put the well-beaten egg into a hot soup tureen and add the soup stirring while doing so.

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## Vegetable Pie

**Ingredients:**
- 1/4 lb shortcrust or potato pastry
- 1 cooked potato
- 2 tbsp. cooked peas
- Chopped carrots
- Sea
- 1/2 gills stewing sauce

**Filling:**
- 1 cooked potato
- 1 onion
- 2 tbsp. cooked peas
- Chopped carrots
- Sea
- 1/2 gills stewing sauce

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

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

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

Method. Make as short crust adding the sieved potatoes before any liquid

Vegetable Flan

Pastry 4 oz flour 2-3 oz shortening
1/2 tsp salt yolk of egg
cold water

Filling 1/4 pt. Coating sauce 2-3 oz cheese

Method. Make the pastry as for Short Crust with the addition of the yolk of egg. Roll out to about 1/4" and line a flan case with it. Cook in a hot oven until pastry is well set using a filler. Remove the filler and the tin when well set and leave the pastry to brown. Fill with the cooked vegetables mixed to sauce, keeping back a few for decoration. If liked decorate with jugged potatoes. Return to the oven until thoroughly heated. Serve on a hot dish or a plain dish paper.

Oat Cakes

4 oz fine oatmeal
1/2 oz lard or bacon fat

1/2 oz salt
1/2 oz soda
1/2 tablespoon boiling water

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

**Dinner Buns.**

**Ingredients.**

- 100g flour
- ½ tsp salt
- 50g melted butter
- ½ pt tepid milk and water

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

Ingredients:
- 1/2 lb ling
- 1 onion
- Cold water
- 3 pts. milk
- Salt
- 1 oz flour
- Pepper
- 1 oz barley

Method: Soak the fish in tepid water overnight. Wash and scrape well and cut into strips. Put to cook in sufficient cold water to cover. Simmer gently for 3 hrs. Lift out the fish and remove the skin. Put back into the saucepan with the milk, sliced onion and pepper and simmer gently for a further 3 hrs. Lift out the fish, thicken the sauce with blended flour. Boil for 5 mins. Add the rest of butter and serve in a hot dish with the sauce poured over the fish. Garnish with barley.

Caramel Custard

Ingredients:
- Caramel: 2 oz sugar
- 2 tablespoon water
- Custard: 1/2 pt. milk
- 2-3 eggs
- 1/4 tsp salt
- Sugar to taste

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

Ingredients:

- 1 lb round steak
- 1/2 lb Sausage meat
- 1 dessertsp. Ch. Onion
- mixed herbs
- 1 egg (beaten)
- 1/2 lb rasher
- 2 tomatoes

Method:

Prepare pudding cloth. Remove fat and bone from the meat and mince it. Mix in a bowl with the crumbs and sausage meat. Add all seasonings and flavourings, beaten egg and enough stock to make fairly moist. Turn out on to a floured board and roll or flatten out to about 3/4" thick and 9" in width. Lay on prepared rasher, place eggs and tomatoes. Roll up and tie in the pudding cloth. Sew up the opening. Put to cook in boiling salted water. Boil for the 1st 10 mins and then simmer very gently for 14hrs. Take up and place between boards with a weight on top and leave until Cold. Remove cloth and brush the galantine with boiling water to remove grease. Brush over with meat glaze and decorate with savoury butter and parsley. Lay on a bed of lettuce and garnish with slices of tomato.
**Lea Cake**

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

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

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**Raised Pork Pie**

**Ingredients:**
- 4 oz shortening
- salt
- 2/3 cup hot water
- 1 tbsp nixed pork
- 1/2 lb chopped ham
- 1/2 lb veal
- 1 hard-boiled egg

**Filling:**
- beaten egg to glaze

**Method:**
Prepare the filling and well grease a raised pie mould. Melt the shortening in the water and bring to boiling point. Add the flour. Mix well and cook until it comes away from the sides of the pot. Turn on to a floured board and cut off 1/3 for the lid. Cover and leave aside. Line a greased mould with the remainder, keeping the edges high and distributing the pastry evenly over the bottom and sides. Fill with alternate layers of forcemeat, veal, pork, and ham and sliced hard-boiled egg, keeping the forcemeat for the top. Shape the lid.
Damp the edges and press well on the fire. Decorate the edges. Put a hole in the top. Brush over with beaten egg and put into a good hot-oven to set the basing. Cook slowly for the remainder of the time 3/4-1hr. About 15 mins before the end remove the sides of the mould and brush the sides of the fire with beaten egg and return to the oven. Serve the fire on a hot-dish on a plain dish. Serves 8 to 10. Pour in some well-flavoured liquid jellied stock and leave until set.

**Lemon Sponge**

**Ingredients:**
- 2 lemons
- 2 egg whites
- 1/2 tsp sherry
- 2 oz sugar
- 2 oz gelatine
- 2 pt water

**To Decorate: Angelica.

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

1/2 lb. white panard
1 cup brown bread crumbs
macaroni

To Coat: Egg and crumbs

To Fry: Hot fat

To Garnish: Parsley

Method: Chop the nuts finely and mix thoroughly in a bowl with the remainder of the ingredients. Roll the mixture on to a wet plate. Smooth over with a knife making the mixture about 1/4" thick. Leave until set. Cut into 6 or 8 triangular pieces. Shape each piece like a cutlet on a floured board. Coat with egg and crumbs. Put a piece of macaroni into narrow end to represent bone. Fry in smoking hot fat until golden brown. Serve on a hot dish on a plain dish paper.

Egg Cutlets

Ingredients:

1/2 lb. white panard
1 cup crumbs
2 hard-boiled eggs
macaroni

To Coat: Egg and crumbs

To Fry: Hot fat

To Garnish: Parsley

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

Ingredients:
- 1 1/2 lbs. fish
- 1/2 pt. milk
- 1/4 pt. water
- Bouquet garni
- 10g flour

Sauce:
- 1/3 pt. liquid
- 1/2 pt. grated cheese
- 2 pieces
- 1/2 oz. crumbs

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

Lentil Cutlets

Ingredients:
- 1 lb. lentils
- 2 oz. cold water
- 2 oz. crumbs
- 1/2 tsp. minced Herbert
- beaten egg to bind

Method:
- Wash the lentils in a strainer, add in
- muslin and put to cook in the cold water. Cook until soft (about 40 mins). Drain well and rub through
a dive. Mix with the remainder of the ingredients, adding sufficient flour to bind and finish as for nut outlets.

**Madeira Cake**

**Ingredients**
- 4 oz. butter
- 4 oz. fine sugar
- 2 eggs
- 5 oz. flour
- 2 oz. citron peel

**Method**
Cream the butter and sugar. Add the sifted flour alternately, beating well between each addition. Add the 1/2 tsp. B.P. with the last lot of flour. Add the flavouring. Put into a prepared tin and bake in a moderately hot oven 2½ hours. When the mixture is set, place the slices of citron peel in the centre. Cool on a wire tray (6" cake tin).

**Marble Cake**

**Ingredients**
Same as Madeira Cake

**Method**
- Coffee essence
- Carmine

**Method**
As for Madeira Cake. Divide the mixture in 3. Add 2-3 tsp. essence to ½, a few drops of Carmine to the 2nd ½ and flavour the third portion with almond or vanilla essence. Put spoonfuls of the mixture into the cake tin alternately and bake as for Madeira Cake.
Boiled Ham

Ingredients:
- 1 ham
- Cold water
- Bunch of fresh herbs
- Loaves of brown bread

Method:
1. Weigh the ham and put it to soak in cold or tepid water. If very salty, highly smoked or hard, soak for about 24 hours, changing the water 3 or 4 times. After soaking, scrape the ham, removing rust and discoloured parts. Cover with cold water and bring slowly to the boil. Remove any scum as it rises. Then add a bunch of washed herbs. Simmer steadily allowing 25 minutes to the lb and 25 minutes over. When cooked, lift out and strip off the rind. 2 to be served cold, put back and leave it to cool in the water in which it was cooked. When cold, drain well and sprinkle with brown crumbs. Serve garnished with parsley on a large oval dish. 3 to be served hot after removing the skin. Sprinkle with brown crumbs and York in the oven.

Grilled Chops

Ingredients:
- 2 medium chops (1/2 thick) Centre loin or side loin
- Pepper

To Serve:
- Maitre d'hotel butter, grilled tomatoes
- Potato chips

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

Ingredients
- 1/2 lb minced meat
- 1 slice onion
- 1 gill brown stewing sauce
- 2 poached eggs
- Parsley

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

Sultana Cake

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

Method
Make as for Madeira Cake. Add lemon rind and B.P. and prepared fruit. Put into a greased 6" tin and bake in a moderate 14-15 hrs.

Mutton Cutlets

Ingredients
- 12 lbs joint and mutton
- 1 lb potato sauce
- pepper

To Coat
- egg and fine crumbs

To Fry
- bath of fat

To Serve
- tomato sauce (page 53)

Method
Wipe the meat and saw off the chine bone. Being careful not to cut the meat. Saw across the rib bones leaving them about 6" long. Parboil the cutlets making them equal in thickness. Scrape the bone for about 1" at the end for the cutlet grill.
Sprinkle with pepper. Brush with beaten egg and coat with flour. Fry in hot fat until tender and browned (5 - 10 mins). Drain on kitchen paper. Have the potato purée very hot and arrange it in a bank in the centre of a hot dish. Place the cutlets against the bank having the bones slightly overlapping. Put on the cutlet frills and pour a little tomato sauce around. The dish may be decorated with slices of potato purée. Garnish with parsley.

**Ox Tongue (Hot)**

**Ingredients:**
- 1 ox tongue
- cold water
- 1 carrot
- 1 wh. turnip
- 1 lb. celery
- few sticks celery
- few sticks parsley

**To garnish:**
- brown crumbs
- lemon
- parsley
- or Brussels sprouts or cauliflower

**To serve:**
- parsley or brown sauce (roux)

**Method:**
1. Wash the tongue well and soak for a few hours if very salty. Trim away surplus fat at the root. Stick the tongue putting a skewer through the root and tip and the twine around the ends of the skewers to prevent it slipping out. Put to cook in sufficient cold water to cover. Bring slowly to the boil and skin well. Add prepared vegetables cut in slices and the flavouring. Allow to simmer gently until cooked. [A small tongue 2 - 2 ½ hrs; a large tongue 3 - 3 ½ hrs] When cooked take up the tongue and remove all skin carefully. Tidy up the meat at the root. Cover with greased paper and place in the oven to reheat. Remove the paper and garnish with browned
counts or brush with meat glaze. Remove the
skewers. Place on a hot dish and garnish with
thin slices of lemon and strips of parsley or
cooked brussel sprouts or cooked cauliflower
divided into flowerettes. Serve the sauce
separately in a sauce boat.

**Jellied Ox Tongue**

**Ingredients:**
- 1 ox tongue
- 3/4 pt. hot liquor
- 3/4 oz. gelatine
- To garnish: lettuce or parsley and tomatoes

**Method:** Boil the tongue as in previous recipe. Lift out and hold under the cold tap for a few minutes. The skin should then peel off easily. Remove all bones at the root of the tongue and trim away the fat. Roll up and place in a cake tin 7"x8" diameter. Strain off 3/4 pt. of the hot liquor and remove all fat from it. Cut up the gelatine and dissolve it in this liquor. Pour it over the tongue and leave until set. Put a weight on top if necessary. Slice a pointed knife around the edge and dip the tin in boiling water for a second. Turn out and brush with

**Boiled Artichokes**

**Ingredients:**
- 1 lb Jerusalem artichokes
- 1 tsp. lemon juice or
- pinch salt
- 1 cup cold water
- 3/4 pt. Bechamel sauce (coating)

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

**Stewed Chicory**

**Ingredients**
- 3 heads chicory
- salt & pepper
- 2 tbs pinto & 2 pte. Béchamel Sauce (stewing)
- (1 tbs. Cream)

**Method**
Wash in plenty of cold water, scrubbing with a vegetable brush. Remove the thick end of the stalk. Put into a large dish. Pour the sauce over, and stew until soft in a moderately hot oven ½ - ¾ hrs. Stir in the cream. Stand the chicory dish on a hot dish on a plain dish, cover, and garnish with parsley.

**Boiled Sea Kale**

**Ingredients**
- ½ lb. sea kale
- boiling water & salt
- 1 tsp. lemon juice
- 1 slice 2 whole Coating Sauce or a little melted butter

**To Serve**
- ½ pt. 2 whole Coating Sauce or a little melted butter

**Method**
Prepare sea kale as for celery. Cook until soft in boiling salted water adding vinegar (about ¼ te.) Drain well. Remove thread from bundles and serve on toast. Coat with white sauce or serve melted butter in a sauceboat.
**Fried Cod's Roe**

**Ingredients:**
- Cod's roe
- a little flour
- salt & pepper

**Method:**
- Eggs
- crumbs
- garnish: lemon
- parsley
- deep fat

**To Serve:**
- Tomato sauce

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

**Baked Fish and Macaroni**

**Ingredients:**
- ¼ lb raw fish
- 1 oz grated cheese
- 1 oz
- grated mace
- ½ oz butter
- 2 oz macaroni (cooked)
- 2 slices onion
- ½ pint milk
- 1-2 Tomatoes

**Garnish:**
- Lemon
- Parsley

**Method:**
- Skin and bone the fish. Wash it and cut into
- 1" cubes. Mix with the remainder of the ingredients. Keep
- back 2 or 3 slices of Tomato for garnish. Put into a
- greased Pyrex dish and bake in a moderately hot
- oven about 3½ hrs. Garnish with cut lemon and
- parsley and slices of Tomato and serve the dish on
- an oval dish.
Bakewell Tart

Ingredients:
- 4oz short pastry
- 2oz butter
- 3oz sugar
- 1egg
- 2sp B.P.
- 2sp jam
- 3oz margarine
- flavouring
- 1/2sp milk

To serve:
Jam Sauce

Method:
Make short crust per rule and use to line a paper or enamel pie plate. Make the filling as for queen cake mixture and spread the pastry with jam and put the filling on top. Decorate with narrow strips of pastry arranged trellis fashion over the cake mixture and bake in a fairly hot oven 3–4 hrs. Lift the tart from the plate and serve on a hot plate with a fancy doily underneath. Serve jam sauce in a sauceboat.

Kromeskies

Ingredients:
- 3oz minced cooked meat (suitable mince, chicken, rabbit, game)
- 1oz minced ham
- pinch of nutmeg
- 3 button mushrooms
- 6oz streaky rashers
- 2sp Kromeski batter
- 1/2sp flour
- pinch salt
- 3sp toped water
- 1 egg white
- 1 dessertsp. oil

To coat:
- 1/2sp Kromeski batter

To fry:
- 11/2sp oil

Method:
Make the batter per rule, adding the oil with the water. Stand in a cool place for about 1hr. Then fold in the stiffly beaten egg white and use immediately.
Add the meat chopped mushrooms tomato sauce nutmeg pepper & salt to the forcemeat and mix well together. Leave until cool and form into small cork shaped pieces. Rind and bone the rashers. Cut in 2 and flatten out on a board. Put a piece of meat mixture on each piece of rasher and roll up. Drop the rolls into the batter and lift into smoking hot fat on a skimmer. Fry until golden brown and drain well. Serve on a plain dish paper on a hot entrée dish.

**White Onion Soup.**

**Ingredients:**
- ½ lb onions
- 1 white turnip
- Bouquet garni
- Salt and pepper
- ½ pt milk
- 1 oz cornflour

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

**Brown.**

**Ingredients:**
- 1 pig cheek (salted)
- 2 pigs feet
- 2 tsp powdered allspice
- Cold water

**Method:** Wash the pig cheek and if very salty steep overnight in cold water. Wash the feet. Put both into
a saucepan and cover with cold water. Bring slowly to the boil. Skim and remove until
the flesh comes easily from the bones (about 3hrs) skin the head and remove all meat from the head
and feet and cut into dice. Skin the tongue and
the ear and cut into thin strips. Add the peppercorns, and all spice and mix well. Squeeze out any
surplus fat. Return the bones to the liquor and
boil rapidly without a lid until the liquor is
reduced to 1 pt. Strain. Add the meat to it
and reheat then pour into a cake tin or mould
heave until cold and set. Keep into hot water
and turn out on to a dish. Garnish with parsley

Boned Shoulder of Mutton

Ingredients:
shoulder of mutton
smoked hot fat
1/2 pt. brown gravy

To serve:
Roast potatoes
red currant jelly

Method: Place the meat skin side down on a board
and follow in the direction of the bone and
keeping the knife close to the bone cut away the
flesh with sharp, even strokes. Care must be
taken that the joint is disfigured as little as
possible and especially that the outer skin is not
injured. When two bones meet at a joint cut
through the sinews and remove the loosened
bone. Fill the cavity with stuffing and tie or sew
up. Weigh and Cook 20 for roast mutton and
serve with accompaniments.
Vegetable Sausages

Ingredients:
- 1 tablespoon cooked peas
- 1 tablespoon mashed potatoes
- carrot
- chopped crumb
- celery
- beans
- 2 beaten eggs
- pepper
- salt
- parsley
- oil

Method: Dice all the cooked vegetables. Add the chopped nuts and fine bread crumbs, peppers and salt and bind with a little beaten egg. Turn on to a floured board. Form into a roll. Devide evenly and make into small sausage shaped rolls. Cook with eggs and fine crumbs. Fry in deep fat until golden brown. Drain well and serve on a hot dish or a plain dish paper. Garnish with parsley.

Prune Shape

Ingredients:
- 1/2 cups prunes
- 1/2 lemon
- 1/2 water
- 1/2 sugar
- 1/2 cinnamon
- 1/2 clove
- 1/2 carmine
- 1/2 gelatine

To decorate—Whipped cream

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

**Ingredients:**
- 4 lb white fish (flaked)
- 4 lb mashed potatoes
- 1 dessertsp. ch. parsley
- salt & pepper
- egg to bind
- nutmeg

**To Coat:**
- Egg & crumbs

**To Fry:**
- Fat.

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

**Fried Plaice**

**Ingredients:**
- 1 Plaice (on the bone)

**To Coat:**
- Egg & crumbs

**To Fry:**
- Hot fat.

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

4oz flour
2oz butter
Cold water
1 tsp lemon juice
pinch salt

Method: Sieve the flour and salt into a bowl. Divide the shortening into equal portions and rub in 1 portion. Mix to a stiff paste with the cold water, lemon juice using a knife. Turn on to a floured board and handle lightly until free from cracks.

Roll out into a long strip. Put the 1 portion of butter in small flakes over 2/3 of the pastry. Fold in 3 folding the section without butter first. Roll out and repeat with the other portions of the butter and use as required.

---

**Welsh Cheese Cakes**

Ingredients:
- 2oz shortcrust
- 1oz Queen Cake mixture
- Jam

Method: Make pastry as above. Roll out to less than 1/4" in thickness and use to line party tins (6-7) for 2 spoonful of jam on each one and fill the cases with Cake mixture. Put 2 thin strips of pastry Crosswise on the top of each one and bake in a moderate hot oven about 20 mins. Cool on a wire tray.
Rice Cream Soup

Ingredients:
- 1 onion
- 1 1/2 lb. white stock
- 1/2 oz rice
- Bouquet Garni
- 5 gills cream
- 5 tsp finely chopped parsley
- 1/2 yolk of egg
- 1 white turnip
- 2 sticks celery
- 1/2 oz butter
- 1 oz flour
- 1 pt. milk

Lemon Cream

Ingredients
- 2 lemons
- 1 oz gelatine
- ½ pt. milk
- 2 eggs
- ¼ lb sugar
- ½ pt cream

Method: Put gelatine in a saucepan together with
milk and juice of 2 lemons and dissolve thoroughly.
Separate eggs. Make custard with 2 egg yolks and
½ pt milk. Strain dissolved gelatine and add custard
heat well. When cool add stiffly beaten egg whites
and leave to set. Turn on to a glass dish.

Decorate.
Honey Comb Cream

Ingredients:
- 1 egg
- 1/2 gill cream
- 1/4 pt. milk
- 15 g sugar
- 1 oz. gelatine
- 1 wine-glassful water
- 1 strip lemon rind

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

Hollandaise Soup

Ingredients:
- 1 pt. milk
- 1 pt. stock
- 2 whole eggs or egg yolks
- 2 tablespoon. leek
- 2 tablespoon. celery or cucumber
- 2 tablespoon. carrot
- 2 tablespoon. finely chopped onion
- Pepper & salt
- 1/2 gill cream

Mushroom Soup.

Ingredients:
- 1 lb mushrooms
- 2 sticks celery
- 1 qt stock (1 pt stock + 1 pt milk)
- 1 oz butter
- 1 oz flour
- 2 onion

Stuffed Vegetables

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

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

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

Stuffed Cucumber

Ingredients
- large cucumber (cut into 2"-3" lengths)
- 2 scrambled eggs
- chopped cooked onion
- cheese

To Serve
- 2 pt. Tomato Sauce
- Garnish parsley

Method
**Stuffed Onions**

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

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

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

---

**Stuffed marrow**

**Ingredients:**
- 1 whole marrow
- 1/2 sausage meat
- 1 egg
- 1 tsp. ch. parsley
- 2 tbsp. breadcrumbs
- 1 tbsp. butter
- 1 dessertsp. ch. onion
- 1 dessertsp. tomato ketchup
- 1 dessertsp. mushroom ketchup

**Method:** Cut a diamond in the skin of the marrow, planting the knife. Scoop out inside. Fill cavity with filling. Replace piece which was removed. Wrap in greased paper and tie firmly with twine. Place on a greased tin. Cook in a moderate oven 3-1 hr. Serve with tomato sauce.

---

**Stuffed slices of marrow**

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

**Method:** Cut marrow into pieces 1" thick. Cook in boiling salted water until soft. Drain. Put prepared stuffing in the centre and cook in moderate oven until for 10-15 mins. Serve with tomato sauce.
**Stuffed Tomatoes (Hot)**

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

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

---

**Stuffed Tomatoes (Cold)**

**Ingredients:**
- 8 medium-sized tomatoes.
- Diced cucumber, diced apples, diced celery mixed with mayonnaise.

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

**Ingridets:** 4-6 oz flan pastry

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

**Garnishes**

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

**Sweet**
- Whipped Cream
- Chopped jelly
- Fresh Fruit
- Nuts (chopped)

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

**Cheese Flan**

**Ingredients:**

- For flan case:
  - 5 oz flour
  - 2 oz butter

- Filling:
  - ½ pt white binding sauce
  - 1 cup grated cheese
  - 1 egg white

**Method:**

Make flan case. Bake for 40 minutes in a hot oven. Fill with cheese mixture and put back into oven for 5 mins or until set and brown.
<table>
<thead>
<tr>
<th>Filling (Savoury)</th>
<th>Garnish</th>
<th>Meringue made with</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ½ cooked leek flowers</td>
<td>grated cheese, parsley</td>
<td>2 oz. fine sugar</td>
</tr>
<tr>
<td>½ cheese sauce</td>
<td></td>
<td>1 egg white</td>
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<tr>
<td>2. Sliced Tomatoes</td>
<td>Roses of green pea purée</td>
<td></td>
</tr>
<tr>
<td>3. Mixed sliced cooked veggies: carrot, beans, apples (raw)</td>
<td>grated cheese, parsley</td>
<td></td>
</tr>
<tr>
<td>½ pt. white sauce</td>
<td></td>
<td></td>
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<tr>
<td>4. Mushroom sauce (all)</td>
<td>Chopped Mushrooms</td>
<td></td>
</tr>
<tr>
<td>2 oz.</td>
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</table>
Yeast Mixtures

Ingredients:
- Flour - very good quality
- Yeast - compressed yeast
- Liquid - warm 98°F

Additions:
- 2 oz - 8 oz shortening to 1 lb flour
- 1 oz - 3 oz sugar
- All dried fruits, crystallized fruit, glacé fruit and nuts.

Yorkshire Tea Cakes

Ingredients:
- ½ lb flour
- 1 oz butter
- 1 oz sugar
- ½ tsp. Salt
- 1 egg yolk
- ⅔ pt. tepid water
- 2 oz. currants

Method:

Brown Yeast Bread

Ingredients and Method:
Use equal quantities of wheaten flour and white flour. Otherwise ingredients and method same as for White Yeast Bread.
Ingredients:
- ½ lb flour
- 1 egg
- ¾ tsp salt
- ½ oz yeast
- 2 oz butter
- 2 oz sugar
- ¾ pt tepid milk

Filling: Plunge tsp ground cinnamon.
- 2 oz butter
- 2 oz brown sugar

Method: Make as for Yeast Bread, rubbing in the butter.
After 1st rising, roll into an oblong ½” thick. Spread over the mixture of creamed butter and sugar and cinnamon, keeping back a little to rub over the sides and bottom of the tin. Roll up, cut into pieces ½” thick. Place on tin side by side. Leave to rise for 30 mins. Bake in a hot oven for 25 mins. Turn out and divide into buns.

Dinner Buns
### SOUFFLE

**Foundation Sauces** from Thick Panard to Coating Sauce.

**Egg yolks and whites**

<table>
<thead>
<tr>
<th>Mixtures</th>
<th>Fish</th>
<th>Vegetables</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Salmon/sieved</td>
<td>Tomato</td>
<td>All types</td>
</tr>
<tr>
<td>Chicken</td>
<td>White fish</td>
<td>Carrot</td>
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<tr>
<td>Pork</td>
<td>Lobster</td>
<td>Spinach</td>
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<tr>
<td>Ham</td>
<td>Oysters</td>
<td>Cauliflower</td>
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<tr>
<td>Rabbit</td>
<td></td>
<td>Celery</td>
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<tr>
<td>Sweetbreads</td>
<td></td>
<td>Heart beard</td>
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<td></td>
<td></td>
<td>Mushroom</td>
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</tbody>
</table>

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**Vanilla Souffle (Baked)**

**Ingredients:**

- 4 fl. thick white sauce
- 4 tsp Vanilla essence
- 2 eggs (separated)
- 1/2 oz Sugar

**Method:**

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

---

**Tomato Souffle (Steamed)**

**Ingredients:**

- 1/4 pt white panard
- 2 eggs (separated)
- 3 tomatoes

**Method:**

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

**Apple Souffle**

**Ingredients:**
- 1 pt. whitepanard
- 2 eggs
- 4 lb. apple pulp

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

**Note:** I dessertsp. of cake crumbs may be added to sweet souffle. 2 dessertsp. bread crumbs to savoury souffle.

**Mustard Sauce**

**Ingredients:**
- ½ oz. butter
- 1 oz. flour
- 1/2 oz. onion
- 1 bay leaf
- 1 oz. brown stock or milk
- 2 tbsp. brown vinegar
- 1 tea sp. made mustard
- pepper & salt

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

**Reform Cutlets and Sauce**

**Ingredients:** 6 cutlets (prepared and shaped) ½ lb. seasoned crumbs
- Jillienne strips
- beaten egg
- Sauce
- 2 gill sherry
- red colouring
- onion
- redcurrant
- jelly

**To Serve:** Potato Puree (16)

**Method:** Sauce. Put bones and a little fat from cutlets in saucepan and brown. Add onion and fry. Put in flour, stock, vegs., red currant jelly - tomato sauce. 2 oz. may also be added. Simmer gently 1½ hours. Put in sherry when strained. Colour.
**Grilled Cutlets**

**Ingredients:**
-Fair end cutlets.

**Method:**

**Demi-glace Sauce**

**Ingredients:**
- Bones and trimmings left from cutlets, chopped mushrooms, 1 pt. stock or water, 1 tablespoon mushroom ketchup, tomato sauce and Worcester sauce. Gelatine.

**Method:** Fry bones and trimmings in an iron saucepan. Add 1 tablespoon flour and cook until brown. Add 1 pt. stock or water, chopped onion, chopped mushrooms, and the sauces and ketchup. Boil rapidly until reduced to ½. Add ½ sheet gelatine and stir until dissolved.

**Grilled Sole**

**Ingredients:**
- Sole

**Stuffing:**
- Maitre d'hôtel butter

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

**Grilled Cod.**

*Ingredients.*
- 1 fillet cod (about 2“ thick)

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

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

**Mushroom Sauce**

*Ingredients.*
- 1 pt. Béchamel sauce 1 tsp. lemon juice
- 6 oz. mushrooms

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

**Multigray Soup**

*Ingredients.*
- 1 lb. neck mutton 2 rashers
- 1 lb. mixed vegetables 2 onions
- 1 pt. stock 1 dessertsp. curry powder
- 1 tbsp. coconut 1 tsp. curry paste
- 1 lb. apple 1 lemon
- 1 tbsp. red currant jelly 1 tbsp. rice flour

**Veal Curry**

**Ingredients**
- 1 lb fillet of veal

**Sauce**
- 1 lb rice flour
- 2 rashers (fat)
- 1 dessertspoon curry powder
- 1 teasp. of salt
- 1 onion
- 3 pt. stock
- 1/2 lb. stock
- Salt
- Sour apples
- Lemon rind and juice
- Coconut
- Ground almonds
- Red currant jelly
- Chutney

**Method**
Cut veal into 1" pieces. Stew in Curry Sauce for 2 hrs. Serve with a hank of rice garnished with lemon and parsley.

**Fillet of Beef with French Beans**

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

**Sauce**
- 1/2 pt. demi glaze sauce

**Meat Cakes**
- 6 oz. minced beef
- 1/2 lb. Crumbs steeped in 1/2 gill milk or cream
- 1 egg yolk
- 1/2 pint ch. shavings - pickles, capers
- 1 tsp. of chutney
- 1 dessertspoon tomato sauce
- 1 tsp. of onion

**Method**
Grill fillets. Serve on an entree dish with French Beans.

**Meat Cakes**
Mix all ingredients thoroughly. Form into cakes. Brush over with white of egg. Fry.
Cheese Straws.

Ingredients:
- 3 oz short crust
- 5 egg yolks
- 1 oz cheese

Method: Make pastry. Roll out.

Cheese Fingers.
Marron

Ingredients:
- 1 lb Spanish chestnuts
- 1 pt rich stock
- 1/2 pt thick coating sauce (made with milk)
- 1/4 pt mixed vegetables (onion, carrot)
- 1/2 pt thick coating sauce (made with milk)
- Carmine to colour

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

Almond Soup

Ingredients:
- 1 qt stock
- 1/2 lb mixed white vegs (onion, celery)
- 1/2 lb ground almonds
- 1/2 lb whole almonds (cut in strips)
- 1/2 pt thick coating sauce
- 1/2 pt milk cream
- Pepper and salt
- Bouquet garni

Method.
Lobster Bisque

Ingredients:
1 small lobster
1.5 pts fish or veg stock
1 pt. Thick coating sauce
1 gill Cream

Method:
Cook cut-up cooked lobster, broken up washed shells, vegetables in stock for 1/2 hr. Remove shells and reminders through sieve. Thicker soup with white sauce and add to cream in tureen.

Lobster Salad

Ingredients:
1 lobster
2 heads lettuce
Cress mustard
Spring onions
Cucumber
Hard-boiled egg
Tomato anchovies
Gherkins olives
Mayonnaise

Method:
Chop cooked lobster. Add to other ingredients in salad. Use claws to decorate.
**Grilled Lobster**

**Ingredients:**
- 1 large lobster
- 2 pt Bechamel sauce
- 2 tbsp cream
- 2 pce
- breadcrumbs
- lemon garnish
- dessertsp. sherry
- 2 tbsp. cream
- knobs of butter

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

---

**Meringues**

**Ingredients:**
- 2 oz. sugar to 1 egg white

**Filling:**
- jam, whipped sweetened and flavoured cream

**Method:**
Beat egg whites stiffly. Add 2 oz. sugar and beat until the mixture stands in points at the end of the beater. Fold in the remainder of the sugar. Pour mixture into a forcing bag fitted with a plain tube and force out on to baking sheet covered with greaseproof paper, rubbed over with olive oil; or shape with 2 dessert spoons. Place in a cool oven [150-200°F or 4 to 5 regulo] until set 3-4 hrs.

**Fill with cream putting 2 together.**
Meringues may be stored in an airtight tin for some time.
Braised Veal

**Ingredients:**
- 2 lbs fillet of veal
- 2-3 oz Veal force meat
- 1 pt. brown stock

**Vegetables:**
- 2 sticks celery
- 1 white turnip
- Carrots
- Onions
- Cabbage

**Method:**
Remove bone from centre of the meat and trim away some of the fat. Put for 1 hour in the cavity. Tie joint with twine and add 3 lb. bacon and guineas. Try meat until brown all over, in bacon fat. Put dried vegetables into sauce pan. Cover with stock. Place meat on top. Cover with grease proof paper. Allow 30 mins to each lb. meat and 30 mins over at end. Braise cooked meat on with meat glaze and place on hot dish. Strain off stock. Add sherry and meat glaze. Reheat and pour a little round dish. Serve vegetables. Place sauce on 4 plates around it.

Braised Vegetables

**Ingredients:**
- Carrots, celery, onions etc.

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

Braised Sweetbreads

**Ingredients:**

**Method:** Wash, blanch sweetbreads. Add with bacon and guineas.
**lobster cutlets**

**ingredients:**
- 6 oz lobster meat
- lemon rind, juice
- 1/2 cup cod
- anchovy essence, pepper, salt
- 1/2 pt. brown
- egg and crumbs

**to garnish:**
- lobster claws
- method:
  - mix all ingredients
  - shape on a plate (wet)
  - and leave until cold
  - cut into 8 pieces
  - lift off
  - each piece onto a floured board.
  - shape like a cutlet.
  - coat and fry until golden brown.
  - garnish with lemon and parsley.
  - use claws to put in narrow end of cutlet.

**salmon flan**

**ingredients:**
- 3 oz flan pastry
- 4 oz fish (shredded)
- 1/2 pt. thin brown
- 1 dessertsp. tomato sauce
- lemon rind and juice

**method:**
- make flan case. mix all ingredients. fill case with mixture. garnish with green peas and potato roses.
Hot Fish Cream.

Ingredients:
- Boy shredded fish
- 1/2 pt. thin panad
- 1 yolk of egg
- Lemon juice
- Salt
- Pepper
- Mixed herbs
- 107. bread crumbs

Method: Mix all ingredients well. Fill greased ring moulds with mixture and steam until set (about 30 min) turn out on to a dish. Pour anchovy sauce in centre and around. Put pieces of green peas at each end of dish. Serve anchovy sauce or tomato sauce with dish.

Made-Up Cutlets.

Ingredients:
- Macaroni, spaghetti, vermicelli
- Hard-boiled eggs
- Minced or sieved vegetables
- Minced meat, chicken, fish
- Cheese, nuts
- Sauce

To Coat: Seasoned crumbs—chopped herbs

Dorset Soup.

Ingredients:
- 1 oz. tallow
- 2 oz. onions
- 1 fl. oz. tarragon
- Seasoning Bouquet
- 3 pt. water
- 1 dessertsp. gelatine
- 1 dessertsp. veal stock
- 1 glass sherry wine
- 2 oz. flour
- 1 oz. dripping
- 1 carrot
- 1 celery leaf
- 1/2 pt. tomato water

Method.
Stewed Ox Tail

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

Burdago Pudding

Ingredients:
- 9 oz. macaroons
- 9 oz. ratafias
- 3 oz. fine bread crumbs
- 1 levelsp. stewed jam
- 1 oz. brown sugar
- 4 levelsp. b. soda
- cherries, angostica, peel. coconut

Method:
Mix all dry ingredients, moisten with beaten eggs. Place a bell tin well. If using cherries, split and coat tin with them or coat tin with
Cocoanut. Put mixture into tin and steam for 5 hr. Some Italian Meringue Sauce with it.

Italian Meringue Sauce

Ingredients:
- 60 g sugar
- 3 tbsp water (lemon rind)
- Stiffly beaten white, flavouring & Colouring

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

Rum Omelet

Ingredients:
- 3 eggs
- 3 tbsp water

Method:
Chestnut Soup

Ingredients:
- 4 oz chestnuts
- 1 pt white stock
- 1 lb onions and white vegs
- 1 tsp thick white sauce
- ½ pint cream

Method:
3. Thicken with white sauce. Add to cream.

Sole au Vin Blanc

Ingredients:
- 4 fillets of sole
- 1 slice onion
- Bouquet garni
- Stock and white wine

Method:
1. Skin and fillet fish. Fill centre with chopped prawns.
2. Put skin and bone back on fish. Put some stock on tin. Poach fish on it for about 15 mins.

Vin Blanc Sauce

Ingredients:
- 1 pt stock from sole
- 2 pt milk
- White wine

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

Ingredients:
- 2 pt. thin panard
- 2 eggs
- 1 oz. sugar
- pinch salt
- 2 oz. chestnut purée
- 1½ tsp. cherry

Method:
Make panard. Add sugar and purée. Beat in eggs. Add cherries and beat in. Add in 2 stiffly beaten egg white first, then fold in 2nd half. Mix well. Put in prepared greased soufflé mould and bake in a mod. oven for ½ hr.

Puff Pastry

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

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

Ingredients:
- 1 pt. water
- 2 oz. sugar
- 3 cloves
- 2 whites and shells eggs
- 2 lg. gelatine
- 2 large lemons
- 1 "cinnamon stick
- 2 tsp. gelatine
- pinch of salt

Method:
- Put water, sugar, lemon rind and juice, cinnamon stick, cloves, crushed egg shells and beaten whites, gelatine into saucepan. Bring to boil, whisking all the time. Boil for 15 mins. Strain through a flannel. Leave to set.

Aspic Jelly

Ingredients:
- 1/4 lb. vegetables
- 2 whites and shells 3 eggs
- 1/4 pt. water, vinegar
- 1 oz. gelatine
- 1 lemon (rind and juice)

Method:
- Prepare vegetables and chop. Put veg., water, vinegar, crushed egg shells, beaten egg whites, lemon rind and juice and gelatine into saucepan. Bring to boil, whisking all the time. Strain through a flannel to leave to set.

Pineapple Souffle

Ingredients:
- 1/2 lb. pineapple
- 1/2 lb. dissolved gelatine
- 5 pt. whipped pineapple jelly
- 5 pt. whipped cream
- Pineapple
- Chopped jelly
- Angelica

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

**Ingredients:**
- 16-18 Savory Biscuits
- Square of lemon jelly (dissolved)
- Cherries, almonds, angelica
- Filling: 1/2 pint whipped cream, 1 pint thick custard, 2 tablespoon raspberry jam, 2 tablespoon milk, sherry, 1/2-3/4 gram dissolved gelatine

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

**Banana Chartreuse**

**Ingredients:**
- To decorate tin:—
  - 1/4 pint liquid jelly (yellow or green)
  - Banana
- Filling:
  - 1/4 pint banana purée, 1/4 pint custard
  - 1/4 pint cream
  - (1/4 pint cream may be used & custard omitted)
  - 1 tablespoon lemon juice
  - 1/2 gram dissolved gelatine
  - 1 egg: sugar

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

Ingredients: To decorate:

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

Filling:

- 1/4 pint cream
- 1/2 pint custard
- 1/2 tsp. thick custard (1/2 tsp. agar agar)
- 2 ozs. sugar
- 1/2 tbsp. rum

Method:

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

Filling: Make caramel by dissolving sugar in water and browning. Cool slightly. Dissolve gelatine. Add to other filling ingredients, mixing well. Put filling on set jelly. When all ingredients are set, un-mould on to a glass dish.
Choux Pastry

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

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

Cheese Choux

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

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

Sponge Cake

Ingredients:
- 6 oz. sugar
- 2 eggs
- 5 oz. flour

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

Ingredients:
- 3/4 lb sifted flour
- 3/4 lb caster sugar
- 4 eggs
- 1/3 lemon rind and juice
- 1/3 gill Cold water
- 1 level tsp. B.P.

Method:
Separate eggs. Beat egg yolks and sugar until thick. Add lemon rind and juice + Cold water. Fold in some of the stiffly beaten egg white. Fold in the sifted flour. Fold in remainder of egg white. Add B.P. Bake mixture altogether in a 7" x 3 1/2" cake tin in a moderate oven for 45 mins.

Génoise Sponge

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

Method:

Chocolate Cake I

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

Method:
Cream butter and sugar. Add eggs one by one, beating well. Add dissolved chocolate. Vanilla Essence. Fold in flour + B.P. Bake about 1 hr. in mod. oven.
Chocolate Cake II

Ingredients:
- 4 oz butter
- 3 oz castor sugar
- 3 oz powdered sugar
- 1 tsp. B.P.
- 1 dessertspoon orange flower water
- 1 pinch of cinnamon and nutmeg

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

Chocolate Roll

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

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

Ingredients:
- 25g cornflour
- 1/2 tsp lemon or orange juice

Method:
Make jam with water, cornflour, and juice of lemon or orange. Leave to cool and add 1/2 creamed butter and sugar.

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

Chocolate Filling

Ingredients:
- 1/2 gills jam
- 1/2 oz chocolate (dissolved)
- 1 egg yolk
- 2 oz butter
- 2 oz icing sugar

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

Coffee Filling

Ingredients:
- 1/2 gills jam
- Coffee to flavour
- 2 oz butter
- 1/2 oz ground almonds
- 2 oz icing sugar

Method:
Add ground almonds and coffee essence to jam. Add to creamed butter and sugar, beating well.
Ice and Ice Cream Mixtures

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

2. Custard Ice
   Cornflour + eggs

3. Cream
   Whole cream + custard cream + fruit juice and cream
Pêche Melba:

**Ingredients:**
- Equal quantities cream and custard
- Ch. nuts
- Syrup from peaches
- Sauce: stewed jam (raspberry) thinned with
  - 1/2 tsp. rum
  - 1 tsp. sugar
  - Dessertsp. ligneur
  - Lemon juice

**Method:** Make ice cream using equal quantities of cream and custard. Put in individual glasses. Put 1/2 a peach on top. Cover with sauce and ch. nuts. Put wafer at side of glass.

Roast B

Chaud froid sauce:

**Ingredients:**
- 1 tsp. coating sauce (thick)
- 3/4 tsp. cream
- 1/4 tsp. liquid aspic
- 1 tsp. sherry

**Method:** Add all other ingredients to sauce. Coat chicken with it. Garnishes for Chicken:
- Chopped aspic using forcing bag
- Lemon
- Tomato
- Walnuts (pickled in vinegar)
**Italian Soup**

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

**Method:**

**Mayonnaise of Fish**

**Ingredients:**
- 1 piece tail end salmon, cod, or hake (cooked) (12-2 lbs)
- ½ pt. thick mayonnaise
- 1 gill liquid aspic or 1 g. gelatine

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

**Method:**

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

**Welsh Whiting**

**Ingredients:**
- 6 fillets of whiting
- 1 egg
- 1 pt. milk
- 2 oz. grated cheese

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

Ingredients:
3 eggs  
finely chopped parsley

Method:

Butter Bean Salad

Ingredients:
200g bean purée  
2 tbsp. finely ch. celery  
1 large onion  

Method:
Mix bean purée, ch. celery, onion with Remoulade Sauce. Put in centre of salad bowl. Pour remaining Remoulade Sauce over. Garnish with lettuce, ch. parsley, tomato or cooked eggs.

Baked Beans

Ingredients:
200g cooked beans  
Sauce:  
1 pt. thin tomato sauce  
or  
Curry  
or  
Cheese  
or  
Brown (treacle) 2 tbsp.

Method:
Vegetable Sausages.

Ingredients:
- 1 lb. mixed veg., finely chopped
- 1 cup thick panard
- flavourings
- 1/2 pt. white of egg

Method:
Mix veg., with panard & flavourings. Form into a roll. Puncture into sausages. Coat with egg white. Fry until brown.

Beetroot Mould (Carrot)

Ingredients:
- 3 lb. beetroot (cut up or small pieces)
- 1 tablet of port wine jelly dissolved in:
  - 1/2 pt. water
  - 1/2 pt. vinegar

Method:
Put a layer of beetroot in bottom of the mould. Pour on liquid. Leave to set. Continue moulding in layers until mould is full. Turn out onto vegetable dish. When set.

Carrots and peas may also be moulded. Lemon juice may be used with carrot. Use twice the amount of powdered gelatine. Orange jelly may be used for carrots.

Vegetable Flans

Ingredients:
- Mixed vegetables (cooked or uncooked) 3 lb. flan pastry
- Sauces - Curry, cheese, tomato
- Garnishes - Rice, potato

Method:
Make flan.
Fondant
Ingred. 2 lb cane sugar 1/2 pt. water
1 dessertsp. glucose colouring + flavouring
Method. Dissolve sugar in water. Add glucose. Bring to 94°F.

Braised Artichokes
Ingred. 1/2 lb Jerusalem artichokes 2 lb mixed vegetables
1 pt. brown sauce
1 lb. mushroom sauce
1 tsp. tomato sauce
Gâteau Melange

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

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

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

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

Method:
Divide madeira mixture into 3 parts. To first add lemon essence - 1/2 oz dyed colour; to second 1 oz chocolate (melted) and vanilla essence; to third carmine and 1/2 tsp. almond essence. Cook as for madeira mixture. When cold cut into sections. Jam each section. Stick together. Brush whole over with jam. Roll almond paste into oblong 1/4 thick. Wrap around cake. Press edges together. Smooth paste with knife. Pinch edges. Dredge with castor sugar over.
**Venetian Cream**

**Ingredients:**
- 5 oz. biscuit crumbs (macaroons, ratafias, stale cake)
- Soaked with:
  - 1 oz. sherry
  - ½ oz. liquid jelly
  - Jam (thin)
- Fruit juice
- 2 pt. cream
- ½ g. dissolved gelatine
- Square lemon jelly (dissolved)
- Decoration: cherries, almonds, angelica

**Method:** Mix the crumbs with sherry etc. Set a little lemon jelly in bottom of tin. Decorate. Add gelatine to half whipped cream. Put layer of cream mixture in tin. Count from pults in order to make layers equal. Leave until set. Then put in layers of cream mixture, another layer of cream. Leave again until set. Finish with cream layer. Stick layers of split Marmalade. Blanch almonds in each layer once when unmoulded.

**Ingredients:**
- 3 lbs. bitter oranges
- 1 sweet orange
- 1 lemon
- 7 lbs. sugar
- 6 pts. water / 1 pt. water per lb. peel
- Pinch of salt

**Method:**
1. Squeeze oranges. Strain juice and tie pHps in muslin.
2. Cut orange peel in small pieces. Shred lemon peel finely.
3. Put peel and bag of jps with 1 pt. of water in preserving pan. Cook for 5 mins.
4. When cooked turn into preserving pan. Add sugar and remaining ½ pt. of boiling water.
5. Boil until thick enough to set. Approx 20 mins.
Clear Soup

Ingredients:
- 3 pints double stock
- 1 lb minced beef
- 4 peppercorns
- Salt
- 2 carrots
- 2 onions
- 2 celery
- 2 white and shells

Method: Julienne Strip

Method: Put all other ingredients down in cold stock. Bring to boil, whisking well all the time. Boil without whisking for 3 mins. Leave aside for 5 mins. with lid on. Strain through flannel. Garnish.

Italian Brains

Ingredients:
- 3 lbs 3 calves brains
- 2 pt. stock
- 2 cups spaghetti or vermicelli
- 2 cups croutons
- 2 pt. sauce (tomato)

To Coat: - egg & crumb
- Lemon rind

Method:
Note: if egg yolks are used for coating - 1 tsp. Cornflour to 1 egg yolk may be used.
Potato Souffle

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

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

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

Accompaniments
- Green Salad
- Watercress
- Orange Salad
- Redcurrant Jelly
- Chipped Potatoes
- Brown Croutons
- Fines de Pain
Veal Quenelles.

Ingredients:
- 6 oz. minced veal
- 3/4 pt. double panade
- 12 bread crumbs
- 1 egg yolk
- Pepper, salt
- Lemon juice
- 1/2 pint of potato purée

To serve: 1/2 pt. of a velouté

Garnish: cayenne pepper or mixed egg yolk and parsley.

Method:
Mix raw minced veal and panade and sieve. Add all other ingredients and mix well. Shape on a dessertspoon. Roast in boiling stock gently for about 30 mins.

Cover with greased paper. Have enough stock in stewpan to cover the quenelles. Baste occasionally. When cooked lift out and drain well. Make a narrow bank of mashed potato, down centre of an entrée dish. Place quenelles on top.
Carageen Soufflé

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

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

Asparagus Soup

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

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

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

Method:
Mix all ingredients. Add slightly beaten egg white and beat well. Pipe on to squares of wafer paper. Put 5 cherry on top and cook in a hot oven for 3hrs.

Hare Soup

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

To garnish: Fried savoury Balls  Julienne Strips
Red Currant Jelly
Jugged Hare

Ingredients:
- Best pieces of disjointed hare
- Light brown stock
- 3 Allatchars
- 2 onions (celery mixed herbs)
- 1 tablespoon redcurrant jelly
- Fried savoury balls

Method:

Swedish Pancakes

Ingredients:
- 5 oz. flour
- 5 oz. caster sugar
- 3 oz. icing sugar
- 3 egg whites
- 1 lemon
- 1 glass port wine
- 12 melted margarine
- 1 tablespoon thick cream
- Salt
- Pepper

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

Ingredients:
- 1 small chicken
- 4 fat rashers
- 1 onion
- 2 sticks celery
- 2 tomatoes
- 6 mushrooms
- 3 pt. water, or stock
- 1 lb. flour
- 1 lb. spaghetti

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

Savarin au Rhum

Ingredients:
- 1 ½ lb. flour
- ½ oz. yeast
- 1 tsp. sugar
- 1 gill water (lukewarm)
- 2 oz. butter
- 2 eggs
- dry fruit
- peel
- angelica
- cherries
- 1 oz. sugar (castor)

To serve:
- ½ pt. rhum syrup
- whipped cream

Method:
For about 30-40 mins until cooked and nicely browned.

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

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

Viennese Pudding

Ingredients:
- 2/3 cubes of bread
- 3/8 " 1 Cake
- 1 1/2 oz sugar
- 1 lemon (grated rind)
- 2 oz raisins
- 5 oz glass sherry

Caramel Custard:
- 2 tbsp. sugar
- 1 tbsp. water
- 2 eggs
- 1/2 pint milk

Method:
Add milk to caramel and stir over heat until caramel is dissolved. Beat egg and pour caramel milk on to them. Soak bread cubes in this mixture for about 20 mins. Add all other ingredients and mix well. Steam in a bell-tin until set (about 1/2 hrs) turn on to a hot dish. Dredge with Castor Sugar.

German Egg Sauce:
- 2 yolks
- 10 oz Castor Sugar
- 1 glass sherry
Grapefruit à la Mode

Ingredients:
- Grapefruit
- Italian Meringue Sauce

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

Parsnip Fritters

Ingredients:
- Parsnips
- Egg
- Breadcrumbs

Method:
1. Coat parsnips. Skin and cut into ½" rings.
2. Coat and fry.

Note: Most root veggies may be cooked in this way.

Savoury Cases

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

Rice:

Cook rice, adding very little water, and continuing to add as it becomes absorbed. Drain. Mix with breadcrumbs. Shape into cases. Brush over with beaten white. Put into oven until set.
Anchovy Biscuits

Ingredients:
- 3 oz flour
- 1 egg
- 1 egg yolk
- 1 dessertsp. anchovy ess.
- salt
- cold water
- carmine salt
- filling: anchovies, whipped cream, or creamed anchovy butter.

Method:
Make as for flan pastry, adding anchovy essence, lemon juice and colouring. Roll out to ½" thick. Cut into fingers about 1¾ x 3". Bake until cooked. Do not brown. Spread with anchovy paste. Spread on cream. Top halved anchovies diagonally on cream.
Devilled Ham Savouries

Ingredients
Choux Pastry
Filling
- 1 lb minced ham
- 2 pt. curry sauce (thick)
- 1 dessertsp. gr. almonds
- or ch. almonds
Garnish: whole almonds

Method
Pastry: Make base and spread circle of paste on top. This cook as for choux pastry.
Fill centres with filling and stick split almonds on top.

Redesdale Pudding

Ingredients
- 6 oz. brown bread crumbs
- 3 oz. brown sugar
- 2 oz. minced peel
- 2 eggs
- 1 glass sherry
Sauce
- 1 oz. butter
- 1 oz. flour
- 1 oz. sugar
- 2 pt. water
- 2 pt. port wine

Grated nutmeg
Cinnamon
3 oz. melted butter
Salt
½ gill milk

Method
Roast Duck

Ingredients:
- Duck
- 1 lb sage and onion stuffing
- 1 pt. brown gravy (slightly thick)

Accompaniments:
- Watercress
- Brown gravy
- Apple sauce
- Vinaigrette dressing
- Green salad
- Green peas

Method:

Pluck, singe and draw duck as for chicken. Cut off 1 bone of the wing, leaving a flap of flesh, leave on the feet. Scald and skin them and cut off the toenails. Put into the body at the tail end and put the tail through the hole made by cutting away the vent. Dislocate the legs at the knee joints and turn them back and under on to the back. Fan the feet across the back and draw the flap of skin from the neck end over the back. Truss. Cover the breast with greased paper and roast allowing 1¾-2½ hrs. About 10 min. before

it is fully cooked remove paper, dredge breast with flour and allow to brown.
Almond Pudding

3 oz ground almonds  
2 oz Cake Crumbs  
1 oz ratafias  
Almond essence  
1 tsp. Baking Powder

Method: 1 g. rice flour

Method.
Cream butter and sugar. Add eggs one by one  
beating well. Add all other ingredients. Beat well.  
Steam in a greased bell tin for 1 hr.

Oysters

In season:— from September to May
Preparation:

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

Oysters (au naturel)

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

Ingredients:
Casserolettes of potato

Method:
Orange Souffle (Hot)

Ingredients:
- 1/2 pint thick cream
- 1/4 cup sugar
- 3 eggs (separated)
- 1 tsp. thick cream
- 2 oranges
- 1/4 cup orange liquor

To serve: 2 pt. orange sauce

Method:
Make cream and use orange rind in the milk. Beat in 2 egg yolks, one by one, beating well between each addition. Add sugar, cream and liquor. Fold in 1/2 the stiffly beaten whites, then the other half.
Put layers of finely chopped orange from which the skin has been removed and the mixture in a greased casserole dish. Bake in a hot oven for 15-20 minutes or steam for 1 hr in a greased tin.

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

Orange Sauce

Boiled Tangerine Sauce
**Italian Mousse**

**Ingredients:**
- 2 eggs (separated)
- \( \frac{1}{2} \) cup sugar
- \( \frac{1}{4} \) cup grated rind of \( \frac{1}{2} \) lemon
- \( \frac{1}{2} \) cup jam or jam
- \( \frac{1}{2} \) cup nuts
- \( \frac{1}{2} \) cup water
- \( \frac{1}{2} \) cup sheet gelatine
- \( \frac{1}{2} \) cup powdered
- whipped cream
- angélique

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

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**Eccles Cakes**

**Ingredients:**
- \( 600 \) g Rough puff pastry
- \( \frac{1}{2} \) cup butter
- \( \frac{1}{2} \) cup sugar
- \( \frac{1}{2} \) cup lemon rind
- \( \frac{1}{2} \) cup dried fruit
- \( \frac{1}{2} \) cup peel
- \( \frac{1}{2} \) cup apples

**Method:**
Roll pastry out to \( \frac{1}{4} \) in thick. Stamp into rounds with a large round cutter. Put \( \frac{1}{2} \) dessert of filling in centre of each round. Moisten edges of pastry. Gather up the edges over the filling; cake with the hand from over and roll out. Bake lightly until currants begin to show through. Scoredivide with a knife. Brush with sifted slightly beaten egg white. Dredge with caster sugar. Bake in a hot oven for 20 mins.
Partlets

Ingredients:
4oz Rough Puff Pastry

Filling:
Sieved sponge cake  Sherry  Royal Icing
Ground almonds  Sieved jam

Method:

Almond Cheese Cakes

Ingredients:
2oz Rough Puff Pastry

Filling:
3oz g/t almonds  2oz g/t almonds  2oz Castor Sugar
1oz rice flour  6oz cake crumbs
almond essence
egg white

Tartare Sauce

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

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

Ingredients:
3 oz sponge cake crumbs
2 oz macaroons
12 ratafia biscuits
2 oz glace cherries

pinch ground cinnamon
3¼ pt. uncooked custard

To serve ¾ pt. rum sauce

Method. Crush the macaroons and ratafias and mix well with all the other ingredients. Soak in the uncooked custard for 5 hours. Steam in a saucepan of water (at simmering point) for about 1½ hours.

Curried Eggs

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

To coat:— cooked rice
egg & crumbs

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

Ingredients:
- Fingers of bread
- Fingers of minced beef
- 2 oz. breadcrumbs soaked in thin cream
- 1 tbsp. ch. onion
- 1 dessertsp. ch. gherkins
- 1 tsp. ch. Cabernet
- pepper and salt

Mix 4-6 oz. minced beef, 2 oz. breadcrumbs soaked in thin cream, 1 dessertsp. ch. gherkins, and pepper and salt. Fingers of minced beef. Place on one side only. Mix all filling ingredients well. Fit on top of fried side of fingers. Smooth out with knife. Fry in a small amount of butter, first on meat side, then on side. Serve on an entrée dish.

Belgian Salad.

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

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

Ingredients:
- Piece centre cut
- boiling salted water

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

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

Almond Shortbread

Ingredients:
- 6 oz flour
- 2 oz almonds
- 4 oz butter
- 3 oz sugar
- 3 oz almonds

To Decorate:
- Cherries
- Almonds

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

Method II
Cream butter and sugar. Add other ingredients to mixture. Proceed as for Method I.
**Not Mayonnaise**

**Ingredients:**
- 1 egg
- 1/2 cup butter
- 1 Tbsp. sugar
- Small handful vinegar
- Water
- Pepper, salt
- Mustard

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

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**Croissants**

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

**Method:**
Add sugar, yeast, salt to flour. Mix to a stiff dough with water. Roll out into a long strip. Cream fat and put in flakes on the strip. Fold in 2. Turn fold to left and roll out. Continue in this way until all fat has been rolled in. Leave to rise overnight. Roll out. Cut into triangles. Form into crescents. Leave to rise for 30 minutes. Bake in a hot oven for 15-20 mins.

**Method II** (makes 8 croissants)

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

**Method:**
Rub in fat into flour. Make into a dough with water and yeast. Roll in a rectangle. Fold after the rising. Roll into an 8-inch square. Cut in 2 on length. Divide into triangles. Roll into forms, form into crescents. Leave to rise. Bake in a
Cucumbers in Aspic

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

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

Lemon Chiffon Pie

Ingredients:
- 1/4 pt. cornflakes
- 2 oz. sugar

Filling:
- [1/2 pt. juice of 2 lemons, 2 yolks, 2 oz. sugar, 2 oz. sifted sugar, white, 2 oz. sugar, sugar mixture]

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

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

**Method:** Same as croissants until:
- After 1st rising roll out and stamp into rounds with cutter. Damp edges and fold in 2. Brush over with beaten egg.
- Leave to rise. Bake in a hot oven for about 15 min.

**Almond Rings**

**Ingredients:**
Same as for Croissants, also:
- almond paste: 2 oz g.p. almonds 2 oz Caster Sugar
- fruit: 2 oz Sultanas 1 oz ch. peel
- Watericing (if liked): 2 oz icing sugar 1 oz b. almonds

**Method:**
Same as for Croissants but after 1st rising roll out into an oblong. Cut in 2 on length. Spread each oblong with almond paste. Sprinkle with Sultanas, ch. peel. Roll up diagonally starting at one corner. Damp ends, form into a ring and press ends together. Leave to rise for about 1 hr. Bake in a hot oven for about 15 min. Pour a little water icing over the top and sprinkle with chopped browned almonds.
**Apple Slices**

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

**Method:**
Same as for Croissants but after 1st rising, roll out into an oblong. Divide into 2 on length. Put sliced apples and sugar sultanas in centre of each oblong. Damp edges and fold sides over the centre. Leave to rise. Bake in a hot oven for 15 min. Cut diagonally into slices. Sprinkle with caster sugar.

**Caramel Sauce**

**Ingredients:**
- Caramel
  - 1/2 tsp. sugar
  - 3 tbsp. water
  - 1 1/2 p. sugar

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

**Jelly Sauce**

**Ingredients:**
- 1/2 square jelly
  - 1 1/2 p. cornflour

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

Ingredients:
- 4 pt. custard (2 yolks)  
- 1 pt. cream (1/2 whipped)  
- meringue  
- 1 oz. castor sugar  
- 1 tbsp. (strong) coffee essence  
- 5 tablet dissolved jelly

Method:
Line bottom and sides of mould with jelly. Decorate.
Add dissolved gelatine to custard and coffee essence. Beat well. Mix meringue into mixture. Lastly add the 1/2 whipped cream. Unmould when set.

---

Ginger Cream

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

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

Ingredients:
- 2 oz grated chocolate
- 1 tbsp cake crumbs
- ½ gills brandy

Method:
Make as for Vanilla Soufflé.

Frisséed Veal

Ingredients:
- 1 lb fillet of veal
- 1 oz white vegetables (onion)
- ½ pt. stock
- B. garni
- 2 tbsp. cream
- 1 gill white wine
- 3 lemon rinds
- 1 oz butter
- 1 oz flour
- 2 pt. milk
- Garnish: parsley, croutés, lemon

Method:
Cut meat into pieces about 1” square. Put into the saucepan with stock, vegetables, wine, lemon juice, and mind p.s. B. garni. Bring to boil and simmer until the meat is tender. Make velouté sauce with flour, butter, milk, and stock. Add cream. Put meat into a pyrex dish. Pour sauce over. Garnish with lemon, parsley and croutés, toast.
Spinach Souffle

Ingredients:
- 1 gill spinach puree
- 1 gill thick panard
- 2 tbsp cream
- 2 eggs (separated)

Method:
Prepare spinach - remove stalks - cook in hot water. Make as for Vanilla Souffle.

Spinach Soup

Ingredients:
- 1 lb spinach
- 1 pt white stock
- 2 oz flour
- 2 oz butter
- 1 pt milk
- [lemon white turnip]

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

Hot Fish Cream

Ingredients:
- 6 oz shredded fish (white) rabbit or chicken
- 2 oz lobster
- 2 eggs
- 1 lb bread
- Mace

Seasonings:
- Lemon, mire, & juice
- 2 tbsp cream
- 1 gill panard

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

To serve: anchovy sauce, green pea sauce. This dish may also be coated.

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

Cold Fish Cream

Ingredients:
- 4 oz shredded cooked fish
- pepper, salt
- lemon juice
- 1/2 pt. liquid aspic
- 3/4 pt. whipped cream

To make mould: aspic jelly, lemon, parsley

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

Baked Trout

Ingredients: trout, foreemceat

To serve: black butter

Method:
Clean trout. Wash well. Remove eyes. Dry. Brush the skin over with melted fat—having stuffed body and sewn up. Cover with greased paper.

**Baked Sole**

**Ingredients:**
- Sole
- Anchovy butter

**Method:**

**Grilled Trout**

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

**Grilled Sole**

Same as above. Skin removed. Pour Black Butter over.

**Black Butter**

**Ingredients:**
- 2 tbsp. butter
- 2 tbsp. ch. hazelnut
- 2 tsp. ch. capers + s of wine
- 1/4 tsp. pepper
- Salt
- 1 tbsp. vinegar

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

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

Method:

Galette Amande

Ingredients:

Pastry
- 20 oz. cake crumbs
- 3 oz. butter
- 3 oz. ground almonds
- 1 egg
- 3 oz. castor sugar
- Almond essence

Filling
- 6 oz. icing sugar
- Water
Chocolate Fingers.

**Ingredients:**
- 200g flour
- 100g castor sugar
- 2 tsp vanilla essence
- 3/4 grated chocolate (dissolved)
- 2 egg

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

Macaroons.

**Ingredients** [makes 10]
- 200g ground almonds
- 40g sugar
- almond essence
- 1 tsp rice flour
- 1 1/2 whites 1/2 egg
- 1 tsp lemon juice

**Method:** Mix all other ingredients well together. Moisten with slightly beaten egg whites. Form into a roll. Divide into 10. Flatten on 1/16 sheet paper with 1/2 almond. Cook in a cool oven for 15 mins.
Bottled Peas
Dried Apples
Boiled Almonds
Dawson Jelly
Bottled Tomatoes
Preservation of Food

Underlying Principles

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

Methods of Preservation

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

Bottling

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

1. The bottles must be scrupulously clean.
2. Methods of sealing should be prepared, rubber rings should be examined carefully for flaws and soaked in warm water for 15 mins. and then dipped in boiling water before use.
3. Bottle rims and bottle lids should be examined and those with chips rejected.
4. Fruit should be clean, sound, dry and rather
under than over ripe

5. Prepare fruit according to type and grade
   according to size and ripeness

6. Pack closely into sterilized jars using the handle
   of a wooden spoon to get the fruit into position

7. Sterilize by oven method or by water method

**Oven Method**

When the fruit is packed into the bottles place in
a moderate oven about 240°F on an asbestos
mat with the lids on but without clips, rubber
rings or screw bands. The fruit should be heated
until it has changed colour and shrunk a little
and presents a cooked appearance. This takes
3/4 - 1 hr. for most fruits if the heat of the oven is
correct but pears and tomatoes need at least 1 1/2 hrs.
It is better to have the oven too slow than too hot.
Remove the bottles one at a time on to a wooden
surface and if the fruit has shrunk use the
contents of 1 jar to fill the others. Have fast
boiling water or syrup ready. Cover the fruit
with the boiling liquid and seal immediately. When
cool test the seal and store in a cool dark
place. Look over and test periodically.

**Syrup for Bottling**

It is entirely a matter of personal taste whether
the fruit is preserved in syrup or water. Both are
successful but there is no doubt that fruit which
has been bottled in a solution of sugar and
then stored in it for some months is of better
flavour and colour than that which is stored in
water. The one drawback to the use of syrup is that
it causes the fruit to rise in the bottles which is somewhat detrimental to its appearance but this is more than compensated by the greatly improved flavour. An average proportion of sugar for 2½
80 to 1 pt. water. The quantities may be varied according to individual taste. Dissolve the sugar slowly and do not stir once the sugar is dissolved. Boil for 1 min. Remove the rum or strain through muslin before use.

Methods of Sealing

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

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

3. Patent Covers e.g. Porosan. Use porosan caps on the jam jar to be used. Then sterilize them using the oven method put on the caps immediately after filling the jars with boiling liquid and apply a film of even pressure on the top of the caps with the palm of the hand, turning the jar around to ensure even pressure.
Bottled Plums.

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

Bottled Tomatoes.

1. The skins may or may not be removed. To remove dip in boiling water.
2. Leave small tomatoes whole and cut large ones in \( \frac{1}{2} \) 's or \( \frac{1}{4} \) 's.
3. Pack tightly into bottles. Sterilize as for canning method. 15 minutes. Cover with boiling brine

To Preserve Runner Beans with Salt.

Ingredients: 3-4 lb. of young tender beans

Method: Wash, dry and remove strings. Then slice them. Place a layer of salt in the bottom of a jar and on this a layer of beans. Repeat the layers until all the beans are used. Pressing each layer well down. Cover and leave for a few days and then fill the jar up again with more beans and salt, having salt on the top. When full cover securely.

To use: Wash thoroughly in several waters, then soak for 2 hrs. Cook in boiling water without salt 25-35 mins. Drain and serve.
**Jam Making**

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

**The Fruit**

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

**Sugar**

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

**The Preserving Pan:**

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

**Softening the Fruit**

The fruit should generally be cooked gently for some time before the sugar is added. The object of such cooking is to soften the skins, to break down the cell walls and so extract the pectin. Sufficient water should be added to prevent the fruit from sticking but the amount needed will vary depending on the juicyness of the fruit, the amount of fruit in the pan and the source of heat. The fruit should be brought to the boil and then allowed to simmer gently until reduced to a pulp. Blackcurrants, damsons and plums 1 1/2 - 2 hrs. Fruits which break down readily e.g. raspberries and strawberries do not require the addition of any water and need simmering only for 10-15 mins. Before the sugar is added.

**Skimming**

When the jam begins to boil a light froth rises. This is harmless and should not be removed. After some time a thick grey scum rises to the top. This should be removed because it is unfruit and would discolour the
Testing
The jam or jelly is ready when a teaspoon jellies on a cold plate in 5 mins. Not at the time recommended in the recipes

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

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

Plum Jam
Ingredients: 6 lbs plums, 6 lbs sugar, ½ - 1 ½ pts of water
Method: Wash the plums, cut in ½'s and remove the stones.
2. Break out about ⅔ of the stones and take out the kernels.
3. Put plums, water, and kernels into a greased preserving pan and cook until the fruit begins to break
4. Add the sugar, stir until dissolved, then boil rapidly for about 20 mins. Test and jat-
**Vegetable Marrow Jam**

**Ingredients:**
- 6 lbs prepared marrow
- 1 pt apple juice
- 7 lbs sugar
- ½ oz whole ginger
- ½ oz citric acid

**Method:**
1. Store the marrow for several weeks before using if possible.
2. Cut the marrow into ½” slices. Peel. Remove the marrow and seeds from the centre.
3. Cut into ½” cubes and steam for about 15 mins. Put in an earthenware crock with the sugar and steep overnight.
4. Bruise the ginger and tie it in a piece of muslin. Put the marrow, sugar, citric acid, ginger and apple juice into a prepared preserving pan. Heat slowly until the sugar is dissolved, boil for about 20 mins. Test and pot.

**Apple Jelly**

**Ingredients:**

**Method:**
- Wash the apples and cut into ½’s. Do not remove the peels or cores. Put into a preserving pan with enough water to cover them. Boil to a pulp. Time 6 – 1½ hrs. Have a jelly cloth prepared and tied in position. Pour the pulp into the cloth and leave to drop undisturbed until all the juice has been extracted. Measure the juice into a preserving pan and add 1 lb of sugar per pt. of juice. The juice and strained juice of a lemon may also be added to some bruised ginger tied in muslin. Stir until the sugar is dissolved, then boil quickly 20 – 30 mins. Test and pot. Coat Apple Jelly may be made in the same way.
Totalo Chutney

Ingredients:
- 2 lb tomatoes (green or red)
- 1 lb shallots
- 1 lemon
- 1 oz brown sugar
- 4 oz chilli
- 6 peppercorns
- 1 lb apples
- 1 lb sultanas
- 1/2 lb marrow
- 1/2 lb vinegar, brown
- 1/2 lb sugar
- 1/2 oz salt

Method: Put the sugar and vinegar into a lined saucepan, with peppercorns, chillies and ginger tied in muslin. Boil for 3 hrs. Prepare all vegetables and cut into small pieces. Add with the juice of the lemon to the vinegar. Simmer gently for 3 hrs, stirring occasionally. Put into jars and seal.

Tomato Puree

Ingredients:
- Wash sound tomatoes and heat them in a covered pan with a little water and salt of desired until they are soft. Rub the pulp through a sieve and then pour into hot clean preserving jar.
- Sterilise either by oven or water method for 10 mins seal and store. This pulp may be used as the foundation for soups and sauces.
**Bottling**

The bottling of fruit consists of first sterilising the fruit and then excluding the air by providing a vacuum. Fruits can be sterilised at a much lower temperature than vegetables because of the acids they contain which help in the process of killing the bacteria. Special bottles or jam jars may be used with caps and clips and rubber bands. The proper vacuum bottles should withstand the heat of sterilisation and have a metal or glass lid. A new rubber ring should be used each year and this acts as a washer between the lid and the container. It is most important that the clip on which the cap rests should not be damaged in any way for the air may enter in through this.

**Choice of Fruit**

For bottling choose fruit that is free from blemish. It should be just ripe and still quite firm. Bottle as soon as possible after picking. Upade the fruit bottling the small fruits in one bottle and the larger ones in another. Some fruits like gooseberries and yellow egg plums and peaches may be bottled when slightly unripe. Some fruits like peaches may be picked unripe and then ripened on a shelf for a few weeks before bottling. Never attempt to bottle unripe fruits.

**Preparation of Fruit**

Wash hard fruit in plenty of cold water. Soft fruit need not be washed except in the case of loganberries or blackberries which are put to sleep in cold water and salt. (1 oz. salt to 1 gallon water) to draw out maggots. Stalks and stems should be removed. The bottles should be well washed in warm water and then rinsed in clean cold water and left standing upside down until...
ready to fill. It is easier to pack the fruit in most bottles. The fruit should be firmly packed and cold water should be poured in. The bottles and poured out to hold the fruit in position.

**Method I**

**Open Method**

Warm the jars in an oven at about 100°F. Place up the fruit to the top. Put back into the oven and as soon as fruit begins to shrink put a baffle tin over the top of the jar, so as to prevent the top layer from drying out. Leave in a cool oven until the fruit has shrunk down to divide the bottle and close immediately. Whatever method is adopted the method of sealing bottles it is necessary to store them in a dry airy place. A dark shelf in a kitchen or passage is a very good place. A cupboard is not suitable unless thoroughly ventilated. It is not advisable to move bottles as the fruit juice or sugar solution may come into contact with the cove, or Calico and so cause it to rot and let in air. It must not be expected that fruit bottled in this way may keep longer than the New Year. The object is to keep fruit to about the middle of January. Be sure not to let mice or rats nibble at the top of the bottle as they may cause the fruit to rot. Mice or rats may also back into the cove of the bottle and cause the fruit to rot.

**Scientific Method**

This method should give perfect results but entails...
purchasing vacuum bottles fresh rubber rings should be used every year. A proper bottling outfit will have a deep container known as a sterilizer. Any deep vessel will serve the purpose provided it is completely covered by water. Purchased sterilizers have perforated false bottoms which prevent them resting on the bottom of the container. This prevents bottles from cracking. However, substitutes such as strips of slatted wood may be used. It is necessary to use a thermometer which will register up to 240°F.

Preparation of Fruit and Bottles

Fruit is prepared as in the other method. It is packed tightly in cold bottles and filled up with cold syrup of water (same proportions as before) to within 1/2 to 1/4 inch. Place the rubber ring in position. Place on lid and screw in position with clips or screw bands. Not too loosely to allow for expansion. Bottles are then placed in the sterilizer or deep pan and brought up slowly to temp. See chart. They should be left at that temp. for correct time. They should then be removed and removed down tightly. The bottles should be stood upright on a wooden table and laid on their sides until cold. When bottles are cold clips or screw tops should be removed. If a proper vacuum has been formed it should be impossible to pull off metal or glass tops with the fingers. If bottles are kept in paper, particularly blue paper fruit keeps a better colour. Keep in a dry place or moulds may grow inwards through bottles. Should any of the bottles not be properly sealed i.e. if tops come off easily when tried and rubber rings may be used and process repeated.
### Sterilizing Chart

<table>
<thead>
<tr>
<th>Name of Fruit</th>
<th>Temp. Necessary</th>
<th>Time Necessary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>165°F</td>
<td>20 mins.</td>
</tr>
<tr>
<td>Blackberries</td>
<td>165°F</td>
<td>20 &quot;</td>
</tr>
<tr>
<td>Damson</td>
<td>165°F</td>
<td>20 &quot;</td>
</tr>
<tr>
<td>Gooseberries</td>
<td>165°F</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Raspberries</td>
<td>165°F</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Loganberries</td>
<td>165°F</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Plums</td>
<td>165°F</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>170°F</td>
<td>15 &quot;</td>
</tr>
<tr>
<td>Pear</td>
<td>190°F</td>
<td>30 &quot;</td>
</tr>
<tr>
<td>Cherries</td>
<td>190°F</td>
<td>30 &quot;</td>
</tr>
<tr>
<td>Currants</td>
<td>180°F</td>
<td>20 &quot;</td>
</tr>
<tr>
<td>Stoned Plums</td>
<td>190°F</td>
<td>20 &quot;</td>
</tr>
</tbody>
</table>

### Soft Fruits

- **Blackberries**: Fruit must be ripe and yet firm.
- **Blackcurrants and Red Currants**: Use twice as much sugar as other fruits to preserve colour.
- **Grapefruit**: Use 6 lb of sugar to 5 lb of fruit. If too much sugar fruit shrivels and if enough sugar is not used flavour is poor.
- **Raspberries**: Bottle the same day as packed and pack into bottles if possible as they loose colour easily. So bottle well before storing.
- **Loganberries**: These are apt to be meagotty so soak in cold solution before use.

### Stone Fruits
- **Cherries**: Sour cherries do best and if fruit is stored more fruit can be packed in the bottles. Cheap hand stones may be got for this purpose.
- **Damsons**: Dip in hot water for 2 mins. The sticky blue is thus removed. 1 lb sugar to 1 pt. water used in this
case if stoned and halved and double quantity fits in bottle.
Apples: Peel in salted water and stand in prepared
solution until ready for use (e.g., salt to 1 gallon). Cut
the fruit in quarters, then slices and dry fruit for 4 min.
in boiling water; add a few drops of cinnamon essence
plan. Never attempt to bottle pears until almost fully
ripe and prepare as for apples. Dip in boiling water
and peel into thin shreds.

Preservation of Fruit without Cooking.
It is possible to preserve fruit for several months without
cooking or sterilizing. The jam jars should be
washed carefully and fruit prepared as usual. The
uncooked fruit is then put into jam jars and
Campden solution poured over until all the fruit is
covered. Seal with cork tops which can be sealed with
wax. Glass covers may also be used. No metals must
come in contact with the solution. No patent clips should
be used.

To Make Campden Solution.
The tablets may be purchased at the chemists. Directions
should be followed carefully.

Usual Proportions
1 tablet dissolved in 1 qt. water used to 1 lb. of fruit.
Fruit preserved in this way is not suitable for use
until it has been cooked.

Drying of Fruit
The drying of fruit is not only an easy process but
is an inexpensive one also. The only disadvantage
it has as against bottling is the time it takes,
for drying cannot be hurried. Dried fruit is more
uniform in taste and flavour and all that has to be
done is to see that the fruit is poached overnight. There is
no need to reboil it for it for it is poached itself during the
Drying process. As drying is such a cheap operation it is worth while making some wire frames on which the fruit may be placed and the smallest gauge wire netting should be used for this purpose. The fruit to be dried is placed on the trays having been prepared as advised. The drier heat either coal, electric or gas at the end of a morning's roasting may be utilized. If an oven is especially prepared 150° - 160° F is correct. Use fruit that is ripe but not overripe and cut away all the damaged portions. Apples, pears and plums are the fruits that can be dried most successfully. Blackberries, loganberries and raspberries are not so easy to do and neither do they give such good results.

Special Points
1. Prepare fruit properly.
2. Lay evenly on trays.
3. Dry in an oven 150° - 160° F. It is possible to dry over the stove or in a cupboard where there is dry heat.
4. Always heat slowly at first: otherwise the fruit will get hard and shrivel.
5. After drying put fruit still on trays in ordinary room temp for one day. This is called conditioning. The fruit becomes softer, heavier and easier to pack.

Notes on Individual Fruits.

Apples.

After peeling and coring, the flesh of the apple must be prevented from becoming brown. The apple rings should be prepared by being cut with a stainless steel knife 1/4" thick and should immediately be dropped into a jam jar containing sulphur fumes and left there for 15 mins. Keep the fumes in by covering with a tinfoil tin or lid and shake a few times.
To Make Sulphur Fumes:

Burn flowers of sulphur on the lid of a tin and invert the jars over the fumes. They soon become filled with the gas and should then be turned up the right way and covered. Once the apple rings are properly sulphurized, they are blanched and will keep while they should then be threaded on to long sticks which should fit perfectly into the oven lathes and resting on the ledge used for the shelves. Keep at 150°F. If dried outside an oven, the rod should be hung from hooks and should be parallel to the floor so that all the rings are kept apart. They will take 5 hrs. to dry in an oven at 150°F. If hung in a kitchen they may take 8-4 days. When not actually drying, they should be covered with butter muslin to keep out the dust. At first the rings are tough and hard, but after a day's conditioning, they should feel like chamois leather. The rings may be packed in greased paper and put into a wooden box or they may be put into jam jars and covered as for jam. Most cheaper dealers sell the rings overnight; however, it is better to soak for 4 hrs. in sufficient water. If they absorb one lot, add some more. If it is necessary, cook until soft in the water in which they were soaked and a little sugar may be added at the last possible moment.

Pears:

Cut into 1/2's, not rings and remove the core. Otherwise treat as for apples but leave 20 mins. in the sulphur fumes. Dry in a temp 150°F. for 6 hrs. Condition afterwards and pack as for apples.

Plums:

Plums are the easiest fruit to do and the most successful. The large variety such as Victoria should be used and perfectly ripe gleemans will produce delicious prune.
Start at a temp. of 110°F, no higher, or the plums will split. After 3 hrs raise to 160°F, and after 4 hrs to 170°F. Keep at this temperature till the plums look like prunes and are still soft. It is always better to under-dry than over-dry. When cool if not sufficiently dried put back in the oven and leave for another hour. Leave in ordinary room temperature for a week and then store in a cool place.

To use:— Cover with plenty of water, and leave to soak for 36 hrs. They may then be served without cooking. No sugar is needed for the sweeter plums, with the more acid plums a few oz. of sugar may be added to each pound before stewing.
Fruit Chutneys, Pickles and Sauces.
Sliced or damaged fruit can be easily turned into chutneys. It is a very useful way of using up fruit which might otherwise be wasted. They are useful on a table, particularly with such dishes as white fish, cold meats, salads and for making small savouries. Almost any solid fruit such as apples, plums, gooseberries and pears and almost all vegetables may be converted into pickles or chutneys. They are easy to make and due to the ingredients such as vinegar and spices, they keep indefinitely. Bought chutneys are expensive. The following recipes are fairly representative.

APPLE CHUTNEY

Ingredients:
- 1 lb apples
- 1/2 lb sugar
- 1 pt vinegar
- 1/2 lb raisins or currants
- 1/2 oz mustard seed
- 1/2 oz garlic (if liked)

Method:
Chop all ingredients finely and boil for 2 hours.

APPLE AND TOMATO CHUTNEY

Ingredients:
- 3 large cooking apples
- 1/2 cup raisins or sultanas
- 1/2 lb tomatoes
- 1/2 tsp salt
- 2 small onions
- 1 cup sugar
- 1 pt vinegar
- 1 cup mixed spices

Method:
Mix the spices in a bag. Skin the apples and tomatoes. Boil with vinegar for 1/2 hrs. Dates or prunes may be substituted for the raisins.
**GOOSEBERRY CHUTNEY**

**Ingredients:**
- 1 lb green gooseberries
- 1 lb rhubarb
- 1 lb sultanas
- 2 lb brown sugar
- 1 oz ground ginger
- 1 lb salt
- 1 tsp nutmeg
- 1 pt red wine

**Method:**
Same as blackberry.

**BLACKBERRY**
- 1 lb blackberries
- 1 pt vinegar
- 2 lb sugar
- 1 oz allspice
- ½ lb ginger

**Method:**
Steep blackberries and ginger for 12 hrs. Bring the vinegar to the boil. Add the berries and boil for ½ hr. Add the allspice. Mix thoroughly and cool. When cold.

**APPLE GINGER**

**Ingredients:**
- 5 lb apples
- 5 lb sugar
- ½ pt water
- 2 lb ginger (powdered)

**Method:**
Peel core and slice apples and boil to a pulp. Add sugar and ginger. Boil for 15 mins. Cover, when cold.

**APPLE AND APRICOT JAM**

**Ingredients:**
- 1 lb dried apricots
- 6 lb apples
- 2½ pt water
- Sugar

**Method:**
Boil the apricots till tender, then add the sliced apples and cook until soft. To each pint of pulp allow ½ lb of sugar.
Making of Jellies

Jelly making is similar to jam making but takes 2 successive days. On the first day the cooking of the fruit is done with or without the addition of water and the strained juice is boiled with the sugar until it sets.

Suitable Fruits

Damsons, red currants, black currants, blackberries, gooseberries, apples, crab, quince and pears. The fruit used should have a strong flavour and wild fruits make the best jellies. There is no need to purchase the fruit for jellies as stalks, peels and cores may be used.

Addition of Water

It is necessary to add a certain amount of water varying with the fruit used. Those with plenty of juice need less water than those which are not so juicy. The usual quantity for soft fruit is 1 pint water to 3 lbs fruit. Black currants take longer to cook and are classed with apples and damsons. In this case quantity is ½ pint of water to every 1 lb of fruit.

Addition of Acid

The jellying of a jam or jelly is in connection with the quantity of acid in the fruit. There is plenty of acid in young apples, black berries, damsons and logan berries. It is necessary on the other hand to add acid to sweet berries, sweet apples, late black berries, pears and marrow. Acid may be added in various ways:

1. by mixing an acid fruit with a non-acid one
   1 lb mixed fruit to every 4 lbs strawberries
2. by the addition of acid fruit juice i.e. red currant, gooseberry, grape and lemon juice
3. by the addition of powdered acid i.e. Citric or Tartaric
need in the proportion of 4 oz. dry acid to every 4 lbs. of fruit.

When the fruit and water is in a pulp it should be strained through a jelly bag. This should be strained through a flannel or 2 or 3 thicknesses of linen. When the pulp is allowed to drain overnight the residue should be a solid mass. The amount of sugar added depends on the pectin present—\( \frac{3}{4} - 1 \) lb. sugar per pint. After the sugar has been added and stirred until it is dissolved there should be no need for more stirring. Do not skim until just before boiling.

Jellies without pectin can only be made with very fancy fruit and the yield is much smaller. In this case mix \( \frac{1}{2} \) lb. sugar to 1 pt. 38 extract, taking care to see that all the sugar is thoroughly dissolved.

PICK OVENS THE BLACKBERRIES AND COOK WITH JUST ENOUGH WATER TO COVER THEM COOK UNTIL SOFT STRAIN THROUGH A JELLY BAG ALLOW 1 PT. JELLY TO 1 LB. FRUIT AND HEAT SUGAR BEFORE HAND WHEN SUGAR IS DISSOLVED ADD QUICKLY UNTIL JELLIES ON A PLATE

TAKE EQUAL QUANTITIES OF BLACKBERRIES AND APPLES

WASH THE APPLES AND PLACE IN ENOUGH WATER TO COVER WITH THE FRUIT ADD BLACKBERRIES AND COOK TILL THE MIXTURE IS SOFT STRAIN AND ALLOW 4 LB. SUGAR TO EACH PINT OF THE LIQUID TREAT AS FOR BLACKCURRANT JELLY.
Elderberries may be mixed with blackberries. They give a good colour.

Gooseberry Mint Jelly

Ingredients:
- 2 lb green gooseberries
- fresh green mint
- sugar

Method: Wash the gooseberries. Cover with cold water and when stewed soft, strain off and to each pint of liquid add 1 lb sugar. Tie up a good bundle of washed green mint and put into preserving pan with sugar and juice. Boil gently until set. Remove mint. Pour jelly into pots and seal.
Padar Bacalhau
Rezalaca Coqueleita Don Elia
Cromans Lasz do Zezao j So
De chuchuas
To Paunch + then a rabbit
Rules for Deep Frying
Coating + Frying
Care of the bath of fat
General rules for reheating dishes

4. Cake Icing:
- Almond Paste
- Water + Royal Icing
- American Icing

53
73
74
Dear Leader,

As requested, I have prepared a list of the tasks and projects that need to be addressed in the next quarter. Please find attached the detailed list for your review.

- Task A
- Task B
- Task C
- Task D

Additionally, I have included a summary of the current financial status and a brief overview of the recent sales figures. The board meeting is scheduled for next week, and I will be presenting these updates to ensure everyone is informed.

Sincerely,

[Your Name]
Mascón, don papeles, azúcar don supér
azúcar dría, Blas Zánia.

Tea
Coffee
Cocoa
Lever
Wi Scrobba
Wi Szalva
Bazán azúcar Wi Scrobba
Prager azúcar de Prozsa
Wi-prager Lezog azú Carpičin
Bazán nőt azúcar Prozsa
Joxa in The Hole (cold).

Cornish Pasties
Cheese Pudding
Scotch Egg
Sausage Rolls
Savoury Omelet Soufflé
Tomato Omelet
Kidney Omelet
Brain Cakes
Pepper Haddock (on toast)

Macaroni Cheese
Curried Egg
Cheese Muffins
Nut Muffins
Sce Muffins
Roasted Cups Mince
Cheese Rolls
Savoury Stew
Tomato Souffle
Savoury Muffin
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Scones
Rolls
Crisp Cakes
Scone Slices
Pancakes
Crisp Crisps
Biscuits
Queen Cakes
Household Apple Cake
Apple Drop Cake
Apple Sandwich
Swiss Roll
Yeast Bread
Nut and Orange Loaf
Christmas Cake
Barm Brack
Apple Cheese Cake
Ginger Bread
Nut and Fruit Loaf
Rocky Nuts
Mince Pudding
Yogurt Pudding
Oat Cake
Pinner Buns
Sea Cake
Madeira Cake
Marble Cake
Sultana Cake
Bakewell Tart
Baker's Pastry
Welsh Cheese Cakes
Brown Yeast Bread
Yorkshire Tea Cakes
Chelsea Buns
Church Buns
Bridge Rolls
Stock
Soups
Fish
Meat
Vegs
Puddings+Sweets
Sauce
Breakfast+Supper+Dishes
Pasting
Bread+Cakes
Biscuits
Invalid Cookery
Miscellaneous

Robato, Brogue, Salad
Roast, Grilled

Meringues
Veal Braised
Carrots
Onions
Reform, Same

Braised Sweet-Bread
Fried Sweet-Bread
Sweet-Bread in Carrot
Carrot Puree
Penne, Ylace Sauce
Fried Sausage Tomato Puree
Macedoine Vegs
Mayonnaise