

of butter, and five large eggs. Should the apples be very acid, increase the quantity of sugar: add lemon rind or juice, at pleasure. These puddings are better if mixed while the ingredients are still warm.

Apples, 1 lb.; sugar, 6 ozs.; boiled rice, 4 ozs.; butter, 2 ozs.; eggs, 5: 30 to 35 minutes.

COMMON RAISIN PUDDING.

Beat well together three quarters of a pound of flour, the same quantity of raisins, six ounces of beef-suet, finely chopped, a small pinch of salt, some grated nutmeg, and three eggs which have been thoroughly whisked, and mixed with about a quarter-pint of milk, or less than this, should the eggs be large. Pour the whole into a buttered dish, and bake it an hour and a quarter. For a large pudding, increase the quantities one half.

Flour and stoned raisins, each $\frac{3}{4}$ lb.; suet, 6 ozs.; salt, small pinch; nutmeg, $\frac{1}{2}$ teaspoonful; eggs, 3; milk, $\frac{1}{4}$ pint: $1\frac{1}{4}$ hour.

A RICHER RAISIN PUDDING.

Mix and whisk well, and lightly together, a pound of raisins weighed after they are stoned, ten ounces of finely minced beef-suet, three quarters of a pound of flour, a little salt, half a small nutmeg, or the grated rind of a lemon, four large eggs, and as much milk as may be needed to make the whole into a *very* thick batter: bake the pudding a few minutes longer than the preceding one. The addition of sugar will be found no improvement, as it will render it much less light.

POOR AUTHOR'S PUDDING.

Flavour a quart of new milk by boiling in it for a few minutes half a stick of well-bruised cinnamon, or the thin rind of a small lemon; add a few grains of salt, and three ounces of sugar, and turn the whole into a deep basin; when it is quite cold, stir to it three well-beaten eggs, and strain the mixture into a pie-dish. Cover the top entirely with slices of bread free from crust, and half an inch thick, cut so as to join neatly, and buttered on both sides: bake the pudding in a moderate oven for about half an hour, or in a Dutch oven before the fire.

New milk, 1 quart; cinnamon, or lemon-rind; sugar, 3 ozs.; little salt; eggs, 3; buttered bread: baked $\frac{1}{2}$ hour.

PUDDING A LA PAYSANNE; (*cheap and good.*)

Fill a deep tart-dish with alternate layers of well-sugared fruit, and very thin slices of the crumb of a light stale loaf; let the upper layer be of fruit, and should it be of a dry kind, sprinkle over it about a dessert-spoonful of water, or a little lemon-juice: raspberries, currants, and cherries, will not require this. Send the pudding to a somewhat brisk oven to be baked for about half an hour. The proportion of sugar used must be regulated, of course, by the acidity of the fruit. For a quart of ripe greengages, split and stoned, five ounces will be sufficient. Apricots, peaches, and nectarines will scarcely require more; but damsons, bullaces, and various other plums will need a much larger quantity. A superior pudding of this kind is made by substituting sponge cake for the bread.

INDIAN PUDDING.

Put into a deep dish from six to eight ounces of rice which has been

washed, and wiped in a dry cloth; just moisten it with milk, and set it into a gentle oven; add milk to it at intervals, in small quantities, until the grain is swollen to its full size, and is tender, but very dry; then mix with it two dessertspoonsful of fine sugar, and if it should be at hand, four or five tablespoonsful of rich cream. Fill a tart-dish almost to the brim with fruit properly sugared, heap the rice equally over it, leaving it rough, and bake it in a moderate oven for half an hour, unless the fruit should be of a kind to require a longer time; when very hard, it must be half stewed with the sugar before it is put into the dish. The rice may be swelled over a very slow fire when more convenient; and the Dutch or American oven will serve quite well to bake the pudding.

BAKED HASTY PUDDING.

Take from a pint of new milk sufficient to mix into a thin batter two ounces of flour, put the remainder, with a *small* pinch of salt, into a clean saucepan, and when it boils quickly, stir the flour briskly to it; keep it stirred over a gentle fire for ten minutes, pour it out, and when it has become a little cool, mix with it two ounces of fresh butter, three of pounded sugar, the grated rind of a small lemon, four large, or five small eggs, and half a glass of brandy, or as much orange-flower water. To these half a dozen bitter almonds, pounded to a paste, are sometimes added. Bake the pudding half an hour in a gentle oven.

New milk, 1 pint; flour, 2 ozs.: 10 minutes. Butter, 2 ozs.; sugar, 3 ozs.; eggs, 4 or 5; grated rind of lemon; brandy, or orange-flower water, $\frac{1}{2}$ wineglassful.

CHAPTER XIX.

SOUFFLÉS, OMLETS, &c.

OBSERVATIONS ON OMLETS, FRITTERS, &c.

The composition and nature of a soufflé are altogether different, but there is no difficulty in making good omelets, pancakes, or fritters, and as they may be expeditiously prepared and served, they are often a very convenient resource when, on short notice, an addition is required to a dinner. The eggs for all of them should be well and lightly whisked; the lard for frying batter should be extremely pure in flavour, and quite hot when the fritters are dropped in; the batter itself should be smooth as cream, and it should be briskly beaten the instant before it is used. All fried pastes should be perfectly drained from the fat before they are served, and sent to table promptly when they are ready. Eggs may be dressed in a multiplicity of ways, but are seldom, in any form, more relished than in a well-made and expeditiously served omelet. This may be plain, or seasoned with minced herbs, and a very little eschalot, when the last is liked, and is then called an "*Omelette aux fines herbes*;" or it may be mixed with minced ham, or grated cheese; in any case, it should be light, thick, full-tasted, and *fried only on one side*; if turned in the pan, as it frequently is, it will at once be flattened and rendered tough. Should the slight rawness which is sometimes found in the

middle of the inside, when the omelet is made in the French way, be objected to, a heated shovel, or a salamander, may be held over it for an instant, before it is folded on the dish. The pan for frying it should be quite small; for if it be composed of four or five eggs only, and then put into a large one, it will necessarily spread over it and be thin, which would render it more like a pancake than an omelet; the only partial remedy for this, when a pan of proper size cannot be had, is to raise the handle of it high, and to keep the opposite side close down to the fire, which will confine the eggs into a smaller space. No gravy should ever be poured into the dish with it, and indeed, if properly made, it will require none. Lard is preferable to butter for frying batter, as it renders it lighter; but it must not be used for omelets.

A COMMON OMELET.

From four to eight very fresh eggs may be used for this, according to the sized dish required. Half a dozen will generally be sufficient. Break them singly and carefully; clear them in the way we have already pointed out in the introduction to boiled puddings, or when they are sufficiently whisked pour them through a sieve, and resume the beating until they are very light. Add to them from half to a whole teaspoonful of salt, and a seasoning of pepper. Dissolve in a small frying pan a couple of ounces of butter, pour in the eggs, and as soon as the omelet is well risen and firm throughout, slide it on to a hot dish, fold it together like a turnover, and serve it *immediately*; from five to seven minutes will fry it.

For other varieties of the omelet, see the observations which precede this.

AN OMELETTE SOUFFLÉE.

Separate, as they are broken, the whites from the yolks of six fine fresh eggs; beat these last thoroughly, first by themselves and then with four table-spoonful of dry, white sifted sugar, and the rind of half a lemon grated on a fine grater.* Whisk the whites to a solid froth, and just before the omelet is poured into the pan, mix them well, but lightly, with the yolks. Put four ounces of fresh butter into a very small delicately clean omelet, or frying-pan, and as soon as it is all dissolved, add the eggs and stir them round, that they may absorb it entirely. When the under side is just set, turn the omelet into a well-buttered dish, and send it to a tolerably brisk oven. From five to ten minutes will bake it; and it must be served the *instant* it is taken out; carried, indeed, as quickly as possible to table from the oven. It will have risen to a great height, but will sink and become heavy in a very short space of time: if sugar be sifted over it, let it be done with the utmost expedition.

Eggs, 6; sugar, 4 table-spoonful; rind, $\frac{1}{2}$ lemon; butter, 4 ozs.: omelet baked, 5 to 10 minutes.

Obs.—A large common frying-pan will not answer for omelets: a very small one should be kept for them, when there is no regular omelet-pan.

SOUFFLÉS.

The admirable lightness and delicacy of a well-made soufflé render it generally a very favourite dish, and it is now a fashionable one also. It

* As we have before said, a much more delicate flavour is imparted by *rasping* the lemon-rind on sugar.

may be greatly varied in its composition, but in all cases must be served the very instant it is taken from the oven; and even in passing to the dining-room it should, if possible, be prevented from sinking by a heated iron or salamander held above it. A common soufflé-pan may be purchased for a dollar, in England, but those of silver or plated metal are of course expensive; the part in which the soufflé is baked is placed within the more ornamental dish when it is drawn from the oven. A plain, round, shallow cake-mould, with a strip of writing-paper six inches high, placed inside the rim, will answer on an emergency to bake a soufflé in. The following receipt will serve as a guide for the proper mode of making it: the process is always the same whether the principal ingredient be whole rice boiled very tender in milk and pressed through a sieve, bread-crumbs soaked as for a pudding and worked through a sieve also, arrow-root, potato-flour, or anything else of which light puddings in general are made.

Take from a pint and a half of new milk or of cream sufficient to mix four ounces of flour of rice to a perfectly smooth batter; put the remainder into a very clean, well-tinned saucepan, and when it boils, stir the rice briskly to it; let it simmer, keeping it stirred all the time, for ten minutes, or more should it not be very thick, then mix well with it two ounces of fresh butter, one and a half of pounded sugar, and the grated rind of a fine lemon (or let the sugar which is used for it be well rubbed on the lemon before it is crushed to powder); in two or three minutes take it from the fire, and beat quickly and carefully to it by degrees the yolks of six eggs; whisk the whites to a very firm solid froth, and when the pan is buttered, and all else quite ready for the oven, stir them gently to the other ingredients; pour the soufflé immediately into the pan and place it in a moderate oven, of which keep the door closed for a quarter of an hour at least. When the soufflé has risen very high, is of a fine colour, and quite done in the centre, which it will be in from half to three quarters of an hour, send it instantly to table. The exact time for baking it depends so much on the oven that it cannot be precisely specified. We have known quite a small one not too much baked in forty-five minutes in an *iron* oven; but generally less time will suffice for them: the heat, however, should always be moderate.

New milk or cream, $1\frac{1}{2}$ pint; flour of rice, 4 ozs.; fresh butter, 2 ozs.; pounded sugar, $1\frac{1}{2}$ oz.; eggs, 6; grain of salt; rind, 1 lemon: 30 to 45 minutes.

Obs. 1.—The soufflé may be flavoured with vanilla, orange-flowers, or aught else that is liked. Chocolate and coffee also may be used for it with soaked bread: a very strong infusion of the last, and an ounce or two of the other, melted with a little water, are to be added to the milk and bread.

Obs. 2.—A soufflé is commonly served in a dinner of ceremony as a remove of the roast, but the better plan for this, as for a fondu, is to have it quickly handed round, instead of being placed upon, the table.

A PONDU.

Mix to a smooth batter, with a quarter of a pint of new milk, two ounces of potato-flour, arrow-root, or *tous les mois*: pour boiling to them three quarters of a pint more of milk, or of cream in preference, stir

them well together, and then throw in two ounces of butter cut small. When this is melted, and well-beaten into the mixture, add the well-whisked yolks of four large or of five small eggs, half a teaspoonful of salt, something less of cayenne, and three ounces of lightly-grated cheese, Parmesan or rich old cheese, or equal parts of both. Whisk the whites of the eggs to a quite firm and solid froth; then proceed, as for a soufflé, to mix and bake the fondu.

20 minutes.

KENTISH FRITTERS.

Beat up the whites of three eggs and the yolks of six with half a pound of flour, a cupful of milk, and a large teaspoonful of yeast: put the mixture into a jug, cover it, and set it by the fire until the next day, then add to the batter two large apples finely chopped, and fry the fritters as usual.

Whites of eggs, 3; yolks, 6; flour, 8 ozs.; milk, 1 cupful; yeast, 1 teaspoonful: 24 hours.

PLAIN COMMON FRITTERS.

Mix with three well-beaten eggs a quarter-pint of milk, and strain them through a fine sieve: add them gradually to three large table-spoonfuls of flour, and thin the batter with as much more milk as will bring it to the consistency of cream; beat it up thoroughly at the moment of using it, that the fritters may be light. Drop it in small portions from a spouted jug or basin into boiling lard; when lightly coloured on one side, turn them, drain them well from the lard as they are lifted out, and serve them very quickly. They are eaten generally with fine sugar, and orange or lemon juice: the first of these may be sifted thickly over them after they are dished, the oranges or lemons cut in two, and sent to table with them. The lard used for frying them should be fresh and pure-flavoured: it renders them more crisp and light than butter, and is, therefore, better suited to the purpose.

Eggs, 3; flour, 3 table-spoonful; milk, $\frac{1}{4}$ to $\frac{1}{2}$ pint.

PANCAKES.

These may be made with the same batter as fritters, if it be sufficiently thinned with an additional egg or two, or a little milk or cream, to spread quickly over the pan: to fry them well, this ought to be small. When the batter is ready, heat the pan over a clear fire and rub it with butter in every part, then pour in sufficient batter to spread over it entirely, and let the pancake be very thin: in this case it will require no turning, but otherwise it must be tossed over with a sudden jerk of the pan, in which the cook who is not somewhat expert will not always succeed; therefore the safer plan is to make them so thin that they will not require this. Keep them hot before the fire until a sufficient number are ready to send to table, then proceed with a second supply, as they should always be quickly served. Either roll them up and strew fine sugar over them, or spread them quickly with preserve, laying them one on the other. A richer kind of pancake may be made with a pint of cream, or of cream and new milk mixed, five eggs, or their yolks only, a couple of ounces of flour, a little pounded cinnamon or lemon-rind rasped on sugar and scraped into them, with two ounces more of pounded sugar, and two ounces of clarified butter.

From 4 to 5 minutes.

FRITTERS OF CAKE AND PUDDING.

Cut plain pound, or rice cake into small square slices half an inch thick; trim away the crust, fry them slowly a light brown, in a small quantity of fresh butter, and spread over them when done a layer of apricot-jam, or of any other preserve, and serve them immediately. These fritters are improved by being moistened with a little good cream before they are fried: they must then be slightly floured. Cold plum-pudding sliced down as thick as the cake, and divided into portions of equal size and good form, then dipped into batter, and gently fried, will also make an agreeable variety of fritter.

MINCEMEAT FRITTERS.

With half a pound of mincemeat mix two ounces of fine bread-crumbs (or a table-spoonful of flour), two eggs well beaten, and the strained juice of half a small lemon. Mix these well, and drop the fritters with a dessert-spoon into plenty of very pure lard or fresh butter; fry them from seven to eight minutes, drain them on a napkin or on white blotting paper, and send them very hot to table: they should be quite small.

Mincemeat, $\frac{1}{2}$ lb.; bread-crumbs, 2 ozs. (or flour, 1 table-spoonful); eggs, 2; juice of $\frac{1}{2}$ lemon: 7 to 8 minutes.

VENETIAN FRITTERS. (*Very good.*)

Pick, wash, and drain three ounces of whole rice, put it into a full pint of cold milk, and bring it very slowly to boil; stir it often, and let it simmer gently until quite thick and dry. When about three parts done, add to it two ounces of pounded sugar, and one of fresh butter, a grain of salt, and the grated rind of half a small lemon. Let it cool in the saucepan, and when only just warm mix with it thoroughly three ounces of currants, four apples, chopped fine, a teaspoonful of flour, and three large or four small well-beaten eggs. Drop the mixture in small fritters, fry them in butter from five to seven minutes, and let them become quite firm on one side before they are turned: do this with a slice. Drain them as they are taken up, and sift white sugar over them after they are dished.

Whole rice, 3 ozs.; milk, 1 pint; sugar, 2 ozs.; butter, 1 oz.; grated rind of $\frac{1}{2}$ lemon; currants, 3 ozs.; minced apples, 4 ozs.; flour, 1 teaspoonful; a little salt; eggs, 3 large or 4 small; 5 to 7 minutes.

FRITTERS OF SPRING FRUIT.

The rhubarb for these should be of a good sort, quickly grown, and tender. Pare, cut it into equal lengths, and throw it into the French batter of page 113; with a fork lift the stalks separately, and put them into a pan of boiling lard or butter: in from five to six minutes they will be done. Drain them well and dish them on a napkin, or pile them high without one, and strew sifted sugar plentifully over them: they should be of a very light brown, and quite dry and crisp. The young stalks look well when left in their entire length, and only slightly encrusted with the batter, through which they should be merely drawn.

5 to 6 minutes.

APPLE, PEACH, APRICOT, OR ORANGE FRITTERS.

Pare and core without dividing the apples, slice them in rounds the full size of the fruit, dip them into the same batter as that directed for

the preceding fritters; fry them a pale brown, and let them be very dry. Serve them heaped high upon a folded napkin, and strew sifted sugar over them. After having stripped the outer rind from the oranges, remove carefully the white inner skin, and in slicing them take out the pips; then dip them into the batter and proceed as for the apple fritters. The peaches and apricots should be merely skinned, halved, and stoned before they are drawn through the batter, unless they should not be fully ripe, when they must first be stewed tender in a thin syrup. 8 to 12 minutes.

POTATO FRITTERS. (ENTREMETS.)

See directions for potato puddings. The same mixture dropped in fritters into boiling butter, and fried until firm on both sides, will be found very good.

LEMON FRITTERS. (ENTREMETS.)

Mix with six ounces of very fine bread-crumbs four of beef suet, minced as small as possible, four ounces of pounded sugar, a small table-spoonful of flour, four whole eggs, well and lightly whisked, and the grated rind of one large or of two small lemons, with half or the whole of the juice, at choice; but before this last is stirred in, add a spoonful or two of milk or cream, if needed. Fry the mixture in small fritters for five or six minutes.

CANNELONS. (ENTREMETS.)

Roll out very thin and evenly some fine puff-paste into a long strip of from three to four inches wide, moisten the surface with a feather dipped in white of egg, and cut it into bands of nearly two inches wide; lay some apricot or peach marmalade equally along these, and fold the paste twice over it, close the ends carefully, and when all are ready slide them gently into a pan of boiling lard; * as soon as they begin to brown, raise the pan from the fire that they may not take too much colour before the paste is done quite through. Five minutes will fry them. Drain them well, and dry them on a soft cloth before the fire; dish them on a napkin, and place one layer crossing another, or merely pile them high in the centre. If well made, and served of a light brown and very dry, these cannelons are excellent: when lard is objected to butter may be used instead, but the paste will then be somewhat less light. Only lard of the purest quality will answer for the purpose. 5 minutes.

CROQUETTES OF RICE. (ENTREMETS.)

Wipe very clean, in a dry cloth, seven ounces of rice, put it into a clean stewpan, and pour on it a quart of new milk; let it swell gently by the side of the fire, and stir it often that it may not stick to the pan, nor burn; when it is about half done, stir to it five ounces of pounded sugar, and six bitter almonds beaten extremely fine: the thin rind of half a fresh lemon may be added in the first instance. The rice must be simmered until it is soft, and very thick and dry; it should then be spread on a dish, and left until cold, when it is to be rolled into small balls, which must be dipped into beaten egg, and then covered in every part with the finest bread-crumbs. When all are ready, fry them a

* Cannelons may be either baked or fried: if sent to the oven, they may first be glazed with white of egg and sugar.

light brown in fresh butter, and dry them well before the fire, upon a sieve reversed and covered with a very soft cloth, or with a sheet of white blotting-paper. Pile them in a hot dish, and send them to table quickly.

Rice, 7 ozs.; milk, 1 quart; rind of lemon: $\frac{3}{4}$ hour. Sugar, 5 ozs.; bitter almonds, 6: 40 to 60 minutes, or more. Fried, 5 to 7 minutes.

FINER CROQUETTES OF RICE. (ENTREMETS.)

Swell the rice in thin cream, or in new milk strongly flavoured with cocoa-nut; then add the same ingredients as in the foregoing receipt, and when the rice is cold, form it into balls, and with the thumb of the right hand hollow them sufficiently to admit in the centre a small portion of peach jam, or of apricot marmalade; close the rice well over it; egg, crumb, and fry the croquettes as usual. As, from the difference of quality, the same proportions of rice and milk will not always produce the same effect, the cook must use her discretion in adding, should it be needed, sufficient liquid to soften the rice perfectly: but she must bear in mind that if not boiled extremely thick and dry, it will be difficult to make it into croquettes.

RISSOLES. (ENTRÉE.)

This is the French name for small fried pastry of various forms, filled with meat or fish previously cooked; they may be made with *brioche*, or with light puff-paste, either of which must be rolled extremely thin. Cut it with a small round cutter fluted or plain; put a little rich mince, or good pounded meat, in the centre, and moisten the edges, and press them securely together that they may not burst open in the frying. The rissoles may be formed like small patties, by laying a second round of paste over the meat; or like *cannelons*; they may, likewise, be brushed with egg, and sprinkled with vermicelli, broken small, or with fine crumbs. They are sometimes made in the form of *croquettes*, the paste being gathered round the meat, which must form a ball.

In frying them, adopt the same plan as for the croquettes, raising the pan as soon as the paste is lightly coloured. Serve all these fried dishes well drained, and on a napkin.

From 5 to 7 minutes, or less.

VERY SAVOURY RISSOLES. (ENTRÉE.)

Make the forcemeat No. 1, page 122, sufficiently firm with unbeaten yolk of egg, to roll rather thin on a well-floured board; cut it into very small rounds, put a little pounded chicken in the centre of one half, moistening the edges with water, or white of egg, lay the remaining rounds over these, close them securely, and fry them in butter a fine light brown; drain and dry them well, and heap them in the middle of a hot dish, upon a napkin folded flat: these rissoles may be egged and crumbed before they are fried.

RISSOLES OF FISH. (ENTRÉE.)

Take perfectly clear from bones and skin, the flesh of any cold fish that can be pounded to an exceedingly fine paste; add to it, when in the mortar, from one quarter to a third as much of good butter, and a high seasoning of cayenne, with a moderate one of mace and nutmeg. To these may be added, at pleasure, a few shrimps, or a little of any of

the finer fish sauces, or some lobster-coral. When the whole is well beaten and blended together, roll out some good puff-paste extremely thin, and with a small round tin shape, cut out the number of rissoles required; put some of the fish into each of these, moisten the edges with white of egg, fold and press them securely together, and when all are ready, slip them gently into a pan of boiling lard or butter; fry them a pale brown, drain them well, and dry them on white blotting-paper, laid upon a sieve, reversed; but do not place them sufficiently near to scorch or to colour them.

TO BOIL PIPE MACCARONI.

We have found always the continental mode of dressing macaroni the best. English cooks sometimes soak it in milk and water for an hour or more, before it is boiled, that the pipes may be swollen to the utmost, but this is apt to render it pulpy, though its appearance may be improved by it. Drop it lightly, and by degrees, into a large pan of fast-boiling water, into which a little salt, and a bit of butter the size of a walnut, have previously been thrown, and of which the boiling should not be stopped by the addition of the macaroni. In from three quarters of an hour to an hour this will be sufficiently tender; it should always be perfectly so, as it is otherwise indigestible, though the pipes should remain entire. Pour it into a large cullender, and drain the water well from it. It should be very softly boiled after the first minute or two.

$\frac{3}{4}$ to 1 hour.

RIBBAND MACCARONI.

This is dressed in precisely the same manner as the pipe macaroni, but requires only from fourteen to sixteen minutes' boiling in water, and twenty or more in broth or stock.

DRESSED MACCARONI.

Four ounces of pipe macaroni is sufficient for a small dish, but from six to eight should be prepared for a family party where it is liked. The common English mode of dressing it is with grated cheese, butter, and cream, or milk. French cooks substitute generally a spoonful or two of very strong rich jellied gravy for the cream; and the Italians, amongst their many other modes of serving it, toss it in rich brown gravy, with sufficient grated cheese to flavour the whole strongly; they send it to table also simply laid into a good *Espagnole* or brown gravy (that drawn from the *stufato*, for example), accompanied by a plate of grated cheese. Another, and an easy mode of dressing it is to boil and drain it well, and to put it into a deep dish, strewing grated cheese on every layer, and adding bits of fresh butter to it. The top, in this case, should be covered with a layer of fine bread-crumbs, mixed with grated cheese; these should be moistened plentifully with clarified butter, and colour given to them in the oven, or before the fire; the crumbs may be omitted, and a layer of cheese substituted for them. An excellent preparation of macaroni may be made with any well-flavoured, dry white cheese, which can be grated easily, at much less cost than with the Parmesan, which is expensive, and in the country not always procurable even; we think that the rich brown gravy is also a great advantage to the dish, which is further improved by a tolerably high seasoning of

cayenne. These, however, are innovations on the usual modes of serving it in England.

After it has been boiled quite tender, drain it well, dissolve from two to three ounces of good butter in a clean stewpan, with a few spoonsful of rich cream, or of white sauce, lay in part of the macaroni, strew part of the cheese upon it, add the remainder of the macaroni and the cheese, and toss the whole gently until the ingredients are well incorporated, and adhere to the macaroni, leaving no liquid perceptible: serve it immediately.

Macaroni, 6 ozs.; butter, 3 ozs.; Parmesan cheese, 6 ozs.; cream, 4 table-spoonsful.

Obs.—If preferred so, cheese may be strewed thickly over the macaroni after it is dished, and just melted and browned with a salamander.

MACCARONI A LA REINE.

This is a very excellent and delicate mode of dressing macaroni. Boil eight ounces in the usual way (see page 302), and by the time it is sufficiently tender, dissolve gently ten ounces of any rich, well-flavoured white cheese in full three quarters of a pint of good cream; add a little salt, a rather full seasoning of cayenne, from half to a whole salt-spoonful of pounded mace, and a couple of ounces of sweet fresh butter. The cheese should, in the first instance, be sliced very thin, and taken quite free of the hard part adjoining the rind; it should be stirred in the cream without intermission until it is entirely dissolved, and the whole is perfectly smooth: the macaroni, previously well-drained, may then be tossed gently in it, or after it is dished, the cheese may be poured equally over the macaroni. The whole, in either case, may be thickly covered before it is sent to table, with fine crumbs of bread fried of a pale gold colour, and dried perfectly, either before the fire or in an oven, when such an addition is considered an improvement. As a matter of precaution, it is better to boil the cream before the cheese is melted in it; rich white sauce, or béchamel, made not very thick, with an additional ounce or two of butter, may be used to vary and enrich this preparation. If Parmesan cheese* be used for it, it must of course be grated. Half the quantity may be served.

Macaroni, $\frac{1}{2}$ lb.; cheese, 10 ozs.; good cream, $\frac{3}{4}$ pint (or rich white sauce); butter, 2 ozs. (or more); little salt, *fine* cayenne, and mace.

FORCED EGGS FOR SALAD.

Boil six fresh eggs for twelve minutes, and when they are perfectly cold, halve them lengthwise, take out the yolks, pound them to a paste with a third of their volume of fresh butter; then add a quarter tea-spoonful of mace, and as much cayenne as will season the mixture well; beat these together thoroughly, and fill the whites of egg neatly with them. A morsel of garlic, not larger than a pea, perfectly blended with the other ingredients, would to some tastes greatly improve this preparation.

Eggs, 6; butter, size of 2 yolks; mace, $\frac{1}{4}$ teaspoonful; cayenne, third as much.

FORCED EGGS, OR EGGS EN SURPRISE. (ENTREMETS.)

Boil, and divide, as in the receipt above, half a dozen very fresh eggs;

* The Parmesan being apt to gather into lumps, instead of mingling smoothly with the liquid, had better be avoided for this dish.

pound the yolks perfectly, first by themselves, then with three ounces of good butter, a seasoning of salt, cayenne, and nutmeg, or mace, a large teaspoonful or more of minced parsley, and the yolks of two raw eggs. Slice a small bit off the whites to make them stand flat, hollow the insides well, fill them smoothly with the yolks, form a small dome in the centre of the dish with the remainder of the mixture, and lean the eggs against it, placing them regularly round. Set them into a gentle oven for ten minutes,* and send them quickly to table.

CHAPTER XX.

SWEET DISHES, OR ENTREMETS.

TO PREPARE CALF'S FEET STOCK.†

The feet are usually sent in from the butcher's ready to dress, but as a matter of economy‡ or of convenience it is sometimes desirable to have them altogether prepared by the cook. Dip them into cold water, lay them into a deep pan, and sprinkle equally over them on both sides some rosin in fine powder; pour in as much boiling water as will cover them well, and let them remain for a minute or two untouched; then scrape the hair clean from them with the edge of a knife. When this is done, wash them very thoroughly both in hot and in cold water; divide them at the joint, split the claws, and take away the fat that is between them. Should the feet be large, put a gallon of cold water to the four, but from a pint to a quart less if they be of moderate size or small. Boil them gently down until the flesh has parted entirely from the bones, and the liquor is reduced nearly or quite half; strain, and let it stand until cold; remove every particle of fat from the top before it is used, and be careful not to take the sediment.

Calf's feet, (large) 4; water, 1 gallon: 6 to 7 hours.

TO CLARIFY CALF'S FEET STOCK.

Break up a quart of the stock, put it into a clean stewpan with the whites of five large or of six small eggs, two ounces of sugar, and the strained juice of a small lemon; place it over a gentle fire, and do not stir it after the scum begins to form; when it has boiled five or six minutes, if the liquid part be clear, turn it into a jelly-bag, and pass it through a second time should it not be perfectly transparent the first. To consumptive patients, and others requiring restoratives, but forbidden to take stimulants, the jelly thus prepared is often very acceptable, and may be taken with impunity, when it would be highly injurious made with wine. More white of egg is required to clarify it than when sugar and acid are used in large quantities, as both of these assist the process. For blamange omit the lemon-juice, and mix with the clarified stock an

* Half of one of the raw egg-yolks may be omitted, and a spoonful of rich cream used instead; the eggs can also be steamed until the insides are firm, by placing them with a little good gravy, or white sauce, in a stewpan, and simmering them gently from fifteen to twenty minutes.

† For fuller and better directions for this, see page 160, Chapter IX.

‡ They are sold at a much lower price when not cleared from the hair.

equal proportion of cream (for an invalid new milk), with the usual flavouring, and weight of sugar; or pour the boiling stock very gradually to some finely pounded almonds, and express it from them as directed for Quince Blamange, allowing from six to eight ounces to the pint.

Stock, 1 quart; whites of eggs, 5; sugar, 2 ozs.; juice, 1 small lemon: 5 to 8 minutes.

TO CLARIFY ISINGLASS.

The finely-cut purified isinglass, which is now in general use, requires no clarifying except for clear jellies: for all other dishes it is sufficient to dissolve, skim, and pass it through a muslin strainer. When two ounces are required for a dish, put two and a half into a delicately clean pan, and pour on it a pint of spring water which has been gradually mixed with a teaspoonful of beaten white of egg; stir these thoroughly together, and let them heat slowly by the side of a gentle fire, but do not allow the isinglass to stick to the pan. When the scum is well risen, which it will be after two or three minutes' simmering, clear it off, and continue the skimming until no more appears, then, should the quantity of liquid be more than is needed, reduce it by quick boiling to the proper point, strain it through a thin muslin, and set it by for use: it will be perfectly transparent, and may be mixed lukewarm with the clear and ready sweetened juice of various fruits, or used with the necessary proportion of syrup, for jellies flavoured with choice liquors. As the clarifying reduces the strength of the isinglass,—or rather as a portion of it is taken up by the white egg,—an additional quarter to each ounce must be allowed for this: if the scum be laid to drain on the back of a fine sieve which has been wetted with hot water, a little very strong jelly will drip from it.

Isinglass, 2½ ozs.; water, 1 pint; beaten white of egg, 1 teaspoonful.

SPINACH GREEN, FOR COLOURING SWEET DISHES, CONFECTIONARY, OR SOUPS.

Pound quite to a pulp, in a marble or wedgewood mortar, a handful or two of young freshly-gathered spinach, then throw it into a hair-sieve, and press through all the juice that can be obtained from it; pour this into a clean white jar, and place it in a pan of water that is at the point of boiling, and which must be allowed to just simmer afterwards; in three or four minutes the juice will be poached or *set*; take it then gently with a spoon, and lay it upon the back of a fine sieve to drain. If wanted for immediate use, merely mix it in the mortar with some finely-powdered sugar;* but if to be kept as a store, pound it with as much as will render the whole tolerably dry, boil it to candy-height over a very clear fire, pour it out in cakes, and keep them in a tin box or canister. For this last preparation consult the receipt for orange-flower candy.

PREPARED APPLE, OR QUINCE JUICE.

Pour into a clean earthen pan two quarts of spring water, and throw into it as quickly as they can be pared, cored, and weighed, four pounds of nonsuches, pippins, or any other good boiling apples of fine flavour. When all are done stew them gently until they are well broken, but

* For soup, dilute it first with a little of the boiling stock, and stir it to the remainder.