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# ENTRÉES



THE KITCHEN LIBRARY

Vol. III

# ENTRÉES

by

COUNTESS MORPHY

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4 Adam Street  
Adelphi

THE KITCHEN LIBRARY

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## FOREWORD

THE word "entrée" is very elastic, and what is "one man's entrée is another man's meal." It has certainly lost its original significance in this country, except among professional chefs, and we find all manner of dishes being placed in the category of "entrées." In this volume, I have confined myself to meat dishes which may be regarded as entrées, whether substantial or light, but I have not included poultry, game and vegetable entrées, nor soufflés and egg dishes, which find their place in other volumes of the Kitchen Library.

# Meat Entrées

## METHODS OF COOKERY

### ROASTING

In roasting, the object is to preserve in the meat as much of its juices as possible, and this is done by subjecting it at first to great heat, so that the albumen on the surface should coagulate and form a thin crust on the outside, which will prevent the escape of the juices. When this crust or coating has been formed, the meat should then be cooked slowly and at a much lower temperature.

Real roasting can only be done in front of a clear bright fire, the meat being on a revolving spit, or in a Dutch-oven or roasting-jack.

As, however, the word "roasting" has lost its original significance, and baking in the oven has taken its place, I will confine myself to suggesting how this can be done more or less satisfactorily—I make this reservation as baked meat never has the same delicate flavour as roasted meat. In a closed oven, the vapours given off as the surface of the meat is being hardened cannot escape and the meat is cooked in an atmosphere laden with these, and is not as good as when cooked with a free current of air around it.

One of the first conditions of satisfactory roasting in an oven is that the oven should be very hot for the first 10 to 12 minutes. In the case of a gas oven, it should be lighted at least 15 minutes before the meat is put in. The meat should always be placed on a trivet in the roasting pan. This is most important, as the meat is apt to catch when in direct contact with the pan. Put the meat in a hot oven and do not baste till a thin crust has formed on the surface. When this is done, dredge the meat with salt, and replace in a moderate oven. Frequent basting is essential, as

otherwise the meat will be hard and dry. On no account should water be used for basting. Butter, good fat—the fat should be absolutely fresh—or olive oil, are used for basting, the latter being applied with a pastry brush over the joint, and not poured over like butter or fat. If the meat is liked well-done, allow 20 minutes to the lb.—25 minutes in the case of pork, which should always be cooked through—and 15 minutes if the meat is preferred underdone. The meat can be tested by running a skewer into it; if the juice that oozes out is red, the meat is not sufficiently cooked. If the juice is slightly pink, the meat should be done “to a turn”—an expression which dates from the time when the meat was roasted on a revolving spit.

### THE MAKING OF GRAVY

The gravy can be made by using the natural juices which have escaped from the meat and by scraping the dredgings from the meat pan and diluting with a little boiling water, seasoned with a little salt. As this only makes a very small quantity of gravy, it is advisable to prepare a sufficient quantity beforehand. Brown a few bones and trimmings in a little fat, cover with warm water, and season with salt and pepper. Bring to the boil, skim thoroughly, and simmer gently for 2½ to 3 hours. Strain through a cloth before serving. Flour should never be added to gravy.

### GRILLING

Good grilling, like real roasting on the spit, is rarely met with nowadays. To be perfect, grilling should be done over a clear charcoal, wood or coke fire. The principle is the same as that of roasting: the meat should be subjected to great heat at first, so that, as the fat melts, the albumen forms a coating which prevents the juices from escaping. The length of time for grilling does not depend on weight,

at rather on the thickness of the meat, birds, fish, etc., to grilled. Electric grillers are about the best substitute : grilling over a clear fire.

The grill should be warmed and slightly greased before using, the object of this being to prevent the meat, etc., from adhering to it. Whatever is about to be grilled should be seasoned with salt and pepper and brushed over with a little melted butter or oil. When either electric or gas grills are being used, they should be switched on or lit a few minutes before grilling is started, and, unless otherwise indicated, kept full on during the process of grilling.

Grilled meats should be slightly and pleasantly " charred " outside, and slightly underdone inside, when they will be found to be juicy and tender. It is almost better to under-grill than to over-grill, as in the latter case meat is apt to be dry and tough.

Good grilling is very much a matter of judgment and experience.

## BOILING

Although boiling should be one of the simplest and easiest methods of cooking, it is not as simple as it appears at first sight, and often a boiled chicken, for instance, comes to the table looking like a bundle of rags, and a boiled leg of mutton may either be falling to pieces or worse still, hard and tough. The reason for this is that the liquid has been boiling at the wrong temperature, *i.e.*, that it has been boiling too fast. With very few exceptions, everything that is boiled should be *simmered* or boiled *very slowly* once the liquid has come to the full boil. This point cannot be too strongly emphasized.

In boiling meat which is intended for the table—that is, which is not merely soup meat—always put the meat in boiling water or stock with a little salt, as the addition of salt demands a higher temperature for boiling than plain water. The boiling water has more or less the same effect

on it as the action of heat in the process of roasting and grilling, and an impervious crust will be formed on the meat which will prevent the juices from escaping. If hard boiling is continued for any length of time, not only will there be this slight and necessary hardening of the surface, but the meat will be hardened through and will be tough and stringy. After putting the meat in boiling liquid, wait till the liquid is on the full boil, and let it boil hard for about 5 minutes. Then lower the temperature considerably and simmer very gently, so that there is a mere ripple on the surface of the liquid.

In the case of meat which is used for the making of soups only, the process is exactly the reverse. The meat is put in cold water, gradually brought to the boil, and then simmered gently for several hours.

## FRYING

There are two kinds of frying—deep frying and “dry” frying. For the latter the French have a distinct word, which is far more descriptive of the process and is not as misleading as the word “frying,” and that is *sauté*, or tossed. I am glad to say that this word *sauté* is gradually creeping into the English culinary vocabulary.

Deep frying involves the use of an abundance of hot fat—whatever is being fried should literally “swim” in it. The proper pan for this is not always easy to get in this country, and it seems a pity that some enterprising firm should not put such a thing on the market at a reasonable price. It would enable the housewife to fry as efficiently as the chef, and as safely. For frying in an abundance of fat in an ordinary, somewhat shallow and long-handled frying pan is neither satisfactory nor safe. The proper utensil is made of iron and in various sizes, and even in the smaller sizes is at least 4 inches deep, and is fitted with two small handles and a frying basket with a close mesh.

Of the different fats used for frying, good oil is by far the best, and in the long run more economical, as it can be used many times, if strained, and keeps better than animal fats. The latter are not as digestible as vegetable oil, and a certain amount of grease always seems to cling to things fried in it.

The fat from beef kidney, when absolutely fresh, is also very good, as it can be made very hot without burning. The addition of one-third of veal fat improves it. Lard should not be used for frying, as it is apt to leave a greasy crust on whatever is fried in it, and sometime has an unpleasant flavour. Dripping is economical, and from this point of view only can be recommended. But it should be used absolutely fresh, and even then it is difficult to do any good and delicate frying in this kind of fat. Even when it has been carefully clarified it is apt to taste of the source from which it was derived, and whatever is fried in dripping remains greasy. Mutton fat should never be used, as it is apt to leave a tallow-like flavour. Butter, of course, cannot be used for deep frying, as it burns when brought to a high temperature.

Whatever kind of fat is used for deep frying, it should be very hot before anything is put into it—the fat is at the right temperature when a thin bluish smoke rises from it. A good test is to drop a small piece of bread into the hot fat. If it rises to the surface at once and sizzles, the fat is sufficiently hot. Things that are fried in fat which is not sufficiently hot are never crisp, and become sodden.

In “dry” frying, or *sauté*, butter, oil or fat should be used in small quantities—only sufficient to coat the pan unless otherwise indicated. When very hot, the meat, etc., is put in it, and the pan should be shaken constantly; and if a somewhat thick slice of meat is being *sauté* the temperature should be slightly lowered, as the surface is apt to burn before the meat is cooked through. It is advisable to clarify butter before using it for *sautés*, or

“dry” frying, as this rids it of impurities and things are less likely to “catch.”

## BAKING

The baking of meat, or “roasting” in the oven, has already been mentioned under the heading of Roasting (see p. 19).

## BRAISING AND STEWING

Braising and stewing, which are almost interchangeable terms, should always be done on a very slow fire or in a slow oven, with very little liquid. This liquid, by the slow process of cooking, gradually absorbs the juices from the meat and vegetables, and makes a gravy which is always served with the meat. A common error is to use far too much liquid and to cook too rapidly, the process thus being that of boiling rather than of stewing. Certain stews—such as Irish stew, navarin and blanquettes—require careful skimming, or are apt to be greasy.

Braising and stewing are practically the same, although in true braising the utensils should be completely surrounded by gentle heat—in the olden days hot coals were placed on the lid of the braising pan—and braising should therefore be done in the oven, where the heat is more equally distributed. Whether the stew or braising pan be of iron or earthenware, it should be only sufficiently large to hold the ingredients, somewhat closely packed, and it is essential to have a close-fitting lid. If the pan is too large, more liquid has to be used, and the result is that the meat is not properly braised or stewed and the gravy is thin and watery. The pan is lined with strips of bacon, covered with sliced carrots and onions and mixed herbs. Allow about 1 oz. each of carrot and onion to every pound of meat. If a brown stew is wanted, the vegetables and meat should be browned beforehand in a little fat. The

at is placed over the bacon and vegetables, the pan is covered and the whole is simmered very gently for about 20 to 25 minutes, *without the addition of any liquid*, and without touching or disturbing the meat. The meat gradually becomes white and its juices, as well as those from the vegetables, ooze out gradually and flavour the gravy. In the case of white stews the meat should not be allowed to brown during this process. Now add about 1 gill of liquid—stock, wine or water—bring to the boil without covering the pan, and reduce to about 1 tablespoon. The gravy will have even more body and will be more succulent if this operation is repeated a second time. Now add the liquid in which the meat is to be cooked, but in the case of a large piece of meat, such as a joint of beef or leg of mutton, the meat *must not be covered* with the liquid—it should only reach half-way, not more. Season with salt and pepper, cover closely—it is even advisable to put a piece of paper over the pan so that the lid will fit more tightly—and then put the pan in a slow oven, and simmer very gently and regularly for several hours, the length of time depending on the weight and thickness of the meat. The meat should occasionally be basted with the gravy. To test whether the meat is sufficiently done, prick it with a skewer; if done, the skewer will slip out easily. To serve, the meat is placed on a dish and the gravy is strained over it. If a thick sauce is wanted, a thickening of butter mixed with a little flour can be added. Or else the meat and vegetables can be sprinkled with a little flour before the liquid is added to the stew.

The method of braising or stewing which I have described is the general one, but there are variations and special methods for certain stews which will be indicated in the course of the book.



# Beef

## BEEF, BRAISED OR STEWED PAUPIETTES OF BEEF À L'ITALIENNE

Paupiettes consist of thin slices of lean beef 4 inches long and 2 inches wide, covered with a thin layer of pork forcemeat and with mixed herbs. They are rolled, tied with string, surrounded with a rasher of fat bacon and braised. Serve with Italian risotto (see p. 122).

## PAUPIETTES OF BEEF WITH MADEIRA SAUCE

Cover each slice of beef with a layer of mushrooms, previously boiled, rubbed through a sieve and mixed with a little chopped chives, parsley, seasoned with lemon juice, salt and pepper, and 1 whole egg. Tie up, braise, and serve with Madeira sauce (see p. 114).

## STEWED SHIN OF BEEF

Saw the bone into 3 or 4 pieces, put in a saucepan and just cover with cold water. Bring to the boil, skim, add 1 large onion, cut in half, 2 sticks of celery, mixed herbs, salt, peppercorns and a little allspice. Simmer for 3 to 3½ hours till the meat is tender. Garnish with thickly sliced carrots, turnips, pickling onions, all cooked separately. Thicken 1 pint of the stock with ½ oz. of flour, season with a little mushroom ketchup, 1 glass of port wine and pour over the beef.

## BEEF, GRILLED

### FILET MINUTE

Cut very thin slices from the fillet, trim neatly, and grill over or under a very hot grill, grilling one side of the fillet for exactly 1 minute, and allowing the same time for the other side. It can be served with any of the sauces usually served with filets of beef.

## GRILLED BONES

The best bones for grilling are the ribs of beef. Leave a certain amount of meat on the bones, and sprinkle with cayenne and coat with a little mustard. Grill and serve very hot.

## FILETS MIGNONS

These small filets are usually taken from the ends of the fillet. Trim and give a triangular shape to the filet mignons. Grill and garnish with fried potatoes or any vegetable in season, and serve with any of the sauces which are appropriate to grilled meat, Béarnaise, etc. (see p. 110).

## FILETS MIRABEAU

Grill the filets and garnish with anchovies, stoned olives and a few tarragon leaves. Serve with Anchovy butter (see p. 120).

## TOURNEDOS

The tournedos and beef medallions are cut from the fillet of beef, and should not weigh more than 3 to 3½ ozs. each. They are usually served on a croûton of fried bread or on a flat croquette made with the ingredients of the accompanying garnish.

## TOURNEDOS BÉARNAISE

Grill the tournedos, place them on croûtons of fried bread (see p. 122), and surround each fillet with Béarnaise sauce (see p. 110). Garnish with potatoes cut to the shape of large olives, seasoned with salt and pepper and simmered in butter for 25 to 30 minutes till lightly browned.

## TOURNEDOS À LA BORDELAISE

Grill the tournedos and place them on a hot dish. Put a piece of cooked beef marrow over each with a little chopped parsley. Serve with a Bordelaise sauce (see p. 112).

### TOURNEDOS À LA FLORENTINE

Grill the fillets, place them on a flat semolina croquette and place over each a little spinach, mixed with thick Béchamel sauce (see p. 111), and the yolk of 1 or 2 eggs, all lightly browned in butter. Serve with melted Maître d'Hôtel butter (see p. 120) to which a little chopped tarragon has been added.

### TOURNEDOS À LA JARDINIÈRE

Grill and garnish with carrots and turnips, boiled and sauté in butter, and cut in rectangles, French beans, peas, and clusters of cooked cauliflower.

### TOURNEDOS HENRI IV

Grill the tournedos, place on a croûton of fried bread, and over each tournedos put a small cooked artichoke bottom, garnished with potatoes turned to the size of a hazel nut and lightly browned in butter. Serve with a Béarnaise sauce (see p. 110).

### TOURNEDOS À LA MOËLLE

(Tournedos with Beef Marrow)

Grill the tournedos, put on a hot dish and place a slice of cooked beef marrow over each. Serve with a Bordelaise sauce (see p. 112).

### TOURNEDOS AUX MORILLES

(Tournedos with Morels)

Grill the tournedos and garnish with morels, cooked in butter, and sprinkle the whole with chopped parsley. Mushrooms can be used instead of morels.

### TOURNEDOS TYROLIENNE

Grill the tournedos, place on a hot dish, and over each put onions cooked as follows: Chop some onions very

finely and fry in butter. Mix with a little Poivrade sauce (see p. 116). Surround each tournedos with a thick Tomato sauce (see p. 118).

### TOURNEDOS VERT-PRÉ

Grill the tournedos. On each place a pat of Maître d'Hôtel butter (see p. 120) and garnish with bunches of watercress and straw potatoes.

### BEEF, FRIED OR SAUTÉ

#### FILETS MIGNONS

For Filets Mignons see p. 27. They are usually dipped in butter, coated with fine white breadcrumbs and fried or sauté in butter. They can be served with any vegetable garnish or an appropriate sauce, such as Béarnaise, etc. (see p. 110).

### TOURNEDOS À L'ANDALOUSE

The tournedos are sauté in butter and placed on croûtons of fried bread. Garnish with stuffed grilled pimientos and grilled chipolata sausages. Over each tournedos put a few slices of fried aubergines.

### TOURNEDOS BALTIMORE

The tournedos are sauté in clarified butter. Place each in a tartlet case garnished with corn, previously boiled, mixed with a little cream. Over each tournedos place a slice of tomato, previously sauté in butter; and over the tomato put a slice of cooked pimiento. Serve with Maître d'Hôtel butter (see p. 120).

## TOURNEDOS AUX CHAMPIGNONS

The tournedos are sauté in butter and served with a garnish of mushrooms, sauté in butter. Place a large mushroom on each tournedos. Cover with Espagnole sauce (see p. 113).

## TOURNEDOS DUBARRY

The tournedos are sauté in butter, placed on croûtons of fried bread and garnished with clusters of cauliflower covered with Mornay sauce (see p. 115).

## TOURNEDOS WITH TARRAGON BUTTER

The tournedos are sauté in butter, put on a hot dish and covered with melted tarragon butter (see p. 121). Garnish each fillet with tarragon leaves.

## TOURNEDOS À LA MOËLLE

(Tournedoes with Beef Marrow)

The tournedos are sauté and garnished with cooked beef marrow. Serve with a Bordelaise sauce (see p. 122).

## TOURNEDOS PARMENTIER

The tournedos are sauté and put on a hot dish. In the centre of the dish put a garnish of potatoes cut into dice and cooked lightly in butter. Sprinkle the potatoes with chopped parsley.

## TOURNEDOS RACHEL

The tournedos are sauté and put on croûtons of fried bread, and on each place a small cooked artichoke bottom, garnished with cooked beef marrow. Serve with a Bordelaise sauce (see p. 112).

## BEEF MISCELLANEOUS

### BUBBLE AND SQUEAK

In modern times this is often confused with Colcannon and made with only cabbage and potatoes. I give the recipe of the original and genuine Bubble and Squeak. Boil a cabbage, drain, squeeze in a cloth to extract the water and chop it somewhat finely. Lightly brown a few slices of cold salt beef in butter, then add the chopped cabbage, season with salt and pepper and cook till lightly browned, mixing it with the meat. Lay the cabbage in the middle of a dish and put the slices of meat around it.

### COLLOPS, MINCED (Scotch)

Fry 1 finely chopped onion in a little dripping and add 1 lb. of lean beef or rump steak, finely minced, season with salt, pepper and a pinch of nutmeg, moisten with about 1 cup of stock, and simmer for 1 to 1½ hours. Then add 1 tablespoon of mushroom ketchup, sprinkle with 1 dessert-spoonful of breadcrumbs or oatmeal, mix all well and cook for 5 to 10 minutes. Put on a hot dish, surround with a border of mashed potatoes, and garnish with slices of hard-boiled egg and sippets of toast or fried bread.

### CREOLE GRILLADES

Lightly brown 2 chopped onions in butter, add ½ lb. of sliced or quartered tomatoes and cook for about 10 minutes, crushing the tomatoes with a wooden spoon to extract the juice. Season with salt, pepper and cayenne. Cut 1 lb. of round of beef into slices about 4 inches square, add to the tomatoes and onions, dilute the sauce with a little hot stock or water, as it should not be too thick, cover the pan with a dish and simmer for 30 minutes or till the meat is tender. Add a little more liquid if necessary and turn the meat occasionally. To serve, put the grillades on a hot dish and

pour the sauce over them. This dish should be highly seasoned, and chilli peppers are often added to it.

### FRICADELLES OF BEEF

Make a forcemeat with  $\frac{3}{4}$  lb. of lean beef, finely chopped, about 6 ozs. of bread, soaked in milk and well squeezed, 6 ozs. of butter and 2 whole eggs. Season with salt and pepper and add 2 ozs. of finely chopped onion, lightly browned in butter, and 1 teaspoon of chopped parsley. Put on a floured board and shape into somewhat thick square cakes. Melt some butter in a frying pan and, when very hot, put in the fricadelles. Cook for 10 minutes, then put in the oven in a buttered tin and cook for 30 to 40 minutes. Serve with Robert Sauce (see p. 117).

### POTATO PASTY

Mix lightly together 1 oz. of butter and  $\frac{1}{4}$  lb. of flour, add  $\frac{1}{4}$  lb. of cooked potatoes, mashed and rubbed through a sieve, and a good pinch of salt. Stir in 1 egg and enough warm milk to make a stiff paste. Roll out the paste and on one half of it put  $\frac{1}{4}$  lb. of uncooked lean beef mixed with parboiled potatoes, cut in dice, and 1 small onion, finely chopped. Season with salt and pepper, moisten with a little stock, fold over the other half of the paste, pressing down the edges, prick, and bake in a moderate oven for 1 hour.

### POTTED BEEF

Cut 2 lbs. of lean beef into small pieces, put in a jar with 1 tablespoon of water, sprinkle with a little powdered cloves, mace and allspice and salt and pepper. Cover with a close-fitting lid and buttered paper, and place the jar in a saucepan of boiling water and simmer in the oven for 3 hours, replacing the boiling water as it evaporates. Now pound the meat in a mortar, adding the juice the meat has

yielded and a few drops of anchovy essence. Rub through a sieve and press into pots. Cover with clarified butter.

### SEA-PIE

Cut 1 lb. of beef steak into thin slices about 2 inches square, put in a saucepan, season with salt and pepper and barely cover with boiling water. Put the lid on the saucepan and simmer for 1 hour. Then add 1 sliced carrot, 1 small chopped onion and cover the meat with a layer of suet pastry. Replace the lid on the saucepan and simmer for another 1½ hours. When done, cut the paste into 4 pieces, remove carefully from the saucepan and put on a plate. Put the meat and vegetables on a hot dish and put the paste over them.

### TERRINE DE BŒUF (French)

Cut 2 lbs. of rump of beef into thin slices, as well as ¾ lb. of lean gammon. Lay these in alternate layers in a tureen 8 inches wide and 4 inches deep, seasoning each layer with salt, pepper and a little nutmeg, and sprinkling each layer with 2 or 3 bayleaves and a few sprigs of thyme. Moisten with 6 or 8 tablespoons of stock, cover with strips of fat bacon and cover with a close-fitting lid. Cook in a slow oven for 3 to 3½ hours, adding 1 or 2 tablespoons of stock if necessary. When done, pour the liquid into a cup, remove the fat and pour the liquid back into the tureen. Put a plate on the meat, place a heavy weight on it and let stand overnight.

### TOAD-IN-THE-HOLE

The modern version of this dish is somewhat different from the original, the modern housewife having substituted sausages for beef. The traditional one is as follows : Make a batter with ½ lb. of flour, 1 egg, ½ pint of milk, and a good pinch of salt. Pour about a ¼ of this in a baking tin thinly



coated with dripping and put in a moderate oven till almost set. Then put in 1 lb. of steak, cut in small pieces, season with salt and pepper and cover with the rest of the batter. Bake in a quick oven at first, and continue in a moderate oven till sufficiently cooked.

## DISHES MADE WITH COOKED BEEF

### BOILED BEEF OR BOUILLI À LA CRÈME

Slice the cold beef, put the slices in a fireproof dish, and over it put a thick Cream sauce (see p. 112) to which a few cooked and quartered mushrooms have been added, and 2 or 3 finely-chopped cooked shallots. When hot, serve at once.

### BOILED BEEF WITH SAUCE PIQUANTE

Cover the slices of cold beef with a Piquante sauce (see p. 116) and cook for a few minutes till very hot.

### BOILED BEEF WITH TOMATO SAUCE

Proceed as in the foregoing recipe, using Tomato sauce (see p. 118).

### BOILED BEEF WITH SOUBISE SAUCE

The same as foregoing recipe, using Soubise or Onion sauce (see p. 117).

### BOILED BEEF WITH BORDELAISE SAUCE

The same as foregoing recipes, but using Bordelaise sauce (see p. 112).

### BOILED BEEF AU GRATIN

Put a layer of Duxelles sauce (see p. 113) in a fireproof dish, lay the slices of meat over it, cover with more Duxelles,

and garnish with a few cooked mushrooms. Put in the oven till thoroughly hot.

### BOILED BEEF SAUCE MORNAY

Proceed as in foregoing recipe, using Mornay sauce (see p. 115) instead of Duxelles sauce, and sprinkle with bread-crumbs and grated cheese. Put in the oven and brown lightly.

### BEEF HASH

Chop the meat coarsely and mix in a pan with 1 sliced fried onion, 2 ozs. of bacon, cut in dice, and moisten with Espagnole sauce (see p. 113). Cook for a few minutes, put on a hot dish and garnish with croûtons of fried bread.

### CROQUETTES OF BEEF

Chop the cold beef finely, mix with cold chopped mushrooms and bind with very thick cold Béchamel sauce (see p. 111). Shape into corks about 2 inches long and 1 inch wide, brush over with flour, yolk of egg, and coat with fine breadcrumbs. Fry in deep fat to a light golden colour. Drain and serve on a hot dish on a folded napkin. Any of the above-mentioned sauces can be served with these.

### MINCED BEEF

Cut the meat in small pieces and cook for a few minutes in any of the sauces which are mentioned in the foregoing recipes for boiled beef.

### MIROTON OF BEEF

Chop  $\frac{3}{4}$  lb. of onions and brown in 2 ozs. of butter. Sprinkle with 1 teaspoon of flour, mix well and add  $\frac{1}{2}$  pint of hot stock or water, 6 tablespoons of white wine, season with salt and pepper and simmer for 25 minutes. Then add the sliced beef and cook for 7 or 8 minutes. Butter a fire-

proof dish, garnish all around with sliced cooked potatoes, lay the meat in the centre of the dish, pour the sauce over it, sprinkle with breadcrumbs, dot with pats of butter and put in a quick oven for 10 minutes.

### BEEF SALAD

Cut the beef into strips about  $\frac{1}{2}$  inch wide and mix in a salad bowl with cold sliced potatoes. Dress with a French salad dressing and garnish with bunches of watercress and slices of hard-boiled eggs.

### BEEF SALAD WITH POTATOES AND BEANS

Proceed as in foregoing recipe, mixing cooked French beans with the potatoes and meat and omitting the watercress and eggs.

### SAUTÉ OF BEEF LYONNAISE

This consists of chopped onions, fried to a golden colour in lard and oil. The meat is cut in thin narrow slices, added to the onions, highly seasoned with salt and pepper and cooked till lightly browned. A handful of chopped parsley is then added with a little garlic, and the whole is cooked for a few minutes longer. Sauté potatoes are usually served with this dish.

### STUFFED CABBAGE LEAVES

Make a stuffing of finely-chopped cooked beef, a little chopped onion, parsley, thyme, marjoram, fennel and caraway seed and bind with 1 or 2 eggs. Brown the mixture in butter and season with salt and pepper. Put a little of this mixture on a cabbage leaf which has been previously blanched for a few minutes in boiling salted water and well drained. Wrap the leaf round the stuffing, gathering the ends and folding, so as to make a small parcel, and tie with string if necessary. Put a few fat rashers of

bacon in a saucepan, lay the stuffed cabbage leaves over them, moisten with 6 tablespoons of white wine or stock, and simmer for about  $\frac{1}{2}$  hour. To serve, put on a hot dish, remove the string and pour over them the strained sauce. Plain boiled rice can be served with this dish. Veal stuffing (see p. 119) or sausage meat (see p. 104 for skinless sausages) can be used instead of beef.

## BEEF SUNDRIES

### BEEF BRAIN

Soak the brain in cold water for at least 2 hours, changing the water frequently. Carefully remove the skin and fibres and soak once more for about  $\frac{1}{2}$  hour in warm water. The brain should then be poached in the following court-bouillon: To cook 1 beef brain use 1 quart of water, 2 tablespoons of vinegar, 1 onion stuck with 2 cloves, a bouquet of mixed herbs, 1 level tablespoon of salt, and 5 or 6 peppercorns. Bring to the boil and simmer for 20 to 25 minutes. Remove from the fire, strain, and when lukewarm add the beef brain. Bring to the boil and simmer for 20 to 25 minutes. Drain thoroughly and use as required.

### BEEF BRAIN WITH BLACK BUTTER

The brain, poached as in preceding recipe, is put on a hot dish, and butter cooked to a dark brown is poured over it.

### BEEF BRAIN FRIED

Cut the brain into slices; when poached and drained, put them in a dish with a little oil, lemon juice, chopped parsley and salt and pepper. Then dip in flour, coat with yolk of egg, breadcrumbs and fry in deep fat. Serve with a Tomato sauce (see p. 118).

## BEEF BRAIN FRITTERS

Let stand in the court-bouillon till cold. Drain and cut in thin slices. Dip these in frying batter (see p. 122) and fry in deep fat.

## BEEF BRAIN WITH PIQUANTE SAUCE

Cut the poached brain in thin slices and cook for 10 minutes in a Piquante sauce (see p. 116).

## BEEF BRAIN SAUTÉ

For this preparation the brain is not poached in the same manner. It is merely blanched for 5 minutes in boiling water to which a little vinegar and salt have been added. Cut into long, thin slices and let stand for  $\frac{1}{2}$  hour in a dish with a little oil, lemon juice, salt, pepper and chopped parsley. Sprinkle with flour and cook in butter in a sauté pan. Serve with a Tomato or a Piquante sauce (see pp. 118 and 116).

## BEEF BRAIN IN SCOLLOP SHELLS

Cut the poached brain in small dice and mix with thick Béchamel sauce (see p. 111). Put the mixture in scallop shells, sprinkle with grated Parmesan cheese and brown lightly in a quick oven.

## BULLOCK'S HEART, STUFFED

Wash the heart thoroughly in several waters, cut away cartilage and gristle at the base, remove the lobes and the membrane, separating the cavities inside the heart. Drain and dry the heart and stuff with veal forcemeat (see p. 119). Cover the base with greased paper and tie with string, so that the forcemeat will not come out. Roast in the oven (see p. 19 for roasting), basting frequently with butter or fat. Half an hour before serving remove the paper. Serve with red currant jelly and the gravy made by diluting the sediment from the meat pan with a little boiling water.

## OX CHEEK, BOILED

Soak the ox cheek in cold water for 12 hours, changing the water frequently. The ox cheek is boiled in the same manner as an ox tongue (see p. 47), and can be served with the same sauces and garnishes.

## OX CHEEK, BRAISED

Put the ox cheek in cold water, bring to the boil and simmer for 1 hour. Remove from the water, drain and braise (see p. 47 for braising). When nearly done, take out the cheek, bone it carefully, cut into slices and replace in the saucepan. To serve, put the slices of cheek on a hot dish, add a little sherry and lemon juice to the sauce in which it was cooked and strain it over the meat.

## OX CHEEK SALAD

Carve the boiled ox cheek into thin slices and mix with shredded celery, 1 or 2 apples, cut in small dice, finely chopped raw onion, and dress with a plain French salad dressing to which a little mustard has been added, or with Mayonnaise (see p. 115).

## OX KIDNEY

The best method of cooking ox kidney is to slice it and cook it in butter in a sauté pan. Remove all fat and skin and trim it. If it appears old it is as well to plunge it in boiling water for 1 or 2 minutes. Drain and dry it. Then cut in thin round slices and cook in butter for 5 minutes. Remove from the pan and drain on a sieve or collander. They can then be finally cooked in various sauces.

## OX KIDNEY BERCY

The sliced kidney having been cooked as in preceding recipe, put 1 tablespoon of chopped shallots in the butter

in which the kidneys were cooked, and add 1 glass of white wine, 3 teaspoons of meat glaze, mix well and add a squeeze of lemon juice and 1½ ozs. of butter. Mix the kidneys with this sauce and simmer for 5 to 10 minutes, but without allowing the sauce to boil. Should the sliced kidneys be boiled in the sauce they will be tough.

### OX KIDNEY WITH MUSHROOM SAUCE

Proceed as in foregoing recipe, adding the slices of sauté kidney to a Mushroom sauce (see p. 115) and simmering for a few minutes.

### OX KIDNEY WITH MADEIRA SAUCE

Same as preceding recipes, but cooking the sliced kidney for a few minutes in Madeira sauce (see p. 114).

### OX KIDNEY À LA PARISIENNE

Cook the sliced kidney in butter with chopped chives and shallots, seasoning with salt and pepper. Cook for about 10 to 12 minutes, tossing the kidney frequently. Just before serving add a little vinegar and sprinkle with chopped parsley.

### OX LIVER, ROASTED

Wash and dry the liver, season with salt and pepper, cover with a few rashers of fat bacon, and roast in the oven (see p. 19), basting frequently and allowing 30 minutes to the lb. and 30 minutes over. Serve with the gravy, made by mixing the sediment in the meat pan with a little boiling water.

### BEEF MARROW

Soak the marrow in cold water for 2 hours. There are two methods of preparing it: (1) to put it in boiling water to which vinegar and salt have been added, and then poach it very gently for about 25 minutes; (2) to put it in cold salted water with a little vinegar, bringing to the boil

rapidly and removing the marrow as soon as the water is boiling. The first method on the whole gives better results.

### BEEF MARROW ON TOAST

Cook the marrow as in preceding recipe, drain, cut in small pieces, season with salt and pepper, a little lemon juice, and serve on squares of hot toast on which a little mustard has been spread.

### BEEF MARROW PATÉS

Cook the marrow as in preceding recipes, drain well, chop in small pieces, season with salt and pepper and fill small pâtés of puff pastry with it.

### MARROW BONES

The marrow bones should be sawed in half crosswise and the thick end chopped into shape so that they can stand upright. Cover the open end of each bone with a paste made of flour and water and put in a saucepan with hot water reaching a little over half-way up the bones. Bring to the boil, cover the saucepan and simmer for  $1\frac{1}{2}$  to 2 hours. When done, remove the paste, wrap a napkin around each bone and serve with dry toast.

### MARROW BONES, BAKED

Prepare the bones as in preceding recipe, covering the end with paste, and bake in the oven, putting a little water in the tin occasionally. Bake for  $1\frac{1}{2}$  to 2 hours, according to the size of the bones.

### OX PALATES

Ox palates should be soaked in cold water for 5 or 6 hours, and the water frequently changed. They should then be blanched. Put in cold water, bring to the boil



gradually, and as soon as the water is boiling remove the ox palate, drain thoroughly, and scrape off the rough skin which covers one side. They should be white and clear. Use as required.

### OX PALATE CROQUETTES

Chop the prepared ox palate and mix with half the quantity of chopped cooked mushrooms. Bind with very thick Béchamel sauce (see p. 111) and 1 or 2 eggs, seasoning the whole with salt and pepper, shape into croquettes—either cork-shaped or rectangular—coat with flour, yolk of egg and fine white breadcrumbs, and fry in deep fat. When a golden colour, remove from the pan and drain. Serve on a hot dish on a folded napkin with a garnish of parsley and Béchamel sauce in a sauceboat.

### OX PALATE À LA DANOISE

Divide the prepared palate in neat slices, season, dip in butter, then in breadcrumbs, and grill (see p. 20, Methods of Cookery). Serve with a Rémoulade sauce (see p. 117).

### OX PALATE AU GRATIN

Cut the prepared palate into thick strips, put in the centre of a dish and surround with small plain boiled potatoes. Cover the whole with a Duxelles sauce (see p. 113) and put in a moderate oven to brown.

### OX PALATE, BRAISED

Blanch, etc., the ox palate (see p. 41) and cut into 2-inch squares. Braise (see p. 24 for braising), allowing about 2½ to 3 hours, and when done put on a hot dish and strain the sauce over them. Garnish with small onions and carrots, cooked separately and browned in butter.

## LES CHOESLS (Belgian)

(Beef and Calves' Sweetbreads, etc.)

Slice 1 lb. of onions and brown in a large earthenware casserole in a little butter. When lightly browned, add the ox tail, cut into joints, season with salt, pepper and nutmeg, add a bouquet of mixed herbs, 3 cloves, and cover with 1 bottle of beer (in Belgium the Belgian Lambic beer is generally used), bring to the boil and simmer for 1 hour. Then add 1 lb. of breast of mutton, cut in small pieces, and simmer for another  $\frac{1}{2}$  hour. Now put in 5 blanchéd ox and veal sweetbread (see p. 41 for blanching), 1 lb. of breast of veal, also cut in small pieces, 6 sheeps' feet (also blanchéd), divided in four,  $\frac{1}{2}$  lb. of sliced ox kidney, and simmer for another  $1\frac{1}{2}$  hours. Ten minutes before serving add a few veal fricadelles (see p. 48) and 1 lb. of cooked mushrooms. Season with more salt and pepper, and just before serving add 1 glass of Madeira.

## OX TAIL À L'AUVERGNATE

Joint the ox tail and soak in cold water for 3 hours, changing the water 2 or 3 times. Braise it in white wine (see p. 24 for braising). When done, put the pieces of ox tail on a hot dish, strain the sauce over them and garnish with slices of boiled bacon, large chestnuts, boiled in stock, and pickling onions browned in butter.

## OX TAIL, GRILLED

Prepare and cook the ox tail as in preceding recipe. Remove from the saucepan, and when quite cold dip in flour, coat with yolk of egg and white breadcrumbs. Grill and serve with a Piquante sauce (see p. 116).

## OX TAIL EN HOCHÉPOT

Put the prepared tail in a large saucepan with 2 blanchéd pig's feet divided in 5 pieces, and 1 whole pig's ear. Cover

with warm water, add salt and bring to the boil. Skim and simmer for 2 hours. Then add 1 small blanched and quartered cabbage, 12 pickling onions, 2 small carrots, 2 small turnips, and simmer for another 2 hours.

### OX TAIL STEWED

Brown the pieces of ox tail in butter with 1 sliced onion, sprinkle with a little flour. When thoroughly browned add 1 pint of stock, a bouquet of herbs, 2 cloves, a blade of mace and season with salt and pepper. Cover closely and simmer for 3 to 3½ hours. Before serving add 1 tablespoon of lemon juice. Put the pieces of ox tail on a hot dish, strain the sauce over them, and garnish with previously cooked carrots and small onions, browned in butter, and croûtons of fried bread (see p. 122).

### OX TAIL À LA SAINTE-MENEHOULD

Braise the ox tail (see p. 24 for braising), and when done season the pieces highly with pepper and coarse salt, dip in melted butter, coat with breadcrumbs, dip once more in melted butter and again in breadcrumbs and grill. Serve with either a Devilled sauce, Robert sauce, Piquante sauce, etc.

### TRIPE

Tripe is usually bought already dressed. The paunch is emptied and cleansed in the slaughter house, and is rarely sold in an entirely untrimmed condition. When bought in its natural condition it should be washed repeatedly, then soaked in cold water for 6 hours, changing the water frequently, and then boiled for 10 hours or more, changing the water occasionally.

### TRIPE FRICASSÉE

Wash and dry 1½ lbs. of dressed tripe, cut in pieces 2½ inches square, put in a saucepan and cover with equal parts

of milk and water. Season with salt, bring to the boil and skim. Then add 2 chopped onions, a little chopped parsley and a few peppercorns. Simmer gently for 2 to 2½ hours. Twenty minutes or so before serving thicken the sauce with 1 oz. of butter kneaded with 1 oz. of flour. Stir till quite smooth. When done, put the pieces of tripe on a hot dish and strain the sauce over them.

### TRIPLE, FRIED

Cut the dressed tripe into 2½ to 3-inch lengths and put them in a deep dish with a little vinegar, salt and pepper. Let stand for ½ hour. Then dip in flour, coat with yolk of egg and breadcrumbs, and fry in deep fat. Drain and serve with either Tartare sauce, Piquante sauce, Tomato sauce, etc.

### TRIPLE FRITTERS

Chop the dressed tripe, season with salt and pepper, dip a spoonful at a time in frying batter (see p. 122) and drop in a pan of hot fat. Drain, put on a hot dish on a folded napkin, garnish with parsley and serve with any of the sauces mentioned in the preceding recipe.

### TRIPLE, GRILLED

Cut the dressed tripe in 2 or 3-inch lengths, dip in melted butter, season with salt and pepper and coat with breadcrumbs. Grill and serve with any of the sauces mentioned in the preceding recipes.

### TRIPES À LA MODE DE CAEN

Cut the dressed tripe in 3-inch lengths. Line an earthenware casserole with strips of fat bacon or chopped pickled pork, put the pieces of tripe over them with 2 onions, stuck with 1 or 2 cloves, 2 or 3 sliced carrots, 2 cloves of garlic, a bouquet of herbs and 2 chopped tomatoes. Cover

with  $\frac{1}{2}$  bottle of white wine, a little stock and add 1 liqueur glass of brandy. Season highly with salt and pepper, cover closely, bring to the boil and simmer in a moderate oven for 6 to 7 hours. Remove the pieces of tripe and strain the sauce. Put back in the casserole and pour the strained sauce over. Serve in the casserole. A piece of chopped shin of beef is often cooked at the same time to give the sauce more consistency and thickness.

### TRIPE AND ONIONS

The same as Tripe Fricassée (see p. 44), but the sauce is not strained.

### TRIPE WITH ROBERT SAUCE

Cut the dressed tripe in 3-inch lengths and simmer for 30 minutes in Robert sauce (see p. 117), allowing just over  $\frac{1}{2}$  pint of sauce to every lb. of tripe. Just before serving stir in a little French mustard.

### OX TONGUE

Ox tongues are usually bought already salted, in which case they are soaked in cold water for a few hours and then boiled in plain water for about 3 hours. Remove from the water and skin them. Cover with buttered paper, for if they are exposed to the air while they cool, the surface of the meat has a tendency to become dark. When cold the tongue may be glazed with aspic jelly or with a glaze made of  $\frac{1}{2}$  lb. of gelatine dissolved in 1 pint of water. They are more often than not cut only when cold.

If fresh tongue is used it should be lightly salted for a few days—salt and baysalt being well rubbed into it every day for 5 or 6 days. The usual methods of cooking fresh tongues are to braise them or to boil them.

## OX TONGUE, BOILED

The fresh tongue should be trimmed and well brushed with a stiff brush. Put the tongue in a large saucepan, and for a tongue weighing  $6\frac{1}{2}$  to 7 lbs. cover with 4 quarts of water. Bring to the boil, skim, and add 2 onions stuck with 2 cloves, a bouquet of mixed herbs, 1 oz. of bay salt (if the tongue has not been salted) and a few peppercorns. Simmer, allowing 40 minutes to the lb. Drain thoroughly, skin the tongue carefully—this should be quite easy if the tongue is sufficiently cooked. Place the tongue on a hot dish, garnish with the vegetables, and strain a few spoonfuls of the stock over it. Tomato sauce, Robert sauce or Béchamel sauce to which some capers have been added and cooked for a few minutes, may be served with this dish. The stock in which the tongue was cooked can be used for vegetable soups.

## BRAISED TONGUE

Trim the tongue and remove most of the fat from the root. Soak in cold water for 4 or 5 hours, changing the water frequently. Then put the tongue in a large saucepan, cover with cold water, bring to the boil, skim carefully and simmer for 15 to 20 minutes. Remove the tongue from the saucepan and put in cold water and let stand till cold. Drain and then remove the skin. Now put in an earthenware casserole in which it just fits, over a layer of fat slices of bacon, sliced carrots and onions, mixed herbs, and season with salt and pepper. Brown lightly on a moderate fire, then add 3 tablespoons of white wine and let reduce completely. Add 3 pints of stock, bring to the boil, cover with a piece of buttered paper and then with the lid, and put in a moderate oven and simmer for 3 hours. Turn the tongue several times for the first 2 hours, and afterwards baste it frequently. To serve, put the tongue on a hot dish and strain the sauce over, serving the remainder in a sauceboat.

## OX TONGUE WITH PICKLES

Prepare and blanch the tongue as in preceding recipe. When cold, remove the skin and lard the tongue (see p. 123 for larding) with strips of larding bacon well seasoned with spices and chopped herbs. Cover the tongue with a large slice of fat bacon and braise with the usual vegetables, herbs, etc. (see p. 24 for braising), moistening with stock. Simmer for 3 hours in the oven. When done, put on a hot dish, strain the sauce over it, and add 3 or 4 sliced gherkins.

## LANGUE DE BŒUF À LA BOURGEOISE

Prepare, blanch and braise the tongue as in the preceding recipes. When three-quarters cooked add  $\frac{3}{4}$  lb. of pickling onions, browned in butter, the same of carrots cut to the size of olives and boiled, but not soft. Serve with the onions and carrots as a garnish and cover with the sauce.

## LANGUE DE BŒUF À LA FLAMANDE

Prepare, blanch and braise the tongue as in the preceding recipes. One hour before serving add 3 or 4 carrots, cut in half lengthwise, the same of turnips, and  $\frac{3}{4}$  hour before serving add a few potatoes and a small cabbage, quartered. To serve, put the meat on a hot dish, garnish with the vegetables, strain a little of the stock over it, and serve with either a Horseradish or a Tomato sauce (see pp. 114 and 118).

# *Veal*

## VEAL, BRAISED OR STEWED

### FRICADELLES OF VEAL

Proceed in the same manner as for Fricadelles of Beef (see p. 32), using veal instead of beef.

## PAUPIETTES OF VEAL

Paupiettes consist of slices or escalopes of lean veal, neatly cut and trimmed, 2 inches wide and 4 to 4½ inches long. They are covered with a layer of forcemeat, rolled up tightly, surrounded with a rasher of fat bacon and tied with string. They are then braised, and can be served with a purée of sorrel, a purée of spinach, with French beans, with peas, or they can be placed on cooked nouilles or spaghetti dressed with Tomato sauce (see p. 118).

## PAUPIETTES OF VEAL WITH MUSHROOMS

Make a stuffing or thick sauce with chopped mushrooms, a little soaked bread, and cream, season with salt and pepper and spread on the escalope of veal, roll and tie up and braise. Serve with a Mushroom sauce (see p. 118).

## PAUPIETTES DE VEAU À L'ALSACIENNE

Place a piece of smoked bacon over each escalope, which should be seasoned with salt, pepper and a little chopped parsley. Roll and tie up and braise, but without browning. Strain a little of the sauce over the paupiettes.

## PAUPIETTES À LA HOLLANDAISE

A small slice of veal fat is placed on the paupiettes, which are then rolled and tied. Season with salt and pepper and lightly brown in a little butter. Then put them in a saucepan, cover with stock, place slices of lemon over them and simmer for 1 hour.

## VEAL, SAUTÉ AND GRILLED

### VEAL CUTLETS SAUTÉS

The cutlets should be slightly flattened with a beater, well seasoned with salt and a little pepper, dipped in flour, coated with beaten yolk of egg, then with breadcrumbs,



and sauté or fried in hot butter. They should be put in very hot butter, cooked till lightly browned on one side, then turned for the other side to brown lightly. The heat should then be lessened, for the outside of the cutlets will be over-browned before the inside is sufficiently cooked if the heat is too fierce. When done, drain and serve with Tomato or Piquante sauce (see pp. 118 and 116). The cutlets can also be cooked in the same manner, but merely coated with flour.

### VEAL CUTLETS BOUCHÈRE

This consists of an untrimmed veal cutlet or chop, the fat and meat not being removed from the bone. Season with salt and pepper, coat with oil, and grill the cutlets. They can be served with various garnishes or with a pat of one of the compound butters—Fines Herbes, Maître d'Hôtel, Paprika, etc. (see pp. 120 and 121).

### VEAL CUTLET AUX FINES HERBES

Season the cutlets and cook in butter (see Sautés, Method of Cooking, p. 22). When done, put on a hot dish, add 3 or 4 tablespoons of white wine to the butter in the pan, mix well, and add to a Fines Herbes butter (see p. 120). Pour the sauce around the cutlets and serve very hot.

### VEAL CUTLETS À LA GENDARME

Put 6 small veal cutlets in a deep dish with 6 tablespoons of white wine, the juice of 1 lemon, 2 tablespoons of oil, 1 small sliced onion, a few sprigs of thyme, and season with salt and pepper. Let stand for 2 hours, turning the cutlets occasionally. Remove from the marinade and wipe carefully. Then dip in flour, egg and breadcrumbs and cook in butter in a sauté pan. Put on a hot dish when done and pour the following sauce over them: Put 1 small chopped onion and 2 chopped shallots in a small saucepan,

with just over 1 gill of white wine. Bring to the boil and reduce by half. Then add 1 gill of hot stock, and 1½ ozs. of butter worked with the same quantity of flour, and 1 chopped clove of garlic. Stir and simmer for a few minutes. Remove from the fire and add a small pat of butter, chopped parsley and tarragon, and a little pepper.

### VEAL CUTLETS À LA MILANAISE (Italian)

The genuine *Costoletta alla Milanese* is very simple to prepare and cook, and in Milan the sole garnish consists of crisp fried potatoes and slices of lemon. But the restaurant version of the dish has a garnish à la Milanaise, consisting of macaroni, mushrooms, tongue and ham, truffles and Tomato sauce.

The cutlet should be trimmed, but the meat should never be removed from the bone. Flatten the cutlets with a beater, as they should be very thin. Dip in flour, coat with beaten yolk of egg to which salt and pepper have been added, coat evenly with fine white breadcrumbs and cook in butter in a sauté pan to a rich golden colour. Drain and serve.

### VEAL CUTLETS À LA NAPOLITAINE

The cutlets are sauté in butter. Remove from the pan and coat each side of the cutlet with very thick Béchamel sauce (see p. 111), to which the yolks of 2 eggs and grated Parmesan cheese have been added. Then dip in flour, yolk of egg, coat with breadcrumbs, and cook in butter to a golden colour. Put on a hot dish and garnish with spaghetti, boiled, drained and mixed with butter, and a few sliced tomatoes. Serve with a Tomato sauce (see p. 118) and grated Parmesan cheese.

### VEAL CUTLETS À LA NORMANDE

Season the cutlets with salt and pepper and cook in butter to a light golden colour. Put on a hot dish and cover

with the following sauce : Add 2 tablespoons of cream to the butter in which they were cooked, stir well, and add a squeeze of lemon juice.

## VEAL CUTLETS WITH NOUILLES OR SPAGHETTI

Put some cooked nouilles or spaghetti mixed with Tomato sauce (see p. 118) on a hot dish, sprinkle freely with Parmesan cheese, and place the cutlets, cooked in butter, over them.

## VEAL CUTLETS EN PAPILOTES

Trim the veal cutlets and saw the bone so as to leave only about 1 inch protruding from the cutlet. Cook the cutlets in butter in a sauté pan till well browned on both sides, seasoning with salt and pepper. Remove from the saucepan and drain. On each cutlet spread a little of the following mixture : Chop a small onion and 2 shallots and cook in hot butter and oil, but without browning. When a golden colour add finely chopped mushrooms and cook for about 10 minutes, mixing well and seasoning with salt and pepper.

Cut a sheet of plain foolscap paper in the shape of a large heart, the centre of the heart being where the sheet is folded. Cut this out neatly, then open, and paint all over with oil. Lay a slice of lean ham on one side of the paper, spread a little of the mushroom mixture over it, and over this place the cutlet, the fleshy part of the cutlet towards the upper part of the heart, and the bone pointing downwards. Cover with a thin slice of cooked ham. Fold the other side of the paper over the cutlet, and now fold the edges over, crinkling them, so that the case thus formed will not come undone. Put the cutlets, thus packed, on a baking tin, and place in a hot oven for a few minutes only, till the paper begins to brown. Serve at once, on a hot dish, in the paper cases.

## VEAL CUTLETS WITH PIQUANTE SAUCE

Lard the cutlets with thin strips of anchovy, thin strips of gherkins and larding bacon. Cook in butter in a sauté pan, and serve with a Piquante Sauce (see p. 116).

## VEAL CUTLETS À LA PROVENÇALE

Rub the cutlets over with garlic, and cook in oil in a sauté pan. When they are lightly browned, add 3 chopped onions, 1 glass of white wine, a sprig of parsley and 1 of rosemary. Season with salt and pepper, and simmer very gently till the onions are almost like a purée. Add a little stock, if too thick, and place on a hot dish. Dip the cutlets in white of egg, coat with breadcrumbs, and put in a quick oven to brown.

## VEAL CUTLETS VERT-PRÉ

Grill the veal cutlets and on each put a pat of Maître d'Hôtel butter (see p. 120), and garnish the dish with Straw Potatoes and bunches of watercress.

## VEAL CUTLETS À LA VICHY

Cook the cutlets in butter in a sauté pan, and garnish with Carrots à la Vichy, which are cooked as follows: The carrots should be carefully peeled and not scraped, or if the carrots are large they should be turned in the shape of elongated olives and blanched. Put the carrots in a saucepan with just sufficient water barely to cover them, with 1 oz. of sugar, and 2 ozs. of butter to every  $\frac{1}{2}$  pint of water. Bring to the boil and simmer till the liquid has turned to syrup, coating the carrots like a varnish. Pour the liquid over the carrots on the dish.

## ESCALOPES OF VEAL

Veal escalopes are usually slices or small steaks cut from the fillet of veal, or the leg. They should not be more than

$\frac{1}{2}$  inch thick, and their weight should not be more than  $3\frac{1}{2}$  ozs. When trimmed, they should weigh 3 ozs. or a little less. They are trimmed of all fat and gristle, flattened and shaped into ovals. They are nearly always breadcrumbed and cooked over a quick fire in butter. The sauces or garnishes are practically always served separately, except in the case of a garnish consisting of purées or green vegetables.

### ESCALOPES OF VEAL À L'ANGLAISE

Season the escalopes with salt and pepper, dip in flour, coat with yolk of egg and fine white breadcrumbs, and cook to a light golden colour in butter in a sauté pan over a quick fire. Drain, put on a hot dish and garnish with slices of grilled ham. Pour over the whole a little butter which has been cooked till brown.

### ESCALOPES OF VEAL WITH ASPARAGUS

Season the escalopes with salt and pepper, dip in flour, coat with yolk of egg and fine white breadcrumbs, and cook to a light golden colour in butter in a sauté pan over a quick fire. Drain, put on a hot dish, and garnish with cooked asparagus tips, and pour the butter in which they were cooked over the whole.

### ESCALOPES OF VEAL WITH BROWN BUTTER

Prepare and cook the escalopes as in foregoing recipe. Pour butter, cooked till brown, over them. Garnish with croûtons of fried bread (see p. 122).

### ESCALOPES OF VEAL WITH CREAM

Prepare and cook the escalopes as in the foregoing recipe. Put on a hot dish, mix in 2 tablespoons of cream to the butter in which they were cooked, add a little lemon juice, and pour over the escalopes.

## ESCALOPES OF VEAL À L'INDIENNE

Prepare and cook the escalopes in the same manner as Escalopes of Veal à l'Anglaise, but mixing a little curry powder with the breadcrumbs. When done, put on a hot dish and pour the following sauce over them : Mix 1 heaped teaspoon of curry powder and 1 of flour, and work into a smooth paste over a slow fire with 1 tablespoon of butter. Add gradually 1 gill or a little more of hot stock, season with salt and pepper, stir well, and just before serving add a little lemon juice.

## ESCALOPES OF VEAL WITH MUSHROOM SAUCE

Prepare and cook the escalopes as in recipe for Escalopes à l'Anglaise (see p. 54). Serve with a Mushroom Sauce (see p. 115).

## ESCALOPES OF VEAL WITH PAPRIKA

Season the escalopes with salt and sprinkle freely with paprika. Cook in butter in a sauté pan. Place on a hot dish, stir in 2 or 3 tablespoons of cream with the butter in which they were cooked and pour over the escalopes.

## ESCALOPES OF VEAL WITH PEAS

Prepare and cook the escalopes of veal as in recipe for Escalopes of Veal à l'Anglaise (see p. 54) and garnish the dish with cooked green peas mixed with melted butter.

## ESCALOPES OF VEAL WITH MARSALA

Season the escalopes with salt and pepper and dip in flour. Cook in butter in a sauté pan to a light golden colour. Put on a hot dish. Drain away most of the butter from the pan, add  $\frac{1}{2}$  a glass of Madeira, a tablespoon of gravy, and a small lump of butter. Mix all well and pour over the escalopes. Serve with a potato purée.

## ESCALOPES OF VEAL WITH POTATO PURÉE

Put the potato purée (see p. 121) in the centre of a hot dish, and around the dish place the veal escalopes, prepared and cooked à l'Anglaise (see p. 54).

## ESCALOPES OF VEAL WITH PURÉE OF SORREL

The same as foregoing recipe, but with purée of sorrel (see p. 121).

## ESCALOPES OF VEAL WITH PURÉE OF SPINACH

The same as foregoing recipe, but with purée of spinach (see p. 121).

## VEAL WITH PAPRIKA (Austrian)

Cut very thin slices of veal from the fillet. Put in a frying pan 5 medium-sized onions, cut in slices, and cook in hot fat to a light brown, sprinkling them with 1 tablespoon of paprika. Add the slices of veal, previously dipped in flour, and season with salt and pepper. Cook on a slow fire for about 12 or 15 minutes, and just before serving add a few tablespoons of sour cream. Dumplings are often served with this dish.

## WIENER SCHNITZEL (Austrian)

(Veal Cutlets à la Vienneoise)

Dip very thin slices of veal (usually cut from the fillet) in flour, then in beaten yolk of egg which has been seasoned with salt and pepper, and finally in fine white breadcrumbs. Cook in hot butter for a few minutes only as the slices of veal are very thin. When a golden colour on both sides, put on a hot dish and serve at once.

This dish can also be garnished as follows: Put a thin slice of lemon on each escalope, over this put a stoned olive, surrounded with a fillet of anchovy. Garnish the

dish with capers, finely chopped yolks and whites of hard-boiled eggs, placed alternately on the dish. Pour a little butter, cooked till brown, over the whole.

## VEAL, MISCELLANEOUS

### VEAL CROQUETTES

See Beef Croquettes, p. 35.

### VEAL CUTLETS À LA MARMOTTE

Lard a few thick veal cutlets with larding bacon and fillets of anchovy (see p. 123). Put them in an earthenware casserole with 4 or 5 whole onions, a few sprigs of parsley, basil, chives, 1 bayleaf, 2 cloves, a few coriander seeds, and 2 tablespoons of brandy. Season with salt and pepper, cover and simmer till quite tender. Serve in the casserole.

### OLIVETTE DI VITELLO (Italian)

(Veal Olives)

Cut neat slices, all of the same size, from a fillet of cold veal, lay on each slice a mixture of pounded boned anchovies (in oil) and capers, roll up, wrap in a paste made with flour and beaten eggs, or in puff pastry, and fry in oil to a golden colour.

### PAIN DE VEAU

To make a medium-sized veal loaf, take 2½ lbs. of lean veal, free from all fat and gristle, 3½ ozs. of lean uncooked ham, ½ lb. of sausage meat (see Skinless Sausages, p. 104), 6 ozs. of fat bacon, 1 tablespoon of parsley, 1 chopped shallot, salt and pepper. Put the veal, etc., in alternate layers in a mould or in an earthenware terrine or jar, sprinkling each layer with the parsley and chopped shallot and seasoning with salt and pepper. Cover closely and put in a saucepan of boiling water and cook in a slow oven for



3 hours, adding more water, as it evaporates. When done, drain off the gravy and add to the liquid aspic with which the loaf is eventually coated. When quite cold, coat completely with the half-liquified aspic, and put in a cold place till the jelly is firm.

### POTTED VEAL

Put 1 lb. of finely chopped lean veal in a jar with  $\frac{1}{2}$  lb. of finely chopped ham and 2 tablespoons of water. Cover with buttered paper and stand in a saucepan of boiling water and simmer for 3 hours in the oven, replacing the water as it evaporates. Remove the meat from the jar, pound in a mortar, adding gradually the juice from the meat, a little oiled butter, and a seasoning of mace, cayenne, salt and peppercorns. Rub the whole through a sieve and press into small pots. Cover with clarified butter.

### VEAL LOAF

Chop 1 lb. of cold roast veal finely and mix with  $\frac{1}{2}$  lb. of sausage meat, 1 tablespoon of breadcrumbs, season with salt and pepper, and add 1 egg to bind. Moisten with a little stock and shape into a thick roll or loaf, sprinkle with flour and coat with egg and breadcrumbs. Bake in a moderate oven for 1 hour, basting frequently with hot butter. It can be eaten either hot or cold.

### VEAL OLIVES

Cut 1  $\frac{1}{2}$  lbs. of fillet of veal into thin slices about 4 inches long and 3 inches wide. Cut an equal number of slices of bacon, but slightly smaller. Lay a slice of bacon on each slice of veal, coat with a thin layer of veal forcemeat (see p. 119), roll and tie with string. Cook in hot butter till lightly brown. Then add a little thickened stock, cover closely and simmer for 1  $\frac{1}{2}$  hours. When done, remove the string, and serve on a purée of potatoes (see p. 121). Strain the sauce over the whole.

## VEAL COLLOPS, MINCED

Proceed in the same manner as for Collops (see Beef, p. 31).

## VEAL IN SCALLOP SHELLS

Put some very thin slices of cooked veal in scallop shells and pour over them a sauce made as follows : Pound in a mortar the yolks of 2 hard-boiled eggs, then add the whites finely chopped, chopped gherkins, pickled shallots, a little chervil, 1 tablespoon of vinegar, 1 tablespoon of French or German mustard, salt and pepper. Now add 4 tablespoons of olive oil gradually, stirring all the while, as in the making of Mayonnaise.

## VEAL STRUDEL (Austrian)

For the pastry : Put a little less than  $\frac{1}{2}$  lb. of flour on a pastry board, make a well in the centre, and in it break an egg, mix with it 1 tablespoon of oil or fat and a pinch of salt. Mix and work the paste with a blade of a knife at first, and then knead it with the hands, adding a very small quantity of water gradually. Knead for 15 to 20 minutes until the paste is firm, and no longer clings to the hands. Roll into a ball, put in on a floured board, cover with a basin and let it stand for 1 hour. Put a large clean cloth on a table, sprinkle well with flour and roll out the dough. Now lift the dough, and with the back of the hands under it, gradually pull and stretch it till it is quite thin and transparent and has reached the same size as the cloth. Trim off any pieces which may hang over the cloth or sides of the table. Dip a brush in melted butter and brush over the pastry. The pastry is now ready for the filling.

For the filling : Mix together in a basin,  $1\frac{1}{2}$  lbs. of cooked veal, 1 tablespoon of cooked onion, a little chopped parsley,  $\frac{1}{2}$  oz. of butter, 1 oz. of flour, a little stock and 1 tablespoon of paprika. Bind with an egg. Spread the mixture on the rolled-out pastry, then, with both hands, lift up the corners

of the cloth, and roll the strudel into a long thin sausage. Bend carefully, so that it will lie on a well-greased baking sheet. Put into a moderate oven and bake to a golden colour.

Minced cooked beef, veal stuffing (see p. 119) or sausage meat (see p. 104 for Skinless Sausages) can be used for this dish.

## WHITE COLLOPS

Cut 1 lb. of fillet of veal in small slices, put them in a saucepan with a little butter and simmer for 15 minutes, but without browning. Sprinkle with a little flour, and cook for 10 minutes. Then cover with veal stock, put the lid on the saucepan and simmer for 1 hour, till the meat is tender. Ten minutes before serving, season with salt, pepper, mace and a little lemon juice. Put the collops on a dish, strain the sauce (which should be thickened if too thin) over them and garnish the dish with rolls of fried bacon and cooked mushrooms.

## VEAL SUNDRIES

### CALVES' BRAIN

For preparation and blanching or poaching, see Beef Section, p. 37. All the recipes given for beef brain are applicable to calves' brain. The following, however, are specially suited to the latter.

### CALVES' BRAIN WITH BLACK BUTTER

See Beef Brain with Black Butter, p. 37.

### CALVES' BRAIN CROQUETTES

Prepare and poach the calves' brain as in recipe for Beef Brain (see p. 37), and when cold proceed as in Ox Palate Croquettes (see p. 42).

## CALVES' BRAIN WITH MACARONI

Dress the cooked calves' brain on a dish of macaroni, mixed with butter and grated Parmesan cheese. Serve with a Tomato Sauce (see p. 118).

## CALVES' BRAIN MARÉCHAL

Divide the cooked brains into neat pieces, season with salt and pepper, dip in flour, coat with yolk of egg and white breadcrumbs, and cook in clarified butter in a sauté pan. When done, put on a hot dish, cover each piece of brain with a sliced truffle and garnish with asparagus tips mixed with melted butter.

## CALVES' BRAINS WITH PARSLEY SAUCE

Prepare and poach the brains as in preceding recipes, and cook for 10 minutes, without boiling, in Béchamel Sauce (see p. 111) to which chopped parsley and a squeeze of lemon juice have been added.

## CERVELLE DE VEAU EN MEURETTE

Prepare and poach the brains as in preceding recipes. Then drain and braise (see p. 24), adding 1 lump of sugar, and using red wine. Simmer for 1 hour. Dress the brain on croûtons of fried bread, strain the sauce into a small saucepan, whisk in a large pat of butter, divided in small pieces, and 1 yolk of egg, and pour over the garnished croûtons.

## CERVELLE EN FRITOT

Divide the brain into neat pieces, put in a deep dish, sprinkle with chopped parsley, lemon juice and oil, season with salt and pepper, and let stand for  $\frac{1}{2}$  hour. Dip in flour, coat with yolk of egg and white breadcrumbs, and fry in deep fat. Drain and serve with a Tomato sauce (see p. 118).

## CERVELLE À LA MAÎTRE D'HÔTEL

Prepare and cook the calves' brain as in preceding recipe, and serve with Maître d'Hôtel butter (see p. 120).

## CALVES' FEET

Wash the calves' feet thoroughly, split them, put in a saucepan and cover with cold water. Bring to the boil gradually, and boil for exactly 2 minutes. Remove from the saucepan and plunge at once into a large basin of cold water. Scrape any unclean parts and remove any hairs. Bone the upper part, remove the shank bone, and they are then ready to be cooked *au blanc* (see p. 124) or braised. This preliminary blanching is essential, however the calves' feet are to be cooked eventually.

## CALVES' FEET, FRIED

Prepare, blanch and cook the calves' feet *au blanc* (see p. 112). Having boned them, divide each halved foot in four pieces. Put in a deep dish, sprinkle with chopped parsley, salt, pepper, lemon juice and oil. Let stand for 1 hour. Then dip in flour, coat with yolk of egg and breadcrumbs, and fry in deep fat. Drain and serve with either a Tomato or a Béarnaise sauce (see pp. 118 and 110).

## CALVES' FEET FRIED IN BATTER

Prepare, cook and marinate the calves' feet as in preceding recipe. Drain, and dip each piece in frying batter (see p. 122) and fry in deep fat. Drain and serve with a Tomato sauce (see p. 128).

## CALVES' FEET, GRILLED

Divide the prepared, blanched and cooked calves' feet in half, brush over with a little mustard, season with salt, dip in melted butter, coat with white breadcrumbs, and grill

over a slow fire. Serve with a Devilled sauce, or a Tomato or Béarnaise sauce.

### CALVES' FEET WITH PIQUANTE SAUCE

Prepare, blanch, and cook the calves' feet as directed (see p. 62), bone them and divide each half into 4 pieces. Cook in a Piquante sauce (see p. 116) for 10 minutes, without boiling.

### CALVES' FEET À LA TARTARE

The calves' feet can be either grilled or fried (see p. 62, and served with a Tartare sauce (see p. 118).

### CALVES' FEET WITH TOMATO SAUCE

Proceed as in recipe for Calves' Feet with Piquante Sauce, but using Tomato sauce (see p. 118).

### CALVES' FEET VINAIGRETTE

Prepare, blanch and cook the calves' feet *au blanc* (see p. 123), bone and divide each half in 4 pieces, put on a hot dish on a folded napkin, garnish with parsley and serve with a Vinaigrette sauce (see p. 119).

### CALVES' HEAD

However the calves' head is to be served or dressed, it should always be prepared and cooked beforehand in the following manner: The head should be boned and soaked in cold water for 12 hours or more, and the water frequently changed. It is even advisable to put the basin or utensil in which the head is being soaked under the cold water tap, and let this run in a steady trickle, so that the water is continually renewed.

Now put the head in a large saucepan and cover with cold water, bring to the boil gradually, skim, and boil for 5 to 6 minutes. Remove from the saucepan, and at once plunge

it into cold water. Clean it thoroughly with a brush, removing any scum that may have clung to it. The calves' head is now cooked in the following *blanc* : For half a calves' head, allow  $2\frac{1}{2}$  quarts of water,  $1\frac{1}{2}$  ozs. of flour, 1 onion stuck with 2 cloves, a bouquet of mixed herbs, 4 tablespoons of vinegar, just under 1 oz. of salt, and 6 peppercorns (see p. 124 for the making of a *blanc*). Carve the calves' head carefully, removing first the ear, and dividing the cheek in 3 pieces, and rub over with a piece of lemon. Bring the *blanc* to the boil and put in the pieces of calves' head. Add  $2\frac{1}{2}$  ozs. of kidney fat, finely chopped, cover, and simmer for  $1\frac{1}{2}$  hours. When done, remove the saucepan from the fire, but keep the pieces of calves' head in the liquid till required. The contact with the air is apt to darken them.

### CALVES' HEAD WITH BOILED BACON

Prepare and cook the calves' head as in preceding recipe, but without boning it. Serve with boiled bacon and Béchamel sauce to which chopped parsley and a squeeze of lemon juice have been added and cooked for about 5 minutes.

### CALVES' HEAD, COLLARED

Prepare and blanch the calves' head as in preceding recipes. When blanched, bone the head, but do not carve it, and cook it in a *blanc*, as directed. When done, spread it on a table, season with salt and pepper, sprinkle with a little nutmeg and mace, cover with 1 lb. of uncooked lean ham, cut in strips and with slices of hard-boiled eggs, sprinkle with a little chopped parsley, roll up tightly and wrap and tie in a pudding cloth, and put in boiling stock. Simmer for 2 hours. Remove from the stock, and when cool tighten the cloth, and press between 2 boards or dishes till cold.

### CALVES' HEAD, FRIED

Divide the prepared and cooked calves' head into 2-inch slices, and put in a deep dish with a little oil, lemon juice, salt, pepper and chopped parsley. Let stand 1 hour. Then wipe the pieces of calves' head, dip in frying batter (see p. 122) and fry in deep fat. Drain, put on a hot dish, garnish with parsley and serve with a Tomato or a Madeira sauce (see pp. 118 and 114).

### CALVES' HEAD AU NATUREL

Prepare and cook the calves' head, and when done, put the carved pieces on a hot dish with slices of hot boiled tongue, and serve with a cold sauce—a Vinaigrette (see p. 118)—to which chopped capers, onion, and parsley have been added.

### CALVES' HEAD WITH PIQUANTE SAUCE

Carve the cooked calves' head in small slices, put these in a buttered fireproof dish, coat with beaten yolk of egg, sprinkle with breadcrumbs, moisten with melted butter, and put in a quick oven to brown. Serve with a Piquante sauce (see p. 116).

### CALVES' HEAD WITH TOMATO SAUCE

Carve the cooked calves' head, and put on a hot dish, with slices of boiled tongue and cooked calves' brains. Serve with a Tomato sauce (see p. 118).

### CALVES' HEAD EN TORTUE

Cut the prepared and cooked calves' head in 4-inch rounds. Garnish with small quenelles made with veal forcemeat (see p. 119), mushrooms, gherkins turned to the size of small nuts, small slices of tongue and of calves' brain, small fried eggs, shelled crayfish, sliced truffles, croûtons of



**fried bread.** Serve with Espagnole sauce (see p. 113) flavoured with a sprig of sweet basil, sage and rosemary, and a little Madeira.

### CALVES' HEAD À LA VINAIGRETTE

Slice the prepared and cooked calves' head, and when almost cold, serve with a Vinaigrette dressing (see p. 119) to which chopped shallots and capers have been added.

### CALVES' HEART

See Bullock's Heart, p. 38.

### CALVES' KIDNEY

If the calves' kidney is to be sauté in butter (see p. 22 for sauté) the fat and skin should be removed, and the kidney sliced, but not too thinly, as it is apt to harden in cooking. When the kidney is to be grilled, it should be split lengthwise and skewered to keep it open, and a little of the fat is left on.

### CALVES' KIDNEY BERCY

Slice and season the kidney, and cook in butter in a sauté pan. When nearly done, remove the kidney from the pan, add 1 teaspoon of chopped shallots, mix 6 tablespoons of white wine to the butter in which the kidneys were cooked, reduce by half, add 2 teaspoons of meat glaze, and a little lemon juice. Replace the kidney in the sauce, warm up, remove the pan from the fire, and stir in quickly 1½ ozs. of butter divided in small pieces. Put on a hot dish and sprinkle with a little parsley.

### CALVES' KIDNEY BONNE-FEMME

Cook the kidney in butter in a sauté pan, seasoning with salt and pepper. When done, put on a dish, garnish with

$\frac{1}{2}$  lb. of diced bacon, 12 small diced mushrooms, and a few diced potatoes, all cooked in butter till lightly browned. Sprinkle with chopped parsley.

### CALVES' KIDNEY À LA BORDELAISE

Cook the sliced calves' kidney in a sauté pan in butter, and when done add 1 gill of Bordelaise sauce (see p. 112), and  $\frac{1}{2}$  lb. of shredded cèpes or mushrooms, previously cooked in butter. Mix thoroughly, sprinkle with parsley, and put on a hot dish.

### CALVES' KIDNEY EN CASSEROLE

Leave the kidney whole with a little of the fat. Put in an earthenware casserole, with just over 1 oz. of butter for 1 kidney, seasoning with salt and pepper. Cover, and put in a moderate oven and cook for 25 to 30 minutes, turning the kidney frequently. Just before serving, add 1 tablespoon of veal stock and serve in the casserole.

### CALVES' KIDNEY EN COCOTE

Put 1  $\frac{1}{2}$  ozs. of butter in an earthenware cocote or casserole, and when very hot add 2 calves' kidneys. Season with salt and pepper and brown lightly in a brisk fire. Turn frequently and cook for about 12 to 15 minutes. Remove the kidneys from the cocote, and stir in 6 tablespoons of white wine. Put the kidneys on a very hot dish and slice them. Remove the cocote from the fire and rapidly stir into the sauce 1 small teaspoon of mustard, 1 oz. of butter divided in small pieces, and a little chopped parsley. Pour over the kidneys and serve at once.

### CALVES' KIDNEY, GRILLED

Split the kidney lengthwise, leaving a little of the fat and hold it open by putting on a skewer. Season with salt and pepper, brush over with oil and grill. To serve, put on a

hot dish and on the kidney put a very small pat of Maltre d'Hôtel butter (see p. 120).

### CALVES' KIDNEY WITH MUSHROOMS

Slice the kidney and cook in butter in a sauté pan, seasoning with salt and pepper. Add 1 gill of Madeira sauce (see p. 114), mix well and add a few quartered mushrooms previously cooked in butter and oil. Cook for 5 minutes and serve.

### CALVES' KIDNEY WITH MADEIRA SAUCE

The same as preceding recipe, but without the mushrooms.

### CALVES' KIDNEY WITH WHITE WINE

The same as preceding recipe. Sprinkle the sliced kidney with a little flour when nearly done, brown and add 6 tablespoons of white wine and cook for a few minutes longer, till the sauce is slightly reduced.

### CALVES' LIVER AND BACON

Slice the calves' liver, season with salt and pepper, dip in flour, and cook in butter. Put on a hot dish alternately with slices of bacon, either grilled or cooked in a little butter. Pour a little of the butter in which the liver was cooked over the whole.

### CALVES' LIVER À LA BORDELAISE

Lard the liver (see p. 123) and put in a deep dish and moisten with oil and white wine. Cover with sliced onions, a bouquet of herbs, and sprinkle with salt and add a few peppercorns. Let stand for 1 hour. Dry and brown lightly in a little butter. Put in an earthenware casserole with chopped onions, shallots and mushrooms, previously

browned in butter, add a little Bordelaise sauce (see p. 112) to which a little tomato pulp (see p. 121) has been added—the sauce should not cover the liver—put the lid on the casserole and simmer in the oven for  $1\frac{1}{2}$  to 2 hours. When done, garnish with cooked mushrooms.

### CALVES' LIVER À LA FLAMANDE

Lard and braise the liver (see p. 123), and 1 hour before serving remove the liver from the saucepan, put on a plate and strain the sauce. Replace the liver in the saucepan, pour the strained sauce over it, and add small onions and carrots.

### CALVES' LIVER, BRAISED

Lard and marinate the liver as in Calves' Liver à la Bordelaise. Wipe it dry, surround with rashers of fat bacon, put it in a saucepan in a little hot butter, and cook for 5 minutes on a brisk fire. Then simmer for 15 to 20 minutes, turning occasionally. Remove the liver from the saucepan and add a little flour to the butter and stir till lightly browned. Then add just over  $\frac{1}{2}$  pint of hot stock, and the marinade—including the sliced onions and herbs—and 1 tablespoon of thick tomato purée. Bring to the boil and add the liver. Cover closely, put in the oven and simmer for 2 hours. To serve, put the liver on a hot dish, carve it, and strain the sauce over it.

### CALVES' LIVER EN BROCHETTE

Slice the liver in 1-inch lengths and  $\frac{1}{2}$  inch thick. Season with salt and pepper, and cook in hot butter for not more than 2 or 3 minutes. Put the liver on skewers alternately with small slices of bacon and small slices of mushrooms, both cooked for a few minutes in butter. Coat the whole with thick Duxelles sauce (see p. 113), and when quite cold, dip in flour, coat with yolk of egg and breadcrumbs and

grill on a slow fire. Serve with either a Duxelles sauce (see p. 113) or with Maître d'Hôtel butter (see p. 120).

### CALVES' LIVER À L'ESPAGNOLE

Slice the liver, season it, dip in oil and grill. Put on a hot dish, over each piece place half a grilled tomato, surround with crisp fried onions and fried parsley.

### CALVES' LIVER AUX FINES HERBES

Slice the liver, season and cook in butter in a sauté pan. Serve with Fines Herbes butter (see p. 120).

### CALVES' LIVER, FRIED

Slice the calves' liver, season with salt and pepper, dip in flour, coat with yolk of egg and white breadcrumbs, and fry in deep fat. Drain and serve on a hot dish on a folded napkin and garnish with fried parsley.

### CALVES' LIVER, LARDED

Lard 1 lb. of calves' liver with strips of smoked tongue and larding bacon in alternate rows. Cook to a deep golden brown in a frying pan 2 medium-sized chopped onions in 3 ozs. of butter. Add the liver and cook for 20 to 30 minutes, turning frequently and shaking the pan. Add a few tablespoons of stock and season with salt and pepper. Put the liver and onions on a hot dish, pour the sauce over them, and garnish with either cooked rice or macaroni.

### CALVES' LIVER QUENELLES

Chop the cooked calves' liver very finely and mix with thick Béchamel sauce (see p. 111). When quite cold, shape into small round quenelles or balls, coat with flour, and poach in stock for 10 minutes. Drain and serve with a Mushroom sauce (see p. 115).

## CALVES' LIVER WITH RISOTTO

Cut the calves' liver in large dice, season with salt and pepper and cook in butter in a sauté pan. Mix with risotto (see p. 122) and cover the whole with Mornay sauce (see p. 115).

## CALVES' LIVER SOUFFLÉ

Pound 1 lb. of calves' liver, freshly cooked, in a mortar with 2½ ozs. of butter. Add ½ pint of thick Béchamel sauce (see p. 111) and rub the whole through a sieve. Then add 3 yolks of egg, 3 tablespoons of cream, and finally the whites of 3 eggs, beaten to a stiff froth. Put in a buttered soufflé dish, and put in a hot oven till the soufflé has risen slightly, then reduce the heat and bake for 25 to 30 minutes, till lightly coloured.

## FOIE DE VEAU À LA FLAMANDE

Put the liver in a saucepan of boiling salted water and poach till tender, allowing 15 minutes to the lb. When done, put in a terrine of cold water. When quite cold, drain, put on a dish and cut in thin slices. Serve with a Ravigote sauce (see p. 116).

## FOIE DE VEAU AUX RAISINS

Soak a handful of raisins in water till soft. Slice the liver, season with salt and pepper, and cook in butter in a sauté pan. Place on a hot dish, add a few tablespoons of Espagnole sauce to the butter, mix well, add the drained raisins, and pour the whole over the slices of liver.

## PAIN DE FOIE DE VEAU

See Pain de Veau (p. 57). The calves' liver loaf, however, is eaten hot, as soon as turned out of the mould, with a little Espagnole or other sauce (see p. 113).

## CALVES' SWEETBREAD

In whatever manner the sweetbread is to be cooked ultimately, it should be prepared and blanched in the following manner : Soak the sweetbreads in cold water for at least 4 hours, renewing the water every time it becomes tinted with blood. If this is not done, the inside of the sweetbread will always remain pink, even after cooking, and sweetbread should always be quite white and free from all traces of blood before being cooked. Put them in a saucepan and cover well with cold water. Bring gradually to the boil and boil for exactly 2 minutes. The object of this blanching is to make the sweetbreads quite firm and easy to handle. Drain, plunge in cold water, and trim the sweetbreads, being careful, however, not to pierce the thin membrane which hold the sweetbread together. Lay the sweetbread on a cloth, fold the cloth over them and cover with a board or a dish and put a 2-lb. weight over it. Let stand for 1 hour. They are then ready for use.

## CALVES' SWEETBREAD, BRAISED

Lard the prepared sweetbread with larding bacon, leaving a space of  $\frac{1}{2}$  inch between each strip. Line a saucepan with slices of fat bacon, cover with a layer of sliced onions and carrots, add a bouquet of herbs, and the sweetbread, with the larded side uppermost. Simmer for 10 minutes without browning. Then add 1 gill of white wine and reduce. Add 1 gill of stock and reduce almost completely. Now cover with  $\frac{3}{4}$  pint of stock, cover with a piece of buttered paper, then with the lid, and simmer in a moderate oven for 35 minutes. Remove from the saucepan very carefully so as not to break them. Place them on a dish and strain the sauce. Pour a little of the sauce over them, put the dish in the oven and leave them in for 10 minutes, basting constantly so as to glaze them. They are then ready for use.

## CALVES' SWEETBREAD, BRAISED À BLANC

Sweetbread cooked in this manner are poached, rather than braised, and are kept white, or merely tinted and not browned. Proceed as in foregoing recipe, but do not lard the sweetbread. Instead, wrap in a piece of fat bacon. Put them in a saucepan with the same ingredients, add the white wine immediately and reduce till it has evaporated, being careful not to brown the ingredients. Then cover with white stock, and simmer in a moderate oven for 45 minutes, but without browning. Glaze the sweetbread as in preceding recipe. They are then ready for use.

## SWEETBREAD WITH ASPARAGUS

Cook the sweetbread as in preceding recipe and serve with asparagus tips. Pour melted butter over the whole, and season with salt and pepper.

## SWEETBREAD IN CASES

Braise the sweetbread *à blanc* (see p. 124), cut into thin slices, and put in buttered paper cases. Add 1 or 2 small sliced mushrooms and cover with Mushroom sauce (see p. 115).

## SWEETBREAD CROQUETTES

Chop the sweetbread, poach *à blanc* (see p. 124), mix with chopped cooked mushrooms, moisten with thick Béchamel sauce (see p. 111), and when cold shape into cork-shaped croquettes, dip in flour and fry in deep fat. Serve with Béchamel sauce.

## SWEETBREAD À LA FINANCIÈRE

The larded sweetbread is braised, and served with a garnish of small veal quenelles, coxcombs, sliced truffles small mushrooms, and stoned olives. Serve with a Madeira



sauce (see p. 114) to which a finely chopped truffle has been added.

### SWEETBREAD, FRIED

Poach the prepared sweetbread *à blanc*, drain, cut in thin slices, coat with flour, yolk of egg and breadcrumbs, seasoning with salt and pepper and fry in deep fat. Drain and serve on a folded napkin on a hot dish and garnish with parsley.

### SWEETBREAD AU GRATIN

Put a layer of Duxelles sauce (see p. 113) in a fireproof dish, and over it place the sliced braised sweetbread. Add a few cooked mushrooms, cover with more Duxelles sauce, sprinkle with breadcrumbs, moisten with a little melted butter, and put in a brisk oven to brown. Before serving, add a little lemon juice and sprinkle with a teaspoon of chopped parsley.

### SWEETBREAD, GRILLED

Prepare and blanch the sweetbread and stand for 1 hour with a weight over them. Season with salt and pepper, brush over with melted butter and grill slowly. Serve with Maître d'Hôtel butter (see p. 120).

### RIS DE VEAU À LA MARÉCHAL

Braise the sweetbread, and when glazed put on a hot dish and surround with a Cream sauce (see p. 112). Pour over them a little of the strained sauce in which the sweetbread were braised.

### SWEETBREAD À LA MILANAISE

Braise the sweetbread. Boil and drain some spaghetti. Melt 1 oz. of butter (to every  $\frac{1}{2}$  lb. of cooked spaghetti) in a deep frying pan, put in the spaghetti, season with salt and

pepper, and sprinkle with 3 to 4 ozs. of grated Parmesan cheese. Mix all well and put on a hot and somewhat deep dish with the sweetbread, strips of cooked ham, and a few cooked mushrooms. Tomato sauce (see p. 118) is either poured over the whole or is served separately.

### SWEETBREAD EN PAPILOTES

Braise the sweetbread and proceed as in recipe for Veal Cutlet en Papillotes (see p. 52).

### SWEETBREAD WITH PEAS

Braise the sweetbread, put on a hot dish and garnish with peas, moistened with melted butter, and pour a little of the strained and reduced stock from the braising over the sweetbread.

### SWEETBREAD RACHEL

Put the braised sweetbread on a hot dish and garnish with the cooked bottoms of small artichokes, garnished with a little thick Bordelaise sauce (see p. 112) and a slice of poached beef marrow (see p. 40). Serve with the strained and reduced sauce from the braising.

### SWEETBREAD WITH SORREL

Fry the prepared sweetbread, place in the centre of a hot dish and surround with a purée of sorrel (see p. 121).

### CALVES' TONGUE

Prepare and blanch the calves' tongue in the same manner as ox tongue. Calves' tongues can be either boiled or braised in the same manner as ox tongues (see p. 47).

### CALVES' TONGUE WITH CHASSEUR SAUCE

Braise the calves' tongue (see p. 75), and  $\frac{1}{2}$  hour before serving, add a few small mushrooms. Serve with a Chasseur sauce (see p. 112).

### CALVES' TONGUE WITH CHESTNUT PURÉE

Braise the calves' tongue, and serve with a chestnut purée (see p. 121) and strain a little of the sauce in which the tongues were braised over the meat.

### CALVES' TONGUES, GRILLED

Braise the tongues and when three-quarters done, open them on the convex side, but without completely separating the two halves. Skewer them, so that they will remain open. Season with salt, brush over with a little mustard and melted butter, and grill over or under a slow fire. Serve with either Devilled or Robert sauce (see pp. 113 and 117).

### CALVES' TONGUE À LA MILANAISE

Braise the calves' tongues. When done, place in the centre of a hot dish, strain a little of the sauce over them, and surround with spaghetti and the same garnish and sauce as for Sweetbreads à la Milanaise (p. 74).

### CALVES' TONGUE EN PAPILOTES

Braise the calves' tongues and when done, cut each in 3 slices lengthwise. Proceed as in Veal Cutlet en Papillotes (see p. 52), laying the 3 slices of tongue together in each papillote.

### CALVES' TONGUE WITH PIQUANTE SAUCE

Boil the calves' tongue in the same manner as ox tongue (see p. 47), and serve with a Piquante sauce (see p. 116).

### CALVES' TONGUE WITH POTATO PURÉE

Braise the tongues, strain a little of the sauce over them, and serve with potato purée (see p. 121).

### CALVES' TONGUES WITH SOUBISE SAUCE

Boil the calves tongues, drain and cook for 5 to 8 minutes in Soubise sauce (see p. 117).

### CALVES' TONGUES WITH TOMATO SAUCE

Proceed as in the foregoing recipe, but using Tomato sauce (see p. 118).

## *Mutton and Lamb*

### MUTTON OR LAMB, BRAISED

#### TURKISH DOLMAS

Make a forcemeat with finely chopped uncooked mutton, kidney fat, soaked bread or uncooked rice and season highly with salt, pepper and spices. Wrap a teaspoon of the mixture in either a blanched vine leaf, fig or cabbage leaf, and braise with either a little stock or tomato purée.

### SAUTÉ AND GRILLED MUTTON AND LAMB

#### BREAST OF LAMB WITH CAPER SAUCE

Braise the breast of lamb (see Braising, Methods of Cooking, p. 24), and when done, bone it and let stand till cold. Cut into rectangles, season with salt and pepper, dip in flour, coat with beaten yolk of eggs and white breadcrumbs, moisten with melted butter and grill. Put on a hot dish

and serve with Béchamel sauce to which capers have been added and cooked for about 5 minutes.

### BREAST OF LAMB À LA DIABLE

Braise the breast of lamb, bone it, and when cold cut into rectangles. Brush over with French mustard, sprinkle with a little cayenne, then breadcrumb them as in foregoing recipe and grill. Serve with a Devilled sauce (see p. 113).

### BREAST OF MUTTON OR LAMB, GRILLED WITH A PURÉE

Prepare and grill as in the foregoing recipes, and serve with a vegetable purée—spinach, sorrel, peas, haricot beans, etc. (see pp. 121).

### BREAST OF MUTTON OR LAMB WITH TOMATO SAUCE

Prepare and grill as in the foregoing recipes, and serve with Tomato sauce (see p. 118).

### BREAST OF MUTTON OR LAMB VERT-PRÉ

Prepare and grill as in the foregoing recipes and garnish with straw potatoes and bunches of watercress. Serve with half-melted Maître d'Hôtel butter (see p. 120).

### ^ CÔTELETTES À LA BERGÈRE

(Cutlets with Ham and Mushrooms)

Season the cutlets with salt and pepper and cook in butter in a sauté pan. Put them in an earthenware cocotte or casserole, and between each put a slice of lean ham, blanched and lightly browned in butter. Add a few pickling onions, browned in butter, and a few mushrooms, quartered and cooked in butter. Cover and put in the oven for 10 minutes. To serve, add a garnish of straw potatoes.

## CÔTELETTES BOUCHÈRE

This consists of mutton chops, seasoned with salt and pepper, brushed over with oil or melted butter and grilled. It is generally served plain, or with Maître d'Hôtel butter (see p. 120), or some hot sauce.

## CÔTELETTES BULOZ

Grill the cutlets on one side only. Put a layer of thick Béchamel sauce (see p. 111), mixed with grated Parmesan cheese, on the grilled side of the cutlet, then coat the whole cutlet with flour, brush over with beaten yolk of egg, coat with white breadcrumbs and cook in clarified butter in a sauté pan till a rich golden colour. When done, place on a risotto with truffles or on a plain risotto (see p. 122).

## CUTLETS WITH MUSHROOM PURÉE

Garnish the centre of a hot dish with mushroom purée and around them place the lamb or mutton cutlets, cooked in butter in a sauté pan.

## CUTLETS CHEVREUIL

Slice 1 carrot, 1 onion, 2 shallots and colour lightly in 1 tablespoon of oil, with a sprig of thyme, parsley, 1 bayleaf, and add 1 wine-glass of wine vinegar, and  $\frac{3}{4}$  pint of red wine, bring to the boil and add a few juniper berries. Simmer for 10 minutes. When quite cold, put 12 mutton cutlets in a deep earthenware dish and pour the marinade over them. Let stand in a cool place for 2 days. Wipe with a cloth and cook in butter and oil in a sauté pan till lightly browned. Serve with Poivrade sauce made with the marinade (see p. 116).

## CUTLETS WITH FRENCH BEANS

Cook the cutlets in butter in a sauté pan till a light brown colour. Put some French beans, boiled and cooked in

butter in the middle of a hot dish, arrange the cutlets neatly around, and serve with Béchamel sauce in a sauceboat (see p. 111).

### CUTLETS WITH SWEETBREAD

Cook the cutlets as in foregoing recipe. Garnish the centre of a hot dish with a few sweetbread, blanched and mixed with Madeira sauce (see p. 114) and arrange the cutlets neatly around them. Serve with more Madeira sauce.

### CUTLETS À LA MAÎTRE D'HÔTEL

Grill the lamb cutlets and serve with Maître d'Hôtel butter (see p. 120).

### CUTLETS MARÉCHAL

Season the lamb cutlets with salt and pepper, dip in flour, yolk of egg and breadcrumbs, and cook in clarified butter in a sauté pan. Put some previously boiled asparagus tips in the centre of a hot dish, pour melted butter over them and arrange the cutlets neatly around them.

### CUTLETS MARIE-LOUISE

Cook the cutlets as in preceding recipe, place them in the centre of a hot dish and garnish with the bottoms of artichokes, covered with a thick mushroom purée mixed with a little onion purée (see p. 121).

### CUTLETS, MINUTE

The lamb cutlets should be very thin and well flattened. Cook in hot butter for a few minutes, till lightly browned. Add a little chopped parsley and a little lemon juice to the butter in which they were cooked and pour over the cutlets.

### CUTLETS WITH MINT (Moroccan)

Grill the lamb cutlets, and when done sprinkle freely with chopped mint.

### CUTLETS WITH MUSHROOMS

Grill the cutlets, and over each place a grilled mushroom, slightly smaller than the cutlet. Garnish the dish with grilled or baked tomatoes and straw potatoes.

### CUTLETS WITH MUSHROOM SAUCE

Grill the cutlets and let them stand till cold. Coat them in a thick mushroom sauce, dip in flour, coat with egg, breadcrumbs and cook in clarified butter in a sauté pan. Garnish the centre of a hot dish with mushrooms, cooked in butter with a little lemon juice and mixed with Cream sauce (see p. 112).

### CUTLETS WITH MUSHROOM PURÉE

Cook the lamb cutlets in butter in a sauté pan and place them on a hot dish on a purée of mushrooms.

### CUTLETS WITH TRUFFLES AND MUSHROOMS

Cook the cutlets in butter in a sauté pan. Garnish the centre of a hot dish with thick strips of cooked mushrooms, truffles and tongue mixed with Velouté sauce (see p. 118), and put the cutlets around this garnish.

### CUTLETS AU PARMESAN

Season the lamb cutlets with salt and pepper, dip in flour, brush over with yolk of egg, and coat with breadcrumbs



mixed with an equal quantity of grated Parmesan cheese. Cook in butter in a sauté pan and serve with Tomato sauce (see p. 118).

### CUTLETS WITH PIQUANTE SAUCE

Grill the cutlets and serve with Piquante sauce (see p. 116).

### CUTLETS WITH RÉMOULADE SAUCE

Place a little cold Rémolade sauce (see p. 117) on each hot grilled cutlet or serve the sauce separately in a sauceboat.

### CUTLETS WITH SOUBISE SAUCE

Breadcrumb the cutlets as in foregoing recipes, cook in clarified butter in a sauté pan and serve with Soubise sauce (see p. 117).

### CUTLETS WITH TOMATO SAUCE

Prepare and cook as in preceding recipe and serve with Tomato sauce (see p. 118).

### CUTLETS GRILLED WITH MACÉDOINE OF VEGETABLES

Put a macédoine of vegetables (see p. 122), moistened with melted butter, in the centre of a hot dish and put the cutlets around it. Grilled cutlets can also be garnished with a single vegetable—peas, or French beans, young carrots, etc.

### ÉPIGRAMMES D'AGNEAU

The "épigramme" consists of a lamb cutlet and a piece of braised breast of lamb, boned when cold, cut heart

shaped, coated with bread crumbs and either grilled or sauté in butter.

### ÉPIGRAMMES OF LAMB WITH ASPARAGUS

Prepare the breast as described in foregoing recipe, dip both the piece of breast and the cutlet in flour, coat with yolk of egg and white breadcrumbs, and either grill or cook in butter. Place boiled asparagus tips in the centre of a dish, mixed with Velouté sauce (see p. 118) and put the épi-grammes around them.

### ÉPIGRAMMES WITH ENDIVE

Proceed as in foregoing recipe, garnishing the centre of the dish with braised endive.

### ÉPIGRAMMES OF LAMB WITH PEAS

The same as preceding recipes with a garnish of peas mixed with Velouté sauce (see p. 118).

### ÉPIGRAMMES OF LAMB WITH SPINACH OR SORREL PURÉE

The same as foregoing recipe, but with a spinach or sorrel purée (see p. 121).

### ÉPIGRAMMES WITH A MACÉDOINE OF VEGETABLES

The same as foregoing recipe, but with a Macédoine of vegetables (see p. 122).

## ÉPIGRAMMES VERT-PRÉ

The epigrammes can be either grilled or sauté and garnished with bunches of watercress and straw potatoes.

### KEBABB (Turkish)

This consists of small pieces of fat breast of lamb, put on skewers, highly seasoned with salt and pepper, and either roasted in front of a charcoal fire or grilled. Sometimes a small tomato is put on each end of the skewer. The pieces of mutton used for this dish are marinated in vinegar, oil, carrots, onions, cloves, parsley and black pepper. It is eaten with plain Pilaff which is made as follows: Put 1 breakfast cup of rice, previously washed in cold water and drained, in an iron saucepan with 1 tablespoon of butter, the pulp of a tomato, and season with salt. Stir for a few minutes, till the rice is slightly coloured. Then add 2 breakfast cups of water, season with more salt, and cover the saucepan. Simmer for 15 to 20 minutes till the rice has absorbed all the water. Stir lightly with a wooden spoon, and wipe the inside of the lid of the saucepan to remove moisture. Let stand on a very slow fire till quite dry and flaky.

### NOISETTES OF LAMB

The noisette is a small fillet taken either from the fillet or the loin. It is cooked and garnished in the same manner as lamb cutlets and served with the same sauces.

### SHASSLIK (Caucasian)

Cut 2 or 3 lbs. of leg or loin of mutton into slices, put these in an earthenware vessel with sliced onion, salt, pepper, and cover with vinegar and water in equal proportions. Let stand for 4 hours. Drain and dry in a cloth and grill the meat. This is eaten with plain boiled rice.

## LAMB CUTLETS À LA PROVENCALE

See Veal Cutlets à la Provençale (p. 53).

## CÔTELETTES SÉVIGNÉ

Brown the cutlets in butter on one side only. Garnish the cooked side with mixed chopped mushrooms and bottoms of artichokes moistened with Velouté sauce (see p. 118), coat with flour, yolk of egg, breadcrumb, and put in a fireproof dish, with melted butter. Brown in a quick oven.

## DORMERS

Mix  $\frac{1}{2}$  lb. of finely chopped cooked mutton with 4 ozs. of cooked rice, 3 ozs. of finely chopped suet, 1 chopped shallot, and season with salt and pepper. Roll into cork-shaped pieces, coat with flour, egg and breadcrumbs, and fry in hot fat. Drain and serve with gravy or Espagnole sauce (see p. 113).

## LAMB CUTLETS À LA BOURGEOISE

Brown the cutlets in a little lard and, when browned on both sides, season with salt and pepper, sprinkle with a little flour and cook till this browns. Moisten with just over 1 gill of stock, a glass of white wine, add 1 tablespoon of tomato purée, 12 blanched pickling onions, and the same number of potatoes turned to the same size as the onions. Cover and simmer till the vegetables are tender. To serve, put the vegetables in the centre of a hot dish and put the cutlets around them. Pour the sauce over the whole.

## MINCED MUTTON

Mince the cooked mutton finely and mix with an equal amount of mashed potatoes, thinned with butter and milk,

and seasoned with salt and pepper. Add 1 or 2 chopped onions, browned in butter, and a little chopped parsley. Put in a fireproof dish, sprinkle with breadcrumbs, dot with pats of butter, and brown in a quick oven.

### MUTTON AND POTATO PIE

Line a pie-dish with alternate layers of sliced parboiled potatoes, sliced blanched onions, and small thin slices of cooked mutton. Season with salt and pepper, moisten with stock, cover with a greased paper, and bake for 1 hour in a moderate oven. Remove the paper 15 minutes before serving, to brown the potatoes.

### SHEPHERD'S PIE

This is made in the same way as mutton and potato pie, but with less onions—about 1 tablespoon of chopped onion. The surface is either roughened with a fork or smoothed down with the blade of a knife, brushed over with yolk of egg and the whole baked in a moderate oven till browned.

### MUTTON AND LAMB SUNDRIES

#### SHEEP'S BRAINS

Prepare in the same manner as calves' brain (see p. 60). All the recipes given for calves' brain are applicable to sheep's brains.

## HAGGIS (Scotch)

Clean a sheep's paunch thoroughly and soak in cold salted water for 12 hours. Then turn it inside out and set aside till required. Put the pluck (including the heart, liver and lights) in cold water, bring to the boil and simmer for  $1\frac{1}{2}$  hours. Remove from the water and cut off the pipes and gristle. Grate half of the liver—the other half is not used—and mince the lights and heart. Mix in a basin with  $\frac{1}{2}$  lb. of finely chopped suet, 1 breakfast cup of oatmeal, previously browned in front of the fire, 1 or 2 finely chopped onions, and season highly with pepper and salt. Moisten with the water in which the pluck was boiled. Put the mixture in the paunch, sew up the opening, being careful to leave sufficient space for the oatmeal to swell. Put in a large saucepan of hot water (in Scotland milk is often added to the water), and boil for 3 hours, being careful to prick with a needle as soon as the haggis begins to swell. Haggis is served plain, without any gravy or garnish, and the national custom is to drink neat whisky with it.

## SHEEP'S HEAD

Prepare, blanch and cook the sheep's head in the same manner as calves' head (see p. 63). It is then ready for use.

## SHEEP'S HEAD, BRAISED

Carve the prepared sheep's head and braise (see methods of cooking (see p. 24) for 1 to  $1\frac{1}{2}$  hours. To serve, put the pieces of head on a hot dish, and strain the sauce over them.

## SHEEP'S HEAD BRAWN

Prepare and cook the sheep's head as in foregoing recipes. Then put in a large saucepan of cold water, with  $1\frac{1}{2}$  lbs. of

bacon or gammon, bring to the boil and simmer for  $2\frac{1}{2}$  to  $3\frac{1}{2}$  hours. When done, drain, remove all the meat from the head, and mince it finely with the tongue, the bacon and season highly with pepper. Press into a basin, cover with a plate or board and put a weight over it. Let stand till cold, and turn out.

### SHEEP'S HEAD EN GALLIMAFRÉE

Prepare the sheep's head as in above recipes. Cut the head in half and remove the brains. Line a saucepan with strips of bacon, sliced onions and carrots, lay the head over this as well as the lights, heart and liver. Add a bouquet of herbs, season with salt and peppercorns, cover with stock, bring to the boil, and simmer for  $1\frac{1}{2}$  hours. When done, remove the pieces of head, etc., from the saucepan. Trim the halves of the head, sprinkle with chopped shallots and parsley, season with salt and pepper, sprinkle with flour, coat with egg and breadcrumbs, and set aside till required. Mince the lights, etc., very finely with a few cooked mushrooms, parsley and shallots, also minced, season with salt and pepper, and moisten with a little of the reduced stock. Put the mince, which must be warmed up in a saucepan, in the centre of a hot dish with the pieces of head, which should be grilled, around it. Garnish with crisply fried bacon, and slices of the brain, poached in a little water and vinegar. Serve with a Piquante or Poivrade sauce (see p. 116).

### LAMB'S HEAD AND PLUCK

Prepare the head as directed (see p. 87). Wash the pluck thoroughly in cold water. Put both the head and pluck in a large saucepan, cover with cold water, bring to the boil and skim. Add 1 large sliced onion, 1 carrot, 1 small turnip, a bouquet of herbs, salt and peppercorns. Simmer for

1½ hours. When done, drain thoroughly, carve the head, mince the lights and moisten with a little of the stock, place in the centre of a hot dish, with the pieces of head around it, and garnish with sliced gherkins. Serve with a cold Vinaigrette sauce (see p. 119). to which chopped shallots and gherkins have been added.

### SHEEP'S HEART

See Bullock's Heart (p. 38).

### SHEEP'S KIDNEYS

See Calves Kidney (p. 66).

### SHEEP'S KIDNEYS BERCY

Slice the kidneys, after having removed the fat and skin, and cook in butter in a sauté pan, seasoning with salt and pepper. When almost done — this will be in about 6 to 8 minutes — remove from the pan and pour off most of the butter. Put 6 tablespoons of white wine in the pan, with 1 level tablespoon of chopped shallot, and cook on a brisk fire to reduce the sauce. Add 2 tablespoons of melted meat glaze, and the juice of ½ lemon. Mix all well, and add the kidneys. Cook, but without boiling, for another 5 minutes, adding 1½ ozs. of butter, divided in small pieces. Put on a hot dish and sprinkle with a little chopped parsley.

### SHEEP'S KIDNEYS À LA BORDELAISE

Prepare and cook the sliced kidneys in butter as in preceding recipe. Remove from the pan, pour off the butter and put in ½ pint of Bordelaise sauce (see p. 112) for 4 sliced kidneys. Cook the kidneys in the sauce for 5



minutes, without boiling, and add small dice of previous cooked beef marrow.

### SHEEP'S KIDNEY EN BROCHETTE

Cut the kidney in slices a little under  $\frac{1}{2}$  inch thick, cook in very hot butter for 2 or 3 minutes, seasoning with salt and pepper, and put on skewers, alternately with small pieces of bacon and small slices of mushroom. Proceed as in Calves' Liver en Brochette (see p. 69).

### SHEEP'S KIDNEYS AUX CHAMPIGNONS

See Calves' Kidney with Mushrooms (p. 68).

### SHEEP'S KIDNEYS AU GRATIN

Split the kidneys in half, but without separating the two halves. Season with salt and pepper, and cook in very hot butter for 4 to 5 minutes. Put them in a fireproof dish cover with either Espagnole or Chasseur sauce (see pp. 111 or 112), sprinkle with breadcrumbs and brown in a quick oven for 8 to 10 minutes.

### SHEEP'S KIDNEYS, GRILLED

See Calves' Kidney Grilled (p. 67).

### SHEEP'S KIDNEYS, MINCED (Austrian)

Remove the fat and skin from 6 lamb's kidney's, slice thinly and cook in butter for 5 to 8 minutes, seasoning with salt and pepper. Remove from the pan and, when cold, mince finely. Put them in a frying pan in a little hot butter, sprinkle with a little flour, add 4 tablespoons of hot stock, stir well, and add 6 tablespoons of white wine or lemon juice. Sprinkle with 1 tablespoon of paprika and mix well. Serve with a potato purée.

## **SHEEP'S KIDNEYS WITH MUSTARD SAUCE**

Split the kidneys in half, but without separating the two halves. Season with salt and pepper, and cook in butter in a sauté pan for 5 to 8 minutes, till done. Remove from the pan and put on a hot dish. Add to the butter in which they were cooked, the juice of half a large lemon, and stir in 2 teaspoons of made mustard. Mix all thoroughly and rapidly, without allowing the sauce to boil, add a little more butter, divided in small pieces, and pour the sauce over the kidneys.

## **SHEEP'S KIDNEYS WITH PEPPERS**

Slice the kidney, season with salt and pepper and cook in butter in a sauté pan. When nearly done, add 2 or 3 previously blanched pimientos, cut in strips, and mix thoroughly with the kidneys.

## **SHEEP'S KIDNEYS WITH RISOTTO**

Cook the sliced kidneys as in preceding recipe, and when done mix with risotto (see p. 122).

## **SHEEP'S KIDNEYS SAUTÉ**

Cook the sliced kidneys as in preceding recipe, and when done pour over them the butter in which they were cooked and sprinkle with a little chopped parsley.

## **SHEEP'S KIDNEYS SAUTÉ CHASSEUR**

Halve the kidneys, but without separating the two halves. Cook in butter for 5 or 6 minutes, seasoning with salt and pepper. Remove from the pan, drain off the butter, and for every 4 kidneys put  $\frac{1}{2}$  pint of Chasseur sauce (see p. 112) in the pan. Add the kidneys and cook for 5 or 6 minutes without boiling.

## SHEEP'S KIDNEYS SAUTÉ SUR CROÛTE

Cook the kidneys as in preceding recipe, and to serve place on croûtes of bread fried in clarified butter (see p. 122 for croûtes and croûtons).

## SHEEP'S KIDNEYS SAUTÉ WITH MADEIRA

See Calves' Kidneys with Madeira Sauce, p. 68.

## SHEEP'S KIDNEY STEW

Cut  $\frac{3}{4}$  lb. of lean uncooked gammon in dice and brown in butter with 4 chopped shallots. Sprinkle with a little flour, and when this is also brown add  $\frac{3}{4}$  pint of stock, a bouquet of herbs and bring to the boil. Simmer for  $\frac{3}{4}$  hour, till the sauce is greatly reduced. Add 1 wineglass of port and 6 thickly sliced kidneys, previously cooked in butter for 5 to 8 minutes. Simmer for another 8 to 10 minutes and serve, removing the herb bouquet.

## SHEEP'S KIDNEYS TURBIGO

Split the kidneys in half without dividing the two halves, season with salt and pepper and cook in butter in a sauté pan for 8 to 10 minutes till done. Put on a hot dish and garnish with button mushrooms, cooked in butter, and grilled chipolata sausages. Cover the whole with a little Espagnole sauce (see p. 113).

## SHEEP'S KIDNEYS VERT-PRÉ

Prepare and cook as for Sheep's Kidneys en Brochette (see p. 90). Garnish with straw potatoes and bunches of watercress.

## SHEEP'S KIDNEYS AU VIN BLANC

See Calves' Kidneys with White Wine, p. 68.

## SHEEP'S KIDNEYS WITH RED WINE

Split the kidneys in half without dividing the two halves. Cook in butter in a sauté pan, seasoning with salt and pepper. When done, put on a hot dish, drain off a little of the butter in which they were cooked, add 1 glass of red wine and 1 oz. of butter divided in small pieces. Mix well and pour over the kidneys. Garnish with strips of gammon, pickling onions and mushrooms, all previously browned in butter.

## LAMB'S FRY

The lamb's fry should be scalded with boiling water, then trimmed and soaked in cold water for several hours. It is then drained and dried and cut in slices or pieces.

## LAMB'S FRY IN BATTER

Prepare as in preceding recipe, dip the pieces of fry in frying batter (see p. 122), and fry in deep fat. Drain and serve on a folded napkin on a hot dish with a garnish of fried parsley.

## LAMB'S FRY FRIED

Prepare as in preceding recipes. Season the pieces of fry with salt and pepper, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with either Tomato or a Piquante sauce (see pp. 118 and 116).

## LAMB'S FRY EN VINAIGRETTE

Prepare the lamb's fry as in preceding recipes, cook in a *blanc*, (see p. 127), drain and serve with a cold Vinaigrette sauce (see p. 119).

## LAMB'S SWEETBREADS

See Calves' Sweetbreads, p. 72, for preparation and cooking. All the recipes given for calves' sweetbreads are applicable to lamb's sweetbreads.

## SHEEPS' TAILS

The tails should be well washed and then blanched. They can be cooked in the same manner as Ox Tail (see p. 46), and dressed in the same manner as Sheeps' Tongues.

## SHEEPS' TONGUES

See Calves' Tongues, p. 75.

## SHEEPS' TROTTERS

Put the trotters in a saucepan and cover with cold water. Bring to the boil and boil for 4 to 5 minutes. Drain and clean thoroughly, if necessary. Bone the trotters and cook them in a *blanc* (see p. 124) for 3 to 4 hours, according to their size, till quite tender. They are then ready for use.

## SHEEPS' TROTTERS IN BATTER

Prepare and cook as in preceding recipe. Put the sheeps' trotters in a deep dish, sprinkle with oil, lemon juice, chopped parsley and season with salt and pepper. Let stand for 20 minutes. Dip in frying batter (see p. 122) and fry in deep fat. Drain and serve on a folded napkin on a hot dish. Garnish with fried parsley and serve with Tomato sauce (see p. 118).

## SHEEPS' TROTTERS, FRIED

Prepare and cook as in preceding recipes. Stuff the trotters with the same mixture as for Veal Croquettes (see p. 57). Dip in flour, coat with yolk of egg and bread-crumbs, and fry in deep fat. Drain and serve with Madeira Sauce (see p. 114).

## SHEEPS' TROTTERS, GRILLED

Prepare and cook as in preceding recipes. When cold, brush over with mustard, dip in melted butter, season with salt, coat with breadcrumbs and grill. Serve with a Devilled sauce (see p. 113).

## SHEEPS' TROTTERS SALAD

Halve the prepared and cooked trotters, and when cold put in a salad basin and mix with a salad dressing made with 4 tablespoons of oil to 2 of vinegar, a few very small pickling onions, left whole, 2 chopped shallots, 3 or 4 sprigs of chopped parsley, 2 teaspoons of made mustard, salt and pepper. Garnish with slices of hard-boiled eggs and fillets of anchovy.

## SHEEPS' TROTTERS À LA VINAIGRETTE

Prepare and cook *au blanc* (see p. 124). Divide in half, serve very hot with a cold Vinaigrette sauce (see p. 119) to which chopped shallots, gherkins and capers have been added.

# Pork

## GRILLED AND SAUTÉ PORK

### PORK CHOPS CHARCUTIÈRE

Flatten the chops, season with salt and pepper, dip in flour, brush over with yolk of egg, coat with breadcrumbs, and grill over or under a slow fire. To serve, place a purée of potatoes (see p. 121) in the centre of a hot dish, put the grilled chops around it and serve separately a Charcutière

sauce made of Robert sauce (see p. 117) to which shredded gherkins are added—the proportions being about 1½ oz gherkins to every ½ pint of sauce.

### PORK CHOPS À LA FLAMANDE

Season the chops with salt and pepper and brown in butter in a sauté pan. Put them in a buttered earthenware fireproof dish, surround with parboiled potatoes, coarse chopped, and finish cooking in the oven.

### PORK CHOPS, GRILLED

Flatten the chops, season with salt and pepper, brush over with oil, and grill on or under a slow fire. Serve with a pat of Maître d'Hôtel butter (see p. 120).

### PORK CHOPS KASSEL (German)

Flatten the chops, and on one chop put a layer of fine chopped apples and prunes, previously cooked till soft in butter and sugar, and cover with another chop. Dip in flour, brush over with yolk of egg, coat with breadcrumbs, and cook in butter in a sauté pan. Serve with sauerkraut.

### PORK CHOPS À LA MILANAISE

See Veal Cutlet à la Milanaise, p. 51.

### PORK CHOPS WITH PAPRIKA

Fry 2 rashers of bacon in a little butter, and when done remove from the pan and keep hot in a slow oven. Cook the chops in the bacon fat till browned, then add a little water and simmer till tender, seasoning with salt and 1 tablespoon

of paprika. When done, stir in  $\frac{1}{2}$  pint of sour cream and simmer till the sauce thickens. To serve, put some boiled rice in the centre of a hot dish, lay the slices of bacon over it, and put the chops around it, pouring the sauce over the chops.

### PORK CHOPS WITH RED CABBAGE

Grill the chops or cook in butter as in the foregoing recipes. Remove the coarse outer leaves and the stalk from a red cabbage. Shred the cabbage and blanch for 5 minutes in boiling salted water. Drain and put in an earthenware casserole on a few rashers of bacon and quartered carrots and onions, seasoning with salt and pepper. Add a little butter or lard and cook for 20 minutes. Then moisten with a few tablespoons of stock and red wine, cover and simmer for 2 hours. Put the red cabbage "*à la Flamande*" in the centre of a hot dish and place the pork chops around it.

### PORK CHOPS WITH ROBERT SAUCE

Grill the chops, either with or without breadcrumbs, and serve with a Robert sauce (see p. 117) in a sauceboat.

### PORK CHOPS WITH SOUBISE OR ONION SAUCE

Grill or cook the chops in butter as in foregoing recipes and serve with Soubise or Onion sauce (see p. 117) in a sauceboat.

### FILLETS OF PORK WITH PIMIENTOS

Cut the fillet of pork into neat slices about  $\frac{1}{4}$  inch thick, and cook in butter in a sauté pan, seasoning with salt and pepper. Add shredded pimientos, and when the meat and pimientos are lightly browned serve with a tomato purée seasoned with garlic (see p. 121).



## GRILLED PORK CUTLETS

Trim off the fat from pork cutlets, season with salt and pepper, coat with breadcrumbs in the usual way, and cook in butter in a sauté pan. Melt  $1\frac{1}{2}$  ozs. of butter in a small saucepan and cook till a nutty brown. Remove from the fire, add a little vinegar and 3 or 4 chopped gherkins and serve in a sauceboat.

## PORK, MISCELLANEOUS

### BOUDIN BLANC

Mince and pound in a mortar 1 lb. of fat pork or the fat of bacon with  $\frac{3}{4}$  lb. of lean pork. Rub through a sieve and add 2 whole eggs,  $1\frac{1}{2}$  ozs. of finely chopped onion, cooked in butter but without browning, 6 tablespoons of cream, 1 heaped teaspoon of salt, a pinch of white pepper and a pinch of nutmeg. Mix thoroughly and put the mixture into the skins through a funnel. Put the sausages in a saucepan of boiling water and simmer for 10 minutes. Drain and, when cold, prick lightly with a pin and grill them. Serve with a potato purée (see p. 121).

### CAMBRIDGE SAUSAGES

Prick the sausages, season with salt and pepper, brush over with oil or melted butter and grill. They can also be sauté in butter or baked in the oven.

### CHITTERLINGS

Prepare and cook as in foregoing recipe.

### CHITTERLINGS WITH ONIONS

Cut the chitterlings in  $\frac{1}{2}$ -inch lengths and brown in butter seasoning with salt and pepper. Chop 2 large onions

finely and lightly brown in butter. Mix with the sausages, cook for a few minutes longer, and just before serving add a sprinkling of vinegar and chopped parsley.

### CORNETS DE JAMBON

Choose a few large slices of lean ham and cut into rounds of about 3 to 3½ inches in diameter. Roll so as to form into a cornet, fastening down the edges with a little butter. Fill with any kind of salad, chopped and dressed with mayonnaise, or with a mixed vegetable salad, with mayonnaise (see p. 115) or with mousse of ham (see p. 101), etc.

### CROÛTES DE JAMBON

Cut slices of bread ½ inch thick and remove the crust. Cut into rectangles or halve the slice of bread. Mix finely-chopped ham to very thick Béchamel sauce (see p. 111) and finally add the white of 2 eggs beaten to a stiff froth. Put a layer of the mixture over the slices of bread and fry in deep fat to a light golden colour. Drain the croûtes on a cloth or on blotting paper and serve on a hot dish on a folded napkin. Sprinkle with a little salt and serve very hot.

### FRANKFURT AND STRASBURG SAUSAGES

Put in boiling salted water and boil or poach very gently for 10 minutes. Serve with grated horseradish or a purée of potatoes (see p. 121), or with braised sauerkraut.

### FRICADELLES OF PORK

Prepare in same manner as Beef Fricadelles (see p. 32).

## GRILLED GAMMON

Slice the uncooked gammon thinly, brush over with a little oil or melted butter and grill. Serve with a pat of Mustard butter (see p. 120).

## GRILLADES DE JAMBON (Creole)

Lightly brown 2 or 3 large chopped or sliced onions in butter. When brown add  $\frac{1}{2}$  lb. of chopped tomatoes and mix thoroughly. Cook for about 10 minutes, seasoning with salt, pepper and a little chopped chilli pepper. Then add slices of uncooked gammon, about  $\frac{1}{4}$  inch thick, thin the sauce with 1 gill of hot water, cover the sauté pan with a dish, and simmer for 30 to 35 minutes, turning the gammon occasionally and adding a little more water if the sauce is too thick. To serve, put the grillades on a hot dish and pour the sauce over them. Serve with plain boiled rice, or hominy or fried hominy cakes.

## HAM FORCEMEAT

Mince cooked ham very finely and moisten with a little very thick Béchamel sauce (see p. 111.) Add a small quantity of brown breadcrumbs and season with a sprig of chopped thyme, tarragon, parsley and half a small bayleaf. Add 1 whole egg and mix thoroughly.

## HAM LOAF

Use the same mixture as in preceding recipe, but adding more eggs to bind if necessary. Shape into a loaf or into several small loaves, coat with breadcrumbs and bake in a moderate oven for 20 minutes or till set. Serve with Béchamel sauce (see p. 111).

## HAM SOUFFLÉ

Pound  $\frac{3}{4}$  lb. of lean cooked ham in a mortar with  $1\frac{1}{2}$  tablespoons of cold Béchamel sauce (see p. 111). Rub through a sieve and mix with 6 tablespoons of Béchamel sauce. Add the yolks of 2 eggs and the whites of 3 beaten to a stiff froth. Pour in a buttered soufflé dish, filling it only  $\frac{3}{4}$  full. Put in a brisk oven at first, and when it has risen a little, moderate the temperature. Bake for 20 to 25 minutes till the soufflé has risen well above the dish and is lightly coloured. Serve immediately.

## MOUSSE OF HAM

Pound  $\frac{3}{4}$  lb. of lean cooked ham in a mortar, adding gradually 3 tablespoons of cold Béchamel sauce (see p. 111). Rub through a sieve and add very gradually  $\frac{1}{2}$  pint of whipped cream to which 2 tablespoons of dissolved aspic jelly have been added, or  $\frac{1}{2}$  oz. of dissolved gelatine. Beat till very light and turn into a mould. Stand in a cold place or on ice till set. When about to serve dip the mould in warm water for a few seconds only, dry it and quickly turn out the mousse.

## MOUSSELINE OF HAM

The same mixture as for Mousse of Ham, but either put into small individual moulds or shaped into large quenelles. They can be covered with aspic jelly when set.

## OXFORD SAUSAGES

Mince equal quantities of lean pork and veal, free from all skin and gristle, in a mincing machine with half the quantity of beef suet. Season with salt and pepper, a pinch of nutmeg, a little chopped thyme and sage. Bind with

the necessary number of eggs, shape into sausages on a floured board and either fry in butter or grill.

### PETITS PAINS À LA SAUCISSE

Work together  $1\frac{1}{4}$  lbs. of flour with a good pinch of salt,  $1\frac{1}{2}$  ozs. of butter and the yolk of 1 egg. Add gradually just under 1 oz. of yeast, previously dissolved in a cup of warm milk with 2 lumps of sugar, mixing first with a knife and then kneading with the hands to a soft dough. When sufficiently worked the dough is easily detached from the board and from the hands. Put the dough in a basin, cover with a cloth and stand in a warm place till it has risen to double the original size—from  $2\frac{1}{2}$  to 3 hours. Divide the paste into  $1\frac{1}{2}$ -oz. pieces and roll out thinly. Lay a small, partially cooked sausage on each, or a little sausage meat (see p. 104), cover with the dough and shape into small oblong rolls. Bake in a slow oven till lightly browned. Ten minutes before they are finished brush over with the yolk of an egg.

### PORK SAUSAGES

Prick the sausages lightly with a fork, season with salt and pepper and either grill them or cook in butter in a sauté pan.

### PORK SAUSAGES IN BEER (German)

Put the sausages in a basin and pour boiling water over them. Drain and dry them and brown in butter with 1 sliced onion, adding 1 or 2 bayleaves, peppercorns and salt. Add 1 cup of ale, bring quickly to the boil and let reduce for a few minutes. Then add another cup of ale, or sufficient to cover the sausages, bring to the boil and simmer for 15 minutes. Before serving add 1 tablespoon of potato flour to thicken the sauce. Serve with a potato purée (see p. 121).

## PORK SAUSAGE ROLLS

Put the sausages in boiling salted water and simmer for 8 to 10 minutes. When done, drain, remove the skin and divide into 4 pieces. Place on squares of rough puff pastry, fold over, leaving the ends open, and either bake in a moderate oven or fry in deep fat to a light golden colour.

## PORK SAUSAGES WITH SAUERKRAUT

Cook the sausages in butter in a sauté pan, and place them on a hot dish over braised sauerkraut.

## PORK SAUSAGES IN TOMATO SAUCE

Skin the sausages and cut in inch lengths. Cook in hot Tomato sauce (see p. 118) for 15 minutes or till tender.

## POTTED HAM

Allow  $\frac{1}{2}$  lb. of fat ham to every 2 lbs. of lean. Put through the mincer, pound in a mortar with a good pinch of mace, nutmeg and cayenne and rub through a sieve. Put in a buttered pie dish, cover with buttered paper and bake for  $\frac{3}{4}$  hour in a moderate oven. Press into small pots, and when cold cover with clarified butter.

## RILLONS DE TOURS (Potted Pork)

Cut equal parts of lean and fat pork into dice, put in a saucepan, barely cover with water, and season with salt, pepper and spices. Simmer for 3 hours. Then rub through a sieve, press into a pot and cover with melted fat or butter.

## SAUCISSES AUX CHOUX

Grill or boil the sausages and serve with boiled or braised cabbage, or with braised red cabbage.

## SAUCISSES À LA MARMELADE

Grill or fry the sausages in butter and serve with apple sauce in a glass dish.

## SAUCISSES AU VIN BLANC

Brown the sausages lightly in butter, and when nearly done sprinkle with a little flour, season with salt and pepper, add 1 glass of white wine and simmer till done. Just before serving mix in 2 tablespoons of cream. To serve, place the sausages on slices of bread fried in butter and pour the sauce over them.

## SAUSAGES WITH RISOTTO

Cook the sausages in butter in a sauté pan, and when done cut into 1-inch lengths and mix with the risotto (see p. 122).

## SKINLESS SAUSAGES

Put equal parts of lean and fat pork through the mincer with 1 or 2 cloves of garlic, a sprig of thyme, marjoram, sweet basil, rosemary, and season with salt and pepper. Mix with sufficient white breadcrumbs to give it consistency, bind with the necessary number of eggs and shape into sausages on a floured board. They can be fried, or poached in a little water or grilled. This mixture can be used as a stuffing, but it should be lightly cooked in a little butter till browned before so using.

## PORK SUNDRIES

### PIG'S CHEEK, BAKED

If the cheek is freshly pickled, wash it in several waters, but if it has been cured and dried, soak for 5 or 6 hours in cold water. Put the pickled pig's cheek in a saucepan, cover with cold water and gradually bring to the boil. Simmer for  $2\frac{1}{2}$  hours. Drain, remove the skin, cover with lightly browned breadcrumbs, and bake in a moderate oven for  $\frac{1}{2}$  hour. It can be served either hot or cold.

### PIG'S CHEEK, TO CURE

Rub the cheek well with salt and let stand for 12 hours. Repeat the operation and cover the cheek with  $\frac{1}{2}$  oz. of saltpetre, 2 ozs. of baysalt, and 4 ozs. of brown sugar. Turn the cheeks frequently and stand for 10 days. Smoke for 1 week.

### PIG'S CHEEKS, TO PICKLE

Wash the pig's cheek and rub well over with salt. Let stand for 24 hours. Wash and drain well and rub into them a mixture of 4 ozs. of common salt, 4 ozs. of moist sugar, 1 oz. of saltpetre, and  $\frac{1}{2}$  oz. of ground pepper. Let stand for 4 weeks, rubbing them with the mixture every day. When done, hang in a dry, cool place and use as required.

### PIG'S CHEEKS WITH SAUERKRAUT

Proceed as in recipe for Pig's Cheek, Baked (see above), and serve with braised sauerkraut.

### PIG'S EARS

The ears should be soaked for 3 or 4 hours, thoroughly cleaned and singed in order to remove all hairs. Then put



the ears in warm water, allowing  $\frac{1}{2}$  oz. of salt to each quart of water, bring to the boil, skim and add 2 sliced carrots, 1 large onion, stuck with 2 cloves and a bouquet of herbs. Simmer for  $1\frac{1}{2}$  hours till the ears are quite tender.

### PIGS' EARS, FRIED

Prepare and cook as in preceding recipe, drain, cut the ears in strips, dip in frying batter (see p. 122), and fry in deep fat. Drain and serve with Tomato sauce (see p. 118).

### PIGS' EARS À LA FLAMANDE

Add the pigs' ears, washed, singed and cut in half, to the cabbage, which is to be cooked à la Flamande (see Pork Chops with Red Cabbage, p. 97). They replace the gammon or pork usually cooked with the cabbage.

### PIGS' EARS WITH TARTARE SAUCE

Prepare, singe and boil the pigs' ears (see p. 105), drain, cut into strips, season with salt and pepper, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with a Tartare sauce (see p. 118).

### PIGS' EARS, GRILLED

Prepare and boil as in preceding recipe. Halve the ears lengthwise, brush over with mustard, season with salt, dip in melted butter and grill. Serve with a Devilled sauce (see p. 113).

### PIGS' EARS AU NATUREL

Prepare and boil as in preceding recipes. Serve with boiled cabbage or boiled broad beans or lentils.

### PIGS' EARS À LA SAINTE MENEHOULD

The same as Grilled Pigs' Ears (see above), but after having been dipped in butter they are coated with fine white breadcrumbs. Serve with a purée of potatoes (see p. 121).

### PIGS' EARS, STUFFED

Prepare and boil the pigs' ears as in preceding recipes. Drain and put a little veal forcemeat in each ear, pressing it down, and secure the opening. Brown the ears in a little hot fat and braise for  $\frac{3}{4}$  hour. Serve with the strained sauce from the braising pan.

### PIG'S FEET

Soak the feet, blanch in cold water, bringing the water to the boil, and boil for 3 or 4 minutes. Then brush and clean the feet thoroughly and remove all hairs. Boil in the same manner as Pigs' Ears (see p. 105), but simmer for  $2\frac{1}{2}$  to 3 hours till the feet are quite tender. Let stand till cold and bone them.

### PIG'S FEET, GRILLED

Prepare and boil the feet as in preceding recipe, and when cold season with salt, dip in melted butter, coat with bread-crumbs and grill. Serve with a Piquante or Devilled sauce (see pp. 116 and 113).

### PIG'S FEET À LA SAINT MENEHOULD

Soak, blanch and clean the feet and braise them instead of boiling them. Then dip them in butter and grill. Serve with a purée of potatoes (see p. 121).

### PIG'S FEET WITH PIQUANTE SAUCE

Season the boiled pig's feet with salt and pepper, coat with flour, coat with egg and breadcrumbs and cook in butter in a sauté pan to a light golden colour. Drain and serve with a Piquante sauce (see p. 116).

### PIG'S FEET WITH TOMATO SAUCE

The same as above, but with Tomato sauce (see p. 118).

## PIG'S FEET, STUFFED

Boil the pig's feet, remove the bones when cold and stuff the cavity with a stuffing made with a little chopped onion, breadcrumbs, parsley and sage, with a seasoning of salt and pepper. Replace the halves together and let stand for 1 hour, placing a dish over them with a heavy weight on it. Then cut the feet into slices about 1 inch thick, dip in flour, coat with yolk of egg and breadcrumbs and fry in deep fat. Drain and serve with fried parsley.

## PIG'S FEET À LA VINAIGRETTE

See Sheep's Trotters à la Vinaigrette, p. 95.

## PIG'S FRY

See Lamb's Fry, p. 93.

## PIG'S HEAD

Prepare in the same manner as Calves' Head, p. 63. The pig's head is generally used for brawn and served cold, but it can be cooked and served in the same manner as Pig's Ears (see p. 105).

## PIG'S HEAD, BOILED

Scald and clean the head thoroughly, removing all hairs, the eyes, snout and brains. Mix 1 oz. of saltpetre with 1 lb. of salt and rub this well into every part of the head, repeating the process every day for 5 or 6 days. Drain the head from the brine, put in a saucepan, cover with cold water, bring to the boil and simmer for 3½ hours.

## BRAWN

To a pig's head weighing 6 lbs. allow 1½ lbs. of lean beef, 2 tablespoons of salt, 2 teaspoons of pepper, 6 pounded cloves and a little cayenne. Prepare the head as in preceding recipe and cook in the same manner with the beef. When

done take the head and the beef from the saucepan, remove all the bones from the pig's head, and chop the meat as well as the beef. Mix together, season with the mixed seasonings, moisten with a little of the stock and press in a brawn tin or cake tin. Cover with a board or dish, put a heavy weight over it and let stand till quite cold. Dip the mould in hot water for a minute or two and the brawn will come out of the tin easily.

### PIG'S HEAD, COLLARED

Prepare and boil the pig's head as in recipe for Pig's Head, Boiled (see p. 108), but boil for 2 hours only. Remove from the saucepan, bone carefully and season highly with pepper and cayenne and a little salt. Roll up tightly, tie in a cloth, binding securely, and boil for 2 hours. When done, put between 2 boards or dishes with a heavy weight on the upper one and let stand till cold. Untie and use as required.

### FROMAGE DE COCHON À LA MÉNAGÈRE

Prepare the pig's head and, after having blanched it, remove the bones. Put in a tureen with the tongue and 2 lbs. of lean and fat pork, sprinkle liberally with salt, add 2 bayleaves, peppercorns, a few sprigs of thyme, and a little allspice. Let stand in a cool place for 4 or 5 days. Then put all in a saucepan, cover with cold water, add 1 large onion stuck with a clove, mixed herbs, and bring to the boil. Simmer for 3 hours. Drain and chop the meat coarsely. Season highly and tie all in a cloth. Put a weight over it and let stand till cold.

### PIG'S HEAD À LA SICILIENNE

Put the prepared pig's head in a large saucepan and cover with cold water. Bring to the boil gradually, skim thoroughly and add 2 or 3 sliced carrots, onions, 1 stick of celery, mixed herbs, salt and a few peppercorns. Simmer

gently for 2 hours or till the head is quite tender. Remove from the stock and put in a deep basin. Add 1 tablespoon of vinegar to the stock, 1 or 2 glasses of Madeira and a good pinch of mixed spices. Pour the stock over the pig's head and stand in a cool place till the stock has set in a firm jelly.

### STUFFED PIG'S HEAD

Clean the head thoroughly, remove the eyes, ears, brain and tongue and stuff the head with bread previously soaked in milk and pressed, and finely chopped sage. Coat with melted butter or oil, season with salt and pepper, and roast in the oven, basting frequently and allowing from 25 to 30 minutes to the lb.

### PIG'S KIDNEYS

See Calves' Kidneys, p. 66.

### PIGS' TONGUES

See Calves' Tongue, p. 75

### PIGS' LIVER

See Calves' Liver, p. 68.

### PIGS' TAILS

Cooked in the same manner as pigs' ears. They are served *au naturel* or grilled, with a potatoe purée (see p. 121).

## Sauces

### BÉARNAISE SAUCE

*Ingredients* : 3 yolks of eggs, 4 tablespoons of white wine, of tarragon vinegar, 1 tablespoon of finely chopped shallots, 2 level tablespoons of fresh tarragon, 1 of chervil, pinch of mignonette pepper, salt, cayenne,  $\frac{1}{2}$  lb. of butter.

*Method* : Put the wine and vinegar in a saucepan with

the chopped shallot, the tarragon, chervil, and season with the mignonette pepper and a little salt. Bring to the boil and simmer till reduced by two-thirds. Remove from the fire, and when lukewarm add the yolks of eggs, stirring well, replace on a very slow fire—or put the saucepan in another saucepan of boiling water—and very gradually add the butter, divided in small pieces, beating incessantly with an egg whisk. When all the butter has been used the sauce should be very light. It should immediately be strained through a conical sieve, replaced on a very slow fire, and a little chopped tarragon and chervil added, and a dash of cayenne. This sauce should never be allowed to get very hot. It should be treated as a “butter mayonnaise,” worked as such, and served lukewarm, otherwise it will curdle.

### BÉCHAMEL SAUCE

*Ingredients* (for about 1 pint of sauce):  $1\frac{1}{2}$  ozs. of onions,  $1\frac{1}{2}$  ozs. of carrots,  $1\frac{1}{2}$  ozs. of lean cooked ham,  $2\frac{1}{2}$  ozs. of butter,  $1\frac{1}{2}$  ozs. of flour,  $1\frac{1}{2}$  pints of veal stock or milk, 2 or 3 sprigs of parsley, 1 or 2 of thyme, 1 bayleaf, salt and pepper.

*Method*: Cut the vegetables and ham in small dice, put into a thick saucepan with 1 oz. of butter, and simmer for 12 to 15 minutes, but without browning. Melt the remaining butter in a saucepan and add the flour, stirring continuously over a slow fire. Then add the boiling stock or milk gradually, without ceasing to stir. Drain the vegetables and ham thoroughly, add to the sauce with the herbs, and season with salt and pepper. Do not cover the saucepan. Bring to the boil and simmer very gently for  $\frac{3}{4}$  to 1 hour. When done, strain through a wire sieve into a small saucepan, add a small piece of butter, and the sauce is ready for use.

The sauce can be made without the addition of ham.

## BORDELAISE SAUCE

*Ingredients* :  $\frac{3}{4}$  pint of Espagnole sauce (see p. 113),  $1\frac{1}{2}$  ozs. of finely chopped shallots (or onions), 1 gill of claret, a little thyme, a small bayleaf, 2 tablespoons of beef marrow (optional), 1 oz. of butter.

*Method* : Put the chopped shallots and herbs in a small saucepan with the claret and simmer till reduced by half. Add the hot Espagnole sauce, mixing well, and finally the small pieces of marrow, previously poached for 10 minutes in a little water, and when the saucepan is taken off the fire add the butter, also divided into small pieces.

## CHASSEUR SAUCE

*Ingredients* : 1 oz. of butter,  $\frac{1}{2}$  oz. of flour,  $\frac{1}{2}$  pint of stock,  $1\frac{1}{2}$  tablespoons of tomato purée or sauce, 4 medium-sized mushrooms, 2 shallots, 6 tablespoons of white wine, 1 teaspoon of tarragon and 1 of chervil, parsley, salt and pepper.

*Method* : Put  $\frac{1}{2}$  oz. of butter in a saucepan, and when melted add the flour. Stir till brown and add gradually just under  $\frac{1}{2}$  pint of hot stock. Stir in  $1\frac{1}{2}$  tablespoons of very thick tomato purée or sauce, season with salt and pepper, and simmer for 10 or 12 minutes without covering the saucepan. Meanwhile chop the mushrooms and cook them in a little oil till lightly browned, add the chopped shallots and cook for 2 or 3 minutes. Drain off the oil, add the white wine and let reduce by half. Now pour the prepared sauce over the chopped mushrooms, stir well, and simmer for 6 or 7 minutes more. Just before serving add the tarragon and chervil and the rest of the butter in small pieces, and when the sauce is poured over the meat, sprinkle with a little chopped parsley.

## CREAM SAUCE

Melt  $\frac{1}{4}$  lb. of butter in a small thick saucepan over a slow fire and, when melted but not very hot, add  $\frac{1}{2}$  pint of cream,

season with salt and pepper, and stir continuously with a wooden spoon for 8 to 10 minutes without letting the sauce boil.

### DEVILLED SAUCE

Put 6 tablespoons of vinegar in a small saucepan with 1 heaped teaspoon of finely chopped shallots and cook till reduced by half. Add  $\frac{1}{2}$  pint of Espagnole sauce (see p. 113) and 2 tablespoons of tomato pulp (see p. 121) and stir and simmer for another 10 minutes. Add 1 teaspoon of either Harvey or Worcester Sauce, season with a good dash of cayenne and strain.

### DUXELLES SAUCE

*Ingredients :* 1 dessertspoon each of chopped onion and shallots, 3 ozs. of mushrooms, 6 tablespoons of white wine, 1 pint of good stock, 1 tablespoon of tomato purée, butter, olive oil,  $\frac{1}{2}$  oz. of flour, parsley, salt, pepper and nutmeg.

*Method :* Put 2 tablespoons of oil and 1 teaspoon of butter in a small thick saucepan. When hot, add the onion and shallot and cook to a light golden colour, but without browning. Now add the finely chopped mushrooms, season with a little salt, pepper and nutmeg. Stir for 5 to 8 minutes, add the wine, the stock and the tomato purée, and thicken with  $\frac{1}{2}$  oz. of butter worked with the  $\frac{1}{2}$  oz. of flour. Stir and then simmer gently for 15 to 20 minutes. Just before serving add 1 oz. of butter, divided in small pieces, and 1 teaspoon of chopped parsley.

### ESPAGNOLE OR BROWN SAUCE

*Ingredients* (to make about 1 quart) : 1  $\frac{1}{2}$  quarts of stock, 1 gill of white wine, 3 tablespoons of tomato purée, 3  $\frac{1}{2}$  ozs. of lean bacon, 3  $\frac{1}{2}$  ozs. of carrots, 3  $\frac{1}{2}$  ozs. of onions, 3 or 4 sprigs of parsley, 1  $\frac{1}{2}$  ozs. of mushrooms or mushroom



peelings, a sprig of thyme, 1 small bayleaf, 2 ozs. of flour,  $3\frac{1}{2}$  ozs. of butter.

*Method* : Cut the bacon, vegetables and mushroom, etc., in small dice. Melt the butter in a thick saucepan, which must be just large enough to hold 2 quarts, on a slow fire, and as soon as the butter is hot put in the bacon, vegetables (except the mushrooms) and the herbs, and cook very slowly till slightly browned. Do not cover the saucepan, and stir the bacon and the vegetables occasionally with a wooden spoon, so that they will be equally browned. Now sprinkle with flour and mix thoroughly. Let this cook very gently for 15 to 20 minutes till brown. Then add gradually the wine and stock, stirring continuously. Keep 1 gill of the stock, which will be used at a later stage for the skimming of the sauce. Bring to the boil, add the mushrooms or mushroom peelings, as well as the tomato purée, and simmer gently for 1 hour without the lid. Skim carefully as grease and scum rise to the surface. Now strain the sauce into a clean saucepan through a wire sieve, bring to the boil and simmer. Skim carefully as the grease rises—this sauce should be absolutely free from all grease—adding 1 or 2 tablespoons at a time of the cold stock which has been kept in reserve, and which helps to make the scum rise to the surface. This skimming will take about  $\frac{1}{2}$  hour. Strain once more through a sieve and the sauce is then ready for use.

### HORSERADISH SAUCE

*Ingredients* : 2 ozs. of finely grated horseradish, 1 tablespoon of vinegar, 6 tablespoons of cream,  $\frac{1}{2}$  teaspoon of mustard powder, salt, 1 teaspoon or more of sugar (optional).

*Method* : Put all the ingredients in a basin, mix thoroughly and add the cream gradually.

### MADEIRA SAUCE

Make  $\frac{1}{2}$  pint of Espagnole sauce (see p. 113), remove the saucepan from the fire and stir in 6 tablespoons of good

Madeira, and serve at once. If the wine is added to the sauce while it is still simmering it is apt to lose its flavour.

### MAYONNAISE

*Ingredients* (for 1 medium sized sauceboat): The yolks of 2 eggs, 8 ozs. of olive oil, 1 tablespoon of wine vinegar (if malt vinegar is used the quantity should be halved, as it is too strong), 1 full saltspoon of salt, 1 of pepper.

*Method*: Put the yolks of egg, free from any particles of whites, in a basin with the salt, pepper, and 1 teaspoon of vinegar. Mix all thoroughly before adding the oil. Add the oil drop by drop at first, stirring continuously with a wooden spoon, and when the mixture has thickened add another teaspoon of vinegar. At this stage the oil can be added in a steady thin stream, and the stirring should be quicker and harder. Continue till all the oil has been used, adding a little vinegar occasionally. When done, the mayonnaise should be sufficiently stiff to adhere to the spoon. Should the mayonnaise curdle, put the yolk of 1 egg in another and slightly warm basin, and add very gradually the curdled mayonnaise, stirring with a wooden spoon.

### MORNAY SAUCE

*Ingredients*: 1 pint of Béchamel sauce (see p. 111), just under 1 oz. of finely grated Gruyère cheese, the same amount of Parmesan cheese, and 1 oz. of butter.

*Method*: Add the finely grated cheese to the hot sauce and stir over a slow fire till the cheese has melted. Remove from the fire and add the butter divided in small pieces.

### MUSHROOM SAUCE

*Ingredients*: 1 pint of Béchamel sauce (see p. 111) and  $\frac{1}{4}$  lb. of small mushrooms.

*Method*: Add the peeled mushrooms to the hot sauce and simmer for 20 minutes.

## PIQUANTE SAUCE

*Ingredients :*  $\frac{1}{2}$  pint of Espagnole sauce (see p. 113), 1 gill of white wine, 1 gill of vinegar, 1 tablespoon of finely chopped shallots, 1 tablespoon of chopped gherkins, 1 teaspoon of chopped parsley, tarragon and chervil, chopped capers (optional).

*Method :* Put the white wine and the vinegar in a saucepan with the shallots, and simmer till reduced by half. Then add the Espagnole sauce, stir and simmer for 10 minutes. Remove from the fire and add the gherkins, herbs and the capers just before serving.

## POIVRADE SAUCE

(Pepper Sauce)

*Ingredients :* 1 small onion, 1 small carrot, 1 teaspoonful of chopped shallot, a sprig of parsley, a sprig of thyme,  $\frac{1}{2}$  a bayleaf, 1 tablespoon of oil, 1 gill of wine vinegar,  $\frac{1}{2}$  pint of stock, 1 oz. of butter and 1 oz. of flour, 2 or 3 tablespoons of white wine (optional), salt and peppercorns.

*Method :* Cut the vegetables into dice and cook them till a light brown in a tablespoon of oil with the seasoning. Then drain off the oil, add the vinegar and wine, and simmer very gently till reduced by half. When thus reduced, add to the hot stock, which has been thickened with the flour cooked in the butter. Simmer gently for about  $\frac{3}{4}$  hour. Skim carefully, and 5 minutes before straining the sauce add 10 or 12 freshly and coarsely ground peppercorns. Strain through a cloth and add a small pat of butter before serving.

## RAVIGOTE SAUCE (Cold)

*Ingredients :* 4 tablespoons of oil, 2 of wine vinegar, 1 level tablespoon of capers, 1 teaspoon each of chopped onion, tarragon, chervil and parsley. Salt and pepper.

*Method :* Mix all the ingredients thoroughly in a basin and serve in a sauceboat.

## RÉMOULADE SAUCE

*Ingredients :*  $\frac{1}{2}$  pint of mayonnaise sauce (see p. 115), 1 teaspoon of mustard powder, 2 teaspoons of capers, 2 of chopped gherkins, 1 teaspoon of chopped tarragon and chervil, 1 teaspoon of finely chopped shallots and 2 boned anchovies, finely chopped, or a few drops of anchovy essence.

*Method :* Make a mayonnaise sauce, adding the mustard powder at the same time as the salt and pepper. When it is quite stiff, add all the other ingredients, finely chopped.

## ROBERT SAUCE

*Ingredients :* 1 large onion,  $\frac{1}{2}$  pint of Espagnole sauce (see p. 113), 4 tablespoons of white wine, butter, 1 teaspoon of mustard, salt, pepper and a pinch of sugar.

*Method :* Cut the onions evenly into small squares and cook in a little butter till slightly browned. Reduce the wine to about half the original quantity. Mix the Espagnole sauce with the onions and wine and simmer gently for about 20 minutes. Season with salt, pepper and sugar. Just before serving make the mustard with a little of the sauce and stir it in at the last moment, as mustard should never be boiled. Serve very hot. This is a very good sauce to serve with boiled beef.

## SOUBISE OR ONION SAUCE

*Ingredients :* 1 lb. of onions, 3 ozs. of butter, 1 pint of Béchamel sauce (see p. 111), 4 tablespoons of cream, salt, pepper and a pinch of sugar.

*Method :* Peel the onions and chop them finely. Blanch in boiling water for 10 minutes, drain and simmer in 1 oz. of butter till quite soft, but without browning. Then add the Béchamel sauce, season with salt, pepper and sugar and simmer very gently for about  $\frac{1}{2}$  hour. Rub through a sieve, replace the sauce in a saucepan, cook over a slow fire,

and when hot add 2 ozs. of butter, divided into small pieces, and 4 tablespoons of cream. The sauce should be creamy and very white.

### TARTARE SAUCE

This is made in the same way as Rémoulade Sauce (see p. 117), but without the anchovies or anchovy essence.

### TOMATO SAUCE

*Ingredients :* 1 small onion, 1 lb. of tomatoes, a sprig of thyme, parsley,  $\frac{1}{2}$  a small bayleaf, 1 tablespoon of olive oil, or  $\frac{1}{2}$  tablespoon of butter, salt and pepper.

*Method :* Put the oil or butter in a saucepan, and when hot add the onion coarsely chopped. Cook to a light golden colour and crush with the back of a wooden spoon, so that the oil or butter are well flavoured. Add the tomatoes, either sliced or quartered, the herbs and salt and pepper. Stir well, crushing the tomatoes so as to extract the juice. Simmer very gently for an hour or till the tomatoes are reduced to a pulp. Rub through a sieve and warm up the sauce just before serving.

### VELOUTÉ SAUCE

*Ingredients :* 1 pint of white veal stock, 1 oz. of butter, just under 1 oz. of flour, 2 tablespoons of mushroom liquor, or 1 oz. of mushroom peelings and stalks, 2 or 3 sprigs of parsley, salt and pepper.

*Method :* Put the butter in a thick saucepan, and when melted add the flour and stir till smooth over a slow fire. Add the stock gradually, beating continuously with a sauce whisk, bring to the boil and skim carefully. Add the mushroom liquor or peelings, the parsley and seasoning. Simmer gently for 1 hour, removing every particle of grease, and strain through a wire sieve.

## VINAIGRETTE, OR FRENCH SALAD DRESSING

This consists of 3 parts of olive oil to 1 of vinegar, with a seasoning of salt and pepper. Mix thoroughly before using.

## Stuffings

### VEAL STUFFING OR FORCEMEAT (1)

Chop the veal, which should be lean, and pound in a mortar, adding half the quantity of bread panada. Season with salt and pepper, add 2 ozs. of butter, 1 or 2 eggs to bind, and a few tablespoons of cold Béchamel sauce (see p. 111). Rub through a sieve and work with a spoon till quite smooth.

Bread Panada is prepared in the following manner: Break the bread in small pieces, put in a soup plate or pie dish, and pour a little boiling milk over it. Sprinkle with a little salt and let it stand for about  $\frac{1}{2}$  hour. Then work it into a paste, put it in a saucepan on a quick fire and stir with a wooden spoon until the paste no longer clings to the spoon. Remove from the saucepan and allow it to cool. It is then ready for use.

### VEAL STUFFING OR FORCEMEAT (2)

Chop  $\frac{1}{2}$  lb. of lean veal and put through the mincer, and pound in a mortar with  $\frac{1}{4}$  lb. of finely chopped suet and 2 ozs. of fat bacon. Season with 1 teaspoon of finely chopped onion, salt and pepper and mix with 2 tablespoons of breadcrumbs and 2 eggs to bind.

# Compound Butters

## ANCHOVY BUTTER

*Ingredients :* 2 ozs. of butter, 1 oz. of anchovies (in brine) or 1½ teaspoons of essence of anchovy ; a pinch of pepper.

*Method :* Wash the anchovies thoroughly in cold water, drain and dry them in a cloth. Remove the bones very carefully and pound the anchovies to a smooth paste in a mortar. Add the butter and pound and mix with the anchovies. Rub through a sieve into a basin and stir with a wooden spoon.

## FINES HERBES BUTTER

*Ingredients :* Butter, tarragon, chervil, chives, thyme, marjoram, rosemary, salt and pepper.

*Method :* Allow 1 teaspoonful of mixed herbs, finely chopped, to each 2 ozs. of butter. Proceed as in the previous recipe.

## MAÎTRE D'HÔTEL BUTTER

*Ingredients :* Butter, chopped parsley, salt, pepper, lemon juice.

*Method :* Proceed as in the other recipes for compound butters. Allow about 1 small teaspoon of finely chopped parsley to every 2 ozs. of butter.

## MUSTARD BUTTER

*Ingredients :* Butter, made mustard, salt.

*Method :* Allow 1 teaspoon of made mustard to every 2 ozs. of butter. Proceed as in other recipes. Various kinds of mustard butters can be made with different kinds of French mustard—Moutarde aux Fines Herbes,

*l'Estragon, Ravigote, etc.* As French mustard is not very hot, 2 teaspoons can be added to 2 ozs. of butter. No salt is required, as these mustards are already seasoned.

### PAPRIKA BUTTER

*Ingredients :* 2 ozs. of butter to 1 teaspoonful of paprika (paprika pepper is a very mild Hungarian red pepper).

*Method :* Work to a smooth paste as in other recipes.

### TARRAGON BUTTER

Blanch 3 ozs. of tarragon leaves in boiling water for 3 minutes, drain and dry thoroughly in a cloth. Pound in a mortar and add  $\frac{1}{2}$  lb. of butter. When both are well mixed and pounded to a smooth paste, rub through a sieve and smooth with a whisk.

## Sundries

### VEGETABLE PURÉES

Vegetable purées are made by boiling the vegetables till tender, draining thoroughly, rubbing through a sieve and mixing with a little butter, or sometimes milk or cream, and seasoning with salt and pepper.

### TOMATO PULP

Put the tomatoes, sliced or quartered, in a thick saucepan with no other ingredients or liquid, and cook for 1 to 1½ hours, stirring and crushing with a wooden spoon occasionally, till reduced to a pulp. Rub through a sieve. This will keep for several days in a cool place.



## MACÉDOINE OF VEGETABLES (Hot)

Mix the following cooked vegetables, either sliced or cut in cubes, and cook for a few minutes in butter, seasoning with salt and pepper: peas, French beans, broad beans, new potatoes, very young turnips, etc. Pickling onions browned in butter can also be included.

## RISOTTO

Put 3 or 4 ozs. of butter in a deep frying pan, and when melted add 1 lb. of rice and cook for about 15 minutes, stirring constantly. Then add gradually 1½ pints of hot beef or chicken stock, season with salt and pepper, and simmer till the rice has absorbed the stock. The rice should be moist but not sodden. Just before serving sprinkle liberally with Parmesan cheese. This plain risotto can also be flavoured with saffron.

## HOW TO MAKE CROÛTES OR CROÛTONS

Cut a slice of bread about ¾ inch thick from a sandwich loaf preferably, and cut into neat little squares. See that these are quite even. On a slow fire warm a little clarified butter in a small frying pan, and when hot put in the croûtons and fry *very* slowly till they are a golden brown all over. Toss them or turn them with a knife or spoon, so that they will be equally coloured on all sides. They should be crisp, but not hard, on the outside, and quite soft inside, having absorbed the butter. If they are done on a quick fire they will be hard and dry. Meat, game, etc., are sometimes served on large croûtons of fried bread.

## FRYING BATTER

*Ingredients:* ¼ lb. of flour, 1 tablespoon of either oil or melted and clarified butter, a little less than 1 gill of luke-

warm water, the white of 1 egg beaten to a stiff froth, a good pinch of salt.

*Method* : Put the flour in a round earthenware casserole or salad bowl, and with the tips of the fingers or with a wooden spoon make a hollow in the centre, and in this put the oil or butter and the salt. Then very gradually, with a concentric movement and using a wooden spoon, mix in the flour, adding the water little by little. The batter must not be beaten or lifted with the spoon. It can be turned in any direction, but always with a concentric movement, and neither too hard nor too fast. The batter should be perfectly smooth, free from lumps, and of the consistency of thin cream. Cover the bowl and let stand in a warm place for 1 to 2 hours before using. The flour should always be sifted and the water should be lukewarm. When about to use the batter, beat the white of egg to a stiff froth and mix with the batter.

## HOW TO LARD

The process of larding consists in inserting small strips of larding bacon into the meat, with the intention of making it tastier and more juicy. Lean meat especially is improved by larding. There are two kinds of larding : that which is just superficial, and where the lardoon is inserted or, as it were, "sewn" on the surface of the meat ; and the other, or "deep" larding, where the lardoon is inserted through the whole thickness of the meat. For both these processes larding needles are required. For superficial larding the bacon fat should be cut in thin equal strips  $1\frac{1}{2}$  inches in length and about  $\frac{1}{4}$  inch thick. Insert the larding needle in the meat as if sewing, taking a stitch of about  $\frac{1}{2}$  inch, and draw it three-quarters out. Now put the lardoon in the larding needle and carefully draw out the needle, leaving the lardoon in the meat with the two ends showing. The larding should be done in regular rows.

For deep larding a larger needle is required. Insert the needle through the meat, then put in the lardoon and draw the needle out, leaving the lardoon in the meat with the ends just showing on either side. The length of the lardoons must vary according to the thickness of the meat.

### HOW TO MAKE A "BLANC"

The object of cooking "*au blanc*" is to keep whatever meat, etc., prepared in this manner perfectly white. The coating of fat which rises to the surface prevents all contact with the air, and thus the meat retains its whiteness. The proportions for a "*blanc*" are as follows: To every 2 quarts of water, allow  $1\frac{1}{2}$  ozs. of flour, 3 tablespoons of vinegar, 3 ozs. of kidney fat, 1 onion stuck with a clove, a bouquet of mixed herbs, salt.

Put the flour in a saucepan, add the water gradually, then the vinegar and the salt, and stir continually till the water comes to the boil, so that the flour is thoroughly mixed with the water, and free from lumps. Now add the meat, the onion, the herb bouquet, and the fat, very finely chopped. Cover with a lid, leaving it slightly tilted, so that the steam may escape, and simmer very gently till the meat is tender. When cooking vegetables in this way, lemon juice is often used instead of vinegar.















