1st Lesson

Superior Cookery

11/3/89

Oyster Cutlets.

The Mixture

1 oz Butter 1½ oz Flour

½ pint Stock & Oyster liquor

Mixed together. 1 Tablespoonful

-cream - Salt & pep - a very

little cayenne Yolk & bread-

crumb & about a score of

oysters. Melt the butter

in a pan - add the flour

then the stock gradually

& stir until it boils - cook

well - then add the oyster

cream & seasoning, let it

cool - make into cutlets

dip in the yolk & then in

crumbs & fry in hot drip.

This must be very

well cooked - after Cutlets

are fried just place Macaroni in the

Crème de Veau.

1/2 lb Fillet of Veal
2 oz Flour 1 oz Butter
1/4 pint water 2 Eggs leaving out the White of 1 - Salt - little cayenne pep - & little pated lemon rind or pounded mace.

Pass the veal 2 or 3 Times through a Mincing machine

Boil the water & butter together - throw in the flour stir well over the fire for about 5 minutes - Next put in the veal - the beaten eggs & seasoning & pass it all thro' a wire sieve - if too stiff put in the other White of egg - or a little cream

Please the moulds well before putting in Mixture & poach in boiling water 1/4 hour if little ones - 1/2 hour if large - then drain - turn them out & serve with any rich White Sauce.

Put a little salt in the water to poach & boil very gently.

Sauce Velouté.

1 oz Butter 1 oz Flour 1/4 pint of White Stock from veal 1/2 pint Milk & Cream mixed a little salt.

Melt the butter in a pan add the flour - then the stock milk & cream - add salt & stir over the fire until they boil

Strain & the sauce is ready.

(The Stock should be flavoured with 1 onion, 10 Peppercorns, 1/4 blade of mace.)

Chocolate Eclairs

1/4 pint of water
1 oz Butter
1/2 oz Castor sugar
2 1/2 oz Flour 2 eggs & a pinch of salt.

Place the water butter & sugar in a pan - bring them to a boil. Stir the flour quickly into it add salt & stir it over the fire for 5 or 6 minutes take it off & let it cool. Then add the beaten eggs - pass it through the plain pipe on to a greased tin in lengths of about 4 inches & bake in a moderate oven from 3/4 to 1 hour - Split them - scoop out the centre - fill with whip'd cream & cover with Chocolate Icing.

Icing for Eclairs

1/2 lb Icing Sugar
2 oz grated Chocolate
about 2 tablespoonfuls cold water (or 3)

Place all in a pan and stir over the fire until just warm at once. pour it over the Eclairs.

Tomato Cream Soup.

1½ pint White Stock & 1 lb of Tomatoes 1 Onion 1 oz Butter ½ pint of Milk or Mixed with Cream 2 Table-spn. flour Salt & pep.

Slice the Tomatoes & Onion into a pan - add the butter simmer until the onion is tender - pass through a fine sieve - add the boiling Stock to them.

Mix the corn-flour with a little milk then the stock on to it - season return to pan stir until it boils & then add the rest of the milk & cream made hot.

The Stock for this Soup should be flavoured first before using with Onion celery turnip a few drops of cochineal.

Cutlets à la Gyinjara

2 lbs from best end neck Mutton

Saw off the chine bone and if necessary cut the rib bones short. Divide into Cutlets - trim off all the fat. fry quickly in 1½ oz butter Cover them with Tomato Sauce sprinkle them with very finely chred truffles - arrange them on potato border with greens in centre

Put Cutlets all one way towards the dish towards side up

Dip Cutlets into the Sauce & sprinkle with the truffles.

Tomato Sauce

½ lb Tomatoes ½ oz Butter
1 tablespoonful of Stock
1 small Onion a good tea-
of cornflour - salt & pepper
& a few drops of cochineal.

Slice the Tomatoes & Onions into a pan add the stock & butter, - simmer with the lid on for about 20 minutes - then pass it through a fine strainer or sieve - mix the cornflour with a little cold water - stir the tomato into it - season - return to the pan - stir until it boils & it is ready.

Purée of Greens

Take 3 lbs of Spinach & wash it well under running water, pick off the larger stalks - take a pan of clean water and put it into pan add a ½ tea - or a small pinch of carbonate of soda and ½ table - of salt - let it boil 20 minutes then drain it & squeeze it well through a cloth pass it through a wire sieve melt 2 oz butter in a pan put in the Spinach and stir over the fire until quite hot.

Wine Jelly

1½ pts of Water ½ pint of Sherry
½ oz Gilatine & 3 lemons
the whites of 3 eggs - ¾ lb loaf Sugar
½ wine glass ful Brandy

Soak the Gilatine in the water then place them in a pan with the thinly pealed rind of lemon and the sugar & stir over the fire until the Gilatine is melted and now add the wine, lemon juice, whisk the whites of the eggs up, whisk them into the jelly well, bring it to a boil and boil it 10 Minutes

Strain through a jelly bag well rinsed out in hot water at first it will run out of bag quickly - turn back & run a little on over & over again till clear - then you can add brandy (do not mould the jelly until it begins to show signs of setting

Quenelles of Salmon

1 Steak of Salmon (about 1½ lb) pass it through a wire sieve. 3 oz bread-crumbs 1 oz butter 2 eggs leaving out the white of 1 Salt, pep & Cayenne Pour about 3 table-spoonfuls of water on to the bread & let it stand 20 minutes Squeeze them in the corner of a cloth put them into a pan with the melted butter Stir over the fire until they have taken up the butter - Now add the Salmon - eggs & seasoning. Mould into the shape of small eggs. Place in a greased flat pan pour boiling water & a little salt in round the sides of the pan & poach for about 15 minutes Serve them, cover with Hollandaise sauce. Green peas or boiled Cucumber in centre

Sauce Hollandaise

The yolks of 2 or 3 eggs
2 tablespoonfuls of Vinegar
2 " " water
2 oz butter. Salt & pepper.

Boil Vinegar & water together about 3 minutes add the seasoning - Half the butter & then the beaten yolks

Turn the sauce into a small pot - place it in a pan of boiling water & stir it until it begins to thicken - take it off the fire add the rest of the butter - if getting too thick put drops of cold water.

Boned Fowl & Mixture

1 Fowl – 1 lb lean veal – ½ lb ham
1 egg – grated rind ½ lemon
salt & pep – ½ small tongue.

Pass veal & ham through a mincing machine add the egg, lemon & seasoning to it. Clean – singe & wipe out the fowl. Cut neck off close to the body leaving a long neck skin cut off the feet & begin to bone it at the merry-thought – leave the wing bones on take out the trunk entirely leave half the drum stick in. Then stuff it with the tongue & veal Mixture as for roasting & roast – about 1½ hours. Tongue cooked beforehand Put the piece of tongue in to form the breast.

Tongue Soufflés.

½ tablespoonfuls of finely chopped tongue
1 oz butter
1 oz flour about a 3rd of a pint of milk. salt, pep, cayenne & 2 eggs

Melt the butter add flour and when well mixed with the milk – stir over the fire until they boil – then add meat & seasoning – & when cool the yolk of the eggs

Beat the white to a stiff froth stir into the mixture

Turn into greased Ramekin papers or Ramekin pots and bake in a quick oven for about 15 minutes

Oyster Fritters

1/2 score of oysters (large ones)
very thin strips of bacon
2 oz flour - 1 egg - 1 table-
-spoon salad-oil - a little salt - 1/2 a 1/4
pint lukewarm water.

Add the oil - Yolk of the egg
& salt to the flour - Then
stir in the water gradually
(don't stir until you begin
to put water in)

Let it stand 1/2 an hour
Whisk the white of the egg to a
stiff froth - just before you
want to use it stir the white
into it - Place each oyster
on a broad thin piece of bacon
then a piece of bacon on the
top of it & cut it out in the
form of a round with a cutter
dip them in the batter & fry in
hot drip 2. Cook oyster only while bacon is done

Consomme à la Jardiniere.

About 2 lbs shin of beef
& 1 lb Muckle of Veal. 2 oz butter
2 carrots 1 Turnip 2 onions &
2 pieces broken from the head
of celery teaspoonful of salt.
x (a bouquet of herbs.) & cloves

Cut the meat into small
pieces place it in a pan with
the meat & water - bring to a boil
& simmer 2 hours - slice the
onions & fry them in the butter
add it to the soup with the rest
of the vegetables & flavourings &
let it simmer 3 hours longer
then strain the stock through
a hair sieve - let it cool and
take off the fat. (A bouquet is
x sprig parsley thyme & a bayleaf x)

To clear the Soup

Take all fat off the top and
to every quart of stock - take

the whites of 2 eggs - Season the soup, salt & pepper - whisk up the eggs - whisk them into the broth - bring it to a boil & boil 5 minutes - strain through a towel wrung out in hot water & a hair sieve & then add the garnish which should be just cooked.

If not quite clear use another white of egg.

Puff Pastry

1/2 lb Butter 1/2 lb Flour
2 tea - lemon-juice & about 1/4 pint of cold water

Squeeze the butter lightly in the corner of a floured cloth. Rub about 2 oz of it into the flour and bind it to a paste with the water adding the lemon-juice - roll out in a thick piece - place the piece of butter on it fold the piece well over flour it fold it in 3 - roll it out again - flour and fold roll out once more (3 times in all) and put the paste by for about 2 or 3 hours - then roll out twice more, in about 1/2 an hour twice more & the paste is ready.

Cream Tartlets

Pnets of puff pastry will do
Roll the pastry out - Fine some
deep Pns with it - prick the
bottom to let the air out - put
in a piece of greased paper fill
them with uncooked rice &
bake until nicely - take out
the paper & the rice - half
fill them with any stewed
fruit in season - Put a little
whipd cream on the Top.

Croutes à la Française

Some small rounds of
fried bread ½ lb Butter
The yolks of 2 hard boiled Eggs
A good handful of Parsley
4 Anchovies 4 Gherkins
1 Tablespoonful Capers. Salt &
pepper - a little Apple-Green
to colour it.

Throw the parsley into boiling
water - adet a little salt -
boil 5 minutes - drain it
pound it in a mortar with
the yolks of the eggs, Anchovies,
Capers & Gherkins
Beat the butter to a cream
now mix that with the green
part - & when they are well
mixed pass it through a strainer
or wire sieve. Spread Anchovy
butter on to the rounds of fried
bread then pass the green-butter

through the fancy rose tube on to the top of it & decorate with Anchovy-butter.
Let them stand in a cool place till they are required

Anchovy Butter.

3 oz Butter 1 good teaspn-ful Anchovy paste a little cayenne & pepper - a few drops of cochineal - work them well together.
Beat the butter to a cream and add the paste, seasoning & colouring - pass this thro' the icing tube.

Fried Fillets of Sole

Cut down the centre in 2 long pieces sprinkle salt & lemon-juice on each piece - roll in a knot - fasten with a skewer - dip in beaten egg & crumbs - fry in hot dripping.

Chicken in Aspic

Take 1 Chicken clean & truss it - place it in a pan with about 2 quarts of veal stock (about a ¼ of Aspic Stock) "Beef & veal" 1 lb Beef 1 good sized onion ¼ lb Ham 20 peppercorns ½ blade of Mace a small bouquet of herbs & a little salt. Bring that to a boil let it simmer from 1½ to 2 hours then take out the Chicken & strain the stock over it - let it get quite cold & make the Aspic Jelly of the stock. Take all the flesh from the Chicken take off the skin cut it into neat pieces pour a little Aspic into the bottom of the mould - then decorate it with pieces of hard boiled eggs & parsley then pour just as much Aspic over it as will set it - when that is set - put another layer on the top & repeat the layers until the mould is filled up.

Aspic Jelly

1 Quart of Stock (Made thin of Beef ~~1 lb beef~~ 1½ oz Gelatine 2 or 3 tablespoonfuls Tarragon Vinegar Salt & Pep - & the whites of 3 Eggs.

Take all fat from the Stock and place it in a pan with the Gelatine - stir until the Gelatine is dissolved. Whisk up the whites of the eggs and whisk them into the stock adding the Vinegar & Seasoning at the same time - bring it to a boil & boil for 5 minutes - then strain thro' a towel wrung out in hot water & a hair sieve.

Eggs à la Suisse

3 fresh Eggs 2 oz grated Cheese
not quite - ¼ pint of Cream
Salt, pepper, & Cayenne.

Grease a deep dish
add the seasoning to the cream
then put in the Cheese - pour
over this into the dish. break
the eggs separately and slip
them on to the top of the
cream & cheese - place it in
the oven and let it cook until
the eggs are set - serve it at
once -

Mayonnaise Sauce

The Yolks of 2 raw eggs & about
½ teaspoonful Mustard, Salt,
& pep ½ a ¼ of pint of Salad oil
Tarragon Vinegar & Lemon - a few
drops of lemon-juice

Put the yolks of the
eggs, Mustard & seasoning into
a mortar & stir them with a
wooden spoon until they are
well mixed - Now put in the oil
drops by drop - stir the whole time
add the lemon-juice & vinegar

Vegetable Mulligatawny Soup.

2 Quarts of 2nd Stock 2 good size Carrots 1 Turnip 3 Onions ½ pint Green peas 2 or 3 oz Butter 1 dessert-spoonful Curry-Powder small stick of Rhubarb or 2 sour Apples - The juice of ½ a lemon 1 Tea-salt.

Clean & slice the Veg[ts] fry them in the butter - place them in a pan with the Stock add the Apple finely minced the Lemon juice & the salt & let them simmer 2 or 3 hours

When it commences for 1 hour add the Curry-Powder mixed with a little water.

When the Veg's are quite ~~tender~~ soft pass them through a hair sieve it should be the thickness of cream Soup served with boiled Rice separately.

Chicken au Gratin.

Remains of cold Chicken and 2 Table-sp Chutney - ½ Table sp Worcester Sauce ½ Table Spoon[fs] a little salt & about 1 oz Butter

Cut the Chicken into joints take off the Skin, then brush them over with the butter melted

Mix the Sauces & Chutney together brush them over with them & roll them in browned bread crumbs - Now put them into the oven until quite hot -

Caramel Puddings.

½ pint of Cream or Milk mixed 3 Eggs - using the White of 1 only 1½ oz castor sugar. The grated rind and ½ of a small lemon or Essence of Vanilla. Add the sugar to the cream & when it is melted pour it on to the beaten eggs add the lemon & turn into small moulds lined with Caramel. Put them into a shallow pan of cold water bring to a boil then cover with greased paper & steam very slowly until they are set. Turn out & serve with apricot Sauce. To be eaten cold or hot.

Apricot Sauce

2 Tablespoonfuls Apricot Jam
¼ pint of cold water
1 oz loaf Sugar The juice of ½ a Lemon & a few drops of Cochineal

Place the Jam, Sugar & the water in a pan. Simmer for 15 minutes then add the lemon juice & the colouring. Strain it & it is ready.

Gmoise Baskets

Bake some Gmoise pastry in small bun moulds - When they are quite cold take out all the centre leaving the sides as thin as you can - Dip them in melted red-Currant-Jelly & then in finely chopd. pistachio-nuts - fill them with whipd. cream - pass through a fancy tube & put a thin strip of candied peel on the top for the handle.

Gmoise Pastry.

The weight of 2 Eggs in Butter Sugar (castor) Flour

Beat the butter to a cream add the sugar - beaten Eggs & the flour - turn into greased moulds & bake in a moderate oven for about 25 minutes.

Italian Cream

1 Pt. Cream
¼ Pt Sherry
1 Wine glass Brandy
5 or 6 oz Sugar - Loaf
Juice of 2 Lemons

Rub the loaf sugar on to the lemons & pound it. add the lemon juice Sherry & brandy to it, let it dissolve, whisk the cream until quite stiff now stir in the wine mixture whisking gently, turn into a perforated mould lined with wet muslin & allow to stand for 12 hours. Then turn out & decorate with dried cherries & pistachio nuts.

From Mrs Rhodes.

Pine Apple Cream

¾ pint of Cream
1 small Pine apple
½ oz Gelatine (sheet gelatine)
½ Tea cupful cold water
3 oz Castor Sugar

Pound the Pine Apple & pass it through a wire sieve (if it is a tinned one reduce the syrup in the tin by boiling fast for 10 minutes

Cut some of the Pine into small blocks.

Dissolve the Gelatine in the water.

Whisk the cream until stiff now stir the Pine Syrup into it after the sugar has dissolved in the Pine add the Gelatine & then the blocks of Pine. Then turn into a mould dipped in water. When cold turn out.

Mrs Rhodes.

Potato Cheesecakes

6 oz mealy Potatoes boiled,
¼ lb Loaf Sugar
3 oz Currants
2 oz Butter
The Juice & Rind of ½ a Lemon
1 Egg & a little Salt.

Melt the butter, boil & mash the Potatoes, beat the Egg & add the ingredients together.

Miss Peacock's 1884.

Dutch Sweetbreads

3/4 lb Filleted veal pass it twice thro a mincing machine with 1 oz of suet- Add 3 table of water & 3 oz bread crumbs and let them stand for 1/4 hour then squeeze them in the corner of a cloth

Melt 1 oz of butter in a pan add the bread & it and stir over the fire until well mixed

Now add the veal 1 egg salt & pepper a little cayenne (grated lemon rind if liked)

Make them up into the shape of sweetbreads dip in egg & then in bread crumbs & fry in hot drip'g Then put them into a pan with about 3/4 pint of stock and let them simmer ~~from~~ for 1/2 hour Then thicken the gravy with 1/2 table flour mixed with a little cold water when it is boiled season it-

and the dish is ready

Brown with Extract of Beef or Browning

Cold veal can be used but take 1 egg & a little yolk

If liked a few drops of lemon juice added to the gravy

Garnish with cut or sliced lemon

Dip hands in warm water when making up to prevent it sticking.

Plain Dutch Sauce

1 oz Butter 3/4 oz Flour The yolk of 1 egg. 1/2 pint of Milk 1 tea-spoon Vinegar (Plain Vinegar or Tarragon) pinch of salt.

Melt the butter in a pan add the flour and then very gradually the Milk stir over the fire until they boil & cook well now take off the fire & stir briskly for about 1 minute let it cool stir in the yolk of the egg now & the Vinegar drop by drop.

Cocoa Nut Cake

3 oz Butter
1/4 lb Castor Sugar
6 oz Flour 3 Eggs
1/2 Tea Bak'g powder
1 oz dried Cocoa-Nut-

Chop the cocoa nut very fine & sift it thro a wire sieve

beat the butter to a cream add the sugar & it and work them well together Drop flat in the beaten eggs and after beating well added the flour cocoa-nut & baking powder

Turn into a tin lined with greased paper & bake in a moderate oven for about an hour

Or flat tin about 35 minutes

Allow it to cool then cover it with wet icing while the icing is wet cover it with very finely chop'd dried cocoa nut-

Icing for Cocoa nut Cake

½ lb Icing sugar finely sifted
2 table-spoons cold water

Place these in a pan together and stir them over the fire until they are just warm

Pour them at once with a spoon over the cake

19/3/09

Blanquette of Rabbit

1 Rabbit - A pinch ½ pint of Stock
1 Onion ½ blade of Mace
10 peppercorns - Thyme
1 sprig of parsley & a bay leaf
½ Pint Milk Or mixed with cream
½ oz flour 1 oz butter salt
about - 3 inches of lemon rind

Let the Rabbit lie in lukewarm water ¼ hour to blanch it

Cut it into joints Now place it in a pan with the Stock and flavourings

Let it simmer from 1 hour to 1½ hours - Then melt the butter in a pan - add the flour and strain on to it the stock from the Rabbit - add the milk stir until it boils - Now put in the joints of the Rabbit - dish it up and

Garnish with pieces of fried bread and curled bacon

Arrange on dish high An egg improves it — put in at the last before dishing up.

Semolina Soufflé

1 pint of milk — 3 oz Semolina
½ oz butter — 1 lemon
3 eggs — 2 oz sifted sugar
a pinch of salt.

Mix the Semolina with a little of the milk

Boil the rest of the milk with the grated lemon rind in it — add it to the Semolina return to the pan and boil for a few minutes — Next add the butter, sugar & salt — and when cool the yolks of the eggs

Whisk the whites of the eggs to a stiff froth — stir them into the mixture — turn into a greased soufflé plate tin — with a band of greased paper tied round it outside then cover with paper and

Steam for about 1 hour – then turn out and serve with arrowroot or lime sauce

Use fresh eggs for this soufflé. Not necessary to beat the yolks much –

Don't put too much of the white in at a time

Lime Sauce for Soufflé

2 Table – Marmalade
¼ pint Cold water
1 oz loaf sugar
A lime glass full of Sherry
the juice of half a lemon
and a few drops of Cochineal

Place the Marmalade Sugar and water in a pan Simmer for 15 minutes – Now add the Sherry lemon juice & colouring and strain round the Soufflé.

Cheese Aigrettes

1½ oz Grated Cheese 1½ oz flour
1 oz Butter ¼ pint of Cold water
2 eggs leaving out the white of 1
Salt & pepper & Cayenne.

Melt the butter in a pan – add the flour – then the water – stir until they boil
Cook for 5 minutes – let it cool – now add the beaten egg and the cheese – a little at a time, season, drop it by teaspoons into hot fat and fry until nicely brown

Let Mixture cool before putting egg in – then put first little then & then egg & so on.

Float them in fat in pan.

19/3/89

White Stock

2 lbs Knuckle of Veal
½ lb lean Ham 5 pints cold water
1 Turnip 2 onions ½ blade of Mace
3 pieces of Celery a (bouquet of herbs) 20 peppercorns, ½ tea Salt.

Cut up the Meat and Ham – place it in a pan with the cold water bring to a boil and skim.

Simmer 2 hours. – Now add the Vegetables and the flavourings and Simmer for 3 hours.

Strain it through a hair sieve.

Note

A Bouquet of Herbs is Thyme, Sprig of Parsley and a bay leaf.

Quantities for White Soups

To every quart of white stock take about 2½ table cornflour

Mix the cornflour with a little milk – when the stock boils pour it on to it and turn to the pan. Season it – Stir until it boils add ½ pint cream make hot to the soup and it is ready

2nd Stock and these quantities will do for Artichoke.

Patna Rice for Curry

½ lb Patna Rice & plenty of boiling water – Salt enough to taste the water (Wash rice first if necessary) throw it into the boiling water – add the salt – Stir for the first few minutes then boil from 15 to 18 minutes

Turn on to a sieve & just toss the rice lightly with a fork in front of the fire to get all the water from it – Don't over cook it – not to let them split at the ends.

26/3/89

Curried Fish

½ pint of Stock or water
1 teaspoonful flour
1 tea Curry powder
1 sour Apple 1 oz butter
1 Onion 1 tea lemon juice
1 lb cooked Rice (boarders)
1 lb cooked Fish – ¼ tea tall-valiable

Mince the Onion & the Apple. Fry the Onion in the butter – When brown add the stock to it & the Curry powder & flour mixed with a little cold water

Stir until it boils & then add the apple & lemon juice – Simmer for about ½ an hour Take all skin & bone from the fish – break it into large flakes – add to the curry & let it cook about ½ hour longer – Then serve it with boiled Rice which must be handed separately.

Pigeon Pie

2 Pigeons 1 lb Beef Steak
1 or 2 Hard boiled Eggs - Salt & Pepper
½ pint of Stock (made from Veal or something that will jelly)

Cut the Steak in thin pieces - roll them up - cut the pigeons in half or in 4 - cut the Eggs in 4 arrange them in a pie dish seasoning each layer - put on a little of the jelly - cover over with Crust brushed over with beaten egg - decorate it & bake it for 1½ Hour.

Stew the Steak a little in the jelly beforehand.

Scald the feet of the birds in boiling water - take outer skin off.

When the pie is nearly cooked pour in a little hot stock & water & put feet on top.

Brush Egg only on top of crust - not on the edges. Garnish for centre & leaves round.

Flaky Pastry

½ lb Flour 3 oz Lard & 3 oz Butter
½ tea Salt & cold water.

Sift the Salt to the flour divide the Lard into 3 lots - rub 1 into the flour. Mix it to a stiff paste with cold water - roll out in a long piece - put 1 of the lots of lard in small pieces on the paste - flour & fold in 3 - roll out again - put the rest of the Lard on it - flour & fold - roll out again - put by in a cool place & cover over for ½ an Hour - then roll out about twice more & the paste is ready to bake.

Flaky pastry is always better for standing a while after each layer of Lard.

Cannot use drips for this kind of pastry.

Bake in a quick oven.

Cornflour Cakes

3 oz Cornflour & 3 oz Flour
3 oz Castor Sugar - 3 oz Butter
2 Eggs leaving out the White of 1
1 Small Tea - Baking-Powder
& a few drops Essence of Vanilla or Almond.

Beat the butter to a cream - add the sugar to it - & work them well together now add the beaten eggs - then the flour - baking-powder & flavouring.

Place small pieces in a greased Tin & bake in a quick oven (or rather quick) for about 12 Minutes.

Do Liquid but the egg
Do not grease the Tin too much

Cheese Custards

2 Eggs 1/4 pint of Milk
3 oz grated Cheese - Salt, pepper & cayenne

Beat the eggs - add the Milk - Cheese & seasoning to them - turn into a small pie dish or Ramekin cases & bake in a quick oven (for about 15 Minutes if in Ramekin pots)

It should be a good Toasting Cheese.

Extra for 26/3/89

Sweet Omelet-

2 Eggs 1 Tea Caster Sugar
½ oz Butter - a pinch of salt-
1 Table Jam.

Separate the whites from the yolks of the eggs - add the sugar to the yolks. Beat the whites up to a stiff froth

Melt the butter in a small frying pan - When it is melted pour in the yolks of egg mixed with the white - Keep it on the fire until it is just set - then hold it in front of the fire or slip it into the oven until the top is set - (just that it won't stick to your finger) place it on to a hot dish - put jam into it - fold it over & sift a little sugar over it.

Do not cook too long. As soon as you can lift from the pan it is done.

2/4/89

Oz Tail Soup

1 lb Shin Beef 1 oz Tail
3 quarts cold water 1 turnips
2 Medium Carrots 2 onions
(a bouquet of herbs) 4 cloves
about 2 oz of butter or drippings
a teaspoonful of salt.

Cut the tail into joints & cut the meat into small pieces - place the meat in a pan with the water simmer for 2 hours. Now fry the tail in half the butter & fry the sliced onion in the rest of it

Cut up the other vegetables add them to the meat - with the tail - onion & flavouring

Give the soup about 3 hours longer - Strain and keep the pieces of tail -

2nd Process - Take all fat from the top of the stock - bring it to a -

– boil & to every quart of Stock – take about 2 Tablespoonfuls of – Cornflour (small ones) Mix it with a little cold milk & water – pour the hot Soup on to it – Season Stir it until it boils – Strain it – and now add the joints of the Tail.

Sponge Cake

4 Eggs ½ lb Castor Sugar
6 oz Flour The rind of 1 Lemon

Beat the eggs – add the Sugar to them & whisk them over a pan of hot water – take off and whisk until cold – now sift in the flour – add the grated Lemon

Turn into a greased mould – bake in a moderate oven for about 1 hour or 1¼ hour.

Pressed Meat

Use 5 lbs of Rib of Beef
½ oz Salt-petre 2 oz Brown-Sugar
& 2 Tablespoonfuls Common Salt

Pound the Saltpetre – Sugar & Salt together – Take out the bones from the meat – Rub the meat over with the Salt Mixture – place it in a deep dish turn it every day & rubbing it each time – Keep it in pickle for 10 days or a fortnight. Place it in a pan of cold water – bring to a boil – then simmer from 3½ to 4 hours very gently – Take out and put on a dish – put another dish on to the top of it and a weight on the top of that – and let it stand until it is cold. Glaze it afterwards.

Apricot Jelly

1 Tin of apricots - about 3/4 oz gelatine 1 Lemon 1/4 lb Loaf Sugar a few drops of Cochineal - 1/2 pint cold water

Take the apricots from the Tin and lay them on a sieve - Take the syrup from the apricots - measure it and add as much water as will make about a pint - add the gelatine - Sugar and thinly pared lemon rind - squeeze in the lemon juice and stir over the fire until the gelatine is dissolved - let it simmer for about 10 minutes - add the cochineal - strain it through a piece of muslin - pour a little into a mould - when it set - put some of the apricots in it - pour a little jelly on the top - when that has set - put in more jelly and pour repeating the layers until the mould is filled.

Croquettes of Fish

1 oz Butter 1 oz flour 1/4 pint of milk 1/2 lb cooked fish salt, pepper, cayenne & mace

Melt the butter in a pan - add the flour - then the milk - stir over the fire until they boil - and then add the fish and seasoning - make them up into croquettes and dip in egg & crumbs - fry in hot dripping

Gravy for Entrées

1/2 pint of stock a small 1/2 tablespoonful flour.

Cold Meat - Rissoles

½ lb cooked meat -
2 oz bread crumbs
1 oz suet - or fat from the meat -
1 egg 1 onion chopped finely
1 Table spoon parsley - salt & pepper.

Pour about -
2 Tablespoonfuls of gravy on to the bread-crumbs - Chop the meat - onion & fat - add it to the bread with the beaten egg and if necessary a little more gravy.

Make up into any shape liked - dip in egg and bread crumbs and fry in hot - dripping.

Jersey Cream

1 Pint & half of Milk 3 eggs
½ lb Sugar ½ oz Gelatine
½ tea cupful cold water 2 or 3 penny sponge cakes 2 Tablespoonfuls of Jam.

Warm the Milk with the Sugar in it - pour it on to the beaten eggs - return it to the pan and stir until it thickens - then stir it now and then until it is cool. Slice the sponge cakes and pour a little custard on to them - dissolve the Gelatine in the water first - pour it into the custard pour a little of the custard into a mould - when it is set - put in some of the cake - then a little jam - more custard and let it set - more cake & jam more custard & so on until the mould is filled when quite set - turn it out.

French Bread

1 cy German Yeast - pour 1/2 Tea-cupful just warm water on to it - and add 1/2 teaspoonful of sugar, now warm a basin - put into it - 1 lb of flour - rub in 2 oz butter. Make a hole in the middle of it. Just warm half a pint of milk pour a little on to the yeast - stir that into the middle of the flour - let it rise for about 10 minutes - then knead it up with the rest of the milk and about a teaspoonful of salt - Knead until quite smooth - let it rise in a warm place for 1 hour then make it into fancy shapes and bake it at once in a quick oven.

Make it into rather a light dough.

Palestine Soup.

1 lb of Artichokes 1 Onion about 1/4 pint of white stock 1/4 pint of milk or cream 1 oz butter - salt and pepper

Melt the butter in a pan - add the vegetables to it - toss them over the fire for a few minutes and pour add the boiling stock - simmer for 1/2 an hour pass it all through a sieve adding the milk to help it through - then season it - boil it and the soup is ready.

Mutton Cutlets.

Like the Viniaro Cutlets. —

Fry Cutlets in dripping instead of butter

Garnish with potatoes

Potato Chips

Peel and slice potatoes very thin into cold water — just dry them in a clean cloth put them into a frying basket and plunge them into hot fat until they are cooked but not browned — then rewarm the fat — plunge them into it and fry until brown and crisp.

Snow Cake

½ lb butter 1 lb arrowroot
½ " castor sugar 3 Eggs
1 tea-spoonful baking powder
the palest touch of lemon (or a few drops of Vanilla) —
a few drops of lemon juice

Beat the butter to a cream add the sugar then the beaten eggs & then the arrowroot (which should be finely sifted) lastly add the flavouring & powder.

Turn it into a flat tin lined with greased paper and bake in a moderate oven for from 35 minutes to ¾ of an hour

Cheese Soufflé.

1/2 oz Butter 1/2 oz Flour
1/2 Pint Milk 3 Eggs
3 oz grated Cheese – Salt – pepper & Cayenne.

Melt the butter in a pan – add the flour – then the milk – stir until it boils now add the cheese & seasoning when it is cool put in the yolks of the eggs – whisk the whites into a froth – stir them lightly in – turn into a well greased soufflé tin – tie a band of greased paper round it and bake for about 1/2 an hour in a rather quick oven & remove the band of paper and dust a serviette round the tin and send to table at once.