MEATS POULTRY and GAME

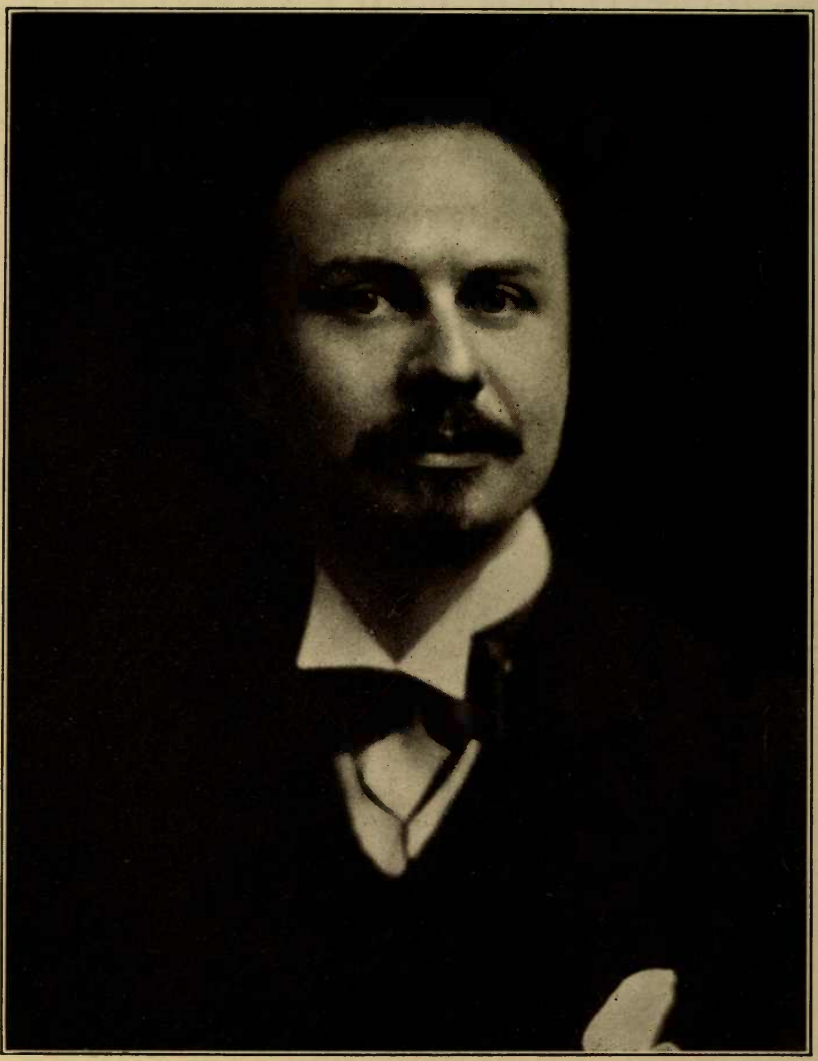
How to Buy, Cook and Carve With a Potpourri of Recipes



Edouard Panchard

MEATS, POULTRY AND GAME

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EDOUARD PANCHARD

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MEATS, POULTRY AND GAME

How to Buy, Cook and Carve With a Potpourri of Recipes

BY

M. EDOUARD PANCHARD

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With a Preface by

A. LOUISE ANDREA

GOLD MEDALIST IN COOKERY, PANAMA–PACIFIC INTERNATIONAL EXPOSITION: OFFICIAL LECTURER ON CULINARY TOPICS, NEW YORK INTERNATIONAL EXPOSITION, 1918



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DEDICATED TO

Herbert C. Hoover

AS A SINCERE TRIBUTE

TO HIS SELF-SACRIFICING DEVOTION,

TIRELESS EFFORTS AND

REMARKABLE ACHIEVEMENTS

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PREFACE

It is generally conceded that really well roasted or broiled meats afford the most savory and wholesome viands possible. Yet, as we all know, a good roast or a perfect broil is a rarity—the broil a misdemeanor usually and the roast a reflection upon the perpetrator. And all because of lack of knowledge as to specific cooking times and details of treatment—those apparent "trifles which make perfection."

Obviously, directions have been needed regarding this important matter—a world-wide need in fact, for even in some of the best Parisian restaurants the *Ros Bif Anglais* has been merely good material mistreated.

The directions are here at last. *Le voilà!* A book authoritative; showing how to select meats, poultry and game and instructing exactly as to the proper roasting and broiling thereof, written by that renowned master of the culinary art, M. Edouard Panchard. What a boon this book will prove to the *chef,* to the hostess and to housekeepers everywhere!

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As a most useful and valuable corollary, Monsieur Panchard has provided specific instructions as to carving; and the accompanying illustrations showing just how all meats, poultry and game should be carved will enable anyone to acquire—and immediately—this practical accomplishment of which the great Chateaubriand said—"A good carver is one of the world's artists and in social life so welcome to the hostess that she blesses him on behalf of her guests and herself."

The *potpourri* of choice recipes originated by M. Panchard, included in the volume, deals with *réchauffée* and other dishes, serving as guide and inspiration for both cooks and housewives, and with such recipes to refer to, there will never be excuse for monotonous or mediocre meals.

A. Louise Andrea.

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PART I

HOW TO BUY, COOK AND CARVE

INTRODUCTION

Of paramount importance is the selection and purchase of food stuffs for the table. Intelligent catering and marketing mean quality and freshness that cannot be assured if the buying is simply considered from the standpoint of convenience.

The essentials for the daily meals are necessarily determined by the resources and stocks of the grocers and butchers, and while orders for groceries of standard brands may safely be given to the clerk who calls upon the housewife, or even by telephone, fish, meats, poultry and perishable food stuffs should be personally inspected and a selection made accordingly.

Owing to the recently developed interest in cookery, and as a result of popular articles deal-

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ing with foods and nourishment, the old-fashioned and very commendable custom of going to market is being generally revived and market wisdom is assuming the status that it occupied as one of the fashionable and sterling accomplishments of our grandmothers.

To know how to select to the greatest advantage, every day in the year, the best that the market affords, is of far greater importance, both from the standpoint of the physical well-being of the family, and from that of conserving the family income, than is commonly supposed. Yet many women in their everyday routine are very careless and indifferent concerning these matters. But every housekeeper becomes more or less solicitous concerning her catering upon occasion of giving a breakfast, luncheon, or dinner-party, or even a family meal at which guests are to be entertained. The instinct of hospitality impels most persons to feel that nothing is too good for the invited guest; yet the best intentions of the housekeeper who habitually entrusts the choice of meats, poultry, and game to the butcher, and of vegetables to the green-grocer, are often unhappily defeated by the dealer's carelessness or by her own inability in an emergency to recognize the best, so as to insist upon having it. Every woman, out of regard for the welfare of her family, should do her own marketing. But certainly the woman who entertains

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should cultivate this practice, and the nice skill in catering that it gives will add immeasurably to the success of her dinner-parties and other entertainments.

Not many housekeepers give enough thought to the characteristics of the various cuts of meat resulting from their natural relation to the living animal. Indeed, the cook or the carver who knows just what part of the living animal is represented by the piece before him, or what relation the bone in a steak or roast sustains to the animal's skeleton, is doubtless the very rare exception. Yet nothing could be simpler than to familiarize oneself with the various cuts of meat, as exemplified in the accompanying plates, or to identify these upon the butcher's counter. Indeed, any housekeeper can readily arrange, by appointment with the butcher, to be at hand when the latter is cutting up a side of beef, veal, mutton, or pork, and thus receive without expense a practical demonstration of the art of meat cutting.

The method of cutting the various sides of meat has been described on another page. It is sufficient in this place to discuss the special characteristics by which the best grades of meat may be recognized when marketing, and the qualities of the various cuts from the standpoint of catering, especially for dinner-parties and other entertainments.

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Full directions for cooking the various meats and meat dishes are also given herein, but it seems desirable to give in this connection certain suggestions of special interest to the woman who entertains.

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CHAPTER I

THE SELECTION

How to Buy Beef

BEEF is a staple article with the butcher and the housekeeper the year round, for not only is a fresh supply constantly coming into the market, but a surplus is always kept in cold storage. Lamb and veal are especially seasonable in early Spring and Summer, mutton and pork in late Fall and Winter; but beef of good quality may be had at any time, and may be served with good taste at any season of the year.

Beef is affected as to quality by several conditions, such as the breed of the animal, the manner of feeding, the amount of exercise, the age when killed and the length of time the meat is allowed to cure before being used. The beeves from the ranges of the West and Southwest—commonly known in America as Western or Chicago beef—are to be preferred, as a rule, to local beef; indeed, there is very little of the latter nowadays in the American market. A grass-fed steer, allowed to

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range on the open plains so as to receive a moderate amount of exercise, yields, in general, the best beef, as these conditions make the animal healthy and give the meat the finest flavor; but the stall-fed steer also develops beef of good quality. The age of the animal at killing for prime beef is four years, but the beef continues to be good up to the eighth year of the animal's age, after which it is likely to become tough and stringy.

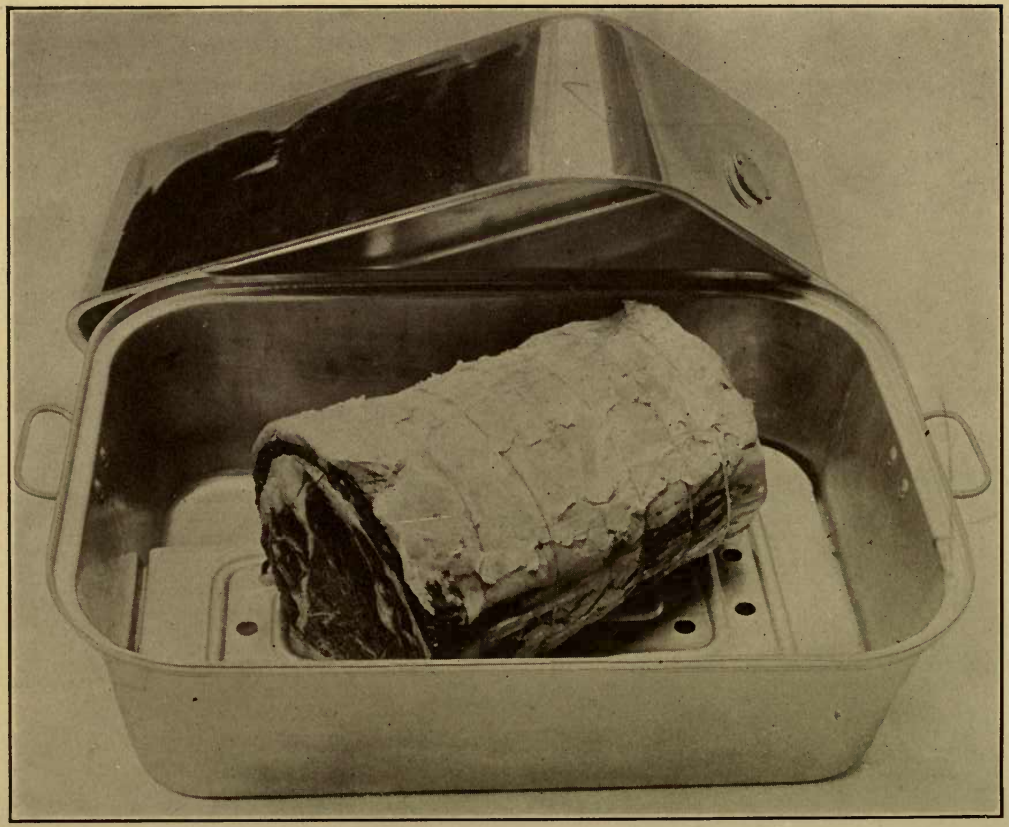
Both the flavor and texture of beef are very much improved by hanging, that is, being kept as long a time as possible before using. The objects of hanging are to allow the skins to dry, thereby closing the pores so as to exclude the germs that cause decay and to allow the muscular fibers and other tissues to relax and soften. To accomplish these results a side of meat should be hung up (never laid flat on a table or shelf) either in the open air—which is to be preferred in a hot, dry climate—or in cold storage. The larger the side or cut, the longer it may be safely hung before being used and for this reason the heaviest sides of Western beef are quite commonly shipped to England, where the market demands large cuts with a "high" flavor resulting from long hanging.

To select good beef, one should preferably go to the butcher-shop and inspect the meat in the full side, or at least before the cut is trimmed, and should require the cut selected to be set aside and

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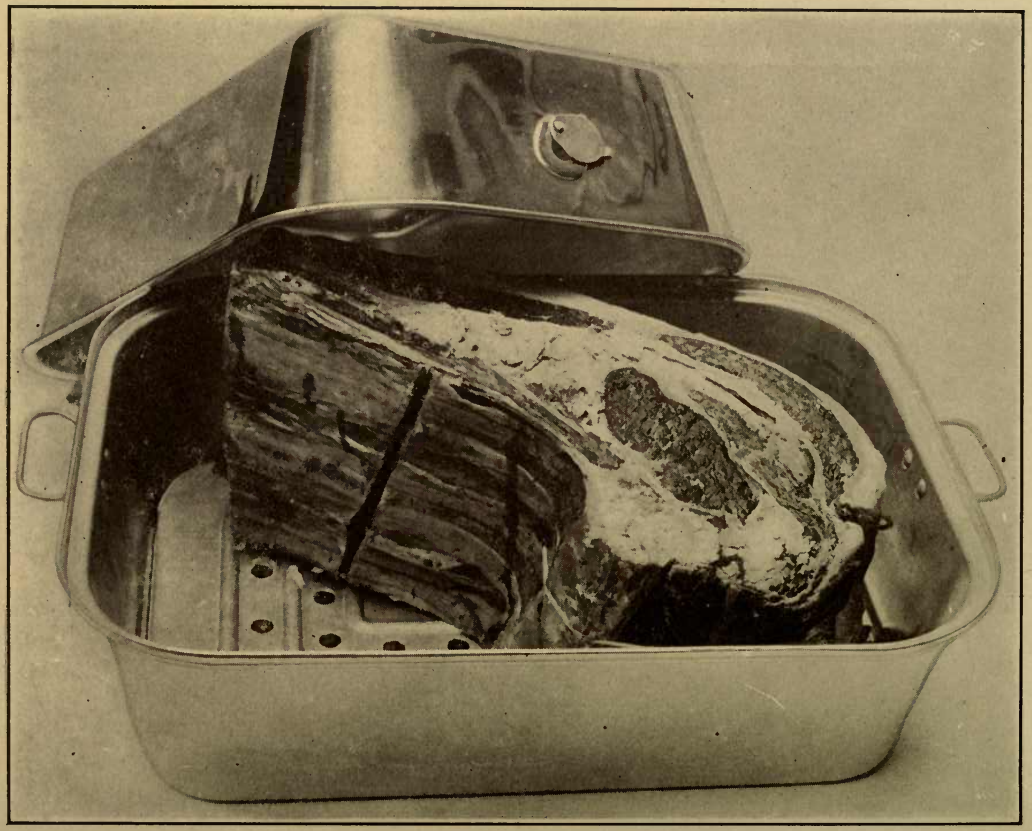
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PRIME RIBS OF BEEF, BONED, ROLLED AND TIED INTO SHAPE

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Prime Ribs of Beef in Roaster

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trimmed in one's presence. The beef from a medium sized carcass, weighing eight hundred to nine hundred pounds, is likely to be best. The side or cut should be medium fat, not over fat, but certainly not lean.

With the aid of a little experience anyone can learn to distinguish between the fine texture and bright color of young beef, and the coarse, dry texture and dark color of the older animals. The flesh in healthy young beeves is firm and of fine texture; the color of the lean meat, bright red, that of the fat, yellowish white. But observe that a dark color in beef may be a mere surface discoloration due to exposure to the air, which may be trimmed off, leaving the rest of the cut entirely acceptable for use, or it may be an indication that the beef is old, or even tainted. The difference can easily be detected when the cut is trimmed. One may judge the quality of beef not only by the thickness of the layer or fat underlying the skin and about the kidneys, but also by the extent to which the meat is "marbled," i.e., shot through with yellowish white streaks and spots of fat.

The portion of any animal that gets the least exercise is naturally the finest, both in texture and flavor. Hence the portion of all animals surrounding the backbone contains the choicest cuts, and is preferred to the limbs, neck, and similar pieces. In the beef, the choice cuts are the prime ribs,

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commonly served as roasts, and the Delmonico, porterhouse, sirloin, and tenderloin cuts, which may be served either in the form of roasts or steaks. The chuck or shoulder clod and the rump, round, and top sirloin, stand next in order of general desirability.

When the beef carcass is first divided into halves, the backbone is split lengthwise so that the cuts taken from the portions surrounding the backbone —including the rib roast, the Delmonico, the porterhouse, etc.,—each contain a triangular piece of bone, representing one-half of the animal's vertebrae. The side is next divided into quarters, called the fore and hind-quarters, of which the muscles of the former having received more exercise are coarser and tougher than those of the latter. By reference to the accompanying illustrations the sections of bone that are found in the various cuts of beef can be readily identified. From the standpoint of economy, it is apparent that, in general, the amount of bone in the cut should be small in proportion to the amount of meat. But in this connection the table given elsewhere, showing the relative amount of bone in the different cuts of meat, should be consulted.

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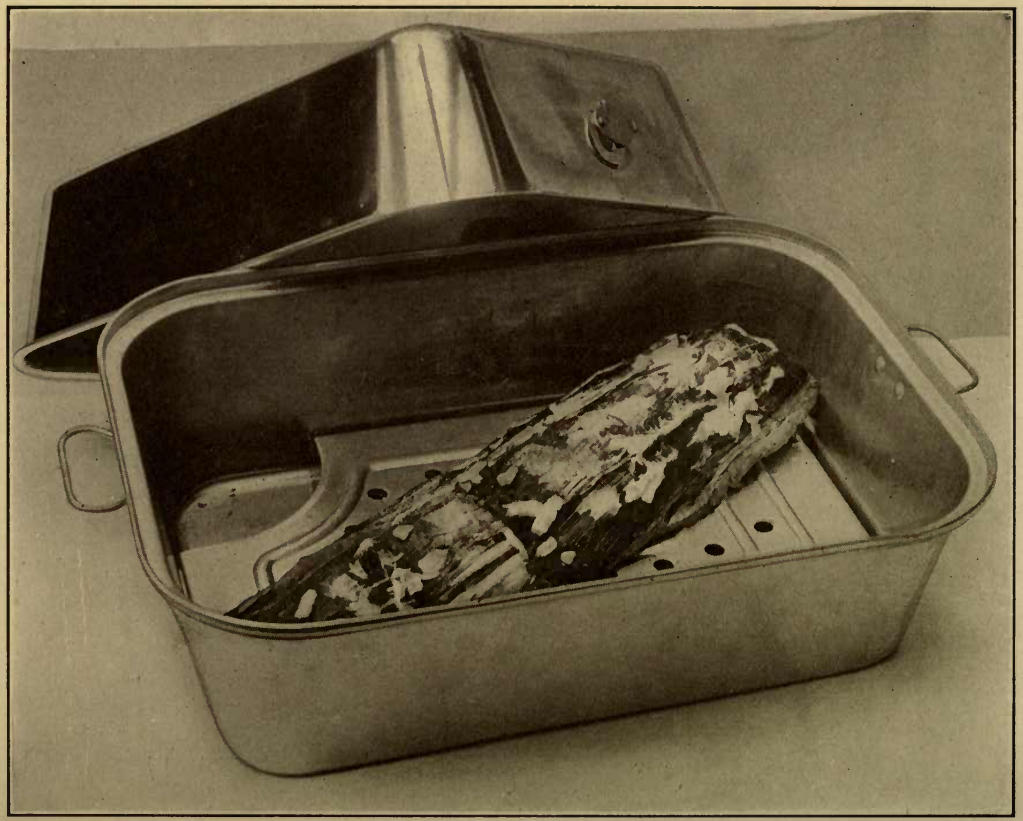
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Roasted Tenderloin of Beef, Garnished

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Tenderloin of Beef, Showing Larding

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Cuts Fashionable and Serviceable

Perhaps the most fashionable cut of beef for a dinner-party is the fillet roast, i.e., the entire tenderloin detached from the backbone and roasted. The fillet should be cut from a young, fat beef, and should be well marbled with fat. But since the fillet is essentially a piece of lean meat, it is customary to lard the tenderloin by drawing ribbons of fat pork through the upper surface by means of a larding needle—a hollow implement designed expressly for this purpose—in such wise as to leave both ends protruding. The larding can be seen in the accompanying illustration of carving the tenderloin.

The fillet or tenderloin of beef is, in the opinion of many, greatly over-rated. For, although the tenderest of all cuts of beef, it is neither as juicy nor as rich in flavor as the rest of the loin. When planning for a fillet roast, it is sound economy to buy the entire loin, i.e., the Delmonico and porterhouse cuts—or such part of them as may be necessary to secure a filet of the described size—remove the tenderloin for the fillet roast, and reserve the rest to be served as steaks, or to be roasted subsequently. The thin end of the tenderloin, extending toward the rump, is less desirable, and would better be omitted, unless a very large fillet is desired.

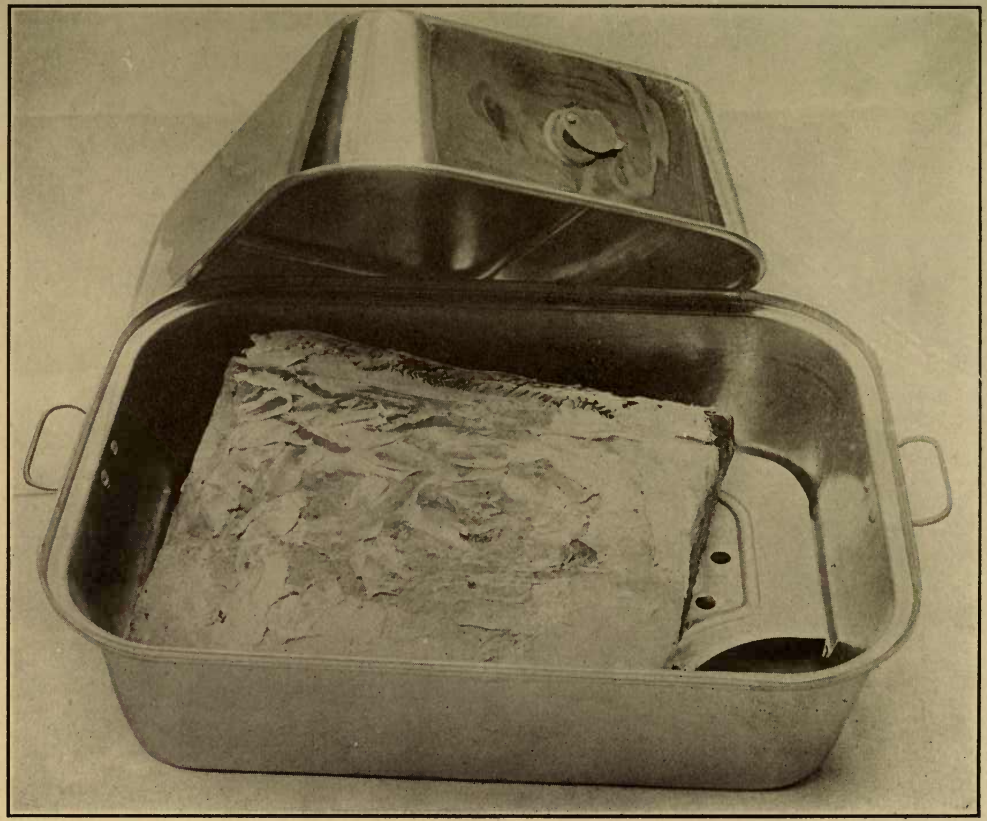
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Next to the tenderloin, the short loin—including the porterhouse, and Delmonico cuts—makes the tenderest roast, and excels the fillet in flavor. This cut makes an excellent roast for the family dinner to which one or more guests are invited. The short loin may be prepared for roasting in either of two ways, with or without the bone. Many hostesses prefer to have the bone removed to facilitate carving, in which case the butcher should be instructed to this effect when the roast is ordered.

How Much to Buy

In buying a roast, allow about one pound, or slightly less, for each adult member of the company. That is, order a roast of from four to six pounds for a dinner party of six people. To prepare the rib roast, or similar roast of beef, for a dinner-party, first make ready the roast as shown in the accompanying illustrations, or request the butcher to do so, and lay it in the dripping-pan upon the rack or trivet, as illustrated. Add salt, pepper, and unless the meat is very fat, a few drippings or pieces of fine fat. Put the skin side down and set the meat in a very hot oven, so that the fierce heat may sear and hold the juices in the lean part. When this part becomes brown, showing that the meat has become seared, baste with the fat, and reduce the heat. For a dinner-party or

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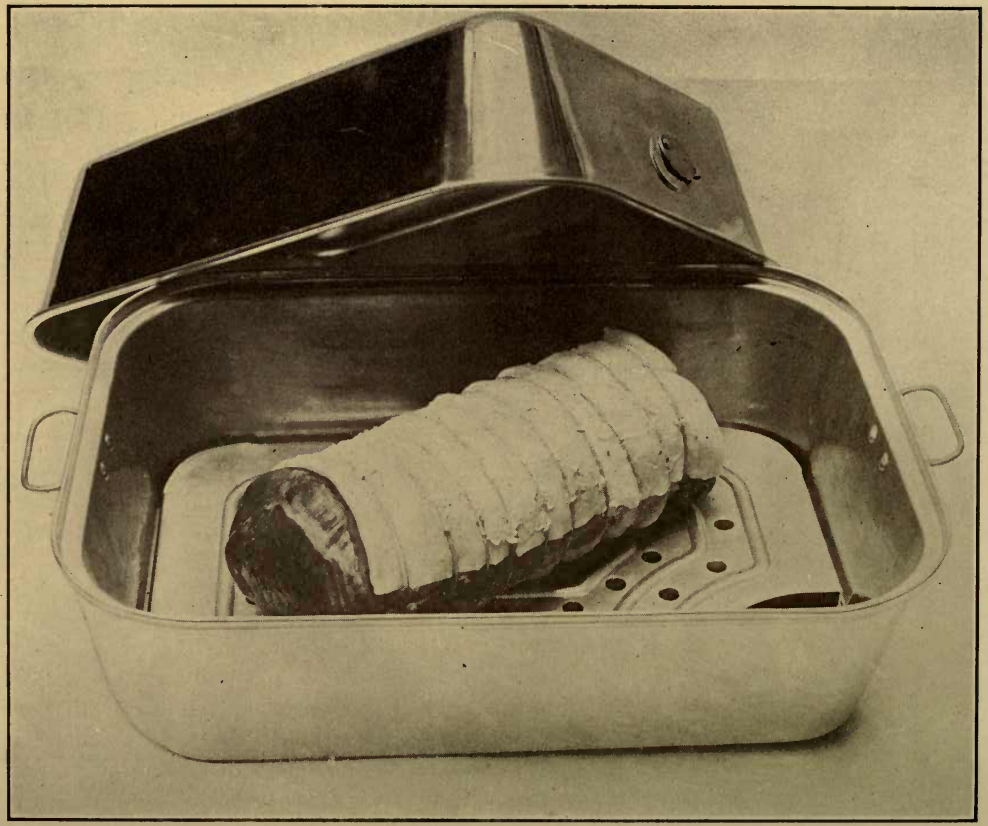


Short Loin of Beef, Ready for Oven

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LOIN OF VEAL, TIED INTO SHAPE, READY FOR ROASTING

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company dinner, beef should be roasted rare, the condition of beef roasted to a turn being indicated by the expression, "the blood should follow the knife."

Veal

The subject of veal is of very slight importance from the standpoint of catering for entertainments, as roasts of veal are rarely employed for this purpose, and perhaps never except from the standpoint of economy. Veal is very much inferior to beef, both in flavor and in nutritive qualities, being immature at best, but the quality depends largely upon the age of the animal when killed, and the manner of feeding. The flesh of the calf killed under four weeks of age—"bob" veal—should never be used for food, and six to ten weeks of age is preferable as the time for killing. Veal should be very fine grained, tender, and either clear white or slightly pinkish in color. If the flesh is flabby, watery, and gray or bluish in color, the meat is immature and unwholesome. The skin should be very dry and white rather than of a grayish color. Veal is not very fat, as a rule, but there should be some fat to indicate that the animal has been properly nourished. The method of cutting up a side of veal is sufficiently shown in the illustration. The principal roasts are the loin and the shoulder.

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The loin of veal is prepared for roasting by being rolled up with the kidney in the center, and either tied with cord or fastened by means of skewers, after the same fashion as boned roasts of beef. The shoulder, or even the entire fore-quarter, is so small that it can be easily boned and rolled for a roast. A shoulder of veal weighs about ten pounds and makes a suitable roast for twelve or more people. These various roasts are sometimes served at informal family dinners, but are not usually regarded as suitable for formal meals or preferred when guests have been invited. The leg of veal is usually divided into cutlets. The loin or rack is frequently divided into chops.

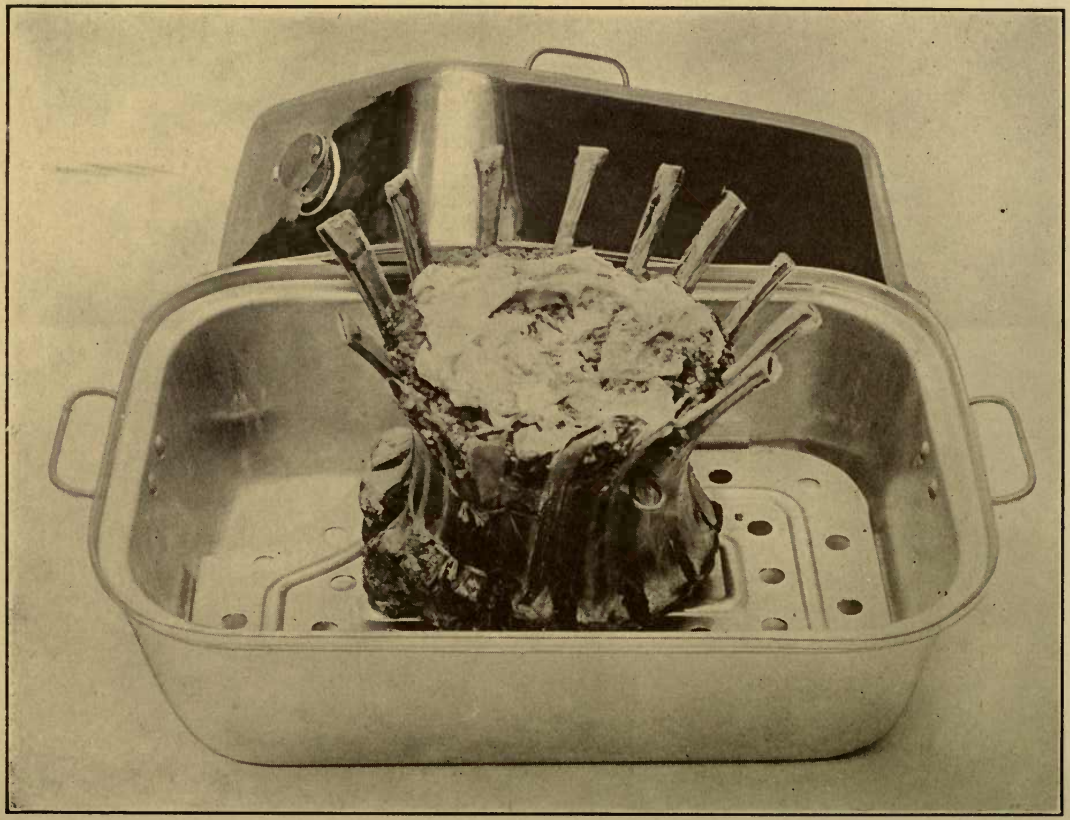
The loin of veal is carved precisely as the tenderloin or Delmonico roasts of beef, except that, being the entire joint, the roast is placed upon its side, with the backbone next the platter. The slices are cut vertically across the grain and then detached by cutting with the point of the knife along the bone. The shoulder of veal is usually boned and stuffed and is carved in the same fashion as the short loin, rump, chuck and similar cuts.

While veal is seasonable in many markets the year around, the quality, as a rule, is best in the Spring and Summer. It is usually in its prime in May.

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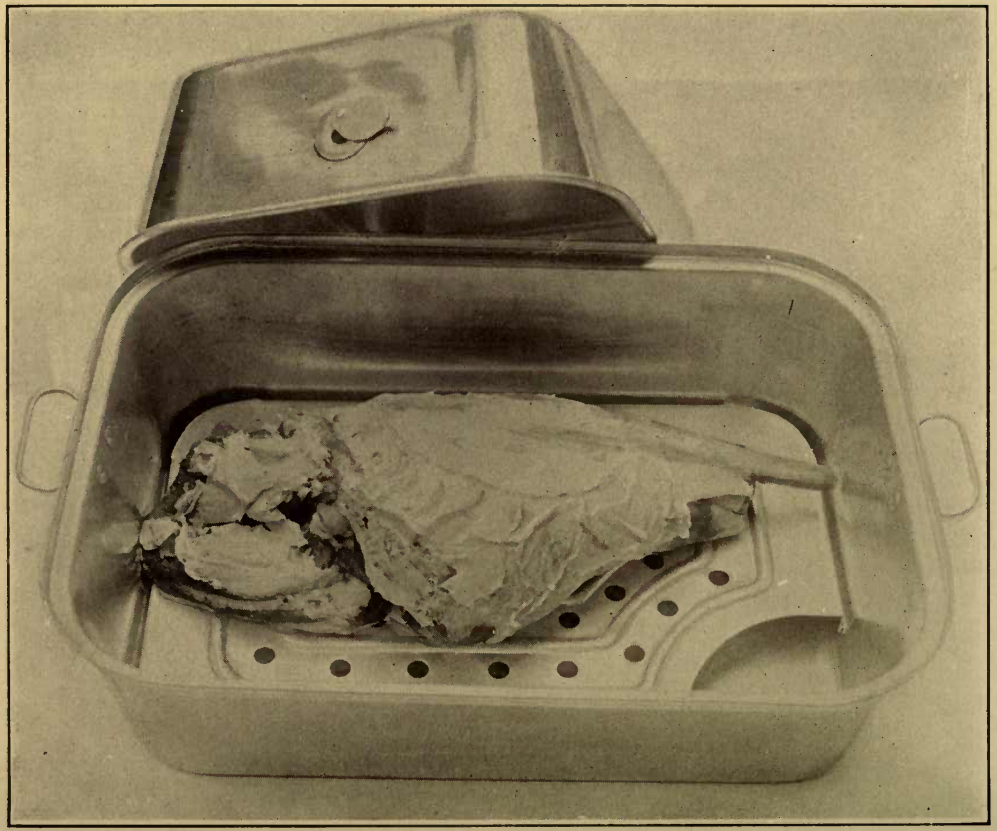
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Crown of Lamb, Stuffed, Ready for Roasting

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LEG OF LAMB, SHOWING BONE LEFT IN, READY FOR OVEN

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Lamb and Mutton

From the standpoint of catering for entertainments, lamb and mutton rank next after beef in order of interest and importance, the leg of lamb, the crown roast, and the loin roast being esteemed as delicacies suitable for the most formal entertainments. The earliest, or so-called hot-house lambs, come into the market toward the end of Winter, weighing about twelve or fifteen pounds. Around Easter time comes the so-called Easter lamb, weighing fifteen to twenty pounds. These are followed by the Spring lamb, weighing eighteen to twenty-four pounds, during the months of May, June and July. Spring lamb is at its prime in the latter part of June and July and continues in the market until about September. After that, the animal being a year or more old, its flesh is known as mutton.

Young lamb meat has a characteristic pinkish color, which gradually deepens and becomes red in mutton. While spring lamb is esteemed as a great delicacy, it is, like veal, relatively immature meat, and is less digestible, less nutritious, and by no means equally as well flavored, in the judgment of epicures, as good mutton. Mutton, moreover, is much less expensive than lamb, is more economical to carve and serve, and, from the standpoint of family means, is more desirable in every way. For

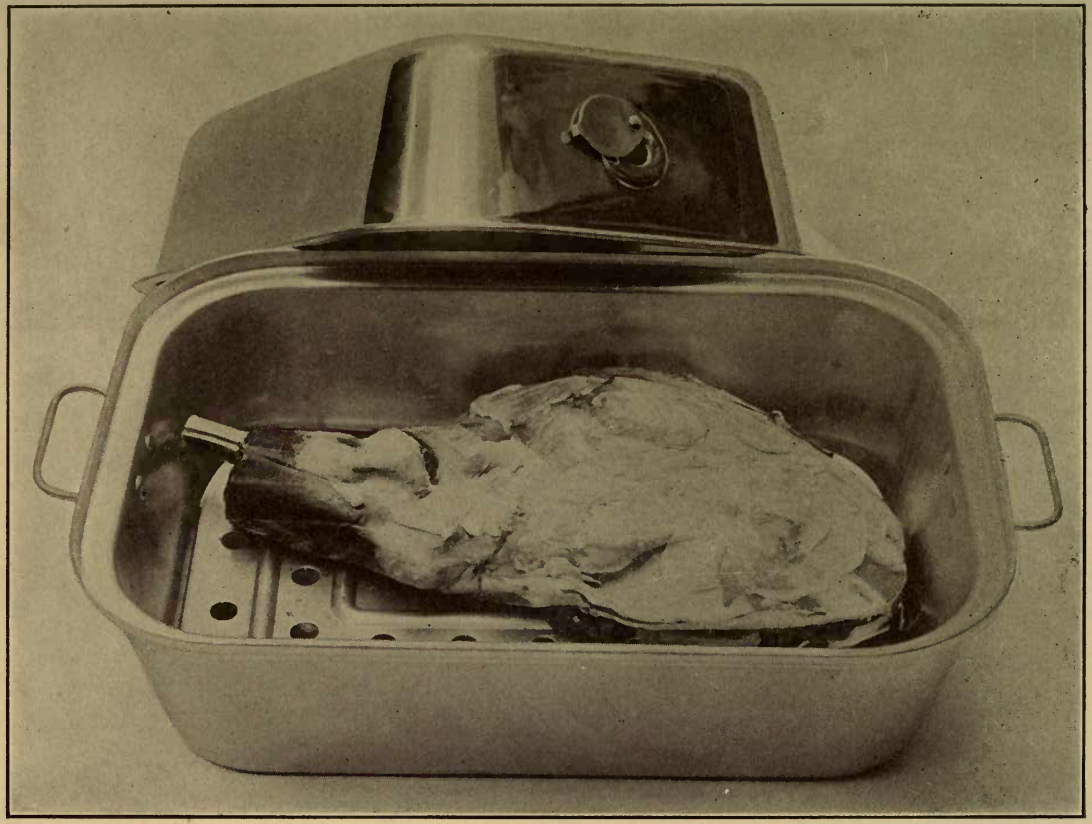
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formal entertainments and company dinners, however, the more delicate young lamb is advisable.

The best young lamb is from a carcass of medium weight, of fine, firm texture, clear pink in color, and neither too fat nor too lean. The fat should be clear white. The age of the animal may be determined by the bone in the foreleg, that of the young lamb being smooth, and that of the older animal showing ridges, which increase in depth with age. The quality of mutton may be judged by the amount of fat, the texture, and the weight. Mutton should be fatter than lamb, the flesh of fine rather than of coarse grain, and the carcass small to medium. A large carcass usually indicates age. Coarseness of texture indicates toughness. For good mutton the animal should be plump, with small bones, and under five years of age. Lamb or mutton should be hung at least three weeks, and preferably longer, before serving. The average mutton carcass weighs from thirty to forty pounds.

The lamb or mutton carcass is usually divided, like the beef, first into halves or sides, and afterward into fore- and hind-quarters. But where a larger roast than the loin or crown roast is desired, the entire back portion of the animal, including the loin on both sides of the backbone, is taken out, this cut being known as the saddle of lamb or mutton. The leg and shoulder of lamb or mutton are com-

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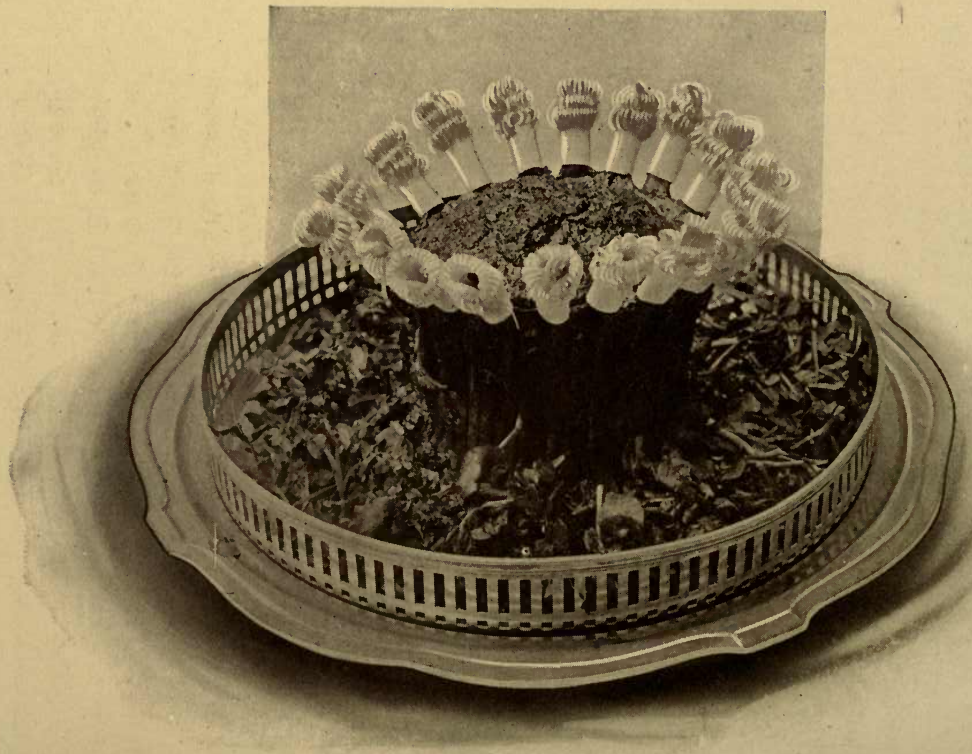


SHOULDER OF LAMB, READY FOR OVEN

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ROASTED CROWN OF LAMB, RIBS DECORATED WITH PAPER FRILLS AND DISH GARNISHED

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monly roasted whole. As in the case of beef, the loin of lamb is esteemed a great delicacy, and either single or in the form of saddle, is a favorite roast for company dinners, especially in England. The crown roast consists of the fourteen ribs of the fore-quarter, trimmed and arranged in circular form, fastened with skewers, and stuffed with the portions trimmed off in dressing the roast which are chopped fine for this purpose. If a larger roast is required, additional ribs can be inserted, taken from the opposite side.

Lamb and mutton, although delicious when properly cooked, are often very uninviting through carelessness in cooking and serving. When properly decorated and garnished, the crown roast of lamb makes a very attractive dish, especially when carved at the table, after the English or the American style of service. For family meals, the loin and rack are commonly divided into loin and rib chops, respectively. These are broiled and served singly.

The average leg of lamb weighs about six or seven pounds, and is sufficient to serve about seven or eight persons. A loin roast weighs about three pounds, and is sufficient for three persons. The saddle is, of course, exactly double the loin in quantity. The shoulder weighs four to five pounds, trimmed ready for roasting. The rack—that is, the portion of the spine on the fore-quarter to which

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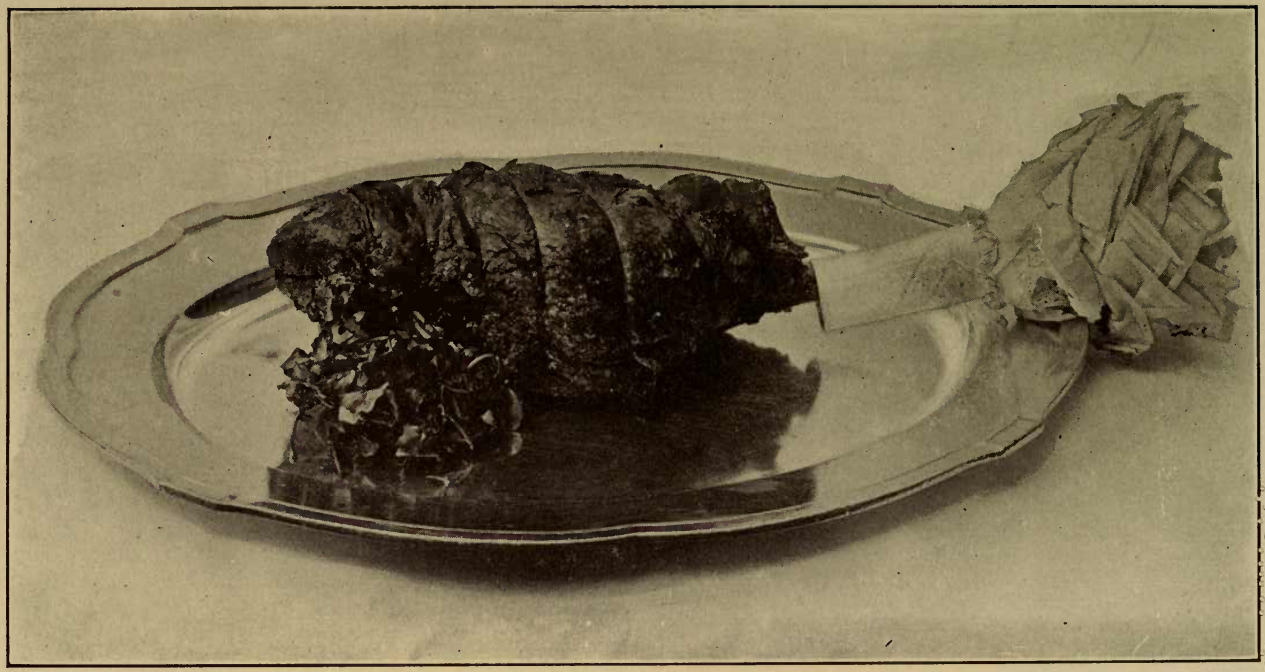
the ribs are attached—weighs from two to four pounds. The shoulder, or rack, should serve three or four persons.

Roast Leg of Lamb

To get the most from a leg of lamb, and to carve it easily, the butcher should be instructed to remove the hip bone. The joint should be put on the rack in the dripping-pan with the fleshy part up. French cooks flavor roast lamb by inserting four or five points of garlic at intervals over the surface, in small openings, made by thrusting the point of a wooden skewer through the fat and into the meat. A better flavor will also be imparted to the meat and to the gravy if a few carrots and onions are placed around the roast in the pan. Small new potatoes may also be baked in the pan, as with the roasts of beef.

When served, the bone in the leg of lamb may be decorated with a paper frill, and the platter garnished with sprigs of watercress or parsley. To carve this joint, it should be placed before the carver with the bone to the left and the skin side down and steadied by inserting the fork well down toward the end of the roast. Thin slices should then be cut, beginning at the right end, or thickest portion of the roast, at an angle of about thirty degrees, working back to the left until the roast is

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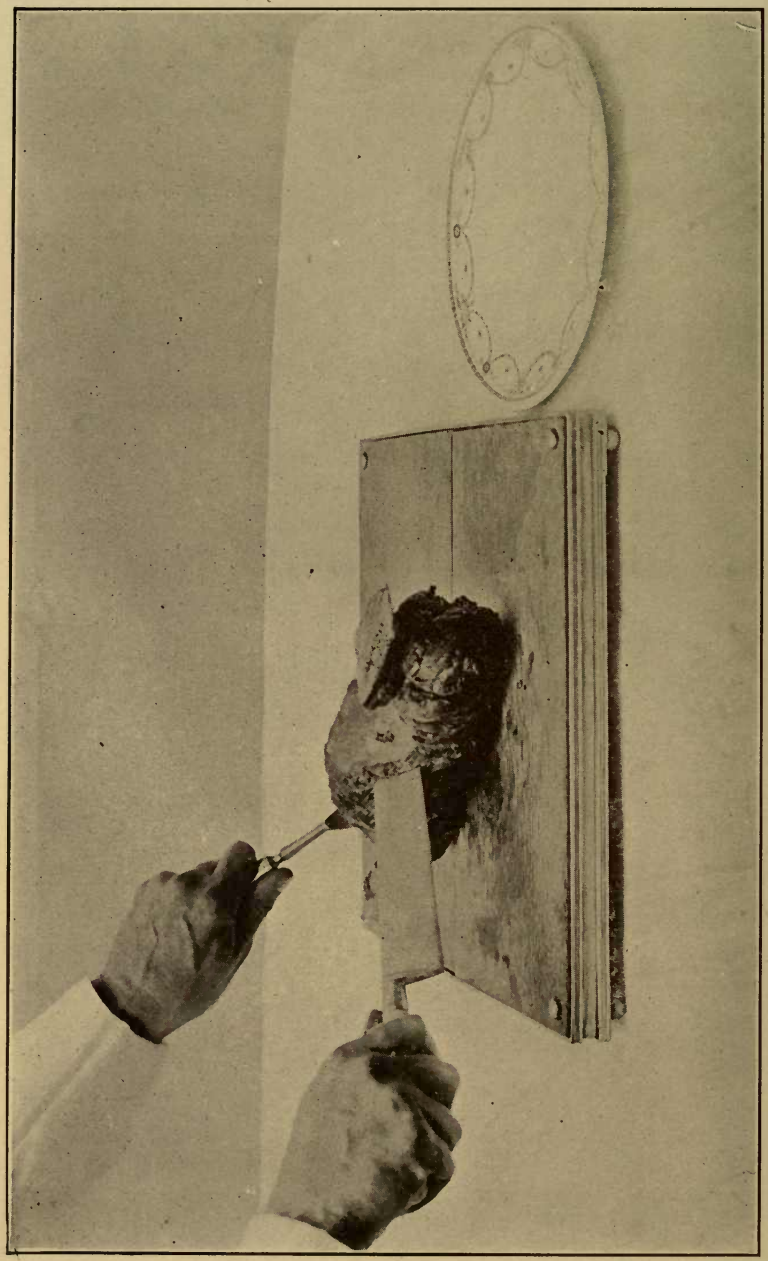


LEG OF LAMB ROASTED, GARNISHED WITH CRESS, AND BONE DECORATED WITH PAPER RUFFLE

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Carving Leg of Lamb

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sliced to the bone. Larger slices can be had by slicing horizontally across the top of the roast, but such slices, being cut with the grain, are not equally as tender or palatable. Some persons prefer to carve this roast vertically, making the first cut about the middle of the roast and taking slices from either side. And this plan has the merit of cutting directly across the grain, which is always an advantage. This method is objected to, however, by many, as not being economical of the roast, for the reason that the slices at either end are too small to serve and a portion of the roast is thereby wasted; whereas, by the method first above recommended, the slices taken at an angle across the grain, are sufficiently tender and palatable, and yet permit of carving the entire upper portion of the roast into good-sized slices. If more persons remain to be served after the upper part of the roast has been sliced down to the bone, the bone should be removed by making an incision on either side of it, loosening it at the end, and running the knife underneath, between the bone and the meat. The lower part of the roast may then be sliced the same as the upper part, the knife being held at such an angle as to increase to any desired extent the size of the slices.

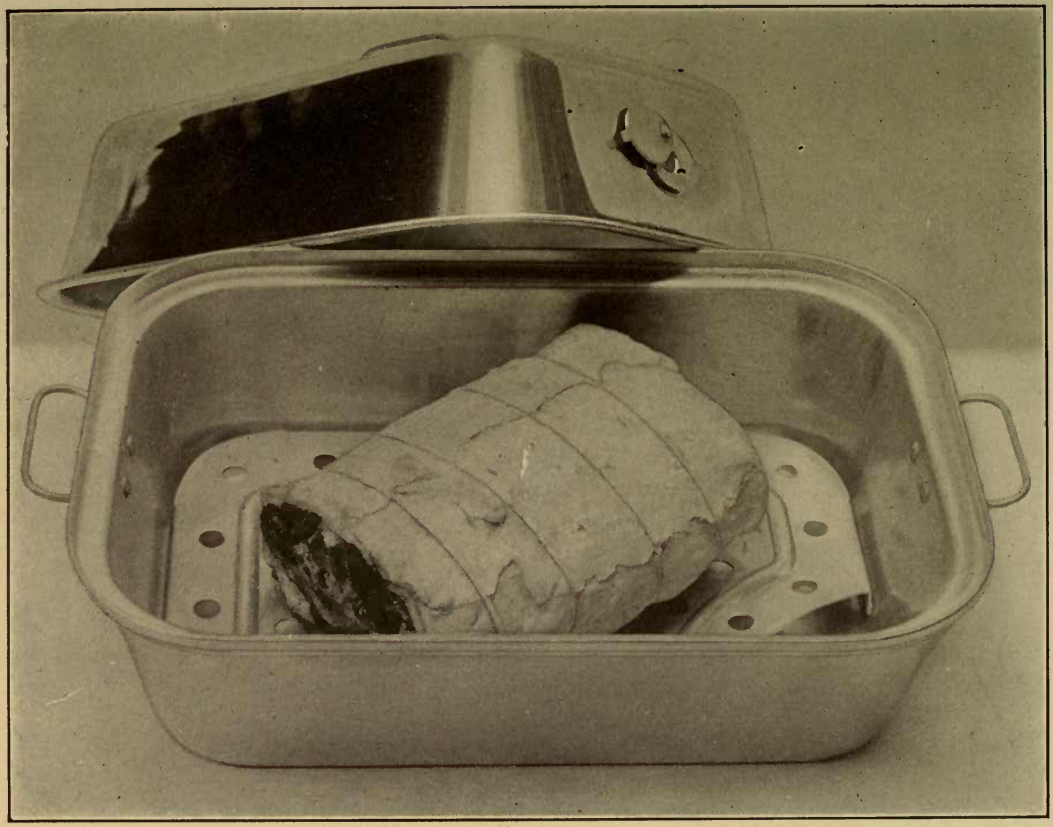
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Saddle of Mutton

Few joints are more toothsome or nutritious than the well-cooked prime saddle of mutton, whether roasted entire or grilled in the form of English mutton chops, which include the kidney lying just under the vertebrae. The best saddle of mutton comes from the short-legged breeds, having black legs and feet, and short, thick, stubby tails, such as the Southdown, in which the meat comes well down the leg, nearly reaching the feet. The saddle of lamb or mutton is rolled and fastened with skewers or tied with cords, and otherwise prepared and roasted after the same manner as the equivalent roasts of beef. This joint should first be boned. To this end place it with the bone resting upon the platter and the end toward the carver, make an incision the entire length down the backbone and remove the meat from the bone in two pieces. It may then be carved according to two entirely different methods. The English method of carving is to slice the meat lengthwise. The French method is to slice each piece crosswise, precisely as in serving a tenderloin of beef but in very thin slices.

The crown roast, when properly trimmed, roasted, decorated, and garnished, makes an extremely attractive dish, and is especially suitable for the formal breakfast or luncheon. The end

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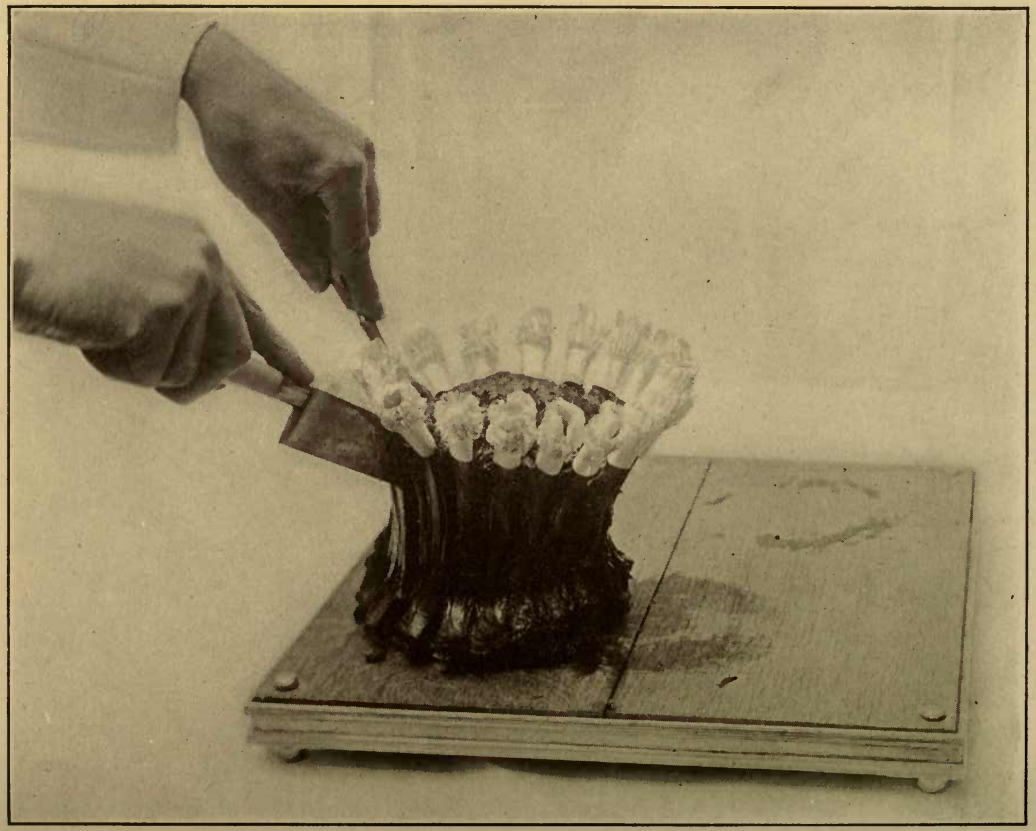


Saddle of Mutton, Rolled and Tied

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Carving Crown of Lamb

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of each rib should be decorated with a paper frill, and the platter garnished with cress or parsley. To carve a crown roast is most simple, the divisions between the ribs being clearly indicated, and no more care being required than is necessary to cut the portions of equal thickness. A single chop, with a portion of stuffing, a few sprigs of cress or parsley, and a spoonful of gravy is served to each person.

Pork

Pork is seasonable only in autumn and winter. The great bulk of the animal is so fat that it is unsuitable for food while fresh, and is therefore cured and salted as bacon, salt pork, and the like. The hams are served either fresh or cured, and may be baked, boiled, or broiled in the form of steaks. But with the exception of baked cured ham, sliced cold, no joint of pork is really suitable for service at entertainments. The ribs and loin are the most desirable fresh cuts, and may be either roasted or served in the form of chops.

Fresh pork should be of firm texture, and fine grain, the lean pink, and the fat, clear white in color. The loin of pork is prepared for roasting either with or without the bone, in much the same fashion as the loin of beef or mutton, except that, being a lean piece of meat, it may require to be

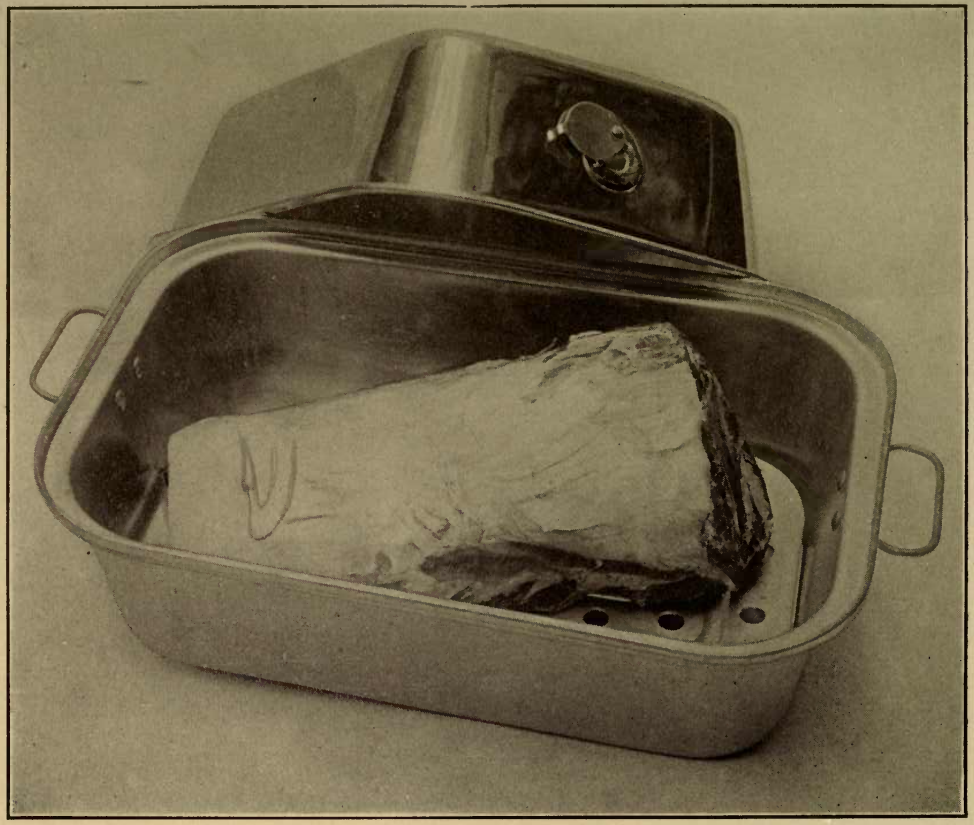
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larded with a strip of bacon or salt pork, laid over the top of the joint and fastened with cords, as is shown in the illustration. This joint is carved in the same manner as the similar points of beef.

Poultry and Game

Chicken, turkey, geese, and domestic ducks are classified as poultry: wild duck, wild geese, partridge, reed birds, quail, and other small birds, as game. Poultry is a staple article of diet, being more or less available at every season of the year. The first broilers come into the market very early in the spring, and continue to become more plentiful, and to decrease in price during the Spring and Summer. The season for broilers may be said to be at its height in May and June, at which time they make an excellent dish for formal breakfasts, luncheons, and similar entertainments, and afford a substitute for game birds for formal dinners. The so-called milk-fed and early Spring chickens begin to become available in July, and continue in the market until August. They are commonly cooked, either *à la casserole,* or roasted, and make an admirable dish for luncheons, breakfasts, and dinner-parties, in the form of supreme of chicken, i.e., breasts of chicken, either sauted or broiled and served with any suitable sauce. Philadelphia capons begin to come in about the same time as

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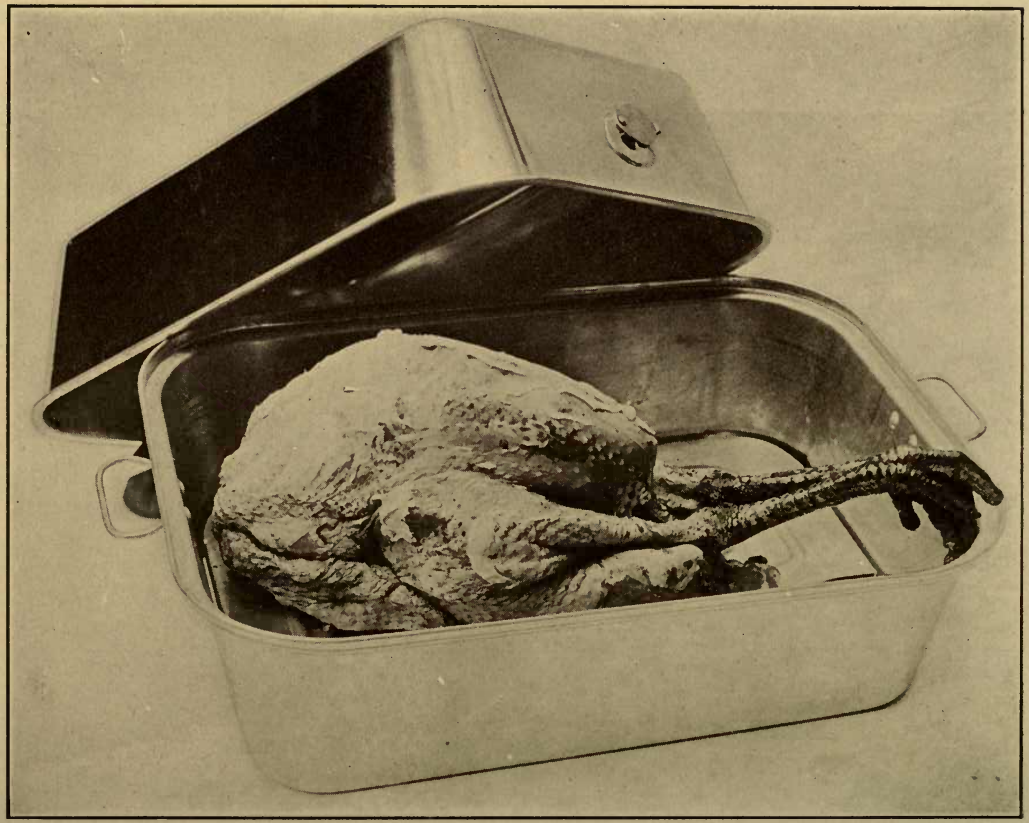


Loin of Pork, in Pan Ready to Roast

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Turkey Prepared for Oven

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roasting chicken, namely, in September. They are usually served at dinner, roasted. The capon has a somewhat larger and plumper carcass than other chickens, and is distinguished by its richer flavor.

Live chicken and other poultry are usually most plentiful before Thanksgiving, and the supply of local stock is generally exhausted during or before the holidays. After this the city markets are supplied chiefly with cold storage stock, and hold the local stock at an average level of about one-third higher. As the season advances, the tendency is for the local stock to increase in relative price as the cold storage stocks shrink and deteriorate in quality.

The season for turkey is now very similar to that for chicken. Not many years ago turkeys were thought to be at their best only on or after Thanksgiving Day, but young turkeys, comparable to chicken broilers and milk-fed chicken, are now commonly cooked and accepted as a Summer delicacy. Young Guinea hen broilers and roasting chickens are also very delicious, being even more tender when properly cooked, than chicken, and having a distinctive flavor that makes them an excellent substitute for game birds.

The season for domestic ducks is the same as that for chicken. The quality of poultry depends upon the breed, the method of feeding, the age of the bird when killed, the manner in which the car-

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cass is dressed, and the length of time that it has been upon the market. No other kind of meat requires more knowledge, skill, and care in catering than poultry. As to breed, the black- and red-feathered birds are always to be preferred to the light-feathered varieties, and the gray-feathered birds are always to be avoided. The best chickens have soft, yellow feet, smooth, thick legs, and smooth yellow or white skins. The yellow skinned birds are likely to be more plump; those having white skin more tender. The skin should be moist and tender and the breast plump and firm. The cartilage of the breastbone should be soft and pliable. But observe that this cartilage is sometimes broken to deceive purchasers, a device which, however, if the purchaser be upon the guard, can be very easily detected.

As to feeding, grain-fed chickens are to be preferred to those fed upon table scraps or garbage. Fowls fed upon rice, as is quite customary in certain parts of the South, have white fat, and the Southern barnyard fed turkey, fattened on small rice, is among the finest of domestic fowl. Poultry fed on cornmeal have yellow fat. The so-called milk-fed chickens are presumed to be fed, or at least fattened, in large part, upon meal, or other ground grain mixed with milk instead of water.

The age of poultry at the time of killing may usually be determined by the legs and feet, which

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in young birds are smooth, moist, and supple, and in older fowl, hard and scaly. One test is to try the skin under the leg or wing, or to seize a pinch of the breast and twist it. If the skin and flesh is tender and breaks easily, the bird is young and fresh. Otherwise, it is probably old, and certainly tough. Also turn the wing backward. If the joint yields readily it is tender. The eyes of fresh young fowls are full and bright. A growth of hair over the carcass is an indication of age in both chicken and turkey. Plentiful pin feathers denote a young bird. The flesh of the old turkey, where it shows under the skin upon the back and legs, is purplish. Observe in this connection that about March turkeys begin to deteriorate in quality.

As to the method of dressing, great care should be taken to avoid poultry the flesh of which has become tainted and unwholesome. All poultry should be promptly and properly drawn, but the laws of some states permit of fowls being kept for sale undrawn, a condition which is not only a serious menace to health, but is ruinous to their proper flavor. The partly, or otherwise improperly, drawn chicken is often as bad (and sometimes even worse) than the undrawn one. The higher price charged in most markets for the so-called Philadelphia chickens is a premium paid for proper methods of killing and preparing them for market.

The flavor of poultry is also impaired by scald-

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ing, as an aid in removing the feathers, hence the dry picked fowl sells at a higher price, and is to be preferred although its appearance may be somewhat less attractive.

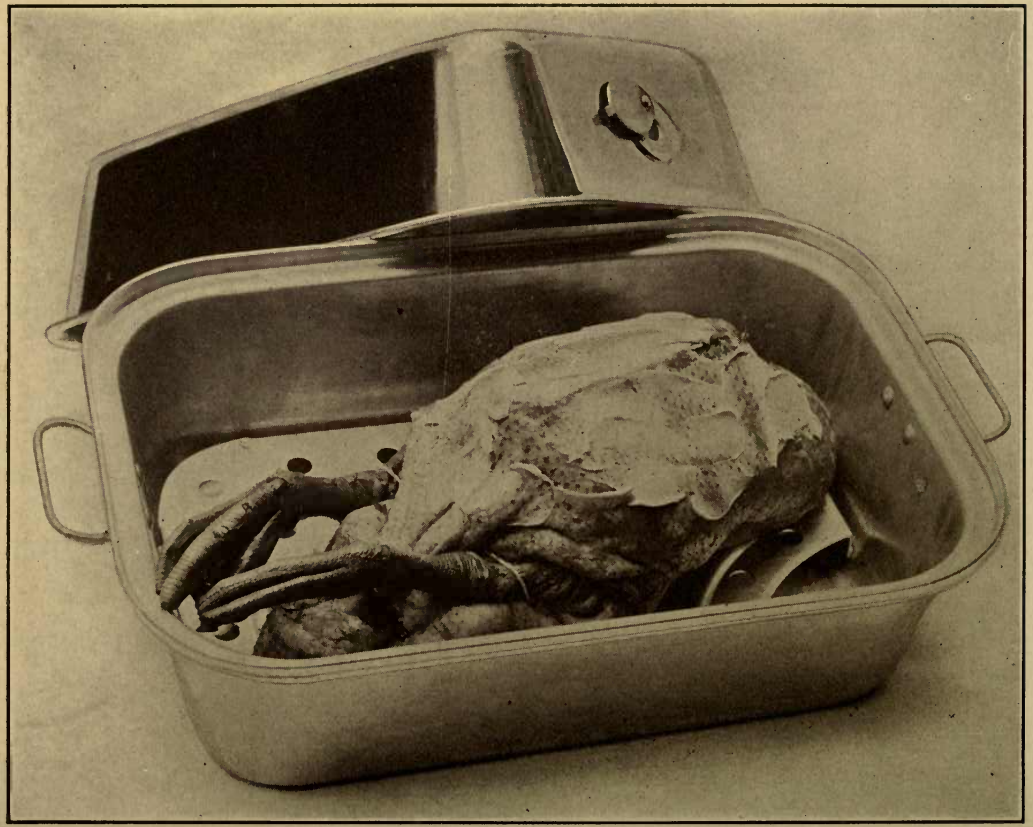
As to the length of time that poultry has been upon the market, the law in most states gives the buyer little or no protection, and in these days of cold storage it behooves one to be upon guard and to place little or no reliance upon the representations of dealers, except when buying in the most reliable local markets. One of the best tests of the fresh chicken is the color and condition of the eyes. If they are bright and clear, as in life, the chicken is fresh, but if dull and lusterless, or even further deteriorated, the carcass has been for some time in cold storage. Another test is to open the beak of the chicken and note whether the blood is still red, in which case the chicken is fresh; whereas, if it is white, the opposite is true.

Ducks and Geese

A domestic duck or goose should never be more than a year old. Young ducks and geese have white, soft feet and tender wings. The body should be plump and thick, the fat light and semi-transparent, the breastbone soft, the flesh tender. The beak should be flesh-colored and brittle. The wind-pipe should break when pressed between the thumb and fore-finger.

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DUCK, LARDED, READY FOR OVEN

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Domestic ducks—commonly called in Eastern markets, Long Island duckling—and the domestic geese, are at ordinary prices, as economical as chicken, and may well be used for family dinners on Sundays, holidays, and other special occasions, for the sake of variety, somewhat more commonly than they now are. The season is the same as for poultry.

Game Birds

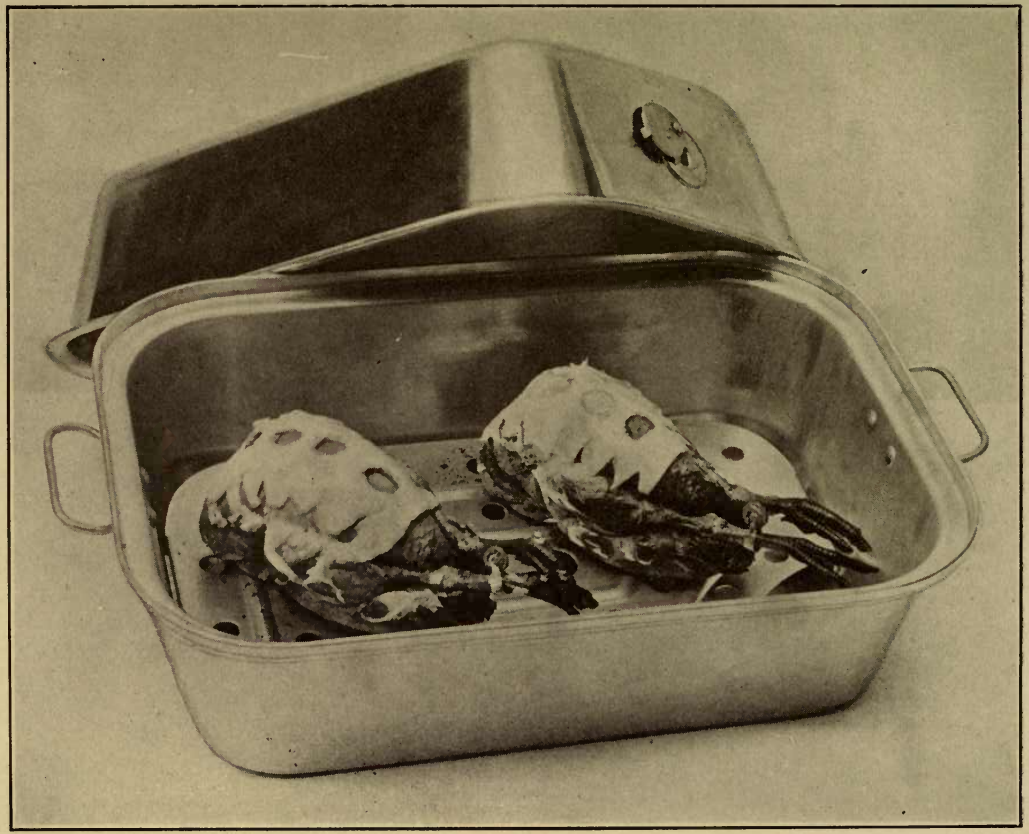
The principal game birds in the American market are wild duck—such as the Canvas, Mallard, Redhead, Blackhead, quail, woodcock, snipe, etc. The best test for selecting game birds is to weigh each one in the hand. The finest birds are always heaviest for their size. The flesh of the breast should be firm, fat, and plump, and the skin clear. Pluck a few feathers so as to expose the flesh inside the leg and about the vent. The flesh of the newly killed bird will be fresh in color and fat; that of the bird which has been hung a long time will be dark and discolored. The wings of the larger game birds should be tender to the touch. The small ones should have full and tender breasts. Note that in the partridge the tips of the wing are pointed in young birds, and round in old ones. The partridge should have full, heavy breasts, dark bill, and yellowish legs.

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A good substitute for the smaller game birds is the squab, or the young of the domestic pigeon, which are available in most city markets at prices within the means of persons who have occasion to entertain in a formal way. The flesh of young pigeons is light red upon the breast, the legs are full and fresh colored. If the breast meat is dark and the legs thin, the birds are old.

Wild duck and most other game birds are in season from November until March.

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Partridge Ready for Roasting, Showing Larding Pork in Position

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CHAPTER II

THE ART OF COOKING

General Characteristics of Cooking Meat

THERE are three typical methods of cooking meat: first, by the application of intense heat to keep in the juices, as by roasting, baking, or broiling; second, by placing the meat in cold water and cooking for a long time at a low temperature, i.e., boiling; and, third, by a combination of the two processes, first searing, and then afterwards stewing the meat. The first method is suitable only for the most tender cuts, young poultry and game birds, and as these are the kinds of meat most often selected for meals at which company is to be entertained, the processes of roasting, baking, and broiling, and the kinds of meat, poultry and game that are the best adapted to these methods of cookery are of chief interest in this connection.

Cooks recognize a distinction between roasting and baking. The word roasting, properly speaking, applies to the old-fashioned method of cooking by the direct radiant heat from the open fire; whereas baking is cooking by heat reflected by the

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sides of the oven. The older method of roasting is now very little practiced in private houses, and the term roasting is now most often improperly applied to baking in an oven. The rules for the treatment of the meat, however, are substantially the same in both cases, and the two processes therefore may properly be dealt with together.

Meat which is to be roasted should never be washed, but only wiped over on the outside with a clean damp cloth. For roasting in the older sense of the term, it should then be hung on the roasting spit or hook. For baking it should be set on the trivet or meat stand, and placed in a dripping-pan large enough to project two or three inches all around it. The modern double dripping-pan, having a close-fitting cover, with a vent to allow the escape of gases and steam from the meat juices, is infinitely superior to the old-fashioned single pan, and the purchase of at least two such pans—one of about 8 inches for small roasts, game birds, and the like, and one about 18 inches for large joints, roasting chicken and turkey—is to be earnestly recommended to every housewife.

The Question of Temperature

A very essential point in roasting or baking meat properly is to expose the joint or bird for the first few minutes to a very high temperature

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to sear the surface and thereby harden the albumen on the outside so as to prevent the escape of the meat juices, and then to lower the temperature and keep it at a substantially lower point for the remainder of the time that the joint requires for roasting or baking, with the object of preventing a similar hardening of the albumen in the interior of the meat. The proper temperature for a large piece of meat at the beginning is about 550 degrees, but after the surface is well browned, the temperature should be dropped to about 400 degrees, and kept at this point until the process is finished. To accomplish this, a roast of meat should be hung close to the fire, and meat to be baked should be placed in the hottest part of the oven, until the surface is thoroughly browned. Then it should be drawn back or moved to a cooler part of the oven. If a gas oven is being used, the gas should be turned on full, in advance, and allowed to burn about ten minutes. Then it may be turned down slightly to reduce the temperature. In the absence of an oven thermometer the cook must of course learn by experiment the proper management of her own oven.

Basting and Larding

Meat, while being cooked, whether by roasting or baking, must be often basted, i.e., the melted fat

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which has run from it must be poured over its surface with a spoon or ladle, to prevent the roast from drying out or burning. In order to insure that there may be sufficient dripping for this purpose, the cook must take notice whether the meat has enough fat; otherwise a little additional fat should be put in the pan, and also upon the top of the roast. Lean joints of meat, or poultry, game, and the like—which have no natural fat on the outside—should be larded by having slices of fat bacon laid over them and tied tightly with a cord to protect the meat from browning too rapidly. Or a piece of buttered paper may be used for this purpose, which may be taken off during the last fifteen minutes so that the surface may become brown. Larding is usually necessary for thick pieces only. Meat roasting before an open fire requires frequent basting, at intervals of about ten minutes. Meat baking in the oven—except for very small pieces—requires basting only about half as often, or at intervals of twenty minutes.

A Few Points on the Cooking of Beef

The time required for a thick piece of beef is about fifteen minutes to the pound, and fifteen minutes over, and the roast should be ready at least a half an hour before being carved, in order to allow the albumen inside to set. A somewhat

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longer time should be allowed for a roast which has been boned and rolled into symmetrical form as such a roast is more compact and the interior heats through more slowly.

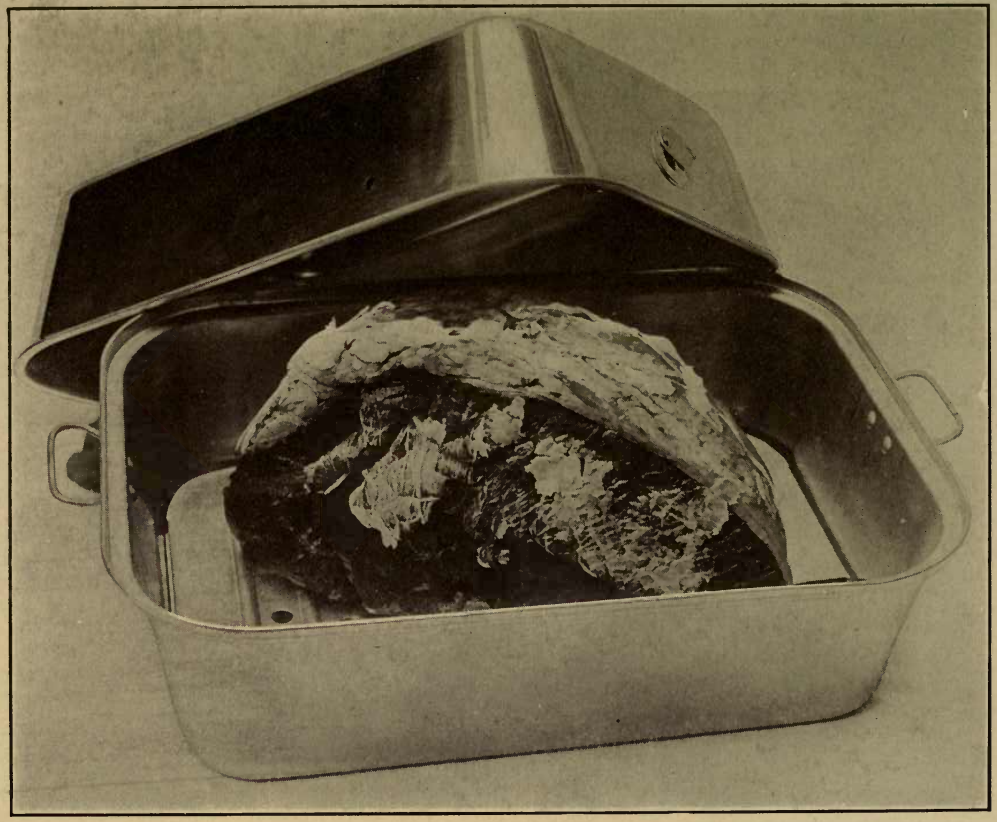
No water should be placed in the dripping-pan unless there is danger that the fat in the bottom may be burned, in which case a tablespoonful at a time may be added. The juices from the meat will ordinarily form a sufficient gravy. But the flavor of the gravy may be very much enhanced by placing around the roast in the pan a few small carrots and onions, and a sprinkling of bay leaves, thyme and parsley. Many hostesses also add small, new potatoes in season, previously peeled, to be baked, browned, and flavored by the roast.

Lean roasts of meat and poultry or game birds, that are deficient in fat, may also require larding, i.e., the addition of some meat or vegetable fat, such as fine drippings, lard, or vegetable fat. Butter should not be used for this purpose, as it is likely to burn at the bottom of the pan. The gravy, however, should not be suffered to become too rich and greasy. If any fat is evident upon the surface of the gravy, it should be poured off before the gravy is served or thickened.

The gravy may be thickened or not, as the hostess prefers, the unthickened or "dish gravy" being usually given preference at formal meals, and the thickened gravy being perhaps more cus-

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Cut from Rump, Ready for Oven

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tomary at family dinners. French cooks, in order to make a somewhat richer gravy, commonly sprinkle dry flour over the roast before placing it in the pan. After becoming browned and flavored by contact with the roasting meat, this flour, gradually falling into the bottom of the pan, browns and flavors the gravy and slightly thickens it. After the meat is done and has been removed to the platter, hold the corner of the dripping-pan over a bowl, pour off the fat from the top of the gravy, and save it. Then pour one pint of good stock into the pan, dissolve it in all the sediment of the coagulated albumen and juices, simmer, until it has been reduced about one-third in bulk and pour into the sauce bowl. For further suggestions on the length of time required for roasting, consult the Complete Time Table, page 134, and "How Long to Cook a Roast" on page 71.

The prime ribs of beef are used chiefly for roasts, and constitute the best part of the fore-quarter. Between the four cuts of prime ribs there is very decided preference. The first cut, that nearest the hind-quarter, is very nearly equal in quality to the short loin, and is valued accordingly. The second cut is also a very good roast. The others are less desirable in their order. Rib roasts may also be had boned and rolled by the butcher, if desired, but these cuts are quite commonly roasted with the bones, upon the ground

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that they give the roast additional flavor, and also cause it to present a more attractive appearance. Other less desirable, but also less expensive roasts, are the top of the round, i.e., the inside of the hind-quarter of the animal—so named because that side usually lies uppermost on the butcher's counter —the rump, and the chuck, or shoulder clod, a solid piece of meat of low cost, but of fair quality.

How Long to Cook a Roast

Some experience is required to determine when a roast is sufficiently done. The inexperienced cook should consult the Time Table, on another page. But one must also realize that the time required depends upon the weight and the quality of the roast. As a general rule, a thick piece of beef requires fifteen minutes to the pound, and fifteen minutes over. A similar piece of pork or veal will require twenty minutes to the pound, and fifteen minutes over; poultry, fifteen minutes to the pound.

With a little experience, the cook should be able to tell when the meat is done by pressing with the finger upon the outside. If the roast is well done, the outside will recover slowly from the pressure of the finger. If done, it will rebound at once. If overdone, it will scarcely yield at all.

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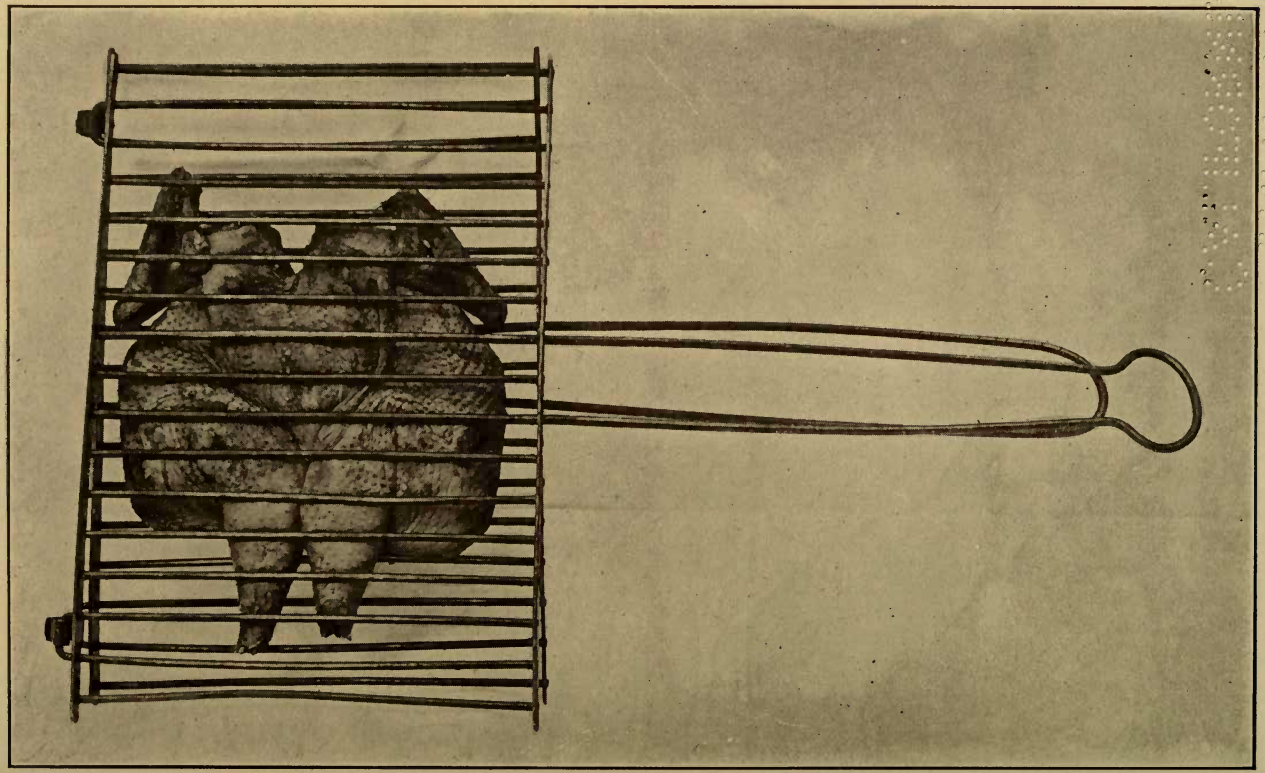
Broiling

Broiling, like roasting, is cooking by the direct rays of the fire but, unlike roasting, it is adapted to small and thin pieces of meat, such as chops, steak, chicken, and smaller game birds. The whole of the cooking is accomplished by sharp heat applied to the outside, but so regulated as to allow the outside to be hardened while the inside is being gently cooked. To accomplish perfect broiling, some care and experience are required, and lack of care and judgment many times causes failure in broiling, the meat being either tough and dry or underdone. In cooking on the grill, the state of the fire must be taken into consideration. The coals must be glowing, without smoke or flame. Should flame arise a few drops of cold water sprinkled over the coals will cause them to subside. For broiling by gas, the gas must be lighted long enough in advance to radiate a strong heat, both over and under the grill. The grill must be greased with suet or pieces of larding pork, and the steak or other pieces of meat to be broiled laid on this, held at a proper distance from the fire, and turned once in a while till done. A chop or steak when properly grilled, should look plump in the middle, and should be rare and juicy, rather than dry and hard.

As to the time required for broiling, observe

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Spring Chicken, Split, Ready for Broiling

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that, in general, the time is regulated, not by weight, but by the thickness of the meat, and is approximately as follows: For a steak, one and one-half inches thick, underdone, fifteen minutes; well done, twenty minutes. For a steak, one inch thick, underdone, twelve minutes; well done, fifteen minutes. For spring chicken fifteen minutes, squab chicken, ten minutes. For a lamb chop, seven minutes; and for a veal chop, fifteen minutes.

Poultry

As a general thing, fresh-killed poultry should not be cooked for twenty-four hours, although in hot climates, as for example, in the southern United States, broiling and roasting chickens are commonly sold alive, and killed by the cook and immediately prepared for the oven. But at all events, poultry should be picked and drawn as soon as possible after killing. The flavor of poultry is better if the birds are picked dry, but the feathers will come off more easily if the fowl is plunged into a pot of scalding water. After the carcass is picked clean, it should be held over the coals or over a roll of burning white paper on an alcohol flame, to singe off all hairs.

To draw poultry and game, make cut around the vent and make an incision up toward the breast bone. Insert two fingers, loosen the fat from the

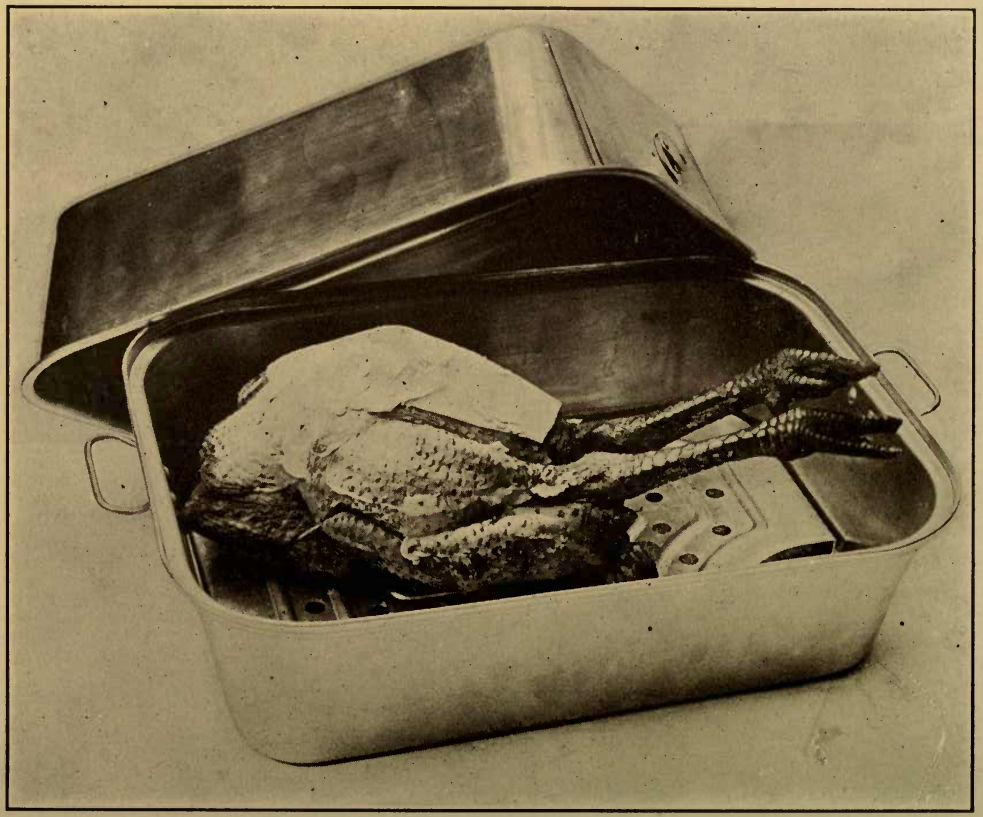
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skin and separate the membranes lying close to the body. Keep the fingers up close to the breastbone until you can reach in beyond the liver and heart and loosen them upon either side, gradually working the fingers around toward the back. Always remember that the gall bladder lies under the liver at the left side, and that if it is broken, the contents will make every part of the meat that it touches bitter and unfit for use. If the fingers are kept up and everything is carefully loosened before being drawn out, there will be less danger of its breaking. The kidneys and lungs are not infrequently left in by careless cooks, but everything should be taken out that is movable. After the bird has been drawn, it should be wiped dry, inside and out, with a clean towel. The head and neck should then be cut off, and the bird trussed for the oven.

To truss a chicken or turkey draw the thighs up close to the body, cross the legs over the vent, and tie firmly with twine. Thrust a skewer through one thigh, into the body, and out through the opposite thigh, and another in like manner through the wings. Draw the wings and thigh closely together, and tie firmly with twine. Since poultry and game birds have little or no fat in the meat under the skin, they should be larded by laying a thin strip of salt pork or bacon over the breast after the carcass has been placed on its back in the

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Pheasant, Larded, Ready for Oven

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dripping-pan, as shown in the accompanying illustrations. When roasting a chicken or small fowl there is danger that the legs may burn or become too hard to be eaten. To avoid this, a strip of cloth dipped in a little melted lard, or rubbed with lard, may be wound about the legs while the heat in the oven is highest, and afterward removed in time to allow the legs to brown sufficiently. This difficulty will be overcome, however, if the deep roasting pan with a close cover is used, as shown in the illustrations. These pans are made double, with only a small opening in the top as a vent for the accumulation of steam and gases, but retain most of the moisture and flavor of the juices, that would otherwise be lost in large measure by evaporation.

To dress a chicken or other bird for broiling, pick, singe, cut off the head and neck close to the breast, and the legs at the knee joints. Singe again, wipe dry, and split down the middle of the back, instead of along the belly. Lay the carcass open, and remove the contents. Cut the tendons in the thighs or break the joints, and remove the breast bone to facilitate carving. Lay the carcass flat between the double broiler, as illustrated, or upon the bars of the grill, and broil, for the squab chicken, ten minutes, and for the spring chicken, fifteen minutes.

To cut up a raw chicken for fricasséeing, pick and wipe dry as for a roasting chicken. First take

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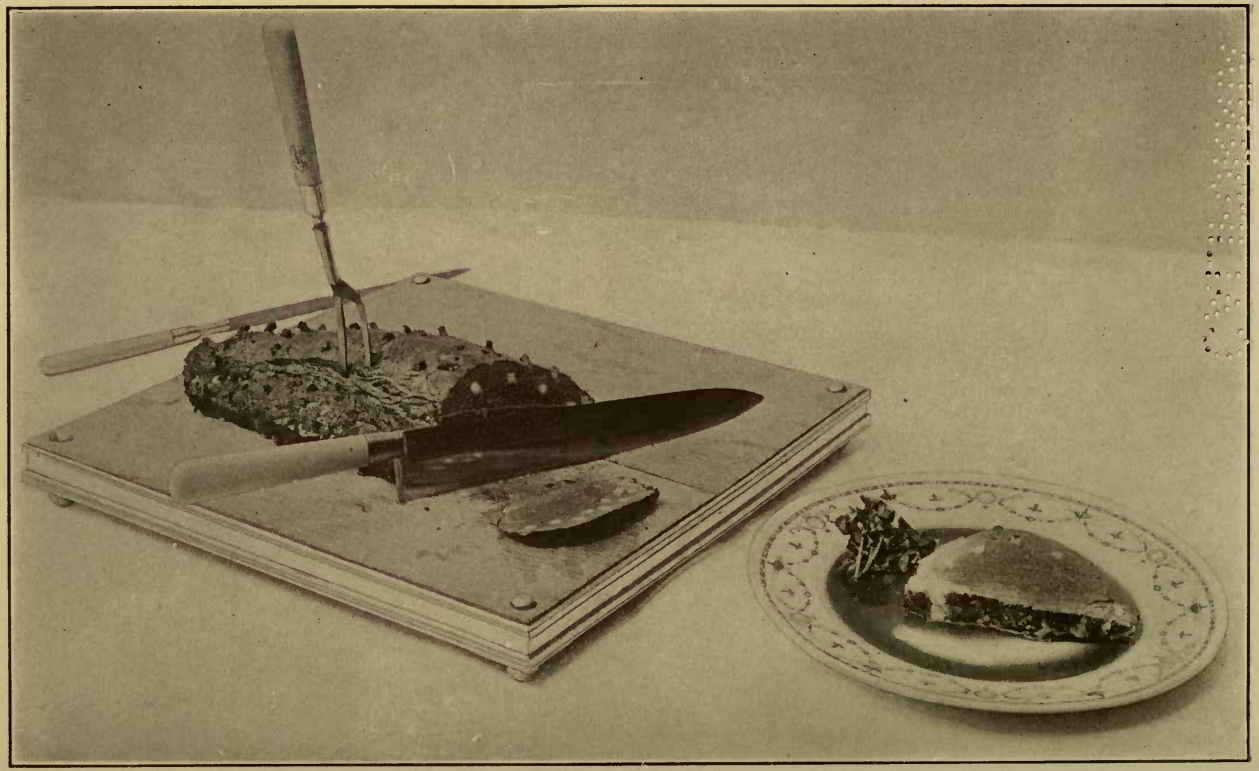
off the legs from the carcass, then the wings. Then separate the breast from the remainder of the carcass. Split it into two and cut each half to the breast into either two or three parts, according to the size of the chicken. Cut the rest of the carcass crosswise, in three pieces or, if the chicken is very big, split the carcass in two before cutting crosswise. Separate the drum-sticks from the second joints and cut the latter in two. If bird is a heavy one the second joint will make three cuts.

Roasting Duck

The wild duck, notably the Canvasback, Mallard, and Redhead, are deservedly among the most popular game birds of the world. They are roasted, without trussing, in their own juices, but when roasting Mallard it is customary to put inside the carcass a few sticks of celery. Wild duck are so expensive as rarely to be served in the ordinary household, and are still more rarely properly cooked. Duck should be roasted very rare, the test of duck done to a turn, being that "the blood will follow the knife." To find out whether the duck is done, lift the bird and let a few drops of blood run out from the carcass. If the blood comes out bluish, it is ready to be served.

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TENDERLOIN OF BEEF, SHOWING PORTION CARVED

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CHAPTER III

SERVING AND CARVING

Roast Beef

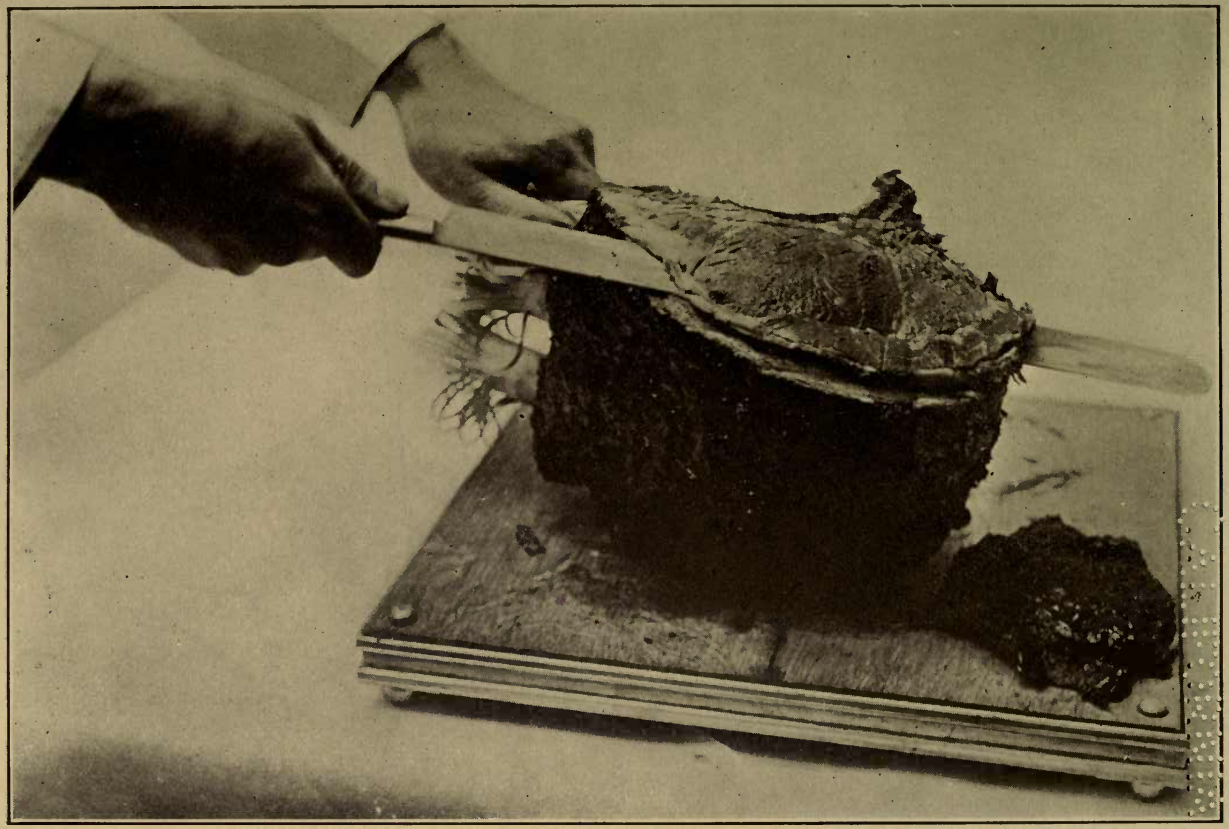
THE fillet or tenderloin, properly larded, presents a very attractive appearance, especially when garnished with a few sprigs of watercress or parsley. To carve, it should be held firmly with a fork, grasped in the left hand, and cut into slices slightly less than a half inch thick, beginning with the thicker or forward portion of the tenderloin, and continuing toward the thin end. The slices should be cut squarely across the grain of the tenderloin, which is usually at a slight angle from the plate on which the fillet lies.

To serve a fillet of beef, serve each person one slice, add a few sprigs of parsley or cress, and put a spoonful of mushroom sauce upon the side of the plate.

The short loin, the top of the round, the rump, and the chuck roasts are carved and served in the same manner as the tenderloin, i.e., in slices cut vertically across the grain, except that they should be sliced as thin as possible. The top of the round,

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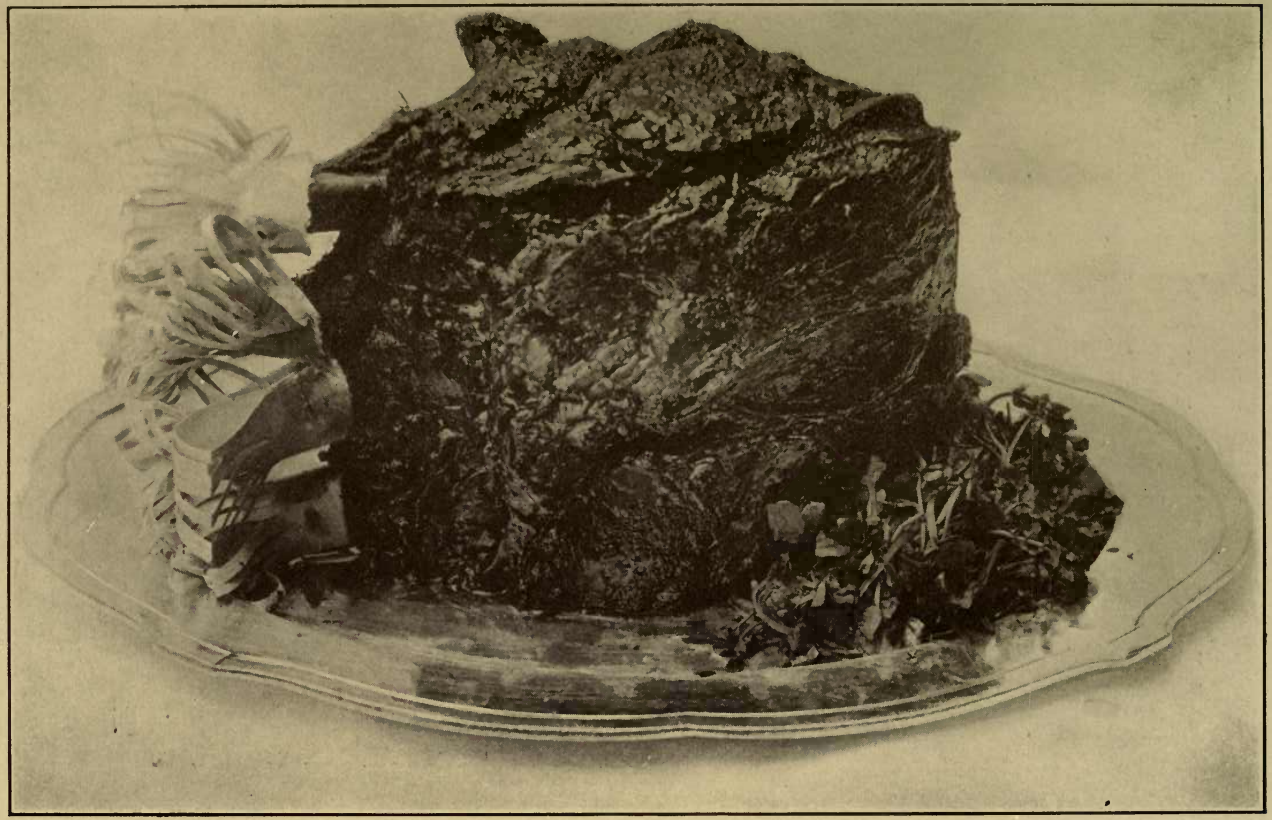
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Carving Prime Ribs of Beef

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PRIME RIBS OF BEEF, GARNISHED, READY TO SERVE

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especially, should be in very thin slices, as it is rather tough although juicy and well flavored.

The process of carving a porterhouse, Delmonico, or rib roast depends upon whether or not the bones have been removed. In the latter case the roast should be rolled into symmetrical shape, and fastened by means of either metal or wooden skewers, preferably the former, or by means of a cord. The proper cord for this purpose is rather large and soft and should be cut into the right lengths, drawn tightly around the roast, and knotted at intervals of about one inch throughout its entire length. The cord should not be continuous, else the carver will have difficulty in separating it and it will present an untidy and awkward appearance.

The accompanying illustration shows a rib roast from which the bones have not been removed, the ends of the ribs being decorated with paper frills, and the platter garnished with watercress. To carve such a roast, observe that it should be placed before the carver with the ribs protruding to his left. He then steadies the roast by grasping the uppermost rib with the left hand, and cuts very thin slices transversely across the grain, until the edge of the knife encounters the rib. Then, he draws the point of the knife across the slices near the bone, so as to separate them.

The process of carving a porterhouse, Del-

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monico, or rib roast from which the bone has been removed is precisely similar, except that the roast is steadied by means of a fork, firmly inserted at a point just below the slice that is next to be taken, and that the skewers or cords with which the roast is fastened together must be removed, one by one, as they are encountered. If the skewers are inserted, as they should be directly across the grain of the meat, so as to be parallel with the slices, they can usually be loosened without difficulty, and should be placed upon the side of the platter or carving board. If the roast is bound with cords, only one cord should be cut at a time. This should be loosened with the fork, and allowed to fall upon the side of the platter or carving board, with due care that it does not come in contact with the cloth. The other cords should be left in place until the rest of the roast is sliced down to them, in order to keep it in shape and preserve the uniformity of the slices, and also to prevent the juices from running out.

Beefsteak

The Delmonico, porterhouse, and sirloin cuts are very commonly served as steaks, either broiled or planked, broiled steak being a favorite dish in American households for informal family dinners, to which one or more guests are invited. Instructions for broiling and planking steaks are given

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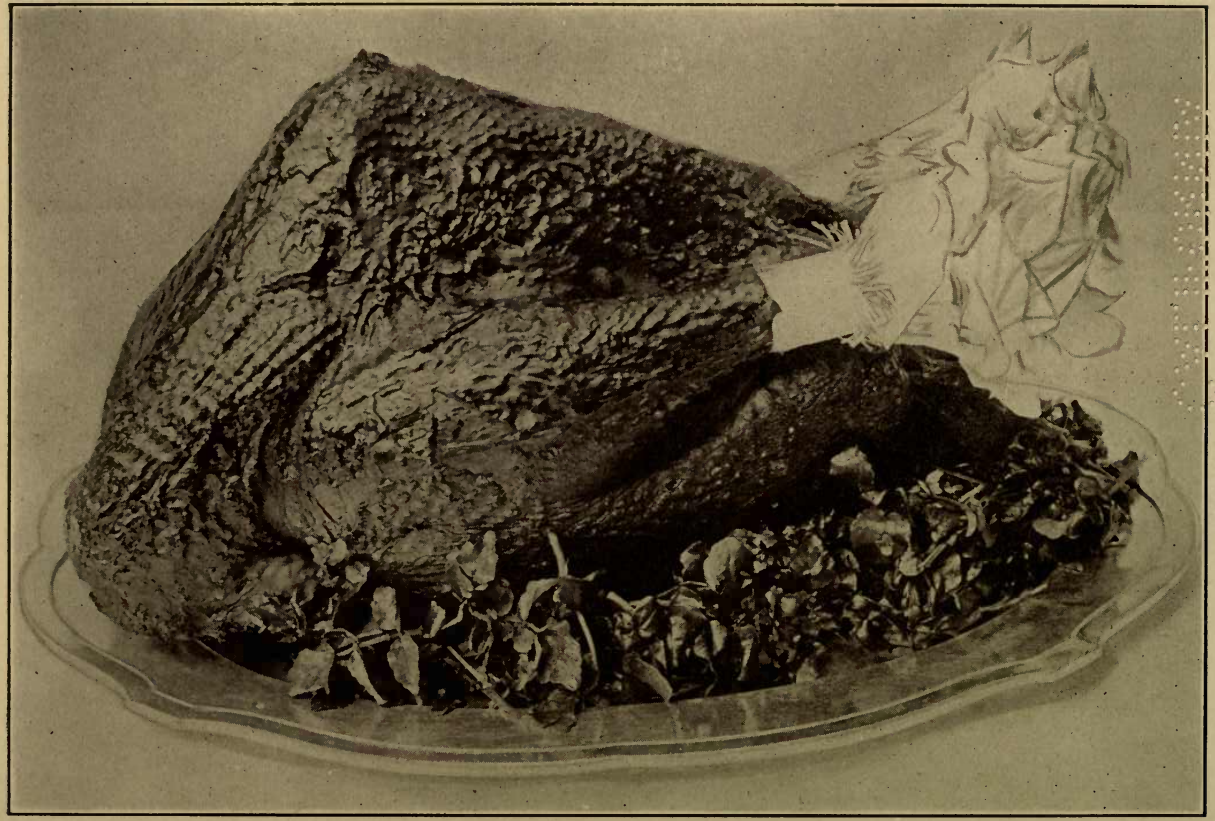
elsewhere, but observe that any steaks worthy of the name should be cut very thick—an inch and a half or even two inches being about the proper thickness—and that they should be broiled or roasted very rare, so that the meat will be bright and red, rather than white or even brown, in color. One of the most common and flagrant errors of the American cook is to order (or accept) steaks cut a half inch or less in thickness, and to fry them until they are done brown through and through, and of a tough and leathery consistency.

The carving of steak will be greatly expedited if the butcher is instructed to take out the bone—which can be done to very much better advantage before the steak is cooked than afterward—and steaks to be planked are invariably boned before planking. Otherwise the carver should first remove the bone by cutting along its edge with the thin round-pointed knife, which is elsewhere recommended for this purpose. He should then divide the entire steak, except the thin portion at the small end, into sections of an inch or more in width, depending upon the thickness of the steak and the number of guests, beginning with the wide or bone end of the steak.

In serving porterhouse, Delmonico and similar beef-steaks, the fact should be borne in mind that the tenderloin and wider portion of the steak opposite the tenderloin, is superior in texture and

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Turkey, Garnished for Table

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flavor to the narrow portion at the opposite end. Hence, in justice to all, it is desirable to divide the steak, if possible, into about twice as many strips as there are guests, and to serve each guest with one of the less desirable, as well as one of the more desirable portions.

A steak should preferably be garnished with sprigs of watercress, one or two of which should be placed beside each portion served, and a spoonful of gravy should be added upon the side of the plate. The planked steak is served with an assortment of vegetables, the various vegetables being placed around the steak in orderly array, so as to form a most effective garnish. Planked steak is first divided in the same manner as any other; then one or more slices are served to each plate, and a helping of each of the various vegetables added, with care to preserve their separate identities and to avoid jumbling all together.

Poultry

To carve a turkey or other large bird, such as goose, duck, or roasting chicken, place the carcass on a platter or wooden carving board, upon its back, with the head to the left, the carcass resting diagonally rather than at right angles to the carver's body. Insert a fork firmly across the

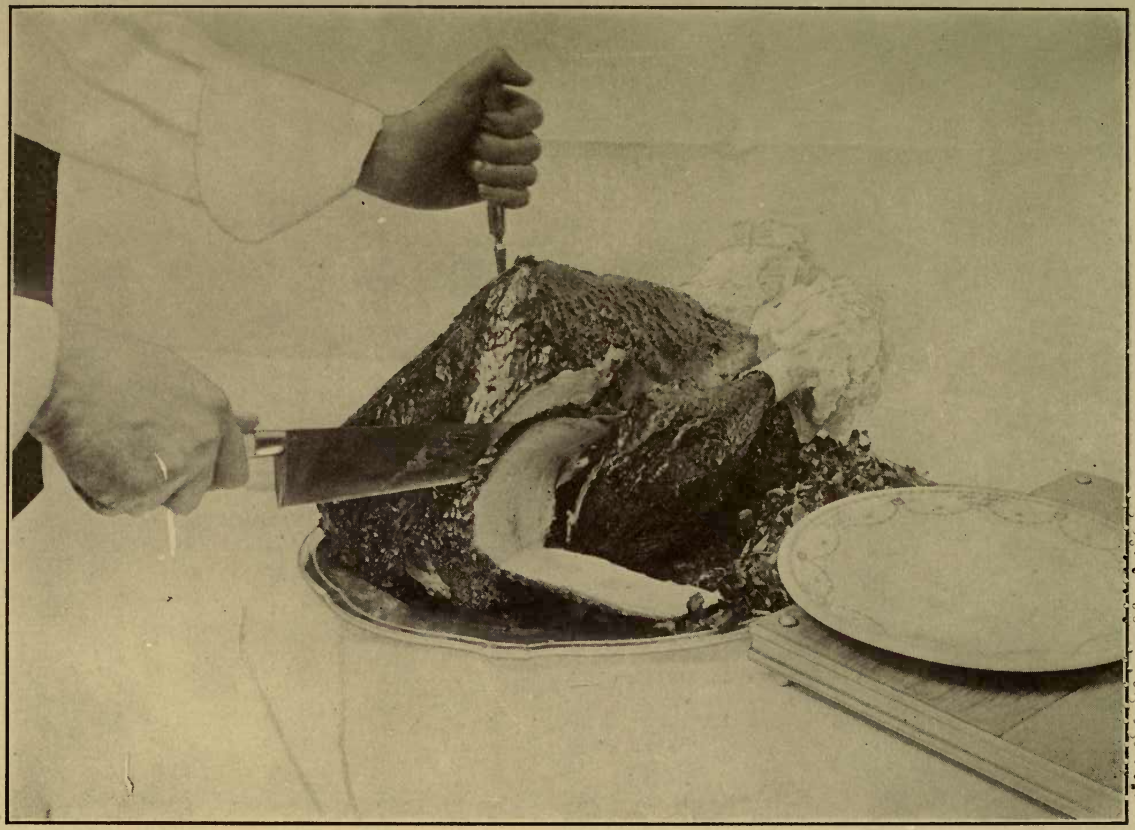
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breast bone, grasp the fork with the left hand, firmly enough to steady the carcass on the side nearest the carver, cutting clear down to the leg joint. Force the leg over sharply from the carcass, so as to expose the joint, and completely sever the drumstick and second joint in one piece from the carcass. Separate the drumstick from the second joint by cutting from the point of the angle between them upon the inside, straight in and directly across the joint, the exact location of which can be easily ascertained by the sense of touch by manipulating with the fingers and feeling the joint in the carcass of the uncooked bird. If this cut is made at the right point, no further difficulty need be anticipated. For if the knife is drawn squarely across the joint, it will separate without resistance, whereas at any other point the knife will encounter solid bone.

Now make an incision along either side of the bone, in the second joint, cut under the bone at the end, lift it up, and cut underneath and between the bone and the meat, so as to remove the bone from this joint entirely.

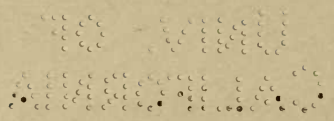
Now carve thin slices of the white meat from the breast, parallel with the breastbone, and similar slices of the dark meat from the face of the second joint, also parallel with the bone, and serve to each person a slice of the white and a slice of the dark meat with a few sprigs of cress or parsley, a por-

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Carving Roast Turkey

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tion of the dressing, and a spoonful of gravy upon the side of the plate.

If the slices from the breast and second joint are sufficient to serve the entire company, the carver need proceed no further; but if not, the wing should next be cut off, in the same manner as the leg, and similarly divided at the joint, the second joint of the wing being served as one portion. The tip of the wing and the drumstick are neither carved nor served except when necessary at the family dinner, but are usually, reserved and consumed in the form of hash, or other palatable réchauffé.

Should the whole turkey be required, the platter should be turned and the opposite side carved in precisely the same fashion, but the carver should proceed no further than is necessary, leaving the remainder of the carcass intact, for another meal.

Wild Duck

One duck is usually served for two persons although occasionally a large duck, like the Mallard, might be big enough for three. To carve wild duck, insert a fork in the carcass with the left hand, just behind the breastbone, make an incision with the knife from the point of the breastbone down the middle of the breast, and cut along this line between the breastbone and the meat, beginning at the head of the bird, and forcing the

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knife between the bone and the meat until the whole breast has been removed in one piece. Where a duck is served for two persons, half of the breast is served to each, the remainder of the carcass being reserved for salmi or similar réchauffé.

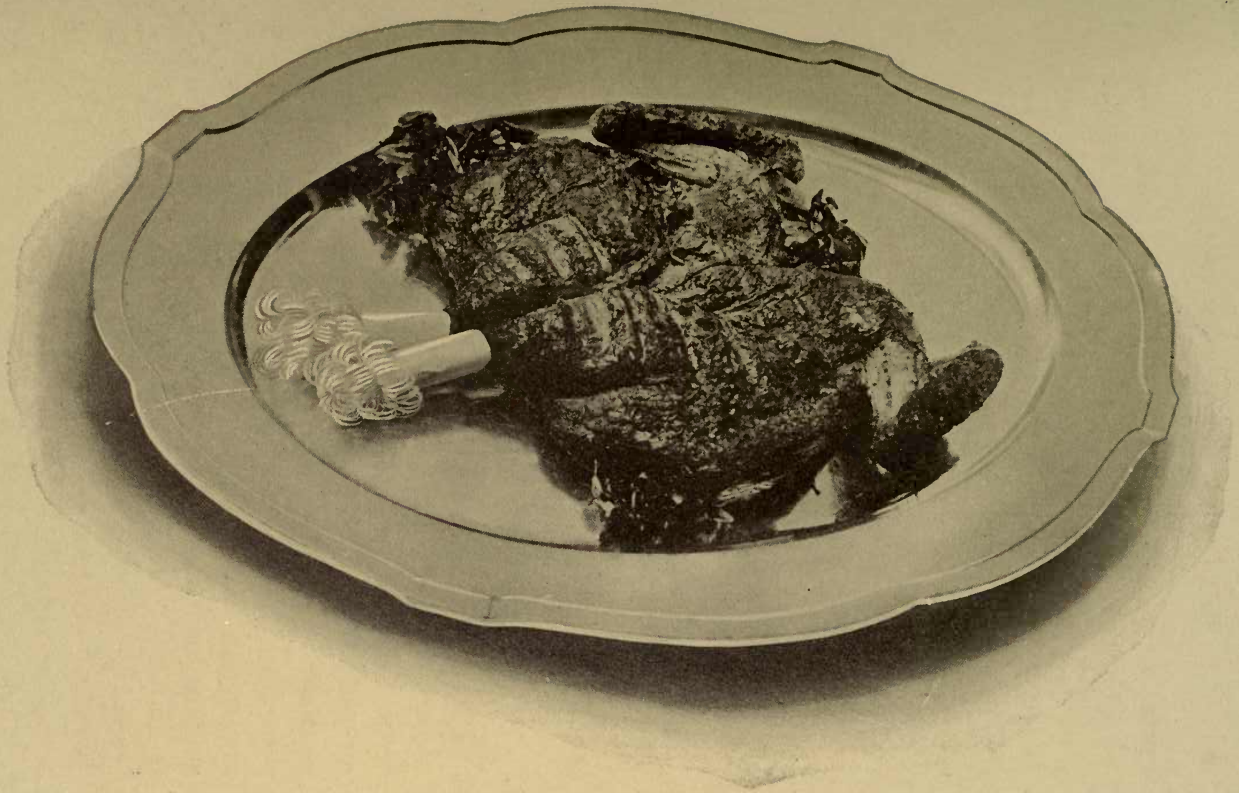
Partridge

Place the bird with the head toward the carver, insert a fork near the breastbone, and cut through the center of the breast and back, lengthwise cutting the bird right through. Serve a half of the partridge to each person, with currant jelly, and bread sauce, or fried bread crumbs. Sometimes a large partridge may be served to the three persons by separating the breast from the breastbone, and dividing the breast into three parts.

Broilers

Place the chicken with the head toward the carver, disjoint the leg by inserting a fork in the second joint and making an incision with the knife around the leg joint, bend the joint over sharply, separate it from the breast, and divide the leg at the joint. Split the breast in two. Serve half the breast and the second joint to each person, with a spoonful of drawn butter and a few sprigs of cress or parsley. Or each half of the breast and each second joint may be served on toast, as separate portions. Broiled chicken is an excellent dish to serve for a breakfast or luncheon.

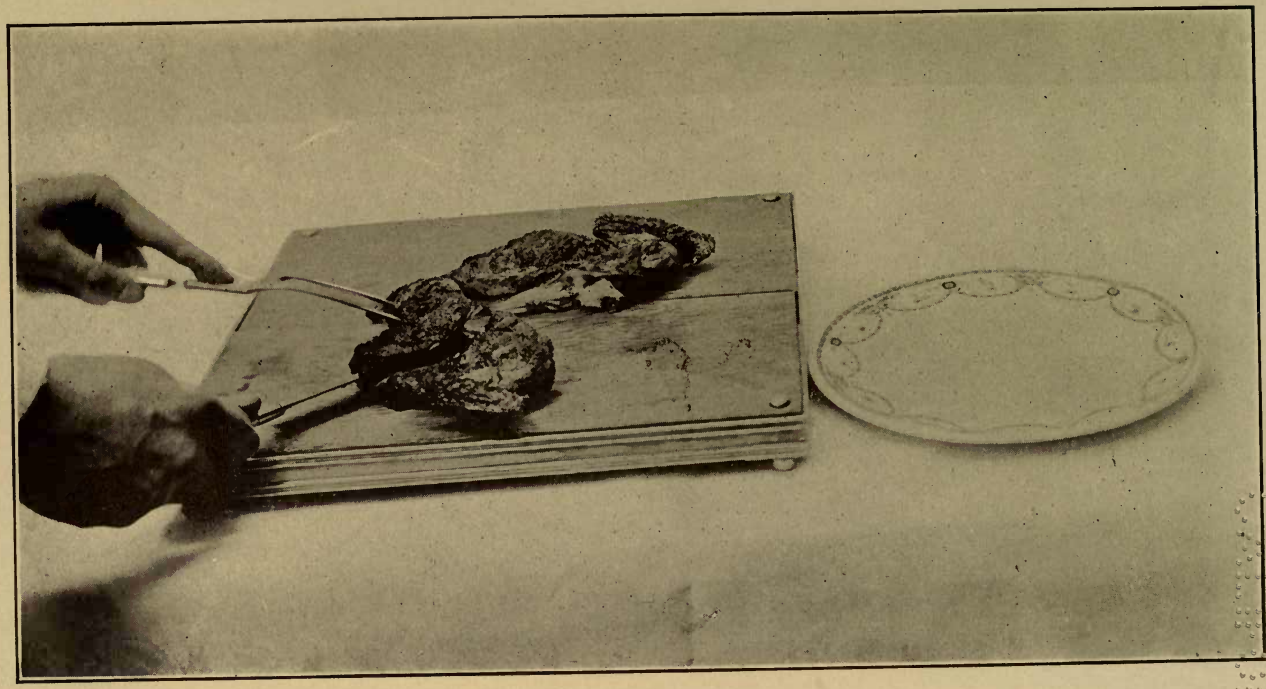
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Broiled Spring Chicken, Garnished

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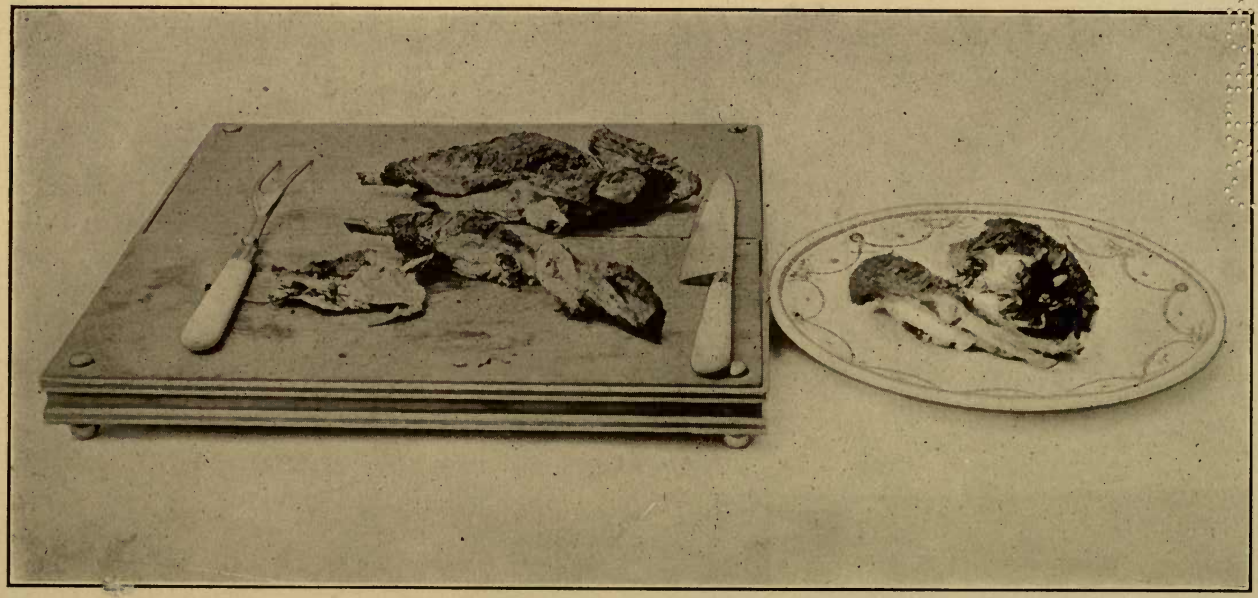


Carving Broiled Chicken

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BROILED CHICKEN CARVED FOR SERVING
Note number of pieces

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Turkey

To carve a broiled young, or spring, turkey, proceed precisely as for the broiled chicken, but cut the second joint and each half of the breast into two parts. To carve broiled Guinea hen, proceed precisely as for a broiled chicken.

Small Birds

Quail, woodcock, snipe and other small birds are served whole, a single bird to each person. The diner, in separating for himself the meat of small birds from the carcass, should bear in mind that, however toothsome may seem these tempting morsels, it is not customary to dissect the small carcass in order to secure every edible morsel, but that as a rule, only the thick meat upon the breast, and perhaps a portion of the second joint, is eaten. No blunder is commoner or more egregious than to cut off the drumstick and pick it up with the fingers, in order to gnaw the meat from the bone. The trite old saying, that fingers were made before forks, so commonly quoted as an apology, only serves to make the offense greater, and the offender more ridiculous. A person who handles small game birds after this fashion, at a formal dinner—which is the only occasion when they are likely to be served, lays himself open to the suspicion that he is doubtful of ever having such another opportunity and is resolved to make the most of the present one.

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Utensils for Carving

When joints, poultry, or game are carved in the butler's pantry or upon the side board, as is customary for formal table service *à la Russe,* the joint or bird is removed from the platter upon which it is brought in, to a carving board, a flat piece of hard wood, which may or may not be mounted on short legs, and surrounded by a strip of silver or other metal. The carving board should preferably be about one and one-half or two inches in thickness, and should be scored with a number of grooves, converging into a well or depression at one end of the board to catch and retain the meat juices or gravy.

The use of the carving board for carving at table in private houses is a new custom, and by no means a generally established one. Indeed, a fancy carving board is not obtainable in many localities, although the style of board used for planking steak or fish affords a good substitute, and if bought and reserved exclusively for this purpose may be regarded as entirely satisfactory. Where the roast is brought in upon a silver trencher, the carving board is really necessary to avoid scratching the metal. And even where the roast is brought in upon an ordinary porcelain platter, it can be handled much more satisfactorily if transferred to the carving board. For the coarser texture of the

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board prevents the roast from slipping away from the carver, and by giving the carver more room, it does away with the liability of gravy stains and similar accidents. After the roast has been placed upon the carving board and carved, the portions are replaced upon the platter before serving. Whether or not the carving board is used, the instructions given for carving the various joints and birds, respectively, are in nowise altered.

A complete set of carving tools of the best quality such as that employed professionally by the writer, consists of twelve knives of assorted sizes, a fork, and a steel, which, packed in a suitable case, costs approximately fifty dollars. Two, or at most, three knives, besides the fork and steel, are sufficient, however, for the ordinary householder. A large, thin, broad-bladed, round-pointed knife, about 12 inches long, is desirable, but is used for carving beefsteaks only. A sharp-pointed knife of the French pattern, shown in the accompanying illustrations, about 9 inches long, is the best utensil for general use in carving roasts, as joints of meat and poultry. And a similar knife about 7 inches long is desirable for carving duck, partridge, and other game birds. A suitable fork is, of course, necessary, and while the expert carver does not require the protection of the steel guard upon the fork, such a device is advisable for the inexperienced person, for in carving, the edge of the knife

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is often drawn toward the hand holding the fork, and the resistance of the knife blade varies greatly, and there is always danger that its edge may be deflected by a skewer or piece of bone or tendon, so that serious accidents are liable to occur.

No one can do satisfactory carving without a sharp knife, and to this end it is thoroughly sound economy to buy a carving set of the best grade, to cause the knives to be ground as often as may be necessary to keep them sharp and to furnish oneself with a good steel. The edge of the carving knife like that of the razor, deteriorates more or less while standing, and hence the carver should always sharpen the knife upon the steel immediately before using. To use the steel, it should be held in the left hand, the point raised and inclining slightly towards the carver's body. The knife should be held in the right hand, at an angle of about 35 degrees from the steel, and drawn along the side of the steel, from the point of the steel downward toward the hand and from the heel to the point of the knife, the strokes being reversed from side to side of the steel. The touch should be very light, as a good steel—especially if it has been thoroughly magnetized as it should be—will not fail to do its work if contact with the edge of the knife is really established. About a half dozen strokes will be sufficient, unless the knife is very much out of condition.

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PART II

A POTPOURRI OF RECIPES

INTRODUCTORY REMARKS

HAVING considered broiling and roasting meats, poultry and game, let us take up other details of cookery.

The subject of réchauffé dishes is worthy of attention. Serving left-overs appetizingly has become an important matter, and "warmed again" is no longer an apologetic term. Indeed, the word Réchauffé has acquired a veritable dignity—well deserved and permanent, I venture to assert. And when we realize what savory and delicious dishes may be made from left-overs, the foregoing statement is certainly *à propos*.

Good recipes are always welcomed, both by housewives and cooks consequently an agreeable variety is added to the menus thereby. Moreover, as experience has shown me that recipes for tasty

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soups and perfect sauces are especially prized, I am furnishing recipes of my own, with specific directions for soups, sauces and dressings, such as I have found to be particularly well liked and in the greatest demand.

SOUPS

Noodle Dumplings for Soup

This is a good soup embellishment; an addition of the force-meat and noodle nature. Beat three eggs with two tablespoons of water and a pinch of salt and add enough flour to make a dough that can be rolled out thin.

Fold it double; cut in squares, have ready some minced cooked chicken or veal, or both, and fill the dumplings, sprinkling with chopped parsley and a few tiny bits of butter. Fold over and pinch the edges a little; when the soup boils put them in and let them boil gently until done. Serve with the soup.

Cold Beet Soup, Vladimir

Grate eight raw beets, and put in a saucepan with one glass of good white wine, Sauterne preferred. Bring to a boil; and boil five minutes; then strain through a fine cloth, and let it cool by placing on ice.

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Separate the yolks from the whites of four hard-boiled eggs; pass the yolks through a sieve; mix with one pint of sour cream, and add it to the essence of beets. Season well with salt and pepper, and serve, on a bed of ice, in cups with a garniture made from the whites of the hard-boiled eggs cut in julienne strips, one cucumber and six radishes similarly cut, but very fine. This is a Russian soup, and very refreshing on hot days.

Mock Turtle or Calf's Head Clear Soup

Bone a calf's head, put it into cold water in a saucepan on the fire, boil up the liquid and let it continue boiling for half an hour, then drain, refresh and singe it. Butter the bottom of a saucepan, cover it with slices of ham, a carrot and some onions, a bunch of parsley, garnished with sage, chives, thyme and bay leaf. Split the bones taken from the head, lay them on this bed of vegetables and add two pounds of knuckle of veal, and a pound and a half of chicken, or else some chicken thighs, either of these being partially roasted; moisten with a quart of water, and let boil on a moderate fire until the liquid is reduced and fallen to a glaze, and the vegetables slightly colored. Moisten again with six quarts of either broth or water; add the blanched calf's head and boil with the liquid again, then skim and throw in one onion with a clove in it, a little mace and a quarter of

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a pound of mushroom trimmings; continue to boil slowly and when the head is cooked, remove it from the stock; cover it over with broth and leave it till cold. Now cut away the white skin near the snout, divide the meat into equal sized half-inch square pieces, taking only the cutaneous parts. Remove the chicken when done, season the stock, skim off the fat and strain it, through a sieve, clarify it with two pounds of chopped beef and one whole egg, proceeding the same as for a consommé. Strain the liquid through a napkin, or a silk sieve, and thicken it with a spoonful of fecula for each quart, diluting the fecula with half a gill of sherry and a little water, and then pouring it into the soup, stirring it vigorously until all is well mixed; then return it to the fire and stir again until it boils. Pound the meat from the chicken free of all fat, bones and skin; add to them when well pounded, four hard-boiled egg yolks, salt, nutmeg, and four raw egg yolks, rubbing all through a sieve, mix in some chopped parsley and with this preparation make some small half-inch diameter quenelles; poach them in boiling and salted water, drain and put them into a saucepan with the piece of calf's head, moisten with the stock, boil and skim, then add half a gill of Madeira or extra sherry wine for each quart of soup; and the juice of half a lemon for each quart; pour it into a soup tureen and serve very hot.

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Croute Au Pot

The distinguishing characteristic of Croute au Pot is that there are crusts of bread which are moistened with fat from the soup and then are browned before the fire. Afterwards the crusts are simmered with the bouillon, for some moments, before the soup is served. The soup is a good beef broth with some cabbage and vegetables which are cut into small pieces and served with the broth.

Home Made Soup

Soak one cup of white beans and one cup of lentils in water for a few hours. Put a saucepan on the fire, filled with two quarts of cold water. Add the beans, lentils, salt and pepper and boil until tender. Wash one handful of sorrel, place a lump of butter in a stew pan, and when melted, throw in the sorrel. Slice one carrot and one potato, wash one teaspoon of tapioca to each guest and add with the carrot and potato to the beans and lentils. When sufficiently cooked, add the sorrel that has been simmering in butter in the stew pan. Pass the contents of the saucepan through a colander to make a purée, taking care to have a receptacle beneath it. Pour everything back into the saucepan, boil again, adding salt and pepper to taste, and serve.

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Petite Marmite

2 Pounds short ribs of beef cut in two inch squares,
6 Small pieces, ox-tail,
1 Two pound fowl,
1 Gallon of beef broth,
½ Pound carrots cut in small sticks,
¼ Pound turnips, cut in small sticks,
¼ Pound leeks, cut in small sticks,
A heart of celery,
1 Onion stuck with 2 cloves and a little garlic.

Put in a one-gallon pot (called "Marmite") the meat, fowl and ox-tail, cover with the beef broth and put on the fire and let it come to a boil. Skim off the surface and add the vegetables.

Let it cook for 3 hours and serve with toasted sliced rolls.

Proportions serve ten people.

FISH

Fish à la Rothschild

Cut two pounds of trout and two pounds of red fish in two-inch slices; remove the skin from one side of the slices and cover with a paste made of two finely chopped onions, salt, pepper, fine cracker crumbs and one egg, and then put back

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the skin. Boil with salt, pepper, an onion stuck with two or three cloves, a carrot and two sprigs of parsley cut fine and a pinch of allspice, and, when cold, serve after adding a tablespoon of rich cream.

It should take about two hours to cook.

Fresh Prawn Cocktail

Boil one and one-half pounds of prawns in salted boiling water for five minutes the night before. Drain, shell and place them when cooled off in a refrigerator or cool place.

Prepare following sauce:—2 shallots minced very fine and mixed with equal parts of chow chow minced very fine, chili sauce, mayonnaise sauce and cream. Season to taste and serve this sauce with the prawns in cocktail glasses.

Shad Roe McAlpin

Take a good sized shad roe, season with salt and pepper and broil on a slow fire for 15 minutes; turn from one side to the other to prevent it from burning.

When done split it in two and fill the inside with scrambled eggs flavored with some anchovy butter.

Serve with some fillets of anchovies on top of the eggs and garnish with broiled sliced tomatoes.

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Sea Food Supreme (for 4 Persons)

6 Fresh prawns,
8 Scallops,
6 Oysters,
6 Clams (hard),
½ Cup lobster meat,
½ Cup crab meat,
½ Cup old white wine,
½ Cup double cream,
2 Tablespoons tomato ketchup,
2 Tablespoons mashed sweet pepper (passed through a sieve),
4 Finely chopped shallots,
1 Tablespoon chopped fresh tarragon,
1 Tablespoon old Brandy,
1½ Ounces sweet butter.

Put the scallops, oysters, clams and the white wine together in a saucepan. Leave them on the fire just long enough to be poached. Put the crab and lobster meat in a buttered saucepan. Keep them five minutes over a hot fire, then pour the brandy over and singe. (Keep everything hot while you prepare the sauce.)

Put a half ounce of butter in a saucepan with the chopped shallots and let brown slightly. Add the tomato ketchup, half a spoon of tarragon and the mashed sweet peppers. Drain the pan with the clams, oysters, etc., and add its juice to the sauce. Let reduce for 10 or 15 minutes, according

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to the strength of the fire. Keep stirring, to prevent burning, then add the cream and let boil for 2 minutes.

Now finish the sauce in a chafing dish (as it must not boil any longer) by adding the rest of the butter, little by little. Stir well, season to taste with salt, pepper and cayenne. Pour all the fish into the sauce and sprinkle the top with the chopped tarragon. Serve in terrapin plates with crackers.

Crab Flakes Exquisite

This is a Franco-American dish. Requirements —Catsup, Chili sauce, two finely minced shallots, tarragon, chervil, two spoons puree of red pepper, one-half pound of butter, four egg yolks, cream, whole white pepper and cayenne.

Put the shallots in a pan, together with some good vinegar, crushed white pepper, the stems of the tarragon and a little chervil; place on the fire till the vinegar evaporates; then add the catsup, chili sauce and red pepper purée.

Allow to cook until reduced to half of the original volume, and add cayenne. Mix yolks with cream, add to sauce but do not boil it.

Finish your sauce with good butter and strain.

Heat crab flakes in the blazer of a chafing dish with hot water under and when hot, pour sauce over and serve from the chafing dish.

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SALADS

Knob of Celery Salad

Take some boiled celery knobs, cut into slices, and dress with the following:

1 Teaspoon salt,
½ Teaspoon pepper,
1 Tablespoon French mustard,
2 Tablespoons vinegar,
4 Tablespoons oil.

Watercress and Pear Salad

Have very clean and green watercress. Season it only when ready to serve, with a very little oil, salt, pepper and vinegar and add a pear cut into slices. Pepper watercresses are prepared the same.

May be served with Roquefort Cheese dressing.

SAUCES

Remoulade Sauce

Chop up well one blanched shallot, add a handful of parsley leaves, chervil, tarragon and burnet. Pound the whole in small marble mortar. Add four nicely cleaned anchovy fillets and five or six

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hard boiled egg-yolks. Rub all the ingredients through a sieve, then mix in three or four raw yolks. Stir into this preparation one pint of oil, half a gill of vinegar and mustard, the same as for mayonnaise and finish the sauce with capers, finely chopped pickled gherkins and a dash of cayenne pepper.

Lemon Dressing

1 Lemon; juice only,
¼ Teaspoon salt,
A pinch of pepper,
3 Tablespoons olive oil,
½ Tablespoon chives,
½ Tablespoon chervil.

Strain lemon juice and mix with salt and pepper. Then add little by little the oil, using if possible a beater.

Mince the chervil and chives very finely and add at the last minute.

Salad Dressing, Bourgeoise

One-half soupspoon of French tarragon mustard, one tablespoon of vinegar, one of mayonnaise, three of olive oil, one-half tablespoon of chili sauce, one teaspoon of salt, one-half tablespoon of Worcestershire sauce, dash of pepper, one-half tablespoon of minced chervil and chives mixed. Mix together the mustard, vinegar, salt, pepper, mayonnaise, chili and Worcestershire sauce, and

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chill in a bowl of ice. Add, little by little, the oil, chervil and chives, using a wire whip; and when it is thoroughly mixed, put in a bowl and chill in the ice-box until wanted.

Russian Dressing

½ Teaspoon salt,
2 Dashes pepper,
1 Dash cayenne,
2 Dashes paprika,
2 Egg-yolks,
4 Soupspoons olive oil,
½ Sweet pepper very finely chopped,
1 Teaspoon chili sauce,
½ Teaspoon powdered sugar,
Vinegar.

Whip the two yolks of egg, adding the oil gradually. When the sauce starts to thicken add vinegar to taste, spices, chili sauce and the sweet pepper. If the sauce is too thick, thin it with a little more vinegar.

French Dressing

½ Teaspoon salt,
A pinch of fresh ground pepper,
1 Teaspoon French mustard,
1 Soupspoon tarragon vinegar,
2 Soupspoons olive oil.

Mix in a bowl the salt, pepper, mustard and vinegar. Add little by little the olive oil.

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To get the best result, use small wire whip.

Quantity gives sufficient dressing for one individual portion.

Sauce Mayonnaise

In order to obtain a quick and certain mayonnaise sauce, it must be worked with a small wire whisk.

Put five egg-yolks into a bowl, eliminating every particle of the white. Add 2½ teaspoons salt, ¼ teaspoon white or red pepper, and 2½ teaspoons ground mustard. After these are thoroughly mixed, pour in a quart of oil and one gill of vinegar, alternating them without once stopping the beating. In a few minutes the sauce becomes voluminous, smooth and firm.

Green Spanish Sauce

Pound to a paste one ounce of chervil and one ounce of parsley. Add to it four ounces of bread crumbs soaked in water and then squeezed dry, six anchovy fillets, two ounces of chopped minced onion. Pound to a paste and then rub it through a sieve into a bowl. Beat it well with sweet oil, the same as for mayonnaise, adding salt, pepper and spinach green to color. Thin slightly with a little water.

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Mint Sauce

Put into a sauce boat half a cup of good vinegar, a tablespoon of powdered sugar, a little cayenne pepper and one-fourth cup finely chopped fresh mint leaves. Let them infuse for half an hour.

POULTRY

Gipsy Pot

Cut two chickens each in four pieces, two pounds salt pork in large squares and parboil. Take two leeks and two stalks of celery, a dozen small onions, three chopped carrots, a young cabbage, three tomatoes skinned and freed from seeds, and some potatoes cut in quarters. Put all this in a pot; salt and pepper; add two bay leaves and a little thyme; moisten with a quart of chicken broth; close with a tight cover and let stew for one hour and serve.

Chicken Croustade

Clean, singe young tender fowl, then cut into eight small joints; put into a sauté pan one ounce of butter and one ounce of lard; when hot, place in the pieces of fowl and fry quickly on both sides. Transfer the pieces into an oval fire-proof terrine, season with salt, pepper, and sprinkle over some

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chopped parsley. Add to them a hard-boiled egg, four big fresh mushrooms cut in small pieces; also three potatoes, sliced very fine and four slices of bacon, previously fried. Next pour over the fowl a soupspoonful of brown gravy. Roll out some puff paste to fit the top of the terrine and place into position. Brush over with beaten egg yolk and bake in a fairly hot oven for 35 minutes, by which time the fowl and the paste ought to be quite well cooked.

Cold Fricassée Chicken

Cut the breast in two slices from a spring chicken, about one and one-half pounds in weight, and cut each leg into two pieces. Place in the bottom of a sauté pan one sliced onion, two bay leaves, a little thyme and some minced parsley. Lay the chicken on these and season with salt and pepper and a dash of paprika. Sprinkle over with a tablespoon of flour and add sufficient chicken stock to cover it and simmer for twenty minutes. When tender, remove the chicken and strain the gravy. Thicken with one tablespoon of gelatine after adding one-half cup of sweet cream. Then take each joint of chicken, baste well with the gravy and set in the ice box one hour to chill. Decorate each portion with tarragon, place in a deep mould, cover with a light layer of chicken jelly and leave it to set. Serve with any simple salad.

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Fricassée of Chicken with Curry Madras

One spring chicken, weighing 2 pounds. Cut the breast and each leg into two pieces. Mince very fine, 1 apple peeled, 3 white onions, 4 ounces boiled ham, one-half teaspoon thyme and bay leaves, 1 soupspoon grated cocoanut, 1 bouquet parsley, 2 soupspoons curry powder, one-half pint cream.

Season the chicken with salt and pepper and place in a sauté pan which has been well buttered. Allow to cook until slightly browned, then add the mince of apple, onions, ham, thyme, bay leaves and fry for five minutes. Take a cup of chicken broth, add to it the parsley. Now sprinkle the curry over the chicken and then pour over carefully the mixture of broth and parsley and cook for fifteen minutes. When cooked pick out the chicken and place in a chafing dish. Add the cream and cocoanut to the gravy and allow to reduce to half of its volume, then strain over the chicken and serve. Boiled rice is usually served on the same plate.

Gosling Stewed with Turnips

Cut up a small tender and well-cleaned gosling into medium-sized pieces, discarding the pinions, drumsticks and neck; cut also half a pound of lean bacon into half inch squares; fry them for a

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few moments in butter, and remove with the skimmer, leaving the fat in the saucepan; lay the pieces of goose into this fat, fry over a hot fire while stirring, season and add one onion and a bunch of parsley garnished with thyme and bay leaf.

When the meats are browned, drain off the fat and dredge the goose with flour, moisten to its height with hot stock and boil up this liquid while stirring, letting it remain in this state for ten minutes; by this time the sauce should be slightly thickened.

Cover the saucepan with its lid and continue to cook moderately.

Take raw turnips and cut them into balls three-quarters of an inch in diameter, place them in a pan with the strained fat from the goose, season with salt and a pinch of sugar and color them briskly; when half cooked lift out the pieces of goose, the bacon and the turnips; boil together for ten minutes and finish cooking in a slow oven. The gosling and turnips should both be found done at the same time. Dress all in a deep dish with very little sauce.

Roast Turkey with Chestnut Dressing

Select a small turkey, not too fat but quite fleshy. Bone the entire front part, leaving the breast-skin as long as possible, also the thighs; diminish the thickness of the fillets and place these

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pieces where there is no meat, so as to equalize the thickness of the meat.

Season the inside of the breasts, stuffed with following stuffing—1 pound forcemeat; 4 baked onions minced; 2 sliced apples fried in butter, 4 rolls, soaked in milk; 1 egg, 1 pound peeled chestnuts, half cooked in chicken broth, with 2 spoons sugar and celery flavor; season with salt, allspice and pepper, and braise it for an hour and a quarter, to an hour and a half, on a very slow fire, and at the last moment glaze, drain off and undress the turkey.

Surround it with a Chipolata garnishing, into which a good brown gravy with Madeira wine has been added, reduced with the braise stock; pour a part of this sauce over the turkey and serve the remainder separately.

Roast Duckling

Bake a half dozen whole onions in the oven; when done peel and hash them very fine. Take eight apples, peel, cut into slices and allow to steam for five minutes. Place in a pan half pound of sausages, two bread rolls soaked in milk and squeezed dry, one egg, allspice and some black pepper. Mix these thoroughly, then add the apples and onions. With this mixture stuff the duckling and roast in the usual way.

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MEATS

Shoulder of Spring Lamb with Fresh Mushrooms

This is an exquisite dish, very simple and easy to prepare. I am sure that many good home cooks will delight their husbands by presenting them with such a nicely flavored dish as they will find this to be.

Requirements:

One shoulder spring lamb,
12 Large mushrooms,
1 Tablespoon chives, chopped,
2 Tablespoons shallots, chopped,
1 Tablespoon parsley, chopped,
4 Ounces sweet butter,
8 Ounces bread crumbs,
Salt and pepper to taste.

Place a nice, well-seasoned shoulder of spring lamb in a good-sized roasting pan, arrange some fat on the top and put it in the oven. Take the mushrooms, cut off the stems and wash thoroughly. The chives, shallots, parsley, butter and bread crumbs to be mixed together. With this mixture stuff the mushrooms. By the time the lamb is nicely browned; surround with mushrooms and allow to bake until the mushrooms are cooked, taking about ten minutes.

Arrange the shoulder and mushrooms in an oval

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dish and add half a cup of gravy. The gravy is allowed to boil in the roasting pan for two or three minutes and is served with the lamb.

Spring Lamb Cutlets with String Beans

Pare the breast-bones from a rack of lamb, four inches long; cut off the neck to the third rib; saw off the spinal bone, without spoiling the fillet, as far as the rib; then cut from each rack five chops according to the thickness. Remove the meat from the end bones of each chop, cut an inch thick, and flatten the meat lightly. Remove the fibrous skin adhering to the kernel, season with salt and pepper. Roll them in good olive oil, broil over a brisk fire, turning them once during the operation. Dress and garnish with new string beans which are sautéed in butter.

Veal Stew

This veal stew, Jewish style, is not like anything you will be likely to find anywhere else, but the well-known indigestibility of this meat is much lessened by the sauce served with it. Stew the veal, preferably in a covered casserole, holding about three pounds, and when it is nearly done add half a cup of vinegar, half a cup of seeded raisins, a pinch of cloves, a pinch of cinnamon and a tablespoon of horseradish. Have ready some buttered bread crumbs to thicken the sauce and season finally with just enough salt and pepper to taste.

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Provençale Sausage

Rump of lamb, bacon, onions, shallots, a soupçon of garlic, coarsely chopped parsley, tomato, soft bread crumbs, salt, pepper, cayenne, thyme and bay leaf.

Fry in olive oil one medium-sized chopped onion, four shallots and quarter-pound of bacon, chopped with a soupçon of garlic. Add the coarsely chopped parsley, and then four tomatoes, cut small; season with salt, pepper, cayenne, thyme and bay leaf, the latter two chopped very fine. Allow to reduce to half of its original volume and then withdraw from the fire.

Sauté the lamb, previously cut in small squares, over a quick fire, add some soft bread crumbs and one egg, according to judgment; allow them to cool and shape the sausages.

Serve with a rice pilau, or with a purée of potatoes accompanied by a good sauce.

New England Boiled Dinner

The quantity given in this recipe is sufficient for a family of six or eight persons. There should be sufficient left to make vegetable hash for another meal.

Take a piece of corned beef of from two to four pounds in weight. If cold corned beef is desired, a larger piece of beef may be boiled. For the midday meal, the beef should be put on the range

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to boil as early as 7:30 A.M. At 8:30 put in the same pot four large beets that have been well washed and cut as little as possible in order that the juices may not escape. At 9:30 add one pound of fat salt pork, and half an hour later a large cabbage cut in quarters and carefully washed. At 11 o'clock one large or two small yellow turnips, peeled and cut in slices an inch thick, are added with two medium-sized carrots, washed and scraped. Three-quarters of an hour before serving remove the corned beef and pork and add two good-sized parsnips, washed and scraped, and one dozen whole potatoes, also peeled. These should boil in the liquor with all the other vegetables, until potatoes and parsnips are done. Remove from the kettle, drain in a colander from all the liquor, and serve on a platter. The cabbage may be boiled in a bag or piece of cheesecloth, if desired, and served in a mound at one end of the platter. The corned beef and pork are neatly sliced and the slices of turnip cut in halves. The beets are sliced in pieces one-half inch thick and the carrots and parsnips sliced once lengthwise. The beets upon being removed from the kettle are plunged in a dish of cold water; and after a moment's immersion the skins may readily be slipped off. They are sometimes served in a separate dish, with a little drawn butter poured over them. The cabbage may also be served separately after seasoning with butter,

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salt and pepper. The potatoes are arranged on the platter with the other vegetables. English mixed mustard and vinegar are usually the condiments used.

Vegetable Hash

Take all the vegetables left from a New England boiled dinner, and chop them in a chopping tray or run through the food-chopper, using the coarsest knife. Put a large lump of butter in a frying pan or iron kettle; add vegetables to this with a very little hot water, if it seems too dry, and stir often, seasoning with salt and pepper. This should not be browned or cooked too long, but cooked over a slow fire until thoroughly hot. Serve on a platter garnished with slices of the cold boiled pork and corned beef.

GARNISHING

Chipolata Garnishing

This garnishing is composed of 18 small carrots whole, or else cut into balls and glazed; 18 small glazed onions; 18 cooked mushrooms; 18 fluted whole chestnuts, moistened with broth and cooked until they fall to a glaze; and small broiled Chipolata sausage.

Set these various materials into a sautoire and

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pour over when ready to serve some Espagnole sauce, reduced with Madeira wine.

Add half a pound inch squares of salt pork fried in butter and cooked in consommé; arrange the garnishing in clusters for remove or mingled for entrées.

DESSERTS

Omelette Soufflé Vanille

Place six egg-yolks in a bowl with three ounces of powdered sugar and an ounce of vanilla sugar. Beat well with a whip until it becomes very light. Also beat up twelve whites to a stiff froth and mix them in lightly with the yolks. Then dress on a long dish and split lengthways through the center with the blade of a knife, so as to make two pieces of it. Decorate the surface of the omelette prettily, sugar it over and bake in a hot oven for eight or ten minutes, serving it as soon as it is done.

Croquettes of Chestnuts

Select four pounds of fine, sound chestnuts; slit them on one side and put them to roast in a large perforated pan; cover and toss frequently until done. They may also be cooked by placing them on a baking sheet and then in a hot oven to roast without blackening. Remove shells and brown

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skins, and reserving twenty of the finest chestnuts, pound the others to a fine paste. Add, while continuing to pound, two ounces of vanilla sugar and a little thick cream. Press this preparation through a sieve and put it into a saucepan beating into it six egg-yolks, then dry over the fire while stirring. Pour this on a baking sheet and leave till cold, then shape it into balls an inch and a quarter in diameter. In the center of each insert one of the roasted chestnuts split in two; mold the croquettes to the shape of a chestnut, dip them in beaten eggs, roll in white bread-crumbs and fry in very hot clear frying fat; when done, drain and sponge, sprinkle with vanilla sugar and dress on a napkin.

Strawberry Charlotte

Cut a few large lady-fingers into a long triangle so as to be able to place them in the shape of a marguerite in the bottom of a charlotte mold, pressing them down on their glazed side. Then cut off the ends and sides of a few of the same biscuits so as to stand them upright against the sides of the mold, pressing them close to each other; incrust the mold in ice. Strain through a sieve about two pounds of ripe, good-flavored strawberries; sweeten them with some thick Curacao-flavored sirup mixed with two tablespoons of granulated gelatine dissolved over boiling water,

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stir the preparation on ice, and as soon as it thickens slightly incorporate slowly the volume of a pint of well-drained whipped cream. Fill up the mold and let harden for one hour on ice or in a very cold ice-box. At the last moment invert the charlotte on a napkin and serve with some strawberry sirup.

ROASTING TIME TABLE

Large Turkey, 10 lbs.	1¾ hours
Small Turkey, 6 lbs.	1 hour
Capon, 4 lbs.	50 minutes
Fowl, 3 lbs.	35 minutes
Wild Duck	18 to 20 minutes
Duckling	45 minutes
Goose, 6 lbs.	1 hour
Young Hare	½ hour
Full grown Hare	40 minutes to 1 hour
Partridge	20 minutes
Woodscock	15 minutes
Squab	20 minutes
Snipe or Plover	10 minutes
Pork and Veal	20 minutes per pound

Beef—Mutton—Lamb.—The calculation for these meats is 15 minutes per pound.

Attention is called to the suggestion given on page 71, "How Long to Cook a Roast."

THE END

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