One Hundred and One Practical Non-Flesh Recipes

BY

MARGARET BLATCH

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SECOND EDITION

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PREFACE.

MY late position as Principal of the Eustace Miles School of Cookery for four years has resulted in numerous and oft-repeated requests from pupils for a Non-Flesh Cookery Book—hence this publication.

For nine years my husband and I have been abstainers from flesh-foods. During this time we have devoted our attention to forming NEW *combinations of these foods, with special reference to their nutritive value, digestibility, tastiness, and dainty dishing up.*

The measure of success that has attended our efforts is shown by the fact that we have been awarded three gold, six silver, and four bronze medals, and numerous diplomas, for Non-Flesh Cookery, at the Food and Cookery Exhibitions at the Royal Horticultural Hall, by judges who are among the best chefs in the world. Also we have been, and are, catering for and pleasing thousands of a public, well known to be critical, at Blatch's Restaurant, 50 Cannon Street, E.C., and elsewhere.

These 101 Best Recipes, in addition to making tasty, nourishing and economical dishes, are particularly suited for use by those contemplating a change of diet.

Proprietary articles, not being necessary, are almost entirely absent from my Recipes, with the exception of Marmite (which I have always found an excellent flavouring element) and Nutter Suet (which is quite free from water).

I have endeavoured to word my Recipes as clearly and simply as possible, in the hope that the amateur cook, as well as the professional, will be able to work from them without difficulty. As a rule the recipes in this book are intended to provide for four persons.

MARGARET BLATCH.

SOUPS.

1. Brown Artichoke Cream.

Ingredients :

2 medium sized Onions.
2 oz. Butter.
1 lb. Artichokes.
1 pint of Water.
1 pint of Milk.
1 tablespoonful of Flour.
Salt and Pepper to taste.

Method :

Peel and mince the onions, melt the butter in a saucepan or a casserole, add the onions and fry until brown. Scrub the artichokes and cut them into thin slices. and add to the onions, stir well over the fire for 5 or 10 minutes, add the flour, stir well in, then add the water, bring to the boil, add the milk and simmer gently for 1½ hours, add salt and pepper to taste, pass through a wire sieve, reheat and serve with fried croûtons of bread.

2. Chestnut and Tomato Purée.

Ingredients:

1 lb. blanched Chestnuts.
1 lb. Tomatoes.
3 small Shallots.
4 outside leaves of Celery.
1 teaspoonful of Marmite.
1 teaspoonful of Corn Flour.
1 pint of Milk.
1 pint of Water.
1 oz. Butter or Nut Margarine.
Pepper, Salt and Carraway Seeds to taste.

Method:

Fry the tomatoes, shallots and celery (all chopped fine) in the butter for 15 minutes, stir in the corn flour until smooth, and add the water and chestnuts (baked in the oven for 15 minutes and freed from skins), and cook for an hour. Then add the milk, Marmite and flavouring and bring to the boil. Pass through a fine sieve and serve with sippets of fried bread.

3. Sorrel and Spinach Cream.

Ingredients :

1½ lbs. Spinach.
½ lb. Sorrel.
2 medium-sized Onions.
1 pint of Milk.
1 pint of Water.
1 tablespoonful of Corn Flour.
2 oz. Butter or Nut Margarine.
1 teaspoonful of Marmite.
Pinch of Pepper, Salt and Ground Nutmeg to taste.

Method :

Fry the onions in the butter with a handful of spinach and sorrel in a stewpan for 15 minutes, stir in the corn flour until smooth, add the water and the rest of the spinach and sorrel, cook for an hour gently, flavour with Marmite, salt, pepper and nutmeg ; add the milk and bring to a boil. Rub through a fine sieve and colour with a little parsley pounded in a mortar if required. Serve with fingers of dry brown bread toast.

4. Tomato Cream.

Ingredients :

1 lb. Tomatoes.
4 oz. chopped outside leaves of Celery.
2 medium-sized Onions.
2 oz. Butter or Nut Margarine.
1 Bay Leaf.
1 dessert-spoonful of Corn Flour or Ground Rice.
1½ pints of Water.
A piece of Garlic the size of a pea.
1 teaspoonful of Marmite.
Salt and Pepper to taste.

Method :

Chop up the vegetables, add the herbs and fry for 15 minutes in the butter, stir in the corn flour or ground rice until smooth, then add the water and simmer for 1 hour, add the flavouring to taste and pass through a fine wire sieve. Serve with fried croûtons of bread.

5. Lentil Cream.

Ingredients :

6 oz. Egyptian Lentils.
1 large Onion.
3 or 4 outside pieces of Celery.
2 oz. Butter or Nut Margarine.
1 teaspoonful of Corn Flour or Flour.
1 teaspoonful of Marmite.
2 pints of Water or Stock.
Pepper and Salt to taste.

Method :

Mince the onion and celery and fry in the butter in a stewpan until brown, add the flour and stir until smooth, then add the water and lentils and simmer for 1½ hours; add the Marmite, salt and pepper, pass through a fine sieve, and serve with fried sippets of bread.

6. Pinekernel and Celery Cream.

Ingredients :

4 oz. milled Roast Pinekernels.
8 outside leaves of Celery.
1 large Onion.
Piece of Garlic the size of a pea.
2 oz. Butter or Nut Margarine.
1 tablespoonful of Corn Flour or Ground Rice.
1 pint of Water.
1 pint of Milk.
1 teaspoonful of Marmite.
Pepper and Salt to taste.

Method :

Chop up the celery, onion and garlic and fry in the butter for 15 minutes, stir in the flour until smooth, then add the water and pinekernels and simmer gently for an hour; add the Marmite, flavouring and milk, bring to the boil again, and pass through a very fine sieve. Serve with whole roast pinekernels as a garnish.

7. Vegetable Clear Soup

(A Splendid Blood Corrective.)

Ingredients :

1 medium-sized Carrot.
1 medium-sized Turnip.
2 medium-sized Onions.
2 or 3 slices of Beetroot.
1 small bunch of Watercress.
1 Bay Leaf.
1 tablespoonful of Savoury Herbs.
A few Lettuce or Endive Leaves or Spinach.
3 pints of Water.
2 Cloves.
1 large teaspoonful of Marmite.
1 White of an Egg, with 2 or 3 shells.
Pinch of Salt to taste.

Method :

Wash all the vegetables well, and cut up into small pieces without peeling, put into a large saucepan, or better still a casserole, with the water ; add the herbs (tied in a piece of muslin), simmer on the stove for 4 hours, then strain off vegetables, add the Marmite and seasoning, and stir until well dissolved over the fire. Beat up the white of an egg with the shells, and whisk into the soup, simmer for a few minutes, then strain through a tammy cloth, serve with fancy pieces of carrots, turnips, peas.

SANDWICH PASTES.

8. Tomato Cheese.

Ingredients :

4 oz. milled Cheddar Cheese.
1 oz. Butter or Nut Margarine.
1 large ripe Tomato.
Pinch of Cayenne Pepper to taste.

Method :

Pass the tomato through a fine sieve and mix with the other ingredients into a stiff paste.

9. Mock Crab Paste.

Ingredients :

1 small Tomato.
2 oz. milled Cheddar Cheese
1 oz. Butter.
2 oz. soft white Breadcrumbs.
2 hard-boiled Eggs.
1 tablespoonful of Tomato Chutney.
1 teaspoonful of Lemon Juice.
Salt and Paprika Pepper to taste.

Method :

Rub the tomato through a sieve, keeping the pips and skins back. Mix all the ingredients except the whites of the eggs. Pound them or rub them into a paste. Arrange some lettuce leaves round a dish, put the mixture in the centre, press the cooked whites through a coarse sieve over the mixture, and sprinkle with Paprika pepper and chopped parsley, or this mixture may be used as a Sandwich Paste.

10. Savoury Egg Paste.

Ingredients :

3 hard-boiled Eggs.
1½ oz. soft Breadcrumbs.
½ teaspoonful of Marmite.
1 oz. Butter or Nut Margarine.
Salt and Pepper to taste.

Method :

Chop the hard-boiled eggs as fine as possible, add the other ingredients and mix well, put into small pots and cover with melted Nutter Suet, and use for breakfast and for sandwiches.

11. Lentil Paste.

Ingredients :

4 oz. cooked Lentils (Red).
1 tablespoonful of minced Onion.
1 oz. Nut Margarine or Butter.
½ teaspoonful of Marmite.
1 teaspoonful of Lemon Juice.
Salt and Pepper to taste if required.

Method :

Fry the onion in the butter until brown, well wash the lentils and put into a stewpan with half pint of water, add the fried onions, and simmer until the lentils are done ; if cooked too quickly a little more water will be needed. When the lentils are done the water should have been nearly all absorbed ; add the other ingredients and pass through a fine sieve, and use within two days or the mixture will be sour.

NUT DISHES.

12. Nutmeat Patties.

Ingredients:

8 oz. Nutmeat (see recipe 13 or 18).
1 large Onion.
1 oz. Butter or Nut Margarine.
1 Bay Leaf.
1 teaspoonful of mixed Savoury Herbs.
1 teaspoonful of Marmite.
1 teaspoonful of Flour (heaped up).
½ pint of Water.

Method:

Finely chop the onion, and fry in the butter with the herbs, stir in the flour until smooth, add the water and Marmite, and cook for fifteen minutes, pass through a sieve, cut the nutmeat into small dice and mix with the gravy, leave for a few minutes to cool. Line some patty pans with Scotch puff pastry (see recipe 89) about ¼ inch thick, press the pastry well out to sides of the pans, then put a good tablespoonful of nutmeat in the centre of each, brush the edges with water, cut out some rounds of pastry for the tops ¼ inch thick, and lay over the top (do not press down), brush lightly with the yolk of an egg, and bake in a very hot oven for 10 minutes, then turn the gas down and bake for 15 minutes until done

13. Galantine of Nuts.

Ingredients :

½ lb. mixed Kernels, passed through a nut mill.
½ lb. Bread crumbs, white or brown.
2 oz. Butter or Nut Margarine.
6 Shallots.
1 tablespoonful of mixed savoury Herbs.
1 gill of Béchamel Sauce.
2 Eggs.

Method :

Fry the onions and herbs in the butter for 15 minutes. Mix all the ingredients together in a basin, into a stiff paste. Shape into a roll, and roll up tightly in a buttered piece of grease-proof, screw up the ends tightly, then roll into a cloth and tie the ends very tightly over the paper, and steam for 2 hours, or boil in water 1½ hours, take out of steamer or saucepan and lay on table with a piece of wood over the top, and a weight to press it into shape : when cold glaze with melted agar agar coloured and flavoured with a little Marmite.

14. Brazil Nut Cutlets.

Ingredients :

4 oz. milled or grated Brazils.
2 oz. Butter or Nut Margarine.
1 gill of Water or Milk.
1 teaspoonful of Flour.
1 teaspoonful of minced Onion
3 or 4 pieces of Celery chopped fine.
1 Egg.
3 oz. Brown or White Breadcrumbs.
Salt and Pepper to taste.

Method :

Fry the onion and celery in the butter until brown, add the flour and stir until smooth, add the milk or water and the other ingredients except the egg, make into a stiff paste and form into cutlet shapes ; beat up the egg and brush over the cutlets and roll in the dry breadcrumbs and fry a golden brown in Nutter Suet. Deep frying is the best for cutlets, rissoles and croquettes. Care should be taken to see that the blue vapour arises from the boiling fat before the cutlets are put in, or they will absorb the fat, which so often spoils this form of cooking.

15. Nutmeat & Vegetable Pudding.

Ingredients for Pudding Crust.

6 oz. Nutter Suet.
1 lb. Flour, sifted.
1 teaspoonful of Baking Powder.
½ pint of Water.
Pinch of Salt.

Method.

Chop the suet up fine in the flour, mix with the baking powder and the salt, make a bay and pour in the water, gradually mix to a stiff paste, lay aside for 15 minutes before using.

For the centre of the pudding use an assortment of cooked vegetables, such as carrots, beans, lentils, turnips, tomatoes, mushrooms, &c., with diced up firm nutmeat (such as Recipes 12 and 18), or hard-boiled eggs. The assortment should be put into a basin and mixed with brown gravy, about a gill (Recipe 62), with the addition of a pinch of herbs—basil, marjoram, or thyme. Line some buttered moulds with a thin layer of dough and fill with mixture, cover with dough and a greased piece of paper, and steam or boil 1½ hours. Turn out and serve with buttered carrots.

16. Nutmeat & Vegetable Pie.

An assortment of any cooked vegetables, such as beans, lentils, peas, turnips, carrots, celery, tomatoes or mushrooms, a good pinch of savoury herbs, and one onion finely minced and fried in 1 oz. butter or Nutter Suet. Mix this with the assorted vegetables, and add 1 gill of Béchamel Sauce (see Recipe 60). Put the mixture in a pie dish with a layer of nut-meat, roll out a piece of Scotch puff pastry (Recipe 89) $\frac{1}{4}$ inch thick about the size of the dish, cut a small $\frac{1}{2}$ inch strip to press round the edge as a foundation for the crust ; put the centre support in the pie dish and lay on the crust, trim round with a sharp knife and pinch a fancy border ; brush off the flour with a soft brush, and lightly brush with the yolk of an egg. Four pastry leaves may be laid on the top from corner to centre and brushed over with the egg. Bake for 15 minutes in a very hot oven, then turn it down, and bake for another half hour or until crust is well done.

17. Walnut Cutlets.

Ingredients :

4 oz. shelled Walnuts passed through a nut mill.

4 oz. Breadcrumbs, white or brown.

1 oz. Butter or Nut Margarine.

1 tablespoonful of grated Onion.

2 Eggs.

1 teaspoonful of Lemon Juice.

½ teaspoonful of Marmite.

1 dessertspoonful of Flour.

1½ gills of Milk.

Pinch of ground Mace, Pepper and Salt.

Method.

Fry the onion in the butter for 5 minutes, not browning, stir in the flour until smooth, add the milk, and stir until it thickens, add the nuts, seasonings, and 1 egg. Mix well with a wooden spoon, and stand aside to cool. Mould into cutlet shapes, dip in beaten egg, and roll in dry breadcrumbs, fry a golden brown in Nutter Suet (see instructions for frying in Recipe 14) and serve overlapping each other round a dish, with the centre filled with chipped potatoes, peas or piped mashed potatoes. Serve with Béchamel Sauce (Recipe 60) and one green vegetable.

18. Pinekernel Roast.

Ingredients:

8 oz. Pinekernels grated through a nut mill.
8 oz. white or brown Breadcrumbs.
2 Eggs.
2 oz. Butter.
6 leaves of Celery and 1 small Onion, minced fine.
Pinch of chopped Parsley.
Pepper and Salt to taste.

Method:

Fry the vegetables and parsley in the butter for 10 minutes, mix in a bowl with the other ingredients; this should make a stiff paste, if too dry add a teaspoonful of milk. Shape into a roll, and roll in well-greased grease-proof paper, screw up the ends and bake in a moderately hot oven 1½ hours, or until done; serve with green vegetables and brown gravy, or Cranberry sauce. This roast cold will keep 5 days and is most useful as an emergency dish. for puddings, pies, or sliced and served with salads cold.

19. Brazil Nut and Celery Timbale.

Ingredients:

8 oz. shelled Brazils passed through a nut mill.
6 oz. white Breadcumbs.
2 Eggs.
½ gill of Milk.
1 oz. Butter or Nut Margarine.
Pinch of chopped Parsley and Basil.
4 oz. minced Celery.
1 oz. minced Onion.

Method:

Fry the vegetables in the butter for 10 minutes, then mix all the ingredients together in a bowl; this should be very moist. Well grease out some small dariole moulds or a plain oval charlotte mould, and fill with mixture. Steam for one hour covered with greased paper, or they may be cooked in an oven standing in boiling water 3 parts up the sides of the moulds, but well covered with greased paper and a baking sheet. These should be served with celery sauce, a green vegetable and chip potatoes.

20. Pinekernel Quenelles.

Ingredients :

4 oz. milled roasted Pinekernels.
4 oz. brown Breadcrumbs.
1 gill of Béchamel Sauce (Recipe 60).
2 Mushrooms.
2 Shallots.
Pinch of chopped Parsley, Savoury Herbs, Pepper and Salt.

Method :

Peel and mince the shallots and mushrooms. The Pinekernels should be put on a baking tin, and browned in a slow oven, then put through a nut grating mill (price 1/6 from any Health Food Stores), the pieces of stale brown bread should be put in the oven to dry, and then put through the nut mill. Mix all the ingredients into a stiff paste, shape into Quenelle shapes, brush over with egg and roll in breadcrumbs and fry a golden brown. (Instructions for frying see Recipe 14). Serve with onion sauce or Béchamel Sauce, green vegetables and roast potatoes.

21. Raised Pie.

Line a square tin, buttered, with short paste (Recipe 90), or an oval casserole may be used for this purpose, and fill with the following mixture :—

Ingredients :

4 oz. milled Pinekernels.
4 oz. milled Hazel Kernels.
4 oz. soft Breadcrumbs.
6 Shallots.
4 Mushrooms.
1 piece of Garlic size of a pea.
Pinch of Savoury Herbs.
4 oz. Butter.
4 Eggs.
1 hard-boiled Egg.
Salt and Pepper to taste.

Method :

Fry the shallots, mushrooms and herbs (finely minced) in the butter. Chop up into dice the hard-boiled egg, and mix all the ingredients together into a stiff paste, pack tightly into the tin or casserole, cover with short paste and wash over with yolk of an egg, ornament with four pastry leaves and bake in moderate oven 1½ hours, or until the crust is well brown, then make a hole in the top and fill with jelly made from a pinch of Agar-Agar boiled in clear soup until it is quite dissolved. Serve the following day cut into slices and dished up with a nice salad.

22. Nutmeat and Vegetable Brawn.

Ingredients:

1 pint of clear Vegetable Soup (Recipe 7).
12 strands of Agar-Agar.
8 oz. Nutmeat (Recipes 13 or 18).
Any variety of diced Vegetables.

Method:

Rinse out with cold water some fancy dariole moulds, line the bottom with some fancy cut cooked vegetables, next put a layer of thinly-sliced nutmeat, then a layer of vegetables, and alternate layers until the moulds are well packed. Boil the soup with the Agar-Agar gently for 10 to 15 minutes until the Agar-Agar is quite dissolved, then fill up the moulds with jelly and stand aside for an hour to set. Serve with a nice border of assorted green salad with halves of tomatoes and fancy shapes of cooked beetroot.

Note.—Agar-Agar is so strong only a very little is needed. The best way is to soak and wash a few strands, and when they are swollen out they are more easy to count. I find 12 strands about 10 inches long will set a pint of jelly, cream, or custard.

23. Hazel Nut and Tomato Mince.

Ingredients :

½ lb. peeled Tomatoes.
4 oz. milled Hazels.
1 medium-sized Onion.
2 oz. Butter.
½ teaspoonful of Marmite.
3 oz. soft Breadcrumbs.
½ teaspoonful of mixed Herbs.
Salt and Pepper to taste.

Method :

Finely mince the onion and fry in the butter with the herbs until brown, cut the tomatoes into thick slices and add to the onions ; cook for 10 minutes : add the Marmite and all the other ingredients ; if too dry, add a little vegetable stock. Serve in a border of mashed potatoes, sprinkle with chopped parsley, and garnish with small fingers of toast.

24. Tomato Cream Eggs.

Ingredients:

1 oz. of Butter.
1 teaspoonful of Flour.
1 gill of Milk.
1 gill of Cream.
2 large Tomatoes.
4 hard-boiled or poached Eggs.
Salt and Pepper to taste.

Method:

Fry the tomatoes in the butter, add the flour, stir well, then add the milk and cream, salt and pepper; cook for 10 minutes, pass through a sieve, put the hot eggs on to a slice of toast. If hard-boiled eggs are used cut them in halves, pour the sauce over them; stand in the oven for a few minutes to get thoroughly hot, sprinkle with chopped parsley, and serve with spinach.

25. Cold Savoury Eggs.

Ingredients:

3 hard-boiled Eggs.
1 oz. Butter.
2 oz. milled Cheese or soft Cheese.
1 teaspoonful of Marmite.
1 teaspoonful of Tomato Sauce or Chutney.

Method:

Cut the eggs in halves and take out the yolks, mix the yolks, cheese and flavourings to a smooth paste; pile or pipe with a forcing bag into the white of egg cases, garnish with chopped parsley, and stand the cases on a bed of small cress. Serve with buttered wholemeal toast.

26. Tomato Eggs on Savoury Rice.

Ingredients :

4 oz. Rice.
3 medium-sized Tomatoes.
4 Eggs.
3 oz. Butter.
1 dessertspoonful of chopped Parsley.
Pinch of mixed Herbs, if required.
Salt and Pepper to taste.

Method :

Wash and put the rice into boiling salted water and cook until soft (about 20 minutes), cut the tomatoes in halves (across), and bake in a slow oven until soft. Melt 2 ozs. of butter in a saucepan, add the drained rice and the herbs, parsley and a pinch of pepper. Melt the other ounce of butter in a frying pan, pour in the beaten eggs, stir over the fire until set, put the rice on to a hot dish and flatten into a round cake, lay the tomatoes on the top and pile the eggs on to the tomatoes. Sprinkle with chopped parsley and serve very hot.

27. Egg & Butter Bean Kedgeree.

Ingredients :

4 oz. Java Rice.
4 oz. Butter Beans.
2 hard-boiled Eggs.
1 medium-sized Onion.
2 oz. Butter.
1 teaspoonful of Curry Powder (Vencatachellum).
1 teaspoonful of Lemon Juice.
Salt and Pepper to taste.

Method :

Cook the butter beans unsoaked in boiling water 1½ hours, or until tender, in just sufficient water to cover them. The rice should be well washed and cooked in just sufficient water to cover it 20 minutes or until just tender. Mince the onion and fry in the butter until a golden brown, add the curry powder and cook for 5 minutes; drain the rice and beans and mix with the onion and curry powder, chop up the whites of eggs and mix with the Kedgeree, make hot in a stewpan, and turn into an entrée dish: press the yolks through a coarse sieve over the Kedgeree, and serve garnished with triangles of fried bread and slices of lemon.

28. Egg Croquettes.

Ingredients :

3 hard-boiled Eggs.
1 raw Egg.
1 oz. Butter.
3 oz. Breadcrumbs.
½ teaspoonful of Marmite,
1 teaspoonful of chopped Parsley.
Sufficient Béchamel Sauce (Recipe 60) to make a stiff paste.
Salt and Pepper to taste.

Method :

Chop the eggs very fine and rub all the ingredients to a stiff paste on the board or in a basin with a wooden spoon, shape into cork shapes, dip in beaten egg and roll in breadcrumbs, and bake in a moderate oven for 20 minutes or until well browned. Serve with green vegetable and chip potatoes.

29. Cheese Eggs on Spinach.

Ingredients :

4 poached Eggs.
1½ lbs. Spinach.
2 oz. Butter.
1 oz. milled Cheese.
1 large teaspoonful of Flour.
1 teaspoonful of chopped Parsley.
Pinch of ground Nutmeg, Pepper and Salt.

Method :

Wash and pick the spinach, put into a casserole with the butter (no water), cook for 20 minutes or until tender. Strain off the juice, and chop the spinach on the board. Thicken the spinach juice with the flour and bring to the boil for 10 minutes, strain through a sieve. Season the spinach with pepper, salt and grated nutmeg, make an oblong mound of the spinach and place the poached eggs on top. Cover with the sauce, and sprinkle over with the grated cheese, and brown under the grill. Serve with wholemeal toast.

STEWS, FRICASSÉES and RAGOÛTS.

30. Mock Game Salmi.

Ingredients :

2 oz. minced Mushrooms.
3 oz. minced Onions.
Garlic the size of a hazel kernel.
½ oz. Flour.
1 teaspoonful of Marmite
2 oz. minced Celery.
Good pinch of chopped Parsley, Basil, Marjoram and Rosemary.
1 tablespoonful of Tarragon Vinegar.
1 oz. Butter.
1 pint of Water.

Method :

Fry the vegetables and the herbs in the butter until brown, about 15 minutes, then stir in the flour ; when incorporated, add the water and simmer for ½ hour, add the flavourings of Marmite and Tarragon vinegar, and pass through a fine sieve or tammy cloth. Have ready some slices of pinekernel nut roast (Recipe 18) hot, and pour over the sauce, serve with forcemeat balls of minced egg, breadcrumbs, chopped parsley, pepper and salt. Bind with a little salmi sauce, and fry a golden brown. The salmi should be served in an oblong dish with slices of lemon, forcemeat balls, and chip potato, or piped mashed potato border.

31. Egg and Salsify Fricassée.

Ingredients :

3 hard-boiled Eggs.
12 roots of Salsify.
½ pint of Béchamel Sauce.
1 oz. Butter (Recipe 60).
1 Onion.
1 teaspoonful of Lemon Juice.
Pinch of Mace.

Method :

Peel the salsify roots and lay in water for 10 minutes, then steam or simmer in a little water with a squeeze of lemon juice and a pinch of salt for 20 minutes or until tender like a carrot, then cut into neat little rings and put into the Béchamel Sauce with the lemon juice. Mince the onion and fry in the butter for 5 minutes, add to the Fricassée with a good pinch of ground mace and the hard-boiled eggs cut into slices. Serve in an entrée dish with a border of green vegetables or potato chips or piped mashed potatoes.

32. Chestnut & Mushroom Ragoût.

Ingredients :

1 lb. Chestnuts (Italian).
½ lb. Button Mushrooms.
6 small Shallots.
1 teaspoonful of Marmite.
3 oz. Butter.
1 teaspoonful of ground Rice.
1 tablespoonful of Mushroom Ketchup.
½ pint of Water.
1 teaspoonful of Herbs, Marjoram, Thyme and Basil.

Method :

Cut the chestnuts to prevent bursting, put on a baking sheet and bake for 10 minutes in a hot oven, then remove the skins. Fry the shallots and mushrooms whole (after peeling) in the butter with the herbs for 15 minutes, then add the ground rice and stir until smooth ; add the water, ketchup and Marmite, also shelled chestnuts, and simmer for 30 minutes, until the chestnuts are soft but not broken up. Serve with vegetable fritters of some kind. This is a very rich dish and needs a dry vegetable as an accompaniment.

33. Scotch Barley Stew.

Ingredients :

The outside pieces of 1 stick of Celery.
1 Leek.
1 Carrot.
1 Turnip.
1 large Onion.
1 Bay Leaf.
3 oz. Pearl Barley.
1 quart of Water.
2 oz. Butter.
1 teaspoonful of Marmite.
Pepper and Salt to taste.

Method :

Peel the vegetables and wash the celery and leek, and cut into small dice, and fry half the vegetables in the butter until well brown, then add the water, remaining vegetables, barley and Marmite, and simmer for 2 hours, add pepper and salt to taste and serve with dry toast and baked parsnips.

34. Irish Stew with Nut Dumpling.

Ingredients :

2 Carrots.
1 Turnip.
1 Parsnip.
2 large Onions.
4 Potatoes.
4 leaves of Celery.
1 quart of Water.
2 oz. Butter.
1 teaspoonful of Marmite.
1 tablespoonful of Flour.
Salt and Pepper to taste.

Method :

Peel and dice up all the vegetables, take about a pound of the diced vegetables and fry in the butter a golden brown, stir in the flour till well incorporated, add the water and the rest of the vegetables, and simmer for 2 hours ; add the Marmite and pepper and salt to taste. Serve with Nut Dumplings.

Nut Dumpling.

Ingredients :

2 oz. milled Kernels (any kind available).
2 oz. white Breadcrumbs.
2 oz. Flour.
2 oz. Nutter Suet.
Pinch of Salt.

Method :

Chop the suet fine and mix with the other ingredients, make a hole in the centre and pour in 2 tablespoonfuls of milk or water, knead into a stiff dough, roll up into balls the size of a walnut, and cook in fast-boiling water or stock 20 minutes.

35. Cashew-nuts and Tomato Fricassée.

Ingredients :

4 oz. Cashew-nuts blanched (whole).
2 oz. Butter or Nut Margarine.
½ lb. very small Tomatoes.
½ pint of Milk.
1 small tablespoonful of Flour.
1 gill of Cream.
½ head of Celery.
2 Onions (medium-sized).
Pinch of ground Mace, Salt and Pepper to taste.

Method :

Chop the onions and celery fine, and fry in the butter until brown, add the flour and mace and stir until smooth. Then turn into a stew-pan with the milk and nuts, and cook for 35 minutes, stirring occasionally, add the tomatoes whole and cream, and simmer for 15 minutes, until the tomatoes are tender but not broken. Arrange the tomatoes round the dish with the fricassée in the centre, garnish with chopped parsley and serve with a green vegetable.

CHEESE DISHES.

36. Fried Cheese Custards.

Ingredients :

½ pint of Milk.
2 Eggs.
2 oz. milled or grated dry Cheese.
1 teaspoonful of Corn Flour.
1 oz. soft white Breadcrumbs.
Tiny pinch of Cayenne.

Method :

Bring the milk to the boil, beat up the eggs with a whisk with the corn flour and grated cheese, then stir into the boiling milk, add the breadcrumbs and cayenne, stir the whole until it is quite thick and creamy, pour into well buttered dariole cups and cover with greased paper. Steam or put into the oven standing in a baking tin of boiling water, and cook until they are quite firm, about ½ hour. Stand aside to cool, then cut into halves, dip in flour, then brush with beaten egg and roll in breadcrumbs. Fry in boiling Nutter Suet until they are a rich golden colour. (For frying see Recipe 14).

37. Baked Polenta Cheese.

Ingredients :

1 pint of Milk.
2 large tablespoonfuls of Italian Polenta.
4 oz. milled or grated dry Cheese.
1 oz. Butter.
Pinch of Cayenne or Paprika.

Method :

Bring the milk to a boil, and sprinkle in the polenta and cook for 15 minutes, then add the cheese and pepper. Stir until well mixed, then turn the mixture into a buttered pie dish, break up the butter in small pieces and lay on the top of the mixture, bake in a moderate oven for 20 minutes until well browned. Serve with grilled tomatoes or stuffed pimentoes.

38. Cheese and Potato Savoury.

Ingredients :

6 large Potatoes.
2 oz. Nut Margarine.
4 oz. milled or grated dry Cheese.
Pinch of Cayenne or Paprika.

Method :

Peel the potatoes and cut into very thin slices and leave to soak in cold water for an hour, then dry in a cloth ; well butter a 2-pint casserole and fill with layers of potatoes, cheese and butter, sprinkle with cayenne or paprika, press down as tightly as possible, cover the casserole and bake in a moderate oven for 1½ hours ; then pass a knife round the sides of the casserole and turn out on to a hot dish ; garnish with chopped parsley and serve very hot.

39. Baked Cheese Soufflé Pudding.

Ingredients :

2 Eggs.
4 oz. milled or grated dry Cheddar Cheese.
4 oz. soft Breadcrumbs.
½ pint of Milk.
2 oz. Nut Margarine (melted).
Pinch of Cayenne Pepper and Celery Salt.

Method :

Beat up the eggs with a whisk for 5 minutes, add the other ingredients and mix ; pour into a well buttered pie dish, bake in a hot oven for 20 minutes until well browned and set, but not dry. Serve with green vegetables very hot.

40. Cheese and Potato Cream.

Ingredients :

1 lb. Potatoes (Floury).
1 oz. Nut Margarine.
4 oz. milled or grated dry Cheddar Cheese.
1 gill of Cream.
1 teaspoonful of chopped Parsley.
Salt and Pepper if required.

Method :

Peel the potatoes and steam or boil until quite done. Pass through a masher and while they are hot add the rest of the ingredients and beat up for 10 minutes with a wooden spoon. Pipe them, or make a pyramid of them in a fireproof dish and brown under the grill. This dish should be served with vegetable fritters or green vegetable.

41. Cheese and Olive Vol-au-vent.

Ingredients :

1 lb. Scotch Puff Paste.
¼ pint of Béchamel Sauce.
¼ lb. milled dry Cheese.
2 oz. minced Olives.
1 teaspoonful of French Mustard.

Method :

Roll out the puff paste about ½ inch thick a round shape, about the size of a cheese plate, lay the cheese plate on the paste and cut round with a sharp knife dipped in hot water; then take a smaller plate about one inch less in size or a large round tin lid and cut round in the same way ; this leaves you with a large circle of paste for the edge. Next roll carefully the centre piece to fit the outside circle, brush the edge of the bottom piece with water and carefully lay the top edge on to it, brush the top edge with yolk of egg, and lay on a baking tin and bake in a hot oven for half an hour until paste is well cooked and brown. Heat the sauce, cheese, olives and mustard in a stewpan, and fill up the centre of the Vol-au-vent. Garnish with potato chips and chopped parsley.

42. Welsh Rarebit.

Ingredients:

2 oz. Butter.
6 oz. milled or grated Cheese.
3 gills of Milk.
1 dessertspoonful of Flour.
2 slices of hot buttered Toast.

Method:

Melt the butter in a stewpan, add the flour and stir for 5 minutes over a slow fire (care must be taken not to burn it); then add the milk and stir until it thickens, add the cheese with a pinch of cayenne, and stir until the whole is of a creamy consistency. Pour this over the buttered toast and sprinkle with a few bread-crumbs and grated cheese; brown under a hot grill or in a very hot oven. Serve at once with dry toast.

43. Egg and Carrot Curry.

Ingredients:

2 medium-sized Onions.
1 Apple.
2 oz. Nut Margarine.
1 dessertspoonful of Curry Powder.
2 large Carrots.
3 hard-boiled Eggs.
1 tablespoonful of Chutney (Bengal).
1 teaspoonful of Lemon Juice.
Salt to taste.

Method:

Finely chop the onions and fry until brown in the butter in a saucepan, peel and core the apple, finely chop and mix with the onions, add the curry powder, and cook for 10 minutes; stir in the lemon juice, chutney and salt, scrape the carrots and cut them into thin strips, cook in boiling salted water until soft, then mix with the other ingredients, using a little of the water in which the carrots were cooked, cut the eggs into slices, mix with the other ingredients, make very hot, and dish up with a border of nicely cooked rice.

44. Vegetable Curry.

Ingredients:

3 oz. Nut Margarine.
2 large Onions.
1 Carrot.
1 Turnip.
1 very small Parsnip.
4 outside leaves of Celery.
1 Apple.
1 Banana.
1 dessertspoonful of Curry Powder.
1 teaspoonful of grated Cocoanut.

Method:

Peel and chop the onions and fry in the butter wash and peel the other vegetables and cut into small dice, peel and core the apple and slice the banana, add the curry powder to the onions and cook for 5 minutes; then add the fruit and vegetables and cook for 15 minutes, add 1 pint of boiling water or stock, also the cocoanut and salt to taste. Cook for 1 hour or until vegetables are soft, add a little more water if necessary, but there should not be any surplus juice. Serve in a border of nicely cooked rice.

45. Dry Hindu Curry and Rice.

Ingredients:

1 Turnip.
2 Carrots.
1 head of Celery.
1 Tomato.
1 Swede.
1 Parsnip.
1 Banana.
1 Apple.
½ Cocoanut fresh, or
2 oz. Desiccated Cocoanut.
1 dessertspoonful of Vencatachellum Curry Powder.
2 oz. Butter or Nut Margarine.

Method:

Thoroughly wash the vegetables, and peel the turnip, swede, parsnip and carrots, pass through an Enterprise mincer, or chop finely by hand. Fry the curry powder in the butter, then put all the ingredients into a good heavy stewpan with 1 gill of water and simmer for 2 hours, or better still 3 hours; this curry should then be fairly dry. Stand aside for a day or two, and make hot as required. Serve in the centre of well cooked Patna rice, all the grains separate, and garnish with lemon and chopped parsley.

To Boil Rice:

Wash in three waters, plunge into fast boiling salted water, using 4 oz. of rice to a quart. When ready, the grains will be able to be squeezed between thumb and finger until no core remains. Turn into a sieve and let the cold water run over it for ten minutes, then reheat in sieve with cloth over in the oven.

46. Cingalese Curry.

Ingredients :

2 oz. diced Carrots.
2 oz. diced Swedes.
2 oz. diced Celery.
2 oz. Peas (cooked).
2 oz. Haricot Beans or Butter Beans (cooked).
2 hard-boiled Eggs.
2 inches of peeled Cucumber.
2 oz. Butter.
1 peeled Apple.
4 peeled Bananas.
1 oz. ground Rice.
½ pint of Water.
½ pint of Milk.
1 heaping teaspoonful of Turmeric.
1 heaping teaspoonful of Curry Powder.
1 heaping teaspoonful of Marmite.

Method :

Fry the diced vegetables in the butter until well browned, then add the curry, turmeric, and ground rice and fruit ; stir until well mixed, then add the water and simmer for half an hour, then stir in milk, Marmite, and slices of hard-boiled eggs and bring gently to the boil. Serve with cooked rice border, garnished with slices of hard-boiled eggs and green peas alternately, with a pinch of red paprika in between. This curry is generally served with Indian poppadums toasted, or toasted Cassara cakes.

PULSE DISHES.

47. Brown Haricots with Piquante Sauce.

Ingredients :

1 lb. Brown Haricots.
2 oz. Butter.
1 oz. Flour.
1 quart of Water.
2 tablespoonfuls of Tarragon Vinegar.
1 teaspoonful of Marmite.
Pepper and Salt to taste.

Method :

Boil the beans without soaking slowly for $1\frac{1}{2}$ hours, or until tender ; pour off the juice, melt the butter in a stewpan, and fry a handful of the beans for 10 minutes, then add the flour and stir until smooth ; next add the juice the beans were cooked in, with the vinegar, Marmite, and seasoning to taste. Bring the whole to the boil and pour over the cooked beans, and serve with any green vegetable.

48. Haricots with Sweet Corn au Gratin.

Ingredients :

1 tin of American Sweet Corn or Sugar Corn (6½d. at any Stores).
2 oz. Butter or Nut Margarine.
4 oz. Haricot Beans.
1 oz. milled or grated Cheese.
Pinch of Salt and Pepper.

Method :

Cook the haricots in boiling water to cover them (unsoaked) for 1½ hours or until tender, according to their dryness; turn the can of corn into a stewpan, add the butter and cook for 15 minutes, add the cooked beans with the remaining juice, put into a fireproof dish, sprinkle with the grated cheese, and brown under the grill or in a very hot oven. This dish should not be sloppy, but corn and beans should be cooked until very little juice remains.

49. Butter Bean and Tomato Rissoles.

Ingredients :

4 oz. Butter Beans.
2 oz. dried Breadcrumbs.
2 tablespoonfuls of Tomato Chutney.
1 medium-sized Onion.
1 teaspoonful of Lemon Juice.
1 Egg.
1 oz. Nut Margarine.

Method :

Cook the beans (unsoaked) in just sufficient water to well cover them; they should slowly boil or simmer for 1½ hours or until tender; drain and pass through a potato masher or nut mill, chop the onion fine and fry in the butter, thoroughly mix all the ingredients (except the egg) into a stiff paste, roll into sausage shapes, beat up the egg and brush over the rissoles, roll in dry crumbs, and fry a golden brown in Nutter Suet. (See Recipe 14 for frying.)

50. Lentil and Cream Corn Fritters.

Ingredients :

4 oz. Lentils (Red).
4 oz. dried Breadcrumbs.
½ tin of American Sugar Corn (6½d. tin from the Stores).
2 oz. Butter.
1 Egg.
1 Onion.
½ teaspoonful of Marmite.
Salt and Pepper to taste.

Method :

Chop the onion fine and fry in the butter for 10 minutes in a saucepan, add half pint of water and the lentils, and boil gently until the lentils are soft and all the water absorbed ; it may be necessary to add a little more water if they cook too quickly, but when the lentils begin to mash all the water should be taken up. Add the corn well drained, mix in the other ingredients. This makes a fairly stiff mixture ; break off pieces the size of a small egg and fry a golden brown in boiling Nutter Suet. (See Recipe 14 for frying.)

51. Creamed Lentils and Celery au Gratin.

Ingredients :

1 small head of Celery.
6 oz. Red Lentils.
1 large Onion.
1 oz. soft Breadcrumbs.
2 oz. Butter.
1 teaspoonful of Lemon Juice.
½ pint of Milk.
1 oz. milled or grated Cheese.
Pepper and Salt to taste.

Method :

Cook the lentils as in previous Recipe, and keep over the fire until fairly dry ; wash the celery and cut into dice, mince the onion and fry in the butter with part of the celery for 10 minutes; then add the flour and stir until smooth ; add the milk, pepper, salt and lemon juice, boil for 20 minutes until celery is cooked, then mix with the lentils and form a pyramid, mix the cheese and crumbs together and sprinkle over the lentils ; well brown under the grill or in the oven. Serve very hot with green vegetables.

52. Brown Haricots à l'Italienne.

Ingredients :

6 oz. Brown Haricots.
1 lb. Tomatoes.
1 medium-sized Onion.
3 oz. Nut Margarine.
1 piece of Garlic about the size of a large pea.
Salt and Pepper.

Method :

Cook the beans, drain, and put them back into the saucepan, add 1 ounce of butter, and cook for 10 minutes, stirring all the time ; finely chop the onion and fry in the rest of the butter until brown, add the tomatoes cut into slices, and the garlic finely chopped ; cook for 20 to 30 minutes over a slow fire, then pass through a sieve, mix with the beans, add the salt and pepper, and cook for ten minutes. Serve very hot.

53. Lentil Kedgeree.

Ingredients :

4 oz. Lentils.
4 oz. Rice.
1 large Onion.
2 oz. Butter.
1 teaspoonful of Curry Powder.
1 teaspoonful of Lemon Juice.
Salt and Pepper.

Method :

Wash the rice and cook in boiling water for 20 minutes, then drain ; finely chop the onion and fry in the butter, add the curry powder, and fry for 10 minutes longer, then add the washed lentils and the water drained from the rice ; cook for 30 minutes, keeping the lid on the saucepan, add a little more water if necessary. When the lentils are cooked, add the rice, salt, pepper and lemon juice. Dish up and serve very hot.

MACARONI & SPAGHETTI DISHES.

54. Spaghetti à l'Italienne.

Ingredients :

1 lb. Tomatoes.
1 large Onion.
1 piece of Garlic the size of a pea.
2 oz. Butter or Nut Margarine.
4 oz. Spaghetti.
2 oz. milled Cheddar Cheese.
Salt and Pepper to taste.

Method :

Finely chop the onion and garlic, melt the butter in a saucepan add the garlic and onion, and fry for 10 minutes ; then add the tomatoes, cut into slices, and cook together for 25 to 30 minutes. Cook the spaghetti in sufficient boiling salted water to cover it until tender ; well drain, add the salt and pepper to the tomatoes and onion, and pass all through a wire sieve, stir in the spaghetti and return to the saucepan ; stir over the fire for 5 minutes. Dish up in a border of crisply fried chip potatoes ; serve with the milled cheese.

55. Spaghetti à la Napolitaine.

Ingredients :

1 Carrot. 1 head of Celery.
1 Onion. Pinch of chopped Parsley.
2 oz. Butter or Nut Margarine.
8 oz. cooked Spaghetti.
6 oz. dry Cheese, passed through a nut mill

Method :

Cut the vegetables into dice and fry in the butter until brown, about 20 minutes, then mix with the cooked spaghetti and grated cheese. Make hot in a stewpan and serve in a dish with a border of any green vegetable, such as peas, runner or French beans, &c., or a border of nicely fried tomatoes, neatly cut into halves, looks very nice.

56. Baked Spaghetti Cheese,

Ingredients :

6 oz. Spaghetti. 1 large teaspoonful of
3 oz. milled Cheese. flour.
1 oz. Butter. ½ pink of Milk.
A little Cayenne Pepper.

Method :

Put the spaghetti into boiling salted water and cook for 30 minutes ; drain. Melt the butter in a saucepan, add the flour, and cook for a few minutes without browning, add the milk, and stir over the fire until it thickens ; then add 2 oz. of the cheese, the cayenne, and the spaghetti ; then mix and turn into a pie dish, sprinkle with the rest of the cheese and cook for ½ hour in a moderate oven. Serve with grilled tomatoes or dressed spinach.

57. Macaroni Supreme.

Ingredients:

4 oz. Macaroni.
4 Eggs.
2 oz. milled or grated Cheese.
1 oz. Butter.
Salt and Cayenne to taste.

Method:

Cook the macaroni in boiling salted water until soft, then cut up into small pieces and mix in the butter; beat the eggs well, add the cheese, salt and cayenne, mix with the macaroni, put all into a well buttered mould and steam for 1 hour. Serve with Cheese (Recipe No. 61).

58. Baked Savoury Macaroni.

Ingredients:

6 oz. Macaroni.
1 teaspoonful of Marjoram, Basil, and Thyme, mixed.
2 oz. Butter
1 Onion.
½ teaspoonful of Marmite.
1 teaspoonful of Flour.
½ pint of Milk.
Salt and Pepper to taste.

Method:

Cook the macaroni in boiling salted water for 40 minutes, finely chop the onion and fry in the butter in a saucepan with the herbs; when golden brown, add the flour and stir well, add the milk, Marmite, salt and pepper, cook for 20 minutes, pass through a sieve, put the macaroni into a pie dish, pour the sauce over it, sprinkle with breadcrumbs, and bake in a moderate oven for 30 minutes. Serve with milled cheese, if liked.

59. Macaroni and Mushroom au Gratin.

Ingredients :

3 oz. Butter.
5 oz. Macaroni.
½ pint of Milk.
1 tablespoonful of Flour.
4 oz. milled Cheese.
4 oz. Mushrooms.
Salt and Cayenne Pepper to taste.

Method :

Wash the macaroni and cook it in boiling water for 40 minutes, or until quite soft ; drain well. Melt 2 oz. of butter in a saucepan, add the flour, and stir over the fire for two or three minutes ; do not let it brown. Add the milk and let it simmer for 10 minutes ; add 4 oz. of cheese, a little at a time, also salt and cayenne, then add the macaroni and leave it on the side of the stove for a few minutes ; peel the mushrooms and fry them in 1 oz of butter for 10 minutes, turning them frequently ; put the macaroni and sauce into a fireproof dish, lay the fried mushrooms on top, sprinkle with the remaining ounce of cheese, and put under the grill to brown or into the oven.

SAUCES.

60. Béchamel Sauce.

Ingredients :

¾ pint of Milk. 1 blade of Mace.
1 small Onion. 1 Bay Leaf.
3 outside leaves of Celery.
2 oz. Butter or Nut Margarine.
1 large teaspoonful of Flour.

Method :

Mince the celery and onion and fry for 10 minutes in the butter (be careful not to brown the vegetables), stir in the flour until quite smooth, then add the milk, mace and bay leaf, stirring often until it comes to the boil ; stand on the side of the stove to simmer for 15 minutes. Season with a pinch of salt and pepper, pass through a fine strainer or cloth, and use as required.

61. Cheese Sauce.

Ingredients :

1 oz. Butter or Nut Margarine.
1 teaspoonful of Flour or Cream of Rice.
½ pint of Milk.
2 oz. milled or grated Cheese.
Cayenne Pepper to taste.

Method :

Melt the butter in a stewpan, stir in the flour and cook for 5 minutes, stirring all the time ; care must be taken not to brown the flour. Add the milk and cook until it thickens, add the grated cheese and cayenne, and keep stirring until quite smooth. Serve with cauliflower, timbales, &c.

62. Brown Gravy.

Ingredients :

½ pint of Water or Stock.
½ oz. Butter or Nut Margarine.
1 medium-sized Onion.
1 Tomato.
3 outside leaves of Celery.
1 teaspoonful of Flour.
½ teaspoonful of Marmite.

Method :

Mince the vegetables and fry for 15 minutes in the butter until well brown, add the flour and stir until smooth, then add the water and cook slowly for 15 minutes, stirring occasionally. Season with Marmite and a pinch of salt and pepper, simmer for 5 minutes, then pass through a fine sieve and serve with any savoury dishes, also vegetables.

63. Celery Sauce.

Ingredients :

1 oz. Butter or Nut Margarine.
½ pint of Milk. 1 gill of Water.
½ small stick of Celery.
Pinch of ground Mace.
1 teaspoonful of Flour or ground Rice.
Pinch of Pepper and Salt to taste.

Method :

Wash and chop the celery very fine, fry half of it in the butter for 10 minutes, add the flour and stir until smooth ; add the milk and water with the remainder of the celery, and simmer on the side of the stove for 25 minutes ; add mace, pepper and salt, and rub through a fine wire sieve. Serve with any nut or cheese savoury.

DRESSED VEGETABLES.

64. Aubergine Farci.

Ingredients :

2 Aubergines or Egg Plants.
4 oz. minced Mushrooms.
1 Onion.
1 Egg.
2 oz. White Breadcrumbs.
½ teaspoonful of Marmite.
1 teaspoonful of Mixed Herbs.
2 oz. Butter.
Pinch of Pepper and Salt.

Method :

Wash, peel, and mince the onion and mushrooms, then fry in the butter for 10 minutes with the herbs ; mix the remaining ingredients in a basin and stir in the mince ; well mix into stiff paste for forcemeat. Cut the aubergines in halves length-ways and scoop out the seeds, fill with above forcemeat, put into a baking dish, and cover with greased paper, and bake in a hot oven about 30 minutes or until well brown and the aubergines tender. Serve with Brown Gravy (Recipe 62).

65. Cauliflower au Gratin.

Ingredients:

1 medium-sized Cauliflower.
1 gill of Milk.
2 oz. milled Cheese.
1 small teaspoonful of Flour.
1 oz. Butter.
Salt and Cayenne.

Method:

Steam the cauliflower wrapped in grease-proof paper 1 hour, or cook in boiling salted water until tender; do not let it break. Melt the butter in a saucepan, add the flour, stir over the fire for 2 or 3 minutes, do not let it brown; add the milk and stir until it thickens, then add the cheese and cayenne, cook for a few minutes. Put the cauliflower into a fire-proof dish, pour the sauce over it, sprinkle with milled cheese, and brown in the oven or under the grill. Serve very hot.

66. Buttered Cabbage.

Ingredients:

1 medium-sized tender Cabbage.
2 oz. Butter.

Method:

Wash and finely shred the cabbage, put it into a casserole with the butter, and cook over a slow fire for about 1 hour. Serve with the juice.

67. Stewed Celery Brown.

Ingredients:

2 oz. Butter.
2 small sticks of Celery.
¾ pint of Water.
1 teaspoonful of Marmite.
1 large teaspoonful of Corn Flour.
Pinch of Pepper, Mace, and Salt.

Method:

Wash the celery and cut into 2 inch lengths, put it into a casserole with the butter, and cook for 15 minutes until well brown; add the flour and stir until smooth, then add the water and Marmite, and cook for another 15 minutes or until the celery is tender. Season to taste with pepper, salt, and a pinch of ground mace. Serve as a vegetable with any dry savoury.

68. Baked Creamed Potatoes.

Ingredients:

4 large oval Potatoes.
1 oz. Butter.
1 teaspoonful of chopped Parsley.
1 tablespoonful of Milk or Cream.
1 oz. milled Cheese (English Cheddar).
Salt and Pepper.

Method:

Well scrub the potatoes and bake in a slow oven for 1 hour, cut them in halves lengthways, carefully remove the centres, pass through a masher, and put into a basin with the other ingredients; beat well with a wooden spoon, pipe with a forcing bag and large star tube into the cases, and brown under the grill. Failing a forcing bag, pile into the cases and ornament with a knife. Serve very hot.

69. Braised Cucumber.

Ingredients:

2 large Cucumbers.
2 oz. Butter.
½ gill of Stock.

Method:

Peel the cucumber and cut it into slices about 1 inch in thickness, put them into a casserole with the butter, stock, and a pinch of salt, put the lid on the casserole, and cook over a slow fire for half-an-hour, stirring occasionally.

70. Stuffed Vegetable Marrow.

Ingredients:

1 medium-sized Vegetable Marrow.
2 medium-sized Onions.
1 oz. milled Pinekernels.
1 Egg.
1 teaspoonful of Sage.
2 oz. Nut Margarine.
3 oz. white Breadcrumbs.
Salt and Pepper to taste.

Method:

Peel the marrow, cut a piece off each end, and take out the seeds; finely chop the onions and fry in the butter, add the sage, and fry for another 5 minutes, then mix with all the other ingredients. Fill the marrow with the mixture, roll in buttered grease-proof paper, and cook in a moderate oven for 1½ hours. Serve with brown gravy and apple sauce.

71. Dressed Spinach.

Ingredients :

2 lbs. Spinach.
2 oz. Nut Margarine.
2 oz. Brown Breadcrumbs.
Pinch of ground Nutmeg.
Salt and Pepper to taste.

Method :

Well wash the spinach in several waters and cook in a casserole with 1 oz. of butter, *no water*, until soft (about 30 minutes) ; drain off the juice and chop the spinach very fine, fry the breadcrumbs in the rest of the butter for a few minutes, mix with the spinach, add salt, pepper, and nutmeg. Thicken the juice with a little corn flour and pour over the spinach just before serving.

72. Salsify Fritters.

Ingredients :

12 roots of Salsify.
1 Egg.
Salt and a little Lemon Juice.

Method :

Peel the salsify and put it into cold water with a little lemon juice added (this prevents it discolouring) ; cook in fast boiling water until tender, drain well, and sprinkle with lemon juice ; roll in flour, dip each piece in beaten egg, and roll in breadcrumbs and fry in boiling Nutter Suet until light brown. For frying see Recipe 14.

73. Dressed Salsify.

Ingredients:

1 doz. roots of Salsify.
Half a Lemon.

Method:

Wash and peel the salsify like carrots, lay in cold water (just enough to cover them) with the juice of half a lemon for half an hour; then steam for an hour or until quite tender. Cut into small rings, garnished with fried sprigs of parsley, and serve with Béchamel Sauce (see Recipe 60).

74. Tomato Farci.

Ingredients:

4 large Tomatoes.
2 Eggs.
2 oz. Breadcrumbs.
1 tablespoonful of finely-minced Onion.
Pinch of mixed Herbs.
Pepper and Salt to taste.

Method:

Cut a piece off the top of each tomato and scoop out the centres, fry the onion in the butter, add the tomato pulp, and fry with herbs for 10 minutes; then add the other ingredients, fill the tomato cases, sprinkle with breadcrumbs, and bake in a moderate oven for 20 or 30 minutes, or until soft.

75. Stewed Mushrooms.

Ingredients:

1 lb. Mushrooms.
½ pint of Milk.
2 oz. Butter.
1 dessertspoonful of Flour.
Salt and Pepper to taste.

Method:

Wash and peel the mushrooms and cook for 10 minutes in the butter in a saucepan; add the flour, stir well, then add the milk, salt and pepper; stew for 10 minutes, stirring occasionally. Serve with dry toast fingers.



SALADS AND DRESSINGS.

76. Green Salad Dressing.

Ingredients :

1 large ripe Tomato.
4 tablespoonfuls of Nut or Olive Oil.
2 tablespoonfuls of Lemon Juice.
Pinch of Salt, Pepper and Castor Sugar.

Method :

Rub the tomato through a fine sieve, mix the pulp with the other ingredients, and store in a bottle for future use. This dressing will keep good about one week.

77. Mayonnaise Dressing.

Ingredients :

1 pint of Nut or Olive Oil.
2 raw yolks of Eggs.
1 tablespoonful of Vinegar.
1 saltspoonful of dry Mustard.
Salt and Pepper to taste.

Method :

Put the yolks of eggs into a dry basin, add the mustard, salt and pepper and a drop of oil ; mix well with a wooden spoon, add the oil drop by drop very slowly, stirring well all the time. When it thickens add a drop or two of vinegar, then the oil and vinegar alternately, until all is used. Be very careful to add the oil very slowly at first or it will curdle.

It is best to use a basin with a handle, so that you get a firmer grip, and the hand does not touch the basin.

78. Cabbage and Beetroot Salad.

Ingredients:

1 small, firm White Cabbage.
1 cooked Beetroot.
4 tablespoonfuls of Salad Oil.
2 tablespoonfuls of Vinegar or Lemon Juice.
Salt to taste.

Method:

Take the outside leaves off the cabbage and cut the heart into four pieces; cut each piece with a very sharp knife into very thin strips, almost as fine as paper shavings, put into cold water for 10 minutes, drain thoroughly, chop the beetroot into thin strips and mix with the cabbage, mix the oil, vinegar and salt, and mix all together. Leave for 10 minutes before serving.

79. Cauliflower Mayonnaise.

Ingredients:

1 medium-sized Cauliflower
1 Cabbage Lettuce.
1 gill of Mayonnaise Dressing (No. 77).

Method:

Well wash the cauliflower and leave to soak in salt and cold water for one hour, then cook in sufficient boiling water to cover it until tender; drain it and take it out of the pan whole, leave it to get cold; well wash the lettuce and break the leaves off, arrange them round a salad dish, and put the cauliflower in the centre, well mask the cauliflower with Mayonnaise dressing, sprinkle with chopped parsley or small cress, and a little chopped beetroot may be arranged round for colouring effect.

80. Potato Salad.

Ingredients :

1 lb. Potatoes.
1 gill of Mayonnaise Dressing (No. 77).
1 tablespoonful of Heinz Mustard Dressing.
1 dessertspoonful of chopped Parsley.
1 teaspoonful of finely-chopped Onion.
1 Cabbage Lettuce.
1 tablespoonful of Cream.

Method :

Steam the potatoes in their skins until tender (do not let them break); when nearly cold peel them and cut into fairly thick slices. Mix the mustard dressing, Mayonnaise dressing and cream together, stir in the chopped parsley and onion, mix in the potatoes; wash the lettuce and pull each leaf apart separately, arrange the lettuce round a salad dish, put the potatoes in the centre, and put a little small cress on top. The heart of one stick of celery may be added as a change, cut into small pieces.

81. Mixed Vegetable Salad.

Ingredients :

2 Potatoes, 1 Carrot, 1 dozen French Beans (all cooked and cut into dice).
1 gill of Green Peas or bottled Peas (cooked).
2 inches of Cucumber, cut into dice.
1 Tomato, peeled and cut into thin slices.
2 Gherkins.
1 teaspoonful of Capers.
3 or 4 Olives, cut into slices.
1 gill of Mayonnaise Dressing (No. 77).
1 tablespoonful of Orleans Vinegar.
1 large Lettuce.
Pepper and Salt to taste.

Method :

Wash the lettuce and arrange the leaves round a large salad bowl, keeping the centre for a garnish on the top of the salad. Mix the above ingredients in a bowl and pour into the centre of the salad dish ; garnish the sides with fancy shapes of cooked beetroot. Lemon juice may be used with equal success in the place of vinegar.

SWEETS.

82. Barley Kernel and Muscatel Pudding.

Ingredients :

2 tablespoonfuls of Barley Kernels.
1 pint of Milk.
1 tablespoonful of Sugar.
2 oz. Muscatels.

Method :

Put the barley kernels, milk and sugar into a pie dish and bake in a slow oven for half an hour (stirring occasionally); then take out of the oven and stir well and add the muscatels, and cook for another half hour.

Barley kernels can be obtained at any Grocer's or Health Food Stores at 4d. per 1 lb. packet. They are the finest barley kernels without the husk, rolled.

83. Wheat and Apple Pudding.

Ingredients :

2 tablespoonfuls of crushed Wheat.
2 medium-sized Apples.
1½ tablespoonfuls of Brown Sugar.
1 pint of Milk.
1 gill of Water.

Method :

Put the milk, water, sugar and wheat into a pie dish and cook in a slow oven for 1 hour, stirring occasionally. Peel and core the apples and cut them into thin slices, mix in with the pudding, and cook for another 25 minutes, or until the apples are soft. The pudding should be a creamy consistency and the wheat thoroughly cooked.

84. Dutch Apple Pie.

Ingredients :

2 lbs. Apples.
2 oz. desiccated Cocoanut.
2 oz. Raspberry Jam.
1 teaspoonful of powdered Cinnamon.
3½ oz. Butter.
8 oz. Flour.
1 gill of Water.
4 oz. Brown Moist Sugar.

Method :

Knead the butter until quite pliable, rub into the flour, make a hole in the centre, add the water and sugar, and mix into a stiff dough. Stand aside for 10 minutes before using. Then roll out very thin, and line a flat baking tin with a 1 inch high edge, such as is used for batter puddings ; then sprinkle the bottom with desiccated cocoanut and raspberry jam ; put in a good layer of thinly-sliced apples, some brown sugar, and a teaspoonful of cinnamon (powdered), another layer of cocoanut or raspberry jam, and then cover with a thin crust of pastry ; seal the edges, wash over with milk and dust castor sugar over, and bake in a slow oven 1½ hours. Serve hot or cold in 2 by 4 inch fingers.

85. Baked Apple Charlotte.

Ingredients :

2 lbs. Apples, peeled, cored, and sliced thinly.
4 oz. Raspberry Jam.
2 oz. Brown Moist Sugar.
8 oz. White Breadcrumbs.
2 tablespoonfuls of Water.
Pinch of ground Cloves.
2 oz. Butter or Nut Margarine.

Method :

Butter a small pie dish and layer with breadcrumbs and half the raspberry jam ; then add half the thinly sliced apples, moist sugar and pinch of ground cloves, and half the butter in tiny pieces. Add more crumbs and jam and remaining apples and water ; lastly, a covering of breadcrumbs and tiny pieces of butter. Cover with a greased piece of grease-proof paper and baking tin on top, and cook for 1 hour in moderate oven. Serve hot or cold with cream.

86. Nut and Fruit Pudding.

Ingredients :

3 oz. Butter.
3 oz. Castor Sugar.
2 Eggs.
4 oz. Flour.
2 oz. soft Breadcrumbs.
4 oz. Currants, Sultanas or Muscatels.
2 oz. milled Nuts.
1 teaspoonful of Lemon Juice and a little grated rind.

Method :

Beat the butter and sugar together for 10 to 15 minutes, add the eggs one at a time, stir in the flour, then all the other ingredients. Put the mixture (which should be fairly stiff) into a well greased basin and steam for 2 hours. Serve with a sweet sauce or custard sauce.

87. Hazel Nut Trifle.

Ingredients :

4 oz. milled Hazel Nuts.
4 oz. Cake Crumbs.
1 tablespoonful of Jam.
1 oz. whole Hazel Nuts.
1½ gills of Custard.
Threepenny worth of Cream.

Method :

Mix the jam, milled nuts, cake crumbs, and half gill of the custard together into a stiff paste, pile on to a dish and smooth over. Pour the rest of the custard over it, whip the cream and pipe or lay it round the sides, decorate with the whole nuts and some glacé fruits if liked, then sprinkle the whole with a little milled nuts.

PASTRY.

88. Mock Lobster Patties.

Ingredients :

1 oz. Nut Margarine. 1 gill of Milk.
1 gill of Cream. 1 large Tomato.
4 hard-boiled Eggs.
1 teaspoonful of chopped Parsley.
Salt and Pepper to taste.

Method :

Melt the butter in a saucepan, add the flour, stir well, then add the milk, salt and pepper; stir over the fire until thick, add the cream, bake or fry the tomato and pass it through a sieve and add the pulp to the sauce; break the yolks of eggs into small pieces and mix with above sauce, press the whites through a coarse sieve, and stir this in. Make pastry as Recipe No. 89. Roll out about $\frac{1}{4}$ inch thick and cut into rounds about $2\frac{1}{2}$ inches across, on the same lines as in Cheese Vol-au-vent (Recipe No. 41), only these are cut out with a small round cutter. Bake in a hot oven and fill with above mixture.

89. Short Pastry.

Ingredients :

1 lb. Flour.
8 oz. good Nut Margarine.
$\frac{1}{2}$ pint of Water.

Method :

Rub the butter into the flour until no lumps are left; make a bay, pour in the water, and mix lightly, roll out once, leave for 10 minutes before using. For a better paste for raised pie, &c., use 1 egg and 1 gill of water, instead of all water, with an extra 2 oz. of butter.

90. Scotch Puff Pastry.

Ingredients :

¾ lb. best Nut Margarine with no water.
1 lb. Flour (sifted).
1 bare half-pint of Cold Water.
1 teaspoonful of Lemon Juice.

Method :

Sift the flour. Work the butter on a pastry board so as to get the water out of it (if any in), break it into pieces about the size of small walnuts, and mix with the flour. Make a bay in centre, pour in the water and the lemon juice, and mix very lightly, roll out and fold in 3, roll out again and fold in 3 ; leave for 15 minutes, roll and fold in 3, leave for another 15 minutes, roll again and fold in 3, roll out for cutting and leave for 10 minutes, then use as required. Bake in a hot oven.

91. Nut Cheese Straws.

Ingredients :

½ lb. Scotch or Short Pastry.
2 oz. strong Cheese (milled or grated).
2 oz. milled roasted Pinekernels.
Pinch Cayenne Pepper.

Method :

Roll the pastry very thin (about ⅛ of an inch), and sprinkle with the cheese and cayenne, fold it up and roll out once or twice until the cheese is incorporated ; roll out about as thick as a penny, brush over with beaten egg, and sprinkle the milled pinekernel over it, cut into strips about 3 inches long and a ¼ of an inch wide. Cook in a fairly slow oven until light brown. Store in tins.

BREAD, BISCUITS AND CAKES.

92. Brown Bread.

Ingredients :

1 quart of *luke*-warm Water.
2 lbs. of Wholemeal Flour.
2 lbs. of Standard Flour.
1½ oz. Yeast.
1 oz. Salt.
1 tablespoonful of Nut Oil.
1 dessertspoonful of Golden Syrup.

Method :

Sift both flours together, put the water into a large bowl, add the yeast and work it about with the hand until dissolved; add the oil, syrup and salt, and then mix in the flour, knead well, cover with a cloth, leave in a warm place for 2 hours; knead well, shape into loaves, leave in a warm place for 15 to 20 minntes. Bake in a moderate oven in 1 lb. loaves about 40 minutes.

93. Standard Bread.

Ingredients :

3 lbs. Standard Flour.
1½ pints of *luke*-warm Water.
2 teaspoonfuls of Brown Sugar.
1½ teaspoonfuls of Salt.
1 oz. Yeast.
1 oz. Nut Margarine.

Method :

Rub the margarine into the flour, dissolve the yeast in the water, add the salt and sugar ; then add the flour, knead well, put it back into the bowl, cover with a cloth, and leave it in a warm place for 1½ hours. Then knead again, form into loaves, stand on baking tins, leave in a warm place for 15 minutes. Bake in a moderate oven.

94. Wholemeal Fruit Biscuits.

Ingredients :

1 lb. Wholemeal Flour.
½ lb. milled Hazels or any other nuts.
6 oz. Nut Margarine.
6 oz. Brown Moist Sugar or Honey.
½ lb. any dried Fruit (finely minced).
¼ pint of Milk.
1 teaspoonful of Baking Powder.

Method :

Rub the butter well into the flour, then mix all the dry ingredients together, make a bay and pour in the milk, mix lightly into a stiff paste ; dust the board with flour and roll out a small piece at a time and cut into fingers and fancy shapes about a ¼ of an inch thick. Place the biscuits on a buttered baking tin and bake in a moderate oven 20 minutes, or until well browned and cooked. Store in a tin for use as required.

95. Plain Wholemeal Biscuits.

Ingredients :

1 lb. Wholemeal Flour.
2 oz. Corn Flour.
6 oz. Nut Margarine or Butter.
1 teaspoonful of Baking Powder.
½ pint of Water.
Pinch of Salt.

Method :

Mix the flour and corn flour together, rub in the butter until thoroughly mixed, add the baking powder and salt; make a bay and pour in the water, thoroughly mix together and knead on the board for 10 minutes, dust the board with ground rice and roll out a piece of dough very thin, cut into squares or rounds, and bake on a buttered baking tin in a moderate oven until well cooked, but not burnt at the edges. About 15 minutes is the usual time.

96. Cinnamon Biscuits.

Ingredients :

½ lb. Flour.
½ teaspoonful of powdered Cinnamon.
¼ lb. Butter.
2 oz. Barbadoes Sugar.
1 Egg.
2 oz. Almonds (finely chopped).

Method :

Mix the yolk, butter, sugar and cinnamon into a creamy paste, work in the flour, roll into 1 long roll, about as big round as a half-penny; cut into pieces about ½ an inch thick, place them flat on a baking tin, brush over with white of egg and sprinkle chopped almonds on top. Bake in a hot oven until crisp, about 20 minutes.

97. Afternoon Tea Biscuits.

Ingredients :

½ lb. Flour.
¼ lb. Butter.
¼ lb. Castor Sugar.
1 oz. Arrowroot (ground).
3 Eggs.
1 teaspoonful of Baking Powder.
A few drops of Vanilla Essence.

Method :

Pass the flour and arrowroot through a fine sieve on to a pastry board. Rub the butter well into these ingredients, the finer the better. Make a bay, place the sugar and baking powder into this, crack the eggs into it, mix well, make into a medium soft dough ; roll out about ⅛ of an inch thick, cut into biscuit shapes, sprinkle with granulated sugar and bake in a hot oven until light brown. Store in air-tight tins.

98. Honey Shortbread.

Ingredients :

1 lb. Flour.
½ lb. Butter or Nut Margarine.
2 oz. Honey.
2 oz. Castor Sugar.
A few drops of Orange Flower Water.

Method :

Rub the butter into the flour until it is thoroughly mixed, then work in the honey and sugar and orange flower water : this makes a stiff smooth paste. Dust the board with ground rice and roll out the dough about a ¼ of an inch thick, cut with a small oval or round cutter, lay on a buttered baking tin, and bake in a slow oven for 20 minutes until cooked, but not brown. Store in a tin for use as required.

99. Rich Muscatel Cake.

Ingredients :

8 oz. Flour.
2 oz. ground Rice.
8 oz. Muscatels (stoned).
8 oz. good Nut Margarine.
8 oz. Castor Sugar.
4 Eggs.
The Juice of ½ a Lemon.
½ teaspoonful of Cinnamon and Nutmeg mixed.

Method:

Sift the flour, rice and spices together. Beat the butter and sugar together in a basin until creamy 15 to 20 minutes, using a wooden spoon. Add the eggs one at a time, with a little of the sifted flour, &c.; stir in the fruit, the rest of the flour and the lemon juice. Bake in a moderate oven for 1½ to 2 hours.

100. Wholemeal Scones.

Ingredients :

6 oz. fine Wholemeal Flour.
2 oz. Standard or White Flour.
1½ teaspoonfuls of Baking Powder.
1 teaspoonful of Castor Sugar.
1½ oz. Nut Margarine.
1 gill of Milk (bare measure).
Pinch of Salt.

Method :

Sift the two flours together with the baking powder and salt, rub in the butter as fine as possible, make a bay and pour in the milk gradually, mix into a dough, handling as little as possible. Dust the board with ground rice or flour, and roll out in a round shape about 1 inch in thickness, cut into four from corner to corner, brush the top with beaten egg, and bake at once in a very hot oven for 15 minutes, or longer if not quite done.

101. Victoria Sandwich.

Ingredients :

2 Eggs.
Their weight in Castor Sugar and Flour.
1 oz. Butter. 4 oz. Jam.
A few drops of Vanilla Essence.

Method :

Whisk the eggs and sugar together for 20 minutes with a Dover whisk, stir in the flour and vanilla essence, and lastly the butter, oiled but not hot. Put into well-buttered sandwich tins and bake in a hot oven for 10 minutes, turn out on to a sheet of paper sprinkled with castor sugar, leave to cool, spread each piece with jam, and lay one on top of the other. This may be decorated with whipped cream and glacé fruits on top for afternoon teas.

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