PAPER-BAG COOKERY

TX 833
.U5
Copy 1

Complete Directions and Recipes



THE UNION BAG AND PAPER CO.
NEW YORK

CHEAP MEATS AND POULTRY.

Herein **Union Cookery Bags** offer great economy. Cuts of meat and poultry too tough for use by the old method are thoroughly cooked and made **tender** and **good** by **Union Cookery Bags.** Especial care has been given to this department because of the great possible saving. Do not overlook it.

CUT DOWN YOUR MEAT BILL.

Here is a Great Saving.

In addition to the important advantages in cooking, **Union Cookery Bags** are also used for wrapping food placed in the refrigerator.

Meat, butter, and kindred articles will keep much better when kept in **Union Cookery Bags.**

Meat will not shrink or discolor if placed in these **Bags.**

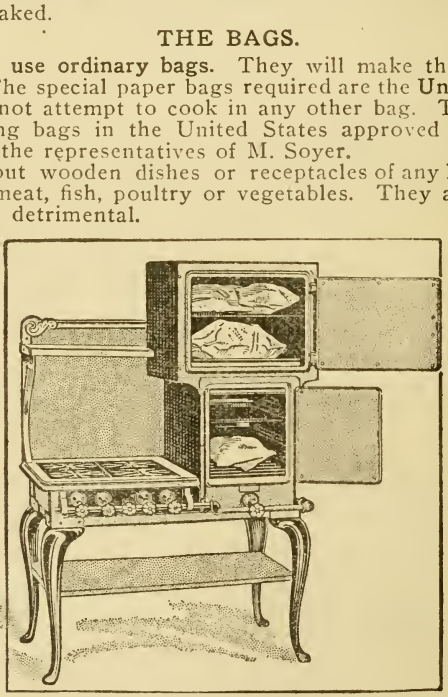
TO RECLAIM DRY BREAD, ROLLS, ETC.

Dip in water quickly. Seal in a bag as usual. Place in the oven for a few minutes. The bread will come out as good as if freshly baked.

THE BAGS.

Do **not use ordinary bags.** They will make the food taste of paper. The special paper bags required are the **Union Cookery Bags.** Do not attempt to cook in any other bag. They are the only cooking bags in the United States approved and recommended by the representatives of M. Soyer.

Do not put wooden dishes or receptacles of any kind into the bags with meat, fish, poultry or vegetables. They are not only useless, but detrimental.



THE OVEN.

Any oven will do —coal, gas, oil or electric. Nearly all ovens have wire or perforated shelves. If yours has a solid shelf, use a wire broiler or grid set over a pan. Never place

the bag **on a solid shelf.** It is essential that heat circulate on all sides of the bag.

The shelves in modern ovens are movable and should be taken out when possible before heating the oven. The filled bag can then be placed on the shelf and the shelf placed in the oven, being taken out in the same manner when the food is cooked. This avoids handling the bag and possibility of accident.

Don't have the oven too hot. Union Cookery Bags require a moderate oven only. The old paper test of oven heat is good. In gas ovens one full burner, or, preferably, two burners about half full, will usually give moderate heat.

The bag will burst if placed upon a very hot surface at the start. Therefore, draw the wire or perforated shelf from the oven, or use a broiler or grid. Thus the filled bag is placed upon a cool surface and the whole heats up evenly at the same time when placed in the oven.

Never place the bag upon a solid shelf.

Directions

1. Remove shelf from oven, if you don't use a grid.

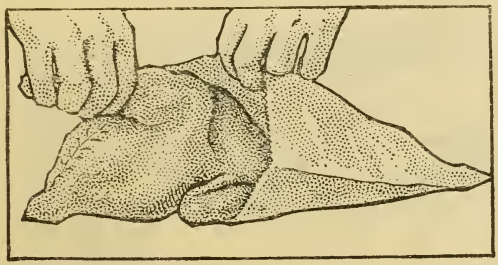
2. Prepare the food as usual.

3. Select a Union Cookery Bag amply large for the food to be cooked. **Handle it carefully.**

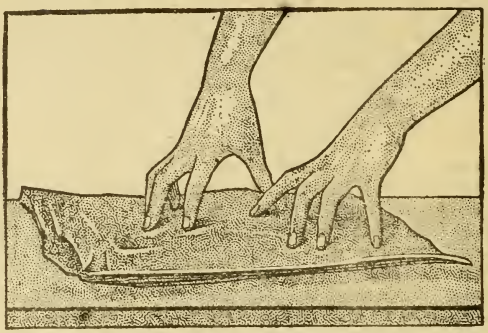
4. Moisten the bag slightly all over with water to make it pliable and avoid breaking.

5. Grease the bag inside with butter, drippings, lard or olive oil, using a brush or cloth.

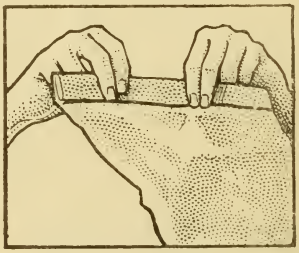
6. Lay the bag flat on the table, lift the upper edge of the mouth and carefully insert the food.



7. Press the surplus air out of the bag.

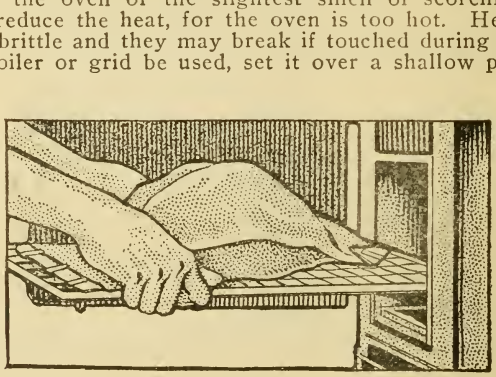


8. Fold the mouth of the bag two or three times. Fold in the corners to insure hermetical closing. Fasten with three or four clips or pins.

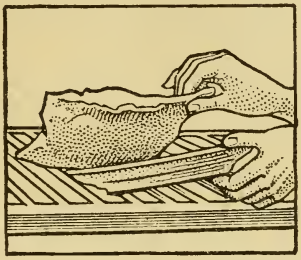


9. Place the filled sealed bag on the wire or perforated shelf or grid, **seam side up**, and put in the oven. **Do not place the bag too near the flames.** The bag usually turns brown as cooking progresses. If it becomes very brown shortly after being placed in the oven or the slightest smell of scorching paper appears, reduce the heat, for the oven is too hot. Heat makes the bags brittle and they may break if touched during cooking.

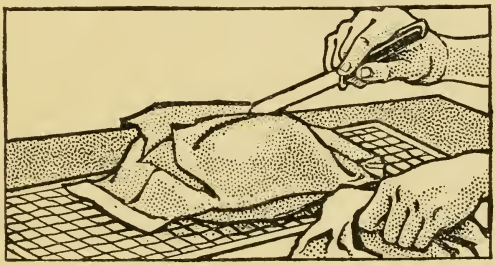
If broiler or grid be used, set it over a shallow pan in the oven.



10. When the food is done draw the shelf or grid from the oven, or slip a plate gently under the bag and so remove it. To save the juices, cut a hole in the bottom of the bag and hold a dish under the opening.



11. Slit the bag with a sharp knife, remove it carefully from about the food and throw it away.



HOW TO KNOW WHEN FOOD IS COOKED.

Follow the Time Table. If the heat declines, or for any reason it becomes necesary to learn the progress of the cooking a long needle may be used to test the food. The small hole made will not injure the process.

If the bag should break while in use, enclose the food and broken bag in another bag, greased inside, and proceed as before.

To insure perfect browning, make a few holes in the top of the bag 5 or 10 minutes before the cooking is completed.

EXPERIENCE.

Do not be discouraged if your first efforts are not rewarded by complete success. The process is new and a little experience is necessary. The method is a demonstrated success, however, and Union Cookery Bags will amply reward a little patience at the beginning.

A Great Chef's Opinion

"Cooking in paper bags appeals to housewives as an economical, labor-saving method of preparing a meal. Indeed, food thus cooked retains a delicious flavor and zest which are not obtainable through the old way.

"The sealed bag prevents loss of the rich juices and shrinkage of the food, and the heat is more thoroughly distributed. This confinement of the heat, of course, greatly reduces the time required for cooking and makes a material reduction in the fuel bill. As the bag is always placed upon a gridiron in the oven, there is no washing of pots and pans, and the malodorous fumes peculiar to many dishes are unknown.

"At the house, or at the apartment, the paper bag may well be employed to great advantage and satisfaction. The up-to-date hostess will entertain a party of friends at a 'paper-bag dinner,' and as the toothsome viands are brought upon the table concealed in those queer looking browned sacks, naught but exclamations of delight can escape her guests when the novel puffed pouches are slit open and give forth volumes of savory, piquant odors. Again, if the busy, thrifty, woman be delayed by a long afternoon shopping, and reaches home only to find time enough to prepare a 'hurry-up' dinner for her family, the paper bag readily lends itself to hasty cooking.

"Fish, roasts and most vegetables can be easily prepared and made ready to serve in a surprisingly short period.

"Until the cook is accustomed to the various times required for different dishes, she will probably be harassed by doubts as to when the dish is done. The **Time Table** will guide her accurately, or the insertion of a long needle will do no harm.

"The cooking of our food in a paper bag is not new. The present idea, without doubt, grew out of the old and familiar method of cooking en papillote. But the difference between these dishes en papillote and the latest idea of cooking in bags is that, as a rule, most of the old dishes were prepared and sometimes half cooked, before they were put into the paper. Of course, this was therefore a matter for the chef and many assistants, who desired to attain a certain flavor, rather than a device to save labor. In olden times our forefathers used to cook their game and fruits wrapped in leaves and parchment, and ourselves, when camping, frequently wrap a bird in a piece of old linen, then in coarse brown paper, and roast it on the ashes of the camp fire. Now, the idea is brought into the home and made practical. All that is necessary is an oven, a grid and a paper bag.

"The bag keeps in all the smell of cookery, all the albumen of the food, and prevents loss of weight in cooking. In either roasting or baking, beef loses 25 per cent. of its weight when cooked by the ordinary methods. In the paper bag, however, it loses none of its weight and no particle of its essence.

"When the food is taken from the bag a small quantity of concentrated gravy first rolls out, and it is the purest and best

broth that can be imagined. Cooking time in preparing the meal is reduced by at least one-third. There is not the faintest trace of odors from the kitchen, not even in the case of vegetables, which sometimes smell strongly; cauliflower, for instance.

"The paper-bag system notably allows freedom from grease. Many dishes that are too rich for digestion when cooked in the usual way may be put into a paper bag with no more butter than is necessary to grease the bag, and will be found to have gained in savor and delicacy of taste, while so completely free from grease that they will not disagree with the most delicate digestion. Furthermore, there is no scrubbing out of a greasy oven, with drippings clinging to its sides, no washing out of the dripping pan or baking dish. A spotlessly clean oven is left, and when the bags have been burned up and the dishes washed, the cook's labors with the finished meal are over.

Many housekeepers have discovered how to freshen and re-heat bread by wrapping it in a paper bag. Biscuits that have been kept for twenty-four hours, while having lost only one per cent. or one-half per cent. of moisture by evaporation, are, nevertheless, dry. Their crusts are brittle, though the heart will be moist. If the moisture can be redistributed the biscuit will become almost as good as when first baked. Nothing will accomplish this redistribution as well as paper wrapping.

"Soups cannot be cooked in bags, as the expansion caused by evaporation bursts the paper. Vegetables and desserts give varying success, some turning out to perfection and others proving less palatable. But eggs in every style, fish, entrees and roasts are always delicious, and it is here that the epicurean, though frugal housekeeper, will reap the many profits of paper-bag cookery.

"In general, it may be stated that there are less dangers to be avoided in paper-bag cookery than in any other method. Here it is not necessary to open the oven door every once in awhile to baste the food or to see how the cooking is progressing. The oven can be relied upon to do its work thoroughly if directions are followed and a little experience gained."

E. Bailly

Chef, Hotel St. Regis, New York City.

Fish Recipes

COD, salmon, halibut or any other kind of fish suitable for boiling can be cooked successfully in a paper bag. After cleaning, trimming and wiping the fish thoroughly, butter the inside of a paper bag of suitable size; then put in the fish, with one or two slices of onion and carrot, a little vinegar or lemon juice, and enough salted water to moisten the fish well. Allow about a pint of water to two pounds of fish. Fold in the end of the bag with two folds, then fasten with several wire clips and place it carefully onto a cold wire tray or grid and put it in the oven to cook.

The oven should register about 225 degrees when the fish is put on. The time required for cooking depends greatly on the shape and thickness of the fish. Two pounds of cod will take about 25 to 30 minutes.

To serve take out the bag carefully with the grid; slit the paper and lift out the fish with a fish slice or small skimmer and place it on a hot dish. Garnish with sprigs of parsley and serve.

BAKED HERRINGS.

Remove the heads from three or four fresh herrings. Split them open and take out the backbones. Season the inside with salt and pepper and dip them in a little milk and dredge with Scotch oatmeal. Melt some fat and with it brush over the prepared herrings. Then place them side by side in a paper bag, fasten the end, and cook on a wire grid or perforated shelf in a hot oven for about 10 minutes. Dish up and serve.

BAKED MACKEREL.

Procure a good-sized mackerel, wipe it with a damp cloth, split it open and remove the bones, also the head and fins. Prepare a stuffing composed of two ounces of chopped beef suet, two or three tablespoonfuls of bread crumbs, one teaspoonful of savory herbs and some chopped parsley. Spread the inside of the mackerel with this, fold over and put the fish in a greased paper bag, pour a little oiled butter over the fish and fasten the bag securely. Bake on a wire grid in a moderate oven for about 25 minutes. Dish up and serve plain or with anchovy sauce.

FILETS OF MACKEREL.

Procure two good-sized mackerel, wipe them and carefully remove the fish from the bones. Place the filets thus obtained in a deep dish, season with salt and pepper and a little lemon juice, then pour over a tablespoonful of vinegar and add a few thinly cut slices of carrot and onion and one bay leaf. Cover the dish and allow to stand for about half an hour. Take up the fish and drain on a cloth. Put the cut vegetables in a well-buttered grease-proof paper bag, and upon them place the filets of fish, skin downwards, then brush over with a little oil or butter. Fold over the end of the bag, fasten with clips and cook in a quick oven on a grid or trivet from 8 to 10 minutes. Take out the bag, remove the fish onto a hot dish, put a little neatly-shaped parsley butter on top of each. Garnish with thin slices of lemon and sprigs of parsley and serve.

COD STEAKS WITH HAM.

Procure two slices of cod, each weighing from half to three-quarters of a pound. Wipe it and place on a buttered dish. Prepare a mixture of bread crumbs, savory herbs and parsley and bind it with a little beaten egg. Place this upon each slice of fish and season with salt and pepper. Put a slice of raw ham or lean bacon on top of each, then place the fish in a well-greased paper bag, fold the end and fasten with clips. Put the bag on a grid shelf in a fairly hot oven. Bake for about 20 minutes. Dish up, and, if liked, pour round some anchovy sauce and serve.

FILETS OF FLOUNDER.

Remove the filets from a medium-sized flounder, cut each filet in two, season with salt and pepper and sprinkle over a little lemon juice; fold each filet in two or roll up (skin inwards). Put a small piece of butter on top of each and place carefully in a buttered paper bag, fasten the ends with clips, and cook for about 10 minutes on a wire grid in a hot oven. Cut open the bag and lift out the fish carefully onto a hot dish. Garnish with sprigs of parsley and serve.

STUFFED HADDOCK.

Wash, scale and wipe a good-sized fresh haddock; remove the eyes. Prepare a stuffing with two tablespoonfuls of chopped suet, two tablespoonfuls of bread crumbs, half teaspoonful of herbs, one teaspoonful of chopped parsley and season with salt and pepper. Moisten the stuffing with half an egg. Stuff the body of the fish and sew up the opening or simply fold in ends. Brush it over with beaten egg and sprinkle over some browned bread crumbs and place a few very small pieces of dripping, wrap carefully in greased paper bag, fold the end and fasten with wire clips and place on a wire grid in the oven. Bake in a fairly hot oven from 25 to 30 minutes, according to size of fish. Dish up, remove the string, and serve.

FILETS OF HADDOCK.

Cut the filets neatly from a good-sized fresh haddock, cut each filet in two, season with salt and pepper and sprinkle over a little lemon juice. Put a small piece of butter on top of each filet and place carefully in a well-buttered paper bag, fold in twice, fasten the ends with clips and cook for about 10 minutes on a wire grid in a hot oven.

FRIED FILETS OF SOLE.

Remove the skin and fins from two soles, cut off the head portion, dip the fish filets in milk and then in flour. Put them in a well-buttered paper bag with about two ounces of clarified butter, fold in the end of the bag and fasten with clips, place on a wire grid and cook in a very hot oven for about twenty minutes. Turn the bag twice during the cooking process. Take up the fish, drain and dish up. Garnish with quarters of lemon and sprigs of parsley and serve.

SOUCHET OF FISH.

This can be made of flounder or sole, or any other kind of white fish. If soles are used they must be skinned on both

sides. Trim the fish and wipe it thoroughly. Peel one small onion, half a small turnip, a small carrot, and cut each into thin slices, then into fine julienne strips. Put the fish with the vegetables in a well-buttered paper bag. The fish should be put between the vegetables. Add as much salted water as may be required to well moisten the fish (half to three-quarters of a pint). Fold in the bag and fasten with clips, turn up the corners and put it carefully on a grid shelf into a moderate oven. It will take about half an hour to 40 minutes to cook the fish and vegetables. Take out the fish, put it on a hot dish and sprinkle over the vegetables and a little stock. Sprinkle over some chopped parsley and garnish with slices of lemon.

FISH CAKES.

Take half a pound of cold fish, freed from skin and bones, half pound of cooked potatoes, one ounce of butter or dripping, two tablespoonfuls of milk, salt and pepper, one egg and bread crumbs. Chop the fish finely. Mash the potatoes and mix them with the fish, season with salt and pepper. Melt the butter or dripping, add the fish, etc., to it, then mix all together with the milk. Shape the mixture into small flat cakes of even size. Beat up the egg on a plate, then egg and bread-crumb the cakes and again shape. Now put them into a well-buttered paper bag, close up the end and fasten with wire clips. Put into a very hot oven on a grid shelf and cook for about 20 minutes. Turn the bag twice during the cooking process. Cut open the bag with scissors and place the fish cakes onto a hot dish. Garnish with sprigs of parsley and serve.

TWICE LAID.

This is the name of a dish in which cold fish and potatoes are used.

Mash about a pound of cold potatoes with a fork, remove the skin and bones from half a pound of cold fish and break it up into flakes. Mix with the potatoes and season with salt and pepper. Melt an ounce of dripping; when hot mix it with the fish and potatoes and shape into a flat cake. Place this in a well-greased paper bag, fold the end and fasten with clips. Put it on a wire grid and bake in a fairly hot oven for about 20 minutes.

CREAMED OYSTERS.

Remove the beards from a dozen large oysters. Stir the liquor into a basin containing the yolk of an egg and a dessertspoonful of flour. To this add a little lemon juice and half a gill of cream or milk. Season with salt, pepper and nutmeg. Cut each oyster in two and put them with six sliced mushrooms in a well-buttered paper bag; pour in also the prepared liquid. Close up the bag securely with clips, put it on a wire grid in a moderately heated oven and cook for about 12 minutes. Dish up the oysters, pour over the sauce, sprinkle some chopped parsley on top and garnish with slices of lemon and pieces of toasted bread. Serve hot.

BREADED OYSTERS.

Remove the beards from twelve large oysters, drain them on a cloth and egg them carefully, then roll in fresh bread crumbs. Put them in a thickly-buttered paper bag with about

two tablespoonfuls of oiled butter. Close up the bag securely and cook on a grid shelf in a hot oven for about 8 minutes.

OYSTER CAKES.

Take a dozen large sauce oysters, remove their beards, and put these with the oyster liquid into a basin and mix up with three tablespoonfuls of rich white sauce. Add a little cream and stir in one or two yolks of eggs and a cupful of bread crumbs or finely crushed cracknels or milk biscuits. Divide the oysters into quarters and mix with the above, season to taste with salt, pepper, and a pinch of cayenne. Whisk the whites of two eggs to a stiff froth and incorporate with the above. Put the mixture into one or two small, well-buttered paper bags, duly fastened at end, and bake on a wire grid in a fairly hot oven for about 20 minutes. Slit open the bags and take out the cakes, put them on a hot dish, garnish with parsley and slices of lemon and serve.

FISH SAUCES.

The liquor or stock from the fish should be utilized for making a tasty sauce. Strain the required quantity of liquor into a hot basin and stir in enough cream to thicken. If liked richer, one or two yolks of eggs should be stirred into the cream before mixing it with the fish liquor. This would be called cream sauce. By adding a little anchovy essence, anchovy sauce is produced, while, by adding some chopped parsley maitre d'hotel or parsley sauce is produced. Salt and pepper should be added to taste.

FILET OF FLOUNDER WITH WHITE WINE.

Cut from a good-sized flounder half a pound of the best filet. Add a pinch of salt and of pepper. Put into a bag with half a glass of white wine and two teaspoons of fish stock. Cook 20 minutes.

FILET OF BLUE FISH.

Salt and pepper and roll in flour one large bluefish, cut into slices two inches thick. Mince very fine one small onion, and sprinkle over each piece. Add half a pint of fish stock, the juice of half a lemon, and a piece of butter size of an egg. Close the bag and cook 40 minutes.

HADDOCK IN CREAM.

Take half a pound of haddock, roll in flour, and add a pinch of pepper. Stir in half a pint of thick cream, with a piece of butter size of an egg. Place in a bag and cook for 35 minutes.

SMELTS SUR LE PLAT.

Clean and wash carefully six smelts, add a pinch of salt and of pepper, and roll in flour. Add one small onion, chopped fine, three tablespoons of fish stock, a dash of lemon juice and a piece of butter size of an egg. Place in a bag and cook for 15 minutes.

FRESH SPANISH MACKEREL IN BUTTER.

Cut half a pound of choice filet of mackerel, and add pinches of salt and pepper. Put into the bag, cover with fresh bread crumbs, and pour drawn butter over the whole. Seal the bag and let cook for 20 minutes.

CRAB MEAT AU GRATIN.

Put half a pound of crab meat into a saucepan. Add a piece of butter size of an egg and three tablespoons of thick cream. Sprinkle salt and pepper to taste. Place in a bag and cover the meat thickly all over with equal parts of cheese gratings and bread crumbs. Cook for 20 minutes.

WHITEFISH DUGLERE.

Salt and pepper and roll in flour one large whitefish, add one small onion chapped fine, two or three sprigs of parsley, and two tomatoes skinned, seeded and chopped. Put into bag and cook 25 minutes.

SPANISH MACKEREL WITH TOMATOES.

Put into a saucepan a piece of butter size of an egg; add one medium-sized onion chopped, then three tomatoes, skinned, seeded and chopped. Salt and pepper to taste. Cook for 5 minutes. Then put a large mackerel into the bag, cover with the above ragout, and let cook 35 minutes

KINGFISH WITH EGG PLANT.

Brown in the pan one small onion in butter. Add the egg plant cut into half-inch cubes, with two tablespoons of ketchup. Cook 10 to 15 minutes, then salt and pepper. Put the fish into the bag, add the above ragout, and cook 25 minutes.

FILET OF STRIPED BASS MEUNIERE.

Cut a choice filet weighing about a pound; salt, pepper and dust in flour. Pour over drawn butter, and before sealing the bag add more butter, size of an egg. Cook for 15 minutes.

SEA BASS DIABLE.

Salt, pepper, and roll in flour a pound of fresh sea bass. Sprinkle with mustard, flour, and the juice of two slices of lemon. Pour over drawn butter, put into the bag and cook from 15 to 20 minutes.

BLUEFISH FILET WITH OYSTERS.

Take a pound of the filet, and salt, pepper, and roll in flour. With a dozen or 15 oysters do the same. With the oysters, however, use less salt and more pepper. Put the fish into the bag and carefully lay the oysters around it. Pour over the whole half a glass of white wine and half a glass of fish stock. Cook for 20 minutes.

WHITEFISH NORMANDE.

Make a ragout of 8 whole mushrooms, 10 very small onions, 8 medium-sized oysters, half a glass of sweet cider, one tablespoon of brandy, half a glass of fish stock, and some fine herbs tied in a bunch. Salt, pepper, and roll in flour a pound of choice whitefish filet. Over this spread evenly the above ragout, and cook in the bag for thirty minutes.

CODFISH FINES HERBES.

Weigh out a pound of codfish steak, and having salted and peppered to taste, dust it throughly in flour and put into the cooking bag. Add a dessertspoon of chopped fine herbs,

a piece of butter size of an egg, half a glass of white wine, and the juice of half a lemon. Close the bag and let cook for a half hour.

FILET OF KINGFISH DUGLERE.

The filet must be well seasoned with salt and pepper, and then roll in flour. To a pound and a half then add three tomatoes, cut into quarters, two chopped onions, and two or three sprigs of parsley, with a piece of butter size of an egg. Put into the bag and pour over the whole half a glass of white wine. Cook for 20 minutes.

LOBSTER AU FOUR.

Take a two-pound live lobster and cut it in half. Break the large pincers, salt and pepper, and add two or three chopped, small onions, a small bunch of fine herbs, and a piece of butter size of an egg. Put into the bag and cook for 30 minutes.

Meat Recipes

TRIM the meat if necessary and cut off any projecting bones, as these often cause the paper bags to burst. Wipe it with a cloth, then weigh the joint. Allow from 20 to 25 minutes to each pound of meat. Veal and pork require a little more time than beef or mutton, as the former should always be well done. Dredge the cut side of the joint with flour seasoned with salt and pepper. Have ready the correct size of a paper bag. Select it rather too large than too small, so that there is no possible chance of its breaking when the joint is put in. After spreading a little dripping or butter over the meat put it in a well-greased paper bag. Fasten the end after folding it with several wire clips. Next place it on a grid shelf in a hot oven and cook till tender. When done open the bag and dish up the meat. Serve with gravy.

The time required for cooking depends upon the size and weight of the joint. It is safe to allow about 20 minutes to every pound. For other information on this point the time table found at the beginning of this book should be consulted.

GRAVY FOR ROAST MEATS.

Pour any fat found in the bag while warm into a basin, which keep for future use. Pour a little hot water or stock into a basin containing the liquor from the roast meat, stand it in the hot oven and add a little gravy salt. This will color the gravy. Season with pepper and salt and strain over the meat on the dish. When the joint is cut some of its juice will run out and will improve the gravy already in the dish.

BOILED BEEF.

Procure about two pounds of salt beef and soak it for several hours in cold water. Peel and scrape two small turnips and two carrots, cut them into quarters and put them with the meat in a well-greased bag of the required size. Add as

much water as the bag with its contents will conveniently hold and fold in the end, fasten with wire clips and place it on a cold wire grid into a moderately heated oven. Cook thus for about 50 or 60 minutes. When done take up the meat, put it on a hot dish, garnish with the cooked vegetables and pour over a little of the liquor. Serve with boiled suet dumplings.

SUET DUMPLINGS.

Mix six ounces of sifted flour with three ounces of finely chopped beef suet and a pinch of salt, also half a teaspoonful of baking powder. Moisten with enough cold water to produce a fairly stiff paste. Make this up into small balls and put them in a well-greased paper bag with about half a pint of water. Fold in the end of the bag and fasten with wire clips, place it on a wire grid in a hot oven and cook for about 35 to 40 minutes.

CHOPS AND STEAKS.

These can be successfully cooked in paper bags. Wipe the meat and trim off some of the fat, if found necessary. Chops should be skewered to keep them in shape. Season with salt and pepper and brush over the chops or steaks with oiled butter. Put them in a well-greased paper bag, place them on a grid shelf in a hot oven and cook for about 15 or 18 minutes, according to the thickness of the meat. A little parsley butter, that is, butter mixed with salt and pepper, lemon juice and chopped parsley, should be put on the meat when dished up. There is usually a little gravy in the bag in which chops or steaks are cooked. This should be poured over the meat.

PORK SAUSAGES.

Divide a pound of sausages and prick them with the prongs of a fork, then put them side by side into a well-greased paper bag. Close it up and fasten with clips. Place on a wire grid and cook in a fairly hot oven for about 15 minutes.

MUTTON CUTLETS.

Cut the best end of a neck of mutton into neat cutlets, flatten each and trim neatly. Season with salt and pepper and place in a well-buttered paper bag, fold in the ends, fasten with clips and cook in a fairly hot oven on a grid shelf from 12 to 15 minutes.

MUTTON CUTLETS WITH TOMATOES.

Flatten slightly and trim neatly six or more mutton cutlets, season each side with salt and pepper and place a slice of tomato upon each. Sprinkle over with chopped parsley and chives, then put the cutlets carefully into one or more buttered paper bags, place in a very hot oven on a grid or trivet and cook from 12 to 15 minutes. To serve, cut open the paper bag and take out the cutlets carefully, arrange them on a hot dish, garnish with sprigs of parsley and send to table.

VEAL CUTLETS.

Procure about four or five veal cutlets from the best end of the neck of veal. Flatten with a cutlet bat, then trim the sides neatly and scrape the bones clean, season each with salt and pepper. Melt about half an ounce of butter and add to it

about a teaspoonful of finely chopped parsley, one small peeled and finely chopped shallot and a little lemon juice. Brush over each side of the cutlets with this, then place them side by side into a thickly buttered paper bag, fold in and fasten the ends, then put the bag on a grid shelf or trivet and cook in a hot oven from 18 to 20 minutes. Slit open the bag and arrange the cutlets neatly on a hot dish, garnish with parsley and quarters of lemon and serve with a sharp tomato or piquante sauce.

Note.—If liked, a few finely cut slices of streaky bacon can be cooked at the same time as the cutlets. These can be placed on top of the cutlets or may be cookd in a separate bag.

STEAMED CHOP.

Procure two or three mutton or lamb chops and trim each neatly, cutting off the superfluous fat, fold in the ends and fasten with a skewer, then season with salt and pepper, and spread over each side with butter. Place the chops in a well-buttered paper bag with a few slices of onion and carrot and, if liked, a few pieces of celery and also three tablespoonfuls of water. Close up the end of the bag and fasten with clips. Then cook on a grid or trivet in a hot oven for about 25 minutes. Slit open the bag, take out the chops and remove the skewers, arrange the chops on a dish, pour over any liquor found in the bag, sprinkle over a little chopped parsley and serve hot.

A dish of mashed or fried potatoes should accompany this dish.

FILET OF VEAL (DUTCH STYLE).

Cut a few filets of veal into individual portions, season each with salt and pepper, a few drops of lemon juice. Brush lightly with melted butter and turn in sifted bread crumbs. Put in a buttered bag with a teaspoonful of bouillon or stock, fold and fasten bag, and cook in a moderately hot oven 20 minutes.

ROAST BEEF WITH SWEET POTATOES.

Salt and pepper to taste four pounds of beef. Slice in half six sweet potatoes, and put all into the bag. Add an eighth of a pound of butter, close the bag and cook for one hour.

ROAST LEG OF LAMB.

Salt and pepper the roast and put it into the bag. Add a quarter pound of butter, close the bag, and let cook for three-quarters of an hour.

BEEFSTEAK PUDDING.

Take about one pound of beefsteak, half a pound of flour and four ounces of suet; cut the meat into thin slices and dip into a little seasoned flour, previously mixed with salt and pepper, on a plate. Roll up each with a small piece of fat inside. Chop the suet finely, mix with the flour and a pinch of salt; make into a stiff paste with about a gill of cold water, roll out and line with it a greased, shallow pudding basin, keeping back one-third for the cover; lay in pieces of meat and season. Pour in a little water, moisten the edges and cover the top with paste;tie over with buttered paper, then place it in a good-sized bag and cook in hot oven for about an hour and three-

quarters. Remove the paper, unmould the pudding and dish up, or serve the pudding in a basin.

BOILED HAM.

One can hardly expect to get a large ham successfully cooked in a paper bag, but a portion, say about half a ham, or a small gammon, can be cooked to perfection. After soaking the ham or gammon in water for several hours wash it thoroughly and enclose it in a well-greased paper bag with a sufficiency of water. Close it up securely and cook on a grid shelf in a moderate oven. It will take from an hour and three-quarters to two hours and a quarter for, say, four to six pounds of ham to cook, as the process must be necessarily a slow one.

CURRIED VEAL.

Cut about a pound of lean veal, filet or leg part, into small, thin slices, free from skin and sinews. Mix on a plate a tablespoonful of flour with a dessertspoonful of curry powder and a dessertspoonful of dessicated cocoanut. Season the meat with salt and pepper, add to it half a sour apple peeled and chopped, then mix with the curried flour, etc. Have ready a well-buttered paper bag of the desired size, put in it the prepared meat, also about half a pint of cold water or stock. Close up the end of the bag and fasten carefully with wire clips. Turn in the four corners of the bag and place it on a grid shelf in a moderately heated oven and cook slowly for about 35 or 40 minutes. When done, take out the bag, slit it open and put its contents onto a hot dish. Sprinkle over a little lemon juice and serve with plainly-cooked rice.

Note.—If white curry is desired use half milk and half water or white stock.

MINCED MEAT.

This is made from the remains of cold meat, beef, mutton, veal or pork. Trim off the superfluous fat and cut about a pound of the meat into slices and then into small discs. Season it with salt and pepper and sprinkle over a tablespoonful of flour. Mix in a small basin half a pint of stock or water, a teaspoonful of Tarragon vinegar, the same of a good sauce or mushroom ketchup and a few slices of finely chopped onion. Stir this and mix with the minced meat. Then put all in a well-greased paper bag, fasten it securely, place it on a grid shelf in a fairly heated oven and cook for about 20 minutes.

SWEETBREAD.

The following ingredients are required for this dish: one sweetbread, two ounces butter, three slices of bacon, braising vegetables, the juice of half a lemon, seasoning and parsley for garnishing.

Blanch the sweetbread, trim it and put it between two plates to press. When cold season to taste with salt and pepper, then put it with the butter, bacon and some sliced carrot, onion, bay leaf and the lemon juice into a well-buttered paper bag. Place this, when properly sealed up and fastened with wire clips, on a grid shelf and cook in a hot oven for about 20 minutes. When cooked, take up the sweetbread, dish up,

pour over the liquid found in the bag, garnish with parsley and serve hot.

SWEETBREADS IN CREAM WITH MUSHROOMS.

Salt and pepper one pair of medium-sized sweetbreads. Cut in slices twelve large mushrooms, distribute the pieces over the sweetbreads and put into the bag. Then over the whole pour half a pint of thick cream. Seal the bag and cook for 45 minutes.

ESCALLOPED SWEETBREADS IN BUTTER.

Cut a pair of sweetbreads in half, lengthwise. Salt and pepper and roll in flour. Pour over one egg, well beaten, and add a piece of butter size of a walnut. Roll the pieces in fresh bread crumbs. Put into the bag and cook 35 minutes.

LAMB CHOPS WITH GREEN PEAS.

Boil half a pint of peas for 15 minutes. Salt and pepper four lamb chops, put them in the bag and cover with the peas, Let cook for 5 minutes.

VEAL CHOPS WITH TOMATOES.

Take two large ripe tomatoes and skin, seed and cut them into quarters. Add a little parsley and half a chopped onion. Put two chops into the bag, salt and pepper them, and cover with the above preparation. Mix well and cook for 40 minutes.

RACK OF LAMB BOULANGERE.

To a rack of spring lamb containing six or eight chops, add salt and pepper, two small onions sliced, three potatoes cut into one-inch cubes, a piece of butter size of an egg and a tablespoon of water. Put the whole into the bag and cook for 45 minutes.

VEAL CUTLET MILANAISE.

Season with pinches of salt and pepper two cutlets, roll in flour, and add one egg well beaten. Then roll in four tablespoons of fresh bread crumbs and two tablespoons of grated cheese. Add a piece of butter size of an egg, put into the bag, and cook for 35 minutes.

PORK CHOPS CHAMPWELLON.

Take four large chops, salt and pepper well, and pass in flour. Add two onions and four potatoes sliced thin. Then add two or three sprigs of parsley and a tablespoon of water. Put into the bag and cook for 45 minutes.

KIDNEY (LAMB OR VEAL) MADEIRA.

Cut the kidney diagonally in slices an inch thick. Slice in small pieces six mushrooms and distribute evenly. Add half a small glass of Madeira and two tablespoons of thick gravy. Put the whole into the bag and cook 8 to 10 minutes.

BEEF STEW.

Take two pounds of tender beef and cut into two-inch cubes. Salt and pepper and add twelve mushrooms, ten small onions and twelve pieces of bacon, sliced thin. Mix well and add half a glass of claret and one glass of thick gravy. Put into the bag and cook one hour.

IRISH STEW.

Take three pounds of shoulder or breast of mutton and cut into small cubes. Add two white onions, three potatoes of medium size, sliced thin, a teaspoon of chopped parsley, and salt and pepper to taste. Put the whole into the bag, then pour over one glass of water, or preferably, consomme, if on hand. Close bag and cook for an hour and a quarter.

BEEF WITH CURRY.

For two pounds of beef take two slices of ham, one small apple, one onion, one tomato, and two teaspoons of curry powder. Mix well together, then add one glass of thick gravy, and two tablespoons of thick cream. Put all into the bag and let cook one hour.

SLICE OF SPRING LAMB IN BUTTER.

Salt and pepper half a pound of leg of lamb. Add a piece of butter size of an egg, put into the bag and cook for 8 minutes.

TRIPE CREOLE.

Weigh out a pound of tripe and slice in half-inch pieces. Chop one large onion, slice thick one small green pepper, add six mushrooms and two tomatoes, skinned, seeded and chopped. Salt and pepper the whole and mix with the tripe. Then add half a glass of thick gravy and cook for 45 minutes.

MUTTON CHOPS PLAIN.

To two large mutton chops add a piece of butter size of an egg. Add salt and pepper to taste, put into the bag, and cook for 8 minutes.

SAUSAGE WITH TOMATOES.

Put into the bag eight links of Deerfoot sausage. Chop fine together two tomatoes and one large onion, and put evenly over the sausage. Cook for 20 minutes.

CALF'S BRAIN WITH BROWN BUTTER.

Clean and wash thoroughly the brain, and salt and pepper well. Add a tablespoon of capers, together with two or three sprigs of parsley. Brown in the pan a piece of butter size of an egg, and pour over the whole mixture. Put into the bag and cook for 25 minutes.

FILET OF VEAL (DUTCH STYLE).

Cut a few filets of veal, season with salt and pepper, a few drops of lemon juice, cover with oily butter, and pass through crisp bread crumbs. Place in a buttered paper bag, with a teaspoonful of meat extract; fold and cook for 20 minutes.

MUTTON CHOPS A LA MAGNY.

Trim each chop, season with salt and pepper. Brush both sides with melted butter, place one slice of tomato, and one mushroom on top, add a teaspoonful of consomme or stock and a little coarsely chopped parsley. Put in a buttered bag, fold and fasten it, and cook in a hot oven 15 or 16 minutes.

CALF'S HEART WITH ONIONS.

Remove blood vessels and fibrous parts from a calf's heart and wash thoroughly. Dry and fill with veal or fish stuffing. Cover the opening with slices of bacon tied or skewered into place, cover carefully with sifted flour highly seasoned with pepper and salt. Clean and slice one large Spanish onion and place both heart and onion in a thickly-buttered bag. Fold and fasten the bag and cook in a moderate oven for 1 hour.

BEEF LEAF.

Cut six slices of raw beefsteak very thin; flatten and season with salt and pepper. Make a dressing by chopping one ounce of bacon, one shallot (or one-quarter onion), a little parsley, one ounce ham and a few beef trimmings. Mix together with a little spice such as powdered thyme, marjoram and sage, a few bread crumbs and bind all together with an egg. Arrange alternate layers of steak and dressing, then roll up and truss firmly with a string. Place in a buttered bag with two tablespoonfuls of butter and a teaspoonful of caramel. Fold and fasten bag and cook for 35 minutes in a moderate oven.

MUTTON STEW.

Cut four pounds of neck of mutton in inch cubes, trimming off all the fat. Add two finely chopped onions, two or three diced potatoes, two or three sliced tomatoes, and a few peas. Season with pepper and salt and dredge over the top one tablespoonful of flour and a teaspoonful of poultry seasoning. Put in a buttered bag, add one-half to three-quarters of a cup of cold water. Fold bag and fasten, and cook in a moderate oven 35 or 40 minutes. It will then be ready to serve. Carrots and mushrooms may vary the seasoning.

STEWED KIDNEYS.

Prepare lambs' kidneys as usual. For a pair of kidneys, cut up in small pieces, add a sliced tomato, a few mushrooms, pepper and salt to taste and a tablespoonful of water. Put in well-buttered bag. Fold and fasten bag and cook for 5 to 10 minutes in a hot oven.

BANANAS WITH BACON.

Split in half, lengthwise, six bananas (not over ripe), sprinkle with pepper and salt and on each place a strip of thinly sliced bacon, half and half, meat and fat. Place carefully in a buttered bag, fold and fasten and bake in a hot oven 10 or 12 minutes.

Poultry and Game

ROAST CHICKEN.

Cut the legs, close to the thighs, of a chicken, well trussed for roasting. Spread over the breast part a layer of butter or dripping, then put in a buttered paper bag, fold in the end and fasten with clips. Cook it on a grid shelf in a fairly hot oven for about 40 minutes; this is the time a moderate-sized

fowl will take. Take up the bird, remove the skewer and string and put it on a hot dish. Prepare some gravy as directed for roast meat. Garnish with watercress and serve with bread sauce.

BOILED CHICKEN.

Careful cooks have always boiled fowls and chickens by previously wrapping them up in buttered paper, but boiling them in paper bags is more convenient and certainly cleaner. Procure the bird to be boiled ready trussed for boiling; rub the outside with a cut lemon, then put it in a well-buttered paper bag with a sliced onion, a piece of celery, a small peeled onion stuck with a clove and a small bunch of herbs, parsley, etc.; add also about a pint of salted water; fold in the bag and fasten well with wire clips, or, if, preferred, tie up the end with string. Put it on a grid shelf in a moderately-heated oven for about an hour or less, according to the size of the bird. Serve the chicken on a hot dish with its gravy or liquor.

CHICKEN FRICASSEE, WITH MUSHROOMS.

Cut a tender chicken into the usual joints, trim each neatly, and cut off any projecting bones. Season with salt and pepper and sprinkle over with very little flour, then dip each piece of chicken into clarified butter and slip into a well-oiled paper bag, together with a handful of finely sliced preserved mushrooms, also a small onion stuck with a clove, half a carrot and a bouquet of parsley; pour over about a gill of stock. Close up the end of the bag, fold over and fasten with clips, then place on a wire grid and cook in a moderate oven from 35 to 40 minutes, according to quantity cooked. Stir a yolk of egg in a small basin with three tablespoonfuls of cream. To this add the strained juice of half a lemon. Take the pieces of chicken out of the bag and dress them on a hot dish with the mushrooms. Remove the onion, carrot and parsley and strain the liquor remaining in the bag into the yolk of egg, etc. Mix thoroughly and pour over the chicken. Sprinkle with a little finely-chopped parsley and garnish with fleurons (half moons of puff pastry) and also, if liked, thin slices of lemon.

CHICKEN SAUTE.

Take the legs and wings of a medium-sized chicken and salt and pepper well. Add two or three sprigs of parsley broken into small pieces, and one small onion chopped fine. Mix together with a piece of butter size of an egg, put into the bag, and cook for 25 minutes.

RHODE ISLAND TURKEY PLAIN.

Clean, wash and singe the turkey thoroughly. Add salt to taste together with a quarter pound of butter in the bag. Let cook for an hour and a half.

STUFFED TURKEY WITH CHESTNUTS.

Salt the turkey well. Then chop together one onion, one pound of sausage meat, one apple and three sprigs of parsley. Mix in with this one quart of fresh bread crumbs and one

pound of chestnuts. Stuff the turkey and put into the bag, with a quarter pound of butter. Cook for two and one-half hours.

ROAST QUAIL WITH GRAPES.

Clean the quail thoroughly, and cover with pieces of bacon sliced thin. Salt, and put into the bag with a little butter. Cook for 8 minutes Before closing the bag, add one-half pound of fresh Malaga grapes.

ROAST PLOVER.

Clean the bird carefully, salt, and cover the breast with thin slices of bacon. Put into the bag and cook for 8 minutes.

Vegetable Recipes

ONLY lately has any attempt been made to cook vegetables in paper bags. While it is not advisable to adopt this method for every kind of vegetable, the experiments made have proved that quite a number can be successfully cooked by the paper-bag process, notably so the following: Artichokes, broad beans, Brussels sprouts, beans, carrots, cauliflower, celeriac, celery, cucumber, endive, chicory, seakale, mushrooms, parsnips, peas, potatoes, salsify and tomatoes. These must in each case be washed, trimmed and prepared the same as for an ordinary cooking process, duly seasoned and placed with a little water, and in some cases, butter as well, in a grease-proof paper bag (sealed up), and put in a moderately-heated oven on an iron grid, not a solid shelf, as is usually found in coal ovens. The heat will thus reach the contents of the bag from all sides and top and bottom. From 15 to 35 minutes should be allowed to cook any kind of vegetable; some will take even less time.

Dried peas, lentils and haricot beans are excellent cooked in paper bags, but they must be allowed to soak for rather longer than usual before cooking them.

It is well to remember that all vegetables must undergo some kind of preparation, washing, draining, scraping, peeling, etc., before they can be cooked in the correct sense, and unless that is done well the success of a dish is often spoiled, so that the paper bag cannot be of much help unless that is done.

Always cook the vegetables on the same day on which they are prepared and wanted for table.

Vegetables of strong flavor, which include almost every kind of green vegetable, are not recommended to be cooked in a paper bag. They should be cooked in a large quantity of water, sufficient to well cover the articles to be cooked.

The water in which they are cooked must be well seasoned with salt. About a teaspoonful to every quart of water is the average proportion used.

As a much smaller quantity of water is used by the paper bag system than by the ordinary way, the liquor in which vegetables have been cooked is valuable and should be made use of.

BROAD BEANS.

This is an excellent way of cooking young broad beans: shell them and put the beans with salted water in a buttered paper bag, seal it up and cook on a grid shelf for 20 minutes in a moderate oven. Mix a little of the stock or liquor of the beans and a tablespoonful of cream with the yolk of an egg, and add a little chopped parsley and a few drops of lemon juice. Dish up the beans and pour over the prepared sauce.

BAKED POTATOES.

Wash and scrape, or peel thinly, one to one and one-half pounds of new potatoes; parboil them for a few minutes in salted water; then drain, sprinkle over with butter and put them into a buttered grease-proof paper bag. Fasten the bag securely and place on a grid or trivet in a hot oven and bake for 25 or 30 minutes.

POTATO CHIPS.

Wash and peel thinly four or five potatoes and cut them into very thin slices. Put them on a cloth and drain thoroughly so as to absorb all the moisture. Have ready a well-buttered paper bag, put in the prepared potato chips and close up the bag. Fasten the end with clips and place on a grid shelf in a hot oven. Cook thus for about fifteen minutes, turning the bag once or twice during this period. The potato chips will be found quite crisp by this time. Open the bag, season the chips with fine salt and dish them up.

SAUTE POTATOES.

This is an excellent way of reheating cold potatoes. If the potatoes are not peeled, peel them and slice them thinly, season with salt and pepper. Have ready a paper bag of the desired size; pour over the sliced potatoes a liberal quantity of melted butter and put them in a well-buttered paper bag, fasten the end, place it on a grid shelf and cook in a fairly hot oven about 18 or 20 minutes. Turn the bag several times.

POTATOES AU MAITRE D'HOTEL

Cut some cold potatoes into slices, not too thin; season them with salt and pepper and a little nutmeg. Sprinkle over half a tablespoonful of flour to each pound of potatoes, also a tablespoonful of oil or butter, then put them in a buttered paper bag with a gill and a half of milk. Close up the bag securely and place it on a wire grid in a moderately heated oven for about 20 minutes. Slit open the bag and put the potatoes with the sauce on a hot dish. Sprinkle over some finely chopped parsley and serve.

TOMATOES WITH BACON.

Remove the stems from six or eight ripe but firm tomatoes, wipe them and dip each in hot water for a few minutes, then skin carefully. Cut half a pound of bacon into thin slices, pat out each slice and roll up half a tomato in each, after having seasoned them with salt and pepper and sprinkled over a little chopped parsley. Place carefully in a greased paper bag, fold over the end of the bag and fasten with clips or large pins, then

put it on a grid shelf in a hot oven and cook for about 15 minutes. Break or slit the bag, put the contents carefully on a hot dish and serve.

BAKED TOMATOES.

Cut six tomatoes into halves, season them with pepper and salt and sprinkle bread crumbs over them; put small pieces of butter here and there on them. Place them in a buttered paper bag, close it up securely, put it on a wire grid and bake in a fairly hot oven for about 20 minutes. Dish up the tomatoes and serve hot.

BOILED RICE.

Rice can be satisfactorily cooked in a paper bag. After picking it over and washing it in several waters it should be soaked for several hours. It is then put in a well-greased paper bag with water, proportion being half a pint of water to four ounces of rice; fold in and fasten the end of the bag, put it on a grid shelf and cook in a moderate oven for about 25 minutes.

GREEN PEAS.

Shell one pint of green peas, put into a quart-sized paper bag, previously buttered, add half a teaspoonful of salt, a sprig of green mint, and about a gill of water; fold the ends of the bag carefully and clip tightly, place it on a grid shelf in a moderate oven and cook for about 35 minutes. To serve, slit open the paper bag and pour the peas on to a hot dish.

SAVOURY CABBAGE.

Wash and trim a young cabbage, remove the stalk portion, and cut the remainder into shreds. Take three slices of streaky bacon and cut them crossways into strips; mix these with the cabbage, season with salt, and put all in a buttered paper bag, with about three-quarters of a pint of water and a teaspoonful of bicarbonate of soda. Close up the bag securely, place it on a wire grid, and cook in a moderately heated oven for about 40 minutes; dish up the cabbage and serve hot.

STUFFED TOMATOES.

Cut the tops off from six large ripe tomatoes, and seed and skin them. Chop separately one small onion, two hard-boiled eggs, two tomatoes and several sprigs of parsley. Then mix all together and salt and pepper thoroughly. Then mix together three tablespoons of fresh bread crumbs and one raw egg, and stir this into the whole. Stuff the tomatoes, put the tops on, and put into the bag with butter size of an egg. Let cook from 15 to 20 minutes.

TOMATOES AU GRATIN.

Cut in two and seed six tomatoes and put in the same ingredients as above, but add two tablespoons of grated cheese. Stuff, and add a pinch of fresh bread crumbs on top of each tomato. Put into the bag with a small piece of butter, and cook for 15 minutes in hot oven.

TOMATOES IN BUTTER.

Cut six large tomatoes in half, skin, seed, and salt and pepper well. Add parsley in small quantities. Butter each one thoroughly outside and in, put into the bag and let cook 12 minutes.

MUSHROOMS ON TOAST.

Toast lightly and butter two slices of bread. Place eight mushrooms on each and salt and pepper to taste. Put into the bag and cook for 8 minutes.

MUSHROOMS IN CREAM.

Clean and skin eighteen mushrooms, and salt and pepper well. Add half a pint of thick cream together with butter size of an egg. Put into the bag and cook 15 minutes.

SUMMER SQUASH IN BUTTER.

Cut a medium-sized squash into narrow strips, about half an inch in width, salt and pepper each carefully, and put into the bag. Add a piece of butter size of an egg, and cook for 30 minutes.

GREEN CORN PLAIN.

Let the inside husk remain on two full ears of corn. Add a pinch of salt to each, and one glass of water in the bag. Cook for 40 minutes.

CORN WITH GREEN PEPPERS.

Take one can of corn and mix well with one green pepper sliced thin. Add salt to taste and half a pint of thick cream. Put into the bag and cook for 20 minutes.

CORN IN BUTTER.

To a can of corn add salt and pepper, with butter size of an egg. Cook the whole in the bag for 15 minutes.

GREEN PEAS PLAIN.

Take one pint of peas, add one glass of water and salt well. Put into the bag and cook one hour.

(String beans may be cooked in the same manner.)

SPINACH.

Clean and dry thoroughly two quarts of spinach. Sprinkle with salt, add a pinch of sugar, and put into the bag. Cook for forty minutes, then take the bag from the oven and place a piece of butter size of an egg in a hole in the center of the spinach. It is then ready to serve.

HASHED POTATOES IN CREAM.

Peel and hash three boiled potatoes, salt well, add half a pint of thick cream, put the whole into the bag and let cook for 10 minutes.

EGGS AND SPINACH.

Take a pint of dry spinach, chopped fine, and put into a small saucepan. Add a piece of butter, size of an egg, and two

or three tablespoons of thick cream, according to the consistency of the spinach. Cook for five minutes. Then take four tablespoons of the chopped spinach in cream, add a pinch of salt, and put into the bag. Break two eggs over the preparation, close the bag, and cook for two minutes.

EGGS WITH ASPARAGUS TIPS.

Melt a piece of butter the size of an egg in a saucepan, add a can of asparagus tips, together with one tablespoonful of thick cream. Stir well for five minutes, and put into the bag. Break two eggs over the asparagus, close the bag and cook for two minutes.

Dessert Recipes.

PUFF PASTE.

Sift half a pound of flour onto a pastry board, make a well in the centre, add a pinch of salt, one teaspoonful of lemon juice and about a gill of cold water. Knead the paste thoroughly and roll out into an oblong strip. Next put six ounces of fresh butter into a cloth, knead a little so as to squeeze out any moisture, and shape it into a flat cake. Place the butter in the centre of the prepared paste, wet the edges with a brush dipped in cold water and fold over so as to completely inclose the butter. Now roll it out very carefully, fold it into three and roll out into an oblong shape again; continue this about four or five times, setting the paste aside in a cool place for about 15 minutes between each turn. Before using it should be allowed to stand for at least half an hour.

RASPBERRY AND CURRANT TARTLETS.

Roll out, not too thinly, half a pound or more of puff paste, and line with it the required number of small pastry hoops or tartlet moulds. Fill these with rice or dried peas and slip into a paper bag; prick the top of the bag with a skewer, and bake on a grid in a moderate oven for about 12 minutes, or until the paste has acquired a golden color. Take out the rice or peas and fill the tartlet crusts with prepared raspberries and currants; pour over a little prepared syrup and place in the oven again for a few minutes to get hot. Sprinkle over with powdered sugar and serve.

FRENCH CHERRY TARTS.

Roll out thinly some puff paste, and line with it a large pastry hoop or flat cake tin. Fill this with stoned cherries and sprinkle over with castor sugar mixed with a little ground cinnamon. Slip this into a paper bag, fold in the ends and fasten with clips, and bake for about 15 to 20 minutes. When baked, take out of the bag, pour over some well-reduced syrup, and serve.

SWEET BANANA PASTIES.

Roll out some rough puff paste and cut it into oblong pieces or squares of even size. Spread the centre of each piece

of paste with a little apricot marmalade, upon this put half a banana not too ripe, and sprinkle over with powdered sugar mixed with ground cinnamon. Wet the edges of the paste, fold over and press the ends. Now brush over with a little milk and sprinkle with powdered sugar. Then place the prepared pasties in a buttered paper bag and bake on a grid shelf in a fairly hot oven for from 10 to 12 minutes.

CURRANT CAKE.

Get ready the following ingredients: half a pound of flour, one large teaspoonful of baking powder, a pinch of salt, three ounces of butter, two eggs, four ounces of sugar, four ounces of currants and about half a teacup of milk.

Mix the flour, salt and baking powder, rub in the butter, add the sugar and cleaned currants. Make into a fairly stiff paste, with the eggs and milk previously beaten up. Bake for about 25 minutes in a well-buttered paper bag, placed on a wire grid in a fairly hot oven.

APPLES IN BUTTER.

Take two green apples, core them, and put a teaspoon of sugar in each core. Put them into the bag, add a little butter, and two tablespoons of water. Cook 20 to 30 minutes.

APPLE DUMPLINGS.

For the dumplings, take one pound of flour, two quarts of water, one-third pound of lard, two-thirds pound of butter, one tablespoon of sugar, and a pinch of salt. Mix these together, then beat together the yolk of one egg and half a pint of milk. With the latter paint the dumplings with a light brush. Peel two large green apples, core and sugar them. Add a small piece of butter, and put them into the dumplings. Put into the bag, with two tablespoons of water, and cook 30 to 35 minutes.

BREAD PUDDING.

To one quart of hot milk, stir in three or four ounces of sugar. Then add three eggs well beaten and a few drops of vanilla. Put into the bag one quart of white bread cut into one-inch cubes; together with two ounces of raisins, and pour the above over all. Cook for 8 minutes.

FARINA PUDDING.

To one and one-half pints of hot milk, add one-quarter pound of farina and two ounces of sugar. Mix the milk and sugar first. Cook for 8 minutes. Then add four eggs, well beaten, and mix the whole together. Put into the bag and cook for 10 minutes.

TAPIOCA PUDDING.

Dissolve three ounces of sugar in a pint of hot milk, and add a pinch of salt. Then put in a quarter pound of tapioca and one egg well beaten. Put the whole into the bag and cook for 30 minutes.

LEMON DUMPLINGS.

Four ounces of bread crumbs, same of chopped suet; add powdered sugar, one lemon and the rind grated, mix with one

egg, make into dumplings. Put into a buttered paper bag, and cook for 10 minutes. Serve with maple syrup and honey.

TAPIOCA PUDDING.

Take three-quarters of a pint of milk, one ounce of crushed or flaked tapioca, one ounce of castor sugar, one egg, flavoring essence. Put the tapioca to soak in hot milk for 20 minutes, then add the sugar and the beaten egg, also a few drops of flavoring essence. Butter a shallow pie dish, pour in the mixture, then put it in a paper bag, fold the end to close up securely, and bake for about 20 minutes.

HOMINY PUDDING.

Put two ounces of hominy into a basin and pour over three-quarters of a pint of boiling milk and let it soak for half an hour. Beat in one egg, then add half an ounce of shredded beef suet and one ounce of castor sugar, also a few drops of flavoring essence. Pour the mixture into a greased shallow pie dish, then place it in a paper bag, fold in the end to close up securely with clips, place on a grid shelf in a fairly fast oven and bake for 15 minutes.

COCOANUT PUDDING.

Take four ounces of grated fresh cocoanut, with two ounces of castor sugar, creamed up with two ounces of butter, stir well, add two ounces of cake crumbs, also the whisked whites of three eggs, half a wineglassful of sherry or brandy, and half a teaspoonful of orange water. Line the edges of a shallow pie dish with puff paste, pour in the mixture, sprinkle over with castor sugar, then place the dish in a paper bag, seal it up well, and put it on a wire grid shelf and bake in a moderate oven for about 35 minutes.

BAKED APPLE DUMPLINGS.

Get ready the following ingredients: half a pound of flour, quarter of a pound of butter, half a teaspoonful of baking powder, six small cooking apples, brown sugar, and two ounces of currants. Sift the flour with the baking powder into a basin, add a pinch of salt, and rub in the butter lightly; moisten with enough water to make a stiff smooth paste. Peel and core the apples, roll out the paste about a sixth of an inch thick, cut out twelve rounds, each large enough to wrap up half an apple; put a teaspoonful of moist sugar and a few currants in the cavity of each apple, wet the edges of the paste, and wrap the apples in the paste, using two rounds for each. Care must be taken, so that the edges are well joined, brush over with water, sprinkle with castor sugar, place the prepared dumplings in a well-greased paper bag on a wire grid, prick the paper here and there with a fork, and bake in a fairly hot oven for about 30 minutes.

BAKED APPLES.

Peel four or five ripe apples and slice lengthwise, or divide each with a cutter, and fill the cavities with currants and powdered sugar, pour a little melted butter over each apple,

and place them in a buttered paper bag, close it up securely, put it on a wire grid and bake in a moderate oven for 20 minutes.

BAKED ROLY PUDDING.

Rub three ounces of beef dripping into half a pound of flour and mix with milk or water to a fairly stiff paste. Roll it out on a floured board and spread thinly with jam. Roll it up carefully, put it in a well-buttered paper bag, and bake on a grid shelf for about three-quarters of an hour in a moderate oven.

BANANA SOUFFLE.

Take four bananas, not overripe, peel them, put them in a pie dish, and pour over a little lemon juice. Have ready a buttered souffle dish. Separate the yolks from two eggs, adding two ounces of castor sugar, and beat up to a cream. Next cream up in a basin two ounces of fresh butter, add slowly two ounces of sifted flour, then stir in the yolk of eggs. When well mixed add the bananas, previously passed through a sieve. Beat all together, lastly add the stiffly beaten whites of eggs. Put the souffle quickly in a paper bag, fold and fasten the end of the bag with clips. Bake in a hot oven for about 20 minutes. Send the souffle to table quickly.

Bananas served in this way can be easily digested by the most delicate person, and are always received with delight.

ORANGE CAKE.

Take two eggs, their weight in butter, powdered sugar and ordinary flour, the grated rind of two oranges and one tablespoonful of milk.

Beat up the eggs, cream together the butter and the sugar; mix the flour with the baking powder; add the flour and the eggs alternately to the creamed butter, mix well, then stir in the orange rind. Pour into a buttered and floured paper bag, close up the end and fasten with clips and bake on a wire tray in a moderately heated oven for about 18 minutes.

TIME TABLE

FISH

7 lbs.	50 minutes
3 "	30 "
1 "	18 "
½ " or filleted fish	6 "

MEATS

Beef, 9 lbs.	1¼ hours
" 4 "	1 "
" 3 "	45 minutes
Short Ribs of beef	40 "
Veal, 7 lbs.	1½ hours
" chops	35 minutes
" kidneys	25 "
Pork, 3 to 4 lbs.	1 hour
" tenderloin	45 minutes
" chops	45 "
" sliced ham	25 "
Spare Ribs	45 "
Mutton or Lamb—leg 8 lbs.	1½ hours
" — " 3 to 4 lbs.	1 "
" —shoulder, 5 lbs.	1 "
" — " 3 "	50 minutes
" chops	20 "
" loin	1½ hours
Lamb Kidneys	25 minutes
Braised calves liver (whole)	1 hour
Calves liver and bacon	30 minutes
Hamburg Steak	25 "

POULTRY

Chicken, large	1 hour
Young Chicken	40 minutes
Spring "	25 "
Old "	1¼ hours
Duck	35 minutes
Old Duck	1¼ hours
Turkey (stuffed) 16 to 18 lbs.	2 hours
" (not stuffed)	1½ "
Goose (young one)	1¼ "
" (ordinary size)	1½ "
Pigeon (young)	12 minutes
" (old)	30 "

10 minutes should be allowed for Quail and all kinds of small birds.

VEGETABLES

Peas	40 minutes
Small Onions	30 "
Stuffed Tomatoes	25 "
Spinach—no liquid but moisture remaining after washing	30 minutes
Potatoes { Pared, around roast	1 hour
Potatoes { Baked	1 "
Bread	50 to 60 minutes
Rolls	25 "

Pastry, etc., allow 10 minutes less than any other method.

and place them in a buttered paper bag, close it up securely, put it on a wire grid and bake in a moderate oven for 20 minutes.

BAKED ROLY PUDDING.

Rub three ounces of beef dripping into half a pound of flour and mix with milk or water to a fairly stiff paste. Roll it out on a floured board and spread thinly with jam. Roll it up carefully, put it in a well-buttered paper bag, and bake on a grid shelf for about three-quarters of an hour in a moderate oven.

BANANA SOUFFLE.

Take four bananas, not overripe, peel them, put them in a pie dish, and pour over a little lemon juice. Have ready a buttered souffle dish. Separate the yolks from two eggs, adding two ounces of castor sugar, and beat up to a cream. Next cream up in a basin two ounces of fresh butter, add slowly two ounces of sifted flour, then stir in the yolk of eggs. When well mixed add the bananas, previously passed through a sieve. Beat all together, lastly add the stiffly beaten whites of eggs. Put the souffle quickly in a paper bag, fold and fasten the end of the bag with clips. Bake in a hot oven for about 20 minutes. Send the souffle to table quickly.

Bananas served in this way can be easily digested by the most delicate person, and are always received with delight.

ORANGE CAKE.

Take two eggs, their weight in butter, powdered sugar and ordinary flour, the grated rind of two oranges and one tablespoonful of milk.

Beat up the eggs, cream together the butter and the sugar; mix the flour with the baking powder; add the flour and the eggs alternately to the creamed butter, mix well, then stir in the orange rind. Pour into a buttered and floured paper bag, close up the end and fasten with clips and bake on a wire tray in a moderately heated oven for about 18 minutes.

TIME TABLE

FISH

7 lbs.	50 minutes
3 "	30 "
1 "	18 "
½ " or filleted fish	6 "

MEATS

Beef, 9 lbs.	1¼ hours
" 4 "	1 "
" 3 "	45 minutes
Short Ribs of beef	40 "
Veal, 7 lbs.	1½ hours
" chops	35 minutes
" kidneys	25 "
Pork, 3 to 4 lbs.	1 hour
" tenderloin	45 minutes
" chops	45 "
" sliced ham	25 "
Spare Ribs	45 "
Mutton or Lamb—leg 8 lbs.	1½ hours
" — " 3 to 4 lbs.	1 "
" —shoulder, 5 lbs.	1 "
" — " 3 "	50 minutes
" chops	20 "
" loin	1½ hours
Lamb Kidneys	25 minutes
Braised calves liver (whole)	1 hour
Calves liver and bacon	30 minutes
Hamburg Steak	25 "

POULTRY

Chicken, large	1 hour
Young Chicken	40 minutes
Spring "	25 "
Old "	1¼ hours
Duck	35 minutes
Old Duck	1¼ hours
Turkey (stuffed) 16 to 18 lbs.	2 hours
" (not stuffed)	1½ "
Goose (young one)	1¼ "
" (ordinary size)	1½ "
Pigeon (young)	12 minutes
" (old)	30 "

10 minutes should be allowed for Quail and all kinds of small birds.

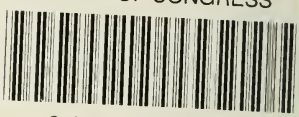
VEGETABLES

Peas	40 minutes
Small Onions	30 "
Stuffed Tomatoes	25 "
Spinach—no liquid but moisture remaining after washing	30 minutes
Potatoes { Pared, around roast	1 hour
Potatoes { Baked	1 "
Bread	50 to 60 minutes
Rolls	25 "

Pastry, etc., allow 10 minutes less than any other method.

APR 15 1912

LIBRARY OF CONGRESS



0 014 631 775 3

ADV Plans, LLC



Copyright Notice:

The entire contents of this CD/DVD are copyright 2014 by ADV Plans, LLC. All Rights Reserved.

Reproduction or distribution of this disk, either free or for a fee is strictly prohibited. We actively monitor and remove listings on eBay thru Vero.

You are free to copy or use individual images in your own projects, magazines, brochures or other school projects.

Only the sellers listed here
are authorized distributors of this collection:
www.theclassicarchives.com/authorizedsuppliers

Please view our other products at
www.theclassicarchives.com,
or our ebay stores:

TheClassicArchives
ADVPlans
SuperShedPlans

