

HALF A DOZEN PILAUS

BY FLORENCE WILSON



THE receipt for a simple pilau is as follows: Crack a knuckle of ham and boil for one hour in three quarts of water, adding one-half teaspoonful of mixed spices, and one large pinch of black pepper. Remove the bone and all bits of fat. Pick carefully and thoroughly; wash (by rubbing between the hands through two waters) a cup of best rice. Boil until the grains are nearly three times their original size. Strain through a colander until all the liquor is drained off; return to the saucepan, which place uncovered over a slow fire for ten minutes, stirring frequently with a fork. Five minutes before serving sprinkle two tablespoonfuls of cold water over the rice; cover tightly, and remove from stove. In preparing plain rice, follow above directions, using plain, salted water, and leaving out meat, spice and pepper.

CHICKEN PILAU

JOINT a half-grown fowl, washing the pieces through three waters, then lightly salting. Lay in a saucepan six slices of good breakfast bacon, two sprigs parsley, one-quarter small onion, chopped fine, good pinch of black pepper. When the fat is thoroughly extracted, remove bacon, and lay in pieces of chicken, cooking until quite done and well browned. Remove meat and parsley, adding three pints of hot water and one pint prepared rice, *i. e.*, washed and picked as in foregoing receipt. When done, but not quite dry, stir loosely with a fork, lay slices of chicken on rice, remove saucepan to the back of the stove, and for twelve minutes let "soak," as our "manners" call the drying process.

SAUSAGE, OR FORCE-MEAT PILAU

IF sausages are used, squeeze from skin and fry in their own grease. If chopped meat, season well, and fry with six slices breakfast bacon; add three pints of hot water and one cup prepared rice. When quite done, stir thoroughly with fork, remove to the back of the stove, leave for five minutes, and serve.

OKRA PILAU

PUT three slices of the indispensable bacon into a saucepan with one quart of okra pods scraped and chopped into tiny bits, discarding heads; pinch of salt and pepper to taste. Stir ten minutes. Add three pints of boiling water, one pint prepared rice. Remove bacon when rice is done, dry on the back of the stove for ten minutes, stirring several times loosely with a fork.

CRAB PILAU

BOIL, for ten minutes, twelve large crabs, salting the water thoroughly. When cold, remove the flesh from body and claws, mix with two tablespoonfuls of butter, several parsley leaves finely chopped, large pinch of black pepper. Have ready some hot ham fat in saucepan, slip in the mixture, stirring well. Pour in three pints of boiling water, one pint of prepared rice. Serve with parsley.

OYSTER PILAU

INTO a saucepan put one heaping tablespoonful of butter; when quite melted, three pints of oyster water, pepper and salt to taste, and a small sprig of parsley, one pint of prepared rice. When done, lay three dozen good sized oysters on rice, sprinkle with a tablespoonful melted butter and a tiny pinch of pepper; cover saucepan, and let contents steam over slow fire for ten minutes. Serve, with parsley and oysters encircling rice.