

otherwise no trace of the violent storm that had so lately swept over it, whilst forehead and eyes lay enshadowed in the brim of her large black hat.

"I am come to moisten your ankle, Con dear," she said as she approached the wicker couch; "the sun must have made it hot and dry." And she placed the basin of water on a chair, preparatory to using it. Con felt herself blushing a hot, guilty blush of self-contempt.

"Oh, Winny!" she said confusedly, "please do not

trouble yourself. Baker will look after me. You are very kind, but I do not like you to wait on me."

"It is no trouble," she answered gently, and there was a tone in her voice that smote reproachfully on Con's ear. "Baker is at her dinner now; and—and—Con dear," with a sudden break, "you will let me do it for you this time, won't you? I am going away to-morrow."

END OF CHAPTER THE EIGHTEENTH.

ON THE MAKING OF PATTIES.

BY A. G. PAYNE, AUTHOR OF "COMMON-SENSE COOKERY," "CHOICE DISHES AT SMALL COST," ETC.



HERE are perhaps few dishes that differ more than those which may be described generally as patties.

There is the patty from the pastry-cook's, a lump of pastry separated from a smaller round knob, which rests on the top, by a wafer of some unknown substance which is the inside. These patties are, fortunately, going somewhat out of fashion. There is the country home-made patty, shaped like a mince-pie, containing sufficient paste in itself, under different manipulation, to make enough patties for a good-sized foreign table-d'hôte; and there is the real, genuine article, rarely met with in private houses, in which a good table-spoonful or more of some delicious forcemeat is enclosed in a pastry case so light and so delicate, that we are scarcely conscious of its presence after we get it in our mouths.

In making patties the cook's first and great difficulty is the cases. I would strongly advise you when possible to buy these ready-made, and fill them yourself. I will not now enter into the difficult operation of making puff paste, and cutting out little rounds of paste about three inches in diameter and rather less than half an inch thick; then making another round cut $\frac{1}{2}$ inch deep and two inches in diameter on the top, and baking the paste in an oven heated up to 300°; but I will suppose the cases ready, and will try and give a nice list of forcemeats for filling them.

It is often very convenient to have a receipt for a nice little entrée that can be made at five minutes' notice, and if there are a pastrycook's and a butcher's within an easy distance, few entrées are better than marrow patties. We will suppose, therefore, that eight empty patty-cases have been obtained, which ought not to cost more than a shilling, as well as a marrow-bone containing good beef marrow.

First scoop out all the marrow, and cut it up into small pieces about the size of dice. Next, rub a chopping-board with a slice of onion, and then chop up on it sufficient parsley to fill a dessert-spoon when chopped. Next, take a small saucepan and fill it with hot water, and put it on the fire till it boils. Then throw in the pieces of marrow, and let them just cook through. This will take about a minute, not

more, for if you let it boil too long the marrow will melt and float in the shape of grease on the top of the saucepan. Next, have ready a warm basin with a strainer over it. Drain off the marrow into the strainer. The boiling water that runs through will help to make the warm basin thoroughly hot. Empty the basin, and turn the pieces of marrow into it. Add the chopped parsley, slightly flavoured with onion as we have described, some pepper and salt in equal quantities, a good brimming salt-spoonful of each; and also add the juice of half a lemon. Next, take two forks and toss the whole very lightly together, taking care not to break the pieces of marrow; when mixed thoroughly, fill the patty-cases, and put them in the oven till the pastry is hot through; as soon as this is the case serve them, as should you keep them in the oven too long the effect would be the same as if you kept the marrow too long in the boiling water—viz., the marrow would run to grease. These patties are as delicious as they are cheap and easy of construction.

Perhaps the most favourite patties with the majority of people are oyster patties, but then it is not always easy to get oysters. A very good substitute for fresh oysters can be made by taking a small tin of preserved oysters and another of mushrooms.

Take half a pint of milk, and let it boil. Next, open the two tins and pour the liquor into a small saucepan, and if there is too much in quantity let it boil away till there is about a quarter of a pint left. Add this to the boiled milk and put in the oysters, and let it boil up, and then strain it through a wire sieve, and rub all the oysters through the sieve, thus making them into pulp. Next, chop up the mushrooms into small pieces about the size of the top of the little finger, and add these to the milk and oysters. Then get some butter and flour, about equal quantities, and dissolve the butter and mix the flour well in, and use enough of this to thicken the oyster and mushroom liquor, &c., till it is as thick as good double cream. Add a very little cayenne pepper, a tea-spoonful nearly of black pepper, and two good tea-spoonfuls of anchovy sauce, taking care to shake the bottle well first. Now add a little lemon-juice, about a tea-spoonful, two yolks of eggs, stir well in, and the

mixture for our oyster patties is ready. If you taste it, you will find that it has a strong, full oyster flavour that quite overpowers every other. Fill the patty-cases full with this mixture, and make the patties hot through in the oven. Unlike marrow patties, they can be warmed up the next day should any be left. In this case scoop out the inside, and make this hot first. Then warm the nearly empty cases for a few minutes, put in the hot inside, and make hot through.

Some very nice, but decidedly rich, patties can be made from the soft roes of fresh herrings, and when herrings are in season these patties are exceedingly cheap. First, get a little clear stock, uncoloured—for instance, a quarter of a pint of the clear part of beef-tea, or veal-tea, when it has settled, or the liquor in which a few fowl-bones have been stewed, taking care that the stock or liquor is only very slightly flavoured with onion. Add some of this, say a quarter of a pint, to half a pint of milk boiled separately. Next, thicken this mixture with some butter and flour, mixed similarly to that used in the previous receipt. Have ready the cooked soft roes of some fresh herrings. For instance, save two out of a dish of fresh herrings that have been grilled for breakfast or lunch. Next, rub a chopping-board with a slice of onion—if no onion has been used in flavouring the stock—and chop up about enough parsley to fill a dessert-spoon. Add, say for six patties, a salt-spoonful of pepper, and another of salt, and the chopped parsley to the thickened milk and stock. Make it hot, and add the soft roes of the herrings after cutting them up into small pieces about the size of the top of the first finger. Toss this mixture lightly without mashing up the pieces of soft roe. Fill the patty-cases and warm them up in the oven, and serve with some crisp fried parsley. These patties are rather rich, and *occasionally* have a slightly oily taste, owing to the herring-roes containing fish-oil. Indeed, sometimes you would imagine that the liver of a codfish had been used to assist in making these patties.

In making both lobster and shrimp patties, it is essential to have "lobster butter." This is made by mixing the red coral of a lobster with some butter, and pounding the two in a thick basin, or with a pestle and mortar, till you get a substance that looks like red paint. A small quantity of this is exceedingly useful in making, not only shrimp and lobster patties, but also shrimp and lobster sauce. It will keep good for weeks, and even for months, if a little cayenne pepper is mixed with it. In making lobster patties, first put by sufficient of the white meat to put in the sauce when made. Next, take some of the shell, about the head part, and break up all the little claws, and put them to stew in some milk, occasionally pressing them with a fork. By this means the milk gets impregnated with the flavour of the lobster. This should now be strained off, and coloured with a little of the lobster butter till it is a nice bright red. It must be then thickened with some butter and flour, and the pieces of the cut-up meat of the lobster added to it, as well as a little cayenne pepper, a

little anchovy sauce, about a tea-spoonful to six patties, and a few drops of lemon-juice.

The same principles should be adhered to in making shrimp patties. The shrimps must, of course, be first picked, but do not throw away the heads, as these should be stewed and pressed in some milk, by which means a strong shrimp flavour will be given to the milk. You must then proceed exactly as in making lobster patties, only do not use quite so much lobster butter. Shrimp patties should not be so bright a red as lobster patties. It is, perhaps, also advisable to use rather less anchovy sauce, as the flavour of shrimps is delicate and very easily overpowered.

Some very nice patties can be made, too, from the remains of a cold boiled or roast fowl. First scrape all the meat off the bones, and put the bones on to stew with a piece of lean ham, or a bacon bone, a little parsley, and one onion. Add to this the liquor of a tin of mushrooms, a small tin will do, and cut up the mushrooms, and mix them with the pieces of fowl, and if possible a little chopped ham. When the bones have stewed a long time, and when you have boiled the liquor away till there is very little left, mix the strong reduced stock with half a pint of boiled milk. Thicken this with some butter and flour, add a very little chopped parsley, and then the pieces of chopped mushrooms and chicken, and fill the patty-cases.

Of course, a few pieces of black truffle chopped up and added are a great improvement, as well as the few pieces of ham chopped small, but you must be careful that the ham is of a good flavour. Some of the modern hams, when their lean is chopped up and added to anything, give a peculiar flavour, which suggests the idea that some meat has been used which had been kept too long. Good, sweet York hams *may* exist now, like what I can remember twenty years ago, but I do not know where they are to be obtained.

Cold turkey, if treated the same way, will, of course, make patties quite equal to chicken patties, but you should let the bones stew a long time.

Some years ago, but not very recently, a very common, or rather a very popular, patty used to be met with, known as a savoury patty. As the name implies, the contents were not always the same. In fact any kind of rich forcemeat would do. The remains of cold turkey, including some of the veal stuffing, some chopped ham and mushrooms, would make a good forcemeat.

In making this kind of patties, a little good, rich, brown gravy can be mixed with the forcemeat, and some more poured in at the finish, so that a little runs over into the dish.

As a rule, patties always look best served in a silver dish, and should be ornamented with a little fried parsley. Another very bright and pretty garnish to a dish of patties is a small red crayfish, placed one in each corner of the dish and one in the middle. These are a particularly suitable garnish when the patties are made from lobster.