

COOKING AT SEA.

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



HERE! don't bother me; I don't know which way to turn." How often has this remark been made by our old friend, the good plain cook, to some interrupting fellow-servant, most probably the unlucky page, who, on occasions of preparation for extra festivities, generally has rather a lively

time of it. On these exceptional occasions, perhaps a little fussiness, and even a little extra irritability of temper, may be excused; but what a dreadful thing it would be if some modern Mr. Bultitude, who had not thrown away his Garuda stone, were to wish his good plain cook to change places with one at sea!

In one instant the comfortable and spacious kitchen shrinks into an iron-bound apartment probably one-quarter the size. The kitchen range becomes the galley fire. The view from the window, commanding a delightful prospect of the area railings, is changed into one of rolling billows crested with foam. What was formerly the kitchen floor is now an inclined plane, sometimes sloping thirty degrees in one direction, and sometimes in another. Then the creaking, groaning, banging, swinging, crashing, shouting, which seem inseparable from sea-travelling, that are always going on. How bewildering!

The ship is the *Kaisar I Hind*. We are midway between the ports of Aden and Colombo. Our cook is Mr. Baker, an old friend of mine, whose first experience of cooking at sea was making an omelette on board the lugger *Mary Ann*, while Captain Webb swam by the side on his memorable journey from Dover Pier to Calais Sands. The bill of fare, which to-day is considerably more extensive, is as follows:—

P. AND O. S.S. KAISAR I HIND.

AT SEA BETWEEN ADEN AND COLOMBO.

5th day of November, 1884.

SALOON MESS.		SECOND CLASS.	
Passengers . . .	82	Passengers . . .	22
Officers . . .	8	Children . . .	—
Children . . .	13	Warrant Officers . . .	12
Engineers . . .	6	Natives . . .	8
European Stewards .	41		

BREAKFAST.

FIRST CLASS.	SECOND CLASS.
Porridge.	Porridge.
Findon Haddock.	Mutton Chops—Chips.
Rump Steak and Onions.	American Hash.
Hashed Poultry.	Mixed Collops.
Irish Stew.	Ham and Eggs.
Kidney Omelette.	—
Curry Rice.	ENGINEERS' MESS.
	Do.

FIRST CLASS CHILDREN.

Porridge.
Fried Fish—Mutton Cutlets.
Pish-Pash—Hashed Fowl.
Boiled Eggs—Curry Rice.

LUNCHEON—FIRST CLASS.

Roast Ribs of Beef.
Roast Shoulder of Mutton—Mint Sauce.
Pigeon Pies—Corned Leg of Pork.
Salmon—Cucumber.
Potted Meats.
Mashed Potatoes—Biscuit and Cheese.
Currant Buns.

DINNER.

FIRST CLASS.	FIRST CLASS CHILDREN.
Soup:	Soup.
Scotch Broth.	Boiled Mutton.
Joints:	Roast Fowl.
Roast Shoulder of Mutton and Onion Sauce.	Cornish Pie.
Entrées:	Curry Rice—Pastry.
Chicken à la Marengo.	ENGINEERS' MESS.
Green Peas à la Brétonne.	Soup.
Poultry:	Roast Beef—J. P.
Roast Goose and Apple Sauce.	Cornish Pie.
Curry—Allahabad.	Curry Rice—Pastry.
Pastry:	—
Naples Pudding.	STEWARDS.
Meringues of Damsons.	Corned Beef.
Lemon Cheese Cake.	Vegetables.
—	—
SECOND CLASS.	WARRANT OFFICERS' MESS.
Soup.	Corned Beef.
Corned Beef—Carrots.	Vegetables.
Roast Mutton.	
Cornish Pie.	
Curry Rice—Pastry.	

Before entering into a description of cooking at sea, and explaining how such cooking differs from the ordinary methods on shore, I must first guard against the common error with writers who may be described as amateur sailors, of using what they would call "sailors' lingo." I shall therefore, in order to render myself perfectly intelligible to all classes, including that very large one—those who have never been to sea at all—carefully avoid using any nautical phrases. There must be, however, a few exceptions.

The first thing that naturally attracts the attention of a landsman is, what a fearful state of confusion there must be in the galley during a rolling sea! Imagine an ordinary kitchen grate covered with saucepans, &c., were it suddenly to begin to swing backwards and forwards like a see-saw. This diffi-

culty, however, is easily overcome. Every galley fire is fitted with a number of iron bars fastened to a rod at the back, and which fit into little grooves in a rod in front. Consequently, when the sea is rough these bars are fixed, and each cooking utensil is held tightly in its place between the bars just the same as a saucepan could be held over an ordinary fireplace with a strong pair of pincers.

Another difficulty is when the saucepans on the fire are at all full—when the ship rolls they run over. The remedy for this is as simple as Dr. Abernethy's one for the old lady who complained of having such a dreadful pain in her arm when she went "so." He pocketed his guinea and said, "Don't go so." So with the saucepans, the simple remedy is, "Don't fill the saucepans." No saucepan on board ship should ever be more than three-quarters full when the ship is rolling.

My first impression in watching the cooking on board ship was—how many practical lessons might be learnt from it by cooks on shore! How often do cooks complain that "there is no doing anything in this pokey kitchen;" the pokey kitchen being probably quite four times the size of the galley in which I am standing, in which breakfast, lunch, and dinner have to be prepared daily for over 200 persons. The requisite qualities required for success are early rising, an entire absence of fussiness, and, by no means the least important, the power of looking ahead and seeing that each person minds his own business without interfering with another's.

We must not, however, be tempted by the strange surroundings, especially of faces and temperature, to write an article on cooking without giving some new receipts. On turning to the bill of fare for the day, there are at least two or three dishes the names of which are to me quite unfamiliar. These are Pish-Pash, American Hash, and Cornish Pie, to say nothing of the Allahabad Curry; but at some future time I hope to explain the different kinds of curries, which are so numerous that they require a dictionary all to themselves.

It will be seen that Pish-Pash is one of the dishes served at the children's breakfast. It is very simple, and a more excellent dish for children, whether on sea or at home on land, cannot be conceived. It is made from the remains of chickens which have been previously cooked. The meat is carefully removed from the bones and cut up into small pieces not bigger than dice, and it is served mixed with boiled rice moistened with a little stock. Sometimes Pish-Pash is made from the remains of boiled mutton. Children, of course, eat it with a spoon and fork. This dish is one that certainly deserves to be more widely known than it is at present.

The next dish which strikes my eye as a novelty is American Hash. This is made by mincing some corned beef in a sausage machine, and mixing it with mashed potatoes and flavouring it with pepper, mustard, anchovy sauce, and nutmeg. The mixture is pressed and shaped in a mould; it is then egged over and baked in the oven.

I may here state that the cooking on board the *Kaisar I Hind* was really first-class, quite equal to that at the first-class establishment in which our present cook formerly served. I was, however, particularly struck with the economy shown, which in my experience invariably goes hand in hand with excellence. The grand maxim of gathering up the fragments which remain, that nothing be lost, was carried out to perfection in the cook's galley on board the *Kaisar I Hind*, while at the same time every dish prepared was nourishing and appetising.

The Cornish Pie—another name also new to me—was made by mixing meat and potatoes in equal quantities, adding gravy, flavouring, &c., and covering the whole over with pastry. This again is a dish that only needs to be better known to become very popular.

I think I have met with the same dish in the North of England under another name, but I cannot recall it to mind.

There is one other dish in the bill of fare which, perhaps, may need a little explanation, and that is *Poulet à la Marengo*.

This is an exceedingly nice entrée when properly made. I will describe how to make enough for six or eight persons. First parboil a young and tender fowl, and when it is quite cold cut it up into small joints; the legs must be cut through the joint, the bone of the drumstick chopped off close to the meat, the thigh cut in half, the bone being chopped; the wings should be cut off rather short, and the breast cut across so as to make three joints. These, with the merrythought, will make twelve meaty little joints without using any of the back. These joints should be quickly fried a bright golden colour. They are best fried in oil, but they can be browned in the frying-pan, in which has been placed a very little oil or butter, which must be made very hot. The mistake generally made is that in frying the joints brown the cook dries them up. The joints of fowl should be piled up neatly in the centre of a silver dish, and a rich sauce poured over them, made as follows:—

Take first some really good, rich, brown gravy—say rather more than a quarter of a pint. The gravy must be similar to what would be served with a roast goose or roast turkey—not thin beef-tea thickened with flour, as one so often finds it in middle-class homes on shore.

To this quantity of good gravy must be added four or five table-spoonfuls of tomato pulp, or, as it is called, "tomato conserve." This can be obtained in bottles, and is far superior to the tomato sauce, which contains vinegar and has much less of the pure tomato flavour. A small tin of mushrooms should be added to the gravy and tomato pulp, and the whole made thoroughly hot. The dish should be garnished round the edge with fried eggs and pieces of bread cut into some shape and fried a bright golden brown colour. The eggs should not be fried like those served at breakfast, but should be sent up resembling in appearance small, round, light brown balls. A few of the largest mushrooms should be picked out of the tin

and dipped in some bright glaze, and placed round the edge to assist in ornamenting the dish. A few stoned olives may also with advantage be added just before serving.

In the altered mode of living which we experience when first we exchange our bed for a berth, perhaps the change is most apparent on the breakfast-table.

constant item in the breakfast bill of fare. What is more to the point is that the dish was always a favourite one with the passengers. Travelling does a great deal to rub off prejudice. If those housekeepers who are constantly complaining—and they are a large class—of the sameness of the English mode of living were only to look abroad, they could astonish their



THE COOK'S GALLEY ON BOARD THE *KAISAR I HIND*.

Probably many persons, in glancing over the bill of fare served on the occasion I have mentioned, will have their attention drawn to the rump steak and onions and Irish stew served at breakfast. We have always regarded Irish stew as a dish best suited for supper on a cold winter's night. Here it is served as a breakfast dish, with the thermometer standing at over 80° in the shade. I remember on the occasion of a former voyage to New York, Irish stew was a

household with a series of startling and most agreeable novelties.

Let, therefore, some good housewife who has had to listen to complaints, wait till some hot day in August or September, and serve for breakfast, in lieu of the continual boiled eggs and fried bacon, some Irish stew followed by a dish of curry. If expostulated with on the innovation, she can quote the breakfast-table of the *Kaisar I Hind*.



COOKING AT SEA.

with the fallen leaves of past summers. Shadows of the ghosts of fern-leaves are they rather than realistic representations of living varieties; nevertheless the result attained is admirable. A reader "far from the madding crowd" of shops may picture to herself a screen made of this semi-transparent, semi-opaque glass. The three panels are framed in ebonised wood; on the first stand some tall fox-gloves, proudly assertive in their strength and vigour; on the second chrysanthemums bow their heads, by reason of the weight of their rich blooms; and on the third the lily, the flower of France, yet loved and admired by all, rears itself—stately, majestic, and chastely elegant. The whole decoration is carried out in a terra-cotta tint.

Glass paintings can be adapted to many purposes, and this alone renders it unlikely that they will cease to be popular. Take a landing on a staircase in a West-end house for example; how dull and dreary these places often look, when they might be made into fairy bowers at a small outlay comparatively. We all know that a continuous supply of growing plants and ferns is not the most economical decoration in which we can

indulge, though undoubtedly the most delightful and pleasing; but if glass decorations are employed the expense once defrayed need be thought of no more. Sprays of exotic plants, the fluttering wings of humming-birds that dart in and out amongst luxuriant foliage, birds of paradise in full plumage, the ivory-white blossoms of the *Cymbidium Eburneum*, or the drooping roseate bell-flowers of the *Bomarea Carderi*, will transport us in fancy to sunny climes where east winds never blow as they do on our shores, where snow is a stranger, and fogs are unknown. Panels can be inserted in over-mantels and in the architraves of doors; oblong panels in window-shutters and in doors. A recess may be charmingly arranged with a large glass bearing a design of rosy-purple clematis; across the top a breadth of golden-brown plush should be carelessly draped and allowed to fall down one side, on the other a handsome Madras curtain should be looped up and caught back as taste dictates. Sometimes panels are let into piano-fronts, though we cannot say they are well placed in that position. Crystalline is principally employed for photo-frames and screens.

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BY A. G. PAYNE, AUTHOR OF "COMMON-SENSE COOKERY," "CHOICE DISHES AT SMALL COST," "THE HOUSEKEEPER'S GUIDE," ETC.

IN TWO PAPERS.—SECOND PAPER.



It will be found, as a rule, that there is a great similarity between life on board ship and life in a small country village, where there are, comparatively speaking, no shops worthy of the name. In both it is essential to look well ahead in what we may call the housekeeping department. There are, perhaps, few housekeepers in England who would know what to do were they so placed that there was no laundress to whom they could send weekly, and also if the home arrangements were such that no washing could be done at home,

yet such is the fate of all those who are compelled by business or pleasure to travel by sea. In the case of a voyage to Australia in a sailing ship, very considerable forethought is necessary on this point, as the average length of the voyage may be roughly put down as three months. On the shorter and quicker voyages made by steamers, a good deal of inconvenience is experienced by passengers on this head, and it is not an uncommon thing for the chief steward or stewardess to have to explain matters to some indignant travellers, who are terribly upset by being informed for the first time that they cannot send their things to the wash in the usual manner.

So far as men's dress is concerned, I can give a few hints that may possibly be useful. It is needless to say that paper cuffs and paper collars will be found very handy. With regard to linen, old travellers generally contrive to have by them a good quantity, in that state which may be described as on its last legs, which at the end of the voyage is handed over to one of the stewards; and, as naturally there is a considerable difference of opinion among travellers as to what constitutes "last legs," sometimes these left-off articles of wearing apparel constitute valuable perquisites.

It is not, however, merely in regard to the eating and drinking that the housekeeping on board ship resembles a village, but in the social intercourse of the passengers. I think it will be found that in all little communities new-comers are regarded as interlopers. Even in a railway carriage where there are two persons, the one who entered last is regarded by his companion as an intruder; if, however, they have entered into conversation, should a third party enter at the next station, they will both regard him, perhaps, with looks of mingled mistrust and aversion.

We have often heard and read of the gossip and scandal of a country village; trivial things, which would pass unnoticed in a city or large town, on board ship become objects of general attention. The wearing of a new dress will vie with a distant shark or whale as a subject of general conversation, though

probably the wearer of the dress would be as unconscious of the fact as the whale itself.

Cooks on board ship have a great deal to put up with. Persons who all their lives have been in the habit of eating excellent dinners, public and private, and have never once given a thought to the bill of fare, will find themselves on board ship unconsciously becoming critics and even *gourmets*, for there is a great deal of difference between a *gourmand* and a *gourmet*. During a long voyage I made a list of every dish that was to me a novelty, and, thanks to our very excellent cook, Mr. Baker, I can give a description of how to make them. Housekeepers who live in villages, and still more in isolated country houses, will do well to bear in mind how many nice dishes there are that can be made independent of "the shops."

Just as on board ship, though we can generally depend upon fresh mutton and fresh poultry, yet we must look to a great extent to the store cupboard to supply the rest, and it is wonderful what an inexhaustible supply these ships seem to carry. Indeed, though we may be at times a thousand miles away from the nearest port, we suffer no more inconvenience than if we lived next door to the manufactory. Every fruit and vegetable we have ever heard of is served in due course, and, indeed, sometimes we are regaled with some we have never heard of. I will now give a description of a few dishes that were served at sea, and which, of course, can be equally well prepared at home, and will mention the meal at which they appeared, and also what part of the globe we were in when they were served.

On the 2nd of December, 1884, we were between Calcutta and Madras, and the following dishes appeared in the bill of fare for breakfast: Pepper Pot and Fish à la Creole. First, with regard to Pepper Pot: cooks seem to differ as to what constitutes Pepper Pot, but, as the name implies, it is evidently very highly seasoned. One English receipt for making Pepper Pot is an extraordinary mixture of gravy, beef, lean ham, pickled pork, savoury herbs, onions, and potatoes, which are used for making broth, which broth is used for stewing a mixture composed of fowl cut into joints and the meat of a lobster or a crab finely minced, small suet dumplings, vegetables, consisting of cauliflowers, French beans, lettuce, or spinage. The entire mixture is eventually served in a soup tureen. Another form of Pepper Pot is a sort of hash, composed of the remains of game and poultry, served in a West Indian sauce known as casaripe. Housekeepers who have never used casaripe would do well to procure a bottle from their grocers. Casaripe is a sauce somewhat resembling soy in appearance, and in small quantities can be used for flavouring and colouring soups and gravies. It also possesses the power of imparting a gamey flavour, consequently it is exceedingly useful in adding to the gravy which is served with the remains of any kind of game or poultry; for instance, take the case of the remains of a roast hare, the meat can be separated from the bones, the bones chopped up and

stewed in a little gravy, the casaripe added to it, and the dish can be ornamented with pieces of fried or toasted bread and a few red and green chilies. Casaripe can also be used in serving up the remains of roast or boiled turkey. Indeed, the sauce itself is suggestive of the flavour of turkey. In all cases of game soups, such as grouse, venison, hare, soup, &c., a little casaripe forms a very nice addition, and is very superior for colouring purposes to burnt sugar. Cooks so often spoil the flavour of the soup in their endeavours to obtain a good colour by means of burnt sugar. Casaripe is made from a plant that grows in the Bermudas.

The Pepper Pot served on board ship may be described as a sort of "everlasting hash," served in a rich sauce, the sauce being sufficiently high-flavoured to keep good what is put in it. Indeed, in making Pepper Pot there is no limit to what may be put in it, and its contents may be as varied as the inside of what was known in the olden days as the "resurrection pie" at school. The dish is always sent to table ornamented with red and green chilies. The reason it may be called an everlasting hash is that the cook can take out enough hash to be served at any one meal, and add the remains of game, poultry, meat, &c., to what is left in the stewpan; but it is evident that the sauce must be very rich and pungent.

On the 16th of December we were between Colombo and Aden, and the following dish appeared as an entrée in the bill of fare for dinner: "Forced Bengals." What was probably really meant was "Forced Bringals," which is a vegetable exactly similar to what is sold occasionally in Covent Garden Market as Aubergines. The inside of this vegetable can be scooped out and filled with ordinary sausage-meat, but a still nicer way of serving it is making a mixture as follows: Scrape some fat boiled bacon, place it in a small frying-pan, and add to it some mushrooms, onion, parsley, and lemon thyme. To make this dish on a small scale, the proportions would be for a small tin of mushrooms—that is a half-pint tin—a piece of onion as big as the top of the thumb down to the first joint, a tea-spoonful of finely chopped parsley, and a salt-spoonful of lemon thyme; add a little salt and black and red pepper, and sufficient scraped bacon to fry the whole into a moist mash. As this mixture is very rich, it is, I think, an improvement to add an equal quantity of bread-crumbs; this, of course, makes double the quantity, and has the effect of toning down the mixture. The scraped-out vegetable is filled, and baked in the oven till it is quite tender. Grated Parmesan cheese is shaken over the top. It will be seen that this mixture, with which we fill the scooped vegetable, is exactly the same as we use in making Mushrooms au Gratin and Tomatoes au Gratin; in both these dishes we also use grated Parmesan cheese. In making Forced Bringals, we must make the flavour of the cheese more predominant. As Aubergines are not often to be obtained, housekeepers would do well to serve small vegetable marrows in this fashion: the vegetable can be cut in half, the pips and centre

parts can then be scooped out and filled with the mixture we have described. The mixture must be cooked before it is placed in the vegetable marrow. The vegetable marrow must be placed in a tin with a little butter. If plenty of Parmesan cheese be used the dish will be brown at the top. As soon as the vegetable marrow is tender the dish can be served. The length of time required for baking, of course, depends on the size of the vegetable marrow. Small vegetable marrows must, however, be used, and not large ones, as the large ones would break in the oven while baking.

On the 24th of December we were in Port Said harbour, and at dinner, under the head of poultry, we were served with the famous Oriental dish known as Pilau. Pilau is made of fowl, and served with rice. The rice is parboiled, and fried a light brown colour; sufficient stock is added to the rice after it is fried brown so that the rice soaks up the whole of the stock. Saffron is used to give the whole a bright yellow colour; some powdered cinnamon is added, and if any one flavour predominates more than another when the dish is served it is perhaps this cinnamon. Some fried almonds, stoned raisins, and fried onions are added to the dish and mixed with it. The dish should not be watery, but, as I have said, no more stock should be added than can be soaked up by the rice. Round the dish, the contents of which should be heaped up in the middle, are placed hard-boiled eggs and slices of bacon. The eggs should be cut in half so as to show the yellow yolks.

The following day was Christmas Day, and we had left Port Said and were on our way to Marseilles, and I will conclude by giving the very excellent bill of fare on that occasion:—

BREAKFAST.

FIRST CLASS.

- | | |
|------------------------|---------------|
| Porridge. | Liver Sauté. |
| Fish à la Creole. | Grilled Ham. |
| Rump Steak and Onions. | Poached Eggs. |
| Hashed Mutton—Reform. | Curry, Rice. |

SECOND CLASS PASSENGERS.

- | | |
|-----------------------------|-------------------------|
| Porridge. | Grilled Bones. |
| Fish—Beef Steak and Onions. | Poached Eggs. |
| Hashed Mutton. | Irish Stew—Curry, Rice. |

ENGINEERS' MESS.

Ditto.

FIRST CLASS CHILDREN.

- Porridge.
Fish—Beef Cutlets—Hashed Mutton.
Fish-Pash—Poached Eggs.

LUNCHEON.—FIRST CLASS.

- Pea Soup.
Cold Roast Sirloin of Beef.
Roast Shoulder of English Mutton—Mint Sauce.
Leicester Pie—Pressed Ox-tongue.
Corned Round of Beef.
Ham—Brawn—Cheese Fondue.
Mayonaise of Salmon—Potato Soufflé.
Baked Potatoes, Biscuits, Cheese, Short-bread.
Tomato and Beetroot Salad.

DINNER.

FIRST CLASS.

- Soup:*
Mock Turtle.
Fish:
Roach—Salmon—Shrimp Sauce.
Joints:
Roast Saddle of English Mutton.
Entrées:
Chicken Cutlets and Mushrooms.
Filletts of Beef à la Jardinière.
Poultry:
Roast Turkey and Sausage.
Curry:
Veal.
Pastry:
Plum Pudding—Mince Pies.
Gâteau of Fruits.
Fanchonettes.

FIRST CLASS CHILDREN.

- Soup.
Roast Beef—Boiled Fowl.
Roast Goose and Apple Sauce.
Veal and Ham Pies.
Curry, Rice—Plum Pudding.

ENGINEERS' MESS.

- Soup.
Roast Beef—Boiled Mutton.
Roast Goose.
Curry, Rice—Pastry.

STEWARDS.

- Soup.
Roast Beef—Roast Goose.
Vegetables.
Plum Pudding.

SECOND CLASS.

- Soup.
Roast Beef—Boiled Mutton.
Roast Goose—Boiled Fowl.
Veal and Ham Pie.
Curry, Rice—Plum Pudding.

WARRANT OFFICERS' MESS.

- Soup.
Roast Beef—Boiled Fowls.
Vegetables.
Plum Pudding.

