

## CHEAP DELICACIES FOR SMALL APPETITES.



IT falls to the lot of most people to cater, if only occasionally, for the possessors of small appetites, who are not necessarily invalids, but who require food in small quantities, daintily prepared and served.

In the hope of aiding such in their endeavours to provide little dishes that embody economy, nutriment, and variety, these few hints are given.

Restaurants where dinners *maigre* only are to be had are on the increase, and many of their patrons would enjoy similar fare in their own homes by way of a

change in cases where abstinence from flesh is not practised from other motives; hence we commence with a few dainties *à la* vegetarian.

*Egg Cutlets.*—Cut small a firmly-boiled egg; add a table-spoonful of bread-crumbs, the same quantity of grated cheese, with a pinch of curry powder, salt, pepper, and grated nutmeg. Mix the whole with the yolk of a raw egg, and shape like a mutton cutlet. Dip it in the white of the egg, then into bread-crumbs, and fry brown; garnish with fried parsley.

*Egg Rissoles.*—The above mixture, with the addition of chopped parsley and thyme, can be enclosed in very thin pastry, shaped into balls or rolls, and fried or baked; they are very delicious, and any scraps of pastry may be used, but *must* be thin.

*Celery à la Parisienne.*—Cut the white part of a head of celery into equal lengths, tie in a bundle, and boil in water—just to cover, with salt and a bit of butter in—until tender. Keep the celery warm, thicken the liquor with an ounce each of flour and butter, and at the last moment put in a few drops of lemon-juice or white vinegar. Lay the celery on toast, and pour the sauce over it.

*Macaroni Mould.*—An ounce of well-boiled macaroni, cut small, and the same weight of bread-crumbs and sliced cheese, are to be mixed with a table-spoonful each of cream and tomato sauce or conserve, one egg, salt, and cayenne. Fifteen minutes in a greased tin—a small cake-tin—in a moderate oven, will convert this into a tasty dish.

*Macaroni with Tomato Sauce.*—Boil some macaroni in the ordinary way, *i.e.*, drop it into boiling water, with a little salt and butter, then drain, and cut it up. Butter a shallow dish, line it with the macaroni, then pour over some nicely-seasoned tomato sauce—or the conserve will do instead; either should be made hot. Just mask the surface with browned crumbs and grated cheese, and brown before the fire; garnish with fried or toasted sippets.

*Savoury Rice.*—This is a popular dish. Boil two ounces of Patna rice, dry it as if for curry, return it to

the saucepan with a tea-spoonful of curry paste mixed with half a gill of cream, add a small onion and an apple, both chopped and fried, and a little salt. Stir gently for a few minutes and serve in a pyramid. Chopped raisins are sometimes added, and a *suspicion* of garlic.

*Haricots with Tomatoes.*—Put a cupful of nicely boiled haricot beans into a small dish, pour over some parsley sauce, and garnish with a tomato thinly sliced and grilled. Previous to grilling spread each slice with a dash of mustard and butter.

Haricots with onion sauce or fried onions are very tasty and nutritious.

Hominy is not much used in England, indeed many have never tasted it, and while delicious in the form of porridge, &c., it is equally so in the place of a vegetable. It makes a most pleasant change from ordinary diet, and is said to be excellent for brain-workers. We give below a good mode of preparing it as a savoury.

Sprinkle and stir two to three ounces (for one person) into a quarter-pint of fast-boiling water, salted a little; let it swell and cook gradually for an hour, then add the same measure of milk and a slice of butter, and cook for another hour. Flavour with herbs and grated cheese, with salt and cayenne to suit the palate.

A word by the way to recommend hominy as a thickening medium for soups and stews generally; it can be used in place of rice, barley, &c., and is improved by preliminary soaking for every purpose. The undermentioned is one of the cheapest and nicest soups we know.

Half a pint of water, a table-spoonful each of hominy, minced celery, onion, or leek, and one potato, to be cooked until the whole can be passed through a sieve. Re-boil this with a quarter of a pint of milk, and serve with some fried bread cut into dice. A little lemon-juice or white vinegar, added at the last moment, improves this and most other white soups.

Chops and steaks naturally suggest themselves in connection with small appetites, and we are forcibly reminded that they become intensely wearisome to many people owing to the lack of variety in the mode of cooking and serving. Yet how easy it is to avoid monotony and ring the changes in this respect! Indeed, the modes are so multitudinous, one hardly knows which to select for recommendation.

*Braised Cutlets* are very tender and savoury, though this mode of cooking is best known in connection with larger pieces of meat. The cutlets should first be fried a light brown in a little hot fat, then laid in the braising-pan (or stewpan) with a very little stock, and a bunch of herbs and any vegetables available, such as carrots, turnips, onions, leeks, shallots, mushrooms, tomatoes, &c. Half an hour will cook them, and the gravy should be strained *round* them.

Another way:—Use plain stock only, and just before



serving put in some nicely-boiled green peas ; serve in a small dish, the cutlets on the top of the peas.

*Cutlet with Rice* is another variation. Braise as in the first mode, and serve with a border of boiled rice seasoned with curry powder.

*Cutlets à la Parmesan* are very delicious. The best end of the neck should be used, and nicely trimmed, then dipped into flour, beaten egg, grated Parmesan, and plain biscuit-crumbs, when the cutlets may be fried, or wrapped in buttered paper, and carefully grilled ; they need no sauce, but *must* be served hot.

*Veal Cutlets* may be prepared as above. Take a slice from the fillet, half an inch thick, and cut into rounds ; serve with tiny rolls of fried bacon and sprigs of fried parsley. The trimmings of veal will make a tasty mince.

*A Steak with Mushroom Mince* is a popular dish. Cook as many mushrooms as required in a little butter and lemon-juice until tender, then mince them ; add an equal bulk of bread-crumbs, a little salt, cayenne, and a grate of nutmeg, with some of the mushroom liquor ; spread this on the steak, roll and skewer it, and cook in a Dutch oven, on a gridiron, or in a good oven. Serve the rest of the mushroom liquor with the steak.

Potato chips or ribbons are a suitable accompaniment to the above, or cold potatoes may be re-dressed by slicing them a quarter of an inch thick, and tossing them in a little butter melted in a stewpan until lightly browned. The last thing, put in some chopped parsley and a few drops of lemon-juice or vinegar.

An apple grated, and stewed with meat of any sort, will insure its being tender, and vinegar has the same effect. Vinegar or lemon-juice is also useful in removing the strong flavour from beef kidney ; if sliced, and soaked for a time in the acid, it becomes almost as mild as a sheep's kidney.

The heart of a calf, lamb, or sheep, if stuffed with tomato pulp, then stewed, will be much more likely to agree with those who partake of it than if stuffed with veal forcemeat and baked ; the acid of the tomato having a softening effect.

A most enjoyable "snack" can be had for a few

pence by boiling a pig's foot until very soft, then taking out the bones, which must be put back in the liquor and simmered until there is about a tea-cupful, when a minced onion and a grated carrot should be put in ; when done, lay the foot in to get hot through, then serve. A sheep's or calf's foot is equally good so cooked.

Another way :—When the foot is cold after boiling and boning, dip it in milk and bread-crumbs ; then grill it over a clear fire. For the sauce, melt half an ounce of butter, fry in it a tea-spoonful each of flour and sugar, then add a morsel of chopped parsley, a table-spoonful of vinegar and stock, and a dash of mustard.

In cooking fish, the chief aim is, or should be, to keep in the flavour and nutriment ; for this reason it is better to bake or steam than to boil it. One method that has the merit of simplicity is to butter a baking-tin, lay on it any small fish, or a slice, or one or two fillets from cod, sole, and the like, cover with a sheet of paper buttered, and cook in a moderate oven, when the usual sauces can accompany it. A sauce often served in France with many kinds of white fish is made by putting chopped capers, a few drops of anchovy essence and lemon-juice, with a little parsley or tarragon, into ordinary melted butter ; the combination of flavours is acceptable to most palates.

Cold fish is nice flaked, and fried in batter ; or mixed with cold potatoes and some sauce, then put in a pyramid on a flat dish, roughed with a fork, and sprinkled with browned crumbs. It can be made hot before the fire or in a sharp oven. Beetroot is often served with this.

A very dainty salad is made of equal quantities of *boiled* beetroot and Spanish onion, *raw* tomatoes, and cucumber ; the dressing is oil, vinegar, cayenne, salt, and a pinch of sugar and mustard.

We would remind our readers that when celery is scarce and the flavour is desired for any dish, a cheap substitute can be found in celery-salt or celery-seed ; the last-named is very strong and must be used with caution. It is best to tie a little in a muslin bag and simmer in the liquid, whatever it may be, until a sufficiently strong flavour is obtained.

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## "MISS CHANCE."

BY E. ADAIR.



AND there are the Chances—you must know the Chances?" Harry Belford's manner was always brisk, but at mention of the Chances' name it became even brisker.

"I have no objection," was the reply.

"Right-down good sort of girls—no nonsense about them, you know. I say, Fort"—Harry lowered his legs

from their comfortable elevation on his friend's mantel-piece, and bent forward eagerly to make his proposition, his hands in his pockets, his elbows sticking out squarely—"let us go round there now."

"Now?" repeated Fort, in astonishment. "It is close on eight o'clock. Is it Tessleton form to drop in casually at eight o'clock in the evening to make your first call?"

"Bless you!" returned Harry, with an easy laugh ; "you have no idea how casual the Chances are them-