

A FEW WORDS ABOUT
GERMAN COOKERY.

"EIN Vogel in der Schüssel ist besser als zehn in der Luft" (one bird in the dish is better than ten in the air). This is the German rendering of the proverb, "A bird in the hand is worth two in the bush." The proverbs of a country are said to be characteristic of its people, but we should certainly do the Germans a great injustice if we took this one literally, for they are particularly fond of "birds in the air," though they are by no means indifferent to them on dishes. As a matter of fact, the Germans are large eaters, especially in some parts of Germany. I have often been astonished at a table d'hôte to see the quantity of meat consumed.

Judged by the English standard of manners they eat very inelegantly. A German friend who has been in England some years, and returned last week from a visit in Germany, remarked to me that the way in which her countrymen used their knives at table made her shudder; the way of eating with the fork in the right hand is very ugly to us.

When a German girl leaves school her domestic education commences. Girls learn to weave in most parts of Germany; they also go regularly into the kitchen, and go through all the routine of the work, the management of the stove, cleaning pots and pans, and everything. A German lady told me that when she was learning she even had to kill the pigeons and poultry; the result of this training is that they are good cooks and thrifty managers.

German girls generally marry at an earlier age than English girls. When married, the greater part of each morning is spent in the kitchen. It is very seldom that the cooking of the dinner in a middle-class household is not personally superintended by the mistress. The dinner hour varies in different parts of Germany from one to three o'clock; it is the meal of the day. The supper is not so heavy.

I should be sorry to say anything against girls being domesticated, but when I am in Germany one thing always strikes me very forcibly—that is, that the German ladies do so much more than they need in their houses. They seem to lack what I consider a greater gift than the ability to do things themselves—that is, the capability of directing and teaching others. It is no doubt a very excellent thing for girls to learn cooking practically, but, having learnt themselves, they should next study how to impart their knowledge to others. There is no reason why a lady whose income enables her to keep servants should spend her time in cooking. If she learns very thoroughly herself, she will find that most servants will be able to follow her directions. When I hear anyone say, "I was obliged to make it myself, my servant is so stupid," I am inclined to wonder whether the fault has been in the careless impatient way in which the directions have been given. I admit it is often less trouble to do a thing oneself, but my young readers must not lose sight of the fact that in teaching another they are conferring a benefit, and also leaving themselves more time for the cultivation of their minds. I know a German family where the husband, a well read man, plays and sings, and entertains his friends. The wife is a woman of fair ability, but her accomplishments are somewhat less than when she left school, her time since having been devoted entirely to household matters; her whole conversation is of domestic affairs. Her husband has a good housekeeper certainly, but no companion.

This I can assure my readers is not at all an exceptional case in Germany. Throughout Germany the markets are very good. Ladies do their own marketing, taking a servant with them to carry home the provisions.

As in France, the vegetables and fruits are prepared for use; even apples can be bought ready chopped. Certainly poultry is often brought to market alive. I must say I found myself at fault once when I was shown some chickens in a coop, and asked which I would have. It requires experience to judge of fowls in their feathers.

With regard to the arrangements for dinner, I have frequently found Germans much more fertile in expedients than English people. I will give you an instance, when, I am sure, had we been in England we should not have fared as well. I was travelling with a friend, and we were caught in a thunderstorm on the Lowenberg (one of the "Seven Mountains"). There is a little inn on the way up, at which we found shelter; and, as we were likely to be detained some hours, and had walked ten miles, we asked for dinner. The host said they had nothing in the house but some cold stewed beef, but they would do their best. The dinner was very original. In twenty minutes the host announced that the soup was served. We were somewhat surprised to find, when the cover was removed, a tureen of new milk, cold. This was served in soup plates, and grated black bread (rye bread) was handed with it. The next course was a salad of cold potatoes, then followed some stewed beef, then thin slices of black bread with cheese, and to finish large plates of delicious wild strawberries and milk. We did full justice to our dinner, and I do not know that I have often found things more refreshing than that milk soup. A German proverb says "hunger makes raw beans into almonds." As a contrast, here is a copy of the bill of fare of a dinner ordered for two at a German hotel:—

Clear soup, with cheese.
Craw-fish and black bread and butter.
Fillet of beef, with Madeira.
Red cabbage, stewed apples, mashed potatoes, cutlets of fresh pork.
Cold tongue.
Eels in asparagus jelly.
Hashed venison.
Rice and young chickens, with Perigord sauce.
Preserves, salad, and fruit ices.
I cannot say if all the dishes were partaken of.

The English and Russians are dinner-giving people, the Germans are not; they do not, therefore, require the same accommodation in their kitchens that we do. They can do with a much smaller one; at the same time, I think their kitchens are much better arranged than ours. The cooking utensils, which are chiefly bright, are kept in better order than in most English houses, and with less labour. The kitchen itself is also better kept.

The German living differs so essentially from the English, that without a good many recipes my readers will not be able to understand the difference; but I will first name a few things that we are not accustomed to see—I think the most striking and the most disagreeable is the raw ham. A friend who was with me in Germany ordered some cold ham for her breakfast one morning. I shall never forget her look when she had put a piece in her mouth, or her horrified exclamation of, "It's raw!" Of course she scolded the waiter, and said she wanted cooked ham, but he gravely replied that ham was quite spoiled by being cooked. Herrings are pickled and eaten without being cooked. I will give the recipe, in case any reader likes to try them; they are served between the courses at dinner.

Marinirte Häringe.—Cut open six herrings, empty them, and wash them in cold water, then lay them in milk for twelve hours. Wash the roes quite clean, cut them up, then rub them through a hair sieve; add to them four tablespoonfuls of salad oil, enough vinegar to make the mixture the consistence of cream,

one tablespoonful of capers, one tablespoonful of sliced shallots, some white pepper, and sufficient salt; drain the milk from the herrings and lay them in this pickle. They may be served in three or four hours. Herrings with soft roes must be chosen.

Sauerkraut is a great deal eaten in Germany. I had so often heard it called "rotten cabbage," that I think prejudice would have prevented my tasting it had I known what it was. I am glad I did not, for I think it very good, but, like most things, it requires to be well made and well cooked. The following is a recipe for making it, and after is one for dressing it.

To make good Sauerkraut.—Mix in a pan half a pound of salt with three finely-sliced cabbages; lay cabbage leaves over the bottom of a tub, then sprinkle a handful of salt over and a handful of juniper berries; then lay the cut cabbage in in layers, pressing it down each time and sprinkling now and then a handful of juniper berries between, until the tub is full, the top layer being cabbage; then fasten all down tightly. After eight days, pour off the brown liquor, and, if you wish the kraut to be very good and to keep well, pour over it a bottle of red wine. In a day or two it will be ready for use.

Sauerkraut to Cook.—Put sufficient sauerkraut to make a dish into an earthenware stewpan with hot water, boil it four or five hours, fill up the pan with water as it evaporates; when quite tender, drain it. Put in a stewpan four ounces of goose fat or butter, cut a small onion very fine, cook it in the fat until tender; add a spoonful of flour. If you have some liquor in which salt meat has been boiled, add a quarter of a pint to it, stir it, and then put the cooked sauerkraut into it with a little salt. Just before serving, stir in another spoonful of goose fat or butter; serve very hot. Sauerkraut does very well to serve with plain mutton or pork cutlets.

Fruits preserved with sugar and vinegar are very much eaten with baked meat. Here is a recipe for preserving cherries, as they are eaten with roast beef and other meats.

Eingemachte Kirschen.—Morello cherries are the best for this, but if you cannot get them use the common red cherries. Cut the stalks of four pounds of fresh cherries, leaving just enough to hold them by; lay them in a clean stone jar; pour over them two pints of good wine vinegar; let them stand three hours; then drain off the vinegar, and put it into a stewpan, with two pints more, three pounds of white sugar, two ounces of cinnamon, twelve cloves, the rind of a lemon or, better still, of an orange; boil it down to three pints, skimming it well as it boils. When done, pour it into a pan to cool; when nearly cold, pour it over the cherries in the jar, then tie them down. Plums and greengages are preserved in the same way. Cranberries, prunes, and apples are also stewed with sugar, and served with different meats. The custom seems strange to us at first; one is inclined to refuse cherries with beef in Germany, and come home and eat apples with pork or goose. The fruit is always put on a little plate by the side of the meat plate.

In parts of Germany fresh-water fish is very plentiful. The *Hecht* (pike) is often the sign of an inn. Carp, eels, trout, and craw-fish are much eaten; anchovies are used a great deal in sauces and made dishes. The German soups are good; superior to French. I have translated the recipes for two; I have chosen them as being very different from our soups, and easy to make.

Kartoffelsuppe (Potato Soup).—Eighteen peeled and medium-sized potatoes cut in quarters; have a pint of boiling water in an iron saucepan; put the potatoes in it with a head of celery. When the potatoes are done, take out the celery, stir them until you have like a thick

broth, then stir broth or boiling water in until you have two quarts of soup in the saucepan. Put three ounces of butter in a frying-pan, with a finely chopped onion and two tablespoonfuls of flour; fry to a gold colour, put in a basin, pour some of the soup on it, then stir it into the soup; boil a quarter of an hour. When it is time to serve the soup, fry some very thin slices of roll in fresh butter; they must only be just coloured; lay them in a warm napkin near the fire. Grate a little nutmeg into the soup tureen; put a very thin slice of garlic in it, also four tablespoonfuls of sweet cream; stir the soup into the tureen. Just before it is put on table, turn the slices of fried bread into it.

Lebersuppe (Liver Soup).—Cut a quarter of a pound of bacon into small pieces, put in an earthenware stewpan, let it cook five minutes then add a finely-sliced onion, cover the stewpan, let it cook five minutes more, then add half a pound of finely-chopped liver, a sliced carrot, a finely-chopped head of celery, and a little pepper; cover and let cook for twenty minutes, then add gradually three pints of hot water or broth, and the crumb of a milk roll. Let the soup stew until all is quite soft; rub through a sieve, put back in the stewpan, and boil it up. Fry some thin slices of bread in butter, put them in the soup tureen, pour the soup over them, and serve.

In Germany beef is served every day at dinner, sometimes boiled, sometimes stewed or roast. I have a recipe out of a German book for beef in the English way; the author recommends it as being a very good dish. I have never tried it, and do not think it would be a success, but I will give it to my readers as a curiosity. I do not suppose they have ever tasted "Beef in the English way." Take twelve pounds of beef, beat it well, and keep it many days in a cold place covered with chopped parsley, lemon-peel, shalots, cloves, salt and pepper; rub the beef every day with the mixture, sticking a sharp knife through it in different places. When it has been long enough in the pickle, cover it with buttered paper, and roast it before the fire, basting it well with its own fat.

Germans excel in milk puddings—"Mehlspeisen." When I am in Germany I invariably order one for supper. Not only are the puddings good, but the sauce which is put over them is delicious. I will give a recipe, and I hope some of the readers of THE GIRL'S OWN PAPER will try it. It is called—

Sago Auflauf.—Wash half a pound of sago three times in boiling water, then boil it in milk till it is quite soft and the milk quite thick, then let it cool; beat the yolks of ten eggs, with a quarter of a pound of butter and a quarter of a pound of sugar that has been rubbed on a lemon, and then pounded; add the sago; then beat the whites of eight eggs to a stiff froth, stir them into the sago, put into a buttered mould, bake slowly. When done it may be served as it is, or turned out gently and the following sauce poured over it.

Wine Sauce.—Mix half a tumbler of white wine with the yolks of four eggs and two tablespoonfuls of sugar; whisk briskly in a saucepan until it thickens. If boiled it is spoilt.

German recipes are generally for rather large dishes; half the quantities, both for pudding and sauce, would be quite sufficient for an ordinary dish.

These "Mehlspeisen" are more extravagant here than in Germany, where eggs are much more plentiful.

A German pastor, whose family consists of himself, his wife, and one servant, told me a few weeks ago that he received four hundred eggs a year from his parishioners, that he kept fowls himself, and, in addition, he generally bought about eight hundred more eggs each year. The greater part of his stipend, which

is very small, he receives in produce, and he said that in the summer, when eggs were cheap, they lived on them principally with the produce of their garden and dairy. The Germans preserve eggs in various ways.

In most German hotels so many French dishes are served that I have often heard people make the remark that "much of the cooking was very like French cooking." The real German cookery I do not think at all like French cookery, nor do I think my readers will, if they take the recipes I shall give them and the bills of fare as fair examples of the dishes usually served. I may here mention that nearly all the recipes given in this paper are from the notes of the proprietor of a large hotel on the Rhine. I do not think any of them have ever been translated before. In most cases the proportions are given. Should our girls ever try to cook from foreign cookery-books, they will find a little general knowledge of cooking most useful, as the writers so rarely give the quantities, except in the way of saying a handful or three kreuzers' (coins) worth of anything. I have a German cookery-book, which is quite useless on this account. In one recipe you are told to take a "basketful;" in another a mark's worth. Where prices are as different as they are in England and Germany, this sort of measurement is difficult to work from.

The Germans make very good cakes. They use sour cream a great deal both in soups, cakes, and other things. Cinnamon sugar, too, is much used; it is made by pounding white sugar and cinnamon together, and then sifting. There is a cake called Sand-kucken that is eaten a great deal; it is a sort of sponge cake with butter in it. Cakes are made often with fresh fruit in them. I do not think them at all nice; the juice from the fruit spoils them. Numberless cakes are made with yeast. I will give you a recipe for making little rolls to eat with coffee. They are called—

Kaffee-Bröächchen.—Take two pounds of sifted flour, put it in a dish, make a hole in the middle, put in two tablespoonfuls of yeast and some warm milk, make into a rather stiff paste; when it is risen, beat half a pound of butter, put it on the dough, break four eggs in one after the other, and half a pound of sifted sugar that has been rubbed on a lemon rind, some warm milk and two more tablespoonfuls of yeast; knead all well together, make into little loaves, flour a baking sheet, put the rolls on it, place in a warm place for an hour or two to rise. When well risen, brush over with yolk of egg, and bake.

Soup is always served at a German dinner, and "Pastetchen" are frequently served after it. I give a recipe for—

Pastete of Raw Ham.—Take half a pound of raw ham, take off the rind, chop the ham, with two ounces of kidney suet, very fine. Take the crumb of a roll, soften it in milk. Chop six shalots and three sprigs of parsley, and put them into half an ounce of hot butter, then add the soaked bread with one egg, the ham, and a little nutmeg; mix all together, then put in a mortar, pound as fine as possible, put in a saucepan, make hot, fill some ready-baked patty cases with the mixture, and serve.

The patty cases for "Pastetchen" should be rich, and light pastry made with an egg in it.

The following is a bill of fare for a German dinner, and, after it, is one for a supper. I will give the recipes for the different dishes that have not already been given:—

Kartoffelsuppe (potato soup).

Ochsenfleisch mit Melonen (beef with melon).

Rothkraut und Wurste (red cabbage and sausages).

Gebatene Gans mit Kastanien gefüllt (roast goose stuffed with chestnuts).

Sago Auflauf (sago pudding).

Ochsenfleisch or Rostbraten.—Take a piece of ribs of beef, take out the bones, beat it well all over, skewer it together; melt some fat in a stewpan; when it is hot, put in the beef with an onion, pepper, salt, a carrot, and two cloves; let it cook gently, turning it over from time to time until it is a nice brown colour and tender; then put a little stock or gravy in the stewpan and let it cook ten minutes; take out the beef, strain the gravy, and serve.

Melon to serve with Beef.—Take the rind off a ripe melon, cut into pieces—not too thin—lay the pieces in wine vinegar and leave them two days; on the third day take the pieces of melon out of the vinegar, drain them, and then place them one on the other. Allow one pint of vinegar and half a pound of sugar to each pound of melon; put the vinegar, the juice from the melon, and the sugar into a stewpan, boil it fifteen minutes, keeping it skimmed, then pour it over the melon, and leave it twenty-four hours. Repeat this every day for four days; on the fifth day put into the vinegar the rind of a lemon, six cloves, and a stick of cinnamon; boil again fifteen minutes, skim, take out the peel and spice, and lay the pieces of melon gently in the vinegar; let it boil until the vinegar is tolerably thick, then put it into glass jars. When cold, tie over.

Red Cabbage.—Take the leaves of two red cabbages, place them one on the top of another, cut them as fine as possible—the finer the better. Put one ounce of butter in a stewpan with a chopped onion, leave it to cook for five minutes, put a wineglassful of vinegar over the cut cabbage and mix it well, then put it into the stewpan with the onion and some salt and two tablespoonfuls of broth or water; cover it and simmer for three hours, stirring it now and then with a fork; then add a small spoonful of flour, two ounces of pounded sugar, and two tablespoonfuls of red wine; simmer half an hour, and serve hot.

Stuffed Goose.—The goose being prepared, take two ounces of butter, two tablespoonfuls of chopped shalots and some chopped parsley, put in a stewpan to get hot, take from the fire and add four or five beaten-up eggs, some salt, pepper, and the liver of the goose, finely chopped. Have ready a pint of chestnuts that have been boiled quite soft and have had the outsides taken off; mix these with the rest of the stuffing, and put the whole into the goose; sew it up carefully, cut off the pinions, put the goose into a stewpan with a pint of stock, a cut onion, a carrot, and some salt; put on the fire, cook gently, basting the goose now and then. When tender, brown it with some fat, skim, strain the gravy, and serve in the dish with the goose. Ducks may be dressed in the same way.

Nachtessen, or supper:—

Lebersuppe (liver soup).

Gefüllte Tauben (stuffed pigeons).

Crème von Kaffee (coffee cream).

Stuffed Pigeons.—The pigeons are not to be stuffed inside, but over the breast. To this end take two pigeons, and lay them in water half an hour to loosen the skin, which must be separated from the flesh over the whole of the breasts. Soak the crumb of a roll in milk; make one ounce of fresh butter hot in a stewpan; throw into it three chopped shalots, some parsley, and some grated nutmeg; then add the soaked roll and one egg. Keep it hot on the stove a few minutes, then stuff the pigeons with it, carefully sew them up, lay them in boiling water for five minutes, take them out to cool. An hour and a half before they are wanted put two ounces of butter, a chopped onion, a sliced carrot, and the livers, hearts, and gizzards in a stewpan. When all is hot, lay in the pigeons, breasts down, on the onion; sprinkle with salt. When the pigeons are brown, turn them, but be careful not to injure the skin by using a fork; finish with the breasts up. When the pigeons

are brown, add a little stock to them, stew very gently until tender, dish up with the livers and gizzards round, pass the gravy through a sieve, serve a little over the pigeons, and the rest separately.

Coffee Cream.—Take a pint and a half of milk, boil it ten minutes, then throw into it three ounces of freshly-roasted whole coffee; cover it well, and keep it hot for an hour, when it should have the flavour of the coffee. Beat well the yolks of six eggs, with three ounces of sugar, strain the milk to them, butter a mould well, pour in the mixture, stand the mould in a saucepan of hot water, stir the cream till it thickens (the water must be kept boiling, or it will not thicken), then stand the mould in cold water. Serve, when cold, turned out.

My readers will observe that the bills of fare are suited to this season of the year. They will find a German dinner take longer to cook than a French. I shall conclude this paper with a recipe that many will like to have; it is for

Mustard Mixed in the German Way.—Take half a pound of mustard and a table-spoonful of pounded sugar, mix to a proper consistency with tarragon vinegar, tie it down, and put it by for eight days; it will then be ready for use.

VARIETIES.

A SERIOUS RESPONSIBILITY.—Women govern us. Let us render them perfect: the more they are enlightened so much the more shall we be. On the cultivation of the mind of woman depends the wisdom of man. It is by woman that nature writes on the hearts of men.—*Sheridan.*

FIVE GOOD RULES.

HERE are five good rules for the conduct of life:—

1. To hear as little as possible of whatever is to the prejudice of others.
2. To believe nothing of the kind till we are absolutely forced to.
3. Never to drink in the spirit of one who circulates an ill report.
4. Always to moderate the unkindness which is expressed towards others.
5. Always to believe that if the other side were heard, a different account would be given of the matter.

THE FLOUNDER AND THE SOLE.

It was Theodore Hook's good or evil fortune to find himself one night at a "musical

party." In the course of the evening's tortures, a certain young lady attacked a very difficult song, which she gave with exaggerated expression and a great many blunders. Next to Hook sat an elderly lady, as decided an amateur in criticism as the songstress was in singing.

"Oh, Mr. Hook!" she murmured, "don't you adore her singing? It is so full of soul!"

"Well, madam," said he, "for my part, I think there seems more of the flounder than the sole about it."

HOW TO IMPROVE.—The most barren ground, by manuring, may be made to produce good fruits; the fiercest beasts, by art, are made tame; so are moral virtues acquired by custom.—*Plutarch.*

USEFUL PRAISE.—The praises of others may be of use in teaching us not what we are, but what we ought to be.

WHENEVER we leave the station where God has placed us, be it for never so seemingly self-sacrificing and chivalrous and saintly an end, we are tempting the Lord our God—we are yielding most utterly to that very self-will which we are pretending to abjure.



CANDALARIA.

A STORY OF THE ROCKY MOUNTAINS.

FOUNDED ON FACT.

By J. A. OWEN.

CHAPTER III.

THE NEW NAME.

BEFORE Candalaria began to go to school Mr. Grahame said he should like her to be baptised. She was most anxious that it should be done at once, and she

"I WILL COME BACK IN ABOUT AN HOUR, CARRIE."