

RECIPES FOR APRIL.

SPRING SOUPS, SALADS, AND VEGETABLE DISHES.

Potage Printanier (Spring Soup).—Take a pint of freshly-shelled peas, a lettuce cut into shreds, some cress, parsley, a few leaves of sorrel or spinach, any sweet herbs, and two or three onions; cook these in a small quantity of fresh butter until thoroughly tender. Then rub them through a colander, add a pint and a half of clear stock, let it boil again, then put in the green part of a few heads of cooked asparagus, season the soup well, and just before serving stir in the beaten yolks of two eggs, as these will enrich and thicken it. If the soup is "off the boil" there is no danger of curdling the eggs.



Watercress Soup.—The foundation for this may be either a *purée* of white haricots or green split peas—whichever preferred. A pint of either will be required, and they must be boiled until they will rub through a colander, make up to a quart with boiling water. In a separate stewpan place an ounce of fresh butter, add two bunches of picked watercress finely minced, two or three spring-onions, and any green herbs available. Let these cook a few minutes, stirring them frequently. Then dredge with a little flour to absorb the butter, and add gradually the contents of the stewpan to the *purée*; season well with pepper and salt, and when the soup has well boiled, stir in the beaten yolk of an egg, and pour at once into the tureen.



Sorrel Soup.—Pick and wash three or four good handfuls of young sorrel, chop it small and stew it with a little butter, an onion and savoury herbs. In a separate vessel have a quart of boiling water, and to that put a thick slice of white bread cut into dice. When the sorrel is cooked stir it into this, season well, and let it boil gently for a few minutes. When ready to serve take the pan off the fire, and stir in gradually the beaten yolks of two eggs and a pennyworth of cream. The eggs thicken the soup and correct the acidity of the sorrel.



Tomato Soup.—Dissolve an ounce of clarified beef-dripping in a stewpan, slice into it one or two small onions and a carrot cut small. When these have frizzled pour into them half a tin of canned tomatoes, or half a pound of ripe fresh ones. Let these cook gently for twenty minutes, then rub through a colander until nothing is left. Dissolve an ounce of butter and stir into it a tablespoonful of flour, add seasoning, then the tomato *purée* and boiling milk or stock from bones, and boil up for another minute or two, then pour over fried *croutons*.



For *Cucumber Soup* the required quantity of clear stock made from veal bones will be needed. Strain this, season it well, and let one or two spring-onions (finely minced) be added to it at the same time as a cucumber, which has been pared and sliced tolerably thin. When this has boiled slowly long enough to cook the cucumber, remove it from the fire and stir in a small teacupful of thickened cream already hot. Serve at once with *croutons* of fried bread.

Carrot Salad.—An accompaniment to cold salt beef. Slice thinly some carrots, which have been boiled whole and allowed to become cold. Lay them separately on a flat dish, and season with pepper, salt, and a drop of oil on each; squeeze some lemon-juice over them. Carefully lay the slices of carrot over some ready-dressed lettuce or endive, and sprinkle with scraped horseradish.



Watercress Salad.—Well wash the cress and swing it in a wire basket until dry, pick it into sprigs and dress simply (and at the moment it is required only) with pepper, salt, vinegar, and oil, tossing it very lightly in the bowl. One of the most delicious and wholesome of our salads, but it very quickly loses its crispness. The same remark applies also to—



Corn Salad, the dainty *coquille* which the French gourmet loves. This must be very freshly-picked, well-washed, well-dried, and very lightly dressed, although it requires rather more oil than watercress does, being of a somewhat rough nature. No onion or condiments, other than the simple dressing mentioned, should be used with these two, or with—



Dandelion Salad.—Unfortunately blanched dandelion is not so easy to obtain in our country as it is abroad, but we may blanch the leaves by uprooting them and inverting them in the soil, or by covering the roots with flower-pots turned upside down. Green, unblanched dandelion is too rank and bitter to the taste, but after this process it is pleasantly stimulating, and an excellent digestive tonic. Well wash and dry the leaves, pick but do not cut them, and dress as before directed.

Those who like the taste of spring-onions will be wise to add them to all lettuce salads; they add piquancy and flavour, and aid digestion.



Sardine Salad.—Prepare some lettuce for a salad, breaking the leaves into rather large pieces. Drain three or four pickled sardines from their oil, cut them across in small pieces, removing the heads and tails; mix lightly in with the lettuce, add a hard-boiled egg shred small, and dress with the usual condiments.



Boiled Cucumber with Sauce Poulette.—Pare the cucumbers thinly, cut lengthwise into four, then across into pieces about two inches long. Throw into a saucepan containing boiling salted water, boil for ten minutes, then lift the pieces out and drain on a clean napkin.

Melt an ounce of butter, stir into it a tablespoonful of flour, when smooth dilute with half a pint of lukewarm water, boil until it thickens; then add a pinch of pepper, half a teaspoonful of salt, a squeeze of lemon-juice, and the beaten yolks of two eggs. Stir over the fire a few minutes longer, then put in the cucumber to heat through, and serve hot, with roast or boiled meat or poultry. This is a most delicate vegetable dish.

Ham Salad.—Mix together and put into a dredger a small quantity each of celery, salt, cayenne and black pepper, white sugar and allspice. Shave the lean of some cold boiled smoked ham, squeeze lemon-juice over each piece, and dredge lightly with the above seasoning. Shave thinly one or two white onions and a head of white celery, put them in a salad-bowl with two or three lettuce-hearts or a few sprigs of endive, or some chicory. Add the ham next, then pour three or four spoonfuls of oil over, and serve at once.



Cream Cheese Salads.—Prepare first a little dressing by mincing together a small shalot, some sprigs of chervil, thyme, parsley, and tarragon; add to them a pinch of salt and pepper, a tablespoonful of lemon-juice and three of salad oil, then mix well together.

Separate the leaves of a crisp well-hearted lettuce, in the hollow of each leaf place a little rocky lump of cream cheese, pour a spoonful of the dressing over and arrange the leaves simply on a glass dish, garnishing with scarlet radishes.



Potato Salad.—Slice very evenly some cold boiled potatoes, sprinkle them with some finely-minced parsley and shalots, and strew a little thinly-sliced lemon-peel among them (fresh). Mix a teaspoonful of grated horseradish with an egg-salad dressing, and pour it over. Decorate with sliced beetroot and sprigs of watercress.



Asparagus on Toast.—Boil the asparagus until quite tender, drain it, cut off the hard white stalk, arrange neatly on a slice of crisp toast or fried bread.

Dissolve a small lump of butter, stir in a tablespoonful of chopped parsley, add a pinch of salt and pepper and a drop of vinegar, then pour quickly over the asparagus, and serve immediately.



New Potatoes, Sautés.—Scrape, and boil them until just tender; then split them down if they are large, if small leave them whole. Place them in a small pan with a little butter, some chopped parsley, and a sprinkling of pepper and salt. Let them frizzle, but not to brown, stirring them about continuously and often.



Stuffed Cucumbers.—Prepare a mince from the remains of cold meat, poultry, or fish, season rather highly, and moisten with a little good gravy.

Pare a short, thick cucumber; with a corer remove all the seedy interior, and press the stuffing into its place. Melt a good lump of butter in a stewpan, place the cucumber in it, put with it an onion and a bunch of sweet herbs, and cover to stew gently for an hour or so. Remove to a dish, take out the onion and herbs, thicken the butter with a little flour, season it, add a spoonful of minced parsley and a few drops of vinegar, let it boil, then pour over the cucumber and serve.

LUCY H. YATES.