

## SAVOURY DISHES WITHOUT MEAT.

## CURRIED EGGS.

*Ingredients.*—Two onions, one apple, one ounce and a half of butter, one tablespoonful of curry powder, one dessertspoonful of grated cocoanut, one teaspoonful of chutney, one teaspoonful of red currant jelly, half a pint of milk, five hard-boiled eggs, one teacupful of rice, a teacupful of water, a dessertspoonful of cornflour.

*Method.*—Wash the rice and boil it for twelve minutes in boiling water. Drain it off and dry it on a sieve in front of the fire. Chop the onions, mix the curry powder with a teacupful of water and put it in a saucepan with the butter, chopped onions and the apple cut very small. Cook all together until the water has boiled away, and the onion is frying in the butter. Add the milk, put on the lid and let all simmer gently half an hour. Chop the chutney and add it to the sauce, mix the cornflour smoothly with a little water, stir it in and let the sauce boil; add salt to season and the red currant jelly. Cut one of the hard-boiled eggs into eight pieces to garnish the dish with; cut the other four into small pieces and warm them in the sauce. Arrange the rice round a hot dish, pour the eggs in the middle and arrange the pieces round.



## MACARONI CHEESE.

*Ingredients.*—Quarter of a pound of macaroni, quarter of a pound of stale yellow cheese, half a pint of milk, one ounce of butter, one ounce of flour, one teaspoonful of made mustard, pepper and salt.

*Method.*—Boil the macaroni until tender in fast-boiling water with the lid off for twenty minutes, drain well; grate the cheese. Mix the flour smoothly with a little of the milk; boil the rest and then stir in the mixed flour and the butter. Stir and cook well, add pepper, salt, mustard and two-thirds of the cheese; stir in the macaroni and pour all in a greased pie-dish; sprinkle the rest of the cheese on the top and brown in front of the fire.



## POTATOES AND CHEESE.

*Ingredients.*—Eight large potatoes, three ounces of cheese, half an ounce of dripping, pepper and salt, one tablespoonful of chopped parsley, brown crumbs.

*Method.*—Boil the potatoes and mash them with the dripping; grate the cheese and stir it into the potatoes; add pepper and salt and the parsley, and put all in a greased pie-dish; sprinkle brown crumbs over the top and bake in a moderate oven twenty minutes.



## MACARONI AND TOMATOES.

*Ingredients.*—Half a pound of well-cooked macaroni, one pound of tomatoes, quarter of a pound of grated cheese, bread-crumbs, pepper and salt.

*Method.*—Boil the macaroni as for macaroni cheese; cut the tomatoes in slices; arrange the macaroni, tomatoes and cheese in layers in a greased pie-dish, season with pepper and salt, and sprinkle bread-crumbs on the top; put little bits of dripping on the top and bake in a moderate oven half an hour.

## BUTTERED EGGS AND TOMATOES.

*Ingredients.*—Four eggs, one pound of tomatoes, one ounce of butter, a little chopped parsley, pepper and salt.

*Method.*—Pick the tomatoes, wipe them and stand them on a greased tin with a little bit of dripping on each. Bake till tender in a moderate oven. Melt the butter in a saucepan, stir in the eggs (well beaten), pepper and salt: stir until the eggs set, which will be in a minute or two. Arrange the tomatoes round a hot dish and pile the egg mixture on a square of toast in the middle.



## CAULIFLOWER AND CHEESE.

*Ingredients.*—A cauliflower, half a pint of milk, one ounce of flour, three ounces of ground cheese, pepper and salt.

*Method.*—Boil the cauliflower till tender and then drain it. Make a sauce of the flour, milk, pepper and salt and two ounces of the cheese in the same way as for macaroni cheese; lay the cauliflower on a hot dish and pour the sauce over the flower; sprinkle the rest of the cheese over and brown in front of the fire.



## FRICASSEED EGGS.

*Ingredients.*—Six soft-boiled eggs, three-quarters of a pint of milk, a blade of mace, a bay leaf, a small piece of onion, pepper and salt, one ounce of flour, one ounce of butter.

*Method.*—Simmer the milk with the onion, mace, bay leaf, pepper and salt for half an hour. Add the butter and the flour mixed with a little cold milk; stir and boil well. Strain the sauce, shell the eggs and warm them unbroken in it. Serve in a rather deep dish.



## CHEESE TOAST.

*Ingredients.*—Quarter of a pound of grated cheese, four eggs, two ounces of butter, a little cayenne, salt, and toast.

*Method.*—Melt two ounces of butter in a saucepan, stir in the eggs (well beaten) and the grated cheese, cayenne and salt. Stir for two or three minutes until the mixture sets. Pour quickly on to squares of hot toast, and serve at once.



## SALSIFY FRITTERS.

*Ingredients.*—One pound of salsify, quarter of a pound of flour, one tablespoonful of olive oil, the white of an egg, not quite a gill of tepid water, a pinch of salt, deep fat for frying.

*Method.*—Wash the salsify, cut off the green tops and scrape it white, putting it as you do so into cold water containing lemon juice; boil it until tender. Put the flour in a basin with the salt, mix it smoothly with the oil and the tepid water; lastly add the white of the egg very stiffly beaten. Cut the salsify into three-inch lengths and dry them in a cloth; sift flour over them. Have ready some deep fat for frying, heat it until a faint smoke rises from it, dip the salsify in the batter, coat it well, and with a skewer dip the pieces of salsify into the batter and fry a golden brown. Drain well on soft paper and serve dished in a pile. Hand tomato sauce with the fritters.

## SPINACH AND EGGS.

*Ingredients.*—Two pounds of spinach, six eggs, one ounce of butter, pepper and salt.

*Method.*—Pick the stalks off the spinach and wash it very thoroughly, letting the tap run on it and turning it over and over. Rinse out a saucepan and put in the spinach; no water is needed. When tender press and drain well, melt the butter in the saucepan, put back the spinach and toss in it, adding pepper and salt. Arrange the spinach in a neat block on a hot dish and keep it hot while you poach the eggs. Have ready a small frying-pan with enough water in it to cover the eggs, let the water simmer and slip each egg carefully in from a teacup; when the white sets pick them up on a fish-slice and arrange them neatly on the spinach.



## VEGETABLE SALAD.

*Ingredients.*—A lettuce, cold cooked potatoes, carrots, turnips, peas, beans and beetroot, one gill of olive oil, one yolk, one gill of milk, one teaspoonful of cornflour, pepper, salt, one tablespoonful of chopped parsley, one small shalot, a pinch of castor sugar, vinegar.

*Method.*—Cut all the cooked vegetables, except the beetroot, into dice; cut the beetroot into star shapes. Mix the cornflour smoothly with the milk, boil it and let it get cold; put the yolk in a little basin, and with a wooden spoon work in the oil drop by drop; now mix it with the cold cornflour and milk, add pepper, salt, mustard, parsley, castor sugar, one tablespoonful of vinegar and the shalot chopped; mix well with the cold cooked vegetables, saving the beetroot. Wash the lettuce and arrange it in the middle of a dish with the sauce and vegetables around. Decorate with the beetroot.



## SAVOURY OMELET.

*Ingredients.*—Two eggs, one teaspoonful of chopped parsley, a tiny piece of chopped onion, three-quarters of an ounce of butter, pepper and salt, one teaspoonful of cold water.

*Method.*—Melt half an ounce of butter in an omelet pan and take away the scum; beat the eggs with the water, pepper and salt, stir in the parsley, onion and the rest of the butter broken in little bits; pour the eggs into the pan, shaking it all the time, while with a fork quickly lift up the egg as it sets and let the butter run underneath. When golden brown underneath and rather soft on the top fold carefully over and slide on to a hot plate. A clear fire is necessary to make an omelet properly.



## FOX IN THE BAG.

*Ingredients.*—One pound of flour, one pound of potatoes, six ounces of suet, one teaspoonful of salt, one teaspoonful of baking powder.

*Method.*—Boil the potatoes, drain them and mash them; mix the flour with the salt and baking powder, add the suet (chopped) and the potatoes, mix well, tie in a scalded and floured cloth and boil two hours. Serve with good brown gravy.