



## FARINACEOUS FOODS, AND SOME RECIPES.



THE real value of cereals as a muscle and blood-forming food is not properly understood in England. An occasional rice pudding or dish of macaroni, a still rarer blancmange, haricot beans perhaps once a year, and perhaps at intervals of six months a pea-soup, is about all the tribute that we English pay to that splendid form of diet known on the

Continent as *Mehlspeisen*. Having lingered for many years about Italy, Switzerland, and Germany, I am in a position to state that the poorer classes of these countries are almost entirely nourished by farinaceous food. In some of the villages in the Apennines the *contadine* live and grow fat on their polenta, whilst many of the richer peasants trust to macaroni, risotto, and beans for their subsistence.

In Switzerland the constant use of cereals is still more striking than in Italy, for in Switzerland, not only the peasants, but many of the better classes, live on *Mehlspeisen* for six days out of the week. And they thrive on their diet too! Who could wish to see a happier, healthier, and rosier specimen of humanity than the ordinary bonnie Swiss-wife?

It is to a great extent owing to this cereal diet that the Swiss and Italians are able to live so cheaply. I have known many well-nourished Italians who have not spent more than 4d. a head per diem, and yet have been to all appearance as robust as many an Englishman on the same number of shillings. In Switzerland, where salaries are infinitely below those of England, the use of cereals and the art of cooking them is part of every Swiss girl's education. Take, for example, the salary of an ordinary schoolmaster; it is from twelve to fifteen hundred francs a year—*i.e.*, £60 to £70! Where would such a man with his wife and children be without the use of cereals? Cereals keep them up, strengthen their muscles, and make the blood run merrily through their veins, whilst meat, which is as dear here and not so good as in England, must be looked upon by them as a Sunday's luxury. *Mehlspeisen*, then, might be introduced more frequently on the tables, not only of the poor of England, but also of the struggling middle classes. They would keep down the butcher's bill, and give perhaps more satisfaction to many a hungry little one that cannot get its fill of the more expensive articles of diet.

For the sake of these and many of the struggling families of England, allow me to introduce you to some of the cheap and appetising dishes so much in vogue in Switzerland, Italy, and Germany.

### BRAUNE MEHLSUPPE (Brown Flour Soup)

*Ingredients.*—A quarter of a pound of butter, half a pound of flour, three quarts of water, salt, and an egg.

Fry the flour in the butter until it is light brown. Boil the three quarts of water with salt. Add the brown flour,

and let the whole boil for a quarter of an hour or twenty minutes, when the soup will be a nice brown colour. Just before serving add to the soup a beaten-up egg.

This soup is excellent, and well worth a trial.

### KARTOFFELSUPPE (Potato Soup).

*Ingredients.*—Two pounds of potatoes, two ounces of butter, Spanish onion, a tablespoonful of flour, cabbage, carrots, leeks, and half a pint of milk.

Boil the potatoes and pass through a sieve. Fry the finely-chopped onion in the butter, and add it to the potatoes with the flour, and stir the whole mass into a paste with the milk. Mix this with two quarts of water and a cabbage, two or three carrots, and two leeks finely cut up. Boil all together for three-quarters of an hour.

In Germany sausages or finely cut up bacon is also cooked in this soup. It makes a very good supper dish for winter.

### LUFTSUPPE (Light Soup).

*Ingredients.*—Two eggs, chives, mace, half a pound of flour, a quarter of a pound of butter, two quarts of water, salt.

Fry the flour a light brown in the butter. Add it to the water with salt to taste. Boil for half an hour. Take the eggs and beat them up well in a little milk. Add to the soup with some minced chives and a little mace. Serve directly after the eggs have been added.

### BROSAMENSUPPE (Toast Soup).

*Ingredients.*—Bread, three ounces of butter, two quarts of water, two eggs, salt, pepper and chives.

Fry the bread in the butter (about half a pound of bread cut into small pieces). It must be well browned on all sides. Throw it into the water, which must be salted and boiling. Let it boil for a quarter of an hour, when you must add, just before serving, salt and pepper to taste, two eggs well beaten up, and a handful of finely-chopped chives. The eggs may be left out.

### MILCHSUPPE (Bread and Milk Soup).

*Ingredients.*—Two quarts of milk, salt, pepper, two ounces of butter, a quarter of a pound of bread.

Fry the bread (cut into small pieces) nice and brown in the butter and pour over it two quarts of boiling milk. Cook for a few minutes. Add salt and pepper to taste and serve.

### GERSTENSCHLEIMSUPPE (Barley Soup).

*Ingredients.*—A quarter of a pound of barley, one and a half quarts of water, one egg.

Cook the barley in the water for two hours on a very slow fire. Add salt to taste and a beaten-up egg. If a very tasty and nourishing soup is required, add a couple of bones to the water and let them boil with the barley.

## REIS-SUPPE (Rice Soup).

*Ingredients.*—A quarter of a pound of rice, two quarts of water, two ounces of butter, Spanish onion, a cabbage, pepper and salt.

Boil the water and add the rice. After ten minutes' boiling add the cabbage finely cut up, pepper and salt to taste, and a Spanish onion finely shredded and fried brown in the butter. Let all boil for twenty minutes.

Bouillon can be used instead of water if preferred, and a beaten-up egg may be added just before serving.

## ITALIAN MINESTRA.

*Ingredients.*—Half a pound of haricot beans, half a pound of macaroni, half a cabbage, one Spanish onion, one tomato.

Put the haricot beans to soak in water the night before. In the morning boil them until tender. A tiny pinch of soda can be added to the water (unsalted) to make the beans boil quickly. Pass the beans through a sieve. Put them in two quarts of boiling water. Add the macaroni, salt and pepper to taste, and a cut-up tomato. Take the Spanish onion, shred it up finely, and fry it brown in butter, and add this and the finely cut-up cabbage to the mass. Boil all together for fifteen minutes. The cabbage is generally boiled separately, but this is not absolutely necessary.

A plate of such a minestra is an ample and delicious meal for anyone without the addition of either pudding or meat.

## ERBSENSUPPE (Pea Soup).

*Ingredients.*—Half of pound of dried peas, one Spanish onion, two ounces of butter.

Lay the peas in cold water over-night. In the morning drain them, put them in about two quarts of salted water, and let them boil until tender. Mince up a good-sized Spanish onion and fry it brown in the butter. Add it to the peas. Let all boil well together, and then pass through a sieve and serve.

On the Continent it is the fashion to boil in this soup pigs' ears or trotters or a ham bone. This gives a delicious flavour to the soup.

## HAFERSHLEIM (Crushed Oat Soup).

*Ingredients.*—A quarter of a pound of crushed or "Quaker" oats, two ounces of butter, an egg, chives, two quarts of water or stock.

Take water or, preferably, bouillon, or water with a little meat extract. Add the crushed oats and butter. Let all boil together for twenty minutes, and just before serving add a beaten-up egg and a few chopped-up chives.

This is a nourishing and appetising soup.

## FLÄDLISUPPE (Consommé).

*Ingredients.*—A quarter of a pound of flour, half a pint of milk, salt to taste, three eggs.

Mix the flour and milk well together and add the three eggs beaten up and the salt. Beat all well together into a paste. Have ready a frying-pan with a little steaming butter or fat. Pour a tablespoonful of the above mixture in the pan and cook in the same way as an omelette. Proceed likewise until all the paste is fried. Take the omelettes and cut them into small slices. Place these slices in steaming water in which meat-extract has been added or in bouillon.

## RISOTTO, OR RICE, IN THE ITALIAN STYLE.

*Ingredients.*—Half a pound of rice, two tablespoonfuls of oil, parsley, three tomatoes, stock or water, with meat-extract, two ounces of butter, two ounces of grated cheese.

Cut up the Spanish onion very finely and fry it light brown in the oil. Add the rice, and let that also fry light brown, then by degrees add a quart of water or bouillon. Mince up some parsley and add it, and, if liked, three cut-up tomatoes. When the rice is tender and has absorbed all the water, turn it out on a plate and sprinkle grated cheese over it. A lump of butter may also be added. Such a dish would do well for a Friday's repast. It is a meal in itself.

## BAUMWOLLSUPPE.

*Ingredients.*—Three ounces of butter, three eggs, a quarter of a pound of flour, salt to taste, bouillon, chives.

Make the butter warm and add the three eggs one after another to the swimming mass. Add the flour and salt, and beat all into a thin paste; if the paste is too thick add a little milk. Add this mixture to boiling bouillon (or hot water to which meat-extract has been added). Let the whole boil together for one minute and serve with finely-minced chives.

## RICE IN THE SWISS STYLE.

*Ingredients.*—Half a pound of rice, two ounces of butter, Spanish onion, parsley, pepper and salt.

Boil the rice in two quarts of boiling water with the minced-up parsley, pepper and salt. When the rice is tender, strain it, add the butter and turn out on a dish. Garnish the top with the Spanish onion, which must have been previously shredded up and fried a nice brown colour.

## REISMEHL PUDDING (Rice-flour Pudding).

*Ingredients.*—One pint of milk, three tablespoonfuls of rice-flour, two nobs of sugar, a small lump of butter.

Boil the milk and add the rice-flour, which must have been previously made into a paste with a little cold milk. Boil all together with the butter, sugar, and a pinch of salt for about eight minutes, and pour into a mould which has been previously wetted with cold water. Turn out when cold and serve up with fruit, syrup, or jam.

A number of other puddings, such as arrowroot, Quaker oats, barley, etc., may be prepared in the same manner.

## MACARONI COOKED IN THE ITALIAN STYLE.

*Ingredients.*—One pound of macaroni, half a pound of tomatoes, one Spanish onion, two ounces of butter, two ounces of grated cheese.

Shred up the onion finely and fry it brown in the butter. Add the tomatoes cut up, and let all fry together until a thick sauce is made. Add salt and pepper and a little water if needed. Place the macaroni in boiling water and cook for about twenty minutes. Strain the macaroni, and throw over it the tomato sauce and grated cheese.

## MACARONI A SUGO (an excellent dish).

*Ingredients.*—Half a pound of shin of beef, parsley, celery, two ounces of butter, two ounces of grated cheese, one pound of macaroni, one Spanish onion, tomatoes.

Take a large enamel pan and place either a lump of butter, or (as the Italians do) two tablespoonfuls of oil into it. Have ready the onion, parsley, and celery (half a stick) well minced up together, and let them fry in the boiling oil or fat. When the onion has assumed a pale brown colour add the meat, and let that also cook for about a quarter of an hour, then add about two tomatoes cut up. Let all cook together and add by degrees two teacupfuls of water. Shut the pan and cook on a slow fire one hour. Take another pan with boiling salted water and cook the macaroni for twenty minutes. Strain the macaroni and add it to the saucepan where the meat is, taking care to remove the meat first, so as to make place for the macaroni. Stir the macaroni round in the rich brown gravy for ten minutes, or until it has absorbed the whole sauce and is itself of a pale brown colour. Turn out on a dish, put a lump of butter on the top and two ounces of grated cheese, and you have as rich and appetising a dish as it is possible to imagine.

The meat can also be served up in a little of the sauce or cut up with the macaroni.

## MACARONI IN THE SWISS STYLE.

*Ingredients.*—One pound of macaroni, a quarter of a pound of cheese, a quarter of a pound of butter or fat, pepper and salt.

Cook the macaroni in boiling salted water for twenty minutes. Strain it and add the grated cheese. Have ready a pan with the butter or fat smoking hot. Add the macaroni and fry briskly for about ten minutes. Take care that the macaroni does not burn, but do not turn it in the pan. Turn out on a large round dish when the macaroni will appear in a golden-brown mass, compact and round.