

SOME CONTINENTAL RECIPES FOR EGGS.



CONSIDERING the size of the egg, it contains more nourishment than any other food, and its use in soups, puddings, vegetables, etc., is invaluable. In France, Italy, and Switzerland, where eggs are so numerous, they are introduced largely into the *cuisine*, not only for the inevitable omelette or custard, but also for thickening gravies, flavouring soups, or giving a dainty colouring to blanchmange, etc. In one Swiss hotel, where I studied cooking, I noticed that soup was never sent to table without being first poured over one or two raw, beaten-up eggs, and the practice of beating a new-laid egg into one's coffee or chocolate is not uncommon. In families where it is not customary to have two meat-meals daily, the egg plays a conspicuous rôle, and many a dainty and inexpensive dish may be prepared from it.

VOGELHEU (*Eggs and Bread*).

Ingredients.—Two rolls, half a cupful of milk, two ounces of butter, four eggs, salt.

Cut the rolls into thin pieces, damp the pieces in milk, and fry in the butter. Whisk up the eggs with half a cupful of milk and a little salt, and pour over the fried bread in the pan. Stir all together until the eggs are set and serve at once.

EIERKUCHEN MIT SAUCE.

Ingredients.—Four eggs, a cupful of broth, salt, and chopped parsley.

Beat up the eggs with about two tablespoonfuls of broth, and add the salt and a handful of chopped parsley. Cook in the same way as an omelette.

Make a brown sauce in the following manner:—Stir a tablespoonful of flour into an ounce of steaming butter until it is of a light brown colour, add a cupful of broth and a little Harvey sauce or ketchup. Pour this sauce over the omelette and serve at once.

ŒUFS AU GRATIN.

Ingredients.—Four eggs, parsley, bread-crumbs, two ounces of grated cheese, butter, pepper and salt.

Take four patty-pans, butter them well and break an egg into each, taking care not to break the yolks, put over them a little grated cheese, chopped parsley, bread-crumbs and a small lump of butter, pepper and salt. Bake in an oven for about five minutes.

ŒUFS À LA MAÎTRE D'HOTEL.

Ingredients.—Two ounces of butter, one tablespoonful of flour, a cupful of milk, minced parsley, four eggs.

Heat the butter and stir in the flour, add the parsley and milk, pepper and salt, and simmer for five minutes. Boil the eggs hard. Cut into halves and pour over the sauce. A little lemon juice or vinegar makes the sauce piquant.

PIQUANTES BUTTERBROD.

Ingredients.—The yolk of an egg, a teaspoonful of mustard, a small lump of butter.

Beat all the ingredients well together and send to table, spread on thin slices of white or brown bread.

PANNEQUETS.

Ingredients.—Two spoonfuls of flour, five eggs, one teaspoonful of sugar, one pint of milk, two ounces of butter, salt.

Make a paste with the flour, yolks of three eggs, and two whole eggs, sugar, milk, a pinch of salt, and the butter, which must be melted. Make a small omelette-pan warm and grease it with a little butter. Put one tablespoonful of the paste in the pan at a time and make thin pancakes. Spread jam or jelly over the pancakes and roll. Send to table with a sprinkling of powdered sugar.

EGGS IN MILK SAUCE.

Ingredients.—Two ounces of butter, four eggs, half a pint of milk, one tablespoonful of flour, pepper and salt.

Stir the flour into the butter in a frying-pan, and add by degrees the milk, and pepper and salt to taste. When the sauce boils, add the four eggs, taking care not to break the yolks. Let the eggs cook in the sauce until the whites are set. Take the eggs out, lay them on buttered toast, and cover with the milk sauce.

BRAUNE EIER (*Brown Eggs*).

Ingredients.—Raspings of crusts, butter and eggs.

Butter some little tin pans and cover with raspings. Into each pan break an egg and bake in a moderate oven or, better, on the hot plate until the whites are set. Turn the eggs out on a hot dish.

ŒUFS AUX CHAMPIGNONS.

Ingredients.—One Spanish onion, half a pound of mushrooms, five eggs, pepper, salt, a cupful of broth or gravy, a small lump of butter.

Cut up the mushrooms and onions and fry in butter. Boil the eggs hard. Slice them and add to the mushrooms and onions. Simmer all together in the gravy and serve very hot.

DEUTSCHER OMELETTE MIT FRUCHTEN

(*German omelette with fruit*).

Ingredients.—Four tablespoonfuls of flour, half a pint of milk, four eggs, two ounces of butter. Any sort of fruit.

Make a stiff and smooth paste with the flour and milk, and then add the eggs one by one, and half a teaspoonful of salt until the paste is the consistency of cream. Heat the butter in the pan and cook as an ordinary omelette, a nice brown on both sides. Serve the omelette with cooked apples, pears, cherries or plums. In the case of stoned fruits it is better to remove the stones.

PLATTENMUS.

Ingredients.—Three eggs, two ounces of flour, one pint of milk, half a teaspoonful of salt.

Mix all the ingredients well together and lay in a well-buttered pan. Bake in a moderate oven for twenty to thirty minutes.

The same can be placed in cups or a basin, and boiled in water for half an hour.

EIER ALS GEMUSE-GARNITUR

(*Eggs as Vegetable Garnish*).

Ingredients.—One tablespoonful of flour, two eggs, a pinch of salt, two tablespoonfuls of milk.

Make a firm paste with the flour and milk, beat the yolks and whites of the eggs separately and add also. Put a piece of butter the size of a walnut in the pan, and when quite hot, add the above mixture (about two tablespoonfuls at a time), and make very thin pancakes. Roll these and cut them into pieces two inches in length and garnish round spinach, beans, peas, etc.

NUDELN (*Home-made Macaroni*).

Ingredients.—Four eggs, half a cupful of milk, half a pound of flour.

Mix the above ingredients together until a stiff paste is formed. Knead well on a paste-board and roll out over and over again until as thin as the blade of a knife. Hang up the paste for about an hour to dry. When dry, cut the paste up to four or five pieces, lay them one on top of the other, roll and cut into fine strips. Boil till tender in boiling and salted water, and serve up either with gravy, butter and grated cheese, fried onions or stewed fruit. Nudeln, thus prepared, have a much finer flavour than macaroni. They can be kept for several weeks.

ŒUFS AU FOUR.

Ingredients.—Six eggs, three ounces of butter, half a pound of cheese, minced chives or parsley, pepper and salt.

Smear a baking-tin thickly with butter, and lay half the cheese cut in thin slices over it. Break the six eggs carefully, and over each egg grate some cheese, put a teaspoonful of minced chives or parsley and a lump of butter. Bake in the oven for ten minutes.

ŒUFS AU BÉCHAMEL.

Ingredients.—Ten eggs, parsley, two cloves, one bay-leaf, savoury herbs, flour, salt, a few mushrooms (if possible), half a cupful of cream or milk, white stock.

Put the stock into a pan with the cloves, bay-leaf, a tablespoonful of savoury herbs, the mushrooms and half a teaspoonful of salt. Let it boil for an hour, strain it and thicken with flour. Cook the eggs hard, peel them, take out the yolks and thinly slice the whites. Pile the yolks up in the middle of a hot dish, place the slices of white round and cover all with the white sauce and a sprinkling of chopped parsley.

OUOVI E POMEDORO (*Eggs and Tomatoes*).

Ingredients.—One Spanish onion, half a pound of tomatoes, water or broth, pepper and salt, butter, three eggs.

Chop the onion fine and fry in butter until brown, add the tomatoes, also cut up, flavour with pepper and salt, add half a cupful of broth or water, and simmer for a quarter of an hour. Have ready three hard-boiled eggs, shell them and cut them in quarters lengthwise. Lay them on a hot dish and cover with the tomato sauce. A few *croûtons* or slices of toast should be served round the dish.

EGG SAUCE.

Ingredients.—Three eggs, half a pint of melted butter, a little minced parsley.

Boil the eggs hard and chop into small pieces. When the butter is hot, stir in the eggs and add a sprinkling of parsley.

A good sauce for fish, such as cod, etc., is made by adding the chopped eggs into an ordinary thick white sauce and flavouring with a little lemon juice.

POULET AUX ŒUFS.

Ingredients.—A chicken, one Spanish onion, two tomatoes, broth or water and meat extract, pepper, salt, two eggs, butter.

Cut the chicken into joints. Chop up the onion and fry in an ounce of butter, add the tomatoes, and, after five minutes, add the pieces of chicken. Let all cook together for five minutes more, and then add half a pint of water or broth, pepper and salt. After about half an hour, add two beaten-up eggs to thicken the sauce, and serve.

This is a most dainty way of serving chicken. An old fowl cooked this way loses its toughness, but then a longer time must be allowed for the cooking.

Any kinds of meat or bird or even fish prepared in this way will be found appetising. In Italy cod and hake are generally treated in this manner.

SPIEGELEIR MIT SCHINKEN (*Eggs and Ham*).

Ingredients.—Thin slices of ham, two ounces of butter, two eggs, pepper and salt.

Fry the ham lightly and lay it on a warm plate, beat up the eggs with pepper and salt, fry lightly, cover the ham with them and serve.



THE ANCHORESS OF STE. MAXIME.

BY M. H. CORNWALL LEGH, Author of "Gold in the Furnace," "An Incurable Girl," "At the Foot of the Rainbow," etc.

CHAPTER VIII.

FROM this time Hugo and Alison were established as friends—as intimate friends, would hardly be putting it too strongly. The intercourse between them was singularly frank, simple and unrestrained. As Hugo had put himself on cordial terms with everyone in the hotel before he had been at Ste. Maxime twenty-four hours, no chaperoning difficulties presented themselves. It was in company with the Swiss couple as well as Hugo that Alison spent the day at Fréjus. They ate their luncheon in the Roman amphitheatre, explored the town with its quaint old cathedral afterwards, and finally made tea at the foot of one of the broken arches of the viaduct.

Hugo and Alison took the little Delplanques with them when they picnicked at La Foux, and an old

English clergyman and his wife, over for a few days from Hyères, were pressed into the service the day Hugo and Alison went to Cap Camarat by boat and carriage, and visited the lighthouse she had never seen save from afar.

In making these all-day expeditions Alison acted on Mrs. Woodward's repeated assertions that she would be very sorry to stand in the way of her daughter's enjoyment, or for her own ease and pleasure to keep her at her bedside, though she was uncomfortably conscious of a residuum of aggrieved feeling at the bottom of Mrs. Woodward's tone that would have led her to the sacrifice of her outings had she never come under the influence of Kate.

It was only for a little while, she said to herself. Very soon Mr. Archibald would be gone, and then she would have plenty of time for sitting beside her