

Receipts, &c.

MISCELLANEOUS COOKING.

A CHAPTER OF FRENCH COOKERY.

BOUEILLI.—The rump of beef is the best piece to be employed for this dish. Tie it round, put it in a stewpan, with water or stock, and let it stew gently for three hours. The dish may be varied by serving it variously garnished. It may be covered with sprigs of parsley, or it may be surrounded with small onions and other vegetables, or with fried onions, or laid in a bed of water-cress, which looks exceedingly pretty.

A FRENCH MAIGRE SOUP.—Take a large lump of butter and a tablespoonful of flour; brown them in the saucepan in which the soup is to be made; then chop up finely some carrots, onions, celery, sorrel, and potatoes, and mix them together; put them into the saucepan, with pepper and salt, pour boiling water over them, and let them stew over the fire for three or four hours—they can hardly simmer too long. A little thyme, parsley, cress, and mint are a great improvement added to the other ingredients.

ENTREES TO BE MADE OF BEEF WHICH HAS BEEN COOKED TO MAKE SOUP:—

Beuf au Gratin.—Most readers know—but there may be one here and there who may like to be reminded—that *au gratin* is a mode of cookery in which the fire is applied above as well as below, the lid of the vessel being formed to hold hot charcoal. Melt some butter at the bottom of the stewpan, add to it fine bread-crumbs or raspings, and place in a circle thin slices of the beef. Place over them some little pieces of butter, parsley chopped fine, a sprinkle of salt, and a little broth. Let it cook gently, with the fire above and below.

Beuf en Mireton.—Cut some onions in slices, and partly fry them in butter, add a sprinkle of flour, and turn them about until they are brown. Moisten them with equal parts of broth and white wine, season with salt, pepper, and a little nutmeg, add the beef, cut in thin slices, and let it all stew together for a quarter of an hour. At the moment of serving, add a little mustard to the gravy.

Beuf en Vinaigrette.—Cut some slices of the beef when cold, and place them in a salad-bowl. Cover them with fillets of anchovy, or of very good red herrings; garnish them with chives, chervil, and other fine herbs, chopped very fine, and pickles sliced. Season with pepper, add oil and vinegar, and serve without stirring the mixture.

Beuf à la Ménaigère.—Take about twenty rather small onions, brown them in a frying-pan with a little butter, and when they have taken a bright color, sprinkle over them a little flour or some bread-crumbs. Remove the onions to a stewpan, taking care not to break them. Add a teacup of broth, the piece of beef whole, a sufficient seasoning of salt, pepper, and nutmeg, and a bouquet of sweet herbs. Let the whole simmer over a slow fire for about two hours. Serve the beef on a dish, and arrange the onions round it.

BARLEY CREAM.—Take two pounds of perfectly lean veal; chop it well. Wash thoroughly half a pound of pearl barley; put it into a saucepan with two quarts of water and some salt. Let all simmer gently together until reduced to one quart. Take out the bones, and rub the remainder through a fine hair sieve with a

wooden spoon. It should be of the same consistency as good cream; add a little more salt, if requisite, and a little mace if approved of. This makes light and nourishing food for invalids.

FRIED POTATOES.—Peel the potatoes, cut them into very thin slices, and fry them with a little butter, lard, or dripping. They will eat crisp, and form a nice accompaniment to cold meat. Another way is, when they are peeled, to cut them round and round, as in peeling an apple, until they are quite cut up, then fry them brown and crisp in a pan nearly full of melted lard or oil. Spread them on a dish before the fire to dry, and season them with pepper and salt.

TO COOK A FRESH BEEF TONGUE.—Choose a moderate sized beef tongue, boil it gently in water until it is sufficiently tender for the skin to be stripped from it. Trim it neatly round the root. Put into a saucepan a quarter pound of butter, one tablespoonful of flour, half an onion cut up into small slices, salt and pepper to taste. Let these dissolve gently at the side of the fire until the butter boils. Place the tongue into these ingredients, and let it remain until it is browned. When this is the case take it out, place it on a hot dish by the side of the fire, and add to the gravy two wineglassfuls of red wine (either port or claret), a large teaspoonful of made mustard, and one of walnut ketchup. When these are well mixed, return the tongue into the gravy, and simmer gently for ten minutes, taking care that the saucepan is closely covered to keep in the aroma. When served, the tongue should be cut into thick slices, and handed.

MELTED BUTTER.—Mix a tablespoonful of flour quite smoothly with a little cold water. Add to this half a pint of water in a clean saucepan, stir in two ounces of butter, and stir the mixture over the fire until it is sufficiently cooked, and looks thick and rich. The thickening properties of flour vary very much; if, therefore, the melted butter does not thicken with the tablespoonful of flour named, a little more may be dusted in from the dredger as it cooks. Cooks consider it imperative to stir it only one way all the time.

TO STEW OYSTERS.—Take three dozen oysters, open them, and put their liquor into a saucepan, with a little beaten mace and cayenne pepper; thicken with flour and butter, and boil for five minutes. Toast a slice of bread and cut it into sippets, which lay round the dish. Add half a teacupful of cream to the liquor in the saucepan; put in the oysters, and stir them round continuously. They should not boil; if they are allowed to do so, they shrink and become hard. Serve them up hot.

FRIED HAM AND EGGS.—The slices of ham should first be boiled a trifle. Put a bit of lard in the frying-pan. After the slices have been dipped in flour, place them in the hot fat. Sprinkle pepper. When both sides are finely browned, dish with sufficient gravy. Slip the eggs into the fat, avoiding to break the yolk. Cook slowly, and separate each egg with a knife. When done, place them in a chain around the meat.

HAMBURG PICKLE FOR SALTING BEEF.—To four gallons of water add sufficient common salt, which, when dissolved in the water, will be strong enough to bear an egg, put in four ounces of saltpetre, and half a pound of very brown sugar. Boil all well together, and skim it clean; strain it off, and when cold put in the beef. Let the pickle cover the meat, and in ten days it will be fit for use, or you may keep the meat in for two months, turning it daily, and at the end of six weeks boiling up the pickle and skimming it afresh.