

pan, dredge in sufficient flour to dry it up, add the oyster liquor, and stir it over a sharp fire, with a wooden spoon. When it boils, add the cream, oysters, and seasoning, and simmer for one or two minutes, but not longer, or the oysters will harden ; serve on a hot dish, with toasted sippets of bread.

*Chicken Panada* (Dr. Steele, on "Cookery for the Sick").—Chicken, one ; water, teacup and tablespoonful. Cut up the chicken, take off the skin, put it into a stewpan, with a tablespoonful of water, and cook on a slow fire. When the chicken is hot through, put in the teacupful of water ; stew it for half-an-hour, or longer, till quite tender, take the meat off the bones, pound it well in a mortar, and rub it through a sieve ; use the gravy to moisten the meat in the mortar.

*Boiled Custard* (Dr. Ringer, "Dietary for Invalids").—Milk, three-quarters of a pint ; eggs, three. Warm the milk, whisk the eggs, yolks, and whites, pour the milk to them, stirring all the while ; butter a small basin that will exactly hold it ; put in the custard, and tie a floured cloth over it ; plunge it into boiling water, float it about for a few minutes, boil it slowly for half-an-hour, turn it out and serve.

*Poached Eggs with Cream* (Mrs. Beeton's).—Water, one pint ; salt, one teaspoonful ; vinegar, three teaspoonfuls ; fresh eggs, four ; cream, half-gill ; butter, 1 oz. ; salt, pepper, and pounded sugar to taste. Put the water, vinegar, and salt into a frying-pan, and break each egg into a separate cup ; bring the water, &c., to boil, and slip the eggs gently into it without breaking the yolks ; simmer them from three to four minutes, but not longer, and with a slice lift them out on to a hot dish, and trim the edges. Empty the pan of its contents, put in the cream, add the seasoning of pepper, salt, and pounded sugar, bring the whole to the boiling point, then add the butter in small pieces, toss the pan round and round till the butter is melted ; pour it over the eggs, and serve.

*Funket* (Dr. Ringer, "Handbook of Therapeutics").—Milk, one pint ; essence of rennet, one teaspoonful ; pounded white sugar, one small teaspoonful. When the milk is lukewarm, add the essence of rennet and the sugar ; put it into a bowl or mould, cover with a napkin, put it aside to cool, when it is ready for use.

*Invalids' Jelly* ("Mrs. Beeton's Invalid Cookery").—Mutton, twelve shanks ; water, three quarts ; sweet herbs, small bunch ; mace, three blades ; onion, one ; lean beef, 1 lb. ; crust of bread, toasted brown ; pepper and salt, a sufficiency. Soak the shanks in plenty of water for some hours, and scrub them well ; put them with the beef and other ingredients into a saucepan with the water,

and let them simmer very gently for five hours ; strain the broth, and when cold take off all the fat. It may be eaten either warmed up or cold as a jelly.

*Mutton Jelly* ("Dr. Ringer on Therapeutics").—Mutton, six shanks ; lean beef,  $\frac{1}{2}$  lb. ; water, three pints ; crust of bread toasted brown ; pepper and salt, a sufficiency. Soak the shanks in water several hours and scrub them well ; put the shanks, the beef and other ingredients into a saucepan with the water, and let them simmer very gently for five hours ; strain it, and when cold take off the fat. Warm up as much as is wanted at a time.

*Beef Rissoles* ("Mrs. Beeton's Cookery Book").—Cold meat, 1 lb. ; bread crumbs,  $\frac{3}{4}$  lb. ; herbs, a small bunch ; minced lemon peel, half a teaspoonful ; eggs, two ; salt and pepper to taste. Mince the beef very fine, which should be rather lean, and mix with this the bread crumbs, herbs, seasoning, and lemon peel in the above proportion to each pound of meat. Make all into a thick paste with the eggs, divide into balls or cones, and fry a rich brown.

*Boiled Asparagus* ("Mrs. Beeton's Cookery Book").—Asparagus, small bundle ; water, half-a-gallon ; salt, one tablespoonful. Scrape the white part of the stem, beginning from the head, and throw them into cold water ; then tie them into a bunch, keeping the heads all one way, and cut the stalks evenly that they may all be the same length ; put them into boiling water with salt in the above proportion ; keep them boiling quickly until tender with the saucepan uncovered. When the asparagus is done dish it up on toast, which should be dipped in the water it was cooked in.

*Rice Blanc Mange* (Dr. Ringer).—Ground rice,  $\frac{1}{4}$  lb. ; loaf sugar, 2 oz. ; butter, 1 oz. ; milk, one quart ; lemon peel to flavour. Mix the rice to a smooth batter with a little milk and put the remainder into a saucepan with the butter, sugar and lemon peel. Bring the milk to boiling point, stir in the rice, let it boil for ten minutes or till it comes away from the saucepan. Grease a mould with salad oil, pour in the rice, let it get perfectly cold and turn out.

*Tapioca Pudding* ("Family Physician").—Tapioca, 1 oz. ; milk, one pint ; butter, 1 oz. ; eggs, two ; sugar, a sufficiency. Wash the tapioca, and let it stew gently in the milk for a quarter of an hour, stirring it now and then. Let it cool ; mix with it the butter, sugar and eggs, which must be well beaten ; put it into a small tart dish and give it an hour's baking in a moderate oven.

*Sponge Cake* ("Enquire Within").—Flour, the weight of two eggs and a-half ; eggs, five ; loaf sugar sifted,  $\frac{1}{2}$  lb. ; lemon, the rind. Take the eggs and sugar ; break the eggs upon the sugar,

[previous page](#)

[next page](#)