

Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY
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SAUCE VERT—GREEN SAUCE.

Pound a plateful of well-washed and picked parsley in a mortar, add one tea cupful of soaked bread, three boned anchovies, two tablespoonfuls of vinegar, and by degrees half a pint of salad dressing. Good with cold boiled salmon and trout, also with chicken.



EGG SAUCE FOR STUFFED ARTICHOKES OR MARROW.

Allow the juice of two lemons to boil in a stewpan, add the yolks and whites of two eggs, well-whisked. Pour over the vegetables and serve.

BROWN BREAD SAUCE.

Proceed as for bread sauce, substituting brown bread for white. Serve with boiled fish or poultry.

GOOSEBERRY SAUCE.

Boil one pint of gooseberries until they are quite soft; rub them through a sieve, after the water has been drained off; to half a pint of pulp put one wineglassful of sorrel or spinach juice, half an ounce of fresh butter, a pinch of pepper, salt, sugar and nutmeg. Serve very hot.

SAUCE FLAMANDE, For Cooked Vegetables.

Put into a saucepan some fresh butter, salt, pepper, a little water, and a slice of lemon; scald in this mixture the vegetables that are to be re-warmed; drain, and put them into a dish; thicken with a pinch of flour and the yolks of two eggs. Care must be taken that the sauce does not curdle. Serve with the vegetables at once.

GENEVOISE SAUCE.

Put into a saucepan one ounce of fresh butter and one dessertspoonful of flour. Stir over a brisk fire until these ingredients are a good brown; then thin with one glass of red wine, and one and a-half glasses of good fish stock. Add two onions cut in rings, one bunch of sweet herbs, salt and pepper, and if possible a few mushrooms. Simmer half an hour. Add at the last, three spoonfuls of Madeira, or one of brandy. Serve with salmon, steaks, or cutlet, &c.

FIG SAUCE FOR GAME.

Chop some figs very fine, stew them gently with a little vinegar and spice, and one ounce of fresh butter.

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PILAFF A LA MOREA.

Half a cup of tomato sauce with a quarter of a pint of good stock. Put these ingredients into a saucepan and when boiling add half a cup of rice. Boil rather fast for fifteen minutes, and then add 2oz. of boiling oiled butter. Stand for three minutes. Dish with green peas, and for a change with chicken's livers.

POULETTE SAUCE.

Take two parts of butter and one of flour, mix them thoroughly in a saucepan on the fire, add enough veal stock to make the sauce of the proper consistency, and a few button mushrooms cut in two; let it boil ten minutes; stir in (off the fire) the yolks of two eggs beaten up with the juice of half a lemon. Serve with sheep's feet, &c.

SAUCE FOR MUTTON.

Take one slice of bread well toasted and dipped in vinegar, three apples cut in slices, six burnt almonds, one clove of garlic, the thin rind of one orange, pepper and spice to taste; add equal parts of wine and vinegar, according to the quantity of sauce needed. Boil until the apples are thoroughly done. Pass through a hair sieve, make very hot, and serve with roast mutton, hot or cold.

DUTCH SAUCE (Old Recipe).

Boil a small quantity of roughly pounded allspice and mace in a little water; beat up and strain the yolks of three eggs with one tumblerful of this water. When cold add salt to taste, and about 3oz. of fresh butter. Put this mixture into a *bain marie*. Do not stop stirring until it thickens, then stir in (off the fire) the juice of one lemon. Serve with turbot, brill, or boiled soles, and also with asparagus.

PIQUANTE SAUCE.

Three shallots, three boned anchovies, three cloves of garlic, 1oz. of cayenne, two tablespoonfuls of mushroom ketchup. Bruise well together in a mortar. Mix with these ingredients one and a-half pints of boiling vinegar. Shake the bottle from time to time, let it stand three weeks, strain and put into other bottles for use. To be served with steaks, chops, cutlets, &c.

ITALIAN SAUCE.

The same as Genevoise, only white wine is substituted for red, no Madeira or brandy, and it should only be boiling five minutes. Serve with cutlets, poultry, &c.

WHITE ONION SAUCE.

Put a little butter, cream, and flour into a saucepan over a hot plate or slow fire; stir until it boils; have ready some onions that have been skinned, boiled, and passed through a sieve. Add to the mixture in the saucepan and boil one hour. Excellent with cutlets and boiled chicken.

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