

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

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BY
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Croquettes de Poisson au Fromage.

Fish Croquettes with Cheese.

TAKE $\frac{1}{2}$ -lb. of any cooked white fish you happen to have, chop it up finely, then add 1 raw egg, a tablespoonful of chopped fat, a teaspoonful of finely chopped parsley, 2 ozs. of freshly made bread-crumbs, a little cayenne and salt, and $\frac{1}{2}$ -oz. of warm butter, divide the mixture into small quantities, form into balls, then roll very lightly in flour, and afterwards in yolk of egg, and finally in freshly grated bread-crumbs; fry in a wire basket, in plenty of hot lard, until a pretty golden colour, arrange in a pile in the centre of a very hot dish, sprinkle grated Parmesan and Gruyère over the top, and garnish with very crisply fried parsley. A very good way of using up scraps. Meat, game, poultry, may be used in the same way, substituting for the cheese, minced truffles with the poultry, mushrooms with the meat and game.



Beef Patties (My Recipe).

MINCE some cold roast beef rather finely with a little of the fat, add seasoning to taste of salt and pepper, some good gravy, flavoured with Harvey and Worcester, thickened with a little flour, have ready patty cases of rich puff paste, fill with the mixture, and bake in the oven until done. Serve very hot. Chopped Mushrooms may be added to this.

Mutton Pie.

MINCE any cold beef or mutton, or a mixture of both, in a mincing machine, excluding all bits of sinew or gristle, lay it in the bottom of a pie dish, season with salt and pepper, cover the meat with a layer of sliced tomatoes, add more salt, cover with well mashed potatoes mixed with chopped mushrooms; add a little very good stock—the tomatoes make delicious gravy, so not very much stock is needed. Bake in a moderate oven for three quarters of an hour, and brown before the fire for another fifteen minutes. Poultry can be used in a similar fashion.

Côtelettes de Mouton à la Toulouse.

Mutton Cutlets à la Toulouse.

THESE are mutton cutlets, with allemande sauce round them, and a rich *ragoût* composed of foie gras, cockscombs, mushrooms, truffles and cockscombs, heaped up in the centre of the dish.

Côtelettes de Mouton à la Superbe. (My Recipe).

Mutton Cutlets à la Superbe.

PREPARE some rather thick veal or mutton cutlets from the loin. Cut each nearly through horizontally; lay in between the two flaps of the cutlets a layer of curry paste, fasten the edges closely over the mixture, egg and bread-crumbs the cutlets, fry a pretty golden colour, and serve *en couronne* round a pyramid of well boiled rice, prepared as for curry. Lamb and pork cutlets are very good done in this way, the latter especially. With the pork serve apple sauce.

Calf's Head with Peas and Potatoes. (M.'s Recipe.)

CUT some neat slices from a cold calf's head, dip them in egg, then bread-crumbs, and fry them a light brown. Put some young green peas in the centre, boiled quite tender with plenty of butter and mint, and garnish with very small new waxy potatoes also cooked in butter.

Rognons à la Joséphine.

BROIL three or more kidneys, keeping them as flat as possible. Broil six or more large mushrooms, season well with pepper and salt and a dash of cayenne. They take only a few minutes to do for the taste of most people. Then put a little very fresh butter inside each mushroom, place one kidney each two mushrooms, and serve *very thin* on *croûtons* of fried bread.

Chicken and Anchovy Grill. (Nellie's Recipe.)

TAKE the legs and breast of a roast chicken, score them deeply, rub in the following sauce: One teaspoonful of very fresh butter, the sauce of anchovy paste, ditto parsley, as much cayenne as will fill a small saltspoon, mix well; grill before a quick fire.

Omelette of Chicken Livers.

REMOVE the gall pouch carefully, without breaking, from four or more chickens' livers; wash in cold water, parboil slightly, and quarter if too large. Put them in a frying-pan with enough butter to prevent burning, and toss them about until easily penetrated with a fork. Add one teaspoonful of onion vinegar, and a gill of rich sauce, season with salt and cayenne, one tablespoonful of dry sherry, and two of chopped mushrooms. Place on the back of the range while the omelette is preparing, and previous to serving all the livers.

Venaison Collops.

ANY remains from a cold haunch, or any other joint of venaison. Clean the meat from skin and bone, and mince very finely, mix with a third as much minced bacon, two eggs well beaten, some bread-crumbs, salt and pepper, mix all thoroughly, form into balls the size of a middle-sized apple, flatten these, dip into egg the bread-crumbs or dip them into warmed butter, and fry a nice pale brown. Serve with clear venaison gravy in a boat or piquante sauce. Hard-fried potatoe ribbons, French beans, and red currant jelly with the collops.

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