

veal, the beef and the lean of the chicken into small pieces ; add half a pint of water and salt to taste. Put the whole into a clean saucepan, and place near the fire for two hours. Put the bones of the chicken and the veal bone into a separate saucepan, with one pint of water, and a little salt, and let them boil gently for four hours ; now strain the liquor from both saucepans into one vessel, and add the isinglass, which has been previously dissolved in water ; then strain repeatedly through coarse muslin, until the liquor is quite clear. Add the sherry, and pour into a mould, and let the whole be left in some cool place till it is thoroughly set. Then turn it out and serve cold.

*Port Wine Jelly* is made by dissolving half an ounce of isinglass in a wine-glassful of cold water, with a couple of pieces of lump sugar, in a small saucepan on a gentle fire ; then add five wine-glassfuls of port wine, and stir continually for ten minutes ; strain through muslin, and pour into a mould moistened with cold water, and set aside to cool. A piece the size of an egg may be taken two or three times a day. A little nutmeg or cinnamon may be grated into the wine before adding it to the isinglass, &c.

*Calves' Foot Jelly*.—Thoroughly clean two calves' feet, cut into slices, and stew in two quarts of water until reduced to a quart. When cold take off the fat and separate the jelly from the sediment ; then put the jelly into a saucepan with white wine or brandy, and flavouring to taste, with the shells and whites of four eggs. All mixed up together, boil for a quarter of an hour, cover it and let it stew for a short time, and strain whilst hot through a flannel bag into a previously wetted mould.

*White Wine Whey*.—To half a pint of boiling milk add one or two wine-glassfuls of sherry ; strain through a fine sieve, sweeten with sifted sugar, and serve.

*Chicken Tea*.—Take a small chicken, free it from the skin and from all fat between the muscles ; and having divided it lengthways into two, remove the whole of the lungs, the liver, and everything adhering to the back or side bones. Then cut it—bones and muscles—by means of a strong, sharp knife into as thin slices as possible, and having put them into a pan with a sufficient quantity of salt, pour over them a quart of boiling water. Now cover the pan, and simmer with a slow fire for two hours ; put the pan lastly on the hob for half-an-hour, and strain off the tea through a sieve.

*Chicken Panada* is made by rubbing together in a mortar the meat from the breast and wings of a chicken, roast or boiled, with equal quantities of stale bread ; then add gradually the water in

which the chicken was boiled, or other soup will do ; boil for a few minutes and rub through a fine sieve.

*Simple Bread Panada*.—Grate down some stale bread, and add sufficient water to form a rather thick pulp ; cover it up and allow it to soak for one hour ; then beat it up with two table-spoonfuls of milk and a little sugar, and boil the whole for ten minutes, stirring all the time.

*Poached Egg Curried*.—Mix two teaspoonfuls of cornflour with half a teaspoonful of curry powder, and make into a smooth paste with a little cold milk ; boil a teacupful of milk, into which pour the curry paste ; poach an egg in the middle of this sauce, and serve, after cooking, on a slice of toast, with the sauce poured over it.

*Savoury Custard*.—Add the yolks of two eggs to a cupful of beef-tea, with pepper and salt to taste ; butter a cup or jam pot ; pour the mixture into it, and let it stand in a pan of boiling water till the custard is set.

*Funket*.—Sweeten with white sugar one pint of good milk. If wine is allowed, a dessert-spoonful of sherry is an improvement. Heat the new milk warm, pour into a shallow dish, and stir in two teaspoonfuls of essence of rennet ; this will form a slight curd. Grate a little nutmeg over it, or add a pinch of powdered cinnamon. Serve when quite cold. In the cold weather, the milk should be placed in a warm room to set.

*Savoury Sago Soup*.—Take half a pint of well-soaked sago and one pint of strong beef-tea ; simmer together for ten minutes ; then let cool, and add yolk of egg well beaten up ; heat again, but do not allow it to boil ; serve hot.

*Sago* requires to be soaked before using. An ounce should be placed in a pint of water, and stand on the hob or in the oven for two hours ; boil for a quarter-of-an-hour and flavour to taste.

*Custard Pudding*.—Break an egg into a teacup ; sugar to taste ; then add milk to nearly fill the cup ; then mix again and tie over with a piece of linen ; place the cup in a shallow saucepan half full of water, and then boil for ten minutes.

*Linseed Tea*.—To half an ounce of unbruised linseed, with a dram of liquorice, in a covered jar, add a pint of boiling water ; let the infusion stand on the hob for three or four hours ; strain and flavour to taste.

*Snow Eggs* is made by beating up the white of an egg to a stiff froth ; heat half a pint of milk, flavoured with lemon, nutmeg, or vanilla, with a little sugar ; when the milk boils, take spoonfuls of the froth and poach lightly, putting on a dish to cool ; then beat up the yolk of egg with the remainder of the milk and make into a custard ; when cold, lay the poached white egg on the top.

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