

A FIVE MINUTES' PUDDING.

Shall we make a "five minutes' pudding"? If so, take 1 tablespoonful of flour, 1 tablespoonful of castor sugar, 1 teaspoonful of baking powder, 1 egg. Mix dry ingredients. Beat up egg, yolk and white separately; add to mixture, and bake on well-greased flat baking tin for five minutes. When cooked, spread with thin jam made warm, roll, and dust with castor sugar.

N.B.—See that your oven is nice and hot before mixing your ingredients.

A GALANTINE.

Our third supper is cold mutton. A galantine, I think, would be a change, so I mince the mutton up very finely, and if I have any cold bacon I add it in, and season with a little pepper, salt, and spice. I next take a little beeftea, or in place of it a penny cube of ivelcon or a small teaspoonful of bovril, and dissolve into this stock two or three sheets of leaf-gelatine (three sufficient for a quart mould). When thoroughly dissolved mix your mince and stock together, and place in your ever-useful soup basin, which you have previously held under the cold-water tap, and decorated with slices of hard-boiled egg, tomato, parsley, or any decoration to hand.

Place in the refrigerator or a very cool place, and turn out when quite cold.

SCOTCH WOODCOCK.

For a very busy night you would find Scotch woodcock suitable.

Beat two eggs lightly, put 1 oz. of butter, pepper, salt, and a little anchovy sauce in a saucepan; add the eggs, keep stirring for one and a half minutes, and spread on hot buttered toast.

FLAKED FISH.

Flaked fish is an exceedingly useful little dish.

Flake your fish (cooked cold fish), freeing it from skin and bone. Make a white sauce with a cupful of milk, a tablespoonful of flour, and 1 oz. of butter; moisten the fish with this, and heap it all in pyramid fashion. Cover with finely chopped white of hard-boiled egg, and garnish with lines of the sieved yolk. Put into the oven to get thoroughly hot before serving.

STEWED MUTTON.

Uncooked mutton chops were sometimes one's supper, and, as a patient recovering from "enteric" once told me how much he suffered from the smell of the night nurses' supper being cooked in the ward kitchens, I have ever since avoided a fryingpan, and tried other means of cooking fresh meat.

For chops or pieces of mutton, etc., I again tried my amateur steamer, but very much prefer a casserole jar.

If possible I braize the meat in a little hot fat or dripping, in which I have previously fried an onion, but if this cannot be done, place an onion, into which you have stuck three or four cloves, in your jar or basin, some stock carrots and turnips, or celery, and either rice or barley grain, and steam very slowly, or place casserole jar in an oven for three or four hours; the longer and slower the stewing, the more tender it will be, but I have often had no means of cooking other than the soup basin and kettle, and it has always made a wholesome, easily digested supper.

There are numbers of excellent recipes which, with a little forethought and common sense, can be adapted. What is wanted is the willing hand and heart, and I assure you that the trouble will well repay you.

N.B.—This paper exceeds in length our usual limit, but as it was much the best we have awarded it the prize.

HONOURABLE MENTION.

The following competitors receive honourable mention: Miss Emily Marshall (London), Miss Gladys Tatham (Roehampton), Mrs. A. Parslow (Formby), Miss Anna M. Cameron (Bournemouth), Miss A. M. Ashdown (Bath), Miss E. Pearson (North Ormesby).

We give the following recipes sent by competitors receiving honourable mention, many of those received were excellent:—

BROILED CHOP.

Sent by Miss Emily Marshall.—A chop about $\frac{3}{4}$ inch thick. Trim off most of the fat. Make the gridiron quite hot, grease the bars with a piece of the fat. Cook the chop over a very clear fire from eight to ten minutes, turning it over very often with tongs or a knife and spoon. If a fork were used it would make holes and allow the gravy to escape. When done, place on a very hot plate, with a small piece of butter, pepper, and salt. (If the salt were put on *before* cooking, it would draw the gravy out.)

CHEESE RICE.

Sent by Miss Gladys Tatham.—Boil some rice for about ten minutes, in milk if possible; take it off, and let it soak up the milk. The proportion ought to be one teacupful of rice to one pint of milk (or water). But don't let the rice be dry. Shave, or grate, any scraps of cheese, and mix with the rice in a pie-dish. Add pepper and salt. Have cheese on the top. Bake in a nice hot oven, or have the mixture in a

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