

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

Compiled specially for "The Nursing Record"

BY  
LADY CONSTANCE HOWARD.  
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### SAVOURY RABBIT PIE.

Cut one rabbit into neat joints, put in a stewpan with 3oz. of bacon cut into small squares, with just enough water or stock to cover it; add a small bunch of savoury herbs, one carrot, one onion, pepper and salt to taste. Stew three hours, or until the meat leaves the bones, press down in the pie-dish, and pour the gravy over. The rabbit or game may be boned if liked.



### SAUCE FOR COLD MEAT (Isabella's Recipe).

Two tablespoonfuls of grated horseradish, two teaspoonfuls of mustard, a little castor sugar, one tablespoonful of vinegar, and about two wineglasses of cream.

### RICE CROQUETTES.

Boil a handful of rice in enough water to absorb it when done, then stir in a small bit of butter, some grated Parmesan pepper and salt (with or without grated ham); spread on plates. When cold make into balls, egg, dip into bread-crumbs and fry.

### RICE A LA MARIE.

Boil  $\frac{1}{2}$  lb. of rice in milk, sweetened and flavoured with vanilla or lemon-peel. When the milk is absorbed, remove the flavouring, add yolks of three eggs, whites of two; spread on plates to get cold, and finish as in the previous recipe.

### RISOTTO A LA VENICE.

One onion, one clove of garlic, two slices of carrot cut small, fry in 2oz. of butter, add kidneys, finely chopped; when coloured, add one pint of broth. Stew gently until done, add grated Parmesan, one teacupful of rice, one of any sauce liked, and salt to taste.

### KIDNEY TOAST.

Chop some kidneys and a little fat very fine; add salt, pepper and cayenne; warm in a little butter. Put on some rounds of toast; before spreading on the toast, beat and add one egg. Brown in the oven with a little butter.

### EGGS A LA MAITRE D'HOTEL.

Take some hard-boiled eggs, toss them in butter until quite hot, add pepper, salt, minced parsley, and a little lemon juice. Serve very hot, with a lemon cut in quarters and cayenne pepper.

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### EGGS WITH ENDIVE.

Boil the endive in salt water; drain, press through a sieve, melt a bit of butter in a saucepan; add a little flour—then the endive pulp, salt and pepper; boil. Stir in (off the fire) the yolk of one egg beaten up with a little milk and strained; add (if liked) a little chopped parsley. Lay fried eggs on the *purée*, garnish with fried *croûtons*, and serve.

### APPLE JELLY.

Pare and core some apples. Put them in a pan with just sufficient water to cover them, and strew the parings over them. Simmer four and a-half hours. To one pint of syrup add sugar to taste, first straining through a jelly-bag. Boil until quite stiff. Fill a shape, and leave until cold.

### MUSHROOMS ON FRIED BREAD.

Fresh mushrooms on bread the size and shape of the mushrooms. Fry in butter, and place soft herring-roe on each.

### CREME DE JAMBON.

Pound some ham very fine, as you would for quenelles, and mix with cream. Place the mixture in small *dariole* moulds. Take out the middle, and fill it with a thick *purée* of green peas, showing like half an olive. Cover the edge with finely-shred truffles. Put each quenelle on a slice of sweetbread two inches in diameter. Fill the centre of the dish with rich white cream sauce and sliced mushrooms and truffles.

### STEWED LEG OF BEEF.

Cut 2lb. of leg of beef (or more) into neat pieces. Put it into a stewpan with some sweet herbs, one onion, two cloves, one carrot, one turnip, half a head of celery, some black pepper, half-a-pint of beer, and sufficient water to cover. Skim the liquor. Add to it half a head of ready-boiled celery cut in dice, one or two boiled carrots and turnips, a little cayenne. Thicken some of the liquor with a little flour. Boil for a few minutes. Add a little Tarragona or claret. Remove the sinews carefully. Lay as much of the meat as you require in the sauce, and serve in a deep pie-dish. Celery seed will do as well as celery.

### COLD STEWED LEG OF BEEF WARMED WITH VEGETABLES.

Take the remainder of the stewed leg, cut it in slices; warm it in gravy. Add one dessertspoonful of Worcester sauce, and the same of mushroom ketchup; pepper and salt to taste. Slice one onion into strips, also some potatoes. Fry them a nice brown. Place the meat in a flat dish. Pour the gravy round it, and garnish with little heaps of fried onions and fried potatoes arranged alternately.

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