



Healthful Vegetarian Recipes For The Most Discriminating Tastes. This Recipe Book Contains over 1,000 Delicious Vegetarian Recipes!

SOUPS AND STEWS

ARTICHOKE SOUP.

1 lb. each of artichokes and potatoes, 1 Spanish onion, 1 oz. of butter, 1 pint of milk, and pepper and salt to taste. Peel, wash, and cut into dice the artichokes, potatoes, and onion. Cook them until tender in 1 quart of water with the butter and seasoning. When the vegetables are tender rub them through a sieve. Return the liquid to the saucepan, add the milk, and boil the soup up again. Add water if the soup is too thick. Serve with Allinson plain rusks, or small dice of bread fried crisp in butter or vege-butter.

HARICOT SOUP.

1 lb. of haricot beans, ½ lb. of onions, 1 lb. of turnips, 2 carrots, 2 sticks of celery, 1 teaspoonful of mixed herbs, ½ oz. of parsley, 1 oz. of butter, 2 quarts of water, pepper and salt to taste. Cut up the vegetables and set them to boil in the water with the haricot beans (which should have been steeped over night in cold water), adding the butter, herbs, and seasoning. Cook all very gently for 3-1/2 to 4 hours, stirring occasionally. When the beans are quite tender, rub the soup through a sieve, adding more water if needed; return it to the saucepan, add the parsley chopped up finely, boil it up and serve.

BARLEY SOUP.

8 oz. of pearl barley, 2 onions, 4 potatoes, ½ a teaspoonful of thyme, 1 dessertspoonful of finely chopped parsley, 3-1/2 pints of water, ½ pint of milk, 1 oz. of butter. Pick and wash the barley, chop up the onions, slice the potatoes. Boil the whole gently for 4 hours with the water, adding the butter, thyme, pepper and salt to taste. When the barley is quite soft, add

the milk and parsley, boil the soup up, and serve.

BREAD SOUP.

½ lb. of stale crusts of Allinson wholemeal bread, 4 onions, 2 turnips, 1 stick of celery, 1 oz. of butter, ½ oz. of finely chopped parsley, 8 pints of water, ½ pint of milk. Soak the crusts in the water for 2 hours before they are put over the fire. Cut up into small dice the vegetables; add them to the bread with the butter and pepper and salt to taste. Allow all to simmer gently for 1 hour, then rub the soup through a sieve, return it to the saucepan, add the milk and parsley, and, if the flavour is liked, a little grated nutmeg; boil the soup up and serve at once.

CABBAGE SOUP.

1 fair-sized cabbage, a large Spanish onion, 1-1/2 oz. of butter, pepper and salt to taste, ½ saltspoonful of nutmeg, 1-1/2 pints of milk, 2 tablespoonfuls of Allinson fine wheatmeal. After preparing and washing the cabbage, shred up very fine, chop up the onion, set these two in a saucepan over the fire with 1 quart of water, the butter and seasoning, and let all cook gently for 1 hour, or longer if the vegetables are not quite tender. Add the milk and thickening when the vegetables are thoroughly tender, and let all simmer gently for 10 minutes; serve with little squares of toasted or fried bread, or Allinson plain rusks.

CABBAGE SOUP (French).

1 medium-sized cabbage, 1 lb. of potatoes, 1 oz. of butter, 3 pints of milk and water equal parts, pepper and salt to taste, 1 dessertspoonful of finely chopped parsley, and 2 blades of mace, and 1 dessertspoonful of Allinson fine wheatmeal. Wash the cabbage

and shred it finely, peel the potatoes and cut them into small dice; boil the vegetables in the milk and water until quite tender, adding the mace, butter, and seasoning. When quite soft, rub the wheatmeal smooth with a little water, let it simmer with the soup for 5 minutes, add the parsley, and serve.

CAPER SOUP.

2 pints of water, 1 pint of milk, 1 large tablespoonful of capers, ½ lemon, 2 eggs, 1-1/2 oz. of Allinson fine wheatmeal, ½ oz. of butter, pepper and salt to taste. Boil the milk and water and butter, with seasoning to taste; thicken it with the wheatmeal rubbed smooth with a little milk. Chop up the capers, add them and let the soup cook gently for 10 minutes; take it off the fire, beat up the eggs and add them carefully, that they may not curdle; at the last add the juice of the half lemon, re-heat the soup without allowing it to boil, and serve.

CARROT SOUP (1).

4 good-sized carrots, 1 head of celery, 1 onion, 3 oz. of Allinson wholemeal bread without crust, 1 oz. of butter, pepper and salt, and 1 blade of mace. Wash, scrape, and cut the carrots into dice. Prepare and cut up the onions and celery. Set the vegetables over the fire with 3 pints of water, adding the mace and seasoning. Let all cook until quite soft, which will probably be in 1-1/2 hours. If the carrots are old, they will take longer cooking. When the vegetables are tender, rub all through a sieve, return the soup to the saucepan, add the butter, allow it to boil up, and serve with sippets of toast.

CARROT SOUP (2).

4 good-sized carrots, 1 small head of celery, 1 fair-sized onion, 1 turnip, 3 oz. of breadcrumbs, 1-1/2 oz. of butter, 1 blade of mace, pepper and salt to taste. Scrape and wash the vegetables, and cut them up small; set them over the fire with 3 pints of water, the butter, bread, and mace. Let all boil together, until the vegetables are quite tender, and then rub them through a sieve. Return the mixture to the saucepan, season with pepper and salt, and if too thick add water to the soup, which should be as thick as cream, boil the soup up, and serve.

CAULIFLOWER SOUP.

1 medium-sized cauliflower, 1-1/2 pints of milk, 1 oz. of butter, 2 oz. of Allinson fine wheatmeal, pepper and salt to taste, a little nutmeg, and the juice of a lemon. Prepare the cauliflower by washing and breaking it into pieces, keeping the flowers whole, and boil in 1-1/2 pints of water, adding the butter, nutmeg, and seasoning. When the cauliflower is quite tender add the milk, boil it up, and thicken the soup with the wheatmeal, which should first be smoothed with a little cold water. Lastly, add the lemon juice, and serve the soup with sippets of toast.

CLEAR SOUP.

1 large Spanish onion, 1 teaspoonful of mixed herbs, 1/2 head of celery, 1-1/2 oz. butter, 1 carrot, 1 turnip, and pepper and salt to taste. Chop the onion up fine, and fry it brown in the butter, in the saucepan in which the soup is to be made, and add 5 pints of water. Prepare and cut into small pieces the carrot, turnip, and celery; add these, the nutmeg, herbs, and pepper and salt to the water, with the fried onions. When the vegetables are tender drain the liquid; return it to the saucepan, and boil the soup up.

CLEAR SOUP (with Dumplings).

2 large English onions, 1 teaspoonful of herbs, ½ teaspoonful of nutmeg, 1 carrot, 1 turnip, pepper and salt to taste, 1 oz. of butter, 3 pints of water. Chop up finely the onions and fry them brown in the butter in the saucepan in which the soup is to be made; add the water. Cut up in thin slices the carrot and turnip, add these, with the herbs, nutmeg, and seasoning to the soup. Let it boil for 1 hour, drain the liquid, return it to the saucepan, and when boiling add the dumplings prepared as follows: ½ pint of clear soup, 4 eggs, a little nutmeg, pepper and salt to taste. Beat the eggs well, mix them with the soup, and season the mixture with nutmeg, pepper, and salt. Pour it into a buttered jug; set it in a pan with boiling water, and let the mixture thicken. Then cut off little lumps with a spoon, and throw these into the soup and boil up before serving.

CLEAR CELERY SOUP.

1 large head of celery or 2 small ones, 1 large Spanish onion, 2 oz. of butter, pepper and salt to taste, and 1 blade of mace. Chop the onion and fry it brown in the butter or Allinson vegetable butter in the saucepan in which the soup is to be made. When brown, add 4 pints of water, the celery washed and cut into pieces, the mace, the pepper and salt. Let all cook until the celery is quite soft, then drain the liquid from the vegetables. Return it to the saucepan, boil the soup up, and add 1 oz. of vermicelli, sago, or Italian paste; let the soup cook until this is quite soft, and serve with sippets of crisp toast, or Allinson plain rusks.

COCOANUT SOUP.

2 coconuts grated, 2 blades of mace, 1 saltspoonful of cinnamon, 3 pints of water, the juice of a lemon, 2 eggs, 1 oz. of Allinson fine

wheatmeal, pepper and salt to taste. Boil the cocoanut in the water, adding the mace, cinnamon, and seasoning. Let it cook gently for an hour; strain the mixture through a sieve and then return the soup to the saucepan. Make a paste of the eggs, wheatmeal, and lemon juice, add it to the soup and let it boil up before serving; let it simmer for 5 minutes, and serve with a little plain boiled rice.

CORN SOUP.

1 breakfastcupful of fresh wheat, 1 quart of water, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ oz. of butter, $\frac{1}{2}$ oz. of finely chopped parsley, 1 oz. of eschalots, seasoning to taste. Steep the wheat over night in the water and boil it in the same water for 3 hours, add the butter, the eschalots, chopped up very fine, and pepper and salt. Let the whole simmer very gently for another $\frac{1}{2}$ hour, add the milk and parsley, boil the soup up once more, and serve.

LEEK SOUP (1).

2 bunches of leeks, 1-1/2 pints of milk, 1 oz. of butter, 1 lb. of potatoes, pepper and salt to taste, and the juice of a lemon. Cut off the coarse part of the green ends of the leeks, and cut the leeks lengthways, so as to be able to brush out the grit. Wash the leeks well, and see no grit remains, then cut them in short pieces. Peel, wash, and cut up the potatoes, then cook both vegetables with 2 pints of water. When the vegetables are quite tender, rub them through a sieve. Return the mixture to the saucepan, add the butter, milk, and seasoning, and boil the soup up again. Before serving add the lemon juice; serve with sippets of toast.

LEEK SOUP (2).

1 dozen leeks, 1-1/2 pints of milk, 1 lb. of potatoes, 1 oz. of butter, pepper and salt to taste, and the juice of a lemon (this last may be omitted if not liked). Prepare the leeks as in the previous recipe, cut them into pieces about an inch long. Peel and wash the potatoes and cut them into dice. Set the vegetables over the fire with 1 quart of water, and cook them until tender, which will be in about 1 hour. When soft rub all through a sieve and return the soup to the saucepan. Add the milk, butter, and seasoning, boil up, and add the lemon juice just before serving. Should the soup be too thick add a little hot water. Serve with Allinson plain rusks.

LENTIL SOUP.

1 lb. each of lentils and potatoes, 1 large Spanish onion, 1 medium-sized head of celery (or the outer pieces of a head of celery, saving the heart for table use), 1 breakfastcupful of tinned tomatoes or 1/2 lb. of fresh ones, 1 oz. of butter, pepper and salt to taste. Chop the onion up roughly, and fry it in the butter until beginning to brown. Pick and wash the lentils, and set them over the fire with 2 quarts of water or vegetable stock, adding the fried onion. Peel, wash, and cut up the potatoes, prepare the celery, cut it into small pieces, and add all to the lentils. When they are nearly soft add the tomatoes. When all the ingredients are quite tender rub them through a sieve. Return the soup to the saucepan, add pepper and salt, and more water if the soup is too thick. Serve with sippets of toast.

MACARONI STEW.

6 oz. of cold boiled macaroni, 1 large Spanish onion, 1 carrot, 1/2 lb. of tomatoes, 1/4 lb. of mushrooms, 2 oz. of grated cheese, 1 oz. of butter, pepper and salt to taste. Wash, prepare, and cut up the vegetables in small

pieces. Cover them with water and stew them until tender, adding the butter and seasoning. When tender add the macaroni cut into finger lengths, and the cheese.

MILK SOUP.

2 onions, 2 turnips, 1 head of celery, 3 pints of milk, 1 pint of water, 2 tablespoonfuls of Allinson fine wheatmeal, pepper and salt to taste. Chop up the vegetables and boil them in the water until quite tender. Rub them through a sieve, return the whole to the saucepan, add pepper and salt, rub the wheatmeal smooth in the milk, let the soup simmer for 5 minutes, and serve.

MILK SOUP (suitable for Children).

1-1/2 pints of milk, 1 egg, 1 tablespoonful of Allinson fine wheatmeal, 1-1/2 oz. of sultanas, sugar to taste. Boil 1-1/4 pints of milk, add the sugar, beat up the egg with the rest of the milk and mix the wheatmeal smooth with it; stir this into the boiling milk, add the sultanas, and let the soup simmer for 10 minutes.

OATMEAL SOUP.

6 oz. of coarse oatmeal, the outer part of a head of celery, 1 Spanish onion, 1 turnip, 1 oz. of butter, and pepper and salt. Wash and cut the vegetables up small, set them over the fire with 2 quarts of water. When boiling, stir in the oatmeal and allow all to cook gently for 2 hours. Rub the mixture well through a sieve, adding hot water if necessary. Return the soup to the saucepan, add the butter and pepper and salt, and let it boil up. The soup should be of a smooth, creamy consistency. Serve with sippets of toast or Allinson plain rusks.

ONION SOUP (French).

½ lb. onions, 3 oz. grated cheese, 2 oz. butter, some squares of Allinson wholemeal bread, pepper and salt to taste. Peel and chop the onions, and fry them a nice brown in the butter. When brown add to it the cheese and 3 pints of water. Boil all up together and season to taste. Place the bread in the tureen, pour the boiling soup over it, and serve.

PARSNIP SOUP.

3 parsnips, 1 onion, 1 head of celery, ½ oz. of butter, ½ pint of milk, 1 quart of water, 1 tablespoonful of Allinson fine wheatmeal, 1 tablespoonful of vinegar, pepper and salt. Scrape the parsnips and cut them up finely, cut up the celery and onion, and set the vegetables over the fire with the water, butter, and pepper and salt to taste: when they are quite tender rub them through a sieve. Return the soup to the saucepan, add the milk and the thickening, boil up for five minutes, and before serving add the vinegar. This latter may be left out if preferred.

PEA SOUP.

1 lb. of split peas, 1 lb. of potatoes, peeled, washed, and cut into pieces, 1 Spanish onion, 1 carrot, 1 turnip, ½ head of celery or a whole small one, 1 oz. of butter, pepper and salt to taste, Pick and wash the peas, and set them to boil in 2 quarts of water. Add the potatoes and the other vegetables, previously prepared and cut into small pieces, the butter and seasoning. When all the ingredients are soft, rub them through a sieve and return them to the saucepan. If the soup is too thick, add more water. Boil it up, and serve with fresh chopped mint, or fried dice of Allinson wholemeal bread. Allow 3 to 4 hours for the soup.

PEASE BROSE.

This is made by the Scottish peasant in this way. He puts some pea flour into a basin, and pours boiling water over it, at the same time stirring and thoroughly mixing the meal and water together. When mixed he adds a little salt, pepper, and butter, and eats it with or without oatcake.

PORTUGUESE SOUP.

4 onions, 4 tomatoes, 1 oz. of grated cheese, ¼ lb. of stale Allinson wholemeal bread, 1 quart of water, 1 oz. of butter, 1 even teaspoonful of herbs, pepper and salt to taste. Slice the onions and fry them until brown, add the tomatoes skinned and sliced, the water, herbs, and pepper and salt, and let the whole boil gently for 1 hour. Cut up the bread into dice, and put it into the tureen, pour the soup over it, cover, and let it stand for 10 minutes to allow the bread to soak; sprinkle the cheese over before serving.

POTATO SOUP.

2 lbs. of potatoes, ½ stick of celery or the outer stalks of a head of celery, saving the heart for table use; 1 large Spanish onion, 1 pint of milk, 1 oz. of butter, a heaped up tablespoonful of finely chopped parsley, and pepper and salt to taste. Peel, wash, and cut in pieces the potatoes, peel and chop roughly the onion, prepare and cut in small pieces the celery. Cook the vegetables in three pints of water until they are quite soft. Rub them through a sieve, return the fluid mixture to the saucepan; add the milk, butter, and seasoning, and boil the soup up again; if too thick add more water. Mix the parsley in the soup just before serving.

RICE SOUP.

3 oz. of rice, 4 oz. of grated cheese, a breakfastcupful of tomato juice, 1 oz. of butter, pepper and salt to taste. Boil the rice till tender in 2-1/2 pints of water, with the butter and seasoning. When quite soft, add the tomato juice and the cheese; stir until the soup boils and the cheese is dissolved, and serve. If too much of the water has boiled away, add a little more.

RICE AND GREEN-PEA SOUP.

2 oz. of rice, 1 breakfastcupful of shelled green peas, 1 pint of milk, 1 quart of water, 1 oz. of butter. Boil the rice in the water for 10 minutes, add the peas, the butter and pepper and salt to taste. Let it cook until the rice and peas are tender, add the milk and boil the soup up before serving.

RICE AND ONION SOUP.

4 onions, 3 oz. of rice, 1-1/2 oz. of butter, 3 pints of water, pepper and salt. Chop the onions up very finely, and fry them with the butter until slightly browned; add the rice, seasoning, and water, and let the whole cook gently until quite soft. A tablespoonful of finely chopped parsley may be added.

ST. ANDREW'S SOUP.

4 large potatoes, 1 pint of clear tomato juice (from tinned tomatoes), 1 pint of milk, 1 pint of water, 2 eggs, 1 oz. of butter, seasoning to taste. Boil the potatoes in their skins; when tender peel and pass them through a potato masher. Put the potatoes into a saucepan with the butter, tomato juice, and water, adding pepper and salt to taste. Allow the soup to simmer for 10 minutes, then add the milk; boil up again, remove the saucepan to the cool side of the stove and stir in the eggs well beaten.

Serve at once with sippets of toast, or Allinson plain rusks.

SCARLET RUNNER SOUP.

1-1/2 lbs. of French beans or scarlet runners, 1 onion, 1 carrot, 1 stick of celery, 1/2 oz. of butter, 1 teaspoonful of thyme, 2 quarts of water, pepper and salt to taste, and 2 oz. of Allinson fine wheatmeal. String the beans and break them up in small pieces, cut up the other vegetables and add them to the water, which should be boiling; add also the butter and pepper and salt. Allow all to cook until thoroughly tender, then rub through a sieve. Return the soup to the saucepan (adding more water if it has boiled away much), and thicken it with the wheatmeal; let it simmer for 5 minutes, and serve with fried sippets of bread.

SORREL SOUP (1).

1/2 lb. of sorrel, 1-1/2 lbs. of potatoes, 1 oz. of butter, pepper and salt, 3 pints of water. Pick, wash, and chop fine the sorrel, peel and cut up in slices the potatoes, and set both over the fire with the water, butter, and seasoning to taste; when the potatoes are quite tender, pass the soup through a sieve. Serve with sippets of toast.

SORREL SOUP (2).

1 lb. of sorrel, 1 large Spanish onion, 3 pints of water, 1 oz. of butter, pepper and salt to taste, 1/2 lb. of Allinson wholemeal bread cut into small dice. Pick, wash, and chop up the sorrel, chop up the onion, and boil both with the water, butter, pepper, and salt until the onion is quite tender. Place the bread in the soup-ureen and pour the soup over it. Cover it up, and let the bread soak for a few minutes before serving.

SORREL SOUP (French) (3).

1 lb. of sorrel, 1 oz. of butter, 2 tablespoonfuls of Allinson fine wheatmeal, 2 quarts of water, pepper and salt, 2 eggs. Pick and wash the sorrel and drain the water. Set it over the fire with the butter and stew for 5 minutes, add the wheatmeal, and stir it with the sorrel for 5 minutes; add the water, pepper and salt to taste, and let the soup simmer for ½ an hour; before serving add the eggs well beaten, but do not allow them to boil, as this would make them curdle; serve with sippets of toast.

SPANISH SOUP.

3 pints of chestnuts peeled and skinned, 2 Spanish onions, 6 potatoes, 2 turnips cut up in dice, 1 teaspoonful of thyme, 1 dessertspoonful of vinegar, 2 oz. of grated cheese, 1 oz. of butter, 2 quarts of water, pepper and salt to taste. Boil the chestnuts and vegetables gently until quite tender, which will take 1-1/2 hours. Rub them through a sieve and return the soup to the saucepan; add the butter; vinegar, and pepper and salt to taste. Let it boil 10 minutes, and sift in the cheese before serving.

SPINACH SOUP.

2 lbs. of spinach, 1 chopped up onion, 1 oz. of butter, 1 pint of milk, the juice of 1 lemon, 1-1/2 oz. of Allinson fine wheatmeal, and pepper and salt to taste. This will make about 3 pints of soup. Wash the spinach well, and cook it in 1 pint of water with the onion and seasoning. When the spinach is quite soft, rub all through a sieve. Mix the wheatmeal with the melted butter as in the previous recipe, stir into it the spinach, add the milk; boil all up, and add the lemon juice last of all. If the soup is too thick, add a little water.

SPRING SOUP.

2 carrots, 1 turnip, ½ head celery, 10 small spring onions, 1 tea-cup of cauliflower cut into little branches, heart of small white cabbage lettuce, small handful of sorrel, 1 leaf each of chervil and of tarragon, ¼ pint of peas, ¼ pint asparagus points, ¼ pint croutons, 1 quart of water. Cut the carrots and turnip into small rounds, or to shape; add them with the chopped-up celery, whole onions, and cauliflower, to a quart of water, and bring to the boil; simmer for ½ an hour. Stamp the sorrel and lettuce into small round pieces, and add them with the leaf of chervil and tarragon to the soup, together with 1 teaspoonful of sugar. When all is quite tender add the peas and asparagus points, freshly cooked; serve with croutons.

SUMMER SOUP.

1 cucumber, 2 cabbage lettuces, 1 onion, small handful of spinach, a piece of mint, 1 pint shelled peas, 2 oz. butter. Wash and cut up the lettuces, also cut up the cucumber and onion, put them into a stewpan, together with ½ pint of peas, the mint, and butter. Cover with about 1 quart of cold water, bring to the boil, and simmer gently for 3 hours. Then strain off the liquid and pass the vegetables through a sieve. Add them to the liquid again, and set on the fire. Season and add ½ pint green peas previously boiled.

TAPIOCA AND TOMATO SOUP.

2 oz. of tapioca, 1 lb. of tomatoes, 1 carrot, 1 turnip, 1 teaspoonful of herbs, 1 blade of mace, 1 oz. of butter, pepper and salt to taste, and 3 pints of water. Peel, wash, and cut up finely the vegetables and stew them in the butter for 10 minutes. Add the water, the tomatoes skinned and cut in slices, the herbs

and seasoning to taste; when the soup is boiling, sprinkle in the tapioca, let all cook until quite tender, pass the soup through a sieve, return it to the saucepan, and boil it up before serving.

TOMATO SOUP (1).

1-1/2 lbs. of tomatoes (or 1 tin of tomatoes), 1 oz. of butter, 3 pints of water (only 2 if tinned tomatoes are used), 2 oz. of rice, 1 large onion, 1 teaspoonful of herbs, pepper and salt to taste. Cut the tomatoes into slices, chop fine the onion, and let them cook with the water for about 20 minutes. Strain the mixture, return the liquid to the saucepan, and add the other ingredients and seasoning. Let the soup cook gently until the rice is tender.

TOMATO SOUP (2).

1 tin of tomatoes, or 2 lbs. of fresh ones, 1 large Spanish onion or 2 small ones, 2 oz. of butter, pepper and salt to taste, 1 oz. vermicelli, and 2 bay leaves (these may be left out if desired). Peel the onion and chop it up roughly. Fry it brown with the butter in the saucepan in which the soup should be made. When the onion is browned add the tomatoes (the fresh ones should be sliced), the bay leaves and 3 pints of water; let all cook together for ½ an hour. Then drain the liquid through a strainer or sieve without rubbing anything through; return the soup to the saucepan, add seasoning and the vermicelli, and allow the soup to cook until the vermicelli is soft, which will take from 5 to 10 minutes.

VEGETABLE SOUP.

2 large turnips, 2 large carrots, 2 Spanish onions, 1 teacupful of pearl barley, 1-1/2 oz. butter, ½ pint of milk, salt and pepper to taste. Cover the vegetables with cold water and allow

them to boil from 2 to 3 hours, then rub through a sieve and add butter and milk. If too thick, add more milk. Boil up and serve.

VEGETABLE MARROW SOUP.

1 medium-sized marrow, 1 onion, ½ oz. of finely chopped parsley, 2 tablespoonfuls of Allinson fine wheatmeal, 1 pint of milk, 1 quart of water, ½ oz. of butter, pepper and salt to taste. Remove the pips from the marrow, cut it into pieces, chop up fine the onions, and cook the vegetables for 20 minutes, adding the butter, pepper, and salt. Rub through a sieve, return the soup to the saucepan, rub the fine wheatmeal smooth with the milk, add this to the soup, allow it to simmer for 5 minutes, and add the parsley before serving.

WHITE SOUP.

4 oz. of ground almonds, 1 pint of milk, 1 pint of water, 1 oz. of vermicelli, 2 blades of mace, pepper and salt. Let the almonds and mace simmer in the water and milk for ½ of an hour, remove the mace, add pepper and salt to taste, and the vermicelli. Let the soup cook gently until the vermicelli is soft, and serve.

BATTERS

These dishes take the place of omelets and frequently of pies, to both of which they are in many particulars similar. The batter is used to keep the ingredients together, and adds to their wholesomeness.

BATTER CELERY.

1 large head of celery, 1 pint of milk, 3 eggs, 6 oz. Allinson fine wheatmeal, 2 oz. butter, 1 English onion, pepper and salt to taste. Prepare the celery, cut it into small pieces,

chop up the onion pretty fine, and stew both gently in half the milk and the butter and seasoning. Make a batter meanwhile with the rest of the milk, the eggs and the wheatmeal. When the celery and onion are quite tender mix the batter with them; grease a pie-dish, pour the mixture into it, and bake the savoury for 1-1/2 hours. Eat with potatoes and tomato sauce.

BATTER POTATO.

1-1/2 lbs. of potatoes, two good-sized English onions, 1 pint of milk, 1/2 lb. of Allinson fine wheatmeal, 3 eggs, 2-1/2 oz. of butter, pepper and salt to taste. Peel and wash the potatoes, and slice them 1/4 inch thick, then dry them on a cloth. Chop fine the onions. Put the butter into the frying-pan, and let it get boiling hot, turn into it the potatoes and onions, and fry them together, stirring frequently until the vegetables begin to brown and get soft. Make a batter of the milk, meal, and eggs, stir the fried potatoes and onions into it, and season with pepper and salt. Grease a pie-dish, turn the mixture into it, and bake the savoury for 1-1/2 hours. Serve with vegetables and tomato sauce. This is a very tasty dish.

BATTER VEGETABLE.

1/2 lb. of turnips, 1/2 lb. of carrots, 1/2 lb. of potatoes, 1/2 lb. of shelled green peas (if in season), 1/2 lb. of onions, 8 oz. of Allinson fine wheatmeal, 1 pint of milk, 3 eggs, 2 oz. of butter, pepper and salt. Cut the vegetables into small dice; fry them in the butter until fairly well cooked. Make the batter with the milk, wheatmeal, and the eggs well beaten; add the vegetables and seasoning. Bake the mixture in a pie-dish for 1-1/2 hours in a moderate oven.

SAVOURIES

ARTICHOKES AUX TOMATOES.

2 lbs. of artichokes, 1-1/2 lbs. of tomatoes (or three parts of a tin of tomatoes), 1 oz. of Allinson fine wholemeal, 1 oz. of butter, pepper and salt to taste, 1/2 dozen eschalots. Parboil the artichokes, drain them, and cut them into slices. Make tomato sauce as follows: Chop the eschalots up very finely, slice the tomatoes and stew both in 3/4 pint of water for 20 minutes, adding seasoning and the butter; thicken the sauce with the wheatmeal, rub through a sieve, pour it over the artichokes and stew both gently until the artichokes are quite tender; serve with potatoes.

BEAN PIE.

This is made from boiled beans, which are put in a pie-dish, soaked tapioca, flavouring herbs, pepper, salt, and butter are added, a cup of water is poured in to make the gravy, a crust is put on the top, and then baked for 1 hour or so. This is a tasty dish. Cold beans are very nice if warmed in a frying-pan with oil or butter, and may be eaten with potatoes, vegetables, and sauce. Mashed beans, flavoured with pepper, salt, and mace, and put into pots make an excellent substitute for potted meat.

BREAD AND CHEESE SAVOURY.

1/2 lb. of Allinson wholemeal bread, 3 oz. of grated cheese, 1 pint of milk, 3 eggs, pepper and salt to taste, a little nutmeg, and some butter. Cut the bread into slices and butter them: arrange in layers in a pie-dish, spreading some cheese between the layers, and dusting with pepper, salt, and a little nutmeg. Finish with a good sprinkling of cheese. Whip up the eggs, mix them with the

milk and pour the mixture over the bread and cheese in the pie-dish. Pour the custard back into the basin, and repeat the pouring over the contents of the pie-dish. If this is done 2 or 3 times the top slices of bread and butter get soaked and then bake better. This should also be done when a bread and butter pudding is made. Bake the savoury until brown, which it will be in about $\frac{3}{4}$ of an hour.

BUTTER BEANS WITH PARSLEY SAUCE.

Pick the beans, wash them, and steep them over night in boiling water, just covering them. Allow 2 or 3 oz. of beans for each person. In the morning, let them cook gently in the water they are steeped in with the addition of a little butter, until quite soft, which will be in about 2 hours. The beans should be cooked in only enough water to keep them from burning, therefore, when it boils away, add only just sufficient for absorption. The sauce is made thus: 1 pint of milk, 1 tablespoonful of Allinson fine wheatmeal, a handful of finely chopped parsley, the juice of $\frac{1}{2}$ a lemon, pepper and salt to taste. Boil the milk and thicken it with the flour, which should first be smoothed with a little cold milk, then last of all add the lemon juice, the seasoning, and the parsley. This dish should be eaten with potatoes and green vegetables.

CARROTS AND RICE.

1 breakfastcupful of rice, 6 medium-sized carrots, 2 oz. of butter, 1 tablespoonful of finely chopped Parsley, 1 tablespoonful of Allinson fine wheatmeal, pepper and salt to taste. Boil the rice in 1 quart of water until quite tender and dry; meanwhile slice the carrots and stew them in 1 pint of water and 1 oz. of butter until quite tender, thicken them with the meal, add seasoning and the parsley. Set the rice in the form of a ring on a dish, pile

the carrots in the centre, sprinkle a few breadcrumbs over the whole, also the butter cut into little bits, and bake the dish in a moderate oven for 20 minutes.

CAULIFLOWER AND POTATO PIE.

1 fair-sized boiled (cold) cauliflower, 1 lb. of cold boiled potatoes, 1 pint of milk, 3 eggs, 8 oz. of Allinson fine wheatmeal, 1-1/2 oz. of butter, 4 oz. of grated cheese, pepper and salt to taste. Cut up the cauliflower and potatoes, sprinkle half the cheese between the vegetables, make a batter of the milk and eggs and meal, add seasoning to it, place the vegetables in a pie-dish, pour the batter over them, cut the butter into little bits and put them on the top of the pie, sprinkle the rest of the cheese over all, and bake for 1 hour.

CAULIFLOWER PIE.

1 small cauliflower, 3/4 lb. of potatoes, 1/2 lb. of Allinson fine wheatmeal, 3 eggs, 3/4 pint of milk, 1 oz. of butter, 1 saltspoonful of nutmeg, pepper and salt. Parboil the cauliflower and potatoes, cut the former into pieces and slice the potatoes; place both in a pie-dish with the butter and seasoning; make a batter of the meal, milk, and the eggs, well beaten; pour it over the vegetables, mix well, and bake 1-1/2 hours.

CELERY À LA PARMESAN.

2 heads of celery, 1 pint of milk, 2 oz. of Parmesan, or any other cooking cheese, 2 tablespoonfuls of breadcrumbs, 1 oz. of butter. Cut the celery into pieces 3 inches long, stew it in the milk until tender; drain the milk and make a sauce of it, thickening with Allinson fine wheatmeal, and adding the cheese and seasoning to taste. Put the celery into a pie-dish, pour the sauce over it, sprinkle the

breadcrumbs over the whole, place the butter in little pieces on the top, and bake for 15 minutes in a moderate oven.

CELERY CROQUETTES.

1 or 2 heads of celery, a teacupful of dried and sifted Allinson breadcrumbs, 2 eggs, pepper and salt to taste. Well wash the celery, remove the coarse outer stalks, and steam the parts used until they are a little tender. Then cut them into pieces about 2 inches long, dip them first into the egg whipped up, then into the breadcrumbs, and fry them in boiling butter, vege-butter, or olive oil until a nice brown; dust with pepper and salt, and serve up very hot; eat with white or tomato sauce.

CHESTNUT PIE.

2 lbs. of chestnuts, 1 head of celery, 1 large Spanish onion, $\frac{1}{2}$ lb. of Allinson fine wheatmeal, 4 oz. of butter, pepper and salt. Boil the chestnuts until partly tender, and remove the skins; cut the celery into pieces, removing the outer very hard pieces only, slice the onion and stew until tender in 1 pint of water; mix all the ingredients together, adding 1 oz. of the butter and seasoning to taste; make some pastry of the meal, 3 oz. of butter, and a little cold water; turn the vegetables into a pie-dish, cover the dish with the pastry, and bake the pie for 1 hour; serve with brown gravy.

COLCANON.

1 large cabbage, 1 pint of mashed potatoes, 2 oz. of grated cheese, 2 eggs, 1 oz. of butter, $\frac{1}{2}$ saltspoonful of nutmeg, pepper and salt to taste. Boil the cabbage in 1 pint of water until quite tender, drain the water off to keep for stock, chop the cabbage up fine; mix it with the mashed potatoes, the butter and seasoning

and the grated cheese; beat up the eggs, and mix these well with the rest; press the mixture into a greased mould, heat all well through in the oven or in a steamer, turn out and serve with a white sauce. This can be made from cold potatoes and cold cabbage.

CORN PUDDING.

1 tin of sweet corn, 1 pint of milk, 4 eggs, 1 oz. of butter, 8 oz. of Allinson fine wheatmeal, ½ saltspoonful of nutmeg, pepper and salt to taste. Make a batter of the meal, eggs and milk, add the other ingredients, pour the mixture into a pie-dish, and let it bake 1 hour.

CURRY BALLS.

8 oz. of rice, ½ oz. of butter, 1 good teaspoonful of curry, 2 eggs, pepper and salt to taste, some oil or butter for frying, and 1 teacupful of raspings. Boil the rice in 1 pint of water, adding the butter and seasoning. When the rice is dry and tender mix in the curry, beat up 1 egg, and bind the rice with that. Form into balls, dip them in the other egg, well beaten, then into the raspings and fry them a nice brown in oil or vege-butter.

CURRY SAVOURY.

1 breakfastcupful of rice, 1 ditto of Egyptian lentils, 1 lb. of tomatoes, 1 dessertspoonful of curry, 2 eggs well beaten, 1 oz. of butter, salt to taste. Boil the rice and lentils together until quite tender, and let them cool a little. Slice the tomatoes into a pie-dish, mix the curry, eggs, and salt with the rice and lentils, add a little milk if necessary; spread the mixture over the tomatoes, with the butter in bits over the top, and bake the savoury from ½ to 1 hour.

FAVOURITE PIE.

3 oz. of macaroni, 2 breakfastcupfuls of Allinson breadcrumbs, 2 onions, chopped very fine, 2 breakfastcupfuls of tinned tomatoes, 3 eggs, well beaten, 3 oz. of butter, 1 dessertspoonful of curry, salt to taste. Boil the macaroni until tender, and cut it up into pieces 1 inch long; fry the onion brown in the butter, mix the breadcrumbs with the tomatoes, add the eggs, curry, onion and salt, and mix all this with the macaroni; turn the mixture into a pie-dish, and bake the pie for 1 hour.

FORCEMEAT BALLS.

2 oz. of breadcrumbs, 6 oz. of boiled and grated potatoes, 1 gill of milk, 2 eggs, some Allinson fine wheatmeal $\frac{1}{4}$ teaspoonful of nutmeg, 3 finely chopped onions, 2 handfuls of spinach, 1 handful of parsley, 1 ditto of lettuce, all chopped fine. Soak the breadcrumbs in the milk, add the potatoes, eggs well beaten, all the vegetables and seasoning; mix sufficient of the wheatmeal with the rest to make the mixture into a fairly firm paste, form this into balls, drop these in boiling clear soup or water (according to requirements), and boil them for 5 to 10 minutes.

HAGGIS.

2 oz. of wheatmeal, 1 oz. of rolled oatmeal, 1 egg, $\frac{1}{2}$ oz. of oiled butter, $\frac{1}{2}$ lb. small sago, 3 eggs, 1 large Spanish onion, 1 dessertspoonful of mixed powdered herbs, 1 oz. of butter, pepper and salt to taste, and a little milk if needed. Swell the sago over the fire with as much water as it will absorb; when quite soft put into it the butter to melt, and, when melted, mix in the oatmeal and wheatmeal. Grate the onion, and whip up the eggs; mix all the ingredients together, not forgetting the herbs and seasoning. The whole should be a thick porridgy mass; if too dry add a little milk. Butter a pudding basin, pour into it the

mixture, place a piece of buttered paper over it, tie a pudding cloth over the basin, and steam the haggis for 3 hours.

HERB PIE.

1 handful of parsley, 1 handful of spinach, and 1 of mustard and cress, 2 lettuce hearts sliced fine, 2 small onions, and a little butter, 3 eggs, 1 pint of milk, and $\frac{1}{2}$ lb. of Allinson fine wheatmeal. Chop all the vegetables up finely, and mix them with a batter made of the milk, meal, and eggs; season it with pepper and salt; mix well; pour the mixture into a buttered pie-dish, place bits of butter over the top, and bake it for 1-1/2 hours.

HOT-POT.

2 lbs. of potatoes, $\frac{3}{4}$ lb. of onions, 1 breakfastcupful of tinned tomatoes, or $\frac{1}{2}$ lb. of sliced fresh ones, 1 teaspoonful of thyme, 1-1/2 oz. butter, pepper and salt to taste. Those who do not like tomatoes can leave them out, and the dish will still be very savoury. The potatoes should be peeled, washed, and cut into thin slices, and the onions peeled and cut into thin slices. Arrange the vegetables and tomatoes in layers; dust a little pepper and salt between the layers, and finish with a layer of potatoes. Cut the butter into little bits, place them on the top of the potatoes, fill the dish with hot water, and bake the hot-pot for 2 hours or more in a hot oven. Add a little more hot water if necessary while baking to make up for what is lost in the cooking.

LEEK PIE.

1 bunch of leeks, 1 lb. of potatoes, $\frac{1}{2}$ teaspoonful of herbs, a little nutmeg, 1 pint of milk, pepper and salt to taste, 8 oz. of Allinson fine wheatmeal, 3 eggs, 1 oz. of butter. Cut up into dice the potatoes and leeks, parboil them

in 1 pint of water, adding the herbs, butter, and seasoning; place the vegetables in a pie-dish, make a batter with the milk, eggs, and meal, pour it over the vegetables, mix all well, and bake the pie 1-1/2 to 2 hours in a moderate oven.

LENTIL PIE.

1/2 lb. of lentils, 1 lb. of potatoes, 1 lb. of tomatoes, 1 Spanish onion, 1 heaped-up teaspoonful of herbs, 3 hard-boiled eggs, 1-1/2 oz. of butter, pepper and salt to taste. Have the lentils cooked beforehand. Peel, wash, and cut into dice the potatoes and onion, and fry them in the butter until nearly soft. Scald and slice the tomatoes, and mix the fried vegetables, lentils, tomatoes, herbs, and seasoning well together. Turn the mixture into a pie-dish, and pour over as much water or vegetable stock as may be required for gravy. Quarter the eggs and place them on the top. Cover with a short crust, and bake the pie for 1 to 1-1/2 hours.

LENTIL RISSOLES.

1/2 lb. of lentils, 1 finely chopped onion, 1 breakfastcupful of breadcrumbs, 1 breakfastcupful of tinned tomatoes, 1-1/2 oz. of butter, 2 eggs, pepper and salt to taste, some raspings, butter, vege-butter or oil for frying. Pick and wash the lentils, and boil them in enough water to cover them; when this is absorbed add the tomatoes, and if necessary gradually a little more water to prevent the lentils from burning. Fry the onion in 1-1/2 oz. of butter, mix it with the lentils as they are stewing, and add pepper and salt to taste. When the lentils are quite soft, and like a pureé (which will take from 1 to 1-1/2 hours), set them aside to cool. Mix the lentils and the breadcrumbs, beat up one of the eggs and add it to the mixture, beating all well together. If it

is too dry, add a very little milk, but only just enough to make the mixture keep together. Form into rissoles, beat up the second egg, roll them into the egg and raspings, and fry the rissoles a nice brown in boiling butter or oil. Drain and serve.

LENTIL TURNOVERS.

6 oz. of lentils, 6 oz. of mushrooms, 1 English onion chopped very fine, 1 ounce of butter, 1 dessertspoonful of lemon juice, pepper and salt to taste. Pick and wash the lentils, and cook them in only as much water as they will absorb. Peel, wash, and cut up the mushrooms, chop fine the onion, and fry both in the butter. Add them to the lentils now cooking; also the lemon juice and seasoning. When the lentils are quite soft, the whole should be a fairly firm pureé. Let it cool, and meanwhile make a paste of 6 oz. of Allinson fine wheatmeal and 2 oz. of butter or vegetable butter and a little water. Roll the paste out thin, cut into squares of about 4 inches. Place some of the lentil mixture in each, moisten the edges, turn half over, and press the edges together. Bake for 15 minutes in a floured tin, and serve with brown sauce, vegetables, and potatoes.

LENTILS (CURRIED), AND RICE.

1 breakfastcupful each of lentils and rice, 1 lb. of fresh tomatoes or ½ a tinful of tinned ones, 1 dessertspoonful of curry, 3 eggs, well beaten, 2 oz. of butter, some breadcrumbs, and salt to taste. Roast the rice in a frying-pan in half of the butter until browned; then set it over the fire with 1-1/2 pints of water and the lentils, picked and washed. When tender set them aside to cool a little. Scald and skin the tomatoes, cut them into slices and place them in a buttered pie-dish. Smooth the curry with 1 spoonful of water; add the curry, the eggs, and

salt to the cooked rice and lentils, and mix all well. Spread all over the tomatoes, scatter breadcrumbs over the top, cut up the rest of the butter in pieces and place them here and there over the breadcrumbs. Bake the savoury for $\frac{3}{4}$ of an hour to 1 hour.

LENTILS (POTTED), FOR SANDWICHES.

$\frac{1}{2}$ lb. of lentils, 1 English onion, $\frac{1}{2}$ a cupful of tinned tomatoes, 1 blade of mace, 1 oz. of butter, pepper and salt to taste. Pick and wash the lentils, and set them over the fire to cook, only just covered with water, adding the mace, pepper, and salt. Chop fine the onion and fry it a nice brown in the butter; add the fried onions and tomatoes to the lentils, stir them sometimes to prevent burning, and let the lentils cook gently until they have become soft and make a fairly firm purée. If too dry, add a little more water as may be required. When they are done remove the mace and turn the lentils out to get cold. Then use for making sandwiches with very thin bread and butter.

MINESTRA.

1 breakfastcupful of potatoes cut into small dice, 2 breakfastcupfuls of flageolet beans, onions, carrots, and celery mixed (the latter cut up small), $\frac{1}{4}$ lb. of rice, 2 oz. of butter, 2 oz. of grated Parmesan cheese, pepper and salt to taste. Boil the vegetables in 1 quart of water until quite tender, add the rice, also pepper and salt, and cook all together gently until the rice is soft, adding more water if necessary. Before serving add the butter and cheese, stir a few minutes, and serve.

MUSHROOM CUTLETS.

$\frac{1}{4}$ lb. of mushrooms, $\frac{1}{2}$ teacupful of mashed potatoes, 1 teacupful of breadcrumbs, 1 small onion, 2 eggs, 2 oz. of butter, a little milk, 1

teaspoonful of finely chopped parsley, ½ teaspoonful of herbs. Peel and cut up the mushrooms, chop up the onion, and fry them in 1 oz. of butter. Mix the mushrooms and onion with the breadcrumbs, 1 egg well beaten, add also pepper and salt to taste; if necessary add a little milk to make it into a paste; shape the mixture into cutlets, dip them in the other egg well beaten, and fry them in the rest of the butter. Serve with tomato sauce.

MUSHROOM PIE.

1-1/2 lbs. of mushrooms, 1-1/2 lbs. of potatoes, 1 Spanish onion, 1 oz. of butter, pepper and salt to taste, 1 teaspoonful of mixed herbs, and 3 hard-boiled eggs. Peel and wash the mushrooms, and cut them into 2 or 4 pieces, according to their size. Peel and wash the potatoes, and cut them into pieces the size of walnuts; parboil them with 1 pint of water, and turn them into a pie-dish with the water. Chop up the onion, and cook the mushrooms and onion for 10 minutes with the butter in ½ pint of water, adding the herbs and seasoning. Mix all well in the pie-dish, quarter the eggs, and place them on the top, cover with a short crust, and bake the pie for ¾ of an hour to 1 hour.

MUSHROOM SAVOURY.

4 ounces of Allinson plain rusks 3 eggs, 1 pint of milk, 2 oz. of butter, 1 lb. of mushrooms, 1 small onion chopped fine, and pepper and salt to taste. Crush the rusks and soak in the milk; add the eggs well whipped. Peel, wash, and cut up the mushrooms, and fry them and the onion in the butter. When they have cooked in the butter for 10 minutes add them to the other ingredients, and season with pepper and salt. Pour the mixture into a greased pie-dish,

and bake the savoury for 1 hour. Serve with green vegetables, potatoes, and tomato sauce.

MUSHROOM TARTLETS.

½ lb. of mushrooms, 1 oz. of butter, 1 small English onion, 1 tablespoonful of vermicelli broken up small, pepper and salt to taste. Peel and wash the mushrooms and cut them up; chop up the onions very fine, melt the butter in the frying-pan and fry the mushrooms and onion in it, adding pepper and salt to taste; a good deal of liquid will run from the mushrooms, stir into it the vermicelli, which let cook in the juice until tender; let the mixture cool, line some tartlet tins with Allinson wholemeal crust, fill with the mixture, cover with crust, and press the edges well together; bake in a moderate oven.

MUSHROOM TART AND GRAVY.

1 lb. of mushrooms, ½ lb. of Allinson fine wheatmeal, 4 oz. of butter or Allinson frying oil, pepper and salt to taste. Pick and wash the mushrooms, remove the stalks, dry them and cut them into pieces; make pastry with the meal, 3 oz. of the butter, and a little cold water; roll it out, line a large plate and heap the mushrooms upon it, dredge well with pepper and salt, and cut the rest of the butter into bits to be scattered over the mushrooms; when you line the plate, keep a little of the paste, cut this into thin strips and lay them in diamond shape across the pie; bake the pie $\frac{3}{4}$ hour in a moderate oven.

The Gravy.—The stalks of the mushrooms, 4 eschalots chopped very fine, 1 teaspoonful of Allinson cornflour, 3 bay leaves, ½ oz. of butter, pepper and salt to taste. Fry the stalks and eschalots in the butter, then gently cook them in $\frac{3}{4}$ pint of water for ½ hour, adding seasoning and the bay leaves; strain, return

the sauce to the saucepan, and thicken it with the cornflour.

MUSHROOM TURNOVERS.

½ lb. of medium-sized mushrooms, 1 oz. of butter, pepper and salt to taste. For the pastry, ½ lb. of Allinson fine wheatmeal, 3 oz. of butter (or 3 tablespoonfuls of Allinson frying oil). Make the pastry of the meal, butter, and a little water; pick and wash the mushrooms, cut them up in small pieces dredge them with pepper and salt, and fry them in the butter for 5 to 10 minutes. Roll the paste out, cut it in squares of about 4 inches, and place as much mushroom on each as it will conveniently hold. Press the edges of each square together, folding them in triangular shape, and bake them in a moderate oven for an hour. Serve with brown gravy.

OATMEAL PIE-CRUST.

4 oz. each of medium oatmeal and Allinson fine wheatmeal, and 2-1/2 oz. of vege-butter or butter. Make the crust in the usual way with cold water. It will be found beautifully short, very tasty, and more digestible than white flour pastry.

ONION TART.

1 lb. of Spanish onions, 1 lb. of English onions, 4 oz. of butter, 3 eggs, ½ pint of cream, pepper and salt to taste, ½ lb. of Allinson fine wheatmeal. Slice the onions, and stew them with 1-1/2 oz. of butter without browning them. When tender let the onions cool, mix with them the eggs, well beaten, and the cream, also the seasoning. Make a paste with the meal and the rest of the butter, line with it a baking-tin, keeping back a small quantity of the paste; pour the mixture of onions, eggs, and cream into the paste-lined tin, cut the rest

of the paste into thin strips, and lay these crossways over the tart, forming diamond-shaped squares; bake the tart in a moderate oven until golden brown.

ONION TURNOVER.

2 medium-sized Spanish onions, 1 oz. of butter (or Allinson frying oil), 3 eggs, pepper and salt. For the pastry, 6 oz. of Allinson fine wheatmeal, 2-1/2 oz. of butter or oil. Chop the onions fine, boil them a few minutes in a little water, and drain them; stew them in the butter for 10 minutes, adding the seasoning beat up the eggs and mix them well with the onions over the fire, remove the mixture as it begins to set. Have ready the pastry made with the meal, butter, and a little cold water, roll it out, place the onions and eggs on it, fold the pastry over, pinching the edges over, and bake the turnover brown. Serve with gravy. This is a Turkish dish.

POTATO PIE.

Slice potatoes and onions, stew with a little water until nearly done, put into a pie-dish, flavour with herbs, pepper, and salt, add a little soaked tapioca and very little butter, cover with short wheatmeal crust, and bake 1 hour. To make a very plain pie-crust use about 2 oz. of butter or a proportionate quantity of Allinson frying oil to 1 lb. of wheatmeal. Roll or touch with the fingers as little as possible, and mix with milk instead of water. Eat this pie with green vegetables.

POTATO AND TOMATO PIE.

2 lbs. of potatoes, 2 lbs. of tomatoes, 3 hard-boiled eggs, 1 oz. of vermicelli or sago, 1 Spanish onion, 1 dessertspoonful of thyme, 1 oz. of butter, pepper and salt to taste. For the crust, 1/2 lb. of Allinson fine wheatmeal, 3 oz. of

butter, and as much cold water as needed. Boil the potatoes in their skins, and when nearly soft drain, peel, and cut them into pieces, scald and skin the tomatoes and cut them into pieces also. Mix them with the potatoes in a pie-dish. Chop up roughly the onion, and boil in about 1 pint of water, adding the butter and the vermicelli or sago. Cook until soft. Add pepper and salt, and mix all with the potatoes and tomatoes. Sprinkle in the thyme, and mix all the ingredients well. Quarter the eggs and place the pieces on the top of the vegetables. Make the crust, cover the dish with it, and bake the pie from $\frac{3}{4}$ of an hour to 1 hour. The crust looks better if brushed over with white of egg before baking.

POTATOES AND MUSHROOM STEW.

1-1/2 lbs. of potatoes, 1 Spanish onion, 1/2 lb. of mushrooms, 1 oz. of butter, pepper and salt, and 1 teaspoonful of Allinson cornflour for thickening. Peel, wash, and cut into pieces the potatoes; chop up the onion, and set both over the fire with 1 pint of water, the butter and seasoning; let cook until the potatoes are about half done. Meanwhile skin, wash, and cut into pieces the mushrooms, add them to the other ingredients, and let all stew together until tender. Thicken the liquid with the cornflour, boil up, and serve.

QUEEN'S APPLE AND ONION PIE.

3 breakfastcupfuls of Allinson breadcrumbs, 3 eggs, 1-1/2 lbs. of apples, 2 lbs. of Spanish onions, 2 oz. of butter, 1/2 teaspoonful of spice, pepper and salt to taste, and a little hot milk; cut into slices the onions and apples, stew them gently (without adding-water) with 1 oz. of the butter, the spice and seasoning until quite tender. Mix the breadcrumbs with the eggs, well beaten, and enough hot milk to smooth the breadcrumbs; butter a pie-dish

with ½ oz. of butter, place a layer of breadcrumbs in your dish, a layer of apple and onion, repeat this until your dish is full, finishing with breadcrumbs. Place the rest of the butter on the top in little bits, and bake the pie for 1 hour. Serve with brown gravy.

QUEEN'S ONION PIE.

3 lbs of Spanish onions, 3 breakfastcupfuls of Allinson breadcrumbs, 3 eggs, 3 oz. of butter, 1 teaspoonful of mixed herbs, 1 tablespoonful of finely chopped parsley, pepper and salt to taste, and a little hot milk. Stew the onions in 2 oz. of butter, adding the herbs and seasoning. Prepare the breadcrumbs in the same way as for "Queen's Onion and Apple Pie," place the onions and breadcrumbs in layers as in the previous recipe, and bake 1 hour.

QUEEN'S TOMATO PIE.

8 breakfastcupfuls of Allinson breadcrumbs, 3 eggs, 2 lbs. of tomatoes, 2 finely chopped onions, ½ oz. of butter, pepper and salt to taste, a little boiling milk; 1 dessertspoonful of finely chopped parsley. Cut the tomatoes into slices, and stew them gently with 1 oz. of the butter, the onions and seasoning for 10 minutes, then add the parsley. Soak the breadcrumbs with enough hot milk to just moisten them through, add the eggs beaten up. Grease a pie-dish, place in it first a layer of breadcrumbs, then one of tomatoes and so on until full, finishing with breadcrumbs. Put the rest of the butter in little bits on the top of the pie, and bake it until lightly brown.

SAVOURY CUSTARD.

1 quart of milk; 6 eggs, 6 oz. of grated cheese, Parmesan is the best, but any kind of cooking cheese can be used; ½ a saltspoonful of

nutmeg, pepper and salt to taste. Heat the milk; meanwhile whip the eggs well, and mix the cheese and seasoning with them. Mix well with the hot milk, pour the mixture into a buttered pie-dish, and bake in a moderately hot oven until set. Serve with green vegetables and potatoes.

SAVOURY CUSTARD (Another way).

1 quart of milk, 6 eggs, pepper and salt to taste, 1 tablespoonful each of finely chopped parsley and spring onion. Proceed as above; mix the herbs and onion with the custard, and bake until set.

SAVOURY FRITTERS (1).

1 teacupful of mashed potatoes, ½ lb. of breadcrumbs, 1 large English onion, 2 eggs, 1 oz. of butter, 1 teaspoonful of powdered sage, ½ saltspoonful of nutmeg, pepper and salt to taste. Chop the onion up fine and fry it brown in the butter. Whip up the eggs and mix both ingredients with the breadcrumbs; add the mashed potatoes, herbs, and seasoning, and mix all well together. Form into fritters, dredge with flour, and fry them a nice brown. Serve with vegetables, potatoes, and sauce.

SAVOURY FRITTERS (2).

12 oz. of onions, 6 oz. of breadcrumbs, 1 teaspoonful of dried sage, 2 eggs, 1-1/2 oz. of butter, pepper and salt to taste. Chop the onions up small and fry them in the butter, or oil a nice brown, then add the sage to them. Mix a third of the onions with the breadcrumbs, add the eggs well beaten, pepper and salt; mix all well, form into fritters, and fry in butter or oil. The remainder of the onions place round the fritters on the dish. Serve with apple sauce.

SAVOURY PICKLED WALNUT.

½ lb. of Allinson bread, 1 pint of milk, 3 eggs, 4 pickled walnuts and the vinegar to taste, 1 tablespoonful of finely chopped parsley, 1 teaspoonful of powdered mixed herbs, 1 grated English onion, 2 oz. of butter, pepper and salt to taste. Soak the bread in the milk, add the parsley, herbs, onion, eggs and seasoning. Mash up the pickled walnuts, dissolve part of the butter on the stove and add both to the other ingredients; mix all well. Butter a pie-dish with the rest of the butter, pour in the mixture, and bake.

SAVOURY PIE.

6 oz. of haricot beans, ½ lb. of onions, 1 lb. of tomatoes, ½ lb. of parboiled potatoes, 2 hard-boiled eggs, 1 teaspoonful of herbs, 4 oz. of butter, ½ lb. of fine wheatmeal, pepper and salt to taste. Have the beans boiled the previous day, place them in a pie-dish, chop up the onions and boil them in a little water until soft, cut the potatoes in small dice, slice the tomatoes, cut up the eggs, and mix all the ingredients thoroughly in the pie dish, adding the herbs, 1 oz. of butter, and seasoning. Pour over the mixture 1 pint of water, and let it cook for 1 hour in the oven. Make a paste of the wheatmeal, the rest of the butter and a little cold water, cover the vegetables with it, and bake the pie 1 hour in a moderate oven.

SAVOURY TARTLETS.

4 eggs, 4 oz. grated cheese, 1 oz. of butter, 1 teaspoonful of mustard, 1 gill of cream, pepper and salt to taste. For the crust 6 oz. of Allinson fine wheatmeal, and 2 oz. of butter. Whip up the eggs and add to each egg 1 dessertspoonful of water. Dissolve the mustard in a little water; mix this, the cheese and seasoning with the eggs. Heat the butter in a

frying-pan, and when boiling stir in the eggs and cheese mixture, stirring it with a knife over the fire until set. Turn the mixture into a bowl to cool. Meanwhile have ready the paste for the pastry. Rub the butter into the flour, add enough water to make it hold together, mixing the paste with a knife. Roll it out thin, line small patty pans, fill with the egg and cheese mixture. Moisten the edges of the paste in the patty pans, cover with paste, and press the edges together. Bake the little tartlets in a moderately hot oven until done; they will take from 15 to 20 minutes.

SPAGHETTI AUX TOMATOES.

1 lb. of spaghetti, the strained juice of one tin of tomatoes, 1 oz. of butter, pepper and salt. Mix the tomato juice with 1 pint of water and let the liquid come to the boil, throw in the spaghetti, taking care to keep the contents of the saucepan boiling fast; add the butter and seasoning, and cook until tender; time from 15 to 20 minutes. Serve very hot with grated cheese.

SPANISH ONIONS (Stewed).

Cut up lengthways as many onions as may be required, according to number in family. Set them over a fire in a saucepan with a piece of butter the size of a walnut, and 1 teacupful of water; let them stew gently for 1-1/2 hours, when there will be a lot of juice boiled out of the onions. Chop fine a handful of parsley, thicken the liquid on the onions with some Allinson fine wheatmeal, add pepper and salt; let the onions simmer a few minutes longer, then mix the parsley with them, and serve at once with squares of toast. This is a very nice dish for the evening meal.

SPANISH ONIONS AND CHEESE.

This is a very savoury dish and suitable for an evening meal. 1 lb. of Spanish onions, 4 oz. of cheese, a few breadcrumbs, pepper and salt to taste, and 1 oz. of butter. Peel and slice the onions thinly and grate the cheese. Arrange the onions in a pie-dish in layers, sprinkling cheese and a little pepper and salt between each layer. Finish with the cheese, scatter breadcrumbs on the top, cut up the butter into bits and scatter it over the breadcrumbs. Pour a small teacupful of water into the pie-dish, and bake about 2 hours. This is nice eaten cold as well as hot.

SPANISH ONIONS AND WHITE SAUCE.

Choose as many onions of equal size as are required and boil them whole in plenty of water until tender; the time necessary being about 2 to 2-1/2 hours. Then drain them, keeping the water they were boiled in as stock for soup or stew. Make the sauce as follows: ½ pint of milk, 1 oz. of butter, 1 heaped teaspoonful of cornflour, pepper and salt to taste. Boil the milk with the butter and seasoning, and thicken it with the cornflour. Boil the sauce up again and pour it over the onions, which should be ready on a hot dish on slices of toast.

SPANISH STEW.

2 lbs. of potatoes, 1 lb. of Spanish onions, 1 lb. of tomatoes, 2 oz. of vermicelli, ½ pint of milk, 1 oz. of butter, pepper and salt. Cut up into dice the potatoes and onions, and stew them with the butter and very little water; when they are tender, add the tomatoes cut in slices, and cook the vegetables 10 minutes longer. Add seasoning, the milk and vermicelli, and a little more water if necessary; let the whole simmer for another 10 minutes, and serve.

SPINACH DUMPLINGS.

2 lbs. of spinach, 3 eggs, 1 oz. of butter, 2 finely chopped onions, juice of ½ a lemon, pepper and salt, and some Allinson fine wheatmeal. Pick and wash the spinach, boil it with the onions without water until quite tender; drain it dry, chop the spinach fine, and mix it with the eggs well beaten, the lemon juice, butter, and seasoning. Add as much of the meal as necessary to make the mixture into a soft paste. Form into balls, flour them, drop them into boiling water, and boil them 5 to 10 minutes; serve with potatoes and gravy.

STEWED MUSHROOMS.

1 lb. of mushrooms, 1 small English onion, 1 oz. of butter, 1 dessertspoonful of Allinson cornflour, ½ pint of milk, ½ pint of water, pepper and salt to taste. Peel, wash, and dry the mushrooms—if big, quarter them—chop fine the onion, and fry both in the butter for 10 minutes. Add the water, milk, and seasoning, and let it all simmer for 20 minutes; thicken with the cornflour, boil up and serve with curried or plain boiled rice.

STUFFED SPANISH ONIONS WITH BROWN SAUCE.

4 good-sized Spanish onions, 1 breakfastcupful of Allinson breadcrumbs, an egg, 1 teaspoonful of powdered dry sage, or a dessertspoonful of minced fresh sage, pepper and salt to taste, and 2 oz. of butter. Boil the onions for 20 minutes and drain them. Cut a piece off the top of each onion and scoop out enough inside to leave at least 1 inch thick of the outer part. Chop up finely the part removed, mix it with the breadcrumbs, the sage, pepper, and salt.

Beat up the egg, melt 1 oz. of the butter, and mix with the breadcrumbs, and stuff the onions with the mixture. Replace the slices cut off the tops of the onions, and tie them on with white cotton. Place the onions in a pie-dish or deep tin, put the rest of the butter on the top of the onions, cover them up, and bake them until quite tender. Have ready the brown sauce, remove the threads of cotton, and pour the sauce over the cooked onions.

SWEET CORN FRITTERS.

½ tin of sweet corn, 2 eggs, ½ pint of milk, ½ oz. of Allinson fine wheatmeal, pepper, and salt, ½ saltspoonful of nutmeg, and some oil or butter. Make a batter of the meal, milk, and the eggs well beaten, adding the seasoning and the sweet corn. Have some oil (vegetable) boiling in the frying-pan, drop spoonfuls of the batter into the boiling fat, and fry the fritters a golden brown. Serve with slices of lemon or tomato sauce.

TOMATO PIE.

1-1/2 lbs. of tomatoes, ½ lb. of onions, 1 oz. of butter, 2 oz. of vermicelli, 2 hard-boiled eggs. For the crust, 8 oz. of Allinson fine wheatmeal, 3 oz. of butter. Cut up the potatoes and onions into dice, and parboil them in 1 pint of water, adding the butter and seasoning. Turn them into a pie-dish, add the tomatoes and eggs cut in slices, mix all the ingredients, and add the vermicelli broken up small. Make a paste with the meal, butter, and a little cold water, cover the pie with the crust, and bake for 1 hour.

TOMATO TORTILLA.

1 lb. of tomatoes, 1 oz. of butter, 4 eggs, pepper and salt to taste. Scald, skin, and slice the tomatoes. Melt the butter in a frying-pan.

Add it to the tomatoes with seasoning, and stew in the butter until quite tender and until a good deal of the liquid has steamed away. Whip the eggs and stir them into the cooked tomatoes; keep stirring until the mixture has thickened. Serve on hot buttered toast. This mixture can also be used cold for sandwiches.

TOMATOES À LA PARMESAN.

4 large tomatoes, 1 oz. of butter, 3 oz. of Parmesan cheese, $\frac{3}{4}$ pint of milk, 1 dessertspoonful of Allinson fine wheatmeal, pepper and salt to taste. Bake the tomatoes in a tin with the butter and a dredging of pepper and salt. Make a sauce with the milk, meal, and cheese, seasoning it with a little cayenne pepper if handy. When the tomatoes are baked, place them on hot buttered toast, pour the sauce over, and serve hot.

TOMATOES AND ONION PIE.

Cut tomatoes and Spanish onions in slices, put into a pie-dish in alternate layers, add a little soaked tapioca, pepper and salt, and a little butter to taste. Put in sufficient water to make gravy, cover with wholemeal crust, bake 1-1/2 hours; eat with baked potatoes and bread.

TOMATOES AU GRATIN.

8 medium-sized tomatoes, 1 breakfastcupful of breadcrumbs, 1 teaspoonful each of finely chopped parsley, mint, and eschalot, 1 egg, pepper and salt, 1 oz. of butter. Make a stuffing of the breadcrumbs, parsley, mint, and eschalots, adding the egg well beaten, and seasoning. Make a small opening in the tomato and take out the seeds with a teaspoon; fill the tomatoes with the stuffing, put them into a tin, place a bit of butter on each, pour $\frac{1}{2}$ a teacupful of water in the tin, and bake the tomatoes 15 minutes.

VEGETABLE BALLS.

These are an excellent addition to stews. Boil till soft, and mash up together equal quantities of potatoes, turnips, carrots, lentils, vegetable marrow, and haricot beans, and season nicely with pepper, salt, nutmeg, and mixed herbs. Bind with beaten eggs, dip in frying batter, and fry the balls in vege-butter or oil till golden brown.

VEGETABLE MOULD.

2 breakfastcupfuls of mashed potatoes, 2 ditto of parboiled finely cut turnips, carrots, celery, onion, and green peas all mixed, 2 eggs, 1 teaspoonful of mixed herbs, pepper and salt to taste. Beat the eggs up and mix all the ingredients well together; butter a mould. Fill in the mixture, cover with the lid or tie a cloth over it, and steam for 2 hours. Turn out, and serve with brown sauce.

VEGETABLE PIE (1).

½ lb. each of tomatoes, turnips, carrots, potatoes, 1 tablespoonful of sago, 1 teaspoonful of mixed herbs, 3 hard-boiled eggs, 2 oz. of butter, and pepper and salt to taste. Prepare the vegetables, scald and skin the tomatoes, cut them in pieces not bigger than a walnut, stew them in the butter and 1 pint of water until nearly tender, add the pepper and salt and the mixed herbs. When cooked, pour the vegetables into a pie-dish, sprinkle in the sago, add water to make gravy if necessary. Cut the hard-boiled eggs in quarters and place them on the top of the vegetables, cover with a crust, and bake until it is brown.

VEGETABLE PIE (2).

½ lb. each of carrots, turnips, onions, potatoes, 1 small cauliflower, 2 good sized tomatoes or a cupful of tinned ones, 2 hard-boiled eggs, 1 teaspoonful of mixed herbs, 1 oz. of butter, 1 dessertspoonful of sago, pepper and salt to taste. Wash and prepare the vegetables, cut them into pieces the size of nuts; if fresh tomatoes are used, scald and skin them. Let all the vegetables stew gently with the butter and 1 pint of water until they are nearly tender; add the herbs, and seasoning; pour the whole into a pie-dish, sprinkling the sago between the vegetables; add water if more is required for the pie to have sufficient gravy; cut up the eggs in quarters, place the pieces on the top of the vegetables, and cover all with a crust. These vegetable pies can be varied according to the vegetables in season; cooked haricot or kidney beans, lentils, green peas, French beans may be used, and vermicelli or tapioca substituted for the sago.

VEGETABLE STEW.

Fry 2 Spanish onions in 2 oz. of butter, then add 3 turnips, 2 carrots, a little white celery, and 1 pint of water. Allow all to stew for 2 hours, then mix a tablespoonful of Allinson fine wheatmeal with ½ pint of milk. Add to the stew, and serve.

YORKSHIRE PUDDING.

4 eggs, ½ lb. of Allinson fine wheatmeal, 1 pint of milk, pepper and salt to taste, 1 oz. of butter. Thoroughly beat the eggs, make a batter of them with the flour and milk, and season it. Well butter a shallow tin, pour in the batter, and cut the rest of the butter in bits. Scatter them over the batter, and bake it ¾ hour. Serve with vegetables, potatoes, and sauce. To use half each of Allinson breakfast oats and wheatmeal will be found very tasty.

NUTROAST.

1 lb. breadcrumbs, 6 oz. ground cob nuts, 2 oz. butter (oiled), 4 eggs; 1 small onion chopped very fine, 1 good pinch of mixed herbs, pepper and salt to taste, and enough milk just to smoothly moisten the mixture. Mix all the ingredients thoroughly, turn into a buttered bread tin and steam 2-1/2-3 hours; turn out and serve with brown sauce.

MACARONI

Macaroni is one of the most nutritious farinaceous foods. It is made from Italian wheat, which contains more flesh-forming matter than butcher's meat. In the manufacture of macaroni some of the bran is removed from the flour, but the meal left is still very rich in flesh-forming matter. As the coarser particles of the bran have been taken away, macaroni is slightly constipating, and must therefore always be eaten with green vegetables, onions, or fruit. Macaroni should always be boiled before being made into various dishes. It may be cooked in plain water, or in milk and water; a little salt may be added by those who use it, and care should be taken to use just enough water to cook it in, so that when the macaroni is done, little or no fluid may be left, but if any does remain it should be saved for sauce, stock for soup, &c., as it contains valuable nutritive material. Macaroni takes from 20 minutes to 1 hour to cook, according to the kind used. That which is slightly yellow is to be preferred to the white, as the latter is usually poorer than the former in mineral salts and flesh-forming substances. From 2 to 4 oz. may be regarded as the amount to be allowed at a meal for grown-up persons.

A very simple nourishing and satisfying meal can be made from macaroni plainly boiled; it may be eaten with any kind of vegetables, or baked potatoes, or fried onions, and if desired, with grated cheese, onion, caper, or parsley sauce.

MACARONI (Italian).

½ lb. of spaghetti or vermicelli, 2 oz. of butter, 2 eggs, 3 oz. of grated cheese, 1 tablespoonful of finely chopped parsley, pepper and salt to taste. Boil the macaroni till tender in 2 pints of water, to which the butter has been added. When soft add seasoning, the cheese, and the parsley. Beat the eggs well in the dish in which the macaroni is to be served, pour over the mixture of macaroni and other ingredients, mix all well with the eggs, and serve. If neither spaghetti nor vermicelli are handy, use Naples macaroni.

MACARONI CHEESE.

½ lb. of macaroni, 8 oz. of grated cheese, some breadcrumbs, pepper and salt to taste, and 1 oz. of butter. Boil the macaroni in slightly salted water until soft. Then place a layer of it in a pie-dish, sprinkle some of the grated cheese over it, dust with pepper, and repeat the layers of macaroni and cheese, finishing with a sprinkling of cheese, and the breadcrumbs. Cut the butter in pieces, and place them here and there on the top. Bake it in a moderately hot oven until brown. Eat with vegetables and tomato sauce. For those who have a weak digestion plain boiled macaroni with grated cheese added at table is better and lighter. Macaroni requires from 25 minutes to ½ an hour cooking. The Genoa macaroni takes longer, the thin spaghetti kind is done in from 15 to 20 minutes, and vermicelli and Italian paste are done in a few minutes. Macaroni should be thrown into boiling water and be

kept boiling, as the pipes or pieces otherwise stick together. The Italian paste is mostly used as an addition in clear soup.

MACARONI CREAM.

6 oz. of macaroni, 3 oz. of cheese, ½ oz. of butter, ¾ pint of milk, 1 teaspoonful of Allinson cornflour, pepper and salt to taste. Boil the macaroni until tender in only as much water as it will absorb. Make a sauce of the milk, cornflour, and cheese (you can use Parmesan, Gruyère, or Canadian cheese). Place the macaroni in a pie-dish, pour the sauce over it, grate some more cheese over the top, and let the macaroni brown in the oven.

MACARONI SAVOURY.

4 oz. of boiled macaroni, 4 oz. of Allinson fine wheatmeal, 3 eggs, ¾ pint of milk, 1 finely chopped onion, the grated rind of 1 lemon, 2 oz. of grated cheese, 1 tablespoonful of finely chopped parsley, 1 oz. of butter, ½ a saltspoonful of grated nutmeg, pepper and salt to taste. Cut the macaroni in small pieces. Make a batter of the milk, eggs, and meal, mix into it all the other ingredients, pour it into a buttered pie-dish, cut up the butter in pieces and spread them on the top. Bake the savoury for 1 to 1-1/2 hours.

RICE

In many households it seems a difficulty to get rice cooked properly, that is having all the grains separate. Very often it comes to table in a soft, pulpy mass, which is certainly not appetising. To cook it in a large saucepanful of water which is then drained away is very wasteful, for a great deal of the goodness of the rice is thrown away. The following recipe

will be found thoroughly reliable and satisfactory.

RICE, HOW TO COOK.

1 lb. of good rice, 1 quart of water, 1 oz. of butter, salt to taste. Wash the rice and set it over the fire with 1 quart of cold water, the butter and salt. Let it come to the boil gently, stirring it a little to prevent the rice from sticking to the saucepan. When the rice boils, set it on the side and let it just simmer. It will be sufficiently cooked in 15 to 20 minutes and each grain will be separate. Rice should not be cooked too soft, only just cooked through.

CURRIED RICE.

1 lb. of Patna rice, 1 quart of cold water, 1 dessertspoonful of curry, 1 oz. of butter, and salt to taste. Wash the rice, mix the curry with the proper quantity of water, and set the rice over the fire with it, adding the butter and seasoning. Let the rice come to the boil slowly, and stir it a few times to prevent it sticking to the saucepan. When the rice boils, cover it with a piece of buttered paper, and let it cook very gently, not stirring it again. When all the water is absorbed, serve the rice. Do not allow it to get very soft; the rice will take from 15 to 20 minutes' cooking only.

CURRIED RICE AND TOMATOES.

½ lb. of Patna rice, 1 dessertspoonful of curry powder, salt to taste, and 1 oz. of butter. Wash the rice; mix 1 pint of cold water with the curry powder, put this over the fire with the rice, butter, and salt. Cover the rice with a piece of buttered paper and let it simmer gently until the water is absorbed. This will take about 20 minutes. Rice cooked this way will have all the grains separate. For the tomatoes proceed as follows: 1 lb. of tomatoes and a little butter,

pepper and salt. Wash the tomatoes and place them in a flat tin with a few spoonfuls of water; dust them with pepper and salt, and place little bits of butter on each tomato. Bake them from 15 to 20 minutes, according to the size of the tomatoes and the heat of the oven. Place the rice in the centre of a hot flat dish, put the tomatoes round it, pour the liquid over the rice, and serve.

PORTUGUESE RICE.

1 teacupful of rice, 3 medium-sized onions, 3 tomatoes, 2 oz. of grated cheese, ½ teaspoonful of herbs, 1 oz. of butter, pepper and salt to taste. Peel and slice the onions and tomatoes and fry them in the butter for 15 minutes; place the rice over the fire with 1 pint of water; add the onions, tomatoes, herbs, and seasoning, and let all cook until the rice is quite soft; serve in a vegetable dish with the grated cheese sprinkled over.

RICE AND LENTILS.

Boil the rice as above; stew Egyptian lentils with chopped onions, pepper, salt, and a little butter, until well done. Put the rice on a dish, pour over the stewed onions and lentils, serve, and eat with green vegetables.

RICE AND ONIONS.

Boil whole onions in water until done quite through, remove them from the water, and put in it washed rice with a little pepper, salt, and butter. When done, serve with the onions and eat with a green vegetable.

SAVOURY RICE (Italian).

1 breakfastcupful of rice, 4 tablespoonfuls of grated cheese (Parmesan or other cheese), 1 oz. of butter, a pinch of saffron, pepper and

salt to taste. Boil the rice with water as above, then add the cheese, butter, saffron, and seasoning; mix all well, and serve.

SAVOURY RICE CROQUETTES.

½ lb. of Patna rice, 1-1/2 pints of milk, 1 lb. of Spanish onions, 1 oz. of butter, 2 eggs, 1 teacupful of raspings, Allinson's oil for frying. Boil the rice in the milk until soft, and turn it out to get quite cold. Meanwhile chop the onions up fine and fry them brown in the butter. Form the cold rice into balls, and with the thumb of the right hand hollow them sufficiently to admit of their receiving a stuffing of fried onions, close them again carefully, dip them in the eggs beaten up and then in the raspings, and fry them in boiling oil a light brown. Serve with gravy. There are various stuffings which can be used instead of the onions—fried mushrooms chopped up, some olives chopped fine and mixed with hard-boiled yolks of eggs, &c.

SPANISH RICE.

6 onions, 6 tomatoes, 1-1/2 pints of vegetable stock, herbs and seasoning, 1-1/2 cupfuls of rice, butter. Fry the onions and tomatoes in butter until well browned, then place them with the seasoning into the cold stock, and add the rice. When all have boiled slowly for 20 minutes, the rice should have absorbed the stock. Serve with cheese grated over.

OMELETS

CHEESE OMELET.

4 slices of Allinson bread toasted, or Allinson rusks, 3 eggs, ¼ lb. of grated cheese, 1 saltspoonful of nutmeg, 1 pint of milk, 2 oz. of butter, pepper and salt to taste. Beat up the

eggs, and mix them with the milk; crush the toast or rusks with your hands, and soak them in the egg and milk. Add the cheese, nutmeg, and seasoning. Dissolve half of the butter and mix it with the other ingredients. Butter a pie-dish, pour in the mixture, cut the rest of the butter in little pieces, and scatter them over the top. Bake the savoury for 1 hour or a little longer until well set. Serve hot or cold.

FRENCH BEAN OMELET.

3 tablespoonfuls of cut boiled French beans, 4 eggs, 1 dessertspoonful of Allinson fine wheatmeal, $\frac{1}{2}$ a teacupful of milk, 2 tablespoonfuls of grated cheese (Gruyère or Parmesan), pepper and salt to taste, some vege-butter or oil for frying. Smooth the meal with the milk, beat up the eggs and add them, the cheese and seasoning to the meal and milk; mix thoroughly with the beans, and fry the omelet in boiling butter or Allinson frying oil.

FRENCH OMELET WITH CHEESE.

3 eggs, 1 oz. of grated cheese, 3 dessertspoonfuls of water, pepper and salt to taste, and 1 oz. of butter. Beat the yolks of the eggs, add to them the water and seasoning; whip the whites of the eggs to a stiff froth, and mix it lightly with the yolks. Meanwhile have the butter boiling hot in an omelet pan, pour the mixture into it, and let it fry over a gentle fire. Pass a heated salamander or coal-shovel over the top of the omelet. When it has risen, scatter the cheese over it; let the omelet cook a little longer, fold over when the top is still creamy, and serve immediately.

GARDENER'S OMELET.

1 breakfastcupful of cold boiled vegetables, minced fine (green peas, carrots, turnips,

potatoes, &c.), 4 eggs, 1 tablespoonful of Allinson fine wheatmeal, ½ a gill of milk, pepper and salt, and a little nutmeg to taste, 1 oz. of butter. Beat the eggs and milk well together, rub the meal smooth with it, add the vegetables and seasoning, and fry as an omelet. Serve with sauce.

OMELET HERB.

4 slices of Allinson bread, 1 pint of milk, 1 finely chopped English onion, 1 good tablespoonful of finely chopped parsley, 1 teaspoonful of dried mixed herbs, 3 eggs, 2 oz. of butter, pepper and salt to taste. Soak the bread, fry the onion in 1-1/2 oz. of butter, and mix it with the soaked bread. Add the herbs, parsley, and seasoning, and mix all well. Butter a pie-dish with the rest of the butter, pour the mixture into it, and bake.

OMELET LENTIL.

If you have any cold boiled lentils, for instance, some sandwich mixture you wish to use up, proceed as follows: To 1 teacupful of boiled lentils take 3 well-beaten eggs, and pepper and salt to taste. Add 1 dessertspoonful of water to each egg, and mix the lentils and eggs smooth. Fry the mixture as an omelet in boiling butter.

OMELET MACARONI.

3 oz. of boiled cold macaroni, 3 eggs, 1 dessertspoonful of finely chopped parsley, 1-1/2 oz. of grated cheese, ½ a saltspoonful of nutmeg, pepper and salt to taste, 1-1/2 oz. of butter. Cut the macaroni into little pieces; beat the eggs well, and mix them with the macaroni. Add the seasoning, parsley, cheese, and nutmeg; mix all well, and fry the omelet with the butter in a large frying-pan.

OMELET ONION.

4 medium-sized English onions, 1-1/2 oz. of butter, 2 oz. of Allinson breadcrumbs, 4 eggs, 4 tablespoonfuls of milk, pepper and salt to taste. Peel and slice the onions, bake them in a pie-dish with the butter and seasoning, until quite soft. Whip the eggs up, mix them with the milk, breadcrumbs, and the baked onions. Put the mixture into a greased pie-dish, and bake in a moderately hot oven. Serve with tomato sauce.

OMELET SAVOURY.

Soak Allinson wholemeal bread in cold milk and water until soft, then rub smooth, grate 1 onion, beat up 1 egg, and add a few flavouring herbs, and pepper and salt to taste. Mix the whole together, put in a pie-dish, place a few small pieces of butter on the top, and bake about ½ hour, or until done. Eat with vegetables and potatoes.

OMELET SOUFFLÉ.

4 eggs, 3 oz. of sifted castor sugar, the grated rind of ½ a lemon, 1 oz. of butter. Beat the yolks of the eggs for 10 minutes with the sugar and lemon rind. Whip the whites of the eggs to a very stiff froth, mix it with the other ingredients, pour the mixture into a well-buttered pie-dish or cake tin, and bake the Soufflé in a moderately hot oven from 10 to 15 minutes. Serve immediately.

OMELET SOUFFLÉ (SWEET).

6 eggs, 3 oz. of powdered sugar, 1 oz. of butter, 1 dessertspoonful of potato flour, and 1 dessertspoonful of orangeflower water. Put the yolks of the eggs into a large basin, add the sugar, potato flour, and orange water, and beat all well with a wooden spoon for 10

minutes; beat the whites of the eggs to a stiff froth, and mix them lightly with the other ingredients. Meanwhile beat the butter in the omelet pan; when boiling pour the mixture into it, and fry the omelet over a gentle fire. When it begins to set round the sides shake it very gently from side to side, and turn the omelet neatly out on a buttered dish. Set it in the oven for about 10 minutes, and serve immediately with a little castor sugar sifted over it.

OMELET TOMATO (1).

This is made in almost the same way as the savoury omelet, but without the addition of flavouring herbs. 2 average-sized tomatoes are cut up fine, and mixed with the ingredients given above. When tinned tomatoes are used the juice may be made hot and the bread soaked in it instead of in milk and water.

OMELET TOMATO (2).

1 lb. of tomatoes, ½ lb. of breadcrumbs, 1 large Spanish onion, 3 eggs, 2 oz. of butter, pepper and salt to taste. Stew the finely chopped onions in the butter for 20 minutes in a covered-up saucepan, add pepper and salt, cut the tomatoes up, add these to the other ingredients. Let all simmer for 20 minutes; pour the mixture over the breadcrumbs, add the eggs well beaten, mix all up thoroughly, and turn the mixture into one or more well-buttered shallow tins. Bake the omelet in a quick oven for 10 to 15 minutes.

OMELET TRAPPIST.

4 oz. of fine breadcrumbs, 2 eggs, 1-1/2 oz. of butter, ½ teaspoonful of powdered herbs, pepper and salt to taste, ½ gill of boiling milk. Moisten the breadcrumbs with the milk, add the eggs well beaten, the herbs and seasoning.

Mix all well and smoothly. Melt the butter in the frying-pan, spread the mixture in it, and fry the omelet a golden brown both sides.

SWEET OMELET (1).

3 eggs, 2 oz. of butter, sugar to taste, 1 lemon, and $\frac{1}{2}$ a teacupful of new milk. Whip the yolks of the eggs well, adding the grated rind of the lemon, half the butter melted, the milk, and sugar. Just before frying the omelet, add the lemon juice and the whites of the eggs whipped to a stiff froth. Make the rest of the butter boiling hot in an oval omelet pan, the size of the dish on which it is to be served, and fry till lightly browned. Sift sugar over it, and serve immediately.

SWEET OMELET (2).

$\frac{1}{2}$ pint of new milk, 4 eggs, cinnamon and sugar to taste, 1 oz. of butter, and 1 teaspoonful of Allinson fine wheatmeal. Smooth the wheatmeal with the milk, and mix with the other ingredients. Make the butter boiling hot in a frying-pan, and fry the omelet till lightly browned. Serve immediately with sugar sifted over it.

SWEET OMELET (3).

5 eggs, 1 tablespoonful of castor sugar, 2 tablespoonfuls of water, 2 oz. of butter, some raspberry and currant jam. Melt the butter in an omelet pan, beat the eggs well, stir in the sugar, and pour the mixture into the hot butter. Fry a pale golden colour, and turn it on to a hot dish. Spread some jam on the omelet, double it, and serve at once. The inside of the omelet should remain creamy.

VEGETABLES

GREEN VEGETABLES (General Remarks).

I have not given recipes for the cooking of plain greens, as they are prepared very much alike everywhere in England. There are a number of recipes in this book giving savoury ways of preparing them, and I will now make a few remarks on the cooking of plain vegetables. The English way of boiling them is not at all a good one, as most of the soluble vegetable salts, which are so important to our system, are lost through it. Green vegetables are generally boiled in a great deal of salt water; this is drained off when they are tender, and the vegetables then served. A much better way for all vegetables is to cook them in a very small quantity of water, and adding a small piece of butter (1 oz. to 2 lb. of greens) and a little salt. When the greens are tender, any water which is not absorbed should be thickened with a little Allinson fine wheatmeal and eaten with the vegetables. A great number of them, such as *Cabbages, Savoys, Brussel sprouts, Scotch kail, turnip-tops, &c., &c.*, can be prepared this way.

In the case of vegetables like *asparagus, cauliflower, sea kale, parsnips, artichokes, carrots* or *celery*, which cannot always be stewed in a little water, this should be saved as stock for soups or sauces. Most of these vegetables are very nice with a white sauce; carrots are particularly pleasant with parsley sauce.

Spinach is a vegetable which English cooks rarely prepare nicely; the Continental way of preparing it is as follows: The spinach is cooked without water, with a little salt; when quite tender it is strained, turned on to a board, and chopped very finely; then it is returned to the saucepan with a piece of butter, a little nutmeg, or a few very finely chopped eschalots and some of the juice previously strained. When the spinach is

cooking a little Allinson fine wheatmeal, smoothed in 1 or 2 tablespoonfuls of milk, is added to bind the spinach with the juice; cook it a few minutes longer, and serve it with slices of hard-boiled egg on the top. *Potatoes* also require a good deal of care. When peeled, potatoes are plainly boiled, they should be placed over the fire after the water has been strained; the potatoes should be lightly shaken to allow the moisture to steam out. This makes them mealy and more palatable. Potatoes which have been baked in their skins should be pricked when tender, or the skins be cracked in some way, otherwise they very soon become sodden. A very palatable way of serving potatoes, is to peel them and bake them in a tin with a little oil or butter, or vege-butter; they should be turned occasionally, in order that they should brown evenly. This is not a very hygienic way of preparing potatoes. From a health point of view they are best baked in their skins, or steamed with or without the skins. A good many vegetables may be steamed with advantage; for instance, *cabbage, sprouts, turnips, parsnips, swedes, Scotch kail, &c.* Any way of preparing greens is better than boiling them in a large saucepanful of water and throwing this away. I may just mention that Scotch kail, after being boiled in a little water, should be treated exactly as spinach, and is most delicious in that way; an onion cooked with it greatly improves the flavour.

ARTICHOKES À LA SAUCE BLANCHE.

2 lbs. of artichokes, 1 oz. of Allinson fine wheatmeal, $\frac{3}{4}$ pint of milk, 1 egg, juice of $\frac{1}{2}$ a lemon, pepper and salt to taste. Peel the artichokes, and boil them in water until tender; cut them into slices $\frac{1}{2}$ an inch thick and place them on a dish. Make a sauce of the milk and meal with seasoning; when the sauce has thickened, remove it from the fire, beat up the

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