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Handwritten: Kust Journal

COOKERY RECIPES

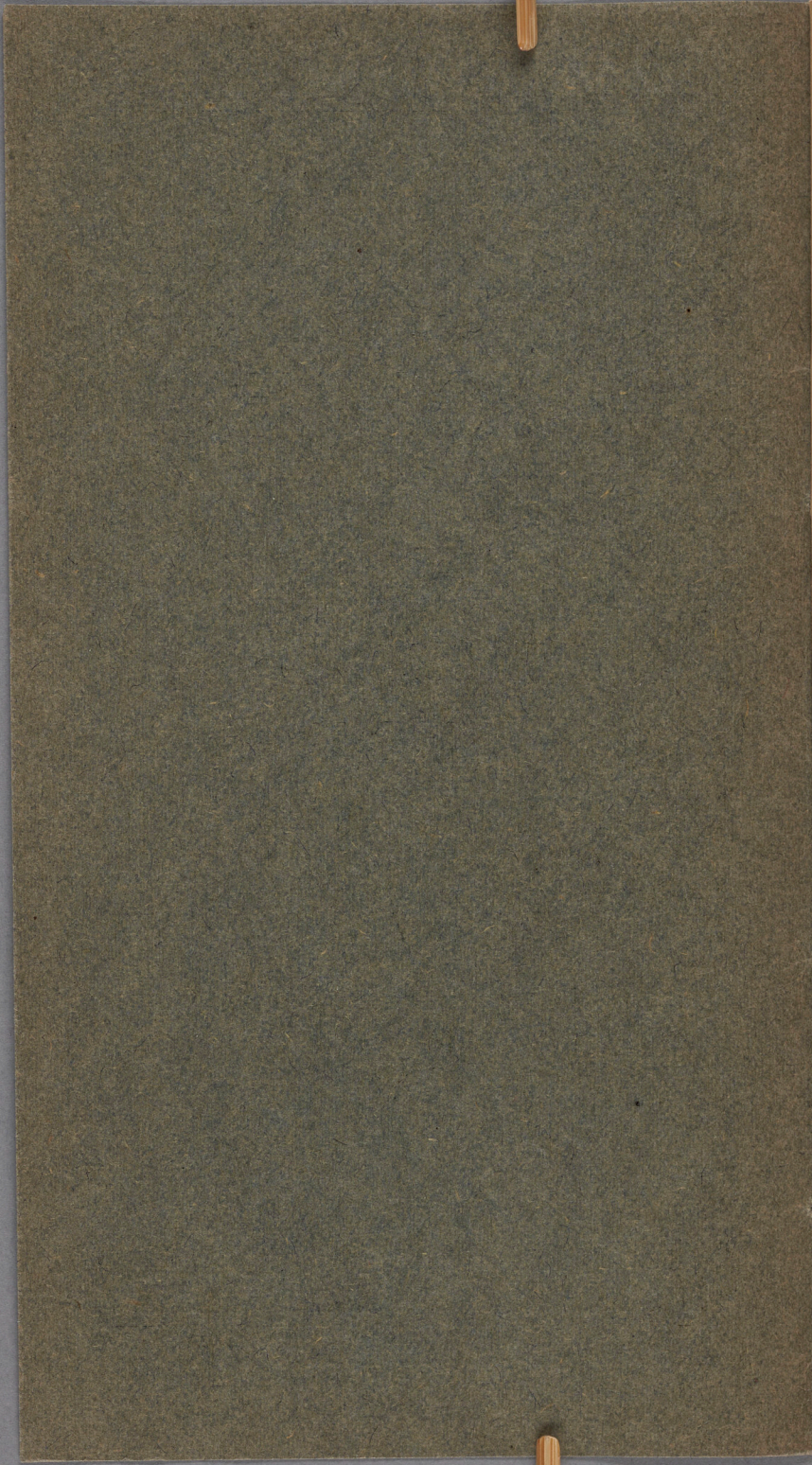
SPECIALLY WRITTEN FOR

THE
RAPID
MINCER



Handwritten: 1923

MANUFACTURED IN SWEDEN



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For

COOKERY RECIPES

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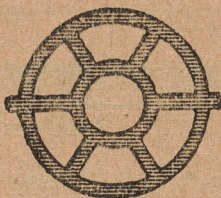
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THE RAPID MINCER

has many advantages over
other Mincers.

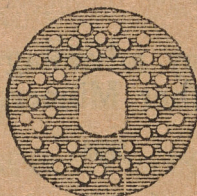


- (1)—It is perfectly made and thoroughly well tinned.
 - (2)—The Discs and the knife are made from the best **wrought Swedish Charcoal Steel**, and not from cast iron as many other kinds of Mincers at present offered for sale.
 - (3)—The Discs and the knife are self sharpening and practically everlasting. They cut the food and do not crush is, as many other Mincers do.
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Inner Disc A.

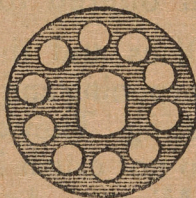
This must be used with each Disc.



Disc B.

Fine Disc, for Mincing:

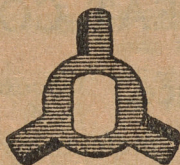
BREAD for Bread Crumbs; **CHEESE** for Omelettes and Macaroni; **PEAS** for Pea Soup; **BEEF** for Beef Tea; **HORSERADISH**, for Horseradish Sauce Spinach, Mint and Cocoanut.



Disc C.

Medium Disc, for Mincing:

MEAT for Scotch Callops, Vienna Steak, Sausages etc.; **COOKED MEAT** for Croquettes etc.; **HAM**, **CHEESE** for Sandwiches; **VEGETABLES** for Soups and Entrees.



Knife D.

Coarse Disc for Mincing:

SUET, ORANGE PEEL, BREAD etc. for Boiled and Baked Puddings; **LOBSTER, CELERY, COOKED MEAT** etc. for Salads; **FRUIT** for Fruit Salads; **BREAD, SUET, ONIONS** etc. for Stuffing.

THE RAPID MINCER is easily cleaned.

Be sure and clean after using, remove all particles of Food and thoroughly scour with hot water.



RAW MEAT COOKERY.

Invalid's Mince. Choose a slice of good fresh beef from the top of the round, being careful to leave neither fat, bone, nor sinew. Cut this meat into strips, and pass it twice through the mincer using the discs A and B. Now place it in a clean pan, with sufficient cold water of plain beef stock (this should have been made without vegetables and have been thoroughly skimmed before use), to moisten it, and beat it altogether till of about the consistency of cream, season to taste with salt and freshly ground black pepper, then stir it over a slow fire, with a clean, well scalded wooden spoon, till the meat is thoroughly cooked and all the red part has turned a soft grey. This will take from 10 to 15 minutes, but remember continuous stirring all the time of cooking, and *very* slow simmering are indispensable to produce what is required, viz. a soft, pure purée, of the consistency of thick cream, delicately seasoned, and perfectly digestible. But the whole success depends on attention to the cooking.

This pulp may also be made up into *cakes*, and either broiled or fried in a very little butter, thus: shape the mince when ready, lightly and quickly into little round, flat cakes $\frac{3}{4}$ inch thick using 2 forks for the purpose, and being careful not to crush the pulp into a paste, for it should only be sufficiently pressed to make it possible to lift the cakes with a clean fish or egg slice on to a buttered griller or a frying pan. As soon as it is set on one side, turn it every 2 or 3 minutes till it is cooked, then serve on a very hot plate or dish, putting a tiny morsel of fresh butter (or if allowed, a tiny pat of maitre d'hôtel butter) on each little cake as you serve it. Like the former recipe this may, if permitted, be served with French mustard, chutney, or finely scraped horseradish, but as both these are distinctly invalid dishes, the doctor should always be first consulted as to the relishes served with them.

Hungarian Mince. Remove all skin, sinew etc. from a nice piece of veal, and pass 1 lb of this meat twice through the mincer, using the discs A and C till very fine: mince also 4 oz. of ham or bacon, fat and lean, but only pass this once through the mincer as it should be coarser than the veal; next peel and cut into dice, or mince coarsely, 2 small potatoes, and a peeled and cored apple. Mince half a small onion fairly fine, and fry it till lightly coloured in about 1 oz. of butter then lay the minced veal into this, seasoning it with salt and pepper, and cook it all together very gently over a clear fire, or in a hot oven for 10 minutes; now dust in one dessertspoonful of flour, moisten it all with 6 or 8 tablespoonfuls of veal or any light stock, and 1 or 2 tablespoonfuls of cherry, and leave it to simmer together very slowly. Meanwhile fry the bacon, potato, and apple in another oz. of butter till nicely coloured, then pour off the fat, and mix the bacon etc. with the veal, stirring it all lightly together with a fork, being careful not to let it go into lumps, and cook it all gently together till the meat is done. In Hungary a teaspoonful of carraway seeds, tied up in a piece of muslin, is cooked with the meat etc., lifting this out at the last; but such flavouring seldom suits English tastes. The pepper used for this dish should be the red Hungarian pepper or *Paprika*, which, though giving a nice flavour, is not so strong as cayenne.

Scotch Mince, or Minced Collops. Remove all the skin, gristle etc. from a nice piece of steak and pass 1 lb. of this twice through the mincer, using the discs A and C; melt 2 oz. of butter or 1½ oz. well clarified beef dripping in a stewpan, and as soon as it begins to colour, lay in the meat keeping this all well stirred with a clean wooden spoon or fork, to prevent its becoming lumpy, till it is quite hot; now season to taste with salt and

pepper, and, if liked, a little finely minced onion or shallot; dust it gradually with one tablespoonful of sifted flour, stirring it well all the time, and moistening it with about 1 gill of stock of any kind; then let it stew gently and steadily together for 10 or 12 minutes, when you add 2 or 3 more spoonfuls of stock, and 1 of mushroom catsup, or Worcester sauce as you please. Stir this over the fire till thoroughly hot without allowing it to boil, and serve garnished with sippets of fried or toasted bread, and, if liked, poached eggs.

If preferred a somewhat richer dish may be made by melting $1\frac{1}{2}$ oz. of butter or clarified dripping with 1 dessertspoonful of sifted flour to a smooth paste, seasoning this with salt, pepper, a saltspoonful of mace, and a little cayenne, moistening this when browned, with good beef gravy, and stirring in the minced beef which you cook as before, adding at the last, a spoonful or 2 of Port Wine with the mushroom catsup. If the stock used is made from hare bones, and a very little currant jelly is dissolved in the Port Wine mixed with it, it is very hard to tell this from hare.

N. B. Any raw hare, venison, or game may be cooked according to this last recipe.

Vienna Steak. Free some good fillet steak from all skin etc. and mince it very finely, then season it with salt, red Hungarian pepper, and minced chives (or very finely minced shallot), and again pass it all through the mincer using the discs A and B; now mix it with a spoonful or two of thick brown sauce or the yolk of an egg beaten till light, and shape it into balls with your well floured hands, dust these lightly with sifted flour, flatten them into round cakes with a broad bladed knife, and cook them for 10 minutes or so in clarified butter, placing them at the last in the oven for a minute or two to crisp; now dilute some good brown sauce with equal parts of beef gravy and sour cream, bring this just to the boil pour this

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sauce round the little cakes, and serve at once very hot. These steaks may be garnished, if liked, with seasoned, watercreas, delicately fried onion rings, scraped horseradish, or thick sour cream whisked up with grated horseradish, and red Hungarian pepper.

Veal is excellent cooked in this way.

Sausages. The possessor of a good mincing-machine can always be sure of wholesome sausages, at a small expence of coin or trouble. For instance; season 3 parts lean to 2 parts fat pork with finely crushed salt, freshly ground black pepper, and if liked (this requires care) a small spoonful of finely minced sage and from $\frac{1}{3}$ to $\frac{1}{2}$ the bulk of meat in freshly made white bread-crumbs; then fix the skins (which any good butcher will supply), on to the filler-spout of the machine, tying them firmly into place, and force in the mixture, being careful not to overfill them — or they will burst — fastening the skins by looping them through each other, at convenient distances giving a tight twist each time. The so-called »Oxford sausages«, are made thus, using equal quantities of lean veal, pork, »flead«, or veal kidney suet, as you please mincing these all very finely, (discs A and B and allowing $\frac{1}{2}$ lb. freshly made white bread-crumbs for each lb. of mixed meat, seasoning it all with pepper, salt, powdered herbs, (a teaspoonful of these for each lb. of meat) a little grated lemon peel, and a well washed, boned and minced anchovy. Or again »truffled sausages« are by no means an extravagant luxury if the »truffly trimmings« now to be bought at good Italian warehouses, are used. For these mince fairly finely 1 lb. 4 oz. of fat and $\frac{3}{4}$ lb. of lean pork, seasoning this with $\frac{3}{4}$ oz. of salt and 3 or 4 good pinches of minced spice (black pepper, nutmeg, cinnamon, and a very little cloves) then stir into this 6 oz. of the truffle trimmings, mix it all to a paste with a gill of new milk or single cream, and fill the skins as before. If to the »Oxford sausage« given above you add from 2 to 4 oz. of tinned sieved *foie gras* with 1 oz. or so

of truffle trimmings and omit the bread and the anchovy, you produce the well known French dainty »Saucisse au foie gras» which is a delicate and if home-made, not a very expensive luxury for high days and holidays.

FISH.

Fish Cream. Put into a pan the broken up bones skin and trimmings of any cold fish you intend to use, with 1 onion stuck with 2 cloves, 2 or 3 sprays of parsley, salt, and 1 or 2 peppercorns; pour to this sufficient water to cover it generously (you will require about $\frac{3}{4}$ pint of fish stock, bring this all gently to the boil, then allow it to simmer steadily, till all the goodness is extracted from the bones, and the liquor is nicely flavoured, after which strain it off and leave till cold. Pick 10 oz. of the fish from which you have removed the skin and bones, and mince it fairly finely, using the discs A and B; moisten this with 4 or 5 good tablespoonfuls of melted butter a squeeze of lemon juice, a few drops of essence of anchovy, with pepper, salt, and a very little mace to taste; now put $\frac{3}{4}$ pint of the fish stock on the fire with about $\frac{1}{2}$ oz. of best. leaf gelatine, and bring this to the boil until the gelatine is perfectly dissolved, when you mix in the cold fish etc. and stir it well together till nearly cold. If you wish it to be extra nice, add now 3 or 4 spoonfuls of whipped cream, but it is very good without. Line a plain mould with some of the stiffened fish jelly by pouring in a little, and then turning the mould round and round till it is evenly coated all over, and when this is pretty well set, pour in the fish, mixing with it, if you like, some minced and picked shrimps, halved prawns, washed and boned anchovy filets, sliced hard-boiled eggs, capers etc., according to what you happen to have at hand; then leave it till set and cold, when you turn it out, and serve with a watercress or tomato salad as you please.

N. B. This is also excellent made with scraps of chicken, minced with ham or tongue, with the other ingredients, using light stock with the jelly, and a lettuce salad.

Fish Custard. Make a savoury custard with 2 or 3 eggs, a gill of milk, and $\frac{1}{2}$ pint of fish stock (made as before, with the bones and trimmings of the fish, herbs and seasoning), season this custard with pepper, salt, and a tiny dust of mace, stirring in at the last 1 oz. of best leaf gelatine, previously dissolved in $\frac{1}{2}$ gill of milk, or fish stock (be careful that this is thoroughly dissolved, as otherwise the gelatine will set in tough india rubber-like lumps through the custard). Have ready some cold cooked fish, freed from skin and bone, and minced through the discs A and B with a third of its bulk of minced shrimps, prawns or lobster; stand a plain round mould (or a pudding basin will do) on ice, if possible, or at any rate in a cold place, and pour in a layer of the custard and as it is setting, cover this again with the minced fish, and repeat these layers till the basin or mould is full, finishing with custard at the last; leave it till perfectly set, then turn out, and serve with seasoned watercress, or any other salad to state. This can be made as rich as you please by the addition of 2 or 3 spoonfuls of whipped cream, when you add the gelatine, and you can season your fish in any way you please. Any fish is good this way, tinned salmon or lobster, if of a good brand, making a very satisfactory dish.

RECHAUFFÉ COOKERY.

Minced Fillings. This mince comes in very usefully for a variety of small dishes, and may be made of fish, flesh or fowl as you please; the proportions are as follows: mince the meat finely with discs A and B (but not to a paste, as this is apt to toughen it) then add to it $\frac{1}{2}$ its bulk of finely minced ham, or tongue, and the same of mushrooms, if handy, seasoning it all to

taste with salt, pepper etc.; now stir over the fire to a smooth paste 1 oz. each of flour and butter, and when this is perfectly blended, stir in 1 gill of cream, new milk or stock, or even water; or equal parts of either, with a finely minced spray or tow of parsley, a good grate of lemon rind, a squeeze of lemon, juice, a dust of cayenne, and pepper and salt to taste; when this is all mixed, stir in the minced meat etc. and stir it over the fire till it is all perfectly blended, when you turn it out on a dish, and leave it till absolutely cold. Various ways of utilizing this will be given later. The secret of success in this dish lies in the seasoning and the sauces, and it is most economical, as any scraps can be utilized, whilst a spoonful or two of sauce left from any previous dish, if suited to the meat, is a great addition to the liquid used for moistening. With chicken or game, ham or tongue may be used; melted butter, white sauce, cream or milk, being used to moisten it: for beef, fat ham, or bacon, mushrooms, or minced anchovy, blend well, whilst a little Worcester sauce or mushroom catsup may be added to the moistening liquid; for mutton, essence of anchovy, and even a little finely minced sausage meat, are additions; fish mince may be made of one fish only, or may be blended, as for instance white fish with lobster or scrimps, and of course essence of anchovy; though this should be sparingly added, as it must not assert itself, but simply bring out the various flavours of the other ingredients. But, however, you vary the meat, seasonings, liquid etc., you must adhere to the melted butter and flour, for it is on this that the consistency depends, as the mixture, when cooked, though crisp outside, should have the inside moist and creamy.

Bobotjes. Mince 1 large onion very finely, and fry it in 1 oz. or so of butter, next frying a tablespoonful of curry powder, or half powder, half paste, in the same pan; now stir to this 1 lb. cooked meat (this may be of one kind or of several as may be most convenient), very finely

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minced with the A and B discs, an equal bulk of breadcrumbs, (soaked in milk, stock, or water as you please, and squeezed fairly dry), the juice of $\frac{1}{2}$ a lemon, 1 gill of stock, 1 whole egg, and pepper and salt to taste; cook this all together for about 5 minutes, then, pour the mixture into buttered cups or moulds, stand these in a baking tin in two thirds their depth of hot water, and bake $\frac{1}{2}$ an hour in a quick oven; now turn out and serve with a light curry sauce and boiled rice.

Cassolettes Slice some bread 2 inches thick, and from this stamp out rounds

Meringuées $1\frac{1}{2}$ to 2 inches across, and with a smaller cutter, stamp them in the centre to about two thirds the depth of the slice. Drop the rounds into plenty of hot fat, and fry a golden brown; now scrape out all the centre part, brush the top over with warm butter, and dip them in minced parsley and corraline pepper or paprika, after which set them to drain in a warm corner on a sheet of kitchen or blotting paper. Meanwhile mince finely any kind of meat, fish, flesh, fowl or game, and heat this in any suitable and rather thick sauce (white or brown according to the meat used), season to taste, and with it fill the bread cases when the meat etc. is thoroughly hot; then pile up over each rockily very stiffly whipped white of egg, seasoned with minced parsley or chives, coralline pepper or paprika, grated cheese etc. as you fancy, and bake till delicately browned and crisp, in a moderate oven. Where the trouble of making the bread cases is not wished for, brush some little paper cases well over with oil, liquified butter, set them in a warm corner till dry, and used instead of the bread; or you can use little china ramekin dishes in the same way.

Cannelon of Meat. Mince down $2\frac{1}{2}$ lbs. of underdone roast beef or mutton, freed from skin, sinew, burnt pieces etc. with the discs A and B, and mix it with 1 lb. of cooked and minced ham or bacon. 1 or 2 minced

anchovies, $\frac{1}{2}$ the grated rind of a lemon, and a little minced parsley, chives or shallot, season to taste with pepper, salt, and a dash of nutmeg, work in 2 whole eggs, and shape it into a roll (like a roly-poly pudding), wrap this in well oiled or buttered paper and bake for $\frac{1}{2}$ an hour in a moderate oven: now remove the paper, and serve on a very hot dish with tomato, onion, gravy, or any other nice sauce you please. To this some cooks add garnish of force meat balls made of fried veal stuffing, or else tiny fried sausages. This is another dish for which almost any kind of meat may be used.

Croquettes Prepare some mince as in Mince Filling Recipe, with beef or mutton using brown stock, and mixing it

Milanaises. with finely minced onion, a drop or two of essence of anchovy, a little fat bacon, and a good dust of grated cheese; shape this into balls, roll them in egg and breadcrumbs, and fry them a golden brown in plenty of hot fat; have ready some boiled macaroni, drain it and toss it in $\frac{1}{2}$ oz. or so of butter, seasoning it well with freshly ground black pepper, and grated cheese; as you do so arrange this on a hot dish, and pile the balls on the top.

To cook the macaroni, put it on plenty of boiling water with some salt, and keep it boiling hard all the time, directly it is cooked (when it can be bitten clean and soft without sticking to the teeth), dash in a tumber of very cold water to throw it off the boil, and drain the macaroni off at once. This is the Italian method and is hard to beat. How long it takes to cook depends on the quality and the size of the macaroni, but for the ordinary pipe macaroni, from 20 to 30 minutes is the average, still it is best to test it by biting it as said above.

Croquettes and rissoles. For *Croquettes* take portions of the minced filling given above, and shape these into little balls, cutlets, corks, or any shape you please, roll each in beaten egg, and then in finely sifted breadcrumbs, pressing this lightly on them, shaking

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off the superfluous crumbs, and letting the little shapes stand for a while to settle. Meanwhile make a good panful of fat, very hot, arrange the croquettes in the frying basket, and as soon as a very faint blue vapour begins to rise from the fat, plunge in the basket, being careful that the croquettes are thoroughly covered with the hot fat, let them cook till nicely browned, after which set them for a minute or two in a warm corner on a sheet of clean kitchen, or blotting paper, to drain; when quite dry pile them up on a hot dish, dusting them well with corraline pepper, minced parsley etc., as you choose. To ensure the fat being of the right temperature watch it till a very thin blue vapour begins to rise from the surface (which must be absolutely still), then drop a small piece of breadcrumb in, and if it frizzles up with large air bubbles, and browns in under a minute, you should put the croquettes in at once.

For *Rissoles* roll out very thinly any remains of short or puffed pastry, and arrange the little balls of mince at 2 inch intervals all over half a sheet. fold the other half neatly over it, and stamp out each little round ball with a plain or fluted cutter, pressing the edges well together, and frying these, in hot fat, precisely as you did the croquettes. Another way is to stamp out the paste in little rounds, place a teaspoonful of the mince on half the paste, folding the other half over, and pinching the moistened edges well together so as to give a half moon chape, then brush these over with beaten egg, dip in breadcrumbs, or in finely crushed vermicelly, and fry as before.

Cottage Pie. Mince rather coarsely 8 to 10 oz. of cold, rather underdone meat with the A and C discs; slice rather finely 1 lb. of cold cooked potatoes, mince onion, and fry it in about 1 oz. of dripping till nicely coloured; then put 1 teaspoonful of flour into the same pan and cook that also till brown, now add about a teacupful of stock or water, season to state, and bring it well to the boil, then lay in first a layer of potatoes, then

the meat mixed with the stock and onion, seasoning each layer nicely, and finishing with the potatoes for the last layer, piling them well up in the middle; pour in a little more stock, mixed with a spoonful or so of Worcester or Harvey sauce, the cover with pastry made as for beefsteak pie, and bake for about $\frac{1}{2}$ an hour, till the pastry is cooked. For the pastry use 6 oz. of flour, 2 to 3 oz. of dripping, a good saltspoonful of salt, and sufficient water to make a workable paste.

Cornish Pastries. Mince rather coarsely with the discs A and C, 6 oz.

each of meat and potatoes, a small onion, and a small apple, seasoning this all with a quarter of a teaspoonful of salt, and a dust of black pepper. Prepare a paste with 12 oz. of flour, 4 oz. of dripping, $\frac{1}{2}$ teaspoonful of baking powder, and about $1\frac{1}{2}$ gill of milk and water, then roll this out on a floured board, and cut it out into 8 or 9 rounds with a saucer, or a small (and very clean) saucepan lid, place a good tablespoonful or so of the mince on each round, wet the edges with a little milk, and draw them up on both sides over the meat, pinching, this lightly together into a kind of coxcomb frill, brush them over with milk, place them on grease baking tin, and bake for $\frac{1}{2}$ an hour in a fairly hot oven.

Dutch Sweetbread. Remove all strings and sinews from 1 lb. of lean veal, and mince it very finely twice, through the discs A and B, with 2 oz. of veal kidney suet; add to this a fair handful of breadcrumb, previously soaked in boiling milk, and slightly pressed to abstract the moisture, season it with a little grated lemon peel, white pepper, salt, and nutmeg, and bind it with 3 whole eggs; mix it all well together, shape it like a sweetbread, egg and breadcrumb it and bake till a light brown in a well buttered baking tin, covering it with a buttered paper to keep it moist. Serve with little rolls of fried bacon, and any gravy or sauce to taste; tomato is particularly good.

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Beef Soufflé. Mince very finely, passing twice through the discs A and B of the »Rapid» Mincer, $\frac{1}{2}$ lb. of lean roast beef with the sauce given below, seasoning it all well with salt pepper, and finally the yolks of 3 eggs; rub it all through a sieve or tammy mix in some chopped chives, or challot, whip the whites of 5 eggs to a stiff froth, and mix them lightly with the mince, pour it all into a soufflé dish, and bake for 20 minutes. Lay a buttered, paper on the top to prevent its burning. For the sauce melt about 1 oz. of butter with $\frac{1}{2}$ a tablespoonful of flour till smooth, then, moisten with 1 tablespoonful of mushroom catsup, a little Worcester or anchovy sauce, and a generous teacupful of a good beef gravy, with pepper and salt to taste, and let it thicken.

Fritters and Kromeskis. Have ready some nice frying batter (for which almost every cook has her own special mixture), take spoonfuls of the minced filling, and shape these portions neatly, as you please; dip each with a spoon into the batter, and then drop them into the hot fat, and finish off precisely like the rissoles and croquettes being careful to test the fat well to ensure its being at the proper temperature. Remember that if the blue vapour is rising very thickly the fat is too hot, and will most probably burn your fritters irretrievably. For *Kromeskis* the mince is made on the same principle as the filling given before, but the meat etc. is only coarsely minced, and is flavoured with a variety of addenda as you please, shrimps, oysters, lobster, olives, capers etc. being added to it according to what you have. When this is prepared and quite cold, cut as many thin slices of par-boiled fat bacon or ham, $1\frac{1}{2}$ inches broad by $2\frac{1}{2}$ long, as you may need, lay a teaspoonful of the mince (which in French is called a *salpicon*) on each slice, roll these up, fixing the bacon with a very little white of egg then dip them in the batter drop them into the frying fat, and finish off precisely like the fritters. Both the fritters and *Kromeskis* can be served dry,

but a pretty variation is to serve them with nice well coloured tomato sauce, when, in France at all events, they are known as *Beignets or Kromeskis a l'Orlie*, especially if fried parsley be served with them. Strictly speaking this name is never given when brown meat is used, the appellation being reserved for fish or white meat, still if technically incorrect, brown mince is very good in this way.

Iced Soufflé. This dish, which may appear to many cooks most complicated, is in reality one of the very easiest ways of serving any remnants of fish, flesh or fowl. Remove any skin, sinew, bones etc. from whatever you intend to use, and mince it, not too finely, with the discs A and B., seasoning it to taste with pepper, salt, oil, vinegar and a very little essence of anchovy, if liked: have ready some aspic jelly, (which may be either home made, or that put up in bottles or packets prepared according to the directions always given with these), and when, this is just on the point of setting it must be whisked to a very stiff froth; prepare a soufflé, dish, or a very clean round tin, by fastening a band of paper round the outside, projecting 2 inches or more beyond the top of the tin, and fasten this tightly to keep it in position; now put into this a layer of the stiffly whisked aspic, then a layer of the seasoned meat, and repeat these layers till you have filled the dish right up to the top of the paper, finishing with aspic jelly, and piling this up like rockery at the last; now put it aside in a cold place till set, when you remove the paper, pin a napkin round the tin (if you have not a proper soufflé dish), and serve. This is the plainest form of a very convenient dish, which may be varied, to any extent you please; for instance beef, if used, may be mixed with rather strongly flavoured brown gravy or sauce; mutton with brown sauce flavoured with essence of anchovy, or cold curry sauce or pickles can be mixed with it. Or again fish with tomato sauce, mayonnais, or anything you happen to have that will moisten the meat, and agree with the aspic, may be used.

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Properly speaking this dish should be iced, but it is very good for ordinary purposes if left for some hours in a cold place to get thoroughly set, and perfectly chilled.

For 1 pint of aspic put into a saucepan from $\frac{3}{4}$ to 1 oz. of best leaf gelatine, 1 pint of water, a good bunch of herbs, 2 or 3 peppercorns, a dash of malt vinegar, and a little salt; add to this the broken up shells and whites of 2 eggs, and bring it all sharply to the boil, whisking it the whole time till it comes to the boil, then let it stand for 3 or 4 minutes, and run it through the jelly bag till clear. This answers excellently for garnish; if required stronger use 1 pint of stock of any kind, or a dessertspoonful of Lemco, or a capsule of consommé Maggi dissolved in $\frac{3}{4}$ pint of boiling water.

Oyster Olives. Mince together, first with the A and C then with A and B discs, till fine, $\frac{1}{2}$ lb. of underdone mutton, veal fillet (the inside of the loin), or the remains of a cold fowl, or indeed any scraps of meat, 4 oz. of beef or veal kidney suet, and 10 or 12 sauce oysters, bearded; mix this well together, seasoning it with white pepper, salt and little mace, bind it all with the yolk of an egg beaten up with the strained oyster liquor, roll it into finger lengths, dip these in liquified butter and breadcrumbs, fry a golden brown, drain well, and serve on a napkin, garnished with fried parsley.

Beef, if minced this way, is excellent with shrimps and a few drops of Worcester sauce.

Scalloped Meat. For this china shells or cases are prettiest, but oiled and dried paper cases, or even a small shallow piedish answers excellently. Butter the dishes well, then fill them with whatever meat you wish to use minced not too finely with the A and C discs, seasoning it as you put it in with salt, freshly ground black pepper, minced parsley, chives, mushrooms, or grated cheese, according to taste and what you have,

moisten it all with a spoonful or two of any sauce, or gravy available, and pile it up in rather a dome shape; then sprinkle the surface generously with breadcrumbs, seasoned to match the seasoning of the meat, but 1 or 2 little bits of butter about each shell, and bake till the top is nicely browned.

This recipe is a most perfect specimen of what our grandmothers called »elegant economy», for no cook till she has tried it, knows how small the quantity of meat required really is, to make this pretty dish; whilst any sauce left over from the previous day can be supplemented if needed, by the addition of a little essence of anchovy, mushroom catsup, or any cruet sauce to taste, if this is just brought to the boil before adding it to the meat.

Pannequets Fourrés. (Stuffed Pancakes).

Make some ordinary pancakes in the usual manner, but keep them rather thin. These can be prepared at leisure some time before they are wanted. Now lay the pancakes out flat, and spread each with 1 or more spoonfuls of the minced filling; roll up the pancakes, pressing them lightly together as you do so, and cut them into even lengths, lay these in the frying basket (being careful to put the folded side underneath or they will spread), and fry a delicate brown, drain well and serve garnished with fried parsley. Some cooks vary this by making the pancakes as before, but cutting them into neat oblongs when cold, laying a thin slice of fat par-boiled bacon on each, then a spoonful of the minced filling, and rolling each up pretty tightly. Pack these little rolls side by side on a buttered baking tin, brush them over with beaten egg, strew them with breadcrumbs, and a little minced parsley, and bake a golden brown in the oven. Serve very hot.

Where a cook is clever at omelette-making she can produce a very pretty dish by preparing an omelette and placing on it, just as she is about to fold it, a good spoonful of the minced filling, previously made very hot, then folding over the omelette and serving it at once. Both for this

purpose, however, and for a stuffed pancake, the minced filling should be rather more liquid than when intended for croquettes or rissoles.

Pommes Fourrés. (Stuffed Potatoes). Bake some nice, large, even sized potatoes (this takes from $1\frac{3}{4}$ to 2 hours), then cut off the top neatly, and scoop out two thirds of the potato inside, being careful not to break the skin. Mash $\frac{3}{4}$ of this potato pulp to a snow through a masher, then stir into it some rich mince, prepared as for the *cassolettes meringuées*, and fill the hollowed out potatoes with this mixture. Mix the remaining quarter of the potato snow with one or more stiffly whisked egg whites, season this with pepper, salt, minced parsley, and grated cheese, pile this rockily on the top of each potato return them to the oven to get thoroughly hot, and serve.

Potato Ragout. Par-boil and finely mince a small onion, mince 2 oz. of any cold cooked meat, and 1 oz. of ham or tongue with the A and B discs, and stir this with the onion into 3 oz. of nicely mashed potato, seasoning it with about 1 teaspoonful of minced parsley, chives, etc. pepper and salt to taste, and working in the yolks of 1 to 2 eggs; when this is thoroughly blended stir in lightly and quickly the whites of the eggs, beaten as stiff as possible, drop this mixture into boiling fat in small spoonfuls, and fry till a golden brown. Drain well and serve piled on a napkin. The success of this dish depends entirely on getting the fat at the right temperature, as described in the recipe for croquettes and on draining the little ragouts very carefully when finished, for if either of these points is neglected they will be hopelessly greasy.

Kew Mince. Mince together very finely 1 lb. of cold meat (hare, or cold game is especially good in this way), and 6 oz. of suet with the A and B discs, mix with this 2 to 3 oz. of fine breadcrumbs, the yolks of 4 eggs beaten till light, $\frac{1}{2}$ teaspoonful of essence of anchovy, or a whole,

washed, boned and finely minced anchovy, with pepper, salt and a glass of Port Wine; pour this mixture into a plain, round, buttered mould, and bake in a quick oven, then turn out, and serve with any nice gravy or sauce to taste. If game is used for this dish a small teaspoonful of currant jelly should be dissolved with the Port Wine, whilst the broken up carcase of the game should be used to flavour the stock for the sauce, which should be seasoned with essence of anchovy, Port Wine, currant jelly, and dash of cayenne. The foreign black game is excellent for this mince if par-roasted, left till quite cold, and then minced.

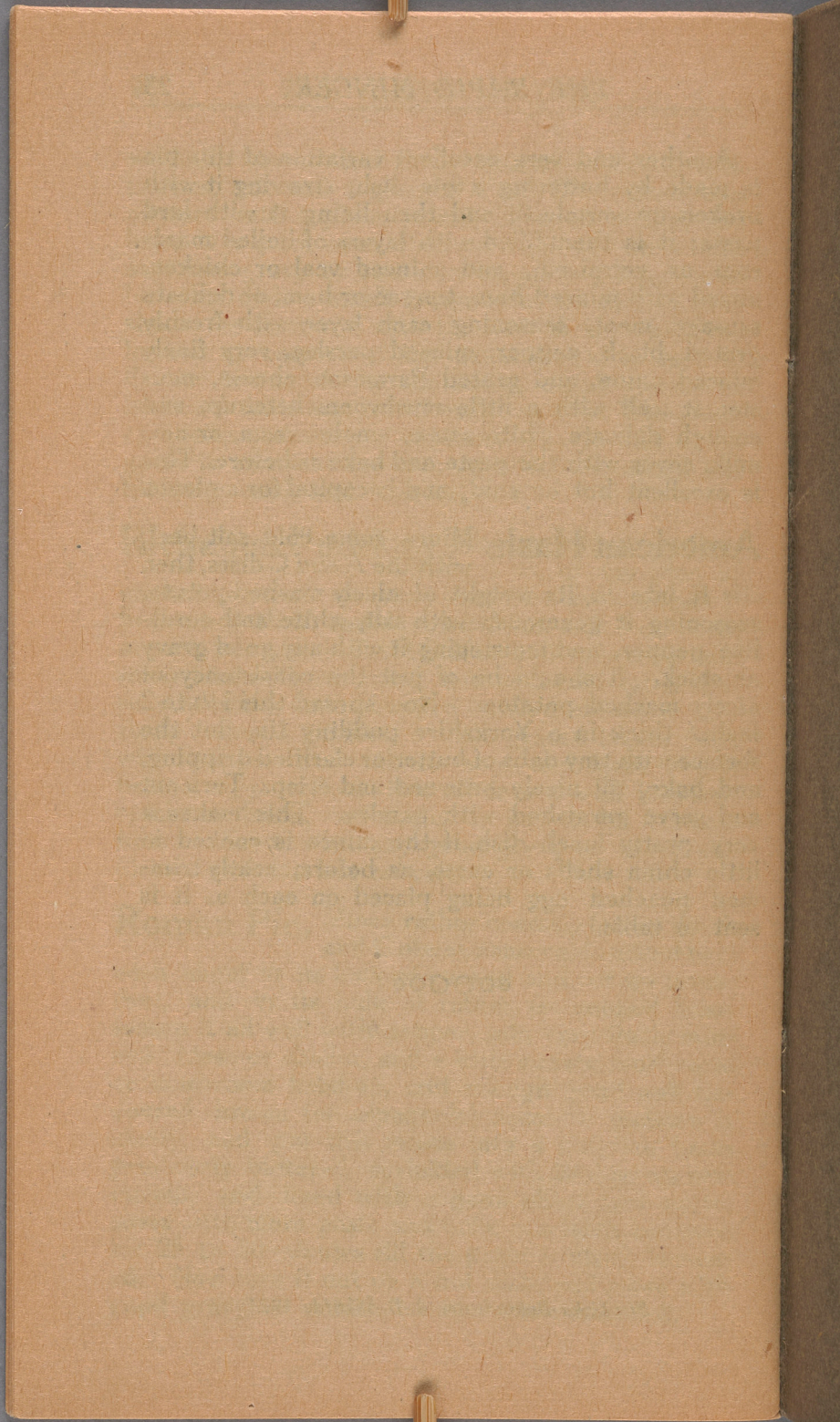
Richelieu Pudding. Mince together very finely 1 lb. of any kind of cooked meat (1 or more kinds, or even tinned if preferred) thro' the A and B discs, with 2 oz. of fat or suet, mix with it about half its bulk of breadcrumb soaked in milk or gravy, and squeezed fairly dry, season with a little chopped parsley, chives or very finely minced, shallot, a little grated lemon peel, with pepper and salt to taste, and lastly 2 well beaten eggs. Pour this all into a well buttered mould or basin, and steam or boil it for 2½ to 3 hours. Serve with any good gravy or sauce you please, and eat hot or cold.

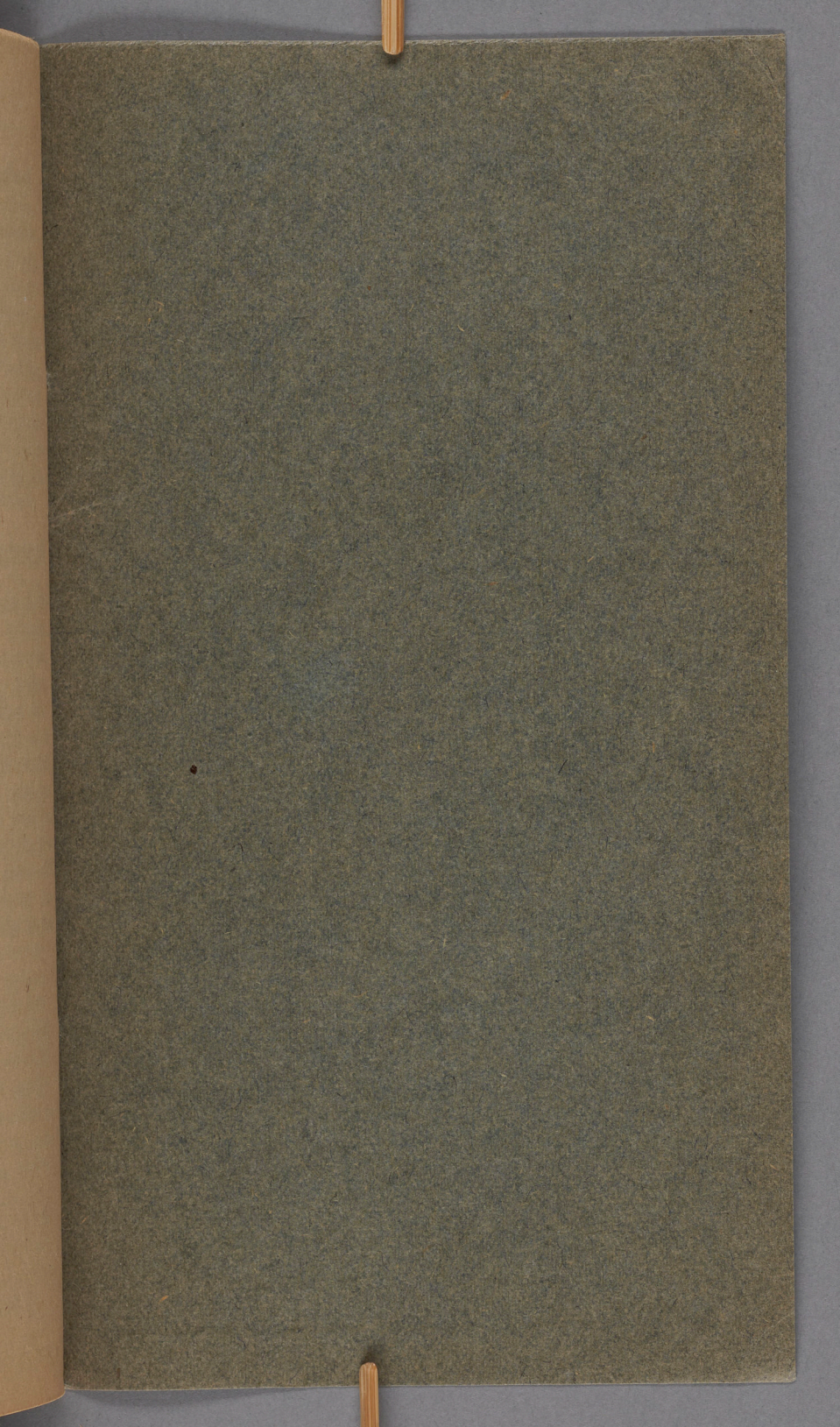
Roman Pie. Mince rather coarsely (using the A and C discs), some cold cooked beef with about ½ its bulk of cooked and cut up macaroni, and ½ its bulk of rather fat cooked ham; season it all well with pepper, salt, very finely minced chives or shallot, and a little minced mushroom or mushroom ketchup, add enough good well flavoured brown (or espagnole) sauce to moisten it nicely, and put this mince into a pudding basin previously buttered, sprinkled with broken-up vermicelli, and lined with a good short lard paste, cover with more paste and bake in a fairly hot oven for 25 to 30 minutes till the paste is nicely browned. Now turn it out on a hot dish, and serve with good gravy, or a rich tomato sauce round it.

Another and very excellent variation of this pie is made by buttering a pie dish, strewing it with broken up vermicelli and then lining it with lard paste; it is then filled with layers of boiled macaroni or vermicelli, and minced veal or chicken, mixed with minced ham, tongue or ham, or delicate sausage meat, seasoning each layer with freshly grated black pepper, minced parsley, very finely minced onion, and grated Parmesan cheese, moisten it well with a little mushroom ketchup, and enough delicate white sauce, single cream, or new milk, cover with the paste and bake as before. This is excellent hot or cold, and is capital for a picnic.

American Hash. Mince some cold salt beef, with the A and C discs, then stir it into $\frac{1}{2}$ its weight of nicely mashed potato, seasoning it generously with salt, white and coralline pepper, and moistening it with any good gravy or stock. It should be of just the consistency of nicely mashed potatoes. Now spread this $1\frac{1}{2}$ to 2 inches thick in a Yorkshire pudding tin, dot the surface with tiny dabs of butter or clarified dripping, and bake, till nicely browned and crisp. Turn out and serve garnished with parsley. This makes a very pretty lunch dish if the mince is cooked in little china shells or cases, as before, neatly trimmed poached egg being placed on each as it is sent to table.







Strokirks Bokindustri A. B.
Skövde 1923.
