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Miss Vernon's Recipes.

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LESSON 1.

Pastry. Puff Paste.

Two cups flour, I cup of butter, I teaspoonful salt, I teaspoonful sugar, ½ white of an egg, ½ cup of ice water. Wash the butter in ice water until it is pliable. Cover the butter with ice until it is needed. Put the flour in another bowl. Make a hole in the center, put in the salt, sugar, white of egg, and a small lump of the washed butter, about the size of a hickorynut. Add the water gradually until you have a dough you can knead. Turn it out on the board and knead it as you would bread for a few minutes. Separate it in two pieces. Roll each piece in a thin sheet. Wipe the butter dry, break in pieces, and place in one sheet of the pastry. Dredge thickly with flour, place the other sheet on top. Roll it out in a long thin strip and fold it in three folds. Repeat this rolling and folding eight times, placing it on the ice at any time when it is too soft to roll easily. It is then ready to use.

Plain Paste.

Three cups of flour, I teaspoonful of salt, I cupful of shortening, I cupful of ice water. Put the flour in a bowl, add the salt and shortening. Cut the shortening in small pieces and distribute through the flour. Add the water gradually and carefully, so as not to make the paste too moist. Turn the paste

out on the board and roll in a long sheet. Fold and roll again. Repeat the process until you have a smooth paste. It is then ready to use.

Apple Custard Pie. Is enan he

Line a pie plate with plain paste and bake it. Into a double boiler put one cupful of milk. Mix together the yolks of 2 eggs. 2 tablespoonfuls of sugar and ½ tablespoonful cornstarch, and add them to the milk when boiling. Stir over a fire until it thickens. When the paste is baked put into it four apples, cut in quarters and cooked until tender. Pour over these the custard. Make a meringue with the whites of two eggs, two tablespoonfuls of granulated sugar. Place this in spoonfuls on the pie and brown in the oven.

Paganini Tarts.

Cut puff paste into pieces two inches square. Fold in the corners until they meet in the center. Brush first with white of egg, that they may stay in place. Bake in a quick oven. When done fill with jam or jelly and cover with a meringue. When it is brown they are ready to serve.

Cheese Fingers.

Roll puff paste very thin, sprinkle with strong, grated cheese, fold pastry and roll again, cut into narrow, short strips. Bake. These are served with salad.

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Cheese Straws.

One half pound of cheese grated, 2 tablespoonfuls of flour and the yolks of 2 eggs. Season with salt and pepper. Mix thoroughly and roll in a thin sheet. Cut into tiny rings and strips. Bake, being careful not to burn, as they bake quickly. When ready to serve place 3 sticks in 2 rings.

Cheese Balls.

Make the same mixture as for cheese straws, form into balls, dip in white of egg, adding one tablespoonful of water to each egg, and then in bread crumbs. Fry in smoking fat.

Pates.

Roll puff paste ¼ inch thick, with a pastry jagger cut into boat shape. Place a strip of paste all around the edge, brushing between with white of egg to stick them together. Bake slowly.

LESSON 2.

White Bread.

One pint milk, I pint potato water, I potato mashed finely, 2 teaspoonfuls of salt. When the mixture is lukewarm add I yeast cake dissolved in lukewarm

water, and sufficient flour to make a stiff batter. Let this stand from 2 to 4 hours or until light. Add flour sufficient to knead, turn out on board and knead till it loses its stickiness. Put it again in a warm place till it doubles its bulk, then mould very lightly into loaves, put into warm place till it doubles its bulk and then bake. Make whole wheat bread in the same way, using entire wheat flour.

French Rolls.

One cupful of milk, I yeast cake, ½ teaspoonful of salt. Scald the milk, add to it I tablespoonful of butter and the salt. When lukewarm add the yeast dissolved in lukewarm water and 2 cupfuls of flour. Stand it in a warm place for ½ hour. Add additional flour, sufficient to make a dough that you can knead. Knead it until it is soft and pliable and free from stickiness. Separate it into small pieces and place these on a towel, cover and stand it in a warm place for ½ hour. Then form into fancy shapes in greased tins and bake in a quick oven. When you take them out of the oven brush them with melted butter.

Cinnamon Buns.

One pint of flour, I teaspoonful salt, I teaspoonful of baking powder, I table-spoon butter, sufficient flour to make a dough you can knead. Mix flour, salt and baking powder together, rub the butter into the flour and add milk. Turn out on the board and knead till smooth, roll into a sheet about ½ inch thick, spread with melted butter, ½ cup sugar, cinnamon and currants or raisins, roll

tightly and cut in pieces about 2 inches wide and stand them cut side up in a deep baking pan that has been greased. Bake slowly about 45 minutes.

Bouche Cases.

Yolks of 2 eggs, I cup of water, I cup flour, 1/4 teaspoon salt. Beat the eggs very light, add water—add this gradually to the flour, strain through a fine sieve. Place bouche iron in a pan of deep fat to get very hot, then place in batter and back into the hot fat till the cases are a delicate brown. Drain on paper. Raglets. Opring which

One half cup butter, I cup water, I cup flour, 4 eggs. Place the water and butter in a granite saucepan. When boiling, stir in the flour, stir till the batter follows the spoon, then add one at a time the four eggs, beating well after each egg. Put the mixture into a pastry bag and squeeze into deep fat which is smoking hot. Fry till delicate brown and cover with a mixture of 1/2 cup of granulated sugar and one tablespoon of cocoa or cinnamon.

LESSON 3.

Soups, Salads. Cream of Corn Soup.

Put I pint of milk in a double boiler. Add one can of kornlet, or I pint of grated corn, 2 teaspoonfuls of salt. Rub together I tablespoonful of flour and

one of butter. Add them to the soup when boiling I Just before serving stir in 1/2 pint of whipped cream.

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Chop I pound of beef (from the round) in very small pieces and cover it with one pint of cold water. Add a sprig of parsley and a root of celery. Stir with a wooden spoon until the meat is almost white. Let it stand away from the fire for at least one-half hour. Place it over the fire and bring quickly to boiling point. Add I teaspoonful of salt and pepper to taste. Strain it through a napkin wet with cold water. Color with caramel and it is ready to use.

Quenelle Salad.

Boil a chicken until tender. Take all the meat from the bones and put through the meat chopper. To every pint of meat add 2 eggs, a tablespoonful of parsley and salt and pepper to taste. Form into small balls and boil in chicken stock for three minutes. Serve on lettuce with mayonnaise. For the dressing, put the yolk of one egg in a soup plate, stir with a fork until it slightly thickens. Then add, drop by drop, olive oil until you have the required amount of dressing. If it becomes too thick to work easily, add a few drops of vinegar or lemon juice. When done season with salt and pepper and mustard if you wish. The addition of an equal quantity of whipped cream is very nice.

Fruit Salad.

Mix together two bananas and two oranges in cut slices. Place on lettuce leaves, garnish with candied cherries or nuts, and pour over them a dressing made of the juice of one lemon, two tablespoonfuls of sugar, one teaspoonful of maraschino, two tablespoonfuls of water. Stir these over the fire until the sugar dissolves. When it is cool pour over the salad.

Macedoine Salad.

Boil together I beet, I carrot, I turnip and I white potato. Cut in slices and then fancy shapes. Mix together and pour over them a French dressing of 3 tablespoonfuls of oil, one of vinegar or lemon juice. Season with salt and pepper.

Delmonico Salad.

Mix together an equal portion of apples and celery. Cover with mayonnaise dressing, place on lettuce leaves and garnish with parsley.

Salad Dressing Without Oil.

Mash the yolks of 4 hard boiled eggs and add to them 4 tablespoonfuls of butter and one tablespoonful of flour. Mix well together, then add one teaspoonful of salt, one of sugar, one of mustard, one-half cup of water and one-half cup of vinegar. Stir it over the fire until it thickens, and when cold it is ready to use.

LESSON 4.

Cakes and Meat. Broiled Steak.

Put steak on the broiler and place over a clear bright fire. Turn it quickly so both sides are seared by the heat. Cook for eight minutes, turning frequently. Put it on a hot plate and season with salt and pepper, and serve immediately. If it is impossible to broil the meat, heat your pan thoroughly, put the steak in the hot pan, without any butter, and turn frequently until done. Finish the same as for broiling. Cover with melted butter.

Hamburg Steaks.

Take I pound of chopped lean beef, mix with it a teaspoonful of salt, I teaspoonful of onion juice, a tablespoonful of parsley, and a little pepper. Put I tablespoonful of butter into a frying pan and when melted put in the steak. Cover the pan and let it cook until thoroughly done. Take out the steak and add to the butter that is in the pan I tablespoonful of flour. Stir until the flour is mixed with the butter. Add I cup of water or stock, ½ teaspoonful of salt and a little pepper. Stir until it boils and thickens. For bourdelaise sauce add to the brown sauce ½ cup of mushrooms and I tablespoonful of sherry wine.

Sarah's Delight.

One-half cup of butter, I cup of sugar, ½ cup of milk, the whites of 4 eggs, 3 cupfuls of flour, 2 teaspoonfuls of baking powder. Beat the butter and

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sugar to a cream. Add the milk, flour, and well beaten whites of eggs, baking powder and I teaspoonful of flavoring. Bake in small charlotte russe moulds. When cold cut out the center and fill with fruit or nuts. Ice on the top and sides with fondant icing.

I han hout on the Chocolate Cake.

One cup cocoa, ½ cup brown sugar, 1 egg, ¾ cup water. Stir these together and cook till thick. Turn into the mixing bowl, and add ¾ cup butter, 2 cups brown sugar, 2 egs; cream these well, add 1 cup milk, 3 cups flour, 1 teaspoon soda dissolved in boiling water. May be baked in layers or loaf.

LESSON 5.

Desserts. Caramel Custards.

Put ½ cup granulated sugar into a saucepan and stir over the fire until it melts. Add the juice of 1 lemon and pour the caramel into small tin moulds. Stand the moulds in a pan of boiling water. Make a custard with 4 eggs beaten without separating, 4 tablespoonfuls of sugar, and 1 cupful of milk. Add ½ teaspoonful of yanilla. Pour the custard over the caramel and bake until they are firm. Turn them out at once in the dishes in which you wish to serve them.

Fruit Pudding.

One pint of flour, I teaspoonful of baking powder, ½ teaspoonful of salt, I tablespoonful of butter, I cupful of milk. Mix the flour, salt and baking powder together. Rub in the butter and add the milk. Cover the bottom of small pudding moulds with fruit. Pour the batter over the fruit. Stand the moulds in boiling water and boil for 20 minutes. Or put fruit in basin, pour batter over and bake 30 minutes.

Bavarian Cream.

One-half pint fruit juice, ½ pint thick cream, ½ cup sugar, ⅓ box gelatine. Whip cream, add fruit juice and sugar. Dissolve the gelatine, add slowly to mixture, stirring all the time. When thick pour into moulds that have been wet in cold water.

Banana Fritters.

Two eggs, I cup milk, ½ teaspoon salt, I tablespoon melted butter, 2 cups flour. Beat the eggs without separating, add milk, salt, melted butter and flour; beat well. Cut bananas, as many as you wish to fry, in 8 pieces each, dip in the batter and fry in deep fat.

Orange Sauce.

Juice of 1 orange and 2 tablespoons of sugar stirred over the fire till the sugar is dissolved. Pour over the fritters.

Prune Pudding.

Whites of 4 eggs, 4 tablespoons sugar, ½ cup of prunes stewed and sweetened. Beat the eggs to a stiff froth, add sugar and prunes, stirring them lightly together. Pour into a baking dish and brown lightly in hot oven.

Pudding Sauce.

One pint milk, yolks of 4 eggs, 4 tablespoonfuls of sugar, 1 teaspoonful vanilla. Put milk in double boiler, beat sugar and eggs together, pour a little of the hot milk onto the eggs and sugar and then return all to the double boiler and cook till it slightly thickens. Add vanilla and pour over the pudding.

LESSON 6.

Entrees and Oysters. Panned Oysters.

Drain I pint of oysters thoroughly. Heat a granite pan, pour in the oysters and shake it over the fire. When the oysters are thoroughly cooked, add one tablespoonful of butter, and salt and pepper to taste.

Stewed Oysters.

Cook I pint of oysters in their own liquid. Put I pint of milk in a double boiler, rub together with I tablespoonful of butter and I of flour. Add them to

the milk, stir until it slightly thickens. Add the oysters and season with salt and pepper.

Fried Oysters.

Drain the oysters in a piece of cheese cloth. Season with salt and pepper, dip them in bread crumbs, then in beaten egg, to which one tablespoonful of water has been added. Dip again in bread crumbs and fry in smoking hot fat. Drain on paper to absorb the fat.

Omelet a la Poulette.

Beat 3 eggs without separating. Add 3 tablespoonfuls of water. Put one tablespoonful of butter in an omelet pan. Put it over the fire and when melted pour in the omelet. Shake the pan to make the omelet light. As the omelet cooks to the side of the pan, lift the sides of the omelet with a knife and allow the liquid to run underneath. Season with salt and pepper and turn the omelet out on a heated dish. Serve with creamed oysters poured over it. This is made like stewed oysters, using 2 tablespoonfuls of flour and 2 of butter, instead of one.

Boned Chicken.

Select a chicken that has a whole skin. Singe and wash it thoroughly. Cut the skin down the back at the neck and remove the crop. Unjoint the wing and scrape the wing bone until you reach the tip. Remove the bone and turn the wing right side out again. Loosen the skin and flesh from the sides of the

chicken. Unjoint the leg and remove the bone in the same way. Remove the bones in the other side of the chicken, then loosen all the skin and flesh, cutting down close to the breast bone. Fill the chicken with one pound of sausage or the flesh of another chicken, seasoning with salt and pepper. Sew up the cut in the back, wrap the chicken in a piece of cheese cloth. Place the bones in a soup kettle, covering with cold water. Add two teaspoonfuls of salt and bring it quickly to a boiling point. Skim and place the chicken on top of the bones and boil for two hours. Remove the cloth and brown in the oven. When cold it is ready to serve.

Fish Timbales.

Two pounds halibut or white fish, whites of 2 eggs, salt and pepper. Boil fish and chop half of it very fine, add white of the eggs. Butter small timbale moulds and line with the mixture. Put I cup milk into double boiler, rub together 2 tablespoons flour and 2 of butter, and add to milk; stir till quite thick, add to the remaining half of fish, season with salt and pepper, and fill in the centers of mould. Heat in a pan of hot water. When you are ready to serve them, turn out on individual plates and serve with Newburg sauce.

Newburg Sauce.

Yolks of 4 hard boiled eggs, 4 tablespoons butter, 1 tablespoon flour, 1 cup cream. Mix yolks of eggs, butter and flour well, and add to cream. Cook in double boiler till thick. Season to taste.

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