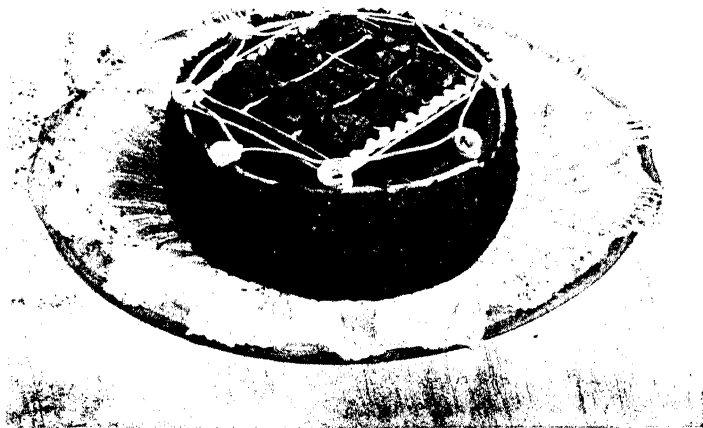
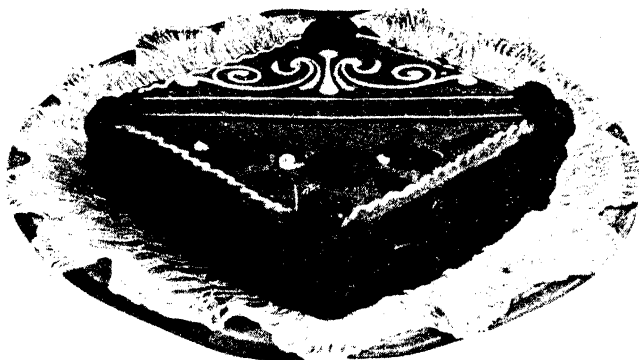


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FANCY CAKES



1. Iced Cake.

2. Walnut Cake.

MRS. BEETON'S CAKE-MAKING

INCLUDING
BUNS, BISCUITS AND OTHER DAINTIES

350 RECIPES
ILLUSTRATED

WARD, LOCK & CO., LIMITED
LONDON AND MELBOURNE

UNIFORM WITH THIS VOLUME.

**MRS. BEETON'S
CAKE-MAKING**

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CHAPTER I

CAKES, RICH AND PLAIN

INGREDIENTS FOR CAKES

BUTTER

is of the first importance in cake-making, and where a rich cake is desired of fine flavour and keeping qualities, only the best butter should be used. But in most instances it will be desirable to use a somewhat cheaper fat for the purpose of cake-making, especially where the family is large and the means limited. In this case lard, dripping, or good margarine may be used with advantage, and there are also several vegetable fats procurable that answer very well for these purposes; but although they are more economical in price, and some of them are richer where flavour is the first consideration, nothing better than pure butter can be used. Of late years so many improvements have been introduced into the manufacture of margarine and other butter substitutes that almost an expert is required to tell the difference, and if a mixture of half butter and half margarine is used, there are few who could tell that the cake was not made with the best butter.

EGGS

With the cessation of hostilities in Europe, the enforced use of substitutes—dried eggs and milk—and the omission of unobtainable ingredients came to an end. They served their purpose well and the housewife will have learned to appreciate the difference they make both as regards economy and nutriment. Whenever possible, ingredients as given in our recipes should be adhered to as closely as possible. For making cakes, eggs that are from 7 to 14 days old, provided they have been properly kept, are best. The longer an egg is kept, up to a certain point, the less moisture it contains, and the reason these eggs are better for cake making is that the ingre-

dients will only take a limited quantity of liquid, and the deficiency must be made up with milk, which is richer than the water that has evaporated from the eggs. Nor is this the only advantage. The whites will whisk up better and give more body than fresh eggs, and therefore more lightness to the cakes, for the white being more solid and stronger in every way retains the air better after it is beaten in. But when eggs are used for these purposes, it is important that each egg is broken into a cup, and carefully tested by its smell, to guard against any egg that may be bad, and especially a musty one, which, were it added to the cake, would spoil the whole and render it uneatable. When breaking the eggs make sure that they are usable, turn them into a basin or other suitable vessel, and cover them over with a sheet of paper to keep out all dirt until they are required for use.

FLOUR

for cakes should always be of the finest quality procurable. "High Grade" is the most suitable for use, and will also give the best results. But for all ordinary purposes of the household, what is termed "Whites" is suitable. In any case let the flour be dry to the touch and sweet to the smell, with some colour and strength.

SELF-RAISING FLOUR

Self-raising flour can with advantage be used for making all kinds of cakes and pastry, when ordinary flour forms part of the ingredients. In any of the recipes where flour is mentioned, self-raising flour can be used, but no other raising agent, such as baking-powder, bicarbonate of soda or cream of tartar, should be used, because good self-raising flour replaces all these.

BICARBONATE OF SODA

should be thoroughly mixed with the water or milk used for a cake, for nothing can be more disagreeable than to *taste* it.

BAKING-POWDER

should be mixed with flour before adding other ingredients and the cake should be placed in the oven as soon as possible, after the eggs or milk have been added. If allowed to remain too long the cake will become heavy.

FRUIT

With the introduction of machinery for fruit-cleaning purposes, currants can be procured comparatively clean, and need only a rub in a dry cloth, and picking over to remove any larger sprigs and stones that may have escaped the machine to render them fit for use. In almost every case washing is not at all necessary; in fact, washing the currants deprives them of some of their goodness, and, therefore, is not only a waste of time, but a waste of material, and makes the cake heavy. Sultanas, although they are no doubt cleaned, require carefully picking over, and a good rub on a coarse sieve will remove almost the whole of the sprigs, which are a very objectionable ingredient in a cake. Raisins should in all cases be stoned, and if a large quantity has to be prepared, a small machine suitable for the purpose can be procured from the household stores or ironmonger's. It is very effective in its operations, and frees the raisins from stones in an incredibly short time, and, contrary to the general opinion, does not take out more of the flesh of the raisins than hand-picking. Glacé cherries, pineapple and ginger are used in cake-making. They are procurable from the grocer's in quantities as required, but as the price is rather high, they are used but sparingly.

Coco-nut, almonds, walnuts, and various other nuts, are sometimes used as ingredients in cakes, but with the exception of almonds and coco-nut, only very small quantities are usually used.

ALMONDS

before use, require to be blanched. This is done by putting the almonds into a basin and pouring boiling water over them. When they have scalded for a short time their jackets are easily removed. When blanched they should be dried in the oven. Almonds can be purchased already blanched, either whole, shredded, chopped, or flaked, as desired, and if large quantities are required it is cheaper to procure them already prepared. Ground almonds are used for icings, paste, macaroons, ratafias, and biscuits, and are procurable prepared all ready for use.

Coco-nut is sometimes liked, and for all purposes desiccated nut can be used. It is sold in shreds, strips, and either fine or coarse, also sugared and plain.

SUGAR

Refined sugar can now be procured at so low a price, already ground and pulverized, that it is more economical to buy it in this form than to use loaf sugar and pound it, for, besides the trouble, it also involves some waste and loss of time, for powdered sugar is no dearer than loaf sugar and if it cannot be procured from the grocer's, a baker who makes small confectionery goods would be willing to supply the quantity required.

MIXING THE INGREDIENTS

The excellence of many cakes depends largely upon the thorough beating and efficient mixing of the ingredients. A cake-mixer is extremely useful, but a long-handled wooden spoon will be found to answer and is far better than a metal one.

Before commencing to mix, see that all the ingredients are in readiness and carefully measured out or weighed. Fruit should be cleaned and picked, raisins stoned, almonds blanched and shredded, butter and sugar creamed, eggs whisked, etc. It is absolutely essential to success that the dry ingredients shall be perfectly dry, as dampness will ruin the cake.

When all is in readiness, carefully sift the flour and thoroughly mix with it the baking powder (unless self-raising flour is used), together with any other dry powder ingredient such as salt, spice, bicarbonate of soda, etc. (unless, of course, otherwise stated in the actual recipe), and be sure that they are evenly distributed. Nothing is more objectionable than to come across lumps of bicarbonate of soda, for instance, in the finished cake. Now add the fruit and other dry ingredients. The butter is next rubbed in, or it may be creamed with the sugar before working in (*see* instructions in actual recipe). Finally moisten with the eggs and milk or other liquid. Once the liquid ingredients have been added, cakes containing any raising agent must be placed into the oven with all possible speed or the raising agent will lose its power and the cake turn out heavy.

The tins or pans in which cakes are to be cooked should be well-greased, and in the case of rich cakes, should be lined with greased paper.

CREAMING BUTTER AND SUGAR, OR YOLK OF EGGS AND SUGAR

Butter and sugar are pressed by means of a wooden spoon against the sides of a basin until the friction has softened the butter, and the ingredients are then stirred vigorously, keeping the bowl of the spoon constantly pressed against the sides or bottom of the basin, not alternately raised and lowered as in beating. In cold weather the butter may first be slightly warmed, but it must not be allowed to melt. Yolks of eggs and sugar are simply stirred together until thick and creamy.

TO WHIP CREAM

Put the cream into a cold basin, and stand in a cool place whilst whipping it. Use an ordinary wire whisk for the purpose, whip gently until the cream begins to thicken, then a little more quickly. In warm weather cream quickly turns to butter if overwhipped: should this occur continue the whipping to make the conversion complete, and use the butter for cookery purposes. When the whipped cream is not intended for immediate use, let it drain on a hair sieve in a cool place until required.

TO WHISK WHITES OF EGGS

In separating the whites from the yolks, great care must be taken not to let the least portion of the yolks get into the whites, otherwise it will be impossible to whisk the whites firm. Put the whites in a clean, dry and cool egg-bowl or shallow basin, and keep cool until wanted. Add a pinch of salt, and whisk with an ordinary wire whisk which must be clean and perfectly dry. Increase the pace until it forms a substantial mossy froth.

DECORATED CAKES

Very pretty results can be obtained by the use of icing (*See Chapter VIII*) tubes or cones, which may be purchased at any ironmonger's. Make an ordinary conical sugar bag of paper, place an icing tube at the bottom, and fill the bag with icing sugar. Then tear away the paper covering the point of the tube and squeeze the sugar through. Chopped almonds, pistachio kernels, coco-nut, dried fruits, angelica, and candied peel may also be used.

RULES FOR BAKING

THE OVEN

For cakes, the heat of the oven is of great importance, and the temperature must be regulated by the size and consistency of the cake to be baked. Small cakes may be baked quickly, but larger ones require a slower oven. A light mixture, such as Genoa or sponge cake, needs a quick oven, while a rich fruity cake of corresponding size or shortbread and biscuits must be baked in a moderate oven. It is difficult to give hard and fast rules for baking; common sense and experience are the best guides. To ascertain whether cakes and bread are sufficiently done the best plan is to thrust a skewer into them; and if it comes out all sticky it is certain they are not cooked.

To test the heat of an oven special thermometers are made. The heat may be tested with a sheet of writing paper, which curls up brown in a pastry oven, or with flour, which takes every shade, from coffee colour to black, when sprinkled on the floor of the oven. Experienced cooks test very accurately by means of the hand.

THE OVEN TEMPERATURES.

Oven.	Temperature.	Will Brown a Tab spoonful of Flour in
Slow oven	270° to 290° Fahr.	5 minutes
Moderate oven . . .	290° to 300° Fahr.	4 "
Hot oven	330° to 350° Fahr.	3 "

When the oven is very hot and the tops of the cakes are taking too much colour, cover them with a sheet of kitchen paper.

The tin of any cake requiring long baking should be carefully lined with greased paper. To prevent the bottom of a cake, subjected to long cooking, from burning the tin should be stood on a baking-sheet covered with a layer of sand.

Always close the oven door gently and open it as little as possible; never before 10 minutes after small cakes have been put in, or for 20 minutes in the case of large cakes.

The hot air of the oven sometimes imparts disagreeable flavours to the things cooked ; but this can be avoided by keeping the oven scrupulously clean and well ventilated.

COOKING BY ELECTRICITY

Electric Cookery has brought to the kitchen the same perfection of easy control and cleanliness as the electric light affords. The fact that all the electricity purchased is converted into pure heat, without ashes, dust, waste heat, fumes, or bother of any description, makes electricity an excellent cooking agent.

In an electric oven the heat can be had *exactly* where it is wanted—you simply switch on "top" heat or "bottom" heat at the desired "full," "medium," or "low" strength. Once an operation has been carried out it can be repeated, with certainty of result, as often as desired, for the electric supply pressure is steady by day and night.

The question of cost is sometimes urged against electric cookery, even as it was against electric light. It should be remembered, however, that the price of electricity for heating and cooking is often only a third or a quarter of that charged for electric light.

If an electric oven is carefully handled, and the current is not switched on before it is needed, and is turned off as soon as cooking is complete, it may be run on quite economical lines, but in the hands of a careless cook it will soon become an extravagance.

COOKING BY GAS

There are many features to recommend cooking by gas, chief among them being—(1) Cleanliness, and the readiness with which the gas can be lighted and extinguished, facilities which are conducive to economy, because the heat need only be maintained when it is required for cooking. (2) It is economical in another respect, because food cooked by gas has been found to lose less weight than when cooked in an oven heated by coal. (3) The heat can be readily and instantly regulated, being concentrated precisely where required by means of different burners, each of which is independent of the others. (4) Gas-stoves are especially useful in summer, and in small households where, during part of the day, no fire is needed.

MANAGEMENT OF A GAS-STOVE

Allow the oven to get thoroughly hot before commencing to bake and then put in as much as possible, so as to save gas.

After the first 15 or 20 minutes turn down the oven burners. An exception must be made when cooking puff pastry, when full heat must be kept up until finished.

The hottest part of the oven is the top or underneath the solid shelf. Pastry may be cooked at the top of the oven or under the solid shelf, but almost all other food should be cooked on one of the grids.

When putting a match or taper to any gas burner be careful that there is no "lighting back," accompanied by a roaring noise. The tap should be turned on *just before* the flame is applied. Should this "lighting back" occur, turn the gas off immediately, and then after a few seconds turn on and light again.

Many gas-stoves have an apparatus which regulates the heat of the oven. This is a most useful fitting, for an indicator can be set to the exact temperature required, and the oven will be brought to, and will steadily remain at, the heat desired.

ECONOMIES AND SUBSTITUTES

Our recipes have been most carefully tested, and if the instructions are carefully followed the best possible results will be obtained, and true economy will be practised.

Where expense has to be closely studied, the thrifty housewife may, in many cases, considerably reduce the cost of the dishes by using margarine or good dripping in place of butter; milk may often be used instead of cream or milk and water may be substituted for milk. Where the cost is not so important, however, it is far better to use the actual ingredients named, for the recipes have been so constructed *that, with due regard to economy, the best results may be obtained.*

Many cookery books, on the grounds of economy, advocate the indiscriminate use of substitutes and the omission of vital ingredients. This, however, is not true economy, and the housewife should never forget that there is a very considerable difference between the food value of, say, fresh butter and eggs and that of substitutes.

RECIPES FOR CAKES

ALMOND CAKE.

Take 6 oz. of ground sweet almonds, $\frac{1}{2}$ oz. of pounded bitter almonds, 6 oz. of castor sugar, 3 oz. of butter, 1 lb. of flour, 4 eggs and some essence of lemon.

Break the eggs into a clean bowl, add the sugar previously warmed, and beat the mixture well together with a wire egg whisk until it is as thick as cream; next add the butter (melted), then mix in the almonds, flour (sifted) and essence of lemon with a spoon. Grease a plain mould, fill it with the mixture, and bake in a steady oven. It will require from $1\frac{1}{2}$ to 2 hours to bake, and great care must be taken to prevent the mixture burning. As a precaution it is advisable to lay 3 or 4 thicknesses of newspaper under the mould, and wrap the same round the sides, fixing the paper firmly in place with a piece of twine.

ALMOND CAKE. (An old Dutch Recipe.)

Have at hand $\frac{1}{2}$ lb. of Jordan or Valencia almonds, $\frac{1}{2}$ oz. of bitter almonds, $\frac{1}{2}$ lb. of castor sugar, 6 eggs, 2 heaped table-spoonfuls of pounded cracknel biscuits, rosewater.

Blanch and pound the almonds, adding from time to time a little rosewater to prevent them oiling. Beat the sugar and yolks of eggs together until smooth and light. Whisk the whites of eggs, add them alternately with spoonfuls of the prepared almonds to the yolks and sugar, stir in the powdered biscuits, and beat lightly until well mixed. Turn into a well-greased cake-tin, put it in the oven and bake gently from $1\frac{1}{2}$ to $1\frac{3}{4}$ hours.

ALMOND CAKE FOR PETITS FOURS GLACÉS.

Take $\frac{1}{2}$ lb. of ground almonds, $\frac{1}{2}$ lb. of castor sugar, 2 oz. of oiled butter, 1 oz. of fecule, 3 whole eggs, 3 yolks of eggs, and $\frac{1}{2}$ a lemon.

Well mix the sugar with the eggs, then add the almonds with the finely-grated rind of a lemon, then add the fecule and the oiled butter. Pour the mixture on to a paper-lined baking sheet and bake. The cake mixture should be about $\frac{3}{4}$ inch

thick on the baking sheet before being baked. When baked, turn out on to another baking-sheet, sprinkle over with rum or kirsch, and press the cake with a heavy weight. When cold, cut into small cakes, according to the shapes required, and glaze over with fondant.

ALMOND SPONGE CAKE.

Take 12 eggs (leave out the whites of 8), $\frac{3}{4}$ lb. of castor sugar, 2 oz. of bitter almonds, $\frac{3}{4}$ lb. of sifted flour, and a little rose-water.

Blanch the almonds and roll like a paste. While rolling them moisten them with rose-water. Blanching them in hot water will loosen the skin, which can then be easily removed. Break the eggs in a bowl and beat them up with a whisk. Add the sugar, and beat until light and creamy, then beat in the almonds, add the flour sifted, stir it in lightly, and bake in a square greased tin.

ANGEL CAKE.

Have ready 12 whites of eggs, $\frac{1}{4}$ lb. of flour, $\frac{1}{4}$ lb. of cornflour, 1 lb. of castor sugar, 1 level teaspoonful of cream of tartar, and $\frac{1}{2}$ teaspoonful of vanilla essence.

Add a pinch of salt to the whites of eggs and whisk them to a stiff froth, and work in $\frac{1}{2}$ of the sugar; whisk well for another 10 minutes, then add by degrees the remainder of sugar; also the two kinds of flour, which must be previously sifted and mixed with the cream of tartar. Lastly add the vanilla essence. Bake in a clean but not buttered angel cake tin in a moderate oven for about 45 minutes. Turn the mould upside down on to a sugar-dredged paper, and allow it to stand till the cake comes out easily. It should not be turned out of the tin till quite cold.

AUNT BETSEY'S CAKE.

Take 5 teacupfuls of flour, 2 teacupfuls of sugar, $\frac{1}{2}$ cup of butter, 1 cup of golden syrup, 1 cup of water, 2 eggs, $\frac{1}{2}$ lb. of chopped raisins, 1 teaspoonful (each) of bicarbonate of soda, cloves, cinnamon, and mace. These ingredients make a 2 lb. cake.

Beat the butter and sugar together; add the eggs, dissolve the soda in the water, then add the molasses, flour, spices and fruit, and well work the mixture in the bowl. Turn it into

a greased flat square tin baking-dish and bake in a moderate oven from 1 to 1½ hours, or if preferred it can be cooked in small crinkled patty-pans.

AUNTIE'S CAKES.

Place at hand ¾ lb. of cornflower, ½ lb. of flour, 2 teaspoonfuls of baking powder, the rind of 2 small lemons, ½ lb. of castor sugar, ¾ lb. of butter, 2 eggs, about 1 gill of milk. These ingredients make 4 or 5 dozen cakes.

Chop the lemon-rind up very finely ; well mix the flour and baking-powder together on a sheet of paper ; put the butter into a clean basin and beat it up to a cream with a large wooden spoon, then add the sugar, and beat the ingredients until they are light and white, add the eggs one at a time, beating well after each addition of eggs, and when the eggs have been beaten in add the flour and peel, and wet into rather a soft batter with a little milk. Grease the patty-pans with a little clean lard, and drop 1 dessertspoonful of the batter into each. Bake in a warm oven for about 5 minutes.

AUNT JUDY'S ORANGE CAKE. (Australian Recipe.)

Take 3 oz. of butter, 3 oz. of sugar, 2 eggs, a teacupful of milk, 5 oz. of flour. For the filling : 2 oranges and 1 lemon, teacupful of water, and the same of sugar, 1 tablespoonful of cornflour.

Beat 3 oz. each of butter and sugar to a cream. Add the eggs, milk and flour gradually, beating all the time until the mixture is light and fluffy. Bake in 3 sandwich-tins, and cook a delicate brown (about 15 minutes). Set aside to cool. While the cakes are cooking make a filling. Grate the yellow part of the rind of 2 oranges and 1 lemon, and then squeeze out and strain the juice of them. Place in a pan with a teacupful of water and the same of sugar. Boil the mixture, then take it off the fire and stir in the cornflour. Simmer for 5 minutes, then let it get cool. Lay one of the cakes on a dish on which it can be served, and spread out some of the mixture over it, lay the other on top, and spread the remainder of the filling on that. Finally place the third cake on top of all. Press gently but firmly together. Sprinkle thickly with sugar, or ice with orange icing, and decorate with crystallized orange quarters.

AUSTRALIAN CAKES.

Have ready 1 lb. of flour, 1 lb. of sifted sugar, 5 eggs and a little pineapple flavouring. These ingredients make 2 or 3 dozen fingers.

Break the eggs into a basin, beat in the sugar, and when well mixed let it stand for $\frac{1}{2}$ hour; sift the flour, and stir it in by degrees; add pineapple flavouring to taste, then pour into a Yorkshire pudding-tin that has been buttered and sprinkled with flour and sugar; bake in a moderate oven until quite firm (about 20-30 minutes). When cold cut into fingers, pile on a dish, and sprinkle with sugar.

BANANA CAKES.

Prepare a light Genoese mixture, and fill with it the required number of small buttered, boat-shaped moulds, then bake these in a moderate oven. When the little cakes are cool enough, hollow out a portion of the centre of each.

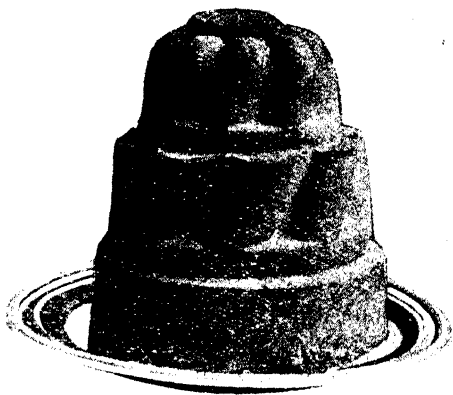
Peel 3 or 4 bananas and cut them into slices; put these in a dish, besprinkle with a little kirsch, orange-flower water and castor sugar. Range the banana slices neatly in the cavity and on top of each cake, then mask over the surface with dissolved apricot marmalade, and lastly besprinkle over each with finely-chopped pistachios.

BANANA LAYER CAKE.

Take 4 ripe bananas, 8 oz. of flour, 4 oz. of butter, 6 oz. of castor sugar, 2 oz. of chopped walnuts or other nuts, shelled and peeled, 3 or 4 eggs and a few drops of vanilla essence. For layer filling:—2 ripe bananas, 1 oz. of icing sugar, and vanilla essence to flavour.

Cream the butter and sugar in a basin until creamy. Add the eggs separately and beat well, stir in the bananas, previously peeled and mashed through a sieve, the sifted flour, nuts and vanilla flavouring. Put the mixture in 2 well-greased shallow tins, cook in a moderate oven from $\frac{3}{4}$ to 1 hour. When cooked, place on a sieve to cool. Skin and mash the 2 bananas, add the sifted icing sugar and vanilla essence to flavour and mix well. Spread this between the two cakes. If liked the top of the cake can be coated with royal or transparent icing (see Chapter VIII) and decorated to taste with slices of bananas or glacé cherries.

PLAIN CAKES



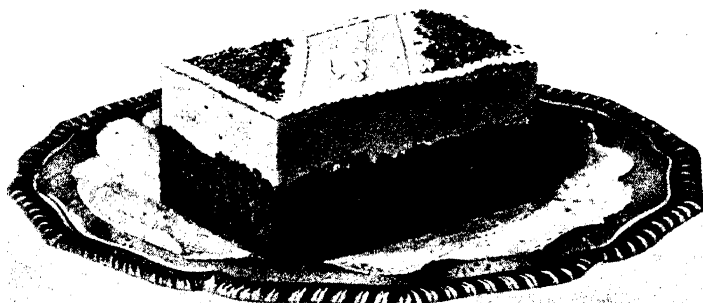
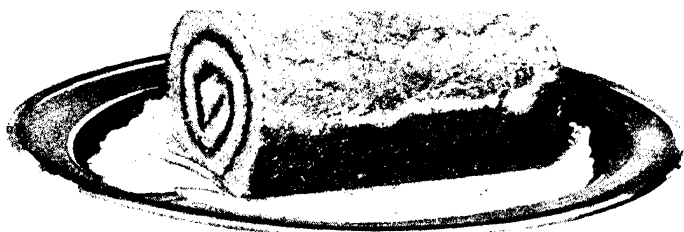
1. Savoy Cake Mould.

2. Madeira Cake.

3. Currant Cake.

[Facing page 16]

PLAIN CAKES



1. Rock Cakes.

2. Swiss Roll.

3. Tennis Cake.

BORDEAUX CAKE.

Take some Madeira mixture, spread it on sandwich tins about $\frac{1}{2}$ inch thick. Bake it to a light brown colour. When cold, place one layer on another, with red-currant jelly between and on the top of each. Ice over with fondant icing, and pipe or decorate according to fancy.

BOSTON BREAKFAST CAKES.

Take 1 quart of milk, 1 large spoonful of sugar, 1 oz. of distillery yeast, 2 eggs, a little salt, flour. This makes about 1 dozen cakes.

Dissolve the yeast in the milk, add the sugar, and stir in about $\frac{3}{4}$ lb. of flour, beat into a good tough batter, set it aside where it will not get chilled, and leave it all night, but do not stand it where it will be too hot, or it will turn sour. In the morning add the eggs and a little salt in fine powder, and after beating it well up add a little more flour, but using only enough to prevent the dough running; then let it prove, and divide up into 2-oz. pieces, prove on a floured board, and cook for about $\frac{1}{2}$ an hour either on a hot plate or in the oven. When done, break them open, and give a liberal allowance of butter. Serve hot.

BREAKFAST CAKE.

Have ready 1 lb. of bread dough (*see* HOME-MADE BREAD, page 74), 2 oz. of butter, 2 oz. of castor sugar, 1 or 2 eggs.

Spread the dough on the board, lay the sugar and butter on top, break the eggs, and rub well together with the hands until it is well mixed, then put it into a tin, and let it prove until it becomes light, then bake in a moderately warm oven.

BREAKFAST CAKES.

Take 1 lb. of flour, $\frac{1}{2}$ teaspoonful of baking-powder, $\frac{1}{2}$ teaspoonful of salt, $\frac{3}{4}$ pint of milk, 1 oz. of castor sugar, and 2 eggs.

These cakes are made in the same manner as bread, with the addition of eggs and sugar. Mix the flour, baking-powder and salt well together, and stir in the sifted sugar. Add the milk and the eggs, which should be well whisked and with this liquid work the flour, etc., into a light dough. Divide it into small cakes, put them into the oven immediately, and bake for about 20 minutes.

BRETON CAKES.

Place at hand 1 lb. of self-raising flour, 8 oz. of sugar, 4 oz. of butter, 2 eggs, the grated rind of 1 lemon, 8 oz. of currants (cleaned), and a little milk. Mix altogether and finish in the same way as for INTERMEDIATE CAKES (*see* recipe, page 33).

BRIDE OR CHRISTENING CAKE. (A 24 lb. cake.)

(*See also* WEDDING CAKE, page 54.)

Have ready 3½ lb. of the finest flour, 3 lb. of fresh butter, 7½ lb. of currants, 3 lb. of castor sugar, 2 grated nutmegs, ¼ oz. of mace, ¾ oz. of cloves, 24 eggs, 1 lb. of sweet whole blanched almonds, ½ lb. of candied citron, ¾ lb. each of candied orange- and lemon-peel, 1 gill of brandy.

Take some good strong household flour and rub it through a fine sieve on to a sheet of paper. Well wash, dry and pick the currants, and lay them on the table ready for use. Blanch the almonds, shred the peel very fine, and mix it with the currants. Break the eggs, taking especial care to eliminate any that are bad or musty, and put them into a clean basin. Weigh the sugar and roll it on the table with a rolling-pin to break up all lumps; put it in a large pan, add the butter and all the spices in fine powder, and proceed to beat the mixture up to a light cream with the hand; add the eggs 2 at a time, allowing an interval of at least 5 minutes between each addition of eggs, beating as hard as possible all the time. When all the eggs have been put in, mix in the fruit and peel, and last of all add the flour, with the brandy. When thoroughly well mixed, put it out into well-papered hoops and press it down in the centre with the back of the hand, set it into a cool oven and bake for about 6 hours. This recipe will make about 24 lb. of cake, but if a fairly large oven is not available, it would be better not to bake the whole of this quantity in 1 hoop, or it will not make a very satisfactory cake, as the top and sides will be burnt and dried before the cake can be properly cooked. It would therefore be preferable to divide into 2 or more smaller cakes. To ascertain if the cake is properly cooked, test it with a clean skewer or larding needle, taking care that the skewer is perfectly clean and dry; plunge it lightly into the centre of the cake, and if done the skewer will come out perfectly clean. On the other hand, according

to the quantity and condition of the paste which adheres to the skewer the identical state of its rawness can be estimated, and individual judgment must determine how much longer it will require in the oven. As these cakes are better for keeping, it is advisable to make and bake them at least 3 months before they are required. If this is done, the best way to keep them is to strip off all the paper they were baked in, and then to wrap up each cake in a large sheet of rice parchment or wax-paper. Next wrap it up in several thicknesses of clean newspaper, pack away in a tin or airtight box, and stow away in a dry cool place.

Wedding or Bride's Cakes are thickly encrusted with Almond icing (page 117), and then iced over with Icing (page 123), and when dry are decorated with piping, silver leaves, artificial flowers, and gum-paste ornaments. Where something special is desired, natural flowers are sometimes used for decoration purposes.

BRIOCHES.

Take 2 lb. of flour, $\frac{3}{4}$ lb. of butter, 1 oz. of compressed yeast, 4 oz. of sugar, 4 eggs, $\frac{1}{2}$ oz. of salt, and a little warm water.

Put $\frac{1}{2}$ lb. of the flour on a board, hollow it in the centre, put in the yeast dissolved in a little warm water, mix rather tight, and set it to rise in a covered pan near the fire. Put the rest of the flour on the board, and after making a hole in the centre, add the butter, salt, sugar and eggs, and work till the paste is smooth. When the sponge is well risen (it ought to expand to double its original size), mix it with the paste, and again set it to rise for 3 hours. Next put the paste on a board, knead it well, and fold it over 2 or 3 times, and a third time set it to rise for 2 hours; once more knead it out, fold it up, and put on the ice or in a cool place till firm. This dough may be used for small cakes, or to form cases for compôtes, custards, etc. Time to bake, about 20 minutes.

BUCKWHEAT CAKES. (American Recipe.)

Place at hand 1 cup of buckwheat flour, $\frac{1}{2}$ cup of Indian corn meal, $\frac{1}{2}$ cup of a fine flour, $\frac{1}{4}$ cup of brewers' yeast, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{4}$ teaspoonful of bicarbonate of soda, 1 pint of boiling milk or water. This quantity makes about 1 $\frac{1}{4}$ lb. of cake.

Pour the boiling water or milk over the Indian corn meal, add the salt, and stir well. Let it remain covered until lukewarm, then add the buckwheat flour, the white flour and the yeast, and beat well. Cover with a cloth, and let the preparation stand all night, and in the morning repeat the beating. When the batter has risen again add the soda dissolved in a little warm water, beat well again, and at once bake for about 10 minutes, on a griddle.

CALIFORNIA JUMBLES.

Take 1 lb. of sugar, 1 lb. of butter, 1½ lb. of flour, 2 oz. of grated lemon-peel, the whites of 4 eggs. This mixture makes about 3 or 4 dozen Jumbles.

Beat the butter and sugar together very lightly, add the lemon and the egg whites, then sieve and mix in the flour. Turn out on to a paste-board and mould up into a stiff dough, divide it into 4 or 5 pieces, and roll them out carefully into lengths about the thickness of the little finger. Cut off into 4-inch lengths, turn the ends in scroll fashion, set them on a clean greased tin, leaving plenty of room for them to spread, and bake in a moderate oven for about 30 minutes.

CHERRY CAKE.

Take 12 oz. of flour, 8 oz. of butter, 6 oz. of castor sugar, 4 oz. of glacé cherries, 2 or 3 eggs, 1 teaspoonful of baking-powder, the grated rind of 1 lemon, and a little milk.

Line a cake tin with greased paper, sieve the flour and the baking-powder together, and grate the lemon-rind into it. Cream the butter and sugar, add the eggs, which should be well beaten, stir in the flour lightly, and the cherries cut into halves and, if necessary, a little milk, but keep the mixture fairly stiff. Put into the prepared tin, and bake for about 1½ hours in a moderate oven.

CHOCOLATE CAKES.

Place at hand 1 lb. of Genoese paste (*see* page 97), and add 4 oz. of grated chocolate. Put it into flat moulds, and bake it in a moderate oven. When the paste is cold, cut it in halves, and place one on the other with red-currant jelly between. Ice over with chocolate icing (*see* page 118), and ornament the dish as desired.

CHOCOLATE FINGERS.

Take 6 oz. of fine flour, 3 oz. of butter, 4 oz. of castor sugar, 2 eggs, 2 oz. of unsweetened chocolate, 1 gill of milk, vanilla essence, 1 teaspoonful of cream of tartar, and $\frac{1}{2}$ teaspoonful of bicarbonate of soda.

Line a shallow baking-tin with a greased paper. Melt the chocolate, and add $\frac{1}{2}$ gill of milk, and stir until it boils, add a few drops of vanilla—then cool. Cream the butter and sugar, add yolks of eggs, and beat well. Sieve the flour and cream of tartar together on to a piece of paper. Dissolve the bicarbonate of soda in $\frac{1}{2}$ gill of milk, and add to the creamed butter and yolks, then stir in the chocolate, flour, and last of all the stiffly-whisked whites of eggs. Spread evenly over the tin about $\frac{3}{4}$ inch thick. Bake for about 15 minutes in a fairly hot oven. Turn out carefully on to a piece of paper sprinkled with castor sugar, and when cool, ice with chocolate icing. Cut into fingers, and decorate to taste with royal icing, or almonds, cherries, angelica, etc.

This mixture can be made into 1 cake and baked for about 1 hour, or if put into a greased pudding-mould and steamed for $1\frac{1}{2}$ hours will make a very delicious pudding.

CHRISTENING CAKE. (*See Bride Cake, page 18.*)**CHRISTMAS CAKE, No. 1.**

Take 1 lb. of butter, 1 lb. of castor sugar, 1 lb. of sultanas 1 lb. of currants, $\frac{3}{4}$ lb. of mixed candied peel. 2 lb. of flour, $\frac{1}{2}$ oz. of baking-powder, 8 eggs, and a little milk.

Sieve the baking-powder 2 or 3 times with the flour on to a sheet of paper to mix well. Put the butter and the sugar into a clean pan and stand in front of the fire to soften. Weigh the fruit on to the flour, having carefully cleaned and picked them free from stalks and stones. Cut up the peel into thin shreds, and lay it with the fruit and flour. Break the eggs into a clean basin. Now proceed to beat up the butter and sugar into a cream with your hand, add the eggs 1 at a time, beating well after each addition of egg. When all are in, add the flour and fruit, moisten to the usual cake batter consistency with milk, and bake in round or square well-papered and greased tins. This will make about $7\frac{1}{2}$ lb. of cake, and can be baked as one or more cakes as desired. It will take from 3 to 4 hours to bake.

CHRISTMAS CAKE, No. 2.

Have ready $2\frac{1}{2}$ teacupfuls of flour, $\frac{1}{2}$ teacupful of melted butter, 1 teacupful of cream, 1 teacupful of treacle, $\frac{3}{4}$ teacupful of moist sugar, 2 eggs, $\frac{1}{2}$ oz. of powdered ginger, $\frac{1}{2}$ lb. of raisins, 1 teaspoonful of bicarbonate of soda, and 1 tablespoonful of vinegar.

Make the butter sufficiently warm to melt it, but do not allow it to oil; put the flour into a basin, add to it the sugar, ginger, and raisins, which should be stoned and cut into small pieces. When these dry ingredients are thoroughly mixed, stir in the butter, cream, treacle, and well-whisked eggs, and beat the mixture for a few minutes. Mix the bicarbonate of soda with the dry ingredients, taking great care to leave no lumps, then stir the vinegar into the dough. When it is wetted, put the cake into a greased tin or mould, place it in a moderate oven immediately, and bake it from $1\frac{3}{4}$ to $2\frac{1}{2}$ hours.

COCO-NUT CAKE.

Cream 6 oz. of butter with 8 oz. of castor sugar, and add 3 eggs, 1 at a time, then lightly stir in 1 lb. of flour, previously sieved with 1 teaspoonful of baking-powder, now add 2 oz. of desiccated coco-nut and lemon flavouring. Lastly, add a little milk to form the correct cake-batter consistency, divide the mixture into 2 or more well-papered and greased tins as preferred, and bake in a moderately warm oven. When cold, coat and decorate the top with chocolate icing, brush the sides over with warm jam, and sprinkle over with coco-nut chips.

COCO-NUT ROCKS.

Take 10 oz. of flour, $\frac{1}{2}$ lb. of butter, 6 oz. of desiccated coco-nut, 8 oz. of castor sugar, and 2 or 3 eggs.

Beat the sugar and butter together; add the coco-nut and flour by degrees, then the eggs, still beating the mixture. Drop it in small spoonfuls on to a baking-tin (greased), and bake for about 8 minutes in a quick oven.

COFFEE CAKE.

Place at hand $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of brown sugar, $\frac{1}{4}$ lb. of golden syrup, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of sultanas, $1\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ oz. of baking-powder, 2 eggs, $\frac{1}{2}$ oz. of nutmeg, cloves and cinnamon mixed, coffee, and a little milk.

Sieve the baking powder and spices with the flour into a pan; add the sugar and butter, rub well together, make a well in the centre, pour in the syrup, add about $\frac{1}{4}$ pint of strong cold coffee, break in the eggs, and beat well together; then mix in the other ingredients with a strong wooden spoon, using a little milk if not moist enough, mix in the fruit last, and then bake in a long square cake pan nicely papered.

COMPIEGNE CAKE.

Take some brioche dough (*see* page 19), of sufficient quantity to half fill a flat round tin mould. Stand the mould on a stove until the dough rises to the border, then bake it in a moderate oven, and when cold ice over with vanilla icing.

COMPOSITION CAKE.

Take $\frac{1}{2}$ lb. of flour, 6 oz. of castor sugar, $\frac{1}{4}$ lb. of butter, 1 egg, $\frac{1}{2}$ teacupful of cream, $\frac{1}{4}$ teaspoonful of baking-powder, nutmeg.

Beat the sugar and butter to a cream, add the egg, then the cream, flour and spice. This cake requires well beating. Put into a round prepared tin, and bake in a quick oven for about 1 hour.

CORN CAKES.

Have ready $\frac{1}{2}$ lb. of corn meal, $\frac{3}{4}$ lb. of flour, 2 teaspoonfuls of baking-powder, 1 teaspoonful of salt, 2 eggs, $\frac{1}{2}$ lb. of golden syrup, milk. These ingredients make 4 small cakes.

Rub the baking-powder and salt well into the meal and flour, then mix into a nice pliable dough with the eggs and the syrup, using no more milk than is necessary. Bake on tin plates in a quick oven for about 30 minutes.

CORNFLOUR CAKES.

Take 4 oz. of cornflour, 4 oz. of flour, 6 oz. of butter, 6 oz. of sifted sugar, and 2 eggs.

Melt the butter, then add the other ingredients; beat for 20 minutes. Lay into patty-pans, and bake in a warm oven.

CREAM CAKES.

Place at hand $\frac{1}{2}$ lb. of fresh butter, 1 pint of warm water, $\frac{3}{4}$ lb. of sifted flour, 6 eggs, $\frac{1}{2}$ pint of sweet milk, 3 tablespoonfuls of cornflour, 3 oz. of castor sugar, and a little vanilla or lemon flavouring.

Put the butter into a clean stewpan, add the warm water and slowly bring it to the boiling-point, stirring often. When it boils, put in the flour, continue stirring, and boil for 5 minutes, then turn it into a deep dish to cool. Break 5 eggs, and beat them well & at a time into the cool paste, drop the mixture in teaspoonfuls on to the greased paper, taking care they do not run into each other; set them on to a flat baking-sheet. Bake for 15 minutes. Boil the milk after mixing the cornflour with a little of it, beat up the remaining egg, and add to the cornflour; then pour the boiling milk on the egg, put in the sugar and a little vanilla or lemon flavouring, and about 1 oz. of fresh butter. Stir the mixture well until it is smooth and thick, then set it aside to cool. Split the cakes open, fill up with cornflour custard, and dredge over with sugar.

CUP CAKES, PLAIN. (American Recipe.)

Take 3 level cupfuls of flour, 1 cupful of sugar, $\frac{1}{2}$ cupful of butter, 1 cupful of milk, 3 eggs, 1 teaspoonful of cream of tartar, 1 teaspoonful of bicarbonate of soda, the finely-grated rind and juice of 1 lemon. This makes about 18 small cakes.

Sieve the flour, cream of tartar and soda together. Beat and add the eggs stir in the milk, lemon-rind and juice, and lastly the flour. Bake in shallow tins or small cups from 20 to 25 minutes.

CUP CAKES, RICH. (American Recipe.)

Have ready 4 cupfuls of flour, 2 cupfuls of sugar, 1 cupful of butter, $\frac{1}{2}$ cupful of milk, 6 eggs, 1 tablespoonful of lemon-juice, $\frac{1}{2}$ teaspoonful of vanilla essence, 1 teaspoonful of cream of tartar, $\frac{1}{2}$ teaspoonful of bicarbonate of soda. These ingredients make about 18 small cakes.

Beat the butter and sugar to a cream, add the yolks of eggs, milk and vanilla essence, and after sieving together the flour, cream of tartar and soda, stir it lightly in. Lastly add the whites of eggs previously stiffly whisked. Bake in a fairly hot oven for about 1 hour.

CURRENT CAKE, PLAIN.

Take 8 oz. of butter, 6 oz. of lard, 12 oz. of sugar, 1 $\frac{1}{2}$ lb. of good self-raising flour, 1 lb. of currants (cleaned), 3 eggs, and sufficient milk to moisten the dough. Add a little mixed spice, and proceed as in making Pound Cake.

DELICIOSA CAKES. (S. African Recipe.)

Have ready 4 oz. of Jordan or Valencia almonds, 8 oz. of castor sugar, 3 stale sponge cakes, the whites of 3 eggs, $\frac{1}{4}$ teaspoonful of finely-grated orange-rind, $\frac{1}{4}$ of a teaspoonful of powdered cinnamon, some whipped cream, and a little strawberry or any other jam.

Pound or finely-chop the almonds, and pass the sponge cakes through a fine sieve. Mix the two together, add the orange-rind and cinnamon, and stir in the whites of egg. Bake in well-buttered small patty-pans for about 15 minutes, turn out, and when cold garnish with a small pyramid of cream with a little jam in the centre.

DOUGHNUTS.

Take $\frac{1}{2}$ pint of new milk, $\frac{1}{2}$ oz. of compressed yeast, 1 egg, 2 oz. of sugar, 2 oz. of butter, flour, a little raspberry jam and some lard for frying.

Make the milk warm, and dissolve the yeast in it ; stir in about $\frac{1}{2}$ lb. of flour and the sugar, cover over, and stand the mixture aside in a warm place where it will not be disturbed, and leave it to rise up and drop. When it drops it is ready, but it must not be touched until it has dropped. When ready, add the melted butter, the egg, and a pinch of salt ; beat them well together, and then add sufficient flour to make a workable paste. Put the paste, when made, into a basin, cover over, and stand it aside in a warm place to prove ; when well proved, turn out on to the board, dry over, and divide up into 2-oz. pieces, mould up round, then flatten the pieces out slightly with a rolling-pin, damp round the edges, lay 1 spoonful of raspberry jam in the centre, and gather the edges into the centre, forming them up into round balls with the jam in the middle ; pinch them together firmly and lay them on a clean floured cloth as each one is worked. Cover over with another cloth when they have all been done, and stand them aside to prove. When they are light enough, have ready a pot of boiling lard on the stove, drop the doughnuts into it, cook them for about 7 minutes on one side and then turn them over and cook them the reverse way. Take up with a drainer on 3 or 4 thicknesses of clean kitchen paper, and when the doughnuts have all been cooked roll them into fine castor sugar and serve.

DOUGHNUTS WITH BAKING-POWDER.

Have at hand $1\frac{1}{2}$ lb. of flour, 3 oz. of sugar, 3 oz. of butter, $\frac{1}{2}$ oz. of baking-powder, 1 egg, milk, jam, lard for frying. This makes about 1 dozen doughnuts.

Sift the baking-powder well with the flour, then rub in the butter and sugar, make a ball, break in the egg, and add sufficient milk to wet it up into a nice pliable paste. Dry it over on the board, and then roll down in rather a thin sheet, cut out with a small plain round cutter, lay them separately on the board as they are cut out, gather the trimmings into a heap without kneading them, roll them out into a sheet with the rolling-pin, and cut out with the same size cutter; when all are cut out, wash them over slightly with a little cold water, lay a spot of jam out of a spoon upon half of them, and place the other half on top. Pinch round the edges to prevent the jam from running out, stand the doughnuts on a floured board for about 20 minutes, and then cook them in boiling lard as directed in the previous recipe. When done and well drained, dust over with powdered sugar, and serve.

DUNDEE CAKE.

Procure 6 oz. butter, 6 oz. white sugar, 3 eggs, 8 oz. flour, 6 oz. currants (cleaned and picked), 3 oz. raisins (stoned and chopped), 4 oz. sultanas, 2 oz. mixed peel (chopped), the grated rind of $\frac{1}{4}$ of a lemon, $\frac{1}{2}$ a teaspoonful of ground cinnamon, $\frac{1}{2}$ of a teaspoonful of grated nutmeg, a little milk if necessary, $\frac{1}{4}$ of a gill of brandy, and 2 oz. of almonds.

Cream the butter and sugar together in a clean basin, add the well-beaten eggs one at a time, and the brandy, and stir quickly. Mix in the flour carefully sieved with the baking powder, the cleaned fruit together with the lemon rind, cinnamon, nutmeg, and about two-thirds of the almonds (peeled and chopped). If necessary add a little milk, but the mixture must not be too moist. Place the mixture in a prepared cake-tin, sprinkle over the remainder of the almonds, and bake in a moderate oven for about 2-2 $\frac{1}{2}$ hours. When cooked and firm to the touch place the cake on a wire sieve or rack to cool.

ECONOMICAL CAKE.

Take 1 lb. of flour, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{4}$ lb. of butter, lard, or beef dripping, $\frac{1}{2}$ lb. of currants, 1 teaspoonful of baking-powder, 2 eggs, $\frac{1}{2}$ pint of milk.

Beat the butter and sugar to a cream, well beat in the eggs, then stir all the ingredients together. When the mixture has been well beaten, stir in the fruit, put the cake in a greased mould, and bake it in a moderate oven for $1\frac{1}{2}$ hours.

FARMER'S FRUIT CAKE.

Procure 1 cup of dried sour apples, 1 cup of golden syrup, 1 cup of sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of sour milk, 1 teaspoonful of bicarbonate of soda, 2 teaspoonfuls of cinnamon, 1 teaspoonful of cloves, 1 egg, 2 cups of flour. Sufficient for 3 or 4 small cakes.

Chop the apples fine, and soak them overnight; in the morning let them simmer for 2 hours with the golden syrup. Prepare the other ingredients as for any cake, beating well, and adding the apple and syrup when a little cool but not cold. Bake in small greased tins in a moderate oven from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour.

FLANNEL CAKES.

Take 1 quart of milk, 1 tablespoonful of butter, 2 eggs, $\frac{3}{4}$ lb. of sifted flour, 1 oz. of yeast. Sufficient for 1 dozen cakes.

Melt the butter in the milk, and when lukewarm add the eggs, the whites and yolks beaten separately, and stir in the flour. Add the dissolved yeast, beat well, and leave to rise. Then make into cakes, and bake for 15 minutes in a hot oven. This mixture will be very soft, and requires very careful handling. The cakes are nice broken open while hot and toasted.

FRENCH CAKE.

Have ready 2 lb. of flour, $\frac{1}{2}$ oz. of yeast, 1 lb. of butter, 4 eggs, $\frac{1}{2}$ lb. of best raisins, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of sugar, milk.

Take away $\frac{1}{2}$ lb. of the flour, make a hole in the rest, and put in the yeast mixed with a little warm water; work it to a sponge, and place it in a warm place to rise. When it has risen sufficiently work the butter and eggs with the remaining flour into it, and knead it twice with the hands, adding a little milk if it is too stiff. Stone and cut up the raisins, add the currants and sugar, mix all the ingredients well together with the sponge; put into a well greased tin mould, and let the whole stand for 1 or 2 hours to rise. When well risen bake in a moderate oven for 1 or $1\frac{1}{2}$ hours.

FRUIT CAKE.

Take butter, flour, currants, candied peel and sugar each $\frac{1}{2}$ lb., $\frac{1}{2}$ a grated nutmeg, a few chopped almonds, the juice and rind of 1 lemon, 2 eggs, a little milk.

Beat the butter to a cream, add the eggs one by one, and then the other ingredients, and bake in a paper-lined and greased tin for about 2 hours. The oven must not be too hot.

GÂTEAU ST. HONORÉ.

Take 6 oz. of fine flour, 3 oz. of butter, 2 oz. of sugar, 1 egg, and a little milk.

Rub the butter and sugar into the flour, make a bay, break the egg into a cup, beat it up with a fork, put half of it into the bay, add moisture and work into a stiff paste, using a little milk if required. Mould it up round, and then roll it out to about the size of a pudding plate, set it on to a clean tin, and let it stand for 2 hours, prick it all over with a fork and then make up the following: $\frac{1}{2}$ pint of water, 3 oz. of butter, $\frac{1}{2}$ oz. of sugar, 4 oz. of flour, 3 eggs, a pinch of salt. Put the butter and water into a clean stewpan and set it over the fire; mix the sugar and flour together, and when the liquor boils turn in the flour, stir it well over the fire until it thickens and the whole of it can be lifted out of the pan with a spoon; then take it off the fire, let it stand for a few minutes, and beat in the eggs one at a time with a large wooden spoon. When the whole of the eggs have been beaten in, put the mixture into a savoy bag with a plain tube, and lay a ring round the piece of paste prepared on the tin—lay the ring as near the edge as possible, but take care that it does not run over the edge on to the tin—and lay out the remaining paste in about 12 small buttons on another tin, and bake in a moderate oven. When done, dredge some sugar over, and run it with a red-hot "salamander."

Now boil up about $\frac{1}{2}$ lb. of loaf sugar to nearly a caramel, put a skewer into the small buttons, dip them separately into the sugar syrup, and stick them round upon the ring of paste close together, place a glacé cherry in each one of the cakes, and further decorate with some nicely-cut leaves of angelica. Now pile the centre up with whipped cream sweetened and flavoured as required, set it on a lace paper on a glass dish or compôte dish, and send to table.

GENOA CAKE.

Have ready 2 eggs, 4 oz. of butter, 6 oz. of flour, $\frac{1}{4}$ lb. of castor sugar, milk, apricot jam, and some chocolate or other icing.

Slightly warm the butter in a clean basin until it is easy to beat with a wooden spoon, then add the sugar and beat to a cream; next the eggs one by one, and the milk, then mix in the flour. Pour the mixture into a greased baking-tin, and bake in a quick oven for about 10 minutes. When cold divide the sheet in two, and sandwich together with apricot or any other jam. Coat it with icing, and let it stand for a few minutes.

GENOA CAKE. (New Style.)

Have at hand 12 oz. sifted flour, 8 oz. butter, 8 oz. castor sugar, 6 eggs, 6 oz. cleaned sultanas, 2 oz. peeled almonds, 1 teaspoonful of baking powder, and 1 lemon.

Cream the butter and sugar together and add to the flour, then grate in the rind of the lemon. Work in the eggs one by one and beat well. Next add the fruit and almonds cut into shreds, together with the baking powder. Place in a well-greased cake tin and bake for about 35 minutes.

GINGERBREAD, ANDREW'S.

Procure $1\frac{1}{4}$ lb. of flour, $\frac{1}{4}$ lb. of sugar, 6 oz. of butter, 2 or 3 eggs, 1 tablespoonful of ground ginger, 6 oz. of golden syrup.

Beat the butter, sugar and golden syrup to a cream, and beat in the eggs one at a time: add the flour, mixed with the ginger, till the mixture is thick enough to roll out. Roll into thin sheets, cut out with a plain round cutter, and bake on flat baking-tins from 20 to 25 minutes. Sufficient for 4 dozen cakes.

GINGERBREAD HONEYCOMB.

Take $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of the coarsest brown sugar, $\frac{1}{2}$ lb. of golden syrup, $\frac{1}{4}$ lb. of butter, 1 dessertspoonful of allspice, 2 tablespoonfuls of ground ginger, the peel of $\frac{1}{2}$ a lemon grated and the whole of the juice.

Mix all these ingredients together, forming a paste sufficiently thin to spread upon baking-sheets. Beat it well, grease the tins, and spread the paste very thinly over them; bake it in a rather slow oven, and watch it until it is done;

withdraw the tins, cut the gingerbread in pieces about 4 inches square with a knife, and roll each piece round the fingers as it is raised from the tin.

GINGERBREAD, THICK.

Have at hand 1 lb. of golden syrup, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of coarse brown sugar, $1\frac{1}{2}$ lb. of flour, 1 oz. of ground ginger, $\frac{1}{2}$ oz. of ground allspice, 1 teaspoonful of bicarbonate of soda, $\frac{1}{4}$ pint of warm water, 1 or 2 eggs, and a little milk.

Put the flour into a basin, with the sugar, ginger, and allspice; mix these together; warm the butter, and add it with the syrup to the other ingredients, Stir well; make the water just warm, dissolve the bicarbonate of soda in it, and mix the whole into a nice smooth dough with the eggs, which should be previously well whisked, and a little milk; pour the mixture into a greased tin, and bake it from $\frac{3}{4}$ to 1 hour, or longer should the gingerbread be very thick. Just before it is done brush over with the yolk of an egg beaten up with a little milk, and put it back in the oven to finish baking.

GINGERBREAD, WHITE.

Take 1 lb. of flour, $\frac{1}{4}$ lb. of butter or 6 oz. of good beef dripping, $\frac{1}{2}$ lb. of castor sugar, the rind of 1 lemon, 1 oz. of ground ginger, 1 nutmeg grated, $\frac{1}{4}$ teaspoonful of carbonate of ammonia, 1 gill of milk. Sufficient for 1 dozen.

Sift the flour, salt and baking-powder together in a basin, rub in the fat, add gradually the milk, and work into a light paste. Roll out on a floured board $\frac{1}{4}$ inch thick. Stamp out into rounds with a 2-inch cutter, place them on a greased baking-sheet, and bake for 15 minutes. Brush over with sweetened milk when nearly done, and return to the oven for another 5 minutes.

GINGER CAKES.

Procure 12 oz. of best butter, $1\frac{1}{2}$ lb. of flour, 9 oz. of sugar, $\frac{1}{2}$ pint of fresh cream, and 3 oz. of ginger.

Sift the flour on the paste board, make a hole in the centre, and put in the powdered sugar, the butter, the ginger and the cream. Mix the whole together into a stiff paste. Roll it out about $\frac{1}{4}$ inch thick, and cut it into round cakes with a biscuit cutter. Put these on tin plates, previously floured over, and bake them in a quick oven.

GINGER CAKE, PLAIN.

Have at hand $\frac{1}{2}$ lb. of best butter, $2\frac{1}{4}$ lb. of good self-raising flour, 1 lb. of sugar, 4 oz. of ginger, 4 oz. of finely-chopped orange peel, and 1 pint of water.

Mix these into a paste, and roll out as for the preceding cake. Before the cakes are baked prick them well all over.

HAZEL-NUT CAKES.

Take 4 oz. of dried hazel nuts (passed through a nut-mill), 12 oz. of flour, 5 oz. of sugar, 3 oz. of butter, 2 eggs, milk.

Line a cake-tin with 3 layers of greased paper. Cream the butter, add the sugar, beat well. Add each egg separately, beating them in, stir in the flour, ground hazel-nuts, and sufficient milk, making the mixture not too soft. Put into the prepared tin, and bake for about 2 hours in a moderate oven. It is advisable to stand the tin on a flat tin containing salt or sand to prevent the mixture burning.

HOLIDAY CAKE.

Place at hand 2 lb. of flour, $\frac{3}{4}$ lb. of castor sugar, $\frac{3}{4}$ lb. of butter and beef dripping or lard mixed, 1 lb. of currants, $\frac{1}{2}$ lb. of stoned raisins, $\frac{1}{4}$ lb. of mixed candied peel, 2 oz. of baking-powder, 3 eggs, 1 pint of milk.

Mix the baking powder with the flour, then rub in the fat; have ready the currants, washed, picked, and dried, the raisins stoned and cut into small pieces (not chopped), and the peel cut into neat slices. Add these with the sugar to the flour, etc., and mix all the dry ingredients well together. Whisk the eggs, stir into them the milk, and with this liquid moisten the cake; beat it up well, that all the ingredients may be very thoroughly mixed; line a cake-tin with greased paper, put in the cake, and bake it from $2\frac{1}{2}$ to $2\frac{3}{4}$ hours in a good oven. To ascertain when it is done, plunge a clean skewer into the middle of it, and if on withdrawing it looks clean and not sticky the cake is done. To prevent its burning at the top a piece of clean paper may be put over the cake while it is baking.

HONEY CAKE. (S. African Recipe.)

Take 3 lb. of flour, 1 lb. of sugar, $1\frac{1}{2}$ pints of honey, 2 teaspoonfuls of ground cinnamon, 1 teaspoonful of ground cloves, $\frac{1}{2}$ wineglassful of brandy, 1 oz. of potash (bare weight), 1 tea-

spoonful of bicarbonate of soda. Sufficient for about 3 cakes.

Boil the honey and sugar together, stir in the cinnamon, cloves and potash, remove from the fire and add the brandy. Mix the flour and soda together in a basin, add the contents of the stewpan, and knead well. Roll out thinly, put into buttered tins, and bake in a slow oven for 1 hour. Cut into squares, and keep in an airtight tin. Candied citron-peel, shredded, will be found an improvement.

HONEY CAKES.

Place at hand 4 oz. of castor sugar, 4 eggs, 2 oz. of honey, 2 oz. of finely-chopped almonds, 2 oz. of finely-shredded candied peel, $\frac{1}{2}$ lb. of best flour, $\frac{1}{4}$ lb. of cornflour, 1 teaspoonful of baking-powder, $\frac{1}{2}$ teaspoonful of ground ginger, and 1 teaspoonful of ground cinnamon.

Break the eggs into a basin and whisk up with the sugar until cream-like in consistency. Melt the honey and stir it into the above, add also the ginger and cinnamon and mix thoroughly. Sift the flour and blend with the cornflour and baking-powder; work this carefully into the above mixture, beat well, and add the almonds and candied peel. Have ready one large or several small cake moulds, fill them with the prepared dough and bake in a fairly hot oven from 30 to 40 minutes. Turn out and let cool. These cakes may be iced if liked with honey-flavoured chocolate icing, and ornamented on top with split almonds and glacé cherries.

HUCKLEBERRY CAKE. (American Recipe.)

Take $1\frac{1}{2}$ cups of huckleberries, 1 cup of sour milk, $\frac{1}{2}$ cup of sugar, $\frac{1}{4}$ cup of butter, $1\frac{1}{2}$ cups of flour, 1 egg, $\frac{1}{2}$ teaspoonful of bicarbonate of soda, $\frac{1}{2}$ teaspoonful of salt. Sufficient for 2 cakes.

Sieve the salt and flour together, and dissolve the soda in a little warm water. Beat the butter and sugar until white and creamy, stir in the yolk of egg, and add the fruit and flour as lightly as possible. Whisk the white of egg to a stiff froth, stir it and the dissolved soda lightly into the mixture, and pour into well-buttered shallow tins. Bake for about $\frac{1}{2}$ hour in a moderately hot oven. If more convenient, new milk and 2 level teaspoonfuls of baking-powder may be used instead of sour milk and soda.

ICED CAKE.

Take $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of currants, $\frac{1}{2}$ lb. of sugar, $\frac{1}{4}$ oz. of mace and cloves, 12 sweet almonds, 6 bitter almonds, 6 oz. of butter, 3 eggs, 1 oz. of mixed peel, and 1 teaspoonful of bicarbonate of soda.

Blanch and split the almonds, and mix all the dry ingredients together. Warm the butter in a clean basin, add the sugar, and beat to a cream with the hand; add the eggs one at a time, beating well after each addition; when all are in, add the other ingredients, well mix, and turn out into a round papered and greased tin. Bake for about $1\frac{1}{2}$ hours. When cold, cover with white icing and decorate to taste.

INTERMEDIATE CAKES.

Have handy 1 lb. of self-raising flour, 6 oz. of sugar, 7 oz. of butter, 8 oz. of finely-shredded orange and lemon peel, 6 oz. of currants (cleaned), and 1 pint of milk.

Rub the butter into the flour, add the sugar and milk. Mix the ingredients together, and finish in the same way as for Normandy Cakes.

JOHNNY CAKE.

Take 1 teacupful of flour, 1 teacupful of Indian yellow meal, 1 teacupful of milk, 1 cupful of water, 1 tablespoonful of brown sugar, 1 teaspoonful of baking-powder, a pinch of salt, 2 small eggs.

The milk may be either sour or fresh. Mix the dry and the wet ingredients in separate bowls, then put them together, mix well, pour into a greased tin, and bake for $\frac{1}{2}$ hour or more in a fairly quick oven.

LEMON CAKE.

Place to hand 6 eggs, 1 tablespoonful of orange-flower water, $\frac{1}{2}$ lb. of castor sugar, 1 lemon, and 1 lb. of flour.

Break the eggs into a clean basin, add the sugar, and beat up to a stiff batter with a wire egg whisk. Add the orange-flower water, the juice and rind of the lemon, continue the beating for 10 minutes, then take out the whisk, clean it off, add the flour (sifted), and mix it in with a spoon. Butter a cake mould with melted butter, dust it out with a little flour and sugar mixed, turn in the mixture, tie a greased

paper round the top to prevent it running over, and bake for about $1\frac{1}{2}$ hours in a moderate oven.

LINZER CAKE.

Work the following ingredients to a paste :— $\frac{3}{4}$ lb. of ground almonds, $\frac{3}{4}$ lb. of butter, $\frac{3}{4}$ lb. of castor sugar, 1 lb. of flour, 3 eggs, and a flavouring of mixed spice and lemon.

Roll out in circles, and bake in slow oven, then place 3 or 4 layers together and spread raspberry jam or apricot marmalade over each. Then mask over with dissolved apricot jam, cover over with a thin fondant icing, and decorate to taste with crystallized fruits.

LUNCHEON CAKE.

Take $\frac{1}{2}$ lb. of butter or 6 oz. of good beef dripping, 1 lb. of flour, $\frac{1}{2}$ lb. of currants, 6 oz. of moist sugar, 1 oz. of candied peel, 2 eggs, $\frac{1}{2}$ pint of milk, and 2 small teaspoonfuls of baking-powder.

Rub the baking-powder and butter or dripping into the flour until it is quite fine; add the currants (which should be nicely washed, picked and dried), sugar, and candied peel cut into thin slices; mix these well together, and moisten with the eggs, which should be well whisked, and with the milk wet up the other ingredients into a nice soft cake batter. Grease a tin, pour the cake mixture into it, and bake it in a moderate oven from $\frac{3}{4}$ to 1 hour.

MADEIRA CAKE.

Procure 1 lb. of butter, $1\frac{1}{2}$ lb. of flour, $\frac{3}{4}$ lb. of castor sugar, the grated rind of 1 lemon, 2 thin slices of candied peel, 3 to 4 eggs, and a little milk.

Put the butter and sugar into a clean pan, add the grated rind of 1 lemon, and with the hand beat it up to a very light cream; add the eggs one at a time, and beat well after each addition; then add a little milk; when all are in and the batter is very light and creamy, add the flour, stir it in lightly with the hand, and when well mixed divide the mixture equally into 3 or 4 round tins, papered at the bottoms and sides with greased white paper; dust sugar over from a dredger, and lay 2 very thin slices of citron peel on top. Bake in a moderate oven. They will take from 1 to $1\frac{1}{2}$ hours to bake.

MADEIRA CAKE, RICH.

Take 1 lb. of butter, $1\frac{1}{4}$ lb. of sugar, $1\frac{1}{4}$ lb. of good self-raising flour, $\frac{1}{2}$ pint of milk, and 6 eggs.

Beat the butter to a cream, put in the sugar, and mix thoroughly for several minutes, then add the eggs, 3 at a time, stirring well between whiles. Add the self-raising flour with the milk, and mix up again. Put the cakes into a tin hoop lined with paper, brush over the top with some white of egg mixed with a little sugar syrup, laid on evenly. Put a few strips of citron peel on each cake, and bake them in a moderate oven.

MADELEINE CAKES, CHEAP.

Have at hand 1 lb. of flour, 12 oz. of castor sugar, 4 oz. of butter, 3 eggs, and a little lemon rind.

Break the eggs into a basin, add the sugar, and whisk over a gentle fire until it is light and smooth. Remove, and stir in the flour and melted butter. Put the paste into deep fancy moulds, and bake in a quick oven.

MADELEINE CAKES, RICH.

Take the weight of 6 eggs in flour and castor sugar. Then break the eggs and put them into a basin, add the sugar, and whisk well together until it is light and smooth. Melt 4 oz. butter and stir it into the eggs, together with the flour and a little grated lemon-rind. Bake in small greased and floured fancy tins in a hot oven.

MARBLE CAKE.

Procure 2 teacupfuls of flour, 1 cupful of castor sugar, $\frac{1}{2}$ cupful of butter, $\frac{1}{2}$ cupful of milk, 3 whites of eggs, $\frac{1}{2}$ teaspoonful of cream of tartar, and $\frac{1}{4}$ teaspoonful of bicarbonate of soda for the white part; and $2\frac{1}{2}$ cupfuls of flour, $\frac{1}{2}$ cupful of butter, 1 cupful of brown sugar, $\frac{1}{2}$ cupful of treacle, $\frac{1}{2}$ cupful of milk, 2 eggs, $\frac{1}{2}$ teaspoonful of bicarbonate of soda, $\frac{1}{2}$ teaspoonful of cream of tartar, cloves, cinnamon, and mace for the dark part.

Prepare and mix each part separately as follows:—Sift the cream of tartar and bicarbonate of soda well with the flour on the board. Then cream up the butter and sugar, adding the eggs as described in previous mixtures; then mix in the flour. For the dark part the treacle and spice

should be beaten up with the butter and sugar. When both batters have been well mixed up, have prepared two or more square papered and greased frames or tins, laying the colours in alternately, and when all the batters have been used up, finish by spreading them out evenly on top, using the back of a spoon for the purpose. Then put them in a moderate oven and bake from 1 to 2 hours, according to size. When done, turn out on to a clean wire or tray, and when cold, ice over with a little white icing, and marble with a feather dipped in cochineal or liquid carmine.

MEAL CAKES.

Take 2 lb. of wholemeal, $\frac{1}{4}$ lb. of castor sugar, $\frac{1}{4}$ lb. of butter or good beef dripping, 1 oz. of cream of tartar, $\frac{1}{2}$ oz. of bicarbonate of soda, about a pint of milk. Sufficient for 3 dozen cakes.

Put the meal on to the board and make a well in the centre, mix in the cream of tartar and bicarbonate of soda, and pass through a fine hair sieve. Mix the butter and sugar, and then the milk, and work into a smooth paste; allow it to stand for a while, and then roll out to about $\frac{1}{2}$ inch in thickness. Cut out with a suitably-sized crinkled, triangular-shaped cutter, and place on to clean flat tins, dock with a so-called captain docker. Let them stand about an hour, then brush them over with milk and bake in a moderate oven. When no suitable cutter is available cut out the paste into square or oblong slips with a knife, and divide up the slips into triangles.

MOCHA CAKE.

Proceed as directed in ORANGE CAKE, substituting coffee icing for orange icing.

NEAPOLITAN CAKES.

Take $\frac{1}{4}$ lb. of butter, the same quantity of flour, sugar and ground almonds, apricot or any other jam, a few preserved cherries, 1 egg, and $\frac{1}{2}$ lb. of icing sugar.

Rub the butter into the flour and add the ground almonds and sugar, then mix to a paste with the egg. Roll the paste rather thin, cut it in rounds with a plain or crinkled cutter, and bake till yellow in a moderate oven (about 20 minutes) on a greased tin. When cold, spread each round with jam,

and place one over the other evenly. Mix the icing sugar with a little hot water, beat it well and ice the cakes, decorating them with the cherries.

NORMANDY CAKES.

Take 1 lb. of self-raising flour, 6 oz. of sugar, 8 oz. of butter, $\frac{1}{2}$ pint of milk, and a little orange-flower water.

Rub the butter into the flour, then add the sugar and milk. Mix up into a moderately stiff paste, and twist into small oval rings. Brush over with beaten egg, mark across with a knife 4 times each way, to form diamonds, and bake in a hot oven.

ORANGE CAKE.

Place to hand 2 eggs and their weight in butter, sugar and flour, the finely-grated rind of 1 orange, a tablespoonful of orange-juice, $\frac{1}{2}$ teaspoonful of baking-powder. For the mixture: 4 oz. of castor sugar, 1 oz. of butter, 2 tablespoonfuls of orange-juice, finely-grated rinds of 2 oranges, 2 yolks and 1 white of egg.

Cream butter and sugar, add each egg separately, sieve and add the flour and baking-powder, and stir in the orange rind and juice. Bake in a round shallow tin from 25 to 35 minutes. Meanwhile prepare the mixture, beating the sugar and butter together before adding remaining ingredients. Let the cake get cold, then split it, spread on the mixture, replace the upper half, and decorate with orange icing. The mixture must be cooked and stirred until it thickens, and used when cold.

PARKIN.

Take 4 lb. of fine oatmeal, 3 lb. of treacle or golden syrup, 6 oz. of butter or lard, $\frac{1}{2}$ lb. of brown moist sugar, 1 oz. of ground ginger, and a little milk.

Let the treacle warm gradually by the side of the fire until it becomes quite liquid. Rub the butter or lard into the oatmeal, add the sugar and ginger, and stir in the treacle with a wooden spoon. The vessel which held the treacle should be rinsed out with beer, but milk may be substituted. This is added gradually until the right consistency is obtained. The mixture must be smooth, but not drop too easily from the spoon. Have ready some greased Yorkshire pudding

tins, pour in the mixture, and bake in a steady oven until the centre of the parkin feels firm (from 1 to 1½ hours). As the mixture improves by being allowed to stand, each cake should be baked separately when the oven is a small one. Let the parkin cool slightly, then cut it into squares, remove them from the tin, and when cold place them in an air-tight biscuit tin. The parkin may be kept for months.

PLAIN CAKE.

Take 1 lb. of flour, 1½ teaspoonfuls of baking-powder, ¼ lb. of good beef dripping, 1 teacupful of moist sugar, 3 eggs, 1 breakfastcupful of milk, ¼ oz. of caraway seeds, ¼ lb. of candied peel cut fine.

Put the flour and baking-powder into a basin; stir these together; then rub in the dripping, add the sugar, caraway seeds, and peel; whisk the eggs with the milk, and beat all together very thoroughly until the ingredients are well mixed. Grease a tin, put in the cake mixture, and bake it from 1½ to 2 hours. Let the dripping be quite clean before using; to ensure this, it should be clarified. Beef dripping is better than any other for cakes, etc., as mutton dripping frequently has a very unpleasant flavour, which would be imparted to the preparation. The eggs are not necessary.

PLUM CAKE.

Procure 1 lb. of butter, 2 lb. of sugar, 4 lb. of good self-raising flour, 8 oz. of currants, 10 oz. of sultanas, 5 eggs, and 2 pints of milk.

Melt the butter and beat it to a cream. Add the sugar, eggs, flour, and fruit; mix well together. Put the paste in the tins and bake in a quick oven.

PLUM CAKE. (Without Eggs.)

Secure 1 lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, ½ lb. of sultanas, 4 oz. of candied peel, ½ pint of milk, ½ teaspoonful carbonate of ammonia, and a pinch bicarbonate of soda.

Put the flour into a basin with the sugar, bicarbonate of soda, currants, sultanas, and sliced candied peel; beat the butter to a cream, and mix all these ingredients together with the milk. Stir the ammonia into 2 tablespoonfuls of milk; add it to the dough, and beat the whole well until

everything is mixed. Put the batter into a greased tin, and bake the cake from $1\frac{1}{2}$ to 2 hours.

POPULAR CAKE.

Take $\frac{1}{4}$ lb. of butter, 6 oz. of currants, $\frac{1}{4}$ lb. of sugar, 1 lb. of dried flour, 2 teaspoonfuls of baking-powder, 1 or 2 eggs, 1 teacupful of milk, 2 oz. of sweet almonds, 1 oz. of candied peel. Sufficient for a 2 lb. cake.

Beat the butter and sugar to a cream; wash, pick and dry the currants, whisk the eggs, blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together, then add the butter, milk and eggs, and beat the mixture well for a few minutes. Put the cake into a greased mould or tin lined with paper, and bake it for rather more than $1\frac{1}{2}$ hours in a moderate oven. The currants and candied peel may be omitted, and a little lemon or almond flavouring substituted for them.

PORTUGUESE CAKE.

Take 1 lb. sugar, 4 oz. rice flour, 4 oz. ordinary flour, 8 oz. ground almonds, 4 eggs, and 1 oz. of vanilla sugar.

Break 4 eggs, putting the yolks in one basin and the whites in another. Add the ground almonds and the sugar to the yolks, with the vanilla sugar. Work the paste well until it is light, which will take 10 minutes or more; then whisk the whites to a froth, add $\frac{1}{3}$ of the whites to the yolks, and stir in the flour and the rice flour. Pour in the remainder of the whites, and mix gently together into a smooth paste. Place this into so-called "Portugais" moulds and bake in a moderate oven. When cold, trim each piece smooth, place one on the other, with currant jelly between and on the top and sides of each. Ice over with orange fondant icing, and ornament as desired.

POTATO CAKE.

Have to hand 1 lb. of potato flour, $\frac{1}{2}$ lb. of butter beaten to a cream, $\frac{1}{2}$ lb. of castor sugar, 1 egg, or the whites of 2, 10 drops of essence of lemon.

Mix the ingredients, and beat them thoroughly for 10 minutes, then pour into a greased cake-tin, and bake for 15 minutes in a rather quick oven.

POUND CAKE.

Take 1 lb. of the best butter, 12 oz. of sugar, 5 or 6 eggs, 14 oz. of flour, and the grated rind of 2 lemons.

Melt the butter and beat it to a cream, add the sugar and stir until it becomes white, mix the eggs in one at a time, then add the flour and lemon-rind. Mix all well together, and bake the cakes in small round hoops with three thicknesses of paper around and beneath. Put them on iron plates with sawdust or ashes under them, and bake in a quick oven.

QUEEN CAKES.

Procure 1 lb. of flour, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of castor sugar, 1 or 2 eggs, 1 teacupful of cream, or less of milk, $\frac{1}{2}$ lb. of currants, 1 teaspoonful of baking-powder, and essence of lemon, or almonds, to taste.

Sieve the baking-powder well with the flour on to a sheet of paper. Put the butter, sugar and cream or milk into a clean basin, and beat up to a light cream. Add the eggs one at a time. When all the eggs are in, add the flour and fruit, and moisten with milk to the consistency of cake-batter. Put it into small greased tins, and bake the cakes from $\frac{1}{4}$ to $\frac{1}{2}$ hour. Grated lemon-rind may be substituted for the lemon and almond flavouring.

RAISIN CAKE.

Take $\frac{3}{4}$ lb. of butter, 1 lb. of fine flour, 1 lb. of castor sugar, 4 eggs, 1 teaspoonful of nutmeg, 1 teaspoonful of baking-powder, and 1 lb. of stoned raisins.

Beat the butter to a cream, then add the sugar and nutmeg, and well beat. Add the eggs one at a time, beating well after each addition, and when all are in, add the flour with the baking-powder sifted in. Then mix in the stoned and chopped raisins. Bake in a paper-lined greased tin for 1 $\frac{1}{4}$ hours in a moderate oven.

RICE CAKE.

Have handy $\frac{1}{2}$ lb. of ground rice, $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of castor sugar, 3 or 4 eggs, a few drops of essence of lemon, or the grated rind of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ lb. of butter or margarine, and a little milk.

Sieve the rice and flour together on to a sheet of paper.

Put the butter or margarine into a clean basin, add the yellow rind of the lemon grated, and beat to a cream. Add the eggs one at a time, and when all are in, add the flour, and moisten to cake-batter consistency, using a little milk if necessary. Turn into 1 or 2 greased moulds, and bake in a moderate oven from 1 to 2 hours. If preferred, the cake may be flavoured with essence of almonds.

RICE GRIDDLE CAKES. (American Recipe.)

Place at hand 1 pint of plainly-boiled rice, 2 cups of white flour, 2 pints of milk, 1 tablespoonful of oiled butter, 1 tablespoonful of sugar, 1 teaspoonful of salt, 1 teaspoonful of baking-powder, 3 eggs.

Add 1 pint of milk to the rice, cover it, and let stand all night. In the morning stir in the flour, sugar, salt, and baking-powder. Beat the eggs, add the butter and remaining pint of milk to them, mix with the flour, etc., and beat well. Fry about 10 minutes on the griddle, and serve hot.

ROCK CAKES.

Take 6 oz. of butter or 5 oz. of dripping, 1 lb. of flour, 6 oz. of moist sugar, 2 eggs, 1 teaspoonful of essence of lemon, 1½ teaspoonfuls of baking-powder, and a little milk.

Rub the butter, flour, baking-powder and sugar well together (the flour should be dried and sifted); mix in the eggs well beaten, the essence of lemon, and ½ gill of milk. Drop the cake mixture, which should be fairly stiff, upon a baking-tin as roughly as possible, and bake for a ½ hour in a rather quick oven.

ROCK CAKES. (Another Method.)

Have at hand 4 eggs, ¾ lb. of castor sugar, 1½ lb. of flour, ½ lb. of currants, milk.

Break the eggs into a basin, beat them well until very light, add the sugar, and when this is well mixed with the eggs dredge in the flour gradually, and add the currants previously cleaned. Mix all the ingredients well together, using a little milk if necessary, and put the dough with a fork on the tins in small heaps, making them look as rough or rocky as possible. Bake them in a moderate oven from 20 to 30 minutes; when they are done, allow them to get

cool, and store them away in a tin canister in a dry place.

RUSSIAN CAKE.

Take about $1\frac{1}{2}$ lb. of Genoa cake mixture (*see* first recipe, page 29), about $\frac{3}{4}$ lb. of almond paste, 1 oz. of chocolate, cochineal, and some apricot jam.

Prepare a Genoa cake mixture, divide it into 3 equal portions, mix 1 part with the chocolate previously melted or grated, and 1 part with a few drops of cochineal, leaving the third part plain. Bake each lot separately in a well-greased flat cake tin. When baked, turn on a wire sieve and let cool. Carefully line a square or oblong cake tin with the almond paste. Melt some apricot jam, and rub it through a sieve. Cut the cake into even-sized long strips about $\frac{1}{2}$ inch thick. Arrange these in alternate colours, and place them in layers neatly into the almond-paste lined tin, spreading each layer with some jam, and proceed thus until the tin is filled. Spread a little more jam on the top, and cover with almond paste. Let the tin stand in a cool place for about 1 hour. Unmould carefully and cut crosswise into neat slices. The cake, when cut into slices, should look like parts of a draught-board.

SAFFRON CAKE.

Procure 2 lb. of flour, $\frac{1}{2}$ oz. of yeast, 1 lb. of butter, 4 eggs, $\frac{1}{2}$ lb. of Malaga raisins, $\frac{1}{4}$ lb. of currants, $\frac{1}{2}$ lb. of sugar, and $\frac{1}{4}$ dr. of saffron.

Dissolve the yeast in $\frac{1}{2}$ pint of tepid water, put it into a clean basin, and stir in sufficient flour to make a nice soft dough. Well knead it, and leave it in the basin covered over in a warm place to prove. When well proved, take the remaining flour, turn it out on to the board, make a bay in the centre, put in the butter and sugar, and rub these together till smooth; then add the eggs and a piece of fermented dough, and mix all well up together, mixing in the whole of the flour, and adding the saffron liquor which has been previously infused in $\frac{1}{4}$ pint of warm water and strained. Well and thoroughly mix by rubbing it on the board, then add the raisins stoned and cut up, and the currants previously cleaned; then turn it into a large well-greased mould, or 2 smaller ones, stand it aside to prove and, when well proved, bake in a moderate oven from $1\frac{1}{2}$ to 2 hours.

SAND CAKE.

Take $\frac{1}{2}$ lb. of cornflour, 1 oz. of rice flour, 6 oz. of butter, 6 oz. of castor sugar, and 2 eggs.

Sieve the flours together, beat the butter and sugar until quite white and creamy. Break in each egg separately and beat very well, then carefully stir in the flours. Grease a tin mould and dust with flour, or some finely-powdered Savoy cake; put in the mixture and bake in a moderate oven. When cold dredge with icing sugar.

SAUCER CAKE FOR TEA.

Have ready $\frac{1}{2}$ lb. of flour, $\frac{1}{2}$ lb. of best cornflour, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{2}$ lb. of butter, 2 eggs, 1 oz. of candied peel.

Mix the flour and cornflour together; add the sugar, the candied peel cut into thin slices, the butter beaten to a cream, and the eggs well whisked. Beat the mixture for 10 minutes, put it into a buttered cake-tin or mould; or, if this is not obtainable, a soup-plate, lined with a piece of greased paper, answers the purpose. Bake the cake in a moderate oven from $\frac{3}{4}$ to 1 hour, and when cold put it away in a covered canister. It will remain good for some weeks.

SAVOY CAKE.

Take the weight of 4 eggs in castor sugar, the weight of 6 eggs in flour, 7 eggs, and a little grated lemon-rind, or essence of almonds, or orange-flower water.

Break the eggs, putting the yolks into one basin and the whites into another. Whisk the former, and mix with them the sugar, the grated lemon-rind, or any other flavouring to taste; beat them well together, and add the whites of the eggs whisked to a froth. Continue to beat the mixture for $\frac{1}{4}$ hour, take out the whisk, sieve in the flour, and mix it in with a wooden spoon. Grease a mould, dust it out with sugar and flour, pour in the cake mixture, and bake it from $1\frac{1}{4}$ to $1\frac{1}{2}$ hours. This is a very nice cake for dessert, and may be iced for a supper-table, or cut into slices and spread with jam, to convert it into sandwiches.

SCOTCH CAKES.

Take 3 lb. of flour, $1\frac{1}{2}$ lb. of butter or margarine, $1\frac{1}{2}$ lb. of brown sugar, $\frac{1}{2}$ oz. of caraway seeds, $\frac{1}{2}$ oz. of cinnamon, and $\frac{1}{2}$ lb. of citron peel cut into small pieces.

Cream the butter and sugar, add the flour and flavouring, and make up into rather a light paste ; use a little milk if necessary. Bake in small greased cake tins.

SCOTCH OAT CAKES, RICH.

Have ready 2 lb. of oatmeal, 6 oz. of flour, 2 oz. of sugar, $\frac{1}{2}$ lb. of butter and lard, $\frac{1}{2}$ oz. of bicarbonate of soda, $\frac{1}{4}$ oz. of tartaric acid, a little salt, and milk.

Weigh the flour and meal on to the board, take the soda, acid and salt, and rub these ingredients through a fine hair sieve on to the flour and meal, then add the sugar and fat and rub together until smooth ; make a bay or hole in the centre, and work into a smooth paste with milk, taking care not to have it too dry or tight, or considerable trouble will be experienced in rolling out the cakes, as they will be found very short. Having wet the paste, take small pieces about the size of an egg, and roll these out thin and round with a small rolling-pin, dusting the board with a mixture partially of oatmeal and flour. When rolled down thin enough, take a sharp knife and cut them in 4, place them on clean flat tins, and bake for about 20 to 25 minutes in a warm oven. These cakes require very careful handling, or they will break all to pieces.

SCOTCH OAT CAKES.

Procure $\frac{1}{2}$ lb. of double-dressed Scotch oatmeal, $\frac{1}{2}$ oz. of fat or butter, and 1 good pinch of bicarbonate of soda.

Put about $\frac{1}{2}$ lb. of meal into a 1-pint basin, and have a teacup, into which put a small piece of butter, or lard, the size of a small hazel-nut, and a pinch of bicarbonate of soda ; pour on this about $\frac{1}{2}$ teacup of hot water, stir until the butter is melted and soda is dissolved, then mix quickly with the meal in the basin with the point of a knife, and when the mixture is thoroughly stirred, turn it out on a paste board, and mould it quite compactly, keeping it round and flat, and with the knuckles spreading it gradually, taking care that it does not crack at the edges ; strew plenty of dry meal over it to roll it out with the crimped roller, and every now and then rub the surface with the flat of the hand to disengage all superfluous meal ; when rolled as thin as a pennypiece, and fairly round, put the knife in the centre and divide it into three, then, having the griddle over the fire, lay

the cakes on the hot iron, the plain side down, and as the cakes get done move them in succession from a cool spot to a hotter. They should take about 10 minutes. By pressing the nail on the surface, if they are not doughy it is a sign that they are sufficiently baked. With care the cakes can be baked in a greased frying-pan with a trivet underneath. Now move them from over the fire on to the toaster before the fire, and watch that they dry gradually, for they will soon burn, and as they are taken from the fire stand them carefully on edge till they are quite cold. While this is proceeding over the fire, mix more cakes, and when one is ready to go to the toaster, fill up the vacant place. The thick cake commonly eaten by the working classes is made by putting a quantity of meal in a wooden bowl or can, adding cold water at discretion, mixing in a compact mass, and then kneading it into shape wholly with the knuckles, and proceeding as above described.

SCOTCH SHORTBREAD.

Take 2 lb. of flour, $\frac{1}{4}$ lb. of cornflour or ground rice, 1 lb. of butter, $\frac{1}{4}$ lb. of castor sugar, 1 oz. of sweet almonds, and a few strips of candied orange peel.

Beat the butter to a cream, add gradually the flour, sugar, and sweet almonds, blanched and shredded. Knead until it is quite smooth, divide into 6 pieces, each cake on a separate piece of paper, roll out square to the thickness of 1 inch, and pinch round the edges. Prick well with a skewer, ornament with 1 or 2 strips of candied orange peel, and bake in a moderately hot oven from 25 to 30 minutes.

SCRAP CAKES.

Take 2 lb. of flead, or the inside fat of a pig, $1\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of moist sugar, $\frac{1}{2}$ lb. of currants, 1 oz. of candied lemon-peel, ground allspice to taste. Sufficient to make 3 or 4 dozen cakes.

Cut the flead into small pieces, cook it in a pie-dish in a brisk oven, until the scraps are crisp but not browned, then drain well. When cold, rub them well into the flour, add the currants, sugar, candied peel cut into thin slices, and the ground allspice. Mix to a stiff paste with cold water, roll out thin, cut into shapes, and bake the cakes in a quick oven from 15 to 20 minutes.

SEED CAKE, COMMON.

Have at hand $\frac{1}{2}$ quartern of dough, $\frac{1}{2}$ lb. of good beef dripping, 10 oz. of moist sugar, $\frac{1}{2}$ oz. of caraway seeds, and 1 egg.

If the dough is sent from the baker's, put it in a basin covered with a cloth, and set it in a warm place to rise. Then spread it out over the board, add and rub together all the ingredients until they are thoroughly mixed. Put the mixture into a greased tin, and bake the cake for rather more than 2 hours.

SEED CAKE, VERY GOOD.

Take $\frac{3}{4}$ lb. of butter, 6 eggs, $\frac{3}{4}$ lb. of castor sugar, pounded mace, caraway seeds, and grated nutmeg to taste, and 1 lb. of flour.

Beat the butter to a cream, add the sugar, mace, nutmeg, and caraway seeds, and beat these ingredients well together. Whisk the eggs and beat them gradually into the mixture; then mix in the flour, using a little milk, if necessary, to bring it to cake-batter consistency. Put it into a tin lined with greased paper, and bake it from $1\frac{1}{2}$ to 2 hours in a moderate oven. This cake would be equally nice made with currants, omitting the caraway seeds.

SIMNEL CAKE.

Procure 1 lb. of castor sugar, $\frac{3}{4}$ lb. of butter, 1 lb. of eggs (weighed in the shells), 1 lb. of flour, $\frac{3}{4}$ lb. of currants (cleaned), 4 oz. of peel shredded; for the almond paste: 12 oz. of castor sugar, 6 oz. of ground almonds, 1 large or 2 small eggs.

Beat the butter and sugar to a cream, add each egg separately, stir in as lightly as possible the candied peel, currants and flour. Work the sugar, ground almonds and eggs to a stiff paste, and roll out to the size of the cake-tin. Put half the cake mixture into a lined cake-tin, add the almond paste, and lastly a second layer of cake. Bake in a moderate oven from 1 to $1\frac{1}{2}$ hours. If preferred the cake mixture can be divided into three layers and the almond paste into two.

SNOW CAKE.

Take $\frac{1}{2}$ lb. of arrowroot, or best cornflour, $\frac{1}{2}$ lb. of pulverized

sugar, $\frac{1}{2}$ lb. of fresh or washed salt butter, 1 egg and the whites of two, the juice of 1 lemon.

Beat the butter to a cream; add the egg, previously well beaten, then the other ingredients; if the mixture is not sufficiently light add another egg, and beat for $\frac{1}{2}$ hour, until it turns white and light. Line a flat tin with raised edges with a sheet of greased paper, pour in the cake, and put it into the oven. It must be rather slow, and the cake must not be allowed to brown at all. If the oven is properly heated, 1 to $1\frac{1}{2}$ hours will be found long enough to bake the cake. Let it cool, then with a clean sharp knife cut it into small square pieces, which should be gently removed to a large flat dish to get cool before putting away. This cake will keep for several weeks.

SNOW CAKE. (An American Recipe.)

Have handy $\frac{1}{2}$ lb. of arrowroot, 10 oz. of fine flour, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ oz. of cream of tartar, the whites of 6 eggs, flavouring to taste, essence of almonds, vanilla, or lemon.

Beat the butter to a cream, stir in the sugar, and beat the mixture to a light cream. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 20 minutes. Put in whichever of the above flavourings may be preferred, then add the flour, arrowroot and cream of tartar, well sifted together, and mix; then pour the cake mixture into a greased mould or tin, and bake it in a moderate oven from 1 to $1\frac{1}{2}$ hours.

SODA CAKE.

Take 1 lb. of flour, $\frac{1}{2}$ lb. of butter or beef dripping, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{2}$ lb. of currants, 1 egg, a gill of butter-milk, 1 teaspoonful of bicarbonate of soda, mace and nutmeg to taste.

Rub the butter or dripping into the flour, add the sugar, currants and flavouring. Beat the egg well, add it to the dry ingredients, and well mix, leaving a tablespoonful of the milk to dissolve the soda, adding this just before putting into the oven, and well mix it through the batter. Bake in greased moulds—about 20 to 30 minutes. Prick with a knitting needle or small skewer; if this comes out clean the cakes are sufficiently done.

SOLFERINO CAKE.

Procure 8 oz. of savarin dough (*see* page 116), and 4 oz. of finely-chopped orange and citron peel.

Mix the fruit with the dough, and put the dough into a large "Solferino" mould. Place the mould in a warm place until the dough rises to the border of the mould, then bake in a moderate oven. When cold, put some apricot jam over the surface, and fill up the hole with cream.

SPICE CAKE.

Place at hand 8 oz. of flour, 3 oz. of butter or good beef dripping, 2 oz. of brown sugar, $\frac{1}{2}$ gill of golden syrup, 1 oz. of self-raising flour, a pinch of salt, 1 teaspoonful of mixed spice, 1 egg, milk.

Sieve the 2 flours, spice and salt together. Melt the golden syrup, sugar and butter (or dripping) together. Make a "bay" in the flour, pour in the melted syrup, etc., stir well, add the beaten egg, and sufficient milk to make a soft batter, beat well, and pour *immediately* into a greased cake-tin. Bake in a moderate oven for about 1 hour.

When cold this cake may be iced with sugar icing (page 123), and decorated with small whole hazel-nuts.

SPONGE CAKE.

Take 8 eggs, their weight in castor sugar, the weight of 5 in flour, and the rind of 1 lemon.

Put the eggs into one side of the scale, and take the weight of 8 in castor sugar, and the weight of 5 in good *dry* flour. Separate the yolks from the whites of the eggs; beat the former, put them into a saucepan with the sugar, and let them remain over the fire until *milk-warm*, keeping them well stirred. Then put them into a basin, add the grated lemon-rind, and beat these ingredients well together. Whisk the whites of the eggs to a stiff froth, stir them into the other ingredients, and beat the cake well for $\frac{1}{4}$ hour. Then take out the whisk, sieve in the flour, and mix it lightly with a wooden spoon. Put it into a greased mould, dusted out with a little finely-sifted sugar and flour, and bake the cake in a quick oven for $1\frac{1}{2}$ hours. Care must be taken that it is put into the oven *immediately* or it will not be light. A few drops of essence of almonds may be used instead of the lemon.

SPONGE CAKE. (Another Method.)

Procure 6 fresh eggs, the weight of 5 of them in castor sugar, and of 3 in very fine dry flour, the rind of 1 lemon.

Put the sugar into a shallow flat-bottomed dish, and break the eggs on to it, being careful to smell each one as you break it, as a bad or musty egg would spoil the preparation. Add to this the grated rind of 1 small lemon, and beat the whole for 20 minutes. The best whisk for this purpose is the spoon-shaped kind, the bowl being composed of open-wire work. Then sift in the flour, stirring *as lightly as possible* till all is mixed in. Put into a well-greased tin and bake from $\frac{1}{2}$ to $\frac{3}{4}$ hour in a brisk oven *immediately*.

SPONGE CAKES. (Another Method.)

Take $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{4}$ pint of water, 5 eggs, 1 lemon, $\frac{1}{2}$ lb. of flour, and $\frac{1}{4}$ teaspoonful of carbonate of ammonia.

Boil the sugar and water to form a thick syrup; let it cool a little, then pour it to the eggs (whisked), mix and beat for 15 minutes. Grate the lemon-rind, mix the carbonate with the flour, and stir these lightly to the other ingredients; then add the lemon-juice. When thoroughly mixed, pour into small greased moulds, and bake in a quick oven for about 45 minutes.

SPONGE CAKES, SMALL.

Have ready equal weights of eggs, flour and castor sugar, a little essence of lemon or other flavouring.

Let the flour be perfectly dry, and the sugar sifted. Put the eggs and the sugar into a basin together, and set it over a saucepan of hot water. Whisk the mixture until it is white and creamy, for about 15 or 20 minutes. Add the flour very quickly, with the flavouring, mix lightly with a spoon, grease the tins well, pour in the batter, sift a little sugar over the cakes, and bake them from 10 to 15 minutes in rather a quick oven, but do not allow them to take too much colour, as they should be rather pale. This is a very good way to mix all kinds of light cakes in which there are a good many eggs. Remove the cakes from the tins before they get cold, and turn them on to a wire sieve, where let them remain until quite cold, then store them away in a closed tin canister until required for use.

STRAWBERRY SHORTCAKE.

Take 1 cup of sour or butter-milk, $\frac{1}{2}$ teaspoonful of bicarbonate of soda, $\frac{1}{4}$ teaspoonful of salt, 2 tablespoonfuls of butter, 1 cup of flour, sugar.

Mix the soda, butter and salt into the flour, and wet it up into a nice, free paste with the milk. Divide it into four, roll it up round under the hand, and flatten out with a rolling-pin; place it on to a suitable-sized tin (baking-tin), dock or prick it all over with a fork or skewer, and bake in a quick oven from 10 to 15 minutes. While baking, take $1\frac{1}{2}$ pints of strawberries and mash them fine. When the cakes are baked, allow them to get cold, spread them over with butter, dredge on a layer of sugar, then strawberries, then sugar, and place another cake on top, the buttered side downwards; dredge the top with fine white sugar, and serve.

SWISS ROLL.

Have ready 2 eggs, 4 oz. of flour, 4 oz. of castor sugar, 1 teaspoonful of baking-powder, a little warm jam, and 1 tablespoonful of milk.

Sieve the flour and baking-powder. Whisk the eggs and sugar until creamy, stir the flour lightly in, turn into a greased tin and bake from 8 to 10 minutes in a hot oven. Turn out upside down on to a sugared paper, spread on the jam, and roll up firmly.

TEA-CAKES.

Take 2 lb. of flour, $\frac{1}{2}$ teaspoonful of salt, $\frac{1}{4}$ lb. of butter, margarine or lard, 1 egg, $\frac{1}{2}$ oz. of distillery yeast, and a little warm milk.

Put the flour, which should be perfectly dry, into a basin, mix with it the salt, and rub in the fat; make a bay, pour in the yeast dissolved in a little warm milk, add the egg, and then sufficient warm milk to make the whole into a smooth paste, and knead it well. Let it rise near the fire, and when well risen form it into cakes; place them on tins, let them rise again before placing them in the oven, and bake from $\frac{1}{4}$ to $\frac{1}{2}$ hour in a moderate oven. These cakes are also very nice with the addition of a few currants and a little sugar to the other ingredients, which should be put in after the paste is moistened. The cakes should be buttered and eaten hot

as soon as baked ; but, when stale, they are very nice split and toasted ; or, if dipped in milk, or even water, and covered with a basin in the oven till hot, they will be almost equal to new.

TEA-CAKES, SMALL.

Have ready 2 teacupfuls of flour, 1 teacupful of ground rice, $1\frac{1}{2}$ of moist sugar, 2 oz. of butter, 2 oz. of lard or dripping, 1 egg, lemon to taste, and a little milk.

Melt the dripping or lard, beat well, and add the mixture to the flour, rice and lemon ; then put in the egg and sugar, well beating them together with a wooden spoon, and using a little milk if necessary to give the proper consistency, then bake in small cakes on a tin in a quick oven.

TENNIS CAKE.

Place to hand 1 lb. of flour, $\frac{3}{4}$ lb. of butter, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{2}$ lb. of chopped raisins, 2 oz. of almonds, 3 oz. of shredded candied peel, the grated rind and juice of 1 lemon, 5 or 6 eggs, preserved cherries, angelica, 1 gill of milk, and some white sugar icing.

Sieve the flour on to a piece of paper. Stone the raisins and cut them up. Blanch the almonds, dry them in front of the fire, or in the oven, and chop them up into neat pieces. Put the sugar and butter into a clean basin, and beat these ingredients up to a light cream, add the flavouring, and then beat in the eggs one at a time. When all the eggs have been beaten in, add the flour and fruit, and well mix, using a little milk, if necessary, to bring it to cake-batter consistency. Line a cake tin with greased white paper, put in the cake, and bake it in a well-heated oven for about $1\frac{1}{2}$ hours. Ice the cake with white icing, and before it is set, ornament it with cherries and angelica, the latter cut as leaves ; any other icing may be used, and any garnish fancied.

Note.—An iced cake gives scope for a great many pretty ornamentations.

TENNIS CAKE. (Another Method.)

Take $1\frac{1}{4}$ lb. of flour, 1 lb. of castor sugar, 14 oz. of butter, 1 lb. of currants, $\frac{3}{4}$ lb. of sultanas, $\frac{1}{2}$ lb. of mixed candied peel, $\frac{1}{4}$ oz. of mixed spice, essence of lemon, 6 eggs, milk, icing. Sufficient for 2 or 3 cakes.

Sieve the flour on to a piece of paper, add the currants, sultanas and peel (shred finely). Put the butter and sugar into a clean bowl, add the flavouring, and beat up to a light cream, beat in the eggs one at a time, beating well after each addition, and when all are in, add the flour, fruit, and milk, if necessary, and mix. Prepare 2 or 3 square tins by papering them with greased white paper, and divide the mixture equally between them; flatten down the top and cover with a sheet of white paper, then bake in a moderate oven from 1 to 1½ hours. When done turn out on to a sieve, and leave the cake to get cold. Then strip off all the paper, and make up the Almond paste (page 117), dividing it between the 3 cakes, keeping the paste perfectly level on top and flush with the sides. Then ice over the top of the almond-paste with some white sugar icing (page 123), and while that is wet sprinkle thickly with blanched and chopped pistachio kernels, then with some cake-icing, pipe a couple of tennis-racquets crossed upon the centre, and also a border round the edge. A cake of this description lends itself to a great variety of pretty ornamentations (*see* Chapter VIII, which deals with Icings, Coloured Sugars, etc.).

THANKSGIVING CAKE.

Take 1 lb. of butter, 8 eggs, 1 lb. of castor sugar, 1½ lb. of flour, ½ a nutmeg, 1 teaspoonful of mixed cinnamon and mace ground, 2 oz. of candied lemon-peel, 2 oz. of blanched and chopped almonds, 1½ lb. of dried currants.

Beat the butter and sugar to a cream, add the eggs well beaten, mix in the flour, and add the other ingredients. Beat all thoroughly together, line a round tin with paper, turn in the batter, flatten it out with the hand, and bake for 2 hours in a moderate oven.

TIP TOP CAKES.

Have ready 2 lb. of flour, 1 lb. of butter, 1 lb. of castor sugar, 5 or 6 eggs, 2 teacupfuls of raisins chopped, or currants, clove, cinnamon, nutmeg. Sufficient to make about 4 dozen cakes.

Cream the butter and sugar; beat the whisked eggs in separately, add the flour, fruit and spice. Bake about 10 minutes on tin sheets in small cakes dropped from a table-spoon.

TWELFTH NIGHT CAKE.

Procure $\frac{3}{4}$ lb. of flour, $\frac{1}{4}$ lb. of currants, $\frac{1}{4}$ lb. of sultanas, 6 oz. of butter, 4 oz. of mixed peel, 3 oz. of brown sugar, 2 oz. of treacle, 3 eggs, $\frac{1}{2}$ gill of milk, $\frac{1}{4}$ teaspoonful of allspice, $\frac{1}{4}$ teaspoonful of ground cinnamon.

Cream the butter, and add the eggs one by one; warm the treacle, add the sugar and milk to the butter and eggs, stir in the treacle and beat well. Add the currants and sultanas, shredded peel and spices, and lastly the flour. Mix lightly together, bake in a paper-lined tin from 2 to 2 $\frac{1}{2}$ hours in a moderate oven.

VANILLA CAKE.

Take $\frac{1}{4}$ lb. of butter, 6 oz. of castor sugar, 1 or 2 eggs, $\frac{1}{2}$ teacupful of new milk, $\frac{3}{4}$ lb. of dry flour, 1 teaspoonful of baking-powder, and a little essence of vanilla.

Beat the butter to a cream, add the sugar and beaten egg yolks, beat the mixture for some minutes, then add the whites. Put the baking-powder in the flour, add it, and beat well, adding a few drops of essence of vanilla, and using the milk to bring it to proper consistency. Finely-cut candied peel may be added, or substituted for the vanilla, if preferred. Put into a greased tin, and bake for 1 hour.

VICTORIA OR JAM SANDWICHES.

Have to hand 6 oz. of flour, 4 oz. of castor sugar, 2 oz. of butter, 3 eggs, 1 teaspoonful of baking-powder, a little milk, jam, and salt to taste.

Stir the sugar and yolks of eggs together until thick and creamy, then add the butter melted. Pass the flour, baking-powder and a good pinch of salt through a sieve, stir it lightly into the rest of the ingredients, and add milk by degrees until the mixture drops readily from the spoon. Now whisk the whites of eggs stiffly, stir them in as lightly as possible, and pour the preparation into a well-greased Yorkshire pudding tin. Bake in a moderately hot oven for about 20 minutes, let it cool, split in halves, spread thickly with jam, replace the parts, and press lightly together. Cut into finger-shaped pieces, arrange them neatly in groups of three, letting the layers cross each other, sprinkle liberally with castor sugar, and serve.

WALNUT CAKE.

Coat a Genoa or Savoy cake with coffee icing and decorate with royal icing and walnuts. Shredded walnuts may be mixed with the Genoa mixture before baking, if liked.

WEBSTER CAKE.

Take $\frac{1}{2}$ a medium-sized cup of butter or good beef dripping, $\frac{1}{2}$ cup of sugar, 1 egg, 3 cups of flour, $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ cup of currants, a little nutmeg, and 2 teaspoonfuls of baking-powder.

Mix and beat the above ingredients till thoroughly blended, then put into a greased mould, and bake for $\frac{1}{2}$ hour in a moderate oven.

WEDDING CAKE.

Prepare the following ingredients :—2 lb. well-sifted flour, 1 lb. of butter, 1 lb. of sugar, 8 oz. of sweet almonds, 4 oz. of allspice and crushed cinnamon, 9 or 10 eggs, a glass of rum, or French brandy, 1 lb. of orange and lemon peel, 1 $\frac{1}{2}$ lb. of citron, and 2 lb. of currants.

Melt the butter and work it to a cream. Add the castor sugar, with the allspice and crushed cinnamon, and stir it thoroughly for several minutes. Then break in 3 or 4 eggs, and mix well for a few more minutes. Next add 3 more eggs and stir again, and so on until all the eggs are stirred in. Have the currants carefully cleaned and picked over, and the candied orange, citron, and lemon peel chopped up finely. Add them with the almonds and mix them in. Mix the whole well together, add the sifted flour and pour in the brandy or rum, and the cake is ready for the oven. Put it into a tin hoop, with sheets of clean writing paper, or buttered paper, on the inside, and bake it in a hot oven. To Ice, *see* following Recipes on p. 56.

WEDDING CAKE, RICH.

Take the following ingredients :—2 lb. of best butter, 2 lb. of sugar, 2 lb. of ground almonds, 2 lb. of best flour, 1 lb. of orange and lemon peel, 2 lb. of citron, 4 lb. of currants, 1 oz. of mixed ground spice, 9 or 10 eggs, and 1 glass of best French brandy. Melt the butter, and proceed in making as for the cake in the preceding recipe.

YEAST CAKE.

Prepare the following ingredients: 12 oz. of flour, $\frac{1}{4}$ pint of milk, 2 oz. of butter, $1\frac{1}{2}$ oz. of distillery yeast, 2 small eggs, 6 oz. of currants, $\frac{1}{4}$ lb. of white moist sugar, 1 oz. of candied peel.

Put the milk and butter into a saucepan and shake it round over the fire until the butter is melted, but do not allow the milk to become very hot. Put the flour and sugar into a basin, stir it to the milk and butter, the yeast dissolved in a little cold milk, and the eggs which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and when sufficiently risen add the currants and candied peel cut into thin slices. When all the ingredients are thoroughly mixed, line a moderate-sized cake-tin with greased paper, which should be put 6 inches higher than the tin; pour in the mixture, let it stand to rise again for another $\frac{1}{2}$ hour, and then bake the cake in a brisk oven for about $1\frac{1}{2}$ hours. If the top becomes too brown, cover with paper until the cake is done through.

A few drops of essence of lemon, or a little grated nutmeg, may be added if this flavour is liked.

Note.—Residents in town will experience no difficulty in procuring fresh yeast. On the other hand if living in the country it may be necessary to make it. Full instructions regarding this process will be found in the chapter dealing with HOME-MADE BREAD, *see* p. 68.

YORKSHIRE GINGER CAKE.

Have to hand 3 eggs, $\frac{1}{2}$ pint of cream, or less of milk, 1 lb. of butter, $\frac{1}{2}$ lb. of castor sugar, $2\frac{1}{2}$ oz. of ground ginger, 2 lb. of flour, salt.

Whisk the eggs thoroughly, add the cream, and beat these together. Put the mixture into a saucepan, stirring till warm; add the butter, sugar and ginger, carefully stirring over a very moderate fire. When the butter has melted, stir in the flour, adding salt, and make into a paste (the flour must be fine). Roll out the paste on to greased flat tins, and cut it out with a plain round paste-cutter and bake in a moderate oven for about $\frac{3}{4}$ hour. This mixture will make 3 to 4 dozen small cakes.

ICING

TO ICE A CAKE.

Take $\frac{3}{4}$ lb. of icing sugar sieved quite free from lumps, the whites of 2 eggs, and a little orange-flower water.

Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, add the orange-flower water and beat until quite smooth. While the cake is still warm pour and smooth the icing evenly over it; then dry in a moderate heat to harden the icing. The heat must not be too great or the icing will be discoloured.

TO ICE A WEDDING CAKE. (Royal Icing.)

Procure $1\frac{1}{2}$ lb. of confectioner's icing sugar finely sieved, the whites of 3 or 4 eggs, and the juice of 1 lemon.

Icing sugar can now be obtained from almost every grocery store. Having procured the sugar, take a very clean basin and spoon, turn in the sugar, and carefully break in the whites of the eggs; add a small pinch of blue, and then proceed to beat up the icing. When well beaten and smooth add the strained juice of 1 lemon, then beat it up thoroughly until it will stand up in the pan. Now take the cake and set it on an inverted plate, or if you have it, a regular turntable used by confectioners for the purpose. Take up, with a spoon, sufficient icing to cover the top, and lay it upon the centre of the cake. Now take a large pliable palette-knife and spread the icing level on top. Then take up small portions of the icing with the point of the palette-knife, spread it smoothly round the side, and when the cake is completely enveloped, stand it aside in a warm place to dry. During the time the cake is drying and as soon as it is hard enough, a thin sheet of paper should be lightly laid right over the top to prevent the dust from spoiling the colour.

TO ICE A WEDDING CAKE. (Another Method.)

Take the whites of 1 or 2 eggs, 1 lb. of icing sugar, and some lemon or vanilla flavouring.

Grind and sift the sugar, and add it to the well-beaten whites of eggs and the flavouring. Beat until the icing mixture is firm and stiff, then proceed as in preceding recipe.

Note.—For Icings, Fillings, etc., see Chapter VIII.

CHAPTER II

BUNS, RUSKS AND SCONES

BATH BUNS.

Take $1\frac{1}{2}$ lb. of flour, 10 oz. of sugar nibs, $1\frac{1}{2}$ oz. of compressed yeast, $\frac{1}{2}$ lb. of butter, the yolks of 4 and the whites of 2 eggs, water, candied peel, and a little essence of lemon.

Dissolve the yeast in $\frac{1}{2}$ gill of tepid water, mix with it the eggs and $\frac{1}{4}$ lb. of flour; beat the mixture up in a bowl, and set it before the fire to rise. Rub the butter well into 1 lb. of flour, add the sugar, and put in the peel cut into small cubes. When the sponge has risen sufficiently, mix all the ingredients together, throw over it a cloth, and set it again to rise. Grease a baking-tin, form the buns, place them on the tin, brush over with yolk of egg and milk. Bake in a quick oven, about 20 minutes.

CHELSEA BUNS.

Prepare $\frac{1}{2}$ oz. of compressed yeast, $\frac{1}{2}$ pint of tepid milk, 1 lb. of flour, 2 oz. of butter or lard, 1 oz. of currants, $\frac{1}{2}$ oz. of candied lemon peel, 2 oz. of castor sugar, 1 egg, and a pinch of salt.

Crumble up the yeast, and mix it with a little milk and a teaspoonful of sugar. Sift the flour into a basin, make a well in the centre of the flour, pour in the dissolved yeast, and make a ferment batter, using a little of the flour and almost $\frac{1}{2}$ gill of milk. Cover, and allow to stand for about $\frac{1}{2}$ hour. Add the salt to the flour, and stir in the remainder of the milk, then beat up to a light dough, working in the sugar, egg, and the fat, previously melted (just warm). When the dough is well kneaded, cover it with a cloth, and allow it to prove for about 20 minutes. Lastly, work in the peel cut into shreds, also the currants, then make up into buns of even size and shape. Place them on a clean baking-sheet,

prove for 10 minutes, then brush over with sweetened milk or egg wash, and bake for about 20 minutes in a quick oven.

CURRENT BUNS.

Have to hand 2 lb. of flour (sifted), 8 oz. of butter, 4 oz. of sugar, 6 oz. of currants (cleaned), $\frac{1}{2}$ oz. of yeast, and sufficient milk to form a paste of the same consistency as dough.

Rub the butter, sugar, and flour well together. Make a hole and add the yeast, and sufficient warm milk. Then work with your hands until it is perfectly smooth and binding. Let the paste stand in a warm place to rise double the size, and when sufficiently risen mix in the currants and make up the paste into small buns. Place them on iron baking-tins, and again allow them to rise in a warm place. When they are ready, bake in a hot oven, then brush over with a plain syrup whilst hot.

HOT CROSS BUNS.

Prepare 2 lb. of flour, $\frac{1}{2}$ lb. of sugar, 1 oz. of yeast, 1 pint of warm milk, $\frac{1}{2}$ lb. of butter, 1 lb. of currants, $\frac{1}{2}$ teaspoonful of salt, and 1 teaspoonful of mixed spice.

Mix the flour, sugar, spice and currants; make a hole in the middle of the flour, put in the yeast and $\frac{1}{2}$ pint of warmed milk; make a thin batter of the surrounding flour and milk, and set the pan covered before the fire until the leaven begins to ferment. Put to the mass $\frac{1}{2}$ lb. of melted butter, add the salt, and beat well together, make up into rather a soft paste with all the flour, using a little more warm milk if necessary. Cover this with a clean cloth, and let it once more rise up for $\frac{1}{2}$ hour. Shape the dough in buns, and lay them apart on greased tin plates or baking-sheets in rows at least 3 inches apart, to rise for $\frac{1}{2}$ hour. Place a cross mould on them (this may be done roughly with the back of a knife), and bake in a quick oven from 15 to 20 minutes.

LEMON BUNS.

Take $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ lb. of castor sugar, 1 lb. of flour, 2 eggs, $\frac{1}{4}$ oz. of ammonia, $\frac{1}{2}$ teacupful of milk, essence of lemon, and candied lemon peel.

Put the ammonia into a mortar and rub it down in the milk. Weigh the flour on to the board, make a bay, or well, in the centre, put in the sugar and butter, add a few drops

of essence of lemon, and rub the ingredients together till smooth; then add the eggs and dissolved ammonia, wet up into a smooth paste, divide it into 3-oz. pieces, flatten it out, wash it over with milk, turn it over on to castor sugar, place the buns on to greased baking-tins, lay a slice of lemon peel on the top, and bake in a warm oven for about 1 hour.

LIGHT BUNS.

Have to hand $1\frac{1}{2}$ teaspoonfuls of baking-powder, 1 lb. of flour, 2 oz. of butter, 2 oz. of castor sugar, $\frac{1}{4}$ lb. of currants or sultanas—if liked, a few caraway seeds— $\frac{1}{2}$ pint of cold new milk, 1 egg (which can be omitted). This mixture will make about 12 buns.

Rub the baking-powder and flour together through a fine sieve; work the butter into the flour; add the sugar, currants, and caraway seeds (if used). Mix all these ingredients well together; make a hole in the middle of the flour, and pour in the milk mixed with the egg, which should be well beaten; mix quickly, and set the dough with a fork on baking-tins, and bake for about 20 minutes.

This mixture makes a very good cake, but if put into a tin should be baked for $1\frac{1}{2}$ hours. The same quantity of flour and baking-powder, with $\frac{1}{2}$ pint of milk and a little salt, will make either bread or teacakes.

MADEIRA BUNS.

Take $\frac{1}{2}$ lb. of butter, 2 eggs, 1 lb. of flour, 6 oz. of castor sugar, $\frac{1}{2}$ teaspoonful of ground ginger, $\frac{1}{2}$ dessertspoonful of caraway seeds, a little nutmeg, and a little milk.

Put the butter and castor sugar into a clean basin, and set it on top of the stove to soften. Then beat to a cream with a wooden spoon; add the eggs one at a time, beating up well after each. Then add the flour, spices, and caraway seeds, and moisten with milk. Divide the batter out into some greased patty-pans, put them on a baking-tin and bake in a moderately hot oven for 25 to 30 minutes.

PLAIN BUNS.

To every 2 lb. of flour allow 6 oz. of moist sugar, 1 oz. of yeast, $\frac{1}{2}$ pint of milk, $\frac{1}{2}$ lb. of butter, and 1 pint of tepid milk.

Put the flour into a basin, mix the sugar well with it, make a well in the centre, and stir in the yeast and $\frac{1}{2}$ pint of milk

(which should be lukewarm), with enough of the flour to make it the thickness of cream. Cover the basin over with a cloth, and let the sponge rise in a warm place, which will be accomplished in about $1\frac{1}{2}$ hours. Melt the butter, but do not allow it to oil; stir it into the other ingredients, using a little more milk if necessary, and make the whole into a soft dough. Mould it into buns about the size of an egg; then lay them in rows quite 3 inches apart; set them again in a warm place until they have risen to double their size; then put them into a good brisk oven, and when they are done wash them over with a little milk. From 15 to 20 minutes will be required to bake them nicely. These buns may be varied by adding a few currants, candied peel or caraway seeds to the other ingredients. The above mixture also answers for hot cross buns, by adding a little ground mixed spice, and making a cross in the centre of the bun.

RICE BUNS.

Take 6 oz. of butter, 6 oz. of castor sugar, 4 oz. of ground rice, 2 oz. of flour (sifted), 1 teaspoonful of baking-powder, and 4 eggs.

Cream the butter and sugar till very light. Work in the eggs, then add the ground rice, flour, and baking-powder. A little grated lemon-rind or essence of vanilla may be added if liked. Beat the mixture for 10 minutes. Drop the dough by means of a spoon or a savoy bag into buttered patty-pans or tartlet moulds, and bake in a moderately-heated oven for 20 minutes.

VICTORIA BUNS.

Procure 2 oz. of castor sugar, 1 medium-sized egg, $1\frac{1}{2}$ oz. of ground rice, 2 oz. of good fresh butter, $1\frac{1}{2}$ oz. of currants (cleaned and picked), a few thin slices of candied peel, a little fine flour, and $\frac{1}{2}$ dessertspoonful of baking-powder.

Whisk the egg, stir in the sugar, and beat these ingredients well together; beat the butter to a cream, stir in the ground rice, currants, and candied peel, then the beaten egg and sugar, and as much flour as will make it of such a consistency that it may be rolled into 7 or 8 balls. Put these on to a greased tin, and bake them from $\frac{1}{2}$ to $\frac{3}{4}$ hour. The buns should be put into the oven immediately, or they will become heavy. The oven should be moderately heated.

RUSKS

RUSKS.

Take 4 oz. of butter, 2 oz. of castor sugar, 1 tablespoonful of brewers' yeast, 2 lb. of flour, 4 eggs, 1 quart of milk.

Mix the yeast with the sugar and 1 teacupful of warm milk; pour it into the centre of the flour in a deep bowl and let it rise for 1 hour in a warm place. The sponge should then be sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put it into a buttered tin, set it to rise for another hour, bake in a moderate oven for about 1 hour, and, when cold, cut the cake into thin slices and dry them in a quick oven, having previously sprinkled them with pounded sugar.

RUSKS, ITALIAN.

A stale savoy or sponge cake may be converted into very good rusks in the following manner. Cut the cake into slices, divide each slice in two; put them on a baking-sheet in a slow oven, and when they are a nice brown and quite hard, the rusks are done. They should be kept in a closed tin canister in a dry place to preserve their crispness.

SCONES

AFTERNOON TEA SCONES.

Take 4 oz. of flour, 1 oz. of butter, 1 tablespoonful of castor sugar, $\frac{1}{2}$ teaspoonful of cream of tartar, $\frac{1}{4}$ teaspoonful of bicarbonate of soda, 1 egg, and a little cold water. (The egg may be omitted.)

Rub the butter lightly into the flour and add the remaining dry ingredients. Beat and stir in the egg, adding cold water or milk to make a light dough. Roll out thin, cut into small rounds, and bake for about 10 minutes on a hot griddle or in a sharp oven.

CREAM SCONES.

Take $\frac{1}{2}$ lb. of flour, 3 oz. of butter or margarine, 1 teaspoonful of baking-powder, 1 gill of milk, $\frac{1}{2}$ gill of cream, and a pinch of salt.

Sift the flour, salt and baking-powder together in a basin, rub in the fat, add gradually the cream and milk, and work into a light paste. Roll out a $\frac{1}{4}$ inch thick on a floured board. Stamp out into rounds with a 2-inch cutter, place them on a greased baking-sheet, and bake for 15 minutes. Brush over with sweetened milk when nearly done, and return to the oven for another 5 minutes.

SCONES. (Another Recipe.)

Take 2 lb. of self-raising flour, 6 oz. of butter, 6 oz. of sugar, 6 oz. of currants, and 1 pint of milk.

Rub the butter into the flour, and add the sugar and currants. Make a hole in the centre, pour in the milk, and mix into a rather soft dough. Mould the scones into rounds of about 6 or 7 inches in diameter and cut them into quarters with a sharp knife.

SCOTCH BREAKFAST SCONES.

Have ready 1 oz. of self-raising flour, $\frac{1}{2}$ lb. of ordinary flour, about a gill of sweet milk, and a pinch of salt.

Mix the self-raising flour and the ordinary flour together in a basin and add the salt. Work it into dough quickly with the milk, which must be added gradually till a moderately soft dough is obtained. Roll out the dough about $\frac{1}{2}$ inch thick on a floured board, and cut into rounds or 3-cornered pieces. Put them on a greased baking-sheet, and bake in a hot oven or else on the griddle or hot plate previously sprinkled with flour.

They should take about 8 minutes to bake.

WAIKATO SCONES. (Australian Recipe.)

Take 1 lb. of flour, $\frac{3}{4}$ teaspoonful of baking-powder, $\frac{1}{2}$ teaspoonful of tartaric acid, $\frac{1}{2}$ pint of buttermilk, 2 tablespoonfuls of golden syrup. Sufficient for 12 scones.

Sift the slightly-warmed flour into a basin, mix with it the baking-powder and tartaric acid free from lumps. Pour in the buttermilk and golden syrup warmed. Mix all to a nice dough, adding a little more milk if necessary. Work it quickly together, roll out about $\frac{1}{2}$ an inch thick, and bake in a very quick oven for 10 to 15 minutes. Split open and butter thickly. Send to table very hot.

CHAPTER III

MUFFINS AND CRUMPETS, ROLLS AND TOAST

MUFFINS AND CRUMPETS

MUFFINS.

Take 1 quart of water, 2 oz. of yeast, $\frac{1}{4}$ lb. of potatoes, $\frac{1}{2}$ oz. of salt, and some flour.

Wash, peel and boil the potatoes, rub through a colander, add the water (just warm enough to bear the hand in it without discomfort); then dissolve the yeast and salt in it, and stir in sufficient flour to make a moist paste. Beat it well in a deep bowl, and then clear off the paste from the hands; cover over with a clean cloth, and leave it to rise in a warm place. When it has well risen, and is light and spongy, turn it out on the table, dredge over with flour, and then divide it off into pieces about 3 oz. in weight, roll them up into round shapes, and set them on a wooden tray, well dusted with flour, to prove. When light enough, see that the hot-plate is hot, and then carefully transfer the muffins from the tray, one at a time, using a thin tin slice for the purpose, taking particular care not to knock out the proof, or the muffins will be spoilt. When they have been properly cooked on one side, turn over with the slice and cook the other side. When the muffins are done, brush off the flour, and lay them on a clean cloth or sieve to cool. They will take from 25 to 30 minutes to bake.

To toast them, divide the edge of the muffin all round by pulling it open to the depth of about 1 inch with the fingers. Put it on a toasting fork, and hold it before a clear fire till one side is nicely browned, but not burnt; turn, and toast it on the other. Do not toast them too quickly, otherwise the middle of the muffin will not be warmed through. When

done, divide them by pulling them open; butter them slightly on both sides, put them together again, and cut them into halves. Pile them on a very hot dish, and send quickly to table.

The quantities of ingredients indicated in this recipe should be sufficient to make between 2 and 3 dozen muffins.

CHESTER MUFFINS.

Have to hand 4 quarts of flour, 2 quarts of milk, 1 teacupful of sugar, 1 teacupful of butter, 1 teacupful of yeast, 4 eggs, a little salt. These ingredients should be sufficient for 3 dozen muffins.

Mix the butter and sugar together; add the eggs, salt, milk, flour and yeast (dissolved); let it rise all night. Make up into shapes of even size as indicated in preceding recipe. Bake for 20 minutes.

CRUMPETS.

Take 1 quart of water, 2 oz. of yeast, $\frac{1}{4}$ lb. of potatoes, $\frac{1}{2}$ oz. of salt, and some flour.

Proceed exactly the same as directed for MUFFINS, but stir in only half the quantity of flour used for them, so that the mixture is more of a batter than sponge. Cover over, and leave for $\frac{1}{2}$ hour. At the end of that time take a large wooden spoon and well beat up the batter, leave in the spoon, cover over, and leave for another $\frac{1}{2}$ hour. Then give the batter another good beat up. This process must be repeated 3 times with the intervals. When completed, see that the hot-plate is quite hot, lay out some crumpet-rings, rubbed over inside with a little clean lard, on a baking-tin, and pour in sufficient of the batter to make the crumpets. When cooked on one side, turn over with a palette-knife, and when done, take off on to a clean cloth to cool. They will take about 20 minutes.

Muffins and crumpets should always be served on separate dishes, and both toasted and served as quickly as possible. They are not nice unless eaten hot.

The quantities of ingredients indicated in this recipe should be sufficient to make between 2 and 3 dozen crumpets.

ROLLS AND TOAST

EXCELLENT ROLLS.

Procure 1 lb. of flour, 1 oz. of butter or lard, $\frac{1}{2}$ oz. of yeast, 1 pint of water, a little salt. Sufficient for 12 rolls.

The process for making rolls is exactly the same as directed for bread, but the quantity being smaller it requires more yeast, and wants nursing and keeping warm. When the dough is ready, turn it out on the board and knead it well over, then let it lie for a few minutes to recover itself, divide into small pieces, mould them up round, and set them on a clean flat tin that will fit the oven. Cover them over with a damp clean cloth, let them stand in a warm place to prove; when nice and light, uncover, brush over with an egg beaten up in a cup, taking care not to knock out any of the proof, and then bake in a moderately heated oven for about 25 minutes.

If preferred, milk can be used instead of water. Almost all fermented dough will make a very satisfactory roll.

HOT ROLLS.

These, although very unwholesome and indigestible, are nevertheless great favourites. As soon as the rolls come from the baker's they should be put into the oven, which, in the early part of the morning, is sure not to be very hot; and the rolls must not be buttered until wanted. When they are quite hot, divide them lengthwise into three, put some thin flakes of good butter between the slices, press the rolls together, and place them in the oven for 1 or 2 minutes, but not longer, or the butter will oil. Take them out of the oven, spread the butter equally over them, divide the rolls in half, put them on a hot dish, and serve quickly.

NICE ROLLS.

Take 1 lb. of flour, 2 oz. of butter, 4 oz. of powdered lump sugar, 2 eggs, 1 teaspoonful of baking-powder, and a pinch of salt. Sufficient for 20 rolls.

Mix all these ingredients well together, and work into a stiff dough with a little milk. Roll it out $\frac{3}{4}$ inch thick, and cut into rolls, throw them into a pan of boiling water on the

fire, and directly they rise to the top, which will be in a minute or so if the water is really boiling, take them out and put them into a pan of cold water for 1 or 2 hours, if not quite ready to bake them. Then bake the rolls a light brown for 20 minutes in a quick oven.

DRY TOAST, TO MAKE.

To make dry toast properly a great deal of attention is required; much more, indeed, than people generally suppose. Never use new bread for making any kind of toast, as it is moist and tough, and, in addition, is very extravagant. Procure a loaf of household bread about 2 days old; cut off as many slices as may be required not quite a $\frac{1}{4}$ inch in thickness; trim off the crusts and ragged edges, put the bread on a toasting fork, and hold it before a very clear fire. Toast it carefully until the bread is nicely coloured; then turn it and toast the other side, but do not hold it so close to the fire that it blackens. Dry toast should be made more gradually than buttered toast, as its best feature is its crispness, and this cannot be attained unless the process is slow, and the bread is allowed gradually to colour. Toast should never be made long before it is wanted, as it soon becomes tough unless placed on the fender in front of the fire. Directly each piece is ready it should be put into a rack, or stood upon its edges and sent quickly to table.

HOT BUTTERED TOAST, TO MAKE.

A loaf of household bread about 2 days old answers for making toast better than cottage bread, the latter not being a good shape and too crusty for the purpose. Cut as many nice even slices as may be required rather more than a $\frac{1}{4}$ inch in thickness, and toast them before a very bright fire, without allowing the bread to blacken, which spoils both the appearance and flavour of toast. When both sides are nicely coloured put the toast on a hot plate; divide some good butter into small pieces, place these on the toast, set this before the fire, and when the butter is just beginning to melt, spread it lightly over the toast. Trim off the crust and ragged edges, divide each round into 4 pieces, and send the toast quickly to table. Some persons cut the pieces of toast across from corner to corner, thus making the pieces of a three-cornered shape.

CHAPTER IV

HOME-MADE BREAD

FLOUR FOR HOME BAKING.

IN procuring a supply of flour for home baking it is advisable to purchase it in respectable quantities and let it be a standard brand, one that the miller will do his best to maintain, whether it is English or foreign stock. The brands are sufficiently numerous, and there should be little difficulty in making a selection that would be suitable for the purpose.

The finest, wholesomest, and most savoury bread is made from wheaten flour. Rye bread comes next to wheaten bread ; it is not so rich in gluten, but it is said to keep fresh longer, and to possess some laxative qualities.

GOOD FLOUR IS DRY,

and does not lose more than 12 per cent. in weight when heated in an oven. Every cook knows that the same weight of flour will not always mix with an equal quantity of water, and that the better the flour the more water it takes up. It should be white, with a yellowish tinge, household flour being always less white than "firsts," or fine Hungarian, used for pastry ; adherent so that a handful squeezed keeps its shape ; neither acid, nor soon becoming acid ; and it should, above all, make a good loaf. This last is the best of all tests, and before buying any large quantity of flour it is always wise to apply it on a sample. From 1 sack of flour (280 lb.) from 90 to 100 (4-lb.) loaves may be made on an average.

Although the finest flour procurable may be used, it will not always turn out the perfection of bread, for various reasons. But at the same time good bread cannot be made from bad or indifferent flour ; it is, therefore, always advisable to use the best flour which can be obtained.

YEAST

is a living plant, consisting of a vast number of minute cells, which multiply by budding off other cells, and sometimes by spores, and most of the mistakes in its use would be avoided if this were understood. Extremes of heat and cold kill it, and a temperature that it does not like prevents it from growing actively at the time, even though it may not be hot or cold enough to put an end to its growing in future under more favourable conditions. It must always be kept warm, at blood-heat, during the process of fermentation, unless you desire to check its growth or vigour, in which case the temperature must be considerably reduced.

Rough usage or shaking will also prevent its growth.

Before making any quantity of bread, it is wise to test the yeast and see if it yields, by mixing a little and setting it near a warm stove for an hour, but on no account must it get hot, for that would kill it.

In making bread for household purposes, residents in towns will find no difficulty in procuring fresh yeast from the bakers or corn-chandlers.

On the other hand, if resident far distant from a town, there may be some difficulty in procuring yeast, in which case it would be advisable to make it. Instructions will be found on page 77 for making yeast, and as it improves if properly kept, there can be no objection to brewing the yeast once a month ; but it must be stored in a cool place, and some of the old yeast saved to start the new brewing each time. Malt and hops for the purpose can be procured from the corn chandlers.

BAKING-POWDER.

If a teaspoonful of baking-powder is put in a tumbler of water, it effervesces rapidly ; presently the effervescence subsides, and there remains still water. In the same way it effervesces in dough, and bubbles up exactly as in the case of the water. As the water soon subsides, so will the dough and the gas will escape. Such is the action of baking-powder on bread or pastry, if the latter is not baked at once. The whole value of the powder is lost. But if it is put in the oven while the gas is held in the dough, it will rise still further, because gas or air always expands with heat, and long before

the gas escapes the dough will be baked into shape with all the bubbles in it.

All goods, therefore, made with baking-powder, should be put into the oven as soon as possible after the moistening ingredient is added, or the result will be a very indifferently aerated cake or loaf. This rule applies to all kinds of baking powders, cakes, pastry or bread.

Another rule is to use the coldest water and to mix it in a cold place.

A common recipe for home-made baking-powder is 10 oz. of ground rice, 9 oz. of bicarbonate of soda, 5 oz. of tartaric acid, well mixed and sifted together.

MIXING THE DOUGH.

It will be seen by what has been previously stated that a very considerable amount of care and skill is requisite to produce a sweet wholesome loaf. If the instructions given in the following pages are carefully carried out, there should be no difficulty in making a palatable and satisfying loaf. In making bread, no matter how large or small the quantity, it is of the first importance that everything should be scrupulously clean, sweet and dry. Before commencing see that everything is in readiness, so that it will be unnecessary to leave off in the middle. If no more than $\frac{1}{2}$ bushel of flour (8 quarterns) is being worked, a large red earthenware pan will answer admirably to mix it in. It should, after being thoroughly washed out and dried, be set out on a strong kitchen chair (from which the back has been removed) in front of the kitchen fire; then turn the flour into the pan, cover it over with a clean cloth, and allow it to stand until the chill passes off before commencing. This is of course more necessary in winter than in the summer, and as there is only a small quantity of dough it will very soon get cold and be spoilt if it is not properly taken care of; and, since much depends upon the warmth, the whole process should be performed in front of the kitchen fire if the weather is at all cold and chilly. At the same time, under no consideration must the dough become too hot, for heat will kill the yeast sooner than cold, and the result in each case would be the same—heavy and unsatisfactory bread. Heavy bread is the result of insufficient fermentation, and sour bread is caused by over fermentation; it will therefore be seen how desirable

it is to adopt just the happy medium—to have the water neither too hot nor too cold, to give the yeast sufficient time to work or ferment properly, but not long enough to work itself sour. This happy medium will soon be arrived at by experience. When making the dough, it is of the greatest importance that it should be thoroughly well kneaded; in fact, up to a certain point, the more kneading given to the bread the better it will be, while if it is not kneaded sufficiently the dough may run flat in the oven, and not spring as it should. When freeing the hands of paste after the dough has been made, very particular notice should be taken that the scraps are first well rubbed into the dough, and then kneaded into the mass, leaving the finished dough perfectly smooth and clear.

When the dough is well kneaded, it is left to stand for some time, and then, as soon as it begins to swell, it is divided into loaves. After this process it is again left to stand, when it once more swells up, and manifests for the last time the symptoms of fermentation. It is then put into a hot oven, where the water contained in the dough is partly evaporated, and the loaves swell up again, while a yellow crust begins to form upon the surface. When the bread is sufficiently baked, the bottom crust is hard and resonant if struck with the knuckles, and the crumb is elastic, rising again in its place if pressed with the fingers. It will take from 45 to 60 minutes to bake in an ordinary oven, according to size of the loaves, but a 2-lb. loaf will rarely bake in less than 60 minutes, and if the oven is not over-hot a longer time is necessary.

THE OVEN.

At a not very remote date almost every house in the country was equipped with a brick oven and conveniences for making and baking bread, and even at the present time in out-of-the-way districts they are still to be found. But, generally speaking, these ovens have disappeared, and the oven usually found in the kitchen of the generality of houses is totally unfit to bake a full 2-lb. loaf of bread, although it will answer well enough for small rolls and fancy loaves. The unsuitability of the modern oven is principally due to thinness of the sides and the fact that it is not airtight; consequently all the steam escapes, rendering the bread dry and the crust hard and chippy, and not moist, and crisp like

baker's bread or bread baked in a large brick-built oven. For it should be remembered that it is absolutely necessary to keep all the steam in the oven when baking bread, for the vapour assists the crust to assume the brightness and gloss seen on properly baked new bread.

It is very necessary that the oven be sufficiently hot to bake the bread thoroughly, and under no consideration should bread or other goods be baked in a slack oven, or the result will be a very unsatisfactory loaf. Although the modern oven is generally unsatisfactory for ordinary loaf bread, it will bake small bread and fancy bread to perfection, the cause of failure with large loaves proving the success of the small. Generally speaking, this small bread requires a quick, sharp, flash heat that will bake the loaves quickly and well. Therefore there should be no very great difficulty in supplying the family table with dainties for either breakfast, luncheon, dinner or tea, and where it is necessary to bake bread in a town, there is nothing that will be so satisfactory for this purpose as an electric or gas oven, failing one specially designed for baking bread. In using an electric or gas oven it should be remembered that it must be thoroughly heated before the bread is put in, and then kept at a good heat during the process of baking: the oven door must be kept closed. Most of these ovens are provided with a tiled "sole," or bottom, and therefore bake excellent cottage and other breads that are desired to have a sweet crusty bottom. Usually bread baked in and on tins or metal has a tough crust that is not generally liked, and to avoid this defect it is advisable to procure some new red house-tiles and fit them into the bottom or shelf of the oven. By this means a more satisfactorily baked loaf will be obtained than by baking it on the iron. With the generality of kitchen ovens it will be very desirable to bake the bread in tins, or on tiles, as better results will be obtained than by putting the loaves direct upon the iron of the oven, for if the oven is used for all kinds of domestic purposes, there will be every probability of some dirt remaining upon the oven from burnt fruit-juices, or boiled-over fat, which would be very undesirable on the bottoms of the loaves. It is most necessary to practise the utmost cleanliness, for bread is very sensitive, and will very soon absorb a very undesirable flavour from anything that has been or is being baked with it. On all occasions bake bread by itself.

HOME-MADE BREAD

TO KEEP BREAD.

To keep the bread in good condition for the table after it is baked it is necessary to commence at the beginning, and when the bread is drawn from the oven to stand it upon racks to cool, where the air can circulate freely and gradually cool it, and then when perfectly cold, to wrap each loaf up separately in a sheet of white greaseproof paper, and then in a sheet of thick brown or other waste-paper, and to set the loaves in rows upon a shelf in a room or pantry free from dampness or draught, where the room is dry, without fire, or artificial light. This room or cupboard should be in a shady position and well protected from the sun's rays. Bread preserved in this way—provided, of course, it has been properly made and baked—will keep good, sweet and moist for 10 days, and the last loaf should be just as good as the first. If bread is not required for keeping longer than a week, it can be stored in a clean earthenware pan furnished with a lid, but if a pan or crock is used for the purpose, it must be thoroughly scalded and rinsed out every week, and then wiped with clean cloths and dried before the fire, and allowed to become quite cold before the bread is stored in it. If required to be kept only for 2 or 3 days the bread will not need very special treatment, but will keep quite well on shelves in the larder, the only precaution necessary being to protect the loaves from the sun and draught. Bread can also be kept wrapped in clean cloths for a few days, but in all cases, no matter how it is kept, it must be perfectly cold before being packed away. The larger the loaf the longer it retains its moisture; all kinds of small bread and rolls should therefore be freshly made as frequently as possible.

NEW BREAD.

One word as to the unwholesomeness of new bread and hot rolls. When bread is taken out of the oven it is full of moisture; the starch is held together, and the bread, instead of being crushed so as to expose each grain of starch to the saliva, is formed by the teeth into leathery, poreless masses, which are highly indigestible. Bread should always be at least a day old before it is eaten; and, if properly made, and kept in a cool place, ought to be perfectly soft and palatable at the end of 3 or 4 days.

RECIPES FOR BREAD

AMERICAN BREAD. (To be eaten hot.)

Prepare 1 breakfastcupful of white Indian meal, 2 breakfastcupfuls of flour, 3 eggs, $2\frac{1}{2}$ cups of milk, 2 oz. of butter, 1 oz. of white sugar, $\frac{1}{2}$ oz. of cream of tartar, $\frac{1}{4}$ oz. of bicarbonate of soda, $\frac{1}{4}$ oz. of salt.

Sift the cream of tartar and bicarbonate of soda well with the flour, meal and sugar on the board, make a "bay," or hole, in the centre, put in the butter, and rub with the hand until smooth, then add the salt, in fine powder, and break in the eggs; give them a good rub round with the tips of the fingers, then add the milk, and wet up into a soft smooth paste. Divide it out into convenient-sized pieces, put into tins, and bake in a moderate oven. One large loaf will take about 1 hour; rolls, about 20 minutes. When done, turn out on to a clean cloth laid on a plate, and send to table. This bread should be eaten hot from the oven. It makes a very acceptable breakfast dish. When cutting the bread, care must be taken not to press it heavily; a sharp knife must therefore be used with a sawing kind of motion, for this is the only possible way to cut hot bread or cakes without dragging the crumb and rendering it heavy and sticky.

If preferred, the bread can be baked in small patty-pans, and when cooked, broken open, a small piece of butter put in, and sent to table.

BAKING-POWDER BREAD.

Take 2 lb. of flour, 1 oz. of baking-powder, $\frac{3}{4}$ oz. of salt, milk.

First rub the salt to fine powder on the table with a knife, and mix it and the baking-powder into the flour on the board; then make a bay in the centre of the flour, pour in about 1 pint of milk, knead up as quickly as possible, and with very little handling, into a nice light dough. Divide it into convenient-sized loaves, shape them up, wash over with a little milk, and bake about $\frac{1}{2}$ hour in a quick oven. It is very

necessary to get the loaves into the oven with the greatest dispatch, for the baking-powder very soon loses its virtue, and if the operation is protracted after the dough is moistened, the bread will be heavy. Water may be used instead of milk if economy is a consideration.

HOME-MADE BREAD.

Prepare $\frac{1}{2}$ pint of brewer's yeast, 1 lb. of potatoes, 1 peck and $\frac{1}{2}$ lb. of flour, 2 quarts of cold water, and $1\frac{1}{2}$ oz. of salt.

Procure $\frac{1}{2}$ pint of good brewer's yeast fresh from the brew-house, and see that it weighs at least $3\frac{1}{2}$ oz. Having procured the yeast, boil about 1 lb. of potatoes in their skins, first washing them clean. When cooked, strain away the liquor they were boiled in, turn into a clean wooden pail, add $\frac{1}{2}$ lb. of flour, and pound them well with the end of a rolling-pin, then add 2 quarts of cold water, stir the ingredients up, and mix well. Put 1 peck of flour into a large pan, make a hole in the centre, place a couple of sticks across the top, set a sieve over the hole in the centre, and strain the liquor into it, using more water to rinse through every particle of the potatoes, leaving the skins perfectly clean in the sieve; now add the $\frac{1}{2}$ pint of yeast, and stir in sufficient flour to make a thin batter, cover over, and leave the mixture for about 2 hours. By that time it should have fermented and dropped about 1 inch. Then add $1\frac{1}{2}$ oz. of salt and sufficient water to make the flour into dough. Knead well, and leave dry, cover over with a clean cloth, and let it prove for $1\frac{1}{2}$ hours. Then knead it over, and throw out on to the board, divide into convenient-sized pieces, mould or make up into suitable-shaped loaves, prove, and then bake in a moderate oven. The time taken to bake will of course depend upon the size of the loaves. A 2-lb. loaf in a moderate oven will take about 60 minutes, and larger loaves in proportion.

HOME-MADE BREAD. (Another Method.)

Take 1 peck of flour, 2 oz. of compressed or distillery yeast, $1\frac{1}{2}$ oz. of salt, 3 quarts of water.

Turn the flour into a clean pan, and make a "bay," or hole, in the centre. Let the water be about 80° Fahr., or blood-warm, so it feels neither hotter nor colder than the hand when placed in the water. Put the water into a bowl, add the yeast and salt, and stir up well with the hand till dis-

solved, then turn it into the bay, and make up into rather a stiff dough; knead well, and leave dry, cover over with a clean cloth, and set the pan of dough in a warm place to prove for at least 2 hours, then give it another good kneading and drying over, and leave it for another hour; turn out on to the board, divide into suitable-sized pieces, make into loaves, prove and bake. A 2-lb. loaf will take about an hour to bake.

MALTED BROWN BREAD.

Have at hand $3\frac{1}{2}$ lb. of wholemeal, $\frac{1}{2}$ oz. of salt, $\frac{1}{2}$ oz. of yeast, 1 oz. of malt extract, water.

Put the meal into a clean pan, make a "bay," or hole, in the centre. Dissolve the yeast and malt extract in $1\frac{1}{2}$ pints of warm water, turn into the bay, and stir in about $\frac{1}{3}$ of the meal, cover over with a clean cloth, and set it in a warm place for 2 hours. At the end of that time add the salt (rubbed to fine powder under the rolling-pin), and mix in the remainder of the meal, turn it out on the board, divide it into convenient-sized loaves, put into clean greased pans or tins, prove for 1 hour, then bake for about 45 to 60 minutes in a moderate oven. This process will make nice, sweet-eating and palatable malt bread.

MILK BREAD.

Take 4 lb. of fine flour, $\frac{3}{4}$ oz. of salt, $\frac{3}{4}$ oz. of yeast, 1 egg, 1 quart of milk and water.

Make the milk and water warm, then dissolve the salt and yeast in it, add the flour, and make into a nice smooth dough. Cover over with a clean cloth, and keep the dough in a warm place for 3 hours; at the end of that time turn it out on to the board, and give it a good kneading and dusting over; cover again, and keep warm for 1 hour for the dough to recover itself, then divide it into convenient-sized pieces and mould them up round. Let them stand on the board, and cover up with a cloth to prove. When light enough, wash over with a beaten-up egg, using a brush for the purpose. When all the loaves are washed over, take a sharp knife and cut them 5 or 6 times crosswise. Now take each loaf separately, place it in the oven, cover over with a square tin, and bake about 50 minutes in a moderate heat. Skimmed milk, or half milk and half water, may be used if economy

is desired, but in the latter case it will be necessary to add 2 oz. of butter to this quantity.

PULLED BREAD.

Knead some white bread dough, place it in a greased loaf-tin, and let it prove just as when making bread. When sufficiently risen, bake it in a hot oven for about 20 minutes, or just long enough to set the dough, then turn it out of the tin and with 2 forks separate it into irregularly-shaped pieces suitable for serving. Place them on a baking-sheet and bake them in a moderate oven for about 30 minutes until crisp and lightly browned.

RICE BREAD.

Procure 1 lb. of rice, 7 lb. of flour, 1 oz. of salt, 1½ oz. of compressed yeast and some water.

Wash the rice in cold water, put it in a clean saucepan, cover with water, set over the fire, and cook until tender. Turn the flour into a clean pan, make a hole in the centre, put in the boiled rice, add 1 quart of cold water, and stir up gently without mixing in much flour; test the heat, and if cold enough add the yeast dissolved in another pint of water, stirring it into the rice with another handful of flour. Cover over with a clean cloth, and let it stand for 2 hours, then add the salt in fine powder, and make into dough, using any more water that may be necessary for the purpose. Cover over, and leave the dough to rise, then turn out on to the board, divide into convenient-sized loaves, mould up, prove, then bake in a moderate oven.

UNFERMENTED BREAD.

Prepare 2½ lb. of wholemeal, 1 lb. of white flour, ½ oz. of bicarbonate of soda, ½ oz. of muriatic acid, water.

Turn the flour, meal and bicarbonate of soda into a pan, and mix them well together, make a "bay" or hole, in the centre, then take about 1 quart of cold water in a jug, and mix the muriatic acid into it, turn into the bay, and mix into a paste as quickly as possible. Divide into suitable-sized loaves, put them into tins and into the oven as soon as they are placed in the tins. Bake for about ¾ hour. It is important that the paste is not handled more than is necessary, for the gas once evolved soon loses its strength

and may result in heavy, unpalatable bread. This bread can also be made entirely of white flour if preferred.

Note.—Lime water is very useful and beneficial in bread-making; it imparts all the whiteness and softness produced by the use of alum, and has the further merit of taking away any acidity there may be in the dough. The process has been patented by a Scotch firm of bakers.

WHOLEMEAL BREAD, FERMENTED.

Take $3\frac{1}{2}$ lb. of wholemeal, fine, coarse, or medium, as desired $\frac{1}{2}$ oz. of salt, $\frac{1}{2}$ oz. of compressed yeast, water.

Put the yeast and salt into a clean bowl, add $1\frac{1}{2}$ pints of warm water, and dissolve the yeast and salt in it. Then mix in the whole of the meal, making a smooth but rather soft dough, cover over, and stand aside in a warm place for about 3 hours, then turn out on to the board, and divide into convenient-sized pieces, mould up, and place into clean greased tins, let them stand to prove for 1 hour, then bake for about $\frac{3}{4}$ hour in a moderate oven.

WHOLEMEAL BREAD, UNFERMENTED.

Prepare 14 lb. of medium wholemeal, $2\frac{1}{2}$ lb. of flour, 4 oz. of sugar, 6 oz. of cream of tartar, 3 oz. of bicarbonate of soda, 3 oz. of salt, water.

Rub the sugar, cream, bicarbonate of soda, and salt, through a fine hair sieve on to the flour, mix well together, then add to the meal, put it into a clean dry tub, and keep it for use as required. When wanted, take the quantity of the mixture desired, put it into a clean pan, add sufficient water to wet it into a soft dough, place into tins, and bake. Allow about 45 minutes for 2-lb loaves.

It is best to mix the ingredients together a few days before they are required for use. The preparation must be kept in a dry place; it will then keep for an indefinite time.

YEAST

YEAST TO MAKE.

Take $1\frac{1}{2}$ oz. of hops, 4 quarts of water, $1\frac{1}{2}$ lb. of bruised or ground malt, $\frac{3}{4}$ lb. of flour, $\frac{1}{2}$ pint of liquid yeast.

Put the hops into a boiler, add the water, put on the lid, and set them over the fire to boil for about $\frac{1}{2}$ hour, or until all the hops have sunk to the bottom. Then strain the liquor

into a clean wooden bucket, squeeze out the hops and throw them away. Let the resultant liquor stand for 9 or 10 minutes, or until the face can be seen reflected in it, then turn in the malt, stir up well with a clean spoon, cover over, and let it stand until lukewarm, or about 70° Fahr. Then put in $\frac{1}{2}$ pint of yeast and the $\frac{3}{4}$ lb. of flour, stir it well up with the hand, cover over with a cloth, and let it remain in a warm corner undisturbed for at least 8 hours. At the end of that time give it a good stir up, and strain away the grains, squeeze them dry, and put the whole of the liquor into bottles; after stirring it well up, tie over with string, and keep it in a cool cellar. Half a pint of this yeast will be sufficient for about 20 lb. of flour. When required for use, it is usual first to set what is termed a ferment, as follows: First wash, clean, and then boil about 2 lb. of potatoes, without salt; when cooked strain off and turn them into a clean wooden bucket. Take a rolling-pin and pound the potatoes down with it; add about $\frac{1}{2}$ lb. of flour, and mix it well into the scalding hot potatoes with the rolling-pin; add 1 quart of water, and stir all the ingredients well up together, and when it has cooled down to 75° Fahr. shake well, and add $\frac{1}{2}$ pint of the previously-made yeast. Stir well in with the hand, breaking up the potatoes, and then cover over with a clean cloth, and let it stand the same as the yeast, in a warm place to work or ferment. In about 3 hours it will have come up and dropped, which is necessary to ensure good bread.

YEAST, TO MAKE. (Another Method.)

Have ready 2 oz. of hops, 6 quarts of water, 1 lb. of ground malt, $\frac{1}{2}$ lb. of brown sugar, 1 lb. of flour, $\frac{1}{2}$ pint of yeast.

Proceed as directed in the previous recipe, but place the sugar and malt in the bottom of the tub, and strain the scalding-hot liquor from the hops upon it; then cover over, and when cooled down to 70° Fahr., stir in the yeast and flour, and leave it to work as before directed.

CHAPTER V

BISCUITS, MACAROONS AND WAFERS

THE MANUFACTURE OF BISCUITS

SINCE the establishment of the large modern biscuit factories, biscuits have been produced both cheap and wholesome in almost endless variety. Their actual component parts are, perhaps, known only to the various makers; but there are several kinds of biscuits which have long been in use, most of which belong to the class of unfermented bread, and are perhaps the most wholesome of that class. In cases where fermented bread causes dyspepsia, biscuits may be recommended; in many instances they are considered lighter and less liable to create acidity. The name is derived from the French *biscuit*, or "twice-baked," because, originally, the method of baking entirely deprived them of all moisture, to ensure their keeping, but although that process is no longer employed, the name is retained. Fancy biscuits contain butter, eggs, milk, and various flavourings. They are sold in enormous quantities. Sea or ship-biscuits are made of wheat flour, from which only the coarsest bran has been separated. Dough is made up as stiff as it can be worked, and is then formed into shapes, and baked in an oven; after which the biscuits are exposed in lofts over the oven until perfectly dry, to prevent them from becoming mouldy when stored.

ALMOND BISCUITS.

Take 4 oz. of ground almonds, 14 oz. of castor sugar, 2 tablespoonfuls of orange-flower water, 10 oz. of flour, 4 oz. of butter, and 7 or 8 eggs.

Mix the almonds, sugar and orange-flower water in a mortar; break in 2 eggs and work up. Whisk up the other eggs and stir them gradually into the almond paste. Melt the

butter and incorporate it with the flour (sifted). Fill into very small plain or fancy biscuit tins (buttered), and bake in a moderate oven.

ALMOND ROCK BISCUITS.

Prepare 8 oz. of sweet almonds, blanch and cut them into long thin slices, and add to them the whites of 2 or 3 eggs, 1 oz. of candied orange peel cut small, and 1 lb. of fine icing sugar.

Mix all thoroughly together, make up the biscuits with a spoon or wafer paper, about the size of a two-shilling piece, and pile them $1\frac{1}{2}$ inches high. Put them to dry for 4 or 5 hours, and bake them in a slow oven, to give them a nice light colour.

ARROWROOT BISCUITS OR DROPS.

Have to hand $\frac{1}{2}$ lb. of butter, 4 eggs, $\frac{1}{2}$ lb. of flour, 6 oz. of arrowroot, and $\frac{1}{2}$ lb. of castor sugar.

Beat the butter to a cream; whisk the eggs to a stiff froth, add them gradually to the butter, stir in the sugar a little at a time, and beat the mixture well. Smooth down all the lumps from the arrowroot and sift it with the flour, and then add to the other ingredients. Mix all well together, drop the dough on a greased tin in pieces the size of a shilling, and bake the biscuits for about $\frac{1}{4}$ hour in a slow oven.

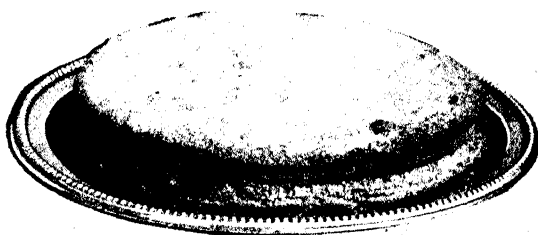
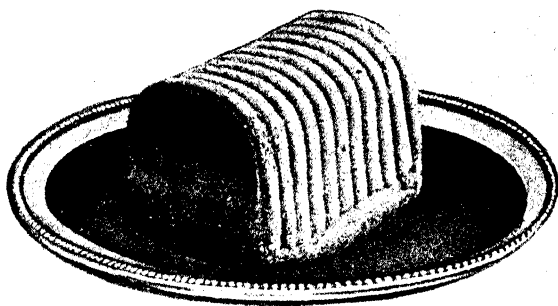
CHOCOLATE BISCUITS.

Prepare the same as for Lemon Biscuits, adding 4 oz. of grated chocolate. Put the paste into a tin and bake in a moderate oven. Cut it into small pieces to any desired shape, icing over with fondant mixed with chocolate (see page 118).

CINNAMON STICKS OR BISCUITS.

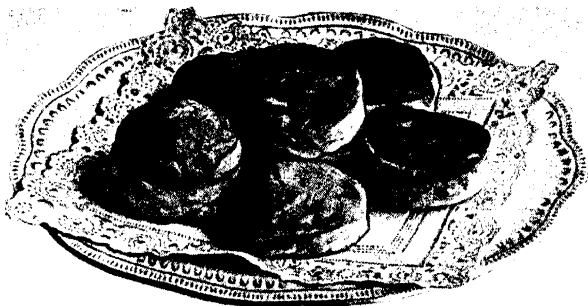
Take 1 lb. of sweet almonds, pound them in a mortar to a fine powder with 1 lb. of castor sugar. Pass it through a sieve, and whatever is not fine enough to pass through the sieve, put back into the mortar, and pound again until all has passed through. Mix in the whites of 3 eggs thoroughly, until the paste is perfectly smooth, and add a little cinnamon. Roll it out into a paste about $\frac{1}{2}$ inch thick, spread over it a fine layer of icing, made with white of egg and

SPONGE CAKES



1. Sponge Cake Mould. 2. Sponge Cakes. 3. Sponge Fingers.
4. Victoria Sandwich.

ROLLS, SCONES AND CAKES



1. Milk Scones.

2. Queen Cakes.

3. Breakfast Rolls.

powdered loaf sugar, and cut the paste into sticks or bars about 4 inches long, and $\frac{1}{2}$ inch wide. Put these in tins on wafer paper, and bake them in a slow oven, with the door open. When the icing is a little coloured they are done.

COCO-NUT BISCUITS.

Take 4 oz. of castor sugar, 4 oz. of butter, 3 eggs, a little milk, 4 oz. of flour, 2 oz. of cornflour, and 3 oz. of desiccated coco-nut.

Rub the flour and butter together until very fine, add the cornflour, sugar, and 2 oz. of the coco-nut. Mix thoroughly, make a well in the centre, beat up the eggs, and add them, work into a smooth dough; roll out about $\frac{1}{8}$ inch thick, cut or stamp out some oblong biscuit shapes or fingers, place them on a buttered baking-sheet, brush over with a little sweetened milk and egg; sprinkle some coco-nut over the top of each. Bake in a moderately-heated oven for about 20 minutes. If the paste is found too stiff, a little milk or cream should be added.

COCO-NUT GEMS.

Prepare 1 lb. of castor sugar, 1 lb. of desiccated coco-nut, 4 whites of eggs, the juice of $\frac{1}{2}$ a lemon, and a little essence of vanilla.

Break the whites of eggs into a very clean basin, add the juice of $\frac{1}{2}$ a lemon and the sugar, beat up these ingredients into a stiff paste that will not run out of the pan when turned upside down. When well beaten, stir in the desiccated coco-nut. Cover baking-sheets with wafer paper, and lay the mixture out in small biscuits about the size of walnuts, pinching them together very tightly with the fingers when the biscuits have all been laid out. Bake them in a very slow oven; when done and cold, pack them away in a tin.

COFFEE BISCUITS.

Prepare the same as for Lemon Biscuits, adding some essence of coffee instead of the lemon, and flavouring the icing with coffee.

COFFEE ROCK BISCUITS.

Mix together sliced almonds with whites of eggs, and

sugar, as in preparing for Almond Rock Biscuits, and add a little essence of coffee to give flavour and tint.

CRISP BISCUITS.

Take 1 lb. of flour, the yolk of 1 egg, and sufficient milk to make a stiff paste.

Mix the flour and the yolk of the egg with sufficient milk to make the whole into a very stiff paste; beat it well, knead it until it is perfectly smooth. Roll the paste out very thinly; with a round cutter shape it into biscuits, prick them with a fork and bake them a nice brown in a slow oven from 12 to 18 minutes.

DESSERT BISCUITS. (Which may be flavoured with Ground Ginger, Cinnamon, etc.)

Take 6 oz. of flour, 4 oz. of butter, 4 oz. of castor sugar, the yolks of 2 eggs, and flavouring to taste.

Put the butter into a basin; warm it, but do not allow it to boil; then with a wooden spoon beat it to a cream. Add the flour by degrees, then the sugar and flavouring, and moisten the whole with the yolks of the eggs, which should previously be well beaten. When all the ingredients are thoroughly incorporated, drop the mixture from a spoon on to a greased paper, leaving a distance between each cake, as they spread as soon as they begin to warm. Bake in rather a slow oven from 12 to 18 minutes, or rather longer in a very slow oven, and do not let the biscuits acquire too much colour. In making the above quantity, half may be flavoured with ground ginger, and the other half with essence of lemon, or some currants added to make a variety. The biscuits are named after the preparation with which they are flavoured, and an endless variety may be made in this manner.

GENEVA BISCUITS.

Prepare 4 oz. of castor sugar, 5 oz. flour, 3 eggs, and $\frac{1}{2}$ a lemon-rind finely grated.

(Separate the yolks of eggs from the whites, put the latter into a clean dry basin or copper egg bowl, add a pinch of salt, and whisk to a stiff froth. Cream the yolks and sugar together in a basin, stir over a vessel of boiling water until it begins to thicken, then remove, and whisk again until the

mixture is completely cold. Now mix in the lemon-rind, the stiff whites of eggs and the flour. Put the mixture in a forcing bag with a plain tube, and force out some rounds or oblongs of even size, and shape on to a well-buttered and floured baking-tin, about 1 inch apart, dredge with sugar and bake in a moderate oven for about 15 minutes.

GINGER BISCUITS.

Take $\frac{1}{2}$ lb. of flour, $\frac{1}{4}$ lb. of fresh butter, $\frac{1}{4}$ lb. of castor sugar, $\frac{1}{2}$ oz. of ground ginger, 1 egg, and a little milk.

Rub the butter and ginger into the flour on the board, make a "bay," or hole, break in the egg, and wet up into a nice workable paste, using a little milk if necessary. Roll down in thin sheets, and cut out with a plain round cutter, set them on to a greased baking-sheet, and bake in a cool oven for about 5 minutes.

GINGERBREAD NUTS, RICH SWEETMEAT.

Have ready $\frac{1}{2}$ lb. of golden syrup, 2 oz. of butter, $\frac{1}{2}$ lb. of coarse brown sugar, 1 oz. of ground ginger, $\frac{1}{2}$ oz. of candied lemon peel, $\frac{1}{4}$ oz. of caraway seeds, 1 egg, and a little fine flour,

Put the golden syrup into a basin, and pour over it the butter, melted so that it does not oil, the sugar and ginger. Stir these ingredients well together, and while mixing add the candied peel, cut into very small pieces, but not bruised, and the caraway seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a firm paste. Make this into nuts of any size, put them on a baking-tin, and place them in a slow oven from $\frac{1}{2}$ to $\frac{3}{4}$ hour.

GINGERBREAD NUTS, SUNDERLAND.

Take 1 lb. of golden syrup, $\frac{1}{2}$ lb. of moist sugar, $\frac{1}{4}$ lb. of butter, 1 lb. of flour, 1 oz. of ground ginger, 1 oz. of allspice, and 1 oz. of coriander seeds.

Let the allspice, coriander seeds and ginger be freshly ground; put them into a basin with the flour and sugar, and mix these ingredients well together; warm the golden syrup and butter together, then with a spoon work the mixture into the flour, etc., until the whole forms a nice smooth

paste. Drop the mixture from the spoon on to a piece of greased paper, and bake in rather a slow oven from 20 to 30 minutes. A little candied lemon peel added is an improvement.

HUNTING NUTS.

Prepare 1 lb. of flour, $\frac{1}{4}$ lb. of loaf sugar, $\frac{1}{4}$ lb. of candied peel cut into shreds, 1 oz. of ground ginger, $\frac{1}{2}$ lb. of golden syrup, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ teaspoonful of bicarbonate of soda, $\frac{1}{2}$ teaspoonful of ground mixed spice.

Mix the flour and soda together, add the sugar, peel, ginger, and spice. Beat up the butter and syrup in a basin to a cream, then add the other ingredients, and make up into rather a firm dough. Let it stand for 4 hours before rolling out into cakes; roll into long flat cakes 3 inches long by $1\frac{1}{2}$ inches wide, and bake in a quick oven for 8 or 10 minutes.

LADIES' FINGERS. (See SAVOY BISCUITS.)

LEMON BISCUITS.

Take $\frac{3}{4}$ lb. of flour, 6 oz. of castor sugar, 3 oz. of fresh butter, 2 eggs, the grated rind of a lemon, and 1 dessert-spoonful of lemon-juice.

Rub the butter into the flour, stir in the castor sugar and very finely-minced lemon peel, and when these ingredients are thoroughly mixed, add the eggs, which should be previously well whisked, and the lemon-juice. Beat the mixture well for 1 or 2 minutes, then drop it from a spoon on to a greased tin, about 2 inches apart, as the biscuits will spread when they get warm; place the tin in the oven, and bake the biscuits a pale brown from 15 to 20 minutes.

MACAROONS. (See recipes, pages 88 and 89.)

NEAPOLITAN BISCUITS.

Take 1 lb. of flour, 1 lb. of sugar, 1 lb. of ground almonds with rose-water, 8 oz. of fresh butter, and the whites of 2 eggs.

Blanch the almonds and dry them, then pound them in a mortar with 1 gill of rose-water to a fine paste, and add the butter and sugar. Stir the whole well together, and when it is smooth take it out of the mortar and put it into

a pan. Stir in the flour, mixing it well, and let it stand in a cool place until next morning. Then roll it out to the thickness of $\frac{1}{4}$ inch, and cut it into cakes with a biscuit cutter. Lay the cakes on wafer paper, and bake them on iron plates in a hot oven.

ORANGE BISCUITS.

These are made exactly the same as Lemon Biscuits, only that the juice of 2 oranges is added after the skins have been rubbed off with lump sugar. Pound the sugar and add it to the eggs, and finish as for lemon biscuits, icing over with orange icing (*see* page 122).

ORANGE ROCK BISCUITS.

Prepare the paste as for Almond Rock Biscuits, adding a little cochineal, with a little yellow colouring to give the required orange tint.

PETITS FOURS.

These may be made of any sweet paste, Genoese, pound or sponge cake, and allow of an endless variety of decoration, with different icings, crystallized fruits, candied peel, etc. The simplest way of making petit fours is to cut Genoese, pound, or sponge cakes into pretty fanciful shapes, icing them with different coloured icings, garnishing them before the icing has set with crystallized fruit cut in fine slices, angelica, almonds, preserved cherries, and similar fruits.

PLAIN BISCUITS.

Prepare 6 oz. of flour, 2 oz. of castor sugar, 1 oz. of butter, yolk of 1 egg, 2 tablespoonfuls of milk. Sufficient for $1\frac{1}{2}$ dozen biscuits.

Beat the egg with the milk, then mix with the other ingredients, and roll and cut out into very thin biscuits with a paste-cutter. Bake for 6 minutes in a quick oven.

RATAFIAS.

Prepare $\frac{1}{2}$ lb. of sweet ground almonds, 2 oz. of butter, 12 oz. of castor sugar, and the whites of 3 eggs.

Mix up the same as for macaroons, but the paste must be a little softer, and they must be laid out in very small drops on to sheets of clean white kitchen paper, laid over

baking-plates, and baked in a cool oven to a very pale colour. They will take about 20 to 30 minutes.

RICE BISCUITS OR CAKES.

Take $\frac{1}{2}$ lb. of rice flour, $\frac{1}{4}$ lb. of castor sugar, $\frac{1}{4}$ lb. of butter, and 1 egg.

Beat the butter to a cream, stir in the rice flour and pounded sugar, and moisten the whole with the egg, which should be previously well beaten. Roll out the paste, cut out with a round paste cutter into small cakes, and bake them from 12 to 18 minutes very slowly.

ROUT CAKES OR BISCUITS.

Take 1 lb. of sweet almonds, blanch and dry them, then put them into a mortar and pound them very fine, with sufficient orange-flower water to obtain a firm paste. Take the paste out of the mortar and put it into a saucepan, adding 1 lb. of fine castor sugar. Put the pan on the fire and stir until the paste is dry and will not adhere to your finger, take it off, and make up the paste into all kinds of fancy ornamental biscuits.

SAVOY BISCUITS OR CAKES.

Have ready 3 eggs, 6 oz. of castor sugar, a few drops of essence of lemon, and 8 oz. of flour.

Break the eggs into a basin, beat well with the sugar and essence of lemon for $\frac{1}{4}$ hour. Then dredge in the flour gradually, and well but lightly mix. Then put the mixture into a savoy bag, lay the biscuits out on to a sheet of thick cartridge paper, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits or ladies' fingers, as they are sometimes called, are used for making Charlotte Russes and other fancy sweet dishes.

SEED BISCUITS.

Take 12 oz. of flour, $\frac{1}{4}$ lb. of castor sugar, $\frac{1}{4}$ lb. of butter, $\frac{1}{4}$ oz. of caraway seeds, and 2 eggs.

Beat the butter to a cream; stir in the flour, sugar and caraway seeds, and when these ingredients are well mixed, add the eggs, which should be well whisked. Roll out the

paste, cut out the biscuits with a round cutter, set them on to clean greased baking-sheets, and bake them in a moderate oven from 10 to 15 minutes. The tops of the biscuits may be brushed over with a little milk or the white of an egg, and a little sugar strewn over.

SIMPLE HARD BISCUITS.

Have ready 1 lb. of flour, 2 oz. of butter, about $\frac{1}{2}$ pint of skimmed milk. Sufficient for 3 dozen biscuits.

Warm the butter in the milk until the former is dissolved, then mix it with the flour into a very stiff paste; beat it with a rolling-pin until the dough looks perfectly smooth. Roll it out thin; cut out the paste with a plain round cutter; prick the rounds well with a fork and bake them from 6 to 10 minutes. The above is the proportion of milk estimated to convert the flour into a stiff paste, but should it be found too much, an extra spoonful or two of flour must be put in. These biscuits are very nice for the cheese course.

SODA BISCUITS.

Take 1 lb. of flour, $\frac{1}{2}$ lb. of castor sugar, $\frac{1}{4}$ lb. of fresh butter, 2 eggs, and 1 small teaspoonful of bicarbonate of soda.

Put the flour into a clean basin, rub in the butter and sugar, make a hole in the centre, break the eggs and beat them up well with a wire egg whisk, dissolve the bicarbonate of soda in a little water, turn all the ingredients together into the hole, and wet up into rather a soft paste, using a little milk if necessary. Turn out on to the board, dry over, and roll down in sheets, about $\frac{1}{4}$ inch thick, cut out with a small plain round cutter, set on to clean greased baking-plates, and bake in a warm oven.

VIRGINIA BISCUITS.

Prepare 1 $\frac{1}{2}$ lb. of flour, 1 tablespoonful of butter, 1 tablespoonful of lard, 1 teaspoonful of salt, cold water. Sufficient for 4 dozen biscuits.

Work the butter and the lard into the flour; add the salt, and moisten with cold water to a stiff paste. Beat this until it bubbles, cut out into small biscuits, and prick with a fork, set the paste on to clean baking-sheets, brush it over with milk, and bake in a warm oven for about 15 minutes. The more beating, the better the biscuit.

VANILLA STICKS OR BISCUITS.

Proceed exactly as in preparing Cinnamon Sticks, substituting a little vanilla for the flavouring.

MACAROONS**ALMOND PASTE FOR MAKING MACAROONS, ETC.**

The chief ingredients of this paste consist of almonds pounded in a mortar, with whites of eggs and castor sugar mixed in various proportions. It is almost impossible to lay down a hard and fast rule for the number of eggs to be used for making the paste, as this entirely depends upon the size of the eggs, and on the dryness of the sugar and almonds. The safest way is to add the eggs by degrees. Experience and observation are the only sure guides as to the quantities.

BITTER ALMOND MACAROONS.

Take 2 oz. of bitter almonds, and 1 lb. of sweet almonds, blanch and dry them, then pound them in a mortar with the whites of 8 to 10 eggs. When they are reduced to a fine, smooth paste, add 2 lb. of castor sugar, and mix all thoroughly together. Put the paste into a bag provided with a forcing pipe and squeeze the paste through it, in small round macaroons, on some wafer paper. Afterwards dip your finger in cold water and touch the tops of the macaroons, to make them shine. Bake in a moderate oven.

CHOCOLATE MACAROONS.

These are generally made of ordinary macaroon paste, with the addition of chocolate. Add to 1 lb. of macaroon paste, 2 oz. of the best melted chocolate. When it is dissolved, mix in quickly, make up the macaroons into rounds on wafer paper and bake them in a moderate oven.

ENGLISH MACAROONS.

Take 1 lb. of sweet almonds, blanch and dry them, put them into a mortar and pound them to a fine paste with the whites of 8 eggs, then add 1 lb. and 10 oz. of castor sugar. Mix all well together, make up the macaroons on wafer paper, dip your finger in cold water and touch the tops, and sprinkle over chopped almonds. Bake in a moderate oven.

FRENCH MACAROONS, FINE.

Take 1 lb. of almonds, blanch them in boiling water, peel and dry them. When they are perfectly dry, pound them in a mortar with 8 whites of eggs, adding the eggs by degrees. When the almonds are reduced to a fine smooth paste, add 2 lb. of castor sugar, and the grated rind of 2 lemons. Mix thoroughly together, put the paste into a saucepan, and set it on a moderate fire. Stir it until it is lukewarm, take off the fire and make up quickly, whilst hot, on wafer paper. Give the macaroons a round shape, and bake them at once in a moderate oven.

HAZEL-NUT MACAROONS.

Have ready 1 lb. of hazel-nut kernels, put them in a mortar, and pound them very fine, with the whites of 8 eggs. Add 2 lb. of castor sugar, and mix well into a smooth paste. Make up into oval shapes, on wafer paper, and bake in a moderate oven.

SMALL FANCY MACAROONS.

These are made from hazel-nut macaroons. Make up into small, round shapes on wafer paper, then sprinkle some castor sugar over them, and bake them in a moderate oven. After they are baked press your forefinger in the centre of each, in order to obtain a small hole. Fill this with jam, and cover with icing.

WAFERS**ALMOND WAFERS.**

Take 4 oz. of almonds, blanch them and put them into a mortar, pound them to a fine paste with the whites of 2 eggs. Add 6 oz. of fine castor sugar, and about 1 oz. of the best fine flour.

Butter a smooth baking-tin, and lay the almond paste on it; with a flat knife spread it out as thin as possible, in a round shape. Sprinkle over it a few finely-chopped almonds, and bake in a quick oven. After the wafers are baked, roll them quickly on a round stick of wood, and decorate them with cream when cold.

CIGARETTE WAFERS FOR ICES.

Put into a mixing basin 8 oz. of the best flour, with 5 oz. of castor sugar. Make up into batter with the whites of 4 eggs and the juice of 1 lemon, thinning it with a little orange-flower water until it is quite smooth. Strain it through a hair sieve, and flavour with vanilla. Heat the wafer tongs, butter the inside surfaces, then put in a spoonful of the batter and close the tongs immediately. Bake in the same way as other wafers (*see* FRENCH WAFERS).

CORNET, OR HORN, WAFERS.

These are prepared like Cigarette Wafers, except that they are filled with whipped cream.

CREAM WAFERS.

These are prepared in the same way as Cigarette Wafers, with the difference that cream is used instead of orange-flower water.

FRENCH WAFERS, OR GAUFRES,

Put into a basin 8 oz. of the best flour, 6 oz. of the best butter, and 4 oz. of castor sugar. Rub the butter, flour, and sugar well together. Add the rinds and juice of 2 lemons, and 2 eggs. Mix all thoroughly together with a wooden spoon until the paste is smooth, then roll out into little cakes. Take the wafer tongs, heat them over a clear fire, grease the inside surfaces with a small piece of butter or a little olive oil. Put the paste in, and close the tongs. Hold the iron over the fire and turn the paste from time to time, in order to bake both sides the same colour. When it is baked, unfasten the tongs, scrape the edges, take out the wafers, and roll them on a small round stick. Put them on a sieve and dry them in a cool oven.

RED WAFERS.

These are made from Cigarette Wafers, a little cochineal being added to give the tint.

CHAPTER VI

PASTRY-MAKING

THE quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of cold air in the pastry when expansion takes place in the oven. The best pastry is therefore that which contains the greatest quantity of the coldest air prior to baking. The repeated foldings and rollings to which puff-paste is subjected have this increase of air in view ; while in short-crust the expansion is aided by adding baking-powder, or other acid, and alkaline substances, which, when moistened, combine to form a constituent identical in its composition and effect with that of the atmospheric air to which puff-paste entirely owes its lightness. The difference between puff, or flaky and short-crust is that in the former there are thin layers of air and pastry alternating, and in the latter the air fills small cavities all through the paste.

PUFF-PASTE

This usually consists of flour and butter in equal proportions, but in short-crust the proportions of fat and flour vary, and may be one-fourth for an economical paste, or three-fourths for a rich short-crust. For ordinary purposes $\frac{1}{2}$ lb. of butter or fat to each lb. of flour will, with the addition of a good teaspoonful of baking-powder, make a sufficiently rich crust. Fine starchy flour makes the lightest pastry, the larger proportion of gluten in household flour—although exceedingly valuable from a dietetic point of view—tends to make pastry tough. Flour should always be stored in a cool, perfectly dry place. By sieving it before use, air is introduced, and if there are any lumps these may be rubbed out, with the result that the pastry will be lighter. When baking-powder is used it should be sieved with the flour, as this ensures its even distribution.

The amount of liquid required to moisten a given quantity of flour varies within narrow limits, but it may be approximately stated as being half to that of the flour. As a rule, 1 lb. of flour will need about $\frac{1}{2}$ pint of water, but allowance must be made for the addition of eggs, or when the fat has been reduced to a semi-liquid condition by undue friction, or prolonged contact with hot hands. The consistency of the butter determines the amount of water to be added to puff-paste; when the butter is soft the paste must be equally so, otherwise it is impossible to keep the layers separate, and thus the paste is deprived of some of its flakiness. Rich short crust is lighter and more crumbly when made very stiff, but unless plain short crust is sufficiently moistened it is hard and tough. Lemon-juice, like other acids, tends to make pastry lighter.

SELF-RAISING FLOUR.

As mentioned in the introduction to the chapter on Cakes, self-raising flour may, with advantage, be used for making all kinds of pastry, but no other raising agent such as baking-powder, bicarbonate of soda, etc., is then necessary.

BUTTER AND FAT.

The butter used for making pastry should be good and sweet, for nothing imparts its own unpleasant flavour to everything it comes in contact with more decidedly than inferior butter. Salt butter is not objectionable, if before being used it is well washed, and afterwards squeezed in a floured cloth to free it from moisture. Rancid butter may have some of its disagreeable flavour removed by kneading it first in new milk and afterwards in water. For ordinary pastry clarified fat may be recommended in preference to lard or dripping, for it is entirely free from the fatty taste which characterizes the purest home-made lard, while that bought ready prepared is frequently adulterated, and, moreover, has occasionally a strong, unpleasant taste. The objectionable characteristic flavour of dripping may be in some measure removed by creaming it, that is beating it with a knife on a plate, and raising it well with every movement of the hand, so as to subject every part to the purifying influence of the atmosphere.

MANIPULATION.

The fat should be lightly, but very thoroughly, rubbed in with the tips of the fingers, never with the palms of the hands. The water should be added gradually, but quickly, to prevent hard lumps being formed, and to keep the consistency of the whole mass uniform. A knife should always be used for mixing, it being so much cooler than the hand. Some little practice is necessary to acquire the light, firm, even pressure and dexterous movements upon which success so largely depends. Paste should never be rolled backwards and forwards, but in short forward rolls, lifting the rolling-pin between the rolls. Puff-paste should never be rolled off the edges, as this may force out some of the air ; it is better to thin the edges by a little pressure.

PUFF PASTE

Puff-paste is allowed to stand between the turns in order that the butter may harden, and thus keep the layers of paste and butter separate. Paste to which baking-powder has been added, or in which self-raising flour has been used, should be put into the oven as speedily as possible, otherwise some of the effect of the baking-powder, or self-raising flour is wasted, its action beginning immediately the paste is moistened.

BAKING

All kinds of pastry should be baked in a moderately hot oven, for a high temperature is necessary to expand the air or gas, and thus make the pastry light, and also to burst the grains of the flour, thereby enabling these to absorb the fat immediately it melts. Unless the heat is sufficiently great to act upon the flour in this manner, the melted fat runs out and leaves the paste less rich, and also, probably, both heavy and tough. An oven with a good bottom heat is desirable for baking tarts and tartlets ; when heated from above it is advisable to bake, or partially bake, the tarts before filling them.

PASTRY, TO GLAZE

Meat pies, patties, sausage-rolls, and similar articles are usually brushed over with well-beaten egg before, or during the process of baking : when a deeper tone of colour is desired the yolk alone is used. Or, when economy is a point, and

the white can be otherwise utilized, a little milk may be added to the yolk of egg when a larger quantity than is afforded by 1 yolk is required. Fruit tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar before baking. Or, when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg, and well dredged with castor sugar.

RECIPES FOR PASTE, CRUST, ETC.

BRIOCHE PASTE, HOUSEHOLD.

Have ready 1 lb. of flour, 1 oz. of yeast, 4 oz. of butter, 3 oz. of castor sugar, 2 eggs, 4 oz. of sultanas (cleaned), 1 pint of warm milk, and a little water.

Mix, and finish in the same way as for ordinary Currant Buns.

BRIOCHE PASTE, INEXPENSIVE.

Take 1 lb. of flour, 1 oz. of yeast, 8 oz. of best butter, 1 teaspoonful of salt, 1 dessertspoonful of sugar, 2 eggs, and a little milk.

Mix, and finish in the same way as for Brioche Paste, Rich.

BRIOCHE PASTE, RICH.

Prepare 1 lb. of flour, 1 lb. of best butter, 1 teaspoonful of salt, 2 teaspoonfuls of castor sugar, 3 or 4 eggs and $\frac{1}{2}$ oz. of yeast.

Sift the flour on the paste board, then take a quarter of the flour, make a hole in the centre, and pour in the yeast, dissolved with a little warm water. Mix up into a dough—not too stiff, and not too soft—mould into a round ball, and mark it across with a knife four times each way, so as to form diamonds on the top. Then put it into a warm place to rise to twice the size. Take the remainder of the flour, make a hole in the centre, and put in the melted butter, salt, sugar, and eggs. Mix into a dough by adding the eggs, one at a time. Knead the dough, as when making bread, for a quarter of an hour. When perfectly smooth and binding, add the sponge to it, and mix well together, until it is smooth again. Put the dough into a basin, and let it stand in a warm place until

next morning. During the interval it should be beaten down twice, in order to prevent its rising too much—the dough should always be made in the evening to be used next morning. Flour the paste board and put the brioche paste on it. Mould with the hand into round balls, put them on greased tins, place a smaller round on the top (about a third the size of the ball), brush them over with beaten egg, and notch them round the sides with the point of a knife. Bake in a hot oven.

These are called in French *Brioche à tête*—brioche with heads.

CASSOLETTE PASTE.

Take 6 oz. flour, $1\frac{1}{2}$ oz. butter, 1 egg, a little water, 1 tea-spoonful of lemon-juice, and a pinch of salt.

Put the flour in a basin, add the salt, and rub in the butter until quite smooth. Then moisten with the egg, the lemon-juice, and a very little water. Mix the whole thoroughly, and work into a smooth but stiff paste. Use for lining of small cassalette, timbale or zephyre moulds.

CHOUX PASTE.

Have ready 4 oz. of fine flour, 4 oz. of butter, 2 oz. of sugar, 2 eggs, $\frac{1}{2}$ pint of water, salt, and a little vanilla essence or other flavouring.

Put the water, butter, sugar, and a good pinch of salt into a stewpan, and when boiling add the flour, previously well dried and sieved, and stir and cook gently for at least 10 minutes. Let it cool a little, then beat in the eggs one at a time, add a few drops of the flavouring ingredient, and use as required.

CHOUX PASTE, RICH, FOR SWEET DISHES.

Prepare $\frac{1}{2}$ lb. of the best flour, $\frac{1}{2}$ lb. of butter, 1 pint of fresh milk, a pinch of salt, 3 oz. of castor sugar, 4 eggs and a little orange-flower water.

Put the butter, salt, sugar, and milk into a saucepan over a gentle fire. When it rises to the top of the pan, add the sifted flour. Stir over the fire until the paste is smooth and dry, and will not adhere to the sides of the saucepan, taking great care that the paste does not burn. Take it off the fire, and keep stirring it. Next break the eggs, adding them 2 at a time to the paste. Keep the paste a medium thickness—

not too soft, yet not too stiff—and, if necessary, add 1 more egg. If the paste is too stiff, it will not rise properly, and if too soft, will make flat “puffs.” Put the paste in a forcing-bag, drop in small balls on greased iron baking-tins, brush them over with beaten egg, and bake in a moderate oven. After they are baked, let them get cold, then fill them with whipped cream.

The French name for these is *Choux à la Crème*.

DUCHESS PASTE.

Prepare 1 pint of cream, 2 oz. of castor sugar, $\frac{1}{4}$ lb. of butter, 1 teaspoonful of orange-flower water, a pinch of salt, flour, and 2 or 3 eggs.

Put the cream, sugar, butter, orange-flower water, and salt in a stewpan, and when at the boiling-point stir in enough sifted flour to form a dry paste, and work over the fire till the flour is cooked. When a little cool add the eggs.

FLAKY PASTE. (For Tarts and Tartlets.)

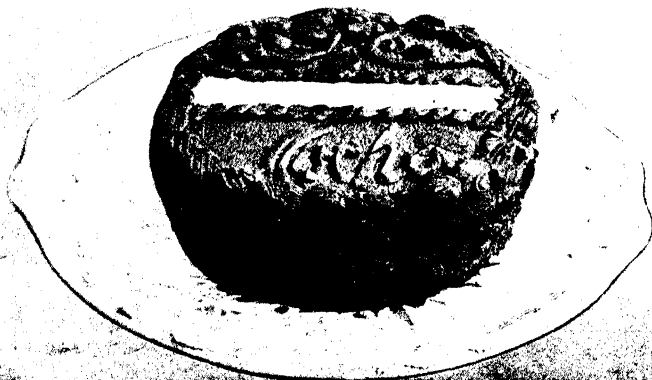
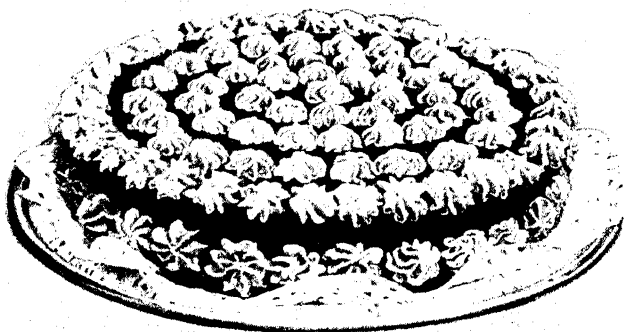
Have at hand 12 oz. of flour, 9 oz. of butter (or butter and lard mixed), and about $\frac{1}{4}$ pint of water.

Sieve the flour into a basin, and rub in lightly a third of the butter. Add the water and mix into a smooth paste, more or less moist, according to the consistency of the butter, with which it must agree. Roll it out into a long narrow strip. Divide the remainder of the butter into 3 equal portions; put one portion on the paste in small pieces, dredge lightly with flour, fold it evenly in three, turn it round so as to have the folded edges to the right and left when rolling, press the edges lightly with the rolling-pin, to prevent the air escaping, and roll out as before. Repeat this process with the other portions of butter. The pastry may be used at once, but it will be lighter if allowed to stand for 1 hour in a cool place before being used. In making up, handle as lightly, and roll as evenly as possible. Bake in a hot oven, and avoid opening the oven door until the pastry has risen and become partially baked.

FLEAD CRUST.

Take 1 lb. of flour, $\frac{1}{4}$ lb. of flead (the leaf or pork from which lard is made), 1 teaspoonful of baking-powder, $\frac{1}{4}$ teaspoonful of salt, and $\frac{1}{4}$ pint of cold water.

FANCY CAKES

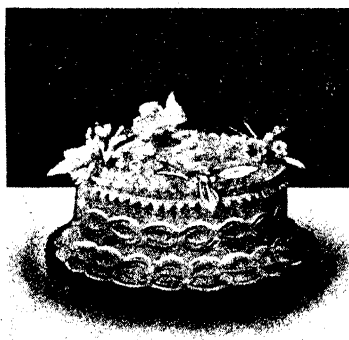
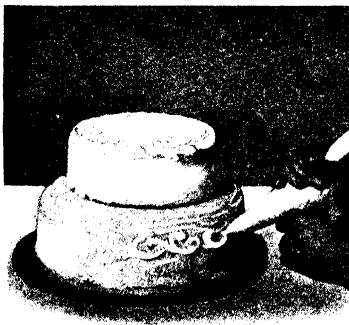


1. Coconut Cake.

2. Orange Cake.

3. Mocha Cake.

PIPING OR FANCY CAKE ICING



Make an ordinary grocer's paper bag, place one of the piping funnels at the bottom, pour the prepared sugar into the bag, and tear the paper off the point of it. Hold the bag in the right hand, and with the fingers of the left squeeze the sugar through the funnel. The piping tubes have teeth, and patterns of piping vary according to the "outlet."

Remove any skin there may be, and slice the flead into thin flakes, and mix it with the flour on the paste board. Roll it lightly with the rolling-pin. Place in a basin, add the baking-powder, salt, and sufficient cold water to form a fairly stiff paste. Roll out and use for meat pies, etc.

FRENCH PUFF-PASTE. (Founded on M. Ude's Recipe.)
(For Tartlets, Patties, etc.)

Take 1 lb. of good butter, 1 lb. of flour, the yolks of 2 eggs, $\frac{1}{2}$ saltspoonful of salt, and about $\frac{1}{2}$ pint of water.

Remove as much moisture as possible from the butter by squeezing it well in a dry cloth. Put 2 oz. aside, form the remainder into a ball, and keep in a cool place. Sieve the flour, rub in the 2 oz. of butter, add the salt and moisten with the yolks of eggs and water, adding the latter gradually until the right consistency is obtained. Knead quickly and lightly until smooth, then roll out to the thickness of about $\frac{1}{2}$ inch. Enfold the ball of butter in the paste, press lightly with the rolling-pin until the butter is flattened, and afterwards roll out as thinly as possible without allowing the butter to break through. Fold the paste in three, roll out thinly as before, again fold in three, and put it aside. Except in hot weather, the paste will become sufficiently cool and firm in about 20 minutes, when it should be rolled out twice, and again put aside in a cold place for about 20 minutes before receiving its fifth and sixth *turns*. After the sixth turn the paste is ready for use, and may be converted into tartlets, patties, etc., particulars of which will be found under respective headings.

GENOESE PASTE.

Take 3 oz. of fine flour, 4 oz of castor sugar, 2 oz. of butter, and 3 eggs.

Dry and sieve the flour, separate the whites of the eggs from the yolks, to the latter add the sugar, work vigorously until it has a thick creamy appearance, then stir in the butter melted. Whisk the whites to a stiff froth, stir in the flour, then mix lightly, but thoroughly, with the contents of the other basin.

Pour the mixture into a papered buttered tin, and bake in a moderately hot oven.

GENOESE PASTRY. (Another Method.)

Have ready 3 oz. of fine flour, 3 oz. of butter, 4 oz. of castor sugar, and 3 eggs.

Break the eggs into a basin, add the sugar, place the basin over a saucepan of boiling water and whisk until lukewarm. Now remove the basin and continue the whisking until the mixture becomes thick and creamy, then add the butter melted, and stir in the previously-sifted flour as lightly as possible. Have ready a well-buttered papered tin, pour in the mixture, and bake in a moderately hot oven.

LONG, OR TRIANGULAR PASTRY.

Prepare $\frac{1}{2}$ lb. of best flour, 4 oz. of butter, a pinch of salt, 3 or 4 eggs and 1 teaspoonful of baking-powder.

Sift the flour on the paste board, make a hole in the centre and put in the salt and 2 eggs. Mix up into dough, adding the remaining eggs by degrees, and working the dough in the same manner as "Brioche" dough (*see page 94*). When it is perfectly smooth and binding, add the baking-powder, and mix thoroughly. Put the paste into an earthenware pan, and let it stand in a cool place for 2 hours. Roll it out on the paste board to the thickness of 1 inch, cut into strips or bands about 2 inches wide by 3 inches long, and place the strips on floured tins. Boil sufficient water in a saucepan, and, as soon as the water boils, remove from the fire. Put in the strips or bands, stir the water gently until they float to the top, take them out with the skimmer, and put them in fresh water until next morning. Then put them on a hair sieve to drain for 20 minutes. Arrange them on a square baking-tin, about 2 feet long by 18 inches wide, with a cover. Bake in a hot oven for 20 minutes.

MADELEINE PASTE.

Take 1 lb. of flour, $\frac{1}{2}$ lb. of butter, 1 lb. of castor sugar, 1 teaspoonful of orange-flower water, the juice and rind of $\frac{1}{2}$ a lemon, and 5 or 6 eggs.

Sift the flour and put it with the sugar and butter (previously oiled) in a stewpan; add the orange-flower water, lemon-juice, and the lemon-rind finely chopped. Work in the yolks of eggs; beat the whites stiffly and incorporate with the mixture.

NEAPOLITAN PASTE.

Have ready 10 oz. of flour, 8 oz. of castor sugar, 4 oz. of butter, 6 oz. of sweet almonds, 1 oz. of bitter almonds, the yolks of 3 or 4 eggs, the finely-grated rind of 1 lemon and a good pinch of salt.

Blanch and pound the almonds to a smooth paste, moistening from time to time with a little cold water to prevent them oiling. Add the flour, sugar, butter, lemon-rind, and salt, and stir in the yolks of eggs. Work into a smooth paste, put aside in a cool place for about $1\frac{1}{2}$ hours, then roll out rather thinly, and cut into squares or rounds. Bake about $\frac{1}{2}$ hour in a moderate oven.

NOUILLE PASTE.

Take 1 lb. of flour, $1\frac{1}{2}$ oz. of butter, 2 small whole or 3 yolks of eggs, a pinch of salt, and a little milk or water, if found necessary.

Sift the flour on to the pastry slab, make a well in the centre. Add the salt, eggs, and butter. Mix thoroughly and knead to a stiff but elastic paste; a little milk or water should be added with the eggs. Great care must, however, be taken not to make the paste too soft. This paste requires at least 15 minutes' kneading. Divide into pieces, roll out very thinly, and use as directed.

PANCAKE BATTER.

Prepare 4 oz. of flour, $\frac{1}{2}$ oz. of butter (melted), 1 tablespoonful of cream, 1 yolk of egg, 2 whites of eggs, a good pinch of salt, $\frac{1}{2}$ pint of warm water (about).

Sieve the flour into a basin, add the salt, yolk of egg, butter and cream, and stir until smooth, adding the water gradually. Beat well, put aside for at least $\frac{1}{2}$ hour, then add the whites of eggs previously stiffly whisked, and use as required.

PASTE FOR BORDERS.

Have ready $\frac{1}{2}$ lb. of best flour, sifted, on the paste board, make a well in the centre, add $\frac{3}{4}$ lb. of castor sugar and the whites of 3 eggs.

Mix up into a stiff paste. Give it 2 or 3 turns, by working it well until it is perfectly smooth and binding. Roll out, to the thickness of $\frac{1}{4}$ inch. Place the cut-out borders on paper, and put in an oven to dry.

PASTE (to Keep).

Paste not intended for immediate use should be enfolded in grease-proof or slightly buttered paper, and kept in a cool place.

PATE D'OFFICE. (A Useful Paste for Lining Tartlets, etc.)

Take $\frac{1}{2}$ lb. of flour, 3 oz. of sugar (castor), 1 oz. of butter, 1 small egg, 1 teaspoonful of chopped lemon-rind and a pinch of salt.

Mix and work the above ingredients in the usual way; if too dry, moisten with a little milk. Knead well and use as required.

POTATO PASTE. (For Tart Crusts and certain Pastry.)

Prepare 1 lb. of dry floury potato, 1 lb. of flour, 2 oz. each of lard and dripping, 1 egg, a little warm milk, 1 good teaspoonful of baking-powder, and a good pinch of salt.

Bake enough potatoes (in their skins) to yield 1 lb. of potato, which mash smoothly or pass through a sieve. Rub the lard and dripping lightly into the flour, add the potato, baking-powder and salt, and stir in the egg and enough milk to form a smooth paste. Roll out to about 1 inch in thickness cut into rounds or squares, place in a greased tin, and bake in a moderate oven, turning 2 or 3 times during the process, that both sides may be equally browned. Split, butter liberally, and serve at once.

PUFF-PASTE. (For Tarts, Tartlets, Bouchées, etc.)

Have at hand 1 lb. of flour, 1 lb. of butter, 1 teaspoonful of lemon-juice, and about $\frac{1}{2}$ pint of cold water.

Wash and squeeze the butter in cold water, dry well in a floured cloth, shape into a square about the size of a slice of sandwich bread, and keep in a cool place while the paste is being prepared. Sieve the flour on to a marble slab, or board, make a well in the centre, put in the lemon-juice, and add water gradually until a smooth paste is formed. The condition of the butter determines the consistency; when soft the paste must be equally so. Knead the paste until smooth then roll it out into a strip a little wider than the butter, and rather more than twice its length. Place the butter on one

half of the paste, fold the other half over, enclosing the butter entirely, and press the edges together with the rolling-pin. Let it remain in a cool place for about 15 minutes, then roll out to about 3 times the original length, but keeping the width the same, and fold exactly in three. Turn the paste round so that the folded edges are on the right and left, roll and fold again and put aside for 15 minutes. Repeat this until the paste has been rolled out 6 times. The rolling should be done as evenly as possible, and the paste kept in a long narrow shape which, when folded, forms a square. Each time the paste is rolled out it may be well sprinkled with flour, but it must be evenly distributed with a paste-brush, and all the loose flour carefully brushed off before beginning to roll. When the paste has had its sixth roll it is ready for use; it should be baked in a hot oven, and until the paste has risen and become partially baked, the oven door should not be opened, because a current of cold air may cause the flakes to collapse on one side.

PUFF-PASTE, ROUGH, OR HALF-PUFF-PASTE. (For Tarts and Tartlets.)

Take 8 oz. of flour, 6 oz. of butter (or equal quantities of butter and lard), $\frac{1}{2}$ teaspoonful of lemon-juice, salt and about $\frac{1}{4}$ pint of water.

Sieve the flour on to a paste board, divide the butter into pieces about the size of a small walnut and mix them lightly with the flour. Make a well in the centre, put in the lemon-juice, salt, and 1 tablespoonful of water, mix lightly, keeping the pieces of butter intact, and add water gradually, until a moderately stiff paste is formed. Roll into a long strip, fold it equally in three, turn it round so as to have the folded edges to the right and left, and roll out as before. Repeat until the paste has been rolled out 4 times, then use; or, if convenient, let it remain for 1 hour in a cool place before being used.

SHORT-CRUST.

Take 8 oz. of flour, 2 oz. of butter, 2 oz. of lard, 1 yolk of egg, 1 teaspoonful of baking-powder, a good pinch of salt, and about $\frac{1}{2}$ pint of water.

Rub the butter and lard lightly into the flour, add the baking-powder, salt, yolk of egg, and sufficient water to form

a stiff paste. Roll out to the required thickness and use at once.

SHORT-CRUST, PLAIN.

Prepare $\frac{1}{2}$ lb. of flour, 3 oz. of lard, clarified fat or dripping, 1 teaspoonful of baking-powder (heaped), $\frac{1}{4}$ teaspoonful of salt, and $\frac{1}{4}$ pint of water.

Pass the flour, salt and baking-powder through a sieve into a large basin, then rub in the fat, add the water, and work into a smooth paste with a knife. Roll out to desired shape and thickness, and use at once. When required for fruit tarts, 1 tablespoonful of sugar should be added to the above ingredients.

SHORT-CRUST, RICH.

Have ready 1 lb. of flour, $\frac{1}{4}$ lb. of butter, 2 yolks of eggs, 1 level tablespoonful of castor sugar, and 1 teaspoonful of baking-powder.

Rub the butter lightly into the flour, add the baking-powder, sugar, yolks of eggs, and a little water if necessary, but this paste must be rather stiff, and when the butter is soft, or the paste is being mixed in a warm place, only a few drops of water may be required. Roll out thinly and use at once. The crust for fruit tarts should be lightly brushed over with cold water, and dredged with castor sugar before being baked.

SUGAR PASTE. (For Pastry and Tartlets.)

Take $\frac{1}{2}$ lb. of flour, 6 oz. of castor sugar, 1 egg, 3 oz. of butter, and the grated rind of 1 lemon.

Sift the flour on the paste board, make a hole in the middle, and put in the sugar, egg, and butter. Mix the whole together into a stiff paste.

This paste is used for bottom filling, and to line tartlet moulds of various kinds.

SWEET PASTE FOR TARTLETS.

Prepare 1 lb. of fine flour, 8 oz. of castor sugar, 5 oz. of butter, 1 egg, and the finely-grated rind of a lemon.

Sieve the flour into a basin, make a well in the centre, put in the sugar, butter and egg, and mix the whole into a stiff paste. Roll out and use as required.

TRANSPARENT PASTE.

Procure the following ingredients: 1 lb. of best flour (thoroughly dry and carefully sifted free from all lumps), $\frac{3}{4}$ lb. of fresh butter or margarine, and 1 egg.

Wash the butter in 2 or 3 waters, and afterwards remove as much moisture as possible by means of a dry cloth. Melt the butter over a gentle fire, let it remain until nearly cold, then stir in the flour and egg. Knead lightly until smooth, roll out thinly, and use as required.

TRIANGULAR PASTRY.

(See recipe for LONG OR TRIANGULAR PASTRY, p. 98.)

USEFUL PASTE FOR LINING.

Take $\frac{1}{2}$ lb. of flour and sift on to the paste board, make a well in the centre, and pour in a little plain syrup (sugar and water boiled); a plain syrup would be obtained by boiling 1 lb. of loaf sugar in $\frac{1}{2}$ pint of water to the *Small Thread* degree (215° Fahr.).

Mix up into a stiff paste. Give it 2 or 3 turns, by working it well, until it is perfectly smooth and binding. Roll out to the thickness of a $\frac{1}{4}$ inch, and bake in a moderate oven.

CHAPTER VII

TARTS, TARTLETS, SMALL FRENCH PASTRY, CHOUX, BOUCHÉES, ÉCLAIRS. ETC.

ALMOND CHEESECAKES.

Prepare some short-crust paste, 4 oz. of ground almonds, 4 oz. of castor sugar, $\frac{3}{4}$ oz. of cornflour, $\frac{1}{2}$ oz. of butter, 1 egg, some raspberry or strawberry jam, and a little nutmeg for flavouring.

Beat the egg, add it gradually to the cornflour, and stir until perfectly smooth. Add the sugar, almonds, butter melted, and a pinch of nutmeg. Line 9 or 10 patty-pans with short-crust paste, spread about $\frac{1}{2}$ teaspoonful of jam on the bottom of each one, and fill with the mixture. Bake from 20 to 25 minutes in a moderately hot oven.

ALMOND RINGS.

Take 12 oz. of best flour, 4 oz. of castor sugar, the yolks of 4 hard-boiled eggs, 8 oz. of butter, and a little milk, 1 liqueur-glassful of rum or Kirschwasser, 1 oz. of coarsely-shredded or chopped almonds, and $\frac{1}{2}$ teaspoonful of ground cinnamon.

Sift the flour into a basin, crumble up the hard-boiled yolks of eggs, and rub them with the butter into the flour, add the sugar and cinnamon, work in the rum or Kirschwasser, and enough milk to make a stiff dough. It must not be too moist, and should not be kneaded much. Roll out and shape into convenient-sized rings, place these on a buttered baking-tin, and brush over with beaten egg yolk mixed with a little milk.

Bake in a moderate oven for about 10 minutes, then sprinkle over each a few finely-shredded almonds.

APPLE CHEESECAKES.

Have ready $1\frac{1}{2}$ lb. of apples, 3 oz. of sugar, 1 oz. of butter, 2 eggs, 1 lemon and short-crust paste. Sufficient for 12 cheese cakes.

Peel, core and slice the apples, place them in a stewpan with the sugar, and 1 tablespoonful of water, simmer gently until tender, and rub them through a hair sieve. Return the pulp to the stewpan, add the butter, lemon-juice and rind finely grated, re-heat, stir in the yolks of 2 eggs and the white of one, and cook until the mixture thickens. Have ready the patty-pans lined with paste and partially baked, fill with the apple preparation, cover lightly with stiffly-whisked sweetened white of egg, and bake in a moderate oven for about 15 minutes.

APRICOT BOUCHÉES.

Procure some puff-paste, 1 tin of preserved apricots, castor sugar and $\frac{1}{4}$ pint of stiffly-whipped cream.

When the paste has had the necessary number of turns, roll it out to rather less than $\frac{1}{2}$ inch in thickness. With a hot wet cutter stamp out some rounds about 2 inches in diameter, and make a deep, circular indentation with a smaller cutter. Bake in a quick oven for about 12 minutes, and when cool scoop out the paste within the ring. Meanwhile well drain the apricots from the syrup, put $\frac{1}{2}$ an apricot, the rounded side down, into each case, and fill the hollow with stiffly-whipped sweetened cream.

BALMORAL TARTLETS.

Have ready 1 oz. of butter, 1 oz. of castor sugar, $\frac{1}{2}$ oz. of cake-crumbs, $\frac{1}{2}$ oz. of glacé cherries cut into small dice, $\frac{1}{2}$ oz. of candied peel finely shredded, $\frac{3}{4}$ oz. of cornflour, or potato flour, 1 egg, and some short-crust paste or trimmings of paste (*see* recipe, p. 102.)

Make the paste as directed, and line 12 patty-pans. Cream the butter and sugar until thick and white, stir in the yolk of the egg, add the cake-crumbs, cherries, peel and cornflour. Whisk the white of egg stiffly, stir it in lightly, and fill the patty-cases with the preparation. Cross 2 narrow strips of paste on the top of each tartlet, and bake for about 20 minutes in a moderate oven.

BLACK-CURRENT TARTLETS.

Take some short-crust paste, 1 lb. of black currants, 2 tablespoonfuls of moist sugar, $\frac{1}{4}$ pint of cream (if liked), and a little castor sugar.

Cook the black currants with the sugar, and 2 tablespoonfuls of water, in a jar, on the stove or in a slow oven. Line 12 patty-pans with the paste, fill them with rice placed in buttered papers, and bake until crisp in a brisk oven. When cold, fill them with the prepared cold fruit and syrup, cover with stiffly-whipped, sweetened cream (if used). Serve cold.

BOUCHÉES, CHOCOLATE.

Proceed as directed for Bouchées, Lady, using chocolate cream instead of jam, and ice the bouchées with chocolate icing (*see* page 118).

BOUCHÉES, LADY.

Make some Savoy biscuit paste (*see* page 86), flavoured with vanilla. Drop the bouchées (in rounds of about 2 inches in diameter) on some foolscap paper or stout cartridge paper. Bake quickly in a hot oven. When they are cold, take them off the paper, trim each piece with a round biscuit cutter, and stick them together, with apricot jam between each, or cream if preferred. Have some fondant icing (*see* page 120) ready and dip the bouchées into it, so as to ice them all over; then place them on a wire network, in a warm place to dry.

BOUCHÉES, RASPBERRY.

Proceed in the same way as for Bouchées, Lady, putting raspberry jam between them instead of apricot. Ice over with fondant icing flavoured with raspberries, adding a little cochineal to give the proper colour (*see* preceding recipe).

CHEESECAKES.

Take 8 oz. of castor sugar, 4 oz. of best butter, 2 eggs, 1 oz. of finger biscuits ground to a powder, the grated rind and juice of 2 lemons, puff paste, and a little milk.

Break the eggs into a basin, add the sugar and melted butter, and stir until the mixture becomes light and smooth. Add the lemon-juice, biscuit powder, and, if necessary, a little milk. Line some tartlet tins with puff-paste and fill with the mixture. Bake in a quick oven.

CHERRY TARTLETS.

Prepare $\frac{1}{2}$ lb. of short-crust paste, 1 lb. of cooking cherries, 2 tablespoonfuls of moist sugar, and 2 eggs.

Remove the stalks from the cherries, put them into a small stewjar with the moist sugar, stand the jar in a saucepan, surround it with boiling water, and cook until the cherries are tender. Meanwhile line 10 or 12 deep patty-pans with the paste, fill them with rice in order to prevent blistering (rice should be kept for this purpose and used over and over again), placing a buttered paper between it and the paste, and bake in a quick oven. When the cherries are sufficiently cooked, strain off the syrup into a small stewpan, add the yolks of eggs previously beaten, and stir by the side of the fire until the custard thickens. Fill the patty-cases with cherries, cover with a layer of custard, on the top spread a little stiffly-whisked white of egg, and sprinkle with castor sugar. Replace in the oven until the white of egg hardens and acquires a little colour, then serve hot or cold.

CHERRY TARTLETS. (Another Way.)

Line some tartlet pans with short-crust. Fill them with cherries, and bake the tartlets in a hot oven. When cold, put some red-currant jelly over the cherries.

CHOCOLATE TARTLETS.

Prepare some short-crust paste, 2 oz. of grated chocolate, 4 oz. of cake-crumbs, 3 oz. of castor sugar, 2 oz. of butter, $\frac{1}{2}$ oz. of cornflour, 2 eggs, and some chocolate icing.

Cream the yolks of the eggs and sugar well together, add the cake-crumbs, chocolate, cornflour, and the butter melted. Whisk the whites of eggs stiffly, and stir them in as lightly as possible. Have ready 12 patty-pans lined with short-paste, fill them with the mixture, and bake in a moderately hot oven from 20 to 25 minutes. When cold, cover the surface of each tartlet with chocolate icing, allow it to harden, then serve.

CHOCOLATE TARTLETS. (Another Method.)

Take some short-crust paste, Genoese paste, chocolate icing, and grated coco-nut.

Line some deep tartlet moulds with the paste, fill them with Genoese mixture, and bake in a moderate oven. When

cold, ice them over with chocolate icing, and sprinkle with coco-nut. Variety may be introduced by using orange icing or transparent icing, and chopped pistachios.

CREAM BUNS.

Prepare some choux paste (page 95), $\frac{1}{2}$ pint of cream and some icing sugar.

Shape the paste as directed in the recipe for ECLAIRS, COFFEE (page 109), and bake them from 10 to 15 minutes. When cool, make an incision on one side, scoop out the soft interior, and fill them with stiffly-whipped sweetened cream. Dredge with icing sugar, and serve.

CREAM TARTLETS.

Take some short-crust paste, apricot jam, $\frac{1}{2}$ pint of cream, and castor sugar.

Line 10 or 12 patty-pans with the paste, fill them with rice, with buttered paper between it and the paste, and bake until crisp in a brisk oven. When cool, remove the rice and then about half fill them with jam, pile the stiffly-whipped sweetened cream on the top, and serve cold.

CUSTARD TARTLETS.

Have ready some short-crust paste, 2 whole eggs, 2 whites of eggs, 1 pint of milk, and sugar.

Line 12 deep patty-tins with short-paste. Beat the 2 eggs, add the milk, and sweeten to taste. Fill the patty-pans with custard and bake in a moderate oven until set. Have ready the whites of eggs stiffly-whisked and sweetened, pile lightly on the tartlets, and replace them in the oven until the meringue hardens and acquires a little colour. Serve cold.

CUSTARD TARTLETS. (Another Method.)

Take some short-crust paste, 2 eggs, 1 pint of milk, sugar, and jam.

Bring the milk nearly to boiling-point, add the sugar, and when dissolved pour on to the well-beaten eggs, stirring meanwhile. Return to the stewpan, or if preferred, put the mixture into a jug and stand it in a saucepan of boiling water, and stir until the custard thickens, but it must not boil.

Line 12 deep patty-pans with paste, spread a good layer of jam on the bottom of each one, and fill with the custard. Bake in a moderate oven until the custard is set.

ECLAIRS.

Prepare some choux paste, chocolate or coffee icing, cream and confectioner's custard, or jam.

Put the choux paste into a forcing-bag, and press it out on to a buttered baking-sheet in the form of small Savoy biscuits. Or, if a bag and pipe are not available, roll it on a floured board to the same shape. Bake from 15 to 20 minutes in a moderate oven, let them cool on a sieve, then make an incision on the side of them and scoop out the soft interior. Fill the cavities with stiffly-whipped sweetened cream, confectioner's custard or jam, and coat them with chocolate or coffee icing.

ECLAIRS, CHOCOLATE.

Prepare these like Eclairs, Coffee, filling with chocolate cream (*see* page 117), and putting chocolate icing on the tops.

ECLAIRS, COFFEE.

Take $\frac{1}{2}$ pint of milk, 2 oz. of butter, 2 oz. of cornflour, 2 oz. of Vienna flour, 2 eggs, $\frac{1}{2}$ teaspoonful of vanilla essence, a pinch of salt, 1 oz. of castor sugar, Moka custard for filling, and some coffee icing.

Put the water, butter, sugar and salt into a stewpan; when boiling, stir in the cornflour and Vienna flour (previously mixed); work it with a wooden spoon over the fire sufficiently long to produce a soft paste which will leave the side and bottom of the pan clean. Draw the stewpan from the fire, add the flavouring essence, and work the eggs in gradually (leaving out 1 white). Beat the paste well for some minutes, then put it in a large forcing or savoy bag with a plain tube, and force out even-sized shapes, similar to finger biscuits, on to a lightly-buttered baking-tin, about 1 inch apart from each other. Bake to a nice fawn colour in a moderate oven. When done, split the sides with a sharp knife, and fill each with 1 teaspoonful of Moka custard. Have ready some coffee icing, and dip each éclair into it, so as to cover the surface and sides well and smoothly. Place the éclairs on a wire tray to set, and dish up when required.

FLUTED ROLLS.

Have ready some puff-paste and some castor sugar.

Roll out the puff-paste, dredge it well with castor sugar, and fold as usual. Repeat this twice, then roll it out to about $\frac{1}{2}$ of an inch in thickness, and stamp out some rounds with a fluted 2-inch cutter. Roll them up, brush lightly over with water, dredge with castor sugar, bake in a moderate oven until crisp and lightly browned (about 10 minutes).

FOLKESTONE CHEESECAKES.

Take 1 pint of milk, 4 oz. of sugar, 3 oz. of ground rice, 2 oz. of butter, 2 eggs, 2 oz. of currants cleaned and picked, the grated rind of 1 lemon, salt, and some short-crust paste.

Simmer the ground rice in the milk for $\frac{1}{2}$ hour, then stir in the butter, sugar, lemon-rind, the well-beaten eggs, a good pinch of salt, and stir and cook by the side of the fire until the mixture thickens. Now let it cool slightly, and meanwhile line the patty-pans with paste and unless the oven has a good bottom heat, half-bake them before putting in the mixture (*see* CHERRY TARTLETS). When ready, fill them with the cheesecake preparation, sprinkle a few currants on the top of each cake, and bake from 25 to 30 minutes in a brisk oven.

FRUIT OR JAM TURNOVERS.

Prepare some short-crust or puff-paste, stewed fruit or jam, and a little castor sugar.

Roll the paste out thinly, and cut it into rounds about 4 inches in diameter. Place a little fruit or jam in the centre of each round, moisten the edges with water, and fold the paste over on 3 sides in the form of a triangle. Seal the join carefully, turn them over, brush lightly with cold water, and dredge well with castor sugar. Bake for about 15 minutes in a moderate oven.

LEMON CHEESECAKES.

Prepare some short-crust paste, 1 lb. of loaf sugar, $\frac{1}{2}$ lb. of butter, 3 eggs, the grated rind of 2 lemons and the juice of 3, and some finely-shredded candied peel.

Put the sugar, butter, lemon-rind and strained lemon-juice into a stewpan, and stir until the sugar is dissolved. Beat

the eggs, add them to the contents of the stewpan, and stir and cook slowly until the mixture thickens. Let it remain in a cool, dry place until required. Line the patty-pans with paste, three-quarter fill them with the preparation, add a few strips of candied peel, and bake for about 20 minutes in a moderately hot oven.

Note.—The above preparation, if closely covered and stored in a cool, dry place, will keep good for several weeks.

LEMON TARTLETS.

Take some short-crust paste, 4 oz. of butter, 4 oz. of castor sugar, 2 eggs, and 1 lemon.

Cream the butter and sugar well together, beat each egg in separately, and add the juice of the lemon and the rind finely grated. Let the mixture stand in a cool, dry place for at least 24 hours, then bake in patty-pans previously lined with the short-crust paste.

LEMON TARTLETS. (Another Method.)

Take some short-crust paste, 4 lemons, 4 oz. of loaf sugar, and 4 oz. of blanched finely-shredded almonds.

Pare the lemons thickly, boil the fruit in 2 or 3 waters until tender, then pound or rub through a fine sieve. Replace in the stewpan, add the sugar, almonds and lemon-juice, and boil until a thick syrup is obtained. Line 10 or 12 patty-pans with paste, fill them with the preparation, and bake for about 20 minutes in a moderately hot oven.

MAIDS OF HONOUR.

Have ready some puff-paste, 4 oz. of castor sugar, 2 oz. of Jordan almonds, $\frac{1}{2}$ oz. of fine flour, 1 egg, 2 tablespoonfuls of cream, and 1 tablespoonful of orange-flower water.

Blanch and dry the almonds, and pound them in a mortar with the sugar until fine. Add the egg, and mix in the flour, cream and orange-flower water. Line 8 or 9 small tartlet moulds with paste, fill them with the mixture, and bake in a moderate oven.

MINCE PIES.

Prepare some puff-paste and mincemeat.

When the paste has had the necessary number of turns, roll it out to about $\frac{1}{4}$ inch in thickness, and line some large-

sized patty-pans with it. Fill with mincemeat, cover with paste, brush over lightly with cold water, and dredge with castor sugar. Bake in a moderately hot oven from 25 to 30 minutes, and serve either hot or cold.

OPEN TART. (Of any kind of Preserve.)

Take some trimmings of puff-paste and any kind of jam.

Butter a tart-pan of the usual shape, roll out the paste to the thickness of $\frac{1}{4}$ inch, and line the pan with it, prick a few holes at the bottom with a fork to prevent the paste rising and blistering, and bake the tart in a brisk oven from 10 to 15 minutes. Let the paste cool a little; then fill it with preserve, place on it a few stars or leaves, which have been previously cut out of paste and baked, and the tart is ready for table. By making the tart in this manner, both the flavour and the colour of the jam are preserved.

ORANGE PASTRY.

Prepare a Genoese paste (*see* page 97), add the grated rind and juice of 3 oranges. Fill 2 square moulds with the paste, and bake in a moderate oven. When cold, trim each piece smooth, and place one on the other, putting apricot jam between and on the top. Ice over with orange icing (*see* page 122), and cut into strips about 5 inches long and $1\frac{1}{2}$ inches wide.

ORANGE TARTLETS.

Take the finely-grated rind of 2 oranges the juice of 1 orange, 3 oz. of butter, 3 oz. of castor sugar, $1\frac{1}{2}$ oz. of cake-crumbs, 2 eggs, 1 teaspoonful of cornflour, and some short-crust paste.

Cream the butter and sugar well together, beat each yolk in separately, add the grated orange peel, cornflour and orange-juice, previously mixed smoothly together, the cake-crumbs, and lastly, the stiffly-whisked whites of eggs. Pour the mixture into 10 or 12 tartlet tins previously lined with paste, and bake for about 20 minutes in a moderately hot oven. When cold, mask with the icing.

ORANGE TARTLETS. (Another method.)

Have at hand 2 good oranges, 3 oz. of butter, 3 oz. of sugar, 2 eggs, $\frac{1}{2}$ teaspoonful of vanilla essence, short-crust paste.

Remove the rinds of the oranges as thinly as possible, and chop them finely. Cream the butter and sugar well together, beat each yolk in separately, add 2 tablespoonfuls of orange-juice, the orange-rind and vanilla essence. Whisk the white of 1 egg stiffly, add it lightly to the rest of the ingredients, and pour the mixture into the tartlet-moulds, previously lined with paste. Bake from 15 to 20 minutes in a moderate oven, and when three-quarter baked, dredge well with castor sugar.

PARISIAN TARTLETS.

Take some short-crust, 3 oz. of butter, 3 oz. of castor sugar, 2 oz. of cake-crumbs, 1 oz. of cornflour, 1 oz. of ground almonds, 2 small eggs, 2 tablespoonfuls of cream or milk, 1 dessertspoonful of lemon-juice, and $\frac{1}{2}$ teaspoonful of ground cinnamon.

Cream the butter and sugar well together until thick and smooth, add the eggs separately and beat well. Mix the cream (or milk) and cornflour smoothly together, stir the ingredients into the mixture, add the ground almonds, cake-crumbs, cinnamon and lemon-juice, and mix well together. Line 12 tartlet moulds with paste, fill them with the preparation, and bake in a moderate oven from 15 to 20 minutes. When about three-quarter baked, dredge well with castor sugar.

PASTRY SANDWICHES.

Have ready some pastry trimmings, jam, and castor sugar.

Knead the trimmings lightly into a smooth round ball, and roll out very thinly, keeping the shape as square as possible. Spread jam evenly over one-half, fold the other half over, wet the edges, and press them lightly together. Brush over with water, dredge well with castor sugar, and with the back of a blade of a knife mark the paste across in lines about 1 inch apart. Bake for about 20 minutes in a moderate oven, and when cold, cut the paste into strips. If preferred, currants, with the addition of a little sugar and shredded candied peel, may be used instead of jam.

PATTY-CASES. (How to make.)

Prepare some good puff-paste (*see* page 100), giving it 6 complete turns. Roll out to the thickness of $\frac{1}{8}$ inch, and cut into fancy round cakes with a cutter, about 3 inches in diameter. Place these on an iron baking-tin, form the cover with a plain, round cutter $1\frac{1}{2}$ inches in diameter, dip it into

hot water, and place it gently on the centre of the patty, pressing, not sufficiently to cut it through, but so as to make a mark. Brush over with beaten egg, and bake in a hot oven. When baked, take out the cover, and some of the inside paste, so as to make a perfect hollow.

PUFFS, BAKED.

Prepare a choux paste (*see* page 95), drop it in rounds on a clean baking-tin, brush over with beaten egg, sprinkle some chopped almonds mixed with sugar over the top, and bake the puffs in a moderate oven. When cold, they may be filled with whipped cream (*see* page 9).

PUFFS, CHOCOLATE.

Prepare as before, filling them with chocolate cream (*see* page 117), and icing the top with chocolate icing (*see* page 118).

PUFFS, CREAM.

Prepare these in the same way as Puffs, Baked, forcing them through a bag into rounds. Bake them in a moderate oven, and when cold, cut them open on one side, and fill them with a Saint Honoré cream (*see* page 120), or any other if preferred.

PUFF TARTLETS.

Take some puff-paste trimmings, jam, white of egg, and castor sugar.

Roll the paste out to about $\frac{1}{4}$ inch in thickness, and stamp out an equal number of rounds, $2\frac{1}{2}$ and $1\frac{3}{4}$ inches in diameter. Brush the larger rounds over with white of egg; stamp out the centre of the smaller rounds, thus forming them into rings, one of which must be pressed lightly on the top of each round of paste. Bake in a moderately hot oven, and when cold, fill with jam.

RASPBERRY TARTLETS.

Take some short-crust paste, 1 pint of raspberries, $\frac{1}{2}$ lb. of loaf sugar, $\frac{1}{4}$ pint of water, $\frac{1}{2}$ glass of brandy (optional), and desiccated coco-nut.

Boil the sugar and water together until reduced to a syrup, add the raspberries, and cook gently for a few minutes. Drain, replace the syrup in the stewpan, boil rapidly until consider-

ably reduced, then let it cool, and add the brandy (if used). Line 10 or 12 patty-pans with paste, fill them with rice placed in buttered papers, and bake in a moderately hot oven until crisp. When cool, fill them with the prepared fruit, and an equal portion of syrup to each, and sprinkle with coco-nut.

ST. CLOUD TARTLETS.

Take some short-crust paste, puff-paste or puff-paste trimmings, $\frac{1}{2}$ lb. of greengage jam, castor sugar, vanilla sugar, $\frac{1}{2}$ gill of cream, glacé cherries, and angelica.

Line the patty-pans with short-paste, brush the edges lightly over with beaten egg or water, and sprinkle with castor sugar. Fill them with jam, and bake in a moderately hot oven from 10 to 15 minutes. Roll the puff-paste out to about $\frac{1}{8}$ inch in thickness, and stamp out some rings fully $\frac{1}{8}$ inch less in diameter than the tartlets. Brush them over with milk, turn the wet side on to the castor sugar, and place on the baking-sheet sugared side upwards. Bake in a quick oven; when cold, place the rings of paste on the tartlets, and fill the centre with cream stiffly whipped and sweetened with vanilla sugar. Place half a glacé cherry in the centre of each, and insert a few strips or leaves of angelica to complete the decoration.

ST. DENIS TARTLETS.

Prepare some short-crust paste, 2 oz. of butter, 2 oz. of castor sugar, 2 oz. of ground almonds, 1 level tablespoonful of cornflour, 2 yolks of eggs, 1 white of egg, a little vanilla essence and raspberry jam.

Cream the butter and sugar together until thick and smooth, beat in the yolks of eggs, add the ground almonds, cornflour, a few drops of vanilla essence, and lastly, the stiffly-whisked white of egg. Line 12 tartlet moulds with paste, spread a small teaspoonful of jam at the bottom of each one, fill them with the preparation, and fix 2 narrow strips of paste across the top. Bake in a moderate oven from 15 to 20 minutes.

SAUSAGE ROLLS.

Procure $\frac{1}{2}$ lb. of sausages and some rough puff-paste.

Boil the sausages for 5 minutes, remove the skins, cut each sausage down and across into 4 pieces, and place them on squares of pastry. Wet the edges, fold over, leaving the ends open, and bake in a moderate oven.

SAVARIN PASTE.

Have at hand $\frac{1}{2}$ lb. of flour, 4 oz. of butter, $\frac{1}{2}$ oz. of yeast, 2 oz. of sugar, a pinch of salt, 4 eggs, and a little milk.

Mix, and finish the same as for Brioche Paste (*see* p. 94), preparing the paste in the evening to be used the next morning. Dip them also in rum syrup (*see* below).

SAVARINS, LITTLE.

Make some savarin paste (*see* above), put it into little savarin moulds, let them stand on the stove until the paste has risen to the top of the moulds, then bake in a quick oven. When cold, dip them in baba savarin syrup, made by boiling $\frac{1}{2}$ lb. loaf sugar in $\frac{1}{2}$ pint of water to the small thread degree, 215° F., and adding juice of half a lemon and a dessertspoonful of rum.

SOUPIRS.

Make some Savoy biscuit paste (*see* page 86), prepare it in the same manner as bouchées (*see* page 106), then bake it in a quick oven. When cold, take the cakes off the paper, prepare a stiff meringue, and put it on the bottom of each, dressing the meringue in a pear shape. (Meringues are made from white of egg and sugar, the proportion being from 4 to 12 whites of egg to 1 lb. of sugar.) Ice the soupirs over with fondant icing.

VANILLA TARTLETS.

Line some tartlet pans with sugar-paste (*see* page 102). Fill up the centres with macaroon paste made from Spanish nuts (*see* HAZEL-NUT MACAROONS, page 89). Bake the tartlets in a moderate oven, and when cold, ice the top over with vanilla icing.

CHAPTER VIII

ICINGS AND FILLINGS

ALMOND ICING FOR CAKES.

To 1 lb. of castor sugar allow $\frac{3}{4}$ lb. of ground sweet almonds, 2 or 3 eggs, and a little rose or orange-flower water.

Weigh the castor sugar and ground almonds into a clean basin, and mix them well together; make a hole in the centre, break in the 2 eggs, add a little rose-water, and wet up into a firm paste, using another egg if necessary. Turn the mixture out of the pan on to the board, dusting it over with sugar to prevent it from sticking, then roll it out with a rolling-pin to the size of the cake, place it on top and press smooth with the hand.

ALMOND PASTE.

Take 4 oz. of ground almonds, 6 oz. of loaf sugar, 1 white of egg, and a teaspoonful of lemon-juice.

Put the sugar, with 1 tablespoonful of water and a teaspoonful of lemon-juice, into a stewpan, bring to the boil, skim well, and boil to the "small ball," 237° F. Pour the syrup on to the ground almonds, add about half the white of egg, mix well together, and use as required.

CHOCOLATE CREAM TARTLET FILLING.

Take 4 oz. of chocolate, 1 pint of milk, $\frac{3}{4}$ oz. of sheet gelatine, 3 oz. of castor sugar, and about 1 pint of fresh whipped cream.

Melt the chocolate in a saucepan with the warm milk, then add the gelatine and sugar. When it has dissolved, pass it through a hair sieve into a basin, put on ice, and stir until it thickens. Have ready the whipped cream, and mix it in by degrees. Pour into a mould, and place on ice until ready for serving.

CHOCOLATE FONDANT ICING.

Proceed as for Coffee Icing, adding some chocolate powder in place of the coffee essence.

CHOCOLATE ICING, BOILED.

Take $\frac{1}{2}$ lb. of best cane sugar, let it dissolve in a gill of water, boil it to the "blow" or "feather," 233° F., then pour it into an earthenware pan, with 2 oz. of best cocoa powder; stir it with a wooden spoon until it is on the point of icing, taking care to get it perfectly smooth.

COFFEE BUTTER.

Have ready $\frac{1}{2}$ lb. of fresh butter, $\frac{1}{2}$ lb. of castor sugar, 1 yolk of egg, and a little coffee essence.

Cream the sugar and yolk of egg for about 10 minutes, add coffee essence to taste, and the softened butter gradually. Work until thoroughly mixed and smooth, let it remain on ice until firm, stir again, then use for decorating, by means of a paper cornet, or bag and forcer.

COFFEE CREAM TARTLET FILLING.

Take 4 oz. of castor sugar, the yolks of 6 eggs, $\frac{1}{2}$ pint of good coffee, $\frac{3}{4}$ oz. of sheet gelatine, and $\frac{1}{2}$ pint of whipped cream. Mix the sugar with the yolks, then add the gelatine and the hot coffee. Put it over a gentle fire until it boils. Remove and strain through a hair sieve, and finish as for Chocolate Cream.

COFFEE FONDANT ICING.

Proceed as for Vanilla Icing, adding some essence of coffee instead of vanilla.

COFFEE ICING.

Prepare 1 lb. of icing sugar or fine castor sugar, 1 gill of cold water, and 1 dessertspoonful of coffee essence.

Put the sugar and water into a stewpan, stir by the side of the fire until it reaches boiling-point, and simmer for 4 or 5 minutes. Pour the syrup into a basin, add the coffee essence, and stir until the icing becomes less transparent as it cools. If used before it reaches this point it will have a dull appearance.

CONFECTIONER'S CUSTARD.

Take 4 yolks of eggs, $1\frac{1}{2}$ pints of milk, 4 oz. of castor sugar, $\frac{1}{2}$ oz. of potato flour, 3 sheets of leaf gelatine, and a little flavouring essence.

Mix the potato flour smoothly with a little milk, boil the remainder, add the sugar and blended potato flour, boil for 2 minutes, then pour over the beaten yolks of eggs, stirring meanwhile. Return to the stewpan and stir by the side of the fire until the mixture thickens, then add the leaf or sheet gelatine, previously dissolved in about 1 tablespoonful of water, together with flavouring essence, and use as required.

CUSTARD CREAM, No. 1, FRENCH.

Have to hand 4 oz. of castor sugar, 2 oz. of fine flour, 6 eggs, 2 oz. of melted butter, and a quart of milk.

Break the eggs into a basin, add the sugar and flour, and mix well together into a smooth paste. Stir in the melted butter, and the milk, and the cream is then ready for use as required.

CUSTARD CREAM, No. 2, ORDINARY.

Take 2 oz. of flour, 4 oz. of castor sugar, 3 or 4 eggs, a good gill of orange-flower water, and a quart of milk.

Mix the ingredients, and finish the dish as for the preceding custard.

CUSTARD FILLING FOR ECLAIRS.

Take 4 oz. of sugar, 4 yolks, 1 dessertspoonful of fine flour, and 1 pint of milk.

Boil the milk, and mix the sugar, eggs, and flour with a whisk, in a saucepan, to a smooth paste: then stir in gently the boiling milk. Next put over a slow fire and stir until it becomes thick; then pour it into an earthenware pan. When it is perfectly cold, add any desired flavouring according to fancy.

This cream serves to garnish éclairs, choux, and other fancy pastry.

CUSTARD FILLING FOR CHOCOLATE ECLAIRS.

Prepare, mix and finish according to the preceding cream, adding 3 oz. of grated chocolate.

CUSTARD FILLING FOR COFFEE ECLAIRS.

Prepare the same as before, adding a little essence of coffee.

CUSTARD FILLING FOR TARTLETS.

Have ready 8 oz. of sifted flour, 2 oz. of butter, 4 oz. of castor sugar, 3 or 4 eggs, $1\frac{1}{2}$ pints of milk, and a pinch of salt.

Boil the milk, break the eggs into a basin, adding the flour and salt. Mix up into a smooth paste. Pour in the boiling milk slowly, put it over a slow fire, and stir well until it becomes thick. Remove and pour into an earthenware pan. Lastly, add the sugar, and butter, and a few chopped sweet almonds.

**FILLING FOR SAINT HONORÉ, CHARLOTTE
RUSSE, BAVAROISE, ETC.**

Take 4 oz. of castor sugar, 1 pint of milk, the whites of 2 eggs, and the yolks of 4, 1 oz. of vanilla sugar, and $\frac{3}{4}$ oz. of the best sheet gelatine.

Boil the milk, mix the sugar and eggs with a whisk in a basin, add the gelatine, then gently stir in the boiling milk. Put it over a slow fire, and stir until it commences to boil. Strain through a hair sieve into a basin, and use for filling tartlets, etc.

FONDANT ICING.

Have ready 2 lb. of best cane loaf sugar, let it dissolve in $\frac{1}{2}$ pint of water, and boil it to the "small ball" degree, and add a pinch of cream of tartar. Skim carefully while boiling. Pour on to a wet marble slab when it is nearly cold, work it with a spatula until it sets, then work it with the ball of your hand, just as you would in making short-crust. When it is white and perfectly smooth, put it into an earthenware pan for use, for icing fancy pastry, cakes, biscuits, etc. The "small ball" degree is 237° F.

ICING FOR MARBLE CAKE.

Prepare 1 teacupful of icing sugar and a little warm water.

Put some icing sugar into a clean basin, taking sufficient to ice the cakes, which of course will always depend upon the thickness put upon them, and pour upon the sugar sufficient

boiling water to mix it up into rather a thick cream, beating it up well with a wooden spoon, adding the water gradually to the sugar until the proper consistency is obtained, then use as previously directed.

This icing will dry rather quickly, with a good gloss. It can be flavoured with any kind of essence, and coloured with vegetable colours as may be required.

LEMON FONDANT ICING.

Proceed as for Vanilla with lemon icing, and lemon flavouring essence, and adding a little yellow colouring to give the required tint.

MINCEMEAT.

Take 1 lb. of finely-chopped suet, 1 lb. of currants (washed and picked), 1 lb. of raisins (stoned and quartered), 1 lb. of chopped apples, 1 lb. of castor sugar, $\frac{1}{2}$ lb. of sultanas, $\frac{1}{2}$ lb. of shredded mixed candied peel, 2 lemons, $\frac{1}{2}$ gill of brandy, and $\frac{1}{2}$ saltspoonful each of nutmeg, mace and cinnamon.

Pare the lemons thinly, simmer the rinds in a little water until perfectly tender, then pound them or rub them through a fine sieve. Mix all the ingredients well together, press into a jar, cover closely, and keep in a cool, dry place for at least 1 month before using.

MINCEMEAT. (Economical.)

Prepare 1 lb. of chopped apples, $\frac{3}{4}$ lb. of currants (washed and picked), $\frac{1}{2}$ lb. of raisins (stoned and quartered), $\frac{1}{2}$ lb. of finely-chopped suet, $\frac{1}{2}$ lb. of castor sugar, 2 oz. of chopped candied peel, the juice and grated rind of 1 lemon, and 1 saltspoonful of grated nutmeg.

Mix all these ingredients well together, and keep in closely-covered jars in a cool, dry place, until required.

MINCEMEAT, LEMON.

Have ready 2 large lemons, 6 large apples, $\frac{1}{2}$ lb. of suet, 1 lb. of currants, $\frac{1}{2}$ lb. of sugar, 2 oz. of candied lemon peel, 1 oz. of citron, and mixed spice to taste.

Pare the lemons, squeeze them, and boil the peel until it is tender enough to mash. Add to the mashed lemon peel the apples, which should be pared, cored and minced, the chopped suet, currants, sugar, sliced peel and spice. Strain the lemon-juice to these ingredients, stir the mixture

well, and put it in a jar with a close-fitting lid. Stir occasionally, and in a week or 10 days the mincemeat will be ready for use.

MOKA CREAM FOR PIPING TARTLETS.

Take 4 oz. of best butter, 2 oz. of fine castor sugar, and a little essence of coffee.

Put the butter into a basin, and beat it to a cream. Add the sugar, and the essence of coffee, and mix all well together until it becomes light and smooth.

MOKA CUSTARD FOR FILLING ECLAIRS.

Have handy 1 gill of milk, 1 oz. of loaf sugar, $\frac{1}{2}$ oz. of corn-flour, $\frac{1}{2}$ oz. of fresh butter, 1 egg, 1 teaspoonful of coffee essence, and a few drops of vanilla essence.

Put the milk and sugar in a stewpan to boil. Mix the cornflour with a little cold milk, pour the boiling milk on this, mix thoroughly, return to the stewpan, and let it boil for a few minutes, add the flavouring essences and the butter, stir in the egg, continue to stir until the mixture binds, pour it in a basin, and let it cool.

ORANGE ICING.

Take 6 oz. of fine white icing sugar and the juice of 1 medium-sized orange.

Put the sugar and orange-juice into a small stewpan, stir until well mixed and smooth, and pour an equal portion over the top of each tartlet.

RASPBERRY FONDANT ICING.

Proceed as for Vanilla Fondant Icing, substituting instead some raspberry flavouring, and a little cochineal to give the required tint.

ROYAL ICING.

Take $\frac{1}{2}$ lb. of icing sugar, 1 teaspoonful of lemon-juice, and 1 white of egg.

Put the white of egg into a basin, add the sugar gradually and work well with a wooden spoon. When the preparation presents a smooth, white, brilliant appearance. add the lemon-juice, and use as required.

SUGAR ICING FOR CAKES.

To every lb. of loaf sugar allow the whites of 4 eggs and 1 oz. of fine starch.

Beat the eggs to a stiff froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the starch is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, the icing will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, etc., a layer of almond icing is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place.

Note.—See also instructions on *How to Ice a Cake*, p. 56.

TRANSPARENT ICING.

Put 1 lb. of loaf sugar and $\frac{1}{2}$ gill of warm water into a sugar-boiler or stew-pan, let the contents dissolve, then bring to the boil and simmer for about 5 minutes, or until a thick syrup is formed (230° Fahr. on a saccharometer). Pour into a basin, stir until almost cold and setting, then use as required.

VANILLA FONDANT ICING.

Take some plain fondant in a pan, add a little vanilla and some plain syrup. Place the pan in boiling water, and stir until the fondant is lukewarm and has reached the icing point. Dip in the fancy cakes or pastry with the point of a penknife or fork.

WATER ICING FOR PASTRY.

Put 1 lb. of icing or castor sugar into a basin. Add 1 gill of water and mix well together. Flavour with essence of vanilla, almonds, coffee or any other flavouring preferred, and colour with cochineal, saffron-yellow or spinach-green according to taste.

COLOURED SUGAR**(For Decorating Fancy Pastry and Biscuits)****CHOCOLATE SUGAR.**

Mix some melted cocoa or chocolate with the sugar, and finish as for Red Sugar.

COFFEE SUGAR.

Take some essence of coffee for the colouring, and finish as for Red Sugar.

GREEN SUGAR.

Mix the sugar with some vegetable-green colouring and proceed as for Red Sugar.

RED SUGAR.

Put 1 lb. of white granulated sugar on a marble slab, pour a few drops of cochineal over it, then rub it well into the sugar with the hands until the colour is evenly distributed. Put the sugar on a tray, dry it in the oven, and keep it in a covered tin or box ready for use.

YELLOW SUGAR.

Proceed as in preparing Red Sugar, using a few drops of saffron-yellow colouring instead of cochineal.

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