

HOUSEHOLD COOKERY RECIPES

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649223244

Household cookery recipes by M. A. Rotheram

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M. A. ROTHERAM

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RECIPES

M. A. ROTHERAM

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SOUPS AND STOCKS.

Stock is the foundation of most soups. It requires special care in preparing to produce a good soup. Long and slow cooking are the chief essentials to extract the nutriment and gelatine from the meat and bones used. Stocks should not be too highly flavoured with vegetables, herbs or spices, should be strained through a fine strainer, and be allowed to go cold, so that the fat may be removed before using them for soups and sauces.

Shin of beef stock is generally used for clear and good brown soups ; knuckle of veal for good white soups. A well-made bone stock does excellently for most thick and vegetable soups or sauces, as does what is termed "second stock".

FIRST STOCK.

No. 1.

2 lb. shin of beef or knuckle of veal.	1 dessertspoon salt.
6 pints cold water.	1 carrot.
6 peppercorns.	1 turnip.
1 sprig of parsley.	1 onion.
	1 sprig thyme.

Cut the meat up into pieces about an inch square, removing the fat ; saw the bones into pieces. Put the meat and bones into a large pan, add the water and salt, bring to the boil, draw off the fire and skim away every particle of scum ; add the vegetables, cleaned and cut in halves,

with the flavourings; place on the stove, where it will only simmer very gently for 4 hours.

Stock should never be allowed to boil, or it becomes thick and a bad colour. Strain, and when cold remove the fat (this is best done with a spoon), and then wipe the surface of the jelly with a clean hot cloth. It is then ready for use.

BONE STOCK.

No. 2.

4 lb. fresh meat bones.	5 quarts water.
2 carrots.	2 onions.
2 turnips.	6 peppercorns.
1 sprig parsley.	1 sprig thyme.
1 tablespoon salt.	

Wash the bones and cut away any fat or discoloured pieces of meat; then proceed exactly as in the preceding recipe, only allowing 5 or 6 hours simmering according to the size of the bones.

SECOND STOCK.

No. 3.

Cooked or uncooked bones.	Scraps of cooked or uncooked meat.
Cold water.	
2 carrots.	2 onions.
2 turnips.	Salt and pepper.

For second stock, a large pan of cold water should be put on the stove, and into it should be thrown any of the above scraps to be used up. Strainings from first stock, soups or sauces can all be made use of in this way. The ingredients should all simmer gently together for 2 or 3 hours, and the stock then finished off as in the preceding recipes.

N.B.—Only enough stock of this kind should be made for each day's use, as it becomes sour if boiled over and over again.

ASPARAGUS SOUP.No. 4.

25 heads of asparagus.	1 onion.
1½ oz. butter.	1½ oz. flour.
1½ pints stock (No. 2).	1 small bay leaf.
½ pint of milk.	1 sprig parsley.
2 yolks of egg.	Salt and pepper.

Cut off the asparagus tops and cook them separately in a little boiling salted water for about 10 minutes, taking care not to break them; drain and put them into the tureen. Cut the stalks into short lengths, slice the onion, fry these in the butter slowly for 10 minutes with the parsley and bay leaf, add the flour and cook it a little, stir in the stock a little at a time off the fire, season and simmer the soup gently, first stirring it to the boil, for 1 hour. Pass it through a hair sieve, reheat with the milk, stir in the yolks mixed with a little cold stock, and cook gently for 5 or 10 minutes. Strain on to the asparagus heads.

ARTICHOKE SOUP.No. 5.

2 lb. Jerusalem artichokes.	½ pint milk.
1 small onion.	1 oz. butter.
½ oz. flour.	1 dessertspoon of lemon juice.
1½ pints stock (No. 2).	Salt and cayenne pepper.

To make this soup a good colour, great care must be taken in preparing the artichokes. They should be as fresh as possible, and a little lemon juice or vinegar put in the water in which they are peeled. Keep them under water as much as possible.

Peel and slice the artichokes thinly, also the onion; dissolve the butter, fry the vegetables in it for about 5 or 6 minutes slowly, add the lemon juice, flour and seasoning, also the stock by degrees; boil up, stirring all the time;

simmer gently until the vegetables are soft. Pass through a hair sieve, washing the pulp through with the milk, reheat, and the soup is ready to serve. Serve with fried bread.

BONE SOUP.No. 6.

2 lb. small fresh meat bones.	Salt and pepper.
2 oz. dripping.	3 pints water.
1 stick celery.	2 carrots.
2 onions.	2 turnips.
6 peppercorns.	2 oz. flour or cornflour.
1 sprig parsley.	1 sprig thyme.

Make the dripping smoking hot in a stewpan; wash, dry and cut off the fat and discoloured pieces from the bones, fry them briskly to a good brown colour in the fat, drain them as they are done, pour off the dripping, put the bones into the pan again with the cold water and a dessert-spoon of salt; bring to the boil and skim thoroughly; add the vegetables cut into quarters, also the flavourings; simmer the soup gently for 4 hours; strain and let go cold; skim off all fat; bring the soup to the boil, stir the cornflour or flour to a smooth cream with a little cold water, add to the soup and boil for 5 or 10 minutes. A few drops of caramel must be added to make the soup a good colour. Serve with sippets of toast.

BARLEY SOUP.No. 7.

2 oz. pearl barley.	1 oz. flour.
1 oz. butter.	1 onion.
Salt and pepper.	1 wineglass sherry.
3 pints stock (No. 3).	

Blanch the barley (No. 425); melt the butter and fry the onion sliced, and the flour brown in it; take it off the