

**BONNES BOUCHES AND
RELISHABLE
DISHES FOR BREAKFAST
AND LUNCHEON**

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Bonnes Bouches and Relishable Dishes for Breakfast and Luncheon by Mrs. Louisa E. Smith

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MRS. LOUISA E. SMITH

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Relishable Dishes

FOR BREAKFAST AND LUNCHEON.

BY

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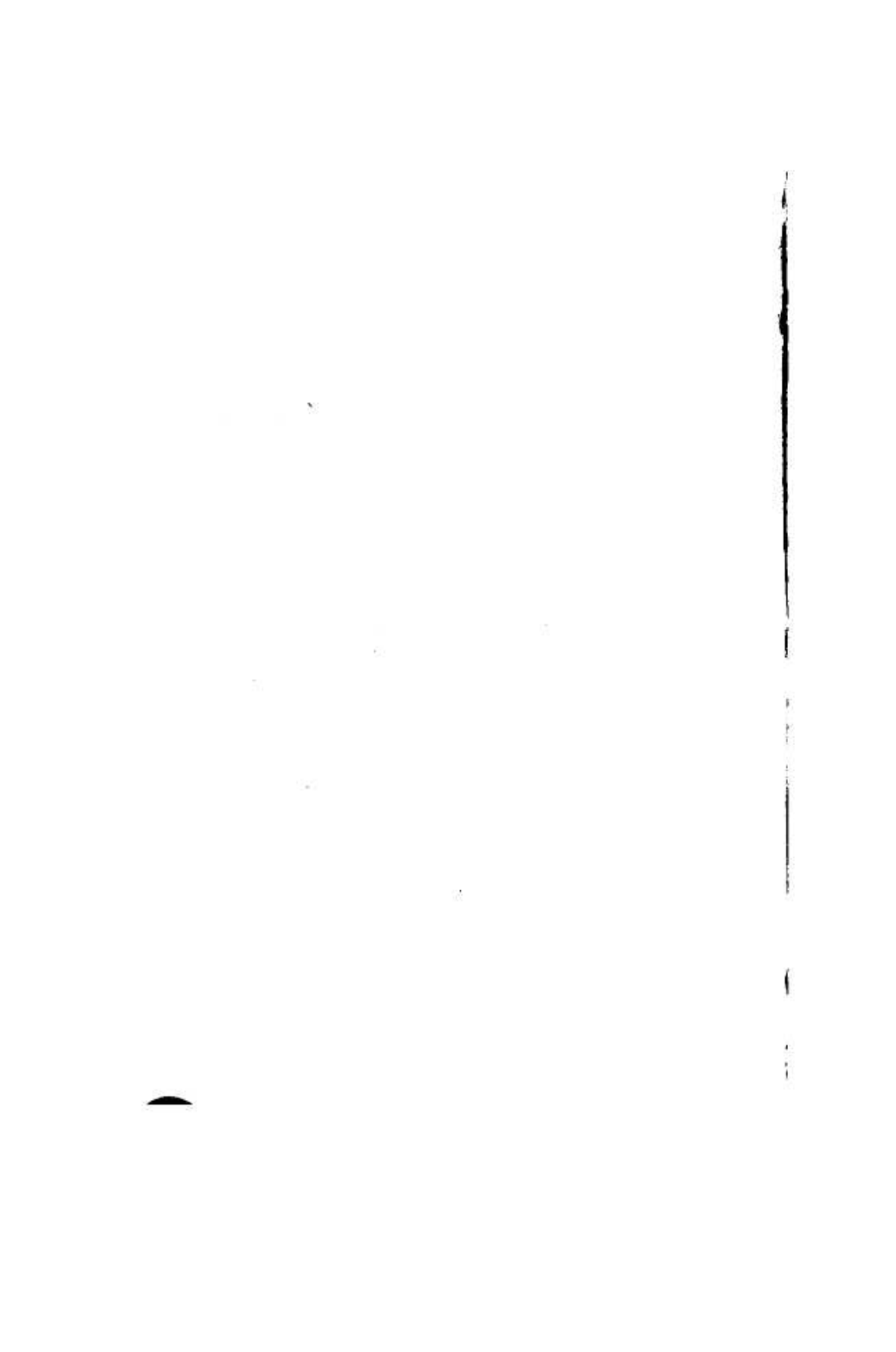
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Dedicated
BY GRACIOUS PERMISSION
TO
HER SERENE HIGHNESS
THE PRINCESS VICTORIA MARY
OF TECK,
BY
HER MOST FAITHFUL AND
GRATEFUL SERVANT,
THE AUTHORESS.



PREFACE.

IN the present age, as it was in times of remote antiquity, good cooking is a source of enjoyment to persons in all ranks and conditions in life. We are always in search of new delicacies, each one of us endeavouring to improve upon the dressing, cooking, and serving of little dainties of every description.

In these days it is considered desirable that a table be furnished with the most exquisite dishes, not only delightful to the taste, but pleasing to the most fastidious eye. To many, a good meal is one of the greatest enjoyments of human life.

There are certain rules to be learnt in all arts, before attaining perfection ; and those who desire to become masters of the arts in question, must conform to these rules. But this alone is not sufficient. Experience and continual practice are worth a bushel of theory, if you wish to be perfect. A cook of genius will invent new dishes to please the taste and palate of those for whom she is working. What is one man's food is another man's poison. The culinary art, like all others, is subject to change. The variations in cooking have led me to publish this work, and I can confidently state that any recipes found here are not borrowed from other books, the ideas being, on the contrary, entirely my own, and the result of practical and economical experience.

I have made this work so plain that the greatest novice, who wishes to please, can cook either a sumptuous breakfast, suitable for a peer, or a simple repast for the clerk or mechanic. On the other hand, a skilled cook will find in it recipes for novelties, which have never before been printed; whilst a nurse has only to peep into its pages to find new dishes that will please the most delicate palate, in the sick-room or the nursery, and others that will be found equally suitable for children, without putting their digestive organs out of order.

Every department of cooking is arranged under its separate heading. When I think of the number of cookery books already before the public, and with what contempt some of them are read, I feel nervous lest this one should meet with the same fate. I am not afraid of my dishes being called extravagant, and at the same time I hope I have not erred in the direction of parsimony. As a child of twelve years I was able to put upon the table a well-cooked dinner; since then, for twenty years, I have never troubled if my cook wished to leave me; for I once served a dinner of eleven courses for one of the greatest epicures and connoisseurs in England, with only the help of one servant-maid.

The recipes for gravies, without which no entrée is perfect, were given me by the same French *chef* who initiated me into the mysteries of made dishes.

It is my intention to arrange the recipes in this book in the manner in which they should be dressed and brought to table, and I trust the work will be found by my readers fully as useful as many of the more elaborate volumes. The "wee-bits," so much admired and eaten by *gourmets* before and just after dinner, will be found on a leaflet by themselves at the end of the book.

BONNES BOUCHES

AND

Relisbable Dishes for Breakfast and Luncheon.



AS this is not meant to be a voluminous work, my intention is to dispense with unnecessary preliminaries, and at once proceed to give a plain and lucid description of the manner in which breakfasts and luncheons should be prepared and brought to table.

Before commencing the practical part of this book, however, I would like to advise all good housewives to see that the cloth is properly and prettily arranged. Salad or cress should be placed thereon, with a vase of flowers or ferns in the centre; the plate should be bright, and the napery white as snow; while a pile of plates, and all the little things that will in the course of the meal be required, should be near at hand. The dishes should be brought to table hot from the fire, by the maid, who should have a clean apron always in readiness. Attention to these little details will obviate the necessity for bustle; the conversation will not be interrupted, and the mistress of the house will have the satisfaction of knowing that husband and sons have gone off to business with light hearts, having partaken of a substantial breakfast.