

**PRACTICAL LESSONS
IN COOKERY FOR
SMALL HOUSEHOLDS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649434916

Practical Lessons in Cookery for Small Households by Georgette Bendall

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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GEORGETTE BENDALL

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PREFACE

THIS little book has been written at the request of many of my young friends, anxious to become good housekeepers and to provide a dainty table without extravagance.

I intended at first to give only a few short recipes ; but so many questions were addressed to me as to how to mix and prepare different dishes, that I thought it advisable to draw up this booklet in the form of practical cooking lessons. All the recipes have been practically tested by me.

Good cooking implies good management. It is not because a dish requires olives, sardines, anchovies, mushrooms, and even truffles, that it deserves to be called expensive. All these things, if not used at once, can be stored away and utilised in subsequent menus.

GEORGETTE.

" MONT PLAISANT,"

CAMBRIDGE,

October 20, 1904.

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LONDON: WILLIAM HEINEMANN

SOUPS

POT-AU-FEU

I HAVE often heard people saying how good the French Pot-au-feu, or Petite Marmite, is, but objecting to it on the ground of expense. I here subjoin the recipe used by all small families in France :

1 lb. of meat (beef)*	½ oz. celery
½ lb. of bones	1 onion stuck with 3 cloves
½ oz. parsnips	6 ozs. leeks
1 quart of cold water	6 ozs. turnips
2 ozs. carrots (ready cleaned)	1 oz. salt

Take a stock-pot large enough to contain the meat and vegetables and high enough to leave the water free for skimming. Place the stock-pot on a moderate fire with the meat only, without covering it, so that one can watch the scum rise to the surface. The first greenish

* The piece at the back of the rump is the best.

scum must be carefully taken away, then to stop the stock from boiling throw in it a gill of cold water ; clear the scum again, which this time is of a yellow colour. Repeat this operation three times. If these instructions have been well followed, the last scum must be small in quantity, clean and white. After a minute or two's boiling put in the vegetables. In summer when the vegetables are fresh they can be put in later, as they require less boiling.) A little fresh scum will rise again after the vegetables are put in. Take it carefully away. Wipe the stock-pot well all round the sides with a warm wet cloth to clear the adhering scum. Put the lid on, leaving a little opening for the steam to escape. Let it boil gently *only on one side* of the pot. If you cannot easily manage that on your stove, place an asbestos ring under half the stock-pot, or a piece of tin, or anything else handy to keep the heat on one side particularly. This arrangement is essential if you want clear soup. This stock requires four hours of constant simmering. Before serving, clear all the fat and pass the liquid through a fine strainer. This stock is the base of all French soups and requires no clarifying.

The meat is served as a course after the soup, with the vegetables neatly placed all