

EGG RECIPE

“EGGSTRAVAGANZA”



THE FRESHNESS TEST

To test eggs for freshness, lower them into a bowl of water. If they lie on their sides at the bottom they are quite fresh, if they float to the top they are stale and probably bad.

STORING EGGS

Eggs can be kept at room temperature 65°F (18°C) for about 10 days and as long as 2 months in a refrigerator.



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ALMOND OMELET, CARAMEL SAUCE

INGREDIENTS

3 eggs
Few grains salt
3 tablespoons caramel sauce
½ teaspoon vanilla

METHOD

Beat yolks of eggs until thick and lemon-colored, add caramel, salt, and vanilla, and cut and fold in whites of eggs beaten until stiff and dry. Put three-fourths tablespoon butter in a hot omelet pan, cover bottom of pan with shredded almonds, turn in mixture, and cook and fold same as Plain Omelet. Pour around caramel sauce (see appendix).

AMERICAN PANCAKES

INGREDIENTS

8 oz flour
4 teaspoons baking powder
2 teaspoons caster sugar
1 teaspoon salt
2 eggs
350 ml (12 fl oz) milk
1 oz butter, melted
butter for frying
maple syrup and whipped cream to serve

METHOD

Sift the flour, baking powder, sugar and salt into a bowl. Whisk the eggs, milk and melted butter together. Stir into the dry ingredients and mix until evenly blended. Heat a little butter in a frying pan and when hot pour in sufficient batter to give a 5 inch pancake, ¼ inch thick. Cook until the top of the pancake looks bubbly, turn and cook until golden. Serve with maple syrup and cream or butter.

Makes 8 pancakes.



APPLE SOUFFLÈ

INGREDIENTS

4 eggs (seperated),
4 apples,
2 oz. of castor sugar (or more if the apples are very sour),
1 gill of new milk or half milk and half cream,
1 oz. of cornflour,
and the juice of 1 lemon.

METHOD

Pare, cut up, and stew the apples with the sugar and lemon juice until they are reduced to a pulp. Beat them quite smooth, and return them to the stewpan. Smooth the cornflour with the milk, and mix it with the apples, and stir until it boils; then turn the mixture into a basin to cool. Separate the yolks from the whites of the eggs; beat the yolks well, and mix them with the apple mixture. Whisk the whites to a stiff froth, mix them lightly with the rest, and pour the whole into a buttered Soufflé tin. Bake for 20 minutes in a moderately hot oven, and serve at once.

BACON MUSHROOM AND POTATO FRITTATA

INGREDIENTS

1 tablespoon olive oil
250g smoked back bacon, diced
90g bunch spring onions, sliced
150g baby button mushrooms, wiped and sliced
150g new potatoes, cooked and sliced
6 eggs (beaten)
125g mature Cheddar cheese, grated
10g flat-leaf parsley leaves
salt and freshly ground black pepper

METHOD

Heat the oil in a frying pan and fry the bacon, onions and mushrooms for 4-5 minutes, stirring occasionally. Add the potatoes and cook for a further 2 minutes. Beat the eggs together with the cheese, parsley and seasoning to taste. Pour the egg mixture into the pan and cook over a moderate heat for 5-6 minutes until the underside is golden. Place the pan under a hot grill for a further 3-4 minutes, until the frittata has set and the top is golden.

BIRDS' NESTS

Separate the eggs, allowing one to each person. Beat the whites to a stiff froth. Heap them into individual dishes, make a nest, or hole, in the center. Drop into this a whole yolk. Stand the dish in a pan of water, cover, and cook in the oven about two or three minutes. Dust lightly with salt and pepper, put a tiny bit of butter in the center of each, and send at once to the table. This is one of the most sightly of all egg dishes.

BUTTERED EGGS WITH TOMATOES

Heat omelet pan. Put in one tablespoon butter; when melted, slip in an egg, and cook until the white is firm. Turn it over once while cooking. Add more butter as needed, using just enough to keep egg from sticking.

Cut tomatoes in one-third inch slices. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Serve a buttered egg on each slice of tomato.

CASATIELLO NAPOLETANO (NEAPOLITAN LARD BREAD)



INGREDIENTS

1 lb. 5 oz. flour
8 oz. lard
1.8 oz. yeast
6 whole eggs, unshelled
1 tbs. Pecorino Romano
1 tbs. Parmigian
3 oz. diced salami
salt & pepper

METHOD

Combine the lard, yeast, and salt with the flour, adding as much water as necessary to get a rather soft dough. Place dough into a floured bowl and cover with a warm towel. Leave it to raise in a lukewarm place. When the dough has approx doubled in size (after about 1 1/2 hours), place it on a pastry board and knead the dough well. Flatten it out and grease it with lard, add the diced salame and sprinkle with a little pepper, Pecorino Romano and Parmigiano. Fold the dough in two, grease the top with some more lard, and sprinkle with more Parmigiano and pepper. Fold in two again, flatten out and grease some more. Repeat until you have used up all the lard. Now

take a small piece of dough the size of a bun, grease the outside with lard, and place it to leaven separately in a bowl.

This will help you place the eggs onto the top of the casatiello. Fold the dough onto itself to make a stick. Grease a round baking pan with a hole in the middle (8-12 in. diameter) – bundt pan. Place the dough stick inside it joining the ends and squeezing them so they adhere well to each other so that the dough stick is now making a circular tube. Put the dough away to leaven for another 3 hours. Gently wash the shells of the raw eggs in lukewarm water and dry them. When the dough has risen, place 6 eggs on top of it arranging them at even distances from each other and with the tips pointing toward the center of the mold. Take the small piece of dough you kept aside and make a stick as thin as a pencil. Chop the stick into 12 small bits and arrange them in 2 at a time cross-like on the eggs making the ends stick to the dough.

The casatiello is now ready. Put it in an almost cold oven and bake over a medium heat for about one hour. When it has turned an even color, take it out of the oven and let it cool before serving.

CHEESE SOUFFLÉ

INGREDIENTS

8 oz. of Parmesan or other good dry cooking cheese,
4 eggs (separated),
1 oz. of fine wheatmeal,
1 gill of milk,
1 oz. of butter, mustard, pepper, and salt to taste.

METHOD

Melt the butter in a saucepan, stir in the wheatmeal, season with mustard, pepper, and salt. Pour in the milk, and stir until the mixture is set and comes away from the sides of the saucepan. Turn into a basin, and let the mixture cool. Grate the cheese and stir it in; separate the yolks of the eggs from the whites, and drop the yolks of the eggs, one by one, into the mixture, beating all well. Whip the whites of the eggs to a stiff froth, mix it lightly with the other ingredients; turn the mixture into a buttered Soufflé tin, and bake the Soufflé for 15 minutes.

CHOCOLATE EGGS



INGREDIENTS

6 large eggs

750 g (1 ½ lb) plain or milk dessert chocolate

DECORATIONS

a little lightly beaten egg white

about 150 g (5 oz) icing sugar, sifted

few drops of food colouring (optional)

sugar flowers, nuts, or other cake decorations

METHOD

Using a small skewer or a large darning needle, very carefully pierce a small hole in both ends of the eggshells. Enlarge one hole in each egg to about 5 mm (¼ inch) wide. Hold eggs over a bowl and blow out contents through the larger of the holes. Wash the eggs well in cold water, shaking out any remaining contents and put back in the egg box to drain and dry for about half an hour. Meanwhile, make a large and a small piping bag from greaseproof paper, without cutting off the ends.

When the eggshells are dry, place a small piece of sticky tape over each of the smaller holes. Put the chocolate in a heatproof bowl over a pan of barely simmering water. Heat gently until melted, stirring occasionally, then pour into the large piping bag. Cut a small hole in the end of the bag and pipe the chocolate into the eggshells. Stand

the eggs, sticky tape end downwards, back in the egg box. Allow the chocolate to settle for a few minutes, then top up with a little more chocolate, if necessary. Refrigerate the eggs in the box overnight until set. When the eggs are set, crack them gently, then carefully peel off shells.

To decorate: stand each egg in an egg cup. Add a little of the beaten egg white to the sugar and beat until the icing forms stiff peaks, beating in more egg or sugar, if needed. Dot a little icing on to the undersides of the decorations and fix in attractive designs to each egg, or just pipe a design directly onto the eggs. Add a few drops of food colouring to the remaining icing, if liked, then use to fill the small piping bag. Cut a small hole in the end and pipe leaves or other designs on to eggs.

Leave for about 1 hour until set completely.

CHOCOLATE SOUFFLÉ

INGREDIENTS

4 Eggs (separated)

85g (3oz) Best Dark Chocolate, finely grated

3 tsp Caster Sugar

1 tsp Flour

Vanilla Essence to taste

METHOD

Gradually stir into the yolks of the eggs, the sugar, and (finely grated) chocolate. Add vanilla and the whites of the eggs (already whipped to a stiff froth), and pour the mixture into a buttered pie-dish or cake tin. Bake in a moderate oven for 15-20 minutes, and serve immediately.

If the Soufflé is to be baked in a cake tin, a serviette should be pinned round it before serving.

Optional: Sprinkle with sifted sugar top with raspberries.



CURRIED EGGS #1

INGREDIENTS

6 hard-boiled eggs,
1 medium-sized English onion,
1 cooking apple,
1 teaspoonful of curry powder,
1 dessertspoonful of fine wheatmeal,
1 oz. of butter,
and salt to taste.

METHOD

Prepare the onion and apple, chop them very fine, and fry them in the butter in a stewpan until brown. Add $\frac{1}{2}$ pint of water and a little salt. Smooth the curry and wheatmeal with a little cold water, and thicken the sauce with it. Let it simmer for 10 minutes, then rub through a sieve. Return the sauce to the stewpan, shell the eggs, and heat them up in the sauce; serve very hot on a flat dish.

CURRIED EGGS #2

INGREDIENTS

3 hard-boiled eggs
¼ teaspoon salt
2 tablespoons butter
¼ teaspoon curry powder
2 tablespoons flour
⅛ teaspoon pepper
1 cup hot milk

METHOD

Melt butter, add flour and seasonings, and gradually hot milk. Cut eggs in eighths lengthwise, and reheat in sauce.

CURRIED EGGS #3

INGREDIENTS

4 hard-boiled eggs
1 teaspoon curry powder
2 tablespoons butter
½ teaspoon salt
½ tablespoon finely chopped onion
⅛ teaspoon paprika
2 tablespoons flour
1⅓ cups scalded milk
½ cup cooked rice

METHOD

Chop whites of eggs and add to sauce made of butter, flour, seasonings, and milk, then add rice; heat to boiling-point, fill puff paste cases and sprinkle with yolks of eggs rubbed through a sieve.

DEVEILED EGGS

Hard-boil twelve eggs. Remove the shells. Cut the eggs into halves, crosswise. Take out the yolks without breaking the whites. Press the yolks through a sieve. Add four tablespoonfuls of finely chopped chicken, tongue or ham. Add a half teaspoonful of salt, a saltspoonful of pepper and two tablespoonfuls of melted butter. Rub the mixture. Form it into balls the size of the yolks and put them into the places in the whites from which the yolks were taken. Put two halves together, roll them in tissue paper that has been fringed at the ends, giving

each a twist. If these balls are made the size of the yolk, and put back into the whites, they may be placed on a platter, heated, and served on toast, with cream sauce; then they are very much like the eggs Bernhardt.

DEVEILED EGG SALAD

6 eggs
1 head of lettuce
1 pimienta
1 teaspoonful of onion juice
 $\frac{1}{2}$ teaspoonful of paprika
 $\frac{1}{2}$ cupful of chopped boiled tongue
1 saltspoonful of salt
1 saltspoonful of pepper

Hard-boil the eggs, throw them into cold water, remove the shells, cut them lengthwise. Take out the yolks without breaking the whites. Rub the yolks through a sieve into a bowl, then add the tongue and all the seasoning. If the mixture is dry add a tablespoonful or two of cream or olive oil. Roll the mixture into balls that will fit the spaces from which they were taken in the whites, making each ball round. Arrange the lettuce over a platter, stand the whites in the lettuce, and at serving time baste thoroughly with French dressing.

EGGS A L'AURE

Hard-boil six eggs, cut them into halves lengthwise, take out the yolks, keeping them whole. Cut the whites into fine strips. Make a cream sauce. Add to it two tablespoonfuls of finely chopped sardines or finely chopped lobster or crab, a tablespoonful of tarragon vinegar. Add the whites of the eggs, and, when quite hot, add the yolks, without breaking them. Turn this at once into a heated dish, garnish the dish with triangular pieces of toast, and send to the table. Or, if you like, make the sauce, season it and put a layer into the bottom of the baking-dish, then a layer of Parmesan cheese, then a layer of the yolks, pressed through a sieve, and so on, alternating, having the last layer of the yolks of the eggs. Dust over a few bread crumbs, put here and there bits of butter, and brown quickly in the oven.

EGGS À LA BENEDICT

Split and toast English muffins. Sauté circular pieces of cold boiled ham, place these over the halves of muffins, arrange on each a dropped egg, and pour around Hollandaise Sauce #2, diluted with cream to make of such consistency to pour easily.

EGGS À LA BENNETT

INGREDIENTS

6 hard-boiled eggs
2 tablespoonfuls of butter
1 teaspoonful of anchovy sauce
1 tablespoonful of finely chopped chives or onion
½ cupful of bread crumbs
½ teaspoonful of salt

METHOD

Cut the eggs into halves lengthwise; remove the yolks, rub them with half the butter, salt, onion and anchovy paste. Fill these back into the whites. Cover the bottom of a baking dish with ordinary white sauce, stand in the eggs, put over the bread crumbs, baste them with the remaining butter, melted, and stand in the oven long enough to brown.

EGGS À LA BONNE FEMME

INGREDIENTS

1 Spanish or 2 Bermuda onions
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of milk
6 eggs
1 teaspoonful of salt
1 saltspoonful of pepper
½ saltspoonful of grated nutmeg

METHOD

Separate the whites and yolks of the eggs. Put the butter into a saucepan, add the onions, cut into very thin slices; shake until the onions are soft, but not brown, then dust over the flour, mix, and add the milk, salt, pepper and nutmeg. Stir carefully until this reaches boiling point, then stand it on the back part of the stove where it will keep hot for at least ten minutes. Beat the yolks of the eggs until very

creamy, then stir them into the sauce, take from the heat, and fold in the well-beaten whites of the eggs. Turn into a baking dish or casserole and bake in a hot oven fifteen minutes; serve at once.

EGGS À LA BOURBON

INGREDIENTS

6 eggs
½ pint of stock
1 tablespoonful of butter
6 tablespoonfuls of grated Parmesan cheese
½ teaspoonful of salt
1 dash of pepper

METHOD

Put the stock in a small saucepan, poach the eggs in it, two at a time; lift them carefully and lay them on a hot granite or silver dish. When all are poached, dust over the cheese and stand them in the hot oven for just a moment until the cheese is melted. In the meantime boil the stock until it is reduced one-half, add the butter, baste it over the eggs and send to the table. This dish may be garnished with triangular pieces of toast.

EGGS À LA BUCKINGHAM

Make five slices milk toast, and arrange on platter. Use recipe for Scrambled Eggs, having the eggs slightly underdone. Pour eggs over toast, sprinkle with four tablespoons grated mild cheese. Put in oven to melt cheese, and finish cooking eggs.

EGGS AND CABBAGE

INGREDIENTS

1 large breakfastcupful of cold boiled cabbage
3 eggs
1 teacupful of milk
pepper and salt to taste
½ oz. of butter.

METHOD

Warm the cabbage with the butter and the milk; meanwhile beat up the eggs. Mix all together and season with pepper and salt. Turn the mixture into a shallow buttered pie-dish, and bake for 20 minutes.

Any kind of cold vegetables mashed up can be used up this way, and will make a nice side dish for dinner.

EGG AND CHEESE

INGREDIENTS

6 eggs

1 teacupful of milk, thickened with 1 dessertspoonful of fine wheatmeal

2 oz. of grated cheese

pepper and salt to taste.

METHOD

Butter a pie-dish, pour into it the thickened milk, break the eggs over it, sprinkle the cheese over them, and season to taste. Bake in a moderate oven until the eggs are just set.

EGG AND CHEESE FONDU

INGREDIENTS

To each egg $\frac{1}{2}$ its weight in grated cheese and a $\frac{1}{2}$ oz. of butter (if only 1 egg is prepared $\frac{1}{2}$ oz. of butter must be used); mustard, pepper, and salt to taste.

METHOD

Whip up the eggs, add 1 dessertspoonful of water for each egg, as in the previous recipe; mix in the cheese, a little made mustard, and pepper and salt. Heat the butter in a frying-pan or small stewpan. When hot stir in the mixture of egg and cheese. Keep stirring it with a knife, until it becomes a smooth and thickish mass. Put on hot buttered toast, and serve. This is an extremely tasty French dish. The mixture, when cold, is excellent for sandwiches.

EGGS À LA COMMODORE

Cut slices of bread in circular pieces and sauté in butter. Remove a portion of centre, leaving a rim one-fourth inch wide. Spread cavity thus made with pâté de foie gras purée, place a poached egg in each and pour over a rich brown or Béchamel sauce to which is added a few drops vinegar. Garnish with chopped truffles.

EGGS À LA DAUPHIN

Remove the shells from six hard-boiled eggs, cut them into halves, lengthwise, take out the yolks, press them through a sieve. Add four level tablespoonfuls of melted butter, and half a teaspoonful of salt, a grating of nutmeg and two tablespoonfuls of Parmesan cheese. Add half a cupful of cream to a half cupful of sifted bread crumbs. Mix this with the yolks, rub until smooth, then add one well-beaten egg, and the yolk of one egg. Cover the bottom of the baking dish with the mixture forming it in a pyramid and cover with the chopped whites. Have ready two extra hard-boiled eggs, take out the yolks, press them through a sieve, all over the top. Garnish the edges of the dish with triangular pieces of toasted bread, cover the whole with cream sauce, brown in the oven, and serve at once.

EGGS À LA DUCHESSE

INGREDIENTS

1 quart of milk
6 eggs
1 tablespoonful of cornflour
sugar to taste
a piece of vanilla 2 inches long.

METHOD

Splice the vanilla and let it boil with the milk and sugar; smooth the cornflour with a spoonful of water, thicken the milk with it, and let it cook gently for 2 or 3 minutes; remove the vanilla. Have ready the whites of eggs whipped to a stiff froth, drop it in spoonfuls in the boiling milk; let it simmer for a few minutes until the egg snow has got set, remove the snowballs with a slice, and place them in a glass dish. Let the milk cool a little; beat up the yolks of the eggs, mix them carefully with the milk, taking care not to curdle them; stir the whole over the fire to let the eggs thicken, but do not allow it to boil. Let the mixture cool, pour the custard into the glass dish, but not pouring it over the snow; serve when quite cold. Half the quantity will make a fair dishful.

EGGS À LA FINNOIS

INGREDIENTS

6 eggs
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of strained tomato
1 tablespoonful of chopped chives
2 green peppers

METHOD

Rub the butter and flour together, add the tomatoes, and the peppers, chopped very fine. Stir until this reaches boiling point, and stand it over hot water. Poach the eggs in deep water. Toast six rounds of bread; arrange the toast on a platter, put one egg on each slice, pour around the tomato sauce, dust thickly with the chives and send to the table.

EGGS À LA GOLDENROD

INGREDIENTS

3 "hard-boiled" eggs
½ teaspoon salt
1 tablespoon butter
⅛ teaspoon pepper
1 tablespoon flour
5 slices toast
1 cup milk
Parsley

METHOD

Make a thin white sauce with butter, flour, milk, and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add them to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

EGGS À LA GRETNA

INGREDIENTS

6 eggs
2 heads of celery
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of milk
1 teaspoonful of salt
1 saltspoonful of pepper

METHOD

Cut the celery into inch lengths, wash thoroughly, cover with boiling water and simmer gently thirty minutes until the celery is tender; drain, saving the water in which the celery was cooked for another purpose. Rub the butter and flour together, add the milk, salt and pepper; when boiling add the celery; stand this over hot water while you poach the eggs and toast six squares of bread. Butter the toast, put on each slice one egg; put these around the edge of a large platter, turn the celery into the middle of the dish and send at once to the table. To increase the beauty of this dish, and to give it a greater food value, you may garnish between the toast and celery with carefully boiled rice; this then makes an exceedingly nice supper dish.

EGGS À LA HYDE

INGREDIENTS

6 eggs
½ can of mushrooms
1 tablespoonful of grated onion
2 tablespoonfuls of chopped parsley
½ cupful of sweet cream
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of chicken stock or cocoanut milk
1 teaspoonful of salt
1 saltspoonful of pepper

METHOD

Hard-boil the eggs, and when done remove the shells and cut the eggs into halves lengthwise, keeping the whites whole. Remove the yolks, press them through a sieve, add to them the cream, half the salt and a dash of cayenne. Mix thoroughly and fill into the whites and arrange them neatly on a granite or silver platter. Put the butter into a

saucepan, add the onion and flour, then the stock or cocoanut milk, and the mushrooms; stir, until it boils, add the remaining salt and pepper; take from the fire and add the parsley. Pour this over the eggs on the platter, dust thickly with bread crumbs, run into a quick oven until brown.

EGGS À LA LEE

Cover circular pieces of toasted bread with thin slices cold boiled ham. Arrange on each a dropped (poached) egg, and pour around Mushroom Purée. Clean one-fourth pound mushrooms, break caps in pieces, and sauté five minutes in one tablespoon butter. Add one cup chicken stock and simmer five minutes. Rub through a sieve and thicken with one tablespoon each butter and flour cooked together. Season with salt and pepper.

EGGS À LA LIVINGSTONE

INGREDIENTS

6 squares of toast
1 tureen of *pate de foie gras*
6 eggs
½ cupful of good stock
2 tablespoonfuls of sherry
1 teaspoonful of kitchen bouquet
½ teaspoonful of salt
1 dash of pepper

METHOD

Toast the bread, butter it and put on top of each slice of toast a slice of *pate de foie gras*; put this on a heated dish, stand it at the mouth of the oven door while you poach the eggs. Put into a saucepan all the other ingredients, bring to a boil, put one poached egg on each slice of *pate de foie gras*; baste with the sauce and send at once to the table.

EGGS À LA MARTIN

Make a half pint of cream sauce (see appendix). Put half of it in the bottom of a baking dish or into the bottom of ramekin dishes or individual cups. Break fresh eggs on top of the cream sauce, dust with a little salt and pepper, pour over the remaining cream sauce, sprinkle the top with grated cheese, and bake in a moderate oven

until the cheese is browned and eggs are "set." Serve in the dish or dishes in which they are cooked.

EGGS AND MUSHROOMS

INGREDIENTS

4 hard-boiled eggs
¼ lb. of mushrooms
1 teaspoonful of parsley chopped very fine
1 oz. of butter, pepper and salt.

METHOD

Stew the mushrooms in the butter, and season well; chop up the eggs and mix them with the mushrooms, adding the parsley; heat all well through, and serve on sippets of toast.

EGGS À LA PARISIENNE

Butter small timbale moulds, sprinkle with finely chopped truffles, parsley, and cooked beets. Break eggs, and slip one into each mould, sprinkle with salt and pepper, set in pan of hot water, and cook until egg is firm. Remove from moulds on octagon slices of toast, and pour around Tomato Sauce #2 .

EGGS À LA PAYSANNE

INGREDIENTS

6 eggs
½ cupful of cream
2 tablespoonfuls of grated onion
1 clove of garlic
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Add the onion and the garlic, mashed, to the cream; pour it in the bottom of a baking dish, break on top the eggs, dust with salt and pepper, stand the baking dish in a pan of water and cook in the oven until the eggs are "set." Serve in the dish in which they are cooked.

EGGS À LA POLONAISE

INGREDIENTS

6 eggs
2 level tablespoonfuls of butter
1 tablespoonful of chopped parsley
1 teaspoonful of salt
1 saltspoonful of pepper

METHOD

Hard-boil four of the eggs; when done remove the shells, cut the eggs into halves lengthwise and take out the yolks, without breaking the whites. Press the yolks through a sieve into a bowl, and add the raw yolks of the remaining two eggs, with the parsley, salt and pepper. Beat the white of the raw eggs until light, not stiff, then work them into the yolk mixture. Cover the bottom of a shallow baking pan with part of this mixture, then fill the spaces in the whites with some of the remaining mixture. Put the whites of the eggs together, making them look like whole eggs. Arrange these in the center of the dish. If you have any of the yolk mixture left, put it around in a sort of a border. Pour over a little melted butter, dust thickly with soft bread crumbs and bake in a quick oven until slightly brown. Serve plain or with cream sauce.

EGGS À LA REGENCE

INGREDIENTS

6 eggs
½ cupful of chopped cold cooked ham
1 grated onion
½ can of chopped mushrooms
2 tablespoonfuls of butter
2 tablespoonfuls of flour
½ pint of chicken stock
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Stand the ham over hot water until thoroughly heated. Rub the butter and flour together, add the stock, stir until boiling, add the mushrooms, sliced, the salt, pepper and the onion; stand this over hot water while you poach the eggs. Dish the eggs, cover them with the sauce, strained, and cover with the chopped ham. Garnish the

dish with mashed potatoes or boiled rice, and send at once to the table.

EGGS À LA REINE

INGREDIENTS

6 eggs
½ pint of chopped cold cooked chicken
½ can of mushrooms
2 tablespoonfuls of butter
2 tablespoonfuls of flour
½ pint of milk
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Use ordinary shirring dishes for the eggs; butter them, break into each one egg, stand these in a pan of boiling water and in the oven until they are "set." Rub the butter and flour together, add the milk, stir until boiling, add the salt, pepper, chopped chicken and mushrooms, and put one tablespoonful of this on top of each egg and send at once to the table. This is also nice if you put a tablespoonful of the mixture in the bottom of the dish, break the egg into it, and then at serving time put another tablespoonful over the top.

EGGS À LA RORER

Toast rounds of bread, one for each person. Butter them. Heat, in boiling water, the choke of a French artichoke, one for each slice of bread. Make sauce Hollandaise (see appendix), and put one artichoke bottom on each slice of bread on a heated platter. Put in the center a poached egg and pour over the sauce Hollandaise. Garnish the dish with nicely cooked French or fresh green peas.

EGGS À LA RUSSE

INGREDIENTS

6 eggs
1 small can of caviar (2 tablespoonfuls)
½ pint of stock
1 teaspoonful of onion juice
1 dash of pepper

METHOD

Hard-boil the eggs, remove the shells, cut them into halves lengthwise; take out the yolks without breaking the whites, and press them through a sieve, then add the caviar, onion juice and pepper. Heap these back into the whites. Boil the stock until reduced one-half, baste the eggs carefully, run them into the oven until hot, pour over the remaining hot stock and send to the table.

EGGS À LA SUISSE

Cover the bottom of a baking dish with about two tablespoonfuls of butter cut into bits. On top of this, very thin slices of Swiss cheese. Break over some fresh eggs. Dust with salt and pepper. To each half dozen eggs, pour over a half cup of cream. Then cover the top with grated Swiss cheese and bake in the oven until the cheese is melted and the eggs "set." Send this to the table with a plate of dry toast.

EGGS À LA TRINIDAD

INGREDIENTS

6 eggs
2 lamb's kidneys
1 cupful of fresh bread crumbs
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of stock
1 teaspoonful of kitchen bouquet
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Split the kidneys, cut out the tubes; scald them, drain, and cut them into thin slices. Put the butter into a saucepan, add the kidneys, toss until the kidneys are cooked, then add the flour, stock, kitchen bouquet, salt and pepper; stir until boiling. Grease a shallow granite or silver platter, break into it the eggs, sprinkle over the bread crumbs and stand them in the oven until the eggs are "set," then pour over the sauce, arrange the kidneys around the edge of the dish and send at once to the table.

EGGS À LA TRIPE

Hard-boil eight eggs. Remove the shells, cut eggs crosswise in rather thick slices. Cut three small onions into very thin slices. Separate them into rings, cover them with boiling water and boil rapidly ten minutes; drain, then cover them with fresh water and boil until they are tender; drain again, but save the water. Now mix the eggs and onions carefully, without breaking. Put two level tablespoonfuls of butter and two of flour into a saucepan. Mix. Add a grating of nutmeg, a saltspoonful of black pepper, the juice of a lemon, and a half-pint of the water in which the onions were boiled. Bring to the boiling point, add two tablespoonfuls of cream; then add the eggs and onions. When thoroughly hot, dish them in a conical form, garnish with triangular pieces of toast, and serve.

EGGS À LA VALENCIENNE

INGREDIENTS

6 eggs
1 pint of dry boiled rice
½ pint of strained tomato
2 mushrooms
2 tablespoonfuls of grated Parmesan cheese
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ saltspoonful of grated nutmeg
½ teaspoonful of paprika
1 teaspoonful of salt
½ saltspoonful of pepper

METHOD

Rub the butter and flour together, add the strained tomato, stir until boiling, add the mushrooms, sliced, salt, paprika, nutmeg and pepper. Take a granite or silver platter, put in two tablespoonfuls of butter extra, let the butter melt and heat; break into this the eggs, being very careful not to break the yolks. Let the eggs cook in the oven until "set." Then put around the edge of the dish as a garnish the boiled rice, pour over the eggs the tomato sauce, dust the top with the Parmesan cheese and send at once to the table.

EGGS À LA VINAIGRETTE

INGREDIENTS

6 eggs
1 head of lettuce
8 tablespoonfuls of olive oil
1 tablespoonful of chopped parsley
4 tablespoonfuls of vinegar
1 tablespoonful of chopped gherkin
1 tablespoonful of chopped olives
1 tablespoonful of grated onion

METHOD

Hard-boil the eggs, throw them into cold water; remove the shells and cut them into slices lengthwise. Wash and dry the lettuce, arrange it on a small meat platter, put over the top slices of hard-boiled eggs, letting one slice overlap the other. Fill the center of the dish with sliced, peeled tomatoes. Put a half teaspoonful of salt in a soup plate, add a saltspoonful of pepper and the oil; put in a piece of ice and stir until the salt is dissolved. Remove the ice, add all the other ingredients but the parsley, mix thoroughly, pour this over the eggs, dust with parsley and serve as a supper dish.

EGGS À LA WINDSOR

INGREDIENTS

6 eggs
6 rounds of toast
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of chicken stock
1 tablespoonful of chopped parsley
1 tablespoonful of chopped olive
1 tablespoonful of chopped Spanish pepper
½ teaspoonful of salt
1 saltspoonful of black pepper

METHOD

Rub the butter and flour together and add the stock; stir until boiling, and add the salt and pepper. Toast the bread. Poach the eggs, put them on the toast, pour over carefully the sauce, heap the chopped vegetables, mixed, in the center of each egg and send to the table.

EGGS A L'IMPERATRICE

Toast six slices of bread; butter them, put on top a thin slice of pate de foie gras, and on top of this a hot poached egg. Baste with a little melted butter, dust with salt and pepper and send at once to the table. This is one of the most elegant of all the egg dishes.

EGGS AU GRATIN

Make a pint of cream sauce. Hard-boil six eggs. Cut them into slices. Put them in the baking dish and cover with the cream sauce. Dust thickly with cheese, and brown quickly in the oven.

EGGS AU MIROIR

Cover the bottom of a graniteware or silver platter with fresh bread crumbs, break in as many eggs as are needed for the number of persons to be served. Put bits of butter here and there, stand the platter over a baking pan of hot water in the oven until the eggs are "set," dust them with salt and pepper and send them to the table.

EGGS BAKED IN TOMATO SAUCE

Make a tomato sauce (see appendix). Pour one-half in the bottom of a baking dish or granite platter, break in from four to six fresh eggs, cover with the other half of the sauce, dust the top with grated cheese, and bake in a moderate oven until "set," about fifteen or twenty minutes. Serve for supper in the place of meat.

EGG BALLS

These are used for soup and for garnishing of vegetable dishes. Hard-boil four eggs, throw them at once into cold water, remove the shells. Put the yolks through a sieve, then add a half teaspoonful of salt, a dash of white pepper and the yolk of one raw egg, or you may take a part of the white of one egg. Mix thoroughly and make into balls the size of a marble, using enough flour to prevent sticking to the hands. Drop these into a saucepan of boiling stock, or into hot fat. Drain on brown paper.

EGGS IN BATTER

INGREDIENTS

1 egg
2 tablespoons fine stale bread crumbs
1 ½ tablespoons thick cream
¼ teaspoon salt

METHOD

Mix cream, bread crumbs, and salt. Put one-half tablespoon of mixture in egg-shirrer. Slip in egg, and cover with remaining mixture. Bake six minutes in moderate oven.

EGGS BEAUREGARD

Hard-boil five eggs. Separate the whites from the yolks. Put the yolks through a sieve. Put the whites either through a vegetable press, or chop them very fine. Make a half pint of cream sauce, season it and add the whites. Have ready a sufficient amount of toast, carefully buttered. Put this on a heated platter, cover over the cream sauce and the whites, dust the tops with the yolks, then with salt and pepper. Garnish the edge of the dish with finely chopped parsley, and send at once to the table.

EGGS BENEDICT

Separate two eggs. Break the yolks, add a cupful of milk, a half teaspoonful of salt, one and a half cupfuls of flour and a tablespoonful of melted butter. Beat well, add two level teaspoonfuls of baking powder and fold in the well-beaten whites. Bake on a griddle in large muffin rings. Broil thin slices of ham. Make a sauce Hollandaise (see appendix). Chop a truffle. Poach the required number of eggs. Dish the muffins, put a square of ham on each, then a poached egg and cover each egg nicely with sauce Hollandaise. Dust with truffle and serve at once.

EGGS BERNAISE

INGREDIENTS

6 whole eggs
4 yolks of eggs
4 tablespoonfuls of stock
4 tablespoonfuls of olive oil
1 tablespoonful of chopped parsley
1 tablespoonful of tarragon vinegar
1 tablespoonful of butter
1 tablespoonful of flour
½ cupful of strained tomato
1 teaspoonful of onion juice
½ teaspoonful of salt

METHOD

Put the stock, yolks of eggs and olive oil into a saucepan, stir over hot water until you have a thick, smooth sauce like mayonnaise; take from the fire, and when slightly cool stir in the tarragon vinegar and parsley. Rub the butter and flour together, add the tomato, and when boiling add a palatable seasoning of salt and pepper. Toast six halves of English muffins or squares of bread. Heat a platter, butter the toast, put it on the hot platter, and poach the eggs. Put one poached egg on each slice of toast, fill the bottom of the dish with tomato sauce and put a tablespoonful of Bernaise sauce on top of each egg. These may be garnished with a little chopped truffle, or a little chopped parsley.

EGGS BROULLI

Beat four eggs. Add to them four tablespoonfuls of stock, four tablespoonfuls of cream, a saltspoonful of salt and half a saltspoonful of pepper. Turn them into a saucepan, stand in a pan of hot water, stir with an egg-beater until they are thick and jelly-like. Turn at once into a heated dish, garnish with toast and send to the table.

EGGS BUCKINGHAM

Allow one egg to each person that is to be served. Cut either a dry or a Virginia ham into very thin slices; allow one thin square to each person. Toast squares of bread, remove the crust. Broil the ham quickly; put each square of ham on a square of toast, put on top a poached egg, dust lightly with pepper and send to the table.

EGGS WITH CHESTNUTS

This is an exceedingly nice dish to serve in the Fall when chestnuts are fresh. Shell a quart of chestnuts, blanch them, then boil them until tender; drain and press through a colander. Add a half cupful of hot milk, a tablespoonful of butter, a teaspoonful of salt and a saltspoonful of pepper. Beat until light and stand over a kettle of hot water while you poach six or eight eggs. Dish the chestnut puree in a small platter, cover the poached eggs over the top, dust them with salt, pepper and chopped parsley.

EGG CHOPS

INGREDIENTS

6 hard-boiled eggs
½ pint of finely chopped cooked ham
½ pint of milk
2 level tablespoonfuls of butter
4 level tablespoonfuls of flour
1 tablespoonful of chopped parsley
1 teaspoonful of onion juice
½ teaspoonful of salt
1 dash of cayenne
1 dash of white pepper

METHOD

Chop the eggs very fine, mix them with the ham; add the parsley, onion juice and pepper. Rub the butter and flour together and add the milk. Stir until you have a smooth, thick sauce, then add the salt; mix this with the other ingredients and turn it out to cool. When cold form into a chop about the size of an ordinary mutton chop. Dip first in egg beaten with a tablespoonful of water, then cover carefully with bread crumbs and fry in deep hot fat. Serve with either tomato or brown sauce.

EGGS COQUELICOT

Grease small custard or timbale cups and put inside of each a cooked Spanish pepper. Drop in the pepper one egg. Dust it lightly with salt, stand the cups in a pan of boiling water and cook in the oven until the eggs are "set." Toast one round of bread for each cup and make a half pint of cream sauce (see appendix). When the eggs are "set," fill the bottom of the serving platter with cream sauce, loosen the peppers from the cups and turn them out on the rounds of toast.

Stand them in the cream sauce, dust on top of each a little chopped parsley and send to the table.

EGGS COURTLAND

Mince sufficient cold chicken to make a half cupful. Make a half pint of cream sauce (see appendix), add the minced chicken, a half teaspoonful of salt and a dash of red pepper. Toast a sufficient quantity of bread, put it on a heated platter, pour over a small quantity of the minced chicken and cream sauce, put on each a poached egg, cover with the remaining sauce, dust with parsley and serve with a garnish of green peas.

EGGS EN COCOTTE

Chop fine one good-sized onion. Cook it, over hot water, in two level tablespoonfuls of butter. When the onion is soft add a quarter of a can of mushrooms, chopped fine, two level tablespoonfuls of flour and one cupful of stock. Stir until boiling. Add a tablespoonful of chopped parsley, a half teaspoonful of salt and a saltspoonful of pepper. Put a tablespoonful of this sauce in the bottom of individual cups. Break into each cup one egg. Pour over the remaining mixture.

Stand the cups in a pan of hot water and bake in a moderate oven about five minutes.

EGG CREAM

INGREDIENTS

The yolks of 6 eggs
½ pint of water
juice of 1 lemon
2 oz. of sifted sugar
a little cinnamon.

METHOD

Beat up all the ingredients, put the mixture into a saucepan over a sharp fire, and whisk it till quite frothy, taking care not to let it boil; fill into glasses and serve at once.

EGGS CREOLE

Put two tablespoonfuls of butter and four of chopped onions into a saucepan, cook until the onion is soft, but not brown. Then add four peeled fresh tomatoes that have been cut into pieces, and three finely chopped green peppers. Cook this fifteen minutes, and add a level teaspoonful of salt. Have the eggs hard-boiled, and cut into slices. Put them into a baking dish, pour over the sauce, re-heat in the oven, and serve with a dish of boiled rice.

EGG CROQUETTES

INGREDIENTS

6 eggs
½ pint of milk
2 level tablespoonfuls of butter
3 level tablespoonfuls of flour
1 teaspoonful of onion juice
1 tablespoonful of chopped parsley
½ saltspoonful of grated nutmeg
1 teaspoonful of salt
1 saltspoonful of pepper

METHOD

Hard-boil the eggs and chop them fine. Rub the butter and flour together, add the milk, stir until you have a thick, smooth paste. Add all the seasoning to the egg, mix the eggs into the white sauce and turn out to cool. When cold form into cylinders, dip in egg beaten with a tablespoonful of water, roll in bread crumbs and fry in deep hot fat. Serve with cream sauce.

EGG FARCI

INGREDIENTS

6 hard-boiled eggs
2 cupfuls of mashed potatoes
1 cupful of finely chopped cold cooked meat
1 tablespoonful of chopped parsley
1 tablespoonful of butter
1 tablespoonful of flour
1 gill (a half cupful) of milk
1 level teaspoonful of salt
1 teaspoonful of onion juice
1 saltspoonful of pepper

METHOD

Hard-boil the eggs, chop them fine, mix them with the meat, add the salt, pepper and parsley. Rub the butter and flour together, add the milk, stir until boiling; add this gradually to the potatoes. When smooth add the hard-boiled eggs, meat and parsley. Fill into small custard cups or into shirring dishes, brush with milk and brown in the oven.

EGG FLIP

Separate one egg, beat the white to a stiff froth, add the yolk and beat again. Heap this in a pretty saucer, dust lightly with powdered sugar, put in the center a teaspoonful of brandy, and serve at once. Sherry or Madeira may be substituted for the brandy.

EGGS EN MARINADE

INGREDIENTS

- 1 dozen eggs
- 3 very red beets
- 1 quart of cider vinegar
- 24 whole cloves
- 1 teaspoonful of mustard seed
- 1 saltspoonful of celery seed
- 1 teaspoonful of salt
- 2 saltspoonfuls of pepper

METHOD

Hard-boil the eggs; plunge them into cold water and remove the shells. Stick the cloves into the eggs. Pare the beets, cut them into blocks and boil them in about a pint of water. To this water add the vinegar, bring it to boiling point, add salt, pepper and the celery and mustard seed. Put the eggs into a glass jar and pour over the boiling vinegar; put on the tops and stand them aside for three weeks. A tablespoonful of grated horseradish or a half cupful of nasturtium seeds will improve the flavor and prevent mold.

EGGS EN PANADE

INGREDIENTS

2 eggs
6 slices of bread
½ cupful of milk or cream
4 tablespoonfuls of olive oil
1 tablespoonful of chopped parsley
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Trim the crusts from the bread. Beat the eggs until well mixed, but not light, then add the milk or cream, salt and pepper. Put the oil in a shallow frying pan, dip the slices of bread in the beaten egg and drop them into the hot oil; when brown on one side, turn and brown the other. Dish on a hot platter, dust with the chopped parsley and send at once to the table.

EGGS HUNTINGTON

INGREDIENTS

4 hard-boiled eggs
⅓ cup milk
1 tablespoon butter
½ teaspoon salt
1 ½ tablespoon flour
Few grains cayenne
⅓ cup white stock
Grated cheese
¾ cup buttered cracker crumbs

METHOD

Make a sauce of the butter, flour, stock, and milk; add eggs finely chopped and salt and cayenne. Fill buttered ramequin dishes with mixture, sprinkle with grated cheese, cover with cracker crumbs, and bake in a moderate oven until crumbs are brown.

EGGS JEFFERSON

Select the desired number of good-sized tomatoes, allowing one to each person. Cut off the blossom end, scoop out the seeds, stand the tomatoes in a baking pan in the oven until they are partly cooked. Put a half teaspoonful of butter and a dusting of salt and pepper into the bottom of each, and break in one egg. Put these back in the oven until the eggs are "set." Have ready a round of toasted bread for each tomato, stand the tomato in the center of the bread, fill the bottom of the dish with cream sauce, and send to the table.

EGGS LAKME

Cut cold chicken or turkey into very thin slices, and stand over hot water, in a dish, until heated; toast a sufficient quantity of bread, butter the slices, put on each a slice of chicken or turkey, dust lightly with salt and pepper. On top of these place a poached egg, cover with tarragon sauce (see appendix), and send to the table.

EGGS LAFAYETTE

Hard-boil six eggs, chop them, but not fine. Make a half pint of curry sauce. Put the chopped eggs over a bed of carefully boiled rice, cover with the curry sauce, garnish with strips of Spanish pepper and serve. This dish may be changed by using tomato sauce in place of the curry sauce.

EGGS LYONNAISE

INGREDIENTS

6 eggs
1 onion
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of milk
½ teaspoonful of salt
1 dash of pepper

METHOD

Hard-boil the eggs, remove the shells, throw them in cold water. Cut the onion into thin slices; put it, with the butter, into a saucepan, shake until the onion is tender, then add the flour, milk and seasoning; stir until boiling. At serving time cut the eggs into slices

crosswise, put them in a shallow baking dish, cover with cream sauce and run in the oven just a moment until they are very hot.

EGGS LOUISIANA

Make a half pint of tomato sauce (see appendix), toast a sufficient quantity of bread, butter the bread and put on each slice a poached egg; cover with the tomato sauce.

EGGS MALIKOFF

Toast rounds of bread, cover them with caviar which has been seasoned with a little onion and pepper. Put on top of each a poached egg, cover with horseradish sauce (see appendix), and send to the table.

EGGS MEXICANA

Put two tablespoonfuls of butter in a saucepan. Add four tablespoonfuls of finely chopped onion and shake until the onion is soft, but not brown. Then add four Spanish peppers cut in strips, a dash of red pepper and a half pint of tomatoes; the tomatoes should be in rather solid pieces. Add a seasoning of pepper and salt. Let this cook slowly while you shir the desired quantity of eggs. When the eggs are ready to serve, put two tablespoonfuls of this sauce at each side of the dish, and send at once to the table.

EGGS MEYERBEER

To each half dozen eggs allow three lambs' kidneys. Broil the kidneys. Shir the eggs as directed in the shirred eggs recipe. When done, put half a kidney on each side of the plate and pour over sauce Perigueux.

EGGS MIRABEAU

Cut a sufficient number of rounds of bread, toast them carefully and cover them with pate de foie gras, put on top of each a poached egg, pour over sauce Perigueux (see appendix), and send to the table.

EGGS MONTE BELLO

INGREDIENTS

6 eggs
2 level tablespoonfuls of butter
2 level tablespoonfuls of flour
 $\frac{1}{2}$ pint of strained tomato
1 teaspoonful of onion juice
 $\frac{1}{2}$ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Put about two quarts of water into a small deep saucepan; when boiling very hard drop in, one at a time, the eggs. In dropping them in, the white will fold over the yolk and make the eggs round. Push them to the back of the stove to stand for two minutes. Lift them with a skimmer, dip them in an egg beaten with a tablespoonful of water, dust them with bread crumbs and fry them in deep hot fat. You cannot use a frying basket. Just drop them in the fat, and as they are browned lift them out onto soft paper to drain. Rub the butter and flour together, add the tomato and seasoning; when boiling dish the eggs on a heated platter, pour around tomato sauce and send to the table.

EGGS MORNAY

INGREDIENTS

6 eggs
2 tablespoonfuls of butter
2 tablespoonfuls of flour
 $\frac{1}{2}$ pint of milk
 $\frac{1}{2}$ teaspoonful of salt
 $\frac{1}{2}$ teaspoonful of paprika
4 tablespoonfuls of grated Parmesan cheese

METHOD

Rub the butter and flour together, add the milk, stir until boiling, add the salt and paprika, and if you have it, a teaspoonful of soy; pour half of this sauce in a shallow granite platter or baking dish. Poach the eggs, drain them carefully, and put them over the top of the sauce, cover with the remaining sauce, dust with Parmesan cheese and run in the oven a moment to brown.

EGGS NORWEGIAN

Cover rounds of toasted bread first with butter and then with anchovy paste, put on top of each a poached egg, pour over anchovy sauce , and send at once to the table.

EGGS NOVA SCOTIA

Put a poached egg on top of a flat codfish cake, pour over cream or tomato sauce (see appendix), and send to the table.

EGGS WITH NUT-BROWN BUTTER

These eggs may be shirred or poached and served on toast. Put two tablespoonfuls of butter in a saute or frying pan. As soon as it begins to heat, break into it the eggs and cook slightly until the yolks are "set;" dish them at once on toast or thin slices of broiled ham. Put two more tablespoonfuls of butter in the pan, let it brown, and add two tablespoonfuls of vinegar; boil it up once and pour over the eggs.

EGGS ON A PLATE

Rub the bottom of a baking dish with butter. Dust it lightly with salt and pepper. Break in as many fresh eggs as required. Stand the dish in a basin of water and cook in the oven five minutes, or until the whites are "set." While these are cooking, put two tablespoonfuls of butter in a pan and shake over the fire until it browns. When the eggs are done, baste them with the browned butter, and send to the table.

EGGS PRESCOTT

Toast slices of bread, put thin slices of chicken on each, on top of this a poached egg, cover with sauce Bernaise, and serve at once.

EGG PUDDING

INGREDIENTS

6 eggs
6 slices of bread
1 tablespoonful of chopped parsley
2 tablespoonfuls of chopped chives
2 tablespoonfuls of butter
1 tablespoonful of flour
½ pint of milk
½ teaspoonful of salt
1 saltspoonful of white pepper

METHOD

Break the eggs in a bowl, add all the seasoning. Rub the butter and flour together, add the milk, stir until boiling, and then add this to the eggs; beat together until thoroughly mixed. Crumb the bread, removing the crusts; stir this in at last. Turn into a buttered baking dish, cover with grated cheese, and bake in the oven until thoroughly "set" and a nice brown.

EGGS RICHMOND

Chop sufficient cold chicken to make a half cupful, add an equal quantity of finely-chopped mushrooms, add this to a half pint of cream sauce (see appendix). Add one unbeaten egg to a pint of cold boiled rice, season it with salt and pepper, make into round, flat cakes, and fry in hot fat. Arrange these on a heated platter, pour over the cream sauce mixture, and put on top of each a poached egg.

EGGS ROSSINI

INGREDIENTS

6 eggs
4 chicken livers
12 nice mushrooms
½ cupful of stock
½ teaspoonful of salt
1 dash of pepper

METHOD

Put the stock in a saucepan and boil rapidly until reduced one-half, add a drop or two of browning. Throw the chicken livers into boiling water and let them simmer gently for ten minutes; drain. Slice the mushrooms and put them, with the livers, into the stock; let them stand until you have cooked the eggs. Put a tablespoonful of butter in the bottom of a shallow platter; when melted break in the eggs, stand them in the oven until "set," garnish with the livers and mushrooms and pour over the sauce.

EGG SALAD AND MAYONNAISE

INGREDIENTS

1 lb. of cold boiled potatoes
6 hard-boiled eggs
the juice of $\frac{1}{2}$ a lemon
pepper and salt to taste.

METHOD

Cut the potatoes and eggs into slices, dust them with pepper and salt, add the lemon juice, and mix all well together.

Make up some mayonnaise (see appendix). Mix part of the mayonnaise with the eggs and potatoes, and pour the rest over the salad; garnish with watercress.

EGG SALMAGUNDI WITH JAM

INGREDIENTS

4 eggs
1 oz. of butter
the juice of $\frac{1}{2}$ a lemon
 $\frac{1}{2}$ a teacupful of cream or milk
some apricot or other jam.

METHOD

Melt the butter in a frying-pan. Beat the eggs, and mix with them the cream or milk and the lemon juice. Pour the mixture into the butter, and stir it over the fire until it thickens. Stir in some jam, and serve with lady fingers, rusks, or bread fried in butter.

EGG SAVOURY

INGREDIENTS

6 hard-boiled eggs, shelled and sliced;
in summer use 1 large breakfastcupful of boiled and chopped spinach;
in winter Scotch kale prepared the same way;
some very thin slices of bread and butter, nutmeg, pepper, and salt to taste,
½ pint of milk, and some butter.

METHOD

Butter a pie-dish and line it with slices of bread and butter. Spread a layer of spinach and a layer of slices of eggs; dust with nutmeg, pepper, and salt. Repeat the layers, and finish with a layer of bread well buttered. Pour over the whole the milk, and bake the savoury from 20 to 30 minutes, or until brown.

EGGS SCRAMBLED WITH FRESH TOMATOES

INGREDIENTS

3 tomatoes
4 eggs
1 teaspoonful of onion juice
1 level teaspoonful of salt
1 saltspoonful of pepper
2 tablespoonfuls of butter

METHOD

Peel the tomatoes, cut them into halves and squeeze out the seeds. Cut the tomatoes into small bits, put them into a saucepan with the salt, pepper and butter; when these are hot add the eggs, beaten until well mixed, stir until the eggs are "set," turn into a heated dish, garnish with toast and send to the table.

EGGS SCRAMBLED WITH LETTUCE

Remove the outside leaves from one head of lettuce; wash, dry, and with a very sharp knife cut them into shreds. Chop sufficient onion to make a tablespoonful. Put a tablespoonful of butter into a saucepan, add the onion, shake until the onion is soft, then add six eggs, beaten without separating until well mixed, but not light. Add a half teaspoonful of salt, a half saltspoonful of pepper and the shredded

lettuce. Stir with a fork until the eggs are "set," turn at once onto a heated platter, garnish with triangular pieces of toast and send to the table.

EGGS SCRAMBLED WITH RICE AND TOMATO

Four or six eggs can be used to each half-pint of cold boiled rice, and either three fresh tomatoes, chopped, or two-thirds of a cupful of solid strained tomato. Put a tablespoonful of butter, a half teaspoonful of salt, a saltspoonful of pepper and the tomatoes into a saucepan; when hot add the rice, and when the rice is hot add the eggs, beaten without being very light. As soon as the eggs are "set" serve this in a vegetable dish covered with squares of toasted bread. This recipe is also nice with hard-boiled eggs; proceed as directed, and at last add the hard-boiled eggs, sliced.

EGG SOUFFLÉ

INGREDIENTS

2 tablespoons butter
1 cup cream
2 tablespoons flour
4 eggs
1 cup milk
1 teaspoon salt
Few grains cayenne

METHOD

Cream the butter, add flour, and pour on gradually scalded milk and cream. Cook in double boiler five minutes, and add yolks of eggs, beaten until thick and lemon-colored. Remove from fire, add seasonings, and fold in whites of eggs beaten until stiff and dry. Turn into a buttered dish, or buttered individual moulds, set in pan of hot water, and bake in a slow oven until firm. Egg Soufflé may be served with White Sauce, highly seasoned with celery salt, paprika, and onion juice.

EGGS WITH SPINACH A LA MARTIN

Cover the centre of a platter with finely chopped and seasoned cooked spinach. Beat three eggs slightly, add three tablespoons hot water, one-third teaspoon salt, one tablespoon, each, red and green pepper cut in strips, and one tablespoon cooked ham cut in very small pieces. Heat Omelet pan, put in one and one-half tablespoons olive

oil, and as soon as heated pour in mixture. Cook same as French Omelet and turn on to spinach. Garnish with parsley.

EGGS SUZETTE

Bake as many potatoes as you have persons to serve. When done, cut off the sides, scoop out a portion of the potato, leaving a wall about a half inch thick. Mash the scooped-out portion, add to it a little hot milk, salt and pepper, and put it into a pastry bag. Put a little salt, pepper and butter into each potato and break in a fresh egg. Press the potato from the pastry bag through a star tube around the edge of the potato, forming a border. Stand these in a baking pan and bake until the eggs are "set." Put a tablespoonful of cream sauce in the center of each, and send to the table.

EGG TIMBALES

INGREDIENTS

1 tablespoon butter
1 tablespoon chopped parsley
1 tablespoon flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{2}{3}$ cup milk
 $\frac{1}{8}$ teaspoon pepper
3 eggs
Few grains celery salt
Few grains cayenne

METHOD

Make a sauce of the butter, flour, and milk; add yolks beaten until thick and lemon-colored, then add seasonings. Beat whites of eggs until stiff and dry, and cut and fold into first mixture. Turn into buttered moulds, set in pan of hot water, and bake in a slow oven until firm. Serve with Tomato Cream Sauce .

EGGS VIRGINIA

Grate six ears of corn. Add half cupful of milk, a half cupful of flour and two eggs, beaten separately, and a half teaspoonful of salt and a dash of pepper. Drop the mixture in large tablespoonfuls in hot fat. When brown on one side, turn and brown on the other. Drain and arrange neatly on a large platter. Put a poached egg on the top of each cake, cover with cream sauce and send to the table.

EGGS, WALDORF STYLE

Arrange poached eggs on circular pieces of buttered toast, surround with Brown Mushroom Sauce , and place a broiled mushroom cap on each egg.

EGGS WASHINGTON

Add a half pint of crab meat to a half pint of cream sauce. Season with salt and pepper. Have ready either bread pates or pates made from puff paste. Put a tablespoonful of the crab mixture in the bottom of each. Break in an egg. Stand in the oven until the egg is "set." Or you may poach the eggs and slide them into the pate. Pour over the remaining quantity of crabmeat sauce, and send at once to the table.

EGGS ZANZIBAR

INGREDIENTS

- 1 small egg plant
- 1 thin slice of ham
- 6 eggs
- 2 tablespoonfuls of sherry
- 2 tablespoonfuls of tomato catsup
- 2 level tablespoonfuls of butter
- 1 dash of pepper

METHOD

Cut the egg plant into slices, season it with salt and pepper, dip in egg and bread crumbs and fry carefully in deep hot fat; put this on brown paper in the oven to dry. Broil the ham, cut it into squares sufficiently small to go neatly on top of each slice of egg plant. Poach the eggs, and heat the other ingredients for the sauce. Dish the egg plant on a platter, put on the ham, and on each piece of ham an egg; baste with sauce and send to the table.

EGGY BREAD

INGREDIENTS

- eggs
- milk
- bread
- oil

METHOD

Whisk together two eggs and a dash of milk in a bowl. Lay in a piece of bread and turn over so that it soaks up the eggy mixture on both sides. Heat up some oil in a frying pan. Once the pan is hot add the piece of egg soaked bread. Fry for several minutes until fully cooked and brown on both sides.

EMPRESS PUDDINGS

INGREDIENTS

½ lb. of rice
2-½ pints of milk
the rind of ½ a lemon
3 eggs
some raspberry and currant jam.

METHOD

Gently cook the rice with the lemon peel in the milk, until quite soft; let it cool a little and mix with it the eggs, well beaten. Butter a cake tin, place a layer of rice into it, spread a layer of jam, and repeat until the tin is full, finishing with the rice. Bake the pudding for ¾ of an hour, turn out, and eat with boiled custard, hot or cold.

EVE PUDDING

INGREDIENTS

½ lb. each of apples and breadcrumbs,
and ½ lb. of currants and sultanas mixed,
5 eggs well beaten, sugar to taste,
the grated rind and juice of 1 lemon,
and 2 oz. of butter.

METHOD

Peel, core, and chop small the apples, mix them with the breadcrumbs, sugar, currants, and sultanas (washed and picked), the lemon juice and rind, and the butter, previously melted; whip up the eggs and mix them well with the other ingredients; turn the mixture into a buttered mould, tie with a cloth, and steam the pudding for 3 hours.

FILLETS OF EGGS

INGREDIENTS

6 eggs
4 tablespoonfuls of good stock
½ teaspoonful of salt
1 saltspoonful of pepper

METHOD

Beat the eggs with the stock, add the salt and pepper. Turn them into a buttered square pan, stand this in another of boiling water, and cook in the oven until the eggs are thoroughly "set." Cut the preparation into thin fillets or slices, dip in either a thin batter made from one egg, a half cupful of milk and flour to thicken, or they may be dipped in beaten egg, rolled in bread crumbs and fried in deep hot fat. Arrange the fillets in a platter on a napkin, one overlapping the other; garnish with parsley and send to the table with a boat of tomato or white sauce.

FRENCH EGGS

INGREDIENTS

6 hard-boiled eggs
½ pint of milk
1 oz. of butter
1 dessertspoonful of fine wheatmeal
1 dessertspoonful of finely chopped parsley
nutmeg, pepper, and salt to taste.

METHOD

Boil the milk with the butter, thicken it with the flour, smoothed previously with a little cold milk; season to taste. When the milk is thickened shell the eggs, cut them into quarters lengthways, and put them into the sauce. Last of all, put in the parsley, and serve with sippets of toast laid in the bottom of the dish.

FRENCH OMELET

INGREDIENTS

4 eggs
½ teaspoon salt
4 tablespoons milk
⅓ teaspoon pepper
2 tablespoons butter

METHOD

Beat eggs slightly, just enough to blend yolks and whites, add the milk and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture; as it cooks, prick and pick up with a fork until the whole is of creamy consistency. Place on hotter part of range that it may brown quickly underneath. Fold, and turn on hot platter.

FRITTATA CON ASPARAGI (ASPARAGUS OMELETTE)

INGREDIENTS

Eggs
Asparagus
Butter
Ham
Herbs
Cheese

METHOD

Blanch a dozen heads of asparagus and cook them slightly. Then cut them up and mix with two ounces of butter, bits of cut-up ham, herbs, and a tablespoonful of grated Parmesan. Add them to three beaten-up eggs and make an omelette.

FRITTATA CON ERBE (OMELETTE WITH HERBS)



INGREDIENTS

Eggs
Onions
Sorrel
Mint
Parsley
Asparagus
Marjoram
Salt
Pepper
Butter

METHOD

Chop a little sorrel, a small bit of onion, mint, parsley, marjoram, and fry in two ounces of butter. Add some cut-up asparagus, salt, and pepper. Then add three eggs beaten up and a little grated cheese, and make your omelette.

FRITTATA DI FUNGHI (MUSHROOM OMELETTE)

INGREDIENTS

Mushrooms
Butter
Eggs
Bread Crumbs
Parmesan
Marjoram
Garlic

METHOD

Clean four or five mushrooms, cut them up, and put them into a frying-pan with one and a half ounces of butter, a clove of garlic with two cuts in it, and a little salt. Fry them lightly till the mushrooms are nearly cooked, and then take out the garlic. In the meantime beat up separately the yolks and the whites of two or three eggs, add a little crumb of bread soaked in water, a tablespoonful of grated Parmesan, and two leaves of marjoram; go on beating all up until the crumb of bread has become entirely absorbed by the eggs. Then pour this mixture into the frying-pan with the mushrooms, mix all well together and make an omelette in the usual way.

FRITTATA CON POMIDORO (TOMATO OMELETTE)

INGREDIENTS

Eggs
Tomatoes
Butter
Marjoram
Parsley
Spice

METHOD

Peel two tomatoes and take out the seeds; then mix them with an ounce of butter, chopped marjoram, parsley, and a tiny pinch of spice. Add three eggs beaten up (the yolks and whites separately), and make an omelette.

FRITTATA DI PROSCIUTTO (HAM OMELETTE)

INGREDIENTS

Eggs
Ham
Parmesan
Mint
Pepper
Clotted Cream.

METHOD

Beat up three eggs and add to them two tablespoonsful of clotted cream, one tablespoonful of chopped ham, one of grated Parmesan, chopped mint and a little pepper. Make the omelette in the usual way.

FRITTATA MONTATA (OMELETTE SOUFFLÈ)

INGREDIENTS

Eggs
Parmesan
Pepper
Parsley

METHOD

Beat up the whites of three eggs to a froth and the yolks separately with a tablespoonful of grated Parmesan, chopped parsley, and a little pepper. Then mix them and make a light omelette.

HAVANA OMELET

Put two tablespoonfuls of butter and two chopped onions over hot water until the onion is soft and thoroughly cooked. Peel four tomatoes, cut them into halves and press out the seeds. Then cut each half into quarters, add four Spanish peppers cut in strips, a level teaspoonful of salt and a dash of red pepper. Cook until the tomato is soft. Make a six-egg omelet. Turn it onto a heated platter, put the tomato mixture at the ends, and send at once to the table.

HUNGARIAN EGGS

Boil a cup of rice until tender and dry. Make a half pint of paprika sauce . Turn the rice into the center of a platter, smooth it down, cover the top with poached eggs, pour over the paprika sauce and send at once to the table.

JAPANESE EGGS

Carefully boil one cup of rice, drain dry. Make a half pint of cream sauce (see appendix), add to it a teaspoonful of grated onion and a teaspoonful of chopped celery. Poach the desired number of eggs. Put the rice in the center of a platter, cover it with the eggs, pour over the sauce. Dust the dish with parsley, and send at once to the table. The edge of this dish may be garnished with broiled sardines or carefully broiled smoked salmon.

JAPANESE HARD EGGS

INGREDIENTS

1 cupful of rice

½ pint of white sauce

6 eggs

1 tablespoonful of chopped parsley, if you have it, and a suspicion of onion juice

METHOD

Put the eggs into a saucepan of cold water, bring to boiling point, and simmer gently twenty minutes. Wash the rice through several cold waters, sprinkle it into a kettle of boiling water and boil it for thirty minutes. Remove the shells, break the eggs while they are hot, cut them into halves crosswise. Make the cream sauce, and add the onion juice. When the rice is done, drain, sprinkle it in the center of a large platter, press the halves of the eggs down into it, and pour over the cream sauce. Garnish with the chopped parsley. This takes the place of both meat and starchy vegetables for either luncheon or supper.

LUCANIAN EGGS

INGREDIENTS

5 hard-boiled eggs
1 $\frac{3}{4}$ cups White Sauce
1 cup cooked macaroni
Salt and paprika
 $\frac{1}{2}$ cup grated cheese
Onion juice
Anchovy sauce
 $\frac{3}{4}$ cup buttered crumbs

METHOD

Cut eggs in eighths lengthwise, add macaroni, white sauce, and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

MUFFINS WITH SCRAMBLED EGGS AND SALMON



INGREDIENTS

2oz butter
8 medium eggs,
beaten 4fl oz double cream
7oz smoked salmon, sliced into strips
Salt, pepper, chives etc. to taste
2 muffins

METHOD

Melt the butter in a frying pan. Beat together the eggs and cream and add to pan. Keep stirring as the eggs scramble. Add the salmon. Season. Meanwhile split, toast and butter the two muffins. Place the toasted muffin halves face up on a serving plate. Top with the scrambled egg mixture.

MUSHROOM SOUFFLE

INGREDIENTS

4 eggs
1 oz. of fine wheatmeal
1 oz. of butter
6 oz. of mushrooms
pepper and salt to taste.

METHOD

Peel, wash, and cut in small pieces the mushrooms, and stew them in 3/4 of a teacupful of water. When the mushrooms have stewed 10 minutes, drain off the liquid, which should be a teacupful. Melt the butter in a little saucepan, stir into it the wheatmeal, and when this is well mixed with the butter, add the mushroom liquor, stirring the mixture well until quite smooth and thick and coming away from the sides of the saucepan. Then stir in the mushrooms, and turn all into a basin and let it cool a little. Separate the yolks from the whites of the eggs, and stir each yolk separately into the mixture in the basin. Season to taste. Whip up the whites of the eggs to a stiff froth, and mix them lightly with the rest. Turn the mixture into a buttered pie-dish or Soufflé tin, and bake the Soufflé 15 minutes.

OMELET (plain)

To make an omelet: First, put a tablespoonful of butter in the middle of the pan. Let it heat slowly. Break the eggs in a bowl, add a tablespoonful of water to each egg and give twelve good, vigorous beats. To each six eggs allow a saltspoonful of pepper, and, if you like, a tablespoonful of finely chopped parsley. Take the eggs, a limber knife and the salt to the stove. Draw the pan over the hottest part of the fire, turn in the eggs, and dust over a half teaspoonful of salt. Shake the pan so that the omelet moves and folds itself over each time you draw the pan towards you. Lift the edge of the omelet, allowing the thin, uncooked portion of the egg to run underneath. Shake again, until the omelet is "set." Have ready heated a platter, fold over the omelet and turn it out. Garnish with parsley, and send to the table.

OMELET A LA DUCHESSE

This is a sweet baked omelet, and is served the same as one would serve an omelet souffle.

INGREDIENTS

6 eggs

½ cupful of water

½ a lemon's yellow rind, grated

½ cupful of thick cream

½ cupful of granulated sugar

1 teaspoonful of vanilla or orange flower water

1 small bit of cinnamon

METHOD

Put the sugar, water, cinnamon and lemon rind over the fire, boil until it spins a thread and stand aside to cool. Separate the eggs; beat the yolks until creamy, and add the cream, then the strained syrup. Add the vanilla, and when cool fold in the well-beaten whites. Turn at once into a shallow silver or granite dish, dust thickly with powdered sugar and bake in a quick oven until brown.

OMELET A LA WASHINGTON

Put three eggs into a bowl, and three into another bowl. Add three tablespoonfuls of water to each, and beat. Have two omelet pans, in which you have melted butter. Grate an apple into one bowl, and into the other put a little salt and pepper. Stand two tablespoonfuls of jelly in a dish over hot water while you cook the omelets. Proceed as for plain omelet. The one to which you have added the apple, turn out on a plate. Before folding the other, put in the center the softened currant jelly, then fold it and turn it out by the side of the other omelet. Dust both with powdered sugar, and send at once to the table. Serve a portion of each.

OMELET WITH ASPARAGUS TIPS

Make a plain omelet from six eggs, have ready a half pint of cream sauce, and either a can or a bundle of cooked asparagus. Cut off the tips, preserving the lower portions for another dish. When the omelet is turned onto the heated platter, put the asparagus tips at the ends, cover them with cream sauce, pour the rest of the cream sauce in the platter, not over the omelet.

OMELET WITH CHEESE

Beat six eggs until they are thoroughly mixed. Add a half cupful of thick cream, four tablespoonfuls of grated cheese, a saltspoonful of black pepper and a half teaspoonful of salt. Mix and finish the same as plain omelet.

OMELET WITH FINE HERBS

Beat six eggs until thoroughly mixed. Add a half cupful of cream, a tablespoonful of finely chopped parsley, a saltspoonful of pepper and a half teaspoonful of salt. Finish the same as a plain omelet. Serve on a heated platter and put over a little thin Spanish sauce.

OMELET WITH GREEN PEAS

Make a six-egg omelet. Have ready one pint of cooked peas, or a can of peas, seasoned with salt, pepper and butter. Just before folding the omelet put a tablespoonful of peas in the center, fold, and turn out on a heated platter. Pour the remaining quantity of peas around the

omelet, and send at once to the table. If you like, you may pour over, also, a half pint of cream sauce.

OMELET WITH HAM

Mix a half cup of chopped ham with the eggs after they have been beaten with the water, and finish the same as a plain omelet.

OMELET JARDINIÈRE

Chop sufficient chives to make a tablespoonful. Add a tablespoonful of parsley, a tablespoonful of finely chopped onion, and, if you have it, a little of the green tops of celery. Mix this with six eggs, add six tablespoonfuls of water and beat. Make the same as a plain omelet.

OMELET WITH FRESH MUSHROOMS

This is one of the most delicious of all the luncheon dishes. Put two tablespoonfuls of butter, a pound of mushrooms, sliced, a half cup of milk and a teaspoonful of salt into a saucepan. Cover and cook slowly for twenty minutes. Make two six-egg omelets. Turn them, side by side, on a large heated platter, pour over the fresh mushrooms and serve at once.

OMELET O'BRIEN

Put two tablespoonfuls of butter in a saucepan with four tablespoonfuls of chopped onion. Cook until the onion is tender. Then add four chopped Spanish peppers, two tablespoonfuls of thick tomato, or one whole raw tomato cut into bits, four sliced cooked okra, a teaspoonful of salt, a dash of pepper. Let these cook twenty minutes. Make a six-egg plain omelet, using bacon fat instead of butter for the cooking. Remove the slices of bacon before they are too hard, as they must be used for a garnish. Turn the omelet onto a heated platter, pour around it the pepper mixture, garnish with the bacon, and send to the table. Canned mushrooms may be added, if desired.

OMELET WITH OYSTERS

Drain, wash, and drain again twenty-five oysters. Throw them into a hot saucepan and shake until the gills curl. Rub together two level tablespoonfuls of flour and two of butter. Drain the oysters, put the liquor into a half-pint cup, add sufficient milk to fill the cup. Add this

to the butter and flour. When boiling, add the oysters, a level teaspoonful of salt and a dash of red pepper. Make a six-egg omelet, turn it onto a heated dish, arrange the oysters around the omelet, pour over the cream sauce, and send to the table.

OMELET WITH POTATOES

INGREDIENTS

4 eggs
1 cupful of mashed potatoes
2 level tablespoonfuls of butter
1 tablespoonful of chopped parsley
1 level teaspoonful of salt
1 saltspoonful of pepper

METHOD

Beat the eggs, without separating, until thoroughly mixed; add them gradually to the mashed potato, beating all the while; add the salt and pepper. Put the butter into a good-sized saute or omelet pan; when hot, turn the ingredients into the pan, and smooth it down with a pallet knife. Let this cook slowly until nicely browned; fold it over as you would a plain omelet, and turn onto a heated dish. The parsley may be sprinkled over the top, or added to the mixture.

OMELET WITH RUM

Make a plain omelet with six eggs, turn it on a heated platter. Dust it with powdered sugar, and score it across the top with a red-hot poker. Dip four lumps of sugar into Jamaica rum and put them on the platter. Put over the omelet four tablespoonfuls of rum; touch a lighted match to the rum, and carry the omelet to the table, burning. Baste it with the burning rum until the alcohol is entirely burned off.

OMELET WITH TOMATO SAUCE

Make a plain omelet with six eggs. Pour over a half pint of tomato sauce, and send to the table.

OMELET WITH TOMATOES

Beat six eggs. Add a half pint of rather thick stewed tomatoes, a level teaspoonful of salt and a saltspoonful of pepper. Beat the eggs and tomatoes together, and make precisely the same as a plain omelet. Do not, however, add water, as the tomatoes answer the purpose.

OMELET SOUFFLÉ

This is, perhaps, one of the most difficult of all dishes to make. When, however, you have accomplished the art, you have one of the most satisfactory desserts. It must be made at the last moment and sent from the oven directly to the table. The eggs must be beaten to just the right point and the oven must be very hot. Get everything in readiness before beginning to make the soufflé.

Select a bowl, perfectly clean, and arrange the star tube and pastry bag, if you are going to use one. If not, get out a baking dish. Sift six tablespoonfuls of powdered sugar. Separate six eggs. Put three of the yolks aside (as you will only use three), and beat the other three until creamy. Beat the whites until they are very stiff but not dry or broken. Now add three tablespoonfuls of the sifted powdered sugar. Beat for fully ten minutes. Then add the beaten yolks, the grated rind of a lemon and at the last a tablespoonful of lemon juice. Mix carefully and quickly, but thoroughly. Put four or five tablespoonfuls of this in the bottom of a platter, or baking dish. Put the remaining quantity quickly in the pastry bag, and press it out into roses. It is easier to make it in small rosettes all over the foundation. Dust quickly with the remaining three tablespoonfuls of sugar. Bake in a quick oven until golden brown. This will take about five minutes. Serve immediately. To be just right, this must be hot to the very center, crisp on top, moist underneath. If baked too long, the moment the top is touched it will fall, becoming stringy and unpalatable.

Omelet soufflés are frequently flavored with rum, which must be mixed with the sugar. Sometimes they are sprayed with sherry just as they are taken from the oven. They may be built up into different forms, and garnished with candied or maraschino cherries, or chopped nuts.

PLANKED EGGS

Finely chop cold cooked corned beef or corned tongue; there should be two-thirds cup. Add an equal quantity of fine bread crumbs, moisten with cream and season with salt and pepper. Spread mixture on plank, and make nests and border of duchess potatoes, using rose tube. Put a buttered or poached egg in each nest and put in oven to brown potato. Garnish with tomatoes cut in halves and broiled, and parsley. Eggs may be sprinkled with buttered cracker crumbs, just before sending to oven, if preferred.

POACHED EGGS À LA REINE

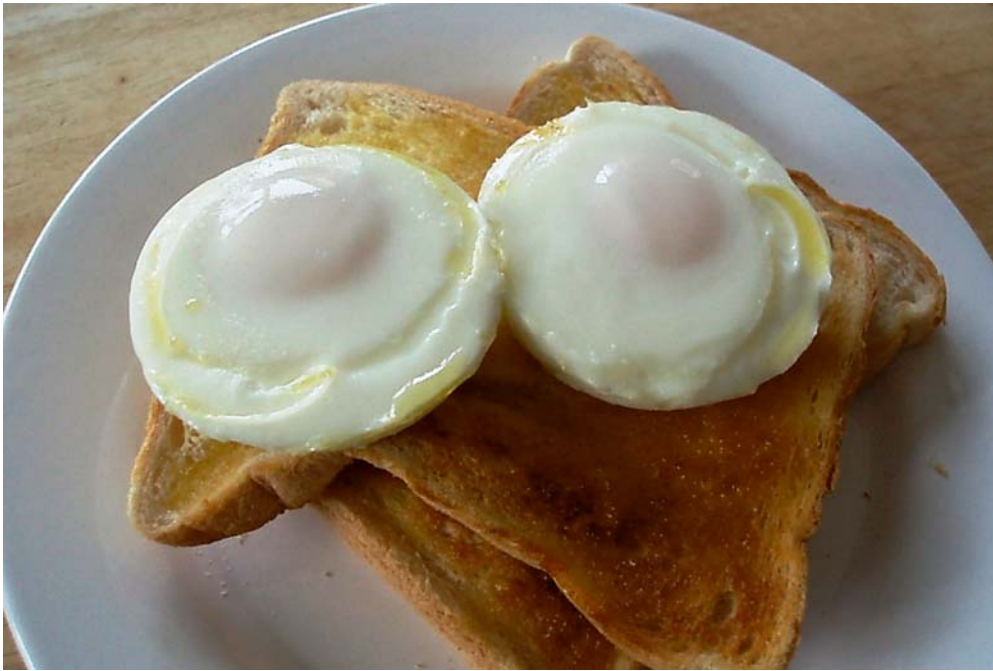
Cover circular pieces of toasted bread with sliced fresh mushrooms sauted in butter and moistened with cream. Poach eggs and arrange on mushrooms. Pour over all white sauce to which grated Parmesan cheese has been added. Sprinkle with grated cheese and put in oven to brown. Garnish with canned pimientos cut in fancy shapes.

POACHED EGGS ON FRIED TOMATOES

Cut solid tomatoes into slices a quarter of an inch thick, dust them with salt and pepper, dip them in egg beaten with a tablespoonful of water, roll them thickly with bread crumbs, dip them again in the egg, dust again with bread crumbs, and fry in deep hot fat. Drain on brown paper, dish on a heated platter, put a poached egg in the center of each slice, dust with salt and pepper, put a tablespoonful of tomato sauce over each egg and send at once to the table. Cream sauce may be used in the place of tomato sauce.

POACHED EGGS ON TOAST

Unless an egg-poacher is used, eggs are best poached in a large frying-pan nearly filled with water. A little vinegar and salt should be added to the water, as the eggs will then set more quickly. Each egg should first be broken into a separate cup, and then slipped into the rapidly boiling water; cover them up and allow them to boil only just long enough to have the whites set, which will take about 2 minutes. Quite newly laid eggs take a little longer. Have ready hot buttered toast, remove the eggs from the water with an egg-slice, and slip them on the toast. Always have plates and dishes very hot for all kinds of egg dishes. Poached eggs are also a very nice accompaniment to vegetables, like spinach, Scotch kale, etc., when they are served laid on the vegetables.



POTATO SOUFFLÉ

INGREDIENTS

2 oz. of butter

4 eggs

$\frac{1}{4}$ lb. of castor sugar

$\frac{1}{2}$ oz. of ground almonds (half bitter and half sweet)

6 oz. of cold boiled and grated potatoes

and 1- $\frac{1}{2}$ oz. of sifted breadcrumbs

METHOD

Cream the butter in a basin, which is done by stirring it round the sides of the basin until soft and creamy, when it will make a slight crackling noise. Stir in the yolks of the eggs, the sugar, and almonds; beat for 10 minutes, then stir in the potatoes and breadcrumbs, and last of all the whites of the eggs whipped to a stiff froth. Turn the mixture into a well-buttered dish, and bake in a moderately hot oven from $\frac{3}{4}$ of an hour to 1 hour.

POUND CAKE



INGREDIENTS

3 cups sugar
2 cups butter
10 eggs (beaten)
3 cups sifted flour
2 tsp vanilla
1 tsp salt
¼ cup evaporated milk
1 tsp rum flavoring
½ tsp almond flavoring (optional)

METHOD

Cream butter and sugar together well, then gradually add in the eggs. Add salt, flavorings and milk, then flour. Bake in an extra large tube pan that has been floured and greased. Bake at 300 degrees for 1½ - 2 hours. Cake is done if knife inserted in center comes out clean.

POUND CAKE (Traditional)

Traditionally a pound cake would have a pound each of flour, butter, eggs and sugar. It would be usual to weigh the eggs first and then match the weight of the eggs with equal quantities of the other ingredients (on traditional scales the eggs themselves would be used as the weights).

Many flavour variations to the basic pound cake recipe can be made – eg. Lemon, almond, chocolate, dried fruit – it is something you can really have fun with!

RATAFIA SOUFFLÉ

INGREDIENTS

6 eggs
2 oz. of fine wheatmeal
2 oz. of butter
2 oz. of castor sugar
the grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ pint of milk
3 oz. of ratafias

METHOD

Melt the butter in a saucepan, stir in the flour, mix well, and then add the milk, stirring all until the mixture is quite smooth and thick and comes away from the sides of the saucepan. Let it cool a little, then stir in the yolks of the eggs well beaten, the lemon rind, the sugar, and lastly, the whites of the eggs whipped to a stiff froth. Turn the mixture into a buttered pie-dish or cake tin, with alternate layers of ratafias. Bake from $\frac{1}{2}$ an hour to $\frac{3}{4}$ of an hour in a moderately hot oven, and serve immediately with stewed fruit.

RICE SOUFFLÉ

INGREDIENTS

6 eggs
2 oz. of rice
1 pint of milk
sugar to taste
vanilla essence or the peel of $\frac{1}{2}$ a lemon
and 1 oz. of butter

METHOD

Stew the rice in the milk with the butter, sugar, and the lemon peel, if the latter is used for flavouring. When the rice is tender remove the peel; or flavour with vanilla essence, and let all cool. Separate the yolks of the eggs from the whites, and beat each separately into the rice for 2 or 3 minutes. Whip the whites of the eggs to a stiff froth, and stir them lightly into the mixture. Have ready a buttered Soufflé tin, pour the mixture into it, and bake the Soufflé for 20 minutes in a hot oven. Sprinkle with castor sugar, and serve at once.

SAVORY CREAMED EGGS

INGREDIENTS

To each egg take 2 tablespoonfuls of cream or milk
a little chopped parsley
nutmeg, pepper, and salt to taste
and a slice of hot buttered toast.

METHOD

Butter the cups as in the last recipe, sprinkle well with parsley, beat up the eggs, season with nutmeg, pepper, and salt, and divide the mixture into the cups. Cover each cup with buttered paper, stand the cups in a stew-pan with boiling water, which should reach only half-way up the cups, and steam the eggs until they are set - time from 8 to 10 minutes. Turn the eggs out on the buttered toast, and serve hot or cold.

SAVORY SOUFFLÉ

INGREDIENTS

4 eggs
1 oz. fine wheatmeal
1 gill of milk
1 tablespoonful of finely chopped parsley
1 dessertspoonful of finely minced spring onions
1 oz. of butter, pepper and salt to taste

METHOD

Proceed as in Cheese Soufflé, adding (instead of cheese) the parsley and onion.

SCALLOPED EGGS

INGREDIENTS

4 hard-boiled eggs
2 tablespoonfuls of butter
2 level tablespoonfuls of flour
½ pint of milk
1 cupful of finely chopped cold cooked chicken or fish
1 teaspoonful of salt
1 saltspoonful of pepper

METHOD

Chop the eggs rather fine. Rub the butter and flour together, add the milk, stir until boiling, add the salt and pepper. Put a layer of eggs in the bottom of a casserole, or baking dish, then a layer of the fish or chicken, then a little white sauce, and so continue until the ingredients are used. Dust the top thickly with bread crumbs and bake in a moderate oven until nicely browned.

SCALLOPED EGGS #2

INGREDIENTS

½ dozen hard-boiled eggs
½ pint of milk
1 dessertspoonful of fine wheatmeal
1 oz. of cheese
3 tablespoonfuls of brown breadcrumbs
and 1 oz. of butter.

METHOD

Shell and quarter the eggs; grease a shallow dish with part of the butter, and put the eggs in it. Make a thick sauce of the milk, wheatmeal, and cheese, adding seasoning to taste. Pour it over the eggs, cover with breadcrumbs; cut the rest of the butter in little pieces, and scatter them over the breadcrumbs. Bake till nicely browned.

SCALLOPED EGGS #3

INGREDIENTS

3 hard-boiled eggs
 $\frac{3}{4}$ cup chopped cold meat
1 pint White Sauce I
 $\frac{3}{4}$ cup buttered cracker crumbs

METHOD

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on centre grate, and bake until crumbs are brown.

SCOTCH EGGS

INGREDIENTS

6 hard-boiled eggs (cold)
1 pound sausage meat
 $\frac{3}{4}$ cup of breadcrumbs,
 $\frac{1}{2}$ cup flour
2 eggs (beaten),
some oil or butter for frying.
pepper and salt to taste,

METHOD

Divide the sausage meat into six portions. Peel the hard-boiled eggs. Roll each peeled egg in flour, and then press a portion of the sausage meat around each one. Then dip the sausage-wrapped egg into the beaten eggs and roll in breadcrumbs. Heat oil to 350 degrees Fahrenheit and fry the 'scotch eggs' for about 4-5 minutes or until the sausage is cooked and browned.

Serve warm.



SCRAMBLED EGGS WITH ANCHOVY TOAST

Spread thin slices of buttered toast with anchovy paste. Arrange on platter, and cover with scrambled eggs.

SCRAMBLED EGGS WITH ASPARAGUS TIPS

INGREDIENTS

1 small can of asparagus tips
6 eggs
1 tablespoonful of butter
½ teaspoonful of salt
1 dash of pepper

METHOD

Beat the eggs, add the salt, pepper and butter. Put them into a saucepan, add at once the asparagus tips and stir with a fork until the mixture is "set."

SCRAMBLED EGGS WITH CHIPPED BEEF

Pull apart a quarter of a pound of chipped beef, cover with boiling water, let it stand ten minutes, drain and dry. Put it into a saucepan with two level tablespoonfuls of butter, four eggs, beaten until they are well mixed, and a dash of pepper. Stir with a fork until the eggs are "set."

SCRAMBLED EGGS, COUNTRY STYLE

Heat omelet pan, put in two tablespoons butter, and when melted turn in four unbeaten eggs. Cook until white is partially set, then stir until cooking is completed, when whites will be thoroughly set. Season with salt and pepper.

SCRAMBLED EGGS WITH SHRIMPS

INGREDIENTS

6 eggs
1 can of shrimps or its equivalent in fresh shrimps
1 green pepper
½ pint of strained tomato
½ teaspoonful of salt

METHOD

Beat the eggs until well mixed, without separating. Put the butter in a saucepan, add the pepper, chopped; shake until the pepper is soft, add the tomato and all the seasoning, and the shrimps. Bring to boiling point, push to the back of the stove where it will simmer while you scramble the eggs. Put the scrambled eggs on toast in the center of a platter, pour over and around the shrimp mixture and send to the table.

SCRAMBLED EGGS WITH TOMATO SAUCE

INGREDIENTS

6 eggs
4 tablespoons butter
1 ¾ cups tomatoes
1 sliced onion
2 teaspoons sugar
½ teaspoon salt
⅛ teaspoon pepper

METHOD

Simmer the tomatoes and sugar for five minutes; fry butter and onion for three minutes; remove onion, and add tomatoes, seasonings, and eggs slightly beaten. Cook same as Scrambled Eggs. Serve with entire wheat bread or brown bread toast.

SPANISH OMELET

Beat six eggs. Add six tablespoonfuls of water. Add a saltspoonful of pepper, a tablespoonful of finely chopped parsley, a teaspoonful of onion juice. Put six thin slices of bacon in the omelet pan. Cook slowly until all the fat is tried out. Remove the bacon, add a tablespoonful of chopped onion. Cook until the onion is slightly brown, turn in the eggs and finish the same as a plain omelet. Turn onto a heated platter, garnish with red and green peppers, and, if you like, put two tablespoonfuls of stewed tomatoes at each end of the omelet.

SPANISH OMELET #2

Mix and cook a French Omelet. Serve with Tomato Sauce #3 in the centre and around omelet.

SPINACH TORTILLA

INGREDIENTS

4 eggs
1 oz. of butter
a teacupful of boiled chopped spinach
lemon juice and pepper and salt to taste.

METHOD

Sprinkle the lemon juice over the spinach, and season well with pepper and salt, and fry it lightly in the butter. Beat the eggs and pour them into the mixture, let the tortilla set, then turn it with a plate, and set the other side. Serve hot.

STIRRED EGGS ON TOAST

INGREDIENTS

4 eggs
1 oz. of butter
pepper and salt
3 slices of hot buttered toast.

METHOD

Whip the eggs up well, add a dessertspoonful of water for each egg, and pepper and salt to taste. Heat the butter in a frying-pan, stir in the eggs over a mild fire. Keep stirring the mixture with a knife, removing the egg which sets round the sides and on the bottom of the frying-pan, and take the mixture from the fire directly it gets uniformly thick. It should not be allowed to cook until hard. Place the stirred eggs on the toast, and serve on a very hot dish. This quantity will suffice for 3 persons.

STUFFED EGGS

INGREDIENTS

4 hard-boiled eggs
8 Spanish olives
½ oz. of butter
pepper and salt to taste.

METHOD

Halve the eggs lengthway, and carefully remove the yolks. Pound these well, and mix them with the olives, which should be previously stoned and minced fine; add the butter and pepper and salt, and mix all well. Fill the whites of the eggs with the mixture. Pour some thick white sauce, flavoured with grated cheese, on a hot dish, and place the eggs on it. Serve hot.

STUFFED EGGS #2

Cut four hard-boiled eggs in halves crosswise; remove yolks, mash, and add two tablespoons grated cheese, one teaspoon vinegar, one-fourth teaspoon mustard, and salt and cayenne to taste. Add enough melted butter to make mixture of the right consistency to shape. Make in balls size of original yolks, and refill whites. Arrange on a serving dish, pour around one cup White Sauce, cover, and reheat.

STUFFED EGGS IN A NEST

Cut hard-boiled eggs in halves lengthwise. Remove yolks, and put whites aside in pairs. Mash yolks, and add half the amount of devilled ham and enough melted butter to make of consistency to shape. Make in balls size of original yolks, and refill whites. Form remainder of mixture into a nest. Arrange eggs in the nest, and pour over one cup White Sauce. Sprinkle with buttered crumbs, and bake until crumbs are brown.

SWEET CREAMED EGGS

INGREDIENTS

To each egg allow 2 tablespoonfuls of cream, or new milk,
1 teaspoonful of strawberry or raspberry and currant jam,
1 thin slice of buttered toast, sugar and vanilla to taste.

METHOD

Butter as many cups as eggs, reckoning 1 egg for each person. Place the jam in the centre of the cup; beat up the eggs with the cream or milk, sugar and vanilla, and divide the mixture into the cups. Cover each cup with buttered paper, stand the cups in a stew-pan with boiling water, which should reach only half-way up the cups, and steam the eggs until they are set - time from 8 to 10 minutes. Turn the eggs out on the buttered toast, and serve hot or cold.

SWISS SOUFFLÈ

Allow one egg to each person. Have everything in readiness. The maraschino cherries must be drained free from the liquor. Separate the eggs. Beat the whites until they are stiff. Add a level tablespoonful of powdered sugar to each white, and beat until dry and glossy. Add the yolks of three eggs. Mix quickly. Add the grated rind of one lemon and a tablespoonful of lemon juice. Heap this into individual dishes. Make a tiny little hole in the center and put in a maraschino cherry, leaving the hole large enough to hold a tablespoonful of the liquor when the omelet is ready to serve; dust it with powdered sugar, bake in a quick oven about three minutes, take it from the oven, pour in the maraschino juice and send _at once_ to the table. These will fall if baked too much, but when well made and served quickly, is one of the daintiest of desserts.

TARRAGON EGGS

INGREDIENTS

4 hard-boiled eggs
½ pint white sauce
1 teaspoonful chopped tarragon
1 tablespoonful tarragon vinegar
2 yolks of eggs.

METHOD

Boil the eggs for 7 minutes, and cut them into slices. Lay them in a buttered pie-dish, have ready the sauce hot, and mix it into yolks, tarragon, and tarragon vinegar. Pour over the eggs, and bake for 10 minutes; serve with fried croûtons round.

TOMATO EGGS

INGREDIENTS

To each egg take 2 tablespoonfuls of tomato juice, which has been strained through a sieve;
pepper and salt to taste.

METHOD

Batter a cup for each egg. Beat up the eggs, mix them with the tomato juice, season to taste, and divide into the buttered cups. Cover each cup with buttered paper, place them in a saucepan with boiling water, and steam the eggs for 10 minutes. Serve the eggs on buttered toast.

TOMATO SOUFFLÉ

INGREDIENTS

4 eggs
1 oz. of fine wheatmeal
¼ lb. of fresh tomatoes or a teacupful of tinned tomato
1 oz. of butter
1 clove of garlic or 2 shalots
pepper and salt to taste.

METHOD

Pulp the tomatoes through a sieve. Rub the garlic round a small saucepan, and melt the butter, in it; or chop up very finely the shalots, and mix them with the butter. When the butter is hot, stir in

the wheatmeal, then the tomato pulp, and stir until the mixture is thickened and comes away from the sides of the pan, then proceed as before, stirring in one yolk after the other; season with pepper and salt, whip up the whites of the eggs, stir them with the other ingredients, pour into a buttered Soufflé pan, and bake 15 minutes.

WATER EGGS

INGREDIENTS

4 eggs

1-½ oz. of sugar

the rind and juice of ½ a lemon.

METHOD

Boil the sugar and lemon rind and juice in ½ pint of water for 15 minutes. Beat the eggs well, and add to them the sweetened water. Strain the mixture through a sieve into the dish in which it is to be served, place it in a larger dish with boiling water in a moderately hot oven, and bake until set. Serve hot or cold.



Appendix : BASIC COOKING METHODS

BUTTERED EGGS

Heat omelet pan. Put in one tablespoon butter; when melted, slip in an egg, and cook until the white is firm. Turn it over once while cooking. Add more butter as needed, using just enough to keep egg from sticking.

FRIED EGGS

Fried eggs are cooked as Buttered Eggs, without being turned. In this case the fat is taken by spoonfuls and poured over the eggs.

TO HARD-BOIL EGGS

Put the eggs in warm water, bring the water quickly to the boiling point, then push the kettle to the back of the stove, where the water will remain at 200 degrees Fahrenheit, for twenty minutes. If these are to be used for made-over dishes, throw them at once into cold water, remove the shells, or the yolks will lose their color.

TO POACH EGGS

Use a shallow frying pan partly filled with boiling water. The eggs must be perfectly fresh. The white of an egg is held in a membrane which seems to lose its tenacity after the egg is three days old. Such an egg, when dropped into boiling water, spreads out; that is, it does not retain its shape. When ready to poach eggs, take the required number to the stove. The water must be boiling hot, but not actually bubbling. Break an egg into a saucer, slide it quickly into the water, and then another and another. Pull the pan to the side of the stove, where the water cannot possibly boil. With a tablespoon, baste the water over the yolks of the eggs, if they happen to be exposed. They must be entirely covered with a thin veil of the white. Have ready the desired quantity of toast on a heated platter, lift each egg with a slice or skimmer, trim off the ragged edges and slide them at once on the toast. Dust with salt and pepper, baste with melted butter, and send to the table.

PLAIN SCRAMBLED EGGS

Put two tablespoonfuls of butter in a shallow frying pan. Add a tablespoonful of water to each egg. Six eggs are quite enough for four people. Add a half teaspoonful of salt, and a saltspoonful of pepper. Give two or three beats - enough to break the eggs; turn them into the frying pan, on the hot butter. Constantly scrape from the bottom of the pan with a fork, while they are cooking. Serve with a garnish of broiled bacon and toast.

SHIRRED EGGS

Cover the bottoms of individual dishes with a little butter and a few fresh bread crumbs; drop into each dish two fresh eggs; stand this dish in a pan of hot water and cook in the oven until the whites are "set." Put a tiny bit of butter in the middle of each, and a dusting of salt and pepper.



Appendix : SAUCES

The philosophy of a sauce, when understood, enables even an untrained cook to make a great variety of every day sauces from materials usually found in every household; to have them uniform, however, flavorings must be correctly blended, and measurements must be rigidly observed. Two level tablespoonfuls of butter or other fat, two level tablespoonfuls of flour, must be used to each half pint of liquid. If the yolks of eggs are added, omit one tablespoonful of flour or the sauce will be too thick. Tomato sauce should be flavored with onion, a little mace, and a suspicion of curry. Brown sauce may be simply seasoned with salt and pepper, flavored and colored with kitchen bouquet. Spanish sauce should also be flavored with mushrooms, or if you can afford it, a truffle, a little chopped ham, a tablespoonful of chives, shallot and garlic. Water sauce, drawn butter and simple sauce Hollandaise, when they are served with fish, must be flavored with a dash of tarragon vinegar, salt and pepper.

ANCHOVY SAUCE

Rub two teaspoonfuls of anchovy essence with the butter and flour and then finish the same as English drawn butter.

BROWN BUTTER SAUCE

6 tablespoonfuls of butter
1 teaspoonful of mushroom catsup
1 tablespoonful of vinegar
4 tablespoonfuls of stock

Melt the butter, brown it and then skim; pour it carefully into a clean saucepan, add the vinegar, catsup and stock, boil a minute, and it is ready for use.

BROWN SAUCE #1

2 tablespoons butter
1 cup Brown Stock
½ slice onion
¼ teaspoon salt
3 tablespoons flour
⅛ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually, bring to the boiling-point, and let boil two minutes.

BROWN SAUCE #2 (Espagnole)

¼ cup butter
Sprig of parsley
1 slice carrot
6 peppercorns
1 slice onion
5 tablespoons flour
Bit of bay leaf
2 cups Brown Stock
Sprig of thyme
Salt and pepper

Cook butter with carrot, onion, bay leaf, thyme, parsley, and peppercorns, until brown, stirring constantly, care being taken that butter is not allowed to burn; add flour, and when well browned, add stock gradually. Bring to boiling-point, strain, and season with salt and pepper.

CARAMEL SAUCE

Pour one cup sugar in omelet pan, and stir constantly, over hot part of range, until melted to a light brown syrup. Add three-fourths cup hot water, and let simmer ten minutes.

CREAM OR WHITE SAUCE

2 tablespoonfuls of butter
½ pint of milk
2 tablespoonfuls of flour
½ teaspoonful of salt
1 saltspoonful of pepper

Rub the butter and flour together, add the milk cold and stir until boiling; add the pepper and salt and it is ready for use.

CURRY SAUCE

Chop fine one onion. Cook it with two level tablespoonfuls of butter until soft. Do not brown. Add two level tablespoonfuls of flour, one teaspoonful of curry powder and a half teaspoonful of salt. Mix and add a half pint of boiling water. Stir until boiling, and strain.

EGG CAPER SAUCE

The same as "Egg Sauce," adding 1 tablespoonful of finely chopped capers before the egg is stirred in, and which should simmer a few minutes.

EGG SAUCE

$\frac{3}{4}$ pint of half milk and water
1 egg
1 teaspoonful of cornflour
juice of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ oz. of butter, pepper and salt.

Boil the milk and water, add the butter and seasoning. Thicken the sauce with the cornflour; beat the egg up with the lemon juice. Let the sauce go off the boil; add gradually and gently the egg, taking care not to curdle it. Warm up the sauce again, but do not allow it to boil.

EGG SAUCE WITH SAFFRON

$\frac{1}{2}$ pint of milk and water
1 egg,
1 teaspoonful of cornflour
a pinch of saffron
pepper and salt to taste.

Boil the milk and water with the saffron, and see that the latter dissolves thoroughly. Add seasoning, and thicken with the cornflour; beat up the egg, and after having allowed the sauce to cool a little, add it gradually, taking care not to curdle the sauce. Heat it up, but do not let it boil. To easily dissolve the saffron, it should be dried in the oven and then powdered.

ENGLISH DRAWN BUTTER

3 tablespoonfuls of butter
½ pint of boiling water
2 tablespoonfuls of flour
½ teaspoonful of salt
1 dash of pepper

Rub two tablespoonfuls of butter and the flour together, add the boiling water, stir until boiling, add the salt and pepper; take from the heat, add the remaining tablespoonful of butter and it is ready for use. It must not be boiled after the last butter is added.

HOLLANDAISE SAUCE #1

½ cup butter
¼ teaspoon salt
Yolks 2 eggs
Few grains cayenne
1 tablespoon lemon juice
⅓ cup boiling water

Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in three pieces; put one piece in a saucepan with yolks of eggs and lemon juice, place saucepan in a larger one containing boiling water, and stir constantly with a wire whisk until butter is melted; then add second piece of butter, and, as it thickens, third piece. Add water, cook one minute, and season with salt and cayenne. If mixture curdles, add two tablespoons heavy cream.

HOLLANDAISE SAUCE #2

½ cup butter
Yolks 2 eggs
½ tablespoon vinegar or
¼ teaspoon salt
1 tablespoon lemon juice
Few grains cayenne

Wash butter, divide in three pieces; put one piece in a saucepan with vinegar or lemon juice and egg yolks; place saucepan in a larger one containing boiling water, and stir constantly with a wire whisk. Add second piece of butter, and, as it thickens, third piece. Remove from fire, and add salt and cayenne. If left over fire a moment too long it will separate. If a richer sauce is desired, add one-half teaspoon hot water and one-half tablespoon heavy cream.

HOLLANDAISE SAUCE #3

Make English drawn butter and add to it, when done, the yolks of two eggs beaten with two tablespoonfuls of water; cook until thick and jelly-like, take from the heat and add one tablespoonful of tarragon vinegar or the juice of half a lemon.

HORSERADISH SAUCE

Make an English drawn butter, and, just at serving time, add a half cupful of freshly grated horseradish. If you are obliged to use that preserved in vinegar, press it perfectly dry before using it.

ITALIAN SAUCE

Chop sufficient carrot to make a tablespoonful; chop one onion. Place them in a saucepan with three level tablespoonfuls of butter, a bay leaf and a blade of mace. Shake the pan over the heat until the vegetables are slightly browned. Drain off the butter and add to it two level tablespoonfuls of flour, a half cupful of good stock, a half cupful of strained tomatoes, and bring to a boil. Add a half teaspoonful of salt and a dash of cayenne. Strain. Stir until boiling, strain again and add four tablespoonfuls of sherry.

MAYONNAISE

1-1/2 gills of good salad oil
the yolks of 2 eggs
1 saltspoonful of mustard
lemon juice, pepper, and salt to taste.

Take a clean cold basin, and place in it the yolks of the eggs beaten up. Drop the oil into them, drop by drop, stirring with a wooden spoon quickly all the time. Great care should be taken, especially in the beginning, as the eggs easily curdle when the oil is stirred in too fast. When the mayonnaise gets very thick add carefully a little lemon

juice to thin it down, then add again oil and lemon juice alternately until all the oil is used up. Smooth the mustard with a little lemon juice, and stir it in last of all with sufficient pepper and salt. Taste the mayonnaise, and add lemon juice or seasoning as required. Vinegar may be used instead of lemon juice if the latter is not conveniently had. The mayonnaise should be made in a cold room, as it may curdle if made in a hot room. Should an accident happen, beat up another yolk of egg and start afresh with a little fresh oil, and when going on well stir in, drop by drop, the curdled mayonnaise.

PAPRIKA SAUCE

Rub together two level tablespoonfuls of flour and two of butter, with a tablespoonful of paprika. Add a half pint of chicken stock. Stir until boiling. Add a half teaspoonful of salt, and strain. This sauce may be used over chicken as well as eggs.

SAUCE BEARNAISE

Lightly beat the yolks of three eggs, add three tablespoons olive oil, two tablespoons hot water, three-fourths tablespoon tarragon vinegar, one-fourth teaspoon salt, and a few grains cayenne. Cook over boiling water until mixture thickens. Color one-half the sauce with Tomato Purée (tomatoes drained from their liquor, stewed, strained, and cooked until reduced to a thick pulp).

SAUCE BECHAMEL

2 tablespoonfuls of butter
1 yolk of an egg
½ cup of milk
1 saltspoonful of pepper
1 tablespoonful of flour
½ cup of stock
½ teaspoonful of salt

Rub the butter and flour together, add the stock and the milk and stir until boiling; add the salt and pepper, take from the heat and add the beaten yolk of the egg, heat for a moment over hot water, and it is ready for use.

SAUCE PERIGUEUX

4 tablespoonfuls of butter
½ pint of stock
1 glass of white wine
½ teaspoonful of salt
2 tablespoonfuls of flour
1 bay leaf
2 chopped truffles
1 saltspoonful of pepper
1 teaspoonful of kitchen bouquet

Chop the truffles and put them with the bay leaf and wine in a saucepan on the back of the stove. Rub half the butter and flour together, add the stock, stir until boiling and add one teaspoonful of kitchen bouquet, the salt and pepper, and then the truffles; cook ten minutes, add the remaining quantity of butter and use at once.

TARRAGON SAUCE

Add two tablespoonfuls of tarragon vinegar to an English drawn butter.

TOMATO SAUCE

Rub together two level tablespoonfuls of flour and two of butter. Add a half pint of strained tomatoes. Stir until boiling. Add a teaspoonful of onion juice, a half teaspoonful of salt and a saltspoonful of pepper. Strain and use.

TOMATO SAUCE #2

½ can tomatoes
½ teaspoon salt
1 teaspoon sugar
4 tablespoons butter
8 peppercorns
4 tablespoons flour
Bit of bay leaf
1 cup Brown Stock

Cook tomatoes twenty minutes with sugar, peppercorns, bay leaf, and salt; rub through a strainer, and add stock. Brown the butter, add flour, and when well browned, gradually add hot liquid.

TOMATO SAUCE #3

Cook two tablespoons of butter with one tablespoon of finely chopped onion, until yellow. Add one and three-fourths cups tomatoes, and cook until moisture has nearly evaporated. Add one tablespoon sliced mushrooms, one tablespoon capers, one-fourth teaspoon salt, and a few grains cayenne. This is improved by a small piece of red or green pepper, finely chopped, cooked with butter and onion.

WHITE SAUCE

2 tablespoons butter
1 cup milk
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
Few grains pepper

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended; then pour on gradually while stirring constantly the milk, bring to the boiling-point and let boil two minutes. If a wire whisk is used, all the milk may be added at once.

WHITE SAUCE #2

2 tablespoons butter
1 cup milk
3 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
Few grains pepper

Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended; then pour on gradually while stirring constantly the milk, bring to the boiling-point and let boil two minutes. If a wire whisk is used, all the milk may be added at once.