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Table laid for Formal Dinner.—*Frontispiece.*

THE
BOSTON COOKING-SCHOOL
COOK BOOK

BY
FANNIE MERRITT FARMER
Of Miss Farmer's School of Cookery
AUTHOR OF "CHAFING-DISH POSSIBILITIES," AND "FOOD AND COOKERY FOR THE SICK AND CONVALESCENT"
REVISED
WITH ONE HUNDRED AND TWENTY-FIVE NEW RECIPES, THE RECIPES FROM THE APPENDIX AND THE ADDENDA INTRODUCED IN LOGICAL ORDER THROUGHOUT THE BOOK, AND ONE HUNDRED HALF-TONE ILLUSTRATIONS
BOSTON
LITTLE, BROWN, AND COMPANY
1910
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By Fannie Merritt Farmer
TO
MRS. WILLIAM B. SEWALL,

译者注：

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正式晚宴餐桌布置。--卷首插图。

该
波士顿烹饪学校食谱

由
范妮·梅里特·法默
范妮·法默烹饪学校
《火锅的可能性》及《病人与康复者的食物与烹饪》修订版作者

附一百二十五道新食谱，以及来自附录和增补部分的食谱

按逻辑顺序贯穿全书编排，并附一百幅半色调插图波士顿

利特尔，布朗公司 1910

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范妮·梅里特·法默
至
威廉·B·休厄尔夫人，

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President of the Boston Cooking School,
IN APPRECIATION OF HER HELPFUL ENCOURAGEMENT AND UNTIRING EFFORTS IN PROMOTING THE WORK OF SCIENTIFIC COOKERY, WHICH MEANS THE ELEVATION OF THE HUMAN RACE,
THIS BOOK IS AFFECTIONATELY DEDICATED
By the Author.

Cookery means the knowledge of Medea and of Circe and of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine, it means that you are to be perfectly and always ladies—loaf givers.—Ruskin.

PREFACE

“But for life the universe were nothing; and all that has life requires nourishment.”

With the progress of knowledge the needs of the human body have not been forgotten. During the last decade much time has been given by scientists to the study of foods and their dietetic value, and it is a subject which rightfully should demand much consideration from all. I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one’s education. Then mankind will eat to live,

波士顿烹饪学校校长，

为感谢她在推动科学烹饪事业--亦即提升人类种族--中所给予的宝贵鼓励和不懈努力，

本书由作者深情题献。

烹饪意味着拥有美狄亚、喀耳刻、海伦和示巴女王的知识。它意味着通晓一切香草、果实、香膏与香料，通晓田野与林间一切疗愈而甘美之物，以及肉类中一切鲜美之味。它意味着细心、巧思、意愿与器具的齐备。它意味着你们祖母辈的持家之道与现代化学家的科学；它意味着多方试验而毫不浪费；它意味着英格兰的 *thoroughness*、法国的艺术与阿拉伯的好客；总而言之，它意味着你们应当永远做完美的、分粮与人的淑女。--罗斯金。

前言

“但若无生命，宇宙便空无一物；而一切有生命者皆需滋养。”

随着知识的进步，人体的需求并未被遗忘。在过去十年中，科学家们投入了大量时间研究食物及其饮食价值，这理应是一个需要所有人认真思考的课题。我确实感到，距离饮食原则知识成为个人教育必不可少的一部分，那个时刻已不远了。届时人类将为活而食，

will be able to do better mental and physical work, and disease will be less frequent.

At the earnest solicitation of educators, pupils, and friends, I have been urged to prepare this book, and I trust it may be a help to many who need its aid. It is my wish that it may not only be looked upon as a compilation of tried and tested recipes, but that it may awaken an interest through its condensed scientific knowledge which will lead to deeper thought and broader study of what to eat.

F. M. F.

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将能够更好地从事脑力与体力工作，疾病也将不那么频繁。

在教育工作者、学生和朋友们的恳切请求下，我受敦促编写此书，我相信它或许能对许多需要其帮助的人有所助益。我希望它不仅被视为一部经过反复试验的食谱汇编，更能通过其凝练的科学知识唤起兴趣，从而引导人们对吃什么进行更深入的思考和更广泛的研究。

F. M.F.

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CHAPTER I
FOOD

Food is anything which nourishes the body. From fifteen to twenty elements enter into the composition of the body, of which the following thirteen are considered: oxygen, 62½%; carbon, 21½%; hydrogen, 10%; nitrogen, 3%; calcium, phosphorus, potassium, sulphur, chlorine, sodium, magnesium, iron, and fluorine the remaining 3%.

Food is necessary for growth, repair, and energy; therefore the elements composing the body must be found in the food. The thirteen elements named are formed into chemical compounds by the vegetable and animal kingdoms to support the highest order of being, man. All food must undergo chemical change after being taken into the body, before it can be utilized by the body; this is the office of the digestive system.

Food is classified as follows:—

I. Organic
1. Proteid (nitrogenous or albuminous)
2. Carbohydrates (sugar and starch)
3. Fats and oils

II. Inorganic
1. Mineral matter
2. Water

The chief office of proteids is to build and repair tissues. They furnish energy, but at greater cost than carbohydrates, fats, and oils. They contain nitrogen, carbon, oxygen, hydrogen, and

第一章食物

食物是任何滋养身体的东西。构成身体的元素有十五到二十种，其中以下十三种被认为：氧，621⁄2%；碳，211⁄2%；氢，10%；氮，3%；钙、磷、钾、硫、氯、钠、镁、铁和氟，其余3%。

食物对于生长、修复和能量是必需的；因此，构成身体的元素必须存在于食物中。这十三种元素被植物界和动物界形成化合物，以支持最高等级的生物--人类。所有食物在进入身体后必须经过化学变化，才能被身体利用；这是消化系统的职责。

食物分类如下：--

I. 有机 1. 蛋白质(含氮或蛋白状)
2. 碳水化合物(糖和淀粉)
3. 脂肪与油类

II. 无机物 1. 矿物质
2. 水

蛋白质的主要功能是构建和修复组织。它们提供能量，但代价高于碳水化合物、脂肪和油类。它们含有氮、碳、氧、氢和

sulphur or phosphorus, and include all forms of animal foods (excepting fats and glycogen) and some vegetable foods. Examples: milk, cheese, eggs, meat, fish, cereals, peas, beans, and lentils. The principal constituent of proteid food is albumen. Albumen as found in food takes different names, but has the same chemical composition; as, *albumen* in eggs, *fibrin* in meat, *casein* in milk and cheese, *vegetable casein* or *legumen* in peas, beans, and lentils; and *gluten* in wheat. To this same class belongs gelatin.

硫或磷，并包括所有形式的动物性食物(脂肪和糖原除外)以及某些植物性食物。例如：牛奶、奶酪、鸡蛋、肉、鱼、谷物、豌豆、豆类和扁豆。蛋白质食物的主要成分是蛋白。食物中所含的蛋白有不同的名称，但化学成分相同；如鸡蛋中的蛋白、肉中的纤维蛋白、牛奶和奶酪中的酪蛋白、豌豆、豆类和扁豆中的植物酪蛋白或豆蛋白；以及小麦中的面筋。明胶也属于这一类。

The chief office of the carbohydrates is to furnish energy and maintain heat. They contain carbon, hydrogen, and oxygen, and include foods containing starch and sugar. Examples: vegetables, fruits, cereals, sugars, and gums.

碳水化合物的主要功能是提供能量和维持热量。它们含有碳、氢和氧，包括含淀粉和糖的食物。例如：蔬菜、水果、谷物、糖类和树胶。

The chief office of fats and oils is to store energy and heat to be used as needed, and constitute the adipose tissues of the body. Examples: butter, cream, fat of meat, fish, cereals, nuts, and the berry of the olive-tree.

脂肪和油类的主要功能是储存能量和热量以备需要时使用，并构成身体的脂肪组织。例如：黄油、奶油、肉和鱼的脂肪、谷物、坚果以及橄榄树的果实。

The chief office of mineral matter is to furnish the necessary salts which are found in all animal and vegetable foods. Examples: sodium chloride (common salt); carbonates, sulphates and phosphates of sodium, potassium, and magnesium; besides calcium phosphates and iron.

矿物质的主要功能是提供必需的盐类，这些盐类存在于所有动物性和植物性食物中。例如：氯化钠(食盐)；钠、钾和镁的碳酸盐、硫酸盐和磷酸盐；此外还有磷酸钙和铁。

Water constitutes about two-thirds the weight of the body, and is in all tissues and fluids; therefore its abundant use is necessary. One of the greatest errors in diet is neglect to take enough water; while it is found in all animal and vegetable food, the amount is insufficient.

水约占体重的三分之二，存在于所有组织和体液中；因此必须大量饮用。饮食中最大的错误之一就是忽视摄入足够的水；虽然所有动物性和植物性食物中都含有水，但其量不足。

CORRECT PROPORTIONS OF FOOD

食物的正确比例

Age, sex, occupation, climate, and season must determine the diet of a person in normal condition.

Liquid food (milk or milk in preparation with the various prepared foods on the market) should constitute the diet of a child for the first eighteen months. After the teeth appear, by which time ferments have been developed for the digestion of starchy foods, entire wheat bread, baked potatoes, cereals, meat broths, and occasionally boiled eggs may be given. If mothers would use Dr. Johnson’s Educators in place of the various sweet crackers, children would be as well pleased and better nourished; with a glass of milk they form a supper suited to the needs of little ones, and experience has shown that children seldom tire of them. The diet should be gradually increased by the addition of cooked fruits, vegetables, and simple desserts; the third or fourth year fish and meat may be introduced, if given sparingly. Always avoid salted meats, coarse vegetables (beets, carrots, and turnips), cheese, fried food, pastry, rich desserts, confections, condiments, tea, coffee, and iced water. For school children the diet should be varied and abundant, constantly bearing in mind that this is a period of great mental and physical growth. Where children have broken down, supposedly from over-work, the cause has often been traced to impoverished diet. It must not be forgotten that digestive processes go on so rapidly that the stomach is soon emptied. Thanks to the institutor of the school luncheon-counter!

The daily average ration of an adult requires

4½ oz. proteid
2 oz. fat
18 oz. starch

年龄、性别、职业、气候和季节决定正常状态下一个人的饮食。

液体食物(牛奶或用市场上各种预制食品调配的牛奶)应构成儿童最初十八个月的饮食。牙齿长出后，此时消化淀粉类食物的酶已经形成，可以给予全麦面包、烤土豆、谷物、肉汤，偶尔也可给煮鸡蛋。如果母亲们用约翰逊博士的教育饼干代替各种甜饼干，孩子们会同样喜欢，而且营养更好；配上一杯牛奶，它们就构成适合幼儿需要的晚餐，经验表明孩子们很少吃厌。饮食应逐渐增加，添加煮熟的水果、蔬菜和简单的甜点；第三或第四年可以引入鱼和肉，但要少量给予。始终避免腌肉、粗纤维蔬菜(甜菜、胡萝卜和芜菁)、奶酪、油炸食物、酥皮、油腻甜点、糖果、调味品、茶、咖啡和冰水。对于学龄儿童，饮食应多样而充足，始终牢记这是身心大量成长的时期。当儿童身体垮掉时，据推测是由于过度用功，其原因往往被追溯到营养不足的饮食。不可忘记，消化过程进行得如此迅速，胃很快就会排空。感谢学校午餐柜的创立者!

成年人的每日平均口粮需要

41/2盎司蛋白质
2盎司脂肪
18盎司淀粉

5 pints water

About one-third of the water is taken in our food, the remainder as a beverage. To keep in health and do the best mental and physical work, authorities agree that a mixed diet is suited for temperate climates, although sound arguments appear from the vegetarian. Women, even though they do the same amount of work as men, as a rule require less food. Brain workers should take their proteid in a form easily digested. In consideration of this fact, fish and eggs form desirable substitutes for meat. The working man needs quantity as well as quality, that the stomach may have something to act upon. Corned beef, cabbage, brown-bread, and pastry, will not overtax his digestion. In old age the digestive organs lessen in activity, and the diet should be almost as simple as that of a child, increasing the amount of carbohydrates and decreasing the amount of proteids and fat. Many diseases which occur after middle life are due to eating and drinking such foods as were indulged in during vigorous manhood.

WATER (H_2O)

Water is a transparent, odorless, tasteless liquid. It is derived from five sources,—rains, rivers, surface-water or shallow wells, deep wells, and springs. Water is never found pure in nature; it is nearly pure when gathered in an open field, after a heavy rainfall, or from springs. For town and city supply, surface-water is furnished by some adjacent pond or lake. Samples of such water are carefully and frequently analyzed, to make sure that it is not polluted with disease germs.

五品脱水

大约三分之一的水分来自我们的食物，其余作为饮料摄入。为保持健康并从事最佳的身心工作，权威们一致认为混合饮食适合温带气候，尽管素食者提出了合理的论据。女性即使做与男性相同的工作量，通常也需要较少的食物。脑力劳动者应以易于消化的形式摄入蛋白质。考虑到这一事实，鱼和鸡蛋是肉的理想替代品。体力劳动者既需要数量也需要质量，以便胃有东西可以消化。咸牛肉、卷心菜、黑面包和酥皮不会使他的消化负担过重。老年时消化器官的活动减弱，饮食应几乎像儿童一样简单，增加碳水化合物的量，减少蛋白质和脂肪的量。中年以后发生的许多疾病，是由于饮食中沉溺于精力旺盛的成年时期所吃的那些食物和饮料。

水(H2O)

水是一种透明、无臭、无味的液体。它来源于五个方面--雨水、河水、地表水或浅井水、深井水和泉水。自然界中从未发现纯净的水；在开阔田野中经过大雨后收集的水，或泉水，几乎接近纯净。对于城镇和城市供水，地表水由邻近的池塘或湖泊提供。此类水的样本会被仔细且频繁地分析，以确保其未被病菌污染。

The hardness of water depends upon the amount of salts of lime and magnesia which it contains. Soft water is free from objectionable salts, and is preferable for household purposes. Hard water may be softened by boiling, or by the addition of a small amount of bicarbonate of soda ($NaHCO_3$).

水的硬度取决于其所含的石灰盐和氧化镁盐的量。软水不含令人不适的盐类，更适合家庭使用。硬水可以通过煮沸或加入少量碳酸氢钠(NaHCO 3)来软化。

Water freezes at a temperature of 32° F., boils at 212° F.; when bubbles appear on the surface and burst, the boiling-point is reached. In high altitudes water boils at a lower temperature. From 32° to 65° F. water is termed cold; from 65° to 92° F., tepid; 92° to 100° F., warm; over that temperature, hot. Boiled water is freed from all organic impurities, and salts of lime are precipitated: it does not ferment, and is a valuable antiseptic. Hot water is more stimulating than cold, and is of use taken on an empty stomach, while at a temperature of from 60° to 95° F. it is used as an emetic; 90° F. being the most favorable temperature.

水在32°F的温度下结冰，在212°F时沸腾；当表面出现气泡并破裂时，即达到沸点。在高海拔地区，水在较低的温度下沸腾。从32°F到65°F，水被称为冷水；从65°F到92°F，为微温水；92°F到100°F，为温水；超过该温度，为热水。煮沸的水去除了所有有机杂质，石灰盐沉淀：它不会发酵，是一种有价值的防腐剂。热水比冷水更具刺激性，空腹时饮用有用，而在60°F至95°F的温度下，它被用作催吐剂；90°F是最适宜的温度。

Distilled water is chemically pure and is always used for medicinal purposes. It is flat and insipid to the taste, having been deprived of its atmospheric gases.

蒸馏水在化学上是纯净的，始终用于医疗目的。由于失去了大气气体，它味道平淡无味。

There are many charged, carbonated, and mineral spring waters bottled and put on the market; many of these are used as agreeable table beverages. Examples: Soda Water, Apollinaris, Poland, Seltzer, and Vichy. Some contain minerals of medicinal value. Examples: Lithia, saline, and sulphur waters.

市场上有许多瓶装的充气水、碳酸水和矿泉泉水；其中许多被用作宜人的餐桌饮料。例如：苏打水、阿波利纳里斯水、波兰水、塞尔策水和维希水。有些含有具有药用价值的矿物质。例如：锂水、盐水和水硫水。

SALTS

盐类

Of all salts found in the body, the most abundant and valuable is sodium chloride (NaCl), common salt; it exists in all tissues,

在体内发现的所有盐类中，最丰富和最有价值的是氯化钠(NaCl)，即食盐；它存在于所有组织、

secretions, and fluids of the body, with the exception of enamel of the teeth. The amount found in food is not always sufficient; therefore salt is used as a condiment. It assists digestion, inasmuch as it furnishes chlorine for hydrochloric acid found in gastric juice.

分泌物和体液中，但牙釉质除外。食物中的含量并不总是充足的；因此盐被用作调味品。它有助于消化，因为它为胃液中的盐酸提供氯。

Common salt is obtained from evaporation of spring and sea-water, also from mines. Our supply of salt obtained by evaporation comes chiefly from Michigan and New York; mined salt from Louisiana and Kansas.

食盐通过蒸发泉水和海水获得，也来自矿井。我们通过蒸发获得的盐主要来自密歇根和纽约；矿盐来自路易斯安那和堪萨斯。

Salt is a great preservative; advantage is taken of this in salting meat and fish.

盐是一种很好的防腐剂；在腌制肉和鱼时利用了这一点。

Other salts—lime, phosphorus, magnesia, potash, sulphur, and iron—are obtained in sufficient quantity from food we eat and water we drink. In young children, perfect formation of bones and teeth depends upon phosphorus and lime taken into the system; these are found in meat and fish, but abound in cereals.

其他盐类--石灰、磷、氧化镁、钾碱、硫和铁--从我们吃的食物和喝的水中获得足够的量。在幼儿中，骨骼和牙齿的完美形成取决于进入体内的磷和石灰；这些存在于肉和鱼中，但在谷物中大量存在。

STARCH ($C_6H_{10}O_5$)

淀粉(C 6 H 10 O 5)

Starch is a white, glistening powder; it is largely distributed throughout the vegetable kingdom, being found most abundantly in cereals and potatoes. Being a force-producer and heat-giver it forms one of the most important foods. Alone it cannot sustain life, but must be taken in combination with foods which build and repair tissues.

淀粉是一种白色、闪光的粉末；它广泛分布于整个植物界，在谷物和马铃薯中最为丰富。作为力的产生者和热量的提供者，它是最重要的食物之一。单独它不能维持生命，必须与构建和修复组织的食物结合食用。

Test for Starch. A weak solution of iodine added to cold cooked starch gives an intense blue color.

淀粉测试。将弱碘溶液加入冷的熟淀粉中，会呈现深蓝色。

Starch is insoluble in cold water, and soluble to but a small extent

淀粉不溶于冷水，仅微溶于水。

in boiling water. Cold water separates starch-grains, boiling water causes them to swell and burst, thus forming a paste.

在沸水中。冷水使淀粉颗粒分离，沸水则使其膨胀破裂，从而形成糊状物。

Starch subjected to dry heat is changed to *dextrine* ($C_6H_{10}O_5$), British gum. Dextrine subjected to heat plus an acid or a ferment is changed to *dextrose* ($C_6H_{12}O_6$). Dextrose occurs in ripe fruit, honey, sweet wine, and as a manufactured product. When grain is allowed to germinate for malting purposes, starch is changed to dextrine and dextrose. In fermentation, dextrose is changed to alcohol (C_2H_5HO) and carbon dioxide (CO_2). Examples: bread making, vinegar, and distilled liquors.

淀粉经干热加热后变为糊精(C6H10O5)，即英国胶。糊精经加热并加酸或发酵剂后变为葡萄糖(C6H12O6)。葡萄糖存在于成熟水果、蜂蜜、甜酒中，也可作为制成品存在。当谷物为制麦芽目的而发芽时，淀粉变为糊精和葡萄糖。在发酵过程中，葡萄糖变为酒精(C2H5HO)和二氧化碳(CO2)。例如：面包制作、醋和蒸馏酒。

Glycogen, animal starch, is found in many animal tissues and in some fungi. Examples: in liver of meat and oysters.

糖原，即动物淀粉，存在于许多动物组织和某些真菌中。例如：肉类的肝脏和牡蛎中。

Raw starch is not digestible; consequently all foods containing starch should be subjected to boiling water or dry heat, and thoroughly cooked. Starch is manufactured from wheat, corn, and potatoes. **Corn-starch** is manufactured from Indian corn. **Arrowroot**, the purest form of starch, is obtained from two or three species of the Maranta plant, which grows in the West Indies and other tropical countries. Bermuda arrowroot is most highly esteemed. **Tapioca** is starch obtained from tuberous roots of the bitter cassava, native of South America. **Sago** is starch obtained from sago palms, native of India.

生淀粉不易消化；因此，所有含淀粉的食物都应经沸水或干热处理，并彻底煮熟。淀粉由小麦、玉米和马铃薯制成。**玉米淀粉**由印第安玉米制成。**竹芋粉**是最纯净的淀粉形式，取自生长于西印度群岛及其他热带国家的两三种竹芋属植物。百慕大竹芋粉最受推崇。**木薯淀粉**是从原产于南美洲的苦木薯块根中提取的淀粉。**西米**是从原产于印度的西米棕榈中提取的淀粉。

SUGAR ($C_{12}H_{22}O_{11}$)

糖(C 12 H 22 O 11)

Sugar is a crystalline substance, differing from starch by its sweet taste and solubility in cold water. As food, its uses are the same as starch; all starch must be converted into sugar before it can be assimilated.

糖是一种结晶物质，与淀粉的区别在于其甜味和可溶于冷水。作为食物，其用途与淀粉相同；所有淀粉必须先转化为糖才能被吸收。

The principal kinds of sugar are: cane sugar or *sucrose*, grape sugar or *glucose* ($C_6H_{12}O_6$), milk sugar or *lactose* ($C_{12}H_{22}O_{11}$), and fruit sugar or *levulose* ($C_6H_{12}O_6$).

糖的主要种类有：蔗糖或蔗糖，葡萄糖或葡萄糖(C 6 H 12 O 6)，乳糖或乳糖(C 12 H 22 O 11)，以及果糖或左旋糖(C 6 H 12 O 6)。

Cane sugar is obtained from sugar cane, beets, and the palm and sugar-maple trees. Sugar cane is a grass supposed to be native to Southern Asia, but now grown throughout the tropics, a large amount coming from Cuba and Louisiana; it is the commonest of all, and in all cases the manufacture is essentially the same. The products of manufacture are: molasses, syrup, brown sugar, loaf, cut, granulated, powdered, and confectioners' sugar. Brown sugar is cheapest, but is not so pure or sweet as white grades; powdered and confectioners' sugars are fine grades, pulverized, and, although seeming less sweet to the taste, are equally pure. Confectioners' sugar when applied to the tongue will dissolve at once; powdered sugar is a little granular.

蔗糖取自甘蔗、甜菜、棕榈树和糖枫树。甘蔗是一种禾本科植物，据推测原产于南亚，但如今在整个热带地区均有种植，其中很大一部分来自古巴和路易斯安那；它是最常见的一种，而且在所有情况下，其制造工艺基本相同。制造出的产品有：糖蜜、糖浆、红糖、块糖、切糖、砂糖、糖粉和糖果师用糖。红糖最便宜，但不如白色等级纯净或甜；糖粉和糖果师用糖是精细等级，经过粉碎，虽然尝起来不那么甜，但同样纯净。糖果师用糖放在舌头上会立即溶解；糖粉则略带颗粒感。

Cane sugar when added to fruits, and allowed to cook for some time, changes to grape sugar, losing one-third of its sweetness; therefore the reason for adding it when fruit is nearly cooked. Cane sugar is of great preservative value, hence its use in preserving fruits and milk; also, for the preparation of syrups.

蔗糖加入水果中并煮一段时间后，会转化为葡萄糖，失去三分之一的甜度；因此应在水果快煮好时加入。蔗糖具有很大的防腐价值，故用于保藏水果和牛奶；也用于制备糖浆。

Three changes take place in the cooking of sugar: first, barley sugar; second, caramel; third, carbon.

糖在烹饪过程中发生三种变化：第一，大麦糖；第二，焦糖；第三，碳。

Grape sugar is found in honey and all sweet fruits. It appears on the outside of dried fruits, such as raisins, dates, etc., and is only two-thirds as sweet as cane sugar. As a manufactured product it is obtained from the starch of corn.

葡萄糖存在于蜂蜜和所有甜水果中。它出现在干果表面，如葡萄干、枣等，甜度仅为蔗糖的三分之二。作为工业产品，它由玉米淀粉制得。

Milk sugar is obtained from the milk of mammalia, but unlike

乳糖取自哺乳动物的乳汁，但与

cane sugar does not ferment.

Fruit sugar is obtained from sweet fruits, and is sold as *diabetin*, is sweeter than cane sugar, and is principally used by diabetic patients.

GUM, PECTOSE, AND CELLULOSE

These compounds found in food are closely allied to the carbohydrates, but are neither starchy, saccharine, nor oily. Gum exists in the juices of almost all plants, coming from the stems, branches, and fruits. Examples: gum arabic, gum tragacanth, and mucilage. Pectose exists in the fleshy pulp of unripe fruit; during the process of ripening it changes to pectin; by cooking, pectin is changed to pectosic acid, and by longer cooking to pectic acid. Pectosic acid is jelly-like when cold; pectic acid is jelly-like when hot or cold. Cellulose constitutes the cell-walls of vegetable life; in very young vegetables it is possible that it can be acted upon by the digestive ferments; in older vegetables it becomes woody and completely indigestible.

FATS AND OILS

Fats and oils are found in both the animal and vegetable kingdom. Fats are solid; oils are liquid; they may be converted into a liquid state by application of heat; they contain three substances,—*stearin* (solid), *olein* (liquid), *palmitin* (semi-solid). Suet is an example where stearin is found in excess; lard, where olein is in excess; and butter, where palmitin is in excess. Margarin is a mixture of stearin and palmitin. The fatty acids are formed of

蔗糖不发酵。

果糖从甜水果中提取，以*diabetin*之名出售，比蔗糖更甜，主要供糖尿病患者使用。

树胶、果胶和纤维素

食物中发现的这些化合物与碳水化合物密切相关，但既不是淀粉质、糖质，也不是油质。树胶存在于几乎所有植物的汁液中，来自茎、枝和果实。例如：阿拉伯胶、黄蓍胶和粘液。果胶糖存在于未成熟果实的肉质果肉中；在成熟过程中它变为果胶；通过烹煮，果胶变为果胶酸，烹煮更久则变为果胶酸。果胶酸冷却时呈果冻状；果胶酸无论冷热都呈果冻状。纤维素构成植物生命的细胞壁；在非常幼嫩的蔬菜中，消化酶有可能作用于它；在较老的蔬菜中，它变得木质化并完全不可消化。

脂肪与油脂

脂肪和油存在于动物界和植物界中。脂肪是固体；油是液体；它们可通过加热转化为液态；它们含有三种物质--硬脂(固体)、油酸甘油酯(液体)、棕榈脂(半固体)。板油是硬脂过量的例子；猪油是油酸甘油酯过量的例子；黄油是棕榈脂过量的例子。人造黄油是硬脂和棕榈脂的混合物。脂肪酸由

stearin, olein, and palmitin, with glycerine as the base. Examples: stearic, palmitic, and oleic acid. Butyric acid is acid found in butter. These are not sour to the taste, but are called acids on account of their chemical composition.

硬脂、油酸甘油酯和棕榈脂形成，以甘油为基础。例如：硬脂酸、棕榈酸和油酸。丁酸是黄油中的酸。这些酸尝起来并不酸，但因其化学组成而被称为酸。

Among animal fats cream and butter are of first importance as foods, on account of their easy assimilation. Other examples are: the fat of meats, bone-marrow, suet (the best found around the loin and kidneys of the beef creature), lard, cottolene, coto suet, cocoanut butter, butterine, and oleomargarine. The principal animal oils are cod liver oil and oil found in the yolk of egg; principal vegetable oils are olive, cottonseed, poppy, and cocoanut oils, and oils obtained from various nuts.

在动物脂肪中，奶油和黄油作为食物最为重要，因为它们易于吸收。其他例子有：肉类的脂肪、骨髓、板油(最好的取自牛的腰部和肾脏周围)、猪油、cottolene、coto suet、椰子油、黄油代用品和人造黄油。主要的动物油是鱼肝油和蛋黄中的油；主要的植物油是橄榄油、棉籽油、罂粟籽油和椰子油，以及从各种坚果中提取的油。

Oils are divided into two classes, *essential* and *fixed*. Essential oils are volatile and soluble in alcohol. Examples: clove, rose, nutmeg, and violet. Fixed oils are non-volatile and soluble in ether, oil, or turpentine. Examples: oil of nuts, corn meal, and mustard.

油分为两类：挥发性油和非挥发性油。挥发性油易挥发且溶于酒精。例如：丁香油、玫瑰油、肉豆蔻油和紫罗兰油。非挥发性油不易挥发且溶于乙醚、油或松节油。例如：坚果油、玉米粉油和芥末油。

Fats may be heated to a high temperature, as considered in cookery they have no boiling-point. When appearing to boil, it is evident water has been added, and the temperature lowered to that of boiling water, 212° F.

脂肪可加热至高温，因为在烹饪中它们没有沸点。当看起来沸腾时，显然已加入了水，温度降至沸水的温度，即212°F。

MILK

牛奶

COMPOSITION
Proteid, 3.4%
Fat, 4%
Mineral matter, .7%
Water, 87%

成分蛋白质 3.4%
脂肪 4%

矿物质，7% 水，87%

Lactose, 4.9%

Boston Chemist.

The value of milk as a food is obvious from the fact that it constitutes the natural food of all young mammalia during the period of their most rapid growth. There is some danger, however, of overestimating its value in the dietary of adults, as solid food is essential, and liquid taken should act as a stimulant and a solvent rather than as a nutrient. One obtains the greatest benefit from milk when taken alone at regular intervals between meals, or before retiring, and sipped, rather than drunk. Hot milk is often given to produce sleep.

When milk is allowed to stand for a few hours, the globules of fat, which have been held in suspension throughout the liquid, rise to the top in the form of *cream*; this is due to their lower specific gravity.

The difference in quality of milk depends chiefly on the quantity of fat therein: casein, lactose, and mineral matter being nearly constant, water varying but little unless milk is adulterated.

Why Milk Sours. A germ found floating in the air attacks a portion of the lactose in the milk, converting it into lactic acid; this, in turn, acts upon the casein (proteid) and precipitates it, producing what is known as *curd* and *whey*. Whey contains water, salts, and some sugar.

Milk is preserved by sterilization, pasteurization, and evaporation. *Fresh condensed milk*, a form of evaporized milk, is sold in bulk, and is preferred by many to serve with coffee. Various brands of condensed milk and cream are on the market in tin cans, hermetically sealed. Examples: Nestle's Swiss Condensed Milk,

乳糖，4.9%

波士顿化学家。

牛奶作为食物的价值显而易见，因为它是所有年轻哺乳动物在生长最快时期的天然食物。然而，在成人的饮食中高估其价值存在一定危险，因为固体食物是必需的，而摄入的液体应作为刺激物和溶剂，而不是作为营养素。在两餐之间定期单独饮用牛奶，或在就寝前饮用，并且小口啜饮而不是大口喝下时，人们从牛奶中获得最大益处。热牛奶常被用来促进睡眠。

牛奶静置数小时后，悬浮在液体中的脂肪球会以奶油的形式升至表面；这是由于它们比重较低。

牛奶质量的差异主要取决于其中脂肪的含量：酪蛋白、乳糖和矿物质几乎恒定，水分变化很小，除非牛奶掺假。

牛奶为何变酸。漂浮在空气中的一种细菌攻击牛奶中的部分乳糖，将其转化为乳酸；乳酸进而作用于酪蛋白(蛋白质)使其沉淀，产生所谓的凝乳和乳清。乳清含有水、盐和一些糖。

牛奶通过灭菌、巴氏消毒和蒸发来保藏。新鲜炼乳是一种蒸发牛奶，散装出售，许多人喜欢用它搭配咖啡。市场上还有各种品牌的罐装炼乳和奶油，密封于铁罐中。例如：雀巢瑞士炼乳、

Eagle Condensed Milk, Daisy Condensed Milk, Highland Evaporated Cream, Borden's Peerless Evaporated Cream. *Malted milk*—evaporized milk in combination with extracts of malted barley and wheat—is used to a considerable extent; it is sold in the form of powder.

Eagle炼乳、Daisy炼乳、Highland蒸发奶油、Borden's Peerless蒸发奶油。麦乳精--蒸发牛奶与麦芽大麦和小麦提取物的混合物--使用相当广泛；以粉末形式出售。

Thin, or strawberry, and thick cream may be obtained from almost all creameries. Devonshire, or clotted cream, is cream which has been removed from milk allowed to heat slowly to a temperature of about 150° F.

稀奶油或草莓奶油以及浓奶油几乎可从所有奶油厂获得。德文郡奶油或凝块奶油是将牛奶缓慢加热至约150°F后取出的奶油。

In feeding infants with milk, sterilization or pasteurization is sometimes recommended to avoid danger of infectious germs. By this process milk can be kept for many days, and transported if necessary. To prevent acidity of the stomach, add from one to two teaspoonfuls of lime water to each half-pint of milk. Lime water may be bought at any druggist's, or easily prepared at home.

用牛奶喂养婴儿时，有时建议采用灭菌或巴氏消毒以避免传染性细菌的危险。通过这种方法，牛奶可保存多日，必要时可运输。为防止胃酸过多，每半品脱牛奶中加入一到两茶匙石灰水。石灰水可在任何药店购买，也可在家轻松制备。

Lime Water. Pour two quarts boiling water over an inch cube unslacked lime; stir thoroughly and stand over night; in the morning pour off the liquid that is clear, and bottle for use. Keep in a cool place.

石灰水。将两夸脱沸水倒在一英寸见方的生石灰块上；充分搅拌并静置过夜；次日早晨倒出清澈的液体，装瓶备用。存放在阴凉处。

BUTTER

黄油

COMPOSITION

成分

Fat, 93%

脂肪，93%

Water, 5.34%

水，5.34%

Mineral matter, .95%

矿物质，.95%

Casein, .71%

Casein,.71%

Pratt Institute.

普拉特学院。

Butter of commerce is made from cream of cow's milk. The

商业黄油由牛奶的乳脂制成。

quality depends upon the breed of cow, manner of, and care in, feeding. Milk from Jersey and Guernsey cows yields the largest amount of butter.

质量取决于奶牛的品种、饲养方式和照料。泽西牛和根西牛的牛奶产黄油量最大。

Butter should be kept in a cool place and well covered, otherwise it is liable to become rancid; this is due to the albuminous constituents of the milk, acting as a ferment, setting free the fatty acids. First-quality butter should be used; this does not include pat butter or fancy grades. Poor butter has not been as thoroughly worked during manufacture, consequently more casein remains; therefore it is more apt to become rancid. Fresh butter spoils quickly; salt acts as a preservative. Butter which has become rancid by too long keeping may be greatly improved by melting, heating, and quickly chilling with ice-water. The butter will rise to the top, and may be easily removed.

黄油应保存在阴凉处并妥善遮盖，否则容易变质发哈；这是由于牛奶中的含蛋白成分起发酵剂作用，释放出脂肪酸。应使用一等品黄油；这不包括小片黄油或特级品。劣质黄油在制作过程中未被充分揉炼，因此残留更多酪蛋白，也就更容易发哈。新鲜黄油很快变质；盐起防腐作用。因存放过久而发哈的黄油，可通过熔化、加热并用冰水迅速冷却而大大改善。黄油会浮到表面，容易取出。

Where butter cannot be afforded, there are several products on the market which have the same chemical composition as butter, and are equally wholesome. Examples: butterine and oleomargarine.

在买不起黄油的情况下，市场上有几种产品具有与黄油相同的化学组成，且同样有益健康。例如：黄油代用品和人造黄油。

Buttermilk is liquid remaining after butter “has come.” When taken fresh, it makes a wholesome beverage.

酪乳是黄油“出来”后剩余的液体。新鲜饮用时，它是一种有益健康的饮料。

CHEESE

奶酪

COMPOSITION

成分

Proteid, 31.23%

蛋白质，31.23%

Fat, 34.39%

脂肪，34.39%

Water, 30.17%

水，30.17%

Mineral matter, 4.31%

矿物质，4.31%

Cheese is the solid part of sweet milk obtained by heating milk

奶酪是甜牛奶经加热后得到的固体部分

and coagulating it by means of rennet or an acid. Rennet is an infusion made from prepared inner membrane of the fourth stomach of the calf. The curd is salted and subjected to pressure. Cheese is made from skim milk, milk plus cream, or cream. Cheese is kept for a longer or shorter time, according to the kind, that fermentation or decomposition may take place. This is called ripening. Some cream cheeses are not allowed to ripen. Milk from Jersey and Guernsey cows yields the largest amount of cheese.

并通过凝乳酶或酸使其凝结。凝乳酶是用小牛第四胃经处理的内膜制成的浸液。凝乳加盐并加压。奶酪由脱脂牛奶、牛奶加奶油或奶油制成。奶酪根据种类存放长短不一的时间，以便发酵或分解发生。这称为熟成。有些奶油奶酪不允许熟成。泽西牛和根西牛的牛奶产出的奶酪量最大。

Cheese is very valuable food; being rich in proteid, it may be used as a substitute for meat. A pound of cheese is equal in proteid to two pounds of beef. Cheese in the raw state is difficult of digestion. This is somewhat overcome by cooking and adding a small amount of bicarbonate of soda. A small piece of rich cheese is often eaten to assist digestion.

奶酪是非常有价值的食物；富含蛋白质，可作为肉的替代品。一磅奶酪的蛋白质含量相当于两磅牛肉。生奶酪难以消化。通过烹饪并加入少量小苏打可在一定程度上克服这一点。常吃一小块浓味奶酪以助消化。

The various brands of cheese take their names from the places where made. Many foreign ones are now well imitated in this country. The favorite kinds of skim-milk cheese are: Edam, Gruyère, and Parmesan. Parmesan is very hard and used principally for grating. The holes in Gruyère are due to aeration.

各种品牌的奶酪以产地命名。许多外国品种现在在国内得到了很好的仿制。受欢迎的脱脂乳奶酪有：埃丹、格吕耶尔和帕尔马。帕尔马奶酪非常硬，主要用于擦丝。格吕耶尔中的孔洞是由于充气所致。

The favorite kinds of milk cheese are: Gloucester, Cheshire, Cheddar, and Gorgonzola; Milk and Cream cheese: Stilton and Double Gloucester; Cream cheese: Brie, Neufchâtel, and Camembert.

受欢迎的牛奶奶酪有：格洛斯特、柴郡、切达和戈贡佐拉；牛奶和奶油奶酪：斯蒂尔顿和双格洛斯特；奶油奶酪：布里、纳沙泰尔和卡芒贝尔。

FRUITS

水果

The varieties of fruits consumed are numerous, and their uses important. They are chiefly valuable for their sugar, acids, and salts, and are cooling, refreshing, and stimulating. They act as a

消费的水果种类繁多，其用途重要。它们主要因糖、酸和盐而有价值，具有清凉、提神和刺激作用。它们作为

tonic, and assist in purifying the blood. Many contain a jelly-like substance, called pectin, and several contain starch, which during the ripening process is converted into glucose. Bananas, dates, figs, prunes, and grapes, owing to their large amount of sugar, are the most nutritious. Melons, oranges, lemons, and grapes contain the largest amount of water. Apples, lemons, and oranges are valuable for their potash salts, and oranges and lemons especially valuable for their citric acid. It is of importance to those who are obliged to exclude much sugar from their dietary, to know that plums, peaches, apricots, and raspberries have less sugar than other fruits; apples, sweet cherries, grapes, and pears contain the largest amount. Apples are obtainable nearly all the year, and on account of their variety, cheapness, and abundance, are termed queen of fruits.

补剂，并有助于净化血液。许多含有一种称为果胶的果冻状物质，还有几种含有淀粉，淀粉在成熟过程中转化为葡萄糖。香蕉、枣、无花果、西梅和葡萄因含大量糖分而最有营养。甜瓜、橙子、柠檬和葡萄含水量最大。苹果、柠檬和橙子因其钾盐而有价值，橙子和柠檬尤其因其柠檬酸而有价值。对于那些不得不从饮食中排除大量糖分的人来说，重要的是要知道李子、桃子、杏和覆盆子的糖分比其他水果少；苹果、甜樱桃、葡萄和梨含量最大。苹果几乎全年可得，且因其品种多样、便宜和丰富，被称为水果之后。

Thoroughly ripe fruits should be freely indulged in, and to many are more acceptable than desserts prepared in the kitchen. If possible, fruits should always appear on the breakfast-table. In cases where uncooked fruit cannot be freely eaten, many kinds may be cooked and prove valuable. Never eat unripe fruit, or that which is beginning to decay. Fruits should be wiped or rinsed before serving.

完全成熟的水果应随意食用，对许多人来说比厨房制作的甜点更受欢迎。如有可能，水果应始终出现在早餐桌上。在不能随意食用生水果的情况下，许多种类可以煮熟并证明有价值。切勿食用未成熟或开始腐烂的水果。水果在食用前应擦拭或冲洗。

VEGETABLE ACIDS, AND WHERE FOUND

植物酸及其来源

The principal vegetable acids are:

主要的植物酸有：

I. Acetic ($HC_2H_3O_2$), found in wine and vinegar.

I. 醋酸(HC2H3O2)，存在于葡萄酒和醋中。

II. Tartaric ($H_2C_4H_4O_6$), found in grapes, pineapples, and tamarinds.

II.酒石酸(H2C4H4O6)，存在于葡萄、菠萝和罗望子中。

III. Malic, much like tartaric, found in apples, pears, peaches,

III. 苹果酸，与酒石酸颇为相似，存在于苹果、梨、桃中，

apricots, gooseberries, and currants.

IV. Citric ($H_3C_6H_5O_7$), found in lemons, oranges, limes, and citron.

V. Oxalic ($H_2C_2O_4$), found in rhubarb and sorrel.

To these may be added tannic acid, obtained from gall nuts. Some fruits contain two or more acids. Malic and citric are found in strawberries, raspberries, gooseberries, and cherries; malic, citric, and oxalic in cranberries.

CONDIMENTS

Condiments are not classed among foods, but are known as food adjuncts. They are used to stimulate the appetite by adding flavor to food. Among the most important are salt, spices, and various flavorings. Salt, according to some authorities, is called a food, being necessary to life.

Black pepper is ground peppercorns. Peppercorns are the dried berries of *Piper nigrum*, grown in the West Indies, Sumatra, and other eastern countries.

White pepper is made from the same berry, the outer husk being removed before grinding. It is less irritating than black pepper to the coating of the stomach.

Cayenne pepper is the powdered pod of *Capsicum* grown on the eastern coast of Africa and in Zanzibar.

Mustard is the ground seed of two species of the Brassica. *Brassica alba* yields white mustard seeds; *Brassica nigra*, black mustard seeds. Both species are grown in Europe and America.

杏子、醋栗和红醋栗。

IV.柠檬酸(H3C6H5O7)，存在于柠檬、橙子、青柠和香橼中。

V. 草酸(H2C2O4)，存在于大黄和酸模中。

此外还可加入从五倍子中获得的单宁酸。有些水果含有两种或更多种酸。苹果酸和柠檬酸存在于草莓、覆盆子、醋栗和樱桃中；苹果酸、柠檬酸和草酸存在于蔓越莓中。

调味品

调味品不归入食物之列，而被称为食品辅料。它们用于为食物增添风味以刺激食欲。其中最重要的有盐、香料和各种调味剂。据某些权威所言，盐被称为一种食物，为生命所必需。

黑胡椒是研磨过的胡椒粒。胡椒粒是*Piper nigrum*的干燥浆果，生长于西印度群岛、苏门答腊及其他东方国家。

白胡椒由同一种浆果制成，研磨前去除外层果壳。它对胃黏膜的刺激性比黑胡椒小。

卡宴辣椒是*Capsicum*的荚果粉末，该植物生长于非洲东海岸和桑给巴尔。

芥末是芸薹属两个物种的研磨种子。*Brassica alba*产出白芥菜籽；*Brassica nigra*产出黑芥菜籽。两个物种均种植于欧洲和美洲。

Ginger is the pulverized dried root of *Zanzibar officinale*, grown in Jamaica, China, and India. Commercially speaking, there are three grades,—Jamaica, best and strongest; Cochin, and African.

姜是*Zanzibar officinale*的干燥根研磨成的粉末，生长于牙买加、中国和印度。就商业而言，有三个等级--牙买加姜，最佳且最辛辣；科钦姜；以及非洲姜。

Cinnamon is the ground inner bark of *Cinnamomum zeylanicum*, principally grown in Ceylon. The cinnamon of commerce (cassia) is the powdered bark of different species of the same shrub, which is principally grown in China, and called Chinese cinnamon. It is cheaper than true cinnamon.

肉桂是*Cinnamomum zeylanicum*的内层树皮研磨而成，主要生长于锡兰。商业肉桂(桂皮)是同种灌木不同物种的树皮粉末，主要生长于中国，称为中国肉桂。它比真正的肉桂便宜。

Clove is the ground flower buds of *Caryophyllus aromaticus*, native to the Moluccas or Spice Islands, but now grown principally in Zanzibar, Pemba, and the West Indies.

丁香是*Caryophyllus aromaticus*的花蕾研磨而成，原产于摩鹿加群岛或香料群岛，但现在主要种植于桑给巴尔、奔巴和西印度群岛。

Pimento (commonly called allspice) is the ground fruit of *Eugenia pimenta*, grown in Jamaica and the West Indies.

多香果(通常称为众香子)是*Eugenia pimenta*的果实研磨而成，生长于牙买加和西印度群岛。

Nutmeg is the kernel of the fruit of the *Myristica fragans*, grown in Banda Islands.

肉豆蔻是*Myristica fragans*果实的核仁，生长于班达群岛。

Mace. The fibrous network which envelops the nutmeg seed constitutes the mace of commerce.

肉豆蔻衣。包裹肉豆蔻种子的纤维网状物构成商业肉豆蔻衣。

Vinegar is made from apple cider, malt, and wine, and is the product of fermentation. It is a great preservative; hence its use in the making of pickles, sauces, and other condiments. The amount of acetic acid in vinegar varies from two to seven per cent.

醋由苹果酒、麦芽和葡萄酒制成，是发酵的产物。它是一种极好的防腐剂；因此用于制作泡菜、酱汁和其他调味品。醋中醋酸的含量从百分之二到百分之七不等。

Capers are flower buds of *Capparis spinosa*, grown in countries bordering the Mediterranean. They are preserved in vinegar, and bottled for importation.

刺山柑是*Capparis spinosa*的花蕾，生长于地中海沿岸国家。它们用醋保藏，装瓶进口。

Horseradish is the root of *Cochliaria armoracia*,—a plant native to Europe, but now grown in our own country. It is generally grated,

辣根是*Cochliaria armoracia*的根--一种原产于欧洲的植物，但现在我国也有种植。它通常被磨碎，

mixed with vinegar, and bottled.

FLAVORING EXTRACTS

Many flavoring extracts are on the market. Examples: almond, vanilla, lemon, orange, peach, and rose. These are made from the flower, fruit, or seed from which they are named. Strawberry, pineapple, and banana extracts are manufactured from chemicals.

A group of kitchen utensils.—*Page 14*.

Measuring cups and teaspoons and tablespoons illustrating the measuring of dry ingredients, butter, and liquids.—*Page 25*.

The Whipping of heavy and thin Cream.—*Page 425*.

CHAPTER II
COOKERY

Cookery is the art of preparing food for the nourishment of the body.

Prehistoric man may have lived on uncooked foods, but there are no savage races to-day who do not practise cookery in some way, however crude. Progress in civilization has been accompanied by progress in cookery.

Much time has been given in the last few years to the study of foods, their necessary proportions, and manner of cooking them.

与醋混合，装瓶。

调味浸膏

市场上有许多调味香精。例如：杏仁、香草、柠檬、橙子、桃子和玫瑰。这些由与其同名的花、果实或种子制成。草莓、菠萝和香蕉香精由化学物质制造。

一组厨房用具。第14页。

量杯、茶匙和汤匙，示范干配料、黄油和液体的量取。--第*25*页。

浓奶油与稀奶油的搅打--第425页。

第二章烹饪

烹饪是调制食物以滋养身体的技艺。

史前人类可能以未烹煮的食物为生，但如今没有任何野蛮种族不以某种方式--无论多么粗糙--从事烹饪。文明的进步伴随着烹饪的进步。

过去几年中，人们投入大量时间研究食物、其必要的比例以及烹饪方式。

Educators have been shown by scientists that this knowledge should be disseminated; as a result, “Cookery” is found in the curriculum of public schools of many of our towns and cities.

科学家已向教育工作者表明，这些知识应当传播；因此，“烹饪”出现在我国许多城镇公立学校的课程中。

Food is cooked to develop new flavors, to make it more palatable and digestible, and to destroy micro-organisms. For cooking there are three essentials (besides the material to be cooked),—heat, air, and moisture.

烹饪食物是为了形成新的风味，使其更可口、更易消化，并消灭微生物。烹饪有三个要素(除待烹制的材料外)--热、空气和水分。

Heat is molecular motion, and is produced by combustion. Heat used for cookery is obtained by the combustion of inflammable substances—wood, coal, charcoal, coke, gas, gasoline, kerosene, and alcohol—called fuels. Heat for cookery is applied by radiation, conduction, and convection.

热是分子运动，由燃烧产生。用于烹饪的热量通过可燃物质--木柴、煤、木炭、焦炭、煤气、汽油、煤油和酒精--的燃烧获得，这些物质称为燃料。烹饪的热量通过辐射、传导和对流施加。

Air is composed of oxygen, nitrogen, and argon, and surrounds everything. Combustion cannot take place without it, the oxygen of the air being the only supporter of combustion.

空气由氧、氮和氩组成，环绕一切。没有它燃烧便无法发生，空气中的氧是燃烧的唯一支持者。

Moisture, in the form of water, either found in the food or added to it.

水分，以水的形式，或存在于食物中，或添加到食物中。

The combined effect of heat and moisture swells and bursts starch-grains; hardens albumen in eggs, fish, and meat; softens fibrous portions of meat, and cellulose of vegetables.

热和水的共同作用使淀粉粒膨胀并破裂；使鸡蛋、鱼和肉中的蛋白硬化；使肉的纤维部分和蔬菜的纤维素软化。

Among fuels, kerosene oil is the cheapest; gas gives the greatest amount of heat in the shortest time. *Soft wood*, like pine, on account of its coarse fibre, burns quickly; therefore makes the best kindling. *Hard wood*, like oak and ash, having the fibres closely packed, burns slowly, and is used in addition to pine wood for kindling coal. Where only wood is used as a fuel, it is principally hard wood.

在燃料中，煤油最便宜；煤气在最短时间内产生最大量的热。软木，如松木，因其纤维粗糙，燃烧迅速；因此是最好的引火材料。硬木，如橡木和栎木，纤维紧密排列，燃烧缓慢，与松木一起用于引燃煤。在仅以木柴为燃料的地方，主要使用硬木。

Charcoal for fuel is produced by the smothered combustion of wood. It gives an intense, even heat, therefore makes a good broiling fire. Its use for kindling is not infrequent.

用作燃料的木炭由木材的闷烧产生。它提供强烈而均匀的热量，因此是良好的炙烤火。它用于引火也颇为常见。

There are two kinds of coal: *Anthracite*, or *hard coal*. Examples: Hard and free-burning White Ash, Shamokin, and Franklin. Nut is any kind of hard coal obtained from screenings. *Bituminous*, or *soft coal*. Example: cannel coal.

煤有两种：无烟煤，或称硬煤。例如：硬质且易燃烧的白蜡煤、沙莫金煤和富兰克林煤。坚果煤是从筛屑中获得的任何种类的硬煤。烟煤，或称软煤。例如：烛煤。

Coke is the solid product of carbonized coal, and bears the same relation to coal that charcoal bears to wood.

焦炭是碳化煤的固体产物，与煤的关系如同木炭与木材的关系。

Alcohol is employed as fuel when the chafing-dish is used.

酒精在使用暖锅时用作燃料。

FIRE

火

Fire for cookery is confined in a stove or range, so that heat may be utilized and regulated. Flame-heat is obtained from kerosene, gas, or alcohol, as used in oil-stoves, gas-stoves or gas-ranges, and chafing-dishes.

烹饪用火被限制在炉灶或炉架内，以便热量得以利用和调节。火焰热来自煤油、煤气或酒精，用于油炉、煤气炉或煤气灶以及火锅。

A cooking-stove is a large iron box set on legs. It has a fire-box in the front, the sides of which are lined with fireproof material similar to that of which bricks are made. The bottom is furnished with a movable iron grate. Underneath the fire-box is a space which extends from the grate to a pan for receiving ashes. At the back of fire-box is a compartment called the oven, accessible on each side of the stove by a door. Between the oven and the top of the stove is a space for the circulation of air.

烹饪炉灶是一个架在腿上的大铁箱。其前部有一个火箱，火箱两侧衬有类似制砖材料的耐火材料。底部装有一个可移动的铁炉排。火箱下方是一个从炉排延伸到接灰盘的空间。火箱后部是一个称为烤箱的隔间，可通过炉灶两侧的门进入。烤箱与炉灶顶部之间是一个供空气流通的空间。

Stoves are connected with chimney-flues by means of a stovepipe, and have dampers to regulate the supply of air and heat, and as an outlet for smoke and gases.

炉灶通过烟囱管与烟道相连，并有风门以调节空气和热的供应，并作为烟和气体的出口。

The damper below the fire-box is known as the *front damper*, by means of which the air supply is regulated, thus regulating the heat.

火箱下方的风门称为前风门，通过它调节空气供给，从而调节热量。

The oven is heated by a circulation of hot air. This is accomplished by closing the *oven-damper*, which is situated near the oven. When this damper is left open, the hot air rushes up the chimney. The damper near the chimney is known as the *chimney-damper*. When open it gives a free outlet for the escape of smoke and gas. When partially closed, as is usually the case in most ranges, except when the fire is started, it serves as a saver of heat. There is also a *check*, which, when open, cools the fire and saves heat, but should always be closed except when used for this purpose.

烤箱通过热空气循环加热。这是通过关闭位于烤箱附近的烤箱风门来实现的。当此风门打开时，热空气冲上烟囱。烟囱附近的风门称为烟囱风门。打开时，它为烟和气体的逸出提供自由出口。当部分关闭时--大多数炉灶通常如此，除非生火时--它起到节省热量的作用。还有一个节制阀，打开时冷却炉火并节省热量，但除非用于此目的，否则应始终关闭。

Stoves are but seldom used, portable ranges having taken their places.

炉灶很少使用，便携式炉架已取而代之。

A portable range is a cooking-stove with one oven door; it often has an under oven, of use for warming dishes and keeping food hot.

便携式炉灶是一种带一扇烤箱门的烹饪炉灶；它通常有一个下烤箱，用于温热菜肴和保持食物温热。

A set range is built in a fireplace. It usually has two ovens, one on each side of the fire-box, or two above it at the back. Set ranges, as they consume so large an amount of fuel, are being replaced by portable ones.

固定式炉灶砌筑于壁炉之中。它通常有两个烤箱，一个在火箱两侧各一，或两个位于其后上方。固定式炉灶因消耗燃料量极大，正逐渐被便携式炉灶取代。

HOW TO BUILD A FIRE

如何生火

Before starting to build a fire, free the grate from ashes. To do this, put on covers, close front and back dampers, and open oven-damper; turn grate, and ashes will fall into the ash receiver. If these rules are not followed, ashes will fly over the room. Turn

生火之前，先清除炉排上的灰烬。为此，盖上炉盖，关闭前后风门，打开烤箱风门；转动炉排，灰烬便会落入灰烬接收器。若不遵循这些规则，灰烬会飞散到整个房间。转动

grate back into place, remove the covers over fire-box, and cover grate with pieces of paper (twisted in centre and left loose at the ends). Cover paper with small sticks, or pieces of pine wood, being sure that the wood reaches the ends of fire-box, and so arranged that it will admit air. Over pine wood arrange hard wood; then sprinkle with two shovelfuls of coal. Put on covers, open closed dampers, strike a match,—sufficient friction is formed to burn the phosphorus, this in turn lights the sulphur, and the sulphur the wood,—then apply the lighted match under the grate, and you have a fire.

将炉排放回原位，移开火箱上的盖子，并用纸片(在中心拧紧、两端留松)覆盖炉排。在纸上放小树枝或松木片，确保木柴伸到火箱两端，并安排得能进空气。在松木上架硬木，然后撒两铲煤。盖上盖子，打开关闭的风门，划一根火柴--产生的足够摩擦点燃磷，磷再点燃硫，硫再点燃木头--然后把点燃的火柴放在炉排下，你就有火了。

Now blacken the stove. Begin at front of range, and work towards the back; as the iron heats, a good polish may be obtained. When the wood is thoroughly kindled, add more coal. A blue flame will soon appear, which is the gas (CO) in the coal burning to carbon dioxide (CO_2), when the blue flame changes to a white flame; then the oven-damper should be closed. In a few moments the front damper may be nearly closed, leaving space to admit sufficient oxygen to feed the fire. It is sometimes forgotten that oxygen is necessary to keep a fire burning. As soon as the coal is well ignited, half close the chimney-damper, unless the draft be very poor.

现在把炉子擦黑。从炉灶前部开始，向后面操作；铁受热后，可以获得良好的光泽。当木柴完全燃旺后，再加更多煤。很快会出现蓝色火焰，这是煤中的气体(CO)燃烧成二氧化碳(CO 2)，当蓝色火焰变成白色火焰时，就应关闭烤箱风门。过一会儿，前风门可以几乎关闭，留出空间让足够的氧气进入以维持火势。人们有时会忘记氧气是保持火燃烧所必需的。煤一经充分点燃，就应把烟囱风门半关，除非通风很差。

Never allow the fire-box to be more than three-fourths filled. When full, the draft is checked, a larger amount of fuel is consumed, and much heat is lost. This is a point that should be impressed on the mind of the cook.

切勿让火箱装填超过四分之三。装满时，通风受阻，燃料消耗量增大，大量热量损失。这是应当让厨师牢记于心的一点。

Ashes must be removed and sifted daily; pick over and save good coals,—which are known as cinders,—throwing out useless pieces, known as clinkers.

灰烬必须每日清除并过筛；挑拣并保留优质煤块--即所谓煤渣--丢弃无用的碎块，即所谓熔渣。

If a fire is used constantly during the day, replenish coal frequently, but in small quantities. If for any length of time the fire is not needed, open check, the dampers being closed; when again wanted for use, close check, open front damper, and with a poker rake out ashes from under fire, and wait for fire to burn brightly before adding new coal.

如果白天持续用火，要经常添煤，但每次量要少。如果有一段时间不需要火，就打开风门，关闭节气阀；当再次需要用火时，关闭风门，打开前节气阀，用火钳把火下面的灰耙出来，等火烧旺后再添新煤。

Coal when red hot has parted with most of its heat. Some refuse to believe this, and insist upon keeping dampers open until most of the heat has escaped into the chimney.

煤烧到通红时，大部分热量已经散失。有些人不肯相信这一点，坚持把节气阀开着，直到大部分热量都从烟囱跑掉。

To keep a fire over night, remove the ashes from under the fire, put on enough coal to fill the box, close the dampers, and lift the back covers enough to admit air. This is better than lifting the covers over the fire-box and prevents poisonous gases entering the room.

要让火过夜不灭，先把火下面的灰清掉，添入足够的煤填满炉膛，关闭节气阀，并把后盖稍微抬起以进气。这比抬起火膛上方的盖子更好，可以防止有毒气体进入房间。

WAYS OF COOKING

烹饪方法

The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sautéing, braising, and fricasseeing.

主要的烹饪方式有煮、炙、炖、烤、烘、炸、煎、焖和炖。

Boiling is cooking in boiling water. Solid food so cooked is called boiled food, though literally this expression is incorrect. Examples: boiled eggs, potatoes, mutton, etc.

煮是在沸水中烹煮。这样烹煮的固体食物称为煮食，尽管字面上这个说法并不准确。例如：煮鸡蛋、煮土豆、煮羊肉等。

Water boils at 212° F. (sea level), and simmers at 185° F. Slowly boiling water has the same temperature as rapidly boiling water, consequently is able to do the same work,—a fact often forgotten by the cook, who is too apt “to wood” the fire that water may boil vigorously.

水在212°F(海平面)沸腾，在185°F微沸。慢沸的水与快沸的水温度相同，因此能完成同样的工作--这一点常被厨师遗忘，他们太容易为了水剧烈沸腾而“添柴”。

Watery vapor and steam pass off from boiling water. Steam is

水蒸气与蒸汽从沸水中逸出。蒸汽是

invisible; watery vapor is visible, and is often miscalled steam. Cooking utensils commonly used admit the escape of watery vapor and steam; thereby much heat is lost if food is cooked in rapidly boiling water.

不可见；水汽是可见的，常被误称为蒸汽。常用的炊具会让水汽和蒸汽逸出；因此，如果用剧烈沸腾的水烹煮食物，会损失大量热量。

Water is boiled for two purposes: first, cooking of itself to destroy organic impurities; second, for cooking foods. Boiling water toughens and hardens albumen in eggs; toughens fibrin and dissolves tissues in meat; bursts starch-grains and softens cellulose in cereals and vegetables. Milk should never be allowed to boil. At boiling temperature (214° F.) the casein is slightly hardened, and the fat is rendered more difficult of digestion. Milk heated over boiling water, as in a double boiler, is called *scalded milk*, and reaches a temperature of 196° F. When foods are cooked over hot water the process is called steaming.

煮沸水有两个目的：第一，通过煮沸本身破坏有机杂质；第二，用于烹饪食物。沸水会使鸡蛋中的蛋白变硬变韧；使肉中的纤维蛋白变韧并溶解组织；使谷物和蔬菜中的淀粉颗粒破裂并软化纤维素。牛奶绝不应煮沸。在沸腾温度(214°F)下，酪蛋白会轻微硬化，脂肪变得更难消化。牛奶在沸水上加热，如在双层蒸锅中那样，称为烫牛奶，温度达到196°F。当食物在热水上烹饪时，该过程称为蒸。

Stewing is cooking in a small amount of hot water for a long time at low temperature; it is the most economical way of cooking meats, as all nutriment is retained, and the ordinary way of cooking cheaper cuts. Thus fibre and connective tissues are softened, and the whole is made tender and palatable.

炖是在少量热水中以低温长时间烹煮；这是最经济的肉类烹饪方式，因为所有营养都得以保留，也是烹煮较便宜肉块的常用方法。这样纤维和结缔组织被软化，整体变得柔嫩可口。

Broiling is cooking over or in front of a clear fire. The food to be cooked is usually placed in a greased broiler or on a gridiron held near the coals, turned often at first to sear the outside,—thus preventing escape of inner juices,—afterwards turned occasionally. Tender meats and fish may be cooked in this way. The flavor obtained by broiling is particularly fine; there is, however, a greater loss of weight in this than in any other way of cooking, as the food thus cooked is exposed to free circulation of air. When coal is not used, or a fire is not in condition for broiling,

炙烤是在明火上方或前方烹饪。待烹饪的食物通常放在涂了油的烤架或靠近炭火的铁格架上，最初频繁翻动以灼烤外表--从而防止内部汁液流失--之后偶尔翻动。嫩肉和鱼可以用这种方式烹饪。炙烤获得的风味特别美妙；然而，这种烹饪方式比其他任何方式造成的重量损失都大，因为这样烹饪的食物暴露在自由流通的空气中。当不使用煤，或火不适合炙烤时，

a plan for *pan broiling* has been adopted. This is done by placing food to be cooked in a hissing hot frying-pan, turning often as in broiling.

已采用一种煎锅炙的方法。做法是把要烹煮的食物放入咝咝作响的热煎锅中，像炙烤那样经常翻动。

Roasting is cooking before a clear fire, with a reflector to concentrate the heat. Heat is applied in the same way as for broiling, the difference being that the meat for roasting is placed on a spit and allowed to revolve, thicker pieces alway being employed. Tin-kitchens are now but seldom used. Meats cooked in a range oven, though really baked, are said to be roasted. Meats so cooked are pleasing to the sight and agreeable to the palate, although, according to Edward Atkinson, not so easily digested as when cooked at a lower temperature in the Aladdin oven.

烤是在明火前烹饪，用反射器集中热量。热量的施加方式与炙烤相同，区别在于烤制的肉放在烤叉上旋转，总是使用较厚的肉块。锡制厨房现在很少使用。在炉灶烤箱中烹制的肉，虽然实际上是烘烤，但被称为烤。这样烹制的肉赏心悦目、美味可口，尽管据爱德华·阿特金森说，不如在阿拉丁烤箱中以较低温度烹制的肉那么容易消化。

Baking is cooking in a range oven.

烘焙是在炉灶烤箱中烹饪。

Frying is cooking by means of immersion in deep fat raised to a temperature of 350° to 400° F. For frying purposes olive oil, lard, beef drippings, cottolene, coto suet, and cocoanut butter are used. A combination of two-thirds lard and one-third beef suet (tried out and clarified) is better than lard alone. Cottolene, coto suet, and cocoanut butter are economical, inasmuch as they may be heated to a high temperature without discoloring, therefore may be used for a larger number of fryings. Cod fat obtained from beef is often used by *chefs* for frying.

油炸是通过浸入加热到350°至400°F的深油脂中烹饪。用于油炸目的的有橄榄油、猪油、牛油滴、棉籽油、棉籽脂和椰子油。三分之二猪油和三分之一牛脂(熬炼并澄清)的混合物比单独使用猪油更好。棉籽油、棉籽脂和椰子油很经济，因为它们可以加热到高温而不变色，因此可用于更多次的油炸。从牛肉获得的鳕鱼脂肪常被厨师用于油炸。

Great care should be taken in frying that fat is of the right temperature; otherwise food so cooked will absorb fat.

油炸时要格外小心，油脂温度必须合适；否则这样烹煮的食物会吸收油脂。

Nearly all foods which do not contain eggs are dipped in flour or crumbs, egg, and crumbs, before frying. The intense heat of fat hardens the albumen, thus forming a coating which prevents food

几乎所有不含鸡蛋的食物在油炸前都要蘸面粉或面包屑、蛋液和面包屑。油脂的高温使蛋白凝固，从而形成一层外衣，防止食物

from “soaking fat.”

When meat or fish is to be fried, it should be kept in a warm room for some time previous to cooking, and wiped as dry as possible. If cold, it decreases the temperature of the fat to such extent that a coating is not formed quickly enough to prevent fat from penetrating the food. The ebullition of fat is due to water found in food to be cooked.

Great care must be taken that too much is not put into the fat at one time, not only because it lowers the temperature of the fat, but because it causes it to bubble and go over the sides of the kettle. It is not fat that boils, but water which fat has received from food.

All fried food on removal from fat should be drained on brown paper.

Rules for Testing Fat for Frying. 1. When the fat begins to smoke, drop in an inch cube of bread from soft part of loaf, and if in forty seconds it is golden brown, the fat is then of right temperature for frying any cooked mixture.

2. Use same test for uncooked mixtures, allowing one minute for bread to brown.

Many kinds of food may be fried in the same fat; new fat should be used for batter and dough mixtures, potatoes, and fishballs; after these, fish, meat, and croquettes. Fat should be frequently clarified.

To Clarify Fat. Melt fat, add raw potato cut in quarter-inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain through double cheese-cloth,

摘自“浸泡油脂”。

肉或鱼要油炸时，应在烹煮前一段时间放在温暖的房间里，并尽量擦干。如果太冷，会使油脂温度降低到无法迅速形成外衣、防止油脂渗入食物的程度。油脂的沸腾是由于待烹食物中的水分。

必须格外小心，一次不要放入太多，不仅因为这会降低油脂温度，还因为会使油脂起泡并溢出锅边。沸腾的不是油脂，而是油脂从食物中吸收的水分。

所有油炸食品从油脂中取出后，应放在棕色纸上沥干。

测试油炸用油脂的规则。 1. 当油脂开始冒烟时，投入一块边长一英寸的面包块(取自面包柔软部分)，如果四十秒内变成金黄色，油脂温度就适合油炸任何熟混合物。

2. 对生混合物用同样的测试，让面包上色一分钟。

许多种食物可以用同一锅油脂油炸；面糊和面团类混合物、土豆和鱼丸应使用新油脂；之后可炸鱼、肉和炸丸子。油脂应经常澄清。

澄清油脂。融化油脂，加入切成四分之一英寸厚的生土豆片，让油脂逐渐加热；当油脂停止起泡、土豆充分上色时，用双层奶酪布过滤，

placed over wire strainer, into a pan. The potato absorbs any odors or gases, and collects to itself some of the sediment, remainder settling to bottom of kettle.

奶酪布铺在金属滤网上，滤入锅中。土豆吸收任何气味或气体，并吸附一部分沉淀物，其余沉淀物沉到锅底。

When small amount of fat is to be clarified, add to cold fat boiling water, stir vigorously, and set aside to cool; the fat will form a cake on top, which may be easily removed; on bottom of the cake will be found sediment, which may be readily scraped off with a knife.

要澄清少量油脂时，向冷油脂中加入沸水，用力搅拌，然后静置冷却；油脂会在表面结成饼状，容易取出；饼的底部会有沉淀物，可以用刀轻易刮掉。

Remnants of fat, either cooked or uncooked, should be saved and tried out, and when necessary clarified.

无论熟或生的油脂残余都应保存并熬炼，必要时加以澄清。

Fat from beef, poultry, chicken, and pork, may be used for shortening or frying purposes; fat from mutton and smoked meats may be used for making hard and soft soap; fat removed from soup stock, the water in which corned beef has been cooked, and drippings from roast beef, may be tried out, clarified, and used for shortening or frying purposes.

牛肉、禽肉、鸡肉和猪肉的油脂可用于起酥或油炸；羊肉和熏肉的油脂可用于制硬皂和软皂；从高汤中撇出的油脂、煮咸牛肉的水以及烤牛肉的滴油，可以熬炼、澄清，用于起酥或油炸。

To Try out Fat. Cut in small pieces and melt in top of a double boiler; in this way it will require less watching than if placed in kettle on the back of range. Leaf lard is tried out in the same way; in cutting the leaf, remove membrane. After straining lard, that which remains may be salted, pressed, and eaten as a relish, and is called scraps.

熬炼油脂。切成小块，在双层蒸锅的上层融化；这样比放在炉灶后部的锅里更省心。板油也用同样方法熬炼；切板油时去掉膜。猪油过滤后，剩下的部分可以加盐、压紧，作为佐餐小菜食用，称为油渣。

Sautéing is frying in a small quantity of fat. Food so cooked is much more difficult of digestion than when fried in deep fat; it is impossible to cook in this way without the food absorbing fat. A frying-pan or griddle is used; the food is cooked on one side, then turned, and cooked on the other.

煎是在少量油脂中煎炸。这样烹煮的食物比用深油脂油炸的更难消化；用这种方法烹煮不可能不让食物吸收油脂。使用煎锅或煎饼锅；食物先在一面烹煮，然后翻面，再煮另一面。

Braising is stewing and baking (meat). Meat to be braised is frequently first sautéd to prevent escape of much juice in the gravy. The meat is placed in a pan with a small quantity of stock or water, vegetables (carrot, turnip, celery, and onion) cut in pieces, salt, pepper, and sweet herbs. The pan should have a tight-fitting cover. Meat so prepared should be cooked in an oven at low uniform temperature for a long time. This is an economical way of cooking, and the only way besides stewing or boiling of making a large piece of tough meat palatable and digestible.

焖是炖和烘烤(肉)。待焖的肉通常先煎炒以防止肉汁中流失过多汁液。将肉放入锅中，加入少量高汤或水、切块的蔬菜(胡萝卜、芜菁、芹菜和洋葱)、盐、胡椒和香草。锅应配有紧密的盖子。这样准备的肉应在烤箱中以低而均匀的温度长时间烹制。这是一种经济的烹饪方式，也是除炖或煮之外使一大块老韧的肉变得可口易消化的唯一方法。

Fricasseeing is sautéing and serving with a sauce. Tender meat is fricasseed without previous cooking; less tender meat requires cooking in hot water before fricasseeing. Although veal is obtained from a young creature, it requires long cooking; it is usually sautéd, and then cooked in a sauce at low temperature for a long time.

炖是煎后配酱汁上桌。嫩肉不用预先烹煮即可炖；较老的肉需要先在热水中煮过再炖。虽然小牛肉取自幼畜，却需要长时间烹煮；通常先煎，然后在酱汁中以低温长时间烹煮。

VARIOUS WAYS OF PREPARING FOOD FOR COOKING

烹饪前处理食物的各种方法

Egging and Crumbing. Use for crumbing dried bread crumbs which have been rolled and sifted, or soft stale bread broken in pieces and forced through a colander. An ingenious machine on the market, “The Bread Crumber,” does this work. Egg used for crumbing should be broken into a shallow plate and beaten with a silver fork to blend yolk and white; dilute each egg with two tablespoons water. The crumbs should be taken on a board; food to be fried should be first rolled in crumbs (care being taken that all parts are covered with crumbs), then dipped in egg mixture (equal care being taken to cover all parts), then rolled in crumbs again; after the last crumbing remove food to a place on the board where there are no crumbs, and shake off some of the outer ones

拖蛋液与裹面包屑。用于裹面包屑的面包屑，应使用经擀压并过筛的干面包屑，或将陈软的干面包掰成碎块后用力擦过漏勺制成。市面上有一种巧妙的机器“面包屑机”(The Bread Crumber)可完成此项工作。用于裹面包屑的鸡蛋应磕入浅盘中，用银叉搅打使蛋黄与蛋白混合；每个鸡蛋加两汤匙水稀释。面包屑应置于案板上；待炸的食物应先滚上面包屑(注意使各部分均沾满面包屑)，然后蘸上蛋液(同样注意使各部分均沾满)，再滚上一层面包屑；最后一次裹屑后，将食物移至案板上没有面包屑的地方，抖落部分外层面包屑。

which make coating too thick. A broad-bladed knife with short handle—the Teller knife—is the most convenient utensil for lifting food to be crumbed from egg mixture. Small scallops, oysters, and crabs are more easily crumbed by putting crumbs and fish in paper and shaking paper until the fish is covered with crumbs. The object of first crumbing is to dry the surface that egg may cling to it; and where a thin coating is desired flour is often used in place of crumbs.

这会使外衣太厚。短柄宽刃刀--泰勒刀--是把要蘸面包屑的食物从蛋液中取出的最方便器具。小扇贝、牡蛎和蟹肉更容易蘸面包屑，方法是把面包屑和鱼放入纸中，摇动纸张直到鱼裹满面包屑。先蘸面包屑的目的是使表面干燥，以便蛋液附着；如果要薄外衣，常用面粉代替面包屑。

Larding is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. The flavor of lean and dry meat is much improved by larding; tenderloin of beef (fillet), grouse, partridge, pigeon, and liver are often prepared in this way. Pig pork being firm, is best for larding. Pork should be kept in a cold place that it may be well chilled. Remove rind and use the part of pork which lies between rind and vein. With sharp knife (which is sure to make a clean cut) remove slices a little less than one-fourth inch thick; cut the slices into strips a little less than one-fourth inch wide; these strips should be two and one-fourth inches long, and are called *lardoons*. Lardoons for small birds—quail, for example—should be cut smaller and not quite so long. To lard, insert one end of lardoon into larding-needle, hold needle firmly, and with pointed end take up a stitch one-third inch deep and three-fourths inch wide; draw needle through, care being taken that lardoon is left in meat and its ends project to equal lengths. Arrange lardoons in parallel rows, one inch apart, stitches in the alternate rows being directly underneath each other. Lard the upper surface of cuts of meat with the grain, never across it. In birds, insert lardoons at right angles to breastbone on either side. When large lardoons are forced through meat from surface to

嵌肥膘是将小块肥咸猪肉或培根穿入生肉表面。瘦而干的肉经嵌肥膘后风味大为改善；牛里脊(菲力)、松鸡、鹧鸪、鸽子和肝脏常以此法处理。猪的肥肉质地紧实，最宜用于嵌肥膘。猪肉应存放在阴凉处以充分冷却。去除猪皮，取猪皮与血管之间的部分。用锋利的刀(必能切出整齐的切口)切下略薄于四分之一英寸的片；将片切成略窄于四分之一英寸的条；这些条应长二又四分之一英寸，称为肥膘条。用于小型禽类--例如鹌鹑--的肥膘条应切得更小，且不必那么长。嵌肥膘时，将肥膘条的一端穿入嵌膘针，紧握针，用尖端挑起一针，深三分之一英寸、宽四分之三英寸；将针穿过，注意使肥膘条留在肉中，两端伸出等长。将肥膘条排成平行行，行距一英寸，相邻行的针脚彼此正对。嵌肥膘应顺肉的纹理进行，切勿横切纹理。禽类则沿胸骨两侧以直角方向穿入肥膘条。当大肥膘条从表面穿入肉中直至

surface, the process is called daubing. Example: Beef à la mode. Thin slices of fat salt pork placed over meat may be substituted for larding, but flavor is not the same as when pork is drawn through flesh, and the dish is far less sightly.

表面，这一过程称为涂抹。例如：红酒焖牛肉。在肉上铺薄片肥咸猪肉可以代替嵌脂，但风味与把猪肉穿入肉中不同，而且菜肴远不如前者美观。

Boning is removing bones from meat or fish, leaving the flesh nearly in its original shape. For boning, a small sharp knife with pointed blade is essential. Legs of mutton and veal and loins of beef may be ordered boned at market, no extra charge being made.

去骨是从肉或鱼中去除骨头，使肉几乎保持原形。去骨需要一把尖刃小快刀。羊腿、小牛腿和牛腰肉可以在市场订购时要求去骨，不另收费。

Whoever wishes to learn how to bone should first be taught boning of a small bird; when this is accomplished, larger birds, chickens, and turkeys may easily be done, the processes varying but little. In large birds tendons are drawn from legs, and the wings are left on and boned.

想学去骨的人应先学给小鸟去骨；掌握之后，较大的禽类、鸡和火鸡就容易做了，过程差别不大。大禽类要从腿上抽出筋腱，翅膀保留并去骨。

How to Bone a Bird

如何给禽类剔骨

In buying birds for boning, select those which have been fresh killed, dry picked, and not drawn. Singe, remove pinfeathers, head, and feet, and cut off wings close to body. Lay bird on a board, breast down.

购买用于去骨的禽类时，选择刚宰杀、干拔毛、未开膛的。燎去细毛，去掉羽根、头和脚，贴近身体切下翅膀。把禽放在板上，胸朝下。

Begin at neck and with sharp knife cut through the skin the entire length of body. Scrape the flesh from backbone until end of one shoulder-blade is found; scrape flesh from shoulder-blade and continue around wing joint, cutting through tendinous portions which are encountered; then bone other side. Scrape skin from backbone the entire length of body, working across the ribs. Free wishbone and collar-bones, at same time removing crop and windpipe; continue down breastbone, particular care being taken

从颈部开始，用锋利的刀沿体长切开皮肤。从脊骨刮下肉，直至找到一侧肩胛骨的末端；从肩胛骨刮下肉，继续绕至翅关节，切开所遇到的腱质部分；然后处理另一侧。沿体长从脊骨刮下皮肤，横过肋骨操作。游离叉骨和锁骨，同时去除嗉囊和气管；继续沿胸骨向下，特别小心

not to break the skin as it lies very near bone, or to cut the delicate membranes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds where wings are boned, scrape flesh to middle joint, where bone should be broken, leaving bone at tip end to assist in preserving shape.

注意不要弄破皮，因为皮紧贴骨头，也不要割破包裹内脏的薄膜。从第二关节和腿骨上刮下肉，把肉向后翻，像从手上脱手套一样拉下。取出骨架，把肉恢复原形。大禽类去翅膀骨时，把肉刮到中间关节，在那里折断骨头，保留尖端骨头以帮助保持形状。

How to Measure

如何计量

Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight; but the majority need definite guides.

正确的计量对于确保最佳效果绝对必要。良好的判断力加上经验，已教会一些人凭目测来计量；但大多数人需要明确的指南。

Tin, granite-ware, and glass measuring cups, divided in quarters or thirds, holding one half-pint, and tea and table spoons of regulation sizes,—which may be bought at any store where kitchen furnishings are sold,—and a case knife, are essentials for correct measurement. Mixing-spoons, which are little larger than tablespoons, should not be confounded with the latter.

锡制、花岗岩制品和玻璃量杯，分为四等份或三等份，容量为半品脱，以及规定尺寸的茶匙和汤匙--可在任何出售厨房用具的商店购买--还有一把菜刀，是正确计量的必备之物。搅拌勺比汤匙稍大，不应与汤匙混淆。

Measuring Ingredients. Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring. Mustard and baking-powder, from standing in boxes, settle, therefore should be stirred to lighten; salt frequently lumps, and these lumps should be broken. A *cupful* is measured level. To measure a cupful, put in the ingredient by spoonfuls or from a scoop, round slightly, and level with a case knife, care being taken not to shake the cup. *A tablespoonful is measured level. A teaspoonful is measured level.*

量取配料。面粉、谷物粉、糖粉和细砂糖以及小苏打应在量取前过筛。芥末和泡打粉因长期存放在盒中会沉降，因此应搅拌使其松散；盐常结块，这些块应打碎。一杯按平量量取。量取一杯时，用勺或从勺中逐次将配料放入，略微堆高，用餐刀刮平，注意不要摇晃量杯。一汤匙按平量量取。一茶匙按平量量取。

To measure tea or table spoonfuls, dip the spoon in the ingredient, fill, lift, and level with a knife, the sharp edge of knife being toward tip of spoon. Divide with knife lengthwise of spoon, for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths. Less than one-eighth of a teaspoonful is considered a few grains.

量取茶匙或汤匙时，将匙浸入配料中，装满，提起，用刀刮平，刀刃朝向匙尖。沿匙的长方向用刀分割，即为半匙；横向分割一半即为四分之一匙，再将四分之一横向分割即为八分之一匙。少于一茶匙八分之一的量视为几粒。

Measuring Liquids. A cupful of liquid is all the cup will hold.

量取液体一杯液体即杯子所能容纳的全部量。

A tea or table spoonful is all the spoon will hold.

一茶匙或一汤匙是指勺子能容纳的全部容量。

Measuring Butter, Lard, etc. To measure butter, lard, and other solid fats, pack solidly into cup or spoon, and level with a knife.

量取黄油、猪油等量取黄油、猪油及其他固体脂肪时，将其紧实地装入杯中或匙中，用刀刮平。

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, thereby using but one cup.

当同一食谱中需要干性配料、液体和脂肪时，按所列顺序量取，从而只用一个杯子。

How to Combine Ingredients

如何混合配料

Next to measuring comes care in combining,—a fact not always recognized by the inexperienced. Three ways are considered,—stirring, beating, and cutting and folding.

仅次于计量的是混合时的细心--这一事实并非 inexperienced 者总能认识到。有三种方式--搅拌、搅打以及切拌和翻拌。

To stir, mix by using circular motion, widening the circles until all is blended. Stirring is the motion ordinarily employed in all cookery, alone or in combination with beating.

搅拌，即采用圆周运动混合，逐渐扩大圆圈直至全部混合均匀。搅拌是所有烹饪中通常采用的动作，可单独使用或与搅打结合使用。

To beat, turn ingredient or ingredients over and over, continually bringing the under part to the surface, thus allowing the utensil used for beating to be constantly brought in contact with bottom of the dish and throughout the mixture.

搅打，即将一种或多种配料反复翻动，不断将底部翻到表面，从而使搅打用具能够持续接触碗底并贯穿整个混合物。

To cut and fold, introduce one ingredient into another ingredient or mixture by two motions: with a spoon, a repeated vertical downward motion, known as cutting; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, is called folding. These repeated motions are alternated until thorough blending is accomplished.

By stirring, ingredients are mixed; *by beating*, a large amount of air is enclosed; *by cutting and folding*, air already introduced is prevented from escaping.

Ways of Preserving

1. **By Freezing.** Foods which spoil readily are frozen for transportation, and must be kept packed in ice until used. Examples: Fish and poultry.

2. **By Refrigeration.** Foods so preserved are kept in cold storage. The cooling is accomplished by means of ice, or by a machine where compressed gas is cooled and then permitted to expand. Examples: meat, milk, butter, eggs, etc.

3. **By Canning.** Which is preserving in air-tight glass jars, or tin cans hermetically sealed. When fruit is canned, sugar is usually added.

4. **By Sugar.** Examples: fruit juices and condensed milk.

5. **By Exclusion of Air.** Foods are preserved by exclusion of air in other ways than canning. Examples: grapes in bran, eggs in lime water, etc.

6. **By Drying.** Drying consists in evaporation of nearly all

切拌和翻拌，即通过两种动作将一种配料引入另一种配料或混合物中：用勺子反复垂直向下运动，称为切拌；将混合物反复翻转，每次让勺碗接触碗底，称为翻拌。这些反复的动作交替进行，直至完全混合均匀。

通过搅拌，配料被混合；通过搅打，大量空气被包裹进去；通过切拌和翻拌，已引入的空气被防止逸出。

保存方法

1. **冷冻法。**容易变质的食物通过冷冻进行运输，使用前必须一直用冰包裹保存。例如：鱼和禽肉。

2. **冷藏法。**以此法保存的食物存放于冷藏库中。冷却是通过冰或通过机器实现的，机器将压缩气体冷却后让其膨胀。例如：肉、牛奶、黄油、鸡蛋等。

3. **罐藏法。**即将食物保藏于密封的玻璃罐或密封的锡罐中。水果罐藏时通常加糖。

4. **糖类**例如：果汁和炼乳。

5. **排除空气法。**食物通过罐藏以外的方式排除空气来保藏。例如：麸皮中的葡萄、石灰水中的鸡蛋等。

6. **通过干燥。**干燥在于蒸发几乎全部

moisture, and is generally combined with salting, except in vegetables and fruits.

7. **By Evaporation.** There are examples where considerable moisture remains, though much is driven off. Example: beef extract.

8. **By Salting.** There are two kinds of salting,—dry, and corning or salting in brine. Examples: salt codfish, beef, pork, tripe, etc.

9. **By Smoking.** Some foods, after being salted, are hung in a closed room for several hours, where hickory wood is allowed to smother. Examples: ham, beef, and fish.

10. **By Pickling.** Vinegar, to which salt is added, and sometimes sugar and spices, is scalded; and cucumbers, onions, and various kinds of fruit are allowed to remain in it.

11. **By Oil.** Examples: sardines, anchovies, etc.

12. **By Antiseptics.** The least wholesome way is by the use of antiseptics. Borax and salicylic acid, when employed, should be used sparingly.

TABLE OF MEASURES AND WEIGHTS

2	cups butter (packed solidly)	= 1 pound
4	cups flour (pastry)	= 1 pound
2	cups granulated sugar	= 1 pound
2⅔	cups powdered cups	= 1 pound
3½	cups confectioners' sugar	= 1 pound

水分，除蔬菜和水果外，通常与盐腌结合使用。

7. **蒸发法。**有些例子中虽然大量水分被驱除，但仍残留相当多的水分。例如：牛肉膏。

8. **盐腌法。**盐腌有两种--干腌和盐水腌渍。例如：咸鳕鱼、牛肉、猪肉、牛肚等。

9. **烟熏法。**有些食物在盐腌后，悬挂在密闭室中数小时，让山核桃木在其中闷烧。例如：火腿、牛肉和鱼。

10. **腌制。**将加盐的醋(有时加糖和香料)烫过；让黄瓜、洋葱和各种水果在其中浸泡。

11. **用油。**例如：沙丁鱼、鲣鱼等。

12. **防腐剂法。**最不卫生的方式是使用防腐剂。硼砂和水杨酸若使用，应少量使用。

度量衡表

2	杯黄油（压实紧实）	= 1磅
4	杯面粉（酥皮用）	= 1磅
2	杯砂糖	= 1磅
22⁄3	杯糖粉 杯	= 1磅
31⁄2	杯糖粉糖	= 1磅

2⅔	cups brown sugar	= 1 pound
2⅔	cups oatmeal	= 1 pound
4¾	cups rolled oats	= 1 pound
2⅔	cups granulated corn meal	= 1 pound
4⅓	cups rye meal	= 1 pound
1⅞	cups rice	= 1 pound
4½	cups Graham flour	= 1 pound
3⅞	cups entire wheat flour	= 1 pound
4⅓	cups coffee	= 1 pound
2	cups finely chopped meat	= 1 pound
9	large eggs	= 1 pound
1	square Baker’s chocolate	= 1 ounce
⅓	cup almonds blanched and chopped	= 1 ounce
A few grains is less than one-eighth teaspoon.		
3	teaspoons	= 1 tablespoon
16	tablespoons	= 1 cup
2	tablespoons butter	= 1 ounce
4	tablespoons flour	= 1 ounce

22/3	杯红糖	= 1磅
22/3	杯燕麦片	= 1磅
43/4	杯燕麦片	= 1磅
22/3	杯粗玉米粉 粗粉	= 1磅
41/3	杯黑麦粉	= 1磅
17/8	杯大米	= 1磅
41/2	杯全麦面粉	= 1磅
37/8	杯全麦面粉 = 1磅	
41/3	杯咖啡	= 1磅
2	杯切碎的 肉	= 1磅
9	个大鸡蛋	= 1磅
1	方块烘焙巧克力 巧克力	= 1盎司
1/3	一杯焯水去皮并切碎的杏仁	= 1盎司
少许(少于八分之一茶匙)。		
3	茶匙	= 1 汤匙
16	汤匙	= 1杯
2	汤匙黄油	= 1盎司
4	汤匙面粉	= 1盎司

TIME TABLES FOR COOKING

Boiling

Articles	Time	
	Hours	Minutes
Coffee		1 to 3
Eggs, soft cooked		6 to 8
Eggs, hard cooked		35 to 45
Mutton, leg	2 to 3	
Ham, weight 12 to 14 lbs.	4 to 5	
Corned Beef or Tongue	3 to 4	
Turkey, weight 9 lbs.	2 to 3	
Fowl, weight 4 to 5 lbs.	2 to 3	
Chicken, weight 3 lbs.	1 to 1¼	
Lobster		25 to 30
Cod and Haddock, weight 3 to 5 lbs.		20 to 30
Halibut, thick piece, weight 2 to 3 lbs.		30
Bluefish and Bass, weight 4 to 5 lbs.		40 to 45
Salmon, weight 2 to 3 lbs.		30 to 35
Small Fish		6 to 10
Potatoes, white		20 to 30
Potatoes, sweet		15 to 25
Asparagus		20 to 30
Peas		20 to 60

烹饪时间表

煮沸

物品	时间	
	小时	分钟
咖啡		1 至 3
嫩煮蛋		6 至 8
鸡蛋，煮至全熟		35至45
羊肉，羊腿	2到3	
火腿，重12至14磅。咸牛肉或牛舌火鸡，重9磅。禽肉，重4至5磅。鸡，重3磅。龙虾	4到5	
	3到4	
	2到3	
	2到3	
	1至1¼	
		25 至 30
鳕鱼和黑线鳕，重3至5磅。		20 到 30
比目鱼，厚块，重2至3磅。		30
蓝鱼与鲈鱼，重4至5磅。鲑鱼，重2至3磅。小型鱼类		40 到 45
		30至35
		6 至 10
土豆，白皮		20 到 30
红薯		15 至 25
芦笋		20 到 30
豌豆		20 到 60

String Beans	1 to 2½	
Lima and other Shell Beans	1 to 1¼	
Beets, young		45
Beets, old	3 to 4	
Cabbage		35 to 60
Oyster Plant		45 to 60
Turnips		30 to 45
Onions		45 to 60
Parsnips		30 to 45
Spinach		25 to 30
Green Corn		12 to 20
Cauliflower		20 to 25
Brussels Sprouts		15 to 20
Tomatoes, stewed		15 to 20
Rice		20 to 25
Macaroni		20 to 30

四季豆	1至21/2	
利马豆及其他带荚豆	1至11/4	
嫩甜菜		45
甜菜，老的	3到4	
卷心菜		35至60
婆罗门参		45 至 60
芜菁		30 到 45
洋葱		45 至 60
欧防风		30 到 45
菠菜		25至30
青玉米		12 到 20
花椰菜		20 到 25
球芽甘蓝番茄，炖		15 至 20
		15 至 20
大米		20 到 25
通心粉		20 到 30

Broiling

Steak, one inch thick	4 to 6
Steak, one and one-half inches thick	8 to 10
Lamb or Mutton Chops	6 to 8
Lamb or Mutton Chops in paper cases	10

炙烤

牛排，一英寸厚	4到6
牛排，厚一寸半羊排或羊肉片	8到10
	6到8
纸包羊肉或羊排	10

Quails or Squabs	8
Quails or Squabs in paper cases	10 to 12
Chickens	20
Shad, Bluefish, and Whitefish	15 to 20
Slices of Fish, Halibut, Salmon, and Swordfish	12 to 15
Small, thin Fish	5 to 8
Liver and Tripe	4 to 5

鹌鹑或乳鸽	8
鹌鹑或乳鸽纸包	10 到 12
鸡	20
鲥鱼、蓝鱼和白鱼	15至20
鱼片、大比目鱼、鲑鱼和剑鱼	12至15
小型的薄鱼	5到8
肝脏与牛肚	4到5

Baking

Bread (white loaf)	45 to 60
Bread (Graham loaf)	35 to 45
Bread (sticks)	10 to 15
Biscuits or Rolls (raised)	12 to 20
Biscuits (baking-powder)	12 to 15
Gems	25 to 30
Muffins (raised)	30
Muffins (baking-powder)	20 to 25
Corn Cake (thin)	15 to 20
Corn Cake (thick)	30 to 35
Gingerbread	20 to 30
Cookies	6 to 10

烘烤

面包(白面包条)	45 至 60
面包(格雷厄姆面包条)	35至45
面包(条)	10 到 15
饼干或发面小圆面包(发酵) 饼干(泡打粉)	12 到 20
	12至15
小松饼	25至30
松饼(发酵)	30
松饼(泡打粉)	20 到 25
玉米饼(薄)	15至20
玉米饼(厚)	30至35
姜饼	20 到 30
饼干	6至10

Sponge Cake		45 to 60
Cake (layer)		20 to 30
Cake (loaf)		40 to 60
Cake (pound)	1¼ to 1½	
Cake (fruit)	1¼ to 2	
Cake (wedding)	3	
or steam 2 hours and bake 1½		
Baked batter puddings		35 to 45
Bread puddings	1	
Tapioca or Rice Pudding	1	
Rice Pudding (poor man's)	2 to 3	
Indian Pudding	2 to 3	
Plum Pudding	2 to 3	
Custard Pudding		30 to 45
Custard (baked in cups)		20 to 25
Pies		30 to 50
Tarts		15 to 20
Patties		20 to 25
Vol-au-vent		50 to 60
Cheese Straws		8 to 10
Scalloped Oysters		25 to 30
Scalloped dishes of cooked mixtures		12 to 15
Baked Beans	6 to 8	

海绵蛋糕蛋糕(夹层) 蛋糕(条状)		45 至 60
		20 到 30
		40 至 60
蛋糕(磅蛋糕)	11/4 到 11/2	
蛋糕(水果)	11/4 到 2	
蛋糕(婚礼)3或蒸2小时，烘烤11/2		
烤面糊布丁		35至45
面包布丁 1 木薯布丁或米布丁 1 米布丁(穷人版)		
	2 到 3	
印度布丁李子布丁卡仕达布丁	2 到 3	
	2 到 3	
		30 到 45
蛋奶冻(杯烤)派		20 到 25
		30 到 50
挞		15 至 20
肉饼		20 到 25
酥皮盒		50 到 60
奶酪条扇贝烤牡蛎		8到10
		25至30
焗烤熟食混合菜肴		12至15
烤豆	6 至 8	

Braised Beef	3½ to 4½	
Beef, sirloin or rib, rare, weight 5 lbs.	1	5
Beef, sirloin or rib, rare, weight 10 lbs.	1	30
Beef, sirloin or rib, well done, weight 5 lbs.	1	20
Beef, sirloin or rib, well done, weight 10 lbs.	1	50
Beef, rump, rare, weight 10 lbs.	1	35
Beef, rump, well done, weight 10 lbs.	1	55
Beef, (fillet)		20 to 30
Mutton (saddle)	1¼ to 1½	
Lamb (leg)	1¼ to 1¾	
Lamb (fore-quarter)	1 to 1¼	
Lamb (chops) in paper cases		15 to 20
Veal (leg)	3½ to 4	
Veal (loin)	2 to 3	
Pork (chine or sparerib)	3 to 3½	
Chicken, weight 3 to 4 lbs.	1 to 1½	
Turkey, weight 9 lbs.	2½ to 3	
Goose, weight 9 lbs.	2	
Duck (domestic)	1 to 1¼	
Duck (wild)		20 to 30
Grouse		25 to 30

红烧牛肉	31/2 到 41/2	
牛肉，西冷或肋部，三分熟，重5磅。1 5 牛肉，西冷或肋部，三分熟，重10磅。1 30 牛肉，西冷或肋部，全熟，重5磅。1 20 牛肉，西冷或肋部，全熟，重10磅。1 50 牛肉，臀部，三分熟，重10磅。		
	1 35	
牛肉，臀肉，全熟，重量10磅。1 55		
牛肉(里脊)		20 到 30
羊肉(马鞍肉)	11/4 到 11/2	
羊(腿)	11/4 到 13/4	
羊(前四分之一)	1至11/4	
纸包羊排		15 至 20
小牛肉(腿肉)	31/2 到 4	
小牛肉(里脊)	2到3	
猪肉(里脊或排骨)鸡肉，重3至4磅。火鸡，重9磅。	3至31/2 1至11/2 21/2 到 3	
鹅，重9磅2		
鸭(家鸭)	1至11/4	
鸭(野鸭)		20 到 30
松鸡		25 至 30

Partridge		45 to 50
Pigeons (potted)	2	
Fish (thick), weight 3 to 4 lbs.		45 to 60
Fish (small)		20 to 30

Frying

Muffins, Fritters, and Doughnuts	3 to 5
Croquettes and Fishballs	1
Potatoes, raw	4 to 8
Breaded Chops	5 to 8
Fillets of Fish	4 to 6
Smelts, Trout, and other small Fish	3 to 5

Note.—Length of time for cooking fish and meat does not depend so much on the number of pounds to be cooked as the extent of surface exposed to the heat.

CHAPTER III
BEVERAGES

A beverage is any drink. Water is the beverage provided for man by Nature. Water is an essential to life. All beverages contain a large percentage of water, therefore their uses should be considered:—

鹧鸪		45 到 50
鸽子(罐焖)	2	
鱼(大)，重3至4磅。鱼(小)		45 至 60
		20 到 30

煎炸

松饼、油炸馅饼与甜甜圈炸丸子与鱼	3 至 5
丸生土豆	1
	4 至 8
蘸面包屑的肉排	5 到 8
鱼柳	4到6
多春鱼、鳟鱼及其他小型鱼类	3至5

注--烹制鱼和肉所需的时间，与其说取决于要烹制的磅数，不如说取决于暴露于热量的表面积大小。

第三章
饮料

饮料即任何饮品。水是自然为人类提供的饮料。水是生命所必需的。所有饮料都含有大量水分，因此应考虑其用途：--

I.

To quench thirst.

II.

To introduce water into the circulatory system.

III.

To regulate body temperature.

IV.

To assist in carrying off waste.

V.

To nourish.

VI.

To stimulate the nervous system and various organs.

VII.

For medicinal purposes.

Freshly boiled water should be used for making hot beverages; freshly drawn water for making cold beverages.

TEA

Tea is used by more than one-half the human race; and, although the United States is not a tea-drinking country, one and one-half pounds are consumed per capita per annum.

All tea is grown from one species of shrub, *Thea*, the leaves of which constitute the tea of commerce. Climate, elevation, soil, cultivation, and care in picking and curing all go to make up the differences. First-quality tea is made from young, whole leaves. Two kinds of tea are considered:—

Black tea, made from leaves which have been allowed to ferment before curing.

I.

解渴。

II.

向循环系统中引入水分。

III.

调节体温。

第四。

用以帮助带走废物。

V.

滋养。

VI.

刺激神经系统及多种器官。

VII.

供药用。

制作热饮料应使用刚煮沸的水；制作冷饮料应使用刚汲取的水。

茶

茶为人类半数以上的人口所饮用；尽管美国并非饮茶之国，但每人每年仍消费一磅半。

所有茶叶均产自同一种灌木，茶属，其叶片构成商品茶叶。气候、海拔、土壤、栽培以及采摘和制作时的用心，共同造就了差异。上等茶叶由幼嫩完整的叶片制成。茶分为两种：--

红茶，由在制作前经过发酵的叶片制成。

Green tea, made from unfermented leaves artificially colored.

The best black tea comes from India and Ceylon. Some familiar brands are Oolong, Formosa, English Breakfast, Orange Pekoe, and Flowery Pekoe. The last two named, often employed at the “five o’clock tea,” command high prices; they are made from the youngest leaves. Orange Pekoe is scented with orange leaves. The best green tea comes from Japan. Some familiar brands are Hyson, Japan, and Gunpowder.

From analysis, it has been found that tea is rich in proteid, but taken as an infusion acts as a stimulant rather than as a nutrient. The nutriment is gained from sugar and milk served with it. The stimulating property of tea is due to the alkaloid, *theine*, together with an essential oil; it contains an astringent, tannin. Black tea contains less theine, essential oil, and tannin than green tea. The tannic acid, developed from the tannin by infusion, injures the coating of the stomach.

Although tea is not a substitute for food, it appears so for a considerable period of time, as its stimulating effect is immediate. It is certain that less food is required where much tea is taken, for by its use there is less wear of the tissues, consequently need of repair. When taken to excess, it so acts on the nervous system as to produce sleeplessness or insomnia, and finally makes a complete wreck of its victim. Taken in moderation, it acts as a mild stimulant, and ingests a considerable amount of water into the system; it heats the body in winter, and cools the body in summer. Children should never be allowed to drink tea, and it had better be avoided by the young, while it may be indulged in by the aged, as it proves a valuable stimulant as the functional

绿茶，由未发酵的叶片经人工着色制成。

最好的红茶产自印度和锡兰。一些常见的品种有乌龙、福尔摩沙、英式早餐、橙黄白毫和花白毫。最后提到的两种常用于“五点钟茶会”，价格高昂；它们由最幼嫩的叶片制成。橙黄白毫以橙叶熏香。最好的绿茶产自日本。一些常见的品种有熙春、日本茶和珠茶。

据分析发现，茶富含蛋白质，但作为浸剂饮用时起兴奋剂而非营养品的作用。其营养来自与之同饮的糖和牛奶。茶的兴奋特性源于生物碱茶碱以及一种精油；它含有一种收敛剂--单宁。红茶的茶碱、精油和单宁含量低于绿茶。单宁经浸泡生成的单宁酸会损伤胃黏膜。

尽管茶不能替代食物，但在相当长的时间内似乎可以起到替代作用，因为它的兴奋效果立竿见影。可以肯定的是，大量饮茶时所需的食物较少，因为饮茶减少了组织的损耗，从而减少了修复的需要。过量饮用时，它作用于神经系统，导致失眠，最终使受害者彻底垮掉。适量饮用时，它起温和兴奋剂的作用，并为机体摄入大量水分；它冬天暖身，夏天凉体。儿童绝不应被允许喝茶，年轻人最好避免，而老年人则可以适量享用，因为随着年龄增长，器官功能

activities of the stomach become weakened.

Freshly boiled water should be used for making tea. Boiled, because below the boiling-point the stimulating property, theine, would not be extracted. Freshly boiled, because long cooking renders it flat and insipid to taste on account of escape of its atmospheric gases. Tea should always be infused, never boiled. Long steeping destroys the delicate flavor by developing a larger amount of tannic acid.

How to Make Tea

3 teaspoons tea
2 cups boiling water
Scald an earthen or china teapot.

Put in tea, and pour on boiling water. Let stand on back of range or in a warm place five minutes. Strain and serve immediately, with or without sugar and milk. Avoid second steeping of leaves with addition of a few fresh ones. If this is done, so large an amount of tannin is extracted that various ills are apt to follow.

Five o'Clock Tea

When tea is made in dining or drawing-room, a "Five o'Clock Tea-kettle" (Samovar), and tea-ball or teapot are used.

Russian Tea

Follow recipe for making tea. Russian Tea may be served hot or

胃的活动减弱。

泡茶应使用刚煮沸的水。用煮沸的水，是因为低于沸点则无法浸出刺激性物质茶碱。用刚煮沸的水，是因为长时间煮沸会因大气气体逸出而使茶味平淡无味。茶应始终浸泡，绝不可煮沸。长时间浸泡会因析出大量单宁酸而破坏其细腻风味。

如何泡茶

3茶匙茶叶
两杯沸水
烫热陶制或瓷制茶壶。

放入茶叶，倒入沸水。置于炉灶后部或温暖处五分钟。滤出并立即奉上，可加糖和牛奶，亦可均不加。避免在加入少量新叶后再次浸泡。若如此做，会析出大量单宁，容易引发各种不适。

五点钟茶

在餐厅或客厅泡茶时，使用"五点钟茶壶"(萨莫瓦尔)以及茶球或茶壶。

俄罗斯茶

按照泡茶的食谱操作。俄罗斯茶可以热饮或

cold, but always without milk. A thin slice of lemon, from which seeds have been removed, or a few drops of lemon juice, is allowed for each cup. Sugar is added according to taste. In Russia a preserved strawberry to each cup is considered an improvement. We imitate our Russian friends by garnishing with a candied cherry.

冷饮，但始终不加牛奶。每杯允许放入一片去籽的薄柠檬片，或几滴柠檬汁。按口味加糖。在俄国，每杯加一颗蜜饯草莓被视为一种改良。我们仿效俄国朋友，用糖渍樱桃作点缀。

De John's Tea

Follow recipe for making tea and serve hot, allowing three whole cloves to each cup. Sugar is added according to taste.

德约翰茶

按照泡茶食谱操作，趁热奉上，每杯放入三整颗丁香。按口味加糖。

Iced Tea

4 teaspoons tea
2 cups boiling water
Follow recipe for making tea. Strain into glasses one-third full of cracked ice. Sweeten to taste, and allow one slice lemon to each glass tea. The flavor is much finer by chilling the infusion quickly.

冰茶

4茶匙茶叶
两杯沸水
按照泡茶食谱操作。滤入装有三分之一碎冰的玻璃杯中。按口味加甜，每杯茶允许放入一片柠檬。快速冷却浸泡液可使风味更佳。

Wellesley Tea

Make same as Iced Tea, having three crushed mint leaves in each glass into which the hot infusion is strained.

韦尔斯利茶

与冰茶制法相同，每只玻璃杯中放入三片揉碎的薄荷叶，将热浸泡液滤入其中。

Five o'Clock Tea Service.—*Page 34.*

五点钟茶点服务--第34页。

Chocolate Service.—*Page 41.*

巧克力服务。--第41页。

Coffee Percolators and Pot.—*Page 38.*

咖啡渗滤壶与壶。--第38页。

After-Dinner Coffee Service.—*Page 38.*

餐后咖啡服务。--第38页。

COFFEE

咖啡

The coffee-tree is native to Abyssinia, but is now grown in all tropical countries. It belongs to the genus *Coffea*, of which there are about twenty-two species. The seeds of berries of coffee-trees constitute the coffee of commerce. Each berry contains two seeds, with exception of maleberry, which is a single round seed. In their natural state they are almost tasteless; therefore color, shape, and size determine value. Formerly, coffee was cured by exposure to the sun; but on account of warm climate and sudden rainfalls, coffee was often injured. By the new method coffee is washed, and then dried by steam heat.

咖啡树原产于阿比西尼亚，如今在所有热带国家均有种植。它属于咖啡属，该属约有二十二个种。咖啡树浆果的种子构成商业咖啡。每颗浆果含两粒种子，唯圆豆例外，它是单粒圆形种子。在自然状态下它们几乎无味；因此颜色、形状和大小决定其价值。从前，咖啡通过日晒处理；但由于气候温暖和突如其来的降雨，咖啡常受损伤。采用新做法，咖啡经水洗，然后用蒸汽热干燥。

In coffee plantations, trees are planted in parallel rows, from six to eight feet apart, and are pruned so as never to exceed six feet in height. Banana-trees are often grown in coffee plantations, advantage being taken of their outspreading leaves, which protect coffee-trees from direct rays of the sun. Brazil produces about two-thirds the coffee used. Central America, Java, and Arabia are also coffee centres.

在咖啡种植园中，树木以平行行距六至八英尺栽种，并修剪使其高度永不超过六英尺。香蕉树常种植于咖啡种植园中，利用其向外伸展的叶片为咖啡树遮挡阳光直射。巴西出产所用咖啡的约三分之二。中美洲、爪哇和阿拉伯也是咖啡中心。

Tea comes to us ready for use; coffee needs roasting. In process of roasting the seeds increase in size, but lose fifteen per cent in weight. Roasting is necessary to develop the delightful aroma and flavor. Java coffee is considered finest. Mocha commands a higher price, owing to certain acidity and sparkle, which alone is not

茶送到我们手中时已可直接使用；咖啡则需要烘焙。在烘焙过程中，咖啡豆体积增大，但重量减少百分之十五。烘焙对于形成令人愉悦的香气和风味是必要的。爪哇咖啡被认为最佳。摩卡咖啡价格更高，因其具有一定的酸度和光泽，单凭此点并不

desirable; but when combined with Java, in proportion of two parts Java to one part Mocha, the coffee best suited to average taste is made. Some people prefer Maleberry Java; so especial care is taken to have maleberries separated, that they may be sold for higher price. Old Government Java has deservedly gained a good reputation, as it is carefully inspected, and its sale controlled by Dutch government. Strange as it may seem to the consumer, all coffee sold as Java does not come from the island of Java. Any coffee, wherever grown, having same characteristics and flavor, is sold as Java. The same is true of other kinds of coffee.

令人满意；但与爪哇咖啡按两份爪哇对一份摩卡的比例混合时，便制成最适合大众口味的咖啡。有些人偏爱圆豆爪哇；因此特别小心地将圆豆分离出来，以便以更高价格出售。老政府爪哇咖啡理应获得良好声誉，因为它经过仔细检验，其销售由荷兰政府控制。对消费者来说似乎奇怪的是，所有作为爪哇咖啡出售的咖啡并非都来自爪哇岛。任何咖啡，无论产自何处，只要具有相同的特征和风味，都作为爪哇咖啡出售。其他种类的咖啡也是如此。

The stimulating property of coffee is due to the alkaloid *caffeine*, together with an essential oil. Like tea, it contains an astringent. Coffee is more stimulating than tea, although, weight for weight, tea contains about twice as much *theine* as coffee contains *caffeine*. The smaller proportion of tea used accounts for the difference. A cup of coffee with breakfast, and a cup of tea with supper, serve as a mild stimulant for an adult, and form a valuable food adjunct, but should never be found in the dietary of a child or dyspeptic. Coffee taken in moderation quickens action of the heart, acts directly upon the nervous system, and assists gastric digestion. Fatigue of body and mind are much lessened by moderate use of coffee; severe exposure to cold can be better endured by the coffee drinker. In times of war, coffee has proved more valuable than alcoholic stimulants to keep up the enduring power of soldiers. Coffee acts as an antidote for opium and alcoholic poisoning. Tea and coffee are much more readily absorbed when taken on an empty stomach; therefore this should be avoided except when used for medicinal purposes. Coffee must be taken in moderation; its excessive use means palpitation of the heart, tremor, insomnia,

咖啡的兴奋特性源于生物碱咖啡因以及一种精油。与茶一样，它含有一种收敛剂。咖啡比茶更具兴奋性，尽管按同等重量计，茶所含的茶碱约为咖啡所含咖啡因的两倍。所用茶的比例较小解释了这一差异。早餐一杯咖啡、晚餐一杯茶，对成年人起温和兴奋剂的作用，构成有价值的食品辅助品，但绝不应出现在儿童或消化不良者的膳食中。适量饮用咖啡可加快心脏活动，直接作用于神经系统，并助胃消化。适量饮用咖啡可大大减轻身心疲劳；饮咖啡者更能忍受严寒。在战争时期，咖啡在维持士兵耐力方面被证明比酒精兴奋剂更有价值。咖啡可作为鸦片和酒精中毒的解毒剂。茶和咖啡在空腹时更易被吸收；因此除药用目的外应避免空腹饮用。咖啡必须适量饮用；过量饮用意味着心悸、震颤、失眠、

and nervous prostration.

Coffee is often adulterated with chiccory, beans, peas, and various cereals, which are colored, roasted, and ground. By many, a small amount of chiccory is considered an improvement, owing to the bitter principle and volatile oil which it contains. Chiccory is void of caffeine. The addition of chiccory may be detected by adding cold water to supposed coffee; if chiccory is present, the liquid will be quickly discolored, and chiccory will sink; pure coffee will float.

Buying of Coffee. Coffee should be bought for family use in small quantities, freshly roasted and ground; or, if one has a coffee-mill, it may be ground at home as needed. After being ground, unless kept air tight, it quickly deteriorates. If not bought in air-tight cans, with tight-fitting cover, or glass jar, it should be emptied into canister as soon as brought from grocer's.

Coffee may be served as filtered coffee, infusion of coffee, or decoction of coffee. Commonly speaking, boiled coffee is preferred, and is more economical for the consumer. Coffee is ground fine, coarse, and medium; and the grinding depends on the way in which it is to be made. For filtered coffee have it finely ground; for boiled, coarse or medium.

Filtered Coffee

(*French or Percolated*)
1 cup coffee (finely ground)
6 cups boiling water
Various kinds of coffee pots are on the market for making filtered coffee. They all contain a strainer to hold coffee without allowing

以及神经衰弱。

咖啡常被掺入菊苣、豆类、豌豆和各种谷物，这些掺杂物经过染色、烘焙和研磨。许多人认为少量菊苣是一种改良，因其含有苦味成分和挥发油。菊苣不含咖啡因。加入菊苣可通过向疑似咖啡中加入冷水来检测；若含有菊苣，液体将迅速变色，菊苣会下沉；纯咖啡则会浮起。

购买咖啡家庭用咖啡应少量购买，且为新鲜烘焙和研磨的；或者，若有咖啡磨，可在需要时于家中研磨。研磨后，除非密封保存，否则会迅速变质。若购买时非密封罐装、配有紧密盖子或玻璃瓶，则从杂货店买回后应立即倒入密封罐中。

咖啡可作为过滤咖啡、浸泡咖啡或煮制咖啡供应。通常而言，煮制咖啡更受青睐，且对消费者而言更为经济。咖啡有细磨、粗磨和中磨之分；研磨程度取决于制作方式。过滤咖啡宜细磨；煮制咖啡宜粗磨或中磨。

过滤咖啡

(法式或渗滤式)
一杯咖啡(细磨)
6杯沸水
市场上有各种咖啡壶用于制作过滤咖啡。它们都含有一个滤网以盛放咖啡，而不使

grounds to mix with infusion. Some have additional vessel to hold boiling water, upon which coffee-pot may rest.

Place coffee in strainer, strainer in coffee-pot, and pot on the range. Add gradually boiling water, and allow it to filter. Cover between additions of water. If desired stronger, re-filter. Serve at once with cut sugar and cream.

Put sugar and cream in cup before hot coffee. There will be perceptible difference if cream is added last. If cream is not obtainable, scalded milk may be substituted, or part milk and part cream may be used, if a diluted cup of coffee is desired.

Boiled Coffee

1 cup coffee
1 egg
1 cup cold water
6 cups boiling water
Scald *granite-ware* coffee-pot. Wash egg, break, and beat slightly. Dilute with one-half the cold water, add crushed shell, and mix with coffee. Turn into coffee-pot, pour on boiling water, and stir thoroughly. Place on front of range, and boil three minutes. If not boiled, coffee is cloudy; if boiled too long, too much tannic acid is developed. The spout of pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma. Stir and pour some in a cup to be sure that spout is free from grounds. Return to coffee-pot and repeat. Add remaining cold water, which perfects clearing. Cold water being heavier than hot water sinks to the bottom, carrying grounds with it. Place on back of range for ten minutes, where coffee will not boil. Serve at once. If any is left

咖啡渣混入浸泡液中。有些还附有盛放沸水的额外容器，咖啡壶可置于其上。

将咖啡放入滤网，滤网放入咖啡壶，壶置于炉灶上。逐渐加入沸水，让其过滤。每次加水之间加盖。若希望更浓，可再次过滤。立即奉上，配以方糖和奶油。

在倒入热咖啡之前，先将糖和奶油放入杯中。若最后加入奶油，会有明显差异。若无法获得奶油，可用烫过的牛奶代替，或部分牛奶部分奶油，若希望得到稀释的咖啡。

煮咖啡

1杯咖啡
1个鸡蛋
一杯冷水
6杯沸水

烫花岗岩器皿咖啡壶。洗净鸡蛋，打碎并轻微搅打。用一半冷水稀释，加入碾碎的蛋壳，与咖啡混合。倒入咖啡壶，注入沸水，充分搅拌。置于炉灶前部，煮沸三分钟。若不煮沸，咖啡会浑浊；若煮沸过久，会生成过多单宁酸。壶嘴应用软纸覆盖或塞住，以防香气逸散。搅拌并倒一些到杯中，确认壶嘴没有咖啡渣。倒回咖啡壶并重复。加入剩余的冷水，这能使咖啡澄清完美。冷水比热水重，会沉到底部，带走咖啡渣。置于炉灶后部十分钟，此处咖啡不会沸腾。立即供应。若有剩余

over, drain from grounds, and reserve for making of jelly or other dessert.

煮好后，从咖啡渣中滤出，留作制作果冻或其他甜点之用。

Egg-shells may be saved and used for clearing coffee. Three egg-shells are sufficient to effect clearing where one cup of ground coffee is used. The shell performs no office in clearing except for the albumen which clings to it. Burnett's Crystal Coffee Settler, or salt fish-skin, washed, dried, and cut in inch pieces, is used for same purpose.

蛋壳可保存下来用于澄清咖啡。一杯研磨咖啡使用三个蛋壳足以达到澄清效果。蛋壳除附着其上的蛋白外，在澄清中不起作用。伯内特水晶咖啡澄清剂，或咸鱼皮，经洗涤、干燥并切成英寸小块，也用于同样目的。

Coffee made with an egg has a rich flavor which egg alone can give. Where strict economy is necessary, if great care is taken, egg may be omitted. Coffee so made should be served from range, as much motion causes it to become roiled.

用鸡蛋制作的咖啡具有鸡蛋本身所能赋予的浓郁风味。在必须严格节约的情况下，若格外小心，可以省略鸡蛋。如此制作的咖啡应从炉灶上直接端上桌，因为过多的晃动会使其变得浑浊。

Tin is an undesirable material for a coffee-pot, as tannic acid acts on such metal and is apt to form a poisonous compound.

锡是不适合制作咖啡壶的材料，因为单宁酸会作用于这种金属，容易形成有毒的化合物。

When coffee and scalded milk are served in equal proportions, it is called *Café au lait*. Coffee served with whipped cream is called *Vienna Coffee*.

当咖啡与烫牛奶以相等比例供应时，称为牛奶咖啡。配以搅打奶油的咖啡称为维也纳咖啡。

To Make a Small Pot of Coffee. Mix one cup ground coffee with one egg, slightly beaten, and crushed shell. To one-third of this amount add one-third cup cold water. Turn into a scalded coffee-pot, add one pint boiling water, and boil three minutes. Let stand on back of range ten minutes; serve. Keep remaining coffee and egg closely covered, in a cool place, to use two successive mornings.

制作一小壶咖啡。将一杯研磨咖啡与一个略经搅打的鸡蛋及碾碎的蛋壳混合。取此量的三分之一，加入三分之一杯冷水。倒入烫过的咖啡壶中，加入一品脱沸水，煮沸三分钟。置于炉灶后部静置十分钟；即可供应。将剩余的咖啡与鸡蛋严密盖好，放在阴凉处，供连续两个早晨使用。

To Make Coffee for One. Allow two tablespoons ground coffee to one cup cold water. Add coffee to cold water, cover closely, and let stand over night. In the morning bring to a boiling-point. If

制作一人份咖啡。每杯冷水配两汤匙研磨咖啡。将咖啡加入冷水，严密盖好，静置过夜。早晨煮沸。若

carefully poured, a clear cup of coffee may be served.

小心斟倒后，可奉上一杯清澈的咖啡。

After-Dinner Coffee

餐后咖啡

(*Black Coffee, or Café Noir*)

(黑咖啡，或无奶咖啡)

For after-dinner coffee use twice the quantity of coffee, or half the amount of liquid, given in previous recipes. Filtered coffee is often preferred where milk or cream is not used, as is always the case with black coffee. Serve in after-dinner coffee cups, with or without cut sugar.

餐后咖啡所用咖啡量为前述食谱的两倍，或液体量为前述食谱的一半。在不用牛奶或奶油的情况下--黑咖啡总是如此--人们往往更喜欢过滤咖啡。盛于餐后咖啡杯中供应，可配或不配方糖。

Coffee retards gastric digestion; but where the stomach has been overtaxed by a hearty meal, café noir may prove beneficial, so great are its stimulating effects.

咖啡会延缓胃的消化；但当胃因丰盛的一餐而负担过重时，清咖啡可能有益，其刺激作用如此之大。

KOLA

可乐

The preparations on the market made from the kola-nut have much the same effect upon the system as coffee and chocolate, inasmuch as they contain caffeine and theobromine; they are also valuable for their diastase and a milk-digesting ferment.

市场上由可乐果制成的各种制品对机体的作用与咖啡和巧克力大致相同，因为它们含有咖啡因和可可碱；它们还因其淀粉酶和一种消化牛奶的酵素而具有价值。

COCOA AND CHOCOLATE

可可与巧克力

The cacao-tree (*Theobroma cacao*) is native to Mexico. Although successfully cultivated between the twentieth parallels of latitude, its industry is chiefly confined to Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. The bean pod is from seven to ten inches long, and three to four and one-half inches in diameter. Each pod contains from twenty to forty seeds, imbedded in mucilaginous material. Cocoa beans are dried previous to importation. Like

可可树(*Theobroma cacao*)原产于墨西哥。尽管在北纬二十度与南纬二十度之间成功栽培，其产业主要限于墨西哥、南美洲和西印度群岛。可可粉和巧克力均由可可豆的种子制成。豆荚长七至十英寸，直径三至四又二分之一英寸。每个豆荚含有二十至四十粒种子，嵌在黏液物质中。可可豆在进口前经过干燥。像

coffee, they need roasting to develop flavor. After roasting, outer covering of bean is removed; this covering makes what is known as *cocoa shells*, which have little nutritive value. The beans are broken and sold as *cocoa nibs*.

咖啡，它们需要烘焙以发展风味。烘焙后，豆的外皮被去除；这层外皮即所谓的可可壳，其营养价值甚微。豆被破碎后作为可可碎粒出售。

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic pressure, a large amount of fat is expressed, leaving a solid cake. This in turn is pulverized and mixed with sugar, and frequently a small amount of corn-starch or arrowroot. To some preparations cinnamon or vanilla is added. Broma contains both arrowroot and cinnamon.

市场上各种可可制品由研磨的可可碎粒制成，通过液压从中榨出大量脂肪，留下固体饼块。此饼块再经粉碎并与糖混合，且常常加入少量玉米淀粉或竹芋粉。某些制品中还加入肉桂或香草。布罗马含竹芋粉和肉桂两者。

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations. Bitter, sweet, or flavored chocolate is always sold in cakes.

巧克力由可可碎粒制成，但所含脂肪比例远高于可可制品。苦巧克力、甜巧克力或调味巧克力总是以块状出售。

The fat obtained from cocoa bean is *cocoa butter*, which gives cocoa its principal nutrient.

从可可豆中获得的脂肪是可可脂，它赋予可可主要的营养成分。

Cocoa and chocolate differ from tea and coffee inasmuch as they contain nutriment as well as stimulant. *Theobromine*, the active principle, is almost identical with theine and caffeine in its composition and effects.

可可和巧克力与茶和咖啡的不同之处在于，它们既含刺激物又含营养。可可碱是其中的活性成分，其组成和作用几乎与茶碱和咖啡因相同。

Many people who abstain from the use of tea and coffee find cocoa indispensable. Not only is it valuable for its own nutriment, but for the large amount of milk added to it. Cocoa may be well placed in the dietary of a child after his third year, while chocolate should be avoided as a beverage, but may be given as a confection. Invalids and those of weak digestion can take cocoa where chocolate would prove too rich.

许多不饮茶和咖啡的人发现可可不可或缺。它不仅因其自身的营养而有价值，也因其中加入的大量牛奶而有价值。可可宜列入三岁以后儿童的膳食，而巧克力应避免作为饮料，但可作为糖果给予。体弱者及消化功能弱者可以饮用可可，而巧克力对他们则过于滋腻。

Cocoa Shells

1 cup cocoa shells
6 cups boiling water
Boil shells and water three hours; as water boils away it will be necessary to add more. Strain, and serve with milk and sugar. By adding one-third cup cocoa nibs, a much more satisfactory drink is obtained.

Cracked Cocoa

½ cup cracked cocoa
3 pints boiling water
Boil cracked cocoa and water two hours. Strain, and serve with milk and sugar. If cocoa is pounded in a mortar and soaked over night in three pints water, it will require but one hour's boiling.

Breakfast Cocoa

1½ tablespoons prepared cocoa
2 tablespoons sugar
2 cups boiling water
2 cups milk
Few grains salt
Scald milk. Mix cocoa, sugar, and salt, dilute with one-half cup boiling water to make smooth paste, add remaining water, and boil one minute; turn into scalded milk and beat two minutes, using Dover egg-beater, when froth will form, preventing scum, which is so unsightly; this is known as *milling*.

可可壳

一杯可可壳
6杯沸水
将可可壳与水煮沸三小时；由于水会蒸发，需另行添加。过滤，配牛奶和糖供应。加入三分之一杯可可碎粒，可得远为令人满意的饮品。

碎可可

1⁄2 杯碎可可
3品脱沸水
将碎可可与水煮沸两小时。过滤，配牛奶和糖供应。若将可可于研钵中捣碎并在三品脱水中浸泡过夜，则只需煮沸一小时。

早餐可可

11⁄2汤匙精制可可
2汤匙糖
两杯沸水
两杯牛奶
少许盐
烫牛奶。将可可、糖和盐混合，用半杯沸水稀释成光滑的糊状，加入剩余的水，煮沸一分钟；倒入烫牛奶中，用多佛打蛋器搅打两分钟，此时会形成泡沫，防止浮沫--浮沫甚为不雅；这称为搅打融合。

Reception Cocoa

3 tablespoons cocoa
¼ cup sugar
A few grains salt
4 cups milk
¾ cup boiling water
Scald milk. Mix cocoa, sugar, and salt, adding enough boiling water to make a smooth paste; add remaining water and boil one minute; pour into scalded milk. Beat two minutes, using Dover egg-beater.

Brandy Cocoa

3 tablespoons cocoa
¼ cup sugar
1½ cups boiling water
4 cups milk
3 teaspoons cooking brandy
Prepare as Reception Cocoa, and add brandy before milling.

Chocolate I

1½ squares Baker's chocolate
¼ cup sugar
Few grains salt
1 cup boiling water
3 cups milk
Scald milk. Melt chocolate in small saucepan placed over hot

接待可可

3汤匙可可
1/4杯糖
少许盐
4杯牛奶
3/4 杯沸水
烫牛奶。将可可、糖和盐混合，加入足够的沸水调成光滑的糊状；加入剩余的水煮沸一分钟；倒入烫牛奶中。用多佛打蛋器搅打两分钟。

白兰地可可

3汤匙可可
1/4杯糖
11/2杯沸水
4杯牛奶
三茶匙烹饪用白兰地
按招待可可的方法制备，并在研磨前加入白兰地。

巧克力 I

11/2 方块贝克牌巧克力
1/4杯糖
少许盐
一杯沸水
3杯牛奶
将牛奶加热至微沸。将巧克力放入置于热水上的小炖锅中融化

water, add sugar, salt, and gradually boiling water; when smooth, place on range and boil one minute; add to scalded milk, mill, and serve in chocolate cups with whipped cream. One and one-half ounces vanilla chocolate may be substitute for Baker's chocolate; being sweetened, less sugar is required.

加水，加入糖、盐，再逐渐加入沸水；待其顺滑后，置于炉上煮沸一分钟；加入烫过的牛奶，用研磨器研磨，盛入巧克力杯中，配以打发的奶油。可用一盎司半香草巧克力代替贝克巧克力；因其已加糖，所需糖量较少。

Chocolate II

巧克力 II

Prepare same as Chocolate I., substituting one can evaporated cream or condensed milk diluted with two cups boiling water in place of three cups milk. If sweetened condensed milk is used, omit sugar.

按巧克力I.的方法准备，用一罐淡奶或炼乳加两杯沸水稀释，代替三杯牛奶。若使用加糖炼乳，则省略糖。

Chocolate III

巧克力 III

2 ozs. sweetened chocolate
4 cups milk
Few grains salt
Whipped cream
Scald milk, add chocolate, and stir until chocolate is melted. Bring to boiling-point, mill, and serve in chocolate cups with whipped cream sweetened and flavored.

2盎司加糖巧克力
4杯牛奶
少许盐
打发奶油
烫牛奶，加入巧克力，搅拌至巧克力融化。煮沸，用研磨器研磨，盛入巧克力杯中，配以加糖调味的打发奶油。

FRUIT BEVERAGES

水果饮品

Lemonade

柠檬水

1 cup sugar
⅓ cup lemon juice

一杯糖 1⁄3 杯柠檬汁

1 pint water
Make syrup by boiling sugar and water twelve minutes; add fruit juice, cool, and dilute with ice-water to suit individual tastes. Lemon syrup may be bottled and kept on hand to use as needed.

Pineapple Lemonade

1 pint water
1 quart ice-water
1 cup sugar
1 can grated pineapple
Juice 3 lemons
Make syrup by boiling water and sugar ten minutes; add pineapple and lemon juice, cool, strain, and add ice-water.

Orangeade

Make syrup as for Lemonade. Sweeten orange juice with syrup, and dilute by pouring over crushed ice.

Mint Julep

1 quart water
2 cups sugar
1 pint claret wine
1 cup strawberry juice
1 cup orange juice
Juice 8 lemons
1½ cups boiling water
12 sprigs fresh mint

1品脱水
将糖和水煮沸十二分钟制成糖浆；加入果汁，冷却，用冰水稀释至个人口味。柠檬糖浆可装瓶保存，随时取用。

菠萝柠檬水

1品脱水
一夸脱冰水
一杯糖
1 一杯磨碎的菠萝
将3个柠檬榨汁
将水和糖煮沸十分钟制成糖浆；加入菠萝汁和柠檬汁，冷却，过滤，加入冰水。

橙汁水

按柠檬水的方法制作糖浆。用糖浆给橙汁加甜，倒在碎冰上稀释。

薄荷朱利酒

一夸脱水
两杯糖
1品脱波尔多红葡萄酒
一杯草莓汁
一杯橙汁柠檬汁 8个柠檬 11⁄2
杯沸水

12枝新鲜薄荷

Make syrup by boiling quart of water and sugar twenty minutes. Separate mint in pieces, add to the boiling water, cover, and let stand in warm place five minutes, strain, and add to syrup; add fruit juices, and cool. Pour into punch-bowl, add claret, and chill with a large piece of ice; dilute with water. Garnish with fresh mint leaves and whole strawberries.

Claret Punch

1 quart cold water
½ cup raisins
2 cups sugar
2 inch piece stick cinnamon
Few shavings lemon rind
1⅓ cups orange juice
⅓ cup lemon juice
1 pint claret wine
Put raisins in cold water, bring slowly to boiling-point, and boil twenty minutes; strain, add sugar, cinnamon, lemon rind, and boil five minutes. Add fruit juice, cool, strain, pour in claret, and dilute with ice-water.

Fruit Punch I

1 quart cold water
2 cups sugar
½ cup lemon juice
2 cups chopped pineapple
1 cup orange juice
Boil water, sugar, and pineapple twenty minutes; add fruit juice,

将一夸脱水与糖煮沸二十分钟制成糖浆。将薄荷撕成小片，加入沸水中，加盖，置于温暖处五分钟，过滤，加入糖浆；加入果汁，冷却。倒入潘趣碗中，加入红葡萄酒，用一大块冰冷却；用水稀释。用新鲜薄荷叶和整颗草莓装饰。

红葡萄酒潘趣

一夸脱冷水
1/2杯葡萄干
两杯糖
2英寸长的肉桂棒
少许柠檬皮屑
1 1/3 杯橙汁
1/3杯柠檬汁
1品脱波尔多红葡萄酒
将葡萄干放入冷水中，慢慢加热至沸点，煮沸二十分钟；过滤，加入糖、肉桂、柠檬皮，煮沸五分钟。加入果汁，冷却，过滤，倒入红葡萄酒，用冰水稀释。

水果潘趣酒 I

一夸脱冷水
两杯糖
1/2 杯柠檬汁
两杯切碎的菠萝
一杯橙汁
将水、糖和菠萝煮沸二十分钟；加入果汁，

cool, strain, and dilute with ice-water.

Fruit Punch II

1 cup water
2 cups sugar
1 cup tea infusion
1 quart Apollinaris
2 cups strawberry syrup
Juice 5 lemons
Juice 5 oranges
1 can grated pineapple
1 cup Maraschino cherries
Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple; let stand thirty minutes, strain, and add ice-water to make one and one-half gallons of liquid. Add cherries and Apollinaris. Serve in punch-bowl, with large piece of ice. This quantity will serve fifty.

Fruit Punch III

1 cup sugar
1 cup hot tea infusion
¾ cup orange juice
⅓ cup lemon juice
1 pint ginger ale
1 pint Apollinaris
Few slices orange
Pour tea over sugar, and as soon as sugar is dissolved add fruit juices. Strain into punch-bowl over a large piece of ice, and just

冷却、过滤，并用冰水稀释。

水果潘趣酒 II

一杯水
两杯糖
一杯茶浸液
一夸脱阿波利纳里斯矿泉水
两杯草莓糖浆
将5个柠檬榨汁
榨5个橙子的汁
1 一杯磨碎的菠萝
一杯马拉斯奇诺樱桃
将水和糖煮沸十分钟制成糖浆；加入茶、草莓糖浆、柠檬汁、橙汁和菠萝；静置三十分钟，过滤，加入冰水使总量达到一加仑半。加入樱桃和阿波利纳里斯矿泉水。盛入潘趣碗中，配一大块冰。此量可供五十人。

水果潘趣酒 III

一杯糖
1杯热茶浸液
3/4 杯橙汁
1/3杯柠檬汁
1品脱姜汁汽水
一品脱阿波利纳里斯
几片橙子
将茶倒在糖上，糖一溶解即加入果汁。过滤到放有一大块冰的潘趣碗中，然后

before serving add ale, Apollinaris, and slices of orange.

Fruit Punch IV

9 oranges 6 lemons 1 cup grated pineapple 1 cup raspberry syrup 1½ cups tea infusion 1¼ cups sugar 1 cup hot water 1 quart Apollinaris

Mix juice of oranges and lemons with pineapple, raspberry syrup, and tea; then add a syrup made by boiling sugar and water fifteen minutes. Turn in punch-bowl over a large piece of ice. Chill thoroughly, and just before serving add Apollinaris.

Ginger Punch

1 quart cold water
1 cup sugar
½ lb. Canton ginger
½ cup orange juice
½ cup lemon juice
Chop ginger, add to water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and dilute with crushed ice.

Champagne Punch

1 cup water
2 cups sugar
1 quart California champagne
4 tablespoons brandy
2 tablespoons Medford rum
2 tablespoons Orange Curaçoa

上桌前加入麦芽酒、阿波利纳里斯矿泉水和橙子片。

水果潘趣酒 IV

9个橙子 6个柠檬 1杯磨碎的菠萝 1杯覆盆子糖浆
一杯半茶汤一杯四分之一糖一杯热水一夸脱阿波利纳里斯矿泉水

将橙汁和柠檬汁与菠萝、覆盆子糖浆和茶混合；然后加入由糖和水煮沸十五分钟制成的糖浆。倒入放有一大块冰的潘趣碗中。充分冷却，食用前加入阿波利纳里斯矿泉水。

姜汁潘趣酒

一夸脱冷水
一杯糖
1/2 磅广东姜
1/2 杯橙汁
1/2 杯柠檬汁
将姜切碎，加入水和糖，煮沸十五分钟；加入果汁，冷却，过滤，用碎冰稀释。

香槟潘趣酒

一杯水
两杯糖
1夸脱加州香槟
4汤匙白兰地
2汤匙梅德福朗姆酒
2汤匙橙味库拉索酒

Juice 2 lemons
2 cups tea infusion
Ice
1 quart soda water
Make a syrup by boiling water and sugar ten minutes. Mix champagne, brandy, rum, Curaçoa, lemon juice, and tea infusion. Sweeten to taste with syrup and pour into punch-bowl over a large piece of ice. Just before serving add soda water.

Club Punch

1 cup water
2 cups sugar
1 quart Burgundy
1 cup rum
⅓ cup brandy
⅓ cup Benedictine
1 quart Vichy
3 sliced oranges
½ can pineapple
Juice 2 lemons
1 cup tea infusion
Ice.
Make a syrup by boiling water and sugar ten minutes. Mix remaining ingredients, *except ice*, sweeten to taste with syrup, and pour into punch-bowl over a large piece of ice.

Unfermented Grape Juice

10 lbs. grapes

榨2个柠檬的汁，2杯
茶浸液

冰

一夸脱苏打水

将水和糖煮沸十分钟制成糖浆。混合香槟、白兰地、朗姆酒、库拉索酒、柠檬汁和茶汤。用糖浆调味至甜度适中，倒入放有一大块冰的潘趣碗中。食用前加入苏打水。

俱乐部潘趣酒

一杯水

两杯糖

1夸脱勃艮第葡萄酒

一杯朗姆酒

1/3杯白兰地

1/3杯本笃会酒

一夸脱维希

3个切片橙子

半罐菠萝

将2个柠檬榨汁

一杯茶浸液

冰。

将水和糖煮沸十分钟制成糖浆。混合其余配料，冰除外，用糖浆调味至甜度适中，倒入放有一大块冰的潘趣碗中。

未发酵葡萄汁

十磅葡萄

1 cup water
3 lbs. sugar
Put grapes and water in granite stewpan. Heat until stones and pulp separate; then strain through jelly bag, add sugar, heat to boiling-point, and bottle. This will make one gallon. When served, it should be diluted one-half with water.

Punch Service.—*Page 43.*

Claret Cup Service.—*Page 45.*

Double Loaves of Milk and Water Bread.—*Page 54.*

Boston Brown Bread.—*Page 57.*

Claret Cup

1 quart claret wine
½ cup Curaçoa
1 quart Apollinaris
⅓ cup orange juice
2 tablespoons brandy
Sugar
Mint leaves
Cucumber rind
12 strawberries
Mix ingredients, except Apollinaris, using enough sugar to

一杯水
三磅糖
将葡萄和水放入花岗岩炖锅中。加热至果核与果肉分离；然后用果冻袋过滤，加入糖，加热至沸点，装瓶。此量可制一加仑。食用时应以水稀释一半。

潘趣酒服务。--第*43*页。

红葡萄酒杯服务。--第45页。

双条牛奶水面包。--第*54*页。

波士顿布朗面包。--第57页。

红葡萄酒杯

1夸脱波尔多红葡萄酒
1/2 杯库拉索酒
一夸脱阿波利纳里斯矿泉水
1/3杯橙汁
2汤匙白兰地
糖
薄荷叶
黄瓜皮
12颗草莓
将除阿波利纳里斯矿泉水外的所有配料混合，加入足量的糖以

sweeten to taste. Stand on ice to chill, and add chilled Apollinaris just before serving.

Sauterne Cup

1 quart soda water
2 cups Sauterne wine
Rind ½ orange
Rind ½ lemon
2 tablespoons Orange Curaçoa
½ cup sugar (scant)
Mint leaves
Few slices orange
12 strawberries
Add Curaçoa to rind of fruit and sugar; cover, and let stand two hours. Add Sauterne, strain, and stand on ice to chill. Add chilled soda water, mint leaves, slices of orange, and strawberries. The success of cups depends upon the addition of charged water just before serving.

CHAPTER IV
BREAD AND BREAD MAKING

Bread is the most important article of food, and history tells of its use thousands of years before the Christian era. Many processes have been employed in making and baking; and as a result, from the first flat cake has come the perfect loaf. The study of bread making is of no slight importance, and deserves more attention than it receives.

调味至甜度适中。置于冰上冷却，食用前加入冰镇阿波利纳里斯矿泉水。

苏玳杯

一夸脱苏打水
两杯索泰尔讷葡萄酒
橙皮 1⁄2 个
半个柠檬皮
2汤匙橙味库拉索酒
半杯糖(略少)
薄荷叶
几片橙子
12颗草莓
将库拉索酒加入果皮和糖中；加盖，静置两小时。加入苏玳葡萄酒，过滤，置于冰上冷却。加入冰镇苏打水、薄荷叶、橙片和草莓。潘趣杯的成功取决于食用前加入的充气水。

第四章
面包与面包制作

面包是最重要的食品，历史记载其使用可追溯至公元前数千年。制作和烘焙采用了多种方法；其结果是，从最初的扁平面饼演变出了完美的面包。面包制作的研究绝非微不足道，值得比现在更多的关注。

Considering its great value, it seems unnecessary and wrong to find poor bread on the table; and would that our standard might be raised as high as that of our friends across the water! Who does not appreciate the loaf produced by the French baker, who has worked months to learn the art of bread making?

考虑到其巨大价值，餐桌上出现劣质面包似乎既无必要也不应该；但愿我们的标准能提高到与彼岸朋友一样高!谁不欣赏法国面包师制作的面包呢?他们花了数月学习面包制作的艺术。

Bread is made from flour of wheat, or other cereals, by addition of water, salt, and a ferment. Wheat flour is best adapted for bread making, as it contains gluten in the right proportion to make the spongy loaf. But for its slight deficiency in fat, wheat bread is a perfect food; hence arose the custom of spreading it with butter. It should be remembered, in speaking of wheat bread as perfect food, that it must be made of flour rich in gluten. Next to wheat flour ranks rye in importance for bread making; but it is best used in combination with wheat, for alone it makes heavy, sticky, moist bread. Corn also needs to be used in combination with wheat for bread making, for if used alone the bread will be crumbly.

面包是由小麦或其他谷物的面粉加水、盐和发酵剂制成的。小麦面粉最适合制作面包，因为它含有比例恰当的面筋，能做出海绵状的面包。若不是脂肪含量略嫌不足，小麦面包堪称完美食品；因此才有了在面包上涂黄油的习惯。说到小麦面包是完美食品，应当记住它必须用富含面筋的面粉制成。在制作面包的重要性上仅次于小麦面粉的是黑麦面粉；但黑麦最好与小麦配合使用，因为单用黑麦会做出沉重、发黏、潮湿的面包。玉米 likewise 也需要与小麦配合使用来制作面包，因为单用玉米面包会易碎。

The miller, in order to produce flour which will make the white loaf (so sightly to many), in the process of grinding wheat has been forced to remove the inner bran coats, so rich in mineral matter, and much of the gluten intimately connected with them.

磨坊主为了生产能制作白面包(对许多人来说如此美观)的面粉，在磨麦过程中不得不去除富含矿物质的内层麸皮，以及许多与之密切相关的面筋。

To understand better the details of bread making, wheat, from which bread is principally made, should be considered.

为了更好地理解面包制作的细节，应首先考虑主要用于制作面包的小麦。

A grain of wheat consists of (1) an outer covering or husk, which is always removed before milling; (2) bran coats, which contain mineral matter; (3) gluten, the proteid matter and fat; and (4) starch, the centre and largest part of the grain. Wheat is distinguished as *white* and *soft*, or *red* and *hard*. The former is known as *winter wheat*, having been sown in the fall, and living

一粒小麦由以下部分组成：(1) 外壳或颖壳，磨粉前总是去除；(2) 麸皮层，含矿物质；(3) 面筋，即蛋白质物质和脂肪；以及 (4) 淀粉，谷粒的中心和最大部分。小麦分为白和软，或红和硬。前者称为冬小麦，秋季播种，存活

through the winter; the latter is known as *spring wheat*, having been sown in the spring. From winter wheat, pastry flour, sometimes called St. Louis, is made; from spring wheat, bread flour, also called Haxall. St. Louis flour takes its name from the old process of grinding; Haxall, from the name of the inventor of the new process. All flours are now milled by the same process. For difference in composition of wheat flours, consult table in Chapter VI on Cereals.

越冬；后者称为春小麦，春季播种。冬小麦制成酥皮面粉，有时称为圣路易斯面粉；春小麦制成面包面粉，也称为哈克索尔面粉。圣路易斯面粉得名于旧的研磨方法；哈克索尔得名于新方法发明者的名字。现在所有面粉均以相同方法研磨。关于小麦面粉成分的差异，请参阅第六章谷物中的表格。

Wheat is milled for converting into flour by processes producing essentially the same results, all requiring cleansing, grinding, and bolting. Entire wheat flour has only the outer husk removed, the remainder of the kernel being finely ground. *Graham flour*, confounded with entire wheat, is too often found to be an inferior flour, mixed with coarse bran.

小麦磨成面粉的加工过程产生基本相同的结果，均需清洗、研磨和筛分。全麦面粉仅去除外壳，其余部分精细研磨。格雷厄姆面粉常与全麦面粉混淆，往往被发现是掺有粗麸皮的劣质面粉。

Grinding is accomplished by one of four systems: (1) low milling; (2) Hungarian system, or high milling; (3) roller-milling; and (4) by a machine known as disintegrator.

研磨通过以下四种系统之一完成：(1) 低速研磨；(2) 匈牙利系统，即高速研磨；(3) 辊磨；以及 (4) 通过称为解碎机的机器。

In low milling process, grooved stones are employed for grinding. The stones are enclosed in a metal case, and provision is made within case for passage of air to prevent wheat from becoming overheated. The lower stone being permanently fixed, the upper stone being so balanced above it that grooves may exactly correspond, when upper stone rotates, sharp edges of grooves meet each other, and operate like a pair of scissors. By this process flour is made ready for bolting by one grinding.

在低速研磨法中，使用带槽的石磨来研磨。石磨封闭在金属壳内，壳内设有通风通道，以防小麦过热。下磨石固定不动，上磨石在其上方保持平衡，使磨槽恰好相互对应；当上磨石旋转时，磨槽的锋利边缘彼此相触，像剪刀一样运作。用这种方法，面粉经一次研磨即可送去过筛。

In high milling process, grooved stones are employed, but are kept so far apart that at first the wheat is only bruised, and a series of grindings and siftings is necessary. This process is

在高速研磨过程中，使用带槽的石磨，但石磨间距很大，起初小麦只是被破碎，需要一系列研磨和筛分。此过程

applicable only to the hardest wheats, and is partially supplanted by roller-milling.

仅适用于最硬的小麦，并部分被辊磨所取代。

In roller-milling, wheat is subjected to action of a pair of steel or chilled-iron horizontal rollers, having toothed surfaces. They revolve in opposite directions, at different rates of speed, and have a cutting action.

辊磨法中，小麦受到一对钢制或冷硬铸铁水平辊的作用，辊面带有齿纹。两辊以不同速度反向旋转，具有切割作用。

Porcelain rollers, with rough surfaces, are sometimes employed. In this system, grinding is accomplished by cutting rather than crushing.

有时也采用表面粗糙的瓷辊。在这一系统中，研磨是通过切割而非压碎来完成的。

"The **disintegrator** consists of a pair of circular metal disks, set face to face, studded with circles of projecting bars so arranged that circles of bars on one disk alternate with those of the other. The disks are mounted on the same centre, and so closely set to one another that projecting bars of one disk come quite close to plane surface of the other. They are enclosed within an external casing. The disks are caused to rotate in opposite directions with great rapidity, and the grain is almost instantaneously reduced to a powder."

"**解碎机**由一对圆盘形金属盘组成，两盘面对面放置，盘上布满一圈圈突出的棒条，排列方式使一盘上的棒条圈与另一盘上的棒条圈交错。两盘装在同一中心上，彼此靠得很近，使一盘突出的棒条非常接近另一盘的平面。它们封闭在外壳之内。两盘以极高速度朝相反方向旋转，谷物几乎瞬间被粉碎成粉末。"

After grinding comes bolting, by which process the different grades of flour are obtained. The ground wheat is placed in octagonal cylinders (covered with silk or linen bolting-cloth of different degrees of fineness), which are allowed to rotate, thus forcing the wheat through. The flour from first siftings contains the largest percentage of gluten.

研磨之后是筛分，通过这一过程获得不同等级的面粉。磨好的小麦被放入八角形圆筒(外覆不同粗细的丝筛布或亚麻筛布)，圆筒旋转，迫使小麦穿过筛布。第一次筛出的面粉所含面筋比例最高。

Flour is branded under different names to suit manufacturer or dealer. In consequence, the same wheat, milled by the same process, makes flour which is sold under different names.

面粉以不同名称标售，以迎合制造商或经销商的需要。因此，同样的小麦、同样的研磨工艺，制成的面粉却以不同名称出售。

In buying flour, whether bread or pastry, select the best kept by your grocer. Some of the well-known brands of bread flour are King Arthur, Swan's Down, Bridal Veil, Columbia, Washburn's Extra, and Pillbury's Best; of pastry, Best St. Louis. Bread flour should be used in all cases where yeast is called for, with few exceptions; in other cases, pastry flour. The difference between bread and pastry flour may be readily determined. Take bread flour in the hand, close hand tightly, then open, and flour will not keep in shape; if allowed to pass through fingers it will feel slightly granular. Take pastry flour in the hand, close hand tightly, open, and flour will be in shape, having impression of the lines of the hand, and feeling soft and velvety to touch. Flour should always be sifted before measuring.

购买面粉时，无论是面包粉还是酥皮粉，都应选择食品杂货商保存得最好的。面包粉的一些知名品牌有 King Arthur、Swan's Down、Bridal Veil、Columbia、Washburn's Extra 和 Pillbury's Best；酥皮粉则有 Best St.Louis。除少数例外，凡需要酵母的场合都应使用面包粉；其他场合则用酥皮粉。面包粉与酥皮粉的区别很容易判断。取面包粉放在手中，紧握拳头，然后张开，面粉不会保持形状；若让面粉从指缝间漏过，会感觉略有颗粒感。取酥皮粉放在手中，紧握拳头，张开，面粉会保持形状，留有手纹的印痕，摸起来柔软如天鹅绒。面粉在量取前应始终过筛。

Entire wheat flour differs from ordinary flour inasmuch as it contains all the gluten found in wheat, the outer husk of kernels only being removed, the remainder ground to different degrees of fineness and left unbolted. Such flours are sold by the different health food companies, who have agencies in the large cities. Franklin Mills, Old Grist Mill, and Health Food flours are included in this class.

全麦面粉与普通面粉的不同之处在于，它含有小麦中全部的面筋，仅去除籽粒外层麸皮，其余部分磨成不同粗细且不经筛分。此类面粉由各健康食品公司销售，这些公司在各大城市设有代理。富兰克林磨坊、老磨坊和健康食品面粉均属此类。

Gluten, the proteid of wheat, is a gray, tough, elastic substance, insoluble in water. On account of its great power of expansion, it holds the gas developed in bread dough by fermentation, which otherwise would escape.

面筋是小麦的蛋白质，是一种灰色、坚韧、有弹性的物质，不溶于水。由于其极强的膨胀力，它能保住面包面团发酵产生的气体，否则气体便会逸出。

Yeast

酵母

Yeast is a microscopic plant of fungous growth, and is the lowest form of vegetable life. It consists of spores, or germs, found floating in air, and belongs to a family of which there are many

酵母是一种显微真菌植物，是最低等的植物生命形式。它由孢子或芽孢组成，漂浮于空气中，属于一个种类繁多

species. These spores grow by budding and division, and multiply very rapidly under favorable conditions, and produce fermentation.

Fermentation is the process by which, under influence of air, warmth, moisture, and some ferment, sugar (or dextrose, starch converted into sugar) is changed into alcohol (C_2H_5HO) and carbon dioxide (CO_2). The product of all fermentation is the same. Three kinds are considered,—alcoholic, acetic, and lactic. Where bread dough is allowed to ferment by addition of yeast, the fermentation is *alcoholic*; where alcoholic fermentation continues too long, *acetic* fermentation sets in, which is a continuation of alcoholic. *Lactic* fermentation is fermentation which takes place when milk sours.

Liquid, dry, or compressed yeast may be used for raising bread. The compressed yeast cakes done up in tinfoil have long proved satisfactory, and are now almost universally used, having replaced the home-made liquid yeast. Never use a yeast cake unless perfectly fresh, which may be determined by its light color and absence of dark streaks.

The *yeast plant* is killed at 212° F.; life is suspended, but not entirely destroyed, 32° F. The temperature best suited for its growth is from 65° to 68° F. The most favorable conditions for the growth of yeast are a warm, moist, sweet, nitrogenous soil. These must be especially considered in bread making.

Bread Making

Fermented bread is made by mixing to a dough, flour, with a definite quantity of water, milk, or water and milk, salt, and a

的科。这些孢子通过出芽和分裂生长，在适宜条件下繁殖极快，并产生发酵。

发酵是在空气、温度、水分和某种发酵剂的影响下，糖(或葡萄糖，即由淀粉转化而成的糖)变为酒精(C 2 H 5 HO)和二氧化碳(CO 2)的过程。一切发酵的产物都相同。这里考虑三种发酵--酒精发酵、醋酸发酵和乳酸发酵。面包面团加入酵母后任其发酵时，发酵为酒精发酵；若酒精发酵持续过久，就会开始醋酸发酵，它是酒精发酵的延续。乳酸发酵是牛奶变酸时发生的发酵。

发面可使用液体酵母、干酵母或压缩酵母。用锡纸包好的压缩酵母块早已证明效果令人满意，如今几乎普遍使用，取代了自制液体酵母。切勿使用不十分新鲜的酵母块，可通过其颜色浅淡、无深色条纹来判断其新鲜程度。

酵母菌在212°F时被杀死；在32°F时生命暂停，但未完全毁灭。最适合其生长的温度是65°F至68°F。酵母生长最有利的条件是温暖、潮湿、含糖、含氮的基质。制作面包时必须特别考虑这些条件。

面包制作

发酵面包的制作方法是将面粉与一定量的水、牛奶或水和牛奶、盐以及

ferment. Sugar is usually added to hasten fermentation. Dough is then kneaded that the ingredients may be thoroughly incorporated, covered, and allowed to rise in a temperature of 68° F., until dough has doubled its bulk. This change has been caused by action of the ferment, which attacks some of the starch in flour, and changes it to sugar, and sugar in turn to alcohol and carbon dioxide, thus lightening the whole mass. Dough is then kneaded a second time to break bubbles and distribute evenly the carbon dioxide. It is shaped in loaves, put in greased bread pans (they being half filled), covered, allowed to rise in temperature same as for first rising, to double its bulk. If risen too long, it will be full of large holes; if not risen long enough, it will be heavy and soggy. If pans containing loaves are put in too hot a place while rising, a heavy streak will be found near bottom of loaf.

发酵。通常加糖以加速发酵。然后揉捏面团，使配料充分混合，覆盖并置于68°F的温度下发酵，直到面团体积加倍。这一变化是由发酵剂的作用引起的，发酵剂作用于面粉中的部分淀粉，将其转化为糖，糖又转化为酒精和二氧化碳，从而使整个面团变得轻盈。然后再次揉捏面团，以打破气泡并均匀分布二氧化碳。将其塑成面包形状，放入涂了油的烤盘中(烤盘半满)，覆盖，在相同温度下进行第二次发酵，使其体积加倍。如果发酵时间过长，面包会布满大孔洞；如果发酵时间不够，面包会沉重湿软。如果在发酵时将装有面包的烤盘放在过热的地方，面包底部附近会出现硬实的条纹。

How to Shape Loaves and Biscuits. To shape bread dough in loaves, divide dough in parts, each part large enough for a loaf, knead until smooth, and if possible avoid seams in under part of loaf. If baked in brick pan, place two loaves in one pan, brushed between with a little melted butter. If baked in long shallow pan, when well kneaded, roll with both hands to lengthen, care being taken that it is smooth and of uniform thickness. Where long loaves are baked on sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising.

如何塑形面包和饼干。将面包面团塑成面包形状时，将面团分成若干份，每份足够做一个面包，揉至光滑，尽可能避免面包底部出现接缝。如果用砖形烤盘烘烤，在一个烤盘中放两个面包，中间刷少许融化的黄油。如果用长浅烤盘烘烤，揉好后用双手滚压拉长，注意使其光滑且厚度均匀。如果在烤板上烘烤长面包，塑形后松松地卷在撒有玉米粉的毛巾中进行最后发酵。

To shape bread dough in biscuits, pull or cut off as many small pieces (having them of uniform size) as there are to be biscuits. Flour palms of hands slightly; take up each piece and shape separately, lifting, with thumb and first two fingers of right hand, and placing in palm of left hand, constantly moving dough round and round, while folding towards the centre; when smooth, turn it

将面包面团做成小圆面包时，按照所需小圆面包的数量，揪下或切下若干小块(大小要均匀)。在手掌上略撒面粉；逐块取出分别整形，用右手拇指和食指提起，放入左手掌心，不断将面团转圈揉动，同时向中心折拢；待表面光滑后，将其

over and roll between palms of hands. Place in greased pans near together, brushed between with a little melted butter, which will cause biscuits to separate easily after baking. For finger rolls, shape biscuits and roll with one hand on part of board where there is no flour, until of desired length, care being taken to make smooth, of uniform size, and round at ends.

翻转，在两手之间搓圆。放入涂油的烤盘中，彼此靠近，之间刷少许融化黄油，这样烤好后小圆面包容易分开。做手指卷时，将小圆面包整形后，在案板上无面粉处用一只手搓至所需长度，注意要搓得光滑、大小均匀、两端浑圆。

Biscuits may be shaped in a great variety of ways, but they should always be small. Large biscuits, though equally good, never tempt one by their daintiness.

小圆面包可以有多种多样的形状，但应始终做得小巧。大面包虽然同样好吃，却从不能以其精致诱人。

Bread is often brushed over with milk before baking, to make a darker crust.

面包在烘烤前常刷上一层牛奶，使表皮颜色更深。

Where bread is allowed to rise over night, a small piece of yeast cake must be used; one-fourth yeast cake to one pint liquid is sufficient, one-third yeast cake to one quart liquid. Bread mixed and baked during the day requires a larger quantity of yeast; one yeast cake, or sometimes even more, to one pint of liquid. Bread dough mixed with a large quantity of yeast should be watched during rising, and cut down as soon as mixture doubles its bulk. If proper care is taken, the bread will be found most satisfactory, having neither “yeasty” nor sour taste.

如果面包需要过夜发酵，必须使用一小块酵母饼；四分之一块酵母饼配一品脱液体足够，三分之一块酵母饼配一夸脱液体。当天混合并烘烤的面包需要更多酵母；一块酵母饼，有时甚至更多，配一品脱液体。用大量酵母混合的面包面团在发酵过程中应加以观察，一旦混合物体积加倍就应立即排气。如果注意得当，面包会非常令人满意，既没有“酵母味”也不会发酸。

Fermented bread was formerly raised by means of leaven.

发酵面包以前是用酵子来发酵的。

Baking of Bread

面包的烘焙

Bread is baked: (1) To kill ferment, (2) to make soluble the starch, (3) to drive off alcohol and carbon dioxide, and (4) to form brown crust of pleasant flavor. Bread should be baked in a hot oven. If the oven be too hot the crust will brown quickly before the heat has reached the centre, and prevent further rising; loaf should

烤面包的目的：(1) 杀死发酵剂，(2) 使淀粉变为可溶，(3) 驱除酒精和二氧化碳，(4) 形成香味宜人的棕色外壳。面包应在热烤箱中烘烤。如果烤箱过热，外壳会在热量到达中心之前迅速变褐，阻止继续膨胀；面包应

continue rising for first fifteen minutes of baking, when it should begin to brown, and continue browning for the next twenty minutes. The last fifteen minutes it should finish baking, when the heat may be reduced. When bread is done, it will not cling to sides of pan, and may be easily removed. Biscuits require more heat than loaf bread, should continue rising the first five minutes, and begin to brown in eight minutes. Experience is the best guide for testing temperature of oven. Various oven thermometers have been made, but none have proved practical. Bread may be brushed over with melted butter, three minutes before removal from oven, if a more tender crust is desired.

在烘烤的前十五分钟继续发酵，此时应开始上色，并在接下来的二十分钟内继续上色。最后十五分钟应完成烘烤，此时可降低温度。面包烤好时，不会粘在烤盘侧面，可以轻松取出。饼干比面包需要更高的温度，前五分钟应继续发酵，八分钟内开始上色。经验是判断烤箱温度的最佳指南。人们制作了各种烤箱温度计，但没有一种被证明实用。如果希望面包皮更柔软，可在出炉前三分钟刷上融化的黄油。

Care of Bread after Baking

面包烘焙后的保管

Remove loaves at once from pans, and place side down on a wire bread or cake cooler. If a crisp crust is desired, allow bread to cool without covering; if soft crust, cover with a towel during cooling. When cool, put in tin box or stone jar, and cover closely.

立即将面包从烤盘中取出，侧放于铁丝面包架或蛋糕架上冷却。如需酥脆外壳，则不加覆盖让其冷却；如需柔软外壳，则在冷却时盖上毛巾。冷却后放入铁盒或石罐中，盖严。

Never keep bread wrapped in cloth, as the cloth will absorb moisture and transmit an unpleasant taste to bread. Bread tins or jars should be washed and scalded twice a week in winter, and every other day in summer; otherwise bread is apt to mould. As there are so many ways of using small and stale pieces of bread, care should be taken that none is wasted.

切勿将面包包在布中存放，因为布会吸收水分并把不愉快的味道传给面包。面包铁盒或罐子冬季应每周清洗并用开水烫两次，夏季隔天一次；否则面包容易发霉。由于使用小块和陈面包的方法很多，应注意不要浪费。

Unfermented bread is raised without a ferment, the carbon dioxide being produced by the use of soda (alkaline salt) and an acid. Soda, employed in combination with cream of tartar, for raising mixtures, in proportion of one-third soda to two-thirds cream of tartar, was formerly used to a great extent, but has been generally superseded by baking powder.

不发酵面包不用发酵剂发面，二氧化碳是通过使用小苏打(碱性盐)和一种酸产生的。小苏打与塔塔粉配合用于发面，比例为三分之一小苏打对三分之二塔塔粉，过去曾大量使用，但现已普遍被发酵粉取代。

Soda bicarbonate ($NaHCO_3$) is manufactured from sodium chloride (NaCl), common salt or cryolite.

碳酸氢钠(NaHCO 3)由氯化钠(NaCl)、食盐或冰晶石制成。

Baking powder is composed of soda and cream of tartar in definite, correct proportions, mixed with small quantity of dry material (flour or corn-starch) to keep action from taking place. If found to contain alum or ammonia, it is impure. In using baking powder, allow two teaspoons baking powder to each cup of flour, when eggs are not used; to egg mixtures allow one and one-half teaspoons baking powder. When a recipe calls for soda and cream of tartar, in substituting baking powder use double amount of cream of tartar given.

发酵粉由小苏打和酒石酸氢钾按确定、正确的比例组成，并混入少量干性材料(面粉或玉米淀粉)以防止其发生反应。若发现含有明矾或氨，则为不纯。使用发酵粉时，若不用鸡蛋，每杯面粉配两茶匙发酵粉；对于含鸡蛋的混合物，配一茶匙半发酵粉。当食谱要求使用小苏打和酒石酸氢钾时，若以发酵粉替代，则酒石酸氢钾的用量需加倍。

These rules apply to the various soda and cream of tartar baking powders on the market. Horsford's Baking Powder, the only mineral one, requires one-third less than others.

这些规则适用于市场上各种小苏打和塔塔粉发酵粉。霍斯福德发酵粉是唯一的矿物性发酵粉，用量比其他发酵粉少三分之一。

Soda and cream of tartar, or baking powder mixtures, are made light by liberation of gas in mixture; the gas in soda is set free by the acid in cream of tartar; in order to accomplish this, moisture and heat are both required. As soon as moisture is added to baking powder mixtures, the gas will begin to escape; hence the necessity of baking as soon as possible. If baking powder only is used for raising, put mixture to be cooked in a hot oven.

小苏打和塔塔粉，或发酵粉混合物，是通过在混合物中释放气体而使其膨松的；小苏打中的气体由塔塔粉中的酸释放出来；为了实现这一点，湿气和热量都是必需的。一旦向发酵粉混合物中加入湿气，气体就会开始逸出；因此必须尽快烘焙。如果仅用发酵粉作为膨松剂，则将待烤的混合物放入热烤箱中。

Cream of tartar ($HKC_4O_6H_4$) is obtained from argols found adhering to bottom and sides of wine casks, which are ninety per cent cream of tartar. The argols are ground and dissolved in boiling water, coloring matter removed by filtering through animal charcoal, and by a process of recrystallization the cream of tartar of commerce is obtained.

塔塔粉(HKC 4 O 6 H 4)取自附着于酒桶底部和侧壁的酒石，其中百分之九十为塔塔粉。将酒石研磨并在沸水中溶解，通过动物炭过滤去除色素，再经重结晶过程即得商品塔塔粉。

The acid found in molasses, sour milk, and lemon juice will liberate gas in soda, but the action is much quicker than when cream of tartar is used.

糖蜜、酸牛奶和柠檬汁中的酸会在小苏打中释放气体，但其作用比使用塔塔粉时快得多。

Fermented and unfermented breads are raised to be made light and porous, that they may be easily acted upon by the digestive ferments. Some mixtures are made light by beating sufficiently to enclose a large amount of air, and when baked in a hot oven air is forced to expand.

发酵面包和不发酵面包经过膨发使其变得轻盈多孔，以便消化酶容易作用于它们。有些混合物通过充分搅打以包裹大量空气而使其膨松，在热烤箱中烘焙时空气被迫膨胀。

Aerated bread is made light by carbon dioxide forced into dough under pressure. The carbon dioxide is generated from sulphuric acid and lime. Aerated bread is of close texture, and has a flavor peculiar to itself. It is a product of the baker's skill, but has found little favor except in few localities.

充气面包是通过在压力下将二氧化碳压入面团而使其膨松的。二氧化碳由硫酸和石灰产生。充气面包质地紧密，具有独特的风味。它是面包师技艺的产物，但除少数地区外鲜受青睐。

Water Bread

水面包

2 cups boiling water
1 tablespoon butter
1 tablespoon lard
1 tablespoon sugar
1½ teaspoons salt
¼ yeast cake dissolved in
¼ cup lukewarm water
6 cups sifted flour

两杯沸水
一汤匙黄油
一汤匙猪油
一汤匙糖
11/2茶匙盐
四分之一块酵母饼溶于
1/4 杯温水
6杯过筛面粉

Put butter, lard, sugar, and salt in bread raiser, or large bowl without a lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour; then stir until thoroughly mixed, using a knife or mixing-spoon. Add remaining

将黄油、猪油、糖和盐放入发面盆或无唇大碗中；倒入沸水；待温热时，加入溶解的酵母块和五杯面粉；然后用刀或搅拌勺搅拌至完全混合。加入剩余的

flour, mix, and turn on a floured board, leaving a clean bowl; knead until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose, and board or tin cover; let rise over night in temperature of 65° F. In morning cut down: this is accomplished by cutting through and turning over dough several times with a case knife, and checks fermentation for a short time; dough may be again raised, and recut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk, and bake in hot oven. (See Baking of Bread and Time Table for Baking.) This recipe will make a double loaf of bread and pan of biscuit. Cottolene, coto suet, or beef drippings may be used for shortening, one-third less being required. Bread shortened with butter has a good flavor, but is not as white as when lard is used.

面粉，混合，然后倒在撒有面粉的案板上，留下一个干净的碗；揉至混合物光滑、摸起来有弹性，且表面下可见气泡。快速揉面需要一些练习，但一旦掌握了动作就永远不会忘记。放回碗中，盖上专为此准备的干净布，再盖上木板或铁皮盖；在65°F的温度下发酵过夜。早晨进行“切下”：即用菜刀穿透并翻转面团数次，这会短暂抑制发酵；如果第一次切下后不方便整形成面包或小圆面包，面团可以再次发酵并再次切下。若照料得当，面包永远不会发酸。将面团抛在撒有少许面粉的案板上，揉面，整形成面包或小圆面包，放入涂油的烤盘，烤盘装至近半满。盖上，再次发酵至体积加倍，在热烤箱中烘烤。(参见“面包的烘烤”及烘烤时间表。)此食谱可制作一条双倍大的面包和一盘小圆面包。起酥油可用Cottolene、coto suet或牛油滴，用量需减少三分之一。用黄油起酥的面包风味好，但不如用猪油时白。

Milk and Water Bread

1 cup scalded milk
1 cup boiling water
1 tablespoon lard
1 tablespoon butter
1½ teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
6 cups sifted flour, or one cup white flour and enough entire

牛奶与水面包

一杯烫牛奶
一杯沸水
一汤匙猪油
一汤匙黄油
11⁄2茶匙盐
1块酵母饼溶于
1⁄4 杯温水
6杯过筛面粉，或一杯白面粉加足量全麦

wheat flour to knead

Prepare and bake as Water Bread. When entire wheat flour is used add three tablespoons molasses. Bread may be mixed, raised, and baked in five hours, by using one yeast cake. Bread made in this way has proved most satisfactory. It is usually mixed in the morning, and the cook is able to watch the dough while rising and keep it at uniform temperature. It is often desirable to place bowl containing dough in pan of water, keeping water at uniform temperature of from 95° to 100° F. Cooks who have not proved themselves satisfactory bread makers are successful when employing this method.

揉面用小麦粉

按水面包的方法准备并烘烤。使用全麦面粉时，加入三汤匙糖蜜。使用一块酵母蛋糕，面包可在五小时内混合、发酵并烘烤完成。以这种方式制作的面包已被证明最为令人满意。通常在早晨混合，厨师能够观察面团发酵过程并保持其温度均匀。通常最好将盛有面团的碗放入一盆水中，使水温保持在95°F至100°F的均匀温度。尚未证明自己是合格面包师的厨师，采用此方法也能成功。

Entire Wheat Bread

2 cups scalded milk
¼ cup sugar or
⅓ cup molasses
1 teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
4⅔ cups coarse entire wheat flour

Add sweetening and salt to milk; cool, and when lukewarm add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise, and bake. Entire Wheat Bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.

全麦面包

两杯烫牛奶

1/4 杯糖或

1/3 杯糖蜜

一茶匙盐

1块酵母饼溶于

1/4 杯温水

4 2/3杯粗全麦面粉

将甜味剂和盐加入牛奶中；冷却，待温热时加入溶解的酵母块和面粉；充分搅打，盖上，让其发酵至体积加倍。再次搅打，倒入涂油的烤面包盘中，烤盘装至半满；让其发酵，然后烘焙。全麦面包在最后一次发酵时不应完全膨胀至体积加倍。此混合物可在宝石烤模中烘焙。

German Caraway Bread

Follow recipe for Milk and Water Bread (see p. 54), using rye flour

德国葛缕子面包

按照《牛奶水面包》食谱(见第54页)制作，使用黑麦粉。

in place of entire wheat flour, and one tablespoon sugar for sweetening. After first rising while kneading add one-third tablespoon caraway seed. Shape, let rise again, and bake in a loaf.

代替全麦面粉，以及一汤匙糖作为甜味剂。第一次发酵后，在揉面时加入三分之一汤匙葛缕子籽。整形，再次发酵，然后以整条面包的形式烘焙。

Entire Wheat and White Flour Bread

Use same ingredients as for Entire Wheat Bread, with exception of flour. For flour use three and one-fourth cups entire wheat and two and three-fourths cups white flour. The dough should be slightly kneaded, and if handled quickly will not stick to board. Loaves and biscuits should be shaped with hands instead of pouring into pans, as in Entire Wheat Bread.

全麦与白面粉面包

使用与全麦面包相同的配料，但面粉除外。面粉使用三又四分之一杯全麦面粉和二又四分之三杯白面粉。面团应稍加揉捏，若操作迅速则不会粘板。面包和饼干应用手整形而非倒入烤盘，如全麦面包那样。

Graham Bread

2½ cups hot liquid (water, or milk and water)
⅓ cup molasses
1½ teaspoons salt
¼ yeast cake dissolved in
¼ cup lukewarm water
3 cups flour
3 cups Graham flour
Prepare and bake as Entire Wheat Bread. The bran remaining in sieve after sifting Graham flour should be discarded.

全麦面包

21/2杯热液体(水，或牛奶与水) 1/3杯糖蜜

11/2茶匙盐
四分之一块酵母饼溶于
1/4 杯温水
3杯面粉
3杯全麦面粉
按全麦面包的方法制备和烘焙。过筛全麦面粉后留在筛中的麸皮应丢弃。

Third Bread

2 cups lukewarm water
1 yeast cake
½ tablespoon salt
½ cup molasses

第三种面包

两杯温水
1块酵母饼 1/2汤匙
盐 1/2杯糖蜜

1 cup rye flour
1 cup granulated corn meal
3 cups flour
Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise, shape, let rise again, and bake as Entire Wheat Bread.

Rolled Oats Bread

2 cups boiling water
½ cup molasses
½ tablespoon salt
1 tablespoon butter
½ yeast cake dissolved in
½ cup lukewarm water
1 cup Rolled Oats
4½ cups flour
Add boiling water to oats and let stand one hour; add molasses, salt, butter, dissolved yeast cake, and flour; let rise, beat thoroughly, turn into buttered bread pans, let rise again, and bake. By using one-half cup less flour, the dough is better suited for biscuits, but, being soft, is difficult to handle. To make shaping of biscuits easy, take up mixture by spoonfuls, drop into plate of flour, and have palms of hands well covered with flour before attempting to shape.

Rye Biscuit

1 cup boiling water
1 cup rye flakes
2 tablespoons butter

一杯黑麦面粉
一杯粗玉米粉
3杯面粉
将酵母块溶于水中，加入其余配料，充分混合。让其发酵，整形，再次发酵，按全麦面包的方法烘焙。

燕麦卷面包

两杯沸水
1/2 杯糖蜜
1/2 汤匙盐
一汤匙黄油
1/2块酵母饼溶于
1/2 杯温水
一杯燕麦片
四杯半面粉
将沸水加入燕麦中，静置一小时；加入糖蜜、盐、黄油、溶解的酵母块和面粉；让其发酵，充分搅打，倒入涂黄油的烤面包盘中，再次发酵，然后烘焙。若少用半杯面粉，面团更适合制作饼干，但由于较软，不易操作。为使饼干易于整形，用勺舀取混合物，滴入盛有面粉的盘中，在尝试整形之前使手掌沾满面粉。

黑麦饼干

一杯沸水
一杯黑麦片
2汤匙黄油

⅓ cup molasses
1½ teaspoons salt
1 yeast cake dissolved in
1 cup lukewarm water
Flour
Make same as Rolled Oats Bread.

Rye Bread

1 cup scalded milk
1 cup boiling water
1 tablespoon lard
1 tablespoon butter
⅓ cup brown sugar
1½ teaspoons salt
¼ yeast cake dissolved in
¼ cup lukewarm water
3 cups flour
Rye meal
To milk and water add lard, butter, sugar, and salt; when lukewarm, add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape in loaves, let rise again, and bake.

Date Bread

Use recipe for Health Food Muffins (see p. 67). After the first rising, while kneading, add two-thirds cup each of English walnut meats cut in small pieces, and dates stoned and cut in pieces.

1/3 杯糖蜜
11/2茶匙盐
1块酵母饼溶于
一杯温水面粉

与燕麦卷面包相同。

黑麦面包

一杯烫牛奶
一杯沸水
一汤匙猪油
一汤匙黄油
1/3杯红糖
11/2茶匙盐
四分之一块酵母饼溶于
1/4 杯温水
3杯面粉
黑麦粉
向牛奶和水中加入猪油、黄油、糖和盐；待温热时，加入溶解的酵母块和面粉，充分搅打，盖上，让其发酵至膨松。加入黑麦粉直至面团硬到可以揉捏；充分揉捏，让其发酵，整形成面包，再次发酵，然后烘焙。

枣椰面包

使用健康食品松饼的食谱(见第67页)。第一次发酵后，在揉面时加入各三分之二杯切成小块的英国核桃仁和去核切块的枣。

Shape in a loaf, let rise in pan, and bake fifty minutes in a moderate oven. This bread is well adapted for sandwiches.

Boston Brown Bread

1 cup rye meal
1 cup granulated corn meal
1 cup Graham flour
¾ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk, or 1¾ cups sweet milk or water
Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-buttered mould, and steam three and one-half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon mould or one-pound baking-powder boxes make the most attractive-shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half-way up around mould, cover closely, and steam, adding, as needed, more boiling water.

New England Brown Bread

1½ cups stale bread

3¼ cups cold water

¾ cup molasses

整形成一条面包，在烤盘中发酵，在中温烤箱中烘焙五十分钟。此面包非常适合制作三明治。

波士顿棕面包

一杯黑麦粉

一杯粗玉米粉

一杯全麦面粉

3/4 汤匙小苏打

一茶匙盐

3/4 杯糖蜜

两杯酸牛奶，或13/4杯甜牛奶或水

混合并过筛干性配料，加入糖蜜和牛奶，搅拌至充分混合，倒入涂满黄油的模具中，蒸三小时半。盖子盖上模具前应涂黄油，然后用绳子系紧；否则面包在发酵时可能顶开盖子。模具装入量绝不应超过三分之二满。瓜形模具或一磅发酵粉盒能做出形状最诱人的面包，但五磅猪油桶也能达到目的。蒸制时，将模具放在盛有沸水的锅中的三脚架上，让水达到模具周围一半的高度，盖紧，蒸制，根据需要添加更多沸水。

新英格兰黑面包

11/2杯不新鲜的面包

31/4杯冷水 3/4杯糖蜜

1½ teaspoons salt

Rye meal 1½ cups each

Granulated corn meal

Graham flour

3 teaspoons soda

Soak bread in two cups of the water over night. In the morning rub through colander, add molasses, dry ingredients mixed and sifted, and remaining water. Stir until well mixed, fill buttered one-pound baking-powder boxes two-thirds full, cover, and steam two hours.

Indian Bread

1½ cups Graham flour
1 cup Indian meal
½ tablespoon soda
1 teaspoon salt
½ cup molasses
1⅔ cups milk
Mix and steam same as Boston Brown Bread.

Steamed Graham Bread

3 cups Arlington meal
1 cup flour
3½ teaspoons soda
1 teaspoon salt
1 cup molasses (scant)
2½ cups sour milk
Mix same as Boston Brown Bread and steam four hours. This

11/2茶匙盐

黑麦粉 11/2 杯各粗粒玉米粉

全麦面粉

三茶匙小苏打

将面包浸泡在两杯水中过夜。早晨用滤锅擦滤，加入糖蜜、混合过筛的干配料和剩余的水。搅拌至充分混合，装入涂黄油的一磅发酵粉罐至三分之二满，盖上，蒸两小时。

印第安面包

11/2杯全麦面粉

一杯印第安玉米粉

1/2 汤匙小苏打

一茶匙盐

1/2 杯糖蜜

1 2/3 杯牛奶

与波士顿布朗面包的混合和蒸制方法相同。

蒸全麦面包

3杯阿灵顿玉米粉

一杯面粉

31/2茶匙小苏打

一茶匙盐

一杯糖蜜(略少)

两杯半酸牛奶

与波士顿布朗面包的混合方法相同，蒸四小时。这

bread may often be eaten when bread containing corn meal could not be digested.

Parker House Rolls

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
Flour

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit-cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one-half of each piece with melted butter, fold, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose their shape.

Sweet French Rolls.—Page 60.

Parker House Rolls; Salad Rolls; Clover Leaf Biscuit; Sticks.—*Page 59.*

面包常可食用，而含玉米粉的面包则可能难以消化。

帕克豪斯卷

两杯烫牛奶
3汤匙黄油
2汤匙糖
一茶匙盐
1块酵母饼溶于
1/4 杯温水
面粉

将黄油、糖和盐加入牛奶中；待温热时，加入溶解的酵母蛋糕和三杯面粉。充分搅打，盖上，发酵至轻盈；切下，加入足够的面粉揉面(约需两杯半)。再次发酵，抛在撒有少许面粉的案板上，揉面、轻拍，擀至三分之一英寸厚。用先蘸过面粉的饼干切模整形。将菜刀刀柄蘸上面粉，用其在每块中间压出一道折痕；在每块的一半刷上融化的黄油，对折，将边缘压紧。放入涂油的烤盘中，间隔一英寸，盖上，发酵，在热烤箱中烘烤十二至十五分钟。小圆面包发酵时会略微分开，若加速发酵则容易失去形状。

甜法式小面包--第60页。

帕克豪斯卷；沙拉卷；三叶草饼干；棒状面包。--页59.

Swedish Tea Ring; Swedish Tea Braid.—*Page 64.*

Coffee Cakes (Brioche).—*Page 62.*

Parker House Rolls may be shaped by cutting or tearing off small pieces of dough, and shaping round like a biscuit; place in rows on floured board, cover, and let rise fifteen minutes. With handle of large wooden spoon, or toy rolling-pin, roll through centre of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, place in buttered pan one inch apart, cover, let rise, and bake.

Salad or Dinner Rolls

Use same ingredients as for Parker House Rolls, allowing one-fourth cup butter. Shape in small biscuits, place in rows on a floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in middle of each biscuit, take up, and press edges together. Place closely in buttered pan, cover, let rise, and bake twelve to fifteen minutes in hot oven. From this same mixture crescents, braids, twists, bow-knots, clover leaves, and other fancy shapes may be made.

Sticks

1 cup scalded milk
¼ cup butter
1½ tablespoons sugar
½ teaspoon salt

瑞典茶环；瑞典茶辫。--第64页。

咖啡蛋糕(布里欧修)。--第62页。

帕克豪斯卷可通过切下或撕下小块面团来整形，整成圆形如饼干；成排放在撒有面粉的板上，盖上，让其发酵十五分钟。用大木勺柄或玩具擀面杖在每个饼干中央压出一道沟，在下半部分的边缘刷上融化的黄油，折叠，轻压，放入涂黄油的烤盘中，间隔一英寸，盖上，让其发酵，然后烘焙。

沙拉或餐包

使用与帕克豪斯卷相同的配料，加入四分之一杯黄油。做成小饼干形状，成排放在撒了面粉的案板上，盖上布和烤盘，让其发酵至轻盈且充分膨胀。在木勺柄上撒面粉，在每个饼干中间压出深痕，拿起并将边缘捏合。紧密排列在涂了黄油的烤盘中，盖上，让其发酵，在热烤箱中烘烤十二至十五分钟。用同样的面团还可以制作新月形、辫子形、扭曲形、蝴蝶结形、三叶草形及其他花式造型。

面包棒

一杯烫牛奶 1/4杯黄油
11/2汤匙糖 1/2茶匙盐

1 yeast cake dissolved in
¼ cup lukewarm water
White 1 egg
3¾ cups flour
Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, white of egg well beaten, and flour. Knead, let rise, shape, let rise again, and start baking in a hot oven, reducing heat, that sticks may be crisp and dry. To shape sticks, first shape as small biscuits, roll on board (where there is no flour) with hands until eight inches in length, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks.

1块酵母饼溶于
1/4 杯温水
白1个鸡蛋
33/4杯面粉
将黄油、糖和盐加入牛奶中；待温热时，加入溶解的酵母块、充分搅打的蛋清和面粉。揉捏，让其发酵，整形，再次发酵，在热烤箱中开始烘焙，然后降低温度，使面包棒酥脆干燥。为使面包棒成形，先整形成小饼干状，在板上(无面粉处)用手搓至八英寸长，保持大小均匀、两端圆润，可将手指靠近但不越过面包棒两端来实现。

Salad Sticks

Follow recipe for Sticks. Let rise, and add salt to dough, allowing two teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in a slow oven. If preferred glazed, brush over with egg yolk slightly beaten and diluted with one-half tablespoon cold water.

沙拉条

按照面包棒的食谱操作。让其发酵，向面团中加盐，每杯面团加两茶匙。整形成小棒状，再次发酵，撒上盐，在低温烤箱中烘焙。若喜欢上光，刷上稍加搅打并用半汤匙冷水稀释的蛋黄。

Swedish Rolls

Use recipe for Salad Rolls. Roll to one-fourth inch thickness, spread with butter, and sprinkle with two tablespoons sugar mixed with one-third teaspoon cinnamon, one-third cup stoned raisins finely chopped, and two tablespoons chopped citron; roll up like jelly roll, and cut in three-fourths inch pieces. Place pieces in pan close together, flat side down. Again let rise, and bake in a hot oven. When rolls are taken from oven, brush over with white

瑞典卷

使用沙拉卷的食谱。擀至四分之一英寸厚，涂上黄油，撒上两汤匙糖与三分之一茶匙肉桂粉、三分之一杯切碎的去核葡萄干和两汤匙切碎的香橼皮混合的馅料；像果冻卷一样卷起，切成四分之三英寸的段。将各段紧密排列在烤盘中，平面朝下。再次发酵，在热烤箱中烘焙。从烤箱取出卷后，刷上

of egg slightly beaten, diluted with one-half tablespoon water; return to oven to dry egg, and thus glaze top.

Sweet French Rolls

1 cup milk
1 yeast cake dissolved in
¼ cup lukewarm water
Flour
¼ cup sugar
1 teaspoon salt
1 egg
Yolk one egg
⅛ teaspoon mace
¼ cup melted butter
Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; beat well, cover, and let rise until light. Add sugar, salt, eggs well beaten, mace, and butter, and enough more flour to knead; knead, let rise again, shape, and bake same as Salad Rolls, or roll in a long strip to one-fourth inch in thickness, spread with butter, roll up like jelly roll, and cut in one-inch pieces. Place pieces in pan close together, flat side down. A few gratings from the rind of a lemon or one-half teaspoon lemon extract may be substituted in place of mace.

Luncheon Rolls

½ cup scalded milk
2 tablespoons sugar
¼ teaspoon salt

稍加搅打并用半汤匙水稀释的蛋清；放回烤箱使蛋液干燥，从而给顶部上光。

甜法式小圆面包

一杯牛奶
1块酵母饼溶于
1/4 杯温水
面粉
1/4杯糖
一茶匙盐
1个鸡蛋
将一个鸡蛋的蛋黄
1/8茶匙肉豆蔻衣
1/4 杯融化的黄油
将牛奶烫热；待温热时，加入溶解的酵母块和一杯半面粉；充分搅打，盖上，让其发酵至轻盈。加入糖、盐、充分搅打的鸡蛋、肉豆蔻和黄油，再加入足够的面粉以便揉面；揉面，再次发酵，整形，按沙拉卷的方式烘烤，或擀成四分之一英寸厚的长条，涂上黄油，像果冻卷一样卷起，切成一英寸的块。将块状物紧密排列在烤盘中，平面朝下。可用柠檬皮擦出的少许碎屑或半茶匙柠檬精替代肉豆蔻。

午餐小面包

1/2杯烫牛奶 2汤匙糖
1/4茶匙盐

½ yeast cake dissolved in
2 tablespoons lukewarm water
2 tablespoons melted butter
1 egg
Few gratings from rind of lemon
Flour
Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and three-fourths cup flour. Cover and let rise; then add butter, egg well beaten, grated rind of lemon, and enough flour to knead. Let rise again, roll to one-half inch thickness, shape with small biscuit-cutter, place in buttered pan close together, let rise again, and bake.

French Rusks

2 cups scalded milk
¼ cup butter
¼ cup sugar
1 teaspoon salt
1 yeast cake dissolved in Flour
1 egg
Yolks 2 eggs
Whites 2 eggs
¾ teaspoon vanilla
¼ cup lukewarm water
Add butter, sugar, and salt to scalded milk; when lukewarm add dissolved yeast cake and three cups flour. Cover and let rise; add egg and egg yolks well beaten, and enough flour to knead. Let rise again, and shape as Parker House Rolls. Before baking, make three parallel creases on top of each roll. When nearly done, brush over

1/2块酵母饼溶于
两汤匙温水
2汤匙融化的黄油
1个鸡蛋
柠檬皮擦屑少许
面粉
将糖和盐加入牛奶中；待温热时，加入溶解的酵母块和四分之三杯面粉。盖上让其发酵；然后加入黄油、充分搅打的鸡蛋、磨碎的柠檬皮和足够揉面的面粉。再次发酵，擀至半英寸厚，用小饼干模具整形，紧密排列在涂黄油的烤盘中，再次发酵，然后烘焙。

法式脆面包片

两杯烫牛奶
1/4 杯黄油
1/4杯糖
一茶匙盐
1块酵母饼溶于面粉
1个鸡蛋
蛋黄 2 个鸡蛋
将2个蛋白打发
3/4 茶匙香草
1/4 杯温水
将黄油、糖和盐加入烫过的牛奶中；待温热时加入溶解的酵母块和三杯面粉。盖上让其发酵；加入鸡蛋和充分搅打的蛋黄，以及足够揉面的面粉。再次发酵，按帕克豪斯卷的方法整形。烘焙前，在每个卷的顶部划出三道平行纹路。快烤好时，刷上

with whites of eggs beaten slightly, diluted with one tablespoon cold water and vanilla. Sprinkle with sugar.

Rusks (Zweiback)

½ cup scalded milk
½ teaspoon salt
2 yeast cakes
¼ cup sugar
¼ cup melted butter
3 eggs
Flour
Dissolve yeast cakes in milk; when lukewarm, add salt and one cup flour; cover, and let rise until very light; then add sugar, butter, eggs unbeaten, and flour enough to handle. Shape as finger rolls, and place close together on a buttered sheet in parallel rows, two inches apart; let rise again and bake twenty minutes. When cold, cut diagonally in one-half inch slices, and brown evenly in oven.

German Coffee Bread

1 cup scalded milk
⅓ cup butter, or butter and lard
¼ cup sugar
½ teaspoon salt
1 egg
⅓ yeast cake dissolved in
¼ cup lukewarm milk
½ cup raisins stoned and cut in pieces
Add butter, sugar, and salt to milk; when lukewarm, add dissolved

稍加搅打并用一汤匙冷水和香草精稀释的蛋清。撒上糖。

面包干(Zweiback)

1/2 杯烫牛奶
1/2 茶匙盐
2块酵母饼
1/4杯糖
1/4 杯融化的黄油
3个鸡蛋
面粉
将酵母块溶于牛奶中；待温热时，加入盐和一杯面粉；盖上，让其发酵至非常膨松；然后加入糖、黄油、未搅打的鸡蛋和足够操作的面粉。整形成手指卷状，紧密排列在涂黄油的烤板上成平行排，间隔两英寸；再次发酵，烘焙二十分钟。冷却后，斜切成半英寸的片，在烤箱中均匀烘烤至金黄。

德国咖啡面包

一杯烫牛奶
1/3杯黄油，或黄油与猪油
1/4杯糖
1/2 茶匙盐
1个鸡蛋
1/3块酵母饼溶于
1/4 杯温牛奶
1/2杯葡萄干，去籽并切碎
将黄油、糖和盐加入牛奶中；当温度微温时，加入已溶解的

yeast cake, egg well beaten, flour to make stiff batter, and raisins; cover, and let rise over night; in morning spread in buttered dripping-pan one-half inch thick. Cover and let rise again. Before baking, brush over with beaten egg, and cover with following mixture: Melt three tablespoons butter, add one-third cup sugar and one teaspoon cinnamon. When sugar is partially melted, add three tablespoons flour.

Coffee Cakes (Brioche)

1 cup scalded milk
¼ cup yolks of eggs
½ cup whole eggs
⅔ cup butter
½ cup sugar
2 yeast cakes
½ teaspoon extract lemon or
2 pounded cardamon seeds
4⅔ cups flour
French Confectioner
Cool milk; when lukewarm, add yeast cakes, and when they are dissolved add remaining ingredients, and beat thoroughly with hand ten minutes; let rise six hours. Keep in ice-box over night; in morning turn on floured board, roll in long rectangular piece one-fourth inch thick; spread with softened butter, fold from sides toward centre to make three layers. Cut off pieces three-fourths inch wide; cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, coil and bring ends together at top of cake. Let rise in pans and bake twenty minutes in a moderate oven; cool and brush over with confectioners'

酵母块、充分搅打的鸡蛋、调成稠面糊的面粉和葡萄干；盖上，让其发酵过夜；早晨铺在涂黄油的烤盘中，厚半英寸。盖上，再次发酵。烘焙前，刷上打散的鸡蛋，并覆盖以下混合物：融化三汤匙黄油，加入三分之一杯糖和一茶匙肉桂粉。当糖部分融化时，加入三汤匙面粉。

咖啡蛋糕(布里欧修)

一杯烫牛奶
1/4杯蛋黄
1/2杯全蛋
2/3 杯黄油
1/2 杯糖
2块酵母饼
1/2茶匙柠檬精或
两粒捣碎的豆蔻籽
4 2/3 杯面粉
法式糖果师
将牛奶冷却；待温热时，加入酵母块，待其溶解后加入剩余配料，用手充分搅打十分钟；让其发酵六小时。放入冰箱过夜；早晨取出放在撒了面粉的案板上，擀成四分之一英寸厚的长方形面片；涂上软化的黄油，从两侧向中间折叠成三层。切下四分之三英寸宽的块；盖上并让其发酵。逐块拿在手中，从两端向相反方向扭转，盘绕并将两端在蛋糕顶部汇合。放入烤盘中发酵，在中温烤箱中烘烤二十分钟；冷却后刷上糖粉

sugar, moistened with boiling water to spread, and flavored with vanilla.

Coffee Rolls

2 cups milk

1½ yeast cakes

Butter ½ cup each

Lard

Sugar

Flour

1 egg

½ teaspoon cinnamon

1 teaspoon salt

Melted butter

Confectioners' sugar

Vanilla

Scald milk, when lukewarm add yeast cakes, and as soon as dissolved add three and one-half cups flour. Beat thoroughly, cover, and let rise; then add butter, lard, sugar, egg unbeaten, cinnamon, salt, and flour enough to knead. Knead until well mixed, cover, and let rise. Turn mixture on a floured cloth. Roll into a long, rectangular piece one-fourth inch thick. Brush over with melted butter, fold from ends toward centre to make three layers and cut off pieces three-fourths inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans,

糖，用沸水润湿以便涂抹，并用香草调味。

咖啡卷

两杯牛奶

11/2块酵母饼黄油

各1/2杯

猪油

糖

面粉

1个鸡蛋

1/2茶匙肉桂

一茶匙盐融化的
黄油

糖粉

香草

将牛奶烫热，待温热时加入酵母饼，一溶化便加入三杯半面粉。充分搅打，盖上，让其发起；然后加入黄油、猪油、糖、未搅打的鸡蛋、肉桂、盐，以及足够揉面的面粉。揉至完全混合，盖上，让其发起。将混合物倒在撒了面粉的布上。擀成四分之一英寸厚的长方形面片。刷上融化的黄油，从两端向中间折成三层，切下四分之三英寸宽的小块。盖上，让其发起。逐块拿在手中，从两端向相反方向拧，然后盘成螺旋状。放入涂了黄油的烤盘，

cover, again let rise, and bake in a moderate oven twenty minutes. Cool slightly, and brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

Swedish Bread

2½ cups scalded milk
1 yeast cake
Flour
½ cup melted butter
⅔ cup sugar
1 egg, well beaten
¼ teaspoon salt
1 teaspoon almond extract
Add yeast cake to one-half cup milk which has been allowed to cool until lukewarm; as soon as dissolved add one-half cup flour, beat thoroughly, cover, and let rise. When light, add remaining milk and four and one-half cups flour. Stir until thoroughly mixed, cover, and again let rise; then add remaining ingredients and one and one-half cups flour. Toss on a floured cloth and knead, using one-half cup flour, cover, and again let rise. Shape as Swedish Tea Braid or Tea Ring I or II, and bake.

Swedish Tea Braid. Cut off three pieces of mixture of equal size and roll, using the hands, in pieces of uniform size; then braid. Put on a buttered sheet, cover, let rise, brush over with yolk of one egg, slightly beaten, and diluted with one-half tablespoon cold water, and sprinkle with finely chopped blanched almonds. Bake in a moderate oven.

Swedish Tea Ring I. Shape as tea braid, form in shape of ring, and proceed as with tea braid, having almonds blanched and cut

盖上，再次让其发酵，在中等烤箱中烘烤二十分钟。稍微冷却，刷上糖粉，糖粉用沸水调湿并加香草调味。

瑞典面包

21⁄2杯热牛奶

1 块酵母

面粉

1⁄2 杯融化的黄油

2⁄3杯糖

1个鸡蛋，充分打散

1⁄4茶匙盐

一茶匙杏仁精

将酵母块加入半杯已冷却至微温的牛奶中；一旦溶解，加入半杯面粉，充分搅打，盖上，让其发酵。当发起时，加入剩余的牛奶和四杯半面粉。搅拌至完全混合，盖上，再次让其发酵；然后加入剩余的配料和一杯半面粉。倒在撒有面粉的布上揉捏，使用半杯面粉，盖上，再次让其发酵。塑形成瑞典茶辫或茶环I或II，并烘烤。

瑞典茶辫。切下三块等大小的混合物，用手搓成均匀大小的小块；然后编成辫子。放在涂有黄油的烤盘上，盖上，让其发酵，刷上一个鸡蛋的蛋黄，稍微搅打并用半汤匙冷水稀释，撒上切碎的焯过杏仁。在中等烤箱中烘烤。

瑞典茶环I。塑形成茶辫形状，形成环状，并按照茶辫的方法进行，杏仁焯过并切碎

in slices crosswise.

Swedish Tea Ring II. Take one-third Swedish Bread mixture and shape, using the hands, in a long roll. Put on an unfloured board and roll, using a rolling-pin, as thinly as possible. Mixture will adhere to board but may be easily lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped blanched almonds or cinnamon. Roll like a jelly roll, cut a piece from each end and join ends to form ring. Place on a buttered sheet, and cut with scissors and shape (see illustration). Let rise, and proceed as with Tea Ring I.

Dutch Apple Cake

1 cup scalded milk
⅓ cup butter
⅓ cup sugar
⅓ teaspoon salt
1 yeast cake
2 eggs
Flour
Melted butter
5 sour apples
¼ cup sugar
½ teaspoon cinnamon
2 tablespoons currants

Mix first four ingredients. When lukewarm add yeast cake, eggs unbeaten, and flour to make a soft dough. Cover, let rise, beat thoroughly, and again let rise. Spread in a buttered dripping-pan as thinly as possible and brush over with melted butter. Pare, cut in eighths, and remove cores from apples.

横切成片。

瑞典茶环 II。取三分之一的瑞典面包混合物，用手塑成长条。放在未撒面粉的板上，用擀面杖尽量擀薄。混合物会粘在板上，但用刀很容易揭起。涂上融化的黄油，撒上糖和切碎的焯过杏仁或肉桂。像果冻卷一样卷起，从两端各切下一块，将两端接合形成环状。放在涂了黄油的烤板上，用剪刀剪开并整形(见图)。让其发起，然后按茶环 I 的方法操作。

荷兰苹果蛋糕

一杯烫牛奶
1/3 杯黄油
1/3杯糖
1/3 茶匙盐
1 块酵母
2个鸡蛋
面粉
融化黄油
5个酸苹果
1/4杯糖
1/2茶匙肉桂
2汤匙加仑子

混合前四种配料。当微温时加入酵母块、未搅打的鸡蛋和面粉，制成软面团。盖上，让其发酵，充分搅打，再次让其发酵。尽可能薄地铺在涂有黄油的滴盘上，刷上融化的黄油。削皮，切成八份，去除苹果核。

Press sharp edges of apples into the dough in parallel rows lengthwise of pan. Sprinkle with sugar mixed with cinnamon and sprinkle with currants. Cover, let rise, and bake in a moderate oven thirty minutes. Cut in squares and serve hot or cold with whipped cream sweetened and flavored.

将苹果的锋利边缘沿烤盘纵向平行压入面团中。撒上混合肉桂的糖，撒上葡萄干。盖上，让其发酵，在中等烤箱中烘烤三十分钟。切成方块，热食或冷食，配以加糖和调味的打发奶油。

Swedish Tea Ring II before baking.—*Page 64.*

瑞典茶环II，烘焙前。--第64页。

Swedish Tea Ring II.—*Page 64.*

瑞典茶环 II.--第64页。

Raised Hominy Muffins.—Page 66.

膨化玉米糁松饼--第66页。

Pop-Overs.—Page 76.

膨松饼--第76页。

Buns

1 cup scalded milk
⅓ cup butter
⅓ cup sugar
1 yeast cake dissolved in
¼ cup lukewarm water
½ teaspoon salt
½ cup raisins stoned and cut in quarters
1 teaspoon extract lemon
Flour
Add one-half sugar and salt to milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; cover, and

小圆面包

一杯烫牛奶
1⁄3 杯黄油
1⁄3杯糖
1块酵母饼溶于
1⁄4 杯温水
1⁄2 茶匙盐
1⁄2杯葡萄干，去籽并切成四份 1茶匙柠檬精

面粉
将一半糖和盐加入牛奶中；当微温时，加入溶解的酵母块和一杯半面粉；盖上，并

let rise until light; add butter, remaining sugar, raisins, lemon, and flour to make a dough; let rise, shape like biscuits, let rise again, and bake. If wanted glazed, brush over with beaten egg before baking.

Hot Cross Buns

1 cup scalded milk
¼ cup sugar
2 tablespoons butter
½ teaspoon salt
½ yeast cake dissolved in
¼ cup lukewarm water
¾ teaspoon cinnamon
3 cups flour
1 egg
¼ cup raisins stoned and quartered, or
¼ cup currants
Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed, add raisins, cover, and let rise over night. In morning, shape in forms of large biscuits, place in pan one inch apart, let rise, brush over with beaten egg, and bake twenty minutes; cool, and with ornamental frosting make a cross on top of each bun.

Raised Muffins

1 cup scalded milk
1 cup boiling water
2 tablespoons butter

让其发酵至发起；加入黄油、剩余的糖、葡萄干、柠檬和面粉制成面团；让其发酵，塑形成饼干状，再次让其发酵，并烘烤。如果想要上光，烘烤前刷上打散的鸡蛋。

十字小圆面包

一杯烫牛奶
1/4杯糖
2汤匙黄油
1/2 茶匙盐
1/2块酵母饼溶于
1/4 杯温水
3/4 茶匙肉桂
3杯面粉
1个鸡蛋
1/4杯去核并切成四块的葡萄干，或1/4杯加
仑子

将黄油、糖和盐加入牛奶中；当微温时，加入溶解的酵母块、肉桂、面粉和打散的鸡蛋；完全混合后，加入葡萄干，盖上，让其发酵过夜。早上，塑形成大饼干形状，放入烤盘中间隔一英寸，让其发酵，刷上打散的鸡蛋，烘烤二十分钟；冷却，用装饰糖霜在每个小圆面包顶部画一个十字。

发酵松饼

一杯烫牛奶
一杯沸水
2汤匙黄油

¼ cup sugar
¾ teaspoon salt
¼ yeast cake
1 egg
4 cups flour
Add butter, sugar, and salt to milk and water; when lukewarm, add yeast cake, and when dissolved, egg well beaten, and flour; beat thoroughly, cover, and let rise over night. In morning, fill buttered muffin rings two-thirds full; let rise until rings are full, and bake thirty minutes in hot oven.

Grilled Muffins

Put buttered muffin rings on a hot greased griddle. Fill one-half full with raised muffin mixture, and cook slowly until well risen and browned underneath; turn muffins and rings and brown the other side. This is a convenient way of cooking muffins when oven is not in condition for baking.

Raised Hominy Muffins

1 cup warm cooked hominy
¼ cup butter
1 cup scalded milk
3 tablespoons sugar
½ teaspoon salt
¼ yeast cake
¼ cup lukewarm water
3¼ cups flour
Mix first five ingredients; when lukewarm add yeast cake,

1/4杯糖
3/4 茶匙盐
1/4块酵母
1个鸡蛋
4杯面粉
将黄油、糖和盐加入牛奶和水中；当微温时，加入酵母块，溶解后加入打散的鸡蛋和面粉；充分搅打，盖上，让其发酵过夜。早上，将涂有黄油的松饼环填充三分之二满；让其发酵至环满，在热烤箱中烘烤三十分钟。

烤松饼

将涂有黄油的松饼环放在热的涂油煎饼锅上。填充一半满的发酵松饼混合物，慢慢烹饪直到充分发起且底部变褐；翻转松饼和环，将另一面变褐。这是当烤箱不适合烘烤时烹饪松饼的便捷方法。

发酵玉米碴松饼

一杯温热的熟玉米碴
1/4 杯黄油
一杯烫牛奶
3汤匙糖
1/2 茶匙盐
1/4块酵母
1/4 杯温水
31/4 杯面粉
将前五种原料混合；待温度不烫手时加入酵母块，

dissolved in lukewarm water and flour. Cover, and let rise over night. In the morning cut down, fill hot buttered gem pans two-thirds full, let rise one hour, and bake in a moderate oven. Unless cooked hominy is rather stiff more flour will be needed.

溶解在微温水和面粉中。盖上，让其发酵过夜。早上切下，填充涂有黄油的热宝石烤盘三分之二满，让其发酵一小时，在中等烤箱中烘烤。除非煮熟的玉米粥相当稠，否则需要更多面粉。

Raised Rice Muffins

Make same as Raised Hominy Muffins, substituting one cup hot boiled rice in place of hominy, and adding the whites of two eggs beaten until stiff.

发酵米松饼

制作方法与发酵玉米粥松饼相同，用一杯热煮米饭代替玉米粥，并加入两个打至硬性发泡的蛋白。

Raised Oatmeal Muffins

¾ cup scalded milk
¼ cup sugar
½ teaspoon salt
¼ yeast cake dissolved in
¼ cup lukewarm milk
1 cup cold cooked oatmeal
2½ cups flour
Add sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture; beat thoroughly, cover, and let rise over night. In morning, fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven twenty-five to thirty minutes.

发酵燕麦松饼

3/4 杯烫牛奶
1/4杯糖
1/2 茶匙盐
四分之一块酵母饼溶于
1/4 杯温牛奶
一杯冷熟燕麦片
21/2杯面粉
将糖和盐加入烫过的牛奶中；当微温时，加入溶解的酵母块。用指尖将燕麦片揉入面粉中，加入第一个混合物；充分搅打，盖上，让其发酵过夜。早上，填充涂有黄油的热铁宝石烤盘三分之二满，让其发酵在炉灶后部，使烤盘逐渐加热，混合物发起以填充烤盘。在中等烤箱中烘烤二十五至三十分钟。

Health Food Muffins

1 cup warm wheat mush
¼ cup brown sugar

健康食品松饼

一杯温小麦糊 1/4杯红糖

½ teaspoon salt
1 tablespoon butter
¼ yeast cake
¼ cup lukewarm water
Flour
Mix first four ingredients, add yeast cake dissolved in lukewarm water, and flour to knead. Cover, and let rise over night. In the morning cut down, fill hot buttered gem pans two-thirds full and bake in a moderate oven. This mixture, when baked in a loaf, makes a delicious bread.

Squash Biscuits

½ cup squash (steamed and sifted)
¼ cup sugar
½ teaspoon salt
½ cup scalded milk
¼ yeast cake dissolved in
¼ cup lukewarm water
¼ cup butter
2½ cups flour
Add squash, sugar, salt, and butter to milk; when lukewarm, add dissolved yeast cake and flour; cover, and let rise over night. In morning shape into biscuits, let rise, and bake.

Imperial Muffins

1 cup scalded milk
¼ cup sugar
½ teaspoon salt
1¾ cups flour

1/2 茶匙盐
一汤匙黄油
1/4块酵母
1/4 杯温水
面粉
混合前四种配料，加入溶解在微温水中的酵母块和面粉揉捏。盖上，让其发酵过夜。早上切下，填充涂有黄油的热宝石烤盘三分之二满，在中等烤箱中烘烤。这种混合物，当烤成一条面包时，制成美味的面包。

南瓜饼干

1/2 杯南瓜(蒸熟并过筛) 1/4 杯糖

1/2 茶匙盐
1/2 杯烫牛奶
四分之一块酵母饼溶于
1/4 杯温水
1/4 杯黄油
21/2杯面粉
将南瓜、糖、盐和黄油加入牛奶中；当微温时，加入溶解的酵母块和面粉；盖上，让其发酵过夜。早上塑形成饼干，让其发酵，并烘烤。

帝国松饼

一杯烫牛奶 1/4杯糖
1/2茶匙盐 13/4杯面
粉

1 cup corn meal
¼ cup butter
⅓ yeast cake dissolved in ¼ cup lukewarm water
Add sugar and salt to milk; when lukewarm add dissolved yeast cake, and one and one-fourth cups flour. Cover, and let rise until light, then add corn meal, remaining flour, and butter. Let rise over night; in the morning fill buttered muffin rings two-thirds full; let rise until rings are full and bake thirty minutes in hot oven.

Dry Toast

Cut stale bread in one-fourth inch slices. Crust may or may not be removed. Put slices on wire toaster, lock toaster and place over clear fire to dry, holding some distance from coals; turn and dry other side. Hold nearer to coals and color a golden brown on each side. Toast, if piled compactly and allowed to stand, will soon become moist. Toast may be buttered at table or before sending to table.

Water Toast

Dip slices of dry toast quickly in boiling salted water, allowing one-half teaspoon salt to one cup boiling water. Spread slices with butter, and serve at once.

Milk Toast I

1 pint scalded milk
2 tablespoons butter
2½ tablespoons bread flour
½ teaspoon salt

一杯玉米粉
1/4 杯黄油
1/3块酵母饼溶于1/4杯温水中
将糖和盐加入牛奶中；当微温时加入溶解的酵母块和一杯四分之一面粉。盖上，让其发酵至发起，然后加入玉米粉、剩余面粉和黄油。让其发酵过夜；早上填充涂有黄油的松饼环三分之二满；让其发酵至环满，在热烤箱中烘烤三十分钟。

干烤面包片

将不新鲜的面包切成四分之一英寸的片。面包皮可以去除或保留。将片放在铁丝烤面包机上，锁住烤面包机，放在明火上干燥，与炭火保持一定距离；翻转并干燥另一面。靠近炭火，每面烤至金黄色。如果堆叠紧密并放置，烤面包会很快变湿。烤面包可以在桌上涂黄油或在送到桌上之前涂黄油。

水吐司

将干烤面包片快速浸入沸腾的盐水中，每杯沸水允许半茶匙盐。在片上涂黄油，立即上桌。

牛奶吐司 I

一品脱烫过的牛奶
2汤匙黄油
21/2汤匙面包粉 1/2茶匙盐

Cold water
6 slices dry toast
Add cold water gradually to flour to make a smooth, thin paste. Add to milk, stirring constantly until thickened, cover, and cook twenty minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all.

Milk Toast II

Use ingredients given in Milk Toast I, omitting cold water, and make as Thin White Sauce. Dip toast in sauce.

Brown Bread Milk Toast

Make same as Milk Toast, using slices of toasted brown bread in place of white bread. Brown bread is better toasted by first drying slices in oven.

Cream Toast

Substitute cream for milk, and omit butter in recipe for Milk Toast I or II.

Tomato Cream Toast

1½ cups stewed and strained tomato
½ cup scalded cream
¼ teaspoon soda
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
6 slices toast

冷水
6片干吐司
逐渐向面粉中加入冷水，制成光滑的稀糊。加入牛奶中，不断搅拌直到变稠，盖上，煮二十分钟；然后加入盐和切成小块的黄油。将烤面包片分别浸入酱汁中；当变软时，移到上菜盘中。将剩余的酱汁倒在上面。

牛奶吐司 II

使用牛奶烤面包I中给出的配料，省略冷水，按照稀白酱汁制作。将烤面包浸入酱汁中。

布朗面包牛奶吐司

制作方法与牛奶烤面包相同，用烤黑面包片代替白面包。黑面包最好先在烤箱中干燥片再烤。

奶油吐司

以奶油代替牛奶，并在牛奶吐司 I 或 II 的食谱中省略黄油。

番茄奶油吐司

11/2杯炖煮并过滤的番茄 1/2杯烫过的奶油
1/4茶匙小苏打

3汤匙黄油
3汤匙面粉 1/2茶匙盐

6片吐司

Put butter in saucepan; when melted and bubbling, add flour, mixed with salt, and stir in gradually tomato, to which soda has been added, then add cream. Dip slices of toast in sauce. Serve as soon as made.

German Toast

3 eggs
½ teaspoon salt
2 tablespoons sugar
1 cup milk
6 slices stale bread
Beat eggs slightly, add salt, sugar, and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on a hot, well-greased griddle; brown on one side, turn and brown other side. Serve for breakfast or luncheon, or with a sauce for dessert.

Brewis

Break stale bits or slices of brown and white bread in small pieces, allowing one and one-half cups brown bread to one-half cup white bread. Butter a hot frying-pan, put in bread, and cover with equal parts milk and water. Cook until soft; add butter and salt to taste.

Bread for Garnishing

Dry toast is often used for garnishing, cut in various shapes. Always shape before toasting. Cubes of bread, toast points, and small oblong pieces are most common. Cubes of stale bread, from which centres are removed, are fried in deep fat and called croûstades; half-inch cubes, browned in butter, or fried in deep fat, are called croûtons.

将黄油放入平底锅中；当融化并冒泡时，加入混合盐的面粉，逐渐搅入已加入小苏打的番茄，然后加入奶油。将烤面包片浸入酱汁中。做好后立即上桌。

德式吐司

3个鸡蛋

1/2 茶匙盐

2汤匙糖

一杯牛奶

6片不新鲜的面包

稍微搅打鸡蛋，加入盐、糖和牛奶；过滤到浅盘中。将面包浸泡在混合物中直到变软。在热的、涂油良好的煎饼锅上烹饪；一面变褐，翻转另一面变褐。用于早餐或午餐，或配酱汁作为甜点。

布鲁维斯

将不新鲜的黑面包和白面包碎块或片掰成小块，允许一杯半黑面包配半杯白面包。在热煎锅中涂黄油，放入面包，用等量的牛奶和水覆盖。煮至变软；加入黄油和盐调味。

装饰用面包

干烤面包常用于装饰，切成各种形状。始终在烤之前塑形。面包块、烤面包尖和小长方形块最常见。从不新鲜面包中去除中心的面包块在深油中炸，称为面包壳；半英寸的方块，在黄油中变褐，或在深油中炸，称为面包丁。

Uses for Stale Bread

All pieces of bread should be saved and utilized. Large pieces are best for toast. Soft stale bread, from which crust is removed, when crumbed, is called stale breadcrumbs, or raspings, and is used for puddings, griddle-cakes, omelets, scalloped dishes, and dipping food to be fried. Remnants of bread, from which crusts have not been removed, are dried in oven, rolled, and sifted. These are called dry bread crumbs, and are useful for crumbing croquettes, cutlets, fish, meat, etc.

CHAPTER V
BISCUITS, BREAKFAST CAKES, AND SHORTCAKES

Batters, Sponges, and Doughs

Batter is a mixture of flour and some liquid (usually combined with other ingredients, as sugar, salt, eggs, etc.), of consistency to pour easily, or to drop from a spoon.

Batters are termed thin or thick, according to their consistency.

Sponge is a batter to which yeast is added.

Dough differs from batter inasmuch as it is stiff enough to be handled.

Cream Scones

2 cups flour
4 teaspoons baking power

stale bread的用途

所有面包碎块都应保存并加以利用。大块的面包最适合做烤面包片。柔软的陈面包，去掉面包皮后搓碎，称为陈面包屑或擦碎面包屑，用于布丁、煎饼锅煎饼、煎蛋卷、扇贝形烤盘菜以及蘸裹待炸食物。未去皮的剩余面包在烤箱中烘干、擀碎并过筛。这些称为干面包屑，适用于裹炸可乐饼、肉排、鱼、肉等。

第五章
饼干、早餐糕点与水果酥饼

面糊、海绵蛋糕与面团

面糊是面粉与某种液体的混合物(通常还与其他配料混合，如糖、盐、鸡蛋等)，其稠度便于倾倒，或便于从勺中滴落。

面糊按其稠度分为稀面糊或稠面糊。海绵面糊是加入了酵母的面糊。

面团与面糊的区别在于面团硬度足以用手操作。

奶油司康

两杯面粉

4茶匙泡打粉

2 teaspoons sugar
½ teaspoon salt
4 tablespoons butter
2 eggs
⅓ cup cream
Mix and sift together flour, baking powder, sugar, and salt. Rub in butter with tips of fingers; add eggs well beaten, and cream. Toss on a floured board, pat, and roll to three-fourths inch in thickness. Cut in squares, brush with white of egg, sprinkle with sugar, and bake in a hot oven fifteen minutes.

Baking Powder Biscuit I

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon lard
¾ cup milk and water in equal parts
1 tablespoon butter
Mix dry ingredients, and sift twice.

Work in butter and lard with tips of fingers; add gradually the liquid, mixing with knife to a soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit-cutter. Place on buttered pan, and bake in hot oven twelve to fifteen minutes. If baked in too slow an oven, the gas will escape before it has done its work. Many obtain better results by using bread flour.

Baking Powder Biscuit II

两茶匙糖
1/2 茶匙盐
4汤匙黄油
2个鸡蛋
1/3杯奶油
将面粉、发酵粉、糖和盐混合并过筛。用指尖将黄油搓入；加入搅打好的鸡蛋和奶油。放在撒了面粉的案板上，轻拍，擀至四分之三英寸厚。切成方块，刷上蛋清，撒上糖，在热烤箱中烤十五分钟。

发酵粉饼干 I

两杯面粉
4茶匙泡打粉
一茶匙盐
一汤匙猪油
3/4杯牛奶与等量水 1汤匙黄油

将干性配料混合，并过筛两次。

用指尖将黄油和猪油揉入；逐渐加入液体，用刀拌成软面团。由于面粉的差异，无法确定液体的确切用量。倒在撒了面粉的板上，轻拍并轻擀至半英寸厚。用饼干切模整形。放在涂了黄油的烤盘上，在热烤箱中烤十二至十五分钟。如果在太慢的烤箱中烘烤，气体将在发挥作用之前逸出。许多人使用面包面粉获得更好的效果。

发酵粉饼干 II

2 cups flour
4 teaspoons baking powder
2 tablespoons butter
¾ cup milk
½ teaspoon salt
Mix and bake as Baking Powder Biscuit I.

Emergency Biscuit

Use recipe for Baking Powder Biscuit I or II, with the addition of more milk, that mixture may be dropped from spoon without spreading. Drop by spoonfuls on a buttered pan, one-half inch apart. Brush over with milk, and bake in hot oven eight minutes.

Fruit Rolls (Pin Wheel Biscuit)

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
2 tablespoons butter
⅔ cup milk
⅓ cup stoned raisins (finely chopped)
2 tablespoons citron (finely chopped)
⅓ teaspoon cinnamon
Mix as Baking Powder Biscuit II. Roll to one-fourth inch thickness, brush over with melted butter, and sprinkle with fruit, sugar, and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness. Place on buttered tin, and bake in hot oven fifteen minutes. Currants may be used in place of raisins and citron.

Twin Mountain Muffins

两杯面粉
4茶匙泡打粉
2汤匙黄油
3/4 杯牛奶
1/2 茶匙盐
按发酵粉饼干一的做法混合并烘烤。

应急饼干

使用发酵粉饼干 I 或 II 的食谱，增加牛奶用量，使混合物能从勺中滴落而不摊开。用勺舀到涂了黄油的烤盘上，间隔半英寸。刷上牛奶，在热烤箱中烤八分钟。

水果卷(风车饼干)

两杯面粉
4茶匙泡打粉
1/2 茶匙盐
2汤匙糖
2汤匙黄油
2/3杯牛奶
1/3杯去核葡萄干(切碎) 2汤匙香橼皮(切碎)
1/3茶匙肉桂

按发酵粉饼干 II 的方法混合。擀至四分之一英寸厚，刷上融化的黄油，撒上水果、糖和肉桂。像果冻卷一样卷起；切成四分之三英寸厚的段。放在涂了黄油的铁板上，在热烤箱中烤十五分钟。可用加仑子代替葡萄干和香橼皮。

双山松饼

¼ cup butter
¼ cup sugar
1 egg
¾ cup milk
2 cups flour
3 teaspoons baking powder
Cream the butter; add sugar and egg well beaten; sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered tin gem pans twenty-five minutes.

One Egg Muffins I

3½ cups flour
6 teaspoons baking powder
1 teaspoon salt
1⅓ cups milk
3 tablespoons melted butter
1 egg
3 tablespoons sugar
Mix and sift dry ingredients; add gradually milk, egg well beaten, and melted butter. Bake in buttered gem pans twenty-five minutes. If iron pans are used they must be previously heated. This recipe makes thirty muffins. Use half the proportions given and a small egg, if half the number is required.

One Egg Muffins II

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar

1/4 杯黄油
1/4杯糖
1个鸡蛋
3/4 杯牛奶
两杯面粉
3茶匙泡打粉
将黄油搅打成奶油状；加入糖和搅打好的鸡蛋；将发酵粉与面粉一起过筛，与牛奶交替加入第一份混合物中。在涂了黄油的宝石形烤盘中烤二十五分钟。

一蛋松饼 I

31/2杯面粉
6茶匙泡打粉
一茶匙盐
1 1/3 杯牛奶
3汤匙融化的黄油
1个鸡蛋
3汤匙糖
将干配料混合并过筛；逐渐加入牛奶、搅打好的鸡蛋和融化的黄油。在涂了黄油的宝石形烤盘中烤二十五分钟。如使用铁盘，须事先加热。此食谱可做三十个松饼。如需做一半数量，使用所给分量的一半和一个小鸡蛋。

一蛋松饼 II

两杯面粉
4茶匙泡打粉 1/2茶匙盐 2汤匙糖

1 cup milk
2 tablespoons melted butter
1 egg
Mix and bake as One Egg Muffin I.

Berry Muffins I (without eggs)

2 cups flour
¼ cup sugar
4 teaspoons baking powder
2 tablespoon butter
1 cup milk (scant)
1 cup berries
½ teaspoon salt
Mix and sift dry ingredients; work in butter with tips of fingers; add milk and berries.

Berry Muffins II

¼ cup butter
⅓ cup sugar
1 egg
2⅔ cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 cup berries
Cream the butter; add gradually sugar and egg well beaten; mix and sift flour, baking powder, and salt, reserving one-fourth cup flour to be mixed with berries and added last; the remainder alternately with milk.

一杯牛奶
2汤匙融化的黄油
1个鸡蛋
按“单蛋松饼一”的做法混合并烘烤。

浆果松饼一(不含鸡蛋)

两杯面粉
1/4杯糖
4茶匙泡打粉
2汤匙黄油
一杯牛奶(略少)
一杯浆果
1/2 茶匙盐
将干配料混合并过筛；用指尖将黄油搓入；加入牛奶和浆果。

浆果玛芬 II

1/4 杯黄油
1/3杯糖
1个鸡蛋
2 2/3 杯面粉
4茶匙泡打粉
1/2 茶匙盐
一杯牛奶
一杯浆果
将黄油搅打成奶油状；逐渐加入糖和搅打好的鸡蛋；将面粉、发酵粉和盐混合并过筛，留出四分之一杯面粉与浆果混合最后加入；其余部分与牛奶交替加入。

Queen of Muffins

¼ cup butter
⅓ cup sugar
1 egg
½ cup milk (scant)
1½ cups flour
2½ teaspoons baking powder
Mix and bake same as Twin Mountain Muffins.

Rice Muffins

2¼ cups flour
¾ cup hot cooked rice
5 teaspoons baking powder
2 tablespoons sugar
1 cup milk
1 egg
2 tablespoons melted butter
½ teaspoon salt
Mix and sift flour, sugar, salt, and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan or buttered gem pans.

Oatmeal Muffins

1 cup cooked oatmeal
1½ cups flour
2 tablespoons sugar

松饼女王

1/4 杯黄油
1/3杯糖
1个鸡蛋
半杯牛奶(略少)
11/2杯面粉
21/2茶匙泡打粉
按双山松饼的做法混合并烘烤。

米饭玛芬

21/4杯面粉
3/4 杯热熟米饭
5茶匙泡打粉
2汤匙糖
一杯牛奶
1个鸡蛋
2汤匙融化的黄油
1/2 茶匙盐
将面粉、糖、盐和发酵粉混合过筛；加入一半牛奶、搅打好的鸡蛋，剩余牛奶与米饭混合，彻底搅打；然后加入黄油。倒入涂了黄油的松饼圈中，置于涂了黄油的烤盘或涂了黄油的宝石烤模内烘焙。

燕麦松饼

一杯煮熟的燕麦片
11/2杯面粉
2汤匙糖

4 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 egg
2 tablespoons melted butter
Mix and bake as Rice Muffins.

Graham Muffins I

1¼ cups Graham flour
1 cup flour
1 cup sour milk
⅓ cup molasses
¾ teaspoon soda
1 teaspoon salt
Mix and sift dry ingredients; add milk to molasses, and combine mixtures.

Graham Muffins II

1 cup Graham or entire wheat flour
1 cup flour
¼ cup sugar
1 teaspoon salt
1 cup milk
1 egg
1 tablespoon melted butter
4 teaspoons baking powder
Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in hot oven in buttered gem pans twenty-five minutes.

4茶匙泡打粉 1/2茶匙盐 1/2杯
牛奶

1个鸡蛋

两汤匙融化的黄油，混合后按米饭
松饼的做法烘烤。

格雷厄姆松饼 I

11/4杯全麦面粉
一杯面粉
一杯酸牛奶
1/3 杯糖蜜
3/4茶匙小苏打
一茶匙盐
混合并筛匀干性材料；将牛奶加入糖蜜中，再混合两者。

格雷厄姆松饼 II

一杯格雷厄姆面粉或全麦面粉
一杯面粉
1/4杯糖
一茶匙盐
一杯牛奶
1个鸡蛋
1汤匙融化的黄油
4茶匙泡打粉
将干配料混合过筛；逐渐加入牛奶、搅打好的鸡蛋和融化的黄油；在热烤箱中倒入涂了黄油的宝石烤模内烘焙二十五分钟。

Rye Muffins I

Make as Graham Muffins II, substituting rye meal for Graham flour.

Rye Muffins II

1¼ cups rye meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
1 egg
1 tablespoon melted butter
Mix and bake as Graham Muffins II, adding molasses with milk.

Rye Gems

1⅔ cups rye flour
1⅓ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
2 eggs
3 tablespoons melted butter
Mix and sift dry ingredients, add molasses, milk, eggs well beaten, and butter. Bake in hot oven in buttered gem pans twenty-five minutes.

黑麦松饼 I

按格雷厄姆松饼二式制作，以黑麦粉替代格雷厄姆面粉。

黑麦松饼 II

11/4杯黑麦粉
11/4 杯面粉
4茶匙泡打粉
一茶匙盐
1/4 杯糖蜜
11/4杯牛奶
1个鸡蛋
1汤匙融化的黄油
按格雷厄姆松饼二的做法混合并烘烤，牛奶中加入糖蜜。

黑麦松饼

12/3杯黑麦粉
1 1/3 杯面粉
4茶匙泡打粉
一茶匙盐
1/4 杯糖蜜
11/4杯牛奶
2个鸡蛋
3汤匙融化的黄油
将干配料混合过筛，加入糖蜜、牛奶、搅打好的鸡蛋和黄油。在热烤箱中倒入涂了黄油的宝石烤模内烘焙二十五分钟。

Corn Meal Gems

½ cup corn meal
1 cup flour
3 teaspoons baking powder
1 tablespoon sugar
1 tablespoon melted butter
½ teaspoon salt
¾ cup milk
1 egg
Mix and bake as Graham Muffins II.

Hominy Gems

¼ cup hominy
½ teaspoon salt
½ cup boiling water
1 cup scalded milk
1 cup corn meal
3 tablespoons sugar
3 tablespoons butter
2 eggs
3 teaspoons baking powder
Add hominy mixed with salt to boiling water and let stand until hominy absorbs water. Add scalded milk to corn meal, then add sugar and butter. Combine mixtures, cool slightly, add yolks of eggs beaten until thick, and whites of eggs beaten until stiff. Sift in baking powder and beat thoroughly. Bake in hot buttered gem pans.

玉米面松饼

1/2 杯玉米粉
一杯面粉
3茶匙泡打粉
一汤匙糖
1汤匙融化的黄油 1/2茶匙盐

3/4 杯牛奶
1个鸡蛋
按全麦松饼二号的制法混合并烘烤。

玉米糁松饼

1/4杯玉米糁
1/2 茶匙盐
1/2 杯沸水
一杯烫牛奶
一杯玉米粉
3汤匙糖
3汤匙黄油
2个鸡蛋
3茶匙泡打粉
将加盐的玉米糁加入沸水中，静置至玉米糁吸收水分。将烫牛奶加入玉米粉中，然后加入糖和黄油。合并混合物，稍冷却，加入搅打至浓稠的蛋黄和搅打至硬挺的蛋白。筛入发酵粉并彻底搅打。在热的涂了黄油的宝石烤模中烘焙。

Berkshire Muffins

½ cup corn meal
½ cup flour
½ cup cooked rice
2 tablespoons sugar
½ teaspoon salt
⅔ cup scalded milk (scant)
1 egg
1 tablespoon melted butter
3 teaspoons baking powder
Turn scalded milk on meal, let stand five minutes; add rice, and flour mixed and sifted with remaining dry ingredients. Add yolk of egg well beaten, butter, and white of egg beaten stiff and dry.

Golden Corn Cake

¾ cup corn meal
1¼ cups flour
¼ cup sugar
5 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 egg
1 or 2 tablespoons melted butter
Mix and sift dry ingredients. Add milk, egg well beaten, and butter; bake in shallowed buttered pan in hot oven twenty minutes.

Corn Cake (sweetened with Molasses)

伯克希尔松饼

1/2 杯玉米粉
1/2杯面粉
1/2 杯熟米饭
2汤匙糖
1/2 茶匙盐
2/3杯热牛奶(略少)
1个鸡蛋
1汤匙融化的黄油
3茶匙泡打粉
将烫牛奶倒在玉米粉上，静置五分钟；加入米饭，以及与剩余干配料混合过筛的面粉。加入搅打好的蛋黄、黄油，以及搅打至硬挺干燥的蛋白。

金黄玉米饼

3/4 杯玉米粉
11/4 杯面粉
1/4杯糖
5茶匙泡打粉
1/2 茶匙盐
一杯牛奶
1个鸡蛋
1或2汤匙融化的黄油
将干配料混合过筛。加入牛奶、搅打好的鸡蛋和黄油；在热烤箱中倒入涂了黄油的浅盘中烘焙二十分钟。

玉米蛋糕(用糖蜜增甜)

1 cup corn meal
¾ cup flour
3½ teaspoons baking powder
1 teaspoon salt
¼ cup molasses
¾ cup milk
1 egg
1 tablespoon melted butter
Mix and bake as Golden Corn Cake, adding molasses to milk.

White Corn Cake

¼ cup butter
½ cup sugar
1⅓ cups milk
Whites 3 eggs
1¼ cups white corn meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt
Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add whites of eggs beaten stiff. Bake in buttered cake pan thirty minutes.

Rich Corn Cake

1 cup corn meal
1 cup white flour
4 teaspoons baking powder
¼ cup sugar

一杯玉米粉
3/4 杯面粉
31/2茶匙泡打粉
一茶匙盐
1/4 杯糖蜜
3/4 杯牛奶
1个鸡蛋
1汤匙融化的黄油
按金玉米饼的做法混合并烘烤，在牛奶中加入糖蜜。

白玉米蛋糕

1/4 杯黄油
1/2 杯糖
1 1/3 杯牛奶
将3个蛋白打发
11/4 杯白玉米粉
11/4 杯面粉
4茶匙泡打粉
一茶匙盐
将黄油搅打至奶油状；逐渐加入糖；加入牛奶，与混合过筛的干配料交替加入。彻底搅打；加入搅打至硬挺的蛋白。在涂了黄油的蛋糕模中烘焙三十分钟。

浓郁玉米蛋糕

一杯玉米粉
一杯白面粉
4茶匙泡打粉 1/4杯糖

½ teaspoon salt
⅞ cup milk
2 eggs
¼ cup melted butter
Mix and sift dry ingredients. Add milk, gradually, eggs well beaten, and butter. Bake in a buttered, shallow pan, in a hot oven.

Susie’s Spider Corn Cake

1¼ cups corn meal
2 cups sour milk
1 teaspoon soda
1 teaspoon salt
2 eggs
2 tablespoons butter
Mix soda, salt, and corn meal; gradually add eggs well beaten and milk. Heat frying-pan, grease sides and bottom of pan with butter, turn in the mixture, place on middle grate in hot oven, and cook twenty minutes.

White Corn Meal Cake

1 cup scalded milk
½ cup white corn meal
1 teaspoon salt
Add salt to corn meal, and pour on gradually milk. Turn into a buttered shallow pan to the depth of one-fourth inch. Bake in a moderate oven until crisp. Split and spread with butter.

Pop-overs

1 cup flour

1/2 茶匙盐
7/8 杯牛奶
2个鸡蛋
1/4 杯融化的黄油
将干配料混合过筛。逐渐加入牛奶、搅打好的鸡蛋和黄油。在热烤箱中倒入涂了黄油的浅盘中烘焙。

苏西的蜘蛛玉米饼

11/4 杯玉米粉
两杯酸牛奶
一茶匙苏打
一茶匙盐
2个鸡蛋
2汤匙黄油
将小苏打、盐和玉米粉混合；逐渐加入搅打好的鸡蛋和牛奶。加热煎锅，用黄油涂抹锅的侧面和底部，倒入混合物，置于热烤箱的中层烤架上烤二十分钟。

白玉米面饼

一杯烫牛奶
1/2 杯白玉米粉
一茶匙盐
将盐加入玉米粉中，逐渐倒入牛奶。倒入涂了黄油的浅盘中至四分之一英寸深。在中温烤箱中烘焙至酥脆。掰开并涂上黄油。

蓬松饼

一杯面粉

¼ teaspoon salt
⅞ cup milk
2 eggs
½ teaspoon melted butter
Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg, beaten until light, and butter; beat two minutes, —using Dover egg-beater,—turn into hissing hot buttered iron gem pans, and bake thirty to thirty-five minutes in a hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance. Small round iron gem pans are best for Pop-overs.

Graham Pop-overs

⅔ cup entire wheat flour
⅓ cup flour
¼ teaspoon salt
⅞ cup milk
1 egg
½ teaspoon melted butter
Prepare and bake as Pop-overs.

Breakfast Puffs

1 cup flour
½ cup milk
½ cup water
Mix milk and water; add gradually to flour, and beat with Dover egg-beater until very light. Bake same as Pop-overs.

1/4茶匙盐
7/8 杯牛奶
2个鸡蛋
1/2茶匙融化的黄油
将盐和面粉混合；逐渐加入牛奶，以获得光滑的面糊。加入搅打至轻盈的鸡蛋和黄油；搅打两分钟--使用Dover打蛋器--倒入滋滋作响的热涂了黄油的铁质宝石烤模中，在热烤箱中烘焙三十至三十五分钟。也可在涂了黄油的陶杯中烘焙，底部会呈现光泽。小圆形铁质宝石烤模最适合Pop-overs。

格雷厄姆膨松面包

2/3杯全麦面粉 1/3杯面粉
1/4茶匙盐 7/8杯
牛奶
1个鸡蛋
1/2茶匙融化黄油，按泡芙卷(Pop-overs)的做法准备并烘烤。

早餐泡芙

一杯面粉
1/2 杯牛奶
1/2 杯水
将牛奶和水混合；逐渐加入面粉中，用Dover打蛋器搅打至非常轻盈。按Pop-overs的方法烘焙。

Fadges

1 cup entire wheat flour
1 cup cold water
Add water gradually to flour, and beat with Dover egg-beater until very light. Bake same as Pop-overs.

Zante Muffins

½ cup butter
¾ cup sugar
3 eggs
1½ cups milk
2 cups corn meal
1 cup flour
1 teaspoon salt
5 teaspoons baking powder
½ cup currants
Cream the butter; add sugar, gradually, eggs well beaten, and milk; then add dry ingredients mixed and sifted, and currants. Bake in buttered individual tins.

Maryland Biscuit

1 pint flour
⅓ cup lard
1 teaspoon salt
Milk and water in equal quantities
Southern Pupil
Mix and sift flour and salt; work in lard with tips of fingers, and moisten to a stiff dough. Toss on slightly floured board, and beat with rolling-pin thirty minutes, continually folding over the

法奇斯

一杯全麦面粉

一杯冷水

逐渐将水加入面粉中，用Dover打蛋器搅打至非常轻盈。按Pop-overs的方法烘焙。

赞特松饼

1/2杯黄油

3/4 杯糖

3个鸡蛋

一杯半牛奶

两杯玉米粉

一杯面粉

一茶匙盐

5茶匙泡打粉

1/2杯无核小葡萄干

将黄油搅打至奶油状；逐渐加入糖、搅打好的鸡蛋和牛奶；然后加入混合过筛的干配料和醋栗。在涂了黄油的单独小模具中烘焙。

马里兰饼干

1品脱面粉

1/3杯猪油

一茶匙盐

等量的牛奶和水南方学生

将面粉和盐混合过筛；用指尖将猪油揉入，加湿揉成硬面团。放在撒了少许面粉的案板上，用擀面杖捶打三十分钟，不断折叠

dough. Roll one-third inch in thickness, shape with round cutter two inches in diameter, prick with fork, and place on a buttered tin. Bake twenty minutes in hot oven.

GRIDDLE-CAKES

Sour Milk Griddle-cakes

2½ cups flour
½ teaspoon salt
2 cups sour milk
1¼ teaspoons soda
1 egg
Mix and sift flour, salt, and soda; add sour milk, and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook other side. Serve with butter and maple syrup.

Sweet Milk Griddle-cakes

3 cups flour
1½ tablespoons baking powder
1 teaspoon salt
¼ cup sugar
2 cups milk
1 egg
2 tablespoons melted butter
Mix and sift dry ingredients; beat egg, add milk, and pour slowly on first mixture. Beat thoroughly, and add butter. Cook same as

面团。擀至三分之一英寸厚，用直径两英寸的圆形切模成形，用叉子扎孔，放在涂了黄油的烤盘上。在热烤箱中烘焙二十分钟。

烤盘蛋糕

酸牛奶铁板煎饼

21/2杯面粉
1/2 茶匙盐
两杯酸牛奶
11/4茶匙小苏打
1个鸡蛋
将面粉、盐和小苏打混合过筛；加入酸牛奶和搅打好的鸡蛋。用勺子舀到抹了油的热煎饼锅上；先煎一面。当鼓起、布满气泡且边缘已熟时，翻面煎另一面。配黄油和枫糖浆食用。

甜牛奶煎饼

3杯面粉
11/2 汤匙泡打粉
一茶匙盐
1/4杯糖
两杯牛奶
1个鸡蛋
2汤匙融化的黄油
将干配料混合过筛；搅打鸡蛋，加入牛奶，慢慢倒入第一个混合物中。彻底搅打，加入黄油。按

Sour Milk Griddle-cakes. Begin cooking cakes at once or more baking powder will be required.

Entire Wheat Griddle-cakes

½ cup entire wheat flour
1 cup flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg
1¼ cups milk
1 tablespoon melted butter
Prepare and cook same as Sweet Milk Griddle-cakes.

Corn Griddle-cakes

2 cups flour
½ cup corn meal
1½ tablespoons baking powder
1½ teaspoons salt
⅓ cup sugar
1½ cups boiling water
1¼ cups milk
1 egg
2 tablespoons melted butter
Add meal to boiling water, and boil five minutes; turn into bowl, add milk, and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook same as other griddle-cakes.

酸牛奶煎饼的方法烹制。立即开始煎饼，否则需要更多发酵粉。

全麦烤饼

1/2杯全麦面粉
一杯面粉
3茶匙泡打粉 1/2茶匙盐

3汤匙糖
1个鸡蛋
11/4杯牛奶
1汤匙融化的黄油
按甜牛奶烤饼的做法准备和烹制。

玉米烤饼

两杯面粉
1/2 杯玉米粉
11/2 汤匙泡打粉
11/2茶匙盐
1/3杯糖
11/2杯沸水
11/4杯牛奶
1个鸡蛋
2汤匙融化的黄油
将玉米粉加入沸水中，煮五分钟；倒入碗中，加入牛奶和混合过筛的剩余干配料，然后加入搅打好的鸡蛋和黄油。按其他煎饼的方法烹制。

Rice Griddle-cakes I

2½ cups flour
½ cup cold cooked rice
1 tablespoon baking powder
½ teaspoon salt
¼ cup sugar
1½ cups milk
1 egg
2 tablespoons melted butter
Mix and sift dry ingredients. Work in rice with tips of fingers; add egg well beaten, milk, and butter. Cook same as other griddle-cakes.

Rice Griddle-cakes II

1 cup milk
1 cup warm boiled rice
½ teaspoon salt
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter
⅞ cup flour
Pour milk over rice and salt, add yolks of eggs beaten until thick and lemon color, butter, flour, and fold in whites of eggs beaten until stiff and dry.

Bread Griddle-cakes

米煎饼 I

21⁄2杯面粉
半杯冷熟米饭
1汤匙泡打粉
1⁄2 茶匙盐
1⁄4杯糖
一杯半牛奶
1个鸡蛋
2汤匙融化的黄油
将干配料混合过筛。用指尖将米饭揉入；加入搅打好的鸡蛋、牛奶和黄油。按其他煎饼的方法烹制。

米煎饼 II

一杯牛奶
一杯温热的熟米饭
1⁄2 茶匙盐
蛋黄 2 个鸡蛋
将2个蛋白打发
1汤匙融化的黄油
7⁄8 杯面粉
将牛奶倒在米饭和盐上，加入搅打至浓稠柠檬色的蛋黄、黄油、面粉，翻拌入搅打至硬挺干燥的蛋白。

面包烤饼

1½ cups fine stale bread crumbs
1½ cups scalded milk
2 tablespoons butter
2 eggs
½ cup flour
½ teaspoon salt
4 teaspoons baking powder
Add milk and butter to crumbs, and soak until crumbs are soft; add eggs well beaten, then flour, salt, and baking powder mixed and sifted. Cook same as other griddle-cakes.

Buckwheat Cakes

⅓ cup fine bread crumbs
2 cups scalded milk
½ teaspoon salt
¼ yeast cake
½ cup lukewarm water
1¾ cups buckwheat flour
1 tablespoon molasses
Pour milk over crumbs, and soak thirty minutes; add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise over night; in the morning, stir well, add molasses, one-fourth teaspoon soda dissolved in one-fourth cup lukewarm water, and cook same as griddle-cakes. Save enough batter to raise another mixing, instead of using yeast cake; it will require one-half cup.

Waffles

11/2杯细陈面包屑

11/2杯烫牛奶
2汤匙黄油

2个鸡蛋

1/2杯面粉

1/2 茶匙盐

4茶匙泡打粉

将牛奶和黄油加入面包屑中，浸泡至面包屑变软；加入搅打好的鸡蛋，然后加入混合过筛的面粉、盐和发酵粉。按其他煎饼的方法烹制。

荞麦饼

1/3 杯细面包屑
两杯烫牛奶

1/2 茶匙盐

1/4块酵母

1/2 杯温水

13/4杯荞麦粉

一汤匙糖蜜

将牛奶倒在面包屑上，浸泡三十分钟；加入盐、在温水中溶解的酵母块，以及荞麦粉，调成可倾倒的稀面糊。发酵过夜；早晨搅拌均匀，加入糖蜜、四分之一茶匙溶解在四分之一杯温水中的小苏打，按煎饼的方法烹制。留足够的面糊代替酵母块来发起下一次混合物；需要半杯。

华夫饼

1¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 cup milk
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter
Mix and sift dry ingredients; add milk gradually, yolks of eggs well beaten, butter, and whites of eggs beaten stiff; cook on a greased hot waffle-iron. Serve with maple syrup.

A waffle-iron should fit closely on range, be well heated on one side, turned, heated on other side, and thoroughly greased before iron is filled. In filling, put a tablespoonful of mixture in each compartment near centre of iron, cover, and mixture will spread to just fill iron. If sufficiently heated, it should be turned almost as soon as filled and covered. In using a new iron, special care must be taken in greasing, or waffles will stick.

Waffles with Boiled Cider

Follow directions for making Waffles. Serve with

Boiled Cider. Allow twice as much cider as sugar, and let boil until of a syrup consistency.

Rice Waffles

1¾ cups flour
⅔ cup cold cooked rice
1½ cups milk
2 tablespoons sugar

13⁄4 杯面粉
3茶匙泡打粉
1⁄2 茶匙盐
一杯牛奶
蛋黄 2 个鸡蛋
将2个蛋白打发
1汤匙融化的黄油
将干配料混合过筛；逐渐加入牛奶、搅打好的蛋黄、黄油，以及搅打至硬挺的蛋白；在抹了油的热华夫饼铁模上烹制。配枫糖浆食用。

华夫饼铁模应紧贴炉灶放置，一面充分加热，翻转，另一面加热，并在填入铁模前彻底涂油。填模时，在每个格子的中心附近放一汤匙混合物，盖上，混合物会刚好铺满铁模。如果加热充分，填入并盖上后几乎应立即翻转。使用新铁模时，必须特别注意涂油，否则华夫饼会粘。

煮沸苹果酒华夫饼

按照制作华夫饼的指示操作。搭配食用

煮苹果酒。苹果酒用量为糖的两倍，煮至糖浆浓度。

米华夫饼

13⁄4杯面粉 2⁄3杯冷熟米饭
11⁄2杯牛奶

2汤匙糖

4 teaspoons baking powder
¼ teaspoon salt
1 tablespoon melted butter
1 egg
Mix and sift dry ingredients; work in rice with tips of fingers; add milk, yolk of egg well beaten, butter, and white of egg beaten stiff. Cook same as Waffles.

Virginia Waffles

1½ cups boiling water
½ cup white corn meal
1½ cups milk
3 cups flour
3 tablespoons sugar
1¼ tablespoons baking powder
1½ teaspoons salt
Yolks 2 eggs
Whites 2 eggs
2 tablespoons melted butter
Cook meal in boiling water twenty minutes; add milk, dry ingredients mixed and sifted, yolks of eggs well beaten, butter, and whites of eggs beaten stiff. Cook same as Waffles.

Waffles.—*Page 80.*

Strawberry Shortcake.—*Page 84.*

Shirred Egg.—*Page 97.*

4茶匙泡打粉
1/4茶匙盐
1汤匙融化的黄油
1个鸡蛋
将干配料混合过筛；用指尖将米饭揉入；加入牛奶、搅打好的蛋黄、黄油，以及搅打至硬挺的蛋白。按华夫饼的方法烹制。

弗吉尼亚华夫饼

11/2杯沸水
1/2 杯白玉米粉
一杯半牛奶
3杯面粉
3汤匙糖
11/4 汤匙泡打粉
11/2茶匙盐
蛋黄 2 个鸡蛋
将2个蛋白打发
2汤匙融化的黄油
将玉米糊在沸水中煮二十分钟；加入牛奶、混合过筛的干配料、充分搅打的蛋黄、黄油以及搅打至硬挺的蛋白。按华夫饼的做法烹制。

华夫饼。--第*80*页。

草莓酥饼。--第84页。

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Eggs À la Commodore.—*Page 97.*

Raised Waffles

1¾ cups milk
1 teaspoon salt
1 tablespoon butter
¼ yeast cake
¼ cup lukewarm water
2 cups flour
Yolks 2 eggs
Whites 2 eggs
Scald milk; add salt and butter, and when lukewarm, add yeast cake dissolved in water, and flour. Beat well; let rise over night; add yolks of eggs well beaten, and whites of eggs beaten stiff. Cook same as Waffles. By using a whole yeast cake, the mixture will rise in one and one-half hours.

Fried Drop Cakes

1⅓ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
⅓ cup sugar
½ cup milk
1 egg
1 teaspoon melted butter
Beat egg until light; add milk, dry ingredients mixed and sifted, and melted butter. Drop by spoonfuls in hot, new, deep fat; fry

鸡蛋 à la Commodore。--第97页。

发酵华夫饼

13⁄4杯牛奶

一茶匙盐

一汤匙黄油

1⁄4块酵母

1⁄4 杯温水

两杯面粉

蛋黄 2 个鸡蛋

将2个蛋白打发

烫牛奶；加入盐和黄油，待温热时加入溶于水的酵母糕和面粉。充分搅打；静置过夜发酵；加入充分搅打的蛋黄和搅打至硬挺的蛋白。按华夫饼的做法烹制。若使用一整块酵母糕，混合物可在一小时半内发酵完成。

油炸滴面饼

1 1⁄3 杯面粉

21⁄2茶匙泡打粉

1⁄4茶匙盐

1⁄3杯糖

1⁄2 杯牛奶

1个鸡蛋

一茶匙融化的黄油

将鸡蛋搅打至蓬松；加入牛奶、混合过筛的干配料和融化的黄油。用汤匙舀入热的新鲜深油中；油炸

until light brown and cooked through, which must at first be determined by piercing with a skewer, or breaking apart. Remove with a skimmer, and drain on brown paper.

Rye Drop Cakes

⅔ cup rye meal
⅔ cup flour
2½ teaspoons baking powder
½ teaspoon salt
2 tablespoons molasses
½ cup milk
1 egg
Mix and sift dry ingredients; add milk gradually, molasses, and egg well beaten. Cook same as Fried Drop Cakes.

Raised Doughnuts

1 cup milk
¼ yeast cake
¼ cup lukewarm water
1 teaspoon salt
⅓ cup butter and lard mixed
1 cup light brown sugar
2 eggs
½ grated nutmeg
Flour
Scald and cool milk; when lukewarm, add yeast cake dissolved in water, salt, and flour enough to make a stiff batter; let rise over night. In morning add shortening melted, sugar, eggs well beaten, nutmeg, and enough flour to make a stiff dough; let rise again,

直至呈浅棕色并完全熟透，这最初必须通过用签子刺穿或掰开来判断。用漏勺捞出，在牛皮纸上沥干。

黑麦烙饼

2/3杯黑麦粉
2/3杯面粉
21/2茶匙泡打粉
1/2 茶匙盐
2汤匙糖蜜
1/2 杯牛奶
1个鸡蛋

混合并过筛干配料；逐渐加入牛奶、糖蜜和搅打均匀的鸡蛋。按炸滴饼的方法烹制。

发酵甜甜圈

一杯牛奶
1/4块酵母
1/4 杯温水
一茶匙盐
1/3杯黄油与猪油混合
一杯浅棕色糖
2个鸡蛋
1/2 肉豆蔻，磨碎
面粉

烫热并冷却牛奶；待温热时，加入溶于水的酵母块、盐和足量面粉，调成稠面糊；静置过夜发酵。早晨加入融化的起酥油、糖、搅打均匀的鸡蛋、肉豆蔻和足量面粉，揉成稠面团；再次静置发酵，

and if too soft to handle, add more flour. Toss on floured board, pat, and roll to three-fourths inch thickness. Shape with cutter, and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again; fry in deep fat, and drain on brown paper. Cool, and roll in powdered sugar.

Doughnuts I

1 cup sugar
2½ tablespoons butter
3 eggs
1 cup milk
4 teaspoons baking powder
¼ teaspoon cinnamon
¼ teaspoon grated nutmeg
1½ teaspoons salt
Flour to roll

Cream the butter, and add one-half sugar. Beat egg until light, add remaining sugar, and combine mixtures. Add three and one-half cups flour, mixed and sifted with baking powder, salt, and spices; then enough more flour to make dough stiff enough to roll. Toss one-third of mixture on floured board, knead slightly, pat, and roll out to one-fourth inch thickness. Shape with a doughnut cutter, fry in deep fat, take up on a skewer, and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape, and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on the other; avoid turning more than once. The fat must be kept at a uniform temperature. If too cold, doughnuts will absorb fat; if too hot, doughnuts will brown before sufficiently risen. See rule for testing

如果太软不易操作，再加些面粉。放在撒了面粉的案板上，轻拍，擀至四分之三英寸厚。用切模成形，在两手间揉圆。放在撒了面粉的案板上，发酵一小时，翻面，再发酵一次；在深油中炸，在牛皮纸上沥干。冷却后滚上糖粉。

炸面圈 I

一杯糖

21/2汤匙黄油

3个鸡蛋

一杯牛奶

4茶匙泡打粉

1/4茶匙肉桂

1/4茶匙磨碎的肉豆蔻

11/2茶匙盐

擀面用面粉

将黄油搅打至奶油状，加入一半糖。将鸡蛋搅打至起泡，加入剩余的糖，混合均匀。加入三杯半面粉，与发酵粉、盐和香料一起过筛混合；然后再加入足够的面粉，使面团硬到足以擀开。取三分之一的混合物放在撒了面粉的案板上，稍微揉一下，拍平，擀成四分之一英寸厚。用甜甜圈切模成形，在深油中炸，用签子捞出，放在牛皮纸上沥油。将边角料加入剩余混合物的一半中，擀开、成形，如前法炸制；重复此过程。甜甜圈应迅速浮到油面，一面炸至金黄，然后翻面炸另一面至金黄；避免翻面超过一次。油必须保持恒温。如果油太冷，甜甜圈会吸油；如果油太热，甜甜圈会在充分膨胀之前就变焦。参见测试规则

fat.

Doughnuts II

4 cups flour
1½ teaspoons salt
1¾ teaspoons soda
1¾ teaspoons cream of tartar
¼ teaspoon grated nutmeg
¼ teaspoon cinnamon
½ tablespoon butter
1 cup sugar
1 cup sour milk
1 egg

Put flour in shallow pan; add salt, soda, cream of tartar, and spices. Work in butter with tips of fingers; add sugar, egg well beaten, and sour milk. Stir thoroughly, and toss on board thickly dredged with flour; knead slightly, using more flour if necessary. Pat and roll out to one-fourth inch thickness; shape, fry, and drain. Sour milk doughnuts may be turned as soon as they come to top of fat, and frequently afterwards.

Doughnuts III

2 cups sugar
4 eggs
1⅓ cups sour milk
4 tablespoons melted butter
2 teaspoons soda
2 teaspoons salt
2 teaspoons baking powder

脂肪。

甜甜圈 II

4杯面粉
11/2茶匙盐
13/4茶匙小苏打
13/4茶匙塔塔粉
1/4茶匙磨碎的肉豆蔻
1/4茶匙肉桂
1/2 汤匙黄油
一杯糖
一杯酸牛奶
1个鸡蛋

将面粉放入浅盘；加入盐、小苏打、塔塔粉和香料。用指尖将黄油揉入；加入糖、搅打均匀的鸡蛋和酸牛奶。充分搅拌，放在撒了厚面粉的案板上；略揉，必要时再加面粉。轻拍并擀至四分之一英寸厚；成形、油炸并沥干。酸牛奶甜甜圈浮到油面后即可翻面，之后频繁翻动。

甜甜圈 III

两杯糖
4个鸡蛋
1 1/3 杯酸牛奶
4汤匙融化的黄油
两茶匙小苏打
2茶匙盐
2茶匙泡打粉

1 teaspoon grated nutmeg
Flour
Mix ingredients in order given; shape, fry, and drain.

Crullers

¼ cup butter
1 cup sugar
Yolks 2 eggs
Whites 2 eggs
4 cups flour
¼ teaspoon grated nutmeg
3½ teaspoons baking powder
1 cup milk
Powdered sugar and cinnamon
Cream the butter, add sugar gradually, yolks of eggs well beaten, and whites of eggs beaten stiff. Mix flour, nutmeg, and baking powder; add alternately with milk to first mixture; toss on floured board, roll thin, and cut in pieces three inches long by two inches wide; make four one-inch parallel gashes crosswise at equal intervals. Take up by running finger in and out of gashes, and lower into deep fat. Fry same as Doughnuts I.

Strawberry Short Cake I

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
¾ cup milk
¼ cup butter

一茶匙磨碎的肉豆蔻
面粉
按所给顺序混合原料；塑形、油炸并沥干。

油酥卷

1/4 杯黄油
一杯糖
蛋黄 2 个鸡蛋
将2个蛋白打发
4杯面粉
1/4茶匙磨碎的肉豆蔻
31/2茶匙泡打粉
一杯牛奶
糖粉和肉桂
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的蛋黄和打至硬挺的蛋白。混合面粉、肉豆蔻和发酵粉；与牛奶交替加入第一份混合物中；放在撒了面粉的案板上，擀薄，切成三英寸长、两英寸宽的块；横向等距划四道一英寸长的平行口子。将手指伸入口子中拿起，放入深油中。按甜甜圈I的方法油炸。

草莓奶油蛋糕 I

两杯面粉
4茶匙泡打粉 1/2茶匙盐 2茶匙
糖 3/4杯牛奶

1/4 杯黄油

Mix dry ingredients, sift twice, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide in two parts. Pat, roll out, and bake twelve minutes in a hot oven in buttered Washington pie or round layer cake tins. Split, and spread with butter. Sweeten strawberries to taste, place on back of range until warmed, crush slightly, and put between and on top of Short Cakes; cover top with Cream Sauce I.

混合干配料，过筛两次，用指尖将黄油揉入，逐渐加入牛奶。放在撒了面粉的案板上，分成两份。轻拍、擀开，在涂了黄油的华盛顿派模或圆形夹层蛋糕模中，用热烤箱烘烤十二分钟。剖开，抹上黄油。草莓按口味加糖，放在炉灶后部加热，略压碎，夹在酥饼中间并铺在顶部；顶部覆盖奶油酱I。

Strawberry Short Cake II

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
⅓ cup butter
¾ cup milk
Mix same as Strawberry Short Cake I. Toss and roll on floured board. Put in round buttered tin, and shape with back of hand to fit pan.

草莓酥饼 II

两杯面粉
4茶匙泡打粉
1/2 茶匙盐
一汤匙糖
1/3 杯黄油
3/4 杯牛奶
按草莓酥饼I的方法混合。在撒了面粉的案板上轻拍并擀开。放入涂了黄油的圆模中，用手掌背面塑形使之贴合模具。

Rich Strawberry Short Cake

2 cups flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
Few grains nutmeg
1 egg
⅓ cup butter
1¼ tablespoons lard

浓郁草莓奶油蛋糕

两杯面粉
1/4杯糖
4茶匙泡打粉 1/2茶匙盐

少许肉豆蔻 1个鸡蛋

1/3 杯黄油
11/4 汤匙猪油

⅓ cup milk

Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg well beaten, and milk. Bake same as Strawberry Short Cake II. Split cake and spread under layer with Cream Sauce II. Cover with strawberries which have been sprinkled with powdered sugar; again spread with sauce, and cover with upper layer.

Fruit Short Cake

¼ cup butter

½ cup sugar

1 egg

¼ cup milk

1 cup flour

2 teaspoons baking powder

¼ teaspoon salt

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder, and salt, adding alternately with milk to first mixture. Beat thoroughly, and bake in a buttered round tin. Cool, spread thickly with sweetened fruit, and cover with Cream Sauce I or II. Fresh strawberries, peaches, apricots, raspberries, or canned quince or pineapple may be used. When canned goods are used, drain fruit from syrup and cut in pieces. Dilute cream for Cream Sauce with fruit syrup in place of milk.

Any shortcake mixture may be made for individual service by shaping with a large biscuit-cutter; or mixture may be baked in a shallow cake pan, centre removed and filled with fruit, and pieces baked separately to introduce to represent handles.

1/3 杯牛奶

混合干配料并过筛两次，用指尖将起酥油揉入，加入搅打均匀的鸡蛋和牛奶。按草莓酥饼II的方法烘烤。剖开蛋糕，在下层抹上奶油酱II。覆盖上撒了糖粉的草莓；再抹一层酱汁，盖上上层。

水果酥饼

1/4 杯黄油

1/2 杯糖

1个鸡蛋

1/4 杯牛奶

一杯面粉

2茶匙泡打粉

1/4茶匙盐

将黄油搅打至奶油状，逐渐加入糖，再加入搅打好的鸡蛋。将面粉、发酵粉和盐混合过筛，与牛奶交替加入第一份混合物中。充分搅打，倒入涂了黄油的圆形烤模中烘烤。冷却后，厚厚地抹上加糖的水果，再覆盖上奶油酱汁 I 或 II。可使用新鲜草莓、桃子、杏、覆盆子，或罐装榲桲、菠萝。使用罐装品时，将水果从糖浆中沥出并切块。调制奶油酱汁时，用水果糖浆代替牛奶稀释奶油。

任何酥饼混合物都可用大饼干切模塑形，做成单人份；也可将混合物烤在浅蛋糕模中，挖去中心填入水果，另烤几块小片插入作提手。

CHAPTER VI
CEREALS

Cereals (cultivated grasses) rank first among vegetable foods; being of hardy growth and easy cultivation, they are more widely diffused over the globe than any of the flowering plants. They include wheat, oats, rye, barley, maize (Indian corn), and rice; some authorities place buckwheat among them. Wheat probably is the most largely consumed; next to wheat, comes rice.

TABLE SHOWING COMPOSITION

	Proteid	Fat	Starch	Mineral matter	Water
Oatmeal	15.6	7.3	68.0	1.9	7.2
Corn meal	8.9	2.2	75.1	0.9	12.9
Wheat flour (spring)	11.8	1.1	75.0	0.5	11.6
Entire wheat flour	14.2	1.9	70.6	1.2	12.1
Graham flour	13.7	2.2	70.3	2.0	11.8
Pearl barley	9.3	1.0	77.6	1.3	10.8
Rye meal	7.1	0.9	78.5	0.8	12.7
Rice	7.8	0.4	79.4	0.4	12.4
Buckwheat flour	6.1	1.0	77.2	1.4	14.3
Macaroni	11.7	1.6	72.9	3.0	10.8

第六章谷物

谷物(栽培禾草)在植物性食物中居首位；因其耐寒易种，在全球的分布比任何开花植物都广。谷物包括小麦、燕麦、黑麦、大麦、玉米(印第安玉米)和稻米；有些权威将荞麦也归入其中。小麦大概是消费量最大的；仅次于小麦的是稻米。

成分表

	蛋白质	脂肪	淀粉	矿物质	水
				物质	
燕麦片	15.6	7.3	68.0	1.9	7.2
玉米粉	8.9	2.2	75.1	0.9	12.9
小麦面粉（春麦）	11.8	1.1	75.0	0.5	11.6
全麦面粉	14.2	1.9	70.6	1.2	12.1
格雷厄姆面粉	13.7	2.2	70.3	2.0	11.8
珍珠大麦	9.3	1.0	77.6	1.3	10.8
黑麦粉	7.1	0.9	78.5	0.8	12.7
大米	7.8	0.4	79.4	0.4	12.4
荞麦面粉	6.1	1.0	77.2	1.4	14.3
通心粉	11.7	1.6	72.9	3.0	10.8

Department of Agriculture,
Washington, D. C.

Macaroni, *spaghetti*, and *vermicelli* are made from wheaten flour, rich in gluten, moistened to a stiff dough with water, and forced through small apertures in an iron plate by means of a screw press. Various Italian pastes are made from the same mixture. Macaroni is manufactured to some extent in this country, but the best comes from Italy, Lagana and Pejero, being the favorite brand. When macaroni is colored, it is done by the use of saffron, not by eggs, as is generally supposed. The only egg macaroni is manufactured in strips, and comes from Minneapolis.

Macaroni is valuable food, as it is very cheap and nutritious; but being deficient in fat, it should be combined with cream, butter, or cheese, to make a perfect food.

From cereals many preparations are made, used alone, or in combination with other food products. From rice is made rice flour; from oats, oatmeal, and oats steam-cooked and rolled,—as Rolled Avena, Quaker Rolled Oats, H-O, etc. There are many species of corn, the principal varieties being white, yellow, and red. From corn is made corn meal,—both white and yellow,—corn-starch, hominy, maizena, cerealine, samp, and hulled corn; from wheat, wheaten or white flour, Wheatena, Wheatlet, Rolled Wheat, Pettijohn's, etc. Rye is used for Rye Flakes, meal, and flour; barley, for flour and pearl barley. Buckwheat, throughout the United States, is used only when made into flour for buckwheat cakes.

For family use, cereals should be bought in small quantities, and kept in glass jars, tightly covered. Many cereal preparations are on

农业部，
华盛顿哥伦比亚特区

通心粉、意大利面条和细面条由富含面筋的小麦面粉制成，用水调成硬面团，通过螺旋压榨机从铁板上的小孔中挤出。各种意大利面食也由同样的混合物制成。通心粉在本国也有一定量的生产，但最好的来自意大利，Lagana 和 Pejero 是最受欢迎的牌子。通心粉着色时使用的是藏红花，而非人们普遍认为的鸡蛋。唯一的鸡蛋通心粉制成条状，产自明尼阿波利斯。

通心粉是有价值的食物，因为它非常便宜且富有营养；但由于缺乏脂肪，应搭配奶油、黄油或奶酪，才能成为完美的食物。

由谷物可以制成许多制品，可单独使用，或与其他食品原料配合使用。由稻米制成米粉；由燕麦制成燕麦片，以及蒸煮后压片的燕麦--如 Rolled Avena、Quaker Rolled Oats、H-O 等。玉米有许多品种，主要品种为白色、黄色和红色。由玉米制成玉米粉--包括白玉米粉和黄玉米粉--玉米淀粉、玉米粥、maizena、cerealine、samp 和去壳玉米；由小麦制成小麦粉或白面粉、Wheatena、Wheatlet、Rolled Wheat、Pettijohn's 等。黑麦用于制作黑麦片、黑麦粉和黑麦面粉；大麦用于制作大麦粉和珍珠大麦。荞麦在整个美国仅用于制成面粉做荞麦饼。

家庭食用时，谷物应少量购买，存放在盖紧的玻璃罐中。许多谷物制品

the market for making breakfast mushes, put up in one and two pound packages, with directions for cooking. In nearly all cases, time allowed for cooking is not sufficient, unless dish containing cereal is brought in direct contact with fire, which is not the best way. Mushes should be cooked over hot water after the first five minutes; if a double boiler is not procurable, improvise one. Boiling water and salt should always be added to cereals, allowing one teaspoon salt to each cup of cereal,—boiled to soften cellulose and swell starch-grains, salted to give flavor. Indian meal and finely ground preparations should be mixed with cold water before adding boiling water, to prevent lumping.

TABLE FOR COOKING CEREALS

Kind	Quantity	Water	Time
Steam-cooked and rolled oats, Rolled Avena, Quaker Rolled Oats, H-O, Old Grist Mill, Rolled Oats,	1 cup	1¾ cups	30 minutes
Steam-cooked and rolled wheats, Old Grist Mill, Rye Flakes, Pettijohn's, etc.	1 cup	1¼ cups	20 minutes
Rice (steamed)	1 cup	2¾–3¼ cups (according to age of rice)	45–60 minutes
Indian meal	1 cup	3½ cups	3 hours
Vitos	1 cup	4½ cups	30 minutes

市场上供制作早餐糊用的制品，装成一磅和两磅的包装，附有烹饪说明。几乎在所有情况下，所给的烹饪时间都不够充分，除非盛谷物的容器直接接触火，而这并非最佳方式。糊状食品在最初五分钟之后应在热水上烹煮；如果没有双层蒸锅，可临时自制一个。应始终将沸水和盐加入谷物中，每杯谷物加一茶匙盐--煮沸以软化纤维素并使淀粉粒膨胀，加盐以赋予风味。印第安玉米粉和细磨制品应先与冷水混合，然后再加沸水，以防结块。

烹饪谷物的用量表

种类	数量	水	时间
蒸制并卷制 燕麦片，轧制燕麦，桂格 燕麦片，H-O，老磨坊，燕麦片，	1杯	13⁄4杯	30 分钟
蒸制并卷制 小麦、老磨坊、黑麦 弗莱克斯牌、佩蒂约翰牌等。	1杯	11⁄4杯	20 分钟
大米（蒸）	1杯	23⁄4–31⁄4杯 (视米龄而定)	45-60 分钟
印第安玉米粉	1杯	31⁄2杯	3小时
维托斯	1杯	41⁄2杯	30 分钟

Wheatlet, Wheatena, Wheat Germ, Toasted Wheat,	1 cup	3¾ cups	30 minutes
Oatmeal (coarse)	1 cup	4 cups	3 hours
Hominy (fine)	1 cup	4 cups	1 hour

Oatmeal Mush with Apples

Core apples, leaving large cavities; pare, and cook until soft in syrup made by boiling sugar and water together, allowing one cup sugar to one and one-half cups water. Fill cavities with oatmeal mush; serve with sugar and cream. The syrup should be saved and re-used. Berries, sliced bananas, or sliced peaches, are acceptably served with any breakfast cereal.

Cereal with Fruit

¾ cup Wheat Germ
¾ cup cold water
2 cups boiling water
1 teaspoon salt
½ lb. dates, stoned, and cut in pieces
Mix cereal, salt, and cold water; add to boiling water placed on front of range. Boil five minutes, steam in double boiler thirty minutes; stir in dates, and serve with cream. To serve for breakfast, or as a simple dessert.

Fried Mushes

Mush left over from breakfast may be packed in greased, one pound baking-powder box, and covered, which will prevent crust from forming. The next morning remove from box, slice thinly,

小麦粒、小麦纳、小麦胚芽、烤小麦，	1杯	33⁄4杯	30分钟
燕麦片(粗)	1杯	4杯	3小时
玉米碴(细)	1杯	4杯	1小时

苹果燕麦糊

挖去苹果核，留出大空腔；削皮，在糖水中煮至软烂，糖水用糖和水同煮制成，一杯糖配一杯半水。空腔中填入燕麦糊；配糖和奶油食用。糖水应保留再用。浆果、香蕉片或桃片，可搭配任何早餐谷物食用。

水果麦片粥

3⁄4 杯小麦胚芽

3⁄4 杯冷水

两杯沸水

一茶匙盐

1⁄2磅椰枣，去核，切成小块

混合谷物、盐和冷水；加入放在炉灶前部的沸水中。煮五分钟，在双层蒸锅中蒸三十分钟；拌入枣，配奶油食用。可作早餐或简单甜点。

炸玉米糊

早餐剩下的糊可装入涂了油的一磅发酵粉盒中，加盖，可防止结皮。次日早晨从盒中取出，切成薄片，

dip in flour, and sauté. Serve with maple syrup.

蘸上面粉，煎至金黄。佐以枫糖浆食用。

Fried Corn Meal Mush, or Fried Hominy

Pack corn meal or hominy mush in greased, one pound baking-powder boxes, or small bread pan, cool, and cover. Cut in thin slices, and sauté; cook slowly, if preferred crisp and dry. Where mushes are cooked to fry, use less water in steaming.

炸玉米糊，或炸玉米粥

将玉米糊或玉米糁糊装入涂了油的一磅发酵粉盒或小面包模中，冷却，加盖。切成薄片，煎制；如喜酥脆干爽，则慢火煎。凡煮来煎的糊，蒸制时用水量要少些。

Boiled Rice

1 cup rice
2 quarts boiling water
1 tablespoon salt
French Chef
Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil thirty minutes, or until soft, which may be determined by testing kernels. Old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off, when kernels are distinct. When stirring rice, always use a fork to avoid breaking kernels.

煮米饭

1杯米
两夸脱沸水
1汤匙盐
法国厨师
挑拣大米；慢慢加入加盐的沸水中，以免中断水的沸腾。煮三十分钟，或至软烂，可通过试米粒来判断。陈米比新米吸水多得多，煮的时间也更长。在粗滤器中沥干，倒入一夸脱热水；放回煮米的锅中；加盖，置于炉灶后部，静置晾干，至米粒分明。搅动米饭时，务必用叉子，以免弄碎米粒。

Steamed Rice

1 cup rice
1 teaspoon salt
2¾ to 3¼ cups boiling water (according to age of rice)
Put salt and water in top of double boiler, place on range, and add gradually well-washed rice, stirring with a fork to prevent

蒸饭

1杯米
一茶匙盐
23/4至31/4杯沸水(根据米的年份而定)
将盐和水放入双层蒸锅的上层，置于炉灶上，逐渐加入洗净的米，用叉子搅动以防

adhering to boiler. Boil five minutes, cover, place over under part double boiler, and steam forty-five minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for remaining liquid.

粘锅。煮五分钟，加盖，放在双层蒸锅的下层上，蒸四十五分钟，或至米粒软烂；揭开盖子，让蒸汽逸出。若将米饭蒸作简单甜点，用食谱中水量的一半，蒸至米吸收水分；然后加入烫过的牛奶补足剩余液体。

To wash rice. Put rice in strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

洗米法。将米放入滤器，把滤器放在几乎装满冷水的碗上；在两手间搓洗米，将滤器从碗中提起，换水。重复三四次，直至水完全清澈。

Rice with Cheese

Steam one cup rice, allowing one tablespoon salt; cover bottom of buttered pudding-dish with rice, dot over with three-fourths tablespoon butter, sprinkle with thin shavings mild cheese and a few grains cayenne; repeat until rice and one-fourth pound cheese are used. Add milk to half the depth of contents of dish, cover with buttered cracker crumbs, and bake until cheese melts.

奶酪米饭

蒸一杯米，加一汤匙盐；用米饭铺满涂了油的布丁盘底部，点上四分之三汤匙黄油，撒上淡味奶酪薄片和少许辣椒粉；重复此层，直至用完米饭和四分之一磅奶酪。加入牛奶至盘中内容物深度的一半，盖上涂了油的饼干屑，烘烤至奶酪融化。

Rice à la Riston

Finely chop two thin slices bacon, add to one-half raw medium-sized cabbage, finely chopped; cover, and cook slowly thirty minutes. Add one-fourth cup rice, boiled, one-half teaspoon chopped parsley, and salt and pepper to taste. Moisten with one-half cup White Stock, and cook fifteen minutes.

里斯顿式米饭

将两薄片培根切碎，加入半个切碎的生中等大小卷心菜；加盖，慢火煮三十分钟。加入四分之一杯煮熟的米饭、半茶匙切碎的欧芹，以及适量盐和胡椒。用半杯白色高汤润湿，煮十五分钟。

Turkish Pilaf I

土耳其抓饭 I

Wash and drain one-half cup rice, cook in one tablespoon butter until brown, add one cup boiling water, and steam until water is absorbed. Add one and three-fourths cups hot stewed tomatoes, cook until rice is soft, and season with salt and pepper.

洗净并沥干半杯米，用一汤匙黄油炒至棕色，加入一杯沸水，蒸至水被吸收。加入一杯四分之三的热炖番茄，煮至米软烂，用盐和胡椒调味。

Turkish Pilaf II

½ cup washed rice
¾ cup tomatoes, stewed and strained
1 cup Brown Stock, highly seasoned
3 tablespoons butter
Add tomato to stock, and heat to boiling-point; add rice, and steam until rice is soft; stir in butter with a fork, and keep uncovered that steam may escape. Serve in place of a vegetable, or as border for curried or fricasseed meat.

土耳其抓饭 II

1/2杯洗净的米

3/4杯炖煮并过滤的番茄 1杯调味浓郁的棕色高汤

3汤匙黄油

将番茄加入高汤中，加热至沸点；加入大米，蒸至大米变软；用叉子拌入黄油，保持不盖盖子以便蒸汽逸出。可作为蔬菜的替代品上桌，或作为咖喱或炖肉的边缘装饰。

Turkish Pilaf III

⅓ cup rice
3 tablespoons butter
½ cup canned tomatoes
½ cup cold cooked chicken cut in dice
White Stock highly seasoned
Salt and cayenne
Cook rice in boiling salted water, drain, and pour over hot water to thoroughly rinse. Heat omelet pan, add butter, and as soon as butter is melted add rice. Cook three minutes; then add tomatoes, chicken, and enough stock to moisten. Cook five minutes, and season highly with salt and cayenne. If not rich enough, add more butter.

土耳其抓饭 III

1/3杯米

3汤匙黄油

1/2杯罐装番茄

半杯冷熟鸡肉切丁，调味浓郁的白高汤

盐和辣椒粉

在加盐的沸水中煮大米，沥干，倒入热水彻底冲洗。加热煎蛋卷锅，加入黄油，黄油一融化就加入大米。煮三分钟；然后加入番茄、鸡肉和足够的高汤使其湿润。煮五分钟，用盐和辣椒粉充分调味。如果不够浓郁，再加些黄油。

Russian Pilaf

俄罗斯抓饭

Follow recipe for Turkish Pilaf III, substituting cold cooked lamb in place of chicken, and add a chicken's liver sautéd in butter, then separated into small pieces.

Rissoto Creole

3 tablespoons butter
1 cup rice
2¾ cups highly seasoned
Brown Stock
Canned pimentoes
Melt butter in hot frying-pan, add rice, and stir constantly until rice is well browned. Add stock heated to boiling-point, and cook in double boiler until soft. Turn on a serving dish, garnish with pimentoes cut in fancy shapes, and cover with

Creole Sauce. Cook two tablespoons chopped onion, two tablespoons chopped green pepper, one tablespoon chopped red pepper, or canned pimentoes, and four tablespoons chopped fresh mushrooms, with three tablespoons butter, five minutes. Add two tablespoons flour, one cup tomatoes, one truffle thinly sliced, one-fourth cup sherry wine, and salt to taste.

Boiled Macaroni

¾ cup macaroni broken in inch pieces
2 quarts boiling water
1 tablespoon salt
½ cup cream
Cook macaroni in boiling salted water twenty minutes or until soft, drain in strainer, pour over it cold water to prevent pieces from adhering; add cream, reheat, and season with salt.

按照土耳其抓饭III的食谱操作，用冷的熟羊肉代替鸡肉，并加入一个在黄油中煎过、然后撕成小块的鸡肝。

克里奥尔式意式烩饭

3汤匙黄油
1杯米
23/4杯调味充分的
布朗高汤
罐装甜椒
在热煎锅中融化黄油，加入大米，不断搅拌直至大米呈深棕色。加入加热至沸点的高汤，在双层蒸锅中煮至变软。盛入上菜盘中，用切成花样的甜椒装饰，并覆盖以

克里奥尔酱汁。将两汤匙切碎的洋葱、两汤匙切碎的青椒、一汤匙切碎的红椒或罐装甜椒、以及四汤匙切碎的新鲜蘑菇，与三汤匙黄油一起煮五分钟。加入两汤匙面粉、一杯番茄、一个切成薄片的松露、四分之一杯雪利酒，以及适量盐调味。

煮通心粉

3/4杯通心粉，掰成一英寸长的段 2夸脱沸水

1汤匙盐
1/2 杯奶油
在加盐的沸水中煮通心粉二十分钟或至变软，在滤网中沥干，倒入冷水以防止粘连；加入奶油，重新加热，用盐调味。

Macaroni with White Sauce

¾ cup macaroni broken in inch pieces
2 quarts boiling water
1 tablespoon salt
1½ cups White Sauce
Cook as for Boiled Macaroni, and reheat in White Sauce.

White Sauce. Melt two tablespoons butter, add two tablespoons flour with one-half teaspoon salt, and pour on slowly one and one-half cups scalded milk.

Baked Macaroni

Put Macaroni with White Sauce in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

Baked Macaroni with Cheese

Put a layer of boiled macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce, cover with buttered crumbs, and bake until crumbs are brown.

Macaroni with Tomato Sauce

Reheat Boiled Macaroni in one and one-half cups of Tomato Sauce I, sprinkle with grated cheese, and serve; or prepare as Baked Macaroni, using Tomato in place of White Sauce.

Macaroni à l'Italienne

¾ cup macaroni
2 quarts boiling salted water
½ onion

白汁通心粉

3/4杯通心粉，掰成一英寸长的段 2夸脱沸水

1汤匙盐
11/2杯白汁
按煮通心粉的方法烹制，再放入白汁中重新加热。

白酱汁。融化两汤匙黄油，加入两汤匙面粉和半茶匙盐，慢慢倒入一杯半烫过的牛奶。

烤通心粉

将白酱汁通心粉放入涂了黄油的烤盘中，覆盖上涂了黄油的面包屑，烘烤至面包屑呈棕色。

奶酪焗通心粉

在涂了黄油的烤盘中铺一层煮好的通心粉，撒上磨碎的奶酪；重复此层，倒入白酱汁，覆盖上涂了黄油的面包屑，烘烤至面包屑呈棕色。

番茄酱通心粉

将煮好的通心粉在一杯半的番茄酱汁I中重新加热，撒上磨碎的奶酪，上桌；或按照烤通心粉的方法制作，用番茄代替白酱汁。

意大利式通心粉

3/4 杯通心粉 2 夸脱加盐沸水 1/2
个洋葱

2 cloves
1½ cups Tomato Sauce II
½ cup grated cheese
2 tablespoons wine
½ tablespoon butter
Cook macaroni in boiling salted water, with butter and onion stuck with cloves; drain, remove onion, reheat in Tomato Sauce, add cheese and wine.

Macaroni, Italian Style

1 cup macaroni
2 tablespoons butter
2 tablespoons flour
1½ cups scalded milk
⅔ cup grated cheese
Salt and paprika
¼ cup finely chopped cold boiled ham
Break macaroni in one-inch pieces and cook in boiling salted water, drain, and reheat in sauce made of butter, flour, and milk, to which is added cheese. As soon as cheese is melted, season with salt and paprika, and turn on to a serving dish. Sprinkle with ham, and garnish with parsley.

Macaroni à la Milanaise

Cook macaroni as for Macaroni à l'Italienne, reheat in Tomato Sauce II, add six sliced mushrooms, two slices cooked smoked beef tongue cut in strips, and one-half cup grated cheese.

2瓣
11/2杯番茄酱汁II
1/2杯磨碎的奶酪
2汤匙葡萄酒
1/2 汤匙黄油
在加盐的沸水中煮通心粉，加入黄油和插了丁香洋葱；沥干，去掉洋葱，在番茄酱汁中重新加热，加入奶酪和葡萄酒。

意式通心粉

1杯通心粉
2汤匙黄油
2汤匙面粉
11/2杯烫牛奶
2/3杯磨碎的奶酪
盐和红椒粉
四分之一杯切碎的冷煮火腿
将通心粉掰成一英寸长的段，在加盐的沸水中煮，沥干，在由黄油、面粉和牛奶制成并加入奶酪的酱汁中重新加热。奶酪一融化，就用盐和红椒粉调味，盛入上菜盘中。撒上火腿，用欧芹装饰。

米兰式通心粉

按照意大利式通心粉的方法煮通心粉，在番茄酱汁II中重新加热，加入六个切片蘑菇、两片切成条的熟熏牛舌，以及半杯磨碎的奶酪。

Spaghetti

Spaghetti may be cooked in any way in which macaroni is cooked, but is usually served with Tomato Sauce.

It is cooked in long strips rather than broken in pieces; to accomplish this, hold quantity to be cooked in the hand, and dip ends in boiling salted water; as spaghetti softens it will bend, and may be coiled under water.

Knöfli

Beat two eggs slightly and add one-fourth cup milk. Add gradually to one cup flour mixed and sifted with one teaspoon salt. Place colander over a kettle of boiling water, turn in one-third mixture, and force through colander into water, using a potato masher. As soon as buttons come to top of water, remove with skimmer to hot vegetable dish, and sprinkle with salt and grated cheese; repeat until mixture is used. Let stand in oven five minutes, then serve.

Ravioli

1½ cups flour
½ egg
Warm water
¼ cup cracker crumbs
½ cup grated Parmesan cheese
¼ cup chopped cooked spinach
1 egg
White stock
Salt
Pepper
Sift flour on a board, make depression in centre, drop in one-half

意大利面

意大利面可以用通心粉的任何方式烹制，但通常配番茄酱汁食用。

它整条长条烹煮而非折断成段；为此，手持待煮的分量，将两端浸入加盐沸水中；意大利面变软后会弯曲，可将其盘绕浸入水下。

克内夫利

将两个鸡蛋轻轻搅打，加入四分之一杯牛奶。逐渐加入一杯面粉，面粉需与一茶匙盐混合过筛。将滤锅置于一锅沸水之上，倒入三分之一的混合物，用土豆捣泥器将其压过滤锅落入水中。一旦小团浮上水面，即用漏勺捞出放入热蔬菜盘，撒上盐和磨碎的奶酪；重复此过程直至混合物用完。放入烤箱静置五分钟，然后上桌。

意大利饺

1 1/2杯面粉
1/2 鸡蛋
温水
1/4杯饼干屑
1/2杯磨碎的帕尔马干酪
1/4杯切碎煮熟的菠菜
1个鸡蛋
白色高汤
盐
胡椒
将面粉筛在案板上，在中央挖一个凹坑，放入一半

egg, and moisten with warm water to a stiff dough. Knead until smooth, cover, and let stand ten minutes; then roll as thin as a sheet of paper, using a rolling-pin. Cut in strips as long as paste, and two and three-fourth inches wide, using a pastry jagger. Mix cracker crumbs, spinach, and egg; moisten with stock and season with salt and pepper. Put mixture by three-fourths teaspoon on lower half of strips of paste, two inches apart. Fold upper part of paste over lower part. Press edges together and between mixture with tips of thumbs, then cut apart, using pastry jagger. Cook in White Stock ten minutes, take up with skimmer, arrange a layer on hot serving dish, sprinkle generously with grated Parmesan cheese, cover with Tomato Sauce; repeat twice and serve at once.

Tomato Sauce

⅓ cup butter
1 onion, finely chopped
¾ teaspoon salt
Few grains pepper
1 small can condensed tomato
⅔ lb. lean beef
Cook first four ingredients eight minutes. Add tomato, 1 pint of water, and beef cut in small pieces, and cook one and one-half hours. Remove meat before serving. Ravioli is a national Italian dish, and the cheese and condensed tomato may be best bought of an Italian grocer.

CHAPTER VII
EGGS

鸡蛋，用温水调成硬面团。揉至光滑，盖上，静置十分钟；然后用擀面杖擀得像纸一样薄。用酥皮切刀切成与面片一样长、二又四分之三英寸宽的条。将饼干屑、菠菜和鸡蛋混合；用高汤润湿，用盐和胡椒调味。将混合物以每份四分之三茶匙的量放在面片条的下半部分，间隔两英寸。将面片的上半部分翻拌覆盖在下半部分上。用拇指尖将边缘和混合物之间压紧，然后用酥皮切刀切开。在白高汤中煮十分钟，用漏勺捞起，在热餐盘上摆一层，慷慨地撒上磨碎的帕尔马干酪，覆盖以番茄酱汁；重复两次，立即上桌。

番茄酱

1/3 杯黄油
1个洋葱，切碎
3/4 茶匙盐
少许胡椒
一小罐浓缩番茄
2/3磅瘦牛肉
将前四样配料煮八分钟。加入番茄、一品脱水和切成小块的牛肉，煮一个半小时。上桌前取出肉。意式饺是意大利的国民菜肴，奶酪和浓缩番茄最好从意大利杂货商处购买。

第七章蛋类

COMPOSITION

Proteid, 14.9%

Fat, 10.6%

Mineral matter, 1%

Water, 73.5%

Eggs, like milk, form a typical food, inasmuch as they contain all the elements, in the right proportion, necessary for the support of the body. Their highly concentrated, nutritive value renders it necessary to use them in combination with other foods rich in starch (bread, potatoes, etc.). In order that the stomach may have enough to act upon, a certain amount of bulk must be furnished.

A pound of eggs (nine) is equivalent in nutritive value to a pound of beef. From this it may be seen that eggs, at even twenty-five cents per dozen, should not be freely used by the strict economist. Eggs being rich in proteid serve as a valuable substitute for meat. In most families, their use in the making of cake, custard, puddings, etc., renders them almost indispensable. It is surprising how many intelligent women, who look well to the affairs of the kitchen, are satisfied to use what are termed “cooking eggs”; this shows poor judgment from an economical standpoint. Strictly fresh eggs should always be used if obtainable. An egg after the first twenty-four hours steadily deteriorates. If exposed to air, owing to the porous structure of the shell, there is an evaporation of water, air rushes in, and decomposition takes place.

White of egg contains albumen in its purest form. Albumen coagulates at a temperature of from 134° to 160° F. Herein lies the importance of cooking eggs at a low temperature, thus rendering them easy of digestion. Eggs cooked in boiling water are tough and horny, difficult of digestion, and should never be served.

成分

蛋白质，14.9%

脂肪，10.6%

矿物质，1%

水，73.5%

鸡蛋与牛奶一样，构成一种典型食物，因为它们含有维持身体所需的全部元素，且比例恰当。其高度浓缩的营养价值使得有必要将其与富含淀粉的其他食物(面包、土豆等)搭配使用。为了使胃有足够的物质可供作用，必须提供一定量的体积。

一磅鸡蛋(九个)在营养价值上相当于一磅牛肉。由此可见，即使每打二十五美分，严格的经济学家也不应随意使用鸡蛋。鸡蛋富含蛋白质，是肉的有价值替代品。在大多数家庭中，鸡蛋在制作蛋糕、蛋奶冻、布丁等中的使用使其几乎不可或缺。令人惊讶的是，许多关心厨房事务的聪明女性满足于使用所谓的“烹饪鸡蛋”；从经济角度来看，这显示出判断力不佳。如果可能，应始终使用严格新鲜的鸡蛋。鸡蛋在最初二十四小时后会逐渐变质。如果暴露在空气中，由于蛋壳的多孔结构，水分会蒸发，空气涌入，分解就会发生。

蛋清含有最纯净形式的白蛋白。白蛋白在134°F至160°F的温度下凝固。正因如此，以低温烹煮鸡蛋十分重要，从而使其易于消化。在沸水中烹煮的鸡蛋坚韧如角，难以消化，绝不应上桌。

When eggs come from the market, they should be washed, and put away in a cold place.

Ways of Determining Freshness of Eggs. I. Hold in front of candle flame in dark room, and the centre should look clear.

II. Place in basin of cold water, and they should sink.

III. Place large end to the cheek, and a warmth should be felt.

Ways of Keeping Eggs. I. Pack in sawdust, small end down.

II. Keep in lime water.

III. From July to September a large number of eggs are packed, small ends down, in cases having compartments, one for each egg, and kept in cold storage. Eggs are often kept in cold storage six months, and then sold as cooking eggs.

Boiled Eggs

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, covering them with water. Remove saucepan to back of range, where water will not boil. Cook from six to eight minutes if liked “soft-boiled,” forty to forty-five if liked “hard-boiled.” Eggs may be cooked by placing in cold water and allowing water to heat gradually until the boiling-point is reached, when they will be “soft-boiled.” In using hard-boiled eggs for making other dishes, when taken from the hot water they should be plunged into cold water to prevent, if possible, discoloration of yolks.

Eggs perfectly cooked should be placed and kept in water at a uniform temperature of 175° F.

鸡蛋从市场买回后，应清洗并存放于阴凉处。

判断鸡蛋新鲜度的方法。一、在暗室中置于烛焰前，中心应看起来清澈。

II. 放入冷水盆中，它们应当下沉。

三、将大端贴于面颊，应感到温热。**保存鸡蛋的方法。**一、以锯末包装，小端朝下。二、保存在石灰水中。

三、从七月到九月，大量鸡蛋被小端朝下装入带有隔间的箱子中，每格一枚，并冷藏保存。鸡蛋常被冷藏六个月，然后作为烹调用蛋出售。

煮鸡蛋

准备一个装有沸水的炖锅。用勺子小心放入所需数量的鸡蛋，用水覆盖。将炖锅移到炉灶后方，那里水不会沸腾。如果喜欢“半熟”，煮六到八分钟；如果喜欢“全熟”，煮四十到四十五分钟。鸡蛋也可以放入冷水中，让水逐渐加热直到沸点，此时它们就是“半熟”的。在使用全熟鸡蛋制作其他菜肴时，从热水中取出后应立即投入冷水中，以尽可能防止蛋黄变色。

烹制完美的鸡蛋应放置并保持在175°F的恒温水中。

Dropped Eggs (Poached)

Have ready a shallow pan two-thirds full of boiling salted water, allowing one-half tablespoon salt to one quart of water. Put two or three buttered muffin rings in the water. Break each egg separately into a cup, and carefully slip into a muffin ring. The water should cover the eggs. When there is a film over the top, and the white is firm, carefully remove with a buttered skimmer to circular pieces of buttered toast, and let each person season his own egg with butter, salt, and pepper. If cooked for an invalid, garnish with four toast points and a bit of parsley. An egg-poacher may be used instead of muffin rings.

Eggs à la Finnoise

Dropped Eggs, served with Tomato Sauce I.

Poached Eggs à la Reine

Cover circular pieces of toasted bread with sliced fresh mushrooms sautéd 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 pimentoes cut in fancy shapes.

Eggs à la Suisse

4 eggs
½ cup cream
1 tablespoon butter
Salt
Pepper

水波蛋(荷包蛋)

准备一个浅锅，三分之二满的加盐沸水，每夸脱水加半汤匙盐。在水中放入两三个涂了黄油的松饼圈。将每个鸡蛋分别打入杯中，小心滑入松饼圈。水应覆盖鸡蛋。当表面有一层薄膜且蛋白变硬时，小心地用涂了黄油的漏勺取出，放在涂了黄油的圆形吐司片上，让每个人用自己的黄油、盐和胡椒调味。如果为病人烹饪，用四个吐司角和一点欧芹装饰。可以使用煮蛋器代替松饼圈。

芬兰式鸡蛋

水波蛋，配番茄酱汁之一。

水波蛋皇后式

将圆形烤面包片铺上用黄油煎过并以奶油润湿的新鲜蘑菇片。水波鸡蛋并摆放在蘑菇上。浇上加入了磨碎帕尔马奶酪的白酱汁。撒上磨碎的奶酪，放入烤箱烤至金黄。用切成花样的罐装甜椒装饰。

瑞士式鸡蛋

4个鸡蛋

1/2杯奶油 1汤匙黄油盐

胡椒

Cayenne
2 tablespoons grated cheese
Heat a small omelet pan, put in butter, and when melted, add cream. Slip in the eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking, and serve on buttered toast. Strain cream over the toast.

Eggs Susette

Wash and bake six large potatoes, cut slice from top of each, scoop out inside, and mash. To three cups mashed potato add six tablespoons finely chopped ham, two tablespoons finely chopped parsley, whites of two eggs well beaten, three tablespoons butter, four tablespoons cream, and salt and pepper. Line potato shells with mixture, place in each cavity a poached egg, cover with potato mixture, and bake until browned. Care must be taken to have eggs delicately parched.

Baked or Shirred Eggs

Butter an egg-shirrer. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup, and carefully slip into shirrer. Cover with seasoned buttered crumbs, and bake in moderate oven until white is firm and crumbs brown. The shirrers should be placed on a tin plate, that they may be easily removed from the oven.

Eggs may be baked in small tomatoes. Cut a slice from stem end of tomato, scoop out the pulp, slip in an egg, sprinkle with salt and

卡宴辣椒粉

2汤匙磨碎的奶酪

加热一个小煎蛋锅，放入黄油，融化后加入奶油。将鸡蛋逐个滑入，撒上盐、胡椒和少许卡宴辣椒粉。当蛋白将近凝固时，撒上奶酪。完成烹制，盛于涂黄油的烤面包上。将奶油滤淋在烤面包上。

苏塞特鸡蛋

洗净并烤六个大土豆，从每个顶部切下一片，挖出内部并捣碎。向三杯土豆泥中加入六汤匙切碎的细火腿、两汤匙切碎的欧芹、两个鸡蛋的蛋清(充分搅打)、三汤匙黄油、四汤匙奶油，以及盐和胡椒。用混合物衬垫土豆壳，在每个凹腔中放入一个水波鸡蛋，盖上土豆混合物，烤至金黄。须注意使鸡蛋煮得嫩。

烤蛋或焗蛋

在蛋盅内涂黄油。用细饼干屑覆盖底部和侧面。将鸡蛋打入杯中，小心滑入蛋盅。盖上调味黄油饼干屑，在中等烤箱中烤至蛋白凝固、饼干屑金黄。蛋盅应放在锡盘上，以便容易从烤箱中取出。

鸡蛋可在小番茄中烘烤。从番茄蒂端切下一片，挖出果肉，滑入一个鸡蛋，撒上盐和

pepper, cover with buttered crumbs, and bake.

撒上胡椒，覆以黄油面包屑，烘烤。

Eggs à la Tripe

Serve dropped eggs on Lobster Croquettes (see p. 558) shaped in flat round cakes one-half inch thick. Garnish with lobster claws and parsley.

鸡蛋烩牛肚风味

将水波鸡蛋盛放在龙虾可乐饼(见第558页)上，可乐饼做成半英寸厚的扁平圆饼。用龙虾钳和欧芹装饰。

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 II (see p. 274), diluted with cream to make of such consistency to pour easily.

班尼迪克蛋

将英式松饼剖开并烤制。煎圆形冷煮火腿片，将其铺在松饼半片上，在每个上面放一个水波鸡蛋，周围浇上荷兰酱汁II(见第274页)，用奶油稀释至易于倾倒的稠度。

Eggs à la Lee

Cover circular pieces of toasted bread with thin slices cold boiled ham. Arrange on each a dropped egg, and pour around.

李氏鸡蛋

将圆形烤面包片铺上冷煮火腿薄片。在每个上面放一个水波鸡蛋，周围浇上酱汁。

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.

蘑菇泥。将四分之一磅蘑菇清理干净，将菌盖掰成块，在一汤匙黄油中煎五分钟。加入一杯高汤，煨五分钟。用筛子擦滤，用一汤匙黄油和一汤匙面粉同煮勾芡。用盐和胡椒调味。

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.

科莫多式鸡蛋

将面包切成圆形片，用黄油煎。去除部分中心，留出四分之一英寸宽的边。在由此形成的凹腔中涂抹肥肝酱泥，每个放入一个水波鸡蛋，浇上浓郁的棕色酱汁或贝夏美酱汁，并加入几滴醋。用切碎的松露装饰。

Eggs, Waldorf Style

Arrange poached eggs on circular pieces of buttered toast, surround with Brown Mushroom Sauce (see p. 268), and place a broiled mushroom cap on each egg.

Poached Eggs with Sauce Bearnaise

Poach six eggs, arrange in serving dish, cover eggs alternately with red and yellow sauce, and garnish with parsley.

Sauce Bearnaise. Beat yolks three eggs slightly, 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).

Scrambled Eggs

5 eggs
½ cup milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
Beat eggs slightly with silver fork; add salt, pepper, and milk. Heat omelet pan, put in butter, and when melted, turn in the mixture. Cook until of creamy consistency, stirring and scraping from bottom of the pan.

Scrambled Eggs with Tomato Sauce

沃尔多夫式鸡蛋

将水波鸡蛋摆放在圆形涂黄油烤面包片上，周围配以棕色蘑菇酱汁(见第268页)，在每个鸡蛋上放一个烤蘑菇盖。

水波蛋配贝阿奈斯酱

水波六个鸡蛋，摆入上菜盘中，将鸡蛋交替覆盖红色和黄色酱汁，用欧芹装饰。

贝阿内兹酱汁。将三个鸡蛋的蛋黄轻轻搅打，加入三汤匙橄榄油、两汤匙热水、四分之三汤匙龙蒿醋、四分之一茶匙盐和少许卡宴辣椒粉。在沸水上烹煮至混合物变稠。将一半酱汁用番茄泥(番茄沥去汁液，炖煮、过滤并煮至浓缩成稠糊)调色。

炒鸡蛋

5个鸡蛋

1/2 杯牛奶

1/2 茶匙盐

1/8 茶匙胡椒

2汤匙黄油

用银叉将鸡蛋轻轻搅打；加入盐、胡椒和牛奶。加热煎蛋锅，放入黄油，待其融化后倒入混合物。烹煮至奶油状稠度，同时搅拌并从锅底刮起。

番茄酱炒蛋

6 eggs
1¾ cups tomatoes
2 teaspoons sugar
4 tablespoons butter
1 slice onion
½ teaspoon salt
⅛ teaspoon pepper
Simmer tomatoes and sugar five minutes; fry butter and onion 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.

6个鸡蛋

13/4杯番茄

两茶匙糖

4汤匙黄油

1片洋葱

1/2 茶匙盐

1/8 茶匙胡椒

将番茄和糖煨五分钟；将黄油和洋葱煎三分钟；取出洋葱，加入番茄、调味料和轻轻搅打的鸡蛋。按炒鸡蛋的方法烹制。配全麦面包或黑面包吐司食用。

Scrambled Eggs with Anchovy Toast

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

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 à la Turk

Prepare Scrambled Eggs, and pour over six slices of toasted bread. Put one tablespoon tomato purée on each piece, and in the centre of purée one-half tablespoon chickens' livers sautéd in bacon fat.

Eggs à la Livingstone

鳀鱼吐司配炒蛋

在涂了黄油的薄吐司片上抹上鳀鱼酱。摆放在盘中，盖上炒鸡蛋。

白金汉宫式鸡蛋

做五片牛奶吐司，摆放在盘中。按炒鸡蛋的食谱操作，使鸡蛋略微欠火。将鸡蛋浇在吐司上，撒上四汤匙磨碎的淡味奶酪。放入烤箱使奶酪融化，并完成鸡蛋的烹制。

土耳其式鸡蛋

准备炒鸡蛋，浇在六片烤面包上。每片上放一汤匙番茄泥，在番茄泥中央放半汤匙用培根油脂煎的鸡肝。

利文斯顿式鸡蛋

4 eggs
½ cup stewed and strained tomatoes
½ teaspoon salt
¼ teaspoon paprika
2 tablespoons butter
Pâté de foie gras
Finely chopped truffles
Beat eggs slightly, and add tomatoes, salt, and paprika. Melt butter in an omelet pan, add seasoned eggs, and cook same as Scrambled Eggs. Spread slices of toasted bread with pâté de foie gras. Pour over the eggs, and sprinkle with truffles.

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.

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.

Buttered Eggs with Tomatoes

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.

4个鸡蛋

1/2 杯炖煮并过滤的番茄 1/2 茶匙盐

1/4茶匙红椒粉

2汤匙黄油

肥鹅肝酱

细切松露

将鸡蛋轻轻搅打，加入番茄、盐和红椒粉。在煎蛋锅中融化黄油，加入调好味的鸡蛋，按炒鸡蛋的方法烹制。在烤面包片上抹上肥鹅肝酱。将鸡蛋浇在上面，撒上松露。

乡村风味炒鸡蛋

加热煎蛋锅，放入两汤匙黄油，待其融化后倒入四个未搅打的鸡蛋。烹煮至蛋白部分凝固，然后搅拌至烹制完成，此时蛋白将完全凝固。用盐和胡椒调味。

黄油鸡蛋

加热煎蛋锅。放入一汤匙黄油；待其融化后，轻轻滑入一个鸡蛋，烹煮至蛋白变硬。烹制过程中翻面一次。根据需要添加更多黄油，用量以刚好使鸡蛋不粘锅为准。

番茄黄油炒蛋

将番茄切成三分之一英寸厚的片。撒上盐和胡椒，裹上面粉，用黄油煎。在每片番茄上放一个黄油鸡蛋。

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.

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. Lard, pork, ham, or bacon fat are usually employed,—a considerable amount being used.

Eggs à la Goldenrod

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

木板烤蛋

将冷的熟咸牛肉或咸牛舌切碎；应有三分之二杯。加入等量的细面包屑，用奶油润湿，用盐和胡椒调味。将混合物铺在木板上，用玫瑰嘴制作巢和公爵夫人土豆的边框。在每个巢中放入一个涂了黄油的或水煮的鸡蛋，放入烤箱使土豆变褐。用切成两半并烤过的番茄和欧芹装饰。如果喜欢，可以在送入烤箱前在鸡蛋上撒上涂了黄油的面包屑。

煎蛋

煎鸡蛋按黄油鸡蛋的方法烹制，但不翻面。这种情况下，用勺子舀取油脂浇在鸡蛋上。通常使用猪油、猪肉、火腿或培根油脂--用量相当大。

金枝蛋

3个“煮老”的鸡蛋
一汤匙黄油
一汤匙面粉
一杯牛奶
1/2 茶匙盐
1/8 茶匙胡椒
5片吐司
欧芹
用黄油、面粉、牛奶和调味料制作稀白酱汁。将蛋黄与蛋白分离。将蛋白切碎，加入酱汁中。将四片吐司纵向切成两半。摆放在盘中，浇上酱汁。将蛋黄

through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

Eggs au Gratin

Arrange Dropped Eggs on a shallow buttered dish. Sprinkle with grated Parmesan cheese. Pour over eggs one pint Yellow Béchamel Sauce. Cover with stale bread crumbs, and sprinkle with grated cheese. Brown in oven. Tomato or White Sauce may be used.

Eggs in Batter

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

Curried Eggs I

3 “hard-boiled” eggs
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
½ teaspoon curry powder
⅛ teaspoon pepper
1 cup hot milk
Melt butter, add flour and seasonings, and gradually hot milk. Cut eggs in eighths lengthwise, and reheat in sauce.

通过土豆压泥器或滤网压出，撒在表面。用欧芹和剩余的吐司(切成尖角)装饰。

焗烤蛋

将水波蛋摆放在涂了黄油的浅盘中。撒上磨碎的帕尔马奶酪。在鸡蛋上浇一品脱黄色贝夏梅尔酱汁。盖上陈面包屑，撒上磨碎的奶酪。在烤箱中烤至棕色。也可使用番茄酱汁或白酱汁。

面糊炸蛋

1个鸡蛋

11/2汤匙浓奶油

2汤匙细陈面包屑 1/4茶匙盐

混合奶油、面包屑和盐。在烤蛋盅中放入半汤匙混合物。滑入鸡蛋，用剩余的混合物覆盖。在中等烤箱中烤六分钟。

咖喱蛋 I

3个“煮老”的鸡蛋

2汤匙黄油

2汤匙面粉

1/4茶匙盐

1/2茶匙咖喱粉

1/8 茶匙胡椒

一杯热牛奶

融化黄油，加入面粉和调味料，逐渐加入热牛奶。将鸡蛋纵向切成八块，在酱汁中重新加热。

Curried Eggs II

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

Scalloped Eggs

3 “hard-boiled” eggs
1 pint White Sauce I
¾ cup chopped cold meat
¾ cup buttered cracker crumbs
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. Ham is the best meat to use for this dish. Chicken, veal, or fish may be used.

Stuffed Eggs

Cut four “hard-boiled” eggs in halves crosswise; remove yolks,

咖喱蛋 II

4个“煮老”的鸡蛋
2汤匙黄油
1/2 汤匙切碎的洋葱 2 汤匙面粉

一茶匙咖喱粉
1/2 茶匙盐
1/8 茶匙红椒粉
1 1/3 杯热牛奶
1/2 杯熟米饭
将蛋白切碎，加入由黄油、面粉、调味料和牛奶制成的酱汁中，然后加入米饭；加热至沸点，填入酥皮壳中，撒上通过筛子压碎的蛋黄。

扇贝烤蛋

3个“煮老”的鸡蛋
一品脱白色调味酱 I
3/4杯切碎的冷肉
3/4杯涂黄油的饼干屑
将鸡蛋切碎。在涂了黄油的烤盘底部撒上面包屑，铺上一半鸡蛋，鸡蛋上浇酱汁，酱汁上放肉；重复此过程。盖上剩余的面包屑。放在烤箱中层烤架上，烤至面包屑变棕色。火腿是做这道菜的最佳肉类。也可使用鸡肉、小牛肉或鱼。

酿蛋

将四个“煮老”的鸡蛋横切成两半；取出蛋黄，

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.

捣碎，加入两汤匙磨碎的奶酪、一茶匙醋、四分之一茶匙芥末，以及适量盐和辣椒粉调味。加入足够的融化黄油使混合物达到可塑形的适当稠度。做成原蛋黄大小的球状，重新填入蛋白中。摆放在餐盘中，周围浇一杯白酱汁，盖上，重新加热。

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 I. Sprinkle with buttered crumbs, and bake until crumbs are brown.

巢中酿蛋

将“煮老”的鸡蛋纵向切成两半。取出蛋黄，将蛋白成对放置一旁。捣碎蛋黄，加入一半量的辣味火腿和足够的融化黄油使稠度可塑形。做成原蛋黄大小的球状，重新填入蛋白中。将剩余的混合物做成一个巢状。将鸡蛋摆放在巢中，浇上一杯白酱汁 I。撒上黄油面包屑，烤至面包屑变棕色。

Eggs à la Sidney

Arrange “hard-boiled” eggs, cut in thirds lengthwise, on pieces of toasted bread. Pour over eggs Soubise Sauce.

西德尼式鸡蛋

将“煮老”的鸡蛋纵向切成三块，摆放在烤面包片上。在鸡蛋上浇苏比斯酱汁。

Eggs Huntington

4 “hard-boiled” eggs
1 tablespoon butter
1½ tablespoons flour
⅓ cup white stock
⅓ cup milk
½ teaspoon salt
Few grains cayenne
Grated cheese

亨廷顿鸡蛋

4个“煮老”的鸡蛋

一汤匙黄油

11/2 汤匙面粉 1/3 杯白色高汤 1/3 杯牛奶 1/2 茶匙盐少许辣椒粉磨碎的奶酪

¾ cup buttered cracker crumbs

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.

Egg Farci I

Cut “hard-boiled” eggs in halves, crosswise. Remove yolks, and put whites aside in pairs. Mash yolks, and add equal amount of cold cooked chicken or veal, finely chopped. Moisten with melted butter or Mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Shape and refill whites.

Egg Farci II

Clean and chop two chickens’ livers, sprinkle with onion juice, and sauté in butter. Add the yolks of four “hard-boiled” eggs rubbed through a sieve, one teaspoon chopped parsley, and salt, pepper, and Tabasco Sauce to taste. Refill whites of eggs with mixture, cover with grated cheese, and bake until cheese melts. Serve in toast rings and pour around Tomato Purée (see p. 98).

Lucanian Eggs

5 “hard-boiled” eggs
1 cup cooked macaroni
½ cup grated cheese
Essence Anchovy
1¾ cups White Sauce I
Salt and paprika
Onion juice

3⁄4杯涂黄油的饼干屑

用黄油、面粉、高汤和牛奶制作酱汁；加入切碎的鸡蛋以及盐和辣椒粉。用混合物填充涂了黄油的拉梅金烤盅，撒上磨碎的奶酪，盖上饼干屑，在中等烤箱中烤至面包屑变棕色。

法西蛋 I

将“煮老”的鸡蛋横向切成两半。取出蛋黄，将蛋白成对放置一旁。捣碎蛋黄，加入等量的冷熟鸡肉或小牛肉(切碎)。用融化黄油或蛋黄酱调湿。用盐、胡椒、柠檬汁、芥末和辣椒粉调味。塑形并重新填入蛋白中。

填馅鸡蛋 II

清洗并切碎两个鸡肝，撒上洋葱汁，用黄油煎。加入四个“煮老”鸡蛋的蛋黄(通过筛子压碎)、一茶匙切碎的欧芹，以及适量盐、胡椒和塔巴斯科酱调味。用混合物重新填充蛋白，盖上磨碎的奶酪，烤至奶酪融化。放在吐司环中食用，周围浇番茄泥(见第98页)。

卢卡尼亚风味鸡蛋

5个“煮老”的鸡蛋

1 杯熟通心粉 1⁄2 杯磨碎的
奶酪鲲鱼精 13⁄4 杯白酱汁
I 盐和红椒粉洋葱汁

¾ cup buttered crumbs

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.

Egg Soufflé

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

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 I, highly seasoned with celery salt, paprika, and onion juice.

Egg Timbales

1 tablespoon butter
1 tablespoon flour
⅔ cup milk
3 eggs
1 tablespoon chopped parsley

3/4杯黄油面包屑

将鸡蛋纵向切成八块，加入通心粉、白酱汁和调味料。摆放在涂了黄油的烤盘中，盖上黄油面包屑，烤至面包屑变棕色。

鸡蛋舒芙蕾

2汤匙黄油

2汤匙面粉

一杯牛奶

一杯奶油

4个鸡蛋

一茶匙盐

少许辣椒粉

将黄油搅打至奶油状，加入面粉，逐渐倒入烫过的牛奶和奶油。在双层蒸锅中煮五分钟，加入搅打至浓稠柠檬色的蛋黄。离火，加入调味料，翻拌入搅打至硬挺干燥的蛋白。倒入涂了黄油的烤盘或涂了黄油的单独模具中，置于热水锅中，在慢烤箱中烤至凝固。鸡蛋舒芙蕾可配白酱汁 I 食用，用芹菜盐、红椒粉和洋葱汁重度调味。

鸡蛋廷巴勒

一汤匙黄油

1汤匙面粉 2/3杯牛奶

3个鸡蛋

1汤匙切碎的欧芹

½ teaspoon salt
⅛ teaspoon pepper
Few grains celery salt
Few grains cayenne
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 (see page 271).

Egg Croquettes

6 eggs
2 tablespoons butter
1 slice onion
⅓ cup flour
1 cup white stock
Salt
Pepper
Yolks 3 eggs
Stale bread crumbs
Grated cheese
Poach eggs and dry on a towel. Cook butter with onion three minutes. Add flour and, gradually, stock. Season with salt and pepper; then add yolks of eggs slightly beaten. Cook one minute, and cool. Cover eggs with mixture, roll in bread crumbs and cheese, using equal parts, dip in egg, again roll in crumbs, fry in deep fat, and drain on brown paper. These may be served with a thin sauce, using equal parts of white stock and cream, and seasoning with grated cheese, salt, and paprika.

1/2 茶匙盐
1/8 茶匙胡椒
少许芹菜盐
少许辣椒粉
用黄油、面粉和牛奶制成酱汁；加入搅打至浓稠、呈柠檬色的蛋黄，然后加入调味料。将蛋清搅打至硬挺干燥，切拌并翻拌入第一份混合物中。倒入涂了黄油的模具，置于热水锅中，在慢烤箱中烘烤至凝固。配番茄奶油酱汁(见第271页)食用。

鸡蛋可乐饼

6个鸡蛋
2汤匙黄油
1片洋葱
1/3杯面粉
一杯白色高汤
盐
胡椒
蛋黄 3 个鸡蛋
不新鲜的面包屑
磨碎的奶酪
将鸡蛋水煮后放在毛巾上沥干。黄油与洋葱同煮三分钟。加入面粉，逐渐加入高汤。用盐和胡椒调味；然后加入略微搅打的蛋黄。煮一分钟，冷却。用混合物覆盖鸡蛋，滚上面包屑和奶酪(等量)，蘸鸡蛋液，再滚上面包屑，在深油中炸，然后在牛皮纸上沥干。可配稀酱汁食用，用等量的白色高汤和奶油，并以磨碎的奶酪、盐和辣椒粉调味。

Eggs à la Juliette

Decorate egg-shaped individual moulds with truffles, and cold boiled tongue cut in fancy shapes, and pistachio nuts blanched and split. Line mould with aspic jelly, drop in a poached egg yolk, cover with aspic jelly, let stand until firm, and turn on a thin oval slice of cold boiled tongue.

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 II (see p. 270).

Planked Eggs.—*Page 100.*

Plain Omelet.—*Page 105.*

Utensils and Materials for the starting of Brown Soup Stock.—*Page 113.*

Eggs Mornay

Break egg and slip into buttered egg-shirrers, allowing one or two eggs to each shirrer, according to size. Cover with White Sauce II (see p. 266), seasoned with one-third cup grated cheese, paprika, and yolks two eggs; cover with grated cheese and bake until firm.

朱丽叶蛋

用松露、切成花样的冷煮牛舌以及焯过并剖开开心果装饰蛋形个体模具。模具内衬果冻，放入一个水煮蛋黄，覆盖果冻，静置至凝固，然后倒在一片薄椭圆形冷煮牛舌上。

巴黎式鸡蛋

在小模子内涂黄油，撒上切碎的松露、欧芹和煮熟的甜菜。打碎鸡蛋，各滑入一个模具，撒上盐和胡椒，置于热水锅中，煮至鸡蛋凝固。从模具中取出放在八角形烤面包片上，周围浇上番茄酱汁II(见第270页)。

木板烤蛋。--第*100*页。

清煎蛋卷--第*105*页。

制作褐色高汤的器具和材料。--第*113*页。

莫尔奈鸡蛋

打碎鸡蛋，滑入涂了黄油的烤蛋盅，根据大小每个蛋盅放一或两个鸡蛋。覆盖以白色酱汁II(见第266页)，以三分之一杯磨碎的奶酪、辣椒粉和两个蛋黄调味；覆盖磨碎的奶酪，烘烤至凝固。

Omelets

For omelets select large eggs, allowing one egg for each person, and one tablespoon liquid for each egg. Keep an omelet pan especially for omelets, and see that it is kept clean and smooth. A frying-pan may be used in place of omelet pan.

Plain Omelet

4 eggs
½ teaspoon salt
Few grains pepper
4 tablespoons hot water
1 tablespoon butter
1½ cups Thin White Sauce
Separate yolks from whites. Beat yolks until thick and lemon-colored; add salt, pepper, and hot water. Beat whites until stiff and dry, cutting and folding them into first mixture until they have taken up mixture. Heat omelet pan, and butter sides and bottom. Turn in mixture, spread evenly, place on range where it will cook slowly, occasionally turning the pan that omelet may brown evenly. When well “puffed” and delicately browned underneath, place pan on centre grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Fold, and turn on hot platter, and pour around one and one-half cups Thin White Sauce.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet.

煎蛋卷

制作煎蛋卷选用大鸡蛋，每人一个鸡蛋，每个鸡蛋一汤匙液体。保留一个煎蛋卷锅专用于煎蛋卷，并确保其保持清洁光滑。可用煎锅代替煎蛋卷锅。

原味煎蛋卷

4个鸡蛋

1/2 茶匙盐

少许胡椒

4汤匙热水

一汤匙黄油

11/2杯薄白酱

将蛋黄与蛋白分离。搅打蛋黄至浓稠且呈柠檬色；加入盐、胡椒和热水。将蛋白搅打至硬挺干燥，切割并翻拌入第一份混合物中，直至其吸收混合物。加热煎蛋锅，在锅壁和锅底涂上黄油。倒入混合物，均匀铺开，置于炉灶上以小火慢煎，不时转动锅子使煎蛋卷均匀上色。当表面充分“鼓起”且底部呈精致的棕色时，将锅放在烤箱中层的烤架上完成顶部的烹饪。用手指按压时若感觉坚实，则煎蛋卷已熟。若它像搅打过的蛋白一样粘附在手指上，则需要更长时间烹饪。折叠，翻扣在热餐盘上，周围浇上一杯半稀白酱汁。

有时用牛奶代替热水，但热水使煎蛋卷更嫩。有些厨师用少量发酵粉使煎蛋卷蓬起。

To Fold and Turn an Omelet

Hold an omelet pan by handle with the left hand. With a case knife make two one-half inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position; by carefully coaxing the omelet with knife, it will fold and turn without breaking.

Omelet with Meat or Vegetables

Mix and cook Plain Omelet. Fold in remnants of finely chopped cooked chicken, veal, or ham. Remnants of fish may be flaked and added to White Sauce; or cooked peas, asparagus, or cauliflower may be added.

Oyster Omelet

Mix and cook Plain Omelet. Fold in one pint oysters, parboiled, drained from their liquor, and cut in halves. Turn on platter, and pour around Thin White Sauce.

Orange Omelet

3 eggs
2 tablespoons powdered sugar
Few grains salt
1 teaspoon lemon juice
2 oranges
½ tablespoon butter
2½ tablespoons orange juice

折叠并翻转煎蛋卷

左手握住煎蛋卷锅柄。用餐刀在与锅柄成直角相对的两侧各切一个半英寸的切口。将刀放在煎蛋卷最靠近锅柄的部分下方，将锅倾斜至近乎垂直的位置；用刀小心引导煎蛋卷，它便会折叠翻转而不破裂。

肉或蔬菜煎蛋卷

混合并烹制普通煎蛋卷。翻拌入切碎的熟鸡肉、小牛肉或火腿的剩余物。鱼的剩余物可切成薄片加入白色酱汁；或加入煮熟的豌豆、芦笋或花椰菜。

牡蛎煎蛋

混合并烹制普通煎蛋卷。翻拌入一品脱牡蛎，预煮后沥去汁液，切成两半。倒在盘子上，周围浇上稀白色酱汁。

橙子煎蛋卷

3个鸡蛋

两汤匙糖粉少许盐

一茶匙柠檬汁

2个橙子

1/2 汤匙黄油 21/2 汤匙橙汁

Follow directions for Plain Omelet. Remove skin from oranges and cut in slices, lengthwise. Fold in one-third of the slices of orange, well sprinkled with powdered sugar; put remaining slices around omelet, and sprinkle with sugar.

Jelly Omelet

Mix and cook Plain Omelet, omitting pepper and one-half the salt, and adding one tablespoon sugar. Spread before folding with jam, jelly, or marmalade. Fold, turn, and sprinkle with sugar.

Bread Omelet

4 eggs
½ cup milk
½ cup stale bread crumbs
¾ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter
Soak bread crumbs fifteen minutes in milk, add beaten yolks and seasonings, fold in whites. Cook and serve as Plain Omelet.

French Omelet

4 eggs
4 tablespoons milk
½ teaspoon salt
½ teaspoon pepper
2 tablespoons butter
Beat eggs slightly, just enough to blend yolks and whites, add the milk and seasonings. Put butter in hot omelet pan; when melted,

按照普通煎蛋卷的指示操作。去除橙皮，纵向切成片。翻拌入三分之一的橙片，撒上糖粉；将剩余的橙片放在煎蛋卷周围，撒上糖。

果冻煎蛋卷

混合并烹制普通煎蛋卷，省略胡椒和一半的盐，加入一汤匙糖。折叠前涂上果酱、果冻或橘子酱。折叠、翻转，撒上糖。

面包煎蛋卷

4个鸡蛋
1/2 杯牛奶
1/2杯不新鲜的面包屑
3/4 茶匙盐
1/8 茶匙胡椒
一汤匙黄油
将面包屑在牛奶中浸泡十五分钟，加入搅打的蛋黄和调味料，翻拌入蛋清。按普通煎蛋卷的方法烹制并食用。

法式煎蛋卷

4个鸡蛋
4汤匙牛奶
1/2 茶匙盐
1/2 茶匙胡椒
2汤匙黄油
将鸡蛋略微搅打，刚好使蛋黄和蛋清混合，加入牛奶和调味料。将黄油放入热煎蛋卷锅中；融化后，

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.

倒入混合物；烹制时用叉子戳刺并挑起，直到整体呈奶油状稠度。放在炉灶较热处，使其底部迅速变褐。折叠，翻倒在热盘子上。

Omelet with Croûtons

1 cup bread cut in ⅓ inch cubes
Butter
5 eggs
4 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper
Fry cubes of bread in butter until well browned and crisp. Beat eggs slightly, add cream, salt, pepper, and croûtons. Put two tablespoons butter in hot omelet pan, and as soon as melted and slightly browned turn in mixture and cook same as French Omelet.

带面包丁的煎蛋卷

一杯切成1/3英寸方块的面包
黄油
5个鸡蛋
4汤匙奶油
1/2 茶匙盐
1/8 茶匙胡椒
在黄油中炸面包块至充分变褐酥脆。将鸡蛋略微搅打，加入奶油、盐、胡椒和面包丁。将两汤匙黄油放入热煎蛋卷锅中，一旦融化并略微变褐便倒入混合物，按法式煎蛋卷的方法烹制。

Eggs with Spinach à 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.

菠菜鸡蛋，马丁式

将切碎并调味的熟菠菜覆盖在盘子中央。将三个鸡蛋略微搅打，加入三汤匙热水、三分之一茶匙盐、各一汤匙切成条的红椒和青椒，以及一汤匙切成极小块的火腿。加热煎蛋卷锅，放入一汤匙半橄榄油，一热便倒入混合物。按法式煎蛋卷的方法烹制，倒在菠菜上。用欧芹装饰。

Spanish Omelet

西班牙煎蛋卷

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

Tomato Sauce. 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.

Rich Omelet

2½ tablespoons flour
¾ teaspoon salt
1 cup milk
3 eggs
3 tablespoons butter
Mrs. E. A. Dwinell
Mix salt and flour, and add gradually milk. Beat eggs until thick and lemon-colored, then add to first mixture. Heat iron frying-pan and put in two-thirds of the butter; when butter is melted, pour in mixture. As it cooks, lift with a griddle-cake turner so that uncooked part may run underneath; add remaining butter as needed, and continue lifting the cooked part until it is firm throughout. Place on hotter part of range to brown; roll, and turn on hot platter.

Omelette Robespierre

3 eggs
3 tablespoons hot water

混合并烹制法式煎蛋卷。配番茄酱汁，置于中央并浇在煎蛋卷周围。

番茄酱汁。将两汤匙黄油与一汤匙切碎的洋葱同煮至变黄。加入一又四分之三杯番茄，煮至水分几乎蒸发。加入一汤匙切片蘑菇、一汤匙刺山柑、四分之一茶匙盐和少许辣椒粉。加入一小块切碎的红椒或青椒与黄油和洋葱同煮，风味更佳。

丰盛煎蛋卷

21⁄2汤匙面粉
3⁄4 茶匙盐
一杯牛奶
3个鸡蛋
3汤匙黄油
*E.A.*德温内尔夫人
混合盐和面粉，逐渐加入牛奶。将鸡蛋搅打至浓稠、呈柠檬色，然后加入第一份混合物。加热铁煎锅，放入三分之二的黄油；黄油融化后，倒入混合物。烹制时用煎饼锅铲挑起，使未熟部分流到下面；根据需要加入剩余的黄油，继续挑起已熟部分直至整体凝固。放在炉灶较热处变褐；卷起，翻倒在热盘子上。

罗伯斯庇尔煎蛋卷

3个鸡蛋
3汤匙热水

1 tablespoon powdered sugar
⅛ teaspoon salt
½ teaspoon vanilla
Beat eggs slightly, and add remaining ingredients. Put one and one-half tablespoons butter in a hot omelet pan, turn in mixture and cook same as French Omelet. Fold, turn on a hot platter, sprinkle with powdered sugar, and score with a hot poker.

Almond Omelet, Caramel Sauce

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

CHAPTER VIII
SOUPS

It cannot be denied that the French excel all nations in the excellence of their cuisine, and to their soups and sauces belong

1汤匙糖粉
1/8茶匙盐
1/2茶匙香草精
将鸡蛋略微搅打，加入剩余的配料。将一汤匙半黄油放入热煎蛋卷锅中，倒入混合物，按法式煎蛋卷的方法烹制。折叠，翻倒在热盘子上，撒上糖粉，用热铁签划痕。

杏仁煎蛋卷，焦糖酱

3个鸡蛋
3汤匙焦糖酱
少许盐
1/2茶匙香草精
将蛋黄搅打至浓稠、呈柠檬色，加入焦糖、盐和香草，切拌并翻拌入搅打至硬挺干燥的蛋清中。将四分之三汤匙黄油放入热煎蛋卷锅中，用杏仁片铺满锅底，倒入混合物，按普通煎蛋卷的方法烹制并折叠。周围浇上

焦糖酱汁。将一杯糖倒入煎蛋卷锅中，在炉灶热处不断搅拌，直至融化成浅棕色糖浆。加入四分之三杯热水，煨十分钟。

第八章汤

不可否认，法国人在烹饪的卓越方面胜过所有民族，他们的汤和酱汁属于

the greatest praise. It would be well to follow their example, and it is the duty of every housekeeper to learn the art of soup making. How may a hearty dinner be better begun than with a thin soup? The hot liquid, taken into an empty stomach, is easily assimilated, acts as a stimulant rather than a nutrient (as is the popular opinion), and prepares the way for the meal which is to follow. The cream soups and purées are so nutritious that, with bread and butter, they furnish a satisfactory meal.

最高的赞誉。效仿他们的做法是明智的，而学习制汤的艺术是每位管家的职责。还有什么比一碗清汤更好的方式来开启一顿丰盛的晚餐呢?热汤液进入空腹后易于吸收，起到刺激剂而非营养品的作用(如大众所认为的那样)，并为接下来的餐食做好准备。奶油汤和浓汤如此富有营养，配上面包和黄油，便构成了一顿令人满意的餐食。

Soups are divided into two great classes: soups with stock; soups without stock.

汤类分为两大类：有高汤的汤；无高汤的汤。

Soups with stock have, for their basis, beef, veal, mutton, fish, poultry, or game, separately or in combination. They are classified as:—

以高汤为基础的汤，其底料为牛肉、小牛肉、羊肉、鱼、禽肉或野味，单独或混合使用。它们分类如下：--

Bouillon, made from lean beef, delicately seasoned, and usually cleared. Exception,—clam bouillon.

牛肉清汤，用瘦牛肉制成，调味精致，通常澄清。例外--蛤蜊牛肉清汤。

Brown Soup Stock, made from beef (two-thirds lean meat, and remainder bone and fat), highly seasoned with vegetables, spices, and sweet herbs.

褐色高汤，用牛肉(三分之二瘦肉，其余为骨和脂肪)制成，以蔬菜、香料和香草重调味。

White Soup Stock, made from chicken or veal, with delicate seasonings.

白色高汤，以鸡肉或小牛肉熬制，配以精致调味料。

Consommé, usually made from two or three kinds of meat (beef, veal, and fowl being employed), highly seasoned with vegetables, spices, and sweet herbs. Always served clear.

清汤，通常由两三种肉(使用牛肉、小牛肉和禽肉)制成，加入蔬菜、香料和香草大量调味。始终清澈上桌。

Lamb Stock, delicately seasoned, is served as mutton broth.

羊肉高汤，调味清淡，作为羊肉汤供应。

Soups without stock are classified as:—

不含高汤的汤类分为：-

Cream Soups, made of vegetables or fish, with milk, and a small

奶油汤，以蔬菜或鱼制成，加牛奶，并少量

amount of cream and seasonings. Always thickened.

奶油和调料的用量。始终勾芡。

Purées, made from vegetables or fish, forced through a strainer, and retained in soup, milk, and seasonings. Generally thicker than cream soup. Sometimes White Stock is added.

菜泥汤，由蔬菜或鱼制成，用滤网压滤，保留在汤、牛奶和调味料中。通常比奶油汤浓稠。有时加入白色高汤。

Bisques, generally made from shell-fish, milk, and seasonings, and served with fish dice; made similarly to purées. They may be made of meat, game, or vegetables, with small dice of the same.

海鲜浓汤，通常由贝类、牛奶和调味料制成，配以鱼丁；制作方法与菜泥汤类似。也可用肉、野味或蔬菜制成，配以同类的小丁。

Various names have been given to soups, according to their flavorings, chief ingredients, the people who use them, etc. To the Scotch belongs Scotch Broth; to the French, Pot-au-feu; to the Indo, Mulligatawny; and to the Spanish, Olla Podrida.

汤根据其调味、主要配料、食用者等被赋予了各种名称。苏格兰人有苏格兰肉汤；法国人有蔬菜牛肉浓汤；印度人有咖喱肉汤；西班牙人有西班牙杂烩。

SOUP MAKING

汤的制作

The art of soup making is more easily mastered than at first appears. The young housekeeper is startled at the amazingly large number of ingredients the recipe calls for, and often is discouraged. One may, with but little expense, keep at hand what is essential for the making of a good soup. Winter vegetables—turnips, carrots, celery, and onions—may be bought in large or small quantities. The outer stalks of celery, often not suitable for serving, should be saved for soups. At seasons when celery is a luxury, the tips and roots should be saved and dried. Sweet herbs, including thyme, savory, and marjoram, are dried and put up in packages, retailing from five to ten cents. Bay leaves, which should be used sparingly, may be obtained at first-class grocers' or druggists'; seeming never to lose strength, they may be kept indefinitely. Spices, including whole cloves, allspice berries, peppercorns, and stick cinnamon, should be kept on hand. These

制汤的艺术比初看之下更容易掌握。年轻的管家被食谱所要求的大量配料所震惊，常常感到气馁。一个人可以花很少的费用，在手边备好制作好汤所必需的原料。冬季蔬菜--芜菁、胡萝卜、芹菜和洋葱--可以大量或少量购买。芹菜的外层茎秆往往不适合上桌，应留作制汤之用。在芹菜属于奢侈品的季节，应将芹菜的尖端和根部保存并干燥。香草，包括百里香、香薄荷和牛至，经干燥后包装出售，零售价五至十美分。月桂叶应少量使用，可在一流杂货店或药店购得；似乎永远不会失去效力，可以无限期保存。香料，包括整丁香、多香果、胡椒粒和肉桂棒，应常备手边。这些

seasonings, with the addition of salt, pepper, and parsley, are the essential flavorings for stock soups. Flour, corn-starch, arrowroot, fine tapioca, sago, pearl barley, rice, bread, or eggs are added to give consistency and nourishment.

调味料，加上盐、胡椒和欧芹，是高汤类汤的基本调味品。加入面粉、玉米淀粉、竹芋粉、细木薯粉、西米、珍珠大麦、大米、面包或鸡蛋以赋予稠度和营养。

In small families, where there are few left-overs, fresh meat must be bought for the making of soup stock, as a good soup cannot be made from a small amount of poor material. On the other hand, large families need seldom buy fresh meat, provided all left-overs are properly cared for. The soup kettle should receive small pieces of beef (roasted, broiled, or stewed), veal, carcasses of fowl or chicken, chop bones, bones left from lamb roast, and all trimmings and bones, which a careful housewife should see are sent from the market with her order. Avoid the use of smoked or corned meats, or large pieces of raw mutton or lamb surrounded by fat, on account of the strong flavor so disagreeable to many. A small piece of bacon or lean ham is sometimes cooked with vegetables for flavor.

在人口较少的家庭中，剩菜不多，必须购买鲜肉来制作汤底，因为用少量劣质材料无法做出好汤。另一方面，大家庭则很少需要购买鲜肉，前提是所有剩菜都得到妥善处理。汤锅应接收牛肉(烤的、炙的或炖的)的小块、小牛肉、家禽或鸡的骨架、排骨骨头、烤羊肉剩下的骨头，以及所有边角料和骨头--细心的主妇应确保这些随订单从市场送来。避免使用熏肉或腌肉，或大块被脂肪包裹的生羊肉或羔羊肉，因为其浓烈的气味令许多人反感。一小块培根或瘦火腿有时与蔬菜同煮以增添风味。

Beef ranks first as regards utility and economy in soup making. It should be cut from the fore or hind shin (which cuts contain marrow-bone), the middle cuts being most desirable. If the lower part of shin is used, the soup, although rich in gelatin, lacks flavor, unless a cheap piece of lean meat is used with it, which frequently is done. It must be remembered that meat, bone, and fat in the right proportions are all necessary; allow two-thirds lean meat, the remaining one-third bone and fat. From the meat the soluble juices, salts, extractives (which give color and flavor), and a small quantity of gelatin are extracted; from the bone, gelatin (which gives the stock when cold a jelly-like consistency) and mineral matter. Gelatin is also obtained from cartilage, skin,

在制汤的实用性和经济性方面，牛肉位居首位。应从前腿或后腿的胫骨部分切取(这些部位含有髓骨)，中段最为理想。如果使用胫骨的下部，汤虽然富含明胶，但缺乏风味，除非同时使用一块廉价的瘦肉，这种做法很常见。必须记住，肉、骨和脂肪按正确比例搭配都是必要的；应允许三分之二的瘦肉，其余三分之一为骨和脂肪。从肉中提取出可溶性汁液、盐分、浸出物(赋予颜色和风味)以及少量明胶；从骨中提取出明胶(使汤底冷却后呈果冻状稠度)和矿物质。明胶也可从软骨、皮肤、

tendons, and ligaments. Some of the fat is absorbed; the remainder rises to the top and should be removed.

肌腱和韧带。部分脂肪被吸收；其余浮到表面，应予以去除。

Soup stock making is rendered easier by use of proper utensils. Sharp meat knives, hardwood board, two purée strainers having meshes of different size, and a soup digester (a porcelain-lined iron pot, having tight-fitting cover, with valve in the top), or covered granite kettle, are essentials. An iron kettle, which formerly constituted one of the furnishings of a range, may be used if perfectly smooth. A saw, cleaver, and scales, although not necessary, are useful, and lighten labor.

使用适当的器具使制作汤高汤更加容易。锋利的切肉刀、硬木板、两个网眼大小不同的菜泥滤网，以及汤炖锅(一种内衬瓷的铁锅，有密封盖，顶部有阀门)，或有盖的花岗岩锅，是必需品。以前作为炉灶配件之一的铁锅，如果完全光滑也可以使用。锯、砍刀和秤虽然并非必需，但很有用，能减轻劳动。

When meat comes from market, remove from paper and put in cool place. When ready to start stock, if scales are at hand, weigh meat and bone to see if correct proportions have been sent. Wipe meat with clean cheese-cloth wrung out of cold water. Cut lean meat in one-inch cubes; by so doing, a large amount of surface is exposed to the water, and juices are more easily drawn out. Heat frying-pan hissing hot; remove marrow from marrow-bone, and use enough to brown one-third of the lean meat, stirring constantly, that all parts of surface may be seared, thus preventing escape of juices,—sacrificing a certain amount of goodness in the stock to give additional color and flavor, which is obtained by caramelization. Put fat, bone, and remaining lean meat in soup kettle; cover with cold water, allowing one pint to each pound of meat, bone, and fat. Let stand one hour, that cold water may draw out juices from meat. Add browned meat, taking water from soup kettle to rinse out frying-pan, that none of the coloring may be lost. Heat gradually to boiling-point, and cook six or seven hours at low temperature. A scum will rise on the top, which contains coagulated albuminous juices; these give to soup its chief nutritive

肉从市场买回来后，去掉包装纸，放在阴凉处。准备开始熬高汤时，如果手边有秤，就称一下肉和骨头，看看送来的比例是否正确。用从冷水中拧干的干净奶酪布擦拭肉。把瘦肉切成一英寸见方的块；这样做可以暴露出大量表面，使肉汁更容易被水浸出。把煎锅烧得滋滋作响；从髓骨中取出骨髓，用足够的骨髓把三分之一的瘦肉煎至褐色，不断搅拌，使表面各部分都被煎封，从而防止肉汁流失--牺牲高汤中的一部分营养来增加颜色和风味，这是通过焦糖化获得的。把脂肪、骨头和剩余的瘦肉放入汤锅；加冷水没过，每磅肉、骨头和脂肪加一品脱水。静置一小时，让冷水浸出肉中的汁液。加入煎过的肉，从汤锅中取水冲洗煎锅，以免损失任何色泽。逐渐加热至沸点，然后在低温下煮六到七小时。表面会浮起浮沫，其中含有凝固的蛋白汁液；这些汁液赋予汤主要的营养

value; many, however, prefer a clear soup, and have them removed. If allowed to remain, when straining, a large part will pass through strainer. Vegetables, spices, and salt should be added the last hour of cooking. Strain and cool quickly; by so doing, stock is less apt to ferment. A knuckle of veal is often used for making white soup stock. Fowl should be used for stock in preference to chicken, as it is cheaper, and contains a larger amount of nutriment. A cake of fat forms on stock when cold, which excludes air, and should not be removed until stock is used. To remove fat, run a knife around edge of bowl and carefully remove the same. A small quantity will remain, which should be removed by passing a cloth wrung out of hot water around edge and over top of stock. This fat should be clarified and used for drippings. If time cannot be allowed for stock to cool before using, take off as much fat as possible with a spoon, and remove the remainder by passing tissue or any absorbent paper over the surface.

价值；然而许多人更喜欢清汤，会把这些浮沫撇去。如果任其留在汤中，过滤时很大一部分会穿过滤网。蔬菜、香料和盐应在烹煮的最后一小时加入。过滤并迅速冷却；这样做高汤不容易发酵。小牛膝常被用来制作白色高汤。熬高汤应优先选用老母鸡而非童子鸡，因为老母鸡更便宜，且含有更多营养。高汤冷却后表面会形成一层油脂，它能隔绝空气，在使用高汤之前不应去除。要去除油脂，用刀沿碗边划一圈，小心地将其取下。还会残留少量油脂，应用一块在热水中拧干的布沿碗边和汤面擦拭去除。这些油脂应澄清后用作滴油。如果来不及等高汤冷却就要使用，尽量用勺子撇去油脂，再用纸巾或任何吸水纸在表面掠过，去除剩余部分。

How to Clear Soup Stock

如何澄清高汤

Whites of eggs slightly beaten, or raw, lean beef finely chopped, are employed for clearing soup stock. The albumen found in each effects the clearing by drawing to itself some of the juices which have been extracted from the meat, and by action of heat have been coagulated. Some rise to the top and form a scum, others are precipitated.

用略微搅打的蛋清或生的瘦牛肉细末来澄清汤高汤。其中所含的白蛋白通过吸收部分从肉中提取的汁液，并通过加热凝固，实现澄清。一些浮到表面形成浮沫，另一些则沉淀。

Remove fat from stock, and put quantity to be cleared in stewpan, allowing white and shell of one egg to each quart of stock. Beat egg slightly, break shell in small pieces and add to stock. Place on

去除高汤中的脂肪，将要澄清的量放入炖锅中，每夸脱高汤允许一个鸡蛋的蛋清和蛋壳。轻轻搅打鸡蛋，将蛋壳打碎成小块加入高汤。放在

front of range, and stir constantly until boiling-point is reached; boil two minutes. Set back where it may simmer twenty minutes; remove scum, and strain through double thickness of cheese-cloth placed over a fine strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as stock has lost its jelly-like consistency; not after clearing is effected. Many think the flavor obtained from a few shavings of lemon rind an agreeable addition.

炉灶前部，不断搅拌直至达到沸点；煮沸两分钟。移到后面微沸二十分钟；去除浮沫，通过放在细滤网上的双层奶酪布过滤。如果要澄清的高汤调味不够，必须在高汤失去果冻状稠度后立即添加额外调味料；而不是在澄清完成后。许多人认为几片柠檬皮屑带来的风味是令人愉快的添加。

How to Bind Soups

如何增稠汤品

Cream soups and purées, if allowed to stand, separate, unless bound together. To bind a soup, melt butter, and when bubbling add an equal quantity of flour; when well mixed add to boiling soup, stirring constantly. If recipe calls for more flour than butter, or soup is one that should be made in double boiler, add gradually a portion of hot mixture to butter and flour until of such consistency that it may be poured into the mixture remaining in double boiler.

奶油汤和菜泥汤如果放置不动会分离，除非将它们粘合。要粘合汤，融化黄油，起泡时加入等量的面粉；混合均匀后加入沸腾的汤中，不断搅拌。如果食谱要求的面粉多于黄油，或者汤应在双层蒸锅中制作，则逐渐将一部分热混合物加入黄油和面粉中，直到稠度可以倒入双层蒸锅中剩余的混合物中。

SOUPS WITH MEAT STOCK

肉类高汤汤品

Brown Soup Stock

棕色高汤

6 lbs. shin of beef

六磅牛胫肉

3 quarts cold water

三夸脱冷水

½ teaspoon peppercorns

1/2茶匙胡椒粒

6 cloves

6瓣

½ bay leaf

1/2 片月桂叶

3 sprigs thyme

1 sprig marjoram

2 sprigs parsley

Carrot ½ cup each, cut in dice

Turnip

Onion

Celery

1 tablespoon salt

Wipe beef, and cut the lean meat in inch cubes. Brown one-third of meat in hot frying-pan in marrow from a marrow-bone. Put remaining two-thirds with bone and fat in soup kettle, add water, and let stand for thirty minutes. Place on back of range, add browned meat, and heat gradually to boiling-point. As scum rises it should be removed. Cover, and cook slowly six hours, keeping below boiling-point during cooking. Add vegetables and seasonings, cook one and one-half hours, strain, and cool as quickly as possible.

Bouillon

5 lbs. lean beef from middle of round

2 lbs. marrow-bone

3 quarts cold water

1 teaspoon peppercorns

1 tablespoon salt

Carrot ⅓ cup each, cut in dice

3枝百里香

1枝马郁兰

2枝欧芹

胡萝卜 各半杯，切成丁

芜菁

洋葱

芹菜

1汤匙盐

擦拭牛肉，把瘦肉切成一英寸见方的块。用髓骨中的骨髓在热煎锅中把三分之一的肉煎至褐色。把剩余的三分之二连同骨头和脂肪放入汤锅，加水，静置三十分钟。放在炉灶后部，加入煎过的肉，逐渐加热至沸点。浮沫浮起时应撇去。盖上盖子，慢慢煮六小时，烹煮过程中保持低于沸点。加入蔬菜和调味料，煮一个半小时，过滤，并尽可能迅速冷却。

牛肉清汤

五磅圆形部位中段的瘦牛肉

两磅髓骨

三夸脱冷水

一茶匙胡椒粒

1汤匙盐

胡萝卜 各1/3杯，切成丁

Turnip

Onion

Celery

Wipe, and cut meat in inch cubes. Put two-thirds of meat in soup kettle, and soak in water thirty minutes. Brown remainder in hot frying-pan with marrow from marrow-bone. Put browned meat and bone in kettle. Heat to boiling-point; skim thoroughly, and cook at temperature below boiling-point five hours. Add seasonings and vegetables, cook one hour, strain, and cool. Remove fat, and clear. Serve in bouillon cups.

Tomato Bouillon with Oysters

1 can tomatoes
1½ quarts bouillon
1 tablespoon chopped onion
½ bay leaf
6 cloves
½ teaspoon celery seed
½ teaspoon peppercorns
1 pint oysters
Mix all ingredients except oysters, and boil twenty minutes. Strain, cool, and clear. Add parboiled oysters, and serve in bouillon cups with small croûtons.

Iced Bouillon

Flavor bouillon with sherry or Madeira wine, and serve cold.

芜菁

洋葱

芹菜

擦拭干净，将肉切成英寸方块。将三分之二的肉放入汤锅，在水中浸泡三十分钟。将剩余的肉与骨髓骨中的骨髓一起在热煎锅中煎至棕色。将煎好的肉和骨头放入锅中。加热至沸点；彻底撇去浮沫，在低于沸点的温度下煮五小时。加入调味料和蔬菜，煮一小时，过滤，冷却。去除脂肪，澄清。盛在牛肉清汤杯中。

番茄牡蛎牛肉汤

1 罐番茄
11⁄2夸脱高汤
1汤匙切碎的洋葱
1⁄2 片月桂叶
6瓣
1⁄2 茶匙芹菜籽
1⁄2茶匙胡椒粒
1品脱牡蛎
混合除牡蛎外的所有配料，煮二十分钟。过滤，冷却，澄清。加入预煮的牡蛎，盛在牛肉清汤杯中，配以小面包丁。

冰镇牛肉清汤

用雪利酒或马德拉酒为肉汤调味，冷食。

Macaroni Soup

1 quart Brown Soup Stock
¼ cup macaroni, broken in half-inch pieces
Salt
Pepper
Cook macaroni in boiling salted water until soft. Drain, and add to stock heated to boiling-point. Season with salt and pepper. Spaghetti or other Italian pastas may be substituted for macaroni.

Tomato Soup with Stock

1 quart Brown Soup Stock
1 can tomatoes
½ teaspoon peppercorns
1 small bay leaf
3 cloves
3 sprigs thyme
4 tablespoons butter
⅓ cup flour
Onion ¼ cup each, cut in dice
Carrot
Celery
Raw ham
Salt
Pepper

通心粉汤

一夸脱棕色高汤
四分之一杯通心粉，掰成半英寸长的段盐

胡椒
将通心粉放入加盐的沸水中煮至软烂。沥干，加入加热至沸点的牛肉清汤中。用盐和胡椒调味。可用意大利面条或其他意大利面食代替通心粉。

番茄高汤

一夸脱棕色高汤
1 罐番茄
1/2茶匙胡椒粒
1片小月桂叶
3瓣
3枝百里香
4汤匙黄油
1/3杯面粉
洋葱 各1/4杯，切成丁
胡萝卜
芹菜
生火腿
盐
胡椒

Cook onion, carrot, celery, and ham in butter five minutes, add flour, peppercorns, bay leaf, cloves, and thyme, and cook three minutes; then add tomatoes, cover, and cook slowly one hour. When cooked in oven it requires less watching. Rub through a strainer, add hot stock, and season with salt and pepper.

Turkish Soup

5 cups Brown Soup Stock
¼ cup rice
1½ cups stewed and strained tomatoes
Bit of bay leaf
2 slices onion
10 peppercorns
¼ teaspoon celery salt
2 tablespoons butter
1½ tablespoons flour
Cook rice in Brown Stock until soft. Cook bay leaf, onion, peppercorns, and celery salt with tomatoes thirty minutes. Combine mixtures, rub through sieve, and bind with butter and flour cooked together. Season with salt and pepper if needed.

Creole Soup

1 quart Brown Soup Stock
1 pint tomatoes
3 tablespoons chopped green peppers
2 tablespoons chopped onion
¼ cup butter
⅓ cup flour

将洋葱、胡萝卜、芹菜和火腿放入黄油中煮五分钟，加入面粉、胡椒粒、月桂叶、丁香和百里香，再煮三分钟；然后加入番茄，盖上盖子，慢火煮一小时。若在烤箱中烹制则无需过多看管。用滤网擦滤，加入热高汤，用盐和胡椒调味。

土耳其汤

5杯棕色高汤
1/4杯大米
11/2杯炖煮并过滤的番茄少许月桂叶

2片洋葱
10粒胡椒
1/4茶匙芹菜盐
2汤匙黄油
11/2汤匙面粉
将大米放入棕色高汤中煮至软烂。将月桂叶、洋葱、胡椒粒和芹菜盐与番茄一起煮三十分钟。混合各料，用筛子擦滤，用黄油和面粉同煮勾芡。如有需要，用盐和胡椒调味。

克里奥尔汤

一夸脱棕色高汤
1品脱番茄
3汤匙切碎的青椒
两汤匙切碎的洋葱 1/4杯黄油

1/3杯面粉

Salt
Pepper
Cayenne
2 tablespoons grated horseradish
1 teaspoon vinegar
¼ cup macaroni rings
Cook pepper and onion in butter five minutes. Add flour, stock, and tomatoes, and simmer fifteen minutes. Strain, rub through sieve, and season highly with salt, pepper, and cayenne. Just before serving add horseradish, vinegar, and macaroni previously cooked and cut in rings.

Julienne Soup

To one quart clear Brown Soup Stock, add one-fourth cup each carrot and turnip, cut in thin strips one and one-half inches long, previously cooked in boiling salted water, and two tablespoons, each, cooked peas and string beans. Heat to boiling-point.

Dinner Soup

3½ lbs. lean beef from round
2 lbs. marrow-bone
2 qts. cold water
1 can tomatoes
1 teaspoon peppercorns
1 tablespoon salt
1 tablespoon lean raw ham, finely chopped

盐
胡椒
卡宴辣椒粉
2汤匙磨碎的辣根
一茶匙醋
1/4杯通心粉圈
将胡椒和洋葱放入黄油中煮五分钟。加入面粉、高汤和番茄，煨十五分钟。过滤，用筛子擦滤，用盐、胡椒和辣椒粉重味调味。上桌前加入辣根、醋以及先前煮好并切成环状的通心粉。

蔬菜丝汤

在一夸脱清澈的棕色高汤中，加入各四分之一杯的胡萝卜和芜菁，切成一点五英寸长的细条，事先在加盐沸水中煮过，再加入各两汤匙煮熟的豌豆和四季豆。加热至沸点。

晚餐汤

三磅半圆形部位瘦牛肉
两磅髓骨
2夸脱冷水
1 罐番茄
一茶匙胡椒粒
1汤匙盐
一汤匙瘦生火腿，切碎

2 tablespoons butter

Carrot	⅓ cup, each
Turnip	
Onion	cut in small pieces
Celery	

1 sprig parsley

½ bay leaf

Wipe meat and cut in inch cubes. Put one-half in kettle with marrow-bone, water, and tomatoes. Brown remaining half in hot frying-pan with some marrow from bone, then turn into kettle. Heat slowly to boiling-point, and cook at temperature just below boiling-point five hours.

Cook ham and vegetables with butter five minutes, then add to soup with peppercorns, salt, parsley, and bay leaf. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Bortchock Soup

6 lbs. shin of beef
3 qts. cold water
1 cup carrot cubes
½ cup sliced onion
6 cloves
1 allspice berry
2 sprigs parsley
2 stalks celery
1 beet finely cut
1 tablespoon salt

2汤匙黄油胡萝卜

	1/3杯，各
芜菁	
洋葱	切成小块
芹菜	

1枝欧芹 1/2片月
桂叶

将肉擦净，切成一英寸见方的块。将一半放入锅中，加髓骨、水和番茄。将剩余一半在热煎锅中用骨中取出的少许骨髓煎至棕色，然后倒入锅中。慢火加热至沸点，在略低于沸点的温度下煮五小时。

将火腿和蔬菜放入黄油中煮五分钟，然后加入汤中，加胡椒粒、盐、欧芹和月桂叶。煮一个半小时，过滤，快速冷却，去除油脂，澄清。

博尔晓克汤

六磅牛胫肉

3夸脱冷水

1杯胡萝卜丁 1/2杯洋
葱片 6瓣

1 多香果浆果

2枝欧芹

2根芹菜

1 个甜菜，切碎

1汤匙盐

1 teaspoon peppercorns
2 tablespoons butter
Prepare and cook beef same as for Bouillon. Cook vegetables in butter five minutes; then add to soup with remaining seasonings. Cook one and one-half hours, strain, cool quickly, remove fat, and clear. When ready to clear, add one cup finely chopped raw beet and one-fourth cup vinegar. Select red beets for this soup, and serve as soon as possible after clearing, otherwise it will lose its bright red color, which makes the dish especially appropriate for an American Beauty Dinner.

Ox-tail Soup

1 small ox-tail	
6 cups Brown Stock	
Carrot	½ cup each, cut in fancy shapes
Turnip	
Onion	½ cup each, cut in small pieces
Celery	
½ teaspoon salt	
Few grains cayenne	
¼ cup Madeira wine	
1 teaspoon Worcestershire Sauce	
1 teaspoon lemon juice	

Cut ox-tail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter ten minutes. Add to Brown Stock, and simmer one hour. Then add vegetables, which

一茶匙胡椒粒
2汤匙黄油
按牛肉清汤的方法准备和烹制牛肉。将蔬菜放入黄油中煮五分钟；然后加入汤中，加剩余调料。煮一个半小时，过滤，快速冷却，去除油脂，澄清。准备澄清时，加入一杯切碎的生猪甜菜和四分之一杯醋。此汤选用红甜菜，澄清后尽快上桌，否则会失去鲜红色泽，而这正是此菜特别适合美国美人晚宴的原因。

牛尾汤

1条小牛尾	
6杯棕色高汤胡萝卜	
	各1/2杯，切成花式形状
芜菁	
洋葱	各1/2杯，切成小块
芹菜	
1/2茶匙盐少许卡宴辣椒粉 1/4杯马德拉葡萄酒	
1茶匙伍斯特郡酱	
一茶匙柠檬汁	

将牛尾切成小块，洗净，沥干，撒上盐和胡椒，裹上面粉，放入黄油中煎十分钟。加入棕色高汤中，煨一小时。然后加入蔬菜，这些蔬菜

have been parboiled twenty minutes; simmer until vegetables are soft, add salt, cayenne, wine, Worcestershire Sauce, and lemon juice.

Scotch Soup

3 lbs. mutton from fore-quarter

2 qts. cold water

½ tablespoon salt

¼ teaspoon pepper

2 slices turnip

½ onion

¼ cup flour

Carrot ¼ cup, each, cut in small cubes

Turnip

2 tablespoons pearl barley

Wipe meat, remove skin and fat, and cut meat in small pieces. Add water, heat gradually to boiling-point, skim, and cook slowly two hours. After cooking one hour, add salt, pepper, turnip, and onion. Strain, cool, remove fat, reheat, and thicken with flour diluted with enough cold water to pour easily. Cook carrot and turnip dice in boiling salted water until soft; drain, and add to soup. Soak barley over night, in cold water, drain, and cook in boiling salted water until soft; drain, and add to soup. If barley should be cooked in the soup, it would absorb the greater part of the stock. Barley may be omitted; in that case sprinkle with finely chopped parsley and serve with croûtons.

已预煮二十分钟；煨至蔬菜软烂，加入盐、辣椒粉、葡萄酒、伍斯特酱和柠檬汁。

苏格兰汤

三磅前躯羊肉

2夸脱冷水 1/2汤匙盐
1/4茶匙胡椒 2片芜菁

1/2个洋葱

1/4杯面粉

胡萝卜 1/4杯，各切成小方块

芜菁

2汤匙珍珠麦

将肉擦净，去除皮和脂肪，把肉切成小块。加水，慢慢加热至沸点，撇去浮沫，慢煮两小时。煮一小时后，加入盐、胡椒、芜菁和洋葱。过滤，冷却，去除脂肪，重新加热，用面粉加足量冷水调稀至易于倾倒的浓度勾芡。将胡萝卜和芜菁切丁，在加盐的沸水中煮至软烂；沥干，加入汤中。将大麦在冷水中浸泡一夜，沥干，在加盐的沸水中煮至软烂；沥干，加入汤中。若将大麦直接在汤中煮，它会吸收大部分高汤。大麦可以省略；若省略，则撒上切碎的欧芹，配烤面包丁上桌。

White Soup Stock I

3 lbs. knuckle of veal
1 lb. lean beef
3 quarts boiling water
1 onion
6 slices carrot
1 large stalk celery
½ teaspoon peppercorns
½ bay leaf
2 sprigs thyme
2 cloves
French Chef
Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling-point; drain, throw away the water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and three quarts boiling water. Boil three or four hours; the stock should be reduced one half.

White Soup Stock II

4 lbs. knuckle of veal
2 quarts cold water
1 tablespoon salt
½ teaspoon peppercorns
1 onion
2 stalks celery

白色高汤 I

三磅小牛膝
一磅瘦牛肉
三夸脱沸水
1个洋葱
6片胡萝卜
1 大根芹菜茎
1/2茶匙胡椒粒
1/2 片月桂叶
2枝百里香
2瓣
法国厨师
将小牛肉擦净，去骨，切成小块；将牛肉切块，将骨和肉放入汤锅，加冷水没过，迅速加热至沸点；沥干，倒掉水。用冷水彻底洗净骨和肉；放回锅中，加入蔬菜、调料和三夸脱沸水。煮三至四小时；高汤应浓缩至一半。

白色高汤 II

四磅小牛膝
两夸脱冷水
一汤匙盐 1/2茶匙胡椒粒一个洋葱

2根芹菜

Blade of mace
Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, and seasonings in kettle. Heat gradually to boiling-point, skimming frequently. Simmer four or five hours, and strain. If scum has been carefully removed, and soup is strained through double thickness of cheese-cloth, stock will be quite clear.

White Soup Stock III

The water in which a fowl or chicken is cooked makes White Stock.

Chicken Soup with Wine

3 lb. fowl
2 quarts cold water
2 slices carrot
1 tablespoon salt
½ teaspoon peppercorns
1 onion, sliced
2 stalks celery
Bit of bay leaf
2 tablespoons Sauterne wine
1 teaspoon beef extract
1 cup cream
Salt
Pepper
Wipe and cut up fowl. Cover with water, and add carrot, salt, peppercorns, onion, celery, and bay leaf. Bring quickly to boiling-point, then let simmer until meat is tender. Remove meat and

肉豆蔻衣
将肉擦净，去骨，切成小块。将肉、骨、水和调料放入锅中。逐渐加热至沸点，频繁撇沫。煨四至五小时，过滤。若浮沫已仔细去除，且汤通过双层奶酪布过滤，高汤会相当清澈。

白色高汤 III

煮鸡或禽类的水可制成白色高汤。

葡萄酒鸡汤

三磅家禽
两夸脱冷水
2片胡萝卜
1汤匙盐
1/2茶匙胡椒粒
1个洋葱，切片
2根芹菜
一片月桂叶
2汤匙索泰尔讷葡萄酒
一茶匙牛肉提取物
一杯奶油
盐
胡椒
将禽肉擦净切块。加水没过，加入胡萝卜、盐、胡椒粒、洋葱、芹菜和月桂叶。迅速加热至沸点，然后煨至肉嫩。取出肉并

strain stock. Chill, remove fat, reheat, and add wine, beef extract, and cream. Season with salt and pepper.

French White Soup

4 lb. fowl
Knuckle of veal
3 qts. cold water
1 onion, sliced
6 slices carrot
½ bay leaf
1 sprig parsley
½ teaspoon thyme
½ teaspoon peppercorns
½ tablespoon salt
1 tablespoon lean raw ham, finely chopped
4 tablespoons butter
3 tablespoons flour
1 cup cream
Yolks 2 eggs

Wipe, clean, and disjoint fowl. Wipe veal, remove from bone, and cut in small pieces. Put meat, bone, and water in kettle, heat slowly to boiling-point, skim, and cook slowly four hours. Cook vegetables and ham in one tablespoon butter five minutes, add to soup with peppercorns and salt, and cook one hour. Strain, cool, and remove fat. Reheat three cups stock, thicken with remaining butter and flour cooked together, and just before serving add cream and egg yolks. Garnish with one-half cup cooked green peas and Chicken Custard cut in dice.

过滤高汤。冷藏，去除油脂，重新加热，加入葡萄酒、牛肉精和奶油。用盐和胡椒调味。

法式白汤

四磅家禽
小牛膝
3夸脱冷水
1个洋葱，切片
6片胡萝卜
1/2 片月桂叶
1 枝欧芹
1/2茶匙百里香
1/2茶匙胡椒粒
1/2 汤匙盐
一汤匙瘦生火腿，切碎
4汤匙黄油
3汤匙面粉
一杯奶油
蛋黄 2 个鸡蛋

将禽类擦净、清理并卸下关节。将小牛肉擦净，去骨，切成小块。将肉、骨头和水放入锅中，慢慢加热至沸点，撇去浮沫，慢煮四小时。用一汤匙黄油将蔬菜和火腿煮五分钟，连同胡椒粒和盐一起加入汤中，再煮一小时。过滤，冷却，去除脂肪。重新加热三杯高汤，用剩余的黄油和面粉一起煮熟勾芡，上桌前加入奶油和蛋黄。用半杯煮熟的青豌豆和切成骰子块的鸡蛋羹作装饰。

White Soup

5 cups White Stock III
½ tablespoon salt
½ teaspoon peppercorns
1 slice onion
1 stalk celery
2 cups scalded milk
3 tablespoons butter
4 tablespoons flour
Yolks 2 eggs
Salt and pepper
Add seasonings to stock, and simmer thirty minutes; strain, and thicken with butter and flour cooked together; add scalded milk. Dilute eggs, slightly beaten, with hot soup, and add to remaining soup; strain, and season with salt and pepper. Serve at once or soup will have a curdled appearance.

白汤

五杯白色高汤三号
1/2 汤匙盐
1/2茶匙胡椒粒
1片洋葱
1根芹菜
两杯烫牛奶
3汤匙黄油
4汤匙面粉
蛋黄 2 个鸡蛋
盐和胡椒
将调料加入高汤中，煨三十分钟；过滤，用黄油和面粉同煮勾芡；加入烫过的牛奶。将略打散的鸡蛋用热汤稀释，加入剩余的汤中；过滤，用盐和胡椒调味。立即上桌，否则汤会呈现凝结状。

Chicken Soup

6 cups White Stock III
1 tablespoon lean raw ham, finely chopped
6 slices carrot, cut in cubes
2 stalks celery
½ bay leaf
¼ teaspoon peppercorns
1 sliced onion
⅓ cup hot boiled rice

鸡汤

6杯白色高汤III
一汤匙瘦生火腿，切碎
6片胡萝卜，切成方块
2根芹菜
1/2 片月桂叶
1/4茶匙胡椒粒 1个切片洋葱

1/3 杯热米饭

Add seasonings to stock, heat gradually to boiling-point, and boil thirty minutes; strain, and add rice.

Turkey Soup

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to boiling-point, and simmer two hours. Strain, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor.

Hygienic Soup

6 cups White Stock III
¼ cup oatmeal
2 cups scalded milk
2 tablespoons butter
2 tablespoons flour
Salt and pepper
Heat stock to boiling-point, add oatmeal, and boil one hour; rub through sieve, add milk, and thicken with butter and flour cooked together. Season with salt and pepper.

Farina Soup

4 cups White Stock III
¼ cup farina
2 cups scalded milk
1 cup cream

将调料加入高汤中，逐渐加热至沸点，煮三十分钟；过滤，加入大米。

火鸡汤

将火鸡骨架掰成小块，去除所有填料；放入锅中，加入任何剩余的肉块。加冷水没过，缓慢加热至沸点，煨两小时。过滤，去除油脂，用盐和胡椒调味。可将一两根外层芹菜与骨架同煮以增添风味。

卫生汤

6杯白色高汤III
1/4 杯燕麦片
两杯烫牛奶
2汤匙黄油
2汤匙面粉
盐和胡椒
将高汤加热至沸点，加入燕麦片，煮一小时；用筛子擦滤，加入牛奶，用黄油和面粉同煮勾芡。用盐和胡椒调味。

法里纳汤

4杯白高汤III 1/4杯法里纳
2杯烫牛奶

一杯奶油

Few gratings of nutmeg
Salt and pepper
Heat stock to boiling-point, add farina, and boil fifteen minutes; then add milk, cream, and seasonings.

Spring Soup

1 quart White Stock I or II
1 large onion thinly sliced
3 tablespoons butter
½ cup stale baker's bread
1 cup milk
1 cup cream
2 tablespoons flour
Salt and pepper
Cook onion fifteen minutes in one tablespoon butter; add to stock, with bread broken in pieces. Simmer one hour; rub through sieve. Add milk, and bind with remaining butter and flour cooked together; add cream, and season.

Duchess Soup

4 cups White Stock III
2 slices carrot, cut in cubes
2 slices onion
2 blades mace
½ cup grated mild cheese
⅓ cup butter
¼ cup flour
1 teaspoon salt

少许肉豆蔻磨屑
盐和胡椒
将高汤加热至沸点，加入麦片，煮十五分钟；然后加入牛奶、奶油和调料。

春季汤

一夸脱白色高汤 I 或 II
1个大洋葱，切成薄片
3汤匙黄油
半杯陈面包师面包
一杯牛奶
一杯奶油
2汤匙面粉
盐和胡椒
将洋葱放入一汤匙黄油中煮十五分钟；加入高汤中，加掰碎的面包。煨一小时；用筛子擦滤。加入牛奶，用剩余的黄油和面粉同煮勾芡；加入奶油，调味。

公爵夫人汤

四杯白色高汤三号
两片胡萝卜，切成方块
2片洋葱
2 片肉豆蔻干皮 1/2 杯磨碎的
淡味奶酪 1/3 杯黄油

1/4杯面粉
一茶匙盐

⅛ teaspoon pepper
2 cups scalded milk
Cook vegetables three minutes in one and one-half tablespoons butter, then add stock and mace; boil fifteen minutes, strain, and add milk. Thicken with remaining butter and flour cooked together; add salt and pepper. Stir in cheese, and serve as soon as cheese is melted.

Potage à la Reine

4 cups White Stock III
½ teaspoon peppercorns
1 stalk celery
1 slice onion
½ tablespoon salt
Yolks 3 “hard-boiled” eggs
⅓ cup cracker crumbs
Breast meat from a boiled chicken
2 cups scalded milk
½ cup cold milk
3 tablespoons butter
3 tablespoons flour
Cook stock with seasonings twenty minutes. Rub yolks of eggs through sieve. Soak cracker crumbs in cold milk until soft; add to eggs. Chop meat and rub through sieve; add to egg and cracker mixture. Then pour milk on slowly, and add to strained stock; boil three minutes. Bind with butter and flour cooked together.

Royal Soup

1/8 茶匙胡椒
两杯烫牛奶
将蔬菜放入一汤匙半黄油中煮三分钟，然后加入高汤和肉豆蔻；煮十五分钟，过滤，加入牛奶。用剩余的黄油和面粉同煮勾芡；加入盐和胡椒。拌入奶酪，奶酪融化后立即上桌。

王后浓汤

四杯白色高汤三号
1/2茶匙胡椒粒
1根芹菜
1片洋葱
1/2 汤匙盐
蛋黄 3 个“煮老”的鸡蛋
1/3杯饼干屑
煮熟的鸡胸肉 2杯烫牛奶

半杯冷牛奶
3汤匙黄油
3汤匙面粉
将高汤与调料一起煮二十分钟。将蛋黄用筛子擦滤。将饼干屑在冷牛奶中浸泡至软；加入鸡蛋中。将肉剁碎并用筛子擦滤；加入鸡蛋和饼干屑的混合物中。然后慢慢倒入牛奶，加入过滤后的高汤中；煮三分钟。用黄油和面粉同煮勾芡。

皇家汤

1 cup stale bread crumbs
½ cup milk
Yolks 3 “hard-boiled” eggs
Breast meat from a boiled chicken
Salt and pepper
1½ cups scalded milk
3½ cups White Stock III
2½ tablespoons butter
2½ tablespoons flour
Soak bread crumbs in milk, add yolks of eggs rubbed through a sieve and chicken meat also rubbed through a sieve. Add gradually milk, and chicken stock highly seasoned. Bind with butter and flour cooked together, and season with salt and pepper.

一杯陈面包屑
1/2 杯牛奶
蛋黄 3 个“煮老”的鸡蛋
煮鸡的胸肉盐和胡椒

11/2杯烫牛奶
31/2杯白色高汤III
21/2汤匙黄油
21/2汤匙面粉
将面包屑在牛奶中浸泡，加入用筛子擦滤的蛋黄和同样用筛子擦滤的鸡肉。逐渐加入牛奶和重味调味的鸡汤。用黄油和面粉同煮勾芡，用盐和胡椒调味。

St. Germain Soup

3 cups White Stock I, II, or III
1 can Marrowfat peas
1 cup cold water
½ onion
Bit of bay leaf
Sprig of parsley
Blade of mace
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
2 tablespoons corn-starch

圣日耳曼汤

三杯白高汤 I、II 或 III
1 可以大豌豆
一杯冷水 1/2个洋
葱
一片月桂叶
欧芹一枝肉豆蔻
衣一片
两茶匙糖
1茶匙盐 1/8茶匙胡椒 2
汤匙黄油

2汤匙玉米淀粉

1 cup milk
Drain and rinse peas, reserving one-third cup; put remainder in cold water with seasonings, and simmer one-half hour; rub through sieve and add stock. Bind with butter and corn-starch cooked together; boil five minutes. Add milk and reserved peas.

Imperial Soup

4 cups White Stock III
2 cups stale bread crumbs
2 stalks celery, broken in pieces
2 slices carrot, cut in cubes
1 small onion
3 tablespoons butter
Sprig of parsley
2 cloves
½ teaspoon peppercorns
Bit of bay leaf
Blade of mace
1 teaspoon salt
½ breast boiled chicken
⅓ cup blanched almonds
1 cup cream
½ cup milk
2 tablespoons flour
Cook celery, carrot, and onion in one tablespoon butter five minutes; tie in cheese-cloth with parsley, cloves, peppercorns, bay leaf, and mace; add to stock with salt and bread crumbs, simmer one hour, remove seasonings, and rub through a sieve. Chop chicken meat and rub through sieve; pound almonds to a paste,

一杯牛奶
将豌豆沥干冲洗，留出三分之一杯；将剩余的放入冷水中加调料，煨半小时；用筛子擦滤并加入高汤。用黄油和玉米淀粉同煮勾芡；煮五分钟。加入牛奶和留出的豌豆。

皇家汤

四杯白色高汤三号
两杯陈面包屑
2根芹菜茎，掰成小段
两片胡萝卜，切成方块
一个小洋葱
3汤匙黄油
欧芹小枝
2瓣
1/2茶匙胡椒粒
一片月桂叶
肉豆蔻衣
一茶匙盐
半只水煮鸡胸
1/3杯去皮杏仁
一杯奶油
1/2 杯牛奶
2汤匙面粉
将芹菜、胡萝卜和洋葱放入一汤匙黄油中煮五分钟；与欧芹、丁香、胡椒粒、月桂叶和肉豆蔻一起用奶酪布包好；加入高汤中，加盐和面包屑，煨一小时，取出调料，用筛子擦滤。将鸡肉剁碎并用筛子擦滤；将杏仁捣成糊状，

add to chicken, then add cream. Combine mixtures, add milk, reheat, and bind with remaining butter and flour cooked together.

Veal and Sago Soup

2½ lbs. lean veal
3 quarts cold water
¼ lb. pearl sago
2 cups scalded milk
Yolks 4 eggs
Salt and pepper
Order meat from market, very finely chopped. Pick over and remove particles of fat. Cover meat with water, bring slowly to boiling-point, and simmer two hours, skimming occasionally; strain and reheat. Soak sago one-half hour in enough cold water to cover, stir into hot stock, boil thirty minutes, and add milk; then pour mixture slowly on yolks of eggs, slightly beaten. Season with salt and pepper.

Asparagus Soup

3 cups White Stock II or III
1 can asparagus
2 cups cold water
1 slice onion
¼ cup butter
¼ cup flour
2 cups scalded milk
Salt and pepper
Drain and rinse asparagus, reserve tips, and add stalks to cold

加入鸡肉中，然后加入奶油。混合各料，加入牛奶，重新加热，用剩余的黄油和面粉同煮勾芡。

小牛肉西米汤

2.5磅瘦小牛肉
三夸脱冷水
1/4磅珍珠西米
两杯烫牛奶
蛋黄 4 个
盐和胡椒
从市场订购剁得极细的肉。挑拣并去除脂肪颗粒。加水没过肉，缓慢加热至沸点，煨两小时，不时撇沫；过滤并重新加热。将西米在足量冷水中浸泡半小时，搅入热高汤中，煮三十分钟，加入牛奶；然后将混合物慢慢倒入略打散的蛋黄上。用盐和胡椒调味。

芦笋汤

3杯白高汤II或III
1 罐装芦笋
两杯冷水
1片洋葱
1/4 杯黄油
1/4杯面粉
两杯烫牛奶
盐和胡椒
沥干并冲洗芦笋，保留笋尖，将笋茎加入冷水中

water; boil five minutes, drain, add stock, and onion; boil thirty minutes, rub through sieve, and bind with butter and flour cooked together. Add salt, pepper, milk, and tips.

Cream of Celery Soup

2 cups White Stock II or III
3 cups celery, cut in inch pieces
2 cups boiling water
1 slice onion
2 tablespoons butter
3 tablespoons flour
2 cups milk
1 cup cream
Salt
Pepper
Parboil celery in water ten minutes; drain, add stock, cook until celery is soft, and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind, add cream, and season with salt and pepper.

Spinach Soup

4 cups White Stock II or III
2 quarts spinach
3 cups boiling water
2 cups milk
¼ cup butter
⅓ cup flour
Salt

加水；煮沸五分钟，沥干，加入高汤和洋葱；煮三十分钟，用筛子擦滤，用黄油和面粉同煮勾芡。加入盐、胡椒、牛奶和嫩尖。

奶油芹菜汤

两杯白色高汤II或III
三杯芹菜，切成一英寸长的段
两杯沸水
1片洋葱
2汤匙黄油
3汤匙面粉
两杯牛奶
一杯奶油
盐
胡椒
将芹菜在水中焯十分钟；沥干，加入高汤，煮至芹菜软烂，用筛子擦滤。将洋葱在牛奶中烫，取出洋葱，将牛奶加入高汤，勾芡，加入奶油，用盐和胡椒调味。

菠菜汤

4杯白色高汤II或III
两夸脱菠菜
3杯沸水
两杯牛奶
1/4 杯黄油
1/3杯面粉
盐

Pepper

Wash, pick over, and cook spinach thirty minutes in boiling water to which has been added one-fourth teaspoon powdered sugar and one-eighth teaspoon of soda; drain, chop, and rub through sieve; add stock, heat to boiling-point, bind, add milk, and season with salt and pepper.

Cream of Lettuce Soup

2½ cups White Stock II or III
2 heads lettuce finely cut
2 tablespoons rice
½ cup cream
¼ tablespoon onion, finely chopped
1 tablespoon butter
Yolk 1 egg
Few grains nutmeg
Salt
Pepper

Cook onion five minutes in butter, add lettuce, rice, and stock. Cook until rice is soft, then add cream, yolk of egg slightly beaten, nutmeg, salt, and pepper. Remove outer leaves from lettuce, using only tender part for soup.

Mushroom Soup

½ lb. mushrooms
4 cups White Stock III
¼ cup pearl sago

胡椒

洗净，拣选，在沸水中煮菠菜三十分钟，水中已加入四分之一茶匙糖粉和八分之一茶匙小苏打；沥干，切碎，用筛子擦滤；加入高汤，加热至沸点，勾芡，加入牛奶，用盐和胡椒调味。

奶油生菜汤

21/2杯白色高汤II或III
2头生菜，切碎
2汤匙大米
1/2 杯奶油
1/4 汤匙洋葱，切碎；1 汤匙黄油

蛋黄 1 个鸡蛋
少许肉豆蔻
盐
胡椒

将洋葱在黄油中煮五分钟，加入莴苣、大米和高汤。煮至大米软烂，然后加入奶油、略搅打的蛋黄、肉豆蔻、盐和胡椒。去掉莴苣外层叶片，仅用嫩部做汤。

蘑菇汤

1/2磅蘑菇 4杯白色高汤III
1/4杯珍珠西米

1 cup boiling water
1 cup heavy cream
Yolks 2 eggs
Salt and pepper
Clean and chop mushrooms, and add to stock. Cook twenty minutes and rub through a sieve. Cook sago in boiling water thirty minutes, add to stock, and as soon as boiling-point is reached, season with salt and pepper; then add cream and yolks of eggs.

Cream of Mushroom Soup

½ lb. mushrooms
4 cups White Stock III
1 slice onion
¼ cup butter
¼ cup flour
1 cup cream
Salt
Pepper
2 tablespoons Sauterne
Chop mushrooms, add to White Stock with onion, cook twenty minutes, and rub through a sieve. Reheat, bind with butter and flour cooked together, then add cream and salt and pepper to taste. Just before serving add wine.

Cream of Watercress Soup

2 cups White Stock I, II or III
2 bunches watercress
3 tablespoons butter

一杯沸水
一杯淡奶油
蛋黄 2 个鸡蛋
盐和胡椒
清洗并切碎蘑菇，加入高汤。煮二十分钟并用筛子擦滤。将西米在沸水中煮三十分钟，加入高汤，一旦达到沸点，用盐和胡椒调味；然后加入奶油和蛋黄。

奶油蘑菇汤

1/2磅蘑菇
四杯白色高汤三号
1片洋葱
1/4 杯黄油
1/4杯面粉
一杯奶油
盐
胡椒
2汤匙苏玳葡萄酒
切碎蘑菇，加入白色高汤和洋葱，煮二十分钟，用筛子擦滤。重新加热，用黄油和面粉同煮勾芡，然后加入奶油和适量盐和胡椒。上桌前加入葡萄酒。

豆瓣菜奶油汤

两杯白高汤 I、II 或 III
2把西洋菜
3汤匙黄油

2 tablespoons flour
½ cup milk
Yolk 1 egg
Salt
Pepper
Cut finely leaves of watercress; cook five minutes in two tablespoons butter, add stock, and boil five minutes. Thicken with butter and flour cooked together, add salt and pepper. Just before serving, add milk and egg yolk, slightly beaten. Serve with slices of French bread, browned in oven.

Cream of Cauliflower Soup

4 cups hot White Stock II or III
1 cauliflower
¼ cup butter
1 slice onion
1 stalk celery, cut in inch pieces
½ bay leaf
¼ cup flour
2 cups milk
Salt
Pepper
Soak cauliflower, head down, one hour in cold water to cover; cook in boiling salted water twenty minutes. Reserve one-half flowerets, and rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter five minutes. Remove bay leaf, then add flour, and stir into hot stock; add cauliflower and milk. Season with salt and pepper; then strain, add flowerets, and reheat.

2汤匙面粉
1/2 杯牛奶
蛋黄 1 个鸡蛋
盐
胡椒
将豆瓣菜叶切细；在两汤匙黄油中煮五分钟，加入高汤，煮沸五分钟。用黄油和面粉同煮增稠，加入盐和胡椒。上桌前加入牛奶和略搅打的蛋黄。配以在烤箱中烤至棕色的法式面包片食用。

奶油花椰菜汤

4杯热白高汤II或III
1 花椰菜
1/4 杯黄油
1片洋葱
1根芹菜，切成1英寸长的段
1/2 片月桂叶
1/4杯面粉
两杯牛奶
盐
胡椒
将花椰菜头朝下浸泡在没过它的冷水中一小时；在加盐沸水中煮二十分钟。保留一半小花球，将剩余花椰菜用筛子擦滤。将洋葱、芹菜和月桂叶在黄油中煮五分钟。取出月桂叶，然后加入面粉，搅入热高汤中；加入花椰菜和牛奶。用盐和胡椒调味；然后过滤，加入小花球，重新加热。

Cucumber Soup

3 large cucumbers
2 tablespoons butter
3 tablespoons flour
3 cups White Stock III
1 cup milk
1 slice onion
2 blades mace
½ cup cream
Yolks 2 eggs
Salt and pepper
Peel cucumbers, slice, and remove seeds. Cook in butter ten minutes; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through a sieve. Reheat to boiling-point and add cream and egg yolks. Season with salt and pepper.

Almond Soup

⅔ cup almonds
6 bitter almonds
4 tablespoons cold water
⅛ teaspoon salt
3 cups White Stock III
1 small onion
3 stalks celery
3 tablespoons butter
3 tablespoons flour
2 cups scalded milk

黄瓜汤

3根大黄瓜
2汤匙黄油
3汤匙面粉
3杯白色高汤III
一杯牛奶
1片洋葱
2片肉豆蔻衣
1/2 杯奶油
蛋黄 2 个鸡蛋
盐和胡椒
将黄瓜去皮、切片并去籽。在黄油中煮十分钟；然后加入面粉和高汤。将牛奶与洋葱和肉豆蔻皮一起烫。混合各混合物并用筛子擦滤。重新加热至沸点，加入奶油和蛋黄。用盐和胡椒调味。

杏仁汤

2/3杯杏仁 6粒苦杏
仁
四汤匙冷水 1/8茶匙盐三杯
白色高汤III

一个小洋葱
3根芹菜
3汤匙黄油
3汤匙面粉
两杯烫牛奶

1 cup cream
Salt and pepper
Blanch, chop, and pound almonds in a mortar. Add gradually water and salt; then add stock, sliced onion, and celery, let simmer one hour, and rub through a sieve. Melt butter, add flour, and pour on gradually the hot liquor; then add milk, cream, and salt and pepper to taste. Serve with Mock Almonds.

String Bean Soup

4 cups White Stock I, II, or III
2 quarts string beans
2 cups scalded milk
¼ cup flour
¼ cup butter
Salt and pepper
Cook beans until soft in boiling salted water to cover; drain, and rub through sieve. Add pulp to White Stock, then milk; bind, and season with salt and pepper. Garnish with Fritter Beans.

Soup à la Soubise

Thinly slice two Spanish onions, and cook ten minutes in one-fourth cup butter, stirring constantly. Add one quart White Stock III, cook slowly thirty minutes, and strain. Dilute three tablespoons flour with enough cold water to pour easily, add to soup, and bring to boiling-point. Then add one cup cream, and one tablespoon chopped green peppers, or one-fourth cup grated cheese. Season with salt and pepper.

一杯奶油
盐和胡椒
将杏仁焯水、切碎并在研钵中捣碎。逐渐加入水和盐；然后加入高汤、洋葱片和芹菜，煨一小时，用筛子擦滤。融化黄油，加入面粉，逐渐倒入热汤汁；然后加入牛奶、奶油和适量盐和胡椒。配仿制杏仁食用。

青豆汤

四杯白色高汤 I、II 或 III
两夸脱四季豆
两杯烫牛奶
1/4杯面粉
1/4 杯黄油
盐和胡椒
在没过豆子的加盐沸水中煮至软烂；沥干，用筛子擦滤。将豆泥加入白色高汤，然后加入牛奶；勾芡，用盐和胡椒调味。用油炸豆子装饰。

苏比斯风味汤

将两个西班牙洋葱切成薄片，在四分之一杯黄油中煮十分钟，不断搅拌。加入一夸脱白色高汤III，慢煮三十分钟，过滤。将三汤匙面粉用足够的冷水稀释至易于倾倒，加入汤中，煮沸。然后加入一杯奶油和一汤匙切碎的青椒，或四分之一杯磨碎的奶酪。用盐和胡椒调味。

Chestnut Purée

4 cups White Stock II or III
2 cups French chestnuts, boiled and mashed
1 slice onion
¼ teaspoon celery salt
2 cups scalded milk
¼ cup butter
¼ cup flour
Salt
Pepper
Cook stock, chestnuts, onion, and celery salt ten minutes; rub through sieve, add milk, and bind. Season with salt and pepper.

Crab Soup

6 hard-shelled crabs
3 cups White Stock III
⅔ cup stale bread crumbs
1 slice onion
1 sprig parsley
2 tablespoons butter
2 tablespoons flour
1 cup cream
Salt
Cayenne
Remove meat from crabs, and chop finely. Add stock, bread crumbs, onion, and parsley, and simmer twenty minutes. Rub through a sieve, bind with butter and flour cooked together, then add cream and seasonings. Serve with Pulled Bread.

栗子泥

4杯白色高汤II或III
两杯法国栗子，煮熟并捣碎
1片洋葱
1/4茶匙芹菜盐
两杯烫牛奶
1/4 杯黄油
1/4杯面粉
盐
胡椒
将高汤、栗子、洋葱和芹菜盐煮十分钟；用筛子擦滤，加入牛奶，勾芡。用盐和胡椒调味。

蟹肉汤

6只硬壳蟹
3杯白色高汤III
2/3杯不新鲜的面包屑
1片洋葱
1 枝欧芹
2汤匙黄油
2汤匙面粉
一杯奶油
盐
卡宴辣椒粉
将蟹肉取出并切细。加入高汤、面包屑、洋葱和欧芹，煨二十分钟。用筛子擦滤，用黄油和面粉同煮勾芡，然后加入奶油和调味料。配撕面包食用。

Philadelphia Pepper Pot

Sliced onion	¼ cup each
Chopped celery	
Chopped green peppers	
4 tablespoons butter	
3½ tablespoons flour	
5 cups hot White Stock III	
½ lb. honeycomb tripe, cut in cubes	
1½ cups potato cubes	
½ teaspoon peppercorns, finely pounded	
¾ tablespoon salt	
½ cup heavy cream	

Cook vegetables in three tablespoons butter fifteen minutes; add flour, and stir until well mixed; then add remaining ingredients except cream. Cover, and let cook one hour. Just before serving, add cream and remaining butter.

Mulligatawny Soup

5 cups White Stock II	
1 cup tomatoes	
Onion, cut in slices	¼ cup each
Carrot, cut in cubes	
Celery, cut in cubes	
1 pepper, finely chopped	

费城胡椒锅

洋葱片	各1/4杯
芹菜末	
切碎的青椒	
4汤匙黄油	
31/2汤匙面粉	
五杯热白高汤三号	
半磅蜂窝肚，切成方块；一杯半土豆块	
1/2茶匙胡椒粒，细细捣碎 3/4汤匙盐	
1/2杯淡奶油	

将蔬菜在三汤匙黄油中煮十五分钟；加入面粉，搅拌至充分混合；然后加入除奶油外的剩余配料。加盖，煮一小时。上桌前加入奶油和剩余黄油。

咖喱肉汤

5杯白色高汤II	
一杯番茄	
洋葱，切片各1/4杯胡萝卜，切丁	
芹菜，切成方块	
1个辣椒，切碎	

1 apple, sliced

1 cup raw chicken, cut in dice

¼ cup butter

⅓ cup flour

1 teaspoon curry powder

Blade of mace

2 cloves

Sprig of parsley

Salt and pepper

French Chef

Cook vegetables and chicken in butter until brown; add flour, curry powder, mace, cloves, parsley, stock, and tomato, and simmer one hour. Strain, reserve chicken, and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice.

Mock Turtle Soup

1 calf's head
6 cloves
½ teaspoon peppercorns
6 allspice berries
2 sprigs thyme
⅓ cup sliced onion
⅓ cup carrot, cut in dice
2 cups brown stock
¼ cup butter

1个苹果，切片

一杯生鸡肉，切丁

1/4 杯黄油

1/3杯面粉

一茶匙咖喱粉

肉豆蔻衣

2瓣

欧芹小枝

盐和胡椒

法国厨师

将蔬菜和鸡肉在黄油中煮至棕色；加入面粉、咖喱粉、肉豆蔻皮、丁香、欧芹、高汤和番茄，煨一小时。过滤，保留鸡肉，将蔬菜用筛子擦滤。将鸡肉加入过滤后的汤中，用盐和胡椒调味，配白饭食用。

仿甲鱼汤

1 小牛头

6瓣

1/2茶匙胡椒粒 6颗多香果

2枝百里香 1/3杯洋葱片 1/3
杯胡萝卜丁 2杯棕色高汤
1/4杯黄油

½ cup flour
1 cup stewed and strained tomatoes
Juice ½ lemon
Madeira wine
Clean and wash calf's head; soak one hour in cold water to cover. Cook until tender in three quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to one quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned; then pour on slowly brown stock. Add head-stock, tomato, one cup face-meat cut in dice, and lemon juice. Simmer five minutes; add Royal custard cut in dice, and Egg Balls, or Force-meat Balls. Add Madeira wine, and salt and pepper to taste.

Consommé

3 lbs. beef, poorer part of round
1 lb. marrow-bone
3 lbs. knuckle of veal
1 quart chicken stock
Carrot ⅓ cup each, cut in dice
Turnip
Celery
⅓ cup sliced onion
2 tablespoons butter
1 tablespoon salt
1 teaspoon peppercorns

1/2杯面粉
一杯炖煮并过滤的番茄
半个柠檬的汁马
德拉葡萄酒

将小牛头清洗干净；用冷水浸泡一小时，水量以没过为准。在三夸脱加盐沸水中煮至软烂(水中已加入调味料和蔬菜)。取出牛头；将汤煮至浓缩为一夸脱。过滤并冷却。将黄油融化并炒至棕色，加入面粉，搅拌至充分呈棕色；然后慢慢倒入棕色高汤。加入牛头汤、番茄、一杯切成骰子状的面颊肉和柠檬汁。炖煮五分钟；加入切成骰子状的皇家蛋奶冻和蛋丸或肉馅丸。加入马德拉葡萄酒，并按口味加入盐和胡椒。

清汤

三磅牛肉，取后腿肉较差的部位
1磅髓骨
三磅小牛膝
一夸脱鸡高汤胡萝卜
各1/3杯，切成丁
芜菁
芹菜
1/3杯切片洋葱 2汤匙黄油
1汤匙盐
一茶匙胡椒粒

4 cloves

3 sprigs thyme

1 sprig marjoram

2 sprigs parsley

½ bay leaf

3 quarts cold water

Cut beef in one and one-half inch cubes, and brown one-half in some of the marrow from marrow-bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling-point, and let simmer three hours, removing scum as it forms on top of kettle. Add one quart liquor in which a fowl was cooked, and simmer two hours. Cook carrot, turnip, onion, and celery in butter five minutes; then add to soup, with remaining seasonings. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Consommé à la Royal

Consommé, served with Royal custard.

Consommé au Parmesan

Consommé, served with Parmesan Pâte à Chou.

Consommé Colbert

To six cups Consommé add one-third cup each of cooked green peas, flageolets, carrots cut in small cubes, and celery cut in small pieces. Serve a poached egg in each plate of soup.

4瓣

3枝百里香

1枝马郁兰

2枝欧芹

1/2 片月桂叶

三夸脱冷水

将牛肉切成一点五英寸见方的块，取一半用骨髓骨中的部分骨髓煎至棕色；将剩余一半放入锅中，加冷水，加入切块的犊牛肉、煎好的肉和骨头。静置半小时。慢慢加热至沸点，炖煮三小时，随时撇去锅面浮沫。加入一夸脱煮过一只鸡的汤汁，再炖两小时。将胡萝卜、芜菁、洋葱和芹菜用黄油炒五分钟；然后连同剩余调味料一起加入汤中。煮一小时半，过滤，快速冷却，撇去油脂，并澄清。

皇家清汤

清汤，配皇家蛋奶冻。

帕尔马干酪清汤

清汤，配帕尔马干酪面糊泡芙。

清炖科尔贝汤

在六杯清汤中加入各三分之一杯煮熟的青豌豆、法国扁豆、小方块胡萝卜和小块芹菜。每盘汤中放一个水波蛋。

Consommé aux Pâtes

Consommé, served with noodles, macaroni, spaghetti, or any Italian pastes, first cooked in boiling salted water.

Consommé d'Orleans

Consommé, served with red and white quenelles and French peas.

Consommé with Vegetables

Consommé, served with French string beans, and cooked carrots cut in fancy shapes with French vegetable cutters.

Consommé Princess

Consommé, served with green peas and cooked chicken meat cut in small dice.

Claret Consommé

To one quart Consommé add one and one-half cups claret, which has been cooked with a three-inch piece stick cinnamon ten minutes and one tablespoon sugar. Color red.

Bortchock Consommé

Make same as Consommé, adding one-third cup chopped beets with vegetables; then add one cup finely chopped beets when

清炖意面汤

清汤，配面条、通心粉、意大利面或任何意大利面食，先在加盐沸水中煮熟。

奥尔良清汤

清汤，配红白肉丸和法国青豆。

蔬菜清汤

清汤，配法国细青豆和用法国蔬菜切模切成花样的熟胡萝卜。

公主清汤

清汤，配青豆和切成小方块的熟鸡肉。

克拉雷清汤

在一夸脱清汤中加入一杯半红葡萄酒，该酒已与三英寸长肉桂棒和一大匙糖同煮十分钟。调成红色。

博尔晓克清汤

制法同清汤，在蔬菜中加入三分之一杯切碎的甜菜根；然后在……时加入一杯细切的甜菜根

clearing.

清算。

SOUPS WITH FISH STOCK

鱼高汤类汤品

Clam Bouillon

蛤蜊清汤

Wash and scrub with a brush one-half peck clams, changing the water several times. Put in kettle with three cups cold water, cover tightly, and steam until shells are well opened. Strain liquor, cool, and clear.

将半配克蛤蜊用刷子刷洗干净，换水数次。放入锅中，加三杯冷水，盖紧，蒸至壳完全张开。滤出汤汁，冷却，澄清。

Oyster Stew

牡蛎炖汤

1 quart oysters
4 cups scalded milk
¼ cup butter
½ tablespoon salt
⅛ teaspoon pepper

一夸脱牡蛎
四杯烫牛奶
1/4 杯黄油
1/2 汤匙盐
1/8 茶匙胡椒

Clean oysters by placing in a colander and pouring over them three-fourths cup cold water. Carefully pick over oysters, reserve liquor, and heat it to boiling-point; strain through double cheese-cloth, add oysters, and cook until oysters are plump and edges begin to curl. Remove oysters with skimmer, and put in tureen with butter, salt, and pepper. Add oyster liquor strained a second time, and milk. Serve with oyster crackers.

将牡蛎放入滤盆中，倒入四分之三杯冷水清洗。仔细拣选牡蛎，保留原汁，将原汁加热至沸点；用双层奶酪布过滤，加入牡蛎，煮至牡蛎饱满、边缘开始卷曲。用漏勺取出牡蛎，放入汤碗中，加黄油、盐和胡椒。加入再次过滤的牡蛎原汁和牛奶。配牡蛎饼干食用。

Scallop Stew

扇贝炖菜

Make same as Oyster Stew, using one quart scallops in place of oysters.

照牡蛎炖汤的做法制作，用一夸脱扇贝代替牡蛎。

Oyster Soup

1 quart oysters
4 cups milk
1 slice onion
2 stalks celery
2 blades mace
Sprig of parsley
Bit of bay leaf
⅓ cup butter
⅓ cup flour
Salt and pepper
Clean and pick over oysters as for Oyster Stew; reserve liquor, add oysters slightly chopped, heat slowly to boiling-point, and let simmer twenty minutes. Strain through cheese-cloth, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings, and add to oyster liquor. Season with salt and pepper.

French Oyster Soup

1 quart oysters
4 cups milk
1 slice onion
2 blades mace
⅓ cup butter
⅓ cup flour
Yolks 2 eggs
Salt and pepper
Make same as Oyster Soup, adding yolks of eggs, slightly beaten,

牡蛎汤

一夸脱牡蛎
4杯牛奶
1片洋葱
2根芹菜
2片肉豆蔻衣
欧芹小枝
一片月桂叶
1/3 杯黄油
1/3杯面粉
盐和胡椒
如牡蛎炖汤那样清洗和拣选牡蛎；保留原汁，加入略切碎的牡蛎，慢慢加热至沸点，煨二十分钟。用奶酪布过滤，重新加热原汁，用黄油和面粉同煮增稠。将牛奶与洋葱、芹菜、肉豆蔻皮、欧芹和月桂叶一起烫；取出调味料，加入牡蛎原汁中。用盐和胡椒调味。

法式牡蛎汤

一夸脱牡蛎
4杯牛奶
1片洋葱
2片肉豆蔻衣
1/3 杯黄油
1/3杯面粉
蛋黄 2 个鸡蛋
盐和胡椒
照牡蛎汤的做法制作，加入略微打散的蛋黄，

just before serving. Garnish with Fish Quenelles.

Oyster Soup, Amsterdam Style

1 quart oysters
Water
3 tablespoons butter
3½ tablespoons flour
½ teaspoon salt
Paprika
Celery salt
1 cup cream
Clean, pick over, chop, and parboil oysters; drain and add to liquor enough water to make one quart liquid. Brown butter, add flour, and pour on gradually, while stirring constantly, oyster liquor. Let simmer one-half hour. Season with salt, paprika, and celery salt, and just before serving add cream.

Oyster Gumbo

1 pint oysters
4 cups Fish Stock
¼ cup butter
1 tablespoon chopped onion
½ can okra
⅓ can tomatoes
Salt
Pepper
Clean, pick over, and parboil oysters; drain, and add oyster liquor to Fish Stock. Cook onion five minutes in one-half the butter; add

上桌前。饰以鱼丸。

阿姆斯特丹风味牡蛎汤

一夸脱牡蛎
水
3汤匙黄油
31/2汤匙面粉
1/2 茶匙盐
红椒粉
芹菜盐
一杯奶油
清洗、拣选、切碎并焯牡蛎；沥干，在原汁中加入足够的水使液体达到一夸脱。将黄油煮至棕色，加入面粉，在不断搅拌的同时逐渐倒入牡蛎原汁。煨半小时。用盐、红椒粉和芹菜盐调味，上桌前加入奶油。

牡蛎秋葵汤

1品脱牡蛎
四杯鱼高汤
1/4 杯黄油
1汤匙切碎的洋葱
半罐秋葵
1/3 罐番茄
盐
胡椒
清洗、拣选并焯牡蛎；沥干，将牡蛎原汁加入鱼高汤中。将洋葱在一半黄油中煮五分钟；加入

to stock. Then add okra, tomatoes heated and drained from some of their liquor, oysters, and remaining butter. Season with salt and pepper.

Fish Stock is the liquor obtained by covering the head, tail, skin, bones, and small quantity of flesh adhering to bones of fish, with cold water, bringing slowly to boiling-point, simmering thirty minutes, and straining.

Clam Soup with Poached Eggs

1 quart clams
4 cups milk
1 slice onion
⅓ cup butter
⅛ cup flour
1½ teaspoons salt
⅛ teaspoon pepper
Few gratings nutmeg
Whites 2 eggs
Clean and pick over clams, using three-fourths cup cold water; reserve liquor. Put aside soft part of clams; finely chop hard part, add to liquor, bring gradually to boiling-point, strain, then thicken with butter and flour cooked together. Scald milk with onion, remove onion, add milk and soft part of clams to stock; cook two minutes. Add seasonings, and pour over whites of eggs beaten stiff.

Clam and Oyster Soup

1 pint clams

至高汤中。然后加入秋葵、加热并沥去部分汁液的番茄、牡蛎和剩余黄油。用盐和胡椒调味。

鱼高汤是将鱼头、鱼尾、鱼皮、鱼骨以及附着于骨上的少量鱼肉，以冷水浸没，缓慢加热至沸点，微沸三十分钟后过滤所得的汤汁。

蛤蜊汤配水波蛋

1夸脱蛤蜊
4杯牛奶
1片洋葱
1/3 杯黄油
1/8杯面粉
11/2茶匙盐
1/8 茶匙胡椒
少许肉豆蔻碎
将2个蛋白打发
将蛤蜊清洗挑净，用四分之三杯冷水；保留蛤蜊汁。将蛤蜊的柔软部分放置一旁；将坚硬部分细细切碎，加入蛤蜊汁中，逐渐加热至沸点，过滤，然后用黄油与面粉一同炒制后勾芡。用洋葱烫牛奶，取出洋葱，将牛奶与蛤蜊柔软部分加入高汤中；煮两分钟。加入调味料，浇在搅打至硬挺的蛋清上。

蛤蜊与牡蛎汤

1品脱蛤蜊

1 pint oysters
4 cups milk
1 slice onion
2 blades mace
Sprig of parsley
Bit of bay leaf
⅓ cup butter
⅓ cup flour
Salt and pepper
Clean and pick over oysters, using one-third cup cold water; reserve liquor, and add oysters slightly chopped. Clean and pick over clams, reserve liquor, and add to hard part of clams, finely chopped; put aside soft part of clams. Heat slowly to boiling-point clams and oysters with liquor from both, let simmer twenty minutes and strain through cheese-cloth. Scald milk with onion, mace, parsley, and bay leaf; remove seasonings, and add milk to stock. Thicken with butter and flour cooked together, add soft part of clams, and cook two minutes. Season with salt and pepper.

Cream of Clam Soup

Make same as French Oyster Soup, using clams in place of oysters.

Clam Consommé

Wash two quarts clams in shell. Put in kettle with one-fourth cup cold water, cover, and cook until shells open. Strain liquor through double thickness cheese-cloth, add to four cups consommé, and clear.

1品脱牡蛎
4杯牛奶
1片洋葱
2片肉豆蔻衣
欧芹小枝
一片月桂叶
1/3 杯黄油
1/3杯面粉
盐和胡椒
将牡蛎清洗干净并挑拣好，使用三分之一杯冷水；保留牡蛎汁液，加入略微切碎的牡蛎。将蛤蜊清洗干净并挑拣好，保留蛤蜊汁液，加入切得细碎的蛤蜊硬肉部分；将蛤蜊软肉部分放置一旁。将蛤蜊和牡蛎连同两者的汁液缓慢加热至沸点，煨煮二十分钟，用奶酪布过滤。将牛奶与洋葱、肉豆蔻皮、欧芹和月桂叶一起烫，去除调味料，将牛奶加入高汤中。用一起煮过的黄油和面粉增稠，加入蛤蜊软肉部分，煮两分钟。用盐和胡椒调味。

蛤蜊奶油汤

按法国牡蛎汤的做法制作，用蛤蜊代替牡蛎。

蛤蜊清汤

将两夸脱带壳蛤蜊洗净。放入锅中，加四分之一杯冷水，盖上锅盖，煮至壳张开。用双层纱布滤出汤汁，加入四杯清汤中，澄清。

Clam and Chicken Frappé

Wash and scrub with a brush two quarts clams, changing water several times. Put in kettle with one-half cup cold water, cover tightly, and steam until shells are well opened. Remove clams from shells and strain liquor through double thickness cheese-cloth. To one and two-thirds cups clam liquor add two and one-half cups White Stock III, highly seasoned. Cool, and freeze to a mush. Serve in place of a soup in frappé glasses, and garnish with whipped cream.

Clam and Tomato Bisque

1 quart clams
1½ cups cold water
⅓ cup butter
⅓ cup flour
½ onion
2 cups cream
1 cup stewed and strained tomatoes
⅛ teaspoon soda
Salt
Cayenne
Pour water over clams, then drain. To water add hard part of clams finely chopped. Heat slowly to boiling-point, cook twenty minutes, then strain. Cook butter with onion five minutes; remove onion, add flour and gradually clam water. Add cream, soft part of clams, and as soon as boiling-point is reached, tomatoes to which soda has been added. Season with salt and cayenne, and serve at once.

蛤蜊鸡肉冰沙

将两夸脱蛤蜊用刷子刷洗干净，换水数次。放入锅中，加半杯冷水，盖紧锅盖，蒸至壳完全张开。将蛤蜊肉从壳中取出，用双层纱布滤出汤汁。取一杯三分之二杯蛤蜊汤汁，加入两杯半白高汤III，调味浓重。冷却后冷冻至冰沙状。以冰镇杯盛装，代替汤品上桌，饰以搅打奶油。

蛤蜊番茄浓汤

1夸脱蛤蜊
11/2杯冷水
1/3 杯黄油
1/3杯面粉
1/2个洋葱
两杯奶油
一杯炖煮过滤的番茄泥 1/8茶匙小苏打

盐
卡宴辣椒粉

将水倒在蛤蜊上，然后沥干。在滤出的水中加入切碎的蛤蜊硬肉部分。缓慢加热至沸点，煮二十分钟，然后过滤。将黄油与洋葱同煮五分钟；取出洋葱，加入面粉，逐渐倒入蛤蜊水。加入奶油、蛤蜊软肉部分，待煮沸后加入已加小苏打的番茄。用盐和辣椒粉调味，立即上桌。

Oyster Bisque

1 quart oysters
2 cups White Stock III
1½ cups stale bread crumbs
1 slice onion
2 stalks celery
Sprig of parsley
Bit of bay leaf
2 tablespoons butter
2 tablespoons flour
4 cups scalded milk
Salt
Pepper
Clean and pick over oysters, reserving liquor, setting aside soft portions, and chopping gills and tough muscles. Cook White Stock, bread crumbs, reserved liquor, chopped oyster, onion, celery, parsley, and bay leaf thirty minutes. Rub through a sieve, bring to boiling-point, and bind with butter and flour cooked together. Add milk, soft portion of oysters, and salt and pepper to taste.

Cream of Scallop Soup

1 quart scallops
4 cups milk
2 cloves
Bit of bay leaf
¼ teaspoon peppercorns
1 tablespoon chopped onion
5 tablespoons butter

牡蛎浓汤

一夸脱牡蛎
两杯白色高汤三号
11/2杯不新鲜的面包屑
1片洋葱
2根芹菜
欧芹小枝
一片月桂叶
2汤匙黄油
2汤匙面粉
四杯烫牛奶
盐
胡椒
将牡蛎清洗挑拣干净，保留牡蛎汁，将软肉部分放置一旁，将鳃和韧肉切碎。将白高汤、面包屑、保留的牡蛎汁、切碎的牡蛎、洋葱、芹菜、欧芹和月桂叶煮三十分钟。用筛子擦滤，加热至沸点，用黄油和面粉同煮勾芡。加入牛奶、牡蛎软肉部分，用盐和胡椒调味。

扇贝奶油汤

1夸脱扇贝
4杯牛奶
2瓣
一片月桂叶
1/4茶匙胡椒粒 1汤匙切碎的洋葱

5汤匙黄油

¼ cup flour
Salt
Pepper
Clean scallops, reserve one-half cup and finely chop remainder. Add these to milk, with seasonings and two tablespoons butter, and cook slowly twenty minutes. Strain and thicken with remaining butter and flour cooked together. Parboil reserved scallops, and add to soup. Serve with small biscuits or oysterettes.

Lobster Bisque

2 lb. lobster
2 cups cold water
4 cups milk
¼ cup butter
¼ cup flour
1½ teaspoons salt
Few grains of cayenne
Remove meat from lobster shell. Add cold water to body bones and tough end of claws, cut in pieces; bring slowly to boiling-point, and cook twenty minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped; strain, and add to liquor. Season with salt and cayenne; then add tender claw meat, cut in dice, and body meat. When coral is found in lobster, wash, wipe, force through fine strainer, put in a mortar with butter, work until well blended, then add flour, and stir into soup. If a richer soup is desired, White Stock may be used in place of water.

1/4杯面粉
盐
胡椒
将扇贝清洗干净，留出半杯，其余切碎。将切碎的扇贝加入牛奶中，加调味料和两汤匙黄油，慢煮二十分钟。过滤，用剩余的黄油和面粉同煮勾芡。将留出的扇贝焯水，加入汤中。配小饼干或牡蛎饼干上桌。

龙虾浓汤

两磅龙虾
两杯冷水
4杯牛奶
1/4 杯黄油
1/4杯面粉
11/2茶匙盐
少许辣椒粉
将肉从龙虾壳中取出。向切成块的虾身骨和虾钳坚硬末端加入冷水；缓慢加热至沸点，煮二十分钟。沥干，保留汁液，用一起煮过的黄油和面粉增稠。将牛奶与切得细碎的龙虾尾肉一起烫；过滤，加入汁液中。用盐和卡宴辣椒调味；然后加入切成骰子块的嫩钳肉和虾身肉。当龙虾中发现虾膏时，洗净、擦干，用细筛网压滤，放入研钵中加黄油研磨至充分混合，然后加入面粉，搅入汤中。如需更浓郁的汤，可用白色高汤代替水。

Utensils for making Cream Soups.—*Page 136.*

Cream Soup and Croûtons ready for serving.—*Page 136.*

Croûtons; Imperial Sticks; Mock Almonds.—*Page 145.*

Souffléd Crackers.—*Page 145.*

CHAPTER IX
SOUPS WITHOUT STOCK

Black Bean Soup

1 pint black beans
2 quarts cold water
1 small onion
2 stalks celery, or
¼ teaspoon celery salt
½ tablespoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
Few grains cayenne
3 tablespoons butter
1½ tablespoons flour
2 “hard-boiled” eggs
1 lemon
Soak beans over night; in the morning drain and add cold water.

制作奶油汤的器具。--第*136*页。

奶油汤和烤面包丁，备好即可上桌。--第136页。

克罗顿面包丁；帝国面包棒；仿制杏仁。- 第145页。

舒芙蕾饼干。--第145页。

第九章
无高汤的汤

黑豆汤

一品脱黑豆
两夸脱冷水
一个小洋葱
2根芹菜，或
1/4茶匙芹菜盐
1/2 汤匙盐
1/8 茶匙胡椒
1/4茶匙芥末
少许辣椒粉
3汤匙黄油
11/2汤匙面粉
2 “煮老”的鸡蛋
1个柠檬
将豆子浸泡一夜；早晨沥干并加入冷水。

Slice onion, and cook five minutes with half the butter, adding to beans, with celery stalks broken in pieces. Simmer three or four hours, or until beans are soft; add more water as water boils away. Rub through a sieve, reheat to the boiling-point, and add salt, pepper, mustard, and cayenne well mixed. Bind with remaining butter and flour cooked together. Cut eggs in thin slices, and lemon in thin slices, removing seeds. Put in tureen, and strain the soup over them.

将洋葱切片，用一半黄油煮五分钟，与掰成段的芹菜茎一起加入豆中。炖三至四小时，或至豆软烂；水煮干时再加水。用筛子擦滤，重新加热至沸点，加入盐、胡椒、芥末和辣椒粉充分混合。用剩余的黄油和面粉同煮勾芡。将鸡蛋切成薄片，柠檬切成薄片并去籽。放入汤碗中，将汤过滤浇在上面。

Baked Bean Soup

3 cups cold baked beans
3 pints water
2 slices onion
2 stalks celery
1½ cups stewed and strained tomatoes
2 tablespoons butter
2 tablespoons flour
1 tablespoon Chili sauce
Salt
Pepper

Put beans, water, onion, and celery in saucepan; bring to boiling-point and simmer thirty minutes. Rub through a sieve, add tomato, and Chili sauce, season to taste with salt and pepper, and bind with the butter and flour cooked together. Serve with Crisp Crackers.

烤豆汤

3杯冷烤豆
3品脱水
2片洋葱
2根芹菜
11⁄2杯炖煮并过滤的番茄
2汤匙黄油
2汤匙面粉
1汤匙辣椒酱
盐
胡椒

将豆、水、洋葱和芹菜放入炖锅中；加热至沸点，炖三十分钟。用筛子擦滤，加入番茄和辣椒酱，用盐和胡椒调味，用黄油和面粉同煮勾芡。配脆饼干上桌。

Cream of Lima Bean Soup

1 cup dried lima beans

奶油利马豆汤

一杯干利马豆

3 pints cold water
2 slices onion
4 slices carrot
1 cup cream or milk
4 tablespoons butter
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper
Soak beans over night; in the morning drain and add cold water; cook until soft, and rub through a sieve. Cut vegetables in small cubes, and cook five minutes in half the butter; remove vegetables, add flour, salt, and pepper, and stir into boiling soup. Add cream, reheat, strain, and add remaining butter in small pieces.

Cream of Artichoke Soup

6 artichokes
4 cups boiling water
2 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
Few grains cayenne
Few gratings nutmeg
2 tablespoons Sauterne wine
1 cup scalded cream
1 egg
2 cucumbers
Cook artichokes in boiling water until soft, and rub through a sieve. Melt butter, add flour and seasonings, pour on hot liquor,

3品脱冷水
2片洋葱
4片胡萝卜
一杯奶油或牛奶
4汤匙黄油
2汤匙面粉
一茶匙盐
1/2 茶匙胡椒
将豆浸泡一夜；早晨沥干，加冷水；煮至软烂，用筛子擦滤。将蔬菜切成小方块，用一半黄油煮五分钟；取出蔬菜，加入面粉、盐和胡椒，搅入沸腾的汤中。加入奶油，重新加热，过滤，加入剩余的黄油(切成小块)。

奶油朝鲜蓟汤

6个洋蓟
4杯沸水
2汤匙黄油
2汤匙面粉
11/2茶匙盐
少许辣椒粉
少许肉豆蔻碎
2汤匙索泰尔讷葡萄酒
一杯烫奶油
1个鸡蛋
2根黄瓜
将洋蓟在沸水中煮至软烂，用筛子擦滤。融化黄油，加入面粉和调味料，倒入热汤汁，

and cook one minute. Add cream, wine, and egg slightly beaten. Pare cucumbers, cut in one-third inch cubes, sauté in butter, and add to soup. Jerusalem artichokes are used for the making of this soup.

煮一分钟。加入奶油、葡萄酒和略微搅打的鸡蛋。将黄瓜去皮，切成一厘米见方的块，用黄油煎炒，加入汤中。此汤使用菊芋制作。

Celery Soup I

3 cups celery (cut in one-half inch pieces)
1 pint boiling water
2½ cups milk
1 slice onion
3 tablespoons butter
¼ cup flour
Salt and pepper
Wash and scrape celery before cutting in pieces, cook in boiling water until soft, and rub through a sieve. Scald milk with the onion, remove onion, and add milk to celery. Bind with butter and flour cooked together. Season with salt and pepper. Outer and old stalks of celery may be utilized for soups. Serve with croûtons, crisp crackers, or pulled bread.

芹菜汤 I

3杯芹菜(切成半英寸长的段)
1品脱沸水
两杯半牛奶
1片洋葱
3汤匙黄油
1/4杯面粉
盐和胡椒
将芹菜洗净刮净后切段，在沸水中煮至软烂，用筛子擦滤。将牛奶与洋葱一起烫，取出洋葱，将牛奶加入芹菜中。用黄油和面粉同煮勾芡。用盐和胡椒调味。芹菜的外层老茎可用于做汤。配油炸面包丁、脆饼干或撕面包上桌。

Celery Soup II

3 stalks celery
3 cups milk
1 slice onion
3 tablespoons butter
3 tablespoons flour
Salt and pepper
1 cup cream

芹菜汤 II

3根芹菜
3杯牛奶
1片洋葱
3汤匙黄油
3汤匙面粉盐和胡椒 1
杯奶油

Break celery in one-inch pieces, and pound in a mortar. Cook in double boiler with onion and milk twenty minutes. Thicken with butter and flour cooked together. Season with salt and pepper, add cream, strain into tureen, and serve at once.

Corn Soup

1 can corn
1 pint boiling water
1 pint milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
Few grains pepper
Chop the corn, add water, and simmer twenty minutes; rub through a sieve. Scald milk with onion, remove onion, and add milk to corn. Bind with butter and flour cooked together. Add salt and pepper.

Halibut Soup

¾ cup cold boiled halibut
1 pint milk
1 slice onion
Blade of mace
3 tablespoons butter
1½ tablespoons flour
½ teaspoon salt
Few grains pepper
Rub fish through a sieve. Scald milk with onion and mace.

将芹菜掰成一英寸长的段，在研钵中捣碎。与洋葱和牛奶一起放入双层蒸锅中煮二十分钟。用黄油和面粉同煮勾芡。用盐和胡椒调味，加入奶油，过滤入汤碗中，立即上桌。

玉米汤

1 罐玉米
1品脱沸水
1品脱牛奶
1片洋葱
2汤匙黄油
2汤匙面粉
一茶匙盐
少许胡椒
将玉米切碎，加水，炖二十分钟；用筛子擦滤。将牛奶与洋葱一起烫，取出洋葱，将牛奶加入玉米中。用黄油和面粉同煮勾芡。加入盐和胡椒。

比目鱼汤

3/4 杯冷煮大比目鱼
1品脱牛奶
1片洋葱
肉豆蔻衣
3汤匙黄油
11/2汤匙面粉
1/2 茶匙盐
少许胡椒
将鱼肉用筛子擦碎。将牛奶与洋葱和肉豆蔻衣一起加热。

Remove seasonings, and add fish. Bind with half the butter and flour cooked together. Add salt, pepper, and the remaining butter in small pieces.

取出调味料，加入鱼。用一半黄油和面粉同煮勾芡。加入盐、胡椒和剩余的黄油(切成小块)。

Pea Soup

1 can Marrowfat peas
2 teaspoons sugar
1 pint cold water
1 pint milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Drain peas from their liquor, add sugar and cold water, and simmer twenty minutes. Rub through a sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture, season with salt and pepper. Peas too old to serve as a vegetable may be utilized for soups.

豌豆汤

1 可以大豌豆
两茶匙糖
1品脱冷水
1品脱牛奶
1片洋葱
2汤匙黄油
2汤匙面粉
一茶匙盐
1/8 茶匙胡椒

将豌豆从汤汁中沥出，加入糖和冷水，炖二十分钟。用筛子擦滤，重新加热，用黄油和面粉同煮勾芡。将牛奶与洋葱一起烫，取出洋葱，将牛奶加入豌豆混合物中，用盐和胡椒调味。过老不宜作为蔬菜上桌的豌豆可用于做汤。

Split Pea Soup

1 cup dried split peas
2½ quarts cold water
1 pint milk
½ onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt

豌豆浓汤

一杯干豌豆瓣
2.5夸脱冷水
1品脱牛奶
1/2个洋葱
3汤匙黄油
2汤匙面粉
11/2茶匙盐

⅛ teaspoon pepper
2–inch cube fat salt pork
Pick over peas and soak several hours, drain, add cold water, pork, and onion. Simmer three or four hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt, and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

Kornlet Soup

1 can kornlet
1 pint cold water
1 quart milk, scalded
4 tablespoons butter
1 tablespoon chopped onion
4 tablespoons flour
1½ teaspoons salt
Few grains pepper
Cook kornlet in cold water twenty minutes; rub through a sieve, and add milk. Fry butter and onion three minutes; remove onion, add flour, salt, and pepper, and stir into boiling soup.

Potato Soup

3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon celery salt

1/8 茶匙胡椒
2英寸见方的肥咸猪肉
将豌豆挑拣干净，浸泡数小时，沥干，加入冷水、猪肉和洋葱。炖三至四小时，或至软烂；用筛子擦滤。加入黄油和面粉同煮的芡汁、盐和胡椒。用牛奶稀释，必要时再加更多牛奶。可使用煮过火腿的水；如此则不加盐。

科恩莱特汤

1 罐科恩莱特
1品脱冷水
一夸脱牛奶，加热至微沸
4汤匙黄油
1汤匙切碎的洋葱
4汤匙面粉
11/2茶匙盐
少许胡椒
将玉米糊在冷水中煮二十分钟；用筛子擦滤，加入牛奶。将黄油和洋葱煎三分钟；取出洋葱，加入面粉、盐和胡椒，搅入沸腾的汤中。

土豆汤

3个土豆
一夸脱牛奶
2片洋葱
3汤匙黄油
2汤匙面粉
11/2茶匙盐 1/4茶匙芹菜
盐

⅛ teaspoon pepper
Few grains cayenne
1 teaspoon chopped parsley
Cook potatoes in boiling salted water; when soft, rub through a strainer. Scald milk with onion, remove onion, and add milk slowly to potatoes. Melt half the butter, add dry ingredients, stir until well mixed, then stir into boiling soup; cook one minute, strain, add remaining butter, and sprinkle with parsley.

Appledore Soup

Make same as Potato Soup, and add, just before serving, three tablespoons tomato catsup.

Swiss Potato Soup

4 small potatoes
1 large flat white turnip
3 cups boiling water
1 quart scalded milk
½ onion
4 tablespoons butter
⅓ cup flour
1½ teaspoons salt
⅛ teaspoon pepper
Wash, pare, and cut potatoes in halves. Wash, pare, and cut turnips in one-quarter inch slices. Parboil together ten minutes, drain, add onion cut in slices, and three cups boiling water. Cook until vegetables are soft; drain, reserving the water to add to vegetables after rubbing them through a sieve. Add milk, reheat,

1/8 茶匙胡椒
少许辣椒粉
一茶匙切碎的欧芹
将土豆在加盐的沸水中煮；软烂后用筛子擦滤。将牛奶与洋葱一起烫，取出洋葱，将牛奶缓慢加入土豆中。融化一半黄油，加入干性配料，搅拌至充分混合，然后搅入沸腾的汤中；煮一分钟，过滤，加入剩余的黄油，撒上欧芹。

阿普尔多尔汤

按土豆汤的做法制作，在上桌前加入三汤匙番茄酱。

瑞士土豆汤

4个小土豆
1个大号扁平白萝卜
3杯沸水
一夸脱烫过的牛奶
1/2个洋葱
4汤匙黄油
1/3杯面粉
11/2茶匙盐
1/8 茶匙胡椒
将土豆洗净、去皮，切成两半。将芜菁洗净、去皮，切成四分之一英寸厚的片。一起焯水十分钟，沥干，加入切成片的洋葱和三杯沸水。煮至蔬菜软烂；沥干，保留煮菜水，待蔬菜用筛子擦滤后加入。加入牛奶，重新加热，

and bind with butter and flour cooked together. Season with salt and pepper.

Leek and Potato Soup

1 bunch leeks
1 cup celery
2½ tablespoons butter
1 quart milk
2½ cups potatoes
2 tablespoons butter
2 tablespoons flour
Salt and pepper
Cayenne
Cut leeks and celery in very thin slices crosswise and cook in two and one-half tablespoons butter, stirring constantly, ten minutes. Add milk, and cook in double boiler forty minutes. Cut potatoes in slices and cut slices in small pieces; then cook in boiling salted water ten minutes. Melt two tablespoons butter, add flour, milk with vegetables and potatoes. Cook until potatoes are soft, and season with salt, pepper, and cayenne.

Vegetable Soup

⅓ cup carrot
⅓ cup turnip
½ cup celery
1½ cups potato
½ onion
1 quart water
5 tablespoons butter

用黄油和面粉一起煮熟后勾芡。用盐和胡椒调味。

韭葱土豆汤

1把韭葱
一杯芹菜
21/2汤匙黄油
一夸脱牛奶
21/2杯土豆
2汤匙黄油
2汤匙面粉
盐和胡椒
卡宴辣椒粉

将韭葱和芹菜横向切成极薄的片，用两汤匙半黄油煎炒，不断搅拌，十分钟。加入牛奶，放入双层蒸锅中煮四十分钟。将土豆切成片，再将片切成小块；然后在加盐的沸水中煮十分钟。融化两汤匙黄油，加入面粉、带蔬菜的牛奶和土豆。煮至土豆软烂，用盐、胡椒和辣椒粉调味。

蔬菜汤

1/3杯胡萝卜 1/3
杯芜菁 1/2杯芹菜
11/2杯土豆 1/2个
洋葱

一夸脱水
5汤匙黄油

½ tablespoon finely chopped parsley
Salt and pepper
Wash and scrape a small carrot; cut in quarters lengthwise; cut quarters in thirds lengthwise; cut strips thus made in thin slices crosswise. Wash and pare half a turnip, and cut and slice same as carrot. Wash, pare, and cut potatoes in small pieces. Wash and scrape celery and cut in quarter-inch pieces. Prepare vegetables before measuring. Cut onion in thin slices. Mix vegetables (except potatoes), and cook ten minutes, in four tablespoons butter, stirring constantly. Add potatoes, cover, and cook two minutes. Add water, and boil one hour. Beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper.

Salmon Soup

⅓ can salmon
1 quart scalded milk
2 tablespoons butter
4 tablespoons flour
1½ teaspoons salt
Few grains pepper
Drain oil from salmon, remove skin and bones, rub through a sieve. Add gradually the milk, season, and bind.

Squash Soup

¾ cup cooked squash
1 quart milk
1 slice onion
2 tablespoons butter

1/2汤匙切碎的欧芹盐和胡椒

将一小根胡萝卜洗净刮皮；纵向切成四瓣；将四瓣纵向切成三段；将由此制成的条横向切成薄片。将半个芜菁洗净去皮，按胡萝卜同样方式切块切片。将土豆洗净去皮，切成小块。将芹菜洗净刮皮，切成四分之一英寸的段。量取前先准备好蔬菜。将洋葱切成薄片。混合蔬菜(土豆除外)，在四汤匙黄油中煮十分钟，不断搅拌。加入土豆，盖上盖子，煮两分钟。加水，煮沸一小时。用勺子或叉子搅打以打碎蔬菜。加入剩余的黄油和欧芹。用盐和胡椒调味。

三文鱼汤

1/3罐鲑鱼
一夸脱烫过的牛奶
2汤匙黄油
4汤匙面粉
11/2茶匙盐
少许胡椒
将三文鱼沥去油，去除皮和骨，用筛子擦滤。逐渐加入牛奶，调味，勾芡。

南瓜汤

3/4杯熟南瓜 1夸脱牛奶

1片洋葱
2汤匙黄油

3 tablespoons flour
1 teaspoon salt
Few grains pepper
¼ teaspoon celery salt
Rub squash through a sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season, and bind.

Tomato Soup

1 can tomatoes
1 pint water
12 peppercorns
Bit of bay leaf
4 cloves
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon soda
2 tablespoons butter
3 tablespoons flour
1 slice onion
Cook tomatoes, water, peppercorns, bay leaf, cloves, and sugar twenty minutes; strain, and add salt and soda; bind, and strain into tureen.

Cream of Tomato Soup

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
1 slice onion

3汤匙面粉
一茶匙盐
少许胡椒
1/4茶匙芹菜盐
将南瓜用筛子擦滤后再计量。将牛奶与洋葱一起烫，取出洋葱，将牛奶加入南瓜中；调味，勾芡。

番茄汤

1 罐番茄
1品脱水
12粒胡椒
一片月桂叶
4瓣
两茶匙糖
一茶匙盐
1/8茶匙小苏打
2汤匙黄油
3汤匙面粉
1片洋葱
将番茄、水、胡椒粒、月桂叶、丁香和糖煮二十分钟；过滤，加入盐和小苏打；勾芡，过滤入汤碗中。

奶油番茄汤

半罐番茄 2茶匙糖
1/4茶匙小苏打 1夸
脱牛奶

1片洋葱

4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
⅓ cup butter
Scald milk with onion, remove onion, and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes, stirring constantly at first. Cook tomatoes with sugar fifteen minutes, add soda, and rub through a sieve; combine mixtures, and strain into tureen over butter, salt, and pepper.

Mock Bisque Soup

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
½ onion, stuck with 6 cloves
Sprig of parsley
Bit of bay leaf
¾ cup stale bread crumbs
4 cups milk
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup butter
Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through a sieve. Cook tomatoes with sugar fifteen minutes; add soda and rub through a sieve. Reheat bread and milk to boiling-point, add tomatoes, and pour at once into tureen over butter, salt, and pepper. Serve with croûtons, crisp crackers, or Souffléd crackers.

4汤匙面粉
一茶匙盐
1/8 茶匙胡椒
1/3 杯黄油
将牛奶与洋葱一起烫，取出洋葱，用冷水稀释至可倾倒的稀薄程度(注意混合物不得有结块)的面粉勾芡牛奶；煮二十分钟，开始时不断搅拌。将番茄与糖煮十五分钟，加入小苏打，用筛子擦滤；混合两种混合物，过滤入放有黄油、盐和胡椒的汤碗中。

仿制浓汤

1/2罐番茄
两茶匙糖
1/4茶匙小苏打
半个洋葱，插上6粒丁香
欧芹小枝
一片月桂叶
3/4杯不新鲜的面包屑
4杯牛奶
1/2 汤匙盐
1/8 茶匙胡椒
1/3 杯黄油
将牛奶与面包屑、洋葱、欧芹和月桂叶一起烫。取出调味料，用筛子擦滤。将番茄与糖煮十五分钟；加入小苏打，用筛子擦滤。将面包牛奶混合物重新加热至沸点，加入番茄，立即倒入放有黄油、盐和胡椒的汤碗中。配油炸面包丁、脆饼干或舒芙蕾饼干上桌。

Tapioca Wine Soup

⅓ cup pearl tapioca
1 cup cold water
3 cups boiling water
½ teaspoon salt
3–inch piece stick cinnamon
1 pint claret wine
½ cup powdered sugar
Soak tapioca in cold water two hours. Drain, add to boiling water with salt and cinnamon; let boil three minutes, then cook in double boiler until tapioca is transparent. Cool, add wine and sugar. Serve very cold.

CHOWDERS

Corn Chowder

1 can corn
4 cups potatoes, cut in ¼-inch slices
1½-inch cube fat salt pork
1 sliced onion
4 cups scalded milk
8 common crackers
3 tablespoons butter
Salt and pepper
Cut pork in small pieces and try out; add onion and cook five minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain, and add potatoes to fat; then add two cups boiling water; cook until potatoes are soft, add corn and milk, then heat to

木薯葡萄酒汤

1/3杯珍珠西米
一杯冷水
3杯沸水
1/2 茶匙盐
3英寸长的肉桂棒
1品脱波尔多红葡萄酒
1/2 杯糖粉
将木薯浸泡在冷水中两小时。沥干，加入沸水，加盐和肉桂；煮沸三分钟，然后在双层蒸锅中煮至木薯透明。冷却，加入葡萄酒和糖。冷藏后食用。

浓汤

玉米浓汤

1 罐玉米
4杯土豆，切成1/4英寸厚的片
1.5英寸见方的肥咸猪肉
1个切片洋葱
四杯烫牛奶
8块普通饼干
3汤匙黄油
盐和胡椒
将猪肉切成小块并熬出油；加入洋葱煮五分钟，经常搅拌以免洋葱烧焦；将油脂滤入炖锅中。将土豆在没过食材的沸水中预煮五分钟；沥干，将土豆加入油脂中；然后加入两杯沸水；煮至土豆变软，加入玉米和牛奶，然后加热至

boiling-point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.

Fish Chowder

4 lb. cod or haddock
6 cups potatoes cut in ¼-inch slices, or
4 cups potatoes cut in ¾-inch cubes
1 sliced onion
1½-inch cube fat salt pork
1 tablespoon salt
⅛ teaspoon pepper
3 tablespoons butter
4 cups scalded milk
8 common crackers

Order the fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in two-inch pieces and set aside. Put head, tail, and backbone broken in pieces, in stewpan; add two cups cold water and bring slowly to boiling-point; cook twenty minutes. Cut salt pork in small pieces and try out, add onion, and fry five minutes; strain fat into stewpan. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat; then add two cups boiling water and cook five minutes. Add liquor drained from bones, then add the fish; cover, and simmer ten minutes. Add milk, salt, pepper, butter, and crackers split and soaked in enough cold milk to moisten, otherwise they will be soft on the outside, but dry on the inside. Pilot bread is sometimes used in place of common crackers.

沸点。用盐和胡椒调味；加入黄油，以及掰开并浸泡在足量冷牛奶中润湿的饼干。取出饼干，将杂烩汤倒入汤碗中，将饼干放在上面。

鱼杂烩

四磅鳕鱼或黑线鳕
6杯切成1/4英寸厚片的土豆，或
4杯切成3/4英寸方块的土豆
1个切片洋葱
1.5英寸见方的肥咸猪肉
1汤匙盐
1/8 茶匙胡椒
3汤匙黄油
四杯烫牛奶
8块普通饼干

将鱼去皮，但保留头和尾。切下头和尾，将鱼肉从脊骨上剔下。将鱼肉切成两英寸的块，放置一旁。将头、尾和脊骨掰成碎块放入炖锅；加入两杯冷水，慢慢煮沸；煮二十分钟。将咸猪肉切成小块，熬出油脂，加入洋葱，煎五分钟；将油脂滤入炖锅。将土豆在没过土豆的沸水中预煮五分钟；沥干后将土豆加入油脂中；然后加入两杯沸水，煮五分钟。加入从骨头中沥出的汤汁，然后加入鱼肉；盖上锅盖，小火煨十分钟。加入牛奶、盐、胡椒、黄油和掰开并浸泡在足量冷牛奶中润湿的饼干，否则饼干会外软内干。有时用硬面饼代替普通饼干。

Connecticut Chowder

4 lb. cod or haddock
4 cups potatoes cut in ¾-inch cubes
1½-inch cube fat salt pork
1 sliced onion
2½ cups stewed and strained tomatoes
3 tablespoons butter
⅔ cup cracker crumbs
Salt and pepper
Prepare same as Fish Chowder, using liquor drained from bones for cooking potatoes, instead of additional water. Use tomatoes in place of milk and add cracker crumbs just before serving.

Clam Chowder

1 quart clams
4 cups potatoes cut in ¾-inch cubes
1½ inch cube fat salt pork
1 sliced onion
1 tablespoon salt
⅛ teaspoon pepper
4 tablespoons butter
4 cups scalded milk
8 common crackers
Clean and pick over clams, using one cup cold water, drain, reserve liquor, heat to boiling-point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry

康涅狄格杂烩汤

四磅鳕鱼或黑线鳕
4杯切成3/4英寸方块的土豆
1.5英寸见方的肥咸猪肉
1个切片洋葱
21/2杯炖煮并过滤的番茄
3汤匙黄油
2/3杯饼干屑
盐和胡椒
按鱼杂烩汤的方法准备，用从鱼骨沥出的汤汁代替额外的水来煮土豆。用番茄代替牛奶，并在上桌前加入饼干碎屑。

蛤蜊浓汤

1夸脱蛤蜊
4杯切成3/4英寸方块的土豆
1.5英寸见方的肥咸猪肉
1个切片洋葱
1汤匙盐
1/8 茶匙胡椒
4汤匙黄油
四杯烫牛奶
8块普通饼干
清洗并拣选蛤蜊，用一杯冷水，沥干，保留汤汁，加热至沸点，过滤。将蛤蜊的硬部切碎；将猪肉切成小块并熬出油；加入洋葱，煎

five minutes, and strain into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain, and put a layer in bottom of stewpan, add chopped clams, sprinkle with salt and pepper, and dredge generously with flour; add remaining potatoes, again sprinkle with salt and pepper, dredge with flour, and add two and one-half cups boiling water. Cook ten minutes, add milk, soft part of clams, and butter; boil three minutes, and add crackers split and soaked in enough cold milk to moisten. Reheat clam water to boiling-point, and thicken with one tablespoon butter and flour cooked together. Add to chowder just before serving.

The clam water has a tendency to cause the milk to separate, hence is added at the last.

Rhode Island Chowder

1 quart clams
3 inch cube fat salt pork
1 sliced onion
½ cup cold water
4 cups potatoes cut in ¾ inch cubes
2 cups boiling water
1 cup stewed and strained tomatoes
¼ teaspoon soda
1 cup scalded milk
1 cup scalded cream
2 tablespoons butter
8 common crackers
Salt and pepper
Cook pork with onion and cold water ten minutes; drain, and

五分钟，然后滤入炖锅。将土豆在没过土豆的沸水中预煮五分钟；沥干，在炖锅底部铺一层，加入切碎的蛤蜊，撒上盐和胡椒，慷慨地撒上面粉；加入剩余的土豆，再次撒上盐和胡椒，撒上面粉，加入两杯半沸水。煮十分钟，加入牛奶、蛤蜊的软肉部分和黄油；煮沸三分钟，加入掰开并浸泡在足量冷牛奶中润湿的饼干。将蛤蜊水重新加热至沸点，用一汤匙黄油和面粉一起煮熟来增稠。上桌前加入杂烩汤中。

蛤蜊水容易使牛奶分离，因此最后加入。

罗得岛杂烩汤

1夸脱蛤蜊
三英寸见方的肥咸猪肉
1个切片洋葱
1/2 杯冷水
4杯土豆，切成3/4英寸见方的块
两杯沸水
1杯炖煮并过滤的番茄 1/4茶匙小苏打

一杯烫牛奶
一杯烫奶油
2汤匙黄油
8块普通饼干
盐和胡椒
将猪肉与洋葱和冷水煮十分钟；沥干，然后

reserve liquor. Wash clams and reserve liquor. Parboil potatoes five minutes, and drain. To potatoes add reserved liquors, hard part of clams finely chopped, and boiling water. When potatoes are nearly done, add tomatoes, soda, soft part of clams, milk, cream, and butter. Season with salt and pepper. Split crackers, soak in cold milk to moisten, and reheat in chowder.

Lobster Chowder

2 lb. lobster
3 tablespoons butter
2 common crackers, finely pounded
4 cups milk
1 slice onion
1 cup cold water
Salt
Paprika or cayenne
Remove meat from lobster shell and cut in small dice. Cream two tablespoons butter, add liver of lobster (green part) and crackers; scald milk with onion, remove onion, and add milk to mixture. Cook body bones ten minutes in cold water to cover, strain, and add to mixture with lobster dice. Season with salt and paprika.

German Chowder

3 lb. haddock
1 quart cold water
2 slices carrot
Bit of bay leaf
Sprig of parsley

保留汤汁。清洗蛤蜊并保留汤汁。将土豆预煮五分钟，沥干。在土豆中加入保留的汤汁、切碎的蛤蜊硬部以及沸水。当土豆快熟时，加入番茄、小苏打、蛤蜊软部、牛奶、奶油和黄油。用盐和胡椒调味。将饼干掰开，浸泡在冷牛奶中润湿，在杂烩汤中重新加热。

龙虾杂烩汤

两磅龙虾
3汤匙黄油
2块普通饼干，细细捣碎
4杯牛奶
1片洋葱
一杯冷水
盐
红椒粉或卡宴辣椒粉
将肉从龙虾壳中取出，切成小丁。将两汤匙黄油搅打至奶油状，加入龙虾肝(绿色部分)和饼干；用洋葱烫牛奶，取出洋葱，将牛奶加入混合物中。将虾身壳在没过食材的冷水中煮十分钟，过滤，与龙虾丁一起加入混合物中。用盐和红椒粉调味。

德式杂烩浓汤

三磅黑线鳕
一夸脱冷水
2片胡萝卜少许月
桂叶一小枝欧芹

1 cracker, pounded
Salt, pepper, cayenne
2 tablespoons melted butter
Few drops onion juice
1 beaten egg
1 quart potatoes cut in ¾-inch cubes
2–inch cube fat salt pork
1 sliced onion
5 tablespoons flour
1 quart scalded milk
¼ cup butter
8 common crackers

Clean, skin, and bone fish. Add to bones cold water and vegetables, and let simmer twenty minutes. Strain stock from bones. Chop fish meat; there should be one and one-half cups. Add cracker, seasonings, melted butter and egg, then shape in small balls. Try out pork, add onion, and cook five minutes. Strain, and add to fat, potatoes, balls, and fish stock, and cook until potatoes are soft. Thicken milk with butter and flour cooked together. Combine mixtures, and season highly with salt, pepper, and cayenne. Add crackers, split and soaked in cold milk.

CHAPTER X
SOUP GARNISHINGS AND FORCE-MEATS

Crisp Crackers

Split common crackers and spread thinly with butter, allowing one-fourth teaspoon butter to each half cracker; put in pan and

1块饼干，捣碎

盐、胡椒、卡宴辣椒

2汤匙融化的黄油

几滴洋葱汁

1个打散的鸡蛋

1夸脱土豆，切成3/4英寸见方的块

2英寸见方的肥咸猪肉

1个切片洋葱

5汤匙面粉

一夸脱烫过的牛奶

1/4 杯黄油

8块普通饼干

将鱼清洗干净，去皮去骨。在鱼骨中加入冷水和蔬菜，小火煨二十分钟。将汤汁从骨头中滤出。将鱼肉剁碎；应有一杯半。加入饼干、调味料、融化的黄油和鸡蛋，然后捏成小丸子。将猪肉熬出油脂，加入洋葱，煮五分钟。滤出，将油脂、土豆、丸子和鱼汤混合，煮至土豆变软。用黄油和面粉一起煮熟来增稠牛奶。将混合物合并，用盐、胡椒和辣椒粉大量调味。加入掰开并浸泡在冷牛奶中的饼干。

第十章
汤的配菜与加料肉

脆饼干

将普通饼干掰开，薄薄地涂上黄油，每半块饼干用四分之一茶匙黄油；放入烤盘中，

bake until delicately browned.

Soufflĕd Crackers

Split common crackers, and soak in ice water, to cover, eight minutes. Dot over with butter, and bake in a hot oven until puffed and browned.

Crackers with Cheese

Arrange zephyrettes or saltines in pan. Sprinkle with grated cheese and bake until cheese is melted.

Croûtons (Duchess Crusts)

Cut stale bread in one-third inch slices and remove crusts. Spread thinly with butter. Cut slices in one-third inch cubes, put in pan and bake until delicately brown, or fry in deep fat.

Cheese Sticks

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

Imperial Sticks in Rings

Cut stale bread in one-third inch slices, remove crusts, spread thinly with butter, and cut slices in one-third inch strips and rings; put in pan and bake until delicately browned. Arrange three sticks in each ring.

Mock Almonds

烤至微微上色。

舒芙蕾饼干

将普通饼干掰开，浸泡在没过食材的冰水中八分钟。点上黄油，在热烤箱中烤至膨胀并呈棕色。

奶酪配饼干

将泽菲雷特饼干或咸饼干排列在烤盘中。撒上磨碎的奶酪，烤至奶酪融化。

面包丁(公爵夫人脆皮)

将不新鲜的面包切成三分之一英寸厚的片，去除外皮。薄薄地涂上黄油。将片切成三分之一英寸的方块，放入烤盘中烤至微微呈棕色，或在深油中炸。

奶酪条

将面包棒纵向切成两半，薄薄地涂上黄油，撒上用盐和辣椒粉调味的磨碎奶酪，烤至微微呈棕色。

帝国式环形面包棒

将不新鲜的面包切成三分之一英寸厚的片，去除外皮，薄薄地涂上黄油，将片切成三分之一英寸的条和环；放入烤盘中烤至微微呈棕色。每个环中放三根条。

仿制杏仁

Cut stale bread in one-eighth inch slices, shape with a round cutter one and one-half inches in diameter, then shape in almond-shaped pieces. Brush over with melted butter, put in a pan, and bake until delicately browned.

将不新鲜的面包切成八分之一英寸厚的片，用直径一英寸半的圆形切模成形，然后切成杏仁形。刷上融化的黄油，放入烤盘中烤至微微呈棕色。

Pulled Bread

Remove crusts from a long loaf of freshly baked water bread. Pull the bread apart until the pieces are the desired size and length, which is best accomplished by using two three-tined forks. Cook in a slow oven until delicately browned and thoroughly dried. A baker's French loaf may be used for pulled bread if home-made is not at hand.

手撕面包

从一条新烤的水面包长条上去除外皮。用手将面包撕开至所需大小和长度，最好使用两把三齿叉来完成。在慢烤箱中烤至微微呈棕色并完全干燥。如果没有自制面包，可以使用面包师的法式长条面包来制作撕面包。

Egg Balls I

Yolks 2 "hard-boiled" eggs
⅛ teaspoon salt
Few grains cayenne
½ teaspoon melted butter
Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and sauté in butter. Serve in Brown Soup Stock, Consommé, or Mock Turtle Soup.

蛋球 I

蛋黄 2个"煮老"的鸡蛋
1/8茶匙盐
少许辣椒粉
1/2茶匙融化的黄油
将蛋黄通过筛子擦碎，加入调味料，用生蛋黄液润湿至可操作的稠度。做成小球，滚上面粉，用黄油煎。放入棕色高汤、清汤或仿龟汤中食用。

Egg Balls II

1 "hard-boiled" egg
⅛ teaspoon salt
Few grains cayenne
1 teaspoon heavy cream
¼ teaspoon finely chopped parsley

鸡蛋丸子 II

1个"煮老"的鸡蛋 1/8茶匙盐
少许辣椒粉 1茶匙浓奶油 1/4茶匙切碎的欧芹

Rub yolk through a sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls, and poach in boiling water or stock.

将蛋黄通过筛子擦碎，加入切碎的白部以及其余配料。加入生蛋黄液使混合物达到可操作的适当稠度。做成小球，在沸水或高汤中汆熟。

Egg Custard

Yolks 2 eggs
Few grains salt
2 tablespoons milk
Beat eggs slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake until firm; cool, remove from cup, and cut in fancy shapes with French vegetable cutters.

蛋奶冻

蛋黄 2 个鸡蛋

少许盐

2汤匙牛奶

将鸡蛋轻轻搅打，加入牛奶和盐。倒入涂了黄油的小杯中，放入热水盘，烤至凝固；冷却，从杯中取出，用法国蔬菜切模切成花式形状。

Harlequin Slices

Yolks 3 eggs
2 tablespoons milk
Few grains salt
Whites 3 eggs
Few grains salt
Chopped truffles
Beat yolks of eggs slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water and bake until firm. Beat whites of eggs slightly, add salt, and cook same as yolks. Cool, remove from cups, cut in slices, pack in a mould in alternate layers, and press with a weight. A few truffles may be sprinkled between slices if desired. Remove from mould and cut in slices. Serve in Consommé.

哈莱昆切片

蛋黄 3 个鸡蛋

2汤匙牛奶

少许盐

将3个蛋白打发

少许盐

切碎的松露

将蛋黄轻轻搅打，加入牛奶和盐。倒入涂了黄油的小杯中，放入热水盘，烤至凝固。将蛋白轻轻搅打，加盐，按蛋黄的方法烹制。冷却，从杯中取出，切成片，交替分层装入模具中，用重物压紧。如需要，可在层间撒少许松露。从模具中取出，切成片。放入清汤中食用。

Royal Custard

Yolks 3 eggs
1 egg
½ cup Consommé
⅛ teaspoon salt
Slight grating nutmeg
Few grains cayenne
Beat eggs slightly, add Consommé and seasonings. Pour into a small buttered tin mould, place in pan of hot water, and bake until firm; cool, remove from mould, and cut in fancy shapes.

Chicken Custard

Chop cooked breast meat of fowl and rub through sieve; there should be one-fourth cup. Add one-fourth cup White Stock and one egg slightly beaten. Season with salt, pepper, celery salt, paprika, slight grating nutmeg, and few drops essence anchovy. Turn mixture into buttered mould, bake in a pan of hot water until firm; cool, remove from mould, and cut in small cubes.

Noodles

1 egg
½ teaspoon salt
Flour
Beat egg slightly, add salt, and flour enough to make very stiff dough; knead, toss on slightly floured board, and roll thinly as possible, which may be as thin as paper. Cover with towel, and set aside for twenty minutes; then cut in fancy shapes, using sharp knife or French vegetable cutter; or the thin sheet may be rolled like jelly roll, cut in slices as thinly as possible, and pieces

皇家蛋奶冻

蛋黄 3 个鸡蛋

1个鸡蛋

1/2 杯清汤

1/8茶匙盐

少许磨碎的肉豆蔻

少许辣椒粉

将鸡蛋轻轻搅打，加入清汤和调味料。倒入涂了黄油的小锡模具中，放入热水盘，烤至凝固；冷却，从模具中取出，切成花式形状。

鸡肉蛋奶羹

将煮熟的家禽胸肉切碎并通过筛子擦碎；应得到四分之一杯。加入四分之一杯白色高汤和一个轻轻搅打的鸡蛋。用盐、胡椒、芹菜盐、红椒粉、少许擦碎的肉豆蔻和几滴鳀鱼精调味。将混合物倒入涂了黄油的模具中，在热水盘中烤至凝固；冷却，从模具中取出，切成小方块。

面条

1个鸡蛋

1/2 茶匙盐

面粉

将鸡蛋轻轻搅打，加盐，加入足量面粉制成很硬的面团；揉面，在撒了少许面粉的板上摔打，尽可能擀薄，可薄如纸。盖上毛巾，静置二十分钟；然后用锋利的刀或法国蔬菜切模切成花式形状；或者将薄面片像果冻卷一样卷起，尽可能薄地切成片，然后将片

unrolled. Dry, and when needed cook twenty minutes in boiling salted water; drain, and add to soup.

Noodles may be served as a vegetable.

Fritter Beans

1 egg
2 tablespoons milk
¾ teaspoon salt
½ cup flour
Beat egg until light, add milk, salt, and flour. Put through colander or pastry tube into deep fat, and fry until brown; drain on brown paper.

Pâte à Choux

2½ tablespoons milk
½ teaspoon lard
½ teaspoon butter
⅛ teaspoon salt
¼ cup flour
1 egg
Heat butter, lard, and milk to boiling-point, add flour and salt, and stir vigorously. Remove from fire, add egg unbeaten, and stir until well mixed. Cool, and drop small pieces from tip of teaspoon into deep fat. Fry until brown and crisp, and drain on brown paper.

Parmesan Pâte à Choux

To Pâte à Choux mixture add two tablespoons grated Parmesan cheese.

展开。干燥，需要时在加盐的沸水中煮二十分钟；沥干，加入汤中。

面条可作为蔬菜上桌。

油炸豆

1个鸡蛋

2汤匙牛奶

3/4 茶匙盐

1/2杯面粉

将鸡蛋搅打至起泡，加入牛奶、盐和面粉。通过漏勺或糕点裱花袋挤入深油中，炸至棕色；在棕色纸上沥油。

泡芙面糊

两汤匙半牛奶

1/2茶匙猪油

1/2茶匙黄油

1/8茶匙盐

1/4杯面粉

1个鸡蛋

将黄油、猪油和牛奶加热至沸点，加入面粉和盐，用力搅拌。离火，加入未搅打的鸡蛋，搅拌至充分混合。冷却，从茶匙尖端将小块面糊拨入深油中。炸至棕色酥脆，在棕色纸上沥油。

帕尔马干酪泡芙面糊

在泡芙面糊中加入两汤匙磨碎的帕尔马干酪。

White Bait Garnish

Roll trimmings of puff paste, and cut in pieces three-fourths inch long and one-eighth inch wide; fry in deep fat until well browned, and drain on brown paper. Serve on folded napkin, and pass with soup.

Fish Force-meat I

¼ cups fine stale bread crumbs
¼ cup milk
1 egg
⅔ cup raw fish
Salt
Cook bread and milk to a paste, add egg well beaten, and fish pounded and forced through a purée strainer. Season with salt. A meat chopper is of great assistance in making force-meats, as raw fish or meat may be easily forced through it. Bass, halibut, or pickerel are the best fish to use for force-meat. Force-meat is often shaped into small balls.

Fish Force-meat II

⅔ cup raw halibut
White 1 egg
Salt
Pepper
Cayenne
½ cup heavy cream
Chop fish finely, or force through a meat chopper. Pound in mortar, adding gradually white of egg, and working until smooth. Add seasonings, rub through a sieve, and then add cream.

银鱼配菜

将酥皮边角料擀开，切成长四分之三英寸、宽八分之一英寸的条；在深油中炸至充分呈棕色，在棕色纸上沥油。放在折叠的餐巾上，随汤上桌。

鱼肉馅料 I

1/4杯细陈面包屑
1/4 杯牛奶
1个鸡蛋
2/3杯生鱼
盐
将面包和牛奶煮成糊状，加入充分搅打的鸡蛋，以及捣碎并通过细筛的鱼肉。用盐调味。绞肉机对制作肉馅大有帮助，因为生鱼或生肉可以很容易地通过它绞碎。鲈鱼、大比目鱼或狗鱼是制作肉馅的最佳鱼类。肉馅常被做成小球。

鱼肉馅料 II

2/3杯生大比目鱼
白1个鸡蛋
盐
胡椒
卡宴辣椒粉
1/2杯淡奶油
将鱼切碎，或通过绞肉机绞碎。在研钵中捣碎，逐渐加入蛋白，捣至光滑。加入调味料，通过筛子擦碎，然后加入奶油。

Salmon Force-meat

½ cup milk
½ cup soft stale bread crumbs
½ cup cold flaked salmon
2 tablespoons cream
1 egg
2 tablespoons melted butter
½ teaspoon salt
Few grains pepper
Cook milk and bread crumbs ten minutes, add salmon chopped and rubbed through a sieve; then add cream, egg slightly beaten, melted butter, salt, and pepper.

Oyster Force-meat

To Fish Force-meat add one-fourth small onion, finely chopped, and fried five minutes in one-half tablespoon butter; then add one-third cup soft part of oysters, parboiled and finely chopped, one-third cup mushrooms finely chopped, and one-third cup Thick White Sauce. Season with salt, cayenne, and one teaspoon finely chopped parsley.

Clam Force-meat

Follow recipe for Oyster Force-meat, using soft part of clams in place of oysters.

Chicken Force-meat I

½ cup fine stale bread crumbs
½ cup milk
2 tablespoons butter

三文鱼馅

1/2 杯牛奶
1/2 杯松软陈面包屑
1/2杯冷鲑鱼片
2汤匙奶油
1个鸡蛋
2汤匙融化的黄油
1/2 茶匙盐
少许胡椒
将牛奶与面包屑煮十分钟，加入切碎并经筛网擦滤的鲑鱼；然后加入奶油、略加搅打的鸡蛋、融化的黄油、盐和胡椒。

牡蛎馅

向鱼肉馅中加入四分之一个小洋葱，切细，用半汤匙黄油煎五分钟；然后加入三分之一杯牡蛎的柔软部分，预煮后切细，三分之一杯切细的蘑菇，以及三分之一杯浓白酱汁。用盐、卡宴辣椒和一小匙切细的欧芹调味。

蛤蜊肉馅

按照牡蛎馅的食谱制作，用蛤蜊的柔软部分代替牡蛎。

鸡肉馅料 I

1/2杯细陈面包屑 1/2杯牛奶

2汤匙黄油

White 1 egg
⅔ cup breast raw chicken
Salt
Few grains cayenne
Slight grating nutmeg
Cook bread and milk to a paste, add butter, white of egg beaten stiff, and seasonings; then add chicken pounded and forced through purée strainer.

白1个鸡蛋
2⁄3杯生鸡胸肉
盐
少许辣椒粉
少许磨碎的肉豆蔻
将面包与牛奶煮成糊状，加入黄油、搅打至硬挺的蛋清和调味料；然后加入捣碎并经纯泥筛网压滤的鸡肉。

Chicken Force-meat II

½ breast raw chicken
White 1 egg
Salt
Pepper
Slight grating nutmeg
Heavy cream
Chop chicken finely, or force through a meat chopper. Pound in mortar, add gradually white of egg, and work until smooth; then add heavy cream slowly until of right consistency, which can only be determined by cooking a small ball in boiling salted water. Add seasonings, and rub through sieve.

鸡肉糜 II

1⁄2 块生鸡胸肉
白1个鸡蛋
盐
胡椒
少许磨碎的肉豆蔻
淡奶油
将鸡肉切细，或用绞肉机绞碎。在研钵中捣碎，逐渐加入蛋清，搅拌至光滑；然后慢慢加入浓奶油，直至达到适当的稠度，这只能通过在加盐沸水中煮一小球来判定。加入调味料，并经筛网擦滤。

Quenelles

Quenelles are made from any kind of force-meat, shaped in small balls or between tablespoons, making an oval, or by forcing mixture through pastry bag on buttered paper. They are cooked in boiling salted water or stock, and are served as garnish to soups or other dishes; when served with sauce, they are an entrée.

肉丸

肉丸由任何种类的馅料制成，可做成小球状，或在两把汤匙之间塑成椭圆形，或将混合物通过裱花袋挤在涂了黄油的纸上。它们在加盐沸水或高汤中煮熟，作为汤或其他菜肴的配菜供应；与酱汁一起供应时，则作为小菜。

CHAPTER XI

FISH

The meat of fish is the animal food next in importance to that of birds and mammals. Fish meat, with but few exceptions, is less stimulating and nourishing than meat of other animals, but is usually easier of digestion. Salmon, mackerel, and eels are exceptions to these rules, and should not be eaten by those of weak digestion. White fish, on account of their easy digestibility, are especially desirable for those of sedentary habits. Fish is not recommended for brain-workers on account of the large amount of phosphorus (an element abounding largely in nerve tissue) which it contains, but because of its easy digestibility. It is a conceded fact that many fish contain less of this element than meat.

Fish meat is generally considered cheaper than meat of other animals. This is true when compared with the better cuts of meat, but not so when compared with cheaper cuts.

To obtain from fish its greatest value and flavor, it should be eaten fresh, and in season. Turbot, which is improved by keeping, is the only exception to this rule.

To Determine Freshness of Fish. Examine the flesh, and it should be firm; the eyes and gills, and they should be bright.

Broiling and baking are best methods for cooking fish. White fish may often be fried, but oily rarely. Frozen fish are undesirable, but if used, should be thawed in cold water just before cooking.

第十一章鱼类

鱼肉的营养价值在动物性食品中仅次于禽肉和哺乳动物的肉。除少数例外，鱼肉比其他动物的肉刺激性更小、营养稍逊，但通常更易消化。鲑鱼、鲭鱼和鳗鱼是这些规律的例外，消化功能弱的人不宜食用。白肉鱼因其易于消化，特别适合久坐不动的人。推荐鱼给脑力劳动者并非因为其含有大量磷(一种大量存在于神经组织中的元素)，而是因为其易于消化。一个公认的事实是，许多鱼所含的这种元素比肉少。

鱼肉通常被认为比其他动物的肉便宜。与较好的肉块相比确实如此，但与较便宜的肉块相比则不然。

为了获得鱼的最大价值和风味，应在新鲜时和当季食用。多宝鱼是这条规则唯一的例外，它经过存放会变得更好。

判断鱼的新鲜度。检查鱼肉，应当紧实；检查鱼眼和鱼鳃，应当明亮。

炙烤和烘烤是烹饪鱼的最佳方法。白肉鱼常可煎炸，但多脂鱼很少如此。冷冻鱼不理想，但若使用，应在烹饪前立即用冷水解冻。

On account of its strong odor, fish should never be put in an ice-box with other food, unless closely covered. A tin lard pail will be found useful for this purpose.

由于气味浓烈，鱼绝不应与其他食物一起放入冰箱，除非严密遮盖。为此目的，锡制猪油桶会很有用。

White and Oily Fish

White fish have fat secreted in the liver. Examples: cod, haddock, trout, flounder, smelt, perch, etc.

Oily fish have fat distributed throughout the flesh. Examples: salmon, eels, mackerel, bluefish, swordfish, shad, herring, etc.

Cod belongs to one of the most prolific fish families (Gadidoe), and is widely distributed throughout the northern and temperate seas of both hemispheres. On account of its abundance, cheapness, and easy procurability, it forms, from an economical standpoint, one of the most important fish foods. Cod have been caught weighing over a hundred pounds, but average market cod weigh from six to ten pounds; a six-pound cod measures about twenty-three inches in length. Large cod are cut into steaks. The skin of cod is white, heavily mottled with gray, with a white line running the entire length of fish on either side. Cod is caught in shallow or deep waters. Shallow-water cod (caught off rocks) is called rock cod; deep-water cod is called off-shore cod. Rock cod are apt to be wormy. Cod obtained off George's Banks, Newfoundland, are called George's cod, and are commercially known as the best fish. Quantities of cod are preserved by drying and salting. Salted George's cod is the best brand on the market. Cod is in season throughout the year.

Cod Liver Oil is obtained from cods' livers, and has great

白肉鱼与多脂鱼

白肉鱼的脂肪分泌在肝脏中。例如：鳕鱼、黑线鳕、鳟鱼、比目鱼、胡瓜鱼、鲈鱼等。

多脂鱼的脂肪分布在整个鱼肉中。例如：鲑鱼、鳗鱼、鲭鱼、蓝鱼、剑鱼、美洲西鲱、鲱鱼等。

鳕鱼属于最多产的鱼类科之一(鳕科)，广泛分布于南北半球北部和温带海域。由于其数量丰富、价格低廉且易于获取，从经济角度来看，它是最重要的食用鱼之一。曾捕获过重达一百多磅的鳕鱼，但市场上鳕鱼的平均重量为六到十磅；一条六磅重的鳕鱼长约二十三英寸。大鳕鱼被切成鱼排。鳕鱼的皮为白色，密布灰色斑点，两侧各有一条白线贯穿鱼身全长。鳕鱼在浅水或深水中捕获。浅水鳕鱼(在岩石附近捕获)称为岩鳕；深水鳕鱼称为远洋鳕。岩鳕容易有寄生虫。在纽芬兰乔治浅滩附近捕获的鳕鱼称为乔治鳕，在商业上被认为是品质最好的鱼。大量鳕鱼通过干燥和盐腌保存。盐腌乔治鳕是市场上最好的品牌。鳕鱼全年应季。

鱼肝油取自鳕鱼肝脏，具有极大的

therapeutic value. Isinglass, made from swimming bladder of cod, nearly equals in quality that made from bladder of sturgeon.

治疗价值。由鳕鱼鳔制成的鱼胶，品质几乎等同于鲟鱼鳔制成的鱼胶。

Haddock is more closely allied to cod than any other fish.

黑线鳕与鳕鱼的亲缘关系比任何其他鱼都更近。

It is smaller (its average weight being about four pounds), and differently mottled. The distinguishing mark of the haddock is a black line running the entire length of fish on either side. Haddock is found in the same water and in company with cod, but not so abundantly. Like cod, haddock is cheap, and in season throughout the year. Haddock, when dried, smoked, and salted, is known as *Finnan Haddie*.

它体型较小(平均重量约四磅)，斑纹也不同。黑线鳕的显著特征是鱼体两侧各有一条贯穿全身的黑线。黑线鳕与鳕鱼生活在同一水域并结伴而游，但数量不如鳕鱼丰富。与鳕鱼一样，黑线鳕价格低廉，全年应季。黑线鳕经干制、熏制和盐渍后，即被称为芬南黑线鳕。

Halibut is the largest of the flatfish family (Pleuronectidæ), specimens having been caught weighing from three to four hundred pounds. Small, or chicken, halibut is the kind usually found in market, and weighs from fifteen to twenty-five pounds. Halibut are distinctively cold-water fish, being caught in water at from 32° to 45° F. They are found in the North Atlantic and North Pacific oceans, where they are nearly identical. The halibut has a compressed body, the skin on one side being white, on the other light, or dark gray, and both eyes are found on the dark side of head. Halibut is in season throughout the year.

大比目鱼是鲽科(Pleuronectidæ)中最大的一种，曾捕获重达三四百磅的标本。市场上常见的是小比目鱼，或称仔比目鱼，重十五至二十五磅。大比目鱼是典型的冷水鱼，在32°至45°F的水域中捕获。它们分布于北大西洋和北太平洋，两处的鱼几乎完全相同。大比目鱼身体侧扁，一侧皮肤为白色，另一侧为浅灰色或深灰色，双眼均位于头部的暗色一侧。大比目鱼全年应市。

Turbot (called little halibut) is a species of the flatfish family, being smaller than halibut, and of more delicate flavor. Turbot are in season from January to March.

多宝鱼(又称小比目鱼)是鲽科鱼类的一种，体型比大比目鱼小，风味更为细腻。多宝鱼的应季期为一月至三月。

Flounder is a small flatfish, which closely resembles the sole which is caught in English waters, and is often served under that name.

鲽鱼是一种小型比目鱼，与英国水域捕获的鳎鱼极为相似，常以鳎鱼之名出售。

Trout are generally fresh water fish, varying much in size and skin-coloring. Lake trout, which are the largest, reach their greatest perfection in Lakes Huron, Michigan, and Superior, but are found in many lakes. Salmon trout is the name applied to trout caught in New York lakes. Brook trout, caught in brooks and small lakes, are superior eating. Trout are in season from April to August, but a few are found later.

鳟鱼通常为淡水鱼，大小和表皮颜色差异很大。湖鳟体型最大，在休伦湖、密歇根湖和苏必利尔湖中生长得最为完美，但在许多湖泊中也有发现。鲑鳟是纽约州湖泊中所捕鳟鱼的名称。溪鳟捕自溪流和小湖泊，食用品质更佳。鳟鱼的应季期为四月至八月，但稍晚也能见到少量。

Whitefish is the finest fish found in the Great Lakes.

白鲑是五大湖中最好的鱼。

Smelts are small salt-water fish, and are usually caught in temperate waters at the mouths of rivers. New Brunswick and Maine send large quantities of smelts to market. Selected smelts are the largest in size, and command higher price. The Massachusetts Fish and Game Protective Law forbids their sale from March 15th to June 1st. Smelts are always sold by the pound.

胡瓜鱼是一种小型海水鱼，通常在水温适中的河口处捕获。新不伦瑞克和缅因州向市场供应大量胡瓜鱼。精选胡瓜鱼是其中体型最大的，价格也更高。马萨诸塞州鱼类与野味保护法禁止在3月15日至6月1日期间销售胡瓜鱼。胡瓜鱼总是按磅出售。

Bluefish belongs to the Pomatomidæ family. It is widely distributed in temperate waters, taking different names in different localities. In New England and the Middle States it is generally called Bluefish, although in some parts called Snappers, or Snapping Mackerel. In the Southern States it is called Greenfish. It is in season in our markets from May to October; as it is frozen and kept in cold storage from six to nine months, it may be obtained throughout the year. The heavier the fish, the better its quality. Bluefish weigh from one to eight pounds, and are from fourteen to twenty-nine inches in length.

蓝鱼属于鲳科(Pomatomidæ)。它广泛分布于温带水域，在不同地区有不同的名称。在新英格兰和中部各州，它通常被称为蓝鱼，但在某些地方被称为鲷鱼或咬人鲭。在南部各州，它被称为绿鱼。在我们的市场上，五月至十月是它的应市季节；由于它被冷冻并在冷藏中保存六至九个月，因此全年都可以买到。鱼越重，品质越好。蓝鱼重一至八磅，长十四至二十九英寸。

Mackerel is one of the best-known food fishes, and is caught in North Atlantic waters. Its skin is lustrous dark blue above, with wavy blackish lines, and silvery below. It sometimes attains a

鲭鱼是最知名的食用鱼之一，捕自北大西洋水域。其背部皮肤呈有光泽的深蓝色，带有波浪状黑色条纹，腹部呈银色。有时可达

length of eighteen inches, but is usually less. Mackerel weigh from three-fourths of a pound to two pounds, and are sold by the piece. They are in season from May 1st to September 1st. Mackerel, when first in market, contain less fat than later in the season, therefore are easier of digestion. The supply of mackerel varies greatly from year to year, and some years is very small. *Spanish mackerel* are found in waters farther south than common mackerel, and in our markets command higher price.

长约十八英寸，但通常更短。鲭鱼重四分之三磅至两磅，按条出售。五月一日至九月一日为当令期。鲭鱼刚上市时脂肪含量低于当季后期，因此更易消化。鲭鱼的供应量逐年变化很大，有些年份非常少。西班牙鲭鱼见于比普通鲭鱼更南的水域，在我们的市场上售价更高。

Salmon live in both fresh and salt waters, always going, inland, usually to the head of rivers, during the spawning season. The young after a time seek salt water, but generally return to fresh water. Penobscot River Salmon are the best, and come from Maine and St. John, New Brunswick. The average weight of salmon is from fifteen to twenty-five pounds, and the flesh is of pinkish orange color. Salmon are in season from May to September, but frozen salmon may be obtained the greater part of the year. In the Columbia River and its tributaries salmon are so abundant that extensive canneries are built along the banks.

鲑鱼生活在淡水和咸水中，在产卵季节总是溯河而上，通常到达河流的源头。幼鱼经过一段时间后寻找咸水，但通常会回到淡水。佩诺布斯科特河鲑鱼是最好的，来自缅因州和新不伦瑞克省的圣约翰。鲑鱼的平均重量为十五至二十五磅，鱼肉呈粉橙色。鲑鱼的应市季节是五月至九月，但一年中大部分时间都可以买到冷冻鲑鱼。在哥伦比亚河及其支流中，鲑鱼非常丰富，沿岸建有许多大型罐头厂。

Shad, like salmon, are found in both salt and fresh water, always ascending rivers for spawning. Shad is caught on the Atlantic Coast of the United States, and its capture constitutes one of the most important fisheries. Shad have a silvery hue, which becomes bluish on the back; they vary in length from eighteen to twenty-eight inches, and are always sold by the piece, price being irrespective of size. *Jack shad* are usually cheaper than *roe shad*. The roe of shad is highly esteemed. Shad are in season from January to June. First shad in market come from Florida, and retail from one and one-half to two dollars each. The finest come from New Brunswick, and appear in market about the first of May.

美洲西鲱与鲑鱼一样，生活在咸水和淡水中，总是溯河而上产卵。美洲西鲱在美国大西洋沿岸捕获，其捕捞构成最重要的渔业之一。美洲西鲱呈银白色，背部带蓝色；长度从十八到二十八英寸不等，总是按条出售，价格与大小无关。杰克西鲱通常比带卵西鲱便宜。西鲱的鱼卵备受推崇。美洲西鲱的应市季节是一月至六月。市场上最早的美洲西鲱来自佛罗里达，零售价每尾一元五角至两元。最好的来自新不伦瑞克，大约五月初上市。

Caviare is the salted roe of the sturgeon.

Herring are usually smoked, or smoked and salted, and, being very cheap, are a most economical food.

SHELLFISH

I. Bivalve Mollusks

Oysters are mollusks, having two shells. The shells are on the right and left side of the oyster, and are called right and left valves. The one upon which the oyster rests grows faster, becomes deeper, and is known as the left valve. The valves are fastened by a ligament, which, on account of its elasticity, admits of opening and closing of the shells. The oyster contains a tough muscle, by which it is attached to the shell; the body is made up largely of the liver (which contains *glycogen*, animal starch), and is partially surrounded by fluted layers, which are the gills. Natural oyster beds (or banks) are found in shallow salt water having stony bottom, along the entire Atlantic Coast. The oyster industry of the world is chiefly in the United States and France, and on account of its increase many artificial beds have been prepared for oyster culture. Oysters are five years old before suitable for eating. Blue Points, which are small, plump oysters, take their name from Blue Point, Long Island, from which place they originally came. Their popularity grew so rapidly that the supply became inadequate for the demand, and any small, plump oysters were soon sold for Blue Points. During the oyster season they form the first course of a dinner, served raw on the half shell. In our markets, selected oysters (which are extremely large and used for broiling) Providence River, and Norfolk oysters are familiarly known, and,

鱼子酱是鲟鱼的盐腌鱼卵。

鲱鱼通常经熏制，或熏制并盐渍，价格非常低廉，是最经济实惠的食物。

贝类

一、双壳软体动物

牡蛎是软体动物，有两片壳。壳位于牡蛎的左右两侧，称为右壳和左壳。牡蛎附着其上的那片壳生长较快，变得较深，称为左壳。两壳由一条韧带连接，由于韧带的弹性，壳得以开合。牡蛎体内有一块坚韧的肌肉，借此附着于壳上；身体大部分由肝脏构成(肝脏含有糖原，即动物淀粉)，并部分被褶皱的层片所包围，这些层片即鳃。天然牡蛎床(或称牡蛎滩)见于整个大西洋沿岸海底多石的浅海咸水中。世界牡蛎产业主要集中在美国和法国，由于需求增长，已为牡蛎养殖准备了许多人工牡蛎床。牡蛎需生长五年才适于食用。蓝点牡蛎是一种小而丰满的牡蛎，得名于长岛蓝点，最初即产自该地。其受欢迎程度增长如此之快，以致供应无法满足需求，于是任何小而丰满的牡蛎很快便被当作蓝点牡蛎出售。在牡蛎季节，它们作为正餐的第一道菜，带半壳生食。在我们的市场上，精选牡蛎(极大，用于炙烤)、普罗维登斯河牡蛎和诺福克牡蛎为人们所熟知，并且，

taken out of the shells, are sold by the quart. Farther south, they are sold by count.

去壳后按夸脱出售。再往南，则按个数出售。

Oysters are obtainable all the year, but are in season from September to May. During the summer mouths they are flabby and of poor flavor, although when fresh they are perfectly wholesome. *Mussels*, eaten in England and other parts of Europe, are similar to oysters, though of inferior quality. Oysters are nutritious and of easy digestibility, especially when eaten raw.

牡蛎全年均可获得，但应季期为九月至五月。夏季月份牡蛎肉质松软、风味不佳，不过新鲜时完全无害健康。贻贝在英国和欧洲其他地区食用，与牡蛎相似，但品质较差。牡蛎营养丰富且易于消化，尤其是生食时。

To Open Oysters. Put a thin flat knife under the back end of the right valve, and push forward until it cuts the strong muscle which holds the shells together. As soon as this is done, the right valve may be raised and separated from the left.

开牡蛎将一把薄而平的刀插入右壳后端下方，向前推，直到切断连接两壳的强韧肌肉。一旦切开，即可掀起右壳，与左壳分离。

To Clean Oysters. Put oysters in a strainer placed over a bowl. Pour over oysters cold water, allowing one-half cup water to each quart oysters. Carefully pick over oysters, taking each one separately in the fingers, to remove any particles of shell which adhere to tough muscle.

清洗牡蛎将牡蛎放入置于碗上的滤网中。倒入冷水没过牡蛎，每夸脱牡蛎用半杯水。仔细挑拣牡蛎，用手指逐一拿起，去除附着在韧肉上的任何壳屑。

Clams, among bivalve mollusks, rank in value next to oysters. They are found just below the surface of sand and mud, above low-water mark, and are easily dug with shovel or rake. Clams have hard or soft shells. Soft-shell clams are dear to the New Englander. From New York to Florida are found hard-shelled clams (quahaugs). *Small quahaugs* are called *Little Neck Clams* and take the place of Blue Points at dinner, when Blue Points are out of season.

蛤蜊在双壳软体动物中，价值仅次于牡蛎。它们生活在低潮线以上的沙泥表层之下，用铲子或耙子即可轻松挖出。蛤蜊有硬壳和软壳之分。软壳蛤蜊深受新英格兰人喜爱。从纽约到佛罗里达可找到硬壳蛤蜊(quahaugs)。小硬壳蛤被称为小颈蛤，在蓝点牡蛎过季时，于正餐中替代蓝点牡蛎。

Scallops are bivalve mollusks, the best being found in Long Island Sound and Narragansett Bay. The central muscle forms the edible

扇贝是双壳软体动物，最好的产自长岛海峡和纳拉甘西特湾。中央肌肉构成可食用的

portion, and is the only part sent to market. Scallops are in season from October first to April first.

部分，也是唯一送往市场的部分。扇贝的应季期为十月一日至四月一日。

II. Crustaceans

二、甲壳类

Lobsters belong to the highest order of Crustaceans, live exclusively in sea-water, generally near rocky coasts, and are caught in pots set on gravelly bottoms. The largest and best species are found in Atlantic waters from Maine to New Jersey, being most abundant on Maine and Massachusetts coasts. Lobsters have been found weighing from sixteen to twenty-five pounds, but such have been exterminated from our coast. The average weight is two pounds, and the length from ten to fifteen inches. Lobsters are largest and most abundant from June to September, but are obtainable all the year. When taken from the water, shells are of mottled dark green color, except when found on sandy bottoms, when they are quite red. Lobsters are generally boiled, causing the shell to turn red.

龙虾属于甲壳类中最高等的一目，仅生活在海水中，通常靠近多岩石的海岸，用置于砾石海底的笼具捕获。最大最好的品种见于从缅因州到新泽西州的大西洋水域，以缅因州和马萨诸塞州海岸最为丰富。曾发现重达十六至二十五磅的龙虾，但此类龙虾已从我们的海岸绝迹。平均重量为两磅，长度为十至十五英寸。龙虾在六月至九月间最大最多，但全年均可获得。从水中取出时，壳呈斑驳的深绿色，除非发现于沙质海底，则呈鲜红色。龙虾通常用水煮，使壳变红。

A lobster consists of body, tail, two large claws, and four pairs of small claws. On lower side of body, in front of large claws, are various small organs which surround the mouth, and a long and short pair of feelers. Under the tail are found several pairs of appendages. In the female lobster, also called hen lobster, is found, during the breeding season, the spawn, known as *coral*. Sex is determined by the pair of appendages in the tail which lie nearest the body; in the female they are soft and pliable, in the male hard and stiff. At one time small lobsters were taken in such quantities that it was feared, if the practice was long continued, they would be exterminated. To protect the continuance of lobster

一只龙虾由身体、尾部、两只大螯和四对小螯组成。身体下侧、大螯前方有环绕口部的各种小器官，以及一长一短的一对触须。尾部下方可见数对附肢。雌性龙虾，也称母龙虾，在繁殖季节体内有卵，称为虾卵。性别由尾部最靠近身体的那对附肢判定；雌性的柔软可弯，雄性的坚硬挺直。曾有一时，小龙虾被大量捕获，人们担心若长期如此，龙虾将会绝迹。为保护龙虾的延续，

fisheries, a law has been passed in many States prohibiting their sale unless at least ten inches long.

渔业，许多州已通过法律，禁止销售长度不足十英寸的个体。

Lobsters shed their shells at irregular intervals, when old ones are outgrown. The new ones begin to form and take on distinctive characteristics before the old ones are discarded. New shells after twenty-four hours' exposure to the water are quite hard.

龙虾在不定期脱壳，此时旧壳已不敷生长。新壳在旧壳脱落之前便开始形成并呈现独特特征。新壳在水中浸泡二十四小时后便相当坚硬。

Lobsters, being coarse feeders (taking almost any animal substance attainable), are difficult of digestion, and with some create great gastric disturbance; notwithstanding, they are seldom found diseased.

龙虾食性粗杂(几乎摄取任何可获得的动物物质)，难以消化，对某些人会造成严重的胃部不适；尽管如此，很少发现龙虾患病。

To Select a Lobster. Take in the hand, and if heavy in proportion to its size, the lobster is fresh. Straighten the tail, and if it springs into place the lobster was alive (as it should have been) when put into the pot for boiling. There is greater shrinkage in lobsters than in any other fish.

挑选龙虾用手拿起，若相对于其大小而言较重，则龙虾新鲜。将尾部拉直，若尾部弹回原位，则龙虾入锅煮沸时是活的(本应如此)。龙虾的缩水程度比任何其他鱼都大。

To Open Lobsters. Take off large claws, small claws, and separate tail from body. Tail meat may sometimes be drawn out whole with a fork; more often it is necessary to cut the thin shell portion (using scissors or a can opener) in under part of the tail, then the tail meat may always be removed whole. Separate tail meat through centre, and remove the small intestinal vein which runs its entire length; although generally darker than the meat, it is sometimes found of the same color. Hold body shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, leaving in shell the stomach (known as the *lady*), which is not edible, and also some of the green part, the *liver*. The liver may be removed by shaking the shell. The sides of the body are covered with the *lungs*; these are always discarded. Break body

如何拆开龙虾。取下大螯、小螯，将尾与身体分离。尾肉有时可用叉子整条拉出；更多时候需要剪开尾部下方的薄壳部分(用剪刀或开罐器)，这样尾肉总能完整取出。将尾肉从中央分开，取出贯穿其全长的细小肠静脉；尽管它通常比肉色深，有时却与肉同色。左手紧握身体壳，用右手前两指和拇指将身体拉出，壳内留下不可食用的胃(称为夫人)，以及部分绿色部分，即肝脏。肝脏可通过摇晃壳去除。身体两侧覆盖着肺；这些总是弃去。将身体

through the middle and separate body bones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws at joints. If shells are thin, with a knife cut off a strip down the sharp edge, so that shell may be broken apart and meat removed whole. Where shell is thick, it must be broken with a mallet or hammer. Small claws are used for garnishing. The shell of body, tail, and lower part of large claws, if not broken, may be washed, dried, and used for serving of lobster meat after it has been prepared. The portions of lobsters which are not edible are *lungs*, *stomach* (lady), and *intestinal vein*.

从中间掰开，分开身体骨片，挑出夹在其间的肉，这是最甜美最柔嫩的部分之一。在大螯的关节处将其分开。若壳薄，用刀沿锐利边缘切下一长条，使壳得以掰开，肉可完整取出。若壳厚，须用木槌或锤子敲破。小螯用于装饰。身体、尾部和大螯下部的壳，若未破碎，可洗净、晾干，在龙虾肉烹制好后用于盛装。龙虾不可食用的部分为肺、胃(夫人)和肠静脉。

Crabs among Crustaceans are next in importance to lobsters, commercially speaking. They are about two and one-half inches long by five inches wide, and are found along the Atlantic Coast from Massachusetts to Florida, and in the Gulf of Mexico. Crabs, like lobsters, change their shells. *Soft-shell* crabs are those which have recently shed their old shells, and the new shells have not had time to harden; these are considered by many a great luxury. *Oyster crabs* (very small crabs found in shells with oysters) are a delicacy not often indulged in. Crabs are in season during the spring and summer.

蟹在甲壳类中，就商业重要性而言仅次于龙虾。它们长约二英寸半，宽五英寸，分布于从马萨诸塞到佛罗里达的大西洋沿岸以及墨西哥湾。蟹和龙虾一样会换壳。软壳蟹是那些刚蜕去旧壳、新壳尚未有时间变硬的蟹；许多人视之为一大珍馐。牡蛎蟹(在牡蛎壳中发现的小蟹)是一种不常享用的美味。蟹的时令为春季和夏季。

Shrimps are found largely in our Southern waters, the largest and best coming from Lake Pontchartrain. They are about two inches long, covered with a thin shell, and are boiled and sent to market with heads removed. Their grayish color is changed to pink by boiling. Shrimps are in season from May first to October first, and are generally used for salads. Canned shrimps are much used and favorably known.

虾大量产于我国南方水域，最大最好的来自庞恰特雷恩湖。长约两英寸，覆有薄壳，煮熟后去头送往市场。其灰褐色经煮沸后变为粉红色。虾的应季期为五月一日至十月一日，通常用于制作沙拉。罐装虾用量很大，口碑甚佳。

Reptiles. Frogs and terrapin belong to a lower order of animals

爬行动物。青蛙和龟属于较低等的动物

than fish,—reptiles. They are both table delicacies, and are eaten by the few.

比鱼更甚，--爬行动物。二者皆为席上珍馐，唯少数人食之。

Only the hind legs of frogs are eaten, and have much the same flavor as chicken.

仅食用蛙的后腿，其风味与鸡肉大致相同。

Terrapin, although sold in our large cities, specially belong to Philadelphia, Baltimore, and Washington, where they are cooked and served at their best. They are shipped from the South, packed in seaweed, and may be kept for some time in a dark place. Terrapin are found in both fresh and salt-water. The Diamond Back, salt-water terrapin, coming from Chesapeake Bay, are considered the best, and command a very high price. Terrapin closely resembling Diamond Back, coming from Texas and Florida, are principally sold in our markets. Terrapin are in season from November to April, but are best in January, February, and March. They should always be cooked alive.

水龟虽然在我国大城市有售，但尤其属于费城、巴尔的摩和华盛顿，在那里烹制得最为出色。它们从南方运来，用海藻包裹，可在暗处保存一段时间。水龟在淡水和咸水中均有发现。来自切萨皮克湾的菱背水龟(咸水水龟)被认为是最好的，价格非常高昂。来自得克萨斯和佛罗里达、与菱背水龟极为相似的水龟主要在我国市场上出售。水龟的时令为十一月至四月，但以一月、二月和三月为最佳。它们应始终活体烹制。

TO PREPARE FISH FOR COOKING

准备烹饪鱼类

To Clean a Fish. Fish are cleaned and dressed at market as ordered, but need additional cleaning before cooking. Remove scales which have not been taken off. This is done by drawing a knife over fish, beginning at tail and working towards head, occasionally wiping knife and scales from fish. Incline knife slightly towards you to prevent scales from flying. The largest number of scales will be found on the flank. Wipe thoroughly inside and out with cloth wrung out of cold water, removing any clotted blood which may be found adhering to backbone.

鱼的清理。鱼在市场上按订单清理和整理好，但烹饪前还需进一步清理。去除尚未去掉的鳞片。方法是用刀在鱼身上刮，从尾部开始向头部进行，不时擦拭刀和鱼身上的鳞片。将刀略微向自己倾斜，以防鳞片飞溅。鳞片最多的地方在鱼身侧面。用拧干的冷水布彻底擦拭内外，清除可能附着在脊骨上的凝血。

Head and tail may or may not be removed, according to size of fish and manner of cooking. Small fish are generally served with

头和尾是否去除，视鱼的大小和烹饪方式而定。小鱼通常带

head and tail left on.

头和尾保留。

To Skin a Fish. With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Loosen skin on one side from bony part of gills, and being once started, if fish is fresh, it may be readily drawn off; if flesh is soft do not work too quickly, as it will be badly torn. By allowing knife to closely follow skin this may be avoided. After removing skin from one side, turn fish and skin the other side.

给鱼去皮用锋利的刀去除背部的鳍，并沿整个背部切下一窄条皮。从鳃部骨侧松开一侧的皮，一旦开始，若鱼新鲜，便可轻易撕下；若鱼肉松软，则不要操作太快，否则会撕得很碎。让刀紧贴鱼皮即可避免。一侧去皮后，翻转鱼身，给另一侧去皮。

To Bone a Fish. Clean and skin before boning. Beginning at the tail, run a sharp knife under flesh close to backbone, and with knife follow bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with fingers any small bones that may remain. Cod, haddock, halibut, and whitefish are easily and frequently boned; flounders and smelts occasionally.

给鱼去骨去骨前先清洗去皮。从尾部开始，用锋利的刀紧贴脊骨插入鱼肉下方，刀随骨走(尽量切得干净)贯穿全长，从而取下一半鱼肉；翻转，取下另一侧鱼肉。用手指挑出可能残留的小骨。鳕鱼、黑线鳕、大比目鱼和白鲑易于且经常去骨；鲽鱼和胡瓜鱼偶尔去骨。

To Fillet Fish. Clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a fillet. Halibut, cut in three-fourths inch slices, is more often cut in fillets than any kind of fish, and fillets are frequently rolled. When flounder is cut in fillets it is served under the name of *fillet of sole*. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

制作鱼柳清洗、去皮、去骨。一块去除了皮和骨的鱼肉，无论大小，称为鱼柳。大比目鱼切成四分之三英寸的片，比任何其他鱼都更常切成鱼柳，鱼柳常卷成卷。鲽鱼切成鱼柳后，以鳎鱼柳之名出售。英国水域的鳎鱼备受推崇，而鲽鱼是我们最接近它的替代品。

WAYS OF COOKING FISH

鱼的烹调方法

To Cook Fish in Boiling Water. Small cod, haddock, or cusk are cooked whole in enough boiling water to cover, to which is added salt and lemon juice or vinegar. Salt gives flavor; lemon juice or vinegar keeps the flesh white. A long fish-kettle containing a rack

用沸水煮鱼小鳕鱼、黑线鳕或单鳍鳕整条煮，用足量沸水没过，加入盐和柠檬汁或醋。盐赋予风味；柠檬汁或醋保持鱼肉洁白。一个带架子的长鱼锅

on which to place fish is useful but rather expensive. In place of fish-kettle, if the fish is not too large to be coiled in it, a frying-basket may be used placed in any kettle.

用来放置鱼很有用，但相当昂贵。若没有鱼锅，只要鱼不太大、能盘绕其中，可用炸篮代替，放入任何锅中。

Large fish are cut in thick pieces for boiling, containing the number of pounds required. Examples: salmon and halibut.

大鱼切成厚块水煮，按所需磅数取用。例如：鲑鱼和大比目鱼。

Pieces cut from large fish for boiling should be cleaned and tied in a piece of cheese-cloth to prevent scum being deposited on the fish. If skin is not removed before serving, scald the dark skin and scrape to remove coloring; this may be easily accomplished by holding fish on two forks, and lowering into boiling water the part covered with black skin; then remove and scrape. Time required for boiling fish depends on extent of surface exposed to water. Consult Time Table for Boiling, which will serve as a guide. The fish is cooked when flesh leaves the bone, no matter how long the time.

从大鱼上切下用于煮的鱼块应清理干净，并用一块奶酪布包好，以防浮沫沉积在鱼上。如果上桌前未去皮，则将深色鱼皮烫一下并刮去颜色；这可以通过将鱼架在两把叉子上，把覆有黑皮的部分浸入沸水中，然后取出刮除，便可轻松完成。煮鱼所需时间取决于暴露于水的表面积。参阅煮制时间表，可作为指南。无论时间多长，鱼肉一旦脱骨即已煮熟。

Boiled Mackerel, garnished with Potato Balls, Cucumber Ribbons Slices of Lemon cut in fancy shapes, and Parsley.—*Page 161*.

煮鲭鱼，配土豆球、黄瓜丝、切成花样的柠檬片和欧芹。--第*161*页。

Hollenden Halibut.—*Page 167*.

霍伦登大比目鱼。--第*167*页。

Stuffed Haddock ready for baking.—*Page 164*.

填馅黑线鳕，准备烘烤。--第*164*页。

Smelts prepared for cooking.—*Page 173*.

多春鱼(Smelts)的烹饪前处理--见第173页。

To Broil Fish. Cod, haddock, bluefish, and mackerel are split down the back and broiled whole, removing head and tail or not, as desired. Salmon, chicken halibut, and swordfish are cut in inch

烤鱼鳕鱼、黑线鳕、蓝鱼和鲭鱼从背部剖开整条烤制，是否去头去尾随意。鲑鱼、小大比目鱼和剑鱼切成英寸

slices for broiling. Smelts and other small fish are broiled whole, without splitting. Clean and wipe fish as dry as possible, sprinkle with salt and pepper, and place in well-greased wire broiler. Slices of fish should be turned often while broiling; whole fish should be first broiled on flesh side, then turned and broiled on skin side just long enough to make skin brown and crisp.

To remove from broiler, loosen fish on one side, turn and loosen on other side; otherwise flesh will cling to broiler. Slip from broiler to hot platter, or place platter over fish and invert platter and broiler together.

To Bake Fish. Clean, and bake on a greased fish-sheet placed in a dripping-pan. If a fish-sheet is not at hand, place strips of cotton cloth under fish, by which it may be lifted from pan.

To Fry Fish. Clean fish, and wipe as dry as possible. Sprinkle with salt, dip in flour or crumbs, egg, and crumbs, and fry in deep fat.

To Sauté Fish. Prepare as for frying, and cook in frying-pan with small amount of fat; or, if preferred, dip in granulated corn meal. Cod steak and smelts are often cooked in this way.

TABLE SHOWING COMPOSITION OF THE VARIOUS FISH USED FOR FOOD

Articles	Refuse	Proteid	Fat	Mineral matter	W
Bass, black	54.8	9.3	.8	.5	3
Bluefish	55.7	8.3	.5	.5	3
Butterfish	42.8	10.2	6.3	.6	4

片烤制。胡瓜鱼和其他小鱼整条烤制，不剖开。将鱼清洗并尽量擦干，撒上盐和胡椒，放入涂好油的铁丝烤网中。烤制时鱼片应经常翻面；整条鱼应先烤肉面，然后翻面烤皮面，只需烤至皮呈棕色且酥脆即可。

从烤架上取下时，先松开鱼的一侧，翻面再松开另一侧；否则鱼肉会粘在烤架上。将鱼从烤架上滑到热盘中，或将盘子盖在鱼上，连同盘子和烤架一起翻转。

烤鱼。清理干净，放在涂了油的鱼片上，置于滴油盘中烘烤。如果没有鱼片，可在鱼下垫棉布条，以便将鱼从盘中提起。

炸鱼。将鱼清理干净，尽量擦干。撒上盐，蘸面粉或面包屑、鸡蛋和面包屑，用深油炸制。

煎鱼。按炸鱼的方法准备，在煎锅中用少量油脂烹制；或者，如果喜欢，蘸上粗玉米粉。鳕鱼排和胡瓜鱼常用此法烹制。

用于食用的各种鱼类的成分表

物品	废弃物	蛋白质	脂肪	矿物质	水
黑鲈	54.8	9.3	.8	.5	34.6
蓝鱼	55.7	8.3	.5	.5	35.
黄油鱼	42.8	10.2	6.3	.6	40.1

Cod, fresh	52.5	8.	.2	.6	3	鲜鳕鱼 52.5 8. .2 .6 38.7
Cod, salt, boneless		22.2	.3	23.1	5	鳕鱼，盐渍，54.4 22.2。3 23.1 去骨
Cusk	40.3	10.1	.1	.5	4	单鳍鳕 40.3 10.1 .1 .5 49. 鳗鱼 20.2 14.6 7.2 .8 57.2 比目鱼 61.5 5.6 .3 .5 32.1
Eels	20.2	14.6	7.2	.8	5	
Flounder	61.5	5.6	.3	.5	3	
Haddock	51.	8.2	.2	.6	4	黑线鳕 51. 40. 8.2 .2 .6
Halibut, sections	17.7	15.1	4.4	.9	6	比目鱼，61.9 17.7 15.1 4.4。9节
Herring	42.6	10.9	3.9	.9	4	鲱鱼 42.6 10.9 3.9 .9 41.7 鲭鱼 44.6 10. 4.3 .7 40.4
Mackerel	44.6	10.	4.3	.7	4	
Mackerel, Spanish	34.6	13.7	6.2	1.	4	鲭鱼，44.5 34.6 13.7 6.2 西班牙鲭
Perch, white	62.5	7.2	1.5	.4	2	鲈鱼，28.4 62.5 7.2 1.5 白色
Pickerel	47.1	9.8	.2	.7	4	狗鱼 47.1 9.8 .2 .7 42.2 鲳鱼 45.5 10.2 4.3 .5 39.5
Pompano	45.5	10.2	4.3	.5	3	
Red Snapper	46.1	10.6	.6	.7	4	红 42. 46.1 10.6 6 鲷鱼
Salmon	39.2	12.4	8.1	.9	3	鲑鱼 39.2 12.4 8.1 .9 39.4 美洲西鲱 50.1 9.2 4.8 .7 35.2
Shad	50.1	9.2	4.8	.7	3	
	Carbohydrates					**碳水化合物**
Shad, roe	2.6	20.9	3.8	1.5	7	美洲西鲱鱼籽 2.6 71.2 20.9 3.8 1.5
	Refuse					**废弃物**
Sheepshead	66.	6.4	.2	.5	2	羊头鲷 66. 26.9 6.4 .2 .5

Smelts	41.9	10.	1.	1.		4
Trout	48.1	9.8	1.1	.6		4
Turbot	47.7	6.8	7.5	.7		3
Whitefish	53.5	10.3	3.	.7		3
					Carbohydrates	
Lobsters	61.7	5.9	.7	.8	.2	3
Clams, out of shell		10.6	1.1	2.3	5.2	8
Oysters, solid		6.1	1.4	.9	3.3	8
Crabs, soft-shell		15.8	1.5	2.	.7	8

W. O. Atwater, Ph.D.

Boiled Haddock

Clean and boil as directed in Ways of Cooking Fish. Remove to a hot platter, garnish with slices of “hard-boiled” eggs and parsley, and serve with Egg Sauce. A thick piece of halibut may be boiled and served in the same way.

Boiled Salmon

Clean and boil as directed in Ways of Cooking Fish. Place on a hot platter, remove skin, and garnish with slices of lemon and parsley. Serve with Egg Sauce I or II, or Hollandaise Sauce.

胡瓜鱼	41.9	10.	1.	1.		46.1
鳟鱼	48.1	9.8	1.1	.6		40.4
大比目鱼	47.7	6.8	7.5	.7		37.3
白鲑	53.5	10.3	3.	.7		32.5
					碳水化合物	
龙虾	61.7	5.9	.7	.8	.2	30.7
蛤蜊，出壳的		10.6	1.1	2.3	5.2	80.8
牡蛎，固体		6.1	1.4	.9	3.3	88.3
螃蟹，软壳壳		15.8	1.5	2.	.7	80.

W. 牡蛎。

阿特沃特博士

煮鳕鱼

按“鱼的烹饪方法”中的指示清理并煮制。移至热盘中，用“煮老”鸡蛋片和欧芹装饰，配鸡蛋酱汁食用。厚块大比目鱼也可用同样方法煮制食用。

煮鲑鱼

按“鱼的烹饪方法”中的指示清理并煮制。放在热盘中，去掉鱼皮，用柠檬片和欧芹装饰。配鸡蛋酱汁一号或二号，或荷兰酱汁食用。

Steamed Halibut, Silesian Sauce

Steam by cooking over boiling water a piece of halibut weighing two pounds, and serve with Silesian Sauce.

1½ tablespoons vinegar
⅛ teaspoon powdered tarragon
3 peppercorns
Bit of bay leaf
Sprig of parsley
½ teaspoon finely chopped shallot
Salt and cayenne
Yolks 3 eggs
⅔ cup Brown Stock
¼ cup butter
1 tablespoon flour
½ tablespoon capers
½ tablespoon parsley
Cook first six ingredients until reduced one-half; strain, add yolks of eggs well beaten, one-half, each, brown stock and butter, and cook over hot water, stirring constantly until thickened. Then add, gradually, remaining butter mixed with flour and stock. As soon as mixture thickens, add capers, parsley finely chopped, and salt and cayenne.

Broiled Scrod

A young cod, split down the back, and backbone removed, except a small portion near the tail, is called a scrod. Scrod are always broiled, spread with butter, and sprinkled with salt and pepper.

蒸比目鱼，西里西亚酱

将一块重两磅的大比目鱼放在沸水上蒸熟，配西里西亚酱汁食用。

11/2 汤匙醋
1/8茶匙龙蒿粉
3粒胡椒
一片月桂叶
欧芹小枝
1/2茶匙切碎的青葱盐和辣椒粉

蛋黄 3 个鸡蛋
2/3杯棕色高汤
1/4 杯黄油
一汤匙面粉
1/2 汤匙刺山柑
1/2 汤匙欧芹
将前六种配料煮至减半；过滤，加入打散的蛋黄、各一半的棕色高汤和黄油，在热水上加热并不断搅拌至浓稠。然后逐渐加入剩余的黄油，与面粉和高汤混合。混合物一浓稠，即加入刺山柑、切碎的欧芹、盐和辣椒粉。

烤小鳕鱼

将小鳕鱼从背部剖开，去掉脊骨，仅保留靠近尾部的一小部分，称为scrod。Scrod总是烤制，涂上黄油，撒上盐和胡椒粉。

Haddock is also so dressed.

黑线鳕也如此处理。

Broiled Chicken Halibut

Clean and broil as directed in Ways of Cooking Fish. Spread with butter, sprinkle with salt and pepper, and garnish with slices of lemon cut in fancy shapes and sprinkled with paprika and parsley.

烤大比目鱼块

按“鱼的烹饪方法”中的指示清理并烤制。涂上黄油，撒上盐和胡椒粉，用切成花样的柠檬片装饰，撒上红椒粉和欧芹。

Broiled Swordfish

Clean and broil fish, spread with butter, sprinkle with salt and pepper, and serve with Cucumber Sauce I, or Horseradish Sauce I.

烤剑鱼

将鱼清理干净并烤制，涂上黄油，撒上盐和胡椒粉，配黄瓜酱汁一号或辣根酱汁一号食用。

Broiled Shad Roe

Wipe, sprinkle with salt and pepper, put on greased wire broiler, and broil five minutes on each side. Serve with Maître d’Hôtel Butter. Mackerel roe are delicious cooked in this way.

烤鲥鱼籽

擦净，撒上盐和胡椒粉，放在涂了油的金属烤架上，每面烤五分钟。配主厨黄油食用。鲭鱼籽用此法烹制非常美味。

Broiled Pompano with Fricassee of Clams

Clean and broil fish as directed in Ways of Cooking Fish (see p. 160). When nearly cooked, slip from broiler onto a hot platter and brush over with melted butter. Surround with two borders of mashed potatoes, one-inch apart, forced through a pastry bag and tube. Arrange ten halves of clam-shells between potato borders, at equal distances; fill spaces between shells with potato roses. Place in oven to finish cooking fish and to brown potatoes. Just before serving, fill clam-shells with

Fricassee of Clams. Clean one pint clams, finely chop hard portions and reserve soft portions. Melt two tablespoons butter,

烤鲳鱼配蛤蜊炖菜

按“鱼的烹饪方法”中的指示(见第160页)清理并烤鱼。快熟时，从烤架上滑到热盘中，刷上融化的黄油。周围围两圈土豆泥，相距一英寸，用裱花袋和裱花嘴挤出。在两圈土豆泥之间等距摆放十个半片蛤壳；用土豆玫瑰花填满蛤壳之间的空隙。放入烤箱完成鱼的烹制并使土豆变褐。上桌前，将蛤壳填满

炖蛤蜊。清理一品脱蛤蜊，将硬的部分切碎，保留软的部分。融化两汤匙黄油，

add chopped clams, two tablespoons flour, and pour on gradually one-third cup cream. Strain sauce, add soft part of clams, cook one minute, season with salt and cayenne, and add yolk of one egg slightly beaten.

加入切碎的蛤蜊、两汤匙面粉，逐渐倒入三分之一杯奶油。过滤酱汁，加入蛤蜊的柔软部分，煮一分钟，用盐和卡宴辣椒调味，并加入一个鸡蛋的蛋黄，略微搅打。

Baked Haddock with Stuffing

Clean a four-pound haddock, sprinkle with salt inside and out, stuff, and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, having gashes on one side come between gashes on other side. Shape with skewers in form of letter S, and fasten skewers with small twine. Place on greased fish-sheet in a dripping-pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake one hour in hot oven, basting as soon as fat is tried out, and continue basting every ten minutes. Serve with Drawn Butter, Egg or Hollandaise Sauce.

焗酿黑线鳕

将一条四磅重的黑线鳕清理干净，内外撒上盐，填入馅料并缝合。在脊骨两侧各切五道斜口，塞入窄条肥咸猪肉，使一侧的切口位于另一侧切口之间。用签子将鱼整形成字母S的形状，并用细绳固定签子。放在滴盘中的涂油鱼形烤纸上，撒上盐和胡椒，刷上融化黄油，撒上面粉，并在鱼周围放上小块肥咸猪肉。在热烤箱中烤一小时，待油脂熬出后立即浇淋，之后每十分钟浇淋一次。配 drawn butter、鸡蛋酱汁或荷兰酱汁食用。

Fish Stuffing I

½ cup cracker crumbs
½ cup stale bread crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
¼ cup hot water
Mix ingredients in order given.

鱼肉馅料 I

1/2杯饼干屑 1/2杯陈面包屑
1/4杯融化黄油 1/4茶匙盐 1/8茶匙胡椒几滴洋葱汁 1/4杯热水

按所给顺序混合配料。

Fish Stuffing II

鱼馅料 II

1 cup cracker crumbs

¼ cup melted butter

¼ teaspoon salt

⅛ teaspoon pepper

Few drops onion juice

Parsley 1 teaspoon each, finely chopped

Capers

Pickles

Mix ingredients in order given. This makes a dry, crumbly stuffing.

Baked Bluefish

Clean a four-pound bluefish, stuff, sew, and bake as Baked Halibut with Stuffing, omitting to cut gashes on sides, as the fish is rich enough without addition of pork. Baste often with one-third cup butter melted in two-thirds cup boiling water. Serve with Shrimp Sauce.

Breslin Baked Bluefish

Split and bone a bluefish, place on a well-buttered sheet, and cook twenty minutes in a hot oven. Cream one-fourth cup butter, add yolks two eggs, and when well mixed add two tablespoons, each, onion, capers, pickles, and parsley, finely chopped; two tablespoons lemon juice, one tablespoon vinegar, one-half teaspoon salt, and one-third teaspoon paprika. Sprinkle fish with salt, spread with mixture, and continue the baking until fish is done. Remove to serving dish and garnish with potato balls,

一杯饼干屑

1/4 杯融化的黄油

1/4茶匙盐

1/8 茶匙胡椒

几滴洋葱汁

欧芹各一茶匙，切碎；刺山柑

腌菜

按所给顺序混合配料。这样可制成干松易碎的馅料。

烤蓝鱼

清理一条四磅重的蓝鱼，填料，缝合，按照填料烤大比目鱼的方法烘烤，但不在两侧切刀口，因为这种鱼本身足够肥美，无需添加猪肉。经常用三分之一杯黄油融化在三分之二杯沸水中浇淋。配虾酱汁食用。

布雷斯林烤蓝鱼

将蓝鱼剖开去骨，放在涂好黄油的烤板上，在热烤箱中烤二十分钟。将四分之一杯黄油搅打至奶油状，加入两个鸡蛋的蛋黄，搅拌均匀后加入各两汤匙切碎的洋葱、刺山柑、酸黄瓜和欧芹；两汤匙柠檬汁、一汤匙醋、半茶匙盐和三分之一茶匙红椒粉。在鱼上撒盐，涂抹混合物，继续烘烤至鱼熟透。移至上菜盘中，用土豆球装饰，

cucumber ribbons, lemon cut in fancy shapes, and parsley.

黄瓜缎带、切成花式的柠檬和欧芹。

Bluefish à l'Italienne

Clean a four-pound bluefish, sprinkle with salt and pepper, and put on buttered fish-sheet in a dripping-pan. Add three tablespoons white wine, three tablespoons mushroom liquor, one-half onion finely chopped, eight mushrooms finely chopped, and enough water to allow sufficient liquor in pan for basting. Bake forty-five minutes in hot oven, basting five times. Serve with Sauce à l'Italienne.

意式蓝鱼

清理一条四磅重的蓝鱼，撒上盐和胡椒，放在滴盘中的涂油鱼板上。加入三汤匙白葡萄酒、三汤匙蘑菇汁、半个切碎的洋葱、八个切碎的蘑菇，以及足够的水，使盘中有足够的汁液用于浇淋。在热烤箱中烤四十五分钟，浇淋五次。配意大利式酱汁食用。

Baked Cod with Oyster Stuffing

Clean a four-pound cod, sprinkle with salt and pepper, brush over with lemon juice, stuff, and sew. Gash, skewer, and bake as Baked Halibut with Stuffing. Serve with Oyster Sauce.

烤鳕鱼配牡蛎填料

清理一条四磅重的鳕鱼，撒上盐和胡椒，刷上柠檬汁，填料，缝合。切刀口，用签子固定，按照填料烤大比目鱼的方法烘烤。配牡蛎酱汁食用。

Oyster Stuffing

1 cup cracker crumbs
¼ cup melted butter
½ teaspoon salt
⅛ teaspoon pepper
1½ teaspoons lemon juice
½ tablespoon finely chopped parsley
1 cup oysters
Add seasonings and butter to cracker crumbs. Clean oysters, and remove tough muscles; add soft parts to mixture, with two tablespoons oyster liquor to moisten.

牡蛎填料

一杯饼干屑
1/4 杯融化的黄油
1/2 茶匙盐
1/8 茶匙胡椒
11/2茶匙柠檬汁
半汤匙切碎的欧芹一杯牡蛎

在饼干屑中加入调味料和黄油。清理牡蛎，去除坚韧的肌肉；将柔软部分加入混合物中，加两汤匙牡蛎汁润湿。

Baked Haddock with Oyster Stuffing

烤黑线鳕配牡蛎填料

Remove skin, head, and tail from a four-pound haddock. Bone, leaving in large bones near head, to keep fillets in shape of the original fish. Sprinkle with salt, and brush over with lemon juice. Lay one fillet on greased fish-sheet in a dripping-pan, cover thickly with oysters, cleaned and dipped in buttered cracker crumbs seasoned with salt and pepper. Cover oysters with other fillet, brush with egg slightly beaten, cover with buttered crumbs, and bake fifty minutes in a moderate oven. Serve with Hollandaise Sauce I. Allow one pint oysters and one cup cracker crumbs.

Baked Halibut with Tomato Sauce

2 lbs. halibut
2 cups tomatoes
1 cup water
1 slice onion
3 cloves
½ tablespoon sugar
3 tablespoons butter
3 tablespoons flour
¾ teaspoon salt
⅛ teaspoon pepper

Cook twenty minutes tomatoes, water, onion, cloves, and sugar. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in baking-pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce, and garnish with parsley.

Baked Halibut with Lobster Sauce

将一条四磅重的黑线鳕去皮、去头和去尾。去骨，保留靠近头部的大骨，以使鱼片保持原鱼的形状。撒上盐，刷上柠檬汁。将一片鱼片放在滴盘中涂油的鱼形烤纸上，厚厚地覆盖上牡蛎--牡蛎需清洗并蘸上用盐和胡椒调味的黄油饼干屑。用另一片鱼片覆盖牡蛎，刷上略打散的鸡蛋，覆盖上黄油饼干屑，在中等烤箱中烤五十分钟。配荷兰酱汁I食用。用一品脱牡蛎和一杯饼干屑。

番茄酱烤大比目鱼

两磅大比目鱼
两杯番茄
一杯水
1片洋葱
3瓣
1/2 汤匙糖
3汤匙黄油
3汤匙面粉
3/4 茶匙盐
1/8 茶匙胡椒

将番茄、水、洋葱、丁香和糖煮二十分钟。融化黄油，加入面粉，搅拌入热混合物中。加入盐和胡椒，煮十分钟，过滤。清理鱼，放入烤盘，倒入一半酱汁，烤三十五分钟，经常浇淋。移至热盘中，倒入剩余酱汁，用欧芹装饰。

烤大比目鱼配龙虾酱

Clean a piece of halibut weighing three pounds. Cut gashes in top, and insert a narrow strip of fat salt pork in each gash. Place in dripping pan on fish-sheet, sprinkle with salt and pepper, and dredge with flour. Cover bottom of pan with water, add sprig of parsley, slice of onion, two slices carrot cut in pieces, and bit of bay leaf. Bake one hour, basting with one-fourth cup butter and the liquor in pan. Serve with Lobster Sauce.

清理一块重三磅的大比目鱼。在顶部切刀口，在每个刀口中插入一条窄的肥咸猪肉条。放在滴盘中的鱼板上，撒上盐和胡椒，撒上面粉。在盘底铺水，加入一小枝欧芹、一片洋葱、两片切碎的胡萝卜和一点月桂叶。烤一小时，用四分之一杯黄油和盘中的汁液浇淋。配龙虾酱汁食用。

Hollenden Halibut

Arrange six thin slices fat salt pork two and one-half inches square in a dripping-pan. Cover with one small onion, thinly sliced, and add a bit of bay leaf. Wipe a two-pound piece of chicken halibut and place over pork and onion. Mask with three tablespoons butter creamed and mixed with three tablespoons flour. Cover with three-fourths cup buttered cracker crumbs and arrange thin strips of fat salt pork over crumbs. Cover with buttered paper and bake fifty minutes in a moderate oven, removing paper during the last fifteen minutes of the cooking to brown crumbs. Remove to hot serving dish and garnish with slices of lemon cut in fancy shapes sprinkled with finely chopped parsley and paprika.

霍伦登大比目鱼

在滴盘中摆放六片两英寸半见方的薄片肥咸猪肉。覆盖上一个小洋葱，切成薄片，并加入一点月桂叶。擦净一块两磅重的鸡肉大比目鱼，放在猪肉和洋葱上。涂抹上三汤匙搅打黄油与三汤匙面粉混合的糊状物。覆盖上四分之三杯黄油饼干屑，并在饼干屑上摆放薄条肥咸猪肉。盖上涂油纸，在中等烤箱中烤五十分钟，最后十五分钟取下纸以使饼干屑上色。移至热餐盘中，用切成花样的柠檬片装饰，撒上细切欧芹和红椒粉。

Baked Mackerel

Split fish, clean, and remove head and tail. Put in buttered dripping-pan, sprinkle with salt and pepper, and dot over with butter (allowing one tablespoon to a medium-sized fish), and pour over two-thirds cup milk. Bake twenty-five minutes in hot oven.

烤鲭鱼

将鱼剖开，清理，去除头和尾。放入涂好黄油的滴盘中，撒上盐和胡椒，点上黄油(中等大小的鱼用一汤匙)，倒入三分之二杯牛奶。在热烤箱中烤二十五分钟。

Planked Shad or Whitefish

Clean and split a three-pound shad. Put skin side down on an oak

木板烤鲥鱼或白鲑

将一条三磅重的鲥鱼清理干净并剖开。鱼皮朝下放在一块橡木

plank one inch thick, and a little longer and wider than the fish, sprinkle with salt and pepper, and brush over with melted butter. Bake twenty-five minutes in hot oven. Remove from oven, spread with butter, and garnish with parsley and lemon. The fish should be sent to the table on plank. Planked Shad is well cooked in a gas range having the flame over the fish.

The Planked Whitefish of the Great Lakes has gained much favor.

木板一英寸厚，比鱼稍长稍宽，撒上盐和胡椒，刷上融化黄油。在热烤箱中烤二十五分钟。从烤箱取出，涂上黄油，用欧芹和柠檬装饰。鱼应放在木板上端上桌。木板烤鲥鱼在火焰位于鱼上方的煤气灶中烤制效果良好。

大湖区的烤白鲑鱼颇受欢迎。

Planked Shad with Creamed Roe

Select a roe shad and prepare same as Planked Shad. Parboil roe in salted, acidulated water twenty minutes. Remove outside membrane, and mash. Melt three tablespoons butter, add one teaspoon finely chopped shallot, and cook five minutes; add roe, sprinkle with one and one-half tablespoons flour, and pour on gradually one-third cup cream. Cook slowly five minutes, add two egg yolks and season highly with salt, pepper, and lemon juice. Remove shad from oven, spread thin part with roe mixture, cover with buttered crumbs, and return to oven to brown crumbs. Garnish with mashed potatoes forced through a pastry bag and tube, small tomatoes, slices of lemon and parsley.

木板烤鲥鱼配奶油鱼籽

选择一条带卵的西鲱，按木板烤西鲱的方法准备。将鱼卵在加盐和酸的沸水中煮二十分钟。去除外膜，捣碎。融化三汤匙黄油，加入一茶匙细切葱头，煮五分钟；加入鱼卵，撒上一汤匙半面粉，逐渐倒入三分之一杯奶油。慢煮五分钟，加入两个蛋黄，用盐、胡椒和柠檬汁重调味。将西鲱从烤箱中取出，在薄的部分涂抹鱼卵混合物，覆盖上黄油饼干屑，放回烤箱使饼干屑上色。用通过裱花袋和花嘴挤出的土豆泥、小番茄、柠檬片和欧芹装饰。

Planked Haddock

Skin and bone a haddock, leaving meat in two fillets. Sauté fillets separately, using a generous quantity of butter and cooking until well browned on one side. Remove to planks, sprinkle with salt and pepper. Garnish with mashed potatoes, outlining the original shape of the fish, making as prominent as possible head, tail, and

木板烤黑线鳕

将一条黑线鳕去皮去骨，鱼肉分成两片鱼柳。分别煎鱼柳，使用大量黄油，煎至一面呈深棕色。移至木板上，撒上盐和胡椒。用土豆泥装饰，勾勒出鱼的原始形状，尽可能突出头、尾和

fins. Bake until potatoes are well browned, when fish should be thoroughly cooked. Finish garnishing with parsley and slices of lemon sprinkled with finely chopped parsley.

鳍。烘烤至土豆呈深棕色，此时鱼应已完全熟透。最后用欧芹和撒有细碎欧芹的柠檬片装饰。

Baked Stuffed Smelts

Clean and wipe as dry as possible twelve selected smelts. Stuff, sprinkle with salt and pepper, and brush over with lemon juice. Place in buttered shallow plate, cover with buttered paper, and bake five minutes in hot oven. Remove from oven, sprinkle with buttered crumbs, and bake until crumbs are brown. Serve with Sauce Bearnaise.

Stuffing. Cook one tablespoon finely chopped onion with one tablespoon butter three minutes. Add one-fourth cup finely chopped mushrooms, one-fourth cup soft part of oysters (parboiled, drained, and chopped), one-half teaspoon chopped parsley, three tablespoons Thick White Sauce, and one-half cup Fish Force-meat.

烤酿胡瓜鱼

清理十二条精选胡瓜鱼，尽可能擦干。填料，撒上盐和胡椒，刷上柠檬汁。放在涂好黄油的浅盘中，盖上涂油纸，在热烤箱中烤五分钟。从烤箱取出，撒上涂油面包屑，烤至面包屑呈棕色。配贝阿奈兹酱汁食用。

填料。将一汤匙切碎的洋葱与一汤匙黄油煮三分钟。加入四分之一杯切碎的蘑菇、四分之一杯牡蛎的柔软部分(预煮、沥干并切碎)、半茶匙切碎的欧芹、三汤匙浓白酱汁和半杯鱼肉馅。

Smelts à la Langtry

Split and bone eight selected smelts. Cut off tails, and from tail ends of fish turn meat over one inch onto flesh side. Sprinkle with salt and pepper, and brush over with lemon juice. Garnish with Fish Force-meat forced through a pastry bag and tube, and fasten heads with skewers to keep in an upright position. Arrange in a buttered pan, and pour around white wine. Cover with buttered paper, and bake from fifteen to twenty minutes. Just before taking from oven, sprinkle with lobster coral forced through a strainer.

兰翠式胡瓜鱼

将八条精选胡瓜鱼剖开去骨。切去尾部，从鱼尾端将鱼肉翻转约一英寸到肉面。撒上盐和胡椒，刷上柠檬汁。用通过裱花袋和花嘴挤出的鱼肉馅装饰，并用签子固定鱼头以保持直立。摆放在涂油锅中，周围倒入白葡萄酒。盖上涂油纸，烤十五至二十分钟。出炉前，撒上通过滤网压出的龙虾卵。

Serve with Aurora Sauce.

Aurora Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually one and one-half cups cream and one tablespoon meat extract. Season with salt and cayenne, and add lobster coral and one-half cup lobster dice.

Baked Shad Roe with Tomato Sauce

Cook shad roe fifteen minutes in boiling salted water to cover, with one-half tablespoon vinegar; drain, cover with cold water, and let stand five minutes. Remove from cold water, and place on buttered pan with three-fourths cup Tomato Sauce I or II. Bake twenty minutes in hot oven, basting every five minutes. Remove to a platter, and pour around three-fourths cup Tomato Sauce.

Baked Fillets of Bass or Halibut

Cut bass or halibut into small fillets, sprinkle with salt and pepper, put into a shallow pan, cover with buttered paper, and bake twelve minutes in hot oven. Arrange on a rice border, garnish with parsley, and serve with Hollandaise Sauce II.

Fillets of Halibut with Brown Sauce

Cut a slice of halibut weighing one and one-half pounds in eight short fillets, sprinkle with salt and pepper, put in greased pan, and bake five minutes; drain, pour over one and one-half cups Brown Sauce I, cover with one-half cup buttered cracker crumbs, and bake.

Fillets of Haddock, White Wine Sauce

配Aurora酱汁食用。

极光酱汁。融化三汤匙黄油，加入三汤匙面粉，逐渐倒入一杯半奶油和一汤匙肉精。用盐和卡宴辣椒调味，加入龙虾卵和半杯龙虾丁。

番茄酱烤鲥鱼籽

将鲥鱼卵在加盖的沸腾盐水中煮十五分钟，加半汤匙醋；沥干，用冷水覆盖，静置五分钟。从冷水中取出，放在涂好黄油的盘中，加入四分之三杯番茄酱汁I或II。在热烤箱中烤二十分钟，每五分钟浇淋一次。移至盘中，倒入四分之三杯番茄酱汁。

烤鲈鱼或大比目鱼柳

将鲈鱼或大比目鱼切成小鱼柳，撒上盐和胡椒，放入浅盘，盖上涂油纸，在热烤箱中烤十二分钟。排列在米饭围边中，用欧芹装饰，配荷兰酱汁II食用。

比目鱼柳配棕酱

将一块重一磅半的大比目鱼切成八片短鱼柳，撒上盐和胡椒，放入涂油盘中，烤五分钟；沥干，倒入一杯半棕色酱汁I，覆盖半杯涂油饼干屑，烘烤。

鳕鱼柳配白葡萄酒酱

Skin a three and one-half pound haddock, and cut in fillets. Arrange in buttered baking-pan, pour around fish three tablespoons melted butter, three-fourths cup white wine to which has been added one-half tablespoon lemon juice, and two slices onion. Cover and bake. Melt two tablespoons butter, add two tablespoons flour, and pour on liquor drained from fish; then add one-half cup Fish Stock (made from head, tail, and bones of fish), two tablespoons heavy cream, yolks two eggs, salt, and pepper. Remove fillets to serving dish, pour over sauce strained through cheese-cloth, and sprinkle with finely chopped parsley.

将一条三磅半重的黑线鳕去皮，切成鱼柳。排放在涂了黄油的烤盘中，在鱼周围倒入三汤匙融化的黄油、四分之三杯白葡萄酒(其中已加入半汤匙柠檬汁)以及两片洋葱。盖上盖子烘烤。融化两汤匙黄油，加入两汤匙面粉，倒入从鱼中沥出的汤汁；然后加入半杯鱼高汤(用鱼头、鱼尾和鱼骨熬制)、两汤匙浓奶油、两个鸡蛋的蛋黄、盐和胡椒。将鱼柳移至上菜盘中，浇上经细布过滤的酱汁，撒上切碎的欧芹。

Halibut à la Poulette

A slice of halibut, weighing 1½ lbs.
¼ cup melted butter
⅛ teaspoon pepper
2 teaspoons lemon juice
Few drops onion juice
¼ teaspoon salt
Clean fish and cut in eight fillets. Add seasonings to melted butter, and put dish containing butter in saucepan of hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter-roll and fasten with a small wooden skewer. Put in a shallow pan, dredge with flour, and bake twelve minutes in hot oven. Remove skewers, arrange on platter for serving, pour around one and one-half cups Béchamel Sauce, and garnish with yolks of two hard-boiled eggs rubbed through a strainer, whites of hard-boiled eggs cut in strips, lemon cut fan-shaped, and parsley.

白汁比目鱼

一片重11/2磅的大比目鱼，1/4杯融化的
黄油
1/8 茶匙胡椒
2茶匙柠檬汁
几滴洋葱汁
1/4茶匙盐
将鱼清理干净，切成八片鱼柳。将调味料加入融化的黄油中，把盛有黄油的盘子放入热水锅中以保持黄油融化。用叉子逐片取起鱼柳，蘸上黄油后卷起，并用小木签固定。放入浅烤盘中，撒上面粉，在热烤箱中烘烤十二分钟。取出木签，摆放在上菜盘中，周围浇上一杯半贝夏梅尔酱汁，并用两个煮熟的蛋黄(通过筛网擦碎)、切成条的煮熟蛋白、切成扇形的柠檬和欧芹作装饰。

Moulded Fish, Normandy Sauce

模制鱼，诺曼底酱

Remove skin and bones from a thick piece of halibut, finely chop fish, and force through a sieve (there should be one and one-third cups). Pound in mortar, adding gradually whites two eggs. Add one and one-fourth cups heavy cream, and salt, pepper, and cayenne to taste. Turn into a buttered fish-mould, cover with buttered paper, set in pan of hot water, and bake until fish is firm. Turn on serving dish and surround with

将一块厚大比目鱼去皮去骨，将鱼肉切碎，用筛子过滤(应有一杯三分之一)。在研钵中捣碎，逐渐加入两个鸡蛋的蛋白。加入一杯四分之一重奶油，以及适量的盐、胡椒和卡宴辣椒。倒入涂好黄油的鱼形模具中，盖上涂油纸，放入热水盘中，烤至鱼肉变硬。倒扣在上菜盘中，周围配以

Planked Haddock.—*Page 168.*

木板烤黑线鳕。--第页 168

Fillets of Fish à la Bement.—*Page 171.*

比门特式鱼柳。--第171页。

Oyster Cocktail I.—*Page 180.*

牡蛎鸡尾酒 I.--第页 180

Oyster Cocktail II.—*Page 180.*

牡蛎鸡尾酒 II.--页 180

Normandy Sauce. Cook skin and bones of fish with three slices carrot, one slice onion, sprig of parsley, bit of bay leaf, one-fourth teaspoon peppercorns, and two cups cold water, thirty minutes, and strain; there should be one cup. Melt two tablespoons butter, add three tablespoons flour, fish stock, one-third cup heavy cream, and yolks two eggs. Season with salt, pepper, cayenne, and Sauterne.

诺曼底酱汁。将鱼的皮和骨与三片胡萝卜、一片洋葱、一小枝欧芹、一点月桂叶、四分之一茶匙胡椒粒和两杯冷水煮三十分钟，过滤；应有一杯。融化两汤匙黄油，加入三汤匙面粉、鱼高汤、三分之一杯重奶油和两个鸡蛋的蛋黄。用盐、胡椒、卡宴辣椒和苏特恩白葡萄酒调味。

Halibut à la Martin

Clean two slices chicken halibut and cut into eight fillets. Season with salt and brush over with lemon juice. Arrange on a tin plate covered with cheese-cloth, fold cheese-cloth over fillets, and cook

马丁式比目鱼

清理两片鸡大比目鱼，切成八片鱼柳。用盐调味，刷上柠檬汁。排列在铺有奶酪布的锡盘上，将奶酪布折叠覆盖鱼柳，蒸

in steamer fifteen minutes. Remove to serving dish, garnish with small shrimps, and pour around sauce, following directions for Normandy Sauce, omitting Sauterne, and seasoning to taste with grated cheese and Madeira.

十五分钟。移至上菜盘中，用小虾装饰，倒入酱汁，按照诺曼底酱汁的做法，省略苏特恩白葡萄酒，用磨碎的奶酪和马德拉酒调味。

Fillets of Fish à la Bement

比门特式鱼柳

Prepare and cook fish same as for Halibut à la Martin. Insert tip of small lobster claw in each fillet, and garnish with a thin slice of canned mushroom sprinkled with parsley and a thin circular slice of truffle. Serve with

按照马丁式大比目鱼的方法准备和烹饪鱼。在每片鱼柳中插入小龙虾钳的尖端，用一片撒有欧芹的罐装蘑菇薄片和一片圆形松露薄片装饰。配

Lobster Sauce III. Remove meat from a one and one-half pound lobster and cut claw meat in cubes. Cover remaining meat and body bones with cold water. Add one-half small onion, sprig of parsley, bit of bay leaf, and one-fourth teaspoon peppercorns, and cook until stock is reduced to one cup. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually the stock; then add one-half cup heavy cream and yolks two eggs. Season with salt, lemon juice, and paprika; then add lobster cubes.

龙虾酱汁之三。将一只一磅半重的龙虾的肉取出，将螯肉切成方块。用冷水没过剩余的肉和虾身骨架。加入半个小洋葱、一小枝欧芹、少许月桂叶和四分之一茶匙胡椒粒，煮至高汤浓缩至一杯。融化三汤匙黄油，加入三汤匙面粉，逐渐倒入高汤；然后加入半杯浓奶油和两个鸡蛋的蛋黄。用盐、柠檬汁和红椒粉调味；然后加入龙虾块。

Halibut à la Rarebit

比目鱼干酪吐司

Sprinkle two small slices halibut with salt, pepper, and lemon juice; then brush over with melted butter, place in dripping-pan on greased fish-sheet, and bake twelve minutes. Remove to hot platter for serving, and pour over it a Welsh Rarebit.

在两片小大比目鱼上撒盐、胡椒和柠檬汁；然后刷上融化黄油，放在滴盘中的涂油鱼板上，烤十二分钟。移至热盘中上菜，在上面倒一份威尔士干酪。

Sandwiches of Chicken Halibut

鸡肉大比目鱼三明治

Cut chicken halibut in thin fillets. Put together in pairs, with Fish

将大比目鱼切成薄鱼片。两片合在一起，配以鱼

or Chicken Force-meat between, first dipping fillets in melted butter seasoned with salt and pepper and brushing over with lemon juice. Place in shallow pan with one-fourth cup white wine. Bake twenty minutes in hot oven. Arrange on hot platter for serving, sprinkle with finely chopped parsley, garnish with Tomato Jelly, and serve with Hollandaise Sauce.

或鸡肉馅夹在中间，先将鱼柳蘸上用盐和胡椒调味的融化黄油，再刷上柠檬汁。放入浅盘中，加四分之一杯白葡萄酒。在热烤箱中烤二十分钟。排列在热盘中上菜，撒上细碎欧芹，用番茄果冻装饰，配荷兰酱汁食用。

Sole à la Bercy

Skin and bone two large flounders, and cut into eight fillets. Put into a buttered pan, sprinkle with salt, pepper, and lemon juice, and add one-fourth cup white wine. Cover and cook fifteen minutes. Remove to serving dish, pour over Bercy Sauce, and sprinkle with finely chopped parsley.

Bercy Sauce. Fry one tablespoon finely chopped shallot in one tablespoon butter five minutes; add two tablespoons flour, and pour on gradually the liquor left in pan with enough White Stock to make one cup. Add two tablespoons butter, and salt and cayenne to taste.

贝西风味鳎鱼

将两条大比目鱼去皮去骨，切成八片鱼柳。放入涂好黄油的盘中，撒上盐、胡椒和柠檬汁，加入四分之一杯白葡萄酒。盖上盖子煮十五分钟。移至上菜盘中，倒入贝尔西酱汁，撒上细碎欧芹。

贝尔西酱汁。将一汤匙切碎的葱头在一汤匙黄油中煎五分钟；加入两汤匙面粉，逐渐倒入锅中剩余的汁液，加足白高汤使总量达到一杯。加入两汤匙黄油，以及适量的盐和卡宴辣椒。

Halibut au Lit

Wipe two slices chicken halibut, each weighing three-fourths pound. Cut one piece in eight fillets, sprinkle with salt and lemon juice, roll and fasten with small wooden skewers. Cook over boiling water. Cut remaining slice in pieces about the size and shape of scallops. Dip in crumbs, egg, and crumbs, and fry in deep fat. Arrange a steamed fillet in centre of each fish-plate, place on top of each a cooked mushroom cap, and put fried fish at both right and left of fillet. Serve with Mushroom Sauce, and garnish with watercress and radishes cut in fancy shapes.

床上的大比目鱼

擦拭两片鸡大比目鱼，每片重四分之三磅。将其中一片切成八片鱼柳，撒上盐和柠檬汁，卷起并用小木签固定。置于沸水上方蒸煮。将另一片切成大小和形状类似扇贝的块。依次蘸上面包屑、鸡蛋和面包屑，在深油中炸制。在每个鱼盘中央摆放一片蒸好的鱼柳，在其上放一个煮熟的蘑菇伞盖，将炸鱼放在鱼柳的左右两侧。配蘑菇酱汁上桌，并用水田芥和切成花样的萝卜作装饰。

Mushroom Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually, while stirring constantly, one cup Fish Stock. When boiling-point is reached, add one-half cup cream, three mushroom caps, sliced, and one tablespoon Sauterne. Season with salt and pepper. The Fish Stock should be made from skin and bones of halibut. The mushroom caps on fillets should be cooked in sauce until soft.

蘑菇酱汁。融化三汤匙黄油，加入三汤匙面粉，不断搅拌的同时逐渐倒入一杯鱼高汤。达到沸点时，加入半杯奶油、三个切片蘑菇伞和一汤匙苏特恩白葡萄酒。用盐和胡椒调味。鱼高汤应使用大比目鱼的皮和骨制作。鱼柳上的蘑菇伞应在酱汁中煮至软烂。

Fried Cod Steaks

Clean steaks, sprinkle with salt and pepper, and dip in granulated corn meal. Try out slices of fat salt pork in frying-pan, remove scraps, and sauté steaks in fat.

炸鳕鱼排

清理牛排，撒上盐和胡椒，蘸上粗玉米粉。在煎锅中熬出肥咸猪肉片的油脂，去除残渣，在油脂中煎牛排。

Fried Smelts

Clean smelts, leaving on heads and tails. Sprinkle with salt and pepper, dip in flour, egg, and crumbs, and fry three to four minutes in deep fat. As soon as smelts are put into fat, remove fat to back of range so that they may not become too brown before cooked through. Arrange on hot platter, garnish with parsley, lemon, and fried gelatine. Serve with Sauce Tartare.

炸胡瓜鱼

将胡瓜鱼清理干净，保留头和尾。撒上盐和胡椒，蘸上面粉、鸡蛋和面包屑，在深油中炸三至四分钟。胡瓜鱼放入油中后，立即将油锅移到炉灶后方，以免在炸透之前颜色变得过深。摆放在热盘中，用欧芹、柠檬和炸明胶装饰。配鞑靼酱汁食用。

Smelts are fried without being skewered, but often are skewered in variety of shapes.

胡瓜鱼油炸时无需用签串起，但常被串成各种形状。

To fry gelatine. Take up a handful and drop in hot, deep fat; it will immediately swell and become white; it should at once be removed with a skimmer, then drained.

炸明胶。取一把投入热深油中；明胶会立即膨胀变白；应立即用漏勺捞出，然后沥干。

Phosphated or granulated gelatine cannot be used for frying.

磷酸化或颗粒状明胶不能用于油炸。

Smelts à la Menière

梅尼耶式胡瓜鱼

Clean six selected smelts, and cut five diagonal gashes on each side. Season with salt, pepper, and lemon juice, cover, and let stand ten minutes. Roll in cream, dip in flour, and sauté in butter. Add to butter in pan two tablespoons flour, one cup White Stock, one and one-third teaspoons Anchovy Essence, and a few drops lemon juice. Just before sauce is poured around smelts, add one and one-half tablespoons butter and one teaspoon finely chopped parsley.

将六条精选胡瓜鱼清理干净，每面切五道斜口。用盐、胡椒和柠檬汁调味，盖上，静置十分钟。在奶油中滚过，蘸上面粉，用黄油煎。在锅中剩余的黄油里加入两汤匙面粉、一杯白色高汤、一又三分之一茶匙鳀鱼精和几滴柠檬汁。在酱汁浇在胡瓜鱼周围之前，加入一又二分之一汤匙黄油和一茶匙切碎的欧芹。

Fried Fillets of Halibut or Flounder

Clean fish and cut in long or short fillets. If cut in long fillets, roll, and fasten with small wooden skewers. Sprinkle fillets with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Serve with Sauce Tartare.

炸比目鱼或鲽鱼柳

将鱼清理干净，切成长形或短形鱼柳。若切成长形鱼柳，卷起并用小木签固定。在鱼柳上撒盐和胡椒，蘸上面包屑、鸡蛋和面包屑，在深油中炸，然后在牛皮纸上沥干。配鞑靼酱汁食用。

Fried Fish, Russian Style, Mushroom Sauce

Cut two slices chicken halibut in fillets, sprinkle fillets with salt and pepper, pour over one-third cup white wine, cover, and let stand thirty minutes. Drain, dip each piece separately in heavy cream, then in flour, and fry in deep fat. Cook skin and bones removed from fish with five slices carrot, two slices onion, sprig parsley, bit of bay leaf, one-fourth teaspoon peppercorns, and two cups cold water until reduced to one cup liquid. Make sauce of two tablespoons butter, three tablespoons flour, the fish stock, and one-third cup heavy cream. Add yolks two eggs, salt, pepper, cayenne, and white wine to taste.

俄式炸鱼配蘑菇酱

将两片鸡大比目鱼切成鱼柳，在鱼柳上撒盐和胡椒，倒入三分之一杯白葡萄酒，盖上盖子，静置三十分钟。沥干，将每片分别蘸上浓奶油，再蘸上面粉，在深油中炸制。将鱼上取下的皮和骨与五片胡萝卜、两片洋葱、一小枝欧芹、少许月桂叶、四分之一茶匙胡椒粒和两杯冷水一起煮至液体浓缩为一杯。用两汤匙黄油、三汤匙面粉、鱼高汤和三分之一杯浓奶油制成酱汁。加入两个鸡蛋的蛋黄、盐、胡椒、辣椒粉和适量白葡萄酒。

Arrange fish on serving dish, cover with one-half pound

将鱼摆放在上菜盘中，覆盖上半磅

mushroom caps cleaned, then sautéd in butter, and pour over sauce.

将蘑菇伞盖清洗干净，然后用黄油煎炒，并浇上酱汁。

Fried Eels

Clean eels, cut in two-inch pieces, and parboil eight minutes. Sprinkle with salt and pepper, dip in corn meal, and sauté in pork fat.

炸鳗鱼

将鳗鱼清理干净，切成两英寸长的段，煮八分钟至半熟。撒上盐和胡椒，蘸上玉米粉，用猪油煎。

脂
肪
。

Fried Stuffed Smelts

Smelts are stuffed as for Baked Stuffed Smelts, dipped in crumbs, egg, and crumbs, fried in deep fat, and served with Sauce Tartare.

炸酿胡瓜鱼

胡瓜鱼按烤酿胡瓜鱼的方法填馅，蘸上面包屑、鸡蛋和面包屑，在深油中炸，配鞑靼酱汁食用。

Fried Shad Roe

Parboil and cook shad roe as for Baked Shad Roe. Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

炸鲥鱼籽

按烤鲥鱼籽的方法煮至半熟再煮熟。切成块，撒上盐和胡椒，刷上柠檬汁。蘸上面包屑、鸡蛋和面包屑，在深油中炸，然后沥干。

Soft-shell Crabs

Clean crabs, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Being light, they will rise to top of fat, and should be turned while frying. Soft-shell crabs are usually fried. Serve with Sauce Tartare.

软壳蟹

将蟹清理干净，撒上盐和胡椒，蘸上面包屑、鸡蛋和面包屑，在深油中炸，然后沥干。由于蟹身较轻，会浮到油面，炸制时应翻动。软壳蟹通常采用油炸。配鞑靼酱汁食用。

To Clean a Crab. Lift and fold back the tapering points which are found on each side of the back shell, and remove spongy substance that lies under them. Turn crab on its back, and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

清理蟹。掀起并向后折起背壳两侧的尖状突起，去除其下方的海绵状物质。将蟹翻转背面朝下，用尖刀去除壳底部末端呈尖状的小块；这部分称为蟹脐。

Frogs' Hind Legs

青蛙后腿

Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry three minutes in deep fat, and drain.

Terrapin

To prepare terrapin for cooking, plunge into boiling water and boil five minutes. Lift out of water with skimmer, and remove skin from feet and tail by rubbing with a towel. Draw out head with a skewer, and rub off skin.

To Cook Terrapin. Put in a kettle, cover with boiling salted water, add two slices each of carrot and onion, and a stalk of celery. Cook until meat is tender, which may be determined by pressing feet-meat between thumb and finger. The time required will be from thirty-five to forty minutes. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell and remove. Empty upper shell and carefully remove and discard gall-bladder, sandbags, and thick, heavy part of intestines. Any of the gall-bladder would give a bitter flavor to the dish. The liver, small intestines, and eggs are used with the meat.

Terrapin à la Baltimore

1 terrapin
¾ cup White Stock
1½ tablespoons wine
Cayenne
1½ tablespoons butter
Salt and pepper
Yolks 2 eggs
To stock and wine add terrapin meat, with bones cut in pieces and entrails cut in smaller pieces; then cook slowly until liquor is

修整并清理干净。撒上盐和胡椒，蘸上面包屑、鸡蛋和面包屑，然后在深油中炸三分钟，沥干。

水龟

准备烹饪水龟时，将其投入沸水中煮五分钟。用漏勺从水中捞出，用毛巾擦拭去除脚和尾部的皮。用签子将头拉出，擦去皮。

煮水龟。放入锅中，注入加盐的沸水没过，加入胡萝卜片和洋葱片各两片，以及一根芹菜茎。煮至肉变嫩，可用拇指和食指捏压脚肉来判断。所需时间约为三十五至四十分钟。从水中取出，冷却，拔出脚上的爪甲，在壳下紧贴背壳处切开并去除。倒空背壳，小心取出并丢弃胆囊、沙囊以及肠中厚实沉重的部分。胆囊的任何部分都会使菜肴带上苦味。肝、小肠和鸡蛋与肉一同使用。

巴尔的摩式水龟

1 水龟
3⁄4 杯白色高汤
11⁄2汤匙葡萄酒
卡宴辣椒粉
11⁄2 汤匙黄油
盐和胡椒
蛋黄 2 个鸡蛋
在高汤和葡萄酒中加入水龟肉，骨头切碎，内脏切成更小的块；然后慢火煮至汤汁

reduced one-half. Add liver separated in pieces, eggs, butter, salt, pepper, and cayenne.

Terrapin à la Maryland

Add to Terrapin à la Baltimore one tablespoon each butter and flour creamed together, one-half cup cream, yolks two eggs slightly beaten, and one teaspoon lemon juice; then add, just before serving, one tablespoon Sherry wine. Pour in a deep dish and garnish with toast or puff paste points.

Washington Terrapin

1 terrapin
1½ tablespoons butter
1½ tablespoons flour
1 cup cream
½ cup chopped mushrooms
Salt
Few grains cayenne
2 eggs
2 tablespoons Sherry wine
Melt the butter, add flour, and pour on slowly the cream. Add terrapin meat with bones cut in pieces, entrails cut smaller, liver separated in pieces, eggs of terrapin, and mushrooms. Season with salt and cayenne. Just before serving, add eggs slightly beaten and two tablespoons Sherry wine.

WAYS OF USING REMNANTS OF COOKED FISH

收浓至剩一半。加入切成块的肝脏、鸡蛋、黄油、盐、胡椒和辣椒粉。

马里兰式水龟

在巴尔的摩式水龟中加入一汤匙黄油和一汤匙面粉搅打混合，半杯奶油，两个鸡蛋的蛋黄略打散，以及一茶匙柠檬汁；然后在上桌前加入一汤匙雪利酒。倒入深盘中，用吐司或酥皮点心角装饰。

华盛顿水龟

1 水龟
11⁄2 汤匙黄油
11⁄2汤匙面粉
一杯奶油
1⁄2杯切碎的蘑菇
盐
少许辣椒粉
2个鸡蛋
两汤匙雪利酒

融化黄油，加入面粉，慢慢倒入奶油。加入带骨切块的水龟肉、切得更小的内脏、分块的肝脏、水龟蛋和蘑菇。用盐和辣椒粉调味。上桌前加入略打散的鸡蛋和两汤匙雪利酒。

使用熟鱼剩余部分的方法

Fish à la Crême

1¾ cups cold flaked fish (cod, haddock, halibut, or cusk)
1 cup White Sauce I
Bit of bay leaf
Sprig of parsley
½ slice onion
Salt and pepper
½ cup buttered cracker crumbs
Scald milk, for the making of White Sauce, with bay leaf, parsley, and onion. Cover the bottom of small buttered platter with one-half of the fish, sprinkle with salt and pepper, and pour over one-half the sauce; repeat. Cover with crumbs, and bake in hot oven until crumbs are brown. Fish à la crême, baked in scallop shells, makes an attractive luncheon dish, or may be served for a fish course at dinner.

Turban of Fish

2½ cups cold flaked fish (cod, haddock, halibut, or cusk)
1½ cups milk
1 slice onion
Blade of mace
Sprig of parsley
¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
Lemon juice
Yolks 2 eggs

奶油鱼

13⁄4杯冷鱼片(鳕鱼、黑线鳕、大比目鱼或单鳍鳕)
一杯白酱 I
一片月桂叶
欧芹小枝
1⁄2片洋葱
盐和胡椒
半杯涂黄油的饼干屑
烫牛奶，用于制作白酱汁，加入月桂叶、欧芹和洋葱。用一半的鱼铺满涂了黄油的小浅盘底部，撒上盐和胡椒，倒上一半的酱汁；重复此步骤。盖上面包屑，在热烤箱中烤至面包屑呈棕色。奶油烤鱼，在扇贝壳中烤制，是一道诱人的午餐菜肴，也可作为晚餐的鱼类课程。

鱼冠

21⁄2杯冷鱼片(鳕鱼、黑线鳕、大比目鱼或单鳍鳕)
一杯半牛奶
1片洋葱
肉豆蔻衣
欧芹小枝
1⁄4 杯黄油
1⁄4杯面粉
1⁄2 茶匙盐
1⁄8 茶匙胡椒
柠檬汁
蛋黄 2 个鸡蛋

⅔ cup buttered cracker crumbs

Scald milk with onion, mace, and parsley; remove seasonings. Melt butter, add flour, salt, pepper, and gradually the milk; then add eggs, slightly beaten. Put a layer of fish on buttered dish, sprinkle with salt and pepper, and add a few drops of lemon juice. Cover with sauce, continuing until fish and sauce are used, shaping in pyramid form. Cover with crumbs, and bake in hot oven until crumbs are brown.

Fish Hash

Take equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Fish Croquettes

To one and one-half cups cold flaked halibut or salmon add one cup thick White Sauce. Season with salt and pepper, and spread on a plate to cool. Shape, roll in crumbs, egg, and crumbs, and fry in deep fat; drain, arrange on hot dish for serving, and garnish with parsley. If salmon is used, add lemon juice and finely chopped parsley.

Fish and Egg Croquettes

Make same as Fish Croquettes, using one cup fish and three “hard-boiled” eggs finely chopped.

2/3杯涂黄油的饼干屑

将牛奶与洋葱、肉豆蔻皮和欧芹一起烫，去除调味料。融化黄油，加入面粉、盐、胡椒，逐渐加入牛奶；然后加入略打散的鸡蛋。在涂了黄油的盘子上放一层鱼，撒上盐和胡椒，加几滴柠檬汁。盖上酱汁，继续直至鱼和酱汁用完，塑成金字塔形。盖上面包屑，在热烤箱中烤至面包屑呈棕色。

鱼茸杂烩

取等量的冷鱼片和冷煮土豆细切碎。用盐和胡椒调味。煸出肥咸猪肉的油脂，去除残渣，在锅中留下足够的油脂来润湿鱼和土豆。放入鱼和土豆，搅拌至热透，然后煮至底部充分呈棕色；折叠，像煎蛋卷一样翻转。

鱼炸丸子

在一杯半冷大比目鱼片或鲑鱼片中加入一杯浓白酱汁。用盐和胡椒调味，铺在盘子上冷却。塑形，裹上面包屑、鸡蛋和面包屑，在深油中炸；沥干，摆放在热盘中上桌，用欧芹装饰。如使用鲑鱼，加入柠檬汁和切碎的欧芹。

鱼蛋炸丸子

制作方法与鱼丸相同，使用一杯鱼和三个切碎的“硬煮”鸡蛋。

Scalloped Cod

Line a buttered baking-dish with cold flaked cod, sprinkle with salt and pepper, cover with a layer of oysters (first dipped in melted butter, seasoned with onion juice, lemon juice, and a few grains of cayenne, and then in cracker crumbs), add three tablespoons oyster liquor; repeat, and cover with buttered cracker crumbs. Bake twenty minutes in hot oven. Serve with Egg or Hollandaise Sauce I.

Salmon Box

Line a bread pan, slightly buttered, with warm steamed rice. Fill the centre with cold boiled salmon, flaked, and seasoned with salt, pepper, and a slight grating of nutmeg. Cover with rice and steam one hour. Turn on a hot platter for serving, and pour around Egg Sauce II.

WAYS OF COOKING SALT FISH

Creamed Salt Codfish

Pick salt codfish in pieces (there should be three-fourths cup), and soak in lukewarm water, the time depending upon hardness and saltness of the fish. Drain, and add one cup White Sauce I. Add one beaten egg just before sending to table. Garnish with slices of hard-boiled eggs. Creamed Codfish is better made with cream slightly thickened in place of White Sauce.

扇贝鳕鱼

在涂了黄油的烤盘底部铺上冷鳕鱼片，撒上盐和胡椒，盖上一层牡蛎(先蘸融化黄油，用洋葱汁、柠檬汁和少许辣椒粉调味，然后蘸饼干屑)，加入三汤匙牡蛎汁；重复此步骤，盖上涂了黄油的饼干屑。在热烤箱中烤二十分钟。配鸡蛋酱汁或荷兰酱汁 I 上桌。

鲑鱼盒

在略微涂了黄油的烤面包盘中铺上温热的蒸米饭。中间填入冷煮鲑鱼片，用盐、胡椒和少许肉豆蔻调味。盖上米饭，蒸一小时。翻扣在热盘中上桌，周围浇上鸡蛋酱汁 II。

咸鱼的各种烹调方法

奶油鳕鱼

将咸鳕鱼撕成小块(应有四分之三杯)，在温水中浸泡，时间取决于鱼的硬度和咸度。沥干，加入一杯白酱汁 I。上桌前加入一个打散的鸡蛋。用硬煮鸡蛋片装饰。奶油鳕鱼用略微增稠的奶油代替白酱汁制作效果更好。

Fish Balls

1 cup salt codfish
2 heaping cups potatoes
1 egg
½ tablespoon butter
⅛ teaspoon pepper
Wash fish in cold water, and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain through strainer, return to kettle in which they were cooked, mash thoroughly (being sure there are no lumps left in potato), add butter, egg well beaten, and pepper. Beat with a fork two minutes. Add salt if necessary. Take up by spoonfuls, put in frying-basket, and fry one minute in deep fat, allowing six fish balls for each frying; drain on brown paper. Reheat the fat after each frying.

Salted Codfish Hash

Prepare as for Fish Balls, omitting egg. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Toasted Salt Fish

Pick salt codfish in long thin strips. If very salt, it may need to be freshened by standing for a short time in lukewarm water. Place on a greased wire broiler, and broil until brown on one side; turn,

鱼丸

一杯咸鳕鱼
2 杯堆得满满的马铃薯
1个鸡蛋
1/2 汤匙黄油
1/8 茶匙胡椒
将鱼在冷水中洗净，择成极小的碎块，或用剪刀剪碎。将土豆洗净、削皮并浸泡，在量取前切成大小均匀的块。将鱼和土豆放入没过食材的沸水中煮至土豆变软。用滤网沥干，放回煮它们所用的锅中，彻底捣碎(务必确保土豆中没有结块)，加入黄油、搅打均匀的鸡蛋和胡椒。用叉子搅打两分钟。如有必要加盐。用勺子舀出，放入炸篮，在深油中炸一分钟，每次炸制允许放入六个鱼丸；在棕色纸上沥油。每次炸制后重新加热油脂。

咸鳕鱼哈希

按鱼丸的制作方法准备，省略鸡蛋。煸出肥咸猪肉的油脂，去除残渣，在锅中留下足够的油脂来润湿鱼和土豆。放入鱼和土豆，搅拌至热透，然后煮至底部充分呈棕色；折叠，像煎蛋卷一样翻转。

烤咸鱼

将咸鳕鱼撕成长而薄的条状。如果非常咸，可能需要在温水中浸泡一小段时间以去除盐分。放在涂了油的金属烤架上，烤至一面呈棕色；翻转，

and brown the other. Remove to platter, and spread with butter.

将另一面煎至金黄。移至盘中，涂上黄油。

Kippered Herrings

Remove fish from can, and arrange on a platter that may be put in the oven; sprinkle with pepper, brush over with lemon juice and melted butter, and pour over the liquor left in can. Heat thoroughly, and garnish with parsley and slices of lemon.

腌熏鲱鱼

将鱼从罐中取出，摆放在可放入烤箱的盘子上；撒上胡椒，刷上柠檬汁和融化黄油，倒上罐中剩余的汁液。彻底加热，用欧芹和柠檬片装饰。

Baked Finnan Haddie

Put fish in dripping-pan, surround with milk and water in equal proportions, place on back of range, where it will heat slowly. Let stand twenty-five minutes; pour off liquid, spread with butter, and bake twenty-five minutes.

烤鳕鱼干

将鱼放入滴油盘，周围加入等量的牛奶和水，放在炉灶后部缓慢加热。静置二十五分钟；倒去液体，涂上黄油，烤二十五分钟。

Broiled Finnan Haddie

Broil in a greased broiler until brown on both sides. Remove to a pan, and cover with hot water; let stand ten minutes, drain, and place on a platter. Spread with butter, and sprinkle with pepper.

烤鳕鱼干

在涂了油的烤架中烤至两面呈棕色。移至锅中，盖上热水；静置十分钟，沥干，放在盘子上。涂上黄油，撒上胡椒。

Finnan Haddie à la Delmonico

Cut fish in strips (there should be one cup), put in baking-pan, cover with cold water, place on back of range and allow water to heat to boiling-point; let stand on range, keeping water below boiling-point for twenty-five minutes, drain, and rinse thoroughly. Separate fish into flakes, add one-half cup heavy cream and four

德尔莫尼科式烟熏鳕鱼

将鱼切成条(应有一杯)，放入烤盘，盖上冷水，放在炉灶后部让水加热至沸点；在炉灶上保持水温低于沸点二十五分钟，沥干，彻底冲洗。将鱼分成片，加入半杯浓奶油和四个

"hard-boiled" eggs thinly sliced. Season with cayenne, add one tablespoon butter, and sprinkle with finely chopped parsley.

WAYS OF COOKING SHELLFISH

Oysters on the Half Shell

Serve oysters on deep halves of the shells, allowing six to each person. Arrange on plates of crushed ice, with one-fourth of a lemon in the centre of each plate.

Raw Oysters

Raw oysters are served on oyster plates, or in a block of ice. Place block of ice on a folded napkin on platter, and garnish the base with parsley and quarters of lemon, or ferns and lemon.

To Block Ice for Oysters. Use a rectangular piece of clear ice, and with hot flatirons melt a cavity large enough to hold the oysters. Pour water from cavity as rapidly as it forms.

Oyster Cocktail I

8 small raw oysters
1 tablespoon tomato catsup
½ tablespoon vinegar or lemon juice
2 drops Tabasco
Salt
1 teaspoon celery, finely chopped
½ teaspoon Worcestershire Sauce
Mix ingredients, chill thoroughly, and serve in cocktail glasses, or

"硬煮"鸡蛋切成薄片。用辣椒粉调味，加入一汤匙黄油，撒上切碎的欧芹。

贝类的烹调方法

生蚝半壳

将牡蛎盛在深半壳中，每人六只。摆放在碎冰盘中，每盘中央放四分之一个柠檬。

生蚝

生牡蛎盛在牡蛎盘中，或放在冰块上。将冰块放在盘子上折叠的餐巾上，底部用欧芹和柠檬角装饰，或用蕨类和柠檬装饰。

为牡蛎制作冰块。使用一块矩形透明冰块，用热熨斗融化出一个足够容纳牡蛎的凹槽。凹槽中形成的水要尽快倒出。

牡蛎鸡尾酒 I

8只生小牡蛎
1汤匙番茄酱
1/2 汤匙醋或柠檬汁 2 滴塔巴斯科辣酱

盐
1茶匙芹菜，切细碎 1/2茶匙伍斯特郡
酱
混合配料，充分冷藏，盛入鸡尾酒杯中，或

cases made from green peppers placed on a bed of crushed ice.

用青椒制成的盒子放在碎冰床上。

Oyster Cocktail II

牡蛎鸡尾酒 II

6 small raw oysters
Tabasco Sauce
Lemon juice
Salt
Grape fruit
Cut grape fruit in halves crosswise, remove tough portions, and add oysters seasoned with Tabasco, lemon juice, and salt.

6只生小牡蛎
塔巴斯科辣酱
柠檬汁
盐
葡萄柚
将葡萄柚横切成两半，去除坚韧部分，加入用塔巴斯科辣酱、柠檬汁和盐调味的牡蛎。

Oyster Cocktail III

牡蛎鸡尾酒三号

Allow seven Blue Point oysters to each person, and season with three-fourth tablespoon lemon juice, one-half tablespoon tomato catsup, one-half teaspoon finely chopped shallot, three drops Tabasco sauce, few gratings horseradish root, and salt to taste. Chill thoroughly and serve in cocktail glasses. Sprinkle with finely chopped celery and garnish with small pieces of red and green pepper.

每人七只蓝点牡蛎，用四分之三汤匙柠檬汁、半汤匙番茄酱、半茶匙切碎的葱头、三滴塔巴斯科辣酱、少许磨碎的辣根和适量盐调味。彻底冷藏后盛在鸡尾酒杯中。撒上切碎的芹菜，用小片红椒和青椒装饰。

Roasted Oysters

烤牡蛎

Oysters for roasting should be bought in the shell. Wash thoroughly, scrubbing with a brush. Put in a dripping-pan, and cook in a hot oven until shells part. Open, sprinkle with salt and pepper, and serve in the deep halves of the shells.

烤制用的牡蛎应带壳购买。彻底清洗，用刷子刷洗。放入滴油盘，在热烤箱中烤至壳张开。打开，撒上盐和胡椒，盛在深半壳中上桌。

Oysters à la Ballard

Arrange oysters on the half shell in a dripping-pan, and bake in a hot oven until edges curl. Allow six to each serve, pouring over the following sauce:

Mix three-fourths tablespoon melted butter, three-fourths teaspoon each lemon juice and Sauterne, few drops Tabasco, one-fourth teaspoon finely chopped parsley, and salt and paprika to taste. Before putting ingredients in bowl, rub inside of bowl with a clove of garlic.

Panned Oysters

Clean one pint large oysters. Place in dripping-pan small oblong pieces of toast, put an oyster on each piece, sprinkle with salt and pepper, and bake until oysters are plump. Serve with Lemon Butter.

Lemon Butter. Cream three tablespoons butter, add one-half teaspoon salt, one tablespoon lemon juice, and a few grains cayenne.

Fancy Roast

Clean one pint oysters and drain from their liquor. Put in a stewpan and cook until oysters are plump and edges begin to curl. Shake pan to prevent oysters from adhering to pan, or stir with a fork. Season with salt, pepper, and two tablespoons butter, and pour over four small slices of toast. Garnish with toast points and parsley.

巴拉德式牡蛎

将牡蛎摆在半壳中放入滴油盘，在热烤箱中烤至边缘卷曲。每人六只，浇上以下酱汁：

混合四分之三汤匙融化黄油、各四分之三茶匙柠檬汁和索泰尔讷葡萄酒、几滴塔巴斯科辣酱、四分之一茶匙切碎的欧芹，以及适量盐和红椒粉。将配料放入碗中之前，用一瓣大蒜擦拭碗的内壁。

煎牡蛎

清洗一品脱大牡蛎。在滴油盘中放入小块长方形吐司，每块上放一只牡蛎，撒上盐和胡椒，烤至牡蛎饱满。配柠檬黄油上桌。

柠檬黄油。将三汤匙黄油搅打至奶油状，加入半茶匙盐、一汤匙柠檬汁和少许辣椒粉。

花式烤

清洗一品脱牡蛎，沥去汁液。放入炖锅中煮至牡蛎饱满、边缘开始卷曲。摇动锅子以防牡蛎粘锅，或用叉子搅拌。用盐、胡椒和两汤匙黄油调味，浇在四小片吐司上。用吐司角和欧芹装饰。

Oyster Fricassee

1 pint oysters
Milk or cream
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains cayenne
1 teaspoon finely chopped parsley
1 egg
Clean oysters, heat oyster liquor to boiling-point, and strain through double thickness of cheese-cloth; add oysters to liquor and cook until plump. Remove oysters with skimmer and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; add salt, cayenne, parsley, oysters, and egg slightly beaten.

Creamed Oysters

1 pint oysters
1½ cups White Sauce II
⅛ teaspoon celery salt
Clean, and cook oysters until plump and edges begin to curl; drain, and add to White Sauce seasoned with celery salt. Serve on toast, in timbale cases, patty shells, or vol-au-vents. One-fourth cup sliced mushrooms are often added to Creamed Oysters.

Oysters in Brown Sauce

牡蛎炖菜

1品脱牡蛎
牛奶或奶油
2汤匙黄油
2汤匙面粉
1/4茶匙盐
少许辣椒粉
一茶匙切碎的欧芹
1个鸡蛋

清洗牡蛎，将牡蛎汁液加热至沸点，用双层奶酪布过滤；将牡蛎加入汁液中煮至饱满。用漏勺取出牡蛎，在汁液中加入足够的奶油使其达到一杯的量。融化黄油，加入面粉，逐渐倒入热液体；加入盐、辣椒粉、欧芹、牡蛎和略打散的鸡蛋。

奶油牡蛎

1品脱牡蛎
11/2杯白酱II
1/8 茶匙芹菜盐

将牡蛎清洗干净，煮至饱满、边缘开始卷曲；沥干，加入用芹菜盐调味的白酱汁中。放在吐司、提姆巴勒模杯、小馅饼壳或酥皮盅上供食。奶油牡蛎中常加入四分之一杯切片蘑菇。

棕色酱汁牡蛎

1 pint oysters
¼ cup butter
¼ cup flour
1 cup oyster liquor
½ cup milk
½ teaspoon salt
1 teaspoon Anchovy essence
⅛ teaspoon pepper
Parboil and drain oysters, reserve liquor, heat, strain, and set aside for sauce. Brown butter, add flour, and stir until well browned; then add oyster liquor, milk, seasonings, and oysters. For filling patty cases or vol-au-vents.

Savory Oysters

1 pint of oysters
4 tablespoons butter
4 tablespoons flour
1 cup oyster liquor
½ cup Brown Stock
1 teaspoon Worcestershire Sauce
Few drops onion juice
Salt
Pepper
Clean oysters, parboil, and drain. Melt butter, add flour, and stir until well browned. Pour on gradually, while stirring constantly, oyster liquor and stock. Add seasonings and oysters. Serve on toast, in timbale cases, patty shells, or vol-au-vents.

Oysters à la Astor

1品脱牡蛎
1/4 杯黄油
1/4杯面粉
一杯牡蛎汁
1/2 杯牛奶
1/2 茶匙盐
一茶匙鳀鱼香精
1/8 茶匙胡椒
将牡蛎煮至半熟并沥干，保留牡蛎汁液，加热、过滤，留作酱汁用。将黄油炒至棕色，加入面粉，搅拌至充分呈棕色；然后加入牡蛎汁液、牛奶、调味料和牡蛎。用于填充小馅饼壳或酥皮盅。

咸味牡蛎

一品脱牡蛎
4汤匙黄油
4汤匙面粉
一杯牡蛎汁
1/2杯棕色高汤
1茶匙伍斯特郡酱
几滴洋葱汁
盐
胡椒
将牡蛎清洗干净，煮至半熟并沥干。融化黄油，加入面粉，搅拌至充分呈棕色。一边不断搅拌，一边逐渐倒入牡蛎汁液和高汤。加入调味料和牡蛎。放在吐司、提姆巴勒模杯、小馅饼壳或酥皮盅上供食。

阿斯特式牡蛎

1 pint oysters
2 tablespoons butter
1 teaspoon finely chopped shallot
1 tablespoon finely cut red pepper
2 tablespoons flour
1½ teaspoons lemon juice
1½ teaspoons vinegar
1 teaspoon Worcestershire Sauce
½ teaspoon beef extract
Salt and paprika
Wash and pick over oysters, parboil, drain, and to liquor add enough water to make one cup liquid; then strain through cheese-cloth. Cook butter, shallot, and pepper three minutes, add flour, and pour on gradually, while stirring constantly, oyster liquor. Add seasonings and oysters. Remove oysters to small pieces of bread sautéd in butter on one side. Pour sauce over oysters and garnish with thin slices of cucumber pickles.

Broiled Oysters

1 pint selected oysters
¼ cup melted butter
⅔ cup seasoned cracker crumbs
Clean oysters and dry between towels. Lift with plated fork by the tough muscle and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in a buttered wire broiler and broil over a clear fire until juices flow, turning while broiling. Serve with or without Maître d'Hôtel Butter.

Oyster Toast

1品脱牡蛎
2汤匙黄油
一茶匙切碎的青葱
一汤匙切碎的红椒
2汤匙面粉
11/2茶匙柠檬汁
11/2茶匙醋
1茶匙伍斯特郡酱
1/2茶匙牛肉精
盐和红椒粉
将牡蛎洗净挑拣，煮至半熟，沥干，在汁液中加入足量水使成一杯液体；然后用纱布过滤。将黄油、红葱头和胡椒烹煮三分钟，加入面粉，一边不断搅拌，一边逐渐倒入牡蛎汁液。加入调味料和牡蛎。将牡蛎取出放在一面用黄油煎过的小块面包上。将酱汁浇在牡蛎上，用薄片黄瓜酸黄瓜装饰。

烤牡蛎

一品脱精选牡蛎
1/4 杯融化的黄油
2/3杯调味饼干屑
将牡蛎清洗干净，用毛巾吸干。用镀叉夹住韧筋提起，先蘸黄油，再蘸已用盐和胡椒调味的饼干屑。放入涂了黄油的铁丝烤架中，在明火上烤至汁液流出，烤时翻面。可配或不配主厨黄油供食。

牡蛎吐司

Serve Broiled Oysters on small pieces of Milk Toast. Sprinkle with finely chopped celery.

Oysters and Macaroni

1 pint oysters
¾ cup macaroni broken in 1 inch pieces
Salt and pepper
Flour
½ cup buttered crumbs
¼ cup butter
Cook macaroni in boiling salted water until soft; drain, and rinse with cold water. Put a layer in bottom of a buttered pudding-dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, and dot over with one-half of the butter; repeat, and cover with buttered crumbs. Bake twenty minutes in hot oven.

Scalloped Oysters

1 pint oysters
4 tablespoons oyster liquor
2 tablespoons milk or cream
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
Salt
Pepper
Mix bread and cracker crumbs, and stir in butter. Put a thin layer in bottom of a buttered shallow baking-dish, cover with oysters, and sprinkle with salt and pepper; add one-half each oyster liquor

将烤牡蛎放在小块牛奶吐司上供食。撒上切细的芹菜。

牡蛎通心粉

1品脱牡蛎

3/4杯通心粉，掰成1英寸长的段盐和胡椒

面粉

1/2杯黄油面包屑

1/4 杯黄油

将通心粉放入加盐沸水中煮至软烂；沥干，用冷水冲洗。在涂了黄油的布丁盘底部铺一层，盖上牡蛎，撒上盐和胡椒，撒上面粉，点上半数黄油；重复一层，盖上涂了黄油的面包屑。在热烤箱中烤二十分钟。

扇贝牡蛎

1品脱牡蛎

4汤匙牡蛎汁

两汤匙牛奶或奶油

1/2杯不新鲜的面包屑

一杯饼干屑

1/2 杯融化的黄油

盐

胡椒

将面包和饼干屑混合，拌入黄油。在涂了黄油的浅烤盘底部铺一薄层，盖上牡蛎，撒上盐和胡椒；各加入一半牡蛎汁液

and cream. Repeat, and cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers of oysters for Scalloped Oysters; if three layers are used, the middle layer will be underdone, while others are properly cooked. A sprinkling of mace or grated nutmeg to each layer is considered by many an improvement. Sherry wine may be used in place of cream.

和奶油。重复一层，顶部盖上剩余面包屑。在热烤箱中烤三十分钟。扇贝烤牡蛎绝不可超过两层牡蛎；若用三层，中间一层会欠火，而其他层已适当熟透。许多人认为每层撒少许肉豆蔻衣或磨碎的肉豆蔻可增色。可用雪利酒代替奶油。

Sautéd Oysters

Clean one pint oysters, sprinkle on both sides with salt and pepper. Take up by the tough muscle with plated fork and dip in cracker crumbs. Put two tablespoons butter in hot frying-pan, add oysters, brown on one side, then turn and brown on the other.

嫩煎牡蛎

将一品脱牡蛎清洗干净，两面撒上盐和胡椒。用镀叉夹住韧筋提起，蘸上饼干屑。在热煎锅中放入两汤匙黄油，加入牡蛎，一面煎至棕色，然后翻面将另一面煎至棕色。

Oysters with Bacon

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in a broiler, place broiler over dripping-pan, and bake in a hot oven until bacon is crisp and brown, turning broiler once during the cooking. Drain on brown paper.

培根牡蛎

将牡蛎清洗干净，每只裹上一薄片培根，用小木签固定。放入烤架中，将烤架置于滴油盘上，在热烤箱中烤至培根酥脆呈棕色，烤制过程中翻动烤架一次。在棕色纸上沥干。

Fried Oysters

Clean, and dry between towels, selected oysters. Season with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, and fry in deep fat. Drain on brown paper and serve on a folded napkin. Garnish with parsley and serve with or without Sauce Tyrolienne.

炸牡蛎

将精选牡蛎清洗干净，用毛巾吸干。用盐和胡椒调味，依次蘸面粉、鸡蛋和饼干屑或陈面包屑，在深油中炸制。在棕色纸上沥干，放在折叠餐巾上供食。用欧芹装饰，可配或不配蒂罗尔酱汁供食。

Fried Oysters in Batter

Clean, and dry between towels, selected oysters. Dip in batter, fry in deep fat, drain, and serve on a folded napkin; garnish with lemon and parsley. Oysters may be parboiled, drained, and then fried.

Batter

2 eggs
1 teaspoon salt
⅛ teaspoon pepper
1 cup bread flour
¾ cup milk
Beat eggs until light, add salt and pepper. Add milk slowly to flour, stir until smooth and well mixed. Combine mixtures.

Fried Oysters. Philadelphia Relish

Follow directions for Fried Oysters. Serve with **Philadelphia Relish**.

2 cups cabbage, finely shredded
2 green peppers, finely chopped
1 teaspoon celery seed
¼ teaspoon mustard seed
½ teaspoon salt
2 tablespoons brown sugar
¼ cup vinegar

面糊炸牡蛎

将精选牡蛎清洗干净，用毛巾吸干。蘸面糊，在深油中炸制，沥干，放在折叠餐巾上供食；用柠檬和欧芹装饰。牡蛎也可先煮至半熟，沥干后再炸。

面糊

2个鸡蛋
一茶匙盐
1/8 茶匙胡椒
一杯面包粉
3/4 杯牛奶
将鸡蛋搅打至蓬松，加入盐和胡椒。将牛奶慢慢加入面粉中，搅拌至光滑且充分混合。将混合物合并。

炸牡蛎。费城风味小菜

按炸牡蛎的指示操作。配费城酸辣酱(Philadelphia Relish)食用。

两杯卷心菜，切细丝
2个青椒，切碎
一茶匙芹菜籽
1/4茶匙芥菜籽
1/2 茶匙盐
2汤匙红糖
1/4杯醋

Mix ingredients in order given.

按所给顺序混合配料。

Little Neck Clams

小颈蛤

Little Neck Clams are served raw on the half shell, in same manner as raw oysters.

小颈蛤以半壳生食方式供应，与生蚝相同。

Steamed Clams

蒸蛤蜊

Clams for steaming should be bought in the shell and always be alive. Wash clams thoroughly, scrubbing with a brush, changing the water several times. Put into a large kettle, allowing one-half cup hot water to four quarts clams; cover closely, and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. Some prefer a few drops of lemon juice or vinegar added to the butter. If a small quantity of boiling water is put into the dishes, the melted butter will float on top and remain hot much longer.

用于蒸制的蛤蜊应带壳购买，且必须鲜活。将蛤蜊彻底洗净，用刷子刷洗，换水数次。放入大锅中，每四夸脱蛤蜊加半杯热水；盖紧锅盖，蒸至壳部分张开，注意不要蒸过头。配以各自盛装的融化黄油上桌。有些人喜欢在黄油中加几滴柠檬汁或醋。若在盛器中放入少量沸水，融化的黄油会浮在上面，保温时间会长得多。

Roasted Clams

烤蛤蜊

Roasted clams are served at Clam Bakes. Clams are washed in sea-water, placed on stones which have been previously heated by burning wood on them, ashes removed, and stones sprinkled with thin layer of seaweed. Clams are piled on stones, covered with seaweed, and a piece of canvas thrown over them to retain the steam.

烤蛤在蛤蜊烧烤宴上供食。蛤蜊在海水中洗净，放在事先用在其上燃烧木柴加热过的石头上，清除灰烬，在石头上撒一薄层海藻。将蛤蜊堆在石头上，盖上海藻，再盖上一块帆布以保留蒸汽。

Clams, Union League

蛤蜊，联合联盟

Fry one-half teaspoon finely chopped shallot in one and one-half

用一又二分之一茶匙油煎半茶匙切碎的青葱

tablespoons butter five minutes; add eighteen clams and one-half cup white wine. Cook until the shells open. Remove clams from shells and reduce liquor to one-third cupful. Melt two tablespoons butter, add two tablespoons flour, and pour on gradually the clam liquor; add one-fourth cup cream and the clams, season with salt and pepper. Refill clam-shells, sprinkle with chopped parsley, and serve on each a square piece of fried bacon.

两汤匙黄油煎五分钟；加入十八只蛤蜊和半杯白葡萄酒。煮至贝壳张开。将蛤蜊肉从壳中取出，将汤汁收至三分之一杯。融化两汤匙黄油，加入两汤匙面粉，逐渐倒入蛤蜊汤汁；加入四分之一杯奶油和蛤蜊肉，用盐和胡椒调味。重新装入蛤蜊壳中，撒上切碎的欧芹，每只上面放一块方形煎培根。

Clams à la Grand Union

大联盟蛤蜊

Clean and dry selected clams, dip in batter, fry in deep fat, and drain on brown paper. Serve on small slices of cream toast, seasoned with salt, celery salt, pepper, and cayenne.

将挑选好的蛤蜊清洗干净并擦干，蘸上面糊，在深油中炸制，然后在棕色纸上沥干。放在小块奶油吐司上，用盐、芹菜盐、胡椒和辣椒粉调味。

Batter. Mix and sift one cup bread flour, one-half teaspoon salt, and a few grains cayenne. Add gradually two-thirds cup milk, and two eggs well beaten.

面糊。将一杯面包面粉、半茶匙盐和少许辣椒粉混合并过筛。逐渐加入三分之二杯牛奶和两个搅打均匀的鸡蛋。

Fried Scallops

炸扇贝

Clean one quart scallops, turn into a saucepan, and cook until they begin to shrivel; drain, and dry between towels. Season with salt and pepper, roll in fine crumbs, dip in egg, again in crumbs, and fry two minutes in deep fat; then drain on brown paper.

将一夸脱扇贝清洗干净，倒入锅中，煮至开始收缩；沥干，用毛巾吸干。用盐和胡椒调味，裹上细面包屑，蘸鸡蛋液，再裹面包屑，在深油中炸两分钟；然后在棕色纸上沥干。

Plain Lobster

清煮龙虾

Remove lobster meat from shell, arrange on platter, and garnish with small claws. If two lobsters are opened, stand tail shells (put together) in centre of platter, and arrange meat around them.

将龙虾肉从壳中取出，摆放在盘子上，用小钳子装饰。如果打开两只龙虾，将尾壳(拼合在一起)立在盘子中央，将龙虾肉摆放在周围。

Lobster Cocktail

龙虾鸡尾酒

Allow one-fourth cup lobster meat, cut in pieces, for each cocktail, and season with two tablespoons, each, tomato catsup and Sherry wine, one tablespoon lemon juice, six drops Tabasco Sauce, one-eighth teaspoon finely chopped chives, and salt to taste. Chill thoroughly, and serve in cocktail glasses.

每份鸡尾酒用四分之一杯龙虾肉，切成小块，用各两汤匙番茄酱和雪利酒、一汤匙柠檬汁、六滴塔巴斯科酱、八分之一茶匙切碎的细香葱和适量盐调味。充分冷藏，盛在鸡尾酒杯中。

Fried Lobster

Remove lobster meat from shell. Use tail meat, divided in fourths, and large pieces of claw meat. Sprinkle with salt, pepper, and lemon juice; dip in crumbs, egg, and again in crumbs; fry in deep fat, drain, and serve with Sauce Tartare.

炸龙虾

将龙虾肉从壳中取出。使用尾部肉，分成四份，以及大块钳肉。撒上盐、胡椒和柠檬汁；裹上面包屑、鸡蛋液，再裹面包屑；在深油中炸制，沥干，配鞑靼酱汁食用。

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蛤蜊联合联盟。- 第*185*页。

Oysters à la Ballard.—*Page 181.*

巴拉德式牡蛎。——第181页。

Lobster Cocktail.—*Page 186.*

龙虾鸡尾酒。--第*186*页。

Fruit Cocktail.—*Page 569.*

水果鸡尾酒。--第*569*页。

Buttered Lobster

2 lb. lobster
3 tablespoons butter
Salt and pepper
Lemon juice
Remove lobster meat from shell and chop slightly. Melt butter,

黄油龙虾

两磅龙虾
3汤匙黄油
盐和胡椒
柠檬汁
将龙虾肉从壳中取出，稍加切碎。融化黄油，

add lobster, and when heated, season and serve garnished with lobster claws.

Scalloped Lobster

2 lb. lobster
1½ cups White Sauce II
½ teaspoon salt
Few grains cayenne
2 teaspoons lemon juice
Remove lobster meat from shell and cut in cubes. Heat in White Sauce and add seasonings. Refill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. To prevent lobster shells from curling over lobster while baking, insert small wooden skewers of sufficient length to keep shell in its original shape. To assist in preserving color of shell, brush over with olive oil before putting into oven. Scalloped lobster may be baked in buttered scallop shells, or in a buttered baking-dish.

Devilled Lobster

Scalloped lobster highly seasoned is served as Devilled Lobster. Use larger proportions of same seasonings, with the addition of mustard.

Curried Lobster

Prepare as Scalloped Lobster, adding to flour one-half teaspoon curry powder when making White Sauce.

Lobster Farci

1 cup chopped lobster meat

加入龙虾，加热后调味，并饰以龙虾爪上桌。

扇贝龙虾

两磅龙虾
11⁄2杯白酱II
1⁄2 茶匙盐
少许辣椒粉
2茶匙柠檬汁
将龙虾肉从壳中取出，切成方块。在白色酱汁中加热并加入调味料。将龙虾肉重新装入龙虾壳中，盖上涂了黄油的碎屑，烘烤至碎屑呈棕色。为防止龙虾壳在烘烤时卷曲覆盖在龙虾上，插入足够长度的小木签以保持壳的原始形状。为帮助保持壳的颜色，在放入烤箱前刷上橄榄油。扇贝式龙虾可放在涂了黄油的扇贝壳中烘烤，或放在涂了黄油的烤盘中烘烤。

魔鬼龙虾

重味调味的扇贝烤龙虾作为魔鬼龙虾食用。使用较大比例的相同调味料，并加入芥末。

咖喱龙虾

按扇贝烤龙虾的方法准备，在制作白酱汁时向面粉中加入半茶匙咖喱粉。

龙虾馅料

一杯切碎的龙虾肉

Yolks 2 “hard-boiled” eggs
½ tablespoon chopped parsley
1 cup White Sauce I
Slight grating nutmeg
⅓ cup buttered crumbs
Salt
Pepper
To lobster meat add yolks of eggs rubbed to a paste, parsley, sauce, and seasonings to taste. Fill lobster shells, cover with buttered crumbs, and bake until crumbs are brown.

蛋黄 2个“煮老”的鸡蛋
1/2 汤匙切碎的欧芹
一杯白酱 I
少许磨碎的肉豆蔻
1/3杯黄油面包屑
盐
胡椒
向龙虾肉中加入揉成糊状的蛋黄、欧芹、酱汁和适量调味料。填入龙虾壳中，盖上黄油面包屑，烘烤至面包屑呈棕色。

Lobster and Oyster Filling

(*For Patties or Vol-au-Vent*)
1 pint oysters
1¼ lb. lobster
1½ cups cold water
1 stalk celery
1 slice onion
Salt
¼ cup butter
⅓ cup flour
¾ cup cream
Worcestershire Sauce
Lemon juice
Paprika
Clean and parboil oysters; drain, and add to liquor body bones and tough claw meat from lobster, water, celery, and onion. Cook slowly until stock is reduced to one cup, and strain. Make sauce of

龙虾与牡蛎馅

(用于肉饼或酥盒)
1品脱牡蛎
11/4磅龙虾
11/2杯冷水
1根芹菜
1片洋葱
盐
1/4 杯黄油
1/3杯面粉
3/4 杯奶油
伍斯特酱
柠檬汁
红椒粉
将牡蛎清洗干净并预煮；沥干，将汤汁中加入牛骨和龙虾的硬钳肉、水、芹菜和洋葱。慢火煮至高汤收至一杯，过滤。制作酱汁，用料为

butter, flour, strained stock, and cream. Add oysters and lobster meat cut in strips; then add seasonings. One-half teaspoon beef extract is an improvement to this dish.

黄油、面粉、过滤的高汤和奶油。加入牡蛎和切成条的龙虾肉；然后加入调味料。半茶匙牛肉精会使这道菜更加美味。

Fricassee of Lobster and Mushrooms

2 lb. lobster
¼ cup butter
¾ lb. mushrooms
Few drops onion juice
¼ cup flour
1½ cups milk
Salt
Paprika
2 tablespoons Sherry wine
Remove lobster meat from shell and cut in strips. Cook butter with mushrooms broken in pieces and onion juice three minutes; add flour, and pour on gradually milk. Add lobster meat, season with salt and paprika, and, as soon as lobster is heated, add wine. Remove to serving dish, and garnish with puff paste or toast points and parsley.

龙虾蘑菇炖

两磅龙虾
1/4 杯黄油
3/4磅蘑菇
几滴洋葱汁
1/4杯面粉
一杯半牛奶
盐
红椒粉
两汤匙雪利酒
将龙虾肉从壳中取出，切成条。将黄油与掰碎的蘑菇和洋葱汁一起煮三分钟；加入面粉，逐渐倒入牛奶。加入龙虾肉，用盐和红椒粉调味，龙虾热透后加入葡萄酒。移至餐盘中，用酥皮或吐司角和欧芹装饰。

Lobster and Oyster Ragout

¼ cup butter
¼ cup flour
¾ cup oyster liquor
¾ cup cream
¾ teaspoon salt
¼ teaspoon pepper
Few grains cayenne

龙虾牡蛎炖菜

1/4 杯黄油
1/4杯面粉
3/4 杯牡蛎汁 3/4 杯奶
油
3/4 茶匙盐 1/4 茶匙胡
椒少许卡宴辣椒粉

Few drops onion juice
1 pint oysters parboiled
¾ cup lobster dice
1½ tablespoons Sauterne
1 tablespoon finely chopped parsley
Make a sauce of first eight ingredients. Add oysters, lobster dice, wine, and parsley.

几滴洋葱汁
一品脱半熟牡蛎
3/4 杯龙虾丁
11/2汤匙索泰尔讷葡萄酒
一汤匙切碎的欧芹
用前八种配料制作酱汁。加入牡蛎、龙虾丁、葡萄酒和欧芹。

Stuffed Lobster à la Béchamel

2 lb. lobster
1½ cups milk
Bit of bay leaf
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 teaspoon chopped parsley
1 teaspoon lemon juice
Yolks 2 eggs
½ cup buttered crumbs
Remove lobster meat from shell and cut in dice. Scald milk with bay leaf, remove bay leaf and make a white sauce of butter, flour, and milk; add salt, cayenne, nutmeg, parsley, yolks of eggs slightly beaten, and lemon juice. Add lobster dice, refill shells, cover with buttered crumbs, and bake until crumbs are brown. One-half chicken stock and one-half cream may be used for sauce if a richer dish is desired.

白汁酿龙虾

两磅龙虾
一杯半牛奶
一片月桂叶
3汤匙黄油
3汤匙面粉
1/2 茶匙盐
少许辣椒粉
少许磨碎的肉豆蔻
一茶匙切碎的欧芹
一茶匙柠檬汁
蛋黄 2 个鸡蛋
1/2杯黄油面包屑
将龙虾肉从壳中取出，切成丁。用月桂叶烫牛奶，取出月桂叶，用黄油、面粉和牛奶制作白酱汁；加入盐、辣椒粉、肉豆蔻、欧芹、略微搅打的蛋黄和柠檬汁。加入龙虾丁，重新填入壳中，盖上黄油面包屑，烘烤至面包屑呈棕色。如需更浓郁的菜肴，可用一半鸡高汤和一半奶油制作酱汁。

Broiled Live Lobster

Live lobsters may be dressed for broiling at market, or may be done at home. Clean lobster and place in a buttered wire broiler. Broil eight minutes on flesh side, turn and broil six minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping-pan and baked fifteen minutes in hot oven, and are much easier cooked.

To Split a Live Lobster. Cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision, and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

Baked Live Lobster. Devilled Sauce.

Prepare lobster same as for Broiled Live Lobster and place in a dripping-pan. Cook liver of lobster with one tablespoon butter three minutes. Season highly with salt, cayenne, and Worcestershire Sauce. Spread over lobster, and bake in a hot oven fifteen minutes. Remove to platter and serve at once, allowing over one and one-half pound lobster to each person.

Live Lobster en Brochette

Split a live lobster, remove meat from tail and large claws, cut in pieces, and arrange on skewers, alternating pieces with small slices of bacon. Fry in deep fat and drain. Cook liver of lobster with one tablespoon butter three minutes, season highly with

烤活龙虾

活龙虾可在市场剖好以备烤制，也可在家中处理。将龙虾清洗干净，放入涂了黄油的铁丝烤架中。肉面烤八分钟，翻面壳面烤六分钟。配融化黄油食用。将龙虾放入滴油盘在热烤箱中烤十五分钟，味道几乎相同，而且烹饪起来容易得多。

剖开活龙虾。交叉大钳，用左手握紧。右手持尖刀，从嘴部开始深深切入，利落地一刀迅速划过身体和整个尾部。打开龙虾，取出肠静脉、肝和胃，用木槌敲裂钳壳。

烤活龙虾。魔鬼汁。

按烤活龙虾的方法准备龙虾，放入滴油盘中。将龙虾肝与一汤匙黄油煮三分钟。用盐、辣椒粉和伍斯特酱汁重味调味。涂抹在龙虾上，在热烤箱中烤十五分钟。移至盘中立即食用，每人一只一磅半以上的龙虾。

活龙虾串烤

剖开一只活龙虾，取出尾部和大型钳中的肉，切成块，穿在签子上，与小块培根片交替排列。在深油中炸制并沥干。将龙虾肝与一汤匙黄油煮三分钟，重味调味，加入

mustard and cayenne, and serve with lobster.

Lobster à l'Américaine

Split a live lobster and put in a large omelet pan, sprinkle with one-fourth onion finely chopped and a few grains of cayenne and cook five minutes. Add one-half cup Tomato Sauce II and cook three minutes; then add two tablespoons Sherry wine, cover, and cook in oven seven minutes. To the liver add one tablespoon wine, two tablespoons Tomato Sauce, and one-half tablespoon melted butter; heat in pan after lobster has been removed. As soon as sauce is heated, strain, and pour over lobster.

Lobster à la Muisset

Cut two one and one-half pound live lobsters in pieces for serving and crack large claws. Cook one tablespoon finely chopped shallot and three tablespoons chopped carrot in two tablespoons butter ten minutes, stirring constantly that carrots may not burn. Add two sprigs thyme, one-half bay leaf, two red peppers from pepper sauce, one teaspoon salt, one and one-third cups Brown Stock, two-thirds cup stewed and strained tomatoes, and three tablespoons Sherry wine. Add lobster and cook fifteen minutes. Remove lobster to serving dish, thicken sauce with butter and flour cooked together, and add one and one-half tablespoons brandy. Pour sauce around lobster, and sprinkle all with finely chopped chives.

CHAPTER XII

加芥末和辣椒粉，与龙虾一同上桌。

美式龙虾

剖开一只活龙虾，放入大煎蛋锅中，撒上四分之一茶匙切碎的洋葱和少许辣椒粉，煮五分钟。加入半杯番茄酱汁II，煮三分钟；然后加入两汤匙雪利酒，盖上盖子，放入烤箱烤七分钟。向肝中加入一汤匙葡萄酒、两汤匙番茄酱汁和半汤匙融化黄油；在取出龙虾后在锅中加热。酱汁热后，过滤，浇在龙虾上。

龙虾 à la Muisset

将两只一磅半的活龙虾切成供食用的块状，并敲裂大螯。用两汤匙黄油将一汤匙切碎的红葱头和两汤匙切碎的胡萝卜煮十分钟，不断搅拌以免胡萝卜烧焦。加入两枝百里香、半片月桂叶、两个取自辣椒酱的红辣椒、一茶匙盐、一又三分之一杯棕色高汤、三分之二杯炖煮并过滤的番茄，以及三汤匙雪利酒。加入龙虾煮十五分钟。将龙虾取出放入上菜盘中，用黄油和面粉一起炒制来勾芡酱汁，并加入一汤匙半白兰地。将酱汁浇在龙虾周围，撒上切碎的细香葱。

第十二章

BEEF

Meat is the name applied to the flesh of all animals used for food. Beef is the meat of steer, ox, or cow, and is the most nutritious and largely consumed of all animal foods. Meat is chiefly composed of the albuminoids (fibrin, albumen, gelatin), fat, mineral matter, and water.

Fibrin is that substance in blood which causes it to coagulate when shed. It consists of innumerable delicate fibrils which entangle the blood corpuscles, and form with them a mass called blood clot. Fibrin is insoluble in both cold and hot water.

Albumen is a substance found in the blood and muscle. It is soluble in cold water, and is coagulated by hot water or heat. It begins to coagulate at 134° F. and becomes solid at 160° F. Here lies the necessity of cooking meat in hot water at a low temperature; of broiling meat at a high temperature, to quickly sear surface.

Gelatin in its raw state is termed *collagen*. It is a transparent, tasteless substance, obtained by boiling with water, muscle, skin, cartilage, bone, tendon, ligament, or membrane of animals. By this process, collagen of connective tissues is dissolved and converted into gelatin. Gelatin is insoluble in cold water, soluble in hot water, but in boiling water is decomposed, and by much boiling will not solidify on cooling. When subjected to cold water it swells, and is called hydrated gelatin. Myosin is the albuminoid of muscle, collagen of tendons, ossein of bones, and chondrin of cartilage and gristle.

Gelatin, although highly nitrogenous, does not act in the system as

牛肉

肉是指所有供食用动物的肌肉。牛肉是阉牛、公牛或母牛的肉，是所有动物性食物中最有营养且消费量最大的。肉主要由蛋白类物质(纤维蛋白、白蛋白、明胶)、脂肪、矿物质和水组成。

纤维蛋白是血液中使其流出后凝固的物质。它由无数纤细的纤维组成，缠绕血细胞，与之形成称为血块的物质。纤维蛋白不溶于冷水和热水。

白蛋白是存在于血液和肌肉中的物质。它溶于冷水，遇热水或加热即凝固。它在134°F时开始凝固，在160°F时变为固体。因此有必要在低温下用热水烹煮肉类；在高温下烤制肉类，以快速灼封表面。

明胶在其原始状态下被称为胶原蛋白。它是一种透明、无味的物质，通过与水及动物的肌肉、皮肤、软骨、骨、腱、韧带或膜一起煮沸而获得。在此过程中，结缔组织的胶原蛋白被溶解并转化为明胶。明胶不溶于冷水，溶于热水，但在沸水中会分解，且经大量煮沸后冷却时不会凝固。当置于冷水中时它会膨胀，称为水合明胶。肌球蛋白是肌肉的类蛋白，胶原蛋白是腱的类蛋白，骨胶原是骨的类蛋白，软骨素是软骨和软骨组织的类蛋白。

明胶虽然含氮量高，但在体内并不作为

other nitrogenous foods, as a large quantity passes out unchanged.

其他含氮食物，因为大量未经变化即被排出体外。

Fat is the white or yellowish oily solid substance forming the chief part of the adipose tissue. Fat is found in thick layers directly under the skin, in other parts of the body, in bone, and is intermingled throughout the flesh. Fat as food is a great heat-giver and force-producer. *Suet* is the name given to fat which lies about the loins and kidneys. Beef suet tried out and clarified is much used in cookery for shortening and frying.

脂肪是白色或淡黄色油状固体物质，构成脂肪组织的主要部分。脂肪存在于皮肤正下方的厚层中、身体其他部位、骨骼中，并混合在整个肌肉中。脂肪作为食物是重要的产热和供能物质。板油是指位于腰部和肾脏周围的脂肪。牛板油熬炼并澄清后，在烹饪中广泛用于起酥和油炸。

Mineral Matter. The largest amount of mineral matter is found in bone. It is principally calcium phosphate (phosphate of lime). Sodium chloride (common salt) is found in the blood and throughout the tissues.

矿物质。最大量的矿物质存在于骨骼中。主要是磷酸钙(石灰磷酸盐)。氯化钠(食盐)存在于血液和整个组织中。

Water abounds in all animals, constituting a large percentage of their weight.

水在所有动物中大量存在，占其重量的很大比例。

The color of meat is due to the coloring matter (hæmoglobin) which abounds in the red corpuscles of the blood.

肉的颜色源于血液红细胞中大量存在的色素(血红蛋白)。

The distinctive flavor of meat is principally due to peptones and allied substances, and is intensified by the presence of sodium chloride and other salts.

肉的特有风味主要源于蛋白胨及相关物质，并因氯化钠和其他盐类的存在而增强。

The beef creature is divided by splitting through the backbone in two parts, each part being called *a side of beef*. Four hundred and fifty pounds is good market weight for a side of beef.

牛胴体沿脊柱劈成两半，每一半称为半片牛肉。半片牛肉四百五十磅是良好的市场重量。

The most expensive cuts come from that part of the creature where muscles are but little used, which makes the meat finer-grained and consequently more tender, taking less time for cooking. Many of the cheapest cuts, though equally nutritious, need long, slow cooking to render them tender enough to digest

最昂贵的部位来自动物肌肉使用最少的部位，这使得肉质更细，因而更嫩，烹饪时间更短。许多最便宜的部位虽然同样有营养，但需要长时间慢煮才能使其嫩到足以消化

easily. Tough meat which has long and coarse fibres is often found to be very juicy, on account of the greater motion of that part of the creature, which causes the juices to flow freely. Roasting and broiling, which develop so fine a flavor, can only be applied to the more expensive cuts. The liver, kidneys, and heart are of firm, close texture, and difficult of digestion. Tripe, which is the first stomach of the ox, is easy of digestion, but on account of the large amount of fat which it contains, it is undesirable for those of weak digestion.

容易地。具有长而粗糙纤维的韧肉往往被发现非常多汁，因为动物该部位运动较多，促使汁液自由流动。烤和炙，能产生如此优良的风味，只能应用于较昂贵的部位。肝、肾和心质地坚实紧密，难以消化。牛肚，即牛的第一个胃，易于消化，但由于其含有大量脂肪，对于消化功能弱的人不适宜。

The quality of beef depends on age of the creature and manner of feeding. The best beef is obtained from a steer of four or five years. Good beef should be firm and of fine-grained texture, bright red in color, and well mottled and coated with fat. The fat should be firm and of a yellowish color. Suet should be dry, and crumble easily. Beef should not be eaten as soon as killed, but allowed to hang and ripen,—from two to three weeks in winter, and two weeks in summer.

牛肉的品质取决于牲畜的年龄和饲养方式。最好的牛肉取自四五岁的阉牛。优质牛肉应当坚实、纹理细密、色泽鲜红，并带有均匀分布的脂肪斑纹和脂肪覆盖层。脂肪应当坚实，呈淡黄色。板油应当干燥，容易搓碎。牛肉不应一宰杀就食用，而应悬挂熟化--冬季两到三周，夏季两周。

Meat should be removed from paper as soon as it comes from market, otherwise paper absorbs some of the juices.

肉从市场买回来后应尽快从纸上取下，否则纸会吸收一部分肉汁。

Meat should be kept in a cool place. In winter, beef may be bought in large quantities and cut as needed. If one chooses, a loin or rump may be bought and kept by the butcher, who sends cuts as ordered.

肉应保存在阴凉处。冬季可以大量购买牛肉，按需切割。如果愿意，也可以买一整块腰肉或臀肉，存放在肉贩处，由他按订单分次送肉。

Always wipe beef, before cooking, with a cheese-cloth wrung out of cold water, but never allow it to stand in a pan of cold water, as juices will be drawn out.

烹饪前务必用冷水拧干的奶酪布擦拭牛肉，但绝不可将其浸泡在一盆冷水中，否则肉汁会被浸出。

DIVISION AND WAYS OF COOKING A SIDE OF BEEF

牛半胴体的分割与烹调方法

HIND-QUARTER

Divisions	Ways of Cooking	
Flank (thick and boneless)	Stuffed, rolled and braised, or corned and boiled	
Round	Aitchbone	Cheap roast, beef stew, or braised
Top	Steaks, best cuts for beef tea	
Lower Part	Hamburg steaks, curry of beef, and cecils	
Vein	Steaks	
Rump	Back	Choicest large roasts and cross-cut steaks
Middle	Roasts	
Face	Inferior roasts and stews	
Loin	Tip	Extra fine roasts
Middle	Sirloin and porterhouse steaks	

后腿肉

烹饪方法分类		
Flank(厚且去骨）	酿馅、卷制及焖、腌渍后煮	
圆臀骨		廉价烤肉、炖牛肉或焖烧
上等牛排，牛肉茶的最佳切块		
汉堡牛排下部、咖喱牛肉的，以及塞西尔肉丸		
静脉牛排		
臀背部		精选大块烤肉与横切牛排
中度烘焙		
面部下等烤肉和炖菜		
腰肉尖		特级烘焙
中段牛里脊和波特豪斯牛排		

First Cut	Steaks and roast	
The Tenderloin	Sold as a Fillet or cut in Steaks	Larded and roasted, or broiled
Hind-shin		Cheap stew or soup stock

FORE-QUARTER

Five Prime Ribs		Good roast
Five Chuck Rib		Small steaks and stews
Neck		Hamburg steaks
Sticking-piece		Mincemeat
Rattle Rand	Thick End Second Cut Thin End	Corned for boiling
Brisket	Navel End Butt End or Fancy Brisket	Finest pieces for corning
Fore-shin		Soup stock and stews

初割	牛排与烤肉	
里脊肉作为菲力或切块出售	牛排	填肥后烤制或炙烤
后腿牛胫肉		廉价的炖菜或汤底

前躯

五根牛肋排五根牛肩肋排		好烤 小牛排与炖菜
颈肉		汉堡牛排肉馅
粘合件		
响尾蛇兰德厚端	第二刀 薄端	腌煮用
胸肉	牛腹肉端、臀端或精选牛胸肉	最佳腌制用肉块
前胫		汤底和炖菜

Other Parts of Beef Creature used for Food

Brains	Stewed, scalloped dishes, or croquettes
Tongue	Boiled or braised, fresh or corned
Heart	Stuffed and braised
Liver	Broiled or fried
Kidneys	Stewed or sautéd
Tail	Soup
Suet (kidney suet is the best)	
Tripe	Lyonnaise, broiled, or fried in batter

The Effect of Different Temperatures on the Cooking of Meat

By putting meat in cold water and allowing water to heat gradually, a large amount of juice is extracted and meat is tasteless; and by long cooking the connective tissues are softened and dissolved, which gives to the stock when cold a jelly-like consistency. This principle applies to soup making.

用于其他部位的牛肉

食物

脑	炖菜、扇贝状菜肴，或炸肉饼
舌	水煮或焖，新鲜或腌制的填馅焖制烤或煎炖或炒汤
心	
肝	
肾	
尾	
板油(以腰板油为最佳)	
肚	里昂式、炙烤或挂糊油炸

不同温度对肉类烹制的影响

将肉放入冷水中，让水逐渐加热，会浸出大量肉汁，使肉变得无味；而长时间烹煮会使结缔组织软化溶解，这使高汤冷却后呈果冻状。这一原理适用于制汤。

By putting meat in boiling water, allowing the water to boil for a few minutes, then lowering the temperature, juices in the outer surface are quickly coagulated, and the inner juices are prevented from escaping. This principle applies where nutriment and flavor is desired in meat. Examples: boiled mutton, fowl.

将肉放入沸水中，让水沸腾几分钟，然后降低温度，外表面的肉汁会迅速凝固，防止内部肉汁流失。这一原理适用于需要保留肉的营养和风味的情况。例如：煮羊肉、家禽。

By putting in cold water, bringing quickly to the boiling-point, then lowering the temperature and cooking slowly until meat is tender, some of the goodness will be in the stock, but a large portion left in the meat. Examples: fowl, when cooked to use for made-over dishes, Scotch Broth.

将肉放入冷水中，迅速加热至沸点，然后降低温度慢煮至肉变嫩，一部分精华会留在高汤中，但大部分仍留在肉里。例如：用于制作改造菜式的家禽、苏格兰肉汤。

Round of Beef.—*Page 193.*

烤牛肉。--第193页。

Aitch Bone.

H骨。

Tenderloin of Beef. Cut from hind shin for Soup making.

牛里脊。从后胫骨切下用于做汤。

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第193页。

Tip of Sirloin. Five Prime Ribs.

西冷尖端。五根上等肋条。

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Rump. Porter House Steak.

臀肉。波特豪斯牛排。

First slice from cross-cut of rump.

臀肉横切的第一片。

TABLE SHOWING COMPOSITION OF MEATS

Articles	Refuse	Proteid	Fat	Mineral matter	Water
Beef					
Fore-quarter	19.8	14.1	16.1	.7	49.3
Hind-quarter	16.3	15.3	15.6	.8	52.
Round	8.5	18.7	8.8	1.	63.
Rump	18.5	14.4	19.	.8	47.3
Loin	12.6	15.9	17.3	.9	53.3
Ribs	20.2	13.6	20.6	.7	44.9
Chuck ribs	13.3	15.	20.8	.8	50.1
Tongue	15.1	14.8	15.3	.9	53.9
Heart		16.	20.4	1.	62.6
	Carbohydrates				
Kidney	.4	16.9	4.8	1.2	76.7
Liver	1.8	21.6	5.4	1.4	69.8
Mutton					
Hind-quarter	16.7	13.5	23.5	.7	45.6
Fore-quarter	21.1	11.9	25.7	.7	40.6

肉类成分表

物品	废弃物	蛋白质脂肪	矿物质物质	水
牛肉				
前躯 19.8 14.1 16.1。7 49.3 后躯 16.3 15.3 15.6 8				52
圆腿 8.5 18.7 8.8 1.				63
臀肉 18.5 14.4 19. 8				47.3
腰肉	12.6 15.9 17.3 9			53.3
肋肉	20.2 13.6 20.6 7			44.9
牛肩肋排 13.3 15. 20.8 8				50.1
舌 15.1 14.8 15.3 9				53.9
心		16. 20.4 1.		62.6
	碳水化合物			
Kidney.4		16.9 4.8 1.2		76.7
肝 1.8 21.6 5.4 1.4 69.8				
羊肉				
后四分之一胴体 16.7 13.5 23.5 .7 45.6 前四分之一胴体 21.1 11.9 25.7 .7 40.6				

Leg	17.4	15.1	14.5	.8	52.2
Loin	14.2	12.8	31.9	.6	40.5
Veal					
Fore-quarter	24.5	14.6	6.	.7	54.2
Hind-quarter	20.7	15.7	6.6	.8	56.2
Leg	10.5	18.5	5.	1.	65.
Sweetbreads		15.4	12.1	1.6	70.9
Pork					
Loin of pork	16.	13.5	27.5	.7	42.3
Ham, smoked	12.7	14.1	33.2	4.1	35.9
Salt pork	8.1	6.5	66.8	2.7	15.9
Bacon	8.1	9.6	60.2	4.3	17.8
Poultry					
Chicken	34.8	14.8	1.1	.8	48.5
Fowl	30.	13.4	10.2	.8	45.6
Turkey	22.7	15.7	18.4	.8	42.4
Goose	22.2	10.3	33.8	.6	33.1

W. O. Atwater, Ph.D.

腿肉	17.4	15.1	14.5	.8	52.2
里脊	14.2	12.8	31.9	.6	40.5
小牛肉					
前躯	24.5	14.6	6.	.7	54.2
后躯	20.7	15.7	6.6	.8	56.2
腿肉	10.5	18.5	5.	1.	65.
胸腺		15.4	12.1	1.6	70.9
猪肉					
猪里脊	16.	13.5	27.5	.7	42.3
火腿，熏制	12.7	14.1	33.2	4.1	35.9
咸猪肉	8.1	6.5	66.8	2.7	15.9
培根	8.1	9.6	60.2	4.3	17.8
禽肉					
鸡肉	34.8	14.8	1.1	.8	48.5
家禽	30.	13.4	10.2	.8	45.6
火鸡	22.7	15.7	18.4	.8	42.4
鹅	22.2	10.3	33.8	.6	33.1

*W.O.*阿特沃特博士

Broiled Beefsteak

The best cuts of beef for broiling are porterhouse, sirloin, cross-cut of rump steaks, and second and third cuts from top of round. Porterhouse and sirloin cuts are the most expensive, on account of the great loss in bone and fat, although price per pound is about the same as for cross-cut of rump. Round steak is very juicy, but, having coarser fibre, is not as tender. Steaks should be cut at least an inch thick, and from that to two and one-half inches. The flank end of sirloin steak should be removed before cooking. It may be put in soup kettle, or lean part may be chopped and utilized for meat cakes, fat tried out and clarified for shortening.

To Broil Steak. Wipe with a cloth wrung out of cold water, and trim off superfluous fat. With some of the fat grease a wire broiler, place meat in broiler (having fat edge next to handle), and broil over a clear fire, turning every ten seconds for the first minute, that surface may be well seared, thus preventing escape of juices. After the first minute, turn occasionally until well cooked on both sides. Steak cut one inch thick will take five minutes, if liked rare; six minutes, if well done. Remove to hot platter, spread with butter, and sprinkle with salt and pepper.

Beefsteak with Maître d'Hôtel Butter

Serve Broiled Steak with Maître d'Hôtel Butter.

Porterhouse Steak with Mushroom Sauce

Serve broiled Porterhouse Steak with Mushroom Sauce.

Porterhouse Steak with Tomato and Mushroom Sauce

烤牛排

适合炙烤的最佳牛肉部位是波特豪斯牛排、西冷牛排、横切臀肉牛排，以及上后腿肉的第二和第三刀。波特豪斯和西冷切块最为昂贵，因为骨头和脂肪的损失很大，尽管每磅价格与横切臀肉大致相同。后腿牛排非常多汁，但由于纤维较粗，因此不那么嫩。牛排应切成至少一英寸厚，从一英寸到两英寸半不等。西冷牛排的腹侧末端应在烹饪前去除。它可以放入汤锅中，或者瘦肉部分可以剁碎用于制作肉饼，脂肪可以熬出并澄清作为起酥油。

炙烤牛排。用拧干的冷水布擦拭，并修去多余的脂肪。用一些脂肪在铁丝烤架上涂抹油脂，将肉放入烤架(脂肪边缘靠近手柄)，在明火上炙烤，第一分钟内每十秒翻转一次，使表面充分封住，从而防止汁液流失。第一分钟后，偶尔翻转，直到两面都烤熟。一英寸厚的牛排如果喜欢三分熟需要五分钟；如果喜欢全熟需要六分钟。移到热盘中，涂上黄油，撒上盐和胡椒。

牛排配总管黄油

配麦特尔·德·奥泰尔黄油上烤牛排。

蘑菇酱丁骨牛排

将烤波特豪斯牛排配蘑菇酱食用。

番茄蘑菇酱丁骨牛排

Serve broiled Porterhouse Steak with Tomato and Mushroom Sauce.

Porterhouse Steak, Bordelaise Sauce

Serve broiled porterhouse steak with

Bordelaise Sauce. Cook one shallot, finely chopped, with one-fourth cup claret until claret is reduced to two tablespoons, and strain. Melt two tablespoons butter, add one slice onion, two slices carrot, sprig of parsley, bit of bay leaf, eight peppercorns, and one clove, and cook until brown. Add three and one-half tablespoons flour, and when well browned add gradually one cup Brown Stock. Strain, let simmer eight minutes, add claret and one tablespoon butter. Season with salt and pepper. Remove marrow from a marrow-bone and cut in one-third inch slices; then poach in boiling water. Arrange on and around steak, and pour around sauce.

Beefsteak à la Henriette

½ cup butter
Yolks 3 eggs
1 tablespoon cold water
½ tablespoon lemon juice
¼ teaspoon salt
2 tablespoons tomato purée
1 tablespoon Worcestershire Sauce
½ tablespoon finely chopped parsley
Few grains cayenne
Wash butter, and divide in three pieces. Put one piece in saucepan with yolks of eggs slightly beaten and mixed with water and

将烤波特豪斯牛排配番茄蘑菇酱食用。

波特豪斯牛排，波尔多酱

配烤波特豪斯牛排配

波尔多酱汁。将一个切碎的葱头与四分之一杯波尔多红酒一起煮，直到红酒浓缩至两汤匙，然后过滤。融化两汤匙黄油，加入一片洋葱、两片胡萝卜、一小枝欧芹、一点月桂叶、八粒胡椒和一颗丁香，煮至棕色。加入三汤匙半面粉，充分炒棕后逐渐加入一杯棕色高汤。过滤，小火煨八分钟，加入红酒和一汤匙黄油。用盐和胡椒调味。从牛骨髓骨中取出骨髓，切成三分之一英寸的片；然后在沸水中焯煮。摆放在牛排上及周围，并将酱汁浇在周围。

亨利埃特牛排

1/2杯黄油
蛋黄 3 个鸡蛋
一汤匙冷水
1/2 汤匙柠檬汁
1/4茶匙盐
2汤匙番茄泥
1汤匙伍斯特郡酱汁 1/2汤匙切碎的欧芹少许
卡宴辣椒粉

将黄油洗净，分成三块。取一块放入平底锅中，加入轻轻搅打并与水和

lemon juice. Proceed same as in making Hollandaise Sauce I (see p. 274); then add tomato, parsley, and seasonings. Pour one-half sauce on a serving dish, lay a broiled porterhouse steak on sauce, and cover steak with remaining sauce. Garnish with parsley.

柠檬汁混合的蛋黄。按照制作荷兰酱汁I(见第274页)的方法操作；然后加入番茄、欧芹和调味料。将一半酱汁倒在餐盘上，将烤好的波特豪斯牛排放在酱汁上，用剩余的酱汁覆盖牛排。用欧芹装饰。

Beefsteak à la Victor Hugo

维克多·雨果式牛排

Wipe a porterhouse steak, broil, and serve with

将一块波特豪斯牛排擦净，炙烤，并佐以

Victor Hugo Sauce. Cook one-half teaspoon finely chopped shallot in one tablespoon tarragon vinegar five minutes. Wash one-third cup butter, and divide in thirds. Add one piece butter to mixture, with yolks two eggs, one teaspoon lemon juice, and one teaspoon meat extract. Cook over hot water, stirring constantly; as soon as butter is melted, add second piece, and then third piece. When mixture thickens, add one-half tablespoon grated horseradish.

维克多·雨果酱汁。将半茶匙切碎的青葱放入一汤匙龙蒿醋中煮五分钟。将三分之一杯黄油洗净，分成三份。将一块黄油加入混合物中，加入两个鸡蛋的蛋黄、一茶匙柠檬汁和一茶匙肉精。在热水上烹煮，不断搅拌；黄油一旦融化，加入第二块，然后加入第三块。当混合物变稠时，加入半汤匙磨碎的山葵。

Steak à la Chiron

希龙牛排

Spread broiled rump steak with Hollandaise Sauce I (see p. 274) to which is added a few drops onion juice and one-half tablespoon finely chopped parsley.

将烤好的臀肉牛排涂抹上荷兰酱汁I(见第274页)，其中加入几滴洋葱汁和1/2汤匙切碎的欧芹。

Beefsteak à la Mirabeau

米拉波牛排

Garnish a broiled porterhouse or cross-cut of rump steak with anchovies, and stoned olives stuffed with green butter and chopped parsley. Arrange around steak stuffed tomatoes, and fried potato balls served in shells made from noodle mixture. Pour around the following sauce: Melt two tablespoons butter, add two and one-half tablespoons browned flour, then add one cup Chicken Stock. Season with one tablespoon tomato catsup and salt

用凤尾鱼和塞有绿色黄油及切碎欧芹的去核橄榄装饰烤制的波特豪斯牛排或横切牛臀牛排。在牛排周围摆放填馅番茄和盛在面条混合物制成的壳中的炸土豆球。在周围浇上以下酱汁：融化两汤匙黄油，加入两汤匙半焦面粉，然后加入一杯鸡高汤。用一汤匙番茄酱和盐调味。

and pepper.

Noodle Shells. Make noodle mixture (see p. 147), roll as thinly as possible, cut in pieces, and shape over buttered inverted scallop shells. Put in dripping-pan and bake in a slow oven. As mixture bakes it curls from edges, when cases should be slipped from shells and pressed firmly in insides of shells to finish cooking and leave an impression of shells. Potato balls served in these shells make an attractive garnish for broiled fish and meats.

Beefsteak with Oyster Blanket

Wipe a sirloin steak, cut one and one-half inches thick, broil five minutes, and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint oysters, cover steak with same, sprinkle oysters with salt and pepper and dot over with butter. Place on grate in hot oven, and cook until oysters are plump.

Planked Beefsteak

Wipe, remove superfluous fat, and pan broil seven minutes a porterhouse or cross-cut of the rump steak cut one and three-fourths inches thick. Butter a plank and arrange a border of Duchess Potatoes close to edge, using a pastry bag and rose tube. Remove steak to plank, put in a hot oven, and bake until steak is cooked and potatoes are browned. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley. Garnish top of steak with sautéd mushroom caps, and put around steak at equal distances halves of small tomatoes sautéd in butter, and on top of each tomato a circular slice of cucumber.

以及胡椒。

面条壳。制作面条混合物(见第147页)，尽可能擀薄，切成块状，覆在涂了黄油的倒扣扇贝壳上塑形。放入滴油盘，在慢烤箱中烘烤。混合物烘烤时会从边缘卷起，此时应将外壳从贝壳上取下，紧紧压入贝壳内侧以完成烘烤，并留下贝壳的印痕。盛在这些壳中的土豆球可为烤鱼和肉类增添诱人的装饰。

牡蛎盖牛排

将一块厚一英寸半的沙朗牛排擦净，烤五分钟，移至盘中。涂上黄油，撒上盐和胡椒。清洗一品脱牡蛎，将牡蛎覆盖在牛排上，在牡蛎上撒盐和胡椒，点上黄油。放在热烤箱的烤架上，烤至牡蛎饱满。

木板烤牛排

擦拭，去除多余的脂肪，将一又四分之三英寸厚的波特豪斯牛排或横切臀肉牛排用煎锅煎七分钟。在木板上涂黄油，用裱花袋和玫瑰嘴在边缘附近围一圈公爵土豆。将牛排移到木板上，放入热烤箱，烘烤至牛排熟透、土豆呈棕色。在牛排上涂黄油，撒上盐、胡椒和切碎的欧芹。在牛排顶部装饰炒蘑菇帽，并在牛排周围等距放置用黄油炒过的小番茄半块，每个番茄上面放一片圆形黄瓜片。

Broiled Fillets of Beef

Slices cut from the tenderloin are called sliced fillets of beef. Wipe sliced fillets, place in greased broiler, and broil four or five minutes over a clear fire. These may be served with Maître d'Hôtel Butter or Mushroom Sauce.

Cutlets of Tenderloin with Chestnut Purée

Shape slices of tenderloin, one inch thick, in circular pieces. Broil five minutes. Spread with butter, sprinkle with salt and pepper. Arrange on platter around a mound of Chestnut Purée.

Sautéd Mignon Fillets of Beef with Sauce Figaro

Wipe and sauté small fillets in hot omelet pan. Arrange in a circle on platter with cock's-comb shaped croûtons between, and pour sauce in the centre. Serve as a luncheon dish with Brussels Sprouts or String Beans.

Sautéd Mignon Fillets of Beef with Sauce Trianon

Wipe and sauté small fillets in hot omelet pan. Arrange in a circle around a mound of fried potato balls sprinkled with parsley. Put Sauce Trianon on each fillet.

Sautéd Fillets of Beef à la Moelle

Cut beef tenderloin in slices one inch thick, and trim into circular shapes. Season with salt and pepper, and broil six minutes in hot buttered frying-pan. Remove marrow from a marrow-bone, cut in one-third inch slices, poach in boiling water, and drain. Put a slice of marrow on each fillet. To liquor in pan add one tablespoon butter, two tablespoons flour, and one cup Brown Stock. Season

烤牛柳

从里脊肉切下的薄片称为牛肉菲力片。将菲力片擦净，放入涂了油的烤架中，在明火上烤四五分钟。可配主厨黄油或蘑菇酱汁食用。

里脊肉排配栗子泥

将一英寸厚的里脊肉片切成圆形。烤五分钟。涂上黄油，撒上盐和胡椒。在盘中围绕一堆栗子泥摆放。

菲力牛排配费加罗酱

将小菲力片擦净，在热煎蛋锅中煎制。在盘中围成一圈，之间放置鸡冠状面包丁，将酱汁倒在中央。作为午餐菜肴配抱子甘蓝或四季豆食用。

索泰·米尼翁牛柳配特里亚农酱

将小菲力片擦净，在热煎蛋锅中煎制。在盘中围成一圈，围绕撒有欧芹的炸土豆球堆摆放。在每个菲力片上放特里亚农酱汁。

嫩煎牛柳配骨髓

将牛里脊肉切成一英寸厚的片，修成圆形。用盐和胡椒调味，在涂了黄油的热煎锅中烤六分钟。从骨髓骨中取出骨髓，切成三分之一英寸的片，在沸水中焯烫，沥干。在每片肉排上放一片骨髓。在锅中的汁液中加入一汤匙黄油、两汤匙面粉和一杯棕色高汤。调味

with salt, pepper, and Madeira wine. Pour sauce around meat.

加盐、胡椒和马德拉酒。将酱汁浇在肉周围。

Sautéd Fillets of Beef, Cherry Sauce

Prepare and cook six fillets same as Sautéd Fillets of Beef à la Moelle. Arrange on serving dish, sprinkle with salt and pepper, spread with butter, and pour over.

Cherry Sauce. Soak one-fourth cup glacéd cherries fifteen minutes in boiling water. Drain, cut in halves, cover with Sherry wine, and let stand three hours.

嫩煎牛柳配樱桃酱

按照带骨髓的煎牛肉菲力片的做法准备并烹制六个菲力片。摆放在餐盘中，撒上盐和胡椒，涂抹黄油，浇上。

樱桃酱汁。将1/4杯糖渍樱桃在沸水中浸泡十五分钟。沥干，切成两半，覆盖雪利酒，静置三小时。

Sautéd Fillets of Beef with Stuffed Mushroom Caps

Prepare and cook six fillets same as Sautéd Fillets of Beef à la Moelle. Put a sautéd stuffed mushroom cap on each, sprinkle with buttered crumbs, and bake until crumbs are browned. Remove to serving dish, pour around Espagnole Sauce, and garnish caps with strips of red and green pepper cut in fancy shapes.

Stuffing for Mushroom Caps. Clean and finely chop six mushroom caps; add one tablespoon each of parsley and onion finely chopped, and one tablespoon butter. Moisten with Espagnole Sauce (See p. 200).

煎牛柳配酿蘑菇盖

按照带骨髓的煎牛肉菲力片的做法准备并烹制六个菲力片。在每个上面放一个煎过的填馅蘑菇伞盖，撒上黄油面包屑，烘烤至面包屑呈棕色。移至餐盘中，在周围浇上西班牙酱汁，用切成花样的红绿辣椒条装饰蘑菇伞盖。

蘑菇盖填料。将六个蘑菇盖清洗干净并切碎；加入各一汤匙切碎的欧芹和洋葱，以及一汤匙黄油。用西班牙酱汁润湿(见第200页)。

Châteaubriand of Beef

Trim off fat and skin from three pounds of beef cut from centre of fillet and flatten with a broad-bladed cleaver. Sprinkle with salt, brush over with olive oil, and broil over a clear fire twenty minutes. Remove to serving dish, garnish with red pepper cut in fancy shapes and parsley. Serve with

夏多布里昂牛排

去除从菲力中央切下的三磅牛肉的脂肪和表皮，用宽刃菜刀拍平。撒上盐，刷上橄榄油，在明火上烤二十分钟。移至餐盘中，用切成花样的红辣椒和欧芹装饰。配以下酱汁食用

Espagnole Sauce. To one and one-half cups rich brown sauce add two-thirds teaspoon meat extract, one tablespoon lemon juice, and one and one-half tablespoons finely chopped parsley. Just before serving add one tablespoon butter and salt and pepper to taste.

西班牙酱汁。在一杯半浓郁的棕色酱汁中加入三分之二茶匙肉精、一汤匙柠檬汁和一汤匙半切碎的欧芹。上桌前加入一汤匙黄油，并用盐和胡椒调味。

Broiled Meat Cakes

Chop finely lean raw beef, season with salt and pepper, shape in small flat cakes, and broil in a greased broiler or frying-pan. Spread with butter, or serve with Maître d'Hôtel Butter. In forming the cakes, handle as little as possible; for if pressed too compactly, cakes will be found solid.

烤(炙)肉饼

将瘦生牛肉切碎，用盐和胡椒调味，塑成小扁饼状，在涂了油的烤架或煎锅中烤制。涂抹黄油，或配主厨黄油食用。制作肉饼时尽量少用手处理；因为如果压得太紧实，肉饼会变得硬实。

Hamburg Steaks

Chop finely one pound lean raw beef; season highly with salt, pepper, and a few drops onion juice or one-half shallot finely chopped. Shape, cook, and serve as Meat Cakes. A few gratings of nutmeg and one egg slightly beaten may be added.

汉堡牛排

将一磅瘦生牛肉切碎；用盐、胡椒和几滴洋葱汁或1/2个切碎的葱头充分调味。按照肉饼的做法塑形、烹制和食用。可加入少许磨碎的肉豆蔻和一个轻轻搅打的鸡蛋。

Planks for Planked Dishes.—*Page 198.*

上木板菜肴用的木板。--第198页。

Beefsteak à la Mirabeau.—*Page 197.*

米拉博牛排。--第*197*页。

Side of Veal with Sweetbread attached.

带甜面包附着的小牛肉侧面。

Side of Lamb showing division into fore and hind quarter.

羊的半边，显示前四分之一和后四分之一的划分。

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第195页。

Cannelon of Beef

2 lbs. lean beef, cut from round
Grated rind ½ lemon
1 tablespoon finely chopped parsley
1 egg
½ teaspoon onion juice
2 tablespoons melted butter
Few gratings nutmeg
1 teaspoon salt
¼ teaspoon pepper
Chop meat finely, and add remaining ingredients in order given. Shape in a roll six inches long, wrap in buttered paper, place on rack in dripping-pan, and bake thirty minutes. Baste every five minutes with one-fourth cup butter melted in one cup boiling water. Serve with Brown Mushroom Sauce I.

Roast Beef

The best cuts of beef for roasting are: tip or middle of sirloin, back of rump, or first three ribs. Tip of sirloin roast is desirable for a small family. Back of rump makes a superior roast for a large family, and is more economical than sirloin. It is especially desirable where a large quantity of dish gravy is liked, for in carving the meat juices follow the knife. Rib roasts contain more fat than either of the others, and are somewhat cheaper.

To Roast Beef. Wipe, put on a rack in dripping-pan, skin side down, rub over with salt, and dredge meat and pan with flour. Place in hot oven, that the surface may be quickly seared, thus preventing escape of inner juices. After flour in pan is browned,

牛肉卷

两磅瘦牛肉，取自后腿肉
磨碎的柠檬皮 1/2 个
一汤匙切碎的欧芹
1个鸡蛋
1/2茶匙洋葱汁
2汤匙融化的黄油
少许肉豆蔻碎
一茶匙盐
1/4茶匙胡椒
将肉切碎，按所列顺序加入其余配料。整形成六英寸长的卷，用涂了黄油的纸包裹，放在滴油盘的烤架上，烤三十分钟。每五分钟用四分之一杯黄油融化在一杯沸水中浇淋一次。配棕色蘑菇酱汁I上桌。

烤牛肉

最适合烤制的牛肉部位是：沙朗尖端或中部、臀肉后部或前三根肋条。沙朗尖端烤肉适合小家庭。臀肉后部烤肉适合大家庭，比沙朗更经济。尤其适合喜欢大量肉汁的人，因为切肉时肉汁会随刀流出。肋条烤肉比上述两者含更多脂肪，价格也稍便宜。

烤牛肉。擦净，放在滴油盘的烤架上，表皮朝下，抹上盐，在肉和烤盘上撒面粉。放入热烤箱，使表面迅速封住，从而防止内部肉汁流失。烤盘中的面粉呈棕色后，

reduce heat, and baste with fat which has tried out; if meat is quite lean, it may be necessary to put trimmings of fat in pan. Baste every ten minutes; if this rule is followed, meat will be found more juicy. When meat is about half done, turn it over and dredge with flour, that skin side may be uppermost for final browning. For roasting, consult Time Table for Baking Meats, page 30.

降低温度，用熬出的油脂浇淋；如果肉相当瘦，可能需要在烤盘中放入脂肪碎块。每隔十分钟浇淋一次；如果遵循此规则，肉会更加多汁。当肉大约烤至半熟时，将其翻面并撒上面粉，使表皮朝上以便最后上色。烤制时请参阅第30页的烤肉时间表。

If there is danger of flour burning in pan, add a small quantity of water; this, however, is not desirable, and seldom need be done if size of pan is adapted to size of roast. Beef to be well roasted should be started in hot oven and heat decreased, so that when carved the slices will be red throughout, with a crisp layer of golden brown fat on the top. Beef roasted when temperature is so high that surface is hardened before heat can penetrate to the centre is most unsatisfactory.

如果烤盘中的面粉有烧焦的危险，可加入少量水；然而这并不可取，如果烤盘大小与烤肉大小相称，很少需要这样做。烤得好的牛肉应先在热烤箱中开始烤制，然后降低温度，这样切出的肉片通体呈红色，表面有一层金黄酥脆的脂肪。如果在温度过高、表面在热量渗透到中心之前就已变硬的情况下烤牛肉，效果最不理想。

Sirloin or rib roasts may have the bones removed, and be rolled, skewered, and tied in shape. Chicago Butt is cut from the most tender part of back of rump. They are shipped from Chicago, our greatest beef centre, and if fresh and from a heavy creature, make excellent roasts at a small price.

沙朗或肋条烤肉可以去骨，卷起，用扦子固定并捆扎成形。芝加哥臀肉取自臀肉后部最嫩的部分。它们从芝加哥--我们最大的牛肉中心--运来，如果新鲜且来自大型牲畜，可以以低廉的价格制成极好的烤肉。

Roast Beef Gravy. Remove some of the fat from pan, leaving four tablespoons. Place on front of range, add four tablespoons flour, and stir until well browned. The flour, dredged and browned in pan, should give additional color to gravy. Add gradually one and one-half cups boiling water, cook five minutes, season with salt and pepper, and strain. If flour should burn in pan, gravy will be full of black particles.

烤牛肉肉汁。从锅中去除部分油脂，留下四汤匙。放在炉灶前部，加入四汤匙面粉，搅拌至充分变棕。面粉撒入锅中并烤棕，应能给肉汁增添额外的色泽。逐渐加入一杯半沸水，煮五分钟，用盐和胡椒调味，过滤。如果面粉在锅中烧焦，肉汁会充满黑色颗粒。

To Carve a Roast of Beef. Have roast placed on platter skin side

切烤牛肉将烤肉置于盘中，皮面朝

up; with a pointed, thin-bladed, sharp knife cut a sirloin or rib roast in thin slices at right angles to the ribs, and cut slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices across grain of meat. Carve back of rump in thin slices with the grain of meat; by so doing, some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

用尖头薄刃利刀将沙朗或肋条烤肉垂直于肋条切成薄片，并从肋条上切下肉片。如果有里脊肉，从骨头下方取出，横切肉的纹理切成薄片。臀肉后部顺肉的纹理切成薄片；这样，一些最嫩的肌肉会与较嫩的肉一起上桌。横切肉的纹理时，最嫩的部分单独切片，较嫩的部分也是如此。

Yorkshire Pudding

1 cup milk
1 cup flour
2 eggs
¼ teaspoon salt
Miss C. J. Wills
Mix salt and flour, and add milk gradually to form a smooth paste; then add eggs beaten until very light. Cover bottom of hot pan with some of beef fat tried out from roast, pour mixture in pan one-half inch deep. Bake twenty minutes in hot oven, basting after well risen, with some of the fat from pan in which meat is roasting. Cut in squares for serving. Bake, if preferred, in greased, hissing hot iron gem pans.

约克郡布丁

一杯牛奶
一杯面粉
2个鸡蛋
1/4茶匙盐
*C.J.*威尔斯小姐
将盐和面粉混合，逐渐加入牛奶调成光滑的面糊；然后加入搅打至非常蓬松的鸡蛋。在热锅底部铺上一些从烤肉中熬出的牛油，将面糊倒入锅中至半英寸深。在热烤箱中烘烤二十分钟，膨胀好后用烤肉盘中的油脂浇淋。切成方块食用。如喜欢，也可在涂了油、烧得滋滋作响的热铁制模具中烘烤。

Larded Fillet of Beef

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the long fillet, and when removed no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet lying

猪油煎牛里脊

位于腰肉和臀肉下方的牛里脊肉称为牛柳。腰肉下方的牛柳称为长牛柳，一旦取出便无法切出波特豪斯牛排；因此其价格高于位于

under rump. Two short fillets are often skewered together, and served in place of a long fillet.

Wipe, remove fat, veins, and any tendinous portions; skewer in shape, and lard upper side with grain of meat, following directions for larding on page 23. Place on a rack in small pan, sprinkle with salt and pepper, dredge with flour, and put in bottom of pan small pieces of pork. Bake twenty to thirty minutes in hot oven, basting three times. Take out skewer, remove meat to hot platter, and garnish with watercress. Serve with Mushroom, Figaro, or Horseradish Sauce I.

臀肉下方的短牛柳。两条短牛柳常被串在一起，用以代替长牛柳上桌。

擦拭干净，去除脂肪、血管及任何腱质部分；用签子串成形状，并按第23页填脂说明在肉的上侧顺肉纹填入猪油。放入小烤架的烤盘上，撒上盐和胡椒，撒上面粉，并在盘底放几小块猪肉。在热烤箱中烤二十至三十分钟，浇淋三次。取出签子，将肉移至热盘中，用水田芥装饰。配蘑菇酱汁、费加罗酱汁或辣根酱汁I上桌。

Fillet of Beef with Vegetables

蔬菜牛柳

Wipe a three-pound fillet, trim, and remove fat. Put one-half pound butter in hot frying-pan and when melted add fillet, and turn frequently until the entire surface is seared and well browned; then turn occasionally until done, the time required being about thirty minutes. Remove to serving dish and garnish with one cup each cooked peas and carrots cut in fancy shapes, both well seasoned, one-half cup raisins seeded and cooked in boiling water until soft, and the caps from one-half pound fresh mushrooms sautéd in butter five minutes. Serve with

擦拭一块三磅的里脊肉，修整并去除脂肪。将半磅黄油放入热煎锅中，融化后加入里脊肉，频繁翻转，直到整个表面封住并充分呈棕色；然后偶尔翻转，直到熟透，所需时间约为三十分钟。移到上菜盘中，用各一杯煮熟的豌豆和胡萝卜(切成花式形状，均充分调味)、半杯去籽并在沸水中煮至柔软的葡萄干，以及半磅新鲜蘑菇的菌盖(在黄油中炒五分钟)作为装饰。配以

Brown Mushroom Sauce. Pour off one-fourth cup fat from frying-pan, add five tablespoons flour, and stir until well browned; then add one cup Brown Soup Stock, one-third cup mushroom liquor, and the caps from one-half pound mushrooms cut in slices and sautéd in butter three minutes. Season with salt and pepper, and just before serving add gradually, while stirring constantly, the butter remaining in frying-pan.

棕色蘑菇酱汁。从煎锅中倒出四分之一杯油脂，加入五汤匙面粉，搅拌至充分呈棕色；然后加入一杯棕色高汤、三分之一杯蘑菇汁，以及半磅蘑菇的菌盖(切片后在黄油中炒三分钟)。用盐和胡椒调味，在上桌前不断搅拌的同时，逐渐加入煎锅中剩余的黄油。

To obtain mushroom liquor, scrape stems of mushrooms, break in pieces, cover with cold water, and cook slowly until liquid is reduced to one-third cup.

Braised Beef

3 lbs. beef from lower part of round or face of rump	
2 thin slices fat salt pork	
½ teaspoon peppercorns	
Carrot	¼ cup each, cut in dice
Turnip	
Onion	
Celery	
Salt and pepper	

Fry out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place on trivet in deep granite pan or in earthen pudding-dish, and surround with vegetables, peppercorns, and three cups boiling water; cover closely, and bake four hours in very slow oven, basting every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below the boiling-point. Serve with Horseradish Sauce, or with sauce made from liquor in pan.

要获得蘑菇汁，刮净蘑菇茎，掰成碎块，用冷水覆盖，慢煮至液体浓缩为三分之一杯。

红烧牛肉

三磅牛后腿下部或臀肉表面的牛肉	
两薄片肥咸猪肉 1/2茶匙胡椒粒胡萝卜	
	各1/4杯，切成丁
芜菁	
洋葱	
芹菜	
盐和胡椒	

将猪肉煎出油，去掉残渣。把肉擦净，撒上盐和胡椒，裹上面粉，在猪油中把整个表面煎至棕色。翻动肉时，避免用叉子或烤肉签刺穿，以免内部肉汁流失。放在深花岗岩锅或陶制布丁盘中的三脚架上，周围放上蔬菜、胡椒粒和三杯沸水；盖紧，在极慢的烤箱中烤四小时，每半小时浇淋一次，第二小时后翻面。整个烹饪过程中，液体应保持在沸点以下。配辣根酱汁(Horseradish Sauce)食用，或用锅中汤汁制成的酱汁。

Beef à la Mode

Insert twelve large lardoons in a four-pound piece of beef cut from the round. Make incisions for lardoons by running through the meat a large skewer. Season with salt and pepper, dredge with flour, and brown the entire surface in pork fat. Put on a trivet in kettle, surround with one-third cup each carrot, turnip, celery, and onion cut in dice, sprig of parsley, bit of bay leaf, and water to half cover meat. Cover closely, and cook slowly four hours, keeping liquor below the boiling-point. Remove to hot platter. Strain liquor, thicken and season to serve as a gravy. When beef is similarly prepared (with exception of lardoons and vegetables), and cooked in smaller amount of water, it is called Smothered Beef, or Pot Roast. A bean-pot (covered with a piece of buttered paper, tied firmly down) is the best utensil to use for a Pot Roast.

Pressed Beef Flank

Wipe, remove superfluous fat, and roll a flank of beef. Put in a kettle, cover with boiling water, and add one tablespoon salt, one-half teaspoon peppercorns, a bit of bay leaf, and a bone or two which may be at hand. Cook slowly until meat is in shreds; there should be but little liquor in kettle when meat is done. Arrange meat in a deep pan, pour over liquor, cover, and press with a heavy weight. Serve cold, thinly sliced.

Beef Stew with Dumplings

Aitchbone, weighing 5 lbs.

4 cups potatoes, cut in ¼ inch slices

红酒烩牛肉

在一块四磅重的牛后腿肉中插入十二根大猪油条。用大烤肉签穿过肉来为猪油条开切口。用盐和胡椒调味，裹上面粉，在猪油中把整个表面煎至棕色。放在锅中的三脚架上，周围放上各三分之一杯切成丁的胡萝卜、芜菁、芹菜和洋葱，一小枝欧芹，一点月桂叶，以及能半盖住肉的水。盖紧，慢煮四小时，保持汤汁在沸点以下。移到热盘中。过滤汤汁，勾芡并调味作为肉汁。当牛肉以类似方式准备(除去猪油条和蔬菜)，并在较少的水中烹煮时，称为焖牛肉(Smothered Beef)或锅烤肉(Pot Roast)。豆锅(用一块涂了黄油的纸盖上，牢牢扎紧)是做锅烤肉的最佳器具。

压牛腩

擦拭干净，去除多余脂肪，将牛腹肉卷起。放入锅中，用沸水覆盖，加入一汤匙盐、半茶匙胡椒粒、一点月桂叶，以及手边可能有一两根骨头。慢煮至肉呈丝状；肉煮好时锅中应只剩少量汤汁。将肉排入深盘，浇上汤汁，盖上盖子，用重物压紧。冷藏后切成薄片上桌。

饺子炖牛肉

髋骨，重5磅。4杯土豆，切成1/4英寸厚的片

Turnip	⅔ cup each, cut in half-inch cubes

Carrot

½ small onion, cut in thin slices

¼ cup flour

Salt

Pepper

Wipe meat, remove from bone, cut in one and one-half inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying-pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, put in kettle, and rinse frying-pan with boiling water, that none of the goodness may be lost. Add to meat remaining fat, and bone sawed in pieces; cover with boiling water and boil five minutes, then cook at a lower temperature until meat is tender (time required being about three hours). Add carrot, turnip, and onion, with salt and pepper the last hour of cooking. Parboil potatoes five minutes, and add to stew fifteen minutes before taking from fire. Remove bones, large pieces of fat, and then skim. Thicken with one-fourth cup flour, diluted with enough cold water to pour easily. Pour in deep hot platter, and surround with dumplings. Remnants of roast beef are usually made into a beef stew; the meat having been once cooked, there is no necessity of browning it. If gravy is left, it should be added to the stew.

Dumplings

2 cups flour
4 teaspoons baking powder

芜菁	2/3杯各料，切成半英寸见方的方块

胡萝卜

半个小洋葱，切成薄片

1/4杯面粉

盐

胡椒

把肉擦净，去骨，切成一点五英寸的方块，撒上盐和胡椒，裹上面粉。取一些脂肪切成小块，在煎锅中熬出油。加入肉并不断搅拌，使表面迅速封住；煎至棕色后，放入锅中，用沸水涮洗煎锅，以免浪费任何精华。把剩余的脂肪和锯成块的骨头加入肉中；用沸水覆盖，煮沸五分钟，然后在较低温度下煮至肉变嫩(所需时间约三小时)。在烹饪的最后一小时加入胡萝卜、芜菁和洋葱，以及盐和胡椒。把土豆预煮五分钟，在离火前十五分钟加入炖菜中。去掉骨头、大块脂肪，然后撇去浮沫。用四分之一杯面粉勾芡，用足够的冷水稀释以便容易倒出。倒入深热盘中，周围放上面团子。烤牛肉的剩料通常做成炖牛肉；肉已经煮过一次，无需再煎棕。如果剩下肉汁，应加入炖菜中。

面团丸子

两杯面粉

4茶匙泡打粉

½ teaspoon salt
2 teaspoons butter
¾ cup milk
Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, using a knife for mixing. Toss on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit-cutter, first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely, and steam twelve minutes. A perforated tin pie plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potato, and not settle into liquid.

Corned Beef

Corned beef has but little nutritive value. It is used to give variety to our diet in summer, when fresh meats prove too stimulating. It is eaten by the workingman to give bulk to his food. The best pieces of corned beef are the rattle rand and fancy brisket. The fancy brisket commands a higher price and may be easily told from the rattle rand by the selvage on lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattle rand contains a thick lean end; the second cut contains three distinct layers of meat and fat, and is considered the best cut by those who prefer meat well streaked with fat. The rattle rand has a thin end, which contains but one layer of lean

1/2 茶匙盐
2茶匙黄油
3/4 杯牛奶
混合并过筛干配料。用指尖把黄油揉入，逐渐加入牛奶，用刀搅拌。放在撒了面粉的板上，轻拍，擀成半英寸厚。用先蘸过面粉的饼干切模成形。紧密地放在涂了黄油的蒸笼中，置于沸水锅上，盖紧，蒸十二分钟。可以用带孔的锡派盘代替蒸笼。混合物中可以多用一点牛奶，这时可以用勺子舀起，滴在炖菜上煮熟。在这种情况下，必须去掉一些液体，使面团子能搁在肉和土豆上，而不会沉入液体中。

咸牛肉

腌牛肉的营养价值很低。它用于在夏季为我们的饮食增添变化，因为那时新鲜肉类过于刺激。工人吃它是为了增加食物的体积。腌牛肉最好的部位是牛肋排(rattle rand)和精选牛胸肉(fancy brisket)。精选牛胸肉价格较高，可以通过下侧的边肉和无骨轻易地与牛肋排区分。牛胸肉的上端(butt end)厚实，主要由瘦肉组成，中段脂肪较多但混合不均，而下端(navel end)含有大量脂肪。牛肋排含有一个厚实的瘦端；第二段含有三层分明的肉和脂肪，被那些喜欢肉中夹有脂肪的人认为是最好的部位。牛肋排有一个薄端，只含一层瘦肉

meat and much fat, consequently is not a desirable piece.

To Boil Corned Beef. Wipe the meat and tie securely in shape, if this has not been already done at market. Put in kettle, cover with cold water, and bring slowly to boiling-point. Boil five minutes, remove scum, and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover, and place on cover a weight, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

Boiled Dinner

A boiled dinner consists of warm impressed corned beef, served with cabbage, beets, turnips, carrots, and potatoes. After removing meat from water, skim off fat and cook vegetables (with exception of beets, which require a long time for cooking) in this water. Carrots require a longer time for cooking than cabbage or turnips. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Cabbage and beets are served in separate dishes, other vegetables on same dish with meat.

Boiled Tongue

A boiled corned tongue is cooked the same as Boiled Corned Beef. If very salt, it should be soaked in cold water several hours, or over night, before cooking. Take from water when slightly cooled and remove skin.

Braised Tongue

A fresh tongue is necessary for braising. Put tongue in kettle, cover with boiling water, and cook slowly two hours. Take tongue

肉和大量脂肪，因此不是理想的部位。

煮咸牛肉。如果市场上尚未处理过，将肉擦拭干净并牢牢捆扎成形。放入锅中，用冷水浸没，缓慢加热至沸点。煮沸五分钟，撇去浮沫，然后以较低温度煮至软嫩。在煮肉的水中稍凉，取出放入盘中，盖上盖子，并在盖子上压一重物，使肉压实。可将瘦肉与肥肉分开，交替分层放入面包烤盘中，然后盖上并压实。

水煮晚餐

煮肉餐由热腾腾的压花咸牛肉组成，配以卷心菜、甜菜、芜菁、胡萝卜和土豆。将肉从水中取出后，撇去浮油，用此水煮蔬菜(甜菜除外，因其需长时间烹煮)。胡萝卜所需烹煮时间比卷心菜或芜菁更长。胡萝卜和芜菁若小可整只烹煮；若大可切块。卷心菜和甜菜分盘盛放，其他蔬菜与肉同盘。

煮牛舌

煮咸牛舌的烹制方法与煮咸牛肉相同。若过咸，应在烹煮前用冷水浸泡数小时或过夜。稍凉后从水中取出，去除外皮。

烩牛舌

炖牛舌需用新鲜牛舌。将牛舌放入锅中，注入沸水没过，慢火煮两小时。取出牛舌

from water and remove skin and roots. Place in deep pan and surround with one-third cup each carrot, onion, and celery, cut in dice, and one sprig parsley; then pour over four cups sauce. Cover closely, and bake two hours, turning after the first hour. Serve on platter and strain around the sauce.

从水中取出，去除外皮和舌根。放入深烤盘，周围配以胡萝卜、洋葱和芹菜各三分之一杯(切丁)，以及一小枝欧芹；然后浇上四杯酱汁。盖紧，烤两小时，第一小时后翻转。盛于盘中，将酱汁滤过后浇在周围。

Sauce for Tongue. Brown one-fourth cup butter, add one-fourth cup flour and stir together until well browned. Add gradually four cups of water in which tongue was cooked. Season with salt and pepper and add one teaspoon Worcestershire Sauce. One and one-half cups stewed and strained tomatoes may be used in place of some of the water.

牛舌酱汁。将四分之一杯黄油烧至棕色，加入四分之一杯面粉，搅拌至充分呈棕色。逐渐加入四杯煮牛舌的水。用盐和胡椒调味，加入一茶匙伍斯特酱。可用一杯半炖煮过滤的番茄代替部分水。

Broiled Liver

Cover with boiling water slices of liver cut one-half inch thick, let stand five minutes to draw out the blood; drain, wipe, and remove the thin outside skin and veins. Sprinkle with salt and pepper, place in a greased wire broiler and broil five minutes, turning often. Remove to a hot platter, spread with butter, and sprinkle with salt and pepper.

烤肝

将切成半英寸厚的肝片用沸水没过，静置五分钟以浸出血水；沥干，擦干，去除外层薄皮和血管。撒上盐和胡椒，放入涂油的铁丝烤架，烤五分钟，经常翻面。移至热盘中，抹上黄油，撒上盐和胡椒。

Liver and Bacon

Prepare as for Broiled Liver, cut in pieces for serving, sprinkle with salt and pepper, dredge with flour, and fry in bacon fat. Serve with bacon.

肝与培根

按烤肝的方法准备，切成供食用的块，撒上盐和胡椒，裹上面粉，用培根油脂煎炸。配培根一同上桌。

Bacon I

Place strips of thinly cut bacon on board, and with a broad-bladed

培根 I

将切成薄片的培根条放在案板上，用宽刃刀

knife make strips as thin as possible. Put in hot frying-pan and cook until bacon is crisp and brown, occasionally pouring off fat from pan, turning frequently. Drain on brown paper.

用刀切成尽可能薄的条。放入热煎锅中烹至培根酥脆呈棕色，不时倒出锅中油脂，经常翻面。在棕色纸上沥干。

Bacon II

Place thin slices of bacon (from which the rind has been removed) closely together in a fine wire broiler; place broiler over dripping-pan and bake in a hot oven until bacon is crisp and brown, turning once. Drain on brown paper. Fat which has dripped into the pan should be poured out and used for frying liver, eggs, potatoes, etc.

培根 II

将薄培根片(已去除外皮)紧密排列在细铁丝烤架上；将烤架置于滴油盘上，放入热烤箱中烤至培根酥脆呈棕色，翻面一次。在棕色纸上沥干。滴入盘中的油脂应倒出，用于煎肝、鸡蛋、土豆等。

Braised Liver

Skewer, tie in shape, and lard upper side of calf's liver. Place in deep pan, with trimmings from lardoons; surround with one-fourth cup each, carrot, onion, and celery, cut in dice; one-fourth teaspoon peppercorns, two cloves, bit of bay leaf, and two cups Brown Stock or water. Cover closely and bake slowly two hours, uncovering the last twenty minutes. Remove from pan, strain liquor, and use liquor for the making of a brown sauce with one and one-half tablespoons butter and two tablespoons flour. Pour sauce around liver for serving.

烩肝

用扦子固定，捆扎成形，并在小牛肝的上侧塞入猪油。放入深烤盘中，加入猪油条切下的碎料；周围放各四分之一杯的胡萝卜、洋葱和芹菜，切成骰子块；四分之一茶匙胡椒粒、两粒丁香、一小片月桂叶，以及两杯棕色高汤或水。盖紧，慢烤两小时，最后二十分钟揭开盖子。从烤盘中取出，滤出汤汁，用一汤匙半黄油和两汤匙面粉将汤汁制成棕色酱汁。上桌时将酱汁浇在肝周围。

Calf's Liver, Stuffed and Larded

Make a deep cut nearly the entire length of liver, beginning at thick end, thus making a pouch for stuffing. Fill pouch. Skewer liver and lard upper side. Put liver in baking-pan, pour around two cups Brown Sauce, made of one tablespoon each butter and flour, and two cups Brown Stock, salt, and pepper. Bake one and

填馅并包肥膘的小牛肝

从厚端开始，沿肝几乎全长切一深口，形成用于填馅的袋状。填入馅料。用签子固定肝，在上侧铺上猪油。将肝放入烤盘，周围浇上两杯棕色酱汁(用各一汤匙黄油和面粉、两杯棕色高汤、盐和胡椒制成)。烤一

one-fourth hours, basting every twelve minutes with sauce in pan. Remove to serving dish, strain sauce around liver, and garnish with Glazed or French Fried Onions (see p. 296).

Stuffing. Mix one-half pound chopped cooked cold ham, one-half cup stale bread crumbs, one half small onion finely chopped, and one tablespoon finely chopped parsley. Moisten with Brown Sauce; then add one beaten egg, and season with salt and pepper.

Broiled Tripe

Fresh honeycomb tripe is best for broiling. Wipe tripe as dry as possible, dip in fine cracker dust and olive oil or melted butter, draining off all fat that is possible, and again dip in cracker dust. Place in a greased broiler and broil five minutes, cooking smooth side of tripe the first three minutes. Place on a hot platter, honeycomb side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire.

Tripe in Batter

Wipe tripe and cut in pieces for serving. Sprinkle with salt and pepper, dip in batter, fry in a small quantity of hot fat, and drain.

Tripe Batter. Mix one cup flour with one-fourth teaspoon salt; add gradually one-half cup cold water, and when perfectly smooth add one egg well beaten, one-half tablespoon vinegar, and one teaspoon olive oil or melted butter.

Tripe Fried in Batter

Cut pickled honeycomb tripe in pieces for serving; wash, cover

又四分之一小时，每十二分钟用盘中酱汁浇淋一次。移至供食盘中，将酱汁滤过后浇在肝周围，以挂汁洋葱或法式炸洋葱装饰(见第296页)。

馅料。将半磅切碎的热煮冷火腿、半杯陈面包屑、半个切碎的小洋葱和一汤匙切碎的欧芹混合。用棕色酱汁润湿；然后加入一个搅打好的鸡蛋，用盐和胡椒调味。

烤牛肚

新鲜蜂窝肚最适合烤制。将肚尽可能擦干，蘸上细饼干屑和橄榄油或融化黄油，尽量沥去油脂，再次蘸上饼干屑。放入涂油的烤架，烤五分钟，前三分烤肚的光滑面。置于热盘中，蜂窝面朝上，抹上黄油，撒上盐和胡椒。烤肚以炭火烹制最佳。

面糊牛肚

将肚擦净，切成供食用的块。撒上盐和胡椒，蘸上面糊，用少量热油脂煎炸，沥干。

肚面糊。将一杯面粉与四分之一茶匙盐混合；逐渐加入半杯冷水，待完全光滑后加入一个搅打好的鸡蛋、半汤匙醋和一茶匙橄榄油或融化黄油。

面糊炸牛肚

将腌制的蜂窝肚切成供食用的块；洗净，盖上

with boiling water, and simmer gently twenty minutes. Drain, and again cover, using equal parts cold water and milk. Heat to boiling-point, again drain, wipe as dry as possible, sprinkle with salt and pepper, brush over with melted butter, dip in batter, fry in deep fat, and drain on brown paper. Serve with slices of lemon and Chili Sauce.

用沸水没过，文火煮二十分钟。沥干，再次加水没过，使用等量冷水和牛奶。加热至沸点，再次沥干，尽可能擦干，撒上盐和胡椒，刷上融化黄油，蘸上面糊，用深油脂炸，在棕色纸上沥干。配柠檬片和辣椒酱上桌。

Batter. Mix and sift one cup flour, one and one-half teaspoons baking powder, one-fourth teaspoon salt, and a few grains pepper. Add one-third cup milk and one egg well beaten.

面糊。将一杯面粉、一茶匙半发酵粉、四分之一茶匙盐和少许胡椒混合过筛。加入三分之一杯牛奶和一个搅打好的鸡蛋。

Lyonnaise Tripe

Cut honeycomb tripe in pieces two inches long by one-half inch wide, having three cupfuls. Put in a pan and place in oven that water may be drawn out. Cook one tablespoon finely chopped onion in two tablespoons butter until slightly browned, add tripe drained from water, and cook five minutes. Sprinkle with salt and pepper and finely chopped parsley.

里昂式牛肚

将蜂窝肚切成长两英寸、宽半英寸的块，共三杯。放入烤盘，置烤箱中以逼出水份。用两汤匙黄油将一汤匙切碎的洋葱炒至微棕，加入沥去水分的肚，烹五分钟。撒上盐、胡椒和切碎的欧芹。

Tripe à la Creole

Cut, bake, and drain tripe as for Lyonnaise Tripe. Cook same quantity of butter and onion, add one-eighth green pepper finely chopped, one tablespoon flour, one-half cup stock, one-fourth cup drained tomatoes, and one fresh mushroom cut in slices; then add tripe and cook five minutes. Season with salt and pepper.

克里奥尔式牛肚

按里昂式肚的方法切块、烤制和沥干。用等量黄油和洋葱烹制，加入八分之一个切碎的青椒、一汤匙面粉、半杯高汤、四分之一杯沥干的番茄和一个切片的新鲜蘑菇；然后加入肚，烹五分钟。用盐和胡椒调味。

Tripe à la Provençale

Add to Lyonnaise Tripe one tablespoon white wine. Cook until quite dry, add one-third cup Tomato Sauce, cook two minutes, season with salt and pepper, and serve.

普罗旺斯式牛肚

在里昂式肚中加入一汤匙白葡萄酒。烹至相当干，加入三分之一杯番茄酱汁，烹两分钟，用盐和胡椒调味，上桌。

Calf's Head à la Terrapin

Wash and clean a calf's head, and cook until tender in boiling water to cover. Cool, and cut meat from cheek in small cubes. To two cups meat dice add one cup sauce made of two tablespoons butter, two tablespoons flour, and one cup White Stock, seasoned with one-half teaspoon salt, one-eighth teaspoon pepper, and a few grains cayenne. Add one-half cup cream and yolks of two eggs slightly beaten; cook two minutes and add two tablespoons Madeira wine.

Calves' Tongues

Cook tongues until tender in boiling water to cover, with six slices carrot, two stalks celery, one onion stuck with six cloves, one-half teaspoon peppercorns and one-half tablespoon salt; take from water and remove skin and roots. Split and pour over equal parts brown stock and tomatoes boiled until thick.

Calves' Tongues, Sauce Piquante

Cook four tongues, until tender, in boiling water, to cover, with six slices carrot, two stalks celery, one onion stuck with eight cloves, one teaspoon peppercorns, and one-half tablespoon salt. Take tongues from water, and remove skin and roots. Cut in halves lengthwise and reheat in

Sauce Piquante. Brown one-fourth cup butter, add six tablespoons flour, and stir until well browned; then add two cups Brown Stock and cook three minutes. Season with two-thirds teaspoon salt, one-half teaspoon paprika, few grains of cayenne, one tablespoon vinegar, one-half tablespoon capers, and one cucumber pickle thinly sliced. Served garnished with cucumber

龟肉式小牛头

将小牛头洗净清理，用沸水没过煮至软嫩。冷却，将面颊肉切成小方块。在两杯肉丁中加入一杯酱汁(用两汤匙黄油、两汤匙面粉和一杯白色高汤制成，以半茶匙盐、八分之一茶匙胡椒和少许辣椒粉调味)。加入半杯奶油和两个轻微搅打的蛋黄；烹两分钟，加入两汤匙马德拉葡萄酒。

小牛舌

将牛舌用沸水没过，加入六片胡萝卜、两根芹菜、一个插着六粒丁香洋葱、半茶匙胡椒粒和半汤匙盐，煮至软嫩；从水中取出，去除外皮和舌根。剖开，浇上等量棕色高汤和煮至浓稠的番茄。

小牛舌配酸辣酱

将四条牛舌用沸水没过，加入六片胡萝卜、两根芹菜、一个插着八粒丁香的洋葱、一茶匙胡椒粒和半汤匙盐，煮至软嫩。从水中取出牛舌，去除外皮和舌根。纵向切成两半，在

酸辣酱汁。将四分之一杯黄油烧至棕色，加入六汤匙面粉，搅拌至充分呈棕色；然后加入两杯棕色高汤，烹三分钟。用三分之二茶匙盐、半茶匙红椒粉、少许辣椒粉、一汤匙醋、半汤匙刺山柑和一根切薄片的黄瓜泡菜调味。上桌时以黄瓜装饰

pickles, and cold cooked beets cut in fancy shapes.

泡菜，以及切成花式的冷熟甜菜。

Calf's Heart

Wash a calf's heart, remove veins, arteries, and clotted blood. Stuff (using half quantity of Fish Stuffing I on page 164, seasoned highly with sage) and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking-pan, half cover it with boiling water, cover closely, and bake slowly two hours, basting every fifteen minutes. It may be necessary to add more water. Remove heart from pan, and thicken the liquor with flour diluted with a small quantity of cold water. Season with salt and pepper, and pour around the heart before serving.

小牛心

洗净小牛心，去除静脉、动脉和凝结的血块。填入馅料(使用第164页鱼馅料I的一半量，并用鼠尾草大量调味)并缝合。撒上盐和胡椒，裹上面粉，在热油脂中煎至棕色。放入小而深的烤盘中，用沸水半浸没，盖紧，慢烤两小时，每十五分钟浇淋一次。可能需要添加更多的水。将心从烤盘中取出，用少量冷水调稀的面粉将汤汁勾芡。用盐和胡椒调味，上桌前浇在心周围。

Stuffed Hearts with Vegetables

Clean and wash calves' hearts, stuff, skewer into shape, lard, season with salt and pepper, dredge with flour, and sauté in pork fat, adding to fat one stalk celery, one tablespoon chopped onion, two sprigs parsley, four slices carrot cut in pieces, half the quantity of turnip, a bit of bay leaf, two cloves, and one-fourth teaspoon peppercorns. Turn hearts occasionally until well browned, then add one and one-half cups Brown Stock, cover, and cook slowly one and one-half hours. Serve with cooked carrots and turnips cut in strips or fancy shapes.

蔬菜酿心

清洗小牛心，填入馅料，用扦子固定成形，塞入猪油，用盐和胡椒调味，撒上面粉，在猪油中煎炒，并向油脂中加入一根芹菜、一汤匙切碎的洋葱、两枝欧芹、四片切碎的胡萝卜、一半量的芜菁、一小片月桂叶、两粒丁香和四分之一茶匙胡椒粒。不时翻动牛心直至充分上色，然后加入一杯半棕色高汤，盖上盖子，慢煮一小时半。配以切成条状或花形的熟胡萝卜和芜菁上桌。

Braised Ox Joints

Cut ox-tail at joints, parboil five minutes, wash thoroughly, dredge with flour, and sauté in butter (to which has been added a sliced onion) until well browned. Add one-fourth cup flour, two cups each brown stock, water, and canned tomatoes, one teaspoon salt,

炖牛关节

将牛尾在关节处切开，焯煮五分钟，彻底洗净，裹上面粉，用黄油(已加入一个切片洋葱)煎至充分呈棕色。加入四分之一杯面粉、各两杯棕色高汤、水和罐装番茄、一茶匙盐、

and one-fourth teaspoon pepper. Turn into an earthen pudding-dish, cover, and cook slowly three and one-half hours. Remove ox-tail, strain sauce, and return ox-tail and sauce to oven to finish cooking. Add two-thirds cup each carrot and turnip (shaped with a vegetable cutter in pieces one-inch long, and about as large around as macaroni) parboiled in boiled salted water five minutes. As soon as vegetables are soft, add Sherry wine to taste, and more salt and pepper, if needed. The wine may be omitted.

以及四分之一茶匙胡椒。倒入陶制布丁盘，盖上盖子，慢煮三小时半。取出牛尾，滤出酱汁，将牛尾和酱汁放回烤箱完成烹制。加入各三分之二杯的胡萝卜和芜菁(用蔬菜切模切成约一英寸长、粗细如通心粉的块状)，在加盐沸水中预煮五分钟。蔬菜变软后，按口味加入雪利酒，如有需要再加盐和胡椒。雪利酒可以省略。

WAYS OF WARMING OVER BEEF

加热牛肉的方法

Roast Beef with Gravy

烤牛肉配肉汁

Cut cold roast beef in thin slices, place on a warm platter, and pour over some of the gravy reheated to the boiling-point. If meat is allowed to stand in gravy on the range, it becomes hard and tough.

将冷烤牛肉切成薄片，放在温热的盘中，浇上一些重新加热至沸点的肉汁。若肉在炉上浸泡在肉汁中，会变硬变韧。

Roast Beef, Mexican Sauce

烤牛肉配墨西哥酱

Reheat cold roast beef cut in thin slices, in

将切成薄片的冷烤牛肉重新加热，放入

Mexican Sauce. Cook one onion, finely chopped, in two tablespoons butter five minutes. Add one red pepper, one green pepper, and one clove of garlic, each finely chopped, and two tomatoes peeled and cut in pieces. Cook fifteen minutes, add one teaspoon Worcestershire Sauce, one-fourth teaspoon celery salt, and salt to taste.

墨西哥酱汁。用两汤匙黄油将一汤匙切碎的洋葱烹五分钟。加入一个红椒、一个青椒和一瓣大蒜(均切碎)以及两个去皮切块的番茄。烹十五分钟，加入一茶匙伍斯特酱、四分之一茶匙芹菜盐和适量盐。

Cottage Pie

农舍派

Cover bottom of a small greased baking-dish with hot mashed potato, add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and a few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato, and bake in a hot oven long enough to heat through.

在涂油的小烤盘底部铺上热土豆泥，加入一层厚厚的烤牛肉(切碎或切成小块，用盐、胡椒和几滴洋葱汁调味)，用一些肉汁润湿；盖上薄薄一层土豆泥，放入热烤箱中烤至热透。

Beefsteak Pie

Cut remnants of cold broiled steak or roast beef in one-inch cubes. Cover with boiling water, add one-half onion, and cook slowly one hour. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes cut in one-fourth inch slices, which have been parboiled eight minutes in boiling salted water. Put in a buttered pudding-dish, cool, cover with baking-powder biscuit mixture or pie-crust. Bake in a hot oven. If covered with pie crust, make several incisions in crust that gases may escape.

牛排派

将冷烤牛排或烤牛肉的余料切成一英寸见方的块。用沸水浸没，加入半个洋葱，慢火煮一小时。取出洋葱，用冷水调稀的面粉使肉汁增稠，并以盐和胡椒调味。加入切成一又四分之一英寸厚的马铃薯片，马铃薯片须先在加盐沸水中煮八分钟。放入涂了黄油的布丁盘，冷却，覆以发酵粉饼干面团或馅饼皮。在热烤箱中烘烤。若覆以馅饼皮，在皮上划数道切口，使气体得以逸出。

Cecils with Tomato Sauce

1 cup cold roast beef or rare steak finely chopped
Salt
Pepper
Onion juice
Worcestershire Sauce
2 tablespoons bread crumbs
1 tablespoon melted butter
Yolk 1 egg slightly beaten
Season beef with salt, pepper, onion juice, and Worcestershire

番茄酱汁塞西尔肉卷

一杯冷烤牛肉或半生牛排，切细碎盐

胡椒
洋葱汁
伍斯特酱
2汤匙面包屑
1汤匙融化的黄油
蛋黄 1个鸡蛋略打散
用盐、胡椒、洋葱汁和伍斯特郡酱给牛肉调味

Sauce; add remaining ingredients, shape after the form of small croquettes, pointed at ends. Roll in flour, egg, and crumbs, fry in deep fat, drain, and serve with Tomato Sauce.

Corned Beef Hash

Remove skin and gristle from cooked corned beef, then chop the meat. When meat is very fat, discard most of the fat. To chopped meat add an equal quantity of cold boiled chopped potatoes. Season with salt and pepper, put into a hot buttered frying-pan, moisten with milk or cream, stir until well mixed, spread evenly, then place on a part of the range where it may slowly brown underneath. Turn, and fold on a hot platter. Garnish with sprig of parsley in the middle.

Corned Beef Hash with Beets

When preparing Corned Beef hash, add one-half as much finely chopped cooked beets as potatoes. Cold roast beef or one-half roast beef and one-half corned beef may be used.

Dried Beef with Cream

¼ lb. smoked dried beef, thinly sliced
1 cup scalded cream
1½ tablespoons flour
Remove skin and separate meat in pieces, cover with hot water, let stand ten minutes, and drain. Dilute flour with enough cold water to pour easily, making a smooth paste; add to cream, and cook in double boiler ten minutes. Add beef, and reheat. One cup

酱汁；加入剩余配料，捏成小炸丸子的形状，两端尖。裹上面粉、鸡蛋和面包屑，用深油脂炸，沥干，配番茄酱汁上桌。

咸牛肉土豆泥

去除熟咸牛肉的外皮和软骨，然后将肉切碎。若肉过肥，弃去大部分脂肪。在碎肉中加入等量冷煮碎土豆。用盐和胡椒调味，放入涂了黄油的热煎锅中，用牛奶或奶油润湿，搅拌至充分混合，均匀铺开，然后置于炉上可缓慢将底部烤至棕色的位置。翻转，在热盘中折叠。中央以一小枝欧芹装饰。

甜菜咸牛肉土豆泥

制作咸牛肉土豆泥时，加入切碎的熟甜菜，用量为土豆的一半。可使用冷烤牛肉，或一半烤牛肉加一半咸牛肉。

奶油牛肉干

1/4磅烟熏干牛肉，切薄片 1杯烫奶油

11/2汤匙面粉

去除外皮，将肉分成小块，用热水覆盖，静置十分钟后沥干。用足量冷水稀释面粉至易于倾倒的顺滑糊状；加入奶油，在双层蒸锅中煮十分钟。加入牛肉，重新加热。一杯

White Sauce I may be used in place of cream, omitting the salt.

白色调味汁I可代替奶油使用，省略盐。

CHAPTER XIII
LAMB AND MUTTON

第十三章
羔羊肉与羊肉

Lamb is the name given to the meat of lambs; mutton, to the meat of sheep. Lamb, coming as it does from the young creature, is immature, and less nutritious than mutton. The flesh of mutton ranks with the flesh of beef in nutritive value and digestibility. The fat of mutton, on account of its larger percentage of stearic acid, is more difficult of digestion than the fat of beef.

羔羊肉指羔羊的肉；羊肉指成年羊的肉。羔羊肉因来自幼羊，尚未成熟，营养价值低于羊肉。羊肉在营养价值和消化性方面与牛肉相当。羊肉的脂肪因硬脂酸含量较高，比牛肉脂肪更难消化。

Lamb may be eaten soon after the animal is killed and dressed; mutton must hang to ripen. Good mutton comes from a sheep about three years old, and should hang from two to three weeks. The English South Down Mutton is cut from creatures even older than three years. Young lamb, when killed from six weeks to three months old, is called spring lamb, and appears in the market as early as the last of January, but is very scarce until March. Lamb one year old is called a yearling. Many object to the strong flavor of mutton; this is greatly overcome by removing the pink skin and trimming off superfluous fat.

羔羊肉可在宰杀整理后不久食用；羊肉则须悬挂成熟。优质羊肉来自约三岁的羊，应悬挂两至三周。英国南丘羊肉取自年龄甚至超过三岁的羊。幼羔羊在六周至三个月大时宰杀，称为春羔羊，最早于一月底上市，但直到三月都极为稀少。一岁大的羔羊称为一岁羔。许多人嫌羊肉膻味重；去掉粉色表皮并修去多余脂肪可大大减轻膻味。

Lamb and mutton are divided into two parts by cutting through entire length of backbone; then subdivided into fore and hind quarter, eight ribs being left on hind quarter,—while in beef but three ribs are left on hind-quarter. These eight ribs are cut into chops and are known as *rib chops*. The meat which lies between these ribs and the leg, cut into chops, is known as *loin* or *kidney*

羔羊肉和羊肉通过沿整个脊柱长度切开而分为两部分；然后细分为前四分之一和后四分之一，后四分之一保留八根肋骨--而在牛肉中后四分之一只保留三根肋骨。这八根肋骨被切成排骨，被称为肋排。位于这些肋骨和腿之间、切成排骨的肉被称为腰肉或腰子肉

chops.

排骨

Lamb and mutton chops cut from loin have a small piece of tenderloin on one side of bone, and correspond to porterhouse steaks in the beef creature. Rib chops which have the bone cut short and scraped clean, nearly to the lean meat, are called *French chops*.

从腰部切下的羔羊肉和羊肉排骨，骨头一侧有一小块里脊肉，相当于牛肉中的腓力牛排。肋骨被切短并刮净至几乎露出瘦肉的肋排被称为法式排骨。

The leg is sold whole for boiling or roasting. The fore-quarter may be boned, stuffed, rolled, and roasted, but is more often used for broth, stew, or fricassee.

腿肉整只出售，用于煮或烤。前四分之一可以去骨、填馅、卷起并烤制，但更常用于做肉汤、炖菜或炖。

For *a saddle of mutton* the loin is removed whole before splitting the creature. Some of the bones are removed and the flank ends are rolled, fastened with wooden skewers, and securely tied to keep skewers in place.

对于羊脊肉，在分割羊体之前先将腰部整块取下。去除部分骨头，将腹侧两端卷起，用木签固定，并牢牢捆扎以固定木签。

Good quality mutton should be fine-grained and of bright pink color; the fat white, hard, and flaky. If the outside skin comes off easily, mutton is sure to be good. Lamb chops may be easily distinguished from mutton chops by the red color of bone. As lamb grows older, blood recedes from bones; therefore in mutton the bone is white. In *leg of lamb* the bone at joint is serrated, while in leg of mutton the bone at joint is smooth and rounded. Good mutton contains a larger proportion of fat than good beef. Poor mutton is often told by the relatively small proportion of fat and lean as compared to bone.

优质羊肉应纹理细密、呈鲜亮的粉红色；脂肪洁白、坚硬且呈片状。若外皮容易剥落，羊肉必定优良。羊排可凭骨头的红色轻易与羊肉排区分。随着羔羊长大，血液从骨头中退去；因此在羊肉中骨头是白色的。在羔羊腿中，关节处的骨头呈锯齿状，而在羊肉腿中，关节处的骨头光滑而圆润。优质羊肉所含脂肪比例高于优质牛肉。劣质羊肉常可凭脂肪与瘦肉相对于骨头的比例偏小来辨别。

Lamb is usually preferred well done; mutton is often cooked rare.

羔羊肉通常偏好全熟；羊肉则常煮得半熟。

Broiled Lamb or Mutton Chops

烤羊排或羊肉块

Wipe chops, remove superfluous fat, and place in a broiler greased

擦净排骨，去除多余脂肪，放入抹油的烤盘中

with some of mutton fat. In loin chops, flank may be rolled and fastened with a small wooden skewer. Follow directions for Broiling Beefsteak on page 196.

加一些羊脂肪。在腰排中，腹肋部分可卷起并用小木签固定。按照第196页煎牛排的说明操作。

Pan-broiled Chops

Chops for pan broiling should have flank and most of fat removed. Wipe chops and put in hissing hot frying-pan.

Turn as soon as under surface is seared, and sear other side. Turn often, using knife and fork that the surface may not be pierced, as would be liable if fork alone were used. Cook six minutes if liked rare, eight to ten minutes if liked well done. Let stand around edge of frying-pan to brown the outside fat. When half cooked, sprinkle with salt. Drain on brown paper, put on hot platter, and spread with butter or serve with Tomato or Soubise Sauce.

煎锅烤猪排

用于平底锅煎的排骨应去除腹肋和大部分脂肪。擦净排骨，放入滋滋作响的热煎锅中。

底面煎至焦色后立即翻面，将另一面也煎至焦色。频繁翻面，使用刀叉以免刺穿表面，若仅用叉子则容易刺穿。煎六分钟为半熟，八至十分钟为全熟。将排骨置于煎锅边缘使外侧脂肪变焦。煎至一半时撒盐。放在棕色纸上沥油，置于热盘中，涂上黄油，或配番茄酱汁或苏比斯酱汁食用。

Breaded Mutton Chops

Wipe and trim chops, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat from five to eight minutes, and drain. Serve with Tomato Sauce, or stack around a mound of mashed potatoes, fried potato balls, or green peas. Never fry but four at a time, and allow fat to reheat between fryings. After testing fat for temperature, put in chops and place kettle on back of range, that surface of chops may not be too brown while the inside is still underdone.

裹面包屑的羊排

擦净并修整排骨，撒盐和胡椒，蘸面包屑、鸡蛋、面包屑，在深油中炸五至八分钟，沥油。配番茄酱汁食用，或围绕土豆泥、炸土豆球或青豆堆叠摆放。每次只炸四块，两次炸制之间让油脂重新加热。测试油温后放入排骨，将锅移至炉灶后部，以免排骨表面过焦而内部仍未熟透。

Chops à la Signora

Gash French Chops on outer edge, extending cut half-way through

signora风味肉排

在外缘划口，切口延伸至一半深度

lean meat. Insert in each gash a slice of truffle, sprinkle with salt and pepper, wrap in calf's caul. Roll in flour, dip in egg, then in stale bread crumbs, and sauté in butter eight minutes, turning often. Place in oven four minutes to finish cooking. Arrange on hot platter for serving, and place on top of each a fresh broiled mushroom or mushroom baked in cream. To fat in pan add a small quantity of boiling water and pour around chops. This is a delicious way of cooking chops for a dinner party.

瘦肉。在每个切口中塞入一片松露，撒上盐和胡椒，用牛网油包裹。滚上面粉，蘸鸡蛋，再蘸陈面包屑，用黄油煎八分钟，经常翻动。放入烤箱四分钟完成烹制。摆放在热盘中上桌，每块上面放一个新鲜烤蘑菇或用奶油烤制的蘑菇。在锅中的油脂里加入少量沸水，浇在羊排周围。这是为晚宴烹制羊排的美味方法。

Lamb Chops à la Marseilles

马赛式羊排

Pan broil, on one side, six French chops, cover cooked side with Mushroom Sauce, place in a buttered baking-dish, and bake in a hot oven eight minutes. Remove to serving dish, place a paper frill on each chop, and garnish with parsley.

将六块法式排骨单面平底锅煎，在煎好的一面覆盖蘑菇酱汁，放入涂黄油的烤盘中，在热烤箱中烤八分钟。移至上菜盘中，每块排骨套上纸花边，用欧芹装饰。

Mushroom Sauce. Brown one and one-half tablespoons butter, add three tablespoons flour, and stir until well browned; then add one-half cup highly seasoned Brown Stock. Add one-fourth cup chopped canned mushrooms, and season with salt and pepper.

蘑菇酱汁。将一汤匙半黄油炒至棕色，加入三汤匙面粉，搅拌至充分呈棕色；然后加入半杯调味浓郁的棕色高汤。加入四分之一杯切碎的罐装蘑菇，用盐和胡椒调味。

Chops à la Castillane

卡斯蒂利亚式排骨

Broil six lamb chops, arrange on slices of fried eggplant, and pour around the following sauce: Brown three tablespoons butter, add three and one-half tablespoons flour, and stir until well browned; then add, gradually, one cup rich Brown Stock. Cook three tablespoons lean raw ham cut in small cubes in one-half tablespoon butter two minutes. Moisten with two tablespoons Sherry wine, and add to sauce with two tablespoons finely shredded green pepper. Season with salt and pepper.

煎六块羊排，摆放在炸茄子片上，浇上以下酱汁：将三汤匙黄油炒至棕色，加入三又二分之一汤匙面粉，搅拌至充分变棕；然后逐渐加入一杯浓郁棕色高汤。将三汤匙切成小方块的瘦生火腿在半汤匙黄油中煎两分钟。用两汤匙雪利酒润湿，连同两汤匙细切青椒丝一起加入酱汁中。用盐和胡椒调味。

Chops en Papillote

Finely chop the whites of three “hard-boiled” eggs and force yolks through potato ricer, mix, and add to three common crackers, rolled and sifted; then add three tablespoons melted butter, salt, pepper, and onion juice, to taste. Add enough cream to make of right consistency to spread. Cover chops thinly with mixture and wrap in buttered paper cases. Bake twenty-five minutes in hot oven. Remove from cases, place on hot platter, and garnish with parsley.

Mutton Cutlets à la Maintenon

Wipe six French Chops, cut one and one-half inches thick. Split meat in halves, cutting to bone. Cook two and one-half tablespoons butter and one tablespoon onion five minutes; remove onion, add one-half cup chopped mushrooms, and cook five minutes; then add two tablespoons flour, three tablespoons stock, one teaspoon finely chopped parsley, one-fourth teaspoon salt, and a few grains cayenne. Spread mixture between layers of chops, press together lightly, wrap in buttered paper cases, and broil ten minutes. Serve with Spanish Sauce.

Boiled Leg of Mutton

Wipe meat, place in a kettle, and cover with boiling water. Bring quickly to boiling-point, boil five minutes, and skim. Set on back of range and simmer until meat is tender. When half done, add one tablespoon salt. Serve with Caper Sauce, or add to two cups White Sauce (made of one-half milk and one-half Mutton Stock), two “hard-boiled” eggs cut in slices.

纸包排骨

将三个“煮老”鸡蛋的蛋白切碎，蛋黄用土豆压泥器压碎，混合后加入三块碾碎过筛的普通饼干；然后加入三汤匙融化黄油、盐、胡椒和洋葱汁，按口味调味。加入足量奶油调至适合涂抹的稠度。用混合物薄薄覆盖排骨，包裹在涂黄油的纸套中。在热烤箱中烤二十五分钟。取出纸套，置于热盘中，用欧芹装饰。

曼特农式羊排

擦拭六块法式羊排，切成一英寸半厚。将肉对半剖开，切至骨头。用两汤匙半黄油和一汤匙洋葱煮五分钟；取出洋葱，加入半杯切碎的蘑菇，煮五分钟；然后加入两汤匙面粉、三汤匙高汤、一茶匙切碎的欧芹、四分之一茶匙盐和少许辣椒粉。将混合物涂抹在羊排层之间，轻轻压合，用涂了黄油的纸套包裹，烤十分钟。配西班牙酱汁上桌。

煮羊腿

擦净肉，放入锅中，用沸水覆盖。迅速煮沸，煮五分钟，撇去浮沫。移至炉灶后部，小火慢炖至肉嫩。煮至一半时，加入一汤匙盐。配酸豆酱汁食用，或加入两杯白酱汁(由一半牛奶和一半羊肉高汤制成)，加两个切成片的“煮老”鸡蛋。

Braised Leg of Mutton

Order a leg of mutton boned. Wipe, stuff, sew, and place in deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot, and turnip cut in dice, one-half bay leaf, and a sprig each of thyme and parsley. Add three cups hot water, one and one-half teaspoons salt, and twelve peppercorns; pour over mutton. Cover closely, and cook slowly three hours, uncovering for the last half-hour. Remove from pan to hot platter. Brown three tablespoons butter, add four tablespoons flour, and stir until well browned; then pour on slowly the strained liquor; there should be one and three-fourths cups.

Stuffing

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
½ tablespoon Poultry Seasoning
¼ cup boiling water

Roast Lamb

A leg of lamb is usually sent from market wrapped in caul; remove caul, wipe meat, sprinkle with salt and pepper, place on rack in dripping-pan, and dredge meat and bottom of pan with flour. Place in hot oven, and baste as soon as flour in pan is brown, and every fifteen minutes afterwards until meat is done, which will take about one and three-fourths hours. It may be necessary to put a small quantity of water in pan while meat is cooking. Leg of

炖羊腿

订购一只去骨的羊腿。擦拭干净，填入馅料，缝合，放入深锅中。用四分之一杯黄油煎五分钟，加入各一片切成丁的洋葱、胡萝卜和芜菁，半片月桂叶，以及各一小枝百里香和欧芹。加入三杯热水、一茶匙半盐和十二粒胡椒；浇在羊肉上。盖紧，慢火煮三小时，最后半小时揭开锅盖。将羊肉从锅中取出，放入热盘中。将三汤匙黄油煎至棕色，加入四汤匙面粉，搅拌至充分呈棕色；然后慢慢倒入滤清的汤汁；汤汁应有一又四分之三杯。

填料

一杯饼干屑 1/4杯融化黄
油 1/4茶匙盐

1/8茶匙胡椒 1/2汤匙家禽调味料 1/4
杯沸水

烤羔羊肉

羔羊腿通常从市场买来时包裹着网油；去除网油，擦净肉，撒盐和胡椒，放在烤盘中的烤架上，在肉和盘底撒上面粉。放入热烤箱，待盘中面粉变棕后立即浇淋油脂，之后每十五分钟浇淋一次，直至肉熟，约需一又四分之三小时。烤制过程中可能需要在盘中加入少量水。羔羊腿

lamb may be boned and stuffed for roasting. See Stuffing, under Braised Mutton.

Make gravy, following directions for Roast Beef Gravy on page 202, or serve with Currant Jelly Sauce.

To Carve a Leg of Lamb. Cut in thin slices across grain of meat to the bone, beginning at top of the leg.

Lamb Bretonne

Serve hot thinly sliced roast lamb with

Beans Bretonne. Soak one and one-half cups pea beans over night in cold water to cover, drain, and parboil until soft; again drain, put in earthen-ware dish or bean-pot, add tomato sauce, cover, and cook until beans have nearly absorbed sauce.

Kidney Lamb Chop; Rib Chop; French Chop.—*Page 214.*

Crown of Lamb, prepared for Roasting.—*Page 219.*

Saddle of Mutton as purchased.—*Page 191.*

Roast Saddle of Mutton garnished with circular pieces of toast, small circular pieces of currant jelly, radishes cut to represent fuchsias, and parsley.—*Page 219.*

Tomato Sauce. Mix one cup stewed and strained tomatoes, one cup white stock, six canned pimentoes rubbed through a sieve, one onion finely chopped, two cloves garlic finely chopped, one-

羊羔肉可去骨并填入馅料后烤制。参见焖羊肉下的馅料部分。

制作肉汁，按照第202页烤牛肉肉汁的说明操作，或配以醋栗果冻酱汁食用。

切羊腿。从腿的上端开始，横着肉的纹理切成薄片，直至骨头。

布列塔尼式羊肉

将切薄的烤羊肉趁热与

布列塔尼豆。将一杯半豌豆豆浸泡在冷水中过夜，水量需没过豆子，沥干，煮至半熟变软；再次沥干，放入陶器或豆罐中，加入番茄酱汁，盖上盖子，煮至豆子几乎吸收完酱汁。

羊腰排；肋排；法式羊排。--第214页。

烤羔羊冠，备烤用。--第*219*页。

购得的羊脊肉。--第191页。

烤羊脊肉，配以圆形烤面包片、圆形小醋栗果冻、切成倒挂金钟形状的萝卜和欧芹作装饰。--第*219*页。

番茄酱汁。将一杯炖煮并过滤的番茄、一杯白色高汤、六个过筛的罐装甜椒、一个细切的洋葱、两瓣细切的大蒜、一

fourth cup butter, and two teaspoons salt.

Saddle of Mutton

Mutton for a saddle should always be dressed at market. Wipe meat, sprinkle with salt and pepper, place on rack in dripping-pan, and dredge meat and bottom of pan with flour. Bake in hot oven one and one-fourth hours, basting every fifteen minutes. Serve with Currant Jelly Sauce.

To Carve a Saddle of Mutton, cut thin slices parallel with backbone, then slip the knife under and separate slices from ribs.

Saddle of Mutton, Currant Mint Sauce

Follow directions for Saddle of Mutton, and serve with

Currant Mint Sauce. Separate two-thirds tumbler of currant jelly in pieces, but do not beat it. Add one and one-half tablespoons finely chopped mint leaves and shavings from the rind of one-fourth orange.

Saddle of Lamb à l'Estragnon

Wipe meat, sprinkle with salt and pepper, place on rack in dripping-pan, and dredge meat and bottom of pan with flour. Bake in hot oven one and one-fourth hours, basting every fifteen minutes. Remove to hot serving dish and pour around

Estragnon Sauce. Brown four tablespoons butter, add four tablespoons flour (which has been previously browned), and pour on gradually, while stirring constantly, two cups bouillon, and one-half cup stock which has infused with one tablespoon tarragon one hour.

四杯黄油，两茶匙盐。

羊脊肉

羊脊肉应始终在市场上处理好。擦拭肉，撒上盐和胡椒，放在烤盘中的烤架上，在肉和盘底撒上面粉。在热烤箱中烤一小时十五分钟，每十五分钟浇淋一次。配醋栗果冻酱汁食用。

切羊脊肉，沿着脊骨平行切成薄片，然后将刀滑入下方，将肉片与肋骨分离。

羊脊肉配醋栗薄荷酱

按照羊脊肉的烹饪说明操作，并搭配

醋栗薄荷酱汁。将三分之二杯的醋栗果冻分成小块，但不要搅打。加入一汤匙半细切的薄荷叶和四分之一个橙子皮的碎屑。

龙蒿汁羊脊肉

擦拭肉，撒上盐和胡椒，放在烤盘中的烤架上，在肉和盘底撒上面粉。在热烤箱中烤一小时十五分钟，每十五分钟浇淋一次。移至热的餐盘中，将

龙蒿酱汁。将四汤匙黄油煎至棕色，加入四汤匙面粉(事先已煎至棕色)，在不断搅拌的同时逐渐倒入两杯牛肉清汤和半杯高汤，该高汤已与一汤匙龙蒿浸泡一小时。

Crown of Lamb

Select parts from two loins containing ribs, scrape flesh from bone between ribs, as far as lean meat, and trim off backbone. Shape each piece in a semicircle, having ribs outside, and sew pieces together to form a crown. Trim ends of bones evenly, care being taken that they are not left too long, and wrap each bone in a thin strip of fat salt pork or insert in cubes of fat salt pork to prevent bone from burning; then cover with buttered paper. Roast one and one-fourth hours.

Remove pork from bones before serving, and fill centre with Purée of Chestnuts.

Lamb en Casserole

Wipe two slices of lamb cut one and one-fourth inches thick from centre of leg. Put in hot frying-pan, and turn frequently until seared and browned on both sides. Brush over with melted butter, season with salt and pepper, and bake in casserole dish twenty minutes or until tender. Parboil three-fourths cup carrot, cut in strips, fifteen minutes; drain, and sauté in one tablespoon bacon fat to which has been added one tablespoon finely chopped onion. Add to lamb, with one cup potato balls, two cups thin Brown Sauce, three tablespoons Sherry wine, and pepper to taste. Cook until potatoes are soft, then add twelve small onions cooked until soft, then drained and sautéd in butter to which is added one tablespoon sugar. Onions need not be sautéd unless they are desired glazed. Serve from casserole dish.

Mutton Curry

Wipe and cut meat from fore-quarter of mutton in one-inch pieces;

羊冠

从两个含肋骨的腰部选取部分，刮去肋骨间至瘦肉处的肉，并切除脊骨。将每块整成半圆形，肋骨朝外，将各块缝在一起形成皇冠形。均匀修剪骨端，注意不要留得太长，用薄条肥咸猪肉包裹每根骨头，或插入肥咸猪肉块以防止骨头烧焦；然后用涂了黄油的纸覆盖。烤一小时十五分钟。

上桌前将猪肉去骨，中心填入栗子泥。

砂锅羊肉

从羊腿中央切下两片一又四分之一英寸厚的羊肉，擦净。放入热煎锅中，频繁翻动，直至两面煎封并呈棕色。刷上融化的黄油，用盐和胡椒调味，放入砂锅菜盘中烤二十分钟或至软嫩。将四分之三杯胡萝卜切成条，预煮十五分钟；沥干，在一汤匙培根油脂中煸炒，油脂中已加入一汤匙细切洋葱。将胡萝卜加入羊肉中，再加一杯土豆球、两杯稀棕色酱汁、三汤匙雪利酒和适量胡椒调味。煮至土豆变软，然后加入十二个小洋葱，煮至软嫩，然后沥干并在黄油中煸炒，黄油中加入一汤匙糖。洋葱除非希望上釉，否则不必煸炒。从砂锅菜盘中盛出。

羊肉咖喱

将羊前腿肉擦净，切成一英寸见方的块；

there should be three cupfuls. Put in kettle, cover with cold water, and bring quickly to boiling-point; drain in colander and pour over one quart cold water. Return meat to kettle, cover with one quart boiling water, add three onions cut in slices, one-half teaspoon peppercorns, and a sprig each of thyme and parsley. Simmer until meat is tender, remove meat, strain liquor, and thicken with one-fourth cup each of butter and flour cooked together; to the flour add one-half teaspoon curry powder, one-half teaspoon salt, and one-eighth teaspoon pepper. Add meat to gravy, reheat, and serve with border of steamed rice.

应有三杯。放入锅中，加冷水没过，迅速煮沸；在滤盆中沥干，并倒入一夸脱冷水。将肉放回锅中，加一夸脱沸水没过，加入三个切片洋葱、半茶匙胡椒粒，以及各一小枝百里香和欧芹。煨至肉软嫩，取出肉，滤出汤汁，用各四分之一杯黄油和面粉一起煮熟来增稠；向面粉中加入半茶匙咖喱粉、半茶匙盐和八分之一茶匙胡椒。将肉加入肉汁中，重新加热，配以蒸米饭围边食用。

Fricassee of Lamb with Brown Gravy

Order three pounds lamb from the fore-quarter, cut in pieces for serving. Wipe meat, put in kettle, cover with boiling water, and cook slowly until meat is tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and sauté in butter or mutton fat. Arrange on platter, and pour around one and one-half cups Brown Sauce made from liquor in which meat was cooked after removing all fat. It is better to cook meat the day before serving, as then fat may be more easily removed.

褐汁烩羊肉

订购三磅前四分之一羊肉，切成供食用的块。擦拭肉，放入锅中，用沸水没过，慢火煮至肉嫩。从水中取出，冷却，撒上盐和胡椒，撒上面粉，在黄油或羊油中煎。摆放在盘中，将一杯半用煮肉汤汁(去除所有脂肪后)制成的棕色酱汁浇在周围。最好在食用前一天煮肉，这样脂肪更容易去除。

Mutton Broth

3 lbs. mutton (from the neck)
2 quarts cold water
1 teaspoon salt
Few grins pepper
3 tablespoons rice or
3 tablespoons barley

羊肉汤

三磅羊肉(取自颈部)
两夸脱冷水
一茶匙盐少许研磨胡椒
三汤匙大米或

3汤匙大麦

Wipe meat, remove skin and fat, and cut in small pieces. Put into kettle with bones, and cover with cold water. Heat gradually to boiling-point, skim, then season with salt and pepper. Cook slowly until meat is tender, strain, and remove fat. Reheat to boiling-point, add rice or barley, and cook until rice or barley is tender. If barley is used, soak over night in cold water. Some of the meat may be served with the broth.

擦拭肉，去除皮和脂肪，切成小块。与骨头一起放入锅中，用冷水没过。逐渐加热至沸点，撇去浮沫，然后用盐和胡椒调味。慢火煮至肉嫩，过滤，去除脂肪。重新加热至沸点，加入大米或大麦，煮至大米或大麦变软。如果使用大麦，需在冷水中浸泡过夜。部分肉可与肉汤一起食用。

Irish Stew with Dumplings

Wipe and cut in pieces three pounds lamb from the fore-quarter. Put in kettle, cover with boiling water, and cook slowly two hours or until tender. After cooking one hour add one-half cup each carrot and turnip cut in one-half inch cubes, and one onion cut in slices. Fifteen minutes before serving add four cups potatoes cut in one-fourth inch slices, previously parboiled five minutes in boiling water. Thicken with one-fourth cup flour, diluted with enough cold water to form a thin smooth paste. Season with salt and pepper, serve with Dumplings. (See p. 205.)

爱尔兰炖肉配汤团

擦净前躯羊肉三磅并切成块。放入锅中，加沸水没过，慢煮两小时或至软嫩。煮一小时后，加入各半杯切成半英寸方块的胡萝卜和芜菁，以及一个切片洋葱。上桌前十五分钟，加入四杯切成四分之一英寸薄片的土豆，土豆已事先在沸水中预煮五分钟。用四分之一杯面粉增稠，面粉用足够的冷水调成稀薄光滑的糊状。用盐和胡椒调味，配饺子食用。(见第205页。)

Scotch Broth

Wipe three pounds mutton cut from fore-quarter. Cut lean meat in one-inch cubes, put in kettle, cover with three pints cold water, bring quickly to boiling-point, skim, and add one-half cup barley which has been soaked in cold water over night; simmer one and one-half hours, or until meat is tender. Put bones in a second kettle, cover with cold water, heat slowly to boiling-point, skim, and boil one and one-half hours. Strain water from bones and add to meat. Fry five minutes in two tablespoons butter, one-fourth cup each of carrot, turnip, onion, and celery, cut in one-half inch

苏格兰肉汤

将三磅从羊前四分之一处切下的羊肉擦净。把瘦肉切成边长一英寸的方块，放入锅中，倒入三品脱冷水没过，迅速煮沸，撇去浮沫，加入半杯已在冷水中浸泡过夜的薏米；小火慢炖一个半小时，或炖至肉变软嫩。将骨头放入另一口锅中，倒入冷水没过，慢慢加热至沸点，撇去浮沫，煮一个半小时。将骨头上的汤汁滤出，加入肉锅中。用两汤匙黄油煎五分钟，胡萝卜、芜菁、洋葱和芹菜各四分之一杯，均切成半英寸

dice, add to soup with salt and pepper to taste, and cook until vegetables are soft. Thicken with two tablespoons each of butter and flour cooked together. Add one-half tablespoon finely chopped parsley just before serving. Rice may be used in place of barley.

Lambs' Kidneys I

Soak, pare, and cut in slices six kidneys, and sprinkle with salt and pepper. Melt two tablespoons butter in hot frying-pan, put in kidneys, and cook five minutes; dredge thoroughly with flour, and add two-thirds cup boiling water or hot Brown Stock. Cook five minutes, add more salt and pepper if needed. Lemon juice, onion juice, or Madeira wine may be used for additional flavor. Kidneys must be cooked a short time, or for several hours; they are tender after a few minutes' cooking, but soon toughen, and need hours of cooking to again make them tender.

Lambs' Kidneys II

Soak, pare, trim, and slice six kidneys. Sprinkle with salt and pepper, sauté in butter, and remove to a hot dish. Cook one-half tablespoon finely chopped onion in two tablespoons butter until brown; add three tablespoons flour, and pour on slowly one and one-half cups hot stock. Season with salt and pepper, strain, add kidneys, and one tablespoon Madeira wine.

Ragout of Kidneys

Soak lambs' kidneys one hour in lukewarm water. Drain, clean, cut in slices, season with salt and pepper, dredge with flour, and sauté in butter. Fry one sliced onion and one-half shallot, finely

切丁，加入汤中，加盐和胡椒调味，煮至蔬菜变软。用两汤匙黄油和两汤匙面粉一起煮稠。食用前加入半汤匙细切的欧芹。可用大米代替大麦。

羔羊腰子 I

将六个腰子浸泡、去膜并切成片，撒上盐和胡椒。在热煎锅中融化两汤匙黄油，放入腰子，煮五分钟；彻底撒上面粉，加入三分之二杯沸水或热棕色高汤。煮五分钟，如有需要再加盐和胡椒。柠檬汁、洋葱汁或马德拉酒可用于增添风味。腰子必须短时间烹煮，或烹煮数小时；几分钟烹煮后它们会变嫩，但很快又会变韧，需要数小时的烹煮才能再次变嫩。

羔羊腰子 II

浸泡、去皮、修剪并切片六个腰子。撒上盐和胡椒，在黄油中煎，然后移至热盘中。将半汤匙细切的洋葱在两汤匙黄油中煮至棕色；加入三汤匙面粉，慢慢倒入一杯半热高汤。用盐和胡椒调味，过滤，加入腰子和一汤匙马德拉葡萄酒。

腰子炖菜

将羊腰子在温水中浸泡一小时。沥干，清洗，切片，用盐和胡椒调味，撒上面粉，在黄油中煎。将一个切片的洋葱和半个细切的

chopped, in three tablespoons butter until yellow; add three tablespoons flour and one and one-fourth cups Brown Stock. Cook five minutes, strain, and add one-half cup mushroom caps peeled and cut in quarters; season with salt and pepper, add kidneys, and serve as soon as heated. White wine may be added if desired.

葱，在三汤匙黄油中炸至黄色；加入三汤匙面粉和一杯四分之一棕色高汤。煮五分钟，过滤，加入半杯去皮切成四块的蘑菇帽；用盐和胡椒调味，加入腰子，加热后即可食用。如需要可加入白葡萄酒。

Kidney Rolls

Mix one-half cup stale bread crumbs, one-half small onion, finely chopped, and one-half tablespoon finely chopped parsley. Season with salt and pepper and moisten with beaten egg. Spread mixture on thin slices of bacon, fasten around pieces of lambs' kidney, using skewers. Bake in a hot oven twenty minutes.

腰子卷

将半杯陈面包屑、半个细切的小洋葱和半汤匙细切的欧芹混合。用盐和胡椒调味，用打散的鸡蛋润湿。将混合物涂抹在薄培根片上，用签子固定在羊腰子块周围。在热烤箱中烤二十分钟。

WAYS OF WARMING OVER MUTTON AND LAMB

加热羊肉和羔羊肉的方法

Minced Lamb on Toast

羊肉末吐司

Remove dry pieces of skin and gristle from remnants of cold roast lamb, then chop meat. Heat in well-buttered frying-pan, season with salt, pepper, and celery salt, and moisten with a little hot water or stock; or, after seasoning, dredge well with flour, stir, and add enough stock to make thin gravy. Pour over small slices of buttered toast.

从冷烤羊肉的剩余部分去除干皮和软骨，然后剁碎肉。在涂了充足黄油的煎锅中加热，用盐、胡椒和芹菜盐调味，用少量热水或高汤润湿；或者，调味后撒上面粉，搅拌，加入足够的高汤制成稀肉汁。浇在涂了黄油的小烤面包片上。

Scalloped Lamb

扇贝形烤羊肉

Remove skin and fat from thin slices of cold roast lamb, and sprinkle with salt and pepper. Cover bottom of a buttered baking-dish with buttered cracker crumbs; cover meat with boiled macaroni, and add another layer of meat and macaroni. Pour over

从冷烤羊肉的薄片中去除皮和脂肪，撒上盐和胡椒。在涂了黄油的烤盘底部铺上涂了黄油的饼干屑；将肉覆盖在煮熟的通心粉上，再加一层肉和通心粉。浇上

Tomato Sauce, and cover with buttered cracker crumbs. Bake in hot oven until crumbs are brown. Cold boiled rice may be used in place of macaroni.

番茄酱汁，覆盖涂了黄油的饼干屑。在热烤箱中烤至饼干屑变棕色。可用冷煮米饭代替通心粉。

Blanquette of Lamb

Cut remnants of cooked lamb in cubes or strips. Reheat two cups meat in two cups sauce,—sauce made of one-fourth cup each of butter and flour, one cup White Stock, and one cup of milk which has been scalded with two blades of mace. Season with salt and pepper, and add one tablespoon Mushroom Catsup, or any other suitable table sauce. Garnish with large croûtons, serve around green peas, or in a potato border, sprinkle with finely chopped parsley.

白汁羊肉块

将煮熟的羊肉剩余部分切成方块或条状。将两杯肉在两杯酱汁中重新加热--酱汁由四分之一杯黄油和四分之一杯面粉、一杯白色高汤和一杯与两片肉豆蔻衣一起烫过的牛奶制成。用盐和胡椒调味，加入一汤匙蘑菇酱汁或任何其他合适的餐桌酱汁。用大块油炸面包丁装饰，配青豆食用，或盛在土豆圈中，撒上细切的欧芹。

Barbecued Lamb

Cut cold roast lamb in thin slices and reheat in sauce made by melting two tablespoons butter, adding three-fourths tablespoon vinegar, one-fourth cup currant jelly, one-fourth teaspoon French mustard, and salt and cayenne to taste.

烤羊肉

将冷烤羊肉切成薄片，在由两汤匙黄油融化、加入四分之三汤匙醋、四分之一杯醋栗果冻、四分之一茶匙法式芥末以及适量盐和辣椒粉制成的酱汁中重新加热。

Rechauffé of Lamb

Brown two tablespoons butter, add two and one-half tablespoons flour, and stir until well browned; then add one-fourth teaspoon, each, curry powder, mustard, and salt, and one-eighth teaspoon paprika. Add, gradually, one cup brown stock and two tablespoons sherry wine. Reheat cold roast lamb cut in thin slices in sauce.

回锅羊肉

将两汤匙黄油煎至棕色，加入两汤匙半面粉，搅拌至完全变棕色；然后加入各四分之一茶匙的咖喱粉、芥末和盐，以及八分之一茶匙红椒粉。逐渐加入一杯棕色高汤和两汤匙雪利酒。将切成薄片的冷烤羊肉在酱汁中重新加热。

Salmi of Lamb

Cut cold roast lamb in thin slices. Cook five minutes two tablespoons butter with one-half tablespoon finely chopped onion. Add lamb, sprinkle with salt and pepper, and cover with one cup Brown Sauce, or one cup cold lamb gravy seasoned with Worcestershire, Harvey, or Elizabeth Sauce. Cook until thoroughly heated. Arrange slices overlapping one another lengthwise of platter, pour around sauce, and garnish with toast points. A few sliced mushrooms or stoned olives improve this sauce.

Casserole of Rice and Meat

Line a mould, slightly greased, with steamed rice. Fill the centre with two cups cold, finely chopped, cooked mutton, highly seasoned with salt, pepper, cayenne, celery salt, onion juice and lemon juice; then add one-fourth cup cracker crumbs, one egg slightly beaten, and enough hot stock or water to moisten. Cover meat with rice, cover rice with buttered paper to keep out moisture while steaming, and steam forty-five minutes. Serve on a platter surrounded with Tomato Sauce. Veal may be used in place of mutton.

Breast of Lamb

Wipe a breast of lamb, put in kettle with bouquet of sweet herbs, a small onion stuck with six cloves, one-half tablespoon salt, one-half teaspoon peppercorns, and one-fourth cup each carrot and turnip cut in dice. Cover with boiling water, and simmer until bones will slip out easily. Take meat from water, remove bones,

羊肉萨尔米

将冷烤羊肉切成薄片。将两汤匙黄油与半汤匙细切的洋葱煮五分钟。加入羊肉，撒上盐和胡椒，覆盖一杯棕色酱汁，或一杯用伍斯特酱、哈维酱或伊丽莎白酱调味的冷羊肉肉汁。煮至完全热透。将肉片沿盘子纵向重叠摆放，浇上酱汁，用烤面包角装饰。几片蘑菇片或去核橄榄可改善此酱汁。

米饭肉焗锅

在一个略涂油的模具内壁铺上蒸好的米饭。在中央填入两杯冷的、切碎的熟羊肉，用盐、胡椒、辣椒粉、芹菜盐、洋葱汁和柠檬汁重味调味；然后加入四分之一杯饼干屑、一个略搅打的鸡蛋，以及足够的热高汤或水使其湿润。用米饭覆盖羊肉，用涂了黄油的纸盖住米饭，以便在蒸制时防止水汽进入，蒸四十五分钟。盛在盘子上，周围配番茄酱汁。可用小牛肉代替羊肉。

羊胸脯肉

擦拭羊胸肉，放入锅中，加入香草束、一个插了六颗丁香的小洋葱、半汤匙盐、半茶匙胡椒粒，以及各四分之一杯切成丁的胡萝卜和芜菁。用沸水没过，煨至骨头容易滑出。将肉从水中取出，去除骨头，

and press under weight. When cool, trim in shape, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve with Spanish Sauce. Small pieces of cold lamb may be sprinkled with salt and pepper, dipped in crumbs, egg, and crumbs, and fried in deep fat.

在重物下压平。冷却后，整形成适当形状，蘸面包屑、鸡蛋和面包屑，在深油中炸，沥干。配西班牙酱汁食用。冷羊肉的小块可以撒上盐和胡椒，蘸面包屑、鸡蛋和面包屑，在深油中炸。

CHAPTER XIV
VEAL

Veal is the meat obtained from a young calf killed when six to eight weeks old. Veal from a younger animal is very unwholesome, and is liable to provoke serious gastric disturbances. Veal contains a much smaller percentage of fat than beef or mutton, is less nutritious, and (though from a young creature) more difficult of digestion. Like lamb, it is not improved by long hanging, but should be eaten soon after killing and dressing. It should always be remembered that the flesh of young animals does not keep fresh as long as that of older ones. Veal is divided in same manner as lamb, into fore and hind quarters. The fore-quarter is subdivided into breast, shoulder, and neck; the hind-quarter into loin, leg, and knuckle. Cutlets, fillets (cushion), and fricandeau are cut from the thick part of leg.

第十四章小牛肉

小牛肉取自六至八周龄宰杀的幼犊。来自更幼小动物的小牛肉非常不卫生，容易引发严重的胃部不适。小牛肉的脂肪含量远低于牛肉或羊肉，营养价值较低，而且(尽管来自幼小动物)更难消化。与羔羊肉一样，它不会因长时间悬挂而改善，而应在宰杀和整理后尽快食用。应始终记住，幼小动物的肉不如较老动物的肉保鲜时间长。小牛肉的分割方式与羔羊肉相同，分为前躯和后躯。前躯细分为胸、肩和颈；后躯细分为腰、腿和关节。肉排、里脊(垫)和炖肉块从腿的厚实部分切出。

Good veal may be known by its pinkish-colored flesh and white fat; when the flesh lacks color, it has been taken from a creature which was too young to kill for food, or, if of the right age, was bled before killing. Veal may be obtained throughout the year, but is in season during the spring. Veal should be thoroughly cooked; being deficient in fat and having but little flavor, pork or butter should be added while cooking, and more seasoning is required

优质小牛肉可通过其粉红色的肉和白色的脂肪来辨认；当肉缺乏颜色时，说明它取自过于年幼不宜宰杀食用的动物，或者，如果年龄合适，则在宰杀前放过血。小牛肉全年可得，但春季是时令。小牛肉应彻底煮熟；由于缺乏脂肪且味道淡薄，烹饪时应加入猪肉或黄油，并且需要更多的调味。

than for other meats.

比其他肉类更甚。

Veal Cutlets

小牛肉片

Use slices of veal from leg cut one-half inch thick. Wipe, remove bone and skin, then cut in pieces for serving. The long, irregular-shaped pieces may be rolled, and fastened with small wooden skewers. Sprinkle with salt and pepper; dip in flour, egg, and crumbs; fry slowly, until well browned, in salt pork fat or butter; then remove cutlets to stewpan and pour over one and one-half cups Brown Sauce. Place on back of range and cook slowly forty minutes, or until cutlets are tender.

使用腿肉切成的半英寸厚小牛肉片。擦拭，去除骨头和皮，然后切成供食用的块。长而不规则形状的块可以卷起，用小木签固定。撒上盐和胡椒；蘸面粉、鸡蛋和面包屑；在咸猪肉脂肪或黄油中慢火煎至完全变棕色；然后将肉排移至炖锅中，浇上一杯半棕色酱汁。放在炉灶后部慢火煮四十分钟，或至肉排变嫩。

Veal may be cooked first in boiling water until tender, then crumbed and fried. The water in which veal was cooked may be used for sauce. Arrange on hot platter, strain sauce and pour around cutlets, and garnish with parsley.

小牛肉可以先在沸水中煮至嫩，然后蘸面包屑油炸。煮小牛肉的水可用于制作酱汁。摆放在热盘中，过滤酱汁浇在肉排周围，用欧芹装饰。

Brown Sauce. Brown three tablespoons butter, add three tablespoons flour, and stir until well browned. Add gradually one and one-half cups stock or water, or half stock and half stewed and strained tomatoes. Season with salt, pepper, lemon juice, and Worcestershire Sauce. The trimmings from veal (including skin and bones) may be covered with one and one-half cups cold water, allowed to heat slowly to boiling-point, then cooked, strained, and used for sauce.

棕色酱汁。将三汤匙黄油加热至棕色，加入三汤匙面粉，搅拌至充分呈棕色。逐渐加入一杯半高汤或水，或一半高汤加一半炖煮并过滤的番茄。用盐、胡椒、柠檬汁和伍斯特酱汁调味。小牛肉的边角料(包括皮和骨头)可用一杯半冷水覆盖，缓慢加热至沸点，然后煮熟、过滤，用于制作酱汁。

Veal Chops Bavarian

小牛肉排巴伐利亚式

Wipe six loin chops and put in a stewpan with one-half onion, eight slices carrot, two stalks celery, one-half teaspoon peppercorns, four cloves, and two tablespoons butter. Cover with

将六块牛腰排肉擦拭干净，放入炖锅中，加入半个洋葱、八片胡萝卜、两根芹菜茎、半茶匙胡椒粒、四粒丁香和两汤匙黄油。用

boiling water and cook until tender. Drain, season with salt and pepper, dip in flour, egg, and crumbs, fry in deep fat, and drain on brown paper. Arrange chops on hot serving dish and surround with boiled flat macaroni to which Soubise Sauce (see p. 267) is added.

沸水覆盖，煮至嫩熟。沥干，用盐和胡椒调味，蘸上面粉、鸡蛋和面包屑，在深油中炸制，然后在棕色纸上沥干。将肉排摆放在热餐盘中，周围围上煮熟的扁通心粉，并加入苏比斯酱汁(见第267页)。

Fricassee of Veal

Wipe two pounds sliced veal, cut from loin, and cover with boiling water; add one small onion, two stalks celery, and six slices carrot. Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Strain liquor (there should be two cups). Melt four tablespoons butter, add four tablespoons flour and strained liquor. Bring to boiling-point, season with salt and pepper, and pour around meat. Garnish with parsley.

烩小牛肉

将两磅从腰部切下的切片小牛肉擦拭干净，用沸水覆盖；加入一个小洋葱、两根芹菜茎和六片胡萝卜。缓慢煮至肉嫩熟。取出肉，撒上盐和胡椒，裹上面粉，在猪油中煎制。过滤汤汁(应有两杯)。融化四汤匙黄油，加入四汤匙面粉和过滤的汤汁。加热至沸点，用盐和胡椒调味，浇在肉周围。用欧芹装饰。

Minuten Fleisch

1½ lbs. veal cut in thin slices
Salt and pepper
⅔ cup claret wine
Flour
1⅓ cups Brown Stock
Juice 1 lemon
2 sprigs parsley

Pound veal until one-fourth inch thick and cut in pieces for serving. Sprinkle with salt and pepper, put in baking-pan, pour over wine, and let stand thirty minutes. Drain, dip in flour, arrange in two buttered pans, and pour over remaining

肉末

1 1/2磅小牛肉，切成薄片

盐和胡椒

2/3杯波尔多红葡萄酒

面粉

1 1/3 杯棕色高汤

将一个柠檬榨汁

2枝欧芹

将小牛肉捶打至四分之一英寸厚，切成供食用的块。撒上盐和胡椒，放入烤盘中，倒入葡萄酒，静置三十分钟。沥干，蘸上面粉，摆入两个涂了黄油的平底锅中，倒入剩余的

ingredients and wine which was drained from meat. Cover, and cook slowly until meat is tender. Remove to serving dish and pour over sauce remaining in pan.

配料和从肉中沥出的葡萄酒。盖上盖子，缓慢煮至肉嫩熟。移至餐盘中，浇上锅中剩余的酱汁。

Loin of Veal à la Jardinière

Wipe four pounds loin of veal, sprinkle with salt and pepper, and dredge with flour. Put one-fourth cup butter in deep stewpan; when melted, add veal and brown entire surface of meat, watching carefully and turning often, that it may not burn. Add one cup hot water, cover closely, and cook slowly two hours, or until meat is tender, adding more water as needed, using in all about three cups. Remove meat, thicken stock remaining in pan with flour diluted with enough cold water to pour easily. Surround the meat with two cups each boiled turnips and carrots, cut in half-inch cubes, and potatoes cut in balls. Serve gravy in a tureen.

小牛里脊配田园蔬菜

擦拭四磅小牛腰肉，撒上盐和胡椒，并撒上面粉。将四分之一杯黄油放入深炖锅中；融化后加入小牛肉，将肉的整个表面煎至棕色，仔细看管并经常翻动，以免烧焦。加入一杯热水，盖紧，慢煮两小时，或至肉嫩，根据需要添加更多水，总共约用三杯。取出肉，用面粉加足够冷水调稀至易于倾倒，将锅中剩余的汤汁勾芡。在肉周围配上各两杯煮熟的芜菁和胡萝卜，切成半英寸的方块，以及切成球形的土豆。将肉汁盛在汤碗中上桌。

Braised Shoulder of Veal

Bone, stuff, and sew in shape five pounds shoulder of veal; then cook same as Braised Beef, adding with vegetables two sprigs thyme and one of marjoram.

焖小牛肩肉

将五磅小牛肩肉去骨、填料并缝合成形；然后按照焖牛肉的方法烹制，与蔬菜一起加入两枝百里香和一枝马郁兰。

English Meat Pie

Knuckle of veal
1 slice onion
1 slice carrot
Bit of bay leaf
Sprig of parsley
12 peppercorns

英式肉馅饼

小牛膝 1片洋葱

1片胡萝卜少许月
桂叶一小枝欧芹
12粒胡椒

Blade of mace
2 teaspoons salt
½ lb. lean raw ham
4 tablespoons flour
4 tablespoons butter
2 doz. bearded oysters
Remove meat from bones. Cover bones with cold water, add vegetables and seasonings, and heat slowly to boiling-point. Add meat, boil five minutes, and let simmer until meat is tender; remove meat and reduce stock to two cups. Put ham in frying-pan, cover with lukewarm water, and let stand on back of range one hour. Brown butter, add flour, and when well browned add stock; then add veal and ham each cut into cubes. Let simmer twenty minutes and add oysters. Put in serving dish and cover with top made of puff paste. It is much better to bake the paste separately and cover pie just before sending to table.

Roast Veal

The leg, cushion (thickest part of leg), and loin, are suitable pieces for roasting. When leg is to be used, it should be boned at market. Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping-pan, dredge meat and bottom of pan with flour, and place around meat strips of fat salt pork. Bake three or four hours in moderate oven, basting every fifteen minutes with one-third cup butter melted in one-half cup boiling water, until used, then baste with fat in pan. Serve with brown gravy.

Fricandeau of Veal

肉豆蔻衣
2茶匙盐
1/2磅瘦生火腿
4汤匙面粉
4汤匙黄油
2打带须牡蛎
将肉从骨头上剔下。用冷水覆盖骨头，加入蔬菜和调味料，慢慢加热至沸点。加入肉，煮五分钟，然后煨至肉嫩；取出肉，将汤汁收至两杯。将火腿放入煎锅，用温水覆盖，在炉灶后部放置一小时。将黄油煎至棕色，加入面粉，充分煎黄后加入汤汁；然后加入切成方块的小牛肉和火腿。煨二十分钟，加入牡蛎。放入上菜盘中，盖上酥皮制成的顶盖。最好将酥皮单独烘烤，在上桌前才盖在馅饼上。

烤小牛肉

腿、垫(腿的最厚部分)和腰是适合烤制的部位。若使用腿肉，应在市场去骨。擦拭肉，撒上盐和胡椒，填料，并缝成形状。放在烤盘中的烤架上，在肉和盘底撒上面粉，在肉周围放上肥咸猪肉条。在中等烤箱中烤三至四小时，每十五分钟用三分之一杯黄油融化在半杯沸水中制成的液体浇淋，直至用完，然后用盘中的油脂浇淋。配棕色肉汁上桌。

小牛肉炖肉片

Lard a cushion of veal and roast or braise.

猪油垫小牛肉，烤或焖。

India Curry

Wipe a slice of veal one-half inch thick, weighing one and one-half pounds, and cook in frying-pan without butter, quickly searing one side, then the other. Place on a board and cut in one and one-half inch pieces. Fry two sliced onions in one-half cup butter until brown, remove onions, and add to the butter, meat, and one-half tablespoon curry powder, then cover with boiling water. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily; then add one teaspoon vinegar. Serve with a border of steamed rice.

印度咖喱

将一片厚半英寸、重一磅半的小牛肉擦净，放入不加黄油的煎锅中，先将一面快速煎至变色，再煎另一面。放在案板上切成一点五英寸的块。用半杯黄油将两个切片洋葱炸至棕色，取出洋葱，将肉和半汤匙咖喱粉加入黄油中，然后倒入沸水没过。慢火煮至肉嫩。用面粉加适量冷水调稀至易于倾倒的浓度勾芡，然后加入一茶匙醋。配以蒸米饭围边食用。

Veal Birds

Wipe slices of veal from leg, cut as thinly as possible, then remove bone, skin, and fat. Pound until one-fourth inch thick and cut in pieces two and one-half inches long by one and one-half inches wide, each piece making a bird. Chop trimmings of meat, adding for every three birds a piece of fat salt pork cut one inch square and one-fourth inch thick; pork also to be chopped. Add to trimmings and pork one-half their measure of fine cracker crumbs, and season highly with salt, pepper, cayenne, poultry seasoning, lemon juice, and onion juice. Moisten with beaten egg and hot water or stock. Spread each piece with thin layer of mixture and avoid having mixture come close to edge. Roll, and fasten with skewers. Sprinkle with salt and pepper, dredge with flour, and fry in hot butter until a golden brown. Put in stewpan, add cream to half cover meat, cook slowly twenty minutes or until tender. Serve on small pieces of toast, straining cream remaining in pan over

小牛肉卷

将腿肉小牛肉片擦净，尽可能切薄，然后去除骨、皮和脂肪。捶打至四分之一英寸厚，切成长二点五英寸、宽一点五英寸的块，每块做一个肉卷。将肉的边角料剁碎，每三个肉卷加入一块一英寸见方、四分之一英寸厚的肥咸猪肉，猪肉也剁碎。在边角料和猪肉中加入其体积一半的细饼干屑，用盐、胡椒、辣椒粉、禽肉调味料、柠檬汁和洋葱汁重味调味。用搅打好的鸡蛋和热水或高汤调湿。在每块肉上涂一薄层混合物，注意不要让混合物靠近边缘。卷起，用签子固定。撒上盐和胡椒，撒上面粉，在热黄油中炸至金黄色。放入炖锅，加入奶油至半没肉块，慢火煮二十分钟或至嫩。放在小块吐司上食用，将锅中剩余的奶油过滤后浇在

birds and toast, and garnish with parsley. A Thin White Sauce in place of cream may be served around birds.

禽鸟和吐司，并用欧芹装饰。可用稀白酱汁代替奶油浇在禽鸟周围。

Veal Loaf I

Separate a knuckle of veal in pieces by sawing through bone. Wipe, put in kettle with one pound lean veal and one onion; cover with boiling water, and cook slowly until veal is tender. Drain, chop meat finely, and season highly with salt and pepper. Garnish bottom of a mould with slices of “hard-boiled” eggs and parsley. Put in layer of meat, layer of thinly sliced “hard-boiled” eggs, sprinkle with finely chopped parsley, and cover with remaining meat. Pour over liquor, which should be reduced to one cupful. Press and chill, turn on a dish, and garnish with parsley.

小牛肉糕 I

将小牛膝用锯锯开骨头分成块。擦净，与一磅瘦小牛肉和一个洋葱一起放入锅中；倒入沸水没过，慢火煮至小牛肉嫩。沥干，将肉细细剁碎，用盐和胡椒重味调味。用“煮硬”的鸡蛋片和欧芹装饰模具底部。放入一层肉、一层切薄的“煮硬”鸡蛋片，撒上细碎的欧芹，再用剩余的肉覆盖。倒入汤汁，汤汁应浓缩至一杯。压实冷藏，倒扣在盘中，用欧芹装饰。

Veal Loaf II

Wipe three pounds lean veal, and remove skin and membrane. Chop finely or force through meat chopper, then add one-half pound fat salt pork (also finely chopped), six common crackers (rolled), four tablespoons cream, two tablespoons lemon juice, one tablespoon salt, one-half tablespoon pepper, and a few drops onion juice. Pack in a small bread pan, smooth evenly on top, brush with white of egg, and bake slowly three hours, basting with one-fourth cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.

小牛肉糕 II

将三磅瘦小牛肉擦净，去除皮和筋膜。细细剁碎或用绞肉机绞碎，然后加入半磅肥咸猪肉(也细细剁碎)、六块普通饼干(擀碎)、四汤匙奶油、两汤匙柠檬汁、一汤匙盐、半汤匙胡椒和几滴洋葱汁。装入小面包模中，表面抹平，刷上蛋清，慢火烤三小时，用四分之一杯猪油浇淋。烤制过程中频繁扎孔，使猪油被肉吸收。冷却，从模中取出，切成薄片供食用。

Broiled Veal Kidneys

Order veal kidneys with the suet left on. Trim, split, and broil ten

烤小牛腰

订购小牛肾，保留其上的板油。修整、剖开，烤十分钟

minutes. Arrange on pieces of toast and pour over melted butter seasoned with salt, cayenne, and lemon juice.

Veal Kidneys à la Canfield

Trim kidneys, cook in Brown Stock ten minutes, drain, and cut in slices. Arrange alternate slices of kidney and thinly sliced bacon on skewers with a fresh mushroom cap at either end of each skewer. Broil until bacon is crisp and arrange on pieces of toast. Pour over sauce made from stock in which kidneys were cooked, seasoned with salt, cayenne, and Madeira wine.

WAYS OF WARMING OVER VEAL

Minced Veal on Toast

Prepare as Minced Lamb on Toast, using veal in place of lamb.

Blanquette of Veal

Reheat two cups cold roast veal, cut in small strips, in one and one-half cups White Sauce I. Serve in a potato border and sprinkle over all finely chopped parsley.

Ragoût of Veal

Reheat two cups cold roast veal, cut in cubes, in one and one-half cups Brown Sauce seasoned with one teaspoon Worcestershire Sauce, few drops of onion juice, and a few grains of cayenne.

分钟。摆放在烤面包片上，浇上融化黄油，用盐、卡宴辣椒和柠檬汁调味。

小牛肾坎菲尔德式

修整腰子，在棕色高汤中煮十分钟，沥干，切成片。将腰子片和薄切培根片交替穿在签子上，每根签子两端各插一个新鲜蘑菇伞盖。烤至培根酥脆，摆放在烤面包片上。浇上用煮腰子的高汤制成的酱汁，用盐、卡宴辣椒和马德拉葡萄酒调味。

加热小牛肉的方法

烤面包上的碎小牛肉

按“羊肉末吐司”的做法制作，用牛犊肉代替羊肉。

白汁炖小牛肉

将两杯冷烤小牛肉切成细条，在一杯半白色酱汁I中重新加热。盛在土豆围边中，撒上切碎的欧芹。

小牛肉炖菜

将两杯冷烤小牛肉切成方块，在一杯半棕色酱汁中重新加热，酱汁用一茶匙伍斯特郡酱汁、几滴洋葱汁和少许卡宴辣椒调味。

CHAPTER XV
SWEETBREADS

A sweetbread is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered. It is prenatally developed, of unknown function, and as soon as calf is taken from liquid food it gradually disappears. Pancreas, stomach sweetbread, is sold in some sections of the country, but in our markets this custom is not practised. Sweetbreads are a reputed table delicacy, and a valuable addition to the menu of the convalescent.

A sweetbread consists of two parts, connected by tubing and membranes. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbread is found in market separated, avoid buying two of the throat sweetbreads, as the heart sweetbread is more desirable.

Sweetbreads spoil very quickly. They should be removed from paper as soon as received from market, plunged into cold water and allowed to stand one hour, drained, and put into acidulated salted boiling water then allowed to cook slowly twenty minutes; again drained, and plunged into cold water, that they may be kept white and firm. Sweetbreads are always parboiled in this manner for subsequent cooking.

Broiled Sweetbread

Parboil a sweetbread, split crosswise, sprinkle with salt and pepper, and broil five minutes. Serve with Lemon Butter.

第十五章甜面包

甜面包是羔羊或小牛的胸腺，但在烹饪中只考虑小牛甜面包。它在出生前发育，功能未知，一旦小牛脱离液体食物，它便逐渐消失。胰脏，即胃甜面包，在国内某些地区有售，但在我们的市场上不流行此习俗。甜面包被认为是餐桌上的美味，也是恢复期病人菜单上的珍贵补充。

甜面包由两部分组成，通过管道和膜连接。圆形、紧凑的部分称为心甜面包，因为其位置更靠近心脏；另一部分称为喉甜面包。当市场上发现甜面包是分开的，避免购买两个喉甜面包，因为心甜面包更可取。

甜面包很容易变质。从市场买回后应立即从纸上取下，浸入冷水中静置一小时，沥干，放入加酸的盐沸水中，然后慢煮二十分钟；再次沥干，浸入冷水中，以保持洁白紧实。甜面包总是这样预煮，以备后续烹饪。

烤甜面包

预煮一个甜面包，横向剖开，撒上盐和胡椒，烤五分钟。配柠檬黄油食用。

Creamed Sweetbread

Parboil a sweetbread, and cut in one-half inch cubes, or separate in small pieces. Reheat in one cup White Sauce II. Creamed Sweetbread may be served on toast, or used as filling for patty cases or Swedish Timbales.

Creamed Sweetbread and Chicken

Reheat equal parts of cold cooked chicken, and sweetbread cut in dice, in White Sauce II.

Sweetbread à la Poulette

Reheat sweetbread, cut in cubes, in one cup Béchamel Sauce.

Sweetbreads, Country Style

Parboil sweetbreads, sprinkle with salt and pepper, and dredge with flour. Arrange in baking-dish, brush over with melted butter, allowing two tablespoons to each pair of sweetbreads, and cover with thin slices fat salt pork. Bake in a hot oven over twenty-five minutes, basting twice during the cooking, and remove pork during the last five minutes of the cooking.

Larded Sweetbread

Parboil a sweetbread, lard the upper side, and bake until well browned, basting with Meat Glaze.

Sweetbreads à la Napoli

Parboil a large sweetbread and cut in eight pieces. Cook in hot

奶油甜面包

预煮一个甜面包，切成半英寸的方块，或分成小块。在一杯白色酱汁II中重新加热。奶油甜面包可盛在烤面包上，或用作馅饼壳或瑞典提姆巴尔模具的馅料。

奶油烩甜面包与鸡肉

将等量的冷熟鸡肉和切丁的甜面包在白色酱汁II中重新加热。

甜面包 à la Poulette

将甜面包切成方块，在一杯贝夏梅尔酱中重新加热。

乡村风味甜面包

预煮甜面包，撒上盐和胡椒，撒上面粉。放入烤盘，刷上融化黄油，每对甜面包用两汤匙，盖上薄片肥咸猪肉。在热烤箱中烤二十五分钟以上，烹饪过程中浇汁两次，最后五分钟去掉猪肉。

填馅甜面包

预煮一个甜面包，在上侧抹猪油，烤至呈良好棕色，用肉汁釉浇淋。

那不勒斯风味甜面包

将一大块甜面包煮至半熟，切成八块。在热中烹制

frying-pan with a small quantity of butter, adding enough beef extract to give sweetbread a glazed appearance. Cut bread in slices, shape with a circular cutter three and one-half inches in diameter, and toast. Spread each piece with two tablespoons grated Parmesan cheese seasoned with salt and paprika and moistened with two tablespoons heavy cream. Arrange one piece of sweetbread on each piece of toast. Put in individual glass-covered dishes, having two tablespoons cream in each dish. Cover each piece of sweetbread with sautéd mushroom cap, put on glass covers, and bake in a moderate oven eight minutes.

在煎锅中放入少量黄油，加入足量牛肉汁使甜面包呈现挂汁外观。将面包切成片，用直径三英寸半的圆形切模切成圆形，烤至金黄。每片涂上两汤匙磨碎的帕尔马干酪，用盐和红椒粉调味，并以两汤匙浓奶油润湿。在每片烤面包上放一块甜面包。放入各自的玻璃盖碟中，每碟加两汤匙奶油。每块甜面包上覆盖一个煎过的蘑菇伞盖，盖上玻璃盖，在中等烤箱中烤八分钟。

Braised Sweetbreads Eugénie

Parboil a sweetbread in Sherry wine twelve minutes. Drain, cool, cut in four pieces, and lard. Cook in frying-pan same as Sweetbreads à la Napoli. Peel mushroom caps, cover with Sherry wine, let stand one hour, drain, and sauté in butter. Arrange on circular pieces of toast, over each of which has been poured one teaspoon wine drained from mushroom caps. Pile five or six mushroom caps on each piece of sweetbread, add two tablespoons heavy cream, and bake in a moderate oven, eight minutes. Cook in individual glass-covered dishes.

欧仁妮烩甜面包

将甜面包在雪利酒中煮十二分钟。沥干，冷却，切成四块，并嵌入猪油。按那不勒斯甜面包的做法在煎锅中烹制。将蘑菇伞盖去皮，覆盖雪利酒，静置一小时，沥干，用黄油煎。摆在圆形烤面包片上，每片烤面包上先浇一茶匙从蘑菇伞盖沥出的酒液。每块甜面包上堆五六个蘑菇伞盖，加两汤匙浓奶油，在中等烤箱中烤八分钟。用各自的玻璃盖碟盛装。

Sweetbread Cutlets with Asparagus Tips

Parboil a sweetbread, split, and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, and sauté in butter. Arrange in a circle around Creamed Asparagus Tips.

甜面包切块配芦笋尖

预煮一个甜面包，剖开，切成小肉排形状的块，或切成圆形块。撒上盐和胡椒，蘸面包屑、鸡蛋和面包屑，用黄油煎。围成圆圈摆放在奶油芦笋尖周围。

Sweetbread with Tomato Sauce

Prepare as Sweetbread Cutlets with Asparagus Tips, sauté in butter or fry in deep fat, and serve with Tomato Sauce.

Sweetbread and Bacon

Parboil a sweetbread, cut in small pieces, dip in flour, egg, and crumbs, and arrange alternately with pieces of bacon on small skewers, having four pieces sweetbread and three of bacon on each skewer. Fry in deep fat, and drain. Arrange in a circle around mound of green peas.

Sweetbread à la Napoli.—*Page 233.*

Braised Sweetbreads Eugénie.—*Page 234.*

Breslin Potted Chicken in Casserole Dish.—*Page 252.*

Broiled Chicken garnished with French Fried Potatoes, Slices Broiled Tomatoes, Parsley, and Lettuce.—*Page 245.*

CHAPTER XVI
PORK

Pork is the flesh and fat of pig or hog. Different parts of the creature, when dressed, take different names.

The chine and spareribs, which correspond to the loin in lamb and

番茄酱汁配甜面包

按芦笋尖甜面包肉排的方法准备，用黄油煎或油炸，配番茄酱汁食用。

甜面包与培根

预煮一个甜面包，切成小块，蘸面粉、鸡蛋和面包屑，与培根片交替穿在小签子上，每根签子有四块甜面包和三片培根。油炸，沥干。围成圆圈摆放在青豆堆周围。

那不勒斯式甜面包。--第233页。

烩甜面包欧仁妮--第*234*页。

布雷斯林砂锅炖鸡。--第*252*页。

烤鸡，配法式炸土豆、烤番茄片、欧芹和生菜。-第*245*页。

第十六章猪肉

猪肉是猪的肉和脂肪。猪的不同部位在宰杀处理后有不同的名称。

里脊和排骨，相当于羊肉中的腰肉和

veal, are used for roasts or steaks. Two ribs are left on the chine. The hind legs furnish *hams*. These are cured, salted, and smoked. Sugar-cured hams are considered the best. Pickle, to which is added light brown sugar, molasses, and saltpetre, is introduced close to bone; hams are allowed to hang one week, then smoked with hickory wood. *Shoulders* are usually corned, or salted and smoked, though sometimes cooked fresh. *Pigs' feet* are boiled until tender, split, and covered with vinegar made from white wine. *Hocks*, the part just above the feet, are corned, and much used by Germans. *Heads* are soused, and cooked by boiling. The flank, which lies just below the ribs, is salted and smoked, and furnishes *bacon*. The best pieces of fat salt pork come from the back, on either side of backbone.

小牛肉，用于烤肉或牛排。脊骨上留两根肋骨。后腿提供火腿。这些经过腌制、盐渍和熏制。糖腌火腿被认为是最好的。在靠近骨头处注入由淡红糖、糖蜜和硝石制成的腌液；火腿悬挂一周，然后用山核桃木熏制。肩肉通常腌渍，或盐渍后熏制，但有时也新鲜烹制。猪脚煮至软烂，剖开，覆以白葡萄酒制成的醋。肘子，即脚正上方的部位，经腌渍，德国人大量使用。猪头经醋渍，以水煮烹制。腹肉，位于肋骨正下方，经盐渍和熏制，提供培根。最好的肥咸猪肉块来自背部，脊柱两侧。

Fat, when separated from flesh and membrane, is tried out and called lard. *Leaf lard* is the best, and is tried out from the leaf shaped pieces of solid fat which lie inside the flank. *Sausages* are trimmings of lean and fat meat, minced, highly seasoned, and forced into thin casings made of the prepared entrails. *Little pigs* (four weeks old) are sometimes killed; dressed, and roasted whole.

脂肪从肉和膜中分离后，熬炼出来称为猪油。叶猪油是最好的，是从腹侧内部叶状固体脂肪块中熬炼出来的。香肠是瘦肉和肥肉的边角料，切碎，重调味，灌入用处理过的肠衣制成的细肠衣中。小猪(四周大)有时被宰杀，处理后整只烤制。

Pork contains the largest percentage of fat of any meat. When eaten fresh it is the most difficult of digestion, and although found in market through the entire year, it should be but seldom served, and then only during the winter months. By curing, salting, and smoking, pork is rendered more wholesome. *Bacon*, next to butter and cream, is the most easily assimilated of all fatty foods.

猪肉在所有肉类中脂肪含量百分比最高。新鲜食用时最难消化，虽然全年市场上都有，但应很少食用，且只在冬季月份食用。通过腌制、盐渍和熏制，猪肉变得更健康。培根仅次于黄油和奶油，是所有脂肪食物中最容易吸收的。

Pork Chops

猪排

Wipe chops, sprinkle with salt and pepper, place in a hot frying-pan, and cook slowly until tender, and well browned on each side.

擦净肉排，撒上盐和胡椒，放入热煎锅，慢煮至嫩，两面呈良好棕色。

Pork Chops with Fried Apples

Arrange Pork Chops on a platter, and surround with slices of apples, cut one-half inch thick, fried in the fat remaining in pan.

Roast Pork

Wipe pork, sprinkle with salt and pepper, place on a rack in a dripping-pan, and dredge meat and bottom of pan with flour. Bake in a moderate oven three or four hours, basting every fifteen minutes with fat in pan. Make a gravy as for other roasts.

Pork Tenderloins with Sweet Potatoes

Wipe tenderloins, put in a dripping-pan, and brown quickly in a hot oven; then sprinkle with salt and pepper, and bake forty-five minutes, basting every fifteen minutes.

Sweet Potatoes. Pare six potatoes and parboil ten minutes, drain, put in pan with meat, and cook until soft, basting when basting meat.

Breakfast Bacon

See Liver and Bacon, page 207.

Fried Salt Pork with Codfish

Cut fat salt pork in one-fourth inch slices, cut gashes one-third inch apart in slices, nearly to rind. Try out in a hot frying-pan until brown and crisp, occasionally turning off fat from pan. Serve around strips of codfish which have been soaked in pan of lukewarm water and allowed to stand on back of range until soft. Serve with Drawn Butter Sauce, boiled potatoes, and beets.

猪排配炸苹果

将猪排摆放在盘子上，周围放上切成半英寸厚的苹果片，在锅中剩余的脂肪中煎制。

烤猪肉

擦净猪肉，撒上盐和胡椒，放在滴油盘的架子上，肉和盘底撒上面粉。在中温烤箱中烤三到四小时，每十五分钟用盘中脂肪浇淋。像其他烤肉一样制作肉汁。

甜薯猪里脊

擦净里脊肉，放入滴油盘，在热烤箱中快速上色；然后撒上盐和胡椒，烤四十五分钟，每十五分钟浇淋一次。

红薯。将六个土豆去皮，预煮十分钟，沥干，与肉一起放入盘中，煮至软烂，给肉浇淋时也浇淋土豆。

早餐培根

见第207页的肝脏与培根。

炸咸猪肉配鳕鱼

将肥咸猪肉切成四分之一英寸的片，在片上每隔三分之一英寸切开口子，几乎切到皮。在热煎锅中熬出油至棕色酥脆，不时倒出锅中脂肪。配鳕鱼条食用，鳕鱼条已在温水锅中浸泡，放在炉灶后部至软。配拉制黄油酱汁、煮土豆和甜菜食用。

Broiled Ham

Soak thin slices of ham one hour in lukewarm water. Drain, wipe, and broil three minutes.

Fried Ham and Eggs

Wipe ham, remove one-half outside layer of fat, and place in frying-pan. Cover with tepid water and let stand on back of range thirty minutes; drain, and dry on a towel. Heat pan, put in ham, brown quickly on one side, turn and brown other side; or soak ham over night, dry, and cook in hot frying-pan. If cooked too long, ham will become hard and dry. Serve with fried eggs cooked in the dried-out ham fat.

Barbecued Ham

Soak thin slices of ham one hour in lukewarm water; drain, wipe, and cook in a hot frying-pan until slightly browned. Remove to serving dish and add to fat in pan three tablespoons vinegar mixed with one and one-half teaspoons mustard, one-half teaspoon sugar, and one-eighth teaspoon paprika. When thoroughly heated pour over ham and serve at once.

Boiled Ham

Soak several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put in a kettle, cover with cold water, heat to boiling-point, and cook slowly until tender. See Time Table for Cooking, page 28. Remove kettle from range and set aside, that ham may partially cool; then take from

烤火腿

将火腿薄片在温水中浸泡一小时。沥干，擦净，烤三分钟。

煎火腿和鸡蛋

擦净火腿，去掉外层一半脂肪，放入煎锅。用温水覆盖，放在炉灶后部三十分钟；沥干，用毛巾擦干。加热锅，放入火腿，一面快速上色，翻面另一面上色；或将火腿浸泡过夜，擦干，在热煎锅中烹饪。如果烹饪太久，火腿会变硬变干。配在用火腿熬出的脂肪中煎的鸡蛋食用。

烤火腿

将火腿薄片在温水中浸泡一小时；沥干，擦净，在热煎锅中烹饪至略微上色。移到上菜盘中，在锅中脂肪里加入三汤匙醋，混合一茶匙半芥末、半茶匙糖和八分之一茶匙红椒粉。充分加热后浇在火腿上，立即食用。

煮火腿

在冷水中浸泡数小时或过夜，水要没过。彻底清洗，修去骨端附近的硬皮，放入锅中，用冷水覆盖，加热至沸点，慢煮至嫩。参见第28页的烹饪时间表。将锅从炉灶上取下放置一旁，让火腿部分冷却；然后从

water, remove outside skin, sprinkle with sugar and fine cracker crumbs, and stick with cloves one-half inch apart. Bake one hour in a slow oven. Serve cold, thinly sliced.

水中取出，去掉外皮，撒上糖和细饼干屑，每隔半英寸插上丁香。在慢烤箱中烤一小时。冷食，切薄片。

Roast Ham with Champagne Sauce

Place a whole baked ham in the oven fifteen minutes before serving time, that outside fat may be heated. Remove to a hot platter, garnish bone end with a paper ruffle, and serve with Champagne Sauce.

香槟汁烤火腿

上桌前十五分钟将整只烤火腿放入烤箱，使外层脂肪受热。移至热盘中，在骨头一端饰以纸制褶边，配香槟酱汁上桌。

Westphalian Ham

These hams are imported from Germany, and need no additional cooking. Cut in very thin slices for serving.

威斯特法伦火腿

这些火腿自德国进口，无需另行烹制。切成极薄的片供食。

Broiled Pigs' Feet

Wipe, sprinkle with salt and pepper, and broil six to eight minutes. Serve with Maître d'Hôtel Butter or Sauce Piquante.

烤猪蹄

擦拭干净，撒上盐和胡椒，烤六至八分钟。配旅馆黄油或酸辣酱汁上桌。

Fried Pigs' Feet

Wipe, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

炸猪脚

擦拭干净，撒上盐和胡椒，蘸面包屑、鸡蛋、再蘸面包屑，入深油炸至金黄，沥干。

Sausages

Cut apart a string of sausages. Pierce each sausage several times with a carving fork. Put in frying-pan, cover with boiling water, and cook fifteen minutes; drain, return to frying-pan, and fry until well browned. Serve with fried apples. Sausages are often broiled same as bacon and apples baked in pan under them.

香肠

将一串香肠逐根分开。用切肉叉在每根香肠上扎数孔。放入煎锅，注入沸水没过，煮十五分钟；沥干，放回煎锅，煎至充分上色。配煎苹果上桌。香肠亦常如培根般烤制，苹果则置于其下同盘烘烤。

Boston Baked Beans

Pick over one quart pea beans, cover with cold water, and soak over night. In morning, drain, cover with fresh water, heat slowly (keeping water below boiling-point), and cook until skins will burst,—which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus tested must, of course, be thrown away. Drain beans, throwing bean-water out of doors, not in sink. Scald rind of three-fourths pound fat salt pork, scrape, remove one-fourth inch slice and put in bottom of bean-pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix one tablespoon salt, one tablespoon molasses, and three tablespoons sugar; add one cup boiling water, and pour over beans; then add enough more boiling water to cover beans. Cover bean-pot, put in oven, and bake slowly six or eight hours, uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. Many feel sure that by adding with seasonings one-half tablespoon mustard, the beans are more easily digested. If pork mixed with lean is preferred, use less salt.

The fine reputation which Boston Baked Beans have gained has been attributed to the earthen bean-pot with small top and bulging sides in which they are supposed to be cooked. Equally good beans have often been eaten where a five-pound lard pail was substituted for the broken bean-pot.

Yellow-eyed beans are very good when baked.

波士顿烤豆

拣选一夸脱豌豆豆，覆盖冷水，浸泡过夜。早晨沥干，覆盖清水，缓慢加热(保持水温低于沸点)，煮至豆皮爆裂--最好的判断方法是取几颗豆放在勺尖上吹气，如果煮得足够，豆皮就会爆裂。当然，这样测试过的豆必须丢弃。沥干豆，将豆水倒在户外，不要倒入水槽。烫四分之三磅肥咸猪肉的皮，刮净，切去四分之一英寸厚的片，放入豆罐底部。将剩余猪肉的皮每隔半英寸划开，切口深一英寸。将豆放入罐中，把猪肉埋入豆中，露出皮。混合一汤匙盐、一汤匙糖蜜和三汤匙糖；加一杯沸水，浇在豆上；再加足够的沸水覆盖豆。盖上豆罐，放入烤箱，缓慢烤六到八小时，最后烹饪的一小时揭开盖子，使皮变得焦黄酥脆。根据需要加水。许多人确信，在调味料中加入半汤匙芥末，豆更容易消化。如果喜欢带瘦肉的猪肉，少用盐。

波士顿烤豆所赢得的盛名，一向被归功于那种顶部小、腹部鼓的陶制豆罐，据说非此罐不能烹制。然而用一只五磅猪油桶替代破损的豆罐，所食之豆同样佳美。

黄眼豆烤制后非常美味。

CHAPTER XVII
POULTRY AND GAME

Poultry includes all domestic birds suitable for food except pigeon and squab. Examples: chicken, fowl, turkey, duck, goose, etc. Game includes such birds and animals suitable for food as are pursued and taken in field and forest. Examples: quail, partridge, wild duck, plover, deer, etc.

The flesh of chicken, fowl, and turkey has much shorter fibre than that of ruminating animals, and is not intermingled with fat,—the fat always being found in layers directly under the skin, and surrounding the intestines. Chicken, fowl, and turkey are nutritious, and chicken is specially easy of digestion. The white meat found on breast and wing is more readily digested than the dark meat. The legs, on account of constant motion, are of a coarser fibre and darker color.

Since incubators have been so much used for hatching chickens, small birds suitable for broiling may be always found in market. Chickens which appear in market during January weighing about one and one-half pounds are called *spring chickens*.

Fowl is found in market throughout the year, but is at its best from March until June.

Philadelphia, until recently, furnished our market with Philadelphia chickens and *capons*, but now Massachusetts furnishes equally good ones, which are found in market from December to June. They are very large, plump, and superior eating. At an early age they are deprived of the organs of

第十七章
家禽与野味

禽肉包括一切适宜食用的家禽，鸽与乳鸽除外。例如：鸡、老母鸡、火鸡、鸭、鹅等。野味包括在田野和森林中猎捕的适宜食用的禽鸟与兽类。例如：鹌鹑、山鹑、野鸭、鸽、鹿等。

鸡、老母鸡与火鸡的肉纤维远较反刍动物为短，且不与脂肪交织--脂肪总是成层地分布于皮下，并环绕肠部。鸡、老母鸡与火鸡均富营养，而鸡肉尤易消化。胸部和翅上的白肉比深色肉更易消化。腿部因不断活动，纤维较粗，颜色较深。

由于孵化器已被大量用于孵鸡，市场上总能找到适合烤制的小鸡。一月份上市、体重约一磅半的鸡被称为春鸡。

老母鸡全年均有上市，但以三月至六月间最为肥美。

费城直到不久前还向本市场供应费城鸡与阉鸡，如今马萨诸塞州所产同样优良，自十二月至六月上市。此种鸡体大、丰满，肉质上乘。它们在幼龄时即被摘除

reproduction, penned, and specially fatted for killing. They are recognized by the presence of head, tail, and wing feathers.

生殖器官，圈养并专门育肥以供宰杀。可凭头羽、尾羽和翅羽的存在加以辨认。

Turkeys are found in market throughout the year, but are best during the winter months. Tame ducks and geese are very indigestible on account of the large quantity of fat they contain. Goose meat is thoroughly infiltrated with fat, containing sometimes forty to forty-five per cent. Pigeons, being old birds, need long, slow cooking to make them tender. Squabs (young pigeons) make a delicious tidbit for the convalescent, and are often the first meat allowed a patient by the physician.

火鸡全年均有上市，但以冬季数月最佳。家鸭与家鹅因含大量脂肪，极难消化。鹅肉中脂肪渗透透彻，有时含百分之四十至四十五。鸽因系老鸟，需长时间慢火烹制方能软嫩。乳鸽(幼鸽)是供康复者享用的美味珍馐，常为医生允许病人进食的第一种肉食。

The flesh of game, with the exception of wild duck and wild geese, is tender, contains less fat than poultry, is of fine though strong flavor, and easy of digestion. Game meat is usually of dark color, partridge and quail being exceptions, and is usually cooked rare. Venison, the flesh of deer, is short-fibred, dark-colored, highly savored, tender, and easy of digestion; being highly savored, it often disagrees with those of weak digestion.

野味的肉，除野鸭与野鹅外，均细嫩，脂肪含量少于禽肉，风味虽浓而佳，且易于消化。野味肉通常色深，山鹑与鹌鹑例外，且通常烹至半熟。鹿肉，即鹿之肉，纤维短、色深、味浓、细嫩、易消化；因其味浓，常不适于消化力弱者。

Geese are in market throughout the year; Massachusetts and Rhode Island furnishing specially good ones. A goose twelve weeks old is known as a *green goose*. They may be found in market from May to September. Young geese which appear in market September first and continue through December are called *goslings*. They have been hatched during May and June, and then fatted for market.

鹅全年均有上市；马萨诸塞州与罗得岛州所产尤佳。十二周龄的鹅称为青鹅。五月至九月间可见于市场。九月一日上市并延续至十二月的幼鹅称为小鹅。它们于五、六月间孵出，随后育肥上市。

Young ducks, found in market about March first, are called *ducklings*. Canvasback Ducks have gained a fine reputation throughout the country, and are found in market from the last of November until March. Redhead Ducks are in season two weeks

约于三月一日上市的幼鸭称为小鸭。帆背鸭在全国享有盛誉，自十一月末至三月上市。红头鸭的时令早两周，

earlier, and are about as good eating as Canvasback Ducks, and much less in price. The distinctive flavor of both is due to the wild celery on which they feed. Many other kinds of ducks are found in market during the fall and winter. Examples: Widgeon, Mallard, Lake Erie Teal, Black Ducks, and Butterballs.

食用品质与帆背鸭相当，而价格低廉得多。二者独特的风味均来自其所食的野芹菜。秋冬两季市场上还有许多其他种类的鸭。例如：赤颈鸭、绿头鸭、伊利湖小水鸭、黑鸭和黄油球鸭。

Fresh quail are in market from October fifteenth to January first, the law forbidding their being killed at any other time in the year. The same is true of partridge, but both are frozen and kept in cold storage several months. California sends frozen quail in large numbers to Eastern markets. Grouse (*prairie chicken*) are always obtainable,—fresh ones in the fall; later, those kept in cold storage. Plover may be bought from April until December.

新鲜鹌鹑自十月十五日至一月一日上市，法律禁止在一年中其他时间捕杀。山鹑亦然，但二者均经冷冻冷藏数月。加利福尼亚州向东部市场大量运送冷冻鹌鹑。松鸡(草原鸡)随时可得--秋季为新鲜者；其后则为冷藏者。鸻可自四月购至十二月。

To Select Poultry and Game. A *chicken* is known by soft feet, smooth skin, and soft cartilage at end of breastbone. An abundance of pinfeathers always indicates a young bird, while the presence of long hairs denotes age. In a *fowl* the feet have become hard and dry with coarse scales, and cartilage at end of breastbone has ossified. *Cock turkeys* are usually better eating than hen turkeys, unless hen turkey is young, small, and plump. A good turkey should be plump, have smooth dark legs, and cartilage at end of breastbone soft and pliable. Good geese abound in pinfeathers. Small birds should be plump, have soft feet and pliable bills.

禽肉与野味的选择。鸡的特征是脚柔软、皮肤光滑、胸骨末端软骨柔软。大量新生羽总是表明是幼禽，而长毛的存在则表示老禽。在老母鸡中，脚已变得坚硬干燥，有粗鳞片，胸骨末端的软骨已骨化。公火鸡通常比母火鸡更好吃，除非母火鸡年轻、小且肥美。好的火鸡应该肥美，腿光滑深色，胸骨末端软骨柔软有弹性。好的鹅有大量新生羽。小型禽鸟应该肥美，脚柔软，喙有弹性。

To Dress and Clean Poultry. Remove hairs and down by holding the bird over a flame (from gas, alcohol, or burning paper) and constantly changing position until all parts of surface have been exposed to flame; this is known as *singeing*. Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the

禽类的整理与清理。将禽鸟举于火焰之上(煤气、酒精或燃烧的纸)，不断变换位置，使表面各部分均经火焰燎过，以除去毛与绒毛；此即所谓燎毛。切去头部，用小尖刀拔出羽根。切开

skin around the leg one and one-half inches below the leg joint, care being taken not to cut tendons; place leg at this cut over edge of board, press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer. Make an incision through skin below breastbone, just large enough to admit the hand. With the hand remove entrails, gizzard, heart, and liver; the last three named constitute what is known as *giblets*. The gall-bladder, lying on the under surface of the right lobe of the liver, is removed with liver, and great care must be taken that it is not broken, as a small quantity of the bile which it contains would impart a bitter flavor to the parts with which it came in contact. Enclosed by the ribs, on either side of backbone, may be found the lungs, of spongy consistency and red color. Care must be taken that every part of them is removed. Kidneys, lying in the hollow near end of backbone, must also be removed. By introducing first two fingers under skin close to neck, the windpipe may be easily found and withdrawn; also the crop, which will be found adhering to skin close to breast. Draw down neck skin, and cut off neck close to body, leaving skin long enough to fasten under the back. Remove oil bag, and wash bird by allowing cold water to run through it, not allowing bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been withdrawn. If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, and sprinkle inside with charcoal and place some under wings.

Poultry dressed at market seldom have tendons removed unless so

在腿关节下方一英寸半处切开腿周围的皮肤，注意不要切断肌腱；将腿部的这个切口置于砧板边缘，向下按压使骨头折断，然后右手握住脚，左手牢牢抓住禽体，将脚连同肌腱一并扯下。老禽的肌腱必须单独抽出，最好用钢签完成。在胸骨下方切开皮肤，切口大小以能伸入手为宜。用手取出内脏、胗、心和肝；后三者即所谓的内脏杂件。胆囊位于肝右叶下表面，随肝一同取出，务必小心不可弄破，因其内含的少量胆汁会给接触到的部位带来苦味。在脊柱两侧肋骨包围之中可找到肺，呈海绵状、红色。务必将其每一部分都清除干净。肾脏位于脊柱末端附近的凹陷处，也必须去除。先将食指和中指伸入靠近颈部的皮下，即可轻易找到气管并将其抽出；还有嗉囊，它附着于靠近胸部的皮肤上。将颈部皮肤向下拉，贴近身体处切断颈部，保留足够长的皮肤以便塞到背部下方。去除尾脂腺，用冷水冲洗禽体内部，但不可让禽体浸泡在冷水中。内外擦干，仔细检查是否一切均已取出。若有令人不适的气味，表明禽肉可能存放过久，应立即清理，用小苏打水内外洗净，内部撒上木炭粉，并在翅下也放一些。

家禽在市场上宰杀时，除非如此，否则很少去除肌腱。

ordered. It is always desirable to have them withdrawn, as they become hard and bony during cooking. It is the practice of market-men to cut a gash through the skin, to easier reach crop and windpipe. This gash must be sewed before stuffing, and causes the bird to look less attractive when cooked.

按需处理。嗉囊以取出为佳，因其在烹制中会变硬如骨。市场商贩惯于在皮上划一道口子，以便更容易够到嗉囊和气管。这道口子须在填馅前缝合，且使禽鸟烹成后外观欠佳。

To Cut up a Fowl. Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, *second joint*, from lower part of leg, *drumstick*, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing joint which lies next to body, then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collar-bone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop, and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheese-cloth wrung out of cold water. Back piece needs thorough washing.

禽体的分割燎去细毛，拔去羽根，切去头，去除肌腱和尾脂腺。在腿与身体之间贴近身体处切开皮肤，将腿向后弯折(从而拉断韧带)，切穿肌肉，在关节处分离。按照腿从身体分离的方式，将腿的上部即第二节与腿的下部即小腿分开。在靠近身体的上部翅关节周围切穿皮肤和肌肉以取下翅膀，然后使其与身体脱臼分离。切去翅尖，在中部关节处分开翅膀。以同样方法取下另一侧的腿和翅。从胸骨下方两英寸处开始切开皮肤，将刀穿过两侧小肋末端之间，并将切口延伸至锁骨，从而将胸肉与背部分离。在取出内脏、胗、心、肝、肺、肾、嗉囊和气管之前，先观察它们的位置，以便了解禽体的解剖结构。背部有时从中间横向切开分为两半。叉骨连同相邻的肉常被去除，胸肉可用菜刀贴近胸骨切穿肌肉分为两部分。除背部外，各块用拧干的冷水粗布擦拭。背部块需要彻底清洗。

To Clean Giblets. Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall-bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of

杂碎的清理。除去心脏周围的薄膜、动脉、静脉和凝血。将胆囊与肝脏分离，切去肝上任何带绿色痕迹的部分。除去胗上的脂肪和膜。在胗的最厚处划一道口子，

gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender, with neck and tips of wings, putting them in cold water and heating water quickly that some of the flavor may be drawn out into stock, which is to be used for making gravy.

切至内壁为止，小心不要刺穿内壁。取出内囊弃去。洗净杂碎，与颈和翅尖一同煮至软嫩，放入冷水中并迅速加热，使部分风味析入高汤，此高汤用于制作肉汁。

To Stuff Poultry. Put stuffing by spoonfuls in neck end, using enough to sufficiently fill the skin, that bird may look plump when served. Where cracker stuffing is used, allowance must be made for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer.

禽类的填馅。将馅料一勺一勺地填入颈端，用量足以撑满皮层，使禽鸟上桌时显得丰满。若用饼干馅，须预留饼干膨胀的余量，否则烹制中皮可能胀裂。将余下的馅料填入腹腔；若腹腔已满，缝合皮层；若未满，用签子将皮层拢合。

To Truss Fowl. Draw thighs close to body and hold by inserting a steel skewer under middle joint running it through body, coming out under middle joint on other side. Cut piece three-fourths inch wide from neck skin, and with it fasten legs together at ends; or cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed legs are often passed through incisions cut in body under bones near tail.

禽体的捆扎将大腿拉近身体，用一根钢签从中间关节下方插入，穿过身体，从另一侧中间关节下方穿出，以此固定。从颈部皮肤上切下四分之三英寸宽的一条，用其将两腿末端系在一起；或将小腿交叉，用长绳牢牢系紧，并固定于尾部。将翅膀贴近身体，用第二根钢签穿过一翅、身体和对侧之翅加以固定。将颈部皮肤拉到背部下方，用小木签固定。将禽体翻转使其胸部朝下。将系于尾部的那条绳交叉，绕下方钢签两端各一周；再次交叉绳子，绕上方钢签两端各一周；将绳打结并剪去绳端。对于未填馅的禽体，腿常被穿入尾部附近骨骼下方身体上所切的切口中。

To Dress Birds for Broiling. Singe, wipe, and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone,

烤制禽鸟的整理。燎毛、擦拭，用尖刀自颈背起，沿脊骨切开禽鸟全长。将禽鸟摊开，取出腔内之物。切去脊骨两侧的肋骨，

remove from breastbone, then cut through tendons at joints.

To Fillet a Chicken. Remove skin from breast, and with a small sharp knife begin at end of collar-bone and cut through flesh, following close to wish and breast bones the entire length of meat. Raise flesh with fingers, and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast is meat known as a *fillet*. This meat is easily separated in two parts. The upper, larger part is called the *large fillet*; the lower part the *mignon fillet*. The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down, make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible. Trim edges, that fillet may look shapely.

Broiled Chicken

Dress for broiling, following directions on page 244. Sprinkle with salt and pepper, and place in a well-greased broiler. Broil twenty minutes over a clear fire, watching carefully and turning broiler so that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of time, as the skin side will brown quickly. Remove to a hot platter, spread with soft butter, and sprinkle with salt and pepper. Chickens are so apt to burn while broiling that many prefer to partially cook in oven. Place chicken in dripping-pan, skin side down, sprinkle with salt and pepper, dot over with butter, and bake fifteen minutes in hot oven; then broil to finish cooking. *Guinea chickens* are becoming popular cooked in this way.

从胸骨上取下，然后切断关节处的肌腱。

鸡柳的剔法。去除鸡胸上的皮，用小而锋利的刀从锁骨末端开始，紧贴叉骨和胸骨，沿肉的全长切穿。用手指掀起肉，再用刀将肉从其下方的骨头上剥离。将肉从翅关节处切下；这块坚实的胸肉就是被称为柳的肉。这块肉容易分成两部分。上面较大的一块称为大柳；下面的一块称为小柳。大柳外侧的韧皮应去除，小柳的筋也应去除。去除韧皮的方法是：将大柳放在案板上，上面朝下，在柳的顶端切穿肉做一个切口，然后沿柳的全长切开，持刀尽可能贴近皮。修整边缘，使柳形状美观。

烤鸡

按第244页的说明整理以备炙烤。撒上盐和胡椒，放入涂油充分的烤架。在明火上炙烤二十分钟，仔细看顾并翻转烤架，使各部分均匀上色。肉面必须在大部分时间里朝向火，因为皮面会很快上色。移至热盘中，涂上软黄油，撒上盐和胡椒。鸡在炙烤时很容易烧焦，因此许多人宁愿先在烤箱中部分烹熟。将鸡放入滴油盘，皮面朝下，撒上盐和胡椒，点上黄油，在热烤箱中烤十五分钟；然后炙烤至完全熟透。珍珠鸡用这种方法烹制正日渐流行。

Boiled Fowl

Dress, clean, and truss a four-pound fowl, tie in cheese-cloth, place on trivet in a kettle, half surround with boiling water, cover, and cook slowly until tender, turning occasionally. Add salt the last hour of cooking. Serve with Egg, Oyster, or Celery Sauce. It is not desirable to stuff a boiled fowl.

Boiled Capon with Cauliflower Sauce

Prepare and cook a capon same as Boiled Fowl, and serve surrounded with Cauliflower Sauce and garnished with parsley.

Chicken à la Providence

Prepare and boil a chicken, following recipe for Boiled Fowl. The liquor should be reduced to two cups, and used for making sauce, with two tablespoons each butter and flour cooked together. Add to sauce one-half cup each of cooked carrot (cut in fancy shapes) and green peas, one teaspoon lemon juice, yolks two eggs, salt and pepper. Place chicken on hot platter, surround with sauce, and sprinkle chicken and sauce with one-half tablespoon finely chopped parsley.

Stewed Chicken with Onions

Dress, clean, and cut in pieces for serving, two chickens. Cook in a small quantity of water with eighteen tiny young onions. Remove chicken to serving dish as soon as tender, and when onions are soft drain from stock and reduce stock to one and one-half cups. Make sauce of three tablespoons butter, four tablespoons flour,

煮鸡

将一只四磅重的家禽去毛、清洗并捆扎好，用纱布包好，放在锅内的蒸架上，周围倒入半锅沸水，盖上锅盖，用小火慢煮至软烂，其间不时翻动。烹煮的最后一小时加盐。配鸡蛋酱汁、牡蛎酱汁或芹菜酱汁食用。煮家禽不宜填馅。

水煮阉鸡配花椰菜酱

按煮家禽的方法准备并烹煮一只阉鸡，盛出后周围浇上花椰菜酱汁，并以欧芹点缀。

普罗维登斯鸡

按煮家禽的食谱准备并煮一只鸡。汤汁应浓缩至两杯，用于制作酱汁，加两汤匙黄油和两汤匙面粉一同煮熟。向酱汁中加入半杯煮熟的胡萝卜(切成花式形状)和半杯青豆、一茶匙柠檬汁、两个鸡蛋的蛋黄、盐和胡椒。将鸡放在热盘中，周围浇上酱汁，在鸡和酱汁上撒半汤匙切碎的欧芹。

洋葱炖鸡

将两只鸡去毛、清洗并切成供食用的块。加少量水和十八个幼嫩小洋葱一同烹煮。鸡一熟软即移至供食盘，洋葱变软后从高汤中捞出，将高汤浓缩至一杯半。用三汤匙黄油、四汤匙面粉、

stock, and one-half cup heavy cream; then add yolks three eggs, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

高汤和半杯浓奶油制成酱汁；然后加入三个鸡蛋的蛋黄、盐、胡椒和适量柠檬汁。将酱汁浇在鸡和洋葱上。

Chicken à la Stanley

Melt one-fourth cup butter, add one large onion thinly sliced, and two broilers cut in pieces for serving; cover, and cook slowly ten minutes; then add one cup Chicken Stock, and cook until meat is tender. Remove chickens, rub stock and onions through a sieve, and add one and one-half tablespoons each butter and flour cooked together. Add cream to make sauce of the right consistency. Season with salt and pepper. Arrange chicken on serving dish, pour around sauce, and garnish dish with bananas cut in diagonal slices dipped in flour and sautéd in butter.

斯坦利鸡肉

融化四分之一杯黄油，加入一个大洋葱切成薄片，以及两只切块备供食用的童子鸡；盖上盖，慢火煮十分钟；然后加入一杯鸡高汤，煮至肉嫩。取出鸡，将高汤和洋葱用筛子擦滤，加入一汤匙半黄油和一汤匙半面粉同煮。加奶油使酱汁达到适当的稠度。用盐和胡椒调味。将鸡摆放在供食用的盘中，周围浇上酱汁，并用切成斜片、蘸过面粉、用黄油煎过的香蕉装饰盘边。

Chili Con Carni

Clean, singe, and cut in pieces for serving, two young chickens. Season with salt and pepper, and sauté in butter. Remove seeds and veins from eight red peppers, cover with boiling water, and cook until soft; mash, and rub through a sieve. Add one teaspoon salt, one onion finely chopped, two cloves of garlic finely chopped, the chicken, and boiling water to cover. Cook until chicken is tender. Remove to serving dish, and thicken sauce with three tablespoons each butter and flour cooked together; there should be one and one-half cups sauce. Canned pimentoes may be used in place of red peppers.

辣味肉酱

将两只童子鸡清理、燎毛，切成块备供食用。用盐和胡椒调味，用黄油煎。从八个红辣椒中去除籽和筋，盖上沸水，煮至软；捣烂，用筛子擦滤。加入一茶匙盐、一个细切的洋葱、两瓣细切的大蒜、鸡，以及没过食材的沸水。煮至鸡嫩。移至供食用的盘中，用三汤匙黄油和三汤匙面粉同煮使酱汁变稠；酱汁应有一杯半。可用罐装甜椒代替红辣椒。

Roast Chicken

Dress, clean, stuff, and truss a chicken. Place on its back on rack

烤鸡

将鸡去毛、清理干净、填入馅料，并用线扎好。将其背部朝下放在烤架上。

in a dripping-pan, rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed until creamy and mixed with two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Continue basting every ten minutes until chicken is cooked. For basting, use one-fourth cup butter, melted in two-thirds cup boiling water, and after this is gone, use fat in pan, and when necessary to prevent flour burning, add one cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A four-pound chicken requires about one and one-half hours.

放入滴油盘中，用盐擦遍整个表面，并在胸部和腿部涂抹三汤匙黄油，将黄油擦至奶油状并与两汤匙面粉混合。在盘底撒上面粉。放入热烤箱，待面粉充分上色后，降低火力，然后浇淋。每隔十分钟继续浇淋一次，直至鸡熟透。浇淋时，用四分之一杯黄油融化在三分之二杯沸水中，用完后，使用盘中的油脂，必要时为防止面粉烧焦，加入一杯沸水。烹制过程中要频繁翻动鸡，使其均匀上色。若想要厚壳，在烹制过程中给鸡撒面粉两三次。若喜欢光滑的表面，给鸡涂抹黄油，省略面粉，烘烤期间不要撒粉。当胸肉变嫩时，鸡就已充分熟透。一只四磅重的鸡约需一个半小时。

Stuffing I

1 cup cracker crumbs
⅓ cup butter
⅓ cup boiling water
Salt and Pepper
Powdered sage, summer savory, or marjoram
Melt butter in water, and pour over crackers, to which seasonings have been added.

馅料 I

一杯饼干屑
1/3 杯黄油
1/3 杯沸水
盐和胡椒
鼠尾草粉、夏香薄荷或牛至
将黄油在水中融化，浇在已加好调料的饼干上。

Stuffing II

1 cup cracker crumbs
¼ cup melted butter
Sage of Poultry Seasoning

填料 II

一杯饼干屑 1/4杯融化黄油家
禽调味料中的鼠尾草

Salt
Pepper
⅔ cup scalded milk
Make same as Stuffing I.

盐
胡椒
2/3杯烫牛奶，制法与馅料
一相同。

Gravy

Pour off liquid in pan in which chicken has been roasted. From liquid skim off four tablespoons fat; return fat to pan, and brown with four tablespoons flour; add two cups stock in which giblets, neck, and tips of wings have been cooked. Cook five minutes, season with salt and pepper, then strain. The remaining fat may be used, in place of butter, for frying potatoes, or for basting when roasting another chicken.

For **Giblet Gravy**, add to the above, giblets (heart, liver, and gizzard) finely chopped.

肉汁

倒出烤鸡盘中的液体。从液体中撇出四汤匙油脂；将油脂倒回盘中，加四汤匙面粉炒至棕色；加入两杯煮过鸡杂、鸡颈和翅尖的高汤。煮五分钟，用盐和胡椒调味，然后过滤。剩余的油脂可代替黄油用于炸土豆，或在烤另一只鸡时用于淋浇。

制作**鸡杂肉汁**时，向上述肉汁中加入切碎的鸡杂(心、肝和胗)。

Braised Chicken

Dress, clean, and truss a four-pound fowl. Try out two slices fat salt pork cut one-fourth inch thick; remove scraps, and add to fat five slices carrot cut in small cubes, one-half sliced onion, two sprigs thyme, one sprig parsley, and one bay leaf, then cook ten minutes; add two tablespoons butter, and fry fowl, turning often until surface is well browned. Place on trivet in a deep pan, pour over fat, and add two cups boiling water or Chicken Stock. Cover, and bake in slow oven until tender, basting often, and adding more water if needed. Serve with a sauce made from stock in pan, first straining and removing the fat.

炖鸡

将一只四磅重的家禽去毛、清洗干净并捆扎好。将两片厚四分之一英寸的肥咸猪肉炼出油；捞出残渣，向油脂中加入五片切成小方块的胡萝卜、半个切片洋葱、两枝百里香、一枝欧芹和一片月桂叶，然后煮十分钟；加入两汤匙黄油，放入家禽煎炸，经常翻动直至表面充分呈棕色。将其放在深烤盘中的三脚架上，浇上油脂，加入两杯沸水或鸡高汤。盖上盖子，在慢烤箱中烤至嫩熟，经常浇淋汤汁，必要时添加更多的水。配以用烤盘中的高汤制成的酱汁食用，先过滤并去除油脂。

Chicken Fricassee

Dress, clean, and cut up a fowl. Put in a kettle, cover with boiling water, and cook slowly until tender, adding salt to water when chicken is about half done. Remove from water, sprinkle with salt and pepper, dredge with flour, and sauté in butter or pork fat. Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in centre of platter, and drumsticks crossed just below second joints. Pour around White or Brown Sauce. Reduce stock to two cups, strain, and remove the fat. Melt three tablespoons butter, add four tablespoons flour, and pour on gradually one and one-half cups stock. Just before serving, add one-half cup cream, and salt and pepper to taste; or make a sauce by browning butter and flour and adding two cups stock, then seasoning with salt and pepper.

Fowls, which are always made tender by long cooking, are frequently utilized in this way. If chickens are employed, they are sautéd without previous boiling, and allowed to simmer fifteen to twenty minutes in the sauce.

Fried Chicken

Fried chicken is prepared and cooked same as Chicken Fricassee, with Brown Sauce, chicken always being used, never fowl.

Fried Chicken (Southern Style)

Clean, singe, and cut in pieces for serving, two young chickens. Plunge in cold water, drain but do not wipe. Sprinkle with salt and pepper, and coat thickly with flour, having as much flour adhere to chicken as possible. Try out one pound fat salt pork cut in pieces, and cook chicken slowly in fat until tender and well

鸡肉烩

将一只家禽去毛、清洗干净并切块。放入锅中，用沸水浸没，慢火煮至嫩熟，当鸡肉大约半熟时向水中加盐。从水中取出，撒上盐和胡椒，裹上面粉，用黄油或猪油煎炒。将鸡肉摆放在放在热盘上的干吐司片上，使翅膀和第二关节彼此相对，胸部位于盘子中央，鸡腿在第二关节下方交叉。周围浇上白色酱汁或棕色酱汁。将高汤浓缩至两杯，过滤并去除油脂。融化三汤匙黄油，加入四汤匙面粉，逐渐倒入一杯半高汤。上桌前加入半杯奶油，并按口味加盐和胡椒；或将黄油和面粉炒至棕色，加入两杯高汤，然后用盐和胡椒调味制成酱汁。

家禽经长时间烹煮总是变得软烂，常以这种方式利用。若使用鸡，则不经预煮直接煎炒，并在酱汁中煨十五至二十分钟。

炸鸡

炸鸡按棕酱炖鸡的方法准备和烹制，始终使用鸡，绝不用老禽。

炸鸡(南方风味)

将两只嫩鸡去毛、燎净细毛并切成供食用的块。浸入冷水中，沥干但不要擦干。撒上盐和胡椒，厚厚地裹上面粉，使尽可能多的面粉附着在鸡上。将一磅切块的肥咸猪肉熬出油，在油脂中用小火将鸡煮至软烂且

browned. Serve with White Sauce made of half milk and half cream.

煎至褐色。配以半牛奶半奶油制成的白汁食用。

Maryland Chicken

Dress, clean, and cut up two chickens. Sprinkle with salt and pepper, dip in flour, egg, and crumbs, place in a well-greased dripping-pan, and bake thirty minutes in a hot oven, basting after first five minutes of cooking with one-third cup melted butter. Arrange on platter and pour over two cups Cream Sauce.

马里兰鸡

将两只鸡去毛、清洗并切块。撒上盐和胡椒，依次蘸面粉、鸡蛋和面包屑，放入抹好油的烤盘中，在热烤箱中烤三十分钟，烹烤五分钟后用三分之一杯融化的黄油淋浇。摆入盘中，浇上两杯奶油酱汁。

Blanketed Chicken

Split and clean two broilers. Place in dripping-pan and sprinkle with salt, pepper, two tablespoons green pepper finely chopped, and one tablespoon chives finely cut. Cover with strips of bacon thinly cut, and bake in a hot oven until chicken is tender. Remove to serving dish and pour around the following sauce:

To three tablespoons fat, taken from dripping-pan, add four tablespoons flour and one and one-half cups thin cream, or half chicken stock and half cream may be used. Season with salt and pepper.

裹毯鸡

将两只童子鸡剖开并清洗干净。放入烤盘中，撒上盐、胡椒、两汤匙切碎的青椒和一汤匙切细的细香葱。盖上切薄的培根片，在热烤箱中烤至鸡肉软嫩。移至供食盘，周围浇上以下酱汁：

向从烤盘中取出的三汤匙油脂中加入四汤匙面粉和一杯半稀奶油，也可用一半鸡高汤和一半奶油。用盐和胡椒调味。

Chicken à la Merango

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in salt pork fat. Put in a stewpan, cover with sauce, and cook slowly until chicken is tender. Add one-half can mushrooms cut in quarters, and cook five minutes. Arrange chicken on serving dish and pour around sauce; garnish

梅朗戈式炖鸡

将一只鸡去毛、清洗并切块。撒上盐和胡椒，裹上面粉，在咸猪肉油脂中煎炒。放入炖锅中，浇上酱汁，用小火煮至鸡肉软嫩。加入半罐切成四块的蘑菇，煮五分钟。将鸡摆入供食盘，周围浇上酱汁；点缀

with parsley.

Sauce

¼ cup butter
1 tablespoon finely chopped onion
1 slice carrot, cut in cubes
1 slice turnip, cut in cubes
¼ cup flour
2 cups boiling water
½ cup stewed and strained tomato
1 teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Cook butter five minutes with vegetables. Add flour, with salt, pepper, and cayenne, and cook until flour is well browned. Add gradually water and tomato; cook five minutes, then strain.

Baked Chicken

Dress, clean, and cut up two chickens. Place in a dripping-pan, sprinkle with salt and pepper, dredge with flour, and dot over with one-fourth cup butter. Bake thirty minutes in a hot oven, basting every five minutes with one-fourth cup butter melted in one-fourth cup boiling water. Serve with gravy made by using fat in pan, one-fourth cup flour, one cup each Chicken Stock and cream, salt and pepper.

Planked Chicken

¼ cup butter

撒上欧芹。

酱汁

1/4 杯黄油
一汤匙切碎的洋葱
1片胡萝卜，切成方块
一片芜菁，切成方块
1/4杯面粉
两杯沸水
半杯炖煮并过滤的番茄一茶匙盐

1/8 茶匙胡椒
少许辣椒粉
将黄油与蔬菜一同煮五分钟。加入面粉、盐、胡椒和卡宴辣椒，煮至面粉充分呈棕色。逐渐加入水和番茄；煮五分钟，然后过滤。

烤鸡

将两只鸡去毛、清洗并切块。放入烤盘中，撒上盐和胡椒，裹上面粉，点上四分之一杯黄油。在热烤箱中烤三十分钟，每五分钟用四分之一杯黄油在四分之一杯沸水中融化后淋浇一次。配以用盘中油脂、四分之一杯面粉、各一杯鸡高汤和奶油、盐和胡椒制成的肉汁食用。

木板烤鸡

1/4 杯黄油

Red pepper	¼ tablespoon each, finely chopped
Green pepper	
Parsley	
Duchess potatoes	
1 teaspoon finely chopped onion	
½ clove garlic, finely chopped	
1 teaspoon lemon juice	
8 mushroom caps	

Cream the butter, add pepper, parsley, onion, garlic, and lemon juice. Split a young chicken as for broiling, place in dripping-pan, sprinkle with salt and pepper, dot over with butter, and bake in a hot oven until nearly cooked. Butter plank, arrange a border of Duchess Potatoes (see p. 312) close to edge of plank, and remove chicken to plank. Clean, peel, and sauté mushroom caps, place on chicken, spread over prepared butter, and put in a very hot oven to brown potatoes and finish cooking chicken. Serve on the plank.

Chicken Gumbo

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Fry one-half finely chopped onion in fat remaining in frying-pan. Add four cups sliced okra, sprig of parsley, and one-fourth red pepper finely chopped, and cook slowly fifteen minutes. Add to chicken, with one and one-half cups tomato, three cups boiling water, and one and one-half teaspoons salt. Cook slowly until chicken is tender,

红椒	各1/4汤匙，切碎
青椒	
欧芹	
公爵夫人土豆	
一茶匙切碎的洋葱	
1/2瓣大蒜，切碎	
一茶匙柠檬汁	
8个蘑菇伞盖	

将黄油搅打至奶油状，加入胡椒、欧芹、洋葱、大蒜和柠檬汁。将一只小嫩鸡像烧烤那样剖开，放入滴油烤盘，撒上盐和胡椒，点上黄油，在热烤箱中烤至将近熟透。在木板上涂上黄油，沿木板边缘摆放一圈公爵夫人土豆(见第312页)，将鸡移到木板上。将蘑菇伞盖清洗、去皮并煎炒，放在鸡上，涂抹备好的黄油，放入极热的烤箱中将土豆烤至棕色并完成鸡的烹制。连木板一起上桌。

鸡肉秋葵汤

将一只鸡去毛、清洗并切块。撒上盐和胡椒，裹上面粉，在猪油中煎炒。在煎锅中剩余的油脂里炒半个切碎的洋葱。加入四杯切片秋葵、一小枝欧芹和四分之一个切碎的红辣椒，用小火煮十五分钟。将其加入鸡中，再加一杯半番茄、三杯沸水和一杯半盐。用小火煮至鸡肉软嫩，

then add one cup boiled rice.

然后加入一杯煮熟的米饭。

Chicken Stew

Dress, clean, and cut up a fowl. Put in a stewpan, cover with boiling water, and cook slowly until tender, adding one-half tablespoon salt and one-eighth teaspoon pepper when fowl is about half cooked. Thicken stock with one-third cup flour diluted with enough cold water to pour easily. Serve with Dumplings. If desired richer, butter may be added.

炖鸡

将一只家禽去毛、清洗并切块。放入炖锅中，倒入沸水没过，用小火煮至软烂，在禽肉煮至约半熟时加入半汤匙盐和八分之一茶匙胡椒。用三分之一杯面粉加足量冷水调至易于倾倒的稀度，将高汤勾芡。配饺子食用。如需更浓郁，可加入黄油。

Chicken Pie

Dress, clean, and cut up two fowls or chickens. Put in a stewpan with one-half onion, sprig of parsley, and bit of bay leaf; cover with boiling water, and cook slowly until tender. When chicken is half cooked, add one-half tablespoon salt and one-eighth teaspoon pepper. Remove chicken, strain stock, skim off fat, and then cook until reduced to four cups. Thicken stock with one-third cup flour diluted with enough cold water to pour easily. Place a small cup in centre of baking-dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy, and cool. Cover with pie-crust in which several incisions have been made, that there may be an outlet for escape of steam and gases. Wet edge of crust and put around a rim, having rim come close to edge. Bake in a moderate oven until crust is well risen and browned. Roll remnants of pastry and cut in diamond-shaped pieces, bake, and serve with pie when reheated. If puff paste is used, it is best to bake top separately.

鸡肉派

将两只家禽或鸡去毛、清洗干净并切块。放入炖锅中，加入半个洋葱、一枝欧芹和少许月桂叶；用沸水浸没，慢火煮至嫩熟。当鸡半熟时，加入半汤匙盐和八分之一茶匙胡椒。取出鸡，过滤高汤，撇去油脂，然后煮至浓缩为四杯。用三分之一杯面粉加适量冷水调至易于倾倒的浓度，将高汤勾芡。在烤盘中央放一个小杯子，周围摆放鸡块，去除一些较大的骨头；浇上肉汁，冷却。盖上派皮，派皮上已划出几道切口，以便蒸汽和气体逸出。润湿派皮边缘，围上一圈边沿，使边沿紧贴边缘。在中等烤箱中烤至派皮充分膨起并呈棕色。将剩余的酥皮擀开，切成菱形块，烤制，在重新加热时与派一起上桌。若使用千层酥皮，最好将顶部单独烤制。

Chicken Curry

咖喱鸡

3 lb. chicken
⅓ cup butter
2 onions
1 tablespoon curry powder
2 teaspoons salt
1 teaspoon vinegar
Clean, dress, and cut chicken in pieces for serving. Put butter in a hot frying-pan, add chicken, and cook ten minutes; then add liver and gizzard and cook ten minutes longer. Cut onions in thin slices, and add to chicken with curry powder and salt. Add enough boiling water to cover, and simmer until chicken is tender. Remove chicken; strain, and thicken liquor with flour diluted with enough cold water to pour easily. Pour gravy over chicken, and serve with a border of rice or Turkish Pilaf.

Chicken en Casserole

Cut two small, young chickens in pieces for serving. Season with salt and pepper, brush over with melted butter, and bake in a casserole dish twelve minutes. Parboil one-third cup carrots cut in strips five minutes, drain, and fry with one tablespoon finely chopped onion and four thin slices bacon cut in narrow strips. Add one and one-third cups Brown Sauce and two-thirds cup potato balls. Add to chicken, with three tablespoons Sherry wine, salt and pepper to taste. Cook in a moderate oven twenty minutes, or until chicken is tender. If small casserole dishes are used allow but one chicken to each dish.

Breslin Potted Chicken

Dress, clean, and truss a broiler. Put in a casserole dish, brush

3磅鸡肉
1/3 杯黄油
2个洋葱
1汤匙咖喱粉
2茶匙盐
一茶匙醋
将鸡清洗、去毛并切成供食用的块。在热煎锅中放入黄油，加入鸡块，煮十分钟；然后加入肝和胗，再煮十分钟。将洋葱切成薄片，与咖喱粉和盐一同加入鸡中。加入足量沸水没过，煨至鸡肉软嫩。取出鸡；过滤，用面粉加足量冷水调至易于倾倒的稀度，将汤汁勾芡。将肉汁浇在鸡上，配以米饭或土耳其抓饭围边食用。

砂锅鸡

将两只小嫩鸡切成供食用的块。用盐和胡椒调味，刷上融化的黄油，在砂锅中烤十二分钟。将三分之一杯切成条的胡萝卜煮五分钟至半熟，沥干，与一汤匙切碎的洋葱和四片切成窄条的薄培根一起煎炒。加入一又三分之一杯棕色酱汁和三分之二杯土豆球。加入鸡肉中，再加三汤匙雪利酒，按口味加盐和胡椒。在中等烤箱中烤二十分钟，或至鸡肉嫩熟。若使用小砂锅，每锅只放一只鸡。

布雷斯林罐焖鸡

将童子鸡整理、清洗并捆扎好。放入砂锅中，刷上

over with two and one-half tablespoons melted butter, put on cover, and bake twenty minutes; then add one cup stock and cook until chicken is tender. Thicken stock with one tablespoon, each, butter and flour cooked together, and add one-half cup cooked potato balls, one-third cup canned string beans, cut in small pieces, one-third cup cooked carrot, cut in fancy shapes, and six sautéd mushroom caps.

浇上两汤匙半融化的黄油，盖上锅盖，烤二十分钟；然后加入一杯高汤，煮至鸡肉软嫩。用一汤匙黄油和一汤匙面粉一同煮熟，将高汤勾芡，并加入半杯煮熟的土豆球、三分之一杯切成小段的罐装四季豆、三分之一杯切成花式形状的熟胡萝卜和六个煎蘑菇伞。

Jellied Chicken

Dress, clean, and cut up a four-pound fowl. Put in a stewpan with two slices onion, cover with boiling water, and cook slowly until meat falls from bones. When half cooked, add one-half tablespoon salt. Remove chicken; reduce stock to three-fourths cup, strain, and skim off fat. Decorate bottom of a mould with parsley and slices of hard-boiled eggs. Pack in meat freed from skin and bone and sprinkled with salt and pepper. Pour on stock and place mould under heavy weight. Keep in a cold place until firm. In summer it is necessary to add one teaspoon dissolved granulated gelatine to stock.

鸡肉冻

将一只四磅重的家禽去毛、清洗干净并切块。放入炖锅中，加两片洋葱，倒入沸水没过，慢火煮至肉从骨头上脱落。煮到一半时，加入半汤匙盐。取出鸡肉；将高汤收至四分之三杯，过滤，撇去油脂。用欧芹和切片硬煮鸡蛋装饰模具底部。将去掉皮和骨、撒上盐和胡椒的肉装入模具。倒入高汤，在模具上压重物。放在阴凉处至凝固。夏季需在高汤中加入一茶匙溶解的颗粒明胶。

Chickens’ Livers with Madeira Sauce

Clean and separate livers, sprinkle with salt and pepper, dredge with flour, and sauté in butter. Brown two tablespoons butter, add two and one-half tablespoons flour, and when well browned add gradually one cup Brown Stock; then add two tablespoons Madeira wine, and reheat livers in sauce.

马德拉酱鸡肝

将鸡肝清洗并分开，撒上盐和胡椒，裹上面粉，在黄油中煎炒。将两汤匙黄油炒至棕色，加入两汤匙半面粉，炒至充分呈棕色后逐渐加入一杯棕色高汤；然后加入两汤匙马德拉葡萄酒，将鸡肝在酱汁中重新加热。

Chickens’ Livers with Bacon

鸡肝配培根

Clean livers and cut each liver in six pieces. Wrap a thin slice of

将肝脏清洗干净，每副切成六块。用一片薄薄的

bacon around each piece and fasten with a small skewer. Put in a broiler, place over a dripping-pan, and bake in a hot oven until bacon is crisp, turning once during cooking.

每块用培根包裹，并用小签子固定。放入烤架，置于烤盘上方，在热烤箱中烤至培根酥脆，烤制过程中翻面一次。

Sautéd Chickens' Livers

Cut one slice bacon in small pieces and cook five minutes with two tablespoons butter. Remove bacon, add one finely chopped shallot, and fry two minutes; then add six chickens' livers cleaned and separated, and cook two minutes. Add two tablespoons flour, one cup Brown Stock, one teaspoon lemon juice, and one-fourth cup sliced mushrooms. Cook two minutes, turn into a serving dish, and sprinkle with finely chopped parsley.

炒鸡肝

将一片培根切成小块，与两汤匙黄油一同煮五分钟。取出培根，加入一个切碎的青葱头，煎两分钟；然后加入六个清洗并分开的鸡肝，煮两分钟。加入两汤匙面粉、一杯棕色高汤、一茶匙柠檬汁和四分之一杯切片蘑菇。煮两分钟，倒入供食盘，撒上切碎的欧芹。

Chickens' Livers with Curry

Clean and separate livers. Dip in seasoned crumbs, egg, and crumbs, and sauté in butter. Remove livers, and to fat in pan add two tablespoons butter, one-half tablespoon finely chopped onion, and cook five minutes. Add two tablespoons flour mixed with one-half teaspoon curry powder and one cup stock. Strain sauce over livers, and serve around livers Rice Timbales.

咖喱鸡肝

将鸡肝清洗并分开。依次蘸调味面包屑、鸡蛋和面包屑，在黄油中煎炒。取出鸡肝，向锅中油脂加入两汤匙黄油和半汤匙切碎的洋葱，煮五分钟。加入两汤匙面粉，与半茶匙咖喱粉和一杯高汤混合。将酱汁过滤后浇在鸡肝上，鸡肝周围配米饭模子食用。

Boiled Turkey

Prepare and cook same as Boiled Fowl. Serve with Oyster or Celery Sauce.

煮火鸡

按煮鸡的方法准备和烹制。配牡蛎酱或芹菜酱食用。

Roast Turkey

Dress, clean, stuff, and truss a ten-pound turkey (see pages 242–244). Place on its side on rack in a dripping-pan, rub entire surface with salt, and spread breast, legs, and wings with one-

烤火鸡

将一只十磅重的火鸡去毛、清洗、填馅并捆扎(见第242-244页)。侧放在烤盘中的烤架上，用盐揉擦整个表面，并在胸脯、腿和翅膀上涂抹一

third cup butter, rubbed until creamy and mixed with one-fourth cup flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour on turkey begins to brown, reduce heat, baste with fat in pan, and add two cups boiling water. Continue basting every fifteen minutes until turkey is cooked, which will require about three hours. For basting, use one-half cup butter melted in one-half cup boiling water, and after this is used baste with fat in pan. During cooking turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery and rings and discs of carrots strung on fine wire.

三分之一杯黄油，搓至奶油状并与四分之一杯面粉混合。在烤盘底部撒上面粉。放入热烤箱，当火鸡上的面粉开始变褐时，降低温度，用烤盘中的油脂浇淋，并加入两杯沸水。继续每十五分钟浇淋一次，直到火鸡烤熟，大约需要三小时。浇淋时，用半杯黄油在半杯沸水中融化，用完后用烤盘中的油脂浇淋。烤制过程中要经常翻动火鸡，使其均匀上色。如果火鸡上色过快，盖上涂了黄油的纸以防烤焦。上桌前去掉绳子和烤肉叉。用欧芹、芹菜尖，或卷曲的芹菜以及串在细铁丝上的胡萝卜圈和圆片装饰。

For stuffing, use double the quantities given in recipes under Roast Chicken. If stuffing is to be served cold, add one beaten egg. Turkey is often roasted with Chestnut Stuffing, Oyster Stuffing, or Turkey Stuffing (Swedish Style).

填馅料用量为烤鸡食谱中所给分量的两倍。若填馅料需冷食，加入一个搅打好的鸡蛋。火鸡常以栗子填馅、牡蛎填馅或火鸡填馅(瑞典式)烤制。

Chestnut Stuffing

3 cups French chestnuts
½ cup butter
1 teaspoon salt
⅛ teaspoon pepper
¼ cup cream
1 cup cracker crumbs
Shell and blanch chestnuts. Cook in boiling salted water until soft. Drain and mash, using a potato ricer. Add one-half the butter, salt, pepper, and cream. Melt remaining butter, mix with cracker crumbs, then combine mixtures.

栗子馅

3杯法国栗子
1/2杯黄油
一茶匙盐
1/8 茶匙胡椒
1/4杯奶油
一杯饼干屑
栗子去壳并焯水。放入加盐的沸水中煮至软烂。沥干后用土豆压泥器压成泥。加入一半黄油、盐、胡椒和奶油。融化剩余的黄油，与饼干屑混合，然后将两种混合物拌合。

Oyster Stuffing

3 cups stale bread crumbs
½ cup melted butter
Salt and pepper
Few drops onion juice
1 pint oysters
Mix ingredients in the order given, add oysters, cleaned and drained from their liquor.

Turkey Stuffing (Swedish Style)

2 cups stale bread crumbs
⅔ cup melted butter
½ cup raisins, seeded and cut in pieces
½ cup English walnut meats, broken in pieces
Salt and pepper
Sage
Mix ingredients in the order given.

Gravy

Pour off liquid in pan in which turkey has been roasted. From liquid skim off six tablespoons fat; return fat to pan and brown with six tablespoons flour; pour on gradually three cups stock in which giblets, neck, and tips of wings have been cooked, or use liquor left in pan. Cook five minutes, season with salt and pepper; strain. For Giblet Gravy add to the above, giblets (heart, liver, and gizzard) finely chopped.

Chestnut Gravy

To two cups thin Turkey Gravy add three-fourths cup cooked and

牡蛎填料

3杯不新鲜的面包屑
1/2 杯融化的黄油
盐和胡椒
几滴洋葱汁
1品脱牡蛎
按所给顺序混合配料，加入清洗并沥去原汁的牡蛎。

火鸡填料(瑞典式)

两杯陈面包屑 2/3杯融化的黄
油
1/2杯葡萄干，去籽并切碎 1/2杯英国核桃仁，掰碎盐
和胡椒

鼠尾草
按所给顺序混合配料。

肉汁

滗出烤火鸡所用烤盘中的液体。从液体中撇出六汤匙油脂；将油脂倒回烤盘，与六汤匙面粉一同炒至棕色；逐渐倒入三杯曾用于煮鸡杂、鸡颈和翅尖的高汤，或使用烤盘中留下的液体。煮五分钟，用盐和胡椒调味；过滤。制作鸡杂酱汁时，在上述酱汁中加入切碎的鸡杂(心、肝和胗)。

栗子肉汁

往两杯稀火鸡卤汁中加入四分之三杯煮熟且

mashed chestnuts.

To Carve Turkey

Bird should be placed on back, with legs at right of platter for carving. Introduce carving fork across breastbone, hold firmly in left hand, and with carving knife in right hand cut through skin between leg and body, close to body. With knife pull back leg and disjoint from body. Then cut off wing. Remove leg and wing from other side. Separate second joints from drumsticks and divide wings at joints. Carve breast meat in thin crosswise slices. Under back on either side of backbone may be found two small, oyster-shaped pieces of dark meat, which are dainty tidbits. Chicken and fowl are carved in the same way. For a small family carve but one side of a turkey, that remainder may be left in better condition for second serving.

Roast Goose with Potato Stuffing

Singe, remove pinfeathers, wash and scrub a goose in hot soapsuds; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay six thin strips fat salt pork over breast. Place on rack in dripping-pan, put in hot oven, and bake two hours. Baste every fifteen minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter, cut string, and remove string and skewers. Garnish with watercress and bright red cranberries. Serve with Apple Sauce.

Potato Stuffing

2 cups hot mashed potato

栗子泥。

切火鸡

禽鸟应背朝下放置，腿朝向盘子的右侧以便切分。将切肉叉插入胸骨，左手握紧，右手持切肉刀，贴近身体在腿与身体之间的皮肤处切开。用刀将腿向后拉，使其与身体分离。然后切下翅膀。从另一侧取下腿和翅膀。将第二节关节与腿下节分开，并在关节处分开翅膀。将胸肉切成薄薄的横向片。在背部两侧、脊骨两旁，可以找到两小块深色肉，形似牡蛎，是精致的美味。鸡和家禽的切法相同。小家庭只需切火鸡的一侧，这样剩余部分可以保持更好的状态供第二次食用。

烤鹅配土豆填料

燎去细毛，拔去新羽，在热肥皂水中擦洗一只鹅；然后取出内脏(即去除内部内容物)。用冷水洗净并擦干。填馅，捆扎，撒上盐和胡椒，在胸部铺六条薄薄的肥咸猪肉片。放在烤盘的架子上，放入热烤箱，烤两小时。每十五分钟用烤盘中的油脂浇淋一次。最后半小时去掉猪肉。放在盘子上，剪断绳子，去掉绳子和烤肉叉。用水田芥和鲜红的蔓越莓装饰。配苹果酱汁食用。

土豆填料

两杯热土豆泥

1¼ cups soft stale bread crumbs
¼ cup finely chopped fat salt pork
1 finely chopped onion
⅓ cup butter
1 egg
1½ teaspoons salt
1 teaspoon sage
Add to potato, bread crumbs, butter, egg, salt, and sage; then add pork and onion.

Goose Stuffing (Chestnut)

½ tablespoon finely chopped shallot
3 tablespoons butter
¼ lb. sausage meat
12 canned mushrooms, finely chopped
1 cup chestnut purée
⅓ cup stale bread crumbs
½ tablespoon finely chopped parsley
24 French chestnuts cooked and left whole
Salt and pepper
Cook shallot with butter five minutes, add sausage meat, and cook two minutes, then add mushrooms, chestnut purée, parsley, and salt and pepper. Heat to boiling-point, add bread crumbs and whole chestnuts. Cool mixture before stuffing goose.

Roast Turkey garnished for serving.—*Page 254*.

Duck stuffed and trussed for roasting.—*Page 257*.

11/4杯松软不新鲜的面包屑
1/4杯切碎的肥咸猪肉 1个切碎的洋葱

1/3 杯黄油
1个鸡蛋
11/2茶匙盐
一茶匙鼠尾草
加入土豆、面包屑、黄油、鸡蛋、盐和鼠尾草；然后加入猪肉和洋葱。

鹅肉馅料(栗子)

1/2 汤匙切碎的青葱，3 汤匙黄油

1/4磅香肠肉
12罐装蘑菇，切碎
一杯栗子泥
1/3杯不新鲜的面包屑
1/2汤匙切碎的欧芹
24颗法国栗子，煮熟后保持完整盐和胡椒
用黄油将红葱头煮五分钟，加入香肠肉，再煮两分钟，然后加入蘑菇、栗子泥、欧芹以及盐和胡椒。加热至沸点，加入面包屑和整颗栗子。在填入鹅腹之前先将混合物冷却。

烤火鸡，配菜装盘上桌。--第*254*页。

鸭填馅并捆扎待烤。--第*257*页。

Stuffed Egg Plant.—*Page 293.*

Purée of Spinach.—*Page 300.*

To Truss a Goose

A goose, having short legs, is trussed differently from chicken, fowl, and turkey. After inserting skewers, wind string twice around one leg bone, then around other leg bone, having one inch space of string between legs. Draw legs with both ends of string close to back, cross string under back, then fasten around skewers and tie in a knot.

Roast Wild Duck

Dress and clean a wild duck and truss as goose. Place on rack in dripping-pan, sprinkle with salt and pepper, and cover breast with two very thin slices fat salt pork. Bake twenty to thirty minutes in a very hot oven, basting every five minutes with fat in pan; cut string and remove string and skewers. Serve with Orange or Olive Sauce. Currant jelly should accompany a duck course. Domestic ducks should always be well cooked, requiring little more than twice the time allowed for wild ducks.

Ducks are sometimes stuffed with apples, pared, cored, and cut in quarters, or three small onions may be put in body of duck to improve flavor. Neither apples nor onions are to be served. If a stuffing to be eaten is desired, cover pieces of dry bread with boiling water; as soon as bread has absorbed water, press out the

酿茄子。--第*293*页。

菠菜泥。--第*300*页。

将鹅捆扎

鹅的腿短，捆扎方式与鸡、家禽和火鸡不同。插入签子后，将绳子在一根腿骨上绕两圈，再在另一根腿骨上绕两圈，两腿之间留出一英寸的绳距。用绳子的两端将双腿拉向背部并靠紧，在背部下方交叉绳子，然后绕签子系紧并打结。

烤野鸭

将野鸭去毛、清理干净，像鹅一样捆扎。放在烤盘的架子上，撒上盐和胡椒，用两片极薄的肥咸猪肉盖住胸部。在极热的烤箱中烤二十至三十分钟，每五分钟用烤盘中的油脂浇淋一次；剪断绳子，去掉绳子和签子。配橙汁酱或橄榄酱食用。鸭肉这道菜应配醋栗果冻。家鸭应始终充分烤熟，所需时间略多于野鸭的两倍。

鸭子有时填入苹果--去皮、去核、切成四块--或者可以在鸭腹中放入三个小洋葱以改善风味。苹果和洋葱均不供食用。如果需要可食用的填料，将干面包片用沸水覆盖；面包一旦吸收水分，就压出

water; season bread with salt, pepper, melted butter, finely chopped onion, or use

水分；用盐、胡椒、融化的黄油、切碎的洋葱调味面包，或使用

Duck Stuffing (Peanut)

¾ cup cracker crumbs
½ cup shelled peanuts, finely chopped
½ cup heavy cream
2 tablespoons butter
Few drops onion juice
Salt and pepper
Cayenne
Mix ingredients in the order given.

鸭肉馅料(花生)

3⁄4杯饼干屑 1⁄2杯去壳花生，切碎 1⁄2杯淡
奶油 2汤匙黄油几滴洋葱汁盐和胡椒

卡宴辣椒粉

按所给顺序混合配料。

Braised Duck

Tough ducks are sometimes steamed one hour, and then braised in same manner as chicken.

红烧鸭

老韧的鸭子有时先蒸一小时，然后像鸡一样焖制。

Broiled Quail

Follow recipe for Broiling Chicken, allowing eight minutes for cooking. Serve on pieces of toast, and garnish with parsley and thin slices of lemon. Currant jelly or Rice Croquettes with Jelly should accompany this course.

烤鹌鹑

按照烤鸡的食谱操作，烹饪时间为八分钟。放在吐司片上，用欧芹和薄柠檬片装饰。这道菜应配醋栗果冻或果冻米饭可乐饼。

Roast Quail

Dress, clean, lard, and truss a quail. Bake same as Larded Grouse, allowing fifteen to twenty minutes for cooking.

烤鹌鹑

将鹌鹑去毛、清理干净、铺上肥肉并捆扎。像铺肥肉的松鸡一样烤制，烹饪时间为十五至二十分钟。

Larded Grouse

肥膘松鸡

Clean, remove pinions, and if it be tough the skin covering breast. Lard breast and insert two lardoons in each leg. Truss, and place on trivet in small shallow pan; rub with salt, brush over with melted butter, dredge with flour, and surround with trimmings of fat salt pork. Bake twenty to twenty-five minutes in a hot oven, basting three times. Arrange on platter, remove string and skewers, pour around Bread Sauce, and sprinkle bird and sauce with coarse brown bread crumbs. Garnish with parsley.

清洗干净，去除翅尖，如果肉质较老，则去除覆盖胸部的皮。在胸部抹上猪油，并在每条腿中插入两片猪油丁。捆扎好，放在小浅锅中的三脚架上；撒上盐，刷上融化的黄油，撒上面粉，周围放上肥咸猪肉的边角料。在热烤箱中烤二十至二十五分钟，浇淋三次。摆放在盘中，去掉绳子和签子，周围浇上面包酱汁，在禽肉和酱汁上撒上粗褐面包屑。用欧芹装饰。

Breast of Grouse Sauté Chasseur

Remove breasts from pair of grouse, and sauté in butter. When partially cooked, season with salt and pepper. Break carcasses in pieces, cover with cold water, add carrot, celery, onion, parsley, and bay leaf, and cook until stock is reduced to three-fourths cup. Arrange grouse on a serving dish, and pour around a sauce made of three tablespoons butter, four and one-half tablespoons flour, stock made from grouse, and three-fourths cup stewed and strained tomatoes. Season with salt, cayenne, and lemon juice, and add one teaspoon finely chopped parsley, and one-half cup canned mushrooms cut in slices.

炒松鸡胸猎户式

从一对松鸡上取下胸肉，用黄油煎。煎至半熟时，用盐和胡椒调味。将骨架敲碎，覆盖冷水，加入胡萝卜、芹菜、洋葱、欧芹和月桂叶，煮至高汤浓缩至四分之三杯。将松鸡摆放在餐盘中，周围浇上由三汤匙黄油、四又二分之一汤匙面粉、松鸡制成的高汤以及四分之三杯炖煮过滤的番茄制成的酱汁。用盐、辣椒粉和柠檬汁调味，加入一茶匙切碎的欧芹和半杯切片罐装蘑菇。

Broiled or Roasted Plover

Plover is broiled or roasted same as quail.

烤或烘鸻鸟

千鸟的炙烤或烘烤方式与鹌鹑相同。

Potted Pigeons

Clean, stuff, and truss six pigeons, place upright in a stewpan, and add one quart boiling water in which celery has been cooked. Cover, and cook slowly three hours or until tender; or cook in oven in a covered earthen dish. Remove from water, cool slightly,

罐焖鸽子

将六只鸽子清理干净、填料并捆扎，竖直放入炖锅中，加入一夸脱煮过芹菜的开水。盖上盖子，慢火煮三小时或至软烂；或在带盖的陶盘中放入烤箱烹饪。从水中取出，稍冷却，

sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. Make a sauce with one-fourth cup, each, butter and flour cooked together and stock remaining in pan; there should be two cups. Place each bird on a slice of dry toast, and pour gravy over all. Garnish with parsley.

撒上盐和胡椒，裹上面粉，在猪油中将整个表面煎至金黄。用各四分之一杯的黄油和面粉一起煮制，加入锅中剩余的高汤制成酱汁；应有两杯的量。将每只鸽子放在一片干吐司上，将肉汁浇在所有食材上。用欧芹装饰。

Stuffing

1 cup hot riced potatoes
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon marjoram or summer savory
Few drops onion juice
1 tablespoon butter
¼ cup soft stale bread crumbs soaked in some of the celery water and wrung in cheese-cloth
Yolk 1 egg
Mix ingredients in order given.

填料

一杯热米饭土豆

1/4茶匙盐

1/8 茶匙胡椒

1/4茶匙马郁兰或夏香薄荷几滴洋葱汁

一汤匙黄油

1/4杯松软陈面包屑，浸泡在部分芹菜水中，用奶酪布挤干

蛋黄 1 个鸡蛋

按所给顺序混合配料。

Broiled Venison Steak

Follow recipe for Broiled Beefsteak. Serve with Maître d'Hôtel Butter. Venison should always be cooked rare.

烤鹿排

按照烤牛排的食谱操作。配主厨黄油食用。鹿肉应始终烹至半熟。

Venison Steaks, Sautéd, Cumberland Sauce

Cut venison steaks in circular pieces and use trimmings for the making of stock. Sauté steaks in hot buttered frying-pan and serve with

煎鹿肉排配坎伯兰酱

将鹿肉排切成圆形块，用边角料制作高汤。在热的涂黄油煎锅中煎鹿肉排，配

Cumberland Sauce. Soak two tablespoons citron, cut in julienne-shaped pieces, two tablespoons glacéd cherries, and one tablespoon Sultana raisins, in Port wine for several hours. Drain

坎伯兰酱食用。将两汤匙切成细丝状的香橼、两汤匙糖渍樱桃和一汤匙苏丹娜葡萄干在波特酒中浸泡数小时。沥干

and cook fruit five minutes in one-third cup Port wine. Add one-half tumbler currant jelly, and, as soon as jelly is dissolved, add one and one-third cups Brown Sauce, and two tablespoons shredded almonds.

并将水果在三分之一杯波特酒中煮五分钟。加入半杯醋栗果冻，果冻一旦融化，加入一又三分之一杯棕色酱汁和两汤匙杏仁片。

Venison Steak, Chestnut Sauce

Wipe steak, sprinkle with salt and pepper, place on a greased broiler, and broil five minutes. Remove to hot platter and pour over

Chestnut Sauce. Fry one-half onion and six slices carrot, cut in small pieces, in two tablespoons butter, five minutes, add three tablespoons flour, and stir until well browned; then add one and one-half cups Brown Stock, a sprig of parsley, a bit of bay leaf, eight peppercorns, and one teaspoon salt. Let simmer twenty minutes, strain, then add three tablespoons Madeira wine, one cup boiled French chestnuts, and one tablespoon butter.

鹿肉排配栗子酱

擦拭牛排，撒上盐和胡椒，放在涂油的烤架上，烤五分钟。移至热盘中，浇上

栗子酱。将半个洋葱和六片切成小块的胡萝卜用两汤匙黄油煎五分钟，加入三汤匙面粉，搅拌至充分呈棕色；然后加入一又二分之一杯棕色高汤、一小枝欧芹、一点月桂叶、八粒胡椒和一茶匙盐。小火炖二十分钟，过滤，然后加入三汤匙马德拉酒、一杯煮熟的法国栗子和一汤匙黄油。

Venison Cutlets

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter or olive oil, and roll in soft stale bread crumbs. Place in a broiler and broil five minutes, or sauté in butter. Serve with Port Wine Sauce.

鹿肉排

将取自腰部的鹿肉片清理干净并修整。撒上盐和胡椒，刷上融化的黄油或橄榄油，裹上松软陈面包屑。放入烤架烤五分钟，或用黄油煎。配波特酒酱食用。

Roast Leg of Venison

Prepare and cook as Roast Lamb, allowing less time that it may be cooked rare.

烤鹿腿

按烤羔羊的方法准备和烹制，时间稍短，以便烤得嫩一些。

Saddle of Venison

Clean and lard a saddle of venison. Cook same as Saddle of

鹿脊肉

将鹿脊肉清理干净并抹上猪油。烹制方法与鹿脊肉相同。

Mutton. Serve with Currant Jelly Sauce.

羊肉。佐以醋栗果冻酱。

Belgian Hare à la Maryland

Follow directions for Chicken à la Maryland (see p. 249). Bake forty minutes, basting with bacon fat in place of butter.

马里兰式比利时兔

按照马里兰鸡的说明操作(见第249页)。烤四十分钟，用培根油脂代替黄油浇淋。

Belgian Hare, Sour Cream Sauce

Clean and split a hare. Lard back and hind legs, and season with salt and pepper. Cook eight slices carrot cut in small pieces and one-half small onion in two tablespoons bacon fat five minutes. Add one cup Brown Stock, and pour around hare in pan. Bake forty-five minutes, basting often. Add one cup heavy cream and the juice of one lemon. Cook fifteen minutes longer, and baste every five minutes. Remove to serving dish, strain sauce, thicken, season with salt and pepper, and pour around hare.

比利时兔配酸奶油酱

将野兔清理干净并剖开。在背部和后腿上铺肥肉，用盐和胡椒调味。将八片切成小块的胡萝卜和半个小洋葱在两汤匙培根油脂中煮五分钟。加入一杯棕色高汤，浇在烤盘中的野兔周围。烤四十五分钟，经常浇淋。加入一杯淡奶油和一个柠檬的汁。再煮十五分钟，每五分钟浇淋一次。移至上菜盘中，过滤酱汁，勾芡，用盐和胡椒调味，浇在野兔周围。

WAYS OF WARMING OVER POULTRY AND GAME

禽类与野味的回热方法

Creamed Chicken

1½ cups cold cooked chicken, cut in dice 1 cup White Sauce II ⅛ teaspoon celery salt

Heat chicken dice in sauce, to which celery salt has been added.

奶油鸡

1½杯冷的熟鸡肉，切丁 1杯白色酱汁II 1⁄8茶匙芹菜盐

将鸡丁在加入了芹菜盐的酱汁中加热。

Creamed Chicken with Mushrooms

Add to Creamed Chicken one-fourth cup mushrooms cut in slices.

奶油蘑菇鸡

往奶油鸡中加入四分之一杯切片蘑菇。

Chicken with Potato Border

Serve Creamed Chicken in Potato Border.

Chicken in Baskets

To three cups hot mashed potatoes add three tablespoons butter, one teaspoon salt, yolks of three eggs slightly beaten, and enough milk to moisten. Shape in form of small baskets, using a pastry bag and tube. Brush over with white of egg slightly beaten, and brown in oven. Fill with Creamed Chicken. Form handles for baskets of parsley.

Chicken and Oysters à la Métropole

¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
2 cups cream
2 cups cold cooked chicken, cut in dice
1 pint oysters, cleaned and rained
⅓ cup finely chopped celery
Make a sauce of first five ingredients, add chicken dice and oysters; cook until oysters are plump. Serve sprinkled with celery.

Luncheon Chicken

1½ cups cold cooked chicken, cut in small dice
2 tablespoons butter

土豆围边鸡

将奶油鸡盛在土豆围边中。

篮中鸡

在三杯热土豆泥中加入三汤匙黄油、一茶匙盐、三个轻微打散的蛋黄，以及足够的牛奶使其湿润。用裱花袋和裱花嘴塑成小篮子形状。刷上轻微打散的蛋清，在烤箱中烤至金黄。填入奶油鸡肉。用欧芹做成篮子的提手。

大都会式鸡肉与牡蛎

1/4 杯黄油
1/4杯面粉
1/2 茶匙盐
1/8 茶匙胡椒
两杯奶油
两杯冷熟鸡肉，切丁
一品脱牡蛎，清洗并沥干 1/3 杯细切芹
菜
用前五种配料制成酱汁，加入鸡肉丁和牡蛎；煮至牡蛎饱满。撒上芹菜后食用。

午餐鸡肉

11/2杯冷熟鸡肉，切成小丁
2汤匙黄油

1 slice carrot, cut in small cubes
1 slice onion
2 tablespoons flour
1 cup Chicken Stock
Salt
Pepper
⅔ cup buttered cracker crumbs
4 eggs
Cook butter five minutes with vegetables, add flour, and gradually the stock. Strain, add chicken dice, and season with salt and pepper. Turn on a slightly buttered platter and sprinkle with cracker crumbs. Make four nests, and in each nest slip an egg; cover eggs with crumbs, and bake in a moderate oven until whites of eggs are firm.

Blanquette of Chicken

2 cups cold cooked chicken, cut in strips
1 cup White Sauce II
1 tablespoon finely chopped parsley
Yolks 2 eggs
2 tablespoons milk
Add chicken to sauce; when well heated, add yolks of eggs slightly beaten, diluted with milk. Cook two minutes, then add parsley.

Scalloped Chicken

Butter a baking-dish. Arrange alternate layers of cold, cooked sliced chicken and boiled macaroni or rice. Pour over White, Brown, or Tomato Sauce, cover with buttered cracker crumbs, and

1片胡萝卜，切成小方块
1片洋葱
2汤匙面粉
1杯鸡高汤
盐
胡椒
2/3杯涂黄油的饼干屑
4个鸡蛋
将黄油与蔬菜一起煮五分钟，加入面粉，然后逐渐加入高汤。过滤，加入鸡肉丁，用盐和胡椒调味。倒在略微涂黄油的盘子上，撒上饼干屑。做出四个凹窝，每个凹窝中滑入一个鸡蛋；用面包屑覆盖鸡蛋，在中等烤箱中烤至蛋清凝固。

白汁炖鸡

两杯冷熟鸡肉，切成条
一杯白酱二号
一汤匙切碎的欧芹蛋黄 2个鸡蛋
2汤匙牛奶
将鸡肉加入酱汁中；充分加热后，加入轻微打散并用牛奶稀释的蛋黄。煮两分钟，然后加入欧芹。

扇贝形烤鸡

在烤盘上涂黄油。将冷的熟鸡肉片与煮通心粉或米饭交替分层排列。浇上白色酱汁、棕色酱汁或番茄酱汁，覆盖涂黄油的饼干屑，然后

bake in a hot oven until crumbs are brown.

Mock Terrapin

1½ cups cold cooked chicken or veal, cut in dice
1 cup White Sauce I
Yolks 2 “hard-boiled” eggs, finely chopped
Whites 2 “hard-boiled” eggs, chopped
3 tablespoons Sherry wine
¼ teaspoon salt
Few grains cayenne
Add to sauce, chicken, yolks and whites of eggs, salt, and cayenne; cook two minutes, and add wine.

Chicken Soufflé

2 cups scalded milk
⅛ cup butter
⅛ cup flour
1 teaspoon salt
⅛ teaspoon pepper
½ cup stale soft bread crumbs
2 cups cold cooked chicken, finely chopped
Yolks 3 eggs, well beaten
1 tablespoon finely chopped parsley
Whites 3 eggs, beaten stiff
Make a sauce of first five ingredients, add bread crumbs, and cook two minutes; remove from fire, add chicken, yolks of eggs, and parsley, then fold in whites of eggs. Turn in a buttered pudding-dish, and bake thirty-five minutes in a slow oven. Serve with

在热烤箱中烘烤至面包屑呈棕色。

仿龟汤

11/2杯冷熟鸡肉或小牛肉，切丁
一杯白酱 I
蛋黄 2个“煮老”的鸡蛋，切碎蛋白 2个“煮老”的鸡蛋，切碎 3汤匙雪利酒

1/4茶匙盐
少许辣椒粉
加入酱汁、鸡肉、蛋黄和蛋白、盐和卡宴辣椒；煮两分钟，加入酒。

鸡肉舒芙蕾

两杯烫牛奶
1/8杯黄油
1/8杯面粉
一茶匙盐
1/8 茶匙胡椒
半杯不新鲜软面包屑
两杯冷熟鸡肉，切细；蛋黄三个鸡蛋，打匀

一汤匙切碎的欧芹三个鸡蛋的蛋白，打至硬性发泡
用前五种配料制成酱汁，加入面包屑，煮两分钟；离火，加入鸡肉、蛋黄和欧芹，然后翻拌入蛋清。倒入涂了黄油的布丁盘，在慢烤箱中烤三十五分钟。配以下酱汁食用

White Mushroom Sauce. Veal may be used in place of chicken.

白蘑菇酱。可用小牛肉代替鸡肉。

Chicken Hollandaise

荷兰酸酱鸡

1½ tablespoons butter
1 teaspoon finely chopped onion
2 tablespoons corn-starch
1 cup chicken stock
1 teaspoon lemon juice
⅓ cup finely chopped celery
¼ teaspoon salt
Few grains paprika
1 cup cold cooked chicken, cut in small cubes
Yolk 1 egg

11⁄2 汤匙黄油
一茶匙切碎的洋葱
2汤匙玉米淀粉
一杯鸡高汤
一茶匙柠檬汁
1⁄3杯切碎的芹菜
1⁄4茶匙盐
少许红椒粉
一杯冷熟鸡肉，切成小方块蛋黄 1 个

Cook butter and onion five minutes, add corn-starch and stock gradually. Add lemon juice, celery, salt, paprika, and chicken; when well heated, add yolk of egg slightly beaten, and cook one minute. Serve with buttered Graham toast.

将黄油和洋葱煮五分钟，逐渐加入玉米淀粉和高汤。加入柠檬汁、芹菜、盐、红椒粉和鸡肉；充分加热后，加入略打散的蛋黄，煮一分钟。配涂了黄油的格雷厄姆吐司食用。

Chicken Chartreuse

鸡肉沙特勒斯

Prepare and cook same as Casserole of Rice and Meat, using chicken in place of lamb or veal. Season chicken with salt, pepper, celery salt, onion juice, and one-half teaspoon finely chopped parsley.

按米饭肉砂锅的做法准备和烹制，用鸡肉代替羊肉或小牛肉。用盐、胡椒、芹菜盐、洋葱汁和半茶匙切碎的欧芹给鸡肉调味。

Scalloped Turkey

扇贝形火鸡

Make one cup of sauce, using two tablespoons butter, two tablespoons flour, one-fourth teaspoon salt, few grains of pepper,

用两汤匙黄油、两汤匙面粉、四分之一茶匙盐、少许胡椒制成一杯酱汁，

and one cup stock (obtained by cooking in water bones and skin of a roast turkey). Cut remnants of cold roast turkey in small pieces; there should be one and one-half cups. Sprinkle bottom of buttered baking-dish with seasoned cracker crumbs, add turkey meat, pour over sauce, and sprinkle with buttered cracker crumbs. Bake in a hot oven until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination.

以及一杯高汤(通过用水煮烤火鸡的骨头和皮获得)。将冷烤火鸡的剩余部分切成小块；应有一杯半。在涂了黄油的烤盘底部撒上调味饼干屑，加入火鸡肉，浇上酱汁，再撒上涂了黄油的饼干屑。在热烤箱中烤至饼干屑呈棕色。火鸡、鸡肉或小牛肉可单独使用或混合使用。

Minced Turkey

碎火鸡肉

To one cup cold roast turkey, cut in small dice, add one-third cup soft stale bread crumbs. Make one cup sauce, using two tablespoons butter, two tablespoons flour, and one cup stock (obtained by cooking bones and skin of a roast turkey). Season with salt, pepper, and onion juice. Heat turkey and bread crumbs in sauce. Serve on small pieces of toast, and garnish with poached eggs and toast points.

将一杯冷烤火鸡切成小丁，加入三分之一杯松软的陈面包屑。用两汤匙黄油、两汤匙面粉和一杯高汤(通过煮烤火鸡的骨头和皮获得)制成一杯酱汁。用盐、胡椒和洋葱汁调味。在酱汁中加热火鸡和面包屑。盛在小片吐司上，配水波蛋和吐司角装饰。

Salmi of Duck

鸭肉浓汤

Cut cold roast duck in pieces for serving. Reheat in Spanish Sauce.

将冷烤鸭切成供食用的块状。用西班牙酱汁重新加热。

Spanish Sauce. Melt one-fourth cup butter, add one tablespoon finely chopped onion, a stalk of celery, two slices carrot cut in pieces, and two tablespoons finely chopped lean raw ham. Cook until butter is brown, then add one-fourth cup flour, and when well browned add two cups Consommé, bit of bay leaf, sprig of parsley, blade of mace, two cloves, one-half teaspoon salt, and one-eighth teaspoon pepper; cook five minutes. Strain, add duck, and when reheated add Sherry wine, stoned olives, and mushrooms cut in quarters. Arrange on dish for serving, and

西班牙酱汁。融化四分之一杯黄油，加入一汤匙切碎的洋葱、一根芹菜、两片切碎的胡萝卜和两汤匙切碎的瘦生火腿。煮至黄油变褐，然后加入四分之一杯面粉，充分变褐后加入两杯清汤、少许月桂叶、一小枝欧芹、一片肉豆蔻、两粒丁香、半茶匙盐和八分之一茶匙胡椒；煮五分钟。过滤，加入鸭肉，重新加热后加入雪利酒、去核橄榄和切成四块的蘑菇。摆放在餐盘中，并

garnish with olives and mushrooms. Grouse may be used in place of duck.

饰以橄榄和蘑菇。可用松鸡代替鸭。

CHAPTER XVIII
FISH AND MEAT SAUCES

The French chef keeps always on hand four sauces,—White, Brown, Béchamel, and Tomato,—and with these as a basis is able to make kinds innumerable. Butter and flour are usually cooked together for thickening sauces. When not browned, it is called *roux*; when browned, *brown roux*. The French mix butter and flour together, put in saucepan, place over fire, stir for five minutes; set aside to cool, again place over fire, and add liquid, stirring constantly until thick and smooth. Butter and flour for brown sauces are cooked together much longer, and watched carefully lest butter should burn. The American cook makes sauce by stirring butter in saucepan until melted and bubbling, adds flour and continues stirring, then adds liquid, gradually stirring or beating until the boiling-point is reached. For Brown Sauce, butter should be stirred until well browned; flour should be added and stirred with butter until both are browned before the addition of liquid. The secret in making a Brown Sauce is to have butter and flour well browned before adding liquid.

It is well worth remembering that a sauce of average thickness is made by allowing two tablespoons each of butter and flour to one cup liquid, whether it be milk, stock, or tomato. For Brown Sauce a slightly larger quantity of flour is necessary, as by browning flour its thickening property is lessened, its starch being changed

第十八章
鱼类与肉类酱汁

法国厨师手边总是备有四种酱汁--白色酱汁、褐色酱汁、贝夏美酱汁和番茄酱汁--以这些为基础便能制作出无数种类。黄油和面粉通常一起烹煮用于勾芡酱汁。未经变褐的称为面糊；变褐的称为褐色面糊。法国人将黄油和面粉混合在一起，放入锅中，置于火上，搅拌五分钟；放置一旁冷却，再次置于火上，加入液体，不断搅拌至浓稠顺滑。用于褐色酱汁的黄油和面粉一起烹煮的时间要长得多，并需仔细观察以免黄油烧焦。美国厨师制作酱汁的方法是：在锅中搅拌黄油至融化并起泡，加入面粉继续搅拌，然后加入液体，逐渐搅拌或搅打至沸腾。制作褐色酱汁时，黄油应搅拌至充分变褐；应加入面粉并与黄油一起搅拌至两者均变褐后再加入液体。制作褐色酱汁的秘诀在于加入液体之前将黄油和面粉充分变褐。

值得记住的是，一般稠度的酱汁是按每杯液体(无论是牛奶、高汤还是番茄)配两汤匙黄油和两汤匙面粉制成的。制作棕色酱汁需要稍多量的面粉，因为面粉经褐变后其增稠性能降低，其淀粉被转化为

to dextrine. When sauces are set away, put a few bits of butter on top to prevent crust from forming.

糊精。酱汁放置时，在上面放几小块黄油以防止形成硬皮。

Thin White Sauce

2 tablespoons butter
1½ tablespoons flour
1 cup scalded milk
¼ teaspoon salt
Few grains pepper
Put butter in saucepan, stir until melted and bubbling; add flour mixed with seasonings, and stir until thoroughly blended. Pour on gradually the milk, adding about one-third at a time, stirring until well mixed, then beating until smooth and glossy. If a wire whisk is used, all the milk may be added at once.

薄白酱

2汤匙黄油
11/2汤匙面粉
一杯烫牛奶
1/4茶匙盐
少许胡椒
将黄油放入平底锅，搅拌至融化并起泡；加入与调味料混合的面粉，搅拌至完全融合。逐渐倒入牛奶，每次约加入三分之一，搅拌至充分混合，然后搅打至光滑有光泽。若使用钢丝打蛋器，可将牛奶一次全部加入。

Cream Sauce

Make same as Thin White Sauce, using cream instead of milk.

奶油酱

按稀白酱的做法制作，用奶油代替牛奶。

White Sauce I

2 tablespoons butter
2 tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains pepper
Make same as Thin White Sauce.

白酱一

2汤匙黄油
2汤匙面粉
一杯牛奶
1/4茶匙盐
少许胡椒
与薄白酱做法相同。

White Sauce II

2 tablespoons butter

白酱 II

2汤匙黄油

3 tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains pepper
Make same as Thin White Sauce.

Thick White Sauce (for Cutlets and Croquets)

2½ tablespoons butter
¼ cup corn-starch or
⅓ cup flour
1 cup milk
¼ teaspoon salt
Few grains pepper
Make same as Thin White Sauce.

Velouté Sauce

2 tablespoons butter
2 tablespoons flour
1 cup White Stock
¼ teaspoon salt
Few grains pepper
Make same as Thin White Sauce.

Sauce Allemande

To Velouté Sauce add one teaspoon lemon juice and yolk one egg.

Soubise Sauce

2 cups sliced onions

3汤匙面粉
一杯牛奶
1/4茶匙盐
少许胡椒
与薄白酱做法相同。

浓白酱(用于肉饼和炸丸子)

21/2汤匙黄油
四分之一杯玉米淀粉或
1/3杯面粉
一杯牛奶
1/4茶匙盐
少许胡椒
与薄白酱做法相同。

白汁酱

2汤匙黄油
2汤匙面粉
一杯白色高汤 1/4茶
匙盐
少许胡椒
与薄白酱做法相同。

阿勒曼德酱

在丝绒酱中加入一茶匙柠檬汁和一个蛋黄。

苏比斯酱

两杯切片洋葱

1 cup Velouté Sauce
½ cup cream or milk
Salt and pepper
Cover onions with boiling water, cook five minutes, drain, again cover with boiling water, and cook until soft; drain, and rub through a sieve. Add to sauce with cream. Season with salt and pepper. Serve with mutton, pork chops, or “hard-boiled” eggs.

Drawn Butter Sauce

⅓ cup butter
3 tablespoons flour
1½ cups hot water
½ teaspoon salt
⅛ teaspoon pepper
Melt one-half the butter, add flour with seasonings, and pour on gradually hot water. Boil five minutes, and add remaining butter in small pieces. To be served with boiled or baked fish.

Shrimp Sauce

To Drawn Butter Sauce add one egg yolk and one-half can shrimps cleaned and cut in pieces.

Caper Sauce

To Drawn Butter Sauce add one-half cup capers drained from their liquor. Serve with boiled mutton.

Egg Sauce I

To Drawn Butter Sauce add two “hard-boiled” eggs cut in one-fourth inch slices.

1杯天鹅绒酱汁
1/2 杯奶油或牛奶
盐和胡椒
用沸水没过洋葱，煮五分钟，沥干，再次用沸水没过，煮至软烂；沥干，用筛网擦成泥。连同奶油加入酱汁中。用盐和胡椒调味。配羊肉、猪排或“硬煮”鸡蛋食用。

融黄油沙司

1/3 杯黄油
3汤匙面粉
11/2杯热水
1/2 茶匙盐
1/8 茶匙胡椒
融化一半黄油，加入面粉和调味料，逐渐倒入热水。煮五分钟，加入剩余黄油(切成小块)。配煮鱼或烤鱼食用。

虾酱

在 drawn butter sauce 中加入一个蛋黄和半罐清洗并切块的虾。

刺山柑酱

在 drawn butter sauce 中加入半杯沥去汁水的刺山柑。配煮羊肉食用。

鸡蛋酱汁 I

在抽丝黄油酱中加入两个“煮老”的鸡蛋，切成四分之一英寸的片。

Egg Sauce II

To Drawn Butter Sauce add beaten yolks of two eggs and one teaspoon lemon juice.

Brown Sauce I

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

Brown Sauce II (Espagnole)

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

鸡蛋酱汁 II

在抽打黄油酱中加入两个打散的蛋黄和一茶匙柠檬汁。

布朗酱汁一

2汤匙黄油
1/2片洋葱
3汤匙面粉
一杯棕色高汤
1/4茶匙盐
1/8 茶匙胡椒
将洋葱放入黄油中炒至微黄；取出洋葱，不断搅拌黄油至呈深棕色；加入与调味料混合的面粉，将黄油和面粉炒至棕色；然后逐渐加入高汤。

棕色酱汁 II(Espagnole)

1/4 杯黄油
1片胡萝卜
1片洋葱
一片月桂叶
一枝百里香
欧芹小枝
6粒胡椒
5汤匙面粉
两杯棕色高汤
盐和胡椒
用黄油与胡萝卜、洋葱、月桂叶、百里香、欧芹一同烹煮，并

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.

Brown Mushroom Sauce I

To one cup Brown Sauce add one-fourth can mushrooms, drained, rinsed, and cut in quarters or slices.

Brown Mushroom Sauce II

1 can mushrooms
¼ cup butter
½ tablespoon lemon juice
¼ cup flour
2 cups Consommé or Brown Stock
Salt and pepper
Drain and rinse mushrooms and chop finely one-half of same. Cook five minutes with butter and lemon juice; drain; brown the butter, add flour, and when well browned, add gradually Consommé. Cook fifteen minutes, skim, add remaining mushrooms cut in quarters or slices, and cook two minutes. Season with salt and pepper. Use fresh mushrooms in place of canned ones when possible.

Sauce Piquante

To one cup Brown Sauce add one tablespoon vinegar, one-half small shallot finely chopped, one tablespoon each chopped capers and pickle, and a few grains of cayenne.

胡椒粒，炒至棕色，不断搅拌，注意不要让黄油烧焦；加入面粉，炒至充分呈棕色后，逐渐加入高汤。煮沸，过滤，用盐和胡椒调味。

棕色蘑菇酱 I

在一杯棕色酱汁中加入四分之一罐蘑菇，沥干、冲洗，切成四块或片。

棕色蘑菇酱 II

1 罐蘑菇
1/4 杯黄油
1/2 汤匙柠檬汁
1/4杯面粉
两杯清汤或棕色高汤，盐和胡椒

将蘑菇沥干冲洗，取一半切碎。与黄油和柠檬汁一起煮五分钟；沥干；将黄油炒至棕色，加入面粉，炒至充分呈棕色后，逐渐加入清汤。煮十五分钟，撇去浮沫，加入剩余的蘑菇(切成四块或片)，再煮两分钟。用盐和胡椒调味。尽可能用新鲜蘑菇代替罐装蘑菇。

辣味酱

在一杯棕色酱汁中加入一汤匙醋、半个切碎的小葱头、各一汤匙切碎的刺山柑和泡菜，以及少许辣椒粉。

Olive Sauce

Remove stones from ten olives, leaving meat in one piece. Cover with boiling water and cook five minutes. Drain olives, and add to two cups Brown Sauce I or II.

Orange Sauce

¼ cup butter
¼ cup flour
1⅓ cups Brown Stock
½ teaspoon salt
Few grains cayenne
Juice 2 oranges
2 tablespoons Sherry wine
Rind of 1 orange, cut in fancy shapes
Brown the butter, add flour, with salt and cayenne, and stir until well browned. Add stock gradually, and just before serving, orange juice, Sherry, and pieces of rind.

Sauce à l'Italienne

Onion	2 tablespoons each, finely chopped
Carrot	
Lean raw ham	
12 peppercorns	
2 cloves	
Sprig marjoram	

橄榄酱

将十颗橄榄去核，保持果肉完整。用沸水覆盖煮五分钟。沥干橄榄，加入两杯棕色酱汁 I 或 II 中。

橙汁酱

1/4 杯黄油
1/4杯面粉
1 1/3 杯棕色高汤
1/2 茶匙盐
少许辣椒粉
将2个橙子榨汁
两汤匙雪利酒
1个橙子的皮，切成花式形状
将黄油炒至棕色，加入面粉、盐和辣椒粉，搅拌至充分呈棕色。逐渐加入高汤，在上桌前加入橙汁、雪利酒和橙皮碎块。

意大利式酱汁

洋葱	各两汤匙，切碎
胡萝卜	
瘦生火腿	
12粒胡椒	
2瓣	
百里香枝	

2 tablespoons butter

2½ tablespoons flour

1 cup Brown Stock

1¼ cups white wine

½ tablespoon finely chopped
parsley

Cook first six ingredients with butter five minutes, add flour, and stir until well browned; then add gradually stock and wine. Strain, reheat, and after pouring around fish sprinkle with parsley.

Champagne Sauce

Simmer two cups Espagnole Sauce until reduced to one and one-half cups. Add two tablespoons mushroom liquor, one-half cup champagne, and one tablespoon powdered sugar.

Tomato Sauce I (without Stock)

½ can tomatoes or
1¾ cups fresh stewed tomatoes
1 slice onion
3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
Cook onion with tomatoes fifteen minutes, rub through a strainer, and add to butter and flour (to which seasonings have been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color it is necessary to brown butter and flour together before adding the

2汤匙黄油

21/2汤匙面粉

一杯棕色高汤

11/4杯白葡萄酒

1/2汤匙切碎
欧芹

将前六种配料与黄油一起煮五分钟，加入面粉，搅拌至充分呈棕色；然后逐渐加入高汤和葡萄酒。过滤，重新加热，浇在鱼上后撒上欧芹。

香槟酱

将两杯西班牙酱汁煨至浓缩为一杯半。加入两汤匙蘑菇汁、半杯香槟和一汤匙糖粉。

番茄酱汁一(不加高汤)

半罐番茄或
13/4杯新鲜炖番茄
1片洋葱
3汤匙黄油
3汤匙面粉
1/4茶匙盐
1/8 茶匙胡椒

将洋葱与番茄一起煮十五分钟，用滤网擦滤，加入一起煮制的黄油和面粉(已加入调味料)中。如果番茄很酸，加入少许小苏打。如果希望番茄保持红色，必须在加入之前将黄油和面粉一起炒至棕色。

tomatoes.

Tomato Sauce II

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

¼ cup butter
1 slice carrot
1 slice onion
Bit of bay leaf
Sprig of thyme
Sprig of parsley
1 cup stewed and strained tomatoes
1 cup Brown Stock
Salt and pepper
¼ cup flour
Brown the butter with carrot, onion, bay leaf, thyme, and parsley; remove seasonings, add flour, stir until well browned, then add

西红柿。

番茄酱汁 II

1/2罐番茄
一茶匙糖
8粒胡椒
一片月桂叶
1/2 茶匙盐
4汤匙黄油
4汤匙面粉
一杯棕色高汤
将番茄与糖、胡椒粒、月桂叶和盐一起煮二十分钟；用滤网擦滤，加入高汤。将黄油炒至棕色，加入面粉，炒至充分呈棕色后，逐渐加入热液体。

番茄酱汁之三

1/4 杯黄油
1片胡萝卜
1片洋葱
一片月桂叶
一枝百里香
欧芹小枝
一杯炖煮并过滤的番茄
一杯棕色高汤
盐和胡椒
1/4杯面粉
将黄油与胡萝卜、洋葱、月桂叶、百里香和欧芹一起炒至棕色；取出调味料，加入面粉，搅拌至充分呈棕色，然后加入

tomatoes and stock. Bring to boiling-point, and strain.

Tomato and Mushroom Sauce

2 slices chopped bacon or small quantity uncooked ham
1 slice onion
6 slices carrot
1 bay leaf
2 sprigs thyme
Sprig of parsley
2 cloves
½ teaspoon peppercorns
Few gratings nutmeg
3 tablespoons flour
½ can tomatoes
1½ cups Brown Stock
Salt and pepper
½ can mushrooms
Cook bacon, onion, and carrot five minutes; add bay leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook five minutes. Add flour diluted with enough cold water to pour; as it thickens, dilute with stock. Cover, and cook in oven one hour. Strain, add salt and pepper to taste, and one-half can mushrooms, drained from their liquor, rinsed, and cut in quarters; then cook two minutes. Use fresh mushrooms in place of canned ones when possible.

Tomato Cream Sauce

½ can tomatoes

番茄和原汤。煮沸后过滤。

番茄蘑菇酱

两片切碎的培根或少量未煮的火腿
1片洋葱
6片胡萝卜
1片月桂叶
2枝百里香
欧芹小枝
2瓣
1/2茶匙胡椒粒
少许肉豆蔻碎
3汤匙面粉
1/2罐番茄
11/2杯棕色高汤
盐和胡椒
半罐蘑菇
将培根、洋葱和胡萝卜煮五分钟；加入月桂叶、百里香、欧芹、丁香、胡椒粒、肉豆蔻和番茄，再煮五分钟。加入用足够冷水调稀至可倾倒的面粉；随着变稠，用高汤稀释。盖上盖子，放入烤箱烤一小时。过滤，加入适量盐和胡椒，以及半罐蘑菇(沥去汁液、冲洗、切成四块)；再煮两分钟。尽可能用新鲜蘑菇代替罐装蘑菇。

番茄奶油酱

1/2罐番茄

Sprig of thyme
1 stalk celery
1 slice onion
Bit of bay leaf
1 cup White Sauce I
½ teaspoon salt
Few grains cayenne
¼ teaspoon soda
Cook tomatoes twenty minutes with seasonings; rub through a strainer, add soda, then White Sauce. Serve with Baked Fish or Lobster Cutlets.

Spanish Sauce

2 tablespoons finely chopped lean raw ham
2 tablespoons chopped celery
2 tablespoons chopped carrot
1 tablespoon chopped onion
¼ cup butter
¼ cup flour
1⅓ cups Brown Stock
⅔ cup stewed and strained tomatoes
Salt and pepper
Cook ham and vegetables with butter until butter is well browned; add flour, stock, and tomatoes; cook five minutes, then strain. Season with salt and pepper.

Béchamel Sauce

1½ cups White Stock
1 slice onion

一枝百里香
1根芹菜
1片洋葱
一片月桂叶
一杯白酱 I
1/2 茶匙盐
少许辣椒粉
1/4茶匙小苏打
将番茄与调味料一起煮二十分钟；用滤网擦滤，加入小苏打，然后加入白色酱汁。配烤鱼或龙虾肉饼食用。

西班牙酱

2汤匙切碎的瘦生火腿
两汤匙切碎的芹菜
两汤匙切碎的胡萝卜
1汤匙切碎的洋葱
1/4 杯黄油
1/4杯面粉
1 1/3 杯棕色高汤
2/3杯炖煮并过滤的番茄盐和胡椒
将火腿和蔬菜与黄油一起煮至黄油充分呈棕色；加入面粉、高汤和番茄；煮五分钟，然后过滤。用盐和胡椒调味。

贝夏梅尔酱

11/2杯白色高汤
1片洋葱

1 slice carrot
Bit of bay leaf
Sprig of parsley
6 peppercorns
¼ cup butter
¼ cup flour
1 cup scalded milk
½ teaspoon salt
⅛ teaspoon pepper
Cook stock twenty minutes with onion, carrot, bay leaf, parsley, and peppercorns, then strain; there should be one cupful. Melt the butter, add flour, and gradually hot stock and milk. Season with salt and pepper.

Yellow Béchamel Sauce

To two cups Béchamel Sauce add yolks of three eggs slightly beaten, first diluting eggs with small quantity of hot sauce, then adding gradually to remaining sauce. This prevents the sauce from having a curdled appearance.

Olive and Almond Sauce

3 tablespoons butter
3 tablespoons flour
1 cup White Stock
½ cup cream
¼ cup shredded almonds
1 teaspoon beef extract
8 olives (stoned and cut in quarters)

1片胡萝卜
一片月桂叶
欧芹小枝
6粒胡椒
1/4 杯黄油
1/4杯面粉
一杯烫牛奶
1/2 茶匙盐
1/8 茶匙胡椒
将高汤与洋葱、胡萝卜、月桂叶、欧芹和胡椒粒一起煮二十分钟，然后过滤；应得一杯。融化黄油，加入面粉，逐渐加入热高汤和牛奶。用盐和胡椒调味。

黄色贝夏梅尔酱

在两杯贝夏梅尔酱汁中加入三个鸡蛋的蛋黄(稍加搅打)，先用少量热酱汁稀释蛋黄，然后逐渐加入剩余的酱汁中。这可防止酱汁出现凝结的外观。

橄榄杏仁酱

3汤匙黄油
3汤匙面粉
一杯白色高汤半杯奶
油
1/4杯杏仁丝 1茶匙牛肉精

8颗橄榄(去核并切成四瓣)

½ tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne
Melt butter, add flour, and pour on gradually White Stock. Just before serving add remaining ingredients. Serve with boiled or steamed fish.

Oyster Sauce

1 pint oysters
¼ cup butter
¼ cup flour
1 cup milk or Chicken Stock
Salt
Pepper
Oyster liquor
Wash oysters, reserve liquor, heat, strain, add oysters, and cook until plump. Remove oysters, and make a sauce of butter, flour, oyster liquor, and milk. Add oysters, and season with salt and pepper.

Cucumber Sauce I

Grate two cucumbers, drain, and season with salt, pepper, and vinegar. Serve with Broiled Fish.

Cucumber Sauce II

Beat one-half cup heavy cream until stiff, and add one-fourth teaspoon salt, few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained.

1/2 汤匙柠檬汁
1/4茶匙盐
少许辣椒粉
融化黄油，加入面粉，逐渐倒入白色高汤。在上桌前加入剩余的配料。配煮鱼或蒸鱼食用。

蚝油

1品脱牡蛎
1/4 杯黄油
1/4杯面粉
一杯牛奶或鸡高汤
盐
胡椒
牡蛎汁
清洗牡蛎，保留汁液，加热，过滤，加入牡蛎，煮至饱满。取出牡蛎，用黄油、面粉、牡蛎汁和牛奶制成酱汁。加入牡蛎，用盐和胡椒调味。

黄瓜酱汁 I

将两根黄瓜擦碎，沥干，用盐、胡椒和醋调味。配烤鱼食用。

黄瓜酱 II

将半杯淡奶油搅打至硬性发泡，加入四分之一茶匙盐、少许胡椒，逐渐加入两汤匙醋；然后加入一根黄瓜(去皮、切碎、沥干)。

Celery Sauce

3 cups celery, cut in thin slices
2 cups Thin White Sauce
Wash and scrape celery before cutting into pieces. Cook in boiling salted water until soft, drain, rub through a sieve, and add to sauce. Celery sauce is often made from the stock in which fowl or turkey has been boiled, or with one-half stock and one-half milk.

Suprême Sauce

¼ cup butter
¼ cup flour
1½ cups hot Chicken Stock
½ cup hot cream
1 tablespoon mushroom liquor
¾ teaspoon lemon juice
Salt and pepper
Make same as Thin White Sauce, and add seasonings.

Maître d'Hôtel Butter

¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
½ tablespoon finely chopped parsley
¾ tablespoon lemon juice
Put butter in a bowl, and with small wooden spoon work until creamy. Add salt, pepper, and parsley, then lemon juice very slowly.

芹菜酱

三杯芹菜，切成薄片

两杯薄白酱

在切成段之前先清洗并刮净芹菜。在加盐的沸水中煮至软烂，沥干，用筛子擦滤，加入酱汁中。芹菜酱汁常用煮家禽或火鸡的高汤制成，或用一半高汤一半牛奶。

supremesauce

1/4 杯黄油

1/4杯面粉

11/2杯热鸡高汤 1/2杯热奶油

1汤匙蘑菇酒 3/4茶匙柠檬汁

盐和胡椒

照稀白酱(Thin White Sauce)的做法制作，并加入调味料。

巴黎黄油

1/4 杯黄油

1/2 茶匙盐

1/8 茶匙胡椒

1/2汤匙切碎的欧芹 3/4汤匙柠檬汁

将黄油放入碗中，用小木勺搅打至奶油状。加入盐、胡椒和欧芹，然后非常缓慢地加入柠檬汁。

Tartar Sauce

1 tablespoon vinegar
1 teaspoon lemon juice
¼ teaspoon salt
1 tablespoon Worcestershire Sauce
⅓ cup butter
The Boston Cook Book
Mix vinegar, lemon juice, salt, and Worcestershire Sauce in a small bowl, and heat over hot water. Brown the butter in an omelet pan, and strain into first mixture.

Lemon Butter

¼ cup butter
1 tablespoon lemon juice
Cream the butter, and add slowly lemon juice.

Anchovy Butter

¼ cup butter
Anchovy essence
Cream the butter and add Anchovy essence to taste.

Lobster Butter

¼ cup butter
Lobster coral
Clean, wipe, and force coral through a fine sieve. Put in a mortar with butter, and pound until well blended. This butter is used in Lobster Soup and Sauces to give color and richness.

鞑靼酱

一汤匙醋
一茶匙柠檬汁
1/4茶匙盐
1 汤匙伍斯特郡酱汁 1/3 杯黄油

《波士顿烹饪学校食谱》
在小碗中混合醋、柠檬汁、盐和伍斯特酱，置于热水上加热。在煎蛋锅中将黄油炒至棕色，过滤加入第一份混合物中。

柠檬黄油

1/4 杯黄油
一汤匙柠檬汁
将黄油搅打至奶油状，然后慢慢加入柠檬汁。

鲲鱼黄油

1/4 杯黄油
凤尾鱼精
将黄油搅打至奶油状，加入鲲鱼精调味。

龙虾黄油

1/4 杯黄油
龙虾卵
清洗、擦干，将虾黄用细筛擦滤。放入研钵中与黄油一起，捣至充分混合。此黄油用于龙虾汤和酱汁中，以增添色泽和浓郁度。

Hollandaise Sauce I

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

Hollandaise Sauce II

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

荷兰酱一

1/2杯黄油

蛋黄 2 个鸡蛋

一汤匙柠檬汁

1/4茶匙盐

少许辣椒粉

1/3 杯沸水

将黄油放入碗中，用冷水覆盖，用勺子清洗。分成三块；将一块放入平底锅中，加入蛋黄和柠檬汁，将平底锅置于盛有沸水的大锅中，用打蛋器不断搅拌至黄油融化；然后加入第二块黄油，随着变稠，加入第三块。加入水，煮一分钟，用盐和辣椒粉调味。

荷兰酱 II

1/2杯黄油

半汤匙醋或

一汤匙柠檬汁

蛋黄 2 个鸡蛋

1/4茶匙盐

少许卡宴辣椒粉。

法国厨师

清洗黄油，分成三块；将一块放入平底锅中，加入醋或柠檬汁和蛋黄；将平底锅置于盛有沸水的大锅中，用打蛋器不断搅拌。加入第二块黄油，随着变稠，加入第三块。离火，加入盐和辣椒粉。如果留在火上

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.

多一刻钟就会分离。如需更浓郁的酱汁，加入半茶匙热水和半汤匙淡奶油。

Anchovy Sauce

Season Brown, Drawn Butter, or Hollandaise Sauce with Anchovy essence.

鳀鱼酱

时令布朗酱、热黄油酱，或加入鳀鱼精的荷兰酱。

Horseradish Hollandaise Sauce

To Hollandaise Sauce II add one-fourth cup grated horseradish root.

辣根荷兰酸酱

在荷兰酱II中加入四分之一杯磨碎的山葵根。

Lobster Sauce I

To Hollandaise Sauce I add one-third cup lobster meat cut in small dice.

龙虾酱汁一

在荷兰酱中加入三分之一杯切成小丁的龙虾肉。

Lobster Sauce II

1¼ lb. lobster
¼ cup butter
¼ cup flour
½ teaspoon salt
Few grains cayenne
½ tablespoon lemon juice
3 cups cold water

Remove meat from lobster, and cut tender claw meat in one-half inch dice. Chop remaining meat, add to body bones, and cover with water; cook until stock is reduced to two cups, strain, and add gradually to butter and flour cooked together, then add salt,

龙虾酱汁 II

11/4磅龙虾
1/4 杯黄油
1/4杯面粉
1/2 茶匙盐
少许辣椒粉
1/2 汤匙柠檬汁
3杯冷水

将龙虾肉取出，将嫩钳肉切成半英寸的丁。将剩余的肉切碎，加入虾壳中，用水覆盖；煮至高汤浓缩为两杯，过滤，逐渐加入一起煮制的黄油和面粉中，然后加入盐，

cayenne, lemon juice, and lobster dice.

If the lobster contains coral, prepare Lobster Butter, add flour, and thicken sauce therewith.

Sauce Béarnaise

To Hollandaise Sauce II add one teaspoon each of finely chopped parsley and fresh tarragon.

Served with mutton chops, steaks, broiled squabs, smelts, or boiled salmon.

Sauce Trianon

To Hollandaise Sauce II add gradually, while cooking, one and one-half tablespoons Sherry wine.

Sauce Figaro

To Hollandaise Sauce II add two tablespoons tomato purée (tomatoes stewed, strained, and cooked until reduced to a thick pulp), one teaspoon finely chopped parsley, and a few grains cayenne.

Horseradish Sauce I

3 tablespoons grated horseradish root
1 tablespoon vinegar
¼ teaspoon salt
Few grains cayenne
4 tablespoons heavy cream
Mix first four ingredients, and add cream beaten stiff.

Horseradish Sauce II

卡宴辣椒、柠檬汁和龙虾丁。

如果龙虾含有虾卵，制备龙虾黄油，加入面粉，并用其使酱汁变稠。

贝阿恩酱

在荷兰酱II中加入各一茶匙切碎的欧芹和新鲜龙蒿。

佐以羊排、牛排、烤乳鸽、胡瓜鱼或水煮鲑鱼上桌。

特里亚农酱

在荷兰酱II烹饪时逐渐加入一汤匙半雪利酒。

菲加罗酱

在荷兰酱II中加入两汤匙番茄泥(番茄炖煮、过滤并煮至浓缩成浓稠糊状)、一茶匙切碎的欧芹和少许辣椒粉。

辣根酱 I

3汤匙磨碎的山葵根
一汤匙醋
1/4茶匙盐
少许辣椒粉
4汤匙淡奶油
将前四种原料混合，再加入打至硬性发泡的奶油。

辣根酱 II

3 tablespoons cracker crumbs
⅓ cup grated horseradish root
1½ cups milk
3 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
Cook first three ingredients twenty minutes in double boiler. Add butter, salt, and pepper.

Bread Sauce

2 cups milk
½ cup fine stale bread crumbs
1 onion
6 cloves
½ teaspoon salt
Few grains cayenne
3 tablespoons butter
½ cup coarse stale bread crumbs
Cook milk thirty minutes in double boiler, with fine bread crumbs and onion stuck with cloves. Remove onion, add salt, cayenne, and two tablespoons butter. Usually served poured around roast partridge or grouse, and sprinkled with coarse crumbs browned in remaining butter.

Rice Sauce

3 tablespoons rice
2 cups milk
½ onion

3汤匙饼干屑
1/3杯磨碎的山葵根
一杯半牛奶
3汤匙黄油
1/2 茶匙盐
1/8 茶匙胡椒
将前三种配料在双层蒸锅中煮二十分钟。加入黄油、盐和胡椒。

面包酱

两杯牛奶
半杯细陈面包屑
1个洋葱
6瓣
1/2 茶匙盐
少许辣椒粉
3汤匙黄油
半杯粗陈面包屑
在双层蒸锅中将牛奶与细面包屑和插着丁香的洋葱一起煮三十分钟。取出洋葱，加入盐、辣椒粉和两汤匙黄油。通常浇在烤鹧鸪或松鸡周围食用，并撒上在剩余黄油中烤至棕色的粗面包屑。

米饭酱汁

3汤匙大米
两杯牛奶半
个洋葱

3 cloves
2 tablespoons butter
Salt and pepper
Wash rice, add to milk, and cook in double boiler until soft. Rub through a fine strainer, return to double boiler, add onion stuck with cloves, and cook fifteen minutes. Remove onion, add butter, salt, and pepper.

Cauliflower Sauce

¼ cup butter
¼ cup flour
1 cup White Stock III
1 cup scalded milk
Cooked flowerets from a small cauliflower
Salt
Pepper
Make same as Thin White Sauce and add flowerets.

Mint Sauce

¼ cup finely chopped mint leaves
½ cup vinegar
1 tablespoon powdered sugar
Add sugar to vinegar; when dissolved, pour over mint and let stand thirty minutes on back of range to infuse. If vinegar is very strong, dilute with water.

Currant Jelly Sauce

To one cup Brown Sauce, from which onion has been omitted, add one-fourth tumbler currant jelly and one tablespoon Sherry wine;

3瓣
2汤匙黄油
盐和胡椒
洗净大米，加入牛奶，在双层蒸锅中煮至软烂。用细滤网擦滤，放回双层蒸锅，加入插着丁香的洋葱，煮十五分钟。取出洋葱，加入黄油、盐和胡椒。

花椰菜酱

1/4 杯黄油
1/4杯面粉
一杯白色高汤III
一杯烫牛奶
花椰菜小花(取自一个小花椰菜，煮熟)盐

胡椒
按照薄白酱的做法制作，并加入花球。

薄荷酱

1/4杯切碎的薄荷叶 1/2杯醋

1汤匙糖粉
将糖加入醋中；待其溶解后，浇在薄荷上，置于炉灶后部静置三十分钟以浸出香味。若醋味过浓，可加水稀释。

醋栗果冻酱

取一杯未加洋葱的棕色酱汁，加入四分之一杯红醋栗果冻和一汤匙雪利酒；

or, add currant jelly to one cup gravy made to serve with roast lamb. Currant Jelly Sauce is suitable to serve with lamb.

或者，在一杯用于搭配烤羊肉的肉汁中加入醋栗果冻。醋栗果冻酱适合搭配羊肉食用。

Port Wine Sauce

To one cup Brown Sauce, from which onion has been omitted, add one-eighth tumbler currant jelly, two tablespoons Port wine, and a few grains cayenne.

波特酒酱汁

在一杯去除了洋葱的棕色酱汁中，加入八分之一杯醋栗果冻、两汤匙波特酒和少许辣椒粉。

Vinaigrette Sauce

1 teaspoon salt
¼ teaspoon paprika
Few grains pepper
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
6 tablespoons olive oil
1 tablespoon chopped pickles
1 tablespoon chopped green pepper
1 teaspoon chopped parsley
1 teaspoon chopped chives
Mix ingredients in order given.

维纳格雷特酱

一茶匙盐

1/4茶匙红椒粉少许胡椒 1汤匙龙蒿醋

2汤匙苹果醋

6汤匙橄榄油

一汤匙切碎的腌菜

一汤匙切碎的青椒

一茶匙切碎的欧芹

一茶匙切碎的细香葱，按给定顺序混合配料。

Sauce Tartare

½ teaspoon mustard

1 teaspoon powdered sugar

½ teaspoon salt

Few grains cayenne

Yolks 2 eggs

鞑靼酱

1/2茶匙芥末

一茶匙糖粉

1/2 茶匙盐

少许辣椒粉

蛋黄 2 个鸡蛋

½ cup olive oil

1½ tablespoons vinegar

Capers — ½ tablespoon each, finely chopped

Pickles

Olives

Parsley

½ shallot, finely chopped

¼ teaspoon powdered tarragon

Mix mustard, sugar, salt, and cayenne; add yolks of eggs, and stir until thoroughly mixed, setting bowl in pan of ice-water. Add oil, at first drop by drop, stirring with a wooden spoon or wire whisk. As mixture thickens, dilute with vinegar, when oil may be added more rapidly. Keep in cool place until ready to serve, then add remaining ingredients.

Hot Sauce Tartare

½ cup White Sauce I

⅓ cup Mayonnaise

½ shallot, finely chopped

½ teaspoon vinegar

Capers — ½ tablespoon each, finely chopped

Pickles

Olives

Parsley

1/2 杯橄榄油

11/2 汤匙醋

刺山柑 — 各1/2汤匙，切碎

腌菜

橄榄

欧芹

1/2 颗红葱头，切细末

1/4茶匙粉状

龙蒿

将芥末、糖、盐和辣椒粉混合；加入蛋黄，搅拌至完全混合，将碗置于冰水盆中。加入油，起初一滴一滴地加，用木勺或打蛋器搅拌。当混合物变稠时，用醋稀释，此时油可以加得更快。放在阴凉处直到准备上桌，然后加入剩余的配料。

辣味塔塔酱

1/2杯白酱 I

1/3杯蛋黄酱

1/2 颗红葱头，切细末

1/2茶匙醋

刺山柑 — 各1/2汤匙，切碎

腌菜

橄榄

欧芹

在白酱汁中加入剩余的配料。不断搅拌直到混合物彻底加热，但不要让它达到沸点。搭配煮、蒸或炸的鱼食用。

6 olives, stoned
1⅓ cups Brown Sauce
Salt and pepper
Sherry wine
Cook onion and pepper with butter five minutes; add tomatoes, mushrooms, and olives, and cook two minutes, then add Brown Sauce. Bring to boiling-point, and add wine to taste. Serve with broiled beefsteak or fillet of beef. Boiled rice should accompany the beef, and be served on same platter.

Russian Sauce

3 tablespoons butter
2 tablespoons flour
1 cup White Stock III
¼ teaspoon salt
Few grains pepper
½ teaspoon finely chopped chives
½ teaspoon made mustard
1 teaspoon grated horseradish
¼ cup cream
1 teaspoon lemon juice
Melt butter, add flour, and pour on gradually White Stock; then add salt, pepper, mustard, chives, and horseradish. Cook two minutes, strain, add cream and lemon juice. Reheat before serving. Serve with Beef Tenderloins or Hamburg Steaks.

Sauce Finiste

3 tablespoons butter
½ teaspoon mustard

6颗去核橄榄
1 1/3 杯棕色酱汁
盐和胡椒
雪利酒
将洋葱和胡椒与黄油一起煮五分钟；加入番茄、蘑菇和橄榄，煮两分钟，然后加入棕色酱汁。煮沸，加入葡萄酒调味。搭配烤牛排或牛里脊肉食用。煮米饭应与此牛肉搭配，盛在同一盘中。

俄罗斯酱

3汤匙黄油
2汤匙面粉
一杯白色高汤III
1/4茶匙盐
少许胡椒
1/2茶匙细香葱末 1/2茶匙调制芥末

一茶匙磨碎的辣根
1/4杯奶油
一茶匙柠檬汁
融化黄油，加入面粉，逐渐倒入白色高汤；然后加入盐、胡椒、芥末、细香葱和辣根。煮两分钟，过滤，加入奶油和柠檬汁。上桌前重新加热。搭配牛里脊肉或汉堡牛排食用。

菲尼斯泰尔酱

3汤匙黄油 1/2茶匙芥末

Few grains cayenne
1 teaspoon lemon juice
1½ teaspoons Worcestershire Sauce
¾ cup stewed and strained tomatoes
Cook butter until well browned, and add remaining ingredients.

少许辣椒粉 1茶匙柠檬汁

11/2茶匙伍斯特郡酱汁 3/4杯炖煮并过滤的番茄

将黄油煮至充分呈棕褐色，加入其余配料。

CHAPTER XIX
VEGETABLES

Table showing Composition of Vegetables

Articles	Proteid	Fat	Carbohydrates	Mineral matter	Water
Artichokes	2.6	.2	16.7	1.	79.5
Asparagus	1.8	.2	3.3	1.	94.
Beans, Lima, green	7.1	.7	22.	1.7	68.5
Beans, green string	2.2	.4	9.4	.7	87.3
Beets	1.6	.1	9.6	1.1	87.6
Brussels sprouts	4.7	1.1	4.3	1.7	88.2
Cabbage	2.1	.4	5.8	1.4	90.3
Carrots	1.1	.4	9.2	1.1	88.2

第十九章蔬菜

表格显示
成分
蔬菜

物品	蛋白质	脂肪	碳水化合物	矿物质	水
洋蓟 2.6. 2 16.7 1. 79.5 芦笋 1.8. 2 3.3					
				1.	94
利马豆，绿色	7.1	.7	22.	1.7	68.5
青豆字符串	2.2	.4	9.4	7	87.3
甜菜	1.6	.1	9.6	1.1	87.6
抱子甘蓝 4.7 1.1			4.3	1.7	88.2
卷心菜 2.1 4			5.8	1.4	90.3
胡萝卜 1.1 4			9.2	1.1	88.2

Cauliflower	1.6	.8	6.	.8	90.8
Celery	1.4	.1	3.	1.1	94.4
Corn, green, sweet	2.8	1.1	14.1	.7	81.3
Cucumbers	.8	.2	2.5	.5	96.
Eggplant	1.2	.3	5.1	.5	92.9
Kohl-rabi	2.	.1	5.5	1.3	91.1
Lettuce	1.3	.4	3.3	1.	94.
Okra	2.	.4	9.5	.7	87.4
Onions	4.4	.8	.5	1.2	93.5
Parsnips	1.7	.6	16.1	1.7	79.9
Peas, green	4.4	.5	16.1	.9	78.1
Potatoes, sweet	1.8	.7	27.1	1.1	69.3
Potatoes, white	2.1	.1	18.	.9	78.9
Spinach	2.1	.5	3.1	1.9	92.4
Squash	1.6	.6	10.4	.9	86.5
Tomatoes	.8	.4	3.9	.5	94.4
Turnips	1.4	.2	8.7	.8	88.9

W. O. Atwater, Ph.D.

Vegetables include, commonly though not botanically speaking, all plants used for food except grains and fruits. With exception of beans, peas, and lentils, which contain a large amount of proteid, they are chiefly valuable for their potash salts, and should form a part of each day’s dietary. Many contain much cellulose, which gives needed bulk to the food. The legumes, peas, beans, and

花椰菜	1.6	.8	6.	.8	90.8
芹菜	1.4	.1	3.	1.1	94.4
玉米，绿色，甜 2.8		1.1	14.1	.7	81.3
黄瓜	.8	.2	2.5	.5	96.
茄子	1.2	.3	5.1	.5	92.9
苤蓝	2.	.1	5.5	1.3	91.1
生菜	1.3	.4	3.3	1.	94.
秋葵	2.	.4	9.5	.7	87.4
洋葱	4.4	.8	.5	1.2	93.5
欧洲防风草	1.7	.6	16.1	1.7	79.9
豌豆，绿色	4.4	.5	16.1	.9	78.1
红薯	1.8	.7	27.1	1.1	69.3
白土豆	2.1	.1	18.	.9	78.9
菠菜	2.1	.5	3.1	1.9	92.4
南瓜	1.6	.6	10.4	.9	86.5
西红柿	.8	.4	3.9	.5	94.4
芜菁	1.4	.2	8.7	.8	88.9

*W.O.*阿特沃特博士

蔬菜，通常(尽管从植物学角度并非如此)包括除谷物和水果外所有用作食物的植物。除了含有大量蛋白质的豆类、豌豆和小扁豆外，它们主要因所含的钾盐而有价值，应成为每日膳食的一部分。许多蔬菜含有大量纤维素，为食物提供所需的体积。豆类，豌豆、豆子和

lentils may be used in place of flesh food.

For the various vegetables different parts of the plant are used. Some are eaten in the natural state, others are cooked.

Tubers
: White potatoes and Jerusalem artichokes

Roots
: Beets, carrots, parsnips, radishes, sweet potatoes, salsify or oyster plant, and turnips

Bulbs
: Garlic, onions, and shallots

Stems
: Asparagus, celery, and chives

Leaves
: Brussels sprouts, beet greens, cabbages, dandelions, lettuce, sorrel, spinach, and watercress

Flowers
: Cauliflower

Fruit
: Beans, corn, cucumbers, okra, eggplant, peas, lentils, squash, and tomatoes.

Young, tender vegetables,—as lettuce, radishes, cucumbers, watercress, and tomatoes,—eaten uncooked, served separately or combined in salads, help to stimulate a flagging appetite, and when dressed with oil furnish considerable nutriment.

Beans, and peas when old, should be employed in making purées and soups; by so doing, the outer covering of cellulose, so irritating to the stomach, is removed.

扁豆可代替肉食。

各种蔬菜使用植物的不同部位。有些生食，有些则需烹煮。

块茎
: 白土豆和菊芋

根菜
: 甜菜、胡萝卜、欧防风、萝卜、红薯、婆罗门参或牡蛎植物以及芜菁

鳞茎
: 大蒜、洋葱和红葱头

茎
: 芦笋、芹菜和细香葱

叶
: 抱子甘蓝、甜菜叶、卷心菜、蒲公英、生菜、酸模、菠菜和豆瓣菜

花
: 花椰菜

果实
: 豆类、玉米、黄瓜、秋葵、茄子、豌豆、小扁豆、南瓜和番茄。

鲜嫩蔬菜--如生菜、萝卜、黄瓜、豆瓣菜和番茄--生食，单独上桌或拌入沙拉中，有助于刺激迟钝的食欲，当用油调味时能提供相当多的营养。

豆子和老豌豆应用于制作菜泥和汤；这样做可以去除对胃有刺激性的纤维素外皮。

Care of Vegetables

Summer vegetables should be cooked as soon after gathering as possible; in case they must be kept, spread on bottom of cool, dry, well-ventilated cellar, or place in ice-box. Lettuce may be best kept by sprinkling with cold water and placing in a tin pail closely covered. Wilted vegetables may be freshened by allowing to stand in cold water. Vegetables which contain sugar lose some of their sweetness by standing; corn and peas are more quickly affected than others. Winter vegetables should be kept in a cold, dry place. Beets, carrots, turnips, potatoes, etc., should be put in barrels or piled in bins, to exclude as much air as possible. Squash should be spread, and needs careful watching; when dark spots appear, cook at once.

In using canned goods, empty contents from can as soon as opened, lest the acid therein act on the tin to produce poisonous compounds, and let stand one hour, that it may become reoxygenated. Beans, peas, asparagus, etc., should be emptied into a strainer, drained, and cold water poured over them and allowed to run through. In using dried vegetables, soak in cold water several hours before cooking. A few years ago native vegetables were alone sold; but now our markets are largely supplied from the Southern States and California, thus allowing us fresh vegetables throughout the year.

Cooking of Vegetables

A small scrubbing-brush, which may be bought for five cents, and two small pointed knives for preparing vegetables should be found in every kitchen.

蔬菜的处理

夏季蔬菜应尽可能在采摘后尽快烹制；若必须保存，可铺在阴凉、干燥、通风良好的地窖底部，或放入冰箱。生菜最好的保存方法是洒上冷水，放入盖紧的铁桶中。枯萎的蔬菜可通过浸泡在冷水中恢复新鲜。含糖的蔬菜放置后会失去部分甜味；玉米和豌豆比其他蔬菜更容易受影响。冬季蔬菜应保存在阴凉干燥处。甜菜、胡萝卜、萝卜、土豆等应放入桶中或堆放在储藏箱内，以尽可能隔绝空气。南瓜应摊开摆放，需仔细看管；一旦出现黑斑，应立即烹制。

使用罐头食品时，一打开就应将内容物从罐中倒出，以免其中的酸与锡作用产生有毒化合物，并放置一小时，使其重新氧化。豆类、豌豆、芦笋等应倒入滤网，沥干，再浇上冷水让其流过。使用干制蔬菜时，烹制前应在冷水中浸泡数小时。几年前市场上只出售本地蔬菜；但现在我们的市场大量供应来自南方各州和加利福尼亚的蔬菜，因此全年都能获得新鲜蔬菜。

蔬菜的烹调

每个厨房都应备有一把小刷子(五美分即可购得)和两把用于处理蔬菜的小尖刀。

Vegetables should be washed in cold water, and cooked until soft in boiling salted water; if cooked in an uncovered vessel, their color is better kept. For peas and beans add salt to water last half hour of cooking. Time for cooking the same vegetable varies according to freshness and age, therefore time tables for cooking serve only as guides.

蔬菜应在冷水中洗净，然后在加盐的沸水中煮至软烂；如果在敞口容器中烹煮，颜色保持得更好。对于豌豆和豆子，在烹煮的最后半小时加盐。同一种蔬菜的烹煮时间因新鲜程度和老嫩而异，因此烹煮时间表仅供参考。

Mushrooms and Truffles

蘑菇与松露

These are classed among vegetables. Mushrooms, which grow about us abundantly, may be easily gathered, and as they contain considerable nutriment, should often be found on the table. While there are hundreds of varieties, one by a little study may acquaint herself with a dozen or more of the most common ones which are valuable as food. Consult W. Hamilton Gibson, “Our Edible Toadstools and Mushrooms.” Many might cause illness, but only a few varieties of the *Amanita* family are deadly poison. Mushrooms require heat and moisture,—a severe drought or very wet soil being unfavorable for their growth. Never gather mushrooms in the vicinity of decaying matter. They appear the middle of May, and last until frost comes. *Campestris* is the variety always found in market; French canned are of this family. *Boleti* are dried, canned, and sold as *cepes*.

这些被归类为蔬菜。蘑菇在我们周围大量生长，很容易采集，而且由于它们含有相当多的营养，应该经常出现在餐桌上。虽然有数百个品种，但通过一点研究，一个人可以熟悉十几种或更多最常见的、有食用价值的品种。参阅W.Hamilton Gibson 的《Our Edible Toadstools and Mushrooms》。许多可能引起疾病，但只有少数*Amanita*科的品种是致命的毒药。蘑菇需要热量和水分--严重的干旱或非常潮湿的土壤不利于它们的生长。切勿在腐烂物质附近采集蘑菇。它们在五月中旬出现，一直持续到霜冻来临。*Campestris*是市场上总能找到的品种；法国罐装的就是这个家族。*Boleti*被干燥、罐装并作为*cepes*出售。

Truffles

松露

Truffles belong to the same family as mushrooms, and are grown underground. France is the most famous field for their production, from which country they are exported in tin cans, and are too expensive for ordinary use.

松露与蘑菇同科，生长在地下。法国是最著名的松露出产地，从该国以罐头形式出口，价格昂贵，不适合日常使用。

Artichokes

洋蓟

French artichokes, imported throughout the year, are the ones principally used. They retail from thirty to forty cents each, and are cheapest and best in November, December, and January. Artichokes are appearing in market from California and are somewhat cheaper in price than the French Artichoke. Jerusalem artichokes are employed for pickling, and can be bought for fifteen cents per quart.

全年进口的法国洋蓟是主要使用的品种。零售价为每个三十至四十美分，在十一月、十二月和一月最便宜也最好。市场上也出现了来自加利福尼亚的洋蓟，价格比法国洋蓟略便宜。菊芋用于腌制，每夸脱售价十五美分。

Boiled Artichokes

Cut off stem close to leaves, remove outside bottom leaves, trim artichoke, cut off one inch from top of leaves, and with a sharp knife remove choke; then tie artichoke with a string to keep its shape. Soak one-half hour in cold water. Drain, and cook thirty to forty-five minutes in boiling, salted, acidulated water. Remove from water, place upside down to drain, then take off string. Serve with Béchamel or Hollandaise Sauce. Boiled Artichokes often constitute a course at dinner. Leaves are drawn out separately with fingers, dipped in sauce, and fleshy ends only eaten, although the bottom is edible. Artichokes may be cut in quarters, cooked, drained, and served with Sauce Bearnaise. When prepared in this way they are served with mutton.

煮洋蓟

在靠近叶片处切去茎，去掉底部外层叶片，修整朝鲜蓟，从叶顶切去一英寸，用锋利的刀去除花心；然后用绳子将朝鲜蓟绑住以保持形状。在冷水中浸泡半小时。沥干，在加盐的酸性沸水中煮三十至四十五分钟。从水中取出，倒置沥干，然后解开绳子。配贝夏梅尔酱或荷兰酱食用。煮朝鲜蓟常作为晚餐的一道菜。用手将叶片逐一摘下，蘸酱，只吃肥厚的基部，尽管底部也可食用。朝鲜蓟可切成四块，煮熟，沥干，配贝阿内兹酱食用。这样烹制时，与羊肉一同上桌。

Fried Artichokes

Sprinkle Boiled Artichokes cut in quarters with salt, pepper, and finely chopped parsley. Dip in Batter I, fry in deep fat, and drain. In preparing artichokes, trim off tops of leaves closer than when served as Boiled Artichokes.

炸洋蓟

将煮熟的洋蓟切成四块，撒上盐、胡椒和切碎的欧芹。蘸上面糊 I，在深油中炸制，然后沥干。在准备洋蓟时，将叶子顶部修剪得比作为煮洋蓟上桌时更靠近一些。

Artichoke Bottoms

Remove all leaves and the choke. Trim bottoms in shape, and cook until soft in boiling, salted, acidulated water. Serve with Hollandaise or Béchamel Sauce.

Stuffed Artichokes

Prepare and cook as Boiled Artichokes, having them slightly underdone. Fill with Chicken Force-meat I or II, and bake thirty minutes in a moderate oven, basting twice with Thin White Sauce. Remove to serving dish and pour around Thin White Sauce.

Asparagus

Hothouse asparagus is found in market during winter, but is not very satisfactory, and is sold for about one dollar per bunch. Oyster Bay (white asparagus) appears first of May, and commands a very high price. Large and small green stalk asparagus is in season from first of June to middle of July, and cheapest the middle of June.

Boiled Asparagus

Cut off lower parts of stalks as far down as they will snap, untie bunches, wash, remove scales, and retie. Cook in boiling salted water fifteen minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and spread with soft butter, allowing one and one-half tablespoons butter to each bunch asparagus. Asparagus is often broken or cut in inch pieces for boiling, cooking tips a shorter time than stalks.

洋蓟底部

去掉所有叶子和 choke。将底部修整成形，在加盐的酸性沸水中煮至软烂。配荷兰酱或贝夏梅尔酱汁上桌。

填馅洋蓟

按照煮洋蓟的方法准备和烹饪，使其略微欠火。填入鸡肉馅料 I 或 II，在中等烤箱中烤三十分钟，期间用稀白酱汁浇淋两次。移至 serving dish，周围浇上稀白酱汁。

芦笋

温室芦笋在冬季上市，但不太令人满意，每捆售价约一美元。Oyster Bay(白芦笋)五月初上市，价格非常高。大茎和小茎绿芦笋的时令从六月初到七月中旬，六月中旬最便宜。

煮芦笋

将茎的下部切掉，切到它们能折断的位置，解开捆扎，清洗，去除鳞片，重新捆扎。在加盐沸水中煮十五分钟或至软烂，前十分钟将尖端留在水面外。沥干，去掉绳子，涂上软黄油，每捆芦笋用一汤匙半黄油。芦笋常被掰成或切成一英寸长的段来煮，尖端煮的时间比茎短。

Asparagus on Toast

Serve Boiled Asparagus on Buttered or Milk Toast.

Asparagus in White Sauce

Boil asparagus cut in one-inch pieces, drain, and add to White Sauce I, allowing one cup sauce to each bunch asparagus. Serve in Croustades of Bread for a vegetable course.

Asparagus à la Hollandaise

Pour Hollandaise Sauce I over Boiled Asparagus.

Asparagus in Crusts

Remove centres from small rolls, fry shells in deep fat, drain, and fill with Asparagus in White Sauce.

Beans

String Beans that are obtainable in winter come from California; natives appear in market the last of June and continue until the last of September. There are two varieties, green (pole cranberry being best flavored) and yellow (butter bean).

Shell Beans, including horticultural and sieva, are sold in the pod or shelled, five quarts in pod making one quart shelled. They are found in market during July and August. Common lima and improved lima shell beans are in season in August and September. Dried lima beans are procurable throughout the year.

String Beans

芦笋吐司

将煮好的芦笋放在黄油吐司或牛奶吐司上食用。

白汁芦笋

将切成一英寸段的芦笋煮沸，沥干，加入白酱汁 I，每捆芦笋用一杯酱汁。盛在面包脆壳中作为蔬菜 course 上桌。

荷兰汁芦笋

将荷兰酸酱I浇在水煮芦笋上。

酥皮芦笋

将小面包卷去心，外壳在深油中炸制，沥干，填入白酱汁芦笋。

豆类

冬季可获得的四季豆来自加利福尼亚；本地产的六月底上市，持续到九月底。有两个品种，绿色(pole cranberry 风味最佳)和黄色(黄油豆)。

去壳豆，包括 horticultural 和 sieva，以带荚或去壳形式出售，五夸脱带荚可剥出一夸脱豆粒。它们在七八月间上市。普通利马豆和改良利马去壳豆的时令在八月和九月。干利马豆全年可购得。

四季豆

Remove strings, and snap or cut in one-inch pieces; wash, and cook in boiling water from one to three hours, adding salt last half-hour of cooking. Drain, season with butter and salt.

去掉筋丝，掰成或切成一英寸长的段；清洗，在沸水中煮一到三小时，烹饪的最后半小时加盐。沥干，用黄油和盐调味。

Shell Beans

Wash, and cook in boiling water from one to one and a half hours, adding salt last half-hour of cooking. Cook in sufficiently small quantity of water, that there may be none left to drain off when beans are cooked. Season with butter and salt.

带壳豆

清洗，在沸水中煮一到一小时半，烹饪的最后半小时加盐。用足够少的水煮，以便豆子煮熟时没有剩余的水需要沥掉。用黄油和盐调味。

Cream of Lima Beans

Soak one cup dried beans over night, drain, and cook in boiling salted water until soft; drain, add three-fourths cup cream, and season with butter and salt. Reheat before serving.

利马豆奶油汤

将一杯干豆浸泡一夜，沥干，在加盐沸水中煮至软烂；沥干，加入四分之三杯奶油，用黄油和盐调味。上桌前重新加热。

Boiled Beets

Wash, and cook whole in boiling water until soft; time required being from one to four hours. Old beets will never be tender, no matter how long they may be cooked. Drain, and put in cold water that skins may be easily removed. Serve cut in quarters or slices.

煮甜菜

清洗，整颗在沸水中煮至软烂；所需时间为一到四小时。老甜菜无论煮多久都不会变嫩。沥干，放入冷水中以便容易去皮。切成四块或切片上桌。

Sugared Beets

4 hot boiled beets
3 tablespoons butter
1½ tablespoons sugar
½ teaspoon salt
Cut beets in one-fourth inch slices, add butter, sugar, and salt;

糖渍甜菜

4个煮熟的热甜菜
3汤匙黄油
11/2 汤匙糖
1/2 茶匙盐
将甜菜切成四分之一英寸厚的片，加入黄油、糖和盐；

reheat for serving.

Pickled Beets

Slice cold boiled beets and cover with vinegar.

Beets, Sour Sauce

Wash beets, and cook in boiling salted water until soft. Drain, and reserve one-half cup water in which beets were cooked. Plunge into cold water, rub off skins and cut into cubes. Reheat in

Sour Sauce. Melt two tablespoons butter, add two tablespoons flour, and pour on the beet water. Add one-fourth cup, each, vinegar and cream, one teaspoon sugar, one-half teaspoon salt, and a few grains pepper.

Harvard Beets

Wash twelve small beets, cook in boiling water until soft, remove skins, and cut beets in thin slices, small cubes, or fancy shapes, using French vegetable cutter. Mix one-half cup sugar and one-half tablespoon corn-starch. Add one-half cup vinegar and let boil five minutes. Pour over beets, and let stand on back of range one-half hour. Just before serving add two tablespoons butter.

Brussels Sprouts

Brussels sprouts belong to the same family as cabbage, and the small heads grow from one to two inches apart, on the axis of the entire stem, one root yielding about two quarts. They are imported, and also grow in this country, being cheapest and best in December and January.

重新加热后上桌。

腌甜菜

将冷煮甜菜切片，覆以醋。

甜菜，酸酱

清洗甜菜，在加盐沸水中煮至软烂。沥干，保留半杯煮甜菜的水。浸入冷水，搓去表皮，切成方块。在

酸酱汁。融化两汤匙黄油，加入两汤匙面粉，倒入甜菜水。加入各四分之一杯醋和奶油，一茶匙糖，半茶匙盐，以及少许胡椒。

哈佛甜菜

清洗十二个小甜菜，在沸水中煮至软烂，去皮，将甜菜切成薄片、小方块或花式形状，使用法式蔬菜切刀。混合半杯糖和半汤匙玉米淀粉。加入半杯醋，煮沸五分钟。浇在甜菜上，在炉灶后部放置半小时。上桌前加入两汤匙黄油。

抱子甘蓝

抱子甘蓝与卷心菜同科，小头之间相距一到两英寸，生长在整个茎的轴上，一株根可产约两夸脱。它们有进口的，也在本国种植，十二月和一月最便宜也最好。

Brussels Sprouts in White Sauce

Pick over, remove wilted leaves, and soak in cold water fifteen minutes. Cook in boiling salted water twenty minutes, or until easily pierced with a skewer. Drain, and to each pint add one cup White Sauce I.

Scalloped Brussels Sprouts

Pick over, remove wilted leaves, and soak in cold water one quart sprouts. Cook in boiling salted water until soft, then drain. Wash celery and cut in pieces; there should be one and one-half cups. Melt three tablespoons butter, add celery, cook two minutes, add three tablespoons flour, and pour on gradually one and one-half cups scalded milk; add sprouts and turn mixture into a baking-dish. Cover with buttered crumbs and bake in a hot oven until crumbs are brown.

Cabbage

There are four kinds of cabbage in the market,—drum-head, sugar-loaf, Savoy, and purple; and some variety may be found throughout the year. The Savoy is best for boiling; drum-head and purple for Cole-Slaw. In buying, select heavy cabbages.

Boiled Cabbage

Take off outside leaves, cut in quarters, and remove tough stalk. Soak in cold water and cook in an uncovered vessel in boiling salted water, to which is added one-fourth teaspoon soda; this prevents disagreeable odor during cooking. Cook from thirty minutes to one hour, drain, and serve; or chop, and season with butter, salt, and pepper.

白汁抱子甘蓝

挑拣，去掉枯萎的叶子，在冷水中浸泡十五分钟。在加盐沸水中煮二十分钟，或至用签子容易刺穿。沥干，每品脱加入一杯白酱汁 I。

扇贝抱子甘蓝

挑拣，去掉枯萎的叶子，将一夸脱抱子甘蓝在冷水中浸泡。在加盐沸水中煮至软烂，然后沥干。清洗芹菜并切段；应有一杯半。融化三汤匙黄油，加入芹菜，煮两分钟，加入三汤匙面粉，逐渐倒入一杯半烫过的牛奶；加入抱子甘蓝，将混合物倒入烤盘。盖上黄油面包屑，在热烤箱中烤至面包屑变褐。

卷心菜

市场上有四种卷心菜--鼓头、糖 loaf、萨伏依和紫色；全年都可找到某些品种。萨伏依最适合煮；鼓头和紫色适合做凉拌卷心菜丝。购买时选择沉重的卷心菜。

煮卷心菜

去掉外层叶子，切成四块，去除硬茎。在冷水中浸泡，在加盐沸水中用敞口容器煮，水中加入四分之一茶匙小苏打；这可防止烹饪时产生难闻气味。煮三十分钟到一小时，沥干，上桌；或切碎，用黄油、盐和胡椒调味。

Escalloped Cabbage

Cut one-half boiled cabbage in pieces; put in buttered baking-dish, sprinkle with salt and pepper, and add one cup White Sauce I. Lift cabbage with fork, that it may be well mixed with sauce, cover with buttered crumbs, and bake until crumbs are brown.

German Cabbage

Slice red cabbage and soak in cold water. Put one quart in stewpan with two tablespoons butter, one-half teaspoon salt, one tablespoon finely chopped onion, few gratings of nutmeg, and few grains cayenne; cover, and cook until cabbage is tender. Add two tablespoons vinegar and one-half tablespoon sugar, and cook five minutes.

Cole-Slaw

Select a small, heavy cabbage, take off outside leaves, and cut in quarters; with a sharp knife slice very thinly. Soak in cold water until crisp, drain, dry between towels, and mix with Cream Salad Dressing.

Hot Slaw

Slice cabbage as for Cole-Slaw, using one-half cabbage. Heat in a dressing made of yolks of two eggs slightly beaten, one-fourth cup cold water, one tablespoon butter, one-fourth cup hot vinegar, and one-half teaspoon salt, stirred over hot water until thickened.

Carrots

Carrots may always be found in market. New carrots appear last of April, and are sold in bunches; these may be boiled and served,

焗烤卷心菜

将半颗煮熟的卷心菜切成块；放入涂了黄油的烤盘，撒上盐和胡椒，加入一杯白酱汁 I。用叉子翻动卷心菜，使其与酱汁充分混合，盖上黄油面包屑，烤至面包屑变褐。

德式卷心菜

将紫甘蓝切片，在冷水中浸泡。将一夸脱放入炖锅，加入两汤匙黄油、半茶匙盐、一汤匙切碎的洋葱、少许肉豆蔻屑和少许卡宴辣椒；盖上盖子，煮至卷心菜变软。加入两汤匙醋和半汤匙糖，煮五分钟。

凉拌卷心菜

选择一颗小而沉重的卷心菜，去掉外层叶子，切成四块；用锋利的刀切得很薄。在冷水中浸泡至脆，沥干，用毛巾擦干，与奶油沙拉酱汁混合。

热卷心菜沙拉

像做凉拌卷心菜丝一样切卷心菜，用半颗卷心菜。在由两个蛋黄略打散、四分之一杯冷水、一汤匙黄油、四分之一杯热醋和半茶匙盐制成的调味汁中加热，在热水上搅拌至浓稠。

胡萝卜

胡萝卜在市场上总能找到。新胡萝卜四月底上市，按捆出售；这些可以煮后上桌，

but carrots are chiefly used for flavoring soups, and for garnishing, on account of their bright color. To prepare carrots for cooking, wash and scrape, as best flavor and brightest color are near the skin.

Carrots and Peas

Wash, scrape, and cut young carrots in small cubes or fancy shapes; cook until soft in boiling salted water or stock. Drain, add an equal quantity of cooked green peas, and season with butter, salt, and pepper.

Carrots, Poulette Sauce

Wash, scrape, and cut carrots in strips, cubes, or fancy shapes, cover with boiling water, let stand five minutes; drain, and cook in boiling salted water, to which is added one-half tablespoon butter, until soft. Add to recipe for sauce given under Macédoine of Vegetables à la Poulette (see p. 308).

Cauliflower

Cauliflowers comprise the stalks and flowerets of a plant which belongs to the same family as Brussels sprouts and cabbage; they may be obtained throughout the year, but are cheapest and best in September and October. In selecting cauliflowers, choose those with white heads and fresh green leaves; if dark spots are on the heads, they are not fresh.

Creamed Cauliflower

Remove leaves, cut off stalk, and soak thirty minutes (head down) in cold water to cover. Cook (head up) twenty minutes or until

但胡萝卜主要因其鲜亮的色泽而用于为汤调味和作配菜。准备胡萝卜烹饪时，洗净并刮皮，因为最佳的风味和最鲜亮的色泽都靠近表皮。

胡萝卜与豌豆

将嫩胡萝卜洗净、刮皮，切成小方块或花式形状；在加盐的沸水或高汤中煮至软烂。沥干，加入等量的煮熟青豌豆，用黄油、盐和胡椒调味。

胡萝卜，普莱特酱

将胡萝卜洗净、刮皮，切成条、方块或花式形状，用沸水没过，静置五分钟；沥干，在加盐的沸水中煮，加入半汤匙黄油，煮至软烂。加入《蔬菜马其顿式à la Poulette》下所给的酱汁食谱(见第308页)。

花椰菜

花椰菜包括一种植物的茎和花球，该植物与抱子甘蓝和卷心菜同科；全年均可获得，但九月和十月最便宜也最好。挑选花椰菜时，选择花球洁白、叶片鲜绿的；若花球上有黑斑，则不够新鲜。

奶油花椰菜

去掉叶片，切去茎，头朝下在没过食材的冷水中浸泡三十分钟。头朝上煮二十分钟或直至

soft in boiling salted water; drain, separate flowerets, and reheat in one and one-half cups White Sauce I.

Cauliflower à la Hollandaise

Prepare as for Creamed Cauliflower, using Hollandaise Sauce I instead of White Sauce.

Cauliflower au Gratin

Place a whole cooked cauliflower on a dish for serving, cover with buttered crumbs, and place on oven grate to brown crumbs; remove from oven and pour one cup Thin White Sauce around cauliflower.

Cauliflower à la Parmesan

Prepare as Cauliflower au Gratin. Sprinkle with grated cheese before covering with crumbs.

Cauliflower à la Huntington

Prepare cauliflower as for boiled cauliflower, and steam until soft. Separate in pieces and pour over the following sauce:

Mix one and one-half teaspoons mustard, one and one-fourth teaspoons salt, one teaspoon powdered sugar, and one-fourth teaspoon paprika. Add yolks three eggs slightly beaten, one-fourth cup olive oil, and one-half cup vinegar in which one-half teaspoon finely chopped shallot has infused five minutes. Cook over hot water until mixture thickens. Remove from range, and add one-half tablespoon curry powder, two tablespoons melted butter, and one teaspoon finely chopped parsley.

在加盐的沸水中煮软；沥干，分成小朵，放入一杯半的白酱汁一中重新加热。

荷兰汁花椰菜

按奶油花椰菜的做法准备，用荷兰酱汁一代替白酱汁。

焗花椰菜

将一整棵煮熟的花椰菜放在上菜盘中，盖上黄油面包屑，置于烤箱烤架上将面包屑烤至棕色；从烤箱取出，在花椰菜周围浇上一杯稀白酱汁。

帕尔马干酪花椰菜

按焗烤花椰菜的做法准备。在盖上面包屑之前撒上磨碎的奶酪。

花椰菜亨廷顿式

按煮花椰菜的做法准备，蒸至软烂。分成小块，浇上以下酱汁：

混合一茶匙半芥末、一茶匙四分之一盐、一茶匙糖粉和四分之一茶匙红椒粉。加入三个鸡蛋的蛋黄(略打散)、四分之一杯橄榄油和半杯醋，醋中已浸泡半茶匙切碎的葱头五分钟。在热水上煮至混合物变稠。离火，加入半汤匙咖喱粉、两汤匙融化的黄油和一茶匙切碎的欧芹。

Celery

Celery may be obtained from last of July until April. It is best and cheapest in December. Celery stalks are green while growing; but the white celery seen in market has been bleached, with the exception of Kalamazoo variety, which grows white. To prepare celery for table, cut off roots and leaves, separate stalks, wash, scrape, and chill in ice-water. By adding a slice of lemon to ice-water celery is kept white and made crisp. If tops of stalks are gashed several times before putting in water, they will curl back and make celery look more attractive.

Celery in White Sauce

Wash, scrape, and cut celery stalks in one-inch pieces; cook twenty minutes or until soft in boiling salted water; drain, and to two cups celery add one cup White Sauce I. This is a most satisfactory way of using the outer stalks of celery.

Fried Celery, Tomato Sauce

Wash and scrape celery, cut in three-inch pieces, dip in batter, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce.

Batter. Mix one-half cup bread flour, one-fourth teaspoon salt, a few grains pepper, one-third cup milk, and one egg well beaten.

Chiccory or Endive

Chiccory or endive may be obtained throughout the year, but during January, February, March, and April supply is imported. It is used only for salads.

芹菜

芹菜可从七月末供应到四月。十二月时最好也最便宜。芹菜茎在生长时是绿色的；但市场上见到的白芹菜是经过软化栽培的，只有卡勒马祖品种例外，它天生就是白色的。为餐桌准备芹菜时，切去根和叶，分开茎，洗净，刮去外皮，在冰水中冷却。在冰水中加一片柠檬可使芹菜保持白色并变得脆嫩。如果在放入水中之前将茎的顶端划几道口子，它们会向后卷曲，使芹菜看起来更美观。

白汁芹菜

洗净、刮净芹菜茎，切成一英寸长的段；在加盐的沸水中煮二十分钟或至软烂；沥干，取两杯芹菜加入一杯白酱汁一。这是利用芹菜外层茎的最令人满意的方法。

炸芹菜配番茄酱

洗净刮净芹菜，切成三英寸长的段，蘸上面糊，在深油中炸，在牛皮纸上沥干。配番茄酱汁食用。**面糊。**混合半杯面包面粉、四分之一茶匙盐、少许胡椒粉、三分之一杯牛奶和一个充分打散的鸡蛋。

菊苣或苦苣

菊苣或苦苣全年均可获得，但在一月、二月、三月和四月为进口供应。仅用于制作沙拉。

Corn

Corn may be found in market from first of June to first of October. Until native corn appears it is the most unsatisfactory vegetable. Native corn is obtainable the last of July, but is most abundant and cheapest in August. Among the best varieties are Crosby for early corn and Evergreen for late corn.

Boiled Green Corn

Remove husks and silky threads. Cook ten to twenty minutes in boiling water. Place on platter covered with napkin; draw corners of napkin over corn; or cut from cob and season with butter and salt.

Succotash

Cut hot boiled corn from cob, add equal quantity of hot boiled shelled beans; season with butter and salt; reheat before serving.

Corn Oysters

Grate raw corn from cobs. To one cup pulp add one well-beaten egg, one-fourth cup flour, and season highly with salt and pepper. Drop by spoonfuls and fry in deep fat, or cook on a hot, well-greased griddle. They should be made about the size of large oysters.

Corn Fritters

1 can corn
1 cup flour
1 teaspoon baking powder

玉米

玉米从六月一日到十月一日可在市场上找到。在本地玉米上市之前，它是最不令人满意的蔬菜。本地玉米在七月底可买到，但在八月最为丰富和便宜。最好的品种中，早熟玉米为克罗斯比，晚熟玉米为常青。

煮青玉米

去除苞叶和丝状须。在沸水中煮十到二十分钟。放在铺有餐巾的盘子上；将餐巾角拉过来盖住玉米；或从玉米棒上切下，用黄油和盐调味。

豆煮玉米

将热的煮玉米从棒上切下，加入等量的热煮去壳豆；用黄油和盐调味；上菜前重新加热。

玉米牡蛎

将生玉米从棒上擦下。取一杯玉米浆加入一个充分打散的鸡蛋、四分之一杯面粉，并用盐和胡椒充分调味。用勺子舀入深油中炸，或在热的、涂油充分的煎饼锅上煎。应做成大牡蛎大小。

玉米油炸饼

1 罐玉米
一杯面粉
一茶匙发酵粉

2 teaspoons salt
¼ teaspoon paprika
2 eggs
Chop corn, and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick, and fold in whites of eggs beaten stiff. Cook in a frying-pan in fresh hot lard. Drain on paper.

Corn à la Southern

To one can chopped corn add two eggs slightly beaten, one teaspoon salt, one-eighth teaspoon pepper, one and one-half tablespoons melted butter, and one pint scalded milk; turn into a buttered pudding-dish and bake in slow oven until firm.

Chestnuts

French and Italian chestnuts are served in place of vegetables.

Chestnut Purée

Remove shells from chestnuts, cook until soft in boiling salted water; drain, mash, moisten with scalded milk, season with salt and pepper, and beat until light. Chestnuts are often boiled, riced, and piled lightly in centre of dish, then surrounded by meat.

Baked Chestnuts

Remove shells from one pint chestnuts, put in a baking-dish, cover with Chicken Stock highly seasoned with salt and cayenne, and bake until soft, keeping covered until nearly done. There should be a small quantity of stock in pan to serve with chestnuts.

2茶匙盐
1/4茶匙红椒粉
2个鸡蛋
剁碎玉米，加入混合过筛的干配料，然后加入打至浓稠的蛋黄，翻拌入打至硬挺的蛋白。在新鲜热猪油中用煎锅煎。在纸上沥干。

南方风味玉米

取一罐剁碎的玉米加入两个略打散的鸡蛋、一茶匙盐、八分之一茶匙胡椒、一汤匙半融化的黄油和一品脱烫过的牛奶；倒入涂了黄油的布丁盘，在慢烤箱中烤至凝固。

栗子

法国栗子和意大利栗子代替蔬菜上桌。

栗子泥

去除栗子壳，在加盐的沸水中煮至软烂；沥干，捣碎，用烫过的牛奶润湿，用盐和胡椒调味，搅打至轻盈。栗子常被煮后压成泥，轻轻堆在盘子中央，然后周围摆放肉。

烤栗子

去除一品脱栗子的壳，放入烤盘，倒入用盐和辣椒粉充分调味的鸡汤高汤，烤至软烂，几乎烤好前一直盖着。盘中应留有少量高汤与栗子一起上桌。

Cucumbers

Cucumbers may be obtained throughout the year, and are generally served raw. During the latter part of the summer they are gathered and pickled for subsequent use. Small pickled cucumbers are called gherkins.

Sliced Cucumbers

Remove thick slices from both ends and cut off a thick paring, as the cucumber contains a bitter principle, a large quantity of which lies near the skin and stem end. Cut in thin slices and keep in cold water until ready to serve. Drain, and cover with crushed ice for serving.

Boiled Cucumbers

Old cucumbers may be pared, cut in pieces, cooked until soft in boiling salted water, drained, mashed, and seasoned, with butter, salt, and pepper.

Fried Cucumbers

Pare cucumbers and cut lengthwise in one-third inch slices. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Stuffed Cucumbers

Pare three cucumbers, cut in halves crosswise, remove seeds, and let stand in cold water thirty minutes. Drain, wipe, and fill with force-meat, using recipe for Chicken Force-meat I or II,

黄瓜

黄瓜全年均可获得，通常生食。夏末时节，人们会采收黄瓜并腌制以备后用。腌制的小黄瓜被称为酸黄瓜。

黄瓜片

切去两端厚片，削去厚皮，因为黄瓜含有苦味成分，大量存在于靠近表皮和蒂端处。切成薄片，泡在冷水中待用。沥干，上菜时盖上碎冰。

煮黄瓜

老黄瓜可削皮、切块，在加盐的沸水中煮至软烂，沥干，捣碎，用黄油、盐和胡椒调味。

炸黄瓜

黄瓜削皮，纵切成三分之一英寸的片。用毛巾吸干，撒上盐和胡椒，蘸面包屑、鸡蛋、再蘸面包屑，在深油中炸，沥干。

酿黄瓜

三条黄瓜削皮，横切成两半，去籽，在冷水中浸泡三十分钟。沥干，擦干，填入肉馅，使用鸡肉肉馅一或二的食谱，

substituting veal for chicken. Place upright on a trivet in a saucepan. Half surround with White Stock, cover, and cook forty minutes. Place on thin slices of dry toast, cut in circular shapes, and pour around one and one-half cups Béchamel Sauce. Serve as a vegetable course or an entrée.

用小牛肉代替鸡肉。竖立在锅中的三脚架上。周围倒入一半白高汤，盖上，煮四十分钟。放在切成圆形的薄干吐司上，周围浇上一杯半的贝夏梅尔酱汁。作为蔬菜菜或小菜上桌。

Fried Eggplant I

Pare an eggplant and cut in very thin slices. Sprinkle slices with salt and pile on a plate. Cover with a weight to express the juice, and let stand one and one-half hours. Dredge with flour and sauté slowly in butter until crisp and brown. Eggplant is in season from September to February.

炸茄子一

茄子削皮，切成极薄的片。撒上盐，堆在盘子上。盖上重物压出汁液，静置一小时半。撒上面粉，用黄油慢煎至酥脆金黄。茄子从九月到二月当季。

Fried Eggplant II

Pare an eggplant, cut in one-fourth inch slices, and soak over night in cold salted water. Drain, let stand in cold water one-half hour, drain again, and dry between towels. Sprinkle with salt and pepper, dip in batter, or dip in flour, egg, and crumbs, and fry in deep fat.

炸茄子二

茄子削皮，切成四分之一英寸的片，在冷盐水中浸泡过夜。沥干，在冷水中静置半小时，再次沥干，用毛巾吸干。撒上盐和胡椒，蘸面糊，或蘸面粉、鸡蛋和面包屑，在深油中炸。

Stuffed Eggplant

Cook eggplant fifteen minutes in boiling salted water to cover. Cut a slice from top, and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp, and add one cup soft stale bread crumbs. Melt two tablespoons butter, add one-half tablespoon finely chopped onion, and cook five minutes, or try out three slices of bacon, using bacon fat in place of butter. Add to chopped pulp and bread, season with salt and pepper, and if necessary moisten with a little stock or water; cook five minutes,

酿茄子

将茄子放入没过食材的沸盐水中煮十五分钟。从顶部切下一片，用勺子取出果肉，注意不要挖得太靠近表皮。将果肉切碎，加入一杯松软的陈面包屑。融化两汤匙黄油，加入半汤匙切碎的洋葱，煮五分钟，或煸出三片培根的油脂，用培根油代替黄油。加入切碎的果肉和面包中，用盐和胡椒调味，如有必要用少量高汤或水润湿；煮五分钟，

cool slightly, and add one beaten egg. Refill eggplant, cover with buttered bread crumbs, and bake twenty-five minutes in a hot oven.

稍凉，加入一个搅打好的鸡蛋。重新填入茄子，覆上涂了黄油的面包屑，在热烤箱中烤二十五分钟。

Scalloped Eggplant

Pare an eggplant and cut in two-thirds inch cubes. Cook in a small quantity of boiling water until soft, then drain. Cook two tablespoons butter with one-half onion, finely chopped, until yellow, add three-fourths tablespoon finely chopped parsley and eggplant. Turn into a buttered baking-dish. Cover with buttered crumbs and bake until crumbs are brown.

扇贝形烤茄子

将茄子削皮，切成三分之二英寸的方块。用少量沸水煮至软烂，然后沥干。用两汤匙黄油与半个切碎的洋葱一起煮至黄色，加入四分之三汤匙切碎的欧芹和茄子。倒入涂了黄油的烤盘。覆上涂了黄油的面包屑，烤至面包屑呈棕色。

Greens

Hothouse beet greens and dandelions appear in market the first of March, when they command a high price. Those grown out of doors are in season from middle of May to first of July.

绿叶蔬菜

温室甜菜叶和蒲公英三月初上市，此时价格高昂。户外种植的从五月中旬到七月初为时令。

Boiled Beet Greens

Wash thoroughly and scrape roots, cutting off ends. Drain, and cook one hour or until tender in a small quantity boiling salted water. Season with butter, salt, and pepper. Serve with vinegar.

煮甜菜叶

彻底洗净，刮净根部，切去两端。沥干，用少量加盐沸水煮一小时或至软烂。用黄油、盐和胡椒调味。配醋食用。

Dandelions

Wash thoroughly, remove roots, drain, and cook one hour or until tender in boiling salted water. Allow two quarts water to one peck dandelions. Season with butter, salt, and pepper. Serve with vinegar.

蒲公英

彻底洗净，去除根部，沥干，在加盐沸水中煮一小时或至软烂。每一配克蒲公英用两夸脱水。用黄油、盐和胡椒调味。配醋食用。

Lettuce

Lettuce is obtainable all the year, and is especially valuable during the winter and spring, when other green vegetables in market command a high price. Although containing but little nutriment, it is useful for the large quantity of water and potash salts that it contains, and assists in stimulating the appetite. Curly lettuce is of less value than Tennis Ball, but makes an effective garnish.

Lettuce should be separated by removing leaves from stalk (discarding wilted outer leaves), washed, kept in cold water until crisp, drained, and so placed on a towel that water may drop from leaves. A bag made from white mosquito netting is useful for drying lettuce. Wash lettuce leaves, place in bag, and hang in lower part of ice-box to drain. Wire baskets are used for the same purpose. Arrange lettuce for serving in nearly its original shape.

Leeks on Toast

Wash and trim leeks, cook in boiling salted water until soft, and drain. Arrange on pieces of buttered toast and pour over melted butter, seasoned with salt and pepper.

Onions

The onion belongs to the same family (Lily) as do *shallot*, *garlic*, *leek*, and *chive*. Onions are cooked and served as a vegetable. They are wholesome, and contain considerable nutriment, but are objectionable on account of the strong odor they impart to the breath, due to volatile substances absorbed by the blood, and by the blood carried to the lungs, where they are set free. The common garden onion is obtainable throughout the year, the new ones appearing in market about the first of June. In large centres

生菜

生菜全年可得，在冬季和春季尤为珍贵，此时市场上其他绿色蔬菜价格高昂。虽然营养含量甚少，但因其含有大量水分和钾盐而有用，并能促进食欲。卷叶生菜价值不如网球生菜，但可作有效的装饰。

生菜应逐叶从茎上摘下(丢弃枯萎的外叶)，洗净，浸于冷水中至脆，沥干，置于毛巾上使水从叶上滴落。用白色蚊帐布制成的袋子便于晾干生菜。洗净生菜叶，放入袋中，悬挂于冰箱下部沥干。铁丝篮亦用于此目的。装盘时尽量保持生菜原形。

韭葱吐司

洗净并修整韭葱，在加盐沸水中煮至软烂，沥干。置于涂了黄油的吐司片上，浇上融化的黄油，用盐和胡椒调味。

洋葱

洋葱与红葱头、大蒜、韭葱和细香葱同属百合科。洋葱作为蔬菜烹制食用。它们有益健康，含有相当多的营养，但因赋予 breath 强烈气味而令人反感，这是由于挥发性物质被血液吸收，并由血液运送到肺部，在那里被释放出来。普通菜园洋葱全年可得，新洋葱约在六月初上市。在大型中心

Bermuda and Spanish onions are procurable from March 1st to June 1st, and are of delicate flavor.

百慕大洋葱和西班牙洋葱从3月1日到6月1日可以买到，风味细腻。

Shallot, leek, garlic, and chive are principally used to give additional flavor to food. Shallot, garlic, and chive are used, to some extent, in making salads.

红葱、韭葱、大蒜和细香葱主要用于为食物增添风味。红葱、大蒜和细香葱在一定程度上也用于制作沙拉。

Boiled Onions

Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt, and pepper.

煮洋葱

将洋葱放入冷水中，在水中剥去外皮。沥干，放入锅中，用加盐沸水没过；煮沸五分钟，沥干，再次用加盐沸水没过。煮一小时或至软烂但不破碎。沥干，加入少量牛奶，煮五分钟，用黄油、盐和胡椒调味。

Onions in Cream

Prepare and cook as Boiled Onions, changing the water twice during boiling; drain, and cover with Cream or Thin White Sauce.

奶油洋葱

按煮洋葱的方法准备和烹制，煮制过程中换水两次；沥干，覆以奶油或稀白酱汁。

Scalloped Onions

Cut Boiled Onions in quarters. Put in a buttered baking-dish, cover with White Sauce I, sprinkle with buttered cracker crumbs, and place on centre grate in oven to brown crumbs.

焗洋葱

将煮洋葱切成四瓣。放入涂了黄油的烤盘，覆以白酱汁一号，撒上涂了黄油的饼干屑，置于烤箱中格烤至面包屑呈棕色。

Glazed Onions

Peel small silver skinned onions, and cook in boiling water fifteen minutes. Drain, dry on cheese-cloth, put in a buttered baking-dish, add highly seasoned brown stock to cover bottom of dish, sprinkle with sugar, and bake until soft, basting with stock in pan.

挂汁洋葱

将小银皮洋葱剥皮，在沸水中煮十五分钟。沥干，用奶酪布擦干，放入涂了黄油的烤盘，加入调味浓郁的棕色高汤至没过盘底，撒上糖，烤至软烂，期间用盘中的高汤浇淋。

Fried Onions

Remove skins from four medium-sized onions. Cut in thin slices and put in a hot omelet pan with one and one-half tablespoons butter. Cook until brown, occasionally shaking pan that onions may not burn, or turn onions, using a fork. Sprinkle with salt one minute before taking from fire.

French Fried Onions

Peel onions, cut in one-fourth inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat, drain on brown paper, and sprinkle with salt.

Stuffed Onions

Remove skins from onions, and parboil ten minutes in boiling salted water to cover. Turn upside down to cool, and remove part of centres. Fill cavities with equal parts of finely chopped cooked chicken, stale soft bread crumbs, and finely chopped onion which was removed, seasoned with salt and pepper, and moistened with cream or melted butter. Place in buttered shallow baking-pan, sprinkle with buttered crumbs, and bake in a moderate oven until onions are soft.

Creamed Oyster Plant (Salsify)

Wash, scrape, and put at once into cold acidulated water to prevent discoloration. Cut in inch slices, cook in boiling salted water until soft, drain, and add to White Sauce I. Oyster plant is in season from October to March.

Salsify Fritters

炸洋葱

将四个中等大小的洋葱去皮。切成薄片，放入热煎蛋锅中，加一汤匙半黄油。煮至棕色，不时晃动锅以免洋葱烧焦，或用叉子翻动洋葱。离火前一分钟撒上盐。

法式炸洋葱

将洋葱剥皮，切成四分之一英寸的片，分开成圈。蘸牛奶，沥干，蘸面粉。在深油中炸，在棕色纸上沥干，撒上盐。

酿洋葱

将洋葱去皮，用加盐沸水没过预煮十分钟。倒置冷却，去除部分中心。用等量的切碎熟鸡肉、陈软面包屑和切碎的去除的洋葱填充空腔，用盐和胡椒调味，用奶油或融化黄油润湿。放入涂了黄油的浅烤盘，撒上涂了黄油的面包屑，在中等烤箱中烤至洋葱软烂。

奶油婆罗门参(Salsify)

洗净，刮净，立即放入冷的酸化水中以防变色。切成一英寸的片，在加盐沸水中煮至软烂，沥干，加入白酱汁一号。婆罗门参从十月到三月为时令。

婆罗门参油炸饼

Cook oyster plant as for Creamed Oyster Plant. Mash, season with butter, salt, and pepper. Shape in small flat cakes, roll in flour, and sauté in butter.

按奶油婆罗门参的方法烹制婆罗门参。捣碎，用黄油、盐和胡椒调味。做成小扁饼，滚上面粉，用黄油煎。

Parsnips

Parsnips are not so commonly served as other vegetables; however, they often accompany a boiled dinner. They are raised mostly for feeding cattle. Unless young they contain a large amount of woody fibre, which extends through centre of roots and makes them undesirable as food.

欧防风

欧防风不如其他蔬菜那样常被食用；然而，它们常伴随煮制菜肴出现。它们主要供饲喂牲畜。除非幼嫩，否则含有大量木质纤维，贯穿根的中心，使其不宜作为食物。

Parsnips with Drawn Butter Sauce

Wash and scrape parsnips, and cut in pieces two inches long and one-half inch wide and thick. Cook five minutes in boiling salted water, or until soft. Drain, and to two cups add one cup Drawn Butter Sauce.

黄油酱防风根

洗净并刮净欧防风，切成两英寸长、半英寸宽厚的块。在加盐沸水中煮五分钟或至软烂。沥干，每两杯加入一杯拉制黄油酱汁。

Parsnip Fritters

Wash parsnips and cook forty-five minutes in boiling salted water. Drain, plunge into cold water, when skins will be found to slip off easily. Mash, season with butter, salt, and pepper, shape in small flat round cakes, roll in flour, and sauté in butter.

欧防风炸饼

洗净欧防风，在加盐沸水中煮四十五分钟。沥干，浸入冷水，此时外皮会轻易滑落。捣碎，用黄油、盐和胡椒调味，做成小扁圆饼，滚上面粉，用黄油煎。

Peas

Peas contain, next to beans, the largest percentage of proteid of any of the vegetables, and when young are easy of digestion. They appear in market as early as April, coming from Florida and California, and although high in price are hardly worth buying,

豌豆

豌豆在所有蔬菜中蛋白质含量仅次于豆类，幼嫩时易于消化。它们最早于四月上市，来自佛罗里达和加利福尼亚，虽然价格高昂但几乎不值得购买，

having been picked so long. Native peas may be obtained the middle of June, and last until the first of September. The early June are small peas, contained in a small pod. McLean, the best peas, are small peas in large flat pods. Champion peas are large, and the pods are well filled, but they lack sweetness. Marrowfat peas are the largest in the market, and are usually sweet.

因为采摘时间过长。本地豌豆可在六月中旬获得，持续到九月初。早六月豌豆是小豌豆，装在小荚中。麦克莱恩豌豆是最好的豌豆，是大扁荚中的小豌豆。冠军豌豆较大，荚中饱满，但缺乏甜味。marrowfat豌豆是市场上最大的，通常很甜。

Boiled Peas

Remove peas from pods, cover with cold water, and let stand one-half hour. Skim off undeveloped peas which rise to top of water, and drain remaining peas. Cook until soft in a small quantity of boiling water, adding salt the last fifteen minutes of cooking. (Consult Time Table for Cooking, p. 28). There should be but little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar.

煮豌豆

将豌豆从豆荚中剥出，用冷水没过，静置半小时。撇去浮到水面的未发育完全的豌豆，沥干剩余的豌豆。用少量沸水煮至软烂，在烹煮的最后十五分钟加盐。(参见第28页的烹煮时间表)。豌豆煮好时，从豌豆中沥出的水应该很少，甚至没有。用黄油、盐和胡椒调味。如果豌豆失去了大部分天然的甜味，加入少量糖可以改善。

Creamed Peas

Drain Boiled Peas, and to two cups peas add three-fourths cup White Sauce II. Canned peas are often drained, rinsed, and reheated in this way.

奶油豌豆

将煮熟的豌豆沥干，在两杯豌豆中加入四分之三杯白酱二号。罐装豌豆通常也这样沥干、冲洗并重新加热。

Pea Timbales

Drain and rinse one can peas, and rub through a sieve. To one cup pea pulp add two beaten eggs, two tablespoons melted butter, two-thirds teaspoon salt, one-eighth teaspoon pepper, few grains cayenne, and few drops onion juice. Turn into buttered moulds, set in pan of hot water, cover with buttered paper, and bake until

豌豆鼓形模

将一罐豌豆沥干并冲洗，用筛子擦成泥。在一杯豌豆泥中加入两个打散的鸡蛋、两汤匙融化的黄油、三分之二茶匙盐、八分之一茶匙胡椒、少许辣椒粉和几滴洋葱汁。倒入涂了黄油的模具中，放入热水烤盘，盖上涂了黄油的纸，烘烤至

firm. Serve with one cup white sauce to which is added one-third cup canned peas drained and rinsed.

Stuffed Peppers I

6 green peppers
1 onion, finely chopped
2 tablespoons butter
4 tablespoons chopped mushrooms
⅓ cup Brown Sauce
3 tablespoons bread crumbs
Salt and pepper
Buttered bread crumbs
4 tablespoons lean raw ham, finely chopped
Cut a slice from stem end of each pepper, remove seeds, and parboil peppers, fifteen minutes.

Cook onion in butter three minutes; add mushrooms and ham, and cook one minute, then add Brown Sauce and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with buttered bread crumbs and bake ten minutes. Serve on toast with Brown Sauce.

Stuffed Peppers II

Prepare peppers as for Stuffed Peppers I. Fill with equal parts of finely chopped cold cooked chicken or veal, and softened bread crumbs, seasoned with onion juice, salt, and pepper.

Pumpkins

定型。配一杯白酱食用，白酱中加入三分之一杯沥干并冲洗过的罐装豌豆。

酿甜椒 I

6个青椒
1个洋葱，切碎
2汤匙黄油
4汤匙切碎的蘑菇 1⁄3杯棕色酱汁

3汤匙面包屑
盐和胡椒
黄油面包屑
四汤匙瘦生火腿，切细碎
从每个辣椒的蒂端切下一片，去除籽，将辣椒预煮十五分钟。

将洋葱在黄油中煮三分钟；加入蘑菇和火腿，煮一分钟，然后加入棕酱和面包屑。将混合物冷却，在辣椒上撒盐，填入煮好的混合物，盖上涂了黄油的面包屑，烘烤十分钟。放在吐司上配棕酱食用。

酿甜椒 II

按酿辣椒一号的方法准备辣椒。填入等量的切碎的熟冷鸡肉或小牛肉，以及泡软的面包屑，用洋葱汁、盐和胡椒调味。

南瓜

Pumpkins are boiled or steamed same as squash, but require longer cooking. They are principally used for making pies.

南瓜的煮法或蒸法与笋瓜相同，但需要更长的烹饪时间。南瓜主要用于制作馅饼。

Radishes

Radishes may be obtained throughout the year. There are round and long varieties, the small round ones being considered best. They are bought in bunches, six or seven constituting a bunch. Radishes are used merely for a relish, and are served uncooked. To prepare radishes for table, remove leaves, stems, and tip end of root, scrape roots, and serve on crushed ice. Round radishes look very attractive cut to imitate tulips, when they should not be scraped; to accomplish this, begin at root end and make six incisions through skin running three-fourths length of radish. Pass knife under sections of skin, and cut down as far as incisions extend. Place in cold water, and sections of skin will fold back, giving radish a tulip-like appearance.

萝卜

萝卜全年可得。有圆形和长形品种，小圆萝卜被认为最好。它们成捆出售，六七根构成一捆。萝卜仅用作调味小菜，生食上桌。为餐桌准备萝卜时，去掉叶、茎和根的尖端，刮净根部，放在碎冰上上桌。圆萝卜切成仿郁金香的形状看起来非常美观，此时不应刮皮；要做到这一点，从根端开始，在表皮上切六道口子，延伸至萝卜长度的四分之三。将刀伸入表皮各瓣之下，向下切至切口所及的深度。放入冷水中，表皮的各瓣会向后翻折，使萝卜呈现郁金香般的外观。

Spinach

Spinach is cheapest and best in early summer, but is obtainable throughout the year. It gives variety to winter diet, when most green vegetables are expensive and of inferior quality.

菠菜

菠菜在初夏最为便宜且品质最佳，但全年均可获得。它为冬季饮食增添变化，因为此时大多数绿色蔬菜价格昂贵且品质较差。

Boiled Spinach

Remove roots, carefully pick over (discarding wilted leaves), and wash in several waters to be sure that it is free from all sand. When young and tender put in a stewpan, allow to heat gradually, and boil twenty-five minutes, or until tender, in its own juices. Old spinach is better cooked in boiling salted water, allowing two quarts water to one peck spinach. Drain thoroughly, chop finely,

煮菠菜

去除根部，仔细挑拣(丢弃枯萎的叶子)，在多次水中清洗以确保没有沙子。当菠菜鲜嫩时，放入炖锅中，让其逐渐加热，在其自身的汁液中煮二十五分钟，或煮至软烂。老菠菜最好在加盐的沸水中煮，一配克菠菜用两夸脱水。彻底沥干，切碎，

reheat, and season with butter, salt, and pepper. Mound on a serving dish and garnish with slices of “hard-boiled” eggs and toast points. The green color of spinach is better retained by cooking in a large quantity of water in an uncovered vessel.

重新加热，用黄油、盐和胡椒调味。在餐盘上堆成小山状，用“煮老”的鸡蛋片和吐司角装饰。菠菜的绿色在敞口容器中用大量水煮时更能保持。

Spinach à la Béchamel

Prepare one-half peck Boiled Spinach. Put three tablespoons butter in hot omelet pan; when melted, add chopped spinach, cook three minutes. Sprinkle with two tablespoons flour, stir thoroughly, and add gradually three-fourths cup milk; cook five minutes.

菠菜白汁焗

准备半配克煮熟的菠菜。在热煎蛋锅中放入三汤匙黄油；融化后加入切碎的菠菜，煮三分钟。撒入两汤匙面粉，充分搅拌，逐渐加入四分之三杯牛奶；煮五分钟。

Purée of Spinach

Wash and pick over one-half peck spinach. Cook in an uncovered vessel with a large quantity of boiling salted water to which is added one-third teaspoon soda and one-half teaspoon sugar. Drain, chop finely, and rub through a sieve. Reheat, add three tablespoons butter, one tablespoon flour, and one-half cup cream. Arrange on serving dish and garnish with yolk and white of “hard-boiled” egg and fried bread cut in fancy shapes.

菠菜泥浓汤

清洗并挑拣半配克菠菜。在敞口容器中用大量加盐沸水煮，水中加入三分之一茶匙小苏打和半茶匙糖。沥干，切碎，用筛子擦成泥。重新加热，加入三汤匙黄油、一汤匙面粉和半杯奶油。摆放在餐盘上，用“煮老”鸡蛋的蛋黄和蛋白以及切成花样的煎面包装饰。

Spinach (French Style)

Pick over and wash one peck spinach, and cook in boiling salted water twenty-five minutes. Drain, and finely chop. Reheat in hot pan with four tablespoons butter to which have been added three tablespoons flour and two-thirds cup Chicken Stock. Season with one teaspoon powdered sugar, salt, pepper, and a few gratings each of nutmeg and lemon rind.

菠菜(法式)

挑拣并清洗一配克菠菜，在加盐沸水中煮二十五分钟。沥干，切碎。在热锅中用四汤匙黄油重新加热，黄油中已加入三汤匙面粉和三分之二杯鸡高汤。用一茶匙糖粉、盐、胡椒以及少许肉豆蔻和柠檬皮屑调味。

Squash

Summer squash, which are in market during the summer months, should be young, tender, and thin skinned. The common varieties are the white round and yellow crook-neck. Some of the winter varieties appear in market as early as the middle of August; among the most common are Marrow, Turban, and Hubbard. Turban and Hubbard are usually drier than Marrow. Marrow and Turban have a thin shell, which may be pared off before cooking. Hubbard Squash has a very hard shell, which must be split in order to separate squash in pieces, and squash then cooked in the shell. In selecting winter squash, see that it is heavy in proportion to its size.

Boiled Summer Squash

Wash squash and cut in thick slices or quarters. Cook twenty minutes in boiling salted water, or until soft. Turn in a cheese-cloth placed over a colander, drain, and wring in cheese-cloth. Mash, and season with butter, salt, and pepper.

Fried Summer Squash I

Wash, and cut in one-half inch slices. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat, and drain.

Fried Summer Squash II

Follow recipe for Fried Eggplant I.

Steamed Winter Squash

笋瓜

夏季南瓜在夏季数月上市，应选幼嫩、皮薄者。常见品种为白色圆南瓜与黄色曲颈南瓜。一些冬季品种最早于八月中旬上市；最常见的包括马罗南瓜、头巾南瓜和哈伯德南瓜。头巾南瓜与哈伯德南瓜通常比马罗南瓜更干。马罗南瓜与头巾南瓜壳薄，烹饪前可削去。哈伯德南瓜壳极硬，须剖开才能将南瓜分成块，然后带壳烹饪。挑选冬季南瓜时，注意其重量应与大小相称。

煮夏南瓜

清洗笋瓜，切成厚片或四块。在加盐沸水中煮二十分钟，或煮至软烂。倒入放在滤盆上的奶酪布中，沥干，用奶酪布拧干。捣碎，用黄油、盐和胡椒调味。

炸夏南瓜 I

清洗，切成半英寸厚的片。撒上盐和胡椒，蘸面包屑、鸡蛋、再蘸面包屑，在热油中炸，然后沥干。

炸夏南瓜 II

按照炸茄子一的食谱操作。

蒸冬南瓜

Cut in pieces, remove seeds and stringy portion, and pare. Place in a strainer and cook thirty minutes, or until soft, over boiling water. Mash, and season with butter, salt, and pepper. If lacking in sweetness, add a small quantity of sugar.

切成块，去籽和纤维部分，并削皮。放入滤网中，置于沸水上方煮三十分钟，或煮至软烂。捣成泥，用黄油、盐和胡椒调味。若甜味不足，可加少量糖。

Boiled Winter Squash

Prepare as for Steamed Winter Squash. Cook in boiling salted water, drain, mash, and season. Unless squash is very dry, it is much better steamed than boiled.

煮冬南瓜

按蒸冬南瓜的方法准备。在加盐的沸水中煮，沥干，捣成泥并调味。除非南瓜很干，否则蒸远比煮好。

Baked Winter Squash I

Cut in pieces two inches square, remove seeds and stringy portion, place in a dripping-pan, sprinkle with salt and pepper, and allow for each square one-half teaspoon molasses and one-half teaspoon melted butter. Bake fifty minutes, or until soft, in a moderate oven, keeping covered the first half-hour of cooking. Serve in the shell.

烤冬南瓜 I

切成两英寸见方的块，去籽和纤维部分，放入烤盘，撒上盐和胡椒，每块加半茶匙糖蜜和半茶匙融化的黄油。在中等温度的烤箱中烤五十分钟，或烤至软烂，烹饪的前半小时保持覆盖。带皮上桌。

Baked Winter Squash II

Cut squash in halves, remove seeds and stringy portion, place in a dripping-pan, cover, and bake two hours, or until soft, in a slow oven. Remove from shell, mash, and season with butter, salt, and pepper.

烤冬南瓜 II

将南瓜切成两半，去籽和纤维部分，放入烤盘，盖上，在低温烤箱中烤两小时，或烤至软烂。从皮中取出，捣成泥，用黄油、盐和胡椒调味。

Tomatoes

Tomatoes are obtainable throughout the year, but are cheapest and best in September. Hothouse tomatoes are in market during the winter, and command a very high price, sometimes retailing

番茄

番茄全年可得，但九月最便宜也最好。冬季市场上有温室番茄，价格非常高，有时零售

for one and one-half dollars a pound.

Southern tomatoes appear as early as May 1st, and although of good color, lack flavor. Of the many varieties of tomatoes, Acme is among the best.

Sliced Tomatoes

Wipe, and cover with boiling water; let stand one minute, when they may be easily skinned. Chill thoroughly, and cut in one-third inch slices.

Stewed Tomatoes

Wipe, pare, cut in pieces, put in stewpan, and cook slowly twenty minutes, stirring occasionally. Season with butter, salt, and pepper.

Scalloped Tomatoes

Remove contents from one can tomatoes and drain tomatoes from some of their liquor. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking-dish with buttered cracker crumbs, cover with tomatoes, and sprinkle top thickly with buttered crumbs. Bake in a hot oven until crumbs are brown.

Broiled Tomatoes

Wipe and cut in halves crosswise, cut off a thin slice from rounding part of each half. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, place in a well-buttered broiler, and broil six to eight minutes.

一磅一元五角。

南方番茄最早五月一日即可上市，虽然色泽好，却缺乏风味。在众多番茄品种中，Acme 属于最佳之列。

切片番茄

擦拭干净，用沸水覆盖；静置一分钟，即可轻松去皮。彻底冷却，切成三分之一英寸的片。

炖番茄

擦拭干净，削皮，切成块，放入炖锅，小火煮二十分钟，偶尔搅拌。用黄油、盐和胡椒调味。

焗番茄

从一罐番茄中取出内容物，沥去部分汁液。用盐、胡椒、几滴洋葱汁和糖(若喜欢甜味)调味。用涂了黄油的饼干屑铺在涂了黄油的烤盘底部，盖上番茄，顶部厚厚撒上涂了黄油的饼干屑。在热烤箱中烤至饼干屑呈棕色。

烤番茄

擦拭干净，横切成两半，从每半的圆面切下一薄片。撒上盐和胡椒，蘸饼干屑、鸡蛋，再蘸饼干屑，放入涂好黄油的烤架，烤六至八分钟。

Tomatoes à la Crême

Wipe, peel, and slice three tomatoes. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Place on a hot platter and pour over them one cup White Sauce I.

Devilled Tomatoes

3 tomatoes
Salt and pepper
Flour
Butter for sautéing
4 tablespoons butter
2 teaspoons powdered sugar
1 teaspoon mustard
¼ teaspoon salt
Few grains cayenne
Yolk 1 “hard-boiled” egg
1 egg
2 tablespoons vinegar
Wipe, peel, and cut tomatoes in slices. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Place on a hot platter and pour over the dressing made by creaming the butter, adding dry ingredients, yolk of egg rubbed to a paste, egg beaten slightly, and vinegar, then cooking over hot water, stirring constantly until it thickens.

Baked Tomatoes I

Wipe, and remove a thin slice from stem end of six smooth, medium-sized tomatoes. Take out seeds and pulp, and drain off

奶油番茄

擦拭干净，去皮，将三个番茄切片。撒上盐和胡椒，撒上面粉，用黄油煎。放在热盘中，浇上一杯白酱 I。

魔鬼番茄

3个番茄
盐和胡椒
面粉
用于煸炒的黄油
4汤匙黄油
2茶匙糖粉
1茶匙芥末
1/4茶匙盐
少许辣椒粉
蛋黄 1个“煮老”的鸡蛋
1个鸡蛋
2汤匙醋
擦拭干净，去皮，将番茄切片。撒上盐和胡椒，撒上面粉，用黄油煎。放在热盘中，浇上调味汁--将黄油搅打成奶油状，加入干性配料、揉成糊的蛋黄、略搅打的鸡蛋和醋，然后在热水上煮，不断搅拌至浓稠。

烤番茄一

擦拭干净，从六个光滑的中等大小番茄的蒂端切下一薄片。取出籽和果肉，沥去

most of the liquid. Add an equal quantity of cracker crumbs, season with salt, pepper, and a few drops onion juice, and refill tomatoes with mixture. Place in a buttered pan, sprinkle with buttered crumbs, and bake twenty minutes in a hot oven.

大部分液体。加入等量的饼干屑，用盐、胡椒和几滴洋葱汁调味，将混合物重新填入番茄。放入涂了黄油的烤盘，撒上涂了黄油的饼干屑，在热烤箱中烤二十分钟。

Baked Tomatoes II

Wipe six small, selected tomatoes and make two one-inch gashes on blossom end of each, having gashes cross each other at right angles. Place in granite-ware pan and bake until thoroughly heated. Serve with sauce for Devilled Tomatoes, adding, just before serving, one tablespoon heavy cream.

烤番茄 II

擦拭六个精选的小番茄，在每个花端划两道一英寸的切口，使切口成直角交叉。放入花岗岩器皿中烤至完全热透。配魔鬼番茄酱汁上桌，上桌前加入一汤匙浓奶油。

Stuffed Tomatoes

Wipe, and remove thin slices from stem end of six medium-sized tomatoes. Take out seeds and pulp, sprinkle inside of tomatoes with salt, invert, and let stand one-half hour. Cook five minutes two tablespoons butter with one-half tablespoon finely chopped onion. Add one-half cup finely chopped cold cooked chicken or veal, one-half cup stale soft bread crumbs, tomato pulp, and salt and pepper to taste. Cook five minutes, then add one egg slightly beaten, cook one minute, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered cracker crumbs, and bake twenty minutes in a hot oven.

酿番茄

将六个中等大小的番茄擦净，从蒂端切下薄片。取出籽和果肉，在番茄内部撒上盐，倒置，静置半小时。用两汤匙黄油与半汤匙切碎的洋葱一起煮五分钟。加入半杯切碎的冷熟鸡肉或小牛肉、半杯陈软面包屑、番茄果肉，以及适量盐和胡椒。煮五分钟，然后加入一个略搅打的鸡蛋，再煮一分钟，将混合物重新填入番茄中。放入涂了黄油的平底锅中，撒上涂了黄油的面包屑，在热烤箱中烤二十分钟。

Turnips

Turnips are best during the fall and winter; towards spring they become corky, and are then suitable only for stews and flavoring. The Ruta-baga, a large yellow turnip, is one of the best varieties; the large white French turnip and the small flat Purple Top are

芜菁

芜菁在秋季和冬季最好；临近春天会变得木质化，那时只适合炖煮和调味。Ruta-baga 是一种大型黄色芜菁，是最好的品种之一；大型白色法国芜菁和小型扁平紫顶芜菁是

also used.

Mashed Turnip

Wash and pare turnips, cut in slices or quarters, and cook in boiling salted water until soft. Drain, mash, and season with butter, salt, and pepper.

Creamed Turnip

Wash turnips, and cut in one-half inch cubes. Cook three cups cubes in boiling salted water twenty minutes, or until soft. Drain, and add one cup White Sauce I.

Turnip Croquettes

Wash, pare, and cut in quarters new French turnips. Steam until tender, mash, pressing out all water that is possible. This is best accomplished by wringing in cheese-cloth. Season one and one-fourth cups with salt and pepper, then add yolks of two eggs slightly beaten. Cool, shape in small croquettes, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Stewed Mushrooms

Wash one-half pound mushrooms. Remove stems, scrape, and cut in pieces. Peel caps, and break in pieces. Melt three tablespoons of butter, add mushrooms, cook two minutes; sprinkle with salt and pepper, dredge with flour, and add one-half cup hot water or stock. Cook slowly five minutes.

Stewed Mushrooms in Cream

Prepare mushrooms as for Stewed Mushrooms. Cook with three-

也使用。

捣碎的芜菁

洗净并削皮芜菁，切成片或四块，在加盐的沸水中煮至软烂。沥干，捣成泥，用黄油、盐和胡椒调味。

奶油芜菁

洗净芜菁，切成半英寸的方块。将三杯方块在加盐的沸水中煮二十分钟，或煮至软烂。沥干，加入一杯白酱 I。

芜菁可乐饼

洗净，削皮，将新法国芜菁切成四块。蒸至软嫩，捣成泥，尽量压出所有水分。最好用奶酪布拧干。用盐和胡椒调味一杯四分之一杯，然后加入两个略搅打的蛋黄。冷却，做成小可乐饼，蘸饼干屑、鸡蛋，再蘸饼干屑，用深油炸，沥干。

炖蘑菇

洗净半磅蘑菇。去柄，刮净，切成块。剥去菌盖，掰成块。融化三汤匙黄油，加入蘑菇，煮两分钟；撒上盐和胡椒，撒上面粉，加入半杯热水或高汤。小火煮五分钟。

奶油炖蘑菇

将蘑菇按炖蘑菇的方法准备。与三-

fourths cup cream instead of using water or stock. Add a slight grating of nutmeg, pour over small finger-shaped pieces of dry toast, and garnish with toast points and parsley.

用四分之一杯奶油代替水或高汤。加入少许磨碎的肉豆蔻，浇在小指形干吐司上，用吐司角和欧芹装饰。

Broiled Mushrooms

Wash mushrooms, remove stems, and place caps in a buttered broiler and broil five minutes, having cap side down first half of broiling. Serve on circular pieces of buttered dry toast. Put a small piece of butter in each cap, sprinkle with salt and pepper, and serve as soon as butter has melted. Care must be taken, in removing from broiler, to keep mushrooms cap side up, to prevent loss of juices.

烤蘑菇

洗净蘑菇，去柄，将菌盖放入涂了黄油的烤架，烤五分钟，烤的前半段菌盖朝下。放在圆形涂了黄油的干吐司上。在每个菌盖中放一小块黄油，撒上盐和胡椒，黄油融化后立即上桌。从烤架取出时须小心保持菌盖朝上，以免汁液流失。

Baked Mushrooms in Cream

Wash twelve large mushrooms. Remove stems, and peel caps. Put in a shallow buttered pan, cap side up. Sprinkle with salt and pepper, and dot over with butter; add two-thirds cup cream. Bake ten minutes in a hot oven. Place on pieces of dry toast, and pour over them cream remaining in pan.

奶油烤蘑菇

洗净十二个大蘑菇。去柄，剥去菌盖。放入涂了黄油的浅盘，菌盖朝上。撒上盐和胡椒，点上黄油；加入三分之二杯奶油。在热烤箱中烤十分钟。放在干吐司上，浇上盘中剩余的奶油。

Sautéd Mushrooms

Wash, remove stems, peel caps, and break in pieces; there should be one cup of mushrooms. Put two tablespoons butter in a hot omelet pan; when melted, add mushrooms which have been dredged with flour, few drops onion juice, one-fourth teaspoon salt, a few grains pepper, and cook five minutes. Add one teaspoon finely chopped parsley and one-fourth cup boiling water. Cook two minutes, and serve on dry toast.

炒蘑菇

洗净，去柄，剥去菌盖，掰成块；应有一杯蘑菇。在热煎蛋锅中放两汤匙黄油；融化后加入撒了面粉的蘑菇、几滴洋葱汁、四分之一茶匙盐、少许胡椒，煮五分钟。加入一茶匙切碎的欧芹和四分之一杯沸水。煮两分钟，放在干吐司上。

Mushrooms à la Sabine

Wash one-half pound mushrooms, remove stems, and peel caps. Sprinkle with salt and pepper, dredge with flour, and cook three minutes in a hot frying-pan, with two tablespoons butter. Add one and one-third cups Brown Sauce, and cook slowly five minutes. Sprinkle with three tablespoons grated cheese. As soon as cheese is melted, arrange mushrooms on pieces of toast, and pour over sauce. Garnish with parsley.

Mushrooms à l'Algonquin

Wash large selected mushrooms. Remove stems, peel caps, and sauté caps in butter. Place in a small buttered shallow pan, cap side being up; place on each a large oyster, sprinkle with salt and pepper, and place on each a bit of butter. Cook in a hot oven until oysters are plump. Serve with Brown or Béchamel Sauce.

Mushrooms Allamande

Clean mushroom caps and sauté in butter. Put together in pairs, cover with Allamande Sauce, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Allamande Sauce. Melt three tablespoons butter, add one-third cup flour, and pour on gradually one cup White Stock; then add one egg yolk and season with salt, pepper, and lemon juice.

Stuffed Mushrooms

Wash twelve large mushrooms. Remove stems, chop finely, and peel caps. Melt three tablespoons butter, add one-half tablespoon

萨宾式蘑菇

洗净半磅蘑菇，去柄，剥去菌盖。撒上盐和胡椒，撒上面粉，在热煎锅中用两汤匙黄油煮三分钟。加入一杯三分之一杯棕酱，小火煮五分钟。撒上三汤匙磨碎的奶酪。奶酪一融化，即将蘑菇放在吐司上，浇上酱汁。用欧芹装饰。

阿尔冈昆式蘑菇

洗净精选的大蘑菇。去柄，剥去菌盖，用黄油煎菌盖。放入涂了黄油的浅盘，菌盖朝上；在每个上放一只大牡蛎，撒上盐和胡椒，再放一小块黄油。在热烤箱中烤至牡蛎饱满。配棕酱或贝夏美酱上桌。

蘑菇阿拉曼德

洗净蘑菇菌盖，用黄油煎。两两相合，裹上阿勒曼德酱，蘸饼干屑、鸡蛋，再蘸饼干屑，用深油炸，在牛皮纸上沥干。

阿勒曼德酱。融化三汤匙黄油，加入三分之一杯面粉，逐渐倒入一杯白高汤；然后加入一个蛋黄，用盐、胡椒和柠檬汁调味。

酿蘑菇

洗净十二个大蘑菇。去蒂，将蒂切碎，并削去菌盖的皮。融化三汤匙黄油，加入半汤匙

finely chopped shallot and chopped stems, then cook ten minutes. Add one and one-half tablespoons flour, chicken stock to moisten, a slight grating of nutmeg, one-half teaspoon finely chopped parsley, and salt and pepper to taste. Cool mixture and fill caps, well rounding over top. Cover with buttered cracker crumbs, and bake fifteen minutes in a hot oven.

Mushrooms under Glass I

Cover the bottom of an individual baking-dish with circular pieces of toasted bread. Arrange mushroom caps on toast, sprinkle with salt and pepper, dot over with butter, and pour over a small quantity of hot cream. Cover, and bake twenty minutes.

Individual dishes with bell-shaped glass covers may be bought at first-class kitchen furnishers. These dishes are sent to table with covers left on, that the fine flavor of the prepared viand may all be retained.

Mushrooms under Glass II

2 tablespoons butter
½ tablespoon lemon juice
¼ teaspoon salt
Few grains pepper
¼ teaspoon finely chopped parsley
Bread
¼ cup heavy cream
Sherry wine
Mushrooms

切细的葱头和切碎的菌柄，然后煮十分钟。加入一汤匙半面粉、适量鸡高汤润湿、少许肉豆蔻擦末、半茶匙切细的欧芹，以及适量盐和胡椒调味。将混合物冷却，填入菌盖，顶部要圆满隆起。覆上涂了黄油的饼干屑，在热烤箱中烤十五分钟。

玻璃罩蘑菇 I

在一个单人份烤盘底部铺上圆形烤面包片。将蘑菇菌盖排在烤面包上，撒上盐和胡椒，点上黄油，并浇上少量热奶油。盖上盖子，烤二十分钟。

带钟形玻璃盖的单人份餐盘可在一流厨房用具商店购买。这些餐盘上桌时盖子保持盖着，以便完全保留所制菜肴的鲜美风味。

玻璃罩蘑菇 II

2汤匙黄油 1/2汤匙柠檬汁 1/4
茶匙盐

少许胡椒 1/4茶匙切碎的欧芹面包

1/4 杯浓奶油雪利酒

蘑菇

Cream the butter, add lemon juice drop by drop, salt, pepper, and parsley. Cut bread in circular pieces three-eighths inch thick, then toast. Put one-half of the sauce on the under side of toast; put toast on a small baking-dish, pile mushroom caps cleaned and peeled in conical shape on toast, and pour over cream. Cover with glass and bake about twenty-five minutes, adding more cream if necessary. Just before serving add one teaspoon Sherry wine.

将黄油搅打至奶油状，逐滴加入柠檬汁、盐、胡椒和欧芹。将面包切成八分之三英寸厚的圆片，然后烤制。将一半酱汁涂在烤面包片的底面；将烤面包片放在一个小烤盘中，把洗净去皮后的蘑菇菌盖堆成圆锥形放在烤面包上，并浇上奶油。盖上玻璃盖，烤约二十五分钟，必要时添加更多奶油。上桌前加入一茶匙雪利酒。

Vegetable Soufflé

¼ cup butter
¼ cup flour
⅓ cup cream
⅓ cup water in which vegetables were cooked
1 cup cooked vegetables rubbed through a sieve,—carrots, turnips, or onions
Yolks 3 eggs
Whites 3 eggs
Salt and pepper
Melt butter, add flour, and pour on gradually cream and water; add vegetable, yolks of eggs beaten until thick and lemon-colored, and fold in whites of eggs beaten until stiff; then add seasonings. Turn in a buttered baking-dish and bake in a slow oven.

蔬菜舒芙蕾

1/4 杯黄油

1/4杯面粉

1/3杯奶油

1/3杯煮蔬菜所用的水 1杯煮熟的蔬菜，用筛子擦过--胡萝卜、芜菁或洋葱

蛋黄 3 个鸡蛋

将3个蛋白打发

盐和胡椒

融化黄油，加入面粉，逐渐倒入奶油和水；加入蔬菜、搅打至浓稠且呈柠檬色的蛋黄，再翻拌入搅打至硬挺的蛋白；然后加入调味料。倒入涂了黄油的烤盘，在慢烤箱中烤制。

Curried Vegetables

Cook one cup each potatoes and carrots, and one-half cup turnip, cut in fancy shapes, in boiling salted water until soft. Drain, add one-half cup canned peas, and pour over a sauce made by cooking two tablespoons butter with two slices onion five minutes, removing onion, adding two tablespoons flour, three-fourths

咖喱蔬菜

将各一杯土豆和胡萝卜，以及半杯芜菁，切成花式形状，在加盐的沸水中煮至软烂。沥干，加入半杯罐装豌豆，并浇上如下制成的酱汁：用两汤匙黄油与两片洋葱同煮五分钟，去掉洋葱，加入两汤匙面粉、四分之三

teaspoon salt, one-half teaspoon curry powder, one-fourth teaspoon pepper, few grains celery salt, and pouring on gradually one cup scalded milk. Sprinkle with finely chopped parsley.

茶匙盐、半茶匙咖喱粉、四分之一茶匙胡椒、少许芹菜盐，并逐渐倒入一杯烫过的牛奶。撒上切细的欧芹。

Macedoine of Vegetables à la Poulette

Clean carrots and turnips and cut into strips or fancy shapes; there should be one and one-fourth cups carrots and one-half cup turnips. Cook separately in boiling salted water until soft. Drain, and add one and one-fourth cups cooked peas. Reheat in a sauce made of three tablespoons butter, three tablespoons flour, one cup chicken stock, and one-half cup cream. Season to taste with pepper and salt, and just before serving add yolks two eggs and one-half tablespoon lemon juice.

蔬菜马其顿炖菜配白汁

将胡萝卜和芜菁洗净，切成条状或花式形状；应有一又四分之一杯胡萝卜和半杯芜菁。分别在加盐的沸水中煮至软烂。沥干，加入一又四分之一杯煮熟的豌豆。用由三汤匙黄油、三汤匙面粉、一杯鸡高汤和半杯奶油制成的酱汁重新加热。用胡椒和盐调味，上桌前加入两个蛋黄和半汤匙柠檬汁。

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Stuffed Peppers.—*Page 298.*

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CHAPTER XX
POTATOES

第二十章马铃薯

COMPOSITION

成分

Water, 78.9%

水，78.9%

Starch, 18%
Proteid, 2.1%
Mineral matter, .9%
Fat 1.%

淀粉，18%
蛋白质，2.1%
矿物质，.9%
脂肪 1.%

Potatoes stand pre-eminent among the vegetables used for food. They are tubers belonging to the Nightshade family; their hardy growth renders them easy of cultivation in almost any soil or climate, and, resisting early frosts, they may be raised in a higher latitude than the cereals.

土豆在用作食物的蔬菜中位居首位。它们是属于茄科的块茎；其强健的生长使其几乎在任何土壤或气候中都易于栽培，并且能抵抗早霜，因此可在比谷物更高的纬度种植。

They give needed bulk to food rather than nutriment, and, lacking in proteid, should be used in combination with meat, fish, or eggs.

它们为食物提供所需的体积而非营养，并且缺乏蛋白质，应与肉、鱼或鸡蛋搭配使用。

Potatoes contain an acrid juice, the greater part of which lies near the skin; it passes into the water during boiling of potatoes, and escapes with the steam from a baked potato.

土豆含有一种辛辣的汁液，其中大部分位于表皮附近；它在煮土豆时进入水中，并从烤土豆的蒸汽中逸出。

Potatoes are best in the fall, and keep well through the winter. By spring the starch is partially changed to dextrin, giving the potatoes a sweetness, and when cooked a waxiness. The same change takes place when potatoes are frozen. To prevent freezing, keep a pail of cold water standing near them.

土豆在秋季最佳，并能很好地保存过冬。到春天，淀粉部分转化为糊精，使土豆带有甜味，煮熟后则呈蜡质。土豆受冻时也会发生同样的变化。为防止冻结，可在其旁边放一桶冷水。

Potatoes keep best in a cool dry cellar, in barrels or piled in a bin. When sprouts appear they should be removed; receiving their nourishment from the starch, they deteriorate the potato.

土豆最好保存在阴凉干燥的地窖中，装在桶里或堆在储物箱中。当出现芽时，应将其去除；芽从淀粉中获取养分，会使土豆品质下降。

New potatoes may be compared to unripe fruit, the starch-grains not having reached maturity; therefore they should not be given to children or invalids.

新土豆可比作未成熟的水果，其淀粉粒尚未成熟；因此不应给儿童或病人食用。

Sweet Potatoes

Sweet potatoes, although analogous to white potatoes, are fleshy roots of the plant, belong to a different family (Convolvulus), and contain a much larger percentage of sugar. Our own country produces large quantities of sweet potatoes, which may be grown as far north as New Jersey and Southern Michigan. Kiln-dried sweet potatoes are the best, as they do not so quickly spoil.

Baked Potatoes

Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping-pan. Bake in hot oven forty minutes or until soft, remove from oven, and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than potatoes cooked in any other way, as some of the starch is changed to dextrin by the intense heat. They are better cooked in boiling water than baked in a slow oven.

Boiled Potatoes

Select potatoes of uniform size. Wash, pare, and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling salted water until soft, which is easily determined by piercing with a skewer. For seven potatoes allow one tablespoon salt, and boiling water to cover. Drain from water, and keep uncovered in warm place until serving time. Avoid sending to table in a covered vegetable dish. In boiling large potatoes, it often happens that outside is soft, while centre is underdone. To finish cooking

红薯

红薯虽然与白土豆类似，但它是该植物的肉质根，属于不同的科(旋花科)，并且含糖百分比高得多。我国出产大量红薯，其种植北至新泽西和密歇根南部。窑干红薯最佳，因为它们不易快速变质。

烤土豆

选择光滑、中等大小的土豆。用蔬菜刷清洗，放入滴油盘。在热烤箱中烤四十分钟或至软烂，从烤箱取出，立即上桌。如果放置不动，除非表皮破裂以逸出蒸汽，否则会变得湿软。正确烤制的土豆比以任何其他方式烹制的土豆更易消化，因为部分淀粉被高温转化为糊精。用沸水煮比在慢烤箱中烤更好。

煮土豆

选择大小均匀的土豆。洗净、去皮，立即放入冷水中以防变色；秋季浸泡半小时，冬季和春季浸泡一至两小时。在加盐的沸水中煮至软烂，用签子刺穿即可轻松判断。七个土豆加一汤匙盐，沸水没过即可。沥去水分，不加盖放在温暖处直至上桌。避免用带盖的蔬菜盘上桌。煮大土豆时，常常外面已软而中心未熟。为完成烹煮

without potatoes breaking apart, add one pint cold water, which drives heat to centre, thus accomplishing the cooking.

Riced Potatoes

Force hot boiled potatoes through a potato ricer or coarse strainer. Serve lightly piled in a hot vegetable dish.

Mashed Potatoes

To five riced potatoes add three tablespoons butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy, reheat, and pile lightly in hot dish.

Potato Omelet

Prepare Mashed Potatoes, turn in hot omelet pan greased with one tablespoon butter, spread evenly, cook slowly until browned underneath, and fold as an omelet.

Potato Border

Place a buttered mould on platter, build around it a wall of hot Mashed Potatoes, three and one-half inches high by one inch deep, smooth, and crease with case knife. Remove mould, fill with creamed meat or fish, and reheat in oven before serving.

Escalloped Potatoes

Mash, pare, soak, and cut four potatoes in one-fourth inch slices. Put a layer in buttered baking-dish, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon butter; repeat. Add hot milk until it may be seen through top layer, bake

在不使土豆散开的情况下，加入一品脱冷水，将热量驱至中心，从而完成烹制。

米粒状土豆

将热煮土豆用土豆压泥器或粗筛擦过。轻轻堆放在热蔬菜盘中上桌。

土豆泥

向五杯擦成泥的土豆中加入三汤匙黄油、一茶匙盐、少许胡椒和三分之一杯热牛奶；用叉子搅打至奶油状，重新加热，并轻轻堆放在热盘中。

土豆煎蛋卷

按土豆泥的做法准备，倒入涂有一汤匙黄油的熱煎蛋锅中，均匀铺开，慢慢煮至底部呈棕色，然后像煎蛋卷一样折叠。

土豆边饰

将涂了黄油的模具放在大盘上，在其周围筑起一道热土豆泥的墙，高三又二分之一英寸、厚一英寸，抹平，并用菜刀压出纹路。取出模具，填入奶油肉或奶油鱼，上桌前在烤箱中重新加热。

扇贝土豆

将四个土豆捣碎、削皮、浸泡并切成四分之一英寸的片。在涂了黄油的烤盘中铺一层，撒上盐和胡椒，撒上面粉，点上半汤匙黄油；重复此过程。加入热牛奶，直到能透过顶层看到，烤

one and one-fourth hours or until potato is soft.

一小时十五分钟，或直至马铃薯变软。

Potatoes à la Hollandaise

Mash, pare, soak, and cut potatoes in one-fourth inch slices, shape with French vegetable cutters; or cut in one-half inch cubes. Cover three cups potato with White Stock, cook until soft, and drain. Cream one-third cup butter, add one tablespoon lemon juice, one-half teaspoon salt, and few grains of cayenne. Add to potatoes, cook three minutes, and add one-half tablespoon finely chopped parsley.

荷兰式土豆

将土豆捣碎、削皮、浸泡并切成四分之一英寸的片，用法式蔬菜切刀成形；或切成半英寸的方块。用白高汤没过三杯土豆，煮至软烂，沥干。将三分之一杯黄油搅打至奶油状，加入一汤匙柠檬汁、半茶匙盐和少许辣椒粉。加入土豆中，煮三分钟，并加入半汤匙切细的欧芹。

Chambery Potatoes

Wash, pare, and thinly slice potatoes, using vegetable slicer. Let stand one-half hour in cold water, then drain, and dry between towels. Arrange in layers in a well buttered iron frying-pan, having pan three-fourths full, seasoning each layer with salt and pepper, and brushing over with melted butter. Cook in a moderate oven until soft and well browned.

尚贝里土豆

洗净、削皮，并用蔬菜切片器将土豆切成薄片。在冷水中浸泡半小时，然后沥干，并用毛巾吸干。在涂好黄油的铁煎锅中分层摆放，使锅装至四分之三满，每层用盐和胡椒调味，并刷上融化的黄油。在中等烤箱中烤至软烂且充分上色。

Potatoes Baked in Half Shell

Select six medium-sized potatoes and bake, following recipe for Baked Potatoes. Remove from oven, cut slice from top of each, and scoop out inside. Mash, add two tablespoons butter, salt, pepper, and three tablespoons hot milk; then add whites two eggs well beaten. Refill skins, and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

带皮烤土豆

选择六个中等大小的土豆，按烤土豆的食谱烤制。从烤箱取出，从每个顶部切下一片，并挖出内部。捣碎，加入两汤匙黄油、盐、胡椒和三汤匙热牛奶；然后加入两个搅打好的蛋白。重新填入土豆皮中，在极热的烤箱中烤五至八分钟。土豆可在放入烤箱前撒上磨碎的奶酪。

Duchess Potatoes

公爵夫人土豆

To two cups hot riced potatoes add two tablespoons butter, one-half teaspoon salt, and yolks of three eggs slightly beaten. Shape, using pastry bag and tube, in form of baskets, pyramids, crowns, leaves, roses, etc. Brush over with beaten egg diluted with one teaspoon water, and brown in a hot oven.

向两杯热擦泥土豆中加入两汤匙黄油、半茶匙盐和三个略打散的蛋黄。用裱花袋和裱花嘴塑成篮子、金字塔、王冠、叶子、玫瑰等形状。刷上用一个茶匙水稀释的蛋液，在热烤箱中烤至棕色。

Maître d'Hôtel Potatoes

Wash, pare, and shape potatoes in balls, using a French vegetable cutter, or cut potatoes in one-half inch cubes. There should be two cups. Soak fifteen minutes in cold water, and cook in boiling salted water to cover until soft. Drain, and add Maître d'Hôtel Butter.

主厨土豆

洗净、削皮，并用法式蔬菜切刀将土豆切成球状，或将土豆切成半英寸的方块。应有两杯。在冷水中浸泡十五分钟，在加盐的沸水中煮至没过土豆并至软烂。沥干，加入主厨黄油。

Maître d'Hôtel Butter

Cream three tablespoons butter, add one teaspoon lemon juice, one-half teaspoon salt, one-eighth teaspoon pepper, and one-half tablespoon finely chopped parsley.

巴黎黄油

将三汤匙黄油搅打至奶油状，加入一茶匙柠檬汁、半茶匙盐、八分之一茶匙胡椒和半汤匙切碎的欧芹。

Franconia Potatoes

Prepare as for Boiled Potatoes, and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for baking about forty minutes. Sweet potatoes may be prepared in the same way.

弗兰科尼亚土豆

按煮土豆的方法准备，预煮十分钟；沥干，放入烤肉用的烤盘中；烘烤至软，在给肉浇汁时用烤盘中的油脂浇淋。烘烤约需四十分钟。红薯可用同样方法制作。

Brabant Potatoes

Prepare same as for Boiled Potatoes, using small potatoes, and trim egg-shaped; parboil ten minutes, drain, and place in baking-

布拉班特土豆

按煮土豆的方法准备，使用小土豆，修整成蛋形；预煮十分钟，沥干，放入烤盘-

pan and bake until soft, basting three times with melted butter.

在平底锅中烘烤至软，期间刷三次融化的黄油。

Anna Potatoes

Wash and pare medium-sized potatoes. Cut lengthwise in one-fourth inch slices, and fasten in fan shapes, with small wooden skewers, allowing five slices of potato to each skewer. Parboil ten minutes, drain, then place in a dripping-pan, and bake in a hot oven until soft, basting every three minutes with butter or some other fat.

安娜土豆

洗净并削去中等大小土豆的皮。纵向切成四分之一英寸厚的片，用小木签固定成扇形，每根木签串五片土豆。预煮十分钟，沥干，然后放入滴油烤盘，在热烤箱中烘烤至软，每三分钟用黄油或其他油脂浇淋一次。

Persillade Potatoes

Wash and pare small potatoes, and cut in shapes of large olives. Cook in boiling salted water until soft. Drain, and let stand to dry off. Turn into hot serving dish, pour over clarified butter, sprinkle generously with paprika, and send to table at once.

欧芹蒜香土豆

洗净并削去小土豆的皮，切成大橄榄的形状。在加盐的沸水中煮至软。沥干，静置晾干。倒入热的餐盘中，浇上澄清黄油，慷慨地撒上红椒粉，立即上桌。

Potato Balls

Select large potatoes, wash, pare, and soak. Shape in balls with a French vegetable cutter. Cook in boiling salted water until soft; drain, and to one pint potatoes add one cup Thin White Sauce. Turn into hot dish, and sprinkle with finely chopped parsley.

土豆丸子

选择大土豆，洗净，削皮，浸泡。用法式蔬菜挖球器挖成球状。在加盐的沸水中煮至软；沥干，每一品脱土豆加入一杯稀白酱汁。倒入热盘中，撒上切碎的欧芹。

Hongroise Potatoes

Wash, pare, and cut potatoes in one-third inch cubes,—there should be three cups; parboil three minutes, and drain. Add one-third cup butter, and cook on back of range until potatoes are soft and slightly browned. Melt two tablespoons butter, add a few drops onion juice, two tablespoons flour, and pour on gradually one cup hot milk. Season with salt and paprika, then add one egg

匈牙利式土豆

洗净，削皮，将土豆切成三分之一英寸的方块--应有三杯；预煮三分钟，沥干。加入三分之一杯黄油，在炉灶后部煮至土豆变软并略微呈棕色。融化两汤匙黄油，加入几滴洋葱汁、两汤匙面粉，逐渐倒入一杯热牛奶。用盐和红椒粉调味，然后加入一个鸡蛋

yolk. Pour sauce over potatoes, and sprinkle with finely chopped parsley.

蛋黄。将酱汁浇在土豆上，撒上切碎的欧芹。

FRIED POTATOES

炸土豆

Shadow Potatoes (Saratoga Chips)

影子土豆(萨拉托加薯片)

Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand two hours, changing water twice. Drain, plunge in a kettle of boiling water, and boil one minute. Drain again, and cover with cold water. Take from water and dry between towels. Fry in deep fat until light brown, keeping in motion with a skimmer. Drain on brown paper and sprinkle with salt.

将土豆洗净去皮。用蔬菜切片器切成薄片，放入一碗冷水中。静置两小时，换水两次。沥干，投入一锅沸水中，煮一分钟。再次沥干，用冷水覆盖。从水中取出，用毛巾擦干。在深油中炸至浅棕色，用漏勺不断翻动。在牛皮纸上沥油，撒上盐。

Shredded Potatoes

土豆丝

Wash, pare, and cut potatoes in one-eighth inch slices. Cut slices in one-eighth inch strips. Soak one hour in cold water. Take from water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt. Serve around fried or baked fish.

洗净、去皮，将土豆切成一英寸八分之一厚的片。将片切成一英寸八分之一的条。在冷水中浸泡一小时。从水中取出，用毛巾擦干，在深油中炸。在牛皮纸上沥油，撒上盐。配炸鱼或烤鱼食用。

Lattice Potatoes

格子马铃薯

Wash and pare potatoes. Slice, using a vegetable slicer which comes for this purpose, and let stand in a bowl of cold water two hours. Drain, and dry between towels. Fry in deep fat, drain on brown paper, and sprinkle with salt.

将土豆洗净去皮。用专用的蔬菜切片器切片，放入一碗冷水中静置两小时。沥干，用毛巾擦干。在深油中炸，在牛皮纸上沥油，撒上盐。

Potato Nests

Wash, pare, and cut potatoes in thin strips, using same slicer as for Lattice Potatoes. Soak in cold water fifteen minutes, drain, and dry between towels. Line a fine wire strainer of four-inch diameter, and having a wire handle, with potatoes, place a similar strainer, having a two and one-half inch diameter, in larger strainer, thus holding potatoes in nest shapes. Fry in deep fat, taking care that the fat does not reach too high a temperature at first. Keep the small strainer in place during frying with a long handled spoon. Carefully remove nests from strainers. Drain on brown paper, and sprinkle with salt. Fill with small fillets of fried fish or fried smelts.

土豆巢

将土豆洗净、削皮，用切格纹土豆的同一把切片器切成细条。在冷水中浸泡十五分钟，沥干，用毛巾吸干水分。取一个直径四英寸、带金属丝柄的细金属丝滤网，将土豆铺在滤网内，再把一个直径两英寸半的类似滤网放入较大的滤网中，使土豆呈巢状。放入深油中炸，注意起初油温不要过高。炸制时用长柄勺将小滤网固定到位。小心地从滤网中取出土豆巢。放在棕色纸上沥油，撒上盐。填入炸鱼小片或炸胡瓜鱼。

French Fried Potatoes

Wash and pare small potatoes, cut in eighths lengthwise, and soak one hour in cold water. Take from water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt.

Care must be taken that fat is not too hot, as potatoes must be cooked as well as browned.

法式炸土豆

将小土豆洗净去皮，纵向切成八块，在冷水中浸泡一小时。从水中取出，用毛巾擦干，在深油中炸。在牛皮纸上沥油，撒上盐。

必须注意油温不可过高，因为土豆既要熟透又要上色。

O’Brion Potatoes

Fry three cups potato cubes or balls in deep fat, drain on brown paper, and sprinkle with salt. Cook one slice onion in one and one-half tablespoons butter three minutes, remove onion, and add to butter three canned pimentoes cut in small pieces. When

奥布莱恩土豆

将三杯土豆丁或土豆球在深油中炸，在牛皮纸上沥油，撒上盐。将一片洋葱在一汤匙半黄油中煮三分钟，取出洋葱，在黄油中加入三个切成小块的罐头甜椒。当

thoroughly heated add potatoes; stir until well mixed, turn into serving dish, and sprinkle with finely chopped parsley.

Potato Marbles

Wash and pare potatoes. Shape in balls, using a French vegetable cutter. Soak fifteen minutes in cold water; take from water and dry between towels. Fry in deep fat, drain, and sprinkle with salt.

Fried Potato Balls

To one cup hot riced potatoes add one tablespoon butter, one-fourth teaspoon salt, one-eighth teaspoon celery salt, and few grains cayenne. Cool slightly, and add one-half beaten egg and one-half teaspoon finely chopped parsley. Shape in small balls, roll in flour, fry in deep fat, and drain.

Potatoes, Somerset Style

To two cups hot riced potatoes add two tablespoons butter, one-half cup grated mild cheese, yolks three eggs, slightly beaten, one-half teaspoon salt, and a few grains cayenne. Shape in form of birds, dip in crumbs, egg, and crumbs, insert slices of raw potato cut to represent wings and tail, and cloves to represent eyes. Fry in deep fat and drain on brown paper.

Potato Fritters

2 cups hot riced potatoes

彻底加热后加入土豆；搅拌至混合均匀，倒入上菜盘中，撒上切碎的欧芹。

土豆丸子

将土豆洗净去皮。用法式蔬菜挖球器挖成球状。在冷水中浸泡十五分钟；从水中取出，用毛巾擦干。在深油中炸，沥油，撒上盐。

炸马铃薯球

在一杯热的土豆泥中加入一汤匙黄油、四分之一茶匙盐、八分之一茶匙芹菜盐和少许辣椒粉。稍冷却，加入半个搅打好的鸡蛋和半茶匙切碎的欧芹。做成小球，滚上面粉，在深油中炸，沥油。

萨默塞特风味土豆

在两杯热的土豆泥中加入两汤匙黄油、半杯磨碎的味道温和的奶酪、三个鸡蛋的蛋黄(稍搅打)、半茶匙盐和少许辣椒粉。做成鸟的形状，蘸上面包屑、鸡蛋和面包屑，插入切成翅膀和尾巴形状的生土豆片，以及用作眼睛的丁香。在深油中炸，在牛皮纸上沥油。

土豆炸饼

两杯热米饭土豆

2 tablespoons cream
2 tablespoons wine
1 teaspoon salt
Few gratings nutmeg
Few grains cayenne
3 eggs
Yolks 2 eggs
½ cup flour
Add cream, wine, and seasonings to potatoes; then add eggs well beaten, having bowl containing mixture in pan of ice-water, and beat until cold. Add flour, and when well mixed, drop by spoonfuls in deep fat, fry until delicately browned, and drain on brown paper.

Potato Curls

Wash and pare large long potatoes. Shape with a potato curler, soak one hour in cold water, drain, dry between towels, fry in deep fat, drain, and sprinkle with salt.

Potato Croquettes

2 cups hot riced potatoes
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk 1 egg

2汤匙奶油
2汤匙葡萄酒
一茶匙盐
少许肉豆蔻碎
少许辣椒粉
3个鸡蛋
蛋黄 2 个鸡蛋
1/2杯面粉
将奶油、葡萄酒和调味料加入土豆中；然后加入搅打好的鸡蛋，将盛有混合物的碗放在冰水锅中，搅打至冷却。加入面粉，混合均匀后，用勺子舀入深油中，炸至微微上色，在牛皮纸上沥油。

土豆卷

将大长土豆洗净去皮。用土豆卷曲器造型，在冷水中浸泡一小时，沥干，用毛巾擦干，在深油中炸，沥油，撒上盐。

土豆可乐饼

两杯热米饭土豆
2汤匙黄油 1/2茶匙盐 1/8
茶匙胡椒 1/4茶匙芹菜盐
少许辣椒粉几滴洋葱汁 1
个鸡蛋的蛋黄

1 teaspoon finely chopped parsley

Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg, and crumbs again, fry one minute in deep fat, and drain on brown paper. Croquettes are shaped in a variety of forms. The most common way is to first form a smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on a board until of desired length, and flatten ends.

French Potato Croquettes

2 cups hot riced potatoes
2 tablespoons butter
Yolks 3 eggs
½ teaspoon salt
Few grains cayenne

Mix ingredients in order given, and beat thoroughly. Shape in balls, then in rolls, pointed at ends. Roll in flour, mark in three places on top of each with knife-blade to represent a small French loaf. Fry in deep fat, and drain on brown paper.

Potato Croquettes ready for frying.—*Page 316.*

Potato Nests (*Page 314*). Potatoes, Somerset Style (*Page 315*).

Cucumber Salad.—*Page 328.*

Cucumber Baskets.—*Page 328.*

一茶匙切碎的欧芹

按所列顺序混合配料，充分搅打。塑形，蘸上面包屑、鸡蛋和面包屑，在深油中炸一分钟，在牛皮纸上沥油。可乐饼可塑成多种形状。最常见的方法是先用双手将一满汤匙混合物搓成光滑的球。然后在案板上搓至所需长度，并将两端压平。

法式土豆可乐饼

两杯热米饭土豆
2汤匙黄油
蛋黄 3 个鸡蛋
1/2 茶匙盐
少许辣椒粉

按所列顺序混合配料，充分搅打。先做成球状，再搓成两端尖的条状。滚上面粉，用刀尖在每个上面划三处，使其形似小法式面包。在深油中炸，在牛皮纸上沥油。

马铃薯可乐饼，备好待炸。--第*316*页。

土豆巢(第*314*页)。萨默塞特风味土豆(第*315*页)。

黄瓜沙拉。--第*328*页。

黄瓜篮。--第*328*页。

Potato Apples

2 cups hot riced potatoes
2 tablespoons butter
⅓ cup grated cheese
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
2 tablespoons thick cream
Yolks 2 eggs
Mix ingredients in order given, and beat thoroughly. Shape in form of small apples, roll in flour, egg, and crumbs, fry in deep fat, and drain on brown paper. Insert a clove at both stem and blossom end of each apple.

Potatoes en Surprise

Make Potato Croquette mixture, omitting parsley. Shape in small nests and fill with Creamed Chicken, shrimp, or peas. Cover nests with Croquette mixture, then roll in form of croquettes. Dip in crumbs, egg, and crumbs again; fry in deep fat, and drain on brown paper.

SWEET POTATOES

Baked Sweet Potatoes

Prepare and bake same as white potatoes.

Sweet Potatoes, Southern Style

土豆苹果

两杯热米饭土豆
2汤匙黄油
1/3 杯磨碎的奶酪
1/2 茶匙盐
少许辣椒粉
少许磨碎的肉豆蔻
两汤匙浓奶油
蛋黄 2 个鸡蛋
按所列顺序混合配料，充分搅打。做成小苹果的形状，滚上面粉、鸡蛋和面包屑，在深油中炸，在牛皮纸上沥油。在每个苹果的顶部和底部各插入一个丁香。

惊喜土豆

制作土豆可乐饼混合物，省略欧芹。做成小巢状，填入奶油鸡肉、虾或豌豆。用可乐饼混合物覆盖小巢，然后搓成可乐饼的形状。蘸上面包屑、鸡蛋和面包屑；在深油中炸，在牛皮纸上沥油。

红薯

烤红薯

与白皮马铃薯同样准备并烘烤。

南方风味红薯

Bake six medium-sized sweet potatoes, remove from oven, cut in halves lengthwise, and scoop out inside. Mash, add two tablespoons butter, and cream to moisten. Season with salt and Sherry wine. Refill skins and bake five minutes in a hot oven.

烤六个中等大小的红薯，从烤箱取出，纵向切成两半，挖出内部。捣碎，加入两汤匙黄油，用奶油调湿。用盐和雪利酒调味。重新填入薯皮中，在热烤箱中烤五分钟。

Boiled Sweet Potatoes

煮红薯

Select potatoes of uniform size. Wash, pare, and cook twenty minutes in boiling salted water to cover. Many boil sweet potatoes with the skins on.

选择大小均匀的土豆。洗净、去皮，在没过土豆的沸盐水中煮二十分钟。许多人带皮煮红薯。

Mashed Sweet Potatoes

甜土豆泥

To two cups riced sweet potatoes add three tablespoons butter, one-half teaspoon salt, and hot milk to moisten. Beat until light, and pile on a vegetable dish.

在两杯红薯泥中加入三汤匙黄油、半茶匙盐，用热牛奶调湿。搅打至蓬松，堆在蔬菜盘中。

Sweet Potatoes, Georgian Style

乔治亚风味红薯

Season mashed boiled sweet potatoes with butter, salt, pepper, and Sherry wine. Moisten with cream, and beat five minutes. Put in a buttered baking-dish, leaving a rough surface. Pour over a syrup made by boiling two tablespoons molasses and one teaspoon butter five minutes. Bake in the oven until delicately browned.

用黄油、盐、胡椒和雪利酒为捣碎的水煮红薯调味。用奶油调湿，搅打五分钟。放入涂了黄油的烤盘中，保留粗糙的表面。浇上由两汤匙糖蜜和一茶匙黄油煮沸五分钟制成的糖浆。在烤箱中烤至微微上色。

Glazed Sweet Potatoes

釉面红薯

Wash and pare six medium-sized potatoes. Cook ten minutes in boiling salted water. Drain, cut in halves lengthwise, and put in a

将六个中等大小的土豆洗净去皮。在沸盐水中煮十分钟。沥干，纵向切成两半，放入一个

buttered pan. Make a syrup by boiling three minutes one-half cup sugar and four tablespoons water; add one tablespoon butter. Brush potatoes with syrup and bake fifteen minutes, basting twice with remaining syrup.

涂了黄油的烤盘中。将半杯糖和四汤匙水煮沸三分钟制成糖浆；加入一汤匙黄油。用糖浆刷土豆，烤十五分钟，期间用剩余的糖浆浇淋两次。

Sweet Potatoes au Gratin

Cut five medium-sized cold boiled sweet potatoes in one-third inch slices. Put a layer in buttered baking-dish, sprinkle with salt, pepper, and three tablespoons brown sugar, dot over with one tablespoon butter. Repeat, cover with buttered cracker crumbs, and bake until the crumbs are brown.

焗红薯

将五个中等大小的冷熟红薯切成三分之一英寸厚的片。在涂了黄油的烤盘中铺一层，撒上盐、胡椒和三汤匙红糖，点上一汤匙黄油。重复此层，盖上涂了黄油的饼干屑，烤至饼干屑呈棕色。

Sweet Potatoes en Brochette

Wash and pare potatoes, and cut in one-third inch slices. Arrange on skewers in groups of three or four, parboil six minutes, and drain. Brush over with melted butter, sprinkle with brown sugar, and bake in a hot oven until well browned.

串烤红薯

将土豆洗净去皮，切成三分之一英寸厚的片。以三到四片为一组穿在签子上，预煮六分钟，沥干。刷上融化的黄油，撒上红糖，在热烤箱中烤至充分上色。

Sweet Potato Balls

To two cups hot riced sweet potatoes add three tablespoons butter, one-half teaspoon salt, few grains pepper, and one beaten egg. Shape in small balls, roll in flour, fry in deep fat, and drain. If potatoes are very dry, it will be necessary to add hot milk to moisten.

红薯丸子

在两杯热的红薯泥中加入三汤匙黄油、半茶匙盐、少许胡椒和一个搅打好的鸡蛋。做成小球，滚上面粉，在深油中炸，沥油。如果土豆很干，需要加入热牛奶调湿。

Sweet Potato Croquettes

Prepare mixture for Sweet Potato Balls. Shape in croquettes, dip in

红薯可乐饼

准备红薯球的面糊。做成可乐饼状，蘸上

crumbs, egg, and crumbs again, fry in deep fat, and drain.

沾上面包屑、蛋液，再沾上面包屑，入深油中炸，然后沥干。

WARMED OVER POTATOES

回锅土豆

Potato Cakes

土豆饼

Shape cold mashed potato in small cakes, and roll in flour. Butter hot omelet pan, put in cakes, brown one side, turn and brown other side, adding butter as needed to prevent burning; or pack potato in small buttered pan as soon as it comes from table, and set aside until ready for use. Turn from pan, cut in pieces, roll in flour, and cook same as Potato Cakes.

将冷土豆泥做成小饼，滚上面粉。在热的煎蛋卷锅中涂上黄油，放入小饼，将一面煎至棕色，翻面将另一面煎至棕色，根据需要添加黄油以防烧焦；或者一从餐桌上撤下就将土豆装入涂了黄油的小锅中压实，放置待用。从锅中倒出，切成块，滚上面粉，按土豆饼的方法烹制。

Creamed Potatoes

奶油土豆

Reheat two cups cold boiled potatoes, cut in dice, in one and one-fourth cups White Sauce I.

将两杯切成丁的冷熟土豆在一杯又四分之一杯白酱I中重新加热。

Potatoes au Gratin

奶汁烤土豆

Put Creamed Potatoes in buttered baking-dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

将奶油土豆放入涂了黄油的烤盘中，盖上涂了黄油的面包屑，在中层烤架上烤至面包屑呈棕色。

Delmonico Potatoes

德尔莫尼科土豆

To Potatoes au Gratin add one-third cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

在焗烤土豆中加入三分之一杯磨碎的味道温和的奶酪，在覆盖面包屑之前将土豆和奶酪交替分层摆放。

Potatoes à l'Antlers

Cook potatoes with jackets on, drain, and let stand twenty-four hours. Peel, and cut in small cubes. Put into a saucepan with two tablespoons butter to each two cups potatoes. Sprinkle with salt, and generously with paprika. Add cream to cover, and cook slowly, forty minutes.

Hashed Brown Potatoes

Try out fat salt pork cut in small cubes, remove scraps; there should be about one-third cup of fat. Add two cups cold boiled potatoes finely chopped, one-eighth teaspoon pepper, and salt if needed. Mix potatoes thoroughly with fat; cook three minutes, stirring constantly; let stand to brown underneath. Fold as an omelet and turn on hot platter.

Sautéd Potatoes

Cut cold boiled potatoes in one-fourth inch slices, season with salt and pepper, put in a hot, well-greased frying-pan, brown on one side, turn and brown on other side.

Chartreuse Potatoes

Cut cold boiled potatoes in one-fourth inch slices, sprinkle with salt, pepper, and a few drops onion juice, put together in pairs, dip in Batter I, fry in deep fat, and drain on brown paper.

安特勒斯风味土豆

将带皮土豆煮熟，沥干，静置二十四小时。去皮，切成小方块。放入炖锅中，每两杯土豆加两汤匙黄油。撒上盐，并慷慨地撒上红椒粉。加入奶油至覆盖，小火慢煮四十分钟。

哈希褐土豆

将切成小方块的肥咸猪肉熬出油脂，去掉残渣；应得到约三分之一杯油脂。加入两杯切碎的冷煮土豆、八分之一茶匙胡椒粉，如有需要加盐。将土豆与油脂充分拌匀；不断搅拌煮三分钟；静置使底部呈棕色。像煎蛋卷一样翻折，倒入热盘中。

煎土豆

将冷煮土豆切成四分之一英寸厚的片，用盐和胡椒粉调味，放入预热且涂油充分的煎锅中，一面煎至棕色，翻面将另一面煎至棕色。

查特酒土豆

将冷煮土豆切成四分之一英寸厚的片，撒上盐、胡椒粉和几滴洋葱汁，两片对合，蘸上面糊I，在深油中炸制，然后在棕色纸上沥油。

Lyonnaise Potatoes I

Cook five minutes three tablespoons butter with one small onion cut in thin slices; add three cold boiled potatoes cut in one-fourth inch slices and sprinkled with salt and pepper; stir until well mixed with onion and butter; let stand until potato is brown underneath, fold, and turn on a hot platter. This dish is much improved and potatoes brown better by addition of two tablespoons Brown Stock. Sprinkle with finely chopped parsley if desired.

Lyonnaise Potatoes II

Slice cold boiled potatoes to make two cups. Cook five minutes one and one-half tablespoons butter with one tablespoon finely chopped onion. Melt two tablespoons butter, season with salt and pepper, add potatoes, and cook until potatoes have absorbed butter, occasionally shaking pan. Add butter and onion, and when well mixed, add one-half tablespoon finely chopped parsley.

French Chef

Oak Hill Potatoes

Cut four cold boiled potatoes and six “hard-boiled” eggs in one-fourth inch slices. Put layer of potatoes in buttered baking-dish, sprinkle with salt and pepper, cover with layer of eggs; repeat, and pour over two cups Thin White Sauce. Cover with buttered cracker crumbs and bake until the crumbs are brown.

里昂式土豆 I

将三汤匙黄油与一个切成薄片的小洋葱煮五分钟；加入三个切成四分之一英寸厚片并撒有盐和胡椒粉的冷煮土豆；搅拌至与洋葱和黄油充分混合；静置至土豆底部呈棕色，翻折，倒入热盘中。加入两汤匙棕色高汤可大大改善此菜并使土豆上色更好。如需要可撒上切碎的欧芹。

里昂式土豆 II

将冷煮土豆切片，量取两杯。将一汤匙半黄油与一汤匙切碎的洋葱煮五分钟。融化两汤匙黄油，用盐和胡椒粉调味，加入土豆，煮至土豆吸收黄油，不时晃动锅子。加入黄油和洋葱，拌匀后加入半汤匙切碎的欧芹。

法国厨师

橡树山土豆

将四个冷煮土豆和六个“煮老的”鸡蛋切成四分之一英寸厚的片。在涂了黄油的烤盘中铺一层土豆，撒上盐和胡椒粉，覆盖一层鸡蛋；重复此过程，倒入两杯稀白酱汁。覆盖涂了黄油的全麦饼干屑，烘烤至饼干屑呈棕色。

Curried Potatoes

Cook one-fourth cup butter with one small onion, finely chopped, until yellow; add three cups cold boiled potato cubes, and cook until potatoes have absorbed butter, then add from one-half to three-fourths cup White Stock, one half tablespoon each curry powder and lemon juice, and salt and pepper to taste. Cook until potatoes have absorbed stock.

CHAPTER XXI
SALADS AND SALAD DRESSINGS

Salads, which constitute a course in almost every dinner, but a few years since seldom appeared on the table. They are now made in an endless variety of ways, and are composed of meat, fish, vegetables (alone or in combination) or fruits, with the addition of a dressing. The salad plants, lettuce, watercress, chiccory, cucumbers, etc., contain but little nutriment, but are cooling, refreshing, and assist in stimulating the appetite. They are valuable for the water and potash salts they contain. The olive oil, which usually forms the largest part of the dressing, furnishes nutriment, and is of much value to the system.

Salads made of greens should always be served crisp and cold. The vegetables should be thoroughly washed, allowed to stand in cold or ice-water until crisp, then drained and spread on a towel and set aside in a cold place until serving time. See Lettuce, page 294. Dressing may be added at table or just before sending to table. If

咖喱土豆

将四分之一杯黄油与一个切碎的小洋葱煮至变黄；加入三杯冷煮土豆块，煮至土豆吸收黄油，然后加入半杯至四分之三杯白色高汤、各半汤匙咖喱粉和柠檬汁，以及适量盐和胡椒粉。煮至土豆吸收高汤。

第二十一章
沙拉与沙拉酱

沙拉几乎构成每顿晚餐的一道菜，但几年前还很少出现在餐桌上。如今沙拉的制作方式无穷无尽，由肉、鱼、蔬菜(单独或混合)或水果，加上调味汁组成。沙拉植物--生菜、水田芥、菊苣、黄瓜等--所含营养甚少，但清凉爽口，有助于刺激食欲。它们因含有水和钾盐而有价值。橄榄油通常构成调味汁的最大部分，提供营养，对身体大有裨益。

用绿叶蔬菜制作的沙拉应始终清脆冰冷地上桌。蔬菜应彻底洗净，在冷水或冰水中浸泡至清脆，然后沥干，铺在毛巾上，放置于阴凉处直至上桌时间。见生菜，第294页。调味汁可在餐桌上或临上桌前加入。如果

greens are allowed to stand in dressing they will soon wilt. It should be remembered that winter greens are raised under glass and should be treated as any other hothouse plant. Lettuce will be affected by a change of temperature and wilt just as quickly as delicate flowers.

绿叶蔬菜在调味汁中放置过久会很快萎蔫。应记住冬季绿叶蔬菜是在玻璃下培育的，应像其他温室植物一样对待。生菜会受温度变化的影响，会像娇嫩的花朵一样迅速萎蔫。

Canned or cold cooked left-over vegetables are well utilized in salads, but are best mixed with French Dressing and allowed to stand in a cold place one hour before serving. Where several vegetables are used in the same salad they should be marinated separately, and arranged for serving just before sending to table.

罐装或冷藏的剩余熟蔬菜可很好地用于沙拉，但最好与法式调味汁混合后在上桌前放入阴凉处静置一小时。若同一沙拉中使用多种蔬菜，应分别腌制，在上桌前才摆盘。

Meat for salads should be freed from skin and gristle, cut in small cubes, and allowed to stand mixed with French Dressing before combining with vegetables. Fish should be flaked or cut in cubes.

用于沙拉的肉应去除皮和软骨，切成小方块，与法式调味汁混合静置后再与蔬菜组合。鱼应撕成片或切成方块。

Where salads are dressed at table, first sprinkle with salt and pepper, add oil, and lastly vinegar. If vinegar is added before oil, the greens will become wet, and oil will not cling, but settle to bottom of bowl.

若在餐桌上给沙拉调味，先撒盐和胡椒粉，加油，最后加醋。若先加醋后加油，绿叶蔬菜会变湿，油不会附着，而会沉到碗底。

A Chapon. Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of salad bowl before arranging salad. A chapon is often used in vegetable salads, and gives an agreeable additional flavor.

蒜香面包块。从法式面包一端切下一小块，用先蘸了盐的蒜瓣在其上摩擦。在摆放沙拉之前放入沙拉碗底部。蒜香面包块常用于蔬菜沙拉中，增添宜人的额外风味。

To Marinate. The word marinate, as used in cookery, means to add salt, pepper, oil, and vinegar to a salad ingredient or mixture, then allow to let stand until well seasoned.

腌制。烹饪中所用的“腌制”一词，是指向沙拉配料或混合物中加入盐、胡椒粉、油和醋，然后静置至充分入味。

SALAD DRESSINGS

沙拉调味汁

French Dressing

法式沙拉酱

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons vinegar
4 tablespoons olive oil
Mix ingredients and stir until well blended. Some prefer the addition of a few drops onion juice. French Dressing is more easily prepared and largely used than any other dressing.

Parisian French Dressing

½ cup olive oil
5 tablespoons vinegar
½ teaspoon powdered sugar
1 tablespoon finely chopped Bermuda onion
2 tablespoons finely chopped parsley
4 red peppers
8 green peppers
1 teaspoon salt
Mix ingredients in the order given. Let stand one hour, then stir vigorously for five minutes. This is especially fine with lettuce, romaine, chiccory, or endive. The red and green peppers are the small ones found in pepper sauce.

Club French Dressing

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons brandy
2 tablespoons Tarragon vinegar

1/2 茶匙盐
1/4茶匙胡椒
2汤匙醋
4汤匙橄榄油
混合配料并搅拌至充分融合。有些人喜欢加入几滴洋葱汁。法式调味汁比其他任何调味汁都更易于制作且被广泛使用。

巴黎法式沙拉酱

1/2 杯橄榄油
5汤匙醋
1/2茶匙糖粉
一汤匙切碎的百慕大洋葱
2汤匙切碎的欧芹
4个红椒
8个青椒
一茶匙盐
按给定顺序混合配料。静置一小时，然后用力搅拌五分钟。此调味汁尤其适合搭配生菜、罗马生菜、菊苣或苦苣。红椒和青椒是辣椒酱中的小辣椒。

俱乐部法式沙拉酱

1/2 茶匙盐
1/4茶匙胡椒 2汤匙白兰地
两汤匙龙蒿醋

2 tablespoons olive oil
Mix ingredients and stir until well blended.

Curry Dressing

¾ teaspoon salt
¼ teaspoon curry powder
¼ teaspoon pepper
5 tablespoons olive oil
3 tablespoons vinegar
Mix ingredients in order given and stir until well blended.

Cream Dressing I

½ tablespoon salt
½ tablespoon mustard
¾ tablespoon sugar
1 egg slightly beaten
2½ tablespoons melted butter
¾ cup cream
¼ cup vinegar
Mix ingredients in order given, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

Cream Dressing II

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour

2汤匙橄榄油
混合所有配料，搅拌至完全均匀。

咖喱调味汁

3/4 茶匙盐
1/4茶匙咖喱粉
1/4茶匙胡椒
5汤匙橄榄油
3汤匙醋
按所给顺序混合原料，搅拌至充分混匀。

奶油沙拉酱 I

1/2 汤匙盐
1/2汤匙芥末
3/4 汤匙糖
1个鸡蛋，轻轻打散
21/2汤匙融化的黄油
3/4 杯奶油
1/4杯醋
按给定顺序混合配料，非常缓慢地加入醋。在沸水上方加热，不断搅拌至混合物变稠，过滤并冷却。

奶油调味汁 II

1茶匙芥末
一茶匙盐
两茶匙面粉

1½ teaspoons powdered sugar
Few grains cayenne
1 teaspoon melted butter
Yolk 1 egg
⅓ cup hot vinegar
½ cup thick cream
Mix dry ingredients, add butter, egg, and vinegar slowly. Cook over boiling water, stirring constantly, until mixture thickens; cool, and add to heavy cream, beaten until stiff.

Boiled Dressing I

½ tablespoon salt
1 teaspoon mustard
1½ tablespoons sugar
Few grains cayenne
½ tablespoon flour
Yolks 2 eggs
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar
Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens; strain and cool.

Boiled Dressing II

Yolks 4 eggs
½ cup olive oil

11/2茶匙糖粉
少许辣椒粉
一茶匙融化的黄油
蛋黄 1 个鸡蛋
1/3杯热醋
1/2杯浓奶油
混合干性配料，加入黄油、鸡蛋和醋，缓慢搅拌。在沸水上方加热，不断搅拌至混合物变稠；冷却后加入搅打至硬性发泡的浓奶油中。

煮制沙拉酱 I

1/2 汤匙盐
1茶匙芥末
11/2 汤匙糖
少许辣椒粉
1/2 汤匙面粉
蛋黄 2 个鸡蛋
11/2 汤匙融化的黄油
3/4 杯牛奶
1/4杯醋
混合干性配料，加入略微搅打的蛋黄、黄油、牛奶和醋，非常缓慢地加入。在沸水上方加热至混合物变稠；过滤并冷却。

煮制沙拉酱 II

蛋黄 4个 1/2杯橄
榄油

4 tablespoons vinegar
1 tablespoon lemon juice
1½ teaspoons salt
3 teaspoons powdered sugar
1 pint whipped cream
Beat yolks of eggs slightly, add gradually one-half of the oil and lemon juice. Cook in double boiler until mixture thickens; chill, and add gradually remaining oil, salt, and sugar. Just before serving add cream.

German Dressing

½ cup thick cream
3 tablespoons vinegar
¼ teaspoon salt
Few grains pepper
Beat cream until stiff, using Dover Egg-beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

Chicken Salad Dressing

½ cup rich chicken stock
½ cup vinegar
Yolks 5 eggs
2 tablespoons mixed mustard
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
½ cup thick cream
⅓ cup melted butter

4汤匙醋
一汤匙柠檬汁
11/2茶匙盐
3茶匙糖粉
一品脱打发奶油
将蛋黄轻轻搅打，逐渐加入一半的油和柠檬汁。在双层蒸锅中烹煮至混合物变稠；冷却后，逐渐加入剩余的油、盐和糖。上桌前加入奶油。

德式沙拉酱

1/2杯浓奶油
3汤匙醋
1/4茶匙盐
少许胡椒
用多佛打蛋器将奶油搅打至硬挺。缓慢加入盐、胡椒和醋，继续搅打。

鸡肉沙拉酱

半杯浓郁鸡汤半杯醋

蛋黄 5个鸡蛋
2汤匙混合芥末
1茶匙盐 1/4茶匙胡椒少
许辣椒粉 1/2杯浓奶油
1/3杯融化黄油

Reduce stock in which a fowl has been cooked to one-half cupful. Add vinegar, yolks of eggs slightly beaten, mustard, salt, pepper, and cayenne. Cook over boiling water, stirring constantly until mixture thickens. Strain, add cream and melted butter, then cool.

Oil Dressing I

4 “hard-boiled” eggs
4 tablespoons oil
4 tablespoons vinegar
½ tablespoon sugar
½ teaspoon mustard
½ teaspoon salt
Few grains cayenne
White 1 egg
Force yolks of “hard-boiled” eggs through a strainer, then work, using a silver or wooden spoon, until smooth. Add sugar, mustard, salt, and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed; then cut and fold in white of egg beaten until stiff.

Oil Dressing II

1½ teaspoons mustard
1 teaspoon salt
2 teaspoons powdered sugar
Few grains cayenne
2 tablespoons oil
⅓ cup vinegar diluted with cold water to make one-half cup

将煮过一只鸡的高汤浓缩至半杯。加入醋、轻轻搅打的蛋黄、芥末、盐、胡椒和辣椒粉。在沸水上烹煮，不断搅拌至混合物变稠。过滤，加入奶油和融化黄油，然后冷却。

油醋汁一

4个“煮老”的鸡蛋
4汤匙油
4汤匙醋
1/2 汤匙糖
1/2茶匙芥末
1/2 茶匙盐
少许辣椒粉
白1个鸡蛋
将“煮硬”鸡蛋的蛋黄用滤网压碎，然后用银勺或木勺搅拌至顺滑。加入糖、芥末、盐和辣椒粉，拌匀后逐渐加入油和醋，搅拌和搅打至完全混合；然后切入并翻拌入搅打至硬挺的蛋清。

油醋汁 II

11/2茶匙芥末
一茶匙盐
2茶匙糖粉
少许辣椒粉
2汤匙油
1/3杯醋加冷水稀释至半杯

2 eggs, slightly beaten
Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed; then add diluted vinegar. Cook over boiling water until mixture thickens; strain and cool.

Mayonnaise Dressing I

1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
Few grains cayenne
Yolks 2 eggs
2 tablespoons lemon juice
2 tablespoons vinegar
1½ cups olive oil
Mix dry ingredients, add egg yolks, and when well mixed add one-half teaspoon of vinegar. Add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with vinegar or lemon juice. Add oil, and vinegar or lemon juice alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. A smooth consistency may be restored by taking yolk of another egg and adding curdled mixture slowly to it. It is desirable to have bowl containing mixture placed in a larger bowl of crushed ice, to which a small quantity of water has been added. Olive oil for making Mayonnaise should always be thoroughly chilled. A silver fork, wire whisk, small wooden spoon, or Dover Egg-beater may be used as preferred. If one has a Keystone Egg-beater, dressing may be made very quickly by its use. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or

2个鸡蛋，轻轻打散
混合干配料，逐渐加入鸡蛋和油，不断搅拌至完全混合；然后加入稀释的醋。在沸水上烹煮至混合物变稠；过滤并冷却。

蛋黄酱调料一

1茶匙芥末
一茶匙盐
一茶匙糖粉
少许辣椒粉
蛋黄 2 个鸡蛋
2汤匙柠檬汁
2汤匙醋
11/2杯橄榄油
混合干配料，加入蛋黄，拌匀后加入半茶匙醋。逐渐加入油，起初一滴一滴地加，并不断搅拌。当混合物变稠时，用醋或柠檬汁稀释。交替加入油和醋或柠檬汁，直至全部用完，同时不断搅拌或搅打。如果油加入过快，调味汁会呈现凝结外观。可取另一个鸡蛋的蛋黄，将凝结的混合物慢慢加入其中，即可恢复顺滑的稠度。最好将盛有混合物的碗放在一个装有碎冰并加入少量水的大碗中。用于制作蛋黄酱的橄榄油应始终充分冷藏。可随意选用银叉、钢丝打蛋器、小木勺或多佛打蛋器。若备有基斯通打蛋器，使用它可非常快速地制成调味汁。蛋黄酱应浓稠到足以保持形状。它加入肉或

vegetables; therefore it should be added just before serving time.

Mayonnaise Dressing II

Use same ingredients as for Mayonnaise Dressing I, adding mashed yolk of a “hard-boiled” egg to dry ingredients.

French Chef

Cream Mayonnaise Dressing

To Mayonnaise Dressing I or II add one-third cup thick cream, beaten until stiff. This recipe should be used only when dressing is to be eaten the day it is made.

Green Mayonnaise

Color Mayonnaise Dressing 1 with juices expressed from parsley and watercress, using one-half as much parsley as watercress. To obtain coloring, break greens in pieces, pound in a mortar until thoroughly macerated, then squeeze through cheese-cloth. Lobster coral, rubbed through a fine sieve, added to Mayonnaise, makes *Red Mayonnaise*.

Potato Mayonnaise

Very small baked potato
1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar

蔬菜；因此应在供餐前才加入。

蛋黄酱调料 II

使用与蛋黄酱调料I相同的配料，在干配料中加入一个“煮硬”鸡蛋的捣碎蛋黄。法国厨师

奶油蛋黄酱调料

在蛋黄酱调料I或II中加入三分之一杯浓奶油，搅打至硬挺。此食谱仅应在调料当天食用时使用。

绿色蛋黄酱

用从欧芹和水田芥中榨出的汁液为蛋黄酱调料1着色，欧芹用量为水田芥的一半。为获得色素，将绿色蔬菜撕成碎片，在研钵中捣碎至完全浸软，然后通过奶酪布挤压。龙虾卵通过细筛搓碎后加入蛋黄酱中，制成红色蛋黄酱。

土豆蛋黄酱

很小的烤土豆 1茶匙芥末

一茶匙盐
一茶匙糖粉

2 tablespoons vinegar
¾ cup olive oil
Remove and mash the inside of potato. Add mustard, salt, and powdered sugar; add one tablespoon vinegar, and rub mixture through a fine sieve. Add slowly oil and remaining vinegar. By the taste one would hardly realize eggs were not used in the making.

SALADS

Dressed Lettuce

Prepare lettuce as directed on page 294. Serve with French Dressing.

Lettuce and Cucumber Salad

Place a chapon in bottom of salad bowl. Wash, drain, and dry one head lettuce, arrange in bowl, and place between leaves one cucumber cut in thin slices. Serve with French Dressing.

Lettuce and Radish Salad

Prepare and arrange as for Dressed Lettuce. Place between leaves six radishes which have been washed, scraped, and cut in thin slices. Garnish with round radishes cut to represent tulips. See page 299. Serve with French Dressing.

Lettuce and Tomato Salad

Peel and chill three tomatoes. Cut in halves crosswise, arrange each half on a lettuce leaf. Garnish with Mayonnaise Dressing

2汤匙醋
3/4 杯橄榄油
取出土豆内部并捣碎。加入芥末、盐和糖粉；加入一汤匙醋，将混合物通过细筛搓碎。缓慢加入油和剩余的醋。从味道上几乎无法察觉制作中未使用鸡蛋。

沙拉

调味生菜

按第294页的指示准备生菜。佐以法式调味汁。

生菜黄瓜沙拉

在沙拉碗底部放置一个沙波内。清洗、沥干并擦干一棵生菜，摆入碗中，在叶片之间放入一根切成薄片的黄瓜。配法式调料食用。

生菜与萝卜沙拉

按调味生菜的方法准备和摆盘。在叶片之间放入六个已清洗、刮皮并切成薄片的萝卜。用切成郁金香形状的圆萝卜装饰。见第299页。配法式调料食用。

生菜番茄沙拉

将三个番茄去皮并冷藏。横向切成两半，每半放在一片生菜叶上。用蛋黄酱调料装饰

forced through a pastry bag and tube. If tomatoes are small, cut in quarters, and allow one tomato to each lettuce leaf.

通过裱花袋和裱花嘴挤入。如果番茄较小，切成四份，每片生菜叶配一个番茄。

Dressed Watercress

凉拌豆瓣菜

Wash, remove roots, drain, and chill watercress. Arrange in salad dish, and serve with French Dressing.

清洗水田芥，去除根部，沥干并冷藏。摆入沙拉盘中，配法式调料食用。

Cucumber Salad

黄瓜沙拉

Remove thick slices from both ends of a cucumber, cut off a thick paring, and with a sharp-pointed knife cut five parallel grooves lengthwise of cucumber at equal distances; then cut in thin parallel slices crosswise, keeping cucumber in its original shape. Arrange on lettuce leaves, and pour over Parisian French Dressing. Serve with fish course.

从黄瓜两端切去厚片，削去厚皮，用尖刀沿黄瓜纵向等距切出五条平行凹槽；然后横向切成薄片，保持黄瓜原形。摆在生菜叶上，浇上巴黎法式调料。配鱼肴食用。

Watercress and Cucumber Salad

豆瓣菜黄瓜沙拉

Prepare watercress and add one cucumber, pared, chilled, and cut in one-half inch dice. Serve with French Dressing.

准备水田芥，加入一根去皮、冷藏并切成半英寸方丁的黄瓜。配法式调料食用。

Cucumber and Tomato Salad

黄瓜番茄沙拉

Arrange sliced tomatoes on a bed of lettuce leaves. Pile on each slice, cucumber cubes cut one-half inch square. Serve with French or Mayonnaise Dressing.

将番茄片摆在生菜叶床上。每片上堆放切成半英寸方块的黄瓜丁。配法式或蛋黄酱调料食用。

Cucumber Cups with Lettuce

黄瓜杯配生菜

Pare cucumbers, cut in quarters crosswise, remove centres from

黄瓜去皮，横切成四块，去除中心

pieces, arrange on lettuce leaves, and fill cups with Sauce Tartare (see p. 277).

Cucumber Baskets

Select three long, regular-shaped cucumbers; cut a piece from both the stem and blossom end of each; then cut in halves crosswise. Cut two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to cut in cubes for refilling one-half the baskets, the remaining half being filled with pieces of tomatoes. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing.

Dressed Celery

Wash, scrape, and cut stalks of celery in thin slices. Mix with Cream Dressing I.

Celery and Cabbage Salad

Remove outside leaves from a small solid white cabbage, and cut off stalk close to leaves. Cut out centre, and with a sharp knife shred finely. Let stand one hour in cold or ice water. Drain, wring in double cheese-cloth, to make as dry as possible. Mix with equal parts celery cut in small pieces. Moisten with Cream Dressing and refill cabbage. Arrange on a folded napkin and garnish with celery tips and parsley between folds of napkin and around top of cabbage.

切成块，摆在生菜叶上，杯中填入鞑靼酱(见第277页)。

黄瓜篮

选择三根长而匀称的黄瓜；从每根的蒂端和花端各切去一段；然后横向切成两半。从每段中切出两块，使剩余部分呈带提手的篮子形状。取出果肉和种子，切成足够大的方块以填充一半的篮子，剩余一半用番茄块填充。将篮子摆在生菜叶上，交替填充，浇上法式调料。

凉拌芹菜

清洗、刮皮并将芹菜茎切成薄片。与奶油调料I混合。

芹菜卷心菜沙拉

从一棵小型紧实白甘蓝上剥去外层叶片，贴近叶片切去茎部。挖出中心，用利刀切细丝。在冷水或冰水中浸泡一小时。沥干，用双层奶酪布拧干，尽量使其干燥。与等量切成小块的芹菜混合。用奶油调料润湿并重新填入甘蓝。摆在折叠的餐巾上，用餐巾褶皱之间和甘蓝顶部的芹菜尖和欧芹装饰。

Asparagus Salad

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French Dressing, to which has been added one-half tablespoon tomato catsup.

Corn Salad

Drain one can corn and season with mustard and onion juice. Marinate with French Dressing, let stand one hour, then drain. Arrange on a bed of lettuce or chiccory.

String Bean Salad

Marinate two cups cold string beans with French Dressing. Add one teaspoon finely cut chives. Pile in centre of salad dish and arrange around base thin slices of radishes overlapping one another. Garnish top with radish cut to represent a tulip.

Potato Salad I

Cut cold boiled potatoes in one-half inch cubes. Sprinkle four cupfuls with one-half tablespoon salt and one-fourth teaspoon pepper. Add four tablespoons oil and mix thoroughly; then add two tablespoons vinegar. A few drops of onion juice may be added, or one-half tablespoon chives finely cut. Arrange in a mound and garnish with whites and yolks of two “hard-boiled” eggs, cold boiled red beets, and parsley. Chop whites and arrange

芦笋沙拉

沥干并冲洗罐装芦笋的茎。从鲜红辣椒上切出三分之一英寸宽的圆环。每个环中放入三四根芦笋茎。摆在生菜叶上，配加入半汤匙番茄酱的法式调料食用。

玉米沙拉

沥干一罐玉米，用芥末和洋葱汁调味。用法式调料腌制，静置一小时，然后沥干。摆在生菜或菊苣床上。

四季豆沙拉

用两杯冷四季豆配法式调料腌制。加入一茶匙切碎的细香葱。堆在沙拉盘中央，底部周围摆放相互重叠的薄萝卜片。顶部用切成郁金香形状的萝卜装饰。

土豆沙拉 I

将冷煮土豆切成半英寸方块。在四杯中撒入半汤匙盐和四分之一茶匙胡椒。加入四汤匙油充分混合；然后加入两汤匙醋。可加入几滴洋葱汁，或半汤匙切碎的细香葱。堆成小丘，用两个“煮硬”鸡蛋的蛋白和蛋黄、冷煮红甜菜和欧芹装饰。将蛋白切碎，摆

on one-fourth of the mound; chop beets finely, mix with one tablespoon vinegar, and let stand fifteen minutes; then arrange on fourths of mounds next to whites. Arrange on remaining fourth of mound yolks chopped or forced through a potato ricer. Put small sprigs of parsley in lines dividing beets from eggs; also garnish with parsley at base.

在小丘的四分之一上；将甜菜切碎，与一汤匙醋混合，静置十五分钟；然后摆在紧邻蛋白的四分之一小丘上。在剩余四分之一小丘上摆放切碎或通过土豆压泥器压碎的蛋黄。在分隔甜菜与鸡蛋的线上放小枝欧芹；底部也用欧芹装饰。

Potato Salad II

土豆沙拉 II

Mix two cups cold boiled riced potatoes and one cup pecan nut meats broken in pieces. Marinate with French Dressing, and arrange on a bed of watercress.

混合两杯冷煮土豆泥和一杯掰碎的碧根果仁。用法式调料腌制，摆在水田芥床上。

Hot Potato Salad

热土豆沙拉

Wash six medium-sized potatoes, and cook in boiling salted water until soft. Cool, remove skins, and cut in very thin slices. Cover bottom of baking-dish with potatoes, season with salt and pepper, sprinkle with finely chopped celery, then with finely chopped parsley. Mix two tablespoons each tarragon and cider vinegar and four tablespoons olive oil, and add one slice lemon cut one-third inch thick. Bring to boiling-point, pour over potatoes, cover, and let stand in oven until thoroughly warmed.

洗净六个中等大小的土豆，在加盐的沸水中煮至软烂。冷却，去皮，切成极薄的片。用土豆铺满烤盘底部，用盐和胡椒调味，撒上切细的芹菜，再撒上切细的欧芹。混合两汤匙龙蒿醋和两汤匙苹果酒醋以及四汤匙橄榄油，加入一片三分之一英寸厚的柠檬。煮沸，浇在土豆上，盖上盖子，放入烤箱中直至完全热透。

Potato and Celery Salad

土豆芹菜沙拉

To two cups boiled potatoes cut in one-half inch cubes add one-half cup finely cut celery and a medium-sized apple, pared, cut in eighths, then eighths cut in thin slices. Marinate with French Dressing. Arrange in a mound and garnish with celery tip and

在两杯切成半英寸方块的煮土豆中加入半杯切碎的芹菜和一个中等大小的苹果，去皮，切成八瓣，再将八瓣切成薄片。用法式调料腌制。堆成小丘，用芹菜尖和

sections of bright red apple.

Bolivia Salad

Cut cold boiled potatoes in one-half inch cubes; there should be one and one-half cups. Add three “hard-boiled” eggs finely chopped, one and one-half tablespoons finely chopped red peppers, and one-half tablespoon chopped chives. Pour over Cream Dressing I (see p. 324) and serve in nests of lettuce leaves.

Asparagus Salad, Individual Service.—*Page 329.*

Berkshire Salad in Boxes.—*Page 345.*

Egg Salad.—*Page 336.*

Pear Salad.—*Page 340.*

Lettuce Salad

Wash one head romaine and cut in pieces, using scissors. Mix two cups cold riced potatoes, one-half pound white mushroom caps peeled and cut in eighths, and one pound Brazil nut meats (from which skins have been removed) cut in pieces. Moisten with French Dressing, made by allowing one-third tarragon vinegar to two-thirds olive oil. Arrange on salad dish, surround with romaine, and garnish with three peeled mushroom caps and six

亮红色苹果的切片。

玻利维亚沙拉

将冷煮土豆切成半英寸方块；应有一杯半。加入三个切碎的“煮硬”鸡蛋、一汤匙半切碎的红椒和半汤匙切碎的细香葱。浇上奶油调料I(见第324页)，盛在生菜叶巢中食用。

芦笋沙拉，单人份。--第*329*页。

伯克希尔盒装沙拉--第345页。

鸡蛋沙拉--第336页。

梨子沙拉。--第*340*页。

生菜沙拉

将一个罗马生菜头洗净，用剪刀剪成小块。混合两杯冷米饭土豆、半磅去皮并切成八块的白色蘑菇伞盖，以及一磅去皮的巴西坚果仁(切成小块)。用法式沙拉酱润湿，法式沙拉酱按三分之一龙蒿醋对三分之二橄榄油的比例调制。摆放在沙拉盘中，周围围上罗马生菜，并用三个去皮的蘑菇伞盖和六个装饰。

Brazil nut meats.

巴西坚果仁。

Macédoine Salad

马其顿沙拉

Marinate separately cold cooked cauliflower, peas, and carrots cut in small cubes, and outer stalks of celery finely cut. Arrange peas and carrots in alternate piles in centre of a salad dish. Pile cauliflower on top. Arrange celery in four piles at equal distances. At top of each pile place a small gherkin cut lengthwise in very thin slices, beginning at blossom end and cutting nearly to stem end. Open slices to represent a fan. Place between piles of celery a slice of tomato.

将冷的熟花椰菜、豌豆和切成小方块的胡萝卜分别腌制，芹菜外层茎切细。将豌豆和胡萝卜交替堆放在沙拉盘中央。花椰菜堆在上面。将芹菜分成四堆等距摆放。在每堆顶部放一个小黄瓜，从花端开始纵切成极薄的片，几乎切到茎端。将切片展开呈扇形。在芹菜堆之间放一片番茄。

Almost any cold cooked vegetables on hand may be used for a Macédoine Salad, and if care is taken in arrangement, they make a very attractive dish.

手边几乎任何冷的熟蔬菜都可用于制作马塞多瓦沙拉，如果注意摆放，它们能做成一道非常诱人的菜肴。

Russian Salad

俄式沙拉

Mix one cup each cold cooked carrot cubes and potato cubes, one cup cold cooked peas, and one cup cold cooked beans, and marinate with French Dressing. Arrange on lettuce leaves in four sections, and cover each section with Mayonnaise Dressing. Garnish two sections with small pieces of smoked salmon, one section with finely chopped whites of “hard boiled” eggs, and one section with yolks of “hard-boiled” eggs forced through a strainer. Put small sprigs of parsley or shrimps in lines dividing sections.

混合一杯冷熟胡萝卜丁和一杯冷熟土豆丁、一杯冷熟豌豆和一杯冷熟豆子，用法式调味汁腌制。在生菜叶上分成四份摆放，每份上覆盖蛋黄酱调味汁。用烟熏鲑鱼小块装饰两份，用切细的“煮老”鸡蛋蛋白装饰一份，用经滤网压碎的“煮老”鸡蛋蛋黄装饰一份。在分隔各份的线上摆放小枝欧芹或虾。

Tomatoes Stuffed with Pineapple

菠萝酿番茄

Peel medium-sized tomatoes. Remove thin slice from top of each, and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with fresh pineapple cut in small cubes or shredded, and nut meats, using two-thirds pineapple and one-third nut meats. Mix with Mayonnaise Dressing, garnish with Mayonnaise, halves of nut meats, and slices cut from tops cut square. Serve on a bed of lettuce leaves.

将中等大小的番茄去皮。从每个番茄顶部切去薄片，取出籽和部分果肉。内部撒盐，倒扣，静置半小时。用切成小方块或切丝的鲜菠萝和坚果仁填充番茄，使用三分之二菠萝和三分之一坚果仁。与蛋黄酱沙拉酱混合，用蛋黄酱、半个坚果仁和从顶部切下的方形切片装饰。放在生菜叶上食用。

Stuffed Tomato Salad I

酿番茄沙拉 I

Peel medium-sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mixed with Mayonnaise Dressing. Arrange on lettuce leaves, and garnish top of each with Mayonnaise Dressing forced through a pastry bag and tube.

将中等大小的番茄去皮。从每个番茄顶部切去薄片，取出籽和部分果肉。内部撒盐，倒扣，静置半小时。用切成小方块并与蛋黄酱沙拉酱混合的黄瓜填充番茄。摆放在生菜叶上，在每个顶部用通过裱花袋和裱花嘴挤出的蛋黄酱沙拉酱装饰。

Stuffed Tomato Salad II

酿番茄沙拉 II

Prepare tomatoes same as for Tomatoes Stuffed with Pineapple. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with shredded lettuce.

按菠萝填充番茄的方法准备番茄。用切细的芹菜和苹果等量混合重新填充。配蛋黄酱食用，并用生菜丝装饰。

Stuffed Tomato Salad (German Style)

酿番茄沙拉(德式)

Prepare tomatoes same as Tomatoes Stuffed with Pineapple. Shred finely one-half a cabbage. Let stand two hours in salted water, allowing two tablespoons salt to one quart water. Cook slowly thirty minutes one-half cup each cold water and vinegar, with a

按菠萝填充番茄的方法准备番茄。将半个卷心菜切细丝。在盐水中浸泡两小时，每夸脱水用两大汤匙盐。用半杯冷水加半杯醋，加一小片月桂叶、半茶匙胡椒粒、四分之一茶匙芥末籽和六粒丁香，小火煮三十分钟。过滤后浇在从盐水中沥干的卷心菜上。静置两小时，再次沥干，重新填充番茄。

bit of bay leaf, one-half teaspoon peppercorns, one-fourth teaspoon mustard seed, and six cloves. Strain, and pour over cabbage drained from salt water. Let stand two hours, again drain, and refill tomatoes.

一小片月桂叶、半茶匙胡椒粒、四分之一茶匙芥末籽和六粒丁香。过滤后浇在从盐水中沥干的卷心菜上。静置两小时，再次沥干，重新填充番茄。

Tomato and Horseradish Salad

番茄辣根沙拉

Peel and chill tomatoes, cut in halves crosswise, arrange on lettuce leaves, and garnish with Horseradish Sauce I.

将番茄去皮冷藏，横切成两半，摆放在生菜叶上，用辣根酱汁一号装饰。

Hindoo Salad

印度沙拉

Arrange four slices tomato on a bed of shredded lettuce. On two of the slices pile shaved celery, on the opposite slices, finely cut watercress. Garnish with small pieces of tomato shaped with circular cutter, and serve with French Dressing.

将四片番茄摆放在生菜丝上。在其中两片上堆放刨好的芹菜，在相对的两片上放切细的豆瓣菜。用小圆形切模切出的小番茄片装饰，配法式沙拉酱食用。

Tomato Ciboulettes

番茄细香葱

Remove skins from four small tomatoes, and cut in halves crosswise. Cover with Mayonnaise, and sprinkle with finely chopped chives. Serve on lettuce leaves.

将四个小番茄去皮，横切成两半。覆盖蛋黄酱，撒上切细的细香葱。放在生菜叶上食用。

Tomato and Watercress Salad

番茄西洋菜沙拉

Peel and chill large tomatoes, cut in slices one-third inch thick, and slices in strips one-third inch wide. Arrange on a flat dish to represent lattice work, and fill in the spaces with watercress. Serve with French Dressing.

将大番茄去皮冷藏，切成三分之一英寸厚的片，再将片切成三分之一英寸宽的条。摆放在平盘中呈格状，空隙处填入豆瓣菜。配法式沙拉酱食用。

Tomato and Cucumber Salad

Arrange alternate slices of tomato and cucumber until six slices have been piled one on top of another. Place on lettuce leaves, garnish with strips of red and green peppers. Serve with French and Mayonnaise Dressing. Remove seeds from peppers and parboil two minutes before using.

Salad Chiffonade

Cook two green peppers in boiling water one minute; cool, and shred. Shred one head of romaine, remove pulp from one large grape fruit, and cut three small ripe tomatoes in quarters lengthwise. Arrange in salad dish and serve with French Dressing.

Wiersbick's Salad

Peel small tomatoes of uniform size and scoop out a portion of centres. Arrange in nests of lettuce leaves and garnish top of each with a slice of cucumber, slice of truffle cut in fancy shape, and ring of green pepper. Serve with the following dressing:

Mix three tablespoons Louit Frères mustard, one-fourth teaspoon salt, one-eighth teaspoon paprika, one tablespoon vinegar, and one-half teaspoon Worcestershire Sauce; then add slowly, while stirring constantly, one-half cup olive oil.

Tomato and Cheese Salad

Peel six medium-sized tomatoes, chill, and scoop out a small quantity of pulp from the centre of each. Fill cavities, using equal

番茄黄瓜沙拉

将番茄片和黄瓜片交替叠放，直至叠成六层。放在生菜叶上，用红椒和青椒条装饰。配法式沙拉酱和蛋黄酱沙拉酱食用。使用前将辣椒去籽并预煮两分钟。

切丝沙拉

将两个青椒在沸水中煮一分钟；冷却后切丝。将一个罗马生菜头切丝，从一个大的葡萄柚中取出果肉，将三个小熟番茄纵切成四块。摆放在沙拉盘中，配法式沙拉酱食用。

维尔什比克沙拉

将大小均匀的小番茄去皮，挖出部分中心。摆放在生菜叶做的巢中，每个顶部用一片黄瓜、一片切成花形的松露和一圈青椒装饰。配以下沙拉酱食用：

混合三大汤匙 Louit Frères 芥末、四分之一茶匙盐、八分之一茶匙红椒粉、一大汤匙醋和半茶匙伍斯特酱；然后不断搅拌，慢慢加入半杯橄榄油。

番茄奶酪沙拉

将六个中等大小的番茄去皮冷藏，从每个中心挖出少量果肉。用等量的

parts of Roquefort and Neufchâtel cheese worked together and moistened with French Dressing. Arrange on lettuce leaves and serve with French Dressing.

洛克福奶酪和纳沙泰尔奶酪混合拌匀，用法式沙拉酱润湿，填充空腔。摆放在生菜叶上，配法式沙拉酱食用。

Tomato Jelly Salad

番茄果冻沙拉

To one can stewed and strained tomatoes add one teaspoon each of salt and powdered sugar, and two-thirds box gelatine which has soaked fifteen minutes in one-half cup cold water. Pour into small cups, and chill. Run a knife around inside of moulds, so that when taken out shapes may have a rough surface, suggesting a fresh tomato. Place on lettuce leaves and garnish top of each with Mayonnaise Dressing.

在一罐炖煮并过滤的番茄中加入各一茶匙盐和糖粉，以及三分之二盒明胶(已在半杯冷水中浸泡十五分钟)。倒入小杯中冷藏。用刀沿模具内侧划一圈，使取出时形状表面粗糙，仿如新鲜番茄。放在生菜叶上，每个顶部用蛋黄酱沙拉酱装饰。

Frozen Tomato Salad

冷冻番茄沙拉

Open one quart can tomatoes, turn from can, and let stand one hour that they may be reoxygenated. Add three tablespoons sugar, and season highly with salt and cayenne; then rub through a sieve. Turn into one-half pound breakfast-cocoa boxes, cover tightly, pack in salt and ice, using equal parts, and let stand three hours. Remove from mould, arrange on lettuce leaves, and serve with Mayonnaise Dressing.

打开一夸脱罐装番茄，从罐中倒出，静置一小时使其重新氧化。加入三大汤匙糖，用盐和卡宴辣椒充分调味；然后通过筛网擦滤。倒入半磅早餐可可盒中，盖紧，用等量的盐和冰埋好，静置三小时。从模具中取出，摆放在生菜叶上，配蛋黄酱沙拉酱食用。

Salad à la Russe

俄式沙拉

Peel six tomatoes, remove thin slices from top of each, and take out seeds and pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Place seeds and pulp removed from tomatoes in a strainer to drain. Mix one-third cup cucumbers cut in dice, one-

将六个番茄去皮，从每个顶部切去薄片，取出籽和果肉。内部撒盐，倒扣，静置半小时。将取出的番茄籽和果肉放入滤网中沥干。混合三分之一杯切成骰子块的黄瓜、三分之

third cup cold cooked peas, one-fourth cup pickles finely chopped, one-third cup tomato pulp, and two tablespoons capers. Season with salt, pepper, and vinegar. Put in a cheese-cloth and squeeze; then add one-half cup cold cooked chicken cut in very small dice. Mix with Mayonnaise Dressing, refill tomatoes, sprinkle with finely chopped parsley, and place each on a lettuce leaf.

一杯冷熟豌豆、四分之一杯切细的腌菜、三分之一杯番茄果肉和两大汤匙刺山柑。用盐、胡椒和醋调味。放入奶酪布中挤干；然后加入半杯切成极细骰子块的冷熟鸡肉。与蛋黄酱沙拉酱混合，重新填充番茄，撒上切细的欧芹，每个放在一片生菜叶上。

Spinach Salad

菠菜沙拉

Pick over, wash, and cook one-half peck spinach. Drain, and chop finely. Season with salt, pepper, and lemon juice, and add one tablespoon melted butter. Butter slightly small tin moulds and pack solidly with mixture. Chill, remove from moulds, and arrange on thin slices of cold boiled tongue cut in circular pieces. Garnish base of each with a wreath of parsley, and serve on top of each Sauce Tartare.

挑选、洗净并煮熟半配克菠菜。沥干，切细。用盐、胡椒和柠檬汁调味，加入一大汤匙融化的黄油。在小锡模具上薄薄涂上黄油，将混合物紧密压实装入。冷藏，从模具中取出，摆放在切成圆片的冷煮牛舌薄片上。每个底部用一圈欧芹装饰，每个顶部放上鞑靼酱汁。

Moulded Russian Salad

模制俄罗斯沙拉

Reduce strong consommé so that when cold it will be jelly-like in consistency. Set individual moulds in pan of ice-water, pour in consommé one-fourth inch deep; when firm, decorate bottom and sides of moulds with cold cooked carrots, beets and potatoes cut in fancy shapes. Add consommé to cover vegetables, and as soon as firm fill moulds two-thirds full of any cooked vegetable that may be at hand. Add consommé by spoonfuls, allowing it to become firm between the additions, and put in enough to cover vegetables. Chill thoroughly, remove from moulds, and arrange on lettuce leaves. Serve with Mayonnaise Dressing.

将浓清汤收浓，使其冷却后呈果冻般的稠度。将各个模具放在冰水盆中，倒入四分之一英寸深的清汤；待其凝固后，用切成花样的冷熟胡萝卜、甜菜和土豆装饰模具的底部和侧面。加入清汤覆盖蔬菜，一旦凝固，即将手边现有的任何熟蔬菜装满模具的三分之二。一勺一勺地加入清汤，让其在每次添加之间凝固，加入足够的量以覆盖蔬菜。充分冷藏，从模具中取出，摆放在生菜叶上。配蛋黄酱调味汁食用。

Mexican Jelly

Peel four large cucumbers and cut in thin slices. Put in saucepan with one cup cold water, bring to boiling-point, and cook slowly until soft; then force through a purée strainer. Add two and one-half tablespoons granulated gelatine dissolved in three-fourths cup boiling water, few drops onion juice, one tablespoon vinegar, few grains cayenne, and salt and pepper to taste. Color with leaf green, strain through cheese-cloth, and mould same as Fruit Chartreuse (see p. 423). After removing small mould fill space with Tomato Mayonnaise. Garnish sides of mould with thin slices of cucumber shaped with a small round fluted cutter, and on the centre of each slice place a circular piece of truffle. Garnish around base of mould with small tomatoes peeled, chilled, and cut in halves crosswise. On each slice of tomato place a circular fluted slice of cucumber, and over all a circular piece of truffle. Serve with

Tomato Mayonnaise. Color mayonnaise red with tomato purée.

Egg Salad I

Cut six “hard-boiled” eggs in halves crosswise, keeping whites in pairs. Remove yolks, and mash or put through a potato ricer. Add slowly enough Oil Dressing II to moisten. Make into balls the size of original yolks and refill whites. Arrange on a bed of lettuce, and pour Oil Dressing No. II around eggs.

Egg Salad II

Cut four “hard-boiled” eggs in halves crosswise in such a way that

墨西哥果冻

将四根大黄瓜去皮，切成薄片。放入炖锅中，加入一杯冷水，煮沸后慢火煮至软烂；然后通过细筛压成泥。加入两汤匙半的颗粒明胶，溶解于四分之三杯沸水中，几滴洋葱汁，一汤匙醋，少许辣椒粉，以及适量的盐和胡椒调味。用叶绿素着色，通过奶酪布过滤，并按照水果夏洛特(见第423页)的方法塑形。取出小模具后，用番茄蛋黄酱填充空隙。用小型圆形凹槽刀具切出薄黄瓜片装饰模具边缘，每片中央放置一块圆形松露。模具底部周围用小番茄装饰，去皮、冷藏后横向切成两半。每片番茄上放一片圆形凹槽黄瓜片，再放一块圆形松露。配以

番茄蛋黄酱。用番茄泥将蛋黄酱调成红色。

鸡蛋沙拉 I

将六个“煮老”的鸡蛋横切成两半，保持蛋白成对。取出蛋黄，捣碎或通过马铃薯压泥器压碎。慢慢加入足量的油醋汁II使其湿润。做成与原蛋黄大小相同的球状，重新填入蛋白中。排列在生菜叶上，将油醋汁II浇在鸡蛋周围。

鸡蛋沙拉 II

将四个“煮老”的鸡蛋横向切成两半，切法须使

tops of halves may be cut in small points. Remove yolks, mash, and add an equal amount of finely chopped cooked chicken. Moisten with Oil Dressing I, shape in balls size of original yolks, and refill whites. Arrange on lettuce leaves, garnish with radishes cut in fancy shapes, and serve with Oil Dressing I.

半蛋的顶部可切成小尖角。取出蛋黄，捣碎，加入等量切碎煮熟的鸡肉。用油醋汁I湿润，做成与原蛋黄大小相同的球状，重新填入蛋白中。排列在生菜叶上，用切成花样的萝卜装饰，配油醋汁I食用。

Lenten Salad

Separate yolks and whites of four “hard-boiled” eggs. Chop whites finely, marinate with French Dressing, and arrange on lettuce leaves. Force yolks through a potato ricer and pile on the centre of whites. Serve with French Dressing.

四旬斋沙拉

将四个“煮老”鸡蛋的蛋黄和蛋白分开。将蛋白切碎，用法式酱汁腌制，排列在生菜叶上。将蛋黄通过马铃薯压泥器压碎，堆在蛋白中央。配法式酱汁食用。

Crackers and Cheese

Mash a cream cheese, season, and shape in balls, then flatten balls, and serve on butter-thin crackers.

Note. Cream cheese is very acceptable served with zephyrettes or butter-thins and Bar-le-Duc currants.

饼干与奶酪

将一个奶油奶酪捣碎，调味，做成球状，然后将球压扁，放在薄黄油饼干上食用。

注：奶油奶酪配西风饼干或薄黄油饼干及巴勒迪克醋栗食用非常适宜。

Cottage Cheese I

Heat one quart sour milk to 100° F., and turn into a strainer lined with cheese-cloth. Pour over one quart hot water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheese-cloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream, and add salt to taste. Shape into small balls.

农家干酪 I

将一夸脱酸牛奶加热至100°F，倒入铺有奶酪布的滤网中。浇上一夸脱热水，待水滤过后，再浇上另一夸脱；然后重复。将奶酪布收拢成袋，悬挂至凝乳中无乳清。用融化的黄油和浓奶油湿润，加盐调味。做成小球状。

Cottage Cheese II

农家干酪 II

Heat one quart sweet milk to 100° F., and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with a fork to break curd, turn into a bag made of cheese-cloth, and let hang until whey has drained from curd; then proceed as with Cottage Cheese I.

将一夸脱甜牛奶加热至100°F，加入一片磨成粉的凝乳片。置于温暖处至凝固。用叉子搅打以打碎凝乳，倒入奶酪布制成的袋中，悬挂至乳清从凝乳中滤出；然后按农家奶酪的方法继续操作。

Cheese Salad

奶酪沙拉

Arrange one head lettuce on salad dish, sprinkle with Edam cheese broken in small pieces, and pour over French Dressing.

将一个生菜头排列在沙拉盘中，撒上掰成小块的埃丹奶酪，浇上法式酱汁。

Neufchâtel Salad I

诺沙泰尔沙拉 i

Cut cheese in dice, arrange on lettuce leaves, and garnish with radishes. Serve with French Dressing.

将奶酪切成骰子块，排列在生菜叶上，用萝卜装饰。配法式酱汁食用。

Neufchâtel Salad II

诺沙泰尔沙拉 ii

Mash one Neufchâtel cheese and moisten with milk or cream. Shape into forms the size of robins' eggs. Sprinkle with finely chopped parsley, which has been dried. Arrange in nests of lettuce leaves, and garnish with radishes. Serve with French Dressing.

将一个纳沙泰尔奶酪捣碎，用牛奶或奶油湿润。做成知更鸟蛋大小的形状。撒上干燥的切碎欧芹。排列在生菜叶制成的巢中，用萝卜装饰。配法式酱汁食用。

Cheese and Olive Salad

奶酪橄榄沙拉

Mash a cream cheese, moisten with cream, and season with salt and cayenne. Add six olives finely chopped, lettuce finely cut, and one-half a can pimento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with Mayonnaise Dressing.

将一个奶油奶酪捣碎，用奶油湿润，加盐和辣椒粉调味。加入六个切碎的橄榄、切碎的莴苣和半罐切成条的甜椒。压回奶酪原来的形状，静置两小时。切成片，分开成块，放在生菜叶上配蛋黄酱食用。

Cheese and Currant Salad

Mash a cream cheese and mix with finely chopped lettuce. Shape in balls, arrange on lettuce leaves, pour over French Dressing, and over all Bar-le-Duc currants.

East India Salad

Work two ten cent cream cheeses until smooth. Moisten with milk and cream, using equal parts. Add one-half cup grated Young America cheese, one cup whipped cream, and three-fourths tablespoon granulated gelatine soaked in one tablespoon cold water and dissolved in one tablespoon boiling water. Season highly with salt and paprika, and turn into a border mould. Chill, remove from mould, arrange on lettuce leaves, fill centre with lettuce leaves, and serve with Curry Dressing (see p. 324).

Nut Salad

Mix one cup chopped English walnut meat and two cups shredded lettuce. Arrange on lettuce leaves and garnish with Mayonnaise Dressing.

Nut and Celery Salad I

Mix equal parts of English walnut or pecan nut meat cut in pieces, and celery cut in small pieces. Marinate with French Dressing. Serve with a border of shredded lettuce.

Nut and Celery Salad II

奶酪醋栗沙拉

将一个奶油奶酪捣碎，与切碎的莴苣混合。做成球状，排列在生菜叶上，浇上法式酱汁，再在上面放巴勒迪克醋栗。

东印度沙拉

将两个十美分的奶油奶酪搅拌至光滑。用等量的牛奶和奶油湿润。加入半杯磨碎的Young America奶酪、一杯搅打奶油，以及四分之三汤匙颗粒明胶(先浸泡在一汤匙冷水中，再在一汤匙沸水中溶解)。用盐和红椒粉充分调味，倒入环形模具中。冷藏，脱模，排列在生菜叶上，中央填入生菜叶，配咖喱酱汁食用(见第324页)。

坚果沙拉

混合一杯切碎的英国核桃仁和两杯切成丝的莴苣。排列在生菜叶上，用蛋黄酱装饰。

坚果芹菜沙拉 I

混合等量的切成块的英国核桃或碧根果仁，以及切成小块的芹菜。用法式酱汁腌制。配以切成丝的莴苣边缘食用。

坚果芹菜沙拉 II

Mix one and one-half cups finely cut celery, one cup pecan nut meats broken in pieces, and one cup shredded cabbage. Moisten with Cream Dressing, and serve in a salad bowl made of a small white cabbage.

混合一杯半切碎的芹菜、一杯掰成块的碧根果仁和一杯切成丝的卷心菜。用奶油酱汁湿润，盛在一个小白卷心菜制成的沙拉碗中食用。

Banana Salad

香蕉沙拉

Remove one section of skin from each of four bananas. Take out fruit, scrape, and cut fruit from one banana in thin slices, fruit from other three bananas in one-half inch cubes. Marinate cubes with French Dressing. Refill skins and garnish each with slices of banana. Stack around a mound of lettuce leaves.

从四根香蕉中各去掉一段皮。取出果肉，刮一下，将一根香蕉的果肉切成薄片，另外三根香蕉的果肉切成半英寸的方块。用法国酱汁腌制方块。重新填入香蕉皮中，每根用香蕉片装饰。堆在生菜叶堆周围。

Orange Salad

橙子沙拉

Cut five thin-skinned sour oranges in very thin slices, and slices in quarters. Marinate with a dressing made by mixing one-third cup olive oil, one and one-half tablespoons each lemon juice and vinegar, one-third teaspoon salt, one-fourth teaspoon paprika, and a few grains mustard. Serve on a bed of watercress.

将五个薄皮酸橙切成极薄的片，再将片切成四份。用由三分之一杯橄榄油、各一汤匙半柠檬汁和醋、三分之一茶匙盐、四分之一茶匙红椒粉和少许芥末混合制成的酱汁腌制。放在西洋菜床上食用。

Orange Mint Salad

橙子薄荷沙拉

Remove pulp from four large oranges, by cutting fruit in halves crosswise and using a spoon. Sprinkle with two tablespoons powdered sugar, and add two tablespoons finely chopped mint, and one tablespoon each lemon juice and Sherry wine. Chill thoroughly, serve in glasses, and garnish each with a sprig of mint. Should the oranges be very juicy, pour off a portion of the

将四个大橙子横切成两半，用勺子取出果肉。撒上两汤匙糖粉，加入两汤匙切碎的薄荷，以及各一汤匙柠檬汁和雪利酒。充分冷藏，盛在玻璃杯中，每杯用一小枝薄荷装饰。如果橙子汁水很多，倒掉一部分

juice before turning the mixture into glasses.

French Fruit Salad

2 oranges
3 bananas
½ lb. Malaga grapes
12 English walnut meats
1 head lettuce
French Dressing
Peel oranges, and remove pulp separately from each section. Peel bananas, and cut in one-fourth inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves. Serve with French Dressing.

Hungarian Salad

Mix equal parts shredded fresh pineapple, bananas cut in pieces, and sections of tangerines, and marinate with French dressing. Fill banana skins with mixture, sprinkle generously with paprika, and arrange on lettuce leaves.

Waldorf Salad

Mix equal quantities of finely cut apple and celery, and moisten with Mayonnaise Dressing. Garnish with curled celery and canned pimentoes cut in strips or fancy shapes. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to

将混合物倒入玻璃杯之前先榨汁。

法式水果沙拉

2个橙子
3根香蕉
1/2磅马拉加葡萄
12个英国核桃仁
1颗生菜
法式调味汁
将橙子剥皮，从每一瓣中单独取出果肉。将香蕉剥皮，切成四分之一英寸的片。去除葡萄的皮和籽。将核桃仁掰成块。混合准备好的配料，排列在生菜叶上。配法式酱汁食用。

匈牙利沙拉

混合等量的切成丝的新鲜菠萝、切成块的香蕉和橘子瓣，用法式酱汁腌制。将混合物填入香蕉皮中，慷慨地撒上红椒粉，排列在生菜叶上。

华尔道夫沙拉

混合等量的切碎的苹果和芹菜，用蛋黄酱湿润。用卷曲的芹菜和切成条或花样的罐装甜椒装饰。这道沙拉一种吸引人的上桌方式是将红苹果或绿苹果的顶部去掉，挖出内部果肉，只在果皮上留足够多的果肉以

keep apples in shape. Refill shells thus made with the salad, replace tops, and serve on lettuce leaves.

保持苹果的形状。将沙拉重新填入这样制成的壳中，盖上顶部，放在生菜叶上食用。

Malaga Salad

Remove skins and seeds from white grapes; add an equal quantity of English walnut meats, blanched and broken in pieces. Marinate with French Dressing. Serve on lettuce leaves and garnish with Maraschino cherries.

马拉加沙拉

去除白葡萄的皮和籽；加入等量的英国核桃仁(焯过并掰成块)。用法式酱汁腌制。放在生菜叶上食用，用马拉斯奇诺樱桃装饰。

Brazilian Salad

Remove skin and seeds from white grapes and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples pared, cored, and cut in small pieces, and celery cut in small pieces; then add one-fourth the quantity of Brazil nuts broken in pieces. Mix thoroughly, and season with lemon juice. Moisten with Cream Mayonnaise Dressing (see p. 327).

巴西沙拉

去除白葡萄的皮和籽，纵向切成两半。加入等量的切成丝的新鲜菠萝、去皮去核切成小块的苹果和切成小块的芹菜；然后加入四分之一量的掰成块的巴西坚果。充分混合，用柠檬汁调味。用奶油蛋黄酱湿润(见第327页)。

De John's Salad

Pare six Bartlett pears, care being taken not to remove stems. Cut in thin slices, and serve in original shapes on lettuce leaves. Serve with French Dressing.

德约翰沙拉

将六个巴特利特梨削皮，注意不要去掉果柄。切成薄片，以原来的形状放在生菜叶上食用。配法式酱汁食用。

Pear Salad

Wipe, pare, and cut pears in eighths lengthwise; then remove seeds. Arrange on lettuce leaves, pour over French dressing, and garnish with ribbons of red pepper. See Canned Red Peppers p. 581.

梨沙拉

擦拭、削皮，将梨纵向切成八份；然后去除籽。排列在生菜叶上，浇上法式酱汁，用红椒丝带装饰。见罐装红椒第581页。

Game Salad

Drain the syrup from one can peaches. Arrange halves of fruit on lettuce leaves, and pour over all a dressing made by mixing two teaspoons sugar, one teaspoon celery salt, one-fourth teaspoon salt, one-eighth teaspoon pepper, a few grains cayenne, five drops Tabasco, and adding gradually four tablespoons olive oil and two tablespoons fresh lime juice. Use fresh fruit when in season.

Pepper and Grape Fruit Salad

Cut slices from stem ends of six green peppers, and remove seeds. Refill with grape fruit pulp, finely cut celery, and English walnut meats broken in pieces, allowing twice as much grape fruit as celery, and two nut meats to each pepper. Arrange on chicory or lettuce leaves, and serve with Mayonnaise Dressing.

Grape Fruit and Celery Salad

Cut medium-sized grape fruits in thirds lengthwise. Remove the pulp, and add to it an equal quantity of finely cut celery. Refill sections with mixture, mask with Mayonnaise Dressing, and garnish with celery tips or curled celery and canned pimentoes cut in strips.

Monte Carlo Salad

Remove pulp from four large grape fruits, and drain. Add an equal quantity of finely cut celery, and apple cut in small pieces.

游戏沙拉

将一罐桃子的糖浆沥干。将半个桃子排列在生菜叶上，浇上由两茶匙糖、一茶匙芹菜盐、四分之一茶匙盐、八分之一茶匙胡椒、少许辣椒粉、五滴塔巴斯科辣酱混合，并逐渐加入四汤匙橄榄油和两汤匙新鲜青柠汁制成的酱汁。当季时使用新鲜水果。

胡椒葡萄柚沙拉

将六个青椒的蒂端切下切片，去除籽。重新填入葡萄柚果肉、切碎的芹菜和掰成块的英国核桃仁，葡萄柚的量为芹菜的两倍，每个青椒放两个核桃仁。排列在菊苣或生菜叶上，配蛋黄酱食用。

葡萄柚芹菜沙拉

将中等大小的葡萄柚纵向切成三份。取出果肉，加入等量的切碎芹菜。将混合物重新填入葡萄柚瓣中，涂上蛋黄酱，用芹菜尖或卷曲芹菜和切成条的罐装甜椒装饰。

蒙特卡洛沙拉

从四个大葡萄柚中取出果肉，沥干。加入等量切细的芹菜和切成小块的苹果。

Moisten with Mayonnaise, pile on a shallow salad dish, arrange around a border of lettuce leaves, and mask with Mayonnaise. Outline, using green Mayonnaise, four oblongs to represent playing cards, and denote spots on cards by canned pimentoes or truffles; pimentoes cut in shapes of hearts and diamonds, truffles cut in shapes of spades and clubs. Garnish with cold cooked carrot and turnip, shaped with a small round cutter to suggest gold and silver coin.

用蛋黄酱润湿，堆在浅沙拉盘中，周围围上生菜叶边，再覆以蛋黄酱。用绿色蛋黄酱勾出四个长方形，代表扑克牌，并用罐装甜椒或松露标示牌上的花色；甜椒切成红桃和方块形状，松露切成黑桃和梅花形状。用冷熟胡萝卜和芜菁装饰，以小圆模切成金币和银币的形状。

Salmon Salad

Flake remnants of cold boiled salmon. Mix with French Mayonnaise, or Cream Dressing. Arrange on nests of lettuce leaves. Garnish with the yolk of a “hard-boiled” egg forced through a potato ricer, and white of egg cut in strips.

三文鱼沙拉

将冷煮三文鱼的残肉剥成片。与法式蛋黄酱或奶油酱汁拌匀。置于生菜叶垫上。用土豆压泥器压过的“煮老”鸡蛋蛋黄和切成条的蛋白装饰。

Shrimp Salad

Remove shrimps from can, cover with cold or ice water, and let stand twenty minutes. Drain, dry between towels, remove intestinal veins, and break in pieces, reserving six of the finest. Moisten with Cream Dressing II, and arrange on nests of lettuce leaves. Put a spoonful of dressing on each, and garnish with a whole shrimp, capers, and an olive cut in quarters.

虾仁沙拉

将虾从罐中取出，覆盖冷水或冰水，静置二十分钟。沥干，用毛巾吸干，去除肠线，掰成小块，保留六只最好的。用奶油酱汁II润湿，置于生菜叶垫上。每份放一勺酱汁，用整只虾、刺山柑和切成四块的橄榄装饰。

Sardine Salad

Remove skin and bones from sardines, and mix with an equal quantity of the mashed yolks of “hard-boiled” eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise Dressing.

沙丁鱼沙拉

去除沙丁鱼的皮和骨，与等量“煮老”鸡蛋的捣碎蛋黄混合。置于生菜叶垫上，配蛋黄酱汁食用。

Lobster Salad I

Remove lobster meat from shell, cut in one-half inch cubes, and marinate with a French Dressing. Mix with a small quantity of Mayonnaise Dressing and arrange in nests of lettuce leaves. Put a spoonful of Mayonnaise on each, and sprinkle with lobster coral rubbed through a fine sieve. Garnish with small lobster claws around outside of dish. Cream Dressing I or II may be used in place of Mayonnaise Dressing.

Lobster Salad II

Prepare lobster as for Lobster Salad I. Add an equal quantity of celery cut in small pieces, kept one hour in cold or ice water, then drained and dried in a towel. Moisten with any cream or oil dressing. Arrange on a salad dish, pile slightly in centre, cover with dressing, sprinkle with lobster coral forced through a fine sieve, and garnish with a border of curled celery.

To Curl Celery. Cut thick stalks of celery in two-inch pieces. With a sharp knife, beginning at outside of stalks, make five cuts parallel with each other, extending one-third the length of pieces. Make six cuts at right angles to cuts already made. Put pieces in cold or ice water and let stand over night or for several hours, when they will curl back and celery will be found very crisp. Both ends of celery may be curled if one cares to take the trouble.

Lobster Salad III

龙虾沙拉 i

将龙虾肉从壳中取出，切成一英寸半的方块，用法式酱汁腌制。与少量蛋黄酱汁混合，置于生菜叶垫上。每份放一勺蛋黄酱，撒上过细筛的龙虾卵。盘外周围用小龙虾钳装饰。可用奶油酱汁I或II代替蛋黄酱汁。

龙虾沙拉 ii

按龙虾沙拉I的方法准备龙虾。加入等量切成小块的芹菜，在冷水或冰水中浸泡一小时，然后沥干并用毛巾吸干。用任何奶油或油类酱汁润湿。置于沙拉盘中，稍堆于中央，覆上酱汁，撒上过细筛的龙虾卵，用卷曲芹菜围边装饰。

卷曲芹菜。将粗芹菜茎切成两英寸长的段。用锋利的刀，从茎的外侧开始，平行切五刀，长度为段长的三分之一。再与已切的刀口成直角切六刀。将段放入冷水或冰水中，静置一夜或数小时，它们便会卷曲，芹菜会变得非常脆嫩。若不怕麻烦，芹菜两端都可卷曲。

龙虾沙拉 iii

Remove large claws and split a lobster in two lengthwise by beginning the cut on inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral, and set aside. Discard intestinal vein, stomach, and fat, and wipe inside thoroughly with cloth wrung out of cold water. Body meat and small claws are left on shell. Remove meat from upper parts of large claws and cut off (using scissors or can opener) one-half the shell from lower parts, taking out meat and leaving the parts in suitable condition to refill. Cut lobster meat in one-half inch cubes and mix with an equal quantity of finely cut celery. Season with salt, pepper, and vinegar, and moisten with Mayonnaise Dressing. Refill tail, body, and under half of large claw shells. Mix liver and coral, rub through a sieve, add one tablespoon Mayonnaise Dressing and a few drops anchovy essence with enough more Mayonnaise Dressing to cover lobster already in shell. Arrange on a bed of lettuce leaves.

去除大螯，将龙虾纵向切成两半，从尾部内侧开始切，贯穿整个尾部和身体。打开龙虾，取出尾肉、肝和虾籽，放置一旁。丢弃肠静脉、胃和脂肪，用拧干的冷水布彻底擦拭内部。身体肉和小螯留在壳上。从大螯上部取出肉，用剪刀或开罐器从下部切掉一半壳，取出肉并保持壳的完整以便重新填充。将龙虾肉切成半英寸的方块，与等量的细切芹菜混合。用盐、胡椒和醋调味，并用蛋黄酱调味汁润湿。重新填充尾部、身体和大螯壳的下半部分。将肝和虾籽混合，通过筛子研磨，加入一汤匙蛋黄酱调味汁和几滴鳀鱼精，再加入足够的蛋黄酱调味汁以覆盖壳中的龙虾。放在生菜叶上摆盘。

Mexican Jelly.—*Page 335.*

墨西哥果冻--第*335*页。

Lobster Salad III.—*Page 342.*

龙虾沙拉之三。--第*342*页。

Oyster Crabs a la Newburg; Individual Service.—*Page 357.*

牡蛎蟹纽堡式；单人份。--第357页。

Sweetbread Ramequins.—*Page 371.*

甜面包拉梅坎。- 第371页。

Fish Salad with Cucumbers

黄瓜鱼沙拉

Season one and one-half cups cold cooked flaked halibut, haddock, or cod, with salt, cayenne, and lemon juice. Cover, and let stand one hour. To Cream Dressing II (see p. 324) add one-third tablespoon granulated gelatine soaked in one and one-half tablespoons cold water. As soon as dressing begins to thicken, add one-half cup heavy cream beaten until stiff, then fold in the fish. Turn into individual moulds, chill, remove from moulds, arrange on lettuce leaves, garnish each with a thin slice of cucumber, and serve with

用盐、辣椒粉和柠檬汁调味一杯半冷的熟比目鱼、黑线鳕或鳕鱼片。盖上，静置一小时。在奶油调味汁II(见第324页)中加入三分之一汤匙颗粒明胶，浸泡在一汤匙半冷水中。一旦调味汁开始变稠，加入半杯重奶油，搅打至硬性发泡，然后翻拌入鱼中。倒入单独模具中，冷藏，脱模，放在生菜叶上，每份用一片薄黄瓜装饰，并配以

Cucumber Sauce. Pare two cucumbers, chop, drain off most of liquor, and season with salt, pepper, and vinegar.

黄瓜酱汁。将两条黄瓜去皮，切碎，沥去大部分汁液，用盐、胡椒和醋调味。

Crab and Tomato Salad

蟹肉番茄沙拉

Remove meat from hard-shelled crabs; there should be one cup. Add two-thirds cup celery, cut in small pieces, and six small tomatoes peeled, chilled, and cut in quarters. Moisten with Mayonnaise. Serve on lettuce leaves, and garnish with Mayonnaise, curled celery, and small pieces of tomato.

将硬壳蟹的肉取出；应有一杯。加入三分之二杯切成小块的芹菜，以及六个去皮、冷藏并切成四块的小番茄。用蛋黄酱润湿。盛在生菜叶上，用蛋黄酱、卷曲芹菜和小块番茄装饰。

Scallop and Tomato Salad

扇贝番茄沙拉

Clean one pint scallops, parboil, and drain. Add juice of one lemon, cover, and let stand one hour. Drain, dry between towels, sprinkle with salt and pepper, dip in flour, egg, and stale bread crumbs, fry in deep fat, and drain on brown paper. Cool, cut in halves, marinate with dressing, and serve garnished with sliced tomatoes and watercress.

将一品脱扇贝清洗干净，煮至半熟，沥干。加入一个柠檬的汁，盖上，静置一小时。沥干，用毛巾吸干，撒上盐和胡椒，蘸面粉、鸡蛋和陈面包屑，在深油中炸，放在牛皮纸上沥油。冷却，切成两半，用酱汁腌制，配番茄片和水田芥装饰食用。

Dressing. Mix one teaspoon finely chopped shallot, three-fourths

调味汁。混合一茶匙切细的红葱头，四分之三

teaspoon salt, one-eighth teaspoon paprika, two tablespoons lemon juice, and four tablespoons olive oil.

一茶匙盐，八分之一茶匙红椒粉，两汤匙柠檬汁，四汤匙橄榄油。

Salmon à la Martin, Ravigôte Mayonnaise

马丁式鲑鱼，拉维戈蛋黄酱

Drain one can salmon, rinse, dry, and separate in flakes. Moisten with Ravigôte Mayonnaise, arrange on a bed of lettuce, mask with mayonnaise, and garnish with canned pimentoes cut in triangles, and truffles cut in fancy shapes.

将一罐三文鱼沥干，冲洗，吸干，分成片。用拉维戈特蛋黄酱润湿，置于生菜床上，覆以蛋黄酱，用切成三角形的罐装甜椒和切成花式形状的松露装饰。

Ravigôte Mayonnaise. Mix two tablespoons cooked spinach, one tablespoon capers, one-half shallot finely chopped, three anchovies, one-third cup parsley, and one-half cup watercress. Pound in mortar until thoroughly macerated, then force through a very fine strainer. Add to one-half the recipe for Mayonnaise Dressing I (see p. 326).

拉维戈特蛋黄酱。混合两汤匙熟菠菜、一汤匙刺山柑、半个切细的葱、三条鲽鱼、三分之一杯欧芹和半杯水田芥。在研钵中捣至完全成糊，然后过极细的筛。加入半份蛋黄酱汁I的食谱中(见第326页)。

Oyster and Grape Fruit Salad

牡蛎与葡萄柚沙拉

Parboil one and one-half pints oysters, drain, cool, and remove tough muscles. Cut three grape fruits in halves crosswise, remove pulp, and drain. Mix oysters with pulp, and season with six tablespoons tomato catsup, four tablespoons grape fruit juice, one tablespoon Worcestershire Sauce, eight drops Tabasco sauce, and one-half teaspoon salt. Refill grape fruit skins with mixture, and garnish with curled celery.

将一品脱半牡蛎煮至半熟，沥干，冷却，去除老韧的肌肉。将三个葡萄柚横切成两半，取出果肉，沥干。将牡蛎与果肉混合，用六汤匙番茄酱、四汤匙葡萄柚汁、一汤匙伍斯特酱、八滴塔巴斯科辣酱和半茶匙盐调味。将混合物重新填入葡萄柚皮中，用卷曲芹菜装饰。

Chicken Salad I

鸡肉沙拉一

Cut cold boiled fowl or remnants of roast chicken in one-half inch

将冷煮禽肉或烤鸡的剩余部分切成半英寸

cubes, and marinate with French Dressing. Add an equal quantity of celery, washed, scraped, cut in small pieces, chilled in cold or ice-water, drained, and dried in a towel. Just before serving moisten with Cream, Oil, or Mayonnaise Dressing. Mound on a salad dish, and garnish with yolks of “hard-boiled” eggs forced through a potato ricer, capers, and celery tips.

切成方块，用法式酱汁腌制。加入等量洗净、刮净、切成小块、在冷水或冰水中冷藏、沥干并用毛巾吸干的芹菜。上桌前用奶油、油或蛋黄酱汁润湿。堆在沙拉盘中，用土豆压泥器压过的“煮老”鸡蛋蛋黄、刺山柑和芹菜尖装饰。

Chicken Salad II

鸡肉沙拉 II

Cut cold boiled fowl or remnants of roast chicken in one-half inch dice. To two cups add one and one-half cups celery cut in small pieces, and moisten with Cream Dressing II. Mound on a salad dish, cover with dressing, and garnish with capers, thin slices cut from small pickles, and curled celery.

将冷煮家禽肉或烤鸡的残肉切成半英寸的骰子块。取两杯，加入一杯半切成小块的芹菜，用奶油酱汁II润湿。堆在沙拉盘中，覆上酱汁，用刺山柑、小腌黄瓜切成的薄片和卷曲芹菜装饰。

Individual Chicken Salads in Aspic

阿斯皮克(Aspic)中的单份鸡肉沙拉

Cover bottom of individual moulds set in ice-water with aspic jelly mixture. When jelly is firm decorate with yolks and whites of “hard-boiled” eggs cooked as for Harlequin Slices (see p. 147) and truffles cut in fancy shapes, or pistachio nuts blanched and cut in halves. Cover decorations with aspic mixture, being careful not to disarrange the designs. Finely chop cold cooked fowl (preferably breast meat), moisten with Mayonnaise to which is added a small quantity of dissolved granulated gelatine, shape in balls, put a ball in each mould, and add gradually aspic mixture to fill moulds. Chill thoroughly, remove to lettuce leaves, and arrange around a dish of Mayonnaise Dressing.

将单独模具置于冰水中，底部覆盖一层果冻冻混合物。待果冻凝固后，用“硬煮”鸡蛋的蛋黄和蛋白(如制作五彩切片，见第147页)以及切成花样的松露，或焯过并切成两半的开心果装饰。用果冻混合物覆盖装饰，小心不要打乱图案。将冷的熟禽肉(最好是胸肉)切碎，用加入少量溶解颗粒明胶的蛋黄酱润湿，做成球状，每个模具中放一个球，逐渐加入果冻混合物填满模具。彻底冷藏，移至生菜叶上，围绕一盘蛋黄酱调味汁摆放。

Swiss Salad

Mix one cup cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cup chopped English walnut meats, and one cup French peas. Marinate with French Dressing, arrange on serving dish, and garnish with Mayonnaise Dressing.

Nile Salad

Cut cold boiled or roasted chicken in cubes (there should be one and one-half cups). Put one-half cup English walnut meats in pan, sprinkle sparingly with salt, and add three-fourths tablespoon butter. Cook in a slow oven until browned and thoroughly heated, stirring occasionally; remove from oven and break in pieces.

Mix chicken and nuts and marinate with French Dressing. Add three-fourths cup celery cut in small pieces. Arrange on a bed of lettuce, and mask with Ravigôte Mayonnaise (see p. 344).

Berkshire Salad in Boxes

Marinate one cup cold boiled fowl cut into dice and one cup cooked French chestnuts broken in pieces with French Dressing. Add one grated red pepper from which seeds have been removed, one cup celery cut into small pieces, and Mayonnaise to moisten. Trim crackers (four inches long by one inch wide, slightly salted) at ends, using a sharp knife; arrange on plate in form of box, keep in place with red ribbon one-half inch wide, and fasten at one corner by tying ribbon in a bow. Garnish opposite corner with a sprig of holly berries. Line box with lettuce leaves, put in a spoonful of salad, and mask with Mayonnaise. Any colored ribbon

瑞士沙拉

混合一杯切成方块的冷熟鸡肉、一条去皮切成方块的黄瓜、一杯切碎的英国核桃仁和一杯法式青豆。用法式酱汁腌制，置于上菜盘中，用蛋黄酱汁装饰。

尼罗河沙拉

将冷煮或烤鸡肉切成方块(应有一杯半)。将半杯英国核桃仁放入锅中，撒上少许盐，加入四分之三汤匙黄油。在慢烤箱中烤至呈棕色并完全热透，偶尔搅拌；从烤箱中取出，掰成小块。

将鸡肉和核桃混合，用法式酱汁腌制。加入四分之三杯切成小块的芹菜。置于生菜床上，覆以拉维戈特蛋黄酱(见第344页)。

伯克希尔盒装沙拉

用法式调味汁腌制一杯切成丁的冷煮禽肉和一杯掰成块的熟法国栗子。加入一个去籽的磨碎红椒，一杯切成小块的芹菜，以及足够的蛋黄酱润湿。用锋利的刀修整饼干(四英寸长、一英寸宽，微咸)的两端；在盘子上排列成盒子形状，用半英寸宽的红色丝带固定，并在一个角上用丝带打成蝴蝶结系紧。在相对的角上装饰一小枝冬青果。盒子内衬生菜叶，放入一勺沙拉，并用蛋黄酱覆盖。任何颜色的丝带

may be used, and flowers substituted for berries.

可以使用，并用花朵代替浆果。

Chicken and Oyster Salad

鸡肉与牡蛎沙拉

Clean, parboil, and drain one pint oysters. Remove tough muscles, and mix soft parts with an equal quantity of cold boiled fowl cut in one-half inch dice. Moisten with any salad dressing, and serve on a bed of lettuce leaves.

将一品脱牡蛎清洗、煮至半熟并沥干。去除老韧的肌肉，将柔软部分与等量切成半英寸骰子块的冷煮家禽肉混合。用任何沙拉酱汁润湿，盛在生菜叶床上。

Sweetbread and Cucumber Salad I

甜面包与黄瓜沙拉 I

Parboil a pair of sweetbreads twenty minutes; drain, cool, and cut in one-half inch cubes. Mix with an equal quantity of cucumber cut in one-half inch dice. Season with salt and pepper, and moisten with German Dressing. Arrange in nests of lettuce leaves or in cucumber cups, and garnish with watercress. To prepare cucumber cups, pare cucumbers, remove thick slices from each end, and cut in halves crosswise. Take out centres, put cups in cold water, and let stand until crisp; drain, and dry for refilling. Small cucumbers may be pared, cut in halves lengthwise, centres removed, and cut pointed at ends to represent a boat.

将一对甜面包煮二十分钟；沥干、冷却，切成半英寸见方的块。与等量切成半英寸见方的黄瓜混合。用盐和胡椒调味，并以德式调味汁润湿。置于生菜叶制成的巢中或黄瓜杯中，用水田芥点缀。制作黄瓜杯时，将黄瓜削皮，切去两端厚片，横切成两半。挖出中心，将杯浸入冷水中，待其脆硬；沥干并擦干以备填装。小黄瓜可削皮，纵切成两半，去中心，并将两端切成尖形以仿船状。

Sweetbread and Cucumber Salad II

甜面包与黄瓜沙拉 II

Parboil a sweetbread, adding to water a bit of bay leaf, a slice of onion, and a blade of mace. Cool, and cut in small cubes; there should be three-fourths cup. Add an equal quantity of cucumber cubes. Beat one-half cup thick cream until stiff; add one-fourth tablespoon granulated gelatine soaked in one-half tablespoon cold water and dissolved in one and one-half tablespoons boiling

将一块甜面包煮至半熟，水中加入一点月桂叶、一片洋葱和一片肉豆蔻衣。冷却，切成小方块；应有三分之四杯。加入等量黄瓜方块。将半杯浓奶油搅打至硬挺；加入四分之一汤匙颗粒明胶，明胶先浸泡在半汤匙冷水中，再溶解于一汤匙半沸水中

water, then add one and one-half tablespoons vinegar. Add sweetbread and cucumber, mould, and chill. Arrange on lettuce leaves, and serve with French Dressing.

水，然后加入一汤匙半醋。加入甜面包和黄瓜，装入模具，冷藏。摆在生菜叶上，配法式沙拉酱汁食用。

Sweetbread and Celery Salad

Mix equal parts of parboiled sweetbreads cut in one-half inch cubes and celery finely cut. Moisten with Cream Dressing, and arrange on lettuce leaves.

甜面包与芹菜沙拉

将等量的半熟甜面包切成半英寸见方的方块，与切细的芹菜混合。用奶油沙拉酱汁润湿，摆在生菜叶上。

Harvard Salad

Make lemon baskets, following directions for Orange Baskets (see p. 429). With a small wooden skewer make an incision in centre of each handle and insert a small sprig of parsley. Fill baskets with equal parts of cold cooked sweetbread and cucumber cut in small cubes, and one-fourth the quantity of finely cut celery, moistened with Cream Dressing II (see p. 324). Pare round red radishes as thinly as possible and finely chop parings. Smooth top of baskets and cover with dressing. Sprinkle top of one-half the baskets with chopped parings, the remaining half with finely chopped parsley. Arrange red and green baskets alternately on serving dish, and garnish with watercress.

哈佛沙拉

按照橙篮(见第429页)的做法制作柠檬篮。用一根小木签在每个提手中央划一道小口，插入一小枝欧芹。将等量的冷熟甜面包和黄瓜切成小方块，再加入其四分之一量的细切芹菜，用奶油调味汁II(见第324页)拌湿，填入篮中。将圆形红萝卜尽可能切薄片，并将切下的薄片细剁碎。将篮子的顶部抹平，覆盖上调味汁。在一半篮子的顶部撒上剁碎的萝卜片，其余一半撒上细碎的欧芹。将红色和绿色篮子交替摆放在上菜盘中，并以水田芥点缀。

CHAPTER XXII
ENTRÉES

第二十二章主菜

Batters and Fritters

Batter I

1 cup bread flour
½ teaspoon salt
Few grains pepper
⅔ cup milk
2 eggs
Mix flour, salt, and pepper. Add milk gradually, and eggs well beaten.

Batter II

1 cup bread flour
1 tablespoon sugar
¼ teaspoon salt
⅔ cup water
½ tablespoon olive oil
White 1 egg
Mix flour, sugar, and salt. Add water gradually, then olive oil and white of egg beaten until stiff.

Batter III

1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
1 egg
Mix and sift dry ingredients, add milk gradually, and egg well beaten.

面糊与油炸食品

面糊 i

一杯面包粉
1/2 茶匙盐
少许胡椒
2/3杯牛奶
2个鸡蛋
将面粉、盐和胡椒混合。逐渐加入牛奶，以及打散的鸡蛋。

面糊 ii

一杯面包粉
一汤匙糖
1/4茶匙盐
2/3 杯水
1/2 汤匙橄榄油
白1个鸡蛋
混合面粉、糖和盐。逐渐加入水，然后加入橄榄油和搅打至硬挺的蛋清。

面糊 iii

1 1/3 杯面粉
2茶匙泡打粉
1/4茶匙盐
2/3杯牛奶
1个鸡蛋
混合并筛匀干性材料，逐渐加入牛奶和打散的鸡蛋。

Batter IV

1 cup flour
1½ teaspoons baking powder
3 tablespoons powdered sugar
¼ teaspoon salt
⅓ cup milk
1 egg
Mix and sift dry ingredients, add milk gradually, and egg well beaten.

Batter V

1 cup flour
¼ teaspoon salt
⅔ cup milk or water
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter or olive oil
Mix salt and flour, add milk gradually, yolks of eggs beaten until thick, butter, and whites of eggs beaten until stiff.

Apple Fritters I

2 medium-sized sour apples
Batter III
Powdered sugar
Pare, core, and cut apples in eighths, then cut eighths in slices, and stir into batter. Drop by spoonfuls and fry in deep fat (see Rules for Testing Fat, page 21). Drain on brown paper, and sprinkle with powdered sugar. Serve hot on a folded napkin.

面糊 IV

一杯面粉
1½茶匙泡打粉
3汤匙糖粉
¼茶匙盐
⅓ 杯牛奶
1个鸡蛋
混合并筛匀干性材料，逐渐加入牛奶和打散的鸡蛋。

面糊 V

一杯面粉
¼茶匙盐
⅔杯牛奶或水
蛋黄 2 个鸡蛋
将2个蛋白打发
一汤匙融化的黄油或橄榄油
混合盐和面粉，逐渐加入牛奶、搅打至浓稠的蛋黄、黄油，以及搅打至硬挺的蛋清。

苹果油炸饼 I

2个中等大小的酸苹果
面糊 III
糖粉
将苹果削皮、去核，切成八瓣，再将八瓣切成片，搅入面糊中。用勺舀起逐块放入深油中炸(见第21页油脂测试规则)。在棕色纸上沥干，撒上糖粉。趁热放在折叠的餐巾上食用。

Apple Fritters II

2 medium-sized sour apples
Batter IV
Prepare and cook as Apple Fritters I.

Apple Fritters III

Sour apples
Powdered sugar
Lemon juice
Batter II
Core, pare, and cut apples in one-third inch slices. Sprinkle with powdered sugar and few drops lemon juice; cover, and let stand one-half hour. Drain, dip pieces in batter, fry in deep fat, and drain. Arrange on a folded napkin in form of a circle, and serve with Sabyon or Hard Sauce.

Banana Fritters I

4 bananas
Powdered sugar
½ tablespoon lemon juice
3 tablespoons Sherry wine
Batter V
Remove skins from bananas. Scrape bananas, cut in halves lengthwise, and cut halves in two pieces crosswise. Sprinkle with powdered sugar, lemon juice, and wine; cover, and let stand thirty minutes; drain, dip in batter, fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar, and serve on a folded napkin.

苹果炸饼 II

2个中等大小的酸苹果面糊IV

按苹果油炸饼 I 的方法准备和烹饪。

苹果炸糕 III

酸苹果
糖粉
柠檬汁
面糊 II
将苹果去核、削皮，切成三分之一英寸厚的片。撒上糖粉和几滴柠檬汁；盖上，静置半小时。沥干，将苹果片蘸上面糊，放入深油中炸，然后沥干。在折叠的餐巾上摆成圆形，配萨巴雍酱汁或硬酱汁食用。

香蕉炸饼 I

4根香蕉
糖粉
1/2 汤匙柠檬汁
3汤匙雪利酒
面糊 V
去掉香蕉皮。刮净香蕉，纵向切成两半，再将两半横向切成两块。撒上糖粉、柠檬汁和葡萄酒；盖上，静置三十分钟；沥干，蘸上面糊，放入深油中炸，在棕色纸上沥干。撒上糖粉，放在折叠的餐巾上食用。

Banana Fritters II

3 bananas
1 cup bread flour
2 teaspoons baking powder
1 tablespoon powdered sugar
¼ teaspoon salt
¼ cup milk
1 egg
1 tablespoon lemon juice
Mix and sift dry ingredients. Beat egg until light, add milk, and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat, and drain. Serve with Lemon Sauce.

Orange Fritters

Peel two oranges and separate into sections. Make an opening in each section just large enough to admit of passage for seeds, which should be removed. Dip sections in Batter II, III, IV, or V, and fry and serve same as other fritters.

Fruit Fritters

Fresh peaches, apricots, or pears may be cut in pieces, dipped in batter, and fried same as other fritters. Canned fruits may be used, after draining from their syrup.

Cauliflower Fritters

Cold cooked cauliflower
Batter V
Salt and pepper

香蕉油炸饼 II

3根香蕉
一杯面包粉
2茶匙泡打粉
1汤匙糖粉
1/4茶匙盐
1/4 杯牛奶
1个鸡蛋
一汤匙柠檬汁

混合并过筛干配料。将鸡蛋搅打至蓬松，加入牛奶，混合各配料；然后加入柠檬汁和用筛子压滤的香蕉果肉。用勺舀起逐块放入深油中炸，然后沥干。配柠檬酱汁食用。

橙子炸糕

将两个橙子剥皮并分成瓣。在每瓣上开一个小口，大小刚好能让籽通过，将籽去除。将橙瓣蘸上面糊II、III、IV或V，按其他油炸果饼的方法油炸并食用。

水果油炸饼

新鲜桃子、杏或梨可以切成块，蘸上面糊，按其他油炸果饼的方法油炸。罐装水果沥去糖浆后也可使用。

花椰菜油炸饼

冷熟花椰菜面糊 V

盐和胡椒

Sprinkle pieces of cauliflower with salt and pepper and dip in Batter I or V. Fry in deep fat, and drain on brown paper.

在花椰菜块上撒盐和胡椒，蘸上面糊I或V。放入深油中炸，在棕色纸上沥干。

Fried Celery

Celery cut in three-inch pieces
Salt and pepper
Batter I, III, or V
Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce.

炸芹菜

芹菜切三英寸段
盐和胡椒
面糊 I、III 或 V
将芹菜煮至软烂，沥干，撒上盐和胡椒，蘸上面糊，放入深油中炸，在棕色纸上沥干。配番茄酱汁食用。

Sardines Fried in Batter

Drain fish and pour over boiling water to free from oil, then remove skins. Dip in Batter III, fry in deep fat, and drain on brown paper. Serve with Hot Tartare Sauce.

面糊炸沙丁鱼

将鱼沥干，倒入沸水以去除油分，然后去掉皮。蘸上面糊III，放入深油中炸，在棕色纸上沥干。配热鞑靼酱汁食用。

Tomato Fritters

1 can tomatoes
6 cloves
⅛ cup sugar
3 slices onion
1 teaspoon salt
Few grains cayenne
¼ cup butter
½ cup corn-starch
1 egg
Cook first four ingredients twenty minutes, rub all through a sieve except seeds, and season with salt and pepper. Melt butter, and

番茄油炸饼

1 罐番茄
6瓣
1/8杯糖
3片洋葱
一茶匙盐
少许辣椒粉
1/4 杯黄油
1/2 杯玉米淀粉
1个鸡蛋
将前四种配料煮二十分钟，除籽外全部用筛子擦滤，用盐和胡椒调味。融化黄油，

when bubbling, add corn-starch and tomato gradually; cook two minutes, then add egg slightly beaten. Pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, diamonds, or strips. Roll in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Cherry Fritters

2 cups scalded milk
¼ cup corn-starch
¼ cup flour
½ cup sugar
¼ teaspoon salt
¼ cup cold milk
Yolks 3 eggs
½ cup Maraschino cherries, cut in halves
Mix corn-starch, flour, sugar, and salt. Dilute with cold milk and add beaten yolks; then add gradually to scalded milk and cook fifteen minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, dip in flour, egg, and crumbs, fry in deep fat, and drain. Serve with Maraschino Sauce.

Maraschino Sauce

⅔ cup boiling water
⅓ cup sugar
2 tablespoons corn-starch
¼ cup Maraschino cherries, cut in halves
½ cup Maraschino syrup
½ tablespoon butter

待其起泡时，逐渐加入玉米淀粉和番茄；煮两分钟，然后加入略打散的鸡蛋。倒入抹了黄油的浅 tin 中，冷却。倒在案板上，切成方块、菱形或条状。裹上面包屑、鸡蛋，再裹面包屑，放入深油中炸，然后沥干。

樱桃炸饼

两杯烫牛奶
1/4 杯玉米淀粉
1/4杯面粉
1/2 杯糖
1/4茶匙盐
1/4 杯冷牛奶
蛋黄 3 个鸡蛋
半杯马拉斯奇诺樱桃，切成两半

混合玉米淀粉、面粉、糖和盐。用冷牛奶稀释，加入打散的蛋黄；然后逐渐加入烫过的牛奶中，在双层蒸锅中煮十五分钟。加入樱桃，倒入抹了黄油的浅 tin 中，冷却。倒在案板上，切成方块，蘸上面粉、鸡蛋和面包屑，放入深油中炸，然后沥干。配黑樱桃酒酱汁食用。

马拉斯奇诺酱

2/3杯沸水
1/3杯糖
2汤匙玉米淀粉 1/4杯黑樱桃酒樱桃，切成两半
1/2杯黑樱桃酒糖浆 1/2汤匙黄油

Mix sugar and corn-starch, add gradually to boiling water, stirring constantly. Boil five minutes, and add cherries, syrup, and butter.

混合糖和玉米淀粉，逐渐加入沸水中，不断搅拌。煮五分钟，加入樱桃、糖浆和黄油。

Farina Cakes with Jelly

2 cups scalded milk
½ cup farina (scant)
¼ cup sugar
½ teaspoon salt
1 egg
Mix farina, sugar, and salt, add to milk, and cook in double boiler twenty minutes, stirring constantly until mixture has thickened. Add egg slightly beaten, pour into a buttered shallow pan, and brush over with one egg slightly beaten and diluted with one tablespoon milk. Brown in a moderate oven. Cut in squares, and serve with a cube of jelly on each square.

果冻法拉纳蛋糕

两杯烫牛奶
1/2杯法里纳(略少)
1/4杯糖
1/2 茶匙盐
1个鸡蛋
混合麦片、糖和盐，加入牛奶中，在双层蒸锅中煮二十分钟，不断搅拌至混合物变稠。加入略打散的鸡蛋，倒入抹了黄油的浅锅中，刷上一个略打散并用一汤匙牛奶稀释的鸡蛋。在中等烤箱中烤至棕色。切成方块，每块上放一块果冻食用。

Gnocchi à la Romaine

¼ cup butter
¼ cup flour
¼ cup corn-starch
½ teaspoon salt
2 cups scalded milk
Yolks 2 eggs
¾ cup grated cheese
Melt butter, and when bubbling, add flour, corn-starch, salt, and milk, gradually. Cook three minutes, stirring constantly. Add yolks of eggs slightly beaten, and one-half cup cheese. Pour into a buttered shallow pan, and cool. Turn on a board, cut in squares,

罗马式汤团

1/4 杯黄油
1/4杯面粉
1/4 杯玉米淀粉
1/2 茶匙盐
两杯烫牛奶
蛋黄 2 个鸡蛋
3/4 杯磨碎的奶酪
融化黄油，待其起泡时，逐渐加入面粉、玉米淀粉、盐和牛奶。煮三分钟，不断搅拌。加入略打散的蛋黄和半杯奶酪。倒入抹了黄油的浅锅中，冷却。倒在案板上，切成方块、

diamonds, or strips. Place on a platter, sprinkle with remaining cheese, and brown in oven.

Queen Fritters

¼ cup butter (scant)
½ cup boiling water
½ cup flour
2 eggs
Fruit preserve or marmalade
Put butter in small saucepan and pour on water. As soon as water again reaches boiling-point, add flour all at once and stir until mixture leaves sides of saucepan, cleaving to spoon. Remove from fire and add eggs unbeaten, one at a time, beating mixture thoroughly between addition of eggs. Drop by spoonfuls and fry in deep fat until well puffed and browned. Drain, make an opening, and fill with preserve or marmalade. Sprinkle with powdered sugar and serve on a folded napkin.

Chocolate Fritters with Vanilla Sauce

Make Queen Fritters, fill with Chocolate Cream Filling, and serve with Vanilla Sauce; filling to be cold and sauce warm.

Coffee Fritters, Coffee Cream Sauce

Cut stale bread in one-half inch slices, remove crusts, and cut slices in one-half inch strips. Mix three-fourths cup coffee infusion, two tablespoons sugar, one-fourth teaspoon salt, one egg slightly beaten, and one-fourth cup cream. Dip bread in mixture, crumbs, egg, and crumbs again. Fry in deep fat and drain. Serve with

菱形或条状。放在盘子上，撒上剩余的奶酪，在烤箱中烤至棕色。

女王炸果

1/4杯黄油(略少)

1/2 杯沸水

1/2杯面粉

2个鸡蛋

水果蜜饯或果酱

将黄油放入小锅中，倒入水。水再次达到沸点时，一次性加入面粉，搅拌至混合物脱离锅壁、粘附在勺上。离火，加入未打散的鸡蛋，一次一个，每次加入鸡蛋之间将混合物充分搅打。用勺舀起逐块放入深油中炸至充分膨胀并呈棕色。沥干，开一个口，填入蜜饯或果酱。撒上糖粉，放在折叠的餐巾上食用。

巧克力油炸饼配香草酱

制作女王油炸果饼，填入巧克力奶油馅，配香草酱汁食用；馅料应冷却，酱汁应温热。

咖啡油炸饼，咖啡奶油酱

将陈面包切成半英寸厚的片，去掉面包皮，再将片切成半英寸宽的条。混合四分之三杯咖啡浸液、两汤匙糖、四分之一茶匙盐、一个略打散的鸡蛋和四分之一杯奶油。将面包蘸上混合物、面包屑、鸡蛋，再蘸面包屑。放入深油中炸并沥干。配

Coffee Cream Sauce. Beat yolks three eggs slightly, add four tablespoons sugar and one-eighth teaspoon salt, then add gradually one cup coffee infusion. Cook in double boiler until mixture thickens. Cool, and fold in one-third cup heavy cream beaten until stiff.

Sponge Fritters

2⅔ cups flour
⅓ cup sugar
⅞ cup scalded milk
⅓ yeast cake, dissolved in 2 tablespoons lukewarm water
⅓ cup melted butter
¼ teaspoon salt
2 eggs
Grated rind ½ lemon
Quince marmalade
Currant jelly

Make a sponge of one-half the flour, sugar, milk, and dissolved yeast cake; let rise to double its bulk. Add remaining ingredients and let rise again. Toss on a floured board, roll to one-fourth inch thickness, shape with a small biscuit-cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in centre to form a nest. In one-half the pieces put one-half teaspoon of currant jelly and quince marmalade mixed in the proportion of one part jelly to two parts marmalade. Brush with milk edges of filled pieces. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done fritters will separate during frying. Fry in deep fat, drain on brown paper, and sprinkle with powdered sugar.

咖啡奶油酱汁。将三个鸡蛋的蛋黄略打散，加入四汤匙糖和八分之一茶匙盐，然后逐渐加入一杯咖啡浸液。在双层蒸锅中煮至混合物变稠。冷却，翻拌入三分之一杯搅打至硬挺的浓奶油。

海绵炸糕

2 2⁄3 杯面粉

1⁄3杯糖

7⁄8 杯烫牛奶

1⁄3块酵母饼，溶于2汤匙温水中 1⁄3杯融化的黄油

1⁄4茶匙盐

2个鸡蛋

磨碎的柠檬皮 1⁄2 个

楹梓果酱

醋栗果冻

取一半面粉、糖、牛奶和溶解的酵母糊制成面糊，让其发酵至体积加倍。加入剩余的配料，再次让其发酵。在撒有面粉的案板上揉搓，擀至四分之一英寸厚，用小饼干模具(先蘸上面粉)塑形，盖上，在案板上让其发酵。取每一块在中央挖空，形成巢状。在一半的块中放入半茶匙醋栗果冻和楹梓果酱，按一份果冻对两份果酱的比例混合。用牛奶刷在已填馅块的边缘上。盖上未填馅的块，用手指先蘸上面粉，将边缘紧密捏合。如果这一步做得不仔细，油炸时面点会散开。在深油中炸，在牛皮纸上沥干，撒上糖粉。

Calf's Brains Fritters

Clean brains, and cook twenty minutes in boiling water, to which is added one-half teaspoon salt, one tablespoon lemon juice, three cloves, two slices onion, and one-half bay leaf. Remove from range, and let stand in water until cold; drain, dry between towels, and separate into pieces. Make a batter of one-half cup flour, one teaspoon baking powder, one-fourth teaspoon salt, a few grains pepper, one egg well beaten, and one-fourth cup milk. Add brains, and drop mixture by spoonfuls into greased muffin rings, placed in a frying-pan in which there is a generous supply of hot lard. Cook on one side until well browned, turn, and cook other side. Arrange on serving dish and pour around Sauce Finiste (see p. 279).

Clam Fritters

1 pint clams
2 eggs
⅓ cup milk
1⅓ cups flour
2 teaspoons baking powder
Salt
Pepper

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Drop by spoonfuls, and fry in deep fat. Drain on brown paper, and serve at once on a folded napkin.

小牛脑煎饼

将脑花清洗干净，放入沸水中煮二十分钟，水中加入半茶匙盐、一汤匙柠檬汁、三颗丁香、两片洋葱和半片月桂叶。从炉上取下，让其在水中冷却；沥干，用毛巾吸干水分，分成小块。用半杯面粉、一茶匙发酵粉、四分之一茶匙盐、少许胡椒粉、一个充分搅打的鸡蛋和四分之一杯牛奶制成面糊。加入脑花，用勺子将混合物舀入涂过油的松饼圈中，松饼圈放在一个盛有足量热猪油的煎锅里。一面煎至充分呈棕色，翻面，煎另一面。摆放在上菜盘中，周围浇上酱汁Finiste(见第279页)。

蛤蜊炸饼

1品脱蛤蜊
2个鸡蛋
1/3 杯牛奶
1 1/3 杯面粉
2茶匙泡打粉
盐
胡椒

清洗蛤蜊，沥去其汁液，切碎。将鸡蛋搅打至蓬松，加入牛奶和与发酵粉混合过筛的面粉，然后加入切碎的蛤蜊，用盐和胡椒重调味。用勺舀起逐块放入深油中炸。在棕色纸上沥干，立即放在折叠的餐巾上食用。

Croquettes

Before making Croquettes, consult Rules for Testing Fat for Frying, page 21; Egging and Crumbing, page 22; Uses for Stale Bread, page 69; and Potato Croquettes, page 316.

Banana Croquettes

Remove skins from bananas, scrape, using a silver knife to remove the astringent principle which lies close to skin, and cut in halves crosswise; then remove a slice from each end. Dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Cheese Croquettes

3 tablespoons butter
¼ cup flour
⅔ cup milk
Yolks 2 eggs
1 cup mild cheese, cut in very small cubes
½ cup grated Gruyère cheese
Salt and pepper
Few grains cayenne
Make a thick white sauce, using butter, flour, and milk, add yolks of eggs without first beating, and stir until well mixed; then add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in a shallow pan, and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper. Serve for a cheese course.

油炸丸子

制作油炸丸子之前，请参阅第21页的油炸油脂测试规则；第22页的蘸蛋液与裹面包屑；第69页的陈面包用途；以及第316页的土豆油炸丸子。

香蕉炸丸子

去掉香蕉皮，用银刀刮净，以去除靠近表皮处的涩味成分，横向切成两半；然后从两端各切去一片。蘸上面包屑、鸡蛋，再蘸面包屑，放入深油中炸，在棕色纸上沥干。

奶酪炸丸子

3汤匙黄油
1/4杯面粉
2/3杯牛奶
蛋黄 2 个鸡蛋
一杯淡味奶酪，切成极小的方块 1/2 杯磨碎的格鲁耶尔奶酪
盐和胡椒
少许辣椒粉

用黄油、面粉和牛奶制作浓稠的白酱汁，加入未经事先打散的蛋黄，搅拌至充分混合；然后加入磨碎的奶酪。奶酪一融化即离火，翻拌入奶酪块，用盐、胡椒和辣椒粉调味。铺在浅锅中，冷却。倒在案板上，切成小方块或条状，蘸上面包屑、鸡蛋，再蘸面包屑，放入深油中炸，在棕色纸上沥干。作为奶酪课程食用。

Chestnut Croquettes

1 cup mashed French chestnuts
2 tablespoons thick cream
Yolks 2 eggs
1 teaspoon sugar
¼ teaspoon vanilla
Mix ingredients in order given. Shape in balls, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Chestnut Roulettes

1 cup chestnut purée
2 eggs
Few drops onion juice
2 tablespoons butter
2 tablespoons heavy cream
¼ teaspoon salt
Few grains paprika
Mix ingredients in order given, cook two minutes, and cool. Shape a little larger than French chestnuts, dip in crumbs, egg, and crumbs again. Fry in deep fat, and drain on brown paper.

Lenten Croquettes

Soak one-half cup lentils and one-fourth cup dried lima beans over night, in cold water to cover; drain, add three pints water, one-half small onion, one stalk celery, three slices carrot, and a sprig of parsley. Cook until lentils are soft, remove seasonings, drain, and rub through a sieve. To pulp add one-half cup stale bread crumbs, one egg slightly beaten, and salt and pepper to taste. Melt one tablespoon butter, add one tablespoon flour, and pour on

栗子可乐饼

一杯法国栗子泥
两汤匙浓奶油
蛋黄 2 个鸡蛋
一茶匙糖
1/4 茶匙香草
按所给顺序混合配料。搓成球状，蘸上面包屑、鸡蛋，再蘸一次面包屑，用深油炸，然后沥干。

栗子卷

一杯栗子泥
2个鸡蛋
几滴洋葱汁
2汤匙黄油
2汤匙淡奶油
1/4茶匙盐
少许红椒粉
按所给顺序混合配料，煮两分钟，冷却。做成比法国栗子稍大的形状，蘸上面包屑、鸡蛋，再蘸一次面包屑。用深油炸，在牛皮纸上沥干。

四旬期炸丸子

将半杯小扁豆和四分之一杯干利马豆用冷水浸泡过夜，水量以没过为准；沥干，加入三品脱水、半个小洋葱、一根芹菜、三片胡萝卜和一小枝欧芹。煮至小扁豆变软，取出调味蔬菜，沥干，用筛子擦成泥。在豆泥中加入半杯陈面包屑、一个略打散的鸡蛋，以及适量盐和胡椒。融化一汤匙黄油，加入一汤匙面粉，然后逐渐倒入三分之一杯热奶油；混合各物，冷却。

gradually one-third cup hot cream; combine mixtures, and cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce I.

Rice Croquettes with Jelly

½ cup rice
½ cup boiling water
1 cup scalded milk
½ teaspoon salt
Yolks 2 eggs
1 tablespoon butter
Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on a shallow plate to cool. Shape in balls, roll in crumbs, then shape in form of nests. Dip in egg, again in crumbs, fry in deep fat, and drain. Put a cube of jelly in each croquette. Arrange on a folded napkin, and garnish with parsley, or serve around game.

Sweet Rice Croquettes

To rice croquette mixture add two tablespoons powdered sugar and grated rind one-half lemon. Shape in cylinder forms, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Rice and Tomato Croquettes

½ cup rice
¾ cup stock
½ can tomatoes

做成形状，蘸上面包屑、鸡蛋，再蘸一次面包屑，用深油炸，在牛皮纸上沥干。配番茄酱汁 I 食用。

带果冻的米饭可乐饼

1/2 杯大米

1/2 杯沸水

一杯烫牛奶

1/2 茶匙盐

蛋黄 2 个鸡蛋

一汤匙黄油

洗净大米，与水和盐一同放入，加盖蒸至大米吸收水分。然后加入牛奶，用叉子轻轻搅动，加盖蒸至大米变软。离火，加入蛋黄和黄油；摊在浅盘上冷却。搓成球状，滚上面包屑，然后做成巢状。蘸上鸡蛋，再蘸一次面包屑，用深油炸，沥干。每个炸丸子中放一块果冻。摆在折叠的餐巾上，用欧芹装饰，或配野味食用。

甜米可乐饼

在米饭炸丸子混合物中加入两汤匙糖粉和半个柠檬的擦碎皮。做成圆柱形，蘸上面包屑、鸡蛋，再蘸一次面包屑，用深油炸，沥干。

米饭番茄可乐饼

1/2 杯大米

3/4杯高汤

1/2罐番茄

1 slice onion
1 slice carrot
1 sprig parsley
1 sprig thyme
2 cloves
¼ teaspoon peppercorns
1 teaspoon sugar
1 egg
¼ cup grated cheese
1 tablespoon butter
½ teaspoon salt
Few grains cayenne
Wash rice, and steam in stock until rice has absorbed stock; then add tomatoes which have been cooked twenty minutes with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar, and then rubbed through a strainer. Remove from fire, add egg slightly beaten, cheese, butter, salt, and cayenne. Spread on a plate to cool. Shape in form of cylinders, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Oyster Crabs à la Newburg

1 cup oyster crabs
1 cup mushroom caps
⅓ cup Sherry wine
¼ cup butter
1 tablespoon flour
Salt
Cayenne
Nutmeg

1片洋葱
1片胡萝卜
1 枝欧芹
1枝百里香
2瓣
1/4茶匙胡椒粒
一茶匙糖
1个鸡蛋
1/4杯磨碎的奶酪
一汤匙黄油
1/2 茶匙盐
少许辣椒粉
洗净大米，用高汤蒸至大米吸收高汤；然后加入番茄，番茄须先与洋葱、胡萝卜、欧芹、百里香、丁香、胡椒粒和糖同煮二十分钟，再用滤网擦滤。离火，加入略打散的鸡蛋、奶酪、黄油、盐和卡宴辣椒粉。摊在盘上冷却。做成圆柱形，蘸上面包屑、鸡蛋，再蘸一次面包屑，用深油炸，沥干。

纽堡式蚝蟹

一杯牡蛎蟹
一杯蘑菇伞盖 1/3杯雪利
酒 1/4杯黄油

一汤匙面粉盐

卡宴辣椒粉
肉豆蔻

¾ cup cream
Yolks two eggs
1 tablespoon brandy
Peel mushroom caps and break in pieces. Add oyster crabs and wine, cover, and let stand one hour. Melt butter, add first mixture, and cook eight minutes. Add flour, and cook two minutes. Season with salt, cayenne, and nutmeg; then add heavy cream. Just before serving add egg yolks, slightly beaten, and brandy.

Oyster and Macaroni Croquettes

⅓ cup macaroni, broken in ½ inch pieces
1 pint oysters
1 cup Thick White Sauce
Few grains cayenne
Few grains mace
½ teaspoon lemon juice
¼ cup grated cheese
Cook macaroni in boiling salted water until soft, drain in a colander, and pour over macaroni two cups cold water. Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Reserve one-half cup oyster liquor and use in making Thick White Sauce in place of all milk. Mix macaroni and oysters, add Thick White Sauce and seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Oysters à la Somerset

1 pint selected oysters
1 tablespoon chopped onion

3/4 杯奶油
蛋黄两个鸡蛋
1汤匙白兰地
将蘑菇伞盖去皮并掰成小块。加入蚝蟹和葡萄酒，加盖静置一小时。融化黄油，加入第一份混合物，煮八分钟。加入面粉，煮两分钟。用盐、卡宴辣椒粉和肉豆蔻调味；然后加入浓奶油。上桌前加入略打散的蛋黄和白兰地。

牡蛎通心粉可乐饼

1/3杯通心粉，掰成1/2英寸小段 1品脱牡蛎

一杯浓白酱
少许辣椒粉
少许肉豆蔻衣
1/2茶匙柠檬汁
1/4杯磨碎的奶酪
将通心粉在加盐的沸水中煮至变软，在漏勺中沥干，然后往通心粉上倒入两杯冷水。清洗牡蛎并预煮，去除坚韧的肌肉，将柔软部分切成小块。留出半杯牡蛎汁，在制作浓白酱汁时代替全部牛奶使用。混合通心粉和牡蛎，加入浓白酱汁和调味料。摊在盘上冷却。做成形状，蘸上面包屑、鸡蛋，再蘸一次面包屑，用深油炸，沥干。

萨默塞特式牡蛎

一品脱精选牡蛎
1汤匙切碎的洋葱

2 tablespoons chopped mushrooms
3 tablespoons butter
⅓ cup oyster liquor
⅓ cup Chicken Stock
Salt
Pepper
Cayenne
4 tablespoons flour
Parboil and drain oysters. Reserve liquor, strain, and set aside for sauce. Cook onion and mushroom in butter five minutes, add flour, and pour on gradually oyster liquor and chicken stock. Season with salt, pepper, and cayenne. Remove tough muscles from oysters, and discard. Shape oysters, cover with sauce, and cool on a plate covered with stale bread crumbs. Dip in egg and stale bread crumbs, fry in deep fat, and drain on brown paper.

Salmon Croquettes

1¾ cups cold flaked salmon
1 cup Thick White Sauce
Few grains cayenne
1 teaspoon lemon juice
Salt
Add sauce to salmon, then add seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Salmon Cutlets

Mix equal parts of cold flaked salmon and hot mashed potatoes. Season with salt and pepper. Shape in form of cutlets, dip in

2汤匙切碎的蘑菇
3汤匙黄油
1/3杯牡蛎汁
1/3杯鸡高汤
盐
胡椒
卡宴辣椒粉
4汤匙面粉
将牡蛎煮至半熟后沥干。保留牡蛎汁，过滤后留作酱汁用。将洋葱和蘑菇用黄油煮五分钟，加入面粉，逐渐倒入牡蛎汁和鸡高汤。用盐、胡椒和辣椒粉调味。去除牡蛎的韧筋并丢弃。将牡蛎整形，覆上酱汁，在铺有陈面包屑的盘子上冷却。蘸鸡蛋和陈面包屑，用深油炸至金黄，在牛皮纸上沥油。

三文鱼可乐饼

13/4杯冷鲑鱼片
一杯浓白酱
少许辣椒粉
一茶匙柠檬汁
盐
将酱汁加入鲑鱼中，然后加入调味料。铺在盘子上冷却。整形，依次蘸面包屑、鸡蛋、再蘸面包屑，用深油炸至金黄，沥油。

三文鱼块

将等量的冷鲑鱼片和热土豆泥混合。用盐和胡椒调味。整成肉饼形状，蘸

crumbs, egg, and crumbs again, fry in deep fat, and drain. Arrange in a circle, having cutlets overlap one another, on a folded napkin. Garnish with parsley.

Lobster Croquettes

2 cups chopped lobster meat
½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
1 teaspoon lemon
1 cup Thick White Sauce
Add seasonings to lobster, then add Thick White Sauce. Cool, shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Cream Sauce.

Lobster Cutlets

2 cups chopped lobster meat
½ teaspoon salt
Few grains cayenne
Few gratings nutmeg
1 teaspoon lemon juice
Yolk 1 egg
1 teaspoon finely chopped parsley
1 cup Thick White Sauce
Mix ingredients in order given, and cool. Shape in form of cutlets, crumb, and fry same as croquettes. Make a cut at small end of each cutlet, and insert in each the tip end of a small claw. Stack around a mound of parsley. Serve with Sauce Tartare.

Beef and Rice Croquettes

面包屑、鸡蛋、再蘸面包屑，用深油炸至金黄，沥油。在折叠的餐巾上排成一圈，使肉饼相互叠压。用欧芹装饰。

龙虾炸丸

两杯切碎的龙虾肉
1/2 茶匙盐
1/4茶匙芥末
少许辣椒粉
一茶匙柠檬
一杯浓白酱
将调味料加入龙虾中，然后加入浓白酱汁。冷却，整形，依次蘸面包屑、鸡蛋、再蘸面包屑，用深油炸至金黄，沥油。配番茄奶油酱汁食用。

龙虾肉饼

两杯切碎的龙虾肉
1/2 茶匙盐
少许辣椒粉
少许肉豆蔻碎
一茶匙柠檬汁
蛋黄 1 个鸡蛋
一茶匙切碎的欧芹
一杯浓白酱
按所列顺序混合配料，冷却。整成肉饼形状，蘸面包屑，按可乐饼同样的方法油炸。在每个肉饼的小端切一道口，各插入一只小螯的尖端。堆放在欧芹堆周围。配鞑靼酱汁食用。

牛肉米饭可乐饼

1 cup chopped beef (cut from top of round)
⅓ cup rice
½ teaspoon salt
¼ teaspoon pepper
Few grains cayenne
Cabbage
Tomato Sauce
Mix beef and rice, and add salt, pepper, and cayenne. Cook cabbage leaves two minutes in boiling water to cover. In each leaf put two tablespoons mixture, and fold leaf to enclose mixture. Cook one hour in Tomato Sauce.

Tomato Sauce. Brown four tablespoons butter, add five tablespoons flour, and pour on gradually one and one-half cups each Brown Stock and stewed and strained tomatoes. Add one slice onion, one slice carrot, a bit of bay leaf, a sprig of parsley, four cloves, three-fourths teaspoon salt, one-fourth teaspoon pepper, and a few grains cayenne. Cook ten minutes, and strain.

Lamb Croquettes

1 tablespoon finely chopped onion
2 tablespoons butter
¼ cup flour
1 cup stock
1 cup cold cooked lamb, cut in small cubes
⅔ cup boiled potato cubes
Salt and pepper
1 teaspoon finely chopped parsley
Fry onion in butter five minutes, then remove onion. To butter add flour and stock, and cook two minutes. Add meat, potato, salt,

一杯切碎的牛肉(取自后腿上部) 1⁄3杯大米

1⁄2 茶匙盐
1⁄4茶匙胡椒
少许辣椒粉
卷心菜
番茄酱
将牛肉和米饭混合，加入盐、胡椒和辣椒粉。将卷心菜叶在浸没的沸水中煮两分钟。每片叶子中放两汤匙混合物，折叠叶子包裹馅料。在番茄酱汁中煮一小时。

番茄酱汁。将四汤匙黄油炒至棕色，加入五汤匙面粉，逐渐倒入各一杯半的棕色高汤和炖煮过滤的番茄。加入一片洋葱、一片胡萝卜、一点月桂叶、一小枝欧芹、四粒丁香、四分之三茶匙盐、四分之一茶匙胡椒和少许辣椒粉。煮十分钟，过滤。

羊肉可乐饼

一汤匙切碎的洋葱
2汤匙黄油
1⁄4杯面粉
1杯高汤
一杯冷的熟羊肉，切成小方块 2⁄3杯煮熟的土豆块

盐和胡椒
一茶匙切碎的欧芹
将洋葱用黄油煎五分钟，然后取出洋葱。在黄油中加入面粉和高汤，煮两分钟。加入肉、土豆、盐、

and pepper. Simmer until meat and potato have absorbed sauce. Add parsley, and spread on a shallow dish to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Sauce.

Veal Croquettes

2 cups chopped cold cooked veal
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
Yolk 1 egg
1 cup thick sauce made of White Soup Stock
Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

Chicken Croquettes I

1¾ cups chopped cold cooked fowl
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon finely chopped parsley
1 cup Thick White Sauce
Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

和胡椒。小火煨至肉和土豆吸收酱汁。加入欧芹，铺在浅盘中冷却。整形，依次蘸面包屑、鸡蛋、再蘸面包屑，用深油炸至金黄，沥油。配番茄酱汁食用。

小牛肉可乐饼

两杯切碎的冷熟小牛肉
1/2 茶匙盐
1/8 茶匙胡椒
少许辣椒粉
几滴洋葱汁
蛋黄 1 个鸡蛋
一杯用白高汤制成的浓酱汁
按所列顺序混合配料。冷却，整形，蘸面包屑，按其他可乐饼同样的方法油炸。

鸡肉可乐饼 I

13/4杯切碎的冷熟禽肉 1/2茶匙盐

1/4茶匙芹菜盐
少许辣椒粉
一茶匙柠檬汁
几滴洋葱汁
一茶匙切碎的欧芹
一杯浓白酱
按所列顺序混合配料。冷却，整形，蘸面包屑，按其他可乐饼同样的方法油炸。

White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.

Chicken Croquettes II

Clean and dress a four-pound fowl. Put into a kettle with six cups boiling water, seven slices carrot, two slices turnip, one small onion, one stalk celery, one bay leaf, and three sprigs thyme. Cook slowly until fowl is tender. Remove fowl; strain liquor, cool, and skim off fat. Make a thick sauce, using one-fourth cup butter, one-half cup flour, one cup chicken stock, and one-third cup cream. Remove meat from chicken, chop, and moisten with sauce. Season with salt, cayenne, and slight grating of nutmeg; then add one beaten egg, cool, shape, crumb, and fry same as other croquettes. Arrange around a mound of green peas, and serve with Cream Sauce or Wine Jelly.

Chicken and Mushroom Croquettes

Make as Chicken Croquettes I, using one and one-third cups chicken meat and two-thirds cup chopped mushrooms.

Maryland Croquettes

Season one cup chopped cold cooked fowl with salt, celery salt, cayenne, lemon juice, and onion juice; moisten with sauce, and cool. Parboil one pint selected oysters, drain, and cover each oyster with chicken mixture. Dip in crumbs, egg, and crumbs; fry in deep fat, and drain.

Sauce. Melt one and one-half tablespoons butter, add three

禽肉的白肉比深色肉吸收更多酱汁。如果仅使用深色肉，必须记住这一点。可乐饼的混合物应始终尽可能柔软以便操作，这样可乐饼内部才会柔软细腻。

鸡肉可乐饼 II

将一只四磅重的家禽清洗干净并整理好。放入锅中，加入六杯沸水、七片胡萝卜、两片芜菁、一个小洋葱、一根芹菜茎、一片月桂叶和三枝百里香。慢火煮至家禽变嫩。取出家禽；滤出汤汁，冷却，撇去油脂。制作浓酱汁，使用四分之一杯黄油、二分之一杯面粉、一杯鸡高汤和三分之一杯奶油。将鸡肉从鸡身上取下，切碎，用酱汁润湿。用盐、辣椒粉和少许磨碎的肉豆蔻调味；然后加入一个搅打好的鸡蛋，冷却，塑形，裹上面包屑，像其他可乐饼一样油炸。围绕一堆青豆摆放，配奶油酱汁或葡萄酒果冻食用。

鸡肉蘑菇可乐饼

按鸡肉可乐饼 I 的方法制作，使用一杯三分之一的鸡肉和三分之二杯切碎的蘑菇。

马里兰炸肉饼

用盐、芹菜盐、辣椒粉、柠檬汁和洋葱汁为一杯切碎的冷熟禽肉调味；用酱汁润湿，冷却。将一品脱精选牡蛎煮至半熟，沥干，每只牡蛎裹上鸡肉混合物。依次蘸面包屑、鸡蛋、再蘸面包屑；用深油炸至金黄，沥油。

酱汁。融化一汤匙半黄油，加入三

tablespoons flour, and gradually one-third cup oyster liquor and two tablespoons cream. Season with salt and cayenne.

Lincoln Croquettes

Mix one cup each bread crumbs, walnut meats cut in pieces, and cold cooked chicken cut in cubes. Moisten with a sauce made by melting one and one-half tablespoons butter, adding one and one-half tablespoons flour, and pouring on gradually, while stirring constantly, one-half cup chicken stock. Season with salt, celery salt, paprika, nutmeg, and Sherry wine. Shape in balls, dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Serve with a sauce made of one-half chicken stock and one-half cream and flavored with Sherry wine.

Cutlets of Sweetbreads à la Victoria

2 pairs parboiled sweetbreads
2 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
Slight grating nutmeg
1 teaspoon finely chopped parsley
1 egg
1 cup Thick White Sauce
Chop the sweetbreads, of which there should be two cups; if not enough, add chopped mushrooms to make two cups, then season. Add egg, slightly beaten, to sauce, and combine mixtures. Cool, shape, crumb, and fry. Make a cut in small end of each cutlet, and insert in each a piece of cold boiled macaroni one and one-half inches long. Serve with Allemande Sauce.

汤匙面粉，逐渐加入三分之一杯牡蛎汁和两汤匙奶油。用盐和辣椒粉调味。

林肯炸肉饼

将各一杯面包屑、切块核桃仁和切丁的冷熟鸡肉混合。用以下方法制成的酱汁润湿：融化一又二分之一汤匙黄油，加入一又二分之一汤匙面粉，在不断搅拌的同时逐渐倒入二分之一杯鸡高汤。用盐、芹菜盐、红椒粉、肉豆蔻和雪利酒调味。塑成球状，蘸面包屑、鸡蛋和面包屑，在深油中油炸，并在棕色纸上沥干。配以由二分之一鸡高汤和二分之一奶油制成并用雪利酒调味的酱汁食用。

维多利亚式甜面包切片

两副预煮甜面包
2茶匙柠檬汁
1/2 茶匙盐
1/8 茶匙胡椒
少许磨碎的肉豆蔻
一茶匙切碎的欧芹
1个鸡蛋
一杯浓白酱
将胸腺切碎，应有两杯；如不够，加入切碎的蘑菇补足两杯，然后调味。将略打散的鸡蛋加入酱汁中，混合各混合物。冷却，整形，蘸面包屑，油炸。在每个肉饼的小端切一道口，各插入一根一英寸半长的冷煮通心粉。配阿勒曼德酱汁食用。

Epigrams of Sweetbreads

Parboil a sweetbread, drain, place in a small mould, cover, and press with a weight. Cut in one-half inch slices, and spread with the following mixture: Fry one-third teaspoon finely chopped shallot in one and one-half tablespoons butter three minutes, add three tablespoons chopped mushrooms, and cook three minutes; then add two and one-half tablespoons flour, one-half cup stock, two tablespoons cream, one tablespoon Sherry wine, one egg yolk, and salt and pepper to taste. Cool, dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

Swedish Timbales

¾ cup flour
½ teaspoon salt
1 teaspoon sugar
½ cup milk
1 egg
1 tablespoon olive oil
Mix dry ingredients, add milk gradually, and beaten egg; then add olive oil. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

To Heat Timbale Iron. Heat fat until nearly hot enough to fry uncooked mixtures. Put iron into hot fat, having fat deep enough to more than cover it, and let stand until heated. The only way of knowing when iron is of right temperature is to take it from fat, shake what fat may drip from it, lower in batter to three-fourths

甜面包的警句

将胸腺肉焯水，沥干，放入一个小模具中，盖上盖子，用重物压住。切成一又二分之一英寸的片，涂上以下混合物：用一又二分之一汤匙黄油将三分之一茶匙切碎的红葱头煎三分钟，加入三汤匙切碎的蘑菇，煮三分钟；然后加入二又二分之一汤匙面粉、二分之一杯高汤、二汤匙奶油、一汤匙雪利酒、一个蛋黄，以及适量盐和胡椒。冷却，蘸面包屑、鸡蛋和面包屑，在深油中油炸，并沥干。

瑞典式蒂姆巴勒

3/4 杯面粉

1/2 茶匙盐

一茶匙糖

1/2 杯牛奶

1个鸡蛋

1汤匙橄榄油

混合干性配料，逐渐加入牛奶和打散的鸡蛋；然后加入橄榄油。整形，使用热的廷巴勒铁模，用深油炸至酥脆金黄；从铁模上取下，倒扣在牛皮纸上沥油。

加热廷巴勒铁模。将油脂加热至几乎足以炸生面糊的温度。将铁模放入热油中，油须深至完全浸没铁模，静置至加热。判断铁模温度是否合适的唯一方法是从油中取出，抖去滴落的油脂，浸入面糊至四分之三

its depth, raise from batter, then immerse in hot fat. If batter does not cling to iron, or drops from iron as soon as immersed in fat, it is either too hot or not sufficiently heated.

深度，从面糊中提起，然后浸入热油中。如果面糊不附着在铁模上，或一浸入油中便从铁模上脱落，则说明铁模过热或加热不足。

To Form Timbales. Turn timbale batter into a cup. Lower hot iron into cup, taking care that batter covers iron to only three-fourths its depth. When immersed in fat, mixture will rise to top of iron, and when crisp and brown may be easily slipped off. If too much batter is used, in cooking it will rise over top of iron, and in order to remove timbale it must be cut around with a sharp knife close to top of iron. If the cases are soft rather than crisp, batter is too thick and must be diluted with milk.

制作Timbales。将timbale面糊倒入杯中。将热铁模放入杯中，注意面糊只覆盖铁模深度的四分之三。当浸入油中时，混合物会升至铁模顶部，当变得酥脆金黄时即可轻松脱模。如果使用过多面糊，烹饪时会升至铁模顶部以上，为了取出timbale，必须用锋利的刀紧贴铁模顶部周围切开。如果外壳柔软而不酥脆，说明面糊太稠，必须用牛奶稀释。

Fill cases with Creamed Oysters, Chicken, Sweetbreads, or Chicken and Sweetbreads in combination with Mushrooms.

将奶油牡蛎、鸡肉、胸腺，或鸡肉与胸腺配蘑菇的混合物填入壳中。

Bunuelos

布纽埃洛斯

Use recipe for and fry same as Swedish Timbales, using a Bunuelos iron. Serve with cooked fruit and with or without whipped cream sweetened and flavored.

使用瑞典廷巴勒的食谱并按同样方法油炸，使用布纽埃洛斯铁模。配熟水果食用，可配或不配加糖调味的打发奶油。

Strawberry Baskets

草莓篮

Fry Swedish Timbales, making cases one inch deep. Fill with selected strawberries, sprinkled with powdered sugar. Serve as a first course at a ladies' luncheon.

油炸瑞典廷巴勒，制成一英寸深的壳。填入精选草莓，撒上糖粉。作为女士午餐会的第一道菜供应。

Rice Timbales

米饭廷巴勒

Pack hot boiled rice in slightly buttered small tin moulds. Let stand in hot water ten minutes. Use as a garnish for curried meat,

将热煮米饭压入略涂黄油的小锡模中。在热水中静置十分钟。用作咖喱肉的配菜，

fricassee, or boiled fowl.

Macaroni Timbales

Line slightly buttered Dario moulds with boiled macaroni. Cut strips the length of height of mould, and place closely together around inside of mould. Fill with Chicken, or Salmon Force meat. Put in a pan, half surround with hot water, cover with buttered paper, and bake thirty minutes in a moderate oven. Serve with Lobster, Béchamel, or Hollandaise Sauce I.

Spaghetti Timbales

Line bottom and sides of slightly buttered Dario moulds with long strips of boiled spaghetti coiled around the inside. Fill and bake same as Macaroni Timbales.

Pimento Timbales

Line small timbale moulds with canned pimentoes. Fill with Chicken Timbale II mixture (see p. 366), and bake until firm. Remove from moulds, insert a sprig of parsley in top of each, and serve with

Brown Mushroom Sauce

3 tablespoons butter
Few drops onion juice
3½ tablespoons flour
1 cup cream
½ lb. mushrooms
1 teaspoon beef extract
Salt

炖鸡，或水煮鸡。

通心粉鼓形模

用煮通心粉衬在略涂黄油的达里奥模内。将通心粉切成与模等高的小段，紧密排列在模内壁周围。填入鸡肉或鲑鱼馅。放入烤盘，周围注入半满热水，盖上涂黄油的纸，在中等烤箱中烤三十分钟。配龙虾酱汁、贝夏梅尔酱汁或荷兰酱汁 I 食用。

意大利面鼓形模

用长条煮意大利面在略涂黄油的达里奥模底部和侧面盘绕衬里。按通心粉廷巴勒同样的方法填馅和烘烤。

甜椒蒂姆巴尔

用罐装甜椒衬在小廷巴勒模内。填入鸡肉廷巴勒 II 的混合物(见第366页)，烤至凝固。脱模，在每个顶部插入一小枝欧芹，配以下酱汁食用

棕色蘑菇酱

3汤匙黄油几滴洋葱汁
31/2汤匙面粉

一杯奶油 1/2磅蘑菇一茶匙
牛肉精盐

Paprika

Melt butter, add onion juice, and cook until slightly browned; then add flour and continue the browning. Pour on, gradually, while stirring constantly, the cream. Clean mushrooms, peal caps, cut in slices lengthwise, and sauté in butter five minutes. Break stems in pieces, cover with cold water, and cook slowly until liquor is reduced to one-third cup; then strain. Dissolve beef extract in mushroom liquor. Add to sauce, and season with salt and paprika. Just before serving, add sautéd caps.

Halibut Timbales I

1 lb. halibut
⅓ cup thick cream
¾ teaspoon salt
Few grains cayenne
1½ teaspoons lemon juice
Whites 3 eggs

Cook halibut in boiling salted water, drain, and rub through a sieve. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten whites of eggs. Turn into small, slightly buttered moulds, put in a pan, half surround with hot water, cover with buttered paper, and bake twenty minutes in a moderate oven. Remove from moulds, arrange on a serving dish, pour around Béchamel Sauce or Lobster Sauce II, and garnish with parsley.

Halibut Timbales II

1 lb. halibut

红椒粉

融化黄油，加入洋葱汁，煮至略微变棕；然后加入面粉继续炒至棕色。一边不断搅拌，一边逐渐倒入奶油。将蘑菇洗净，剥去菌盖，纵切成片，用黄油煎五分钟。将菌柄掰成小块，加冷水浸没，慢煮至汁液浓缩至三分之一杯；然后过滤。将牛肉精溶解在蘑菇汁中。加入酱汁中，用盐和红椒粉调味。上桌前加入煎好的菌盖。

大比目鱼鼓形模I

一磅大比目鱼

1/3杯浓奶油

3/4 茶匙盐

少许辣椒粉

11/2茶匙柠檬汁

将3个蛋白打发

将大比目鱼在加盐沸水中煮熟，沥干，用筛网擦碎。用盐、辣椒粉和柠檬汁调味；加入打至硬挺的奶油，然后加入打散的蛋清。倒入略涂黄油的小模中，放入烤盘，周围注入半满热水，盖上涂黄油的纸，在中等烤箱中烤二十分钟。脱模，摆放在餐盘中，周围浇上贝夏梅尔酱汁或龙虾酱汁 II，用欧芹装饰。

大比目鱼鼓形模II

一磅大比目鱼

⅔ cup milk
Yolk 1 egg
1¼ teaspoons salt
¼ teaspoon pepper
Few grains cayenne
⅔ teaspoon corn-starch
⅓ cup thick cream
Force fish through a meat chopper, then rub through a sieve or finely chop. Add yolk of egg, seasonings, corn-starch, and cream beaten until stiff. Cook same as Halibut Timbales I and serve with Cream or Lobster Sauce.

Lobster Timbales I

Sprinkle slightly buttered Dario or timbale moulds with lobster coral rubbed through a strainer. Line moulds with Fish Force-meat I, fill centres with Creamed Lobster, and cover with force-meat. Put in a pan, half surround with hot water, place over moulds buttered paper, and bake twenty minutes in a moderate oven. Serve with Lobster or Béchamel Sauce.

Lobster Timbales II

2 lb. live lobster
¼ cup stale bread crumbs
½ cup heavy cream
2 eggs
Sherry wine
Salt and pepper
Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to

2/3杯牛奶
蛋黄 1 个鸡蛋
11/4茶匙盐
1/4茶匙胡椒
少许辣椒粉
2/3茶匙玉米淀粉
1/3杯浓奶油
将鱼用绞肉机绞碎，然后用筛网擦碎或细细剁碎。加入蛋黄、调味料、玉米淀粉和打至硬挺的奶油。按大比目鱼廷巴勒 I 同样的方法烹制，配奶油酱汁或龙虾酱汁食用。

龙虾鼓形盏 I

在略微涂过黄油的达里奥模或鼓形模中撒上经筛网擦过的龙虾虾膏。在模内铺上鱼糜馅料I，中心填入奶油龙虾，再盖上馅料。放入烤盘，周围半绕热水，在模上覆盖涂过黄油的纸，在中等烤箱中烤二十分钟。配龙虾酱汁或贝夏梅尔酱汁食用。

龙虾鼓形冻 II

两磅活龙虾
1/4杯不新鲜的面包屑
1/2杯淡奶油
2个鸡蛋
雪利酒
盐和胡椒
将龙虾剖开，去除肠脉、肝和胃。用木槌敲裂螯壳，然后取出所有肉，尽可能贴近

shell as possible to obtain the color desired. Force meat through a sieve, add bread crumbs, cream, eggs slightly beaten, and salt, pepper, and Sherry wine to taste. Fill small timbale moulds two-thirds full, place in iron frying-pan, and pour in boiling water to two-thirds the depths of the moulds. Place over moulds buttered paper and cook on the range until firm, keeping water below the boiling-point. Remove from moulds and serve with Hot Mayonnaise (see p. 278).

壳刮取以获得所需颜色。将肉用筛网擦过，加入面包屑、奶油、鸡蛋(略打散)以及盐、胡椒和雪利酒调味。将小鼓形模装至三分之二满，放入铁煎锅中，倒入沸水至模深的三分之二。在模上覆盖涂过黄油的纸，在炉灶上加热至凝固，保持水温低于沸点。从模中取出，配热蛋黄酱(见第278页)食用。

Lobster Cream I

2 lb. lobster
½ cup soft stale bread crumbs
½ cup milk
¼ cup cream
2 teaspoons Anchovy essence
½ teaspoon salt
Few grains cayenne
Whites 3 eggs

Remove lobster meat from shell and chop finely. Cook bread and milk ten minutes. Add cream, seasonings, and whites of eggs beaten until stiff. Turn into one slightly buttered timbale mould and two slightly buttered Dario moulds. Bake as Lobster Timbales. Remove to serving dish, having larger mould in centre, smaller moulds one at either end. Pour around Lobster Sauce I, sprinkle with coral rubbed through a sieve, and garnish with pieces of lobster shell from tail, and parsley.

龙虾奶油 I

两磅龙虾
1/2 杯松软陈面包屑
1/2 杯牛奶
1/4杯奶油
两茶匙鳀鱼精
1/2 茶匙盐
少许辣椒粉
将3个蛋白打发

将龙虾肉从壳中取出并切细。将面包和牛奶煮十分钟。加入奶油、调味料和打至硬挺的蛋清。倒入一个略微涂过黄油的鼓形模和两个略微涂过黄油的达里奥模中。按龙虾鼓形模的方法烘烤。移至上菜盘中，大模居中，小模分置两端。周围浇上龙虾酱汁I，撒上经筛网擦过的虾膏，并用龙虾尾壳块和欧芹装饰。

Lobster Cream II

1 cup chopped lobster meat

龙虾奶油 II

一杯切碎的龙虾肉

1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon paprika
Few drops onion juice
2 egg yolks
⅓ cup milk
⅓ cup heavy cream
White one egg, beaten stiff
Cook lobster meat with butter five minutes. Add flour, seasonings, egg yolks, milk, cream beaten until stiff, and white of egg. Fill buttered timbale moulds three-fourths full, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with Lobster Sauce.

Chicken Timbales I

Garnish slightly buttered Dario moulds with chopped truffles or slices of truffles cut in fancy shapes. Line with Chicken Force-meat I, fill centres with Creamed Chicken and Mushrooms, to which has been added a few chopped truffles. Cover with Force-meat, and bake same as Lobster Timbales Serve with Béchamel or Yellow Béchamel Sauce.

Chicken Timbales II

2 tablespoons butter
¼ cup stale bread crumbs
⅔ cup milk
1 cup chopped cooked chicken
½ tablespoon chopped parsley

一汤匙黄油
一汤匙面粉
一茶匙盐
1/8 茶匙红椒粉
几滴洋葱汁
2个蛋黄
1/3 杯牛奶
1/3杯淡奶油
将一个蛋清打至硬性发泡
将龙虾肉与黄油一起煮五分钟。加入面粉、调味料、蛋黄、牛奶、打至硬挺的奶油和蛋清。将涂过黄油的鼓形模装至四分之三满，置于热水盘中，覆盖涂过黄油的纸，烘烤至凝固。配龙虾酱汁食用。

鸡肉通心粉盏 I

在略微涂过黄油的达里奥模中用切碎的松露或切成花形的松露片装饰。铺上鸡肉糜馅料I，中心填入奶油鸡肉蘑菇(其中已加入少量切碎的松露)。盖上馅料，按龙虾鼓形模的方法烘烤。配贝夏梅尔酱汁或黄色贝夏梅尔酱汁食用。

鸡肉 timbales II

2汤匙黄油 1/4杯不新鲜的面
包屑 2/3杯牛奶

一杯切碎的熟鸡肉 1/2汤匙切碎的
欧芹

2 eggs
Salt
Pepper
Melt butter, add bread crumbs and milk, and cook five minutes, stirring constantly. Add chicken, parsley, and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual moulds, having moulds two-thirds full set in pan of hot water, cover with buttered paper, and bake twenty minutes. Serve with Béchamel Sauce.

Chicken Timbales III

Soak one-half tablespoon granulated gelatine in one and one-half tablespoons cold water, and dissolve in three-fourths cup chicken stock. Add one cup chopped cooked chicken, and stir until the mixture begins to thicken, then add one cup cream beaten until thick. Add one tablespoon Sherry wine and a few grains cayenne. Mould, chill, and serve on lettuce leaves.

Ham Timbales

Make and bake same as Chicken Timbales II, using chopped cooked ham in place of chicken. Serve with Béchamel Sauce.

Sweetbread and Mushroom Timbales

Cook two tablespoons butter with one sliced onion five minutes. Add one and one-half cups mushroom caps finely chopped, and one small parboiled sweetbread, finely chopped; then add one cup White Sauce II, one-fourth cup stale bread crumbs, one red pepper chopped, one-half teaspoon salt, yolks two eggs, well beaten, and whites two eggs, beaten until stiff. Fill buttered timbale moulds,

2个鸡蛋

盐
胡椒

融化黄油，加入面包屑和牛奶，煮五分钟，不断搅拌。加入鸡肉、欧芹和略打散的鸡蛋。用盐和胡椒调味。倒入涂过黄油的单个模中，模装至三分之二满，置于热水盘中，覆盖涂过黄油的纸，烤二十分钟。配贝夏梅尔酱汁食用。

鸡肉廷巴勒三式

将半汤匙颗粒明胶浸泡在一汤匙半冷水中，然后在四分之三杯鸡汤中溶解。加入一杯切碎的熟鸡肉，搅拌至混合物开始变稠，然后加入一杯打至浓稠的奶油。加入一汤匙雪利酒和少许卡宴辣椒粉。入模，冷藏，放在生菜叶上食用。

火腿模制杯

按鸡肉鼓形模II的方法制作和烘烤，用切碎的熟火腿代替鸡肉。配贝夏梅尔酱汁食用。

甜面包与蘑菇廷巴勒

将两汤匙黄油与一个切片洋葱一起煮五分钟。加入一杯半切细的蘑菇伞盖和一个切细的小牛胸腺(预煮过)；然后加入一杯白酱汁II、四分之一杯陈面包屑、一个切碎的红辣椒、半茶匙盐、两个充分打散的蛋黄和两个打至硬挺的蛋清。将涂过黄油的鼓形模装满，

set in pan of hot water, cover with buttered paper, and bake fifteen minutes. Remove to serving dish and pour around

Mushroom Sauce. Clean five large mushroom caps, cut in halves crosswise, then in slices. Sauté in three tablespoons butter five minutes; dredge with two tablespoons flour, add one-third cup cream and one cup chicken stock, and cook two minutes. Season with salt and paprika, and add one chopped truffle.

Sweetbread Mousse

Parboil a sweetbread ten minutes, chop, and rub through sieve; there should be one-half cup. Mix with one-third cup breast meat of a raw chicken, and rub through sieve. Pound in mortar, add gradually white of one egg, and work until smooth, then add three-fourths cup heavy cream. Line buttered timbale moulds with mixture, fill centres, cover with mixture, place in a pan of hot water, cover with buttered paper and bake until firm. Remove to serving dish, and pour around sauce.

Filling. Melt one tablespoon butter, add one tablespoon corn-starch, and pour on gradually one-fourth cup White Stock; then add one-third cup parboiled sweetbread cut in cubes, one tablespoon Sherry wine, and salt and pepper to taste.

Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on one cup rich chicken stock and one-half cup heavy cream. Season with one tablespoon Sherry wine, one-fourth teaspoon beef extract, and salt and pepper to taste.

Suprême of Chicken

Breast and second joints of uncooked chicken weighing 4 lbs.

置于热水盘中，覆盖涂过黄油的纸，烤十五分钟。移至上菜盘中，周围浇上

蘑菇酱汁。将五个大蘑菇伞盖洗净，横切成两半，再切片。在三汤匙黄油中煎五分钟；撒上两汤匙面粉，加入三分之一杯奶油和一杯鸡汤，煮两分钟。用盐和红椒粉调味，加入一个切碎的松露。

甜面包慕斯

将小牛胸腺预煮十分钟，切碎，用筛网擦过；应得半杯。与三分之一杯生鸡胸肉混合，用筛网擦过。在研钵中捣碎，逐渐加入一个蛋清，搅拌至光滑，然后加入四分之三杯浓奶油。用混合物铺在涂过黄油的鼓形模内，填入中心，盖上混合物，置于热水盘中，覆盖涂过黄油的纸，烘烤至凝固。移至上菜盘中，周围浇上酱汁。

馅料。融化一汤匙黄油，加入一汤匙玉米淀粉，逐渐倒入四分之一杯白色高汤；然后加入三分之一杯切成方块的预煮小牛胸腺、一汤匙雪利酒以及适量盐和胡椒调味。

酱汁。融化三汤匙黄油，加入三汤匙面粉，倒入一杯浓郁鸡汤和半杯浓奶油。用一汤匙雪利酒、四分之一茶匙牛肉精以及适量盐和胡椒调味。

鸡肉至尊

生鸡胸肉和第二关节，重4磅。

4 eggs
1⅓ cups thick cream
Salt and pepper
Force chicken through a meat chopper, or chop very finely. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream, and season with salt and pepper. Turn into slightly buttered Dario moulds, and bake same as Lobster Timbales, allowing thirty minutes for baking. Serve with Suprême or Béchamel Sauce.

Devilled Oysters

1 pint oysters
¼ cup butter
¼ cup flour
⅔ cup milk
Yolk 1 egg
½ tablespoon finely chopped
parsley
½ teaspoon salt
Few grains cayenne
1 teaspoon lemon juice
Buttered cracker crumbs
Clean, drain, and slightly chop oysters. Make a sauce of butter, flour, and milk; add egg yolk, seasonings, and oysters. Arrange buttered scallop shells in a dripping-pan, half fill with mixture, cover with buttered crumbs, and bake twelve to fifteen minutes in a hot oven. Deep oyster shells may be used in place of scallop shells.

4个鸡蛋

11/3杯浓奶油
盐和胡椒

将鸡肉用绞肉机绞过，或切得极细。将鸡蛋分别打散，一次加入一个，搅拌至混合物光滑。加入奶油，用盐和胡椒调味。倒入略微涂过黄油的达里奥模中，按龙虾鼓形模的方法烘烤，烘烤时间三十分钟。配 supreême 酱汁或贝夏梅尔酱汁食用。

魔鬼牡蛎

1品脱牡蛎
1/4 杯黄油
1/4杯面粉
2/3杯牛奶
蛋黄 1 个鸡蛋
1/2汤匙切碎
欧芹
1/2 茶匙盐
少许辣椒粉
一茶匙柠檬汁
黄油饼干屑

将牡蛎洗净、沥干并略切碎。用黄油、面粉和牛奶制成酱汁；加入蛋黄、调味料和牡蛎。将涂过黄油的扇贝壳排列在滴油盘中，装至半满，盖上涂过黄油的面包屑，在热烤箱中烤十二至十五分钟。可用深牡蛎壳代替扇贝壳。

Crab meat, Indienne

2 tablespoons butter
1 teaspoon finely chopped onion
3 tablespoons flour
⅔ tablespoon curry powder
1 cup chicken stock
1 cup crab meat
Salt
Cook butter with onion three minutes, add flour mixed with curry powder and chicken stock. When boiling-point is reached add crab meat and season with salt.

Devilled Crabs

1 cup chopped crab meat
¼ cup mushrooms, finely chopped
2 tablespoons butter
2 tablespoons flour
⅔ cup White Stock
Yolks 2 eggs
2 tablespoons Sherry wine
1 teaspoon finely chopped parsley
Salt and pepper
Make a sauce of butter, flour, and stock; add yolks of eggs, seasonings (except parsley), crab meat, and mushrooms. Cook three minutes, add parsley, and cool mixture. Wash and trim crab shells, fill rounding with mixture, sprinkle with stale bread crumbs mixed with a small quantity of melted butter. Crease on top with a case knife, having three lines parallel with each other across shell and three short lines branching from outside parallel

印度风味蟹肉

2汤匙黄油
一茶匙切碎的洋葱
3汤匙面粉
2⁄3 汤匙咖喱粉
一杯鸡高汤
一杯蟹肉
盐
将黄油与洋葱同煮三分钟，加入与咖喱粉混合的面粉和鸡高汤。待达到沸点后加入蟹肉，用盐调味。

魔鬼蟹

一杯切碎的蟹肉
1⁄4杯蘑菇，切碎；2汤匙黄油

2汤匙面粉
2⁄3杯白色高汤
蛋黄 2 个鸡蛋
两汤匙雪利酒
一茶匙切碎的欧芹盐和胡椒

用黄油、面粉和高汤制成酱汁；加入蛋黄、调味料(欧芹除外)、蟹肉和蘑菇。煮三分钟，加入欧芹，冷却混合物。洗净并修整蟹壳，将混合物填满，撒上混有少量融化黄油的不新鲜面包屑。用菜刀在顶部压出纹路，横跨蟹壳有三条相互平行的线，从外侧分出三条短平行线

lines. Bake until crumbs are brown.

Devilled Scallops

1 quart scallops
⅓ cup butter
⅓ teaspoon made mustard
1 teaspoon salt
Few grains cayenne
⅔ cup buttered cracker crumbs
Clean scallops, drain, and heat to the boiling-point; drain again, and reserve liquor. Cream the butter, add mustard, salt, cayenne, two-thirds cup reserved liquor, and scallops chopped. Let stand one-half hour. Put in a baking-dish, cover with crumbs, and bake twenty minutes.

Fried Oyster Crabs

Wash and drain crabs. Roll in flour, and shake in a sieve to remove superfluous flour. Fry in a basket in deep fat, having fat same temperature as for cooked mixtures. Drain, and place on a napkin, and garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne.

Bouchées of Oyster Crabs

Pick over oyster crabs, dip in flour, cold milk, and crumbs, fry in deep fat, and drain on brown paper. Fill bouchée cases with crabs.

Halibut Marguerites

Line a buttered tablespoon with Fish Force-meat II. Fill with

行。烘烤至面包屑呈棕色。

魔鬼扇贝

1夸脱扇贝
1/3 杯黄油
1/3茶匙调制芥末
一茶匙盐
少许辣椒粉
2/3杯涂黄油的饼干屑
洗净扇贝，沥干，加热至沸点；再次沥干，保留汤汁。将黄油搅打至奶油状，加入芥末、盐、卡宴辣椒粉、三分之二杯保留的汤汁和切碎的扇贝。静置半小时。放入烤盘，覆盖面包屑，烤二十分钟。

炸蚧蟹

洗净并沥干螃蟹。裹上面粉，在筛中抖动以去除多余面粉。放入篮中在深油中炸制，油温与烹制熟混合物时相同。沥干，放在餐巾上，用欧芹和柠檬片装饰。配蒂罗尔酱汁食用。

牡蛎蟹一口酥

拣选牡蛎蟹，蘸面粉、冷牛奶和面包屑，在深油中炸制，在棕色纸上沥干。将蟹肉填入酥盒中。

大比目鱼玛格丽特

在抹了黄油的汤匙上铺一层鱼肉馅料II。填入

Creamed Lobster, cover with force-meat, and garnish with force-meat, forced through a pastry bag and tube, in the form of a marguerite, having the centre colored yellow. Slip from spoon into boiling water, and cook eight minutes. Serve with Béchamel or Lobster Sauce.

奶油龙虾，覆盖力绵，用力绵装饰，通过裱花袋和花嘴挤成玛格丽特花形，中心着黄色。从勺中滑入沸水，煮八分钟。配贝夏梅尔酱或龙虾酱汁食用。

Cromesquis à la Russe

Melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup milk; then add one-half cup finnan haddie which has been parboiled, drained, and separated into small pieces. Season with cayenne, and spread on a plate to cook. Cut French pancakes in pieces two by four inches. On lower halves of pieces put one tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve garnished with parsley.

French Pancakes. To one-fourth cup bread flour add one-third cup milk, one egg, and one-fourth teaspoon salt; beat thoroughly. Heat an omelet pan, butter generously, cover bottom of pan with mixture, cook until browned on one side, turn, and cook on other side.

俄式炸肉丸

融化两汤匙黄油，加入两汤匙面粉，逐渐倒入半杯牛奶；然后加入半杯已煮至半熟、沥干并撕成小块的熏黑线鳕。用卡宴辣椒粉调味，铺在盘上待烹。将法式薄饼切成两英寸乘四英寸的块。在下半片薄饼上放一汤匙混合物。边缘刷上搅打好的鸡蛋，将上半片翻折过来，用力压紧边缘，蘸上面包屑、鸡蛋和面包屑，用深油炸至金黄，沥干。装盘时用欧芹点缀。

法式薄饼。在四分之一杯面包面粉中加入三分之一杯牛奶、一个鸡蛋和四分之一茶匙盐；充分搅打。加热煎蛋锅，慷慨涂抹黄油，用混合物覆盖锅底，煮至一面呈棕色，翻面，煮另一面。

Shad Roe with Celery

Clean a shad roe, cook in boiling, salted, acidulated water twenty minutes, and drain. Plunge into cold water, drain, remove membrane, and separate roe into pieces. Melt three tablespoons butter, add roe, and cook ten minutes; then add one tablespoon butter, one-half cup chopped celery, few drops each onion and lemon juice, and salt and pepper. Serve on pieces of toasted bread.

芹菜配西鲱鱼籽

清洗一份鲥鱼籽，在加盐加酸的沸水中煮二十分钟，沥干。浸入冷水中，沥干，去除薄膜，将鱼籽分成小块。融化三汤匙黄油，加入鱼籽，煮十分钟；然后加入一汤匙黄油、半杯切碎的芹菜、各几滴洋葱汁和柠檬汁，以及盐和胡椒。放在烤面包片上食用。

Stuffed Clams

Cover bottom of dripping-pan with rock salt. Arrange two quarts large-sized soft-shelled clams on salt, in such a manner that liquor will not run into pan as clam-shells open. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, strain, and use in making a thick sauce (follow directions for thick White Sauce for Croquettes, p. 266), making one-half rule, and using one-fourth cup each clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered soft stale bread crumbs, and bake in a hot oven until crumbs are brown.

Crab Meat, Terrapin Style

1 cup crab meat
2 tablespoons butter
½ small onion, thinly sliced
2 tablespoons Sherry wine
⅓ cup heavy cream
Yolks 2 eggs
Salt and cayenne
Cook butter and onion until yellow; remove onion, add crab meat and wine. Cook three minutes, add cream, yolks of eggs, salt, and cayenne.

Mock Crabs

4 tablespoons butter
½ cup flour
1½ teaspoons salt

填馅蛤蜊

用粗盐铺满烤盘底部。将两夸脱大号软壳蛤蜊排列在盐上，排列方式须使蛤壳张开时汁液不会流入盘中。待蛤壳开始张开，即将蛤肉从壳中取出并剁碎。保留蛤汁，过滤后用于制作浓酱汁(按照第266页炸肉饼用浓白酱汁的做法，制作半份量，蛤汁和奶油各用四分之一杯)。用柠檬汁和卡宴辣椒粉充分调味。用酱汁润湿蛤肉，填入蛤壳，撒上磨碎的奶酪，盖上涂了黄油的软陈面包屑，放入热烤箱烤至面包屑呈棕色。

蟹肉，水龟风味

一杯蟹肉
2汤匙黄油
半个小洋葱，切成薄片
两汤匙雪利酒
1/3杯淡奶油
蛋黄 2 个鸡蛋
盐和辣椒粉
将黄油和洋葱煮至黄色；取出洋葱，加入蟹肉和葡萄酒。煮三分钟，加入奶油、蛋黄、盐和卡宴辣椒粉。

仿蟹肉

4汤匙黄油 1/2杯面粉
11/2茶匙盐

¾ teaspoon mustard
¼ teaspoon paprika
1½ cups scalded milk
1 can Kornlet
1 egg
3 teaspoons Worcestershire Sauce
1 cup buttered cracker crumbs
Melt butter, add flour mixed with dry seasonings, and pour on gradually the milk. Add Kornlet, egg slightly beaten, and Worcestershire Sauce. Pour into a buttered baking-dish, cover with crumbs, and bake until crumbs are brown.

Martin's Specialty

½ tablespoon onion (finely chopped)
2 tablespoons butter
1 cup chopped cooked chicken or veal
1 cup soft bread crumbs
Stock
1 egg yolk
Salt and pepper
Lettuce
Cook onion in butter three minutes. Add meat and bread crumbs, moisten with stock, and add egg yolk and seasonings. Wrap in lettuce leaves, allowing two tablespoons mixture to each portion. Tie in cheese-cloth and steam. Remove to serving dish and pour around Tomato Sauce.

Sweetbread Ramequins

Clean and parboil a sweetbread and cut in cubes. Melt two

3/4 茶匙芥末
1/4茶匙红椒粉
11/2杯烫牛奶
1 罐 Kornlet
1个鸡蛋
3茶匙伍斯特郡酱
一杯涂黄油的饼干屑
融化黄油，加入与干调味料混合的面粉，逐渐倒入牛奶。加入玉米糊、稍打散的鸡蛋和伍斯特酱汁。倒入涂了黄油的烤盘，覆盖面包屑，烤至面包屑呈棕色。

马丁的特色菜

1/2 汤匙洋葱(切碎)2 汤匙黄油

一杯切碎的熟鸡肉或小牛肉
一杯软面包屑
高汤
1个蛋黄
盐和胡椒
生菜
将洋葱在黄油中煮三分钟。加入肉和面包屑，用高汤润湿，加入蛋黄和调味料。用生菜叶包裹，每份用两汤匙混合物。用奶酪布扎紧并蒸制。移至餐盘，周围浇上番茄酱汁。

甜面包拉梅坎

将甜面包清洗并预煮，切成方块。融化两块

tablespoons butter, add three tablespoons flour, and pour on gradually one cup chicken stock. Reheat sweetbread in sauce and add one-fourth cup heavy cream and one and one-half teaspoons beef extract. Season with salt, paprika, and lemon juice. Fill ramequin dishes, cover with buttered crumbs, and bake until crumbs are brown.

汤匙黄油，加入三汤匙面粉，逐渐倒入一杯鸡高汤。在酱汁中重新加热甜面包，加入四分之一杯浓奶油和一茶匙半牛肉精。用盐、红椒粉和柠檬汁调味。填入拉梅金烤盅，覆盖黄油面包屑，烤至面包屑呈棕色。

Sweetbread à la Mont Vert

Parboil a pair of sweetbreads, and gash. Decorate in gashes with truffles cut in thin slices, and slice in fancy shapes. Melt three tablespoons butter, add two slices onion, six slices carrot, and sweetbreads; fry five minutes. Pour off butter, and add one-fourth cup brown stock and two tablespoons Sherry wine. Cook in oven twenty-five minutes, basting often until well glazed. Serve in nests of peas, and pour around Mushroom Sauce.

蒙特弗特风味甜面包

将一对甜面包焯水，切开口子。在切口中装饰以切成薄片的松露，并切成花式形状。融化三汤匙黄油，加入两片洋葱、六片胡萝卜和甜面包；煎五分钟。倒出黄油，加入四分之一杯棕色高汤和两汤匙雪利酒。在烤箱中烤二十五分钟，经常浇淋直至充分上釉。盛在豌豆巢中，周围浇上蘑菇酱汁。

Nests. Drain and rinse one can peas, and rub through a sieve. Add three tablespoons butter, and salt and pepper to taste. Heat to boiling-point, and shape in nests, using pastry bag and tube.

巢。沥干并冲洗一罐豌豆，通过筛子擦碎。加入三汤匙黄油，以及适量盐和胡椒。加热至沸点，用裱花袋和花嘴塑成巢形。

Mushroom Sauce. Clean three large mushroom caps, cut in halves crosswise, then in slices. Sauté in two tablespoons butter five minutes. Dredge with one tablespoon flour, and add one cup cream and liquor left in pan in which sweetbreads were cooked. Cook two minutes.

蘑菇酱汁。清洗三个大蘑菇伞盖，横切成两半，再切片。在两汤匙黄油中炒五分钟。撒上一汤匙面粉，加入一杯奶油和烹制甜面包的锅中留下的汤汁。煮两分钟。

Sweetbread in Peppers

甜面包在辣椒里

Parboil sweetbread, cool, and cut in small pieces; there should be one cup. Melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup chicken stock; then add two

将甜面包焯水，冷却，切成小块；应有一杯。融化两汤匙黄油，加入两汤匙面粉，逐渐倒入半杯鸡高汤；然后加入两

tablespoons heavy cream, and one-third cup mushroom caps broken in small pieces. Season with salt, paprika, and Worcestershire Sauce. Cut a slice from stem end of six peppers, remove seeds, and parboil peppers fifteen minutes. Cool, fill, cover with buttered crumbs, and bake until crumbs are brown. Break stems of mushrooms, cover with cold water, and cook slowly twenty minutes. Melt two tablespoons butter, add a few drops onion juice, two tablespoons flour, and pour on gradually the water drained from mushroom stems, and enough chicken stock to make one cup. Add one-fourth cup heavy cream, and season with salt and paprika. Pour sauce around peppers.

汤匙淡奶油，以及三分之一杯撕成小块的蘑菇伞盖。用盐、红椒粉和伍斯特酱调味。从六个辣椒的蒂端切下一片，去除籽，将辣椒煮至半熟十五分钟。冷却后填入馅料，盖上涂了黄油的面包屑，烤至面包屑呈棕色。将蘑菇蒂掰下，用冷水没过，慢火煮二十分钟。融化两汤匙黄油，加入几滴洋葱汁、两汤匙面粉，逐渐倒入从蘑菇蒂沥出的水和足量鸡高汤，使总量达到一杯。加入四分之一杯淡奶油，用盐和红椒粉调味。将酱汁浇在辣椒周围。

Cutlets of Chicken

Remove fillets from two chickens; for directions, see page 245. Make six parallel slanting incisions in each mignon fillet and insert in each a slice of truffle, having the part of truffle exposed cut in points on edge. Arrange small fillets on large fillets. Garnish with truffles cut in small shapes, and Chicken Force-meat forced through a pastry bag and tube. Place in a greased pan, add one-third cup White Stock, cover with buttered paper, and bake fifteen minutes in a hot oven. Serve with Suprême or Béchamel Sauce.

鸡肉排

从两只鸡上取下里脊肉；做法参见第245页。在每个小里脊肉上切六道平行的斜口，每道口中插入一片松露，露出的松露部分边缘切成尖角。将小里脊肉排在大里脊肉上。用切成小形状的松露和通过裱花袋及裱花嘴挤出的鸡肉茸点缀。放入涂了油的烤盘，加入三分之一杯白色高汤，盖上涂了黄油的纸，在热烤箱中烤十五分钟。配苏普雷姆酱汁或贝夏梅尔酱汁食用。

Fillets of Game

Remove skin from breasts of three partridges. Cut off breasts, leaving wing joints attached. Separate large from mignon fillets. Make five parallel slanting incisions in each mignon fillet, and insert in each a slice of truffle, having part of truffle exposed cut in points on edge. Beginning at outer edge of large fillets make deep cuts, nearly separating fillets in two parts, and stuff with

野味里脊片

去除三只鹧鸪胸部的皮。切下胸部，保留翅关节相连。将大柳肉与小柳肉分开。在每个小柳肉上切五个平行的斜切口，每个切口中插入一片松露，松露的一部分露出，边缘切成尖角。从大柳肉的外缘开始深切，几乎将柳肉分成两部分，填入

Chicken Force-meat I or II. Arrange small fillets on large fillets. Place in a greased baking-pan, brush over with butter, add one tablespoon Madeira wine and two tablespoons mushroom liquor. Cover with buttered paper, and bake twelve minutes in a hot oven. Serve with Suprême Sauce.

鸡力绵 I 或 II。将小柳肉排列在大柳肉上。放入涂了油的烤盘，刷上黄油，加入一汤匙马德拉葡萄酒和两汤匙蘑菇汁。覆盖黄油纸，在热烤箱中烤十二分钟。配苏普雷姆酱汁食用。

Chicken Cutlets

Remove fillets from two chickens; for directions, see page 245. Dip each in thick cream, roll in flour, and sauté in lard three minutes. Place in a pan, dot over with butter, and bake ten minutes. Serve with White Sauce I, to which is added one tablespoon meat extract.

鸡排

从两只鸡上取下柳肉；具体方法见第245页。每块蘸浓奶油，裹面粉，在猪油中炒三分钟。放入锅中，点上黄油，烤十分钟。配白酱汁 I 食用，其中加入一汤匙肉精。

Russian Cutlets

Cover bottom of cutlet moulds with Russian Pilaf and cover Pilaf with Chicken Force-meat II (see p. 150), doubling the recipe and omitting nutmeg. Set moulds in pan of hot water, cover with buttered paper, and bake in a moderate oven fifteen minutes. Remove from moulds to serving dish, surround with Brown Mushroom Sauce, and garnish with parsley.

俄式肉饼

用俄罗斯抓饭覆盖肉排模具底部，再用鸡力绵 II(见第150页)覆盖抓饭，配方加倍并省略肉豆蔻。将模具放入热水锅中，覆盖黄油纸，在中温烤箱中烤十五分钟。从模具中取出移至餐盘，周围配棕色蘑菇酱汁，用欧芹装饰。

Russian Pilaf. Wash one-half cup rice. Mix one cup highly seasoned chicken stock with three-fourths cup stewed and strained tomato, and heat to boiling-point. Add rice, and steam until rice is soft. Add two tablespoons butter, stirring lightly with a fork that kernels may not be broken, and season with salt.

俄罗斯抓饭。洗净半杯米。将一杯重调味的鸡高汤与四分之三杯炖煮并过滤的番茄混合，加热至沸点。加入米，蒸至米软。加入两汤匙黄油，用叉子轻轻搅拌以免米粒破碎，用盐调味。

Brown Mushroom Sauce

棕色蘑菇酱

3 tablespoons butter
1 slice carrot
1 slice onion
1 tablespoon lean raw ham, finely chopped
5 tablespoons flour
1¼ cups brown stock
½ lb. mushrooms
1 cup cold water
1 teaspoon beef extract
Salt
Pepper
Cook butter with vegetables and ham until brown, add flour, and when well browned add stock, gradually, then strain. Clean mushroom stems, break in pieces, cover with water, and cook slowly until stock is reduced to one-third cup. Strain, and add to sauce with beef extract and seasonings. Just before serving add mushroom caps peeled, cut in slices lengthwise, and sautéd in butter five minutes.

Chicken à la McDonald

1 cup cold cooked chicken, cut in strips
3 cold boiled potatoes, cut in one-third inch slices
1 truffle cut in strips
3 tablespoons butter
3 tablespoons flour
1½ cups scalded milk
Salt
Pepper
Make a sauce of butter, flour, and milk. Add chicken, potatoes,

3汤匙黄油
1片胡萝卜
1片洋葱
一汤匙瘦生火腿，切碎
5汤匙面粉
11/4杯棕色高汤
1/2磅蘑菇
一杯冷水
一茶匙牛肉提取物
盐
胡椒
将黄油与蔬菜和火腿煮至棕色，加入面粉，充分变棕后逐渐加入高汤，然后过滤。清洗蘑菇柄，掰成小块，加水覆盖，慢煮至高汤浓缩至三分之一杯。过滤，加入酱汁中，再加牛肉精和调味料。上桌前加入去皮的蘑菇伞盖，纵切成片，在黄油中炒五分钟。

麦克唐纳式鸡肉

一杯冷熟鸡肉，切成条
3个冷煮土豆，切成三分之一英寸厚的片
1 块松露，切成条
3汤匙黄油
3汤匙面粉
11/2杯烫牛奶
盐
胡椒
用黄油、面粉和牛奶制成酱汁。加入鸡肉、土豆，

and truffle, and, as soon as heated, add seasoning.

Chicken Mousse

Make a chicken force-meat of one-half the breast of a raw chicken pounded and forced through a purée strainer, the white of one egg slightly beaten, one-half cup heavy cream, and salt, pepper, and cayenne to taste. Add three-fourths cup cooked white chicken meat rubbed through a sieve, the white of an egg slightly beaten, and one-half cup heavy cream beaten until stiff. Decorate a buttered mould with truffles, turn in mixture, set in pan of hot water, cover with buttered paper, and bake until firm. Remove to platter, and pour around Cream or Béchamel Sauce.

Fillets of Chicken, Sauce Suprême

Remove fillets from three chickens, leaving wing joint and a piece of bone attached to each fillet. Reserve mignon fillets for the making of force-meat. Make a pocket in each large fillet, and stuff with one-half tablespoon force-meat; close pockets, and fasten each with five pieces of truffle, shaped to represent nails and drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking-pan, brush over with cold water, add one-half cup Madeira wine, cover with buttered paper, and bake in a hot oven ten minutes. Arrange cooked mushroom caps overlapping one another the entire length of platter, put a chop frill on bone of each fillet, and put three fillets on each side of mushrooms. Garnish with celery tips and pour around

Russian Cutlets.—*Page 373.*

以及松露，一旦加热，就加入调味料。

鸡肉慕斯

取半只生鸡胸肉捣碎并通过细筛网制成鸡肉茸，加入一个鸡蛋的蛋清略加搅打、半杯淡奶油，以及适量的盐、胡椒和卡宴辣椒粉。加入四分之三杯过筛的熟白鸡肉、一个鸡蛋的蛋清略加搅打，以及半杯搅打至硬挺的淡奶油。在涂了黄油的模具中用松露装饰，倒入混合物，置于热水盘中，盖上涂了黄油的纸，烤至凝固。移至大盘，周围浇上奶油酱汁或贝夏梅尔酱汁。

鸡柳配苏普雷姆酱

从三只鸡上取下鸡柳，每片鸡柳保留翅关节和一块骨头。将鸡里脊留作制作馅料。在每片大鸡柳上开一个口袋，填入半汤匙馅料；合上口袋，每片用五片松露固定，松露修成钉子形状，用肥肉针穿入。撒上盐和胡椒，放入小烤盘，刷上冷水，加入半杯马德拉葡萄酒，盖上涂了黄油的纸，在热烤箱中烤十分钟。将煮熟的蘑菇伞盖一个叠一个地铺满盘子全长，在每片鸡柳的骨头上套上排骨纸花，在蘑菇两侧各放三片鸡柳。用芹菜嫩尖装饰，并在周围浇上

俄式肉饼--见第373页。

Dresden Patties.—*Page 380.*

德累斯顿肉饼--第*380*页。

Devilled Crabs.—*Page 368.*

魔鬼蟹。- 第*368*页。

Pan Broiled Lamb Chops à la Lucullus.—*Page 376.*

煎烤羊排配卢库卢斯风味。--第376页。

Sauce Suprême. Cook remaining chicken with one small sliced carrot, one onion, one stalk celery, two sprigs parsley, and a bit of bay leaf, with enough water to cover, one hour. Strain and cook stock until reduced to one cup. Melt two tablespoons butter, add two tablespoons flour, and pour on stock; cook slowly fifteen minutes. Add three-fourths cup heavy cream and season with salt and pepper; then add twelve peeled white mushroom caps and cook five minutes. Remove caps to platter and add one-fourth cup heavy cream to sauce.

至尊酱汁。将剩余的鸡肉与一小根切片胡萝卜、一个洋葱、一根芹菜、两枝欧芹和一小片月桂叶一起煮，加水没过，煮一小时。过滤后将高汤煮至浓缩为一杯。融化两汤匙黄油，加入两汤匙面粉，倒入高汤；小火煮十五分钟。加入四分之三杯淡奶油，用盐和胡椒调味；然后加入十二个去皮的白蘑菇伞盖，煮五分钟。将伞盖移到盘子上，在酱汁中加入四分之一杯淡奶油。

Chicken Force-meat. Put mignon fillets through a meat chopper, add one-half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add one and one-half tablespoons melted butter, yolk one egg, two tablespoons cream, and salt and pepper to taste.

鸡力绵。将小柳肉通过绞肉机绞碎，加入一半量的不新鲜面包屑，与牛奶同煮至水分几乎蒸发。冷却后通过细筛擦碎；然后加入一汤匙半融化黄油、一个蛋黄、两汤匙奶油，以及适量盐和胡椒。

Birds on Canapés

吐司上的鸟肉

Split five birds (quails or squabs), season with salt and pepper, and spread with four tablespoons butter, rubbed until creamy, and mixed with three tablespoons flour. Bake in a hot oven until well browned, basting every four minutes with two tablespoons butter, melted in one-fourth cup water. Chop six boiled chickens' livers, season with salt, pepper, and onion juice, moisten with melted

将五只鸟(鹌鹑或乳鸽)剖开，用盐和胡椒调味，涂抹四汤匙黄油，揉至奶油状，与三汤匙面粉混合。在热烤箱中烤至充分呈棕色，每四分钟用两汤匙黄油(在四分之一杯水中融化)浇淋一次。剁碎六个煮熟的鸡肝，用盐、胡椒和洋葱汁调味，用融化的

butter, and add one teaspoon finely chopped parsley. Spread mixture on five pieces toasted bread, arrange a bird on each canapé, and garnish with parsley.

黄油润湿，加入一茶匙切碎的欧芹。将混合物涂抹在五片烤面包上，每片面包上放一只鸟，用欧芹装饰。

Breast of Quail Lucullus

Remove breasts from six quail, lard, and bake in a hot oven twenty minutes, basting every five minutes with a very rich brown stock, that breasts may have a glazed appearance. Mould corn meal or hominy mush in cone shape; when firm remove from mould and sprinkle with finely chopped parsley. Arrange breasts on cone around base, and make six nests of mashed seasoned sweet potato around base of cone at equal distances, using a pastry bag and rose tube. Fill nests with creamed mushrooms and sweetbread. Garnish between nests with toasted bread points, the tips of which have been brushed with white of egg, then dipped in finely chopped parsley. Insert a stab frill in each nest and one in top of cone.

Serve with one and one-half cups rich brown sauce seasoned with tomato catsup and mashed sweet potato. A small amount of the sweet potato gives a suggestion of chestnuts.

卢库卢斯式鹌鹑胸

从六只鹌鹑上取下胸肉，用肥肉片包裹，在热烤箱中烤二十分钟，每五分钟用浓郁棕色高汤浇淋一次，使胸肉呈现光泽。将玉米粉或玉米糊塑成锥形；凝固后从模具中取出，撒上切碎的欧芹。将胸肉沿锥形底部排列，并用糕点袋和玫瑰嘴在锥形底部等距制作六个调味红薯泥小巢。在小巢中填入奶油蘑菇和甜面包。在小巢之间用烤面包角装饰，面包角尖端刷上蛋清，然后蘸上切碎的欧芹。在每个小巢中插入一根刺花纸饰，锥形顶部也插一根。

配一杯半浓郁棕色酱汁食用，酱汁用番茄酱和捣碎的红薯调味。少量红薯能带来栗子的风味暗示。

Pan Broiled Lamb Chops à la Lucullus

Pan broil lamb chops and garnish same as Breast of Quail Lucullus.

卢库卢斯式煎羊排

用平底锅煎羊排，配菜与卢库卢斯鹌鹑胸相同。

Chickens' Livers en Brochette

Cut each liver in four pieces. Alternate pieces of liver and pieces

串烤鸡肝

将每块肝脏切成四块。交替放入肝块和

of thinly sliced bacon on skewers, allowing one liver and five pieces of bacon for each skewer. Balance skewers in upright positions on rack in dripping-pan. Bake in a hot oven until bacon is crisp. Serve garnished with watercress.

将薄切培根片串在签子上，每根签子放一个鸡肝和五片培根。将签子直立平衡在滴油盘的架子上。在热烤箱中烤至培根酥脆。配水田芥装饰食用。

Chestnuts en Casserole

Remove shells from three cups chestnuts, put in a casserole dish, and pour over three cups highly seasoned chicken stock. Cover, and cook in a slow oven three hours; then thicken chicken stock with two tablespoons butter and one and one-half tablespoons flour cooked together. Send to table in casserole dish.

砂锅栗子

去除三杯栗子的壳，放入砂锅中，倒入三杯重调味的鸡高汤。盖上盖子，在慢烤箱中煮三小时；然后用两汤匙黄油和一汤匙半面粉同煮来勾芡鸡高汤。连砂锅一起上桌。

Cheese Fondue

1 cup scalded milk
1 cup soft stale bread crumbs
¼ lb. mild cheese, cut in small pieces
1 tablespoon butter
½ teaspoon salt
Yolks 3 eggs
Whites 3 eggs
Mix first five ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking-dish, and bake twenty minutes in a moderate oven.

奶酪火锅

一杯烫牛奶
一杯软陈面包屑
1/4磅温和奶酪，切成小块 1汤匙黄油

1/2 茶匙盐
蛋黄 3 个鸡蛋
将3个蛋白打发
混合前五种配料，加入打至柠檬色的蛋黄。切拌入打至硬性的蛋白。倒入涂了黄油的烤盘，在中温烤箱中烤二十分钟。

Cheese Soufflé

2 tablespoons butter
3 tablespoons flour

奶酪舒芙蕾

2汤匙黄油
3汤匙面粉

½ cup scalded milk
½ teaspoon salt
Few grains cayenne
¼ cup grated Old English or Young America cheese
Yolks 3 eggs
Whites 3 eggs
Melt butter, add flour, and when well mixed add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking-dish, and bake twenty minutes in a slow oven. Serve at once.

Ramequins Soufflés

Bake Cheese Soufflé mixture in ramequin dishes. Serve for a course in a dinner.

Cheese Balls

1½ cups grated mild cheese
1 tablespoon flour
¼ teaspoon salt
Few grains cayenne
Whites 3 eggs
Cracker dust
Mix cheese with flour and seasonings. Beat whites of eggs until stiff, and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat, and drain on brown paper. Serve with salad course.

Compote of Rice with Peaches

1/2 杯烫牛奶
1/2 茶匙盐
少许辣椒粉
1/4 杯磨碎的 Old English 或 Young America 奶酪蛋黄 3 个
鸡蛋
将3个蛋白打发
融化黄油，加入面粉，拌匀后逐渐加入烫过的牛奶。然后加入盐、辣椒粉和奶酪。离火；加入搅打至柠檬色的蛋黄。冷却混合物，翻拌入搅打至硬挺干燥的蛋白。倒入涂了黄油的烤盘，在慢烤箱中烤二十分钟。立即上桌。

拉姆坎舒芙蕾

将烤奶酪蛋奶酥混合物放入拉梅金烤盅中烘烤。作为正餐中的一道菜上桌。

奶酪球

11/2 杯磨碎淡味奶酪
一汤匙面粉
1/4茶匙盐
少许辣椒粉
将3个蛋白打发
饼干屑
将奶酪与面粉和调味料混合。将蛋白搅打至硬挺，加入第一份混合物中。捏成小球，裹上饼干屑，在深油中炸，然后在棕色纸上沥干。配沙拉一道上桌。

桃子米饭糖渍

Wash two-thirds cup rice, add one cup boiling water, and steam until rice has absorbed water; then add one and one-third cups hot milk, one teaspoon salt, and one-fourth cup sugar. Cook until rice is soft. Turn into a slightly buttered round shallow mould. When shaped, remove from mould to serving dish, and arrange on top sections of cooked peaches drained from their syrup and dipped in macaroon dust. Garnish between sections with candied cherries and angelica cut in leaf-shapes. Angelica may be softened by dipping in hot water. Color peach syrup with fruit red, and pour around mould.

洗净三分之二杯大米，加入一杯沸水，蒸至大米吸收水分；然后加入一又三分之一杯热牛奶、一茶匙盐和四分之一杯糖。煮至大米变软。倒入一个略微涂了黄油的圆形浅模具中。定型后，从模具中取出放到上菜盘中，在顶部排列煮熟并沥去糖浆、蘸了马卡龙碎屑的桃子块。在桃子块之间用糖渍樱桃和切成叶形的当归装饰。当归可在热水中浸软。用果红给桃子糖浆上色，浇在模具周围。

Compote of Rice and Pears

Cook and mould rice as for Compote of Rice with Peaches. Arrange on top quarters of cooked pears, and pour around pear syrup.

大米梨子糖渍

按桃子米饭蜜饯的做法烹煮并模制米饭。在顶部摆放煮熟的梨块，并在周围浇上梨糖浆。

Croustades of Bread

Cut stale bread in diamonds, squares, or circles. Remove centres, leaving cases. Fry in deep fat or brush over with melted butter, and brown in oven. Fill with creamed vegetables, fish, or meat.

面包脆盏

将陈面包切成菱形、方形或圆形。挖去中心，留下外壳。在深油中炸或用融化黄油刷面，在烤箱中烤至棕色。填入奶油蔬菜、鱼或肉。

Rice Croustades

Wash one cup rice, and steam in White Stock. Cool, and mix with three-fourths cup Thick White Sauce, to which has been added beaten yolk of one egg, slight grating of nutmeg, one-half teaspoon salt, and one-eighth teaspoon pepper. Spread mixture in buttered pan two inches thick, cover with buttered paper, and place weight on top. Let stand until cold. Turn from pan, cut in rounds, remove centres, leaving cases; dip in crumbs, egg, and

米饭脆盏

洗净一杯米饭，在白色高汤中蒸熟。冷却后与四分之三杯浓白酱汁混合，酱汁中已加入一个搅打的蛋黄、少许肉豆蔻擦屑、半茶匙盐和八分之一茶匙胡椒。将混合物铺在涂了黄油的烤盘中，厚两英寸，盖上涂了黄油的纸，在上面压重物。静置至冷。从盘中翻出，切成圆片，挖去中心，留下外壳；蘸上面包屑、鸡蛋和

crumbs, and fry in deep fat. Fill with creamed fish.

面包屑，油炸。填入奶油鱼。

Soufflé au Rhum

Yolks 2 eggs
¼ cup powdered sugar
1 tablespoon rum
Whites 4 eggs
Few grains salt
Beat yolks of eggs until lemon-colored. Add sugar, salt, and rum. Cut and fold in whites of eggs beaten until stiff and dry. Butter a hot omelet pan, pour in one-half mixture, brown underneath, fold gradually, turn on a hot serving dish, and sprinkle with powdered sugar. Cook remaining mixture in same way. Soufflé au Rhum should be slightly underdone inside. At gentlemen's dinners rum is sometimes poured around soufflé and lighted when sent to table.

朗姆酒舒芙蕾

蛋黄 2 个鸡蛋
1/4杯糖粉
1汤匙朗姆酒
将4个蛋的蛋白
少许盐
将蛋黄搅打至柠檬色。加入糖、盐和朗姆酒。翻拌入搅打至硬挺干燥的蛋白。在热的煎蛋卷锅中涂黄油，倒入一半混合物，底部煎至棕色，逐渐折叠，翻到热的 serving 盘中，撒上糖粉。以同样方式烹煮剩余的混合物。朗姆酒舒芙蕾内部应略微欠熟。在男士晚宴上，有时会在舒芙蕾周围倒入朗姆酒，上桌时点燃。

Omelet Soufflé

Yolks 2 eggs
¼ cup powdered sugar
½ teaspoon vanilla
Whites 4 eggs
Few grains salt
Prepare same as Soufflé au Rhum. Mound three-fourths of mixture on a slightly buttered platter. Decorate mound with remaining mixture forced through a pastry bag and tube. Sprinkle with powdered sugar, and bake ten minutes in a moderate oven.

舒芙蕾煎蛋卷

蛋黄 2 个鸡蛋
1/4杯糖粉
1/2茶匙香草精
将4个蛋的蛋白
少许盐
按朗姆酒舒芙蕾的做法准备。将四分之三的混合物堆在略涂黄油的浅盘上。用剩余的混合物通过裱花袋和裱花嘴挤在堆上作装饰。撒上糖粉，在中温烤箱中烤十分钟。

Patties

Patty shells are filled with Creamed Oysters, Oysters in Brown

小馅饼

馅饼壳内填入奶油牡蛎、褐汁牡蛎

Sauce, Creamed Chicken, Creamed Chicken and Mushrooms, or Creamed Sweetbreads. They are arranged on a folded napkin, and are served for a course at dinner or luncheon.

酱汁、奶油鸡、奶油鸡配蘑菇或奶油甜面包。它们被摆放在折叠的餐巾上，作为正餐或午餐中的一道菜上桌。

Bouchées

Small pastry shells filled with creamed meat are called bouchées.

小酥盒

小馅饼壳中填入奶油肉馅，称为布歇。

Vol-au-vents

Vol-au-vents are filled same as patty shells.

酥皮盒

酥盒的馅料与馅饼壳相同。

Rissoles

Roll puff paste to one-eighth inch thickness, and cut in rounds. Place one teaspoon finely chopped seasoned meat moistened with Thick White Sauce on each round. Brush each piece with cold water half-way round close to edge. Fold like a turnover, and press edges together. Dip in egg slightly beaten and diluted with one tablespoon water. Roll in gelatine, fry in deep fat, and drain. Granulated gelatine cannot be used.

炸肉卷

将千层酥皮擀至八分之一英寸厚，切成圆片。在每片圆片中央放一茶匙用浓白酱汁润湿的细碎调味肉馅。用冷水刷每片圆片边缘半圈至靠近边沿处。像折角饼一样对折，将边缘压紧。蘸上略打散并用一汤匙水稀释的鸡蛋液。滚上明胶，用深油炸至金黄，沥干。不可使用颗粒明胶。

Filling for Rissoles. Mix one-half cup finely chopped cold cooked chicken with one-fourth cup finely chopped cooked ham. Moisten with Thick White Sauce, and season with salt and cayenne.

炸肉卷馅料。将半杯细碎的冷熟鸡肉与四分之一杯细碎的熟火腿混合。用浓白酱汁润湿，以盐和辣椒粉调味。

Cigarettes à la Prince Henry

Roll puff paste very thin, and spread with Chicken Force-meat. Roll like a jelly roll, and cut in pieces four inches long and a little larger round than a cigarette. Brush over with egg, roll in crumbs, fry in deep fat, and drain on brown paper. Arrange log-cabin fashion on a folded doily, and serve while hot.

亨利王子式香烟

将千层酥皮擀至极薄，铺上鸡肉泥。像果冻卷一样卷起，切成四英寸长、比香烟略粗的段。刷上鸡蛋液，滚上面包屑，用深油炸至金黄，在牛皮纸上沥干。以木屋式样摆放在折叠的垫纸上，趁热上桌。

Zigaras à la Russe

Make and fry same as Cigarettes à la Prince Henry, using cheese mixture in place of Chicken Force-meat. Melt two tablespoons butter, add four tablespoons flour, and pour on gradually one-half cup milk, then add one tablespoon heavy cream, one egg yolk, and one-third cup grated cheese. Season highly with salt and cayenne. Cool before spreading on paste.

Dresden Patties

Cut stale bread in two-inch slices, shape with a round cutter three inches in diameter, and remove centres, making cases. Dip cases in egg, slightly beaten, diluted with milk and seasoned with salt, allowing two tablespoons milk to each egg. When bread is thoroughly soaked, drain, and fry in deep fat. Fill with any mixture suitable for patty cases.

Russian Patties

1 pint oysters
3 tablespoons butter
4½ tablespoons flour
½ cup chicken stock
½ cup cream
½ tablespoon vinegar
¾ tablespoon lemon juice
Yolks 2 eggs
1 tablespoon grated horseradish
2 tablespoons capers
Salt and pepper
Parboil oysters, drain, and reserve liquor; there should be one-half

俄式奶酪馅饼

按亨利王子香烟卷的做法制作并油炸，用奶酪混合物代替鸡肉泥。融化两汤匙黄油，加入四汤匙面粉，逐渐倒入半杯牛奶，然后加入一汤匙浓奶油、一个蛋黄和三分之一杯磨碎的奶酪。用盐和辣椒粉重调味。冷却后再涂抹在酥皮上。

德累斯顿肉饼

将不新鲜的面包切成两英寸厚的片，用直径三英寸的圆形切模整形，挖去中心，制成壳。将面包壳蘸上略打散、用牛奶稀释并以盐调味的鸡蛋液，每个鸡蛋配两汤匙牛奶。面包完全浸透后，沥干，用深油炸至金黄。填入任何适合小馅饼壳的混合物。

俄式肉饼

1品脱牡蛎
3汤匙黄油
四又二分之一汤匙面粉
1/2 杯鸡高汤
1/2 杯奶油
1/2 汤匙醋
3/4 汤匙柠檬汁
蛋黄 2 个鸡蛋
1汤匙磨碎的山葵
两汤匙刺山柑
盐和胡椒
将牡蛎煮至半熟，沥干，并保留汤汁；应有一半

cup. Make sauce of butter, flour, stock, oyster liquor, and cream; add yolks of eggs, seasonings, and salt and pepper to taste. Add oysters, and as soon as oysters are heated, fill patty shells.

杯。用黄油、面粉、高汤、牡蛎汁和奶油制成酱汁；加入蛋黄、调味料以及适量盐和胡椒。加入牡蛎，牡蛎一热即填入馅饼壳中。

Cheese Soufflé with Pastry

2 eggs
⅔ cup thick cream
½ cup Swiss cheese, cut in small dice
½ cup grated American cheese
⅓ cup grated Parmesan cheese
Salt and pepper
Few grains cayenne
Few gratings nutmeg
Add eggs to cream and beat slightly, then add cheese and seasonings. Line the sides of ramequin dishes with strips of puff paste. Fill dishes with mixture until two-thirds full. Bake fifteen minutes in a hot oven.

奶酪舒芙蕾配酥皮

2个鸡蛋

2/3杯浓奶油

1/2 杯瑞士奶酪，切成小丁 1/2 杯磨碎的美国奶酪

1/3杯磨碎的帕尔马干酪

盐和胡椒

少许辣椒粉

少许肉豆蔻碎

将鸡蛋加入奶油中略打散，然后加入奶酪和调味料。用千层酥皮条铺在拉美金烤盅的侧面。将混合物填入烤盅至三分之二满。在热烤箱中烤十五分钟。

Lamb Rissoles à l'Indienne

Roll puff paste one-eighth inch thick and shape, using circular cutters of different sizes. On the centres of smaller pieces put one tablespoon prepared lamb mixture, wet edges, cover with large pieces, press edges firmly together, prick upper paste in several places, brush over with yolk of egg diluted with one teaspoon cold water, and bake in hot oven.

Lamb Filling. Cook three tablespoons butter, with a few drops onion juice, until well browned, add one-fourth cup flour, and

印度风味羊肉炸丸子

将千层酥皮擀至八分之一英寸厚，用不同大小的圆形切模整形。在较小圆片的中央放一汤匙准备好的羊肉馅，润湿边缘，盖上大圆片，将边缘用力压紧，在上层酥皮上戳几个孔，刷上用一个茶匙冷水稀释的蛋黄液，在热烤箱中烘烤。

羊肉馅。将三汤匙黄油加几滴洋葱汁煮至充分变褐，加入四分之一杯面粉，

brown butter and flour, then add one cup lamb stock. Season highly with salt, paprika, and curry powder. To one-half the sauce, add two-thirds cup cold roast lamb cut in one-third inch cubes. Add stock to remaining sauce, and pour around rissoles just before sending to table.

将黄油和面粉炒至变褐，然后加入一杯羊肉高汤。用盐、红椒粉和咖喱粉重调味。在一半酱汁中加入三分之二杯切成三分之一英寸方块的冷烤羊肉。在剩余酱汁中加入高汤，上桌前浇在炸肉卷周围。

Quail Pies

6 quails
6 slices carrot
Stalk of celery
2 slices onion
Sprig of parsley
Bit of bay leaf
¼ teaspoon peppercorns
Flour
Salt and pepper
Sherry wine
Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and sauté in butter. To butter in pan add vegetables and peppercorns, and cook five minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly one hour. Drain stock from vegetables, and thicken with flour diluted with enough cold water to pour easily. Season with salt, pepper, and wine. If not rich enough, add more butter. Allow one bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make two incisions, through which the legs of the bird should extend.

鹌鹑派

6只鹌鹑
6片胡萝卜
芹菜茎
2片洋葱
欧芹小枝
一片月桂叶
1/4茶匙胡椒粒
面粉
盐和胡椒
雪利酒

将禽鸟的胸肉和腿取下，用盐和胡椒调味，裹上面粉，用黄油煎炒。在锅中的黄油里加入蔬菜和胡椒粒，煮五分钟。将禽鸟的背部切成小块，用冷水浸没，加入蔬菜，慢火煮一小时。将高汤从蔬菜中滤出，用面粉加足量冷水调稀至易于倾倒的浓度来增稠。用盐、胡椒和葡萄酒调味。若不够浓郁，可再加黄油。每份菜配一只禽鸟，酱汁要足够湿润，盖上素酥皮或发面酥皮，在酥皮上划两道口子，让禽鸟的腿从中伸出。

Aspic Jelly

肉冻

Carrot	2 tablespoons each, cut into cubes
Onion	
Celery	
2 sprigs parsley	
2 sprigs thyme	
1 sprig savory	
2 cloves	
½ teaspoon peppercorns	
1 bay leaf	
⅞ cup white wine	
1 box gelatine	
1 quart White Stock for vegetables and white meat, or	
1 quart Brown Stock for dark meat	
Juice 1 lemon	
Whites 3 eggs	

Aspic jelly is always made with meat stock, and is principally used in elaborate entrées where fish, chicken, game, or vegetables are to be served moulded in jelly. In making Aspic Jelly, use as much liquid as the pan which is to contain moulded dish will hold.

Put vegetables, seasonings, and wine (except two tablespoons) in a saucepan; cook eight minutes, and strain, reserving liquid. Add gelatine to stock, then add lemon juice. Heat to boiling-point and add strained liquid. Season with salt and cayenne. Beat whites of

胡萝卜	各2汤匙，切成方块
洋葱	
芹菜	
2枝欧芹	
2枝百里香	
1 枝香薄荷	
2瓣	
1/2茶匙胡椒粒	
1片月桂叶	
7/8 杯白葡萄酒	
1盒明胶	
一夸脱用于蔬菜和白肉的白色高汤，或	
1夸脱棕色高汤，用于深色肉汁，1个柠檬的汁	
将3个蛋白打发	

肉冻总是用肉高汤制作，主要用于精致的菜肴中，将鱼、鸡肉、野味或蔬菜塑于果冻中上桌。制作肉冻时，使用与盛装塑形菜肴的模具容量相等的液体量。

将蔬菜、调味料和葡萄酒(留出两汤匙)放入锅中；煮八分钟，过滤，保留液体。将明胶加入高汤中，然后加入柠檬汁。加热至沸点，加入过滤后的液体。用盐和辣椒粉调味。将

eggs slightly, add two tablespoons wine, and dilute with one cup hot mixture. Add slowly to remaining mixture, stirring constantly until boiling-point is reached. Place on back of range and let stand thirty minutes. Strain through a double cheese-cloth placed over a fine wire strainer, or through a jelly bag.

鸡蛋的蛋白略打散，加入两汤匙葡萄酒，用一杯热混合物稀释。慢慢加入剩余的混合物中，不断搅拌直至达到沸点。置于炉灶后部静置三十分钟。通过放在细铁丝滤网上的双层奶酪布或果冻袋过滤。

Tomatoes in Aspic

Peel six small firm tomatoes, and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt, invert, and let stand thirty minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise to which has been added a small quantity of dissolved gelatine, and garnish with capers and sliced pickles. Place a pan in ice-water, cover bottom with aspic jelly mixture, and let stand until jelly is firm. Arrange tomatoes on jelly garnished side down. Add more aspic jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley.

番茄冻

将六个小而结实的番茄去皮，挖出果肉，顶部开口尽量小。在内部撒盐，倒扣放置三十分钟。填入蔬菜沙拉或鸡肉沙拉。顶部覆盖加入少量溶解明胶的蛋黄酱，用刺山柑和腌黄瓜片装饰。将平底锅置于冰水中，底部铺上肉冻混合液，静置至果冻凝固。将番茄以装饰面朝下排列在果冻上。再加入更多肉冻混合液，静置至凝固，如此反复直至用完。彻底冷藏，翻扣在供餐盘中，底部周围用欧芹装饰。

Stuffed Olives in Aspic

Stone olives, using an olive stoner, and fill cavities thus made with green butter. Place small Dario moulds in pan of ice-water, and pour in aspic jelly mixture (see p. 382) one-fourth inch deep. When firm put an olive in each mould (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until moulds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a pastry bag and tube, yolks of “hard-boiled” eggs forced through a strainer, and red peppers cut in fancy shapes.

阿司匹克酿橄榄

用去核器去除橄榄核，将由此形成的空腔填入绿色黄油。将小型达里奥模具放入冰水盆中，倒入四分之一英寸深的肉冻混合液(见第382页)。凝固后，在每个模具中放入一颗橄榄(用小木签固定橄榄位置)，一勺一勺地加入肉冻直至模具填满。彻底冷藏，取出置于圆形肝肠片上，用通过裱花袋和裱花嘴挤出的绿色黄油、通过滤网压出的“硬煮”蛋黄以及切成花样的红椒装饰。

Green Butter. Mix yolk one “hard-boiled” egg, two tablespoons

绿色黄油。将一个“煮老”的蛋黄、两汤匙

butter, one sprig parsley, one sprig tarragon, one small shallot, one-half teaspoon anchovy paste, one teaspoon capers, and one teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper, and add a few drops vinegar.

黄油、一小枝欧芹、一小枝龙蒿、一小个葱头、半茶匙鳀鱼酱、一茶匙刺山柑和一茶匙切碎的酸黄瓜，在研钵中捣碎；然后通过极细的筛网擦滤。用盐和胡椒调味，加入几滴醋。

Tongue in Aspic

Cook a tongue according to directions on page 210. After removing skin and roots, run a skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice-water, cover bottom with brown aspic, and when firm decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with aspic jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture as in Tomatoes in Aspic.

冻汁牛舌

按第210页的说明烹制一条牛舌。去除外皮和根部后，用签子穿过舌尖和肉质部分，以保持牛舌形状。冷却后取出签子。将圆形平底锅置于冰水中，底部铺上棕色肉冻，凝固后用切成花样的熟胡萝卜、芜菁、甜菜和欧芹装饰。覆盖肉冻混合液，一勺一勺地加入以免打乱蔬菜排列。待此层混合液凝固后，放入牛舌，如“肉冻中的番茄”那样逐渐加入剩余的混合液。

Birds in Aspic

Clean, bone, stuff, and truss a bird, then steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice-water, cover bottom with aspic jelly mixture, and when firm garnish with truffles and egg custard thinly sliced and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnishing with small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding-needle, and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. When mixture is added, and firm to the depth of three-fourths inch, place in the bird, breast down. If sides of mould are to be decorated, dip pieces in jelly and they

阿司匹克冻禽

将禽鸟清洗、去骨、填料并捆扎，然后置于骨架上方蒸制或烤制。若烤制，不要裹面粉。将平底锅置于冰水中，底部铺上肉冻混合液，凝固后用薄片切成花样的松露和蛋羹装饰。形状越小，图案越可精致。用小形状装饰时，碎片难以操作，应放在填脂针的尖端上，按需要在果冻上摆放。一勺一勺地加入肉冻混合液，以免打乱图案。加入混合液并凝固至四分之三英寸深后，将禽鸟胸肉朝下放入。若模具侧面需要装饰，将碎片蘸上果冻，它们

will cling to pan. Add remaining mixture gradually as in Tomatoes in Aspic. Small birds, chicken, capon, or turkey, may be put in aspic.

会粘在锅上。像番茄肉冻那样逐渐加入剩余的混合物。小鸟、鸡肉、阉鸡或火鸡都可以放入肉冻中。

Egg Custard for Decorating

Separate yolks from whites of two eggs. Beat yolks slightly, add two tablespoons milk and few grains salt. Strain into a buttered cup, put in a saucepan, surround with boiling water to one-half depth of cup, cover, put on back of range, and steam until custard is firm. Beat whites slightly, add few grains salt, and cook as yolks. Cool, turn from cups, cut in thin slices, then in desired shapes.

装饰用蛋奶冻

将两个鸡蛋的蛋黄与蛋白分开。蛋黄略打散，加入两汤匙牛奶和少许盐。过滤到涂了黄油的杯中，放入锅中，周围注入沸水至杯深度的一半，盖上盖子，置于炉灶后部，蒸至蛋羹凝固。蛋白略打散，加入少许盐，像蛋黄一样烹制。冷却后从杯中倒出，切成薄片，再切成所需形状。

Stuffing for Chicken in Aspic

Chop finely breast and meat from second joints of an uncooked chicken, or one pound of uncooked lean veal. Add one-half cup cracker crumbs, hot stock to moisten, salt, pepper, celery salt, cayenne, lemon juice, and one egg slightly beaten. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

鸡肉冻的填料

将一只未烹调的鸡的鸡胸肉和第二关节处的肉，或一磅未烹调的瘦小牛肉，细细剁碎。加入半杯饼干屑、热高汤润湿、盐、胡椒、芹菜盐、辣椒粉、柠檬汁和一个略打散的鸡蛋。在填充去骨鸡时，填充鸡身、鸡腿和鸡翅，注意不要使用过多馅料，因为必须为饼干屑的膨胀留出余量。

Spring Mousse

Chop three-fourths cup cold cooked chicken or veal, and pound in a mortar. Add gradually one-half cup heavy cream, and force mixture through purée strainer. Add one-half tablespoon granulated gelatine dissolved in three tablespoons White Stock. Add another one-half cup heavy cream and season with salt, cayenne, and horseradish powder. Pour jelly into small moulds

春季慕斯

将四分之三杯冷熟鸡肉或小牛肉剁碎，在研钵中捣碎。逐渐加入半杯浓奶油，将混合物通过细泥滤网擦滤。加入溶于三汤匙白色高汤中的半汤匙颗粒明胶。再加入半杯浓奶油，用盐、辣椒粉和辣根粉调味。将果冻倒入小模具中，

one-third inch deep, using lemon Sauterne, or aspic. When firm, fill moulds with veal mixture and set aside to chill. Remove from moulds and serve on lettuce leaves.

深三分之一英寸，使用柠檬索泰尔讷酒或肉冻。凝固后，将小牛肉混合物填入模具中，放置冷却。从模具中取出，放在生菜叶上上桌。

Chaud-froid of Eggs

Cut six “hard-boiled” eggs in halves lengthwise and remove yolks. Mix one-third cup cold cooked chicken finely chopped, two tablespoons cold cooked ham finely chopped, two tablespoons chopped raw mushroom caps, one-half tablespoon chopped truffles, and yolks of four of the eggs rubbed through a sieve. Moisten with Spanish Sauce and refill whites with mixture. Mask eggs with Spanish Sauce, garnish with truffles, cut in fancy shapes, and brush over with aspic. Arrange on serving dish and garnish with cress.

Spanish Sauce. Cook one and one-half cups canned tomatoes fifteen minutes with one-fourth onion, sprig of parsley, bit of bay leaf, six cloves, one-third teaspoon salt, one-fourth teaspoon paprika, and a few grains cayenne; then rub through a sieve. Beat yolks three eggs slightly, and add, gradually, three tablespoons olive oil. Combine mixtures and cook over hot water, stirring constantly. Add one tablespoon granulated gelatine soaked in three-fourths tablespoon each tarragon vinegar and cold water. Strain, and cool.

鸡蛋冻

将六个“煮硬”的鸡蛋纵向切成两半，取出蛋黄。混合三分之一杯切碎冷熟鸡肉、两汤匙切碎冷熟火腿、两汤匙切碎生蘑菇伞、半汤匙切碎块菌，以及四个鸡蛋的蛋黄(过筛)。用西班牙酱汁润湿，并将混合物重新填入蛋白中。用西班牙酱汁覆盖鸡蛋，用切成花样的块菌装饰，并刷上肉冻。摆放在上菜盘中，用水芹装饰。

西班牙酱汁。将一杯半罐装番茄与四分之一个洋葱、一小枝欧芹、一点月桂叶、六粒丁香、三分之一茶匙盐、四分之一茶匙红椒粉和少许辣椒粉一起煮十五分钟；然后过筛。将三个鸡蛋的蛋黄轻轻搅打，逐渐加入三汤匙橄榄油。混合各混合物，在热水上加热并不断搅拌。加入一汤匙颗粒明胶(浸泡在四分之三汤匙龙蒿醋和四分之三汤匙冷水中)。过滤并冷却。

Jellied Vegetables

Soak one tablespoon granulated gelatine in one-fourth cup cold water, and dissolve in one cup boiling water; then add one-fourth cup, each, sugar and vinegar, two tablespoons lemon juice, and one teaspoon salt. Strain, cool, and when beginning to stiffen, add

蔬菜冻

将一汤匙颗粒明胶浸泡在四分之一杯冷水中，在一杯沸水中溶解；然后加入各四分之一杯的糖和醋、两汤匙柠檬汁和一茶匙盐。过滤，冷却，开始变稠时加入

one cup celery cut in small pieces, one-half cup finely shredded cabbage, and one and one-half canned pimentoes cut in small pieces. Turn into a mould and chill. Remove from mould and arrange around jelly thin slices of cold cooked meat overlapping one another. Garnish with celery tips.

一杯切成小块的芹菜、半杯细切的卷心菜和一个半罐切成小块的罐头红椒。倒入模具中冷却。从模具中取出，将冷熟肉薄片相互重叠地摆放在果冻周围。用芹菜尖装饰。

Mayonnaise of Mackerel

Clean two medium-sized mackerel, put in baking-dish with one-third cup each water, cider vinegar, and tarragon vinegar, twelve cloves, one teaspoon each peppercorns and salt, and a bit of bay leaf. Cover with buttered paper and cook in a moderate oven. Arrange on serving dish, remove skin, cool, and mask with Mayonnaise thickened with gelatine. Let stand until thoroughly chilled, and garnish with sliced cucumbers, lemon baskets filled with Mayonnaise sprinkled with finely chopped parsley, and sprigs of parsley.

鲭鱼蛋黄酱

清洗两条中等大小的鲭鱼，放入烤盘，加入各三分之一杯水、苹果醋和龙蒿醋、十二粒丁香、各一茶匙胡椒粒和盐，以及一点月桂叶。用涂黄油的纸覆盖，在中等烤箱中烹制。摆放在上菜盘中，去除鱼皮，冷却，并用加明胶增稠的蛋黄酱覆盖。静置至完全冷却，用黄瓜片、装满蛋黄酱并撒有切碎欧芹的柠檬篮以及欧芹小枝装饰。

Chaud-froid of Chicken

2 tablespoons butter
3 tablespoons flour
1 cup White Stock
Yolk one egg
2 tablespoons cream
1 tablespoon lemon juice
Salt and pepper
¾ teaspoon granulated gelatine dissolved in one tablespoon hot water
Aspic jelly

鸡肉冻

2汤匙黄油
3汤匙面粉
一杯白色高汤
将一个鸡蛋的蛋黄
2汤匙奶油
一汤匙柠檬汁
盐和胡椒
3/4茶匙颗粒明胶溶于一汤匙热水

肉冻果冻

Truffles

6 pieces cooked chicken, shaped in form of cutlets

Make a sauce of butter, flour, and stock; add egg yolk diluted with cream, lemon juice, salt and pepper; then add dissolved gelatine. Dip chicken in sauce which has been allowed to cool. When chicken has cooled, garnish upper side with truffles cut in shapes. Brush over with aspic jelly mixture, and chill. Arrange a bed of lettuce; in centre pile cold cooked asparagus tips or celery cut in small pieces, marinated with French Dressing, and place chicken at base of salad.

Moulded Salmon, Cucumber Sauce

1 can salmon

½ tablespoon salt

1½ tablespoons sugar

½ tablespoon flour

1 teaspoon mustard

Few grains cayenne

Yolks 2 eggs

1½ tablespoons melted butter

¾ cup milk

¼ cup vinegar

¾ tablespoon granulated gelatine

2 tablespoons cold water

Remove salmon from can, rinse thoroughly with hot water, and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine soaked in cold water. Strain, and add to salmon. Fill individual mould, chill, and serve with

松露

6块熟鸡肉，做成肉排形状

用黄油、面粉和高汤制成酱汁；加入用奶油稀释的蛋黄、柠檬汁、盐和胡椒；然后加入溶解的明胶。将鸡肉蘸入已冷却的酱汁中。鸡肉冷却后，在上侧用切成各种形状的松露装饰。刷上肉冻液，冷却。铺一层生菜；中央堆放用法式沙拉酱腌制的冷熟芦笋尖或切成小块的芹菜，将鸡肉放在沙拉底部。

模制三文鱼配黄瓜酱

1 罐鲑鱼

1/2 汤匙盐

11/2 汤匙糖

1/2 汤匙面粉

1茶匙芥末

少许辣椒粉

蛋黄 2 个鸡蛋

11/2 汤匙融化的黄油

3/4 杯牛奶

1/4杯醋

3/4 汤匙颗粒明胶 2 汤匙冷水

将三文鱼从罐中取出，用热水彻底冲洗，分成片状。混合干性配料，加入蛋黄、黄油、牛奶和醋。在沸水上烹煮，不断搅拌至混合物变稠。加入浸泡在冷水中的明胶。过滤，加入三文鱼中。填入单个模具，冷却，配以下述酱汁上桌

Chaud-froid of Eggs.—*Page 385.*

冷汁鸡蛋冻--第*385*页。

Capon in Aspic garnished with cooked yolks and whites of eggs cut in fancy shapes, pistachio nuts, and truffles.—*Page 384.*

肉冻阉鸡，用切成花样的熟蛋黄和蛋白、开心果和松露装饰。--第*384*页。

Harvard Pudding served with Crushed Berries and Whipped Cream.—*Page 400.*

哈佛布丁配碎浆果和打发奶油。--第*400*页。

Snowballs garnished with Strawberries and served with Crushed Strawberries and Whipped Cream.—*Page 401.*

雪球配草莓，佐以碎草莓和打发奶油。--第*401*页。

Cucumber Sauce II. Beat one-half cup heavy cream until stiff, add one-fourth teaspoon salt, a few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained.

黄瓜酱汁 II将半杯重奶油搅打至硬挺，加入四分之一茶匙盐、少许胡椒粉，再逐渐加入两汤匙醋；然后加入一根黄瓜，去皮、切碎并沥干。

Moulded Chicken, Sauterne Jelly

模制鸡肉，苏玳果冻

Cover a four-pound fowl with two quarts cold water, and add four slices carrot, one onion stuck with eight cloves, two stalks celery, bit of bay leaf, one-half teaspoon peppercorns, and one tablespoon salt. Bring quickly to boiling-point, and let simmer until meat is tender. Remove meat from bones, and finely chop. Reduce stock to three-fourths cup, cool, and remove fat. Soak one teaspoon granulated gelatine in one teaspoon cold water, and dissolve in stock which has been reheated. Add to meat, and season with salt, pepper, celery salt, lemon juice, and onion juice. Pack solidly into a slightly buttered one-pound baking powder tin, and chill. Remove from tin, cut in thin slices, and arrange around Sauterne

将一只四磅重的鸡放入两夸脱冷水中，加入四片胡萝卜、一个插着八粒丁香的洋葱、两棵芹菜、少许月桂叶、半茶匙胡椒粒和一汤匙盐。迅速煮沸，然后小火慢炖至肉变嫩。将肉从骨头上剔下，细细切碎。将高汤收至四分之三杯，冷却，撇去油脂。将一茶匙颗粒明胶浸泡在一茶匙冷水中，然后溶解在重新加热的高汤中。加入肉中，用盐、胡椒、芹菜盐、柠檬汁和洋葱汁调味。紧实地压入一个稍微涂了黄油的、一磅装的发酵粉罐中，冷藏。从罐中取出，切成薄片，摆放在索泰尔讷周围

Jelly, beaten with a fork until light.

When making Sauterne Jelly (see p. 420) to serve with meat, use but three tablespoons sugar.

Lenox Chicken

1 tablespoon granulated gelatine
¾ cup hot chicken stock
¾ cup heavy cream
1½ cups cold cooked chicken, cut in dice
½ tablespoon granulated gelatine
2 tablespoons cold water
Yolks 2 eggs
1 teaspoon salt
1½ teaspoons sugar
1 teaspoon mustard
¼ teaspoon pepper
2 tablespoons lemon juice
1 tablespoon vinegar
½ cup hot cream
1½ tablespoons butter
Whites 2 eggs
½ cup heavy cream
2 cups finely chopped celery

Dissolve one tablespoon gelatine in chicken stock and strain. When mixture begins to thicken beat until frothy, and add three-fourths cup heavy cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual moulds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Beat yolks of eggs slightly and add

果冻，用叉子打至轻盈。

制作配肉食用的苏玳果冻(见第420页)时，只用三汤匙糖。

莱诺克斯鸡

一汤匙颗粒状明胶

3/4杯热鸡汤

3/4 杯淡奶油

11/2杯冷熟鸡肉，切丁 1/2汤匙颗粒明胶 2汤匙
冷水

蛋黄 2 个鸡蛋

一茶匙盐

11/2茶匙糖

1茶匙芥末

1/4茶匙胡椒

2汤匙柠檬汁

一汤匙醋

1/2 杯热奶油

11/2 汤匙黄油

将2个蛋白打发

1/2杯淡奶油

两杯切细的芹菜

将一汤匙明胶溶于鸡高汤中并过滤。当混合物开始变稠时搅打至起泡，加入四分之三杯重奶油(搅打至硬挺)和鸡肉丁。用盐和胡椒粉调味，倒入单独的小模具中冷藏。将剩余的明胶浸泡在冷水中，置于热水上溶解，然后过滤。将蛋黄轻轻搅打后加入

salt, sugar, mustard, lemon juice, vinegar, and hot cream. Cook over hot water until mixture thickens, add butter and strained gelatine. Add mixture, gradually, to whites of eggs beaten stiff, and when cold, fold in heavy cream beaten until stiff, and celery. Remove chicken from mould, surround with sauce, and garnish with celery tips.

盐、糖、芥末、柠檬汁、醋和热奶油。置于热水上煮至混合物变稠，加入黄油和过滤后的明胶。将混合物逐渐加入搅打至硬挺的蛋白中，冷却后翻拌入搅打至硬挺的重奶油和芹菜。将鸡肉从模具中取出，周围浇上酱汁，用芹菜尖装饰。

Rum Cakes

Shape Brioche dough in the form of large biscuits and put into buttered individual tin moulds, having moulds two-thirds full; cover, and let rise to fill moulds. Bake twenty-five minutes in a moderate oven. Remove from moulds and dip in Rum Sauce. Arrange on a dish and pour remaining sauce around cakes.

朗姆蛋糕

将布里欧修面团塑成大型饼干状，放入涂了黄油的单独锡模具中，模具装至三分之二满；盖上，让其发酵至充满模具。在中等温度的烤箱中烤二十五分钟。从模具中取出，蘸朗姆酱汁。摆放在盘中，将剩余的酱汁浇在蛋糕周围。

Rum Sauce

½ cup sugar
1 cup boiling water
¼ cup rum or wine
Make a syrup by boiling sugar and water five minutes; then add rum or wine.

朗姆酒酱

1/2 杯糖
一杯沸水
1/4 杯朗姆酒或葡萄酒
将糖和水煮沸五分钟制成糖浆；然后加入朗姆酒或葡萄酒。

Flûtes

Shape Brioche dough in sticks similar to Bread Sticks. Place on a buttered sheet, cover, and let rise fifteen minutes. Brush over with white of one egg slightly beaten and diluted with one-half tablespoon cold water. Sprinkle with powdered sugar and bake ten minutes. These are delicious served with coffee or chocolate.

长笛面包

将布里欧修面团塑成类似面包棒的条状。放在涂了黄油的烤盘上，盖上，让其发酵十五分钟。刷上略微打散并用半汤匙冷水稀释的一个蛋白。撒上糖粉，烤十分钟。这些配咖啡或巧克力食用非常美味。

Baba Cakes

巴巴蛋糕

To one and one-half cups Brioche dough add one-third cup each raisins seeded and cut in pieces, currants, and citron thinly sliced, previously soaked in Maraschino for one hour. Shape, let rise, and bake same as Rum Cakes. Dip in sauce made same as Rum Sauce, substituting Maraschino in place of rum.

向一杯半布里欧修面团中加入各三分之一杯的葡萄干(去籽并切碎)、醋栗和薄切香橼皮，事先在玛拉斯奇诺酒中浸泡一小时。塑形，发酵，按朗姆蛋糕的方式烘烤。蘸入按朗姆酱汁方式制作的酱汁中，用玛拉斯奇诺酒代替朗姆酒。

Baba Cakes with Apricots

1½ cups flour
1 yeast cake dissolved in
½ cup lukewarm water
⅔ cup butter
4 eggs
½ cup sugar
¼ teaspoon salt

Make sponge of one-half cup flour and dissolved yeast cake; cover and let rise. Mix remaining flour with butter, two eggs, sugar, and salt. Beat thoroughly, and add, while beating, remaining eggs, one at a time, then beat until mixture is perfectly smooth. As soon as sponge has doubled its bulk, combine mixtures, beat thoroughly, and half fill buttered individual tins. Let rise, and bake in a moderate oven. Remove from tins, cut a circular piece from top of each, and scoop out a small quantity of the inside. Fill centres thus made with Apricot Marmalade, replace circular pieces, and serve with Wine Sauce (see p. 409).

杏子巴巴蛋糕

11/2杯面粉
1块酵母饼溶于
1/2 杯温水
2/3 杯黄油
4个鸡蛋
1/2 杯糖
1/4茶匙盐

用半杯面粉和溶解的酵母蛋糕制作海绵面团；覆盖并让其发酵。将剩余面粉与黄油、两个鸡蛋、糖和盐混合。彻底搅打，并在搅打的同时逐个加入剩余鸡蛋，然后搅打至混合物完全光滑。一旦海绵面团体积加倍，混合各混合物，彻底搅打，并半满填入涂黄油的单独模具中。让其发酵，在中等烤箱中烘烤。从模具中取出，从每个顶部切下一圆形片，并挖出少量内部。用杏子果酱填充如此形成的中心，放回圆形片，并配葡萄酒酱汁食用(见第409页)。

CHAPTER XXIII

第二十三章

HOT PUDDINGS

Rice Pudding

4 cups milk
⅓ cup rice
½ teaspoon salt
⅓ cup sugar
Grated rind ½ lemon
Wash rice, mix ingredients, and pour into buttered pudding-dish; bake three hours in very slow oven, stirring three times during first hour of baking to prevent rice from settling.

Poor Man's Pudding

4 cups milk
½ cup rice
⅓ cup molasses
½ teaspoon salt
½ teaspoon cinnamon
1 tablespoon butter
Wash rice, mix and bake same as Rice Pudding. At last stirring, add butter.

Indian Pudding

5 cups scalded milk
⅓ cup Indian meal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger
Pour milk slowly on meal, cook in double boiler twenty minutes,

热布丁

大米布丁

4杯牛奶
1/3杯米
1/2 茶匙盐
1/3杯糖
磨碎的柠檬皮 1/2 个
洗净大米，混合配料，倒入涂了黄油的布丁盘；在极慢火的烤箱中烤三小时，在烘烤的第一个小时内搅拌三次以防止大米沉淀。

穷人布丁

4杯牛奶
1/2 杯大米
1/3 杯糖蜜
1/2 茶匙盐
1/2茶匙肉桂
一汤匙黄油
将米洗净，混合后按米布丁的做法烘烤。最后一次搅拌时加入黄油。

印第安布丁

五杯烫牛奶
1/3 杯印第安玉米粉
1/2 杯糖蜜
一茶匙盐
一茶匙姜
将牛奶慢慢倒在粉料上，在双层蒸锅中煮二十分钟，

add molasses, salt, and ginger; pour into buttered pudding-dish and bake two hours in slow oven; serve with cream. If baked too rapidly it will not whey. Ginger may be omitted.

加入糖蜜、盐和姜；倒入涂了黄油的布丁盘，在慢烤箱中烤两小时；配奶油食用。如果烤得太快，就不会出乳清。姜可以省略。

Cerealine Pudding

4 cups scalded milk
2 cups cerealine
½ cup molasses
1½ teaspoons salt
1½ tablespoons butter
Pour milk on cerealine, add remaining ingredients, pour into buttered pudding-dish, and bake one hour in slow oven. Serve with cream.

谷物布丁

四杯烫牛奶
两杯谷物片
1/2 杯糖蜜
11/2茶匙盐
11/2 汤匙黄油
将牛奶倒在谷物片上，加入其余配料，倒入涂了黄油的布丁盘，在慢烤箱中烤一小时。配奶油食用。

Newton Tapioca

5 tablespoons pearl tapioca
4 cups scalded milk
4 tablespoons Indian meal
¾ cup molasses
3 tablespoons butter
1½ teaspoons salt
1 cup milk
Soak tapioca two hours in cold water to cover. Pour scalded milk over Indian meal, molasses, butter, and salt. Cook in double boiler until mixture thickens. Add tapioca drained from water, turn into buttered pudding-dish, and pour over remaining milk, but do not stir. Bake one and one-fourth hours in a slow oven.

牛顿木薯

5汤匙珍珠西米
四杯烫牛奶
4汤匙印第安玉米粉
3/4 杯糖蜜
3汤匙黄油
11/2茶匙盐
一杯牛奶
将木薯在冷水中浸泡两小时，水量以没过为准。将烫过的牛奶倒在玉米粉、糖蜜、黄油和盐上。在双层蒸锅中煮至混合物变稠。加入沥去水分的木薯，倒入涂了黄油的布丁盘，再倒入剩余的牛奶，但不要搅拌。在慢烤箱中烤一小时十五分钟。

Apple Tapioca

¾ cup pearl or Minute Tapioca
Cold water
2½ cups boiling water
½ teaspoon salt
7 sour apples
½ cup sugar
Soak tapioca one hour in cold water to cover, drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding-dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with sugar and cream or Cream Sauce I. Minute Tapioca requires no soaking.

Tapioca Custard Pudding

4 cups scalded milk
⅔ cup pearl tapioca
3 eggs
½ cup sugar
1 teaspoon salt
1 tablespoon butter
Soak tapioca one hour in cold water to cover, drain, add to milk, and cook in double boiler thirty minutes; beat eggs slightly, add sugar and salt, pour on gradually hot mixture, turn into buttered pudding-dish, add butter, bake thirty minutes in slow oven.

Peach Tapioca

1 can peaches
¼ cup powdered sugar

苹果木薯粉

3/4 杯珍珠西米或速煮西米

冷水

21/2杯沸水

1/2 茶匙盐

7个酸苹果

1/2 杯糖

将木薯在冷水中浸泡一小时，水量以没过为准，沥干，加入沸水和盐；在双层蒸锅中煮至透明。将苹果去核去皮，排放在涂了黄油的布丁盘中，在空腔中填入糖，倒上木薯，在中等烤箱中烤至苹果变软。配糖和奶油或奶油酱汁l食用。速熟木薯无需浸泡。

木薯粉卡仕达布丁

四杯烫牛奶

2/3杯珍珠西米

3个鸡蛋

1/2 杯糖

一茶匙盐

一汤匙黄油

将木薯在冷水中浸泡一小时，水量以没过为准，沥干，加入牛奶，在双层蒸锅中煮三十分钟；将鸡蛋轻轻搅打，加入糖和盐，逐渐倒入热的混合物中，倒入涂了黄油的布丁盘，加入黄油，在慢烤箱中烤三十分钟。

桃子木薯

1 罐黄桃 1/4 杯糖粉

1 cup tapioca
Boiling water
½ cup sugar
½ teaspoon salt
Drain peaches, sprinkle with powdered sugar, and let stand one hour; soak tapioca one hour in cold water to cover; to peach syrup add enough boiling water to make three cups; heat to boiling-point, add tapioca drained from cold water, sugar, and salt; then cook in a double boiler until transparent. Line a mould or pudding-dish with peaches cut in quarters, fill with tapioca, and bake in moderate oven thirty minutes; cool slightly, turn on a dish, and serve with Cream Sauce I.

Corn Pudding

2 cups popped corn, finely pounded
3 cups milk
3 eggs, slightly beaten
½ cup brown sugar
1 tablespoon butter
¾ teaspoon salt
Scald milk, pour over corn, and let stand one hour. Add remaining ingredients, turn into a buttered dish, and bake in a slow oven until firm. Serve with cream, or maple syrup.

Scalloped Apples

1 small baker’s stale loaf
¼ cup butter
1 quart sliced apples
¼ cup sugar

一杯木薯粉
沸水
1/2 杯糖
1/2 茶匙盐
将桃子沥干，撒上糖粉，静置一小时；将木薯在冷水中浸泡一小时，水量以没过为准；在桃子糖浆中加入足够的沸水至三杯；加热至沸点，加入从冷水中沥干的木薯、糖和盐；然后在双层蒸锅中煮至透明。用切成四块的桃子铺在模具或布丁盘的内壁，填入木薯，在中等烤箱中烤三十分钟；稍冷却，扣在盘子上，配奶油酱汁I食用。

玉米布丁

两杯爆米花，细细捣碎
3杯牛奶
3个鸡蛋，轻轻打散
1/2 杯红糖
一汤匙黄油
3/4 茶匙盐
将牛奶烫过，倒在玉米上，静置一小时。加入其余配料，倒入涂了黄油的盘中，在慢烤箱中烤至凝固。配奶油或枫糖浆食用。

扇贝形烤苹果

1个小面包师陈面包 1/4杯黄
油 1夸脱切片苹果 1/4杯糖

¼ teaspoon grated nutmeg
Grated rind and juice of ½ lemon
Cut loaf in halves, remove soft part, and crumb by rubbing through a colander; melt butter and stir in lightly with fork; cover bottom of buttered pudding-dish with crumbs and spread over one-half the apples, sprinkle with one-half sugar, nutmeg, lemon juice, and rind mixed together; repeat cover with remaining crumbs, and bake forty minutes in moderate oven. Cover at first to prevent crumbs browning too rapidly. Serve with sugar and cream.

Bread Pudding

2 cups stale bread crumbs
1 quart scalded milk
⅓ cup sugar
¼ cup melted butter
2 eggs
½ teaspoon salt
1 teaspoon vanilla or
¼ teaspoon spice
Soak bread crumbs in milk, set aside until cool; add sugar, butter, eggs slightly beaten, salt, and flavoring; bake one hour in buttered pudding-dish in slow oven; serve with Vanilla Sauce. In preparing bread crumbs for puddings avoid using outside crusts. With a coarse grater there need be but little waste.

Cracker Custard Pudding

Make same as Bread Pudding, using two-thirds cup cracker

1/4茶匙磨碎的肉豆蔻
半个柠檬的磨碎果皮和果汁

将面包条切成两半，取出软的部分，用擦菜板擦成面包屑；融化黄油，用叉子轻轻拌入；用面包屑铺满涂了黄油的布丁盘底部，铺上一半苹果，撒上一半糖、肉豆蔻、柠檬汁和柠檬皮混合的调料；重复铺上剩余的面包屑，在中等烤箱中烤四十分钟。开始时盖上，以防面包屑上色过快。配糖和奶油食用。

面包布丁

两杯陈面包屑

一夸脱烫过的牛奶

1/3杯糖

1/4 杯融化的黄油

2个鸡蛋

1/2 茶匙盐

一茶匙香草精或

1/4茶匙香料

将面包屑在牛奶中浸泡，放置至冷却；加入糖、黄油、轻轻搅打的鸡蛋、盐和调味料；在涂了黄油的布丁盘中，于慢烤箱中烤一小时；配香草酱汁食用。制作布丁用的面包屑时，避免使用外层硬皮。用粗擦菜板可以减少浪费。

饼干卡士达布丁

照面包布丁的做法制作，用三分之二杯饼干

crumbs in place of bread crumbs; after baking, cover with meringue made of whites two eggs, one-fourth cup powdered sugar, and one tablespoon lemon juice; return to oven to cook meringue.

用面包屑代替面包屑；烤好后，覆盖上用两个鸡蛋的蛋白、四分之一杯糖粉和一汤匙柠檬汁制成的蛋白霜；放回烤箱烤蛋白霜。

Bread and Butter Pudding

1 small baker's stale loaf
Butter
3 eggs
½ cup sugar
¼ teaspoon salt
1 quart milk
Remove end crusts from bread, cut loaf in one-half inch slices, spread each slice generously with butter; arrange in buttered pudding-dish, buttered side down. Beat eggs slightly, add sugar, salt, and milk; strain, and pour over bread; let stand thirty minutes. Bake one hour in slow oven, covering the first half-hour of baking. The top of pudding should be well browned. Serve with Hard or Creamy Sauce. Three-fourths cup raisins, parboiled in boiling water to cover and seeded, may be sprinkled between layers of bread.

面包黄油布丁

1个小号的烘焙师陈面包
黄油
3个鸡蛋
1/2 杯糖
1/4茶匙盐
一夸脱牛奶

切去面包两端的外皮，将面包切成半英寸厚的片，每片慷慨地涂上黄油；将涂黄油的一面朝下，码放在抹了黄油的布丁盘中。将鸡蛋轻轻搅打，加入糖、盐和牛奶；过滤后浇在面包上；静置三十分钟。在慢烤箱中烘烤一小时，烘烤的前半小时加盖。布丁表面应充分呈棕色。配硬酱汁或奶油酱汁食用。可将四分之三杯葡萄干在沸水中焯至没过，去籽后撒在面包层之间。

Bread and Butter Apple Pudding

Cover bottom of a shallow baking-dish with apple sauce. Cut stale bread in one-third inch slices, spread with softened butter, remove crusts, and cut in triangular-shaped pieces; then arrange closely together over apple. Sprinkle generously with sugar, to which is added a few drops vanilla. Bake in a moderate oven and serve with cream.

面包黄油苹果布丁

用苹果酱铺满浅烤盘的底部。将不新鲜的面包切成三分之一英寸厚的片，涂上软化的黄油，去掉硬皮，切成三角形；然后紧密地排列在苹果上。撒上大量的糖，糖中加了几滴香草。在中等烤箱中烤，配奶油食用。

Chocolate Bread Pudding

2 cups stale bread crumbs
4 cups scalded milk
2 squares Baker's chocolate
⅔ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla
Soak bread in milk thirty minutes; melt chocolate in saucepan placed over hot water, add one-half sugar and enough milk taken from bread and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla, and eggs slightly beaten; turn into buttered pudding-dish and bake one hour in a moderate oven. Serve with Hard or Cream Sauce I.

Mock Indian Pudding

½ small loaf baker's entire wheat bread
3½ cups milk
½ cup molasses
Butter
Remove crusts from bread and cut into five slices of uniform thickness. Spread generously with butter, arrange in baking-dish, pour over three cups of milk and molasses. Bake from two to three hours in a very slow oven, stirring three times during the first hour of baking, then add remaining milk. Serve with cream or vanilla ice cream.

Bangor Pudding

1⅓ cups cracker crumbs

巧克力面包布丁

两杯陈面包屑
四杯烫牛奶
2 方块贝克巧克力
2⁄3杯糖
2个鸡蛋
1⁄4茶匙盐
一茶匙香草精
将面包在牛奶中浸泡三十分钟；将巧克力放在置于热水上的平底锅中融化，加入一半糖和足够的从面包牛奶混合物中取出的牛奶，调至可倾倒的稠度；加入混合物中，再加入剩余的糖、盐、香草和轻轻搅打的鸡蛋；倒入涂了黄油的布丁盘，在中等烤箱中烤一小时。配硬酱汁或奶油酱汁I食用。

仿制印第安布丁

半条小面包师全麦面包 31⁄2杯牛奶

1⁄2 杯糖蜜
黄油
去掉面包的硬皮，切成五片厚度均匀的片。涂上大量黄油，排放在烤盘中，倒入三杯牛奶和糖蜜。在极慢的烤箱中烤两到三小时，在烤的第一个小时内搅拌三次，然后加入剩余的牛奶。配奶油或香草冰淇淋食用。

班戈布丁

1 1⁄3 杯饼干屑

Boiling water
2 cups milk
⅓ cup molasses
1 egg
1 cup raisins
Moisten cracker crumbs with boiling water, and let stand until cool. Add milk, molasses, egg slightly beaten, and raisins seeded and cut in pieces. Turn into a buttered pudding mould, and steam eight hours. Let stand in mould to cool. Serve cold with Cream Sauce II.

Steamed Lemon Pudding

8 small slices stale bread
Lemon mixture
1 cup milk
3 tablespoons sugar
2 eggs
Grated rind 1 lemon
⅛ teaspoon salt
Spread bread with lemon mixture, and arrange in buttered pudding mould. Beat eggs slightly, add sugar, salt, and milk; strain, add lemon rind, and pour mixture over bread. Cover, set in pan of hot water, and bake one hour.

Lemon Mixture. Cook three tablespoons lemon juice, grated rind one lemon, and one-fourth cup butter two minutes. Add one cup sugar and three eggs slightly beaten; cook until mixture thickens, cool, and add one tablespoon brandy.

沸水
两杯牛奶
1/3 杯糖蜜
1个鸡蛋
一杯葡萄干
用沸水湿润饼干屑，放置至冷却。加入牛奶、糖蜜、轻轻搅打的鸡蛋和去籽切块的葡萄干。倒入涂了黄油的布丁模具中，蒸八小时。留在模具中冷却。冷食，配奶油酱汁II。

蒸柠檬布丁

8片小块不新鲜面包
柠檬混合物
一杯牛奶
3汤匙糖
2个鸡蛋
磨碎的柠檬皮 1 个
1/8茶匙盐
将柠檬混合物涂在面包上，排放在涂了黄油的布丁模具中。将鸡蛋轻轻搅打，加入糖、盐和牛奶；过滤，加入柠檬皮，将混合物倒在面包上。盖上，放入热水锅中，烤一小时。

柠檬混合物。将三汤匙柠檬汁、一个柠檬的擦碎皮和四分之一杯黄油煮两分钟。加入一杯糖和三个轻轻搅打的鸡蛋；煮至混合物变稠，冷却，加入一汤匙白兰地。

Cottage Pudding

¼ cup butter
⅔ cup sugar
1 egg
1 cup milk
2¼ cups flour
4 teaspoons baking powder
½ teaspoon salt
Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture; turn into buttered cake pan; bake thirty-five minutes. Serve with Vanilla or Hard Sauce.

Strawberry Cottage Pudding

⅓ cup butter
1 cup sugar
1 egg
½ cup milk
1¾ cups flour
3 teaspoons baking powder
Mix same as Cottage Pudding, and bake twenty-five minutes in shallow pan; cut in squares and serve with strawberries (sprinkled with sugar and slightly mashed) and Cream Sauce I. *Sliced peaches* may be used in place of strawberries.

Orange Puffs

⅓ cup butter
1 cup sugar

农家布丁

1/4 杯黄油

2/3杯糖

1个鸡蛋

一杯牛奶

21/4杯面粉

4茶匙泡打粉

1/2 茶匙盐

将黄油搅打至奶油状，逐渐加入糖和搅打好的鸡蛋；混合并过筛面粉、发酵粉和盐；与牛奶交替加入第一份混合物中；倒入涂了黄油的蛋糕盘中；烤三十五分钟。配香草酱汁或硬酱汁食用。

草莓农家布丁

1/3 杯黄油

一杯糖

1个鸡蛋

1/2 杯牛奶

13/4 杯面粉

3茶匙泡打粉

按农舍布丁的方法混合，在浅盘中烤二十五分钟；切成方块，配草莓(撒上糖并稍微捣碎)和奶油酱汁l食用。切片桃子可代替草莓使用。

橙香泡芙

1/3 杯黄油 1
杯糖

2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
Mix same as Cottage Pudding, and bake in buttered individual tins. Serve with Orange Sauce.

Chocolate Pudding

¼ cup butter
1 cup sugar
Yolks 2 eggs
½ cup milk
1⅜ cups flour
3 teaspoons baking powder
Whites 2 eggs
1⅓ squares Baker's chocolate
⅛ teaspoon salt
¼ teaspoon vanilla
Cream the butter, and add one-half the sugar gradually. Beat yolks of eggs until thick and lemon-colored, and add, gradually, remaining sugar. Combine mixtures, and add milk alternately with flour mixed and sifted with baking powder and salt; then add whites of eggs beaten until stiff, melted chocolate, and vanilla. Bake in an angel-cake pan, remove from pan, cool, fill the centre with whipped cream, sweetened and flavored, and pour around

Chocolate Sauce. Boil one cup sugar, one-half cup water, and a few grains cream of tartar until of the consistency of a thin syrup. Melt one and one-half squares Baker's chocolate and pour on gradually the hot syrup. Cool slightly, and flavor with one-fourth

2个鸡蛋

1/2 杯牛奶
13/4 杯面粉
3茶匙泡打粉

按农舍布丁的方法混合，在涂了黄油的单独小模具中烤。配橙子酱汁食用。

巧克力布丁

1/4 杯黄油
一杯糖
蛋黄 2 个鸡蛋
1/2 杯牛奶
13/8 杯面粉
3茶匙泡打粉
将2个蛋白打发
1 1/3 方块贝克巧克力
1/8茶匙盐
1/4 茶匙香草

将黄油搅打至奶油状，逐渐加入一半糖。将蛋黄搅打至浓稠且呈柠檬色，逐渐加入剩余的糖。合并混合物，与过筛混合了发酵粉和盐的面粉交替加入牛奶；然后加入搅打至硬挺的蛋白、融化的巧克力和香草。在天使蛋糕模具中烤，从模具中取出，冷却，在中心填入加糖调味的搅打奶油，并在周围倒入

巧克力酱汁。将一杯糖、半杯水和少许酒石酸氢钾煮至稀糖浆的稠度。融化一块半贝克巧克力，逐渐倒入热糖浆。稍冷却，用四分之一调味

teaspoon vanilla.

Custard Soufflé

3 tablespoons butter
¼ cup flour
1 cup scalded milk
4 eggs
¼ cup sugar
Melt butter, add flour, and gradually hot milk; when well thickened, pour on to yolks of eggs beaten until thick and lemon-colored, and mixed with sugar; cool, and cut and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding-dish, and bake from thirty to thirty-five minutes in slow oven; take from oven and serve at once,—if not served immediately it is sure to fall; serve with Creamy or Foamy Sauce.

Apricot Soufflé

Drain and reserve syrup from one can apricots and cut fruit into quarters, then put closely together on bottom of a buttered baking-dish. Pour over Custard Soufflé mixture. Bake from thirty-five to forty minutes in a slow oven. Serve with apricot syrup and whipped cream sweetened and flavored with vanilla or vanilla ice cream. Canned peaches may be used in place of apricots.

Lemon Soufflé

Yolks 4 eggs
Grated rind and juice 1 lemon
1 cup sugar
Whites 4 eggs

一茶匙香草。

卡士达舒芙蕾

3汤匙黄油

1/4杯面粉

一杯烫牛奶

4个鸡蛋

1/4杯糖

融化黄油，加入面粉，逐渐加入热牛奶；待充分变稠后，倒入搅打至浓稠且呈柠檬色并与糖混合的蛋黄上；冷却，拌入搅打至硬挺干燥的蛋白。倒入涂了黄油的布丁盘，在慢烤箱中烤三十到三十五分钟；从烤箱中取出后立即食用--如果不立即食用，一定会塌陷；配奶油酱汁或泡沫酱汁食用。

杏子舒芙蕾

将一罐杏子沥干并保留糖浆，将果肉切成四块，然后紧密地铺在涂了黄油的烤盘底部。倒入蛋奶酥糊。在慢烤箱中烤三十五到四十分钟。配杏子糖浆和加糖并用香草调味的搅打奶油或香草冰淇淋食用。罐装桃子可代替杏子使用。

柠檬舒芙蕾

蛋黄 4 个

擦碎的果皮和果汁 1个柠檬 1杯糖

将4个蛋的蛋白

Beat yolks until thick and lemon-colored, add sugar gradually and continue beating, then add lemon rind and juice. Cut and fold in whites of eggs beaten until dry; turn into buttered pudding-dish, set in pan of hot water, and bake thirty-five to forty minutes. Serve with or without sauce.

将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖并继续搅打，然后加入柠檬皮和柠檬汁。拌入搅打至干性的蛋白；倒入涂了黄油的布丁盘，放入热水锅中，烤三十五到四十分钟。配酱汁或不配酱汁食用。

Chocolate Soufflé

2 tablespoons butter
2 tablespoons flour
¾ cup milk
1½ squares Baker's chocolate
⅓ cup sugar
2 tablespoons hot water
3 eggs
½ teaspoon vanilla
Melt the butter, add flour, and pour on gradually, while stirring constantly, milk; cook until boiling-point is reached. Melt chocolate in a small saucepan placed over hot water, add sugar and water, and stir until smooth. Combine mixtures, and add yolks of eggs well beaten; cool. Fold in whites of eggs beaten stiff, and add vanilla. Turn into a buttered baking-dish, and bake in a moderate oven twenty-five minutes. Serve with Cream Sauce I.

巧克力舒芙蕾

2汤匙黄油
2汤匙面粉
3/4 杯牛奶
11/2 方块贝克牌巧克力
1/3杯糖
两汤匙热水
3个鸡蛋
1/2茶匙香草精
融化黄油，加入面粉，一边不断搅拌一边逐渐倒入牛奶；煮至沸点。将巧克力放在置于热水上的小平底锅中融化，加入糖和水，搅拌至顺滑。合并混合物，加入搅打好的蛋黄；冷却。拌入搅打至硬挺的蛋白，加入香草。倒入涂了黄油的烤盘，在中等烤箱中烤二十五分钟。配奶油酱汁I食用。

Mocha Soufflé

3 tablespoons butter
3 tablespoons bread flour
¾ cup boiled coffee (Mocha)
¼ cup cream

摩卡舒芙蕾

3汤匙黄油
3汤匙面包粉 3/4杯煮咖啡(摩卡)
1/4杯奶油

½ cup sugar
¼ teaspoon salt
4 eggs
½ teaspoon vanilla
Make and bake same as Chocolate Soufflé. Serve with

Mocha Sauce. Mix yolks two eggs, one-fourth cup sugar, and a few grains salt; then add gradually one-half cup Mocha coffee infusion. Cook in double boiler until mixture thickens, stirring constantly. Strain, cool, and fold in one cup whipped cream.

Fruit Soufflé

¾ cup fruit pulp, peach, apricot, or quince
Whites 3 eggs
Sugar
Few grains salt
Rub fruit through sieve; if canned fruit is used, first drain from syrup. Heat, and sweeten if needed; beat whites of eggs until stiff, add gradually hot fruit pulp, and salt, and continue beating; turn into buttered and sugared individual moulds, having them three-fourths full; set moulds in pan of hot water and bake in slow oven until firm, which may be determined by pressing with finger; serve with Sabyon Sauce.

Spanish Soufflé

¼ cup butter
½ cup stale bread crumbs
1 cup milk

1/2 杯糖

1/4茶匙盐

4个鸡蛋

1/2茶匙香草精

制作与烘焙方法同巧克力舒芙蕾。搭配食用

摩卡酱汁。混合两个蛋黄、四分之一杯糖和少许盐；然后逐渐加入半杯摩卡咖啡浸液。在双层蒸锅中煮至混合物变稠，不断搅拌。过滤，冷却，拌入一杯搅打奶油。

水果舒芙蕾

3/4 杯果泥，桃子、杏或榲桲蛋白 3 个鸡蛋

糖

少许盐

将水果用筛子擦碎；如果使用罐装水果，先沥去糖浆。加热，必要时加糖；将蛋白搅打至硬挺，逐渐加入热水果泥和盐，继续搅打；倒入涂了黄油并撒了糖的单独模具中，装至四分之三满；将模具放入热水锅中，在慢烤箱中烤至凝固，可用手指按压判断；配萨巴雍酱汁食用。

西班牙舒芙蕾

1/4 杯黄油 1/2 杯不新鲜的面
包屑 1 杯牛奶

2 tablespoons sugar
3 eggs
½ teaspoon vanilla
Melt butter, add crumbs, cook until slightly browned, stirring often; add milk and sugar, cook twenty minutes in double boiler; remove from fire, add unbeaten yolks of eggs, then cut and fold in whites of eggs beaten until stiff, and flavor. Bake same as Fruit Soufflé.

Chestnut Soufflé

¼ cup sugar
2 tablespoons flour
1 cup chestnut purée
½ cup milk
Whites 3 eggs
Mix sugar and flour, add chestnuts and milk gradually; cook five minutes, stirring constantly; beat whites of eggs until stiff, and cut and fold into mixture. Bake same as Fruit Soufflé; serve with Cream Sauce.

Chocolate Rice Meringue

2 cups milk
¼ cup rice
⅓ teaspoon salt
1 tablespoon butter
⅓ cup sugar
1 square melted chocolate
½ teaspoon vanilla
½ cup seeded raisins

2汤匙糖
3个鸡蛋
1/2茶匙香草精
融化黄油，加入面包屑，煮至略微变黄，经常搅拌；加入牛奶和糖，在双层蒸锅中煮二十分钟；离火，加入未搅打的蛋黄，然后拌入搅打至硬挺的蛋白，并调味。按水果蛋奶酥的方法烤。

栗子舒芙蕾

1/4杯糖
2汤匙面粉
一杯栗子泥
1/2 杯牛奶
将3个蛋白打发
混合糖和面粉，逐渐加入栗子和牛奶；煮五分钟，不断搅拌；将蛋白搅打至硬挺，拌入混合物中。按水果蛋奶酥的方法烤；配奶油酱汁食用。

巧克力米蛋白霜

两杯牛奶
1/4杯大米
1/3 茶匙盐 1 汤匙黄油
1/3 杯糖

1 方块融化巧克力 1/2 茶匙香
草 1/2 杯去籽葡萄干

Whites two eggs
½ cup heavy cream
Scald milk, add rice and salt, and cook until rice is soft. Add butter, sugar, chocolate, vanilla, and raisins. Cut and fold in the whites of eggs, beaten until stiff, and cream, beaten until stiff. Pour into a buttered baking-dish, and bake fifteen minutes. Cover with a meringue made of the whites of three eggs, six tablespoons powdered sugar, and one-half teaspoon vanilla; then brown in a moderate oven.

Steamed Apple Pudding

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons butter
¾ cup milk
4 apples cut in eighths
Mix and sift dry ingredients; work in butter with tips of fingers, add milk gradually, mixing with a knife; toss on floured board, pat and roll out, place apples on middle of dough, and sprinkle with one tablespoon sugar mixed with one-fourth teaspoon each of salt and nutmeg; bring dough around apples and carefully lift into buttered mould or five-pound lard pail; or apples may be sprinkled over dough, and dough rolled like a jelly roll; cover closely, and steam one hour and twenty minutes; serve with Vanilla or Cold Sauce. Twice the number of apples may be sprinkled with sugar and cooked until soft in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly, and dough steamed fifteen minutes.

将两个蛋清打至发白

1/2杯淡奶油

将牛奶烫过，加入米和盐，煮至米变软。加入黄油、糖、巧克力、香草和葡萄干。拌入搅打至硬挺的蛋白和搅打至硬挺的奶油。倒入涂了黄油的烤盘，烤十五分钟。覆盖上用三个鸡蛋的蛋白、六汤匙糖粉和半茶匙香草制成的蛋白霜；然后在中等烤箱中烤至金黄。

蒸苹果布丁

两杯面粉

4茶匙泡打粉

1/2 茶匙盐

2汤匙黄油

3/4 杯牛奶

4个苹果，切成八瓣

将干配料混合并过筛；用指尖将黄油揉入，逐渐加入牛奶，用刀搅拌；放在撒了面粉的案板上，轻拍并擀开，将苹果放在面团中央，撒上一汤匙糖与各四分之一茶匙盐和肉豆蔻的混合物；将面团包裹住苹果，小心地提起放入抹了黄油的模具或五磅猪油桶中；或者将苹果撒在面团上，将面团像果冻卷一样卷起；紧密盖好，蒸一小时二十分钟；配香草酱汁或冷酱汁食用。可将两倍数量的苹果撒上糖，放入置于炉灶上的花岗岩锅中煮至软烂，盖上擀至适合锅大小的面团，然后将锅紧密盖好，蒸面团十五分钟。

When turned on dish for serving, apples will be on top.

Steamed Blueberry Pudding

Mix and sift dry ingredients and work in butter same as for Steamed Apple Pudding. Add one cup each of milk, and blueberries rolled in flour; turn into buttered mould and steam one and one-half hours. Serve with Creamy Sauce.

Steamed Cranberry Pudding

½ cup butter
1 cup sugar
3 eggs
3½ cups flour
1¼ tablespoons baking powder
½ cup milk
1½ cups cranberries
Cream the butter, add sugar gradually, and eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to first mixture, stir in berries, turn into buttered mould, cover, and steam three hours. Serve with thin cream, sweetened and flavored with nutmeg.

Ginger Pudding

⅓ cup butter
½ cup sugar
1 egg
2¼ cups flour
3½ teaspoons baking powder
¼ teaspoon salt

装盘上桌时，苹果会在上面。

蒸蓝莓布丁

将干配料混合并过筛，加入黄油揉搓，做法与蒸苹果布丁相同。加入各一杯牛奶和裹了面粉的蓝莓；倒入涂了黄油的模具中，蒸一个半小时。配奶油酱汁食用。

蒸蔓越莓布丁

1/2杯黄油

一杯糖

3个鸡蛋

31/2杯面粉

11/4 汤匙泡打粉

1/2 杯牛奶

11/2杯蔓越莓

将黄油搅打至奶油状，逐渐加入糖，再加入充分搅打的鸡蛋。将面粉和发酵粉混合并过筛，与牛奶交替加入第一份混合物中，拌入浆果，倒入涂了黄油的模具中，盖上盖子，蒸三个小时。配以加糖并用肉豆蔻调味的稀奶油食用。

姜汁布丁

1/3 杯黄油

1/2 杯糖

1个鸡蛋

21/4杯面粉

31/2茶匙泡打粉 1/4茶匙盐

2 teaspoons ginger
1 cup milk
Cream the butter, add sugar gradually, and egg well beaten; mix and sift dry ingredients; add alternately with milk to first mixture. Turn into buttered mould, cover, and steam two hours; serve with Vanilla Sauce.

Harvard Pudding

⅓ cup butter
½ cup sugar
2½ cups flour
3½ teaspoons baking powder
¼ teaspoon salt
1 egg
1 cup milk
Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk, and combine mixtures; turn into buttered mould, cover, and steam two hours; serve with warm Apple Sauce and Hard Sauce.

Apple Sauce. Pick over and wash dried apples, soak over night in cold water to cover; cook until soft; sweeten, and flavor with lemon juice.

Steamed Chocolate Pudding

3 tablespoons butter
⅔ cup sugar
1 egg

2茶匙姜
一杯牛奶
将黄油搅打至奶油状，逐渐加入糖，再加入充分搅打的鸡蛋；将干配料混合并过筛；与牛奶交替加入第一份混合物中。倒入涂了黄油的模具中，盖上盖子，蒸两个小时；配香草酱汁食用。

哈佛布丁

1/3 杯黄油
1/2 杯糖
21/2杯面粉
31/2茶匙泡打粉
1/4茶匙盐
1个鸡蛋
一杯牛奶
将干配料混合并过筛，用指尖揉入黄油；搅打鸡蛋，加入牛奶，将混合物合并；倒入涂了黄油的模具中，盖上盖子，蒸两个小时；配温热的苹果酱汁和硬酱汁食用。

苹果酱汁。将干苹果挑拣干净并洗净，在没过苹果的冷水中浸泡一夜；煮至软烂；加糖，并用柠檬汁调味。

蒸巧克力布丁

3汤匙黄油 2/3杯糖

1个鸡蛋

1 cup milk
2¼ cups flour
4½ teaspoons baking powder
2½ squares Baker's chocolate
¼ teaspoon salt
Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture, then add chocolate, melted. Turn into a buttered mould. Cover, and steam two hours. Serve with

Cream Sauce

¼ cup butter
1 cup powdered sugar
½ teaspoon vanilla
¼ cup heavy cream
Cream the butter, add sugar gradually, vanilla, and cream beaten until stiff.

Swiss Pudding

½ cup butter
⅞ cup flour
2 cups milk
Grated rind one lemon
5 eggs
⅓ cup powdered sugar
Cream the butter, add flour gradually; scald milk with lemon rind, add to first mixture, and cook five minutes in double boiler. Beat yolks of eggs until thick and lemon-colored, add sugar gradually, then add to cooked mixture; cool, and cut and fold in whites of

一杯牛奶
21/4杯面粉
41/2茶匙泡打粉
21/2 方块贝克巧克力
1/4茶匙盐
将黄油搅打至奶油状，逐渐加入糖和搅打均匀的鸡蛋。将面粉与发酵粉和盐混合过筛，与牛奶交替加入第一份混合物中，然后加入融化的巧克力。倒入涂了黄油的模具中。盖上盖子，蒸两小时。配以下酱汁食用

奶油酱

1/4 杯黄油
一杯糖粉
1/2茶匙香草精
1/4 杯淡奶油
将黄油搅打至乳霜状，逐渐加入糖、香草精，以及打发至硬挺的奶油。

瑞士布丁

1/2杯黄油
7/8 杯面粉
两杯牛奶
一个柠檬的磨碎外皮
5个鸡蛋
1/3杯糖粉
将黄油搅打至奶油状，逐渐加入面粉；用柠檬皮烫牛奶，加入第一份混合物中，在双层蒸锅中煮五分钟。将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖，然后加入煮好的混合物中；冷却后，将蛋白搅打至硬性发泡，切拌翻拌入

eggs beaten stiff. Turn into buttered mould, cover, and steam one and one-fourth hours; while steaming, be sure water surrounds mould to half its depth, and never reaches a lower temperature than the boiling-point.

鸡蛋搅打至硬性发泡。倒入涂了黄油的模具中，盖上盖子，蒸一小时十五分钟；蒸制时务必使水没过模具一半高度，且水温始终不低于沸点。

Snowballs

½ cup butter
1 cup sugar
½ cup milk
2¼ cups flour
3½ teaspoons baking powder
Whites 4 eggs
Cream the butter, add sugar gradually, milk, and flour mixed and sifted with baking powder; then add the whites of eggs beaten stiff. Steam thirty-five minutes in buttered cups; serve with preserved fruit, quince marmalade, or strawberry sauce.

雪球

1/2杯黄油
一杯糖
1/2 杯牛奶
21/4杯面粉
31/2茶匙泡打粉
将4个蛋的蛋白
将黄油搅打至奶油状，逐渐加入糖、牛奶，以及与发酵粉混合过筛的面粉；然后加入搅打至硬性发泡的蛋白。在涂了黄油的杯中蒸三十五

Graham Pudding

¼ cup butter
½ cup molasses
½ cup milk
1 egg
1½ cups Graham flour
½ teaspoon soda
1 teaspoon salt
1 cup raisins, seeded and cut in pieces
Melt butter, add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins; turn into buttered mould, cover, and steam two and one-half hours. Serve with Wine Sauce. Dates or

格雷厄姆布丁

1/4 杯黄油
1/2 杯糖蜜
1/2 杯牛奶
1个鸡蛋
11/2杯全麦面粉
1/2茶匙小苏打
一茶匙盐
一杯葡萄干，去籽并切碎
融化黄油，加入糖蜜、牛奶、充分搅打的鸡蛋、混合并过筛的干性配料以及葡萄干；倒入涂了黄油的模具中，盖上盖子，蒸两个半小时。配葡萄酒酱汁食用。枣或

figs cut in small pieces may be used in place of raisins.

St. James Pudding

3 tablespoons butter

½ cup molasses

½ cup milk

1⅔ cups flour

½ teaspoon soda

Salt ¼ teaspoon each

Clove

Allspice

Nutmeg

½ lb. dates, stoned and cut in pieces

Mix and steam same as Graham Pudding. Serve with Wine Sauce. A simple, delicious pudding without egg. Puddings may be steamed in buttered one-pound baking-powder boxes, providing they do not leak, and are attractive in shape and easy to serve.

Suet Pudding

1 cup finely chopped suet

1 cup molasses

1 cup milk

3 cups flour

1 teaspoon soda

无花果切成小块可代替葡萄干。

圣詹姆斯布丁

3汤匙黄油

1/2 杯糖蜜

1/2 杯牛奶

1 2/3 杯面粉

1/2茶匙小苏打

盐 1/4茶匙各

丁香

多香果

肉豆蔻

半磅椰枣，去核切块

混合并像格雷厄姆布丁一样蒸制。配葡萄酒酱汁食用。一款不含鸡蛋的简单美味布丁。布丁可以放在涂了黄油的一磅装发酵粉盒中蒸制，前提是不漏，外形美观且易于上桌。

板油布丁

一杯细切板油

一杯糖蜜

一杯牛奶

3杯面粉

一茶匙苏打

1½ teaspoons salt

Ginger ½ teaspoon each

Clove

Nutmeg

1 teaspoon cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Turn into buttered mould, cover, and steam three hours; serve with Sterling Sauce. Raisins and currants may be added.

Thanksgiving Pudding I

4 cups scalded milk
1¼ cups rolled crackers
1 cup sugar
4 eggs
⅓ cup melted butter
½ grated nutmeg
1 teaspoon salt
1½ cups raisins

Pour milk over crackers and let stand until cool; add sugar, eggs slightly beaten, nutmeg, salt, and butter; parboil raisins until soft, by cooking in boiling water to cover; seed, and add to mixture; turn into buttered pudding-dish and bake slowly two and one-half hours, stirring after first half-hour to prevent raisins from settling; serve with Brandy Sauce.

Thanksgiving Pudding II

⅓ cup suet

11/2茶匙盐

姜 各1/2茶匙

丁香

肉豆蔻

一茶匙肉桂

混合并过筛干性配料。将糖蜜和牛奶加入板油中；混合各混合物。倒入涂了黄油的模具中，盖上盖子，蒸三个小时；配斯特林酱汁食用。可加入葡萄干和加仑干。

感恩节布丁 I

四杯烫牛奶

11/4杯碾碎的苏打饼干

一杯糖

4个鸡蛋

1/3 杯融化的黄油

1/2 肉豆蔻，磨碎

一茶匙盐

11/2杯葡萄干

将牛奶倒在饼干上，静置至冷却；加入糖、略微搅打的鸡蛋、肉豆蔻、盐和黄油；将葡萄干在没过它的沸水中煮至变软；去籽，加入混合物中；倒入涂了黄油的布丁盘中，慢烤两个半小时，在第一个半小时后搅拌一次以防葡萄干下沉；配白兰地酱汁食用。

感恩节布丁 II

1/3 杯板油

½ lb. figs, finely chopped
2½ cups stale bread crumbs
¾ cup milk
1 cup brown sugar
1 teaspoon salt
¾ teaspoon cinnamon
½ teaspoon grated nutmeg
½ cup English walnut meats
½ cup raisins, seeded and cut in pieces
2 tablespoons flour
4 eggs
2 teaspoons baking powder
Chop suet and work with the hand until creamy, then add figs. Soak bread crumbs in milk, add eggs well beaten, sugar, salt, and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and beat thoroughly. Turn into a buttered mould, steam three hours, and serve with Yellow Sauce II (see p. 407), flavored with brandy.

半磅无花果，切碎
两杯半不新鲜的面包屑
3⁄4 杯牛奶
一杯红糖
一茶匙盐
3⁄4 茶匙肉桂
1⁄2茶匙磨碎的肉豆蔻
1⁄2 杯英国核桃仁
半杯葡萄干，去籽并切碎两汤匙面粉

4个鸡蛋
2茶匙泡打粉
将板油切碎，用手揉至奶油状，然后加入无花果。将面包屑浸泡在牛奶中，加入充分搅打的鸡蛋、糖、盐和香料。混合各混合物，加入坚果仁和撒了面粉的葡萄干。撒上发酵粉并充分搅打。倒入涂了黄油的模具中，蒸三个小时，配黄酱汁II(见第407页)食用，用白兰地调味。

Hunters' Pudding

1 cup finely chopped suet
1 cup molasses
1 cup milk
3 cups flour
1 teaspoon soda
1½ teaspoons salt

猎人布丁

一杯细切板油
一杯糖蜜
一杯牛奶
3杯面粉
一茶匙苏打
11⁄2茶匙盐

Clove ½ teaspoon each

Mace

Allspice

1 teaspoon cinnamon

1½ cups raisins

2 tablespoons flour

Mix same as Suet Pudding. Stone, cut, and flour raisins, and add to mixture. Then steam.

French Fruit Pudding

1 cup finely chopped suet
1 cup molasses
1 cup sour milk
1½ teaspoons soda
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon salt
1¼ cups raisins, seeded
and chopped
¾ cup currants
2¾ cups flour
Mrs. Carrie M. Dearborn
Add molasses and sour milk to suet; add two cups flour mixed and sifted with soda, salt, and spices; add fruit mixed with remaining flour. Turn into buttered mould, cover, and steam four hours. Serve with Sterling Sauce.

Fig Pudding I

丁香 各1/2茶匙

肉豆蔻衣

多香果

一茶匙肉桂

11/2杯葡萄干

2汤匙面粉

像板油布丁一样混合。将葡萄干去核、切碎并撒上面粉，加入混合物中。然后蒸制。

法式水果布丁

一杯细切板油

一杯糖蜜

一杯酸牛奶

11/2茶匙小苏打

一茶匙肉桂

1/2茶匙丁香

1/2 茶匙盐

11/4杯葡萄干，去籽

和切碎的

3/4杯无核小葡萄干

23/4杯面粉

卡丽·*M*·迪尔伯恩夫人

将糖蜜和酸牛奶加入板油中；加入两杯与苏打、盐和香料混合并过筛的面粉；加入与剩余面粉混合的水果。倒入涂了黄油的模具中，盖上盖子，蒸四个小时。配斯特林酱汁食用。

无花果布丁 I

⅓ lb. beef suet
½ lb. figs, finely chopped
2⅓ cups stale bread crumbs
½ cup milk
2 eggs
1 cup sugar
¾ teaspoon salt
Chop suet, and work with the hands until creamy, then add figs. Soak bread crumbs in milk, add eggs well beaten, sugar, and salt. Combine mixtures, turn into a buttered mould, steam three hours. Serve with Yellow Sauce I or II.

Fig Pudding II

¼ lb. suet
½ lb. figs (finely chopped)
1 large sour apple (cored, pared, and chopped)
¼ lb. brown sugar
¼ lb. bread crumbs
¼ cup milk
2 eggs
3 oz. flour
Cream the suet, and add figs, apple, and sugar. Pour milk over bread crumbs, and add yolks of eggs, well beaten; combine mixtures, add flour and whites of eggs beaten until stiff. Turn into buttered pudding mould, and steam four hours. Serve with Lemon Sauce III.

English Plum Pudding I

½ lb. stale bread crumbs

1/3 磅牛板油
半磅无花果，切碎
21/3杯不新鲜的面包屑
1/2 杯牛奶
2个鸡蛋
一杯糖
3/4 茶匙盐
将板油切碎，用手揉至奶油状，然后加入无花果。将面包屑浸泡在牛奶中，加入充分搅打的鸡蛋、糖和盐。混合各混合物，倒入涂了黄油的模具中，蒸三个小时。配黄酱汁I或II食用。

无花果布丁 II

1/4 磅板油
半磅无花果(切碎)
1个大酸苹果(去核、去皮、切碎)1/4磅红糖

1/4磅面包屑
1/4 杯牛奶
2个鸡蛋
3盎司面粉
将板油搅打至奶油状，加入无花果、苹果和糖。将牛奶倒在面包屑上，加入充分搅打的蛋黄；混合各混合物，加入面粉和搅打至硬挺的蛋白。倒入涂了黄油的布丁模具中，蒸四个小时。配柠檬酱汁III食用。

英式李子布丁 I

1/2磅不新鲜的面包屑

1 cup scalded milk
¼ lb. sugar
4 eggs
½ lb. raisins, seeded, cut
in pieces, and floured
¼ lb. currants
¼ lb. finely chopped figs
2 oz. finely cut citron
½ lb. suet
¼ cup wine and brandy mixed
½ teaspoon grated nutmeg
¾ teaspoon cinnamon
⅓ teaspoon clove
⅓ teaspoon mace
1½ teaspoons salt
Soak bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants, figs, and citron; chop suet, and cream by using the hand; combine mixtures, then add wine, brandy, nutmeg, cinnamon, clove, mace, and whites of eggs beaten stiff. Turn into buttered mould, cover, and steam six hours.

English Plum Pudding II

6 ozs. flour
6 ozs. stale bread crumbs
¾ lb. raisins, seeded and cut in pieces
¾ lb. currants
¾ lb. suet, finely chopped
10 ozs. sugar
1 cup molasses

一杯烫牛奶
1/4 磅糖
4个鸡蛋
1/2磅葡萄干，去籽，切碎
切成小块，并撒上面粉
1/4磅无核小葡萄干
1/4磅切碎的无花果
2盎司切碎的香橼
1/2 磅板油
四分之一杯葡萄酒与白兰地混合
1/2茶匙磨碎的肉豆蔻
3/4 茶匙肉桂
1/3 茶匙丁香
1/3 茶匙肉豆蔻衣
11/2茶匙盐
将面包屑浸泡在牛奶中，静置至冷却，加入糖、搅打的蛋黄、葡萄干、加仑干、无花果和香橼；将板油切碎，用手揉至奶油状；混合各混合物，然后加入葡萄酒、白兰地、肉豆蔻、肉桂、丁香、肉豆蔻衣和搅打至硬挺的蛋白。倒入涂了黄油的模具中，盖上盖子，蒸六个小时。

英式李子布丁 II

6盎司面粉
6盎司陈面包屑 3/4磅葡萄干，去籽并切碎
3/4磅无核小葡萄干
3/4磅板油，切碎；10盎司糖
一杯糖蜜

3 ozs. candied orange peel, finely cut
1 teaspoon grated nutmeg
1 teaspoon mace
6 eggs, well beaten
2 teaspoons salt
Mix ingredients in order given, turn into a thickly floured square of unbleached cotton cloth. Tie securely, leaving some space to allow the pudding to swell, and plunge into a kettle of boiling water. Cook five hours, allowing pudding to be immersed in water during the entire cooking. Serve with Hard and Liquid Sauce.

Hard Sauce. Cream one-third cup butter; add gradually one cup brown sugar and two tablespoons brandy, drop by drop. Force through a pastry bag with rose tube, and garnish with green leaves and candied cherries.

Liquid Sauce. Mix one-half cup sugar, one-half tablespoon corn-starch, and a few grains salt. Add gradually, while stirring constantly, one cup boiling water, and boil five minutes. Remove from fire, add one tablespoon lemon juice and two tablespoons brandy; then color with fruit red.

CHAPTER XXIV
PUDDING SAUCES

Lemon Sauce I

¾ cups sugar
¼ cup water
2 teaspoons butter

三盎司糖渍橙皮，切细

一茶匙磨碎的肉豆蔻
1茶匙肉豆蔻衣

6个鸡蛋，充分打散

2茶匙盐

按给定顺序混合配料，倒入一块撒了厚面粉的方形未漂白棉布中。牢牢扎紧，留出一些空间让布丁膨胀，然后投入一锅沸水中。煮五个小时，让布丁在整个烹煮过程中浸没在水中。配硬酱汁和液体酱汁食用。

硬酱。将三分之一杯黄油搅打至奶油状；逐渐加入一杯红糖和两汤匙白兰地，一滴一滴地加。用带玫瑰嘴的酥皮袋挤成花形，饰以绿叶和糖渍樱桃。

液体酱。将半杯糖、半汤匙玉米淀粉和少许盐混合。在不断搅拌的同时逐渐加入一杯沸水，煮沸五分钟。离火，加入一汤匙柠檬汁和两汤匙白兰地；然后用果红着色。

第二十四章布丁酱汁

柠檬酱汁一

3⁄4 杯糖 1⁄4 杯水 2
茶匙黄油

1 tablespoon lemon juice
Make a syrup by boiling sugar and water eight minutes; remove from fire; add butter and lemon juice.

Lemon Sauce II

½ cup sugar
1 cup boiling water
1 tablespoon corn-starch or
1½ tablespoons flour
2 tablespoons butter
1½ tablespoons lemon juice
Few gratings nutmeg
Few grains salt
Mix sugar and corn-starch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and nutmeg.

Lemon Sauce III

⅓ cup butter
1 cup sugar
Yolks 3 eggs
⅓ cup boiling water
3 tablespoons lemon juice
Few gratings lemon rind
Cream butter, add sugar gradually, and yolks of eggs, slightly beaten; then add water, and cook over boiling water until mixture thickens. Remove from range, add lemon juice and rind. Serve with Apple Pudding or Pop-overs.

Vanilla Sauce

一汤匙柠檬汁
将糖和水煮沸八分钟制成糖浆；离火；加入黄油和柠檬汁。

柠檬酱汁 II

1/2 杯糖
一杯沸水
1汤匙玉米淀粉或
11/2汤匙面粉
2汤匙黄油
11/2 汤匙柠檬汁
少许肉豆蔻碎
少许盐
将糖和玉米淀粉混合，逐渐加水，不断搅拌；煮沸五分钟，离火，加入黄油、柠檬汁和肉豆蔻。

柠檬酱汁之三

1/3 杯黄油
一杯糖
蛋黄 3 个鸡蛋
1/3 杯沸水
3汤匙柠檬汁
少许柠檬皮屑
将黄油搅打至奶油状，逐渐加入糖和略打散的蛋黄；然后加水，在沸水上煮至混合物变稠。离火，加入柠檬汁和柠檬皮。配苹果布丁或泡芙食用。

香草酱

Make same as Lemon Sauce II, using one teaspoon vanilla in place of lemon juice and nutmeg.

制法同柠檬酱II，用一茶匙香草精代替柠檬汁和肉豆蔻。

Molasses Sauce

1 cup molasses
1½ tablespoons butter
2 tablespoons lemon juice or
1 tablespoon vinegar
Boil molasses and butter five minutes; remove from fire and add lemon juice.

糖蜜酱

一杯糖蜜
11⁄2 汤匙黄油
两汤匙柠檬汁或
一汤匙醋
将糖蜜和黄油煮沸五分钟；离火后加入柠檬汁。

Cream Sauce I

¾ cup thick cream
¼ cup milk
⅓ cup powdered sugar
½ teaspoon vanilla
Mix cream and milk, beat until stiff, using egg-beater; add sugar and vanilla.

奶油酱汁一

3⁄4 杯浓奶油
1⁄4 杯牛奶
1⁄3杯糖粉
1⁄2茶匙香草精
将奶油和牛奶混合，用打蛋器搅打至硬性发泡；加入糖和香草。

Cream Sauce II

1 egg
1 cup powdered sugar
½ cup thick cream
¼ cup milk
½ teaspoon vanilla
Beat white of egg until stiff; add yolk of egg well beaten, and sugar gradually; dilute cream with milk, beat until stiff, combine mixtures, and flavor.

奶油酱汁 II

1个鸡蛋
一杯糖粉
1⁄2杯浓奶油
1⁄4 杯牛奶
1⁄2茶匙香草精
将蛋清搅打至硬性发泡；加入打散的蛋黄和逐渐加入的糖；用牛奶稀释奶油，搅打至硬性发泡，混合各料，调味。

Yellow Sauce I

2 eggs
1 cup sugar
1 teaspoon vanilla or
½ teaspoon vanilla and
1 teaspoon brandy
Beat eggs until very light, add sugar gradually and continue beating; then flavor.

Yellow Sauce II

2 eggs
1 cup powdered sugar
3 tablespoons wine
Beat yolks of eggs until thick, add one-half the sugar gradually; beat whites of eggs until stiff, add gradually remaining sugar; combine mixtures, and add wine.

Orange Sauce

Whites 3 eggs
1 cup powdered sugar
Juice and rind 2 oranges
Juice 1 lemon
Beat whites until stiff, add sugar gradually, and continue beating; add rind and fruit juices.

Strawberry Sauce

⅓ cup butter

黄色酱汁 I

2个鸡蛋

一杯糖

一茶匙香草精或

1/2茶匙香草精及

一茶匙白兰地

将鸡蛋搅打至非常蓬松，逐渐加入糖并继续搅打；然后调味。

黄色酱汁 II

2个鸡蛋

一杯糖粉

3汤匙葡萄酒

将蛋黄搅打至浓稠，逐渐加入一半的糖；将蛋清搅打至硬性发泡，逐渐加入剩余的糖；混合各料，加入葡萄酒。

橙汁酱

将3个蛋白打发

一杯糖粉

橙汁与橙皮 2个橙子

将一个柠檬榨汁

将蛋清搅打至硬性发泡，逐渐加入糖并继续搅打；加入果皮和果汁。

草莓酱

1/3 杯黄油

⅔ cup strawberries
1 cup powdered sugar
White 1 egg
Cream the butter, add sugar gradually, egg beaten until stiff, and strawberries. Beat until fruit is mashed.

Creamy Sauce I

¼ cup butter
½ cup powdered sugar
2 tablespoons milk
2 tablespoons wine
Cream the butter, add sugar gradually, and milk and wine drop by drop. If liquids are added too fast the sauce will have a curdled appearance.

Creamy Sauce II

Use same proportions as given in recipe I. If not careful in adding liquids, it will curdle; but this will make no difference, as the sauce is to be warmed over hot water. By careful watching and constant stirring, the ingredients will be perfectly blended; it should be creamy in consistency.

Foamy Sauce I

½ cup butter
1 cup powdered sugar
1 egg
2 tablespoons wine
Cream the butter, add gradually sugar, egg well beaten, and wine; beat while heating over hot water.

2/3杯草莓
一杯糖粉
白1个鸡蛋
将黄油搅打至奶油状，逐渐加入糖、搅打至硬挺的鸡蛋和草莓。搅打至水果捣烂。

奶油酱 I

1/4 杯黄油
1/2 杯糖粉
2汤匙牛奶
2汤匙葡萄酒
将黄油搅打至奶油状，逐渐加入糖，再一滴一滴地加入牛奶和葡萄酒。如果液体加入过快，酱汁会呈现凝结的外观。

奶油酱汁 II

使用与食谱I相同的比例。如果不小心加入液体，它会凝结；但这不会有什么影响，因为酱汁要在热水上加热。通过仔细观察和不断搅拌，配料将完美融合；其稠度应为奶油状。

泡沫酱汁 I

1/2杯黄油
一杯糖粉
1个鸡蛋
2汤匙葡萄酒
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的鸡蛋和葡萄酒；在热水上加热的同时搅打。

Foamy Sauce II

Whites 2 eggs
1 cup powdered sugar
¼ cup hot milk
1 teaspoon vanilla
Beat eggs until stiff, add sugar gradually, and continue beating; add milk and vanilla.

Chocolate Sauce

2 cups milk
1½ tablespoons corn-starch
2 squares Baker's chocolate
4 tablespoons powdered sugar
2 tablespoons hot water
2 eggs
⅔ cup powdered sugar
1 teaspoon vanilla
Scald one and three-fourths cups milk, add corn-starch diluted with remaining milk, and cook eight minutes in double boiler; melt chocolate over hot water, add four tablespoons sugar and hot water, stir until smooth, then add to cooked mixture; beat whites of eggs until stiff, add gradually powdered sugar and continue beating, then add unbeaten yolks, and stir into cooked mixture; cook one minute, add vanilla, and cool before serving.

Sabyon Sauce

Grated rind and juice ½ lemon
½ cup white wine or
¼ cup Sherry

泡沫酱汁 II

将2个蛋白打发
一杯糖粉
1/4 杯热牛奶
一茶匙香草精
将鸡蛋搅打至硬挺，逐渐加入糖，继续搅打；加入牛奶和香草。

巧克力酱

两杯牛奶
11/2 汤匙玉米淀粉
2 方块贝克巧克力
4汤匙糖粉
两汤匙热水
2个鸡蛋
2/3杯糖粉
一茶匙香草精
将一杯又四分之三杯牛奶烫热，加入用剩余牛奶调稀的玉米淀粉，在双层蒸锅中煮八分钟；将巧克力置于热水上融化，加入四汤匙糖和热水，搅拌至顺滑，然后加入煮好的混合物中；将鸡蛋的蛋白搅打至硬挺，逐渐加入糖粉并继续搅打，然后加入未搅打的蛋黄，搅入煮好的混合物中；煮一分钟，加入香草精，食用前冷却。

萨比昂酱

磨碎的柠檬皮和汁 1/2个柠檬 1/2杯
白葡萄酒或1/4杯雪利酒

⅓ cup sugar
2 eggs
Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until it thickens, using a wire whisk; pour on to whites of eggs beaten stiff.

Hard Sauce

⅓ cup butter
1 cup powdered sugar
⅓ teaspoon lemon extract
⅔ teaspoon vanilla
Cream the butter, add sugar gradually, and flavoring.

Sterling Sauce

½ cup butter
1 cup brown sugar
1 teaspoon vanilla or
2 tablespoons wine
4 tablespoons cream or milk
Cream the butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

Wine Sauce

½ cup butter
1 cup powdered sugar
3 tablespoons Sherry or Madeira wine
Slight grating nutmeg
Cream the butter, add sugar gradually, and wine slowly; pile on glass dish, and sprinkle with grated nutmeg.

1/3杯糖
2个鸡蛋

将柠檬、葡萄酒、糖和鸡蛋的蛋黄混合；用打蛋器在火上用力搅拌至变稠；倒入搅打至硬挺的蛋白上。

硬酱

1/3 杯黄油
一杯糖粉
1/3茶匙柠檬香精
2/3茶匙香草
将黄油搅打至乳脂状，逐渐加入糖和调味料。

斯特灵酱

1/2杯黄油
一杯红糖
一茶匙香草精或
2汤匙葡萄酒
四汤匙奶油或牛奶
将黄油搅打至奶油状，逐渐加入糖，再一滴一滴地加入牛奶和调味料以防分离。

葡萄酒酱汁

1/2杯黄油
一杯糖粉
3汤匙雪利酒或马德拉酒少许肉豆蔻屑

将黄油搅打至奶油状，逐渐加入糖，再慢慢加入葡萄酒；堆在玻璃盘中，撒上磨碎的肉豆蔻。

Brandy Sauce

¼ cup butter
1 cup powdered sugar
2 tablespoon brandy
Yolks 2 eggs
Whites 2 eggs
½ cup milk or cream
Cream the butter, add sugar gradually, then brandy very slowly, well beaten yolks, and milk or cream. Cook over hot water until it thickens as a custard, pour on to beaten whites.

Caramel Brandy Sauce

Make same as Brandy Sauce, substituting brown sugar in place of powdered sugar.

Apricot Sauce

¾ cup apricot pulp
¾ cup heavy cream
Sugar
Drain canned apricots from their syrup, and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste. Serve with German toast.

CHAPTER XXV
COLD DESSERTS

Irish Moss Blanc-Mange

白兰地酱

1/4 杯黄油
一杯糖粉
2汤匙白兰地
蛋黄 2 个鸡蛋
将2个蛋白打发
1/2 杯牛奶或奶油
将黄油搅打至奶油状，逐渐加入糖，然后非常缓慢地加入白兰地、充分搅打的蛋黄以及牛奶或奶油。在热水上煮至像蛋奶糊一样变稠，倒入搅打的蛋白上。

焦糖白兰地酱

按白兰地酱的做法制作，用红糖代替糖粉。

杏子酱

3/4 杯杏肉泥
3/4 杯淡奶油
糖
将罐装杏子沥去糖浆，用筛子擦成泥。将奶油搅打至硬挺，加入杏子果泥中，按口味加甜。配德式吐司食用。

第二十五章冷甜点

爱尔兰苔藓布兰曼奇

⅓ cup Irish moss
4 cups milk
¼ teaspoon salt
1½ teaspoons vanilla
Soak moss fifteen minutes in cold water to cover, drain, pick over, and add to milk; cook in double boiler thirty minutes; the milk will seem but little thicker than when put on to cook, but if cooked longer blanc-mange will be too stiff. Add salt, strain, flavor, re-strain, and fill individual moulds previously dipped in cold water; chill, turn on glass dish, surround with thin slices of banana, and place a slice on each mould. Serve with sugar and cream.

Chocolate Blanc-Mange

Irish Moss Blanc-Mange flavored with chocolate. Melt one and one-half squares Baker's chocolate, add one-fourth cup sugar and one-third cup boiling water, stir until perfectly smooth, adding to milk just before taking from fire. Serve with sugar and cream.

Rebecca Pudding

4 cups scalded milk
½ cup corn-starch
¼ cup sugar
¼ teaspoon salt
½ cup cold milk
1 teaspoon vanilla
Whites 3 eggs
Mix corn-starch, sugar, and salt, dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards

1/3杯爱尔兰苔藓
4杯牛奶
1/4茶匙盐
11/2茶匙香草
将苔藓在没过它的冷水中浸泡十五分钟，沥干，挑拣干净，加入牛奶中；在双层蒸锅中煮三十分钟；牛奶看起来只会比刚上火煮时略稠一点，但如果煮得更久，布朗曼杰会太硬。加盐，过滤，调味，再过滤，装入事先蘸过冷水的单独模具中；冷藏，扣在玻璃盘中，周围摆上香蕉薄片，每个模具上放一片。配糖和奶油食用。

巧克力布兰曼奇

用巧克力调味的爱尔兰苔藓布朗曼杰。融化一块半贝克巧克力，加入四分之一杯糖和三分之一杯沸水，搅拌至完全顺滑，在离火前加入牛奶中。配糖和奶油食用。

丽贝卡布丁

四杯烫牛奶
1/2 杯玉米淀粉
1/4杯糖
1/4茶匙盐
半杯冷牛奶
一茶匙香草精
将3个蛋白打发
将玉米淀粉、糖和盐混合，用冷牛奶稀释，加入烫过的牛奶中，不断搅拌至混合物变稠，之后

occasionally; cook fifteen minutes. Add flavoring and whites of eggs beaten stiff, mix thoroughly, mould, chill, and serve with Yellow Sauce I or II.

偶尔搅拌；煮十五分钟。加入调味料和搅打至硬挺的鸡蛋蛋白，充分混合，装模，冷藏，配黄酱汁一号或二号食用。

Moulded Snow

Make same as Rebecca Pudding, and serve with Chocolate Ice.

模制雪花

按丽贝卡布丁的做法制作，配巧克力冰淇淋食用。

Chocolate Cream

2 cups scalded milk
5 tablespoons corn-starch
½ cup sugar
¼ teaspoon salt
⅓ cup cold milk
1½ squares Baker's chocolate
3 tablespoons hot water
Whites 3 eggs
1 teaspoon vanilla
Mix corn-starch, sugar, and salt, dilute with cold milk, add to scalded milk, and cook over hot water ten minutes, stirring constantly until thickened; melt chocolate, add hot water, stir until smooth, and add to cooked mixture; add whites of eggs beaten stiff, and vanilla. Mould, chill, and serve with cream.

巧克力奶油

两杯烫牛奶
5汤匙玉米淀粉
1/2 杯糖
1/4茶匙盐
1/3杯冷牛奶
11/2 方块贝克牌巧克力
3汤匙热水
将3个蛋白打发
一茶匙香草精
将玉米淀粉、糖和盐混合，用冷牛奶稀释，加入烫过的牛奶中，在热水上煮十分钟，不断搅拌至变稠；融化巧克力，加热水，搅拌至顺滑，加入煮好的混合物中；加入搅打至硬挺的鸡蛋蛋白和香草。装模，冷藏，配奶油食用。

Pineapple Pudding

2¾ cups scalded milk
¼ cup cold milk
⅓ cup corn-starch
¼ cup sugar

菠萝布丁

23/4杯热牛奶 1/4杯冷牛奶 1/3杯玉米淀粉 1/4杯糖

¼ teaspoon salt
½ can grated pineapple
Whites 3 eggs
Follow directions for Rebecca Pudding, and add pineapple just before moulding. Fill individual moulds, previously dipped in cold water. Serve with cream.

Caramel Junket

2 cups milk
⅓ cup sugar
⅓ cup boiling water
1 junket tablet
Few grains salt
1 teaspoon vanilla
Whipped cream, sweetened and flavored
Chopped nut meats
Heat milk until lukewarm. Caramelize sugar, add boiling water, and cook until syrup is reduced to one-third cup. Cool, and add milk slowly to syrup. Reduce junket tablet to powder, using a small mallet, add to mixture, with salt and vanilla. Turn into a glass dish, let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts.

Boiled Custard

2 cups scalded milk
Yolks 3 eggs
¼ cup sugar
⅛ teaspoon salt

1/4茶匙盐
半罐磨碎的菠萝
将3个蛋白打发
按照丽贝卡布丁的说明操作，在装模前加入菠萝。装入事先蘸过冷水的单独模具中。配奶油食用。

焦糖凝乳

两杯牛奶
1/3杯糖
1/3 杯沸水
1 凝乳片
少许盐
一茶匙香草精
加糖调味的掼奶油切碎的坚果肉

将牛奶加热至微温。将糖焦糖化，加入沸水，煮至糖浆浓缩至三分之一杯。冷却，将牛奶慢慢加入糖浆中。用小木槌将凝乳片研成粉末，加入混合物中，再加盐和香草。倒入玻璃盘中，放在温暖处静置至凝固，然后冷藏。覆盖搅打奶油，撒上切碎的坚果。

煮沸蛋奶糊

两杯烫牛奶蛋黄3个四
分之一杯糖八分之一
茶匙盐

½ teaspoon vanilla

Beat eggs slightly, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor. If cooked too long the custard will curdle; should this happen, by using a Dover egg-beater it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use yolks two eggs and one-half tablespoon corn-starch.

Tipsy Pudding

Flavor Boiled Custard with Sherry wine, and pour over slices of stale sponge cake; cover with Cream Sauce I or II.

Peach Custard

Arrange alternate layers of stale cake and sections of canned peaches in glass dish and pour over Boiled Custard. Bananas may be used instead of peaches; it is then called *Banana Custard*.

Orange Custard

Arrange slices of sweet oranges in glass dish, pour over them Boiled Custard; chill, and cover with Meringue I.

Apple Meringue

Use Meringue I and pile lightly on baked apples, brown in oven, cool, and serve with Boiled Custard. Canned peaches, drained from their liquor, may be prepared in the same way.

1/2茶匙香草精

将鸡蛋轻轻搅打，加入糖和盐；一边不断搅拌，一边逐渐加入热牛奶。在双层蒸锅中烹煮，继续搅拌直至混合物变稠并在勺子上形成一层覆盖物，立即过滤；冷却并调味。如果煮得太久，蛋奶糊会凝结；若发生这种情况，使用多佛打蛋器可将其恢复至光滑的稠度，但蛋奶糊不会那么浓稠。制作蛋奶糊时鸡蛋应轻轻搅打，以使其具有光滑、浓稠的稠度。为防止形成浮沫，用穿孔锡纸覆盖。当鸡蛋短缺时，使用两个鸡蛋的蛋黄和半汤匙玉米淀粉。

微醺布丁

在煮蛋奶糊中加入雪利酒调味，浇在不新鲜的海绵蛋糕片上；覆盖奶油酱汁一号或二号。

桃子蛋奶羹

在玻璃盘中交替铺上陈蛋糕片和罐装桃子瓣，倒入煮沸的蛋奶酱。可用香蕉代替桃子；此时称为“香蕉蛋奶酱”。

橙子蛋奶冻

将甜橙片摆放在玻璃盘中，浇上煮蛋奶糊；冷藏，覆盖蛋白霜一号。

苹果蛋白霜

使用蛋白霜一号，轻轻堆在烤苹果上，在烤箱中烤至棕色，冷却，配煮蛋奶糊食用。罐装桃子沥去汁液后也可用同样方法制作。

Apple Snow

Whites 3 eggs
¾ cup apple pulp
Powdered sugar
Pare, quarter, and core four sour apples, steam until soft, and rub through sieve; there should be three-fourths cup apple pulp. Beat on a platter whites of eggs until stiff (using wire whisk), add gradually apple sweetened to taste, and continue beating. Pile lightly on glass dish, chill, and serve with Boiled Custard.

Prune Whip

⅓ lb. prunes
Whites 5 eggs
½ cup sugar
½ tablespoon lemon juice
Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer, add sugar, and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding-dish, bake twenty minutes in slow oven. Serve cold with Boiled Custard.

Raspberry Whip

1¼ cups raspberries
1 cup powdered sugar
White 1 egg
Put ingredients in bowl and beat with wire whisk until stiff enough to hold in shape; about thirty minutes will be required for

苹果雪

将3个蛋白打发

3/4 杯苹果果泥

糖粉

将四个酸苹果削皮、切四瓣、去核，蒸至软烂，用筛子擦成泥；应得到四分之三杯苹果泥。在盘中用打蛋器将鸡蛋蛋白搅打至硬挺，逐渐加入按口味加甜的苹果，继续搅打。轻轻堆在玻璃盘中，冷藏，配煮蛋奶糊食用。

西梅泥甜点

1/3 磅西梅

将5个鸡蛋的蛋白

1/2 杯糖

1/2 汤匙柠檬汁

挑拣并清洗西梅，然后在没过它的冷水中浸泡数小时；在原水中煮至软烂；去核，将西梅用滤网擦成泥，加糖，煮五分钟；混合物应具有果酱的稠度。将鸡蛋蛋白搅打至硬挺，待西梅混合物冷却后逐渐加入，再加柠檬汁。轻轻堆在涂了黄油的布丁盘中，在慢烤箱中烤二十分钟。冷却后配煮蛋奶糊食用。

树莓掼奶油

11/4杯覆盆子

一杯糖粉

白1个鸡蛋

将配料放入碗中，用打蛋器搅打至足够硬挺能保持形状；大约需要三十分钟

beating. Pile lightly on dish, chill, surround with lady fingers, and serve with Boiled Custard.

Strawberry Whip may be prepared in same way.

Baked Custard

4 cups scalded milk
4 to 6 eggs
½ cup sugar
¼ teaspoon salt
Few gratings nutmeg
Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain in buttered mould, set in pan of hot water. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running a silver knife through custard; if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mould does not reach boiling-point, or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at a low temperature. For *cup custards* allow four eggs to four cups milk; for large moulded custard, six eggs; if less eggs are used custard is liable to crack when turned on a serving dish.

Caramel Custard

4 cups scalded milk
5 eggs
½ teaspoon salt
1 teaspoon vanilla
½ cup sugar
Put sugar in omelet pan, stir constantly over hot part of range

搅打。轻轻堆在盘中，冷藏，周围摆上手指饼干，配煮蛋奶糊食用。

草莓掼奶油可按同样方法制作。

烤蛋奶冻

四杯烫牛奶
4至6个鸡蛋
1/2 杯糖
1/4茶匙盐
少许肉豆蔻碎
将鸡蛋轻轻搅打，加入糖和盐，慢慢倒入烫过的牛奶；过滤入涂了黄油的模具中，置于热水锅中。撒上肉豆蔻，在慢烤箱中烘烤至凝固，这可以通过将一把银刀插入蛋奶糊中轻易判断；如果刀取出时干净，蛋奶糊就做好了。烘烤过程中，必须注意模具周围的水不要达到沸点，否则蛋奶糊会出水。始终牢记鸡蛋和牛奶的组合必须在低温下烹煮。对于杯蛋奶糊，四个鸡蛋配四杯牛奶；对于大型模具蛋奶糊，用六个鸡蛋；如果使用较少的鸡蛋，蛋奶糊倒在餐盘上时容易开裂。

焦糖卡仕达

四杯烫牛奶
5个鸡蛋
1/2 茶匙盐
一茶匙香草精
1/2 杯糖
将糖放入煎蛋锅中，在炉灶高温处不断搅拌

until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Chill, and serve with Caramel Sauce.

Caramel Sauce

½ cup sugar
½ cup boiling water
Miss Parloa
Melt sugar as for Caramel Custard, add water, simmer ten minutes; cool before serving.

Coffee Custard

2 cups milk
2 tablespoons ground coffee
3 eggs
¼ cup sugar
⅛ teaspoon salt
¼ teaspoon vanilla
Scald milk with coffee, and strain. Beat eggs slightly; add sugar, salt, vanilla, and milk. Strain into buttered individual moulds, set in pan of hot water, and bake until firm.

Tapioca Cream

¼ cup pearl tapioca or 1½ tablespoons Minute Tapioca
2 cups scalded milk
2 eggs

直至融化成浅棕色糖浆。逐渐加入牛奶中，注意牛奶不要冒泡溢出，因为糖的温度很高容易发生。糖在牛奶中融化后，将混合物逐渐加入略微搅打的鸡蛋中；加盐和调味料，然后过滤到涂了黄油的模具中。按蛋奶糊的方法烘烤。冷藏，配焦糖酱汁食用。

焦糖酱

1/2 杯糖
1/2 杯沸水
帕洛亚小姐
按焦糖蛋奶糊的方法融化糖，加水，小火煮十分钟；食用前冷却。

咖啡蛋奶冻

两杯牛奶
2汤匙研磨咖啡
3个鸡蛋
1/4杯糖
1/8茶匙盐
1/4 茶匙香草
将牛奶与咖啡一起烫，然后过滤。略微搅打鸡蛋；加糖、盐、香草和牛奶。过滤到涂了黄油的单独模具中，放入热水锅中，烤至凝固。

木薯奶油

1/4 杯珍珠西米或 11/2 汤匙速煮西米 2 杯烫过的牛奶

2个鸡蛋

⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
Pick over tapioca and soak one hour in cold water to cover, drain, add to milk, and cook in double boiler until tapioca is transparent. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture, return to double boiler, and cook until it thickens. Remove from range and add whites of eggs beaten stiff. Chill and flavor.

Norwegian Prune Pudding

½ lb. prunes
2 cups cold water
1 cup sugar
1 inch piece stick cinnamon
1⅓ cups boiling water
⅓ cup corn-starch
1 tablespoon lemon juice
Pick over and wash prunes, then soak one hour in cold water, and boil until soft; remove stones, obtain meat from stones and add to prunes; then add sugar, cinnamon, boiling water, and simmer ten minutes. Dilute corn-starch with enough cold water to pour easily, add to prune mixture, and cook five minutes. Remove cinnamon, mould, then chill, and serve with cream.

Nut Prune Soufflé

Follow recipe for Norwegian Prune Pudding, then add whites two eggs beaten stiff and one-half cup walnut meats broken in pieces.

1/3杯糖
1/4茶匙盐
一茶匙香草精
挑拣木薯粉，在没过它的冷水中浸泡一小时，沥干，加入牛奶中，在双层蒸锅中煮至木薯粉透明。将一半糖加入牛奶中，其余加入略微搅打的蛋黄中，再加盐。将热混合物慢慢倒在鸡蛋混合物上使其混合，放回双层蒸锅，煮至变稠。离火，加入搅打至硬挺的鸡蛋蛋白。冷藏并调味。

挪威李子布丁

1/2 磅西梅干
两杯冷水
一杯糖
1英寸长的肉桂棒
1 1/3 杯沸水
1/3杯玉米淀粉
一汤匙柠檬汁
挑拣并清洗西梅，然后在冷水中浸泡一小时，煮至软烂；去核，从核上取下果肉加回西梅中；然后加糖、肉桂、沸水，小火煮十分钟。用足够的冷水稀释玉米淀粉至容易倒出，加入西梅混合物中，煮五分钟。取出肉桂，装模，然后冷藏，配奶油食用。

坚果西梅舒芙蕾

按照挪威西梅布丁的食谱操作，然后加入两个搅打至硬挺的鸡蛋蛋白和半杯掰碎的核桃仁。

Apples in Bloom

Select eight red apples, cook in boiling water until soft, turning them often. Have water half surround apples. Remove skins carefully, that the red color may remain, and arrange on serving dish. To the water add one cup sugar, grated rind one-half lemon, and juice one orange; simmer until reduced to one cup. Cool, and pour over apples. Serve with Cream Sauce I or II.

Neapolitan Baskets

Bake sponge cake in gem pans, cool, and remove centres. Fill with Cream Sauce I, flavoring half the sauce with chocolate. Melt chocolate, dilute with hot water, cool, and add Cream Sauce slowly to chocolate. Garnish with candied cherries and angelica and insert strips of angelica to represent handles.

Wine Cream

Arrange lady fingers or slices of sponge cake in a dish, pour over cream made as follows: Mix one-third cup sugar, grated rind and juice one-half lemon, one-fourth cup Sherry wine, and yolks of two eggs; place over fire and stir vigorously with wire whisk until it thickens and is frothy, then pour over beaten whites of two eggs and continue beating.

Orange Salad

Arrange layers of sliced oranges, sprinkling each layer with powdered sugar and shredded cocoanut. Sliced oranges when served alone should not stand long after slicing, as they are apt to

盛开的苹果

选八个红苹果，在沸水中煮至软烂，经常翻动。水应没过苹果一半。小心去皮，以保留红色，摆放在上菜盘中。在水中加入一杯糖、半个柠檬的磨碎皮和一个橙子的汁；小火煮至浓缩为一杯。冷却，浇在苹果上。配奶油酱汁一号或二号食用。

那不勒斯篮筐

在宝石模具中烤海绵蛋糕，冷却，挖去中心。填入奶油酱汁一号，将一半酱汁用巧克力调味。融化巧克力，用热水稀释，冷却，将奶油酱汁慢慢加入巧克力中。用糖渍樱桃和当归装饰，插入当归条作为把手。

葡萄酒奶油

将手指饼干或海绵蛋糕片摆放在盘中，浇上如下制作的奶油：混合三分之一杯糖、半个柠檬的磨碎皮和汁、四分之一杯雪利酒和两个蛋黄；上火，用打蛋器大力搅拌至变稠且起泡，然后倒在两个搅打过的鸡蛋蛋白上，继续搅打。

橙子沙拉

分层摆放橙子片，每层撒上糖粉和椰丝。橙子片单独食用时切片后不宜久放，因为它们容易

become bitter.

Fruit Salad I

Arrange alternate layers of shredded pineapple, sliced bananas, and sliced oranges, sprinkling each layer with powdered sugar. Chill before serving.

To Shred Pineapple. Pare and cut out eyes, pick off small pieces with a silver fork, continuing until all soft part is removed. *To Slice Oranges.* Remove skin and white covering, slice lengthwise that the tough centre may not be served; seeds should be removed.

Fruit Salad II

Pare a pineapple and cut in one-quarter inch slices, remove hard centres, sprinkle with powdered sugar, set aside one hour in a cool place; drain, spread on serving dish, arrange a circle of thin slices of banana on each piece, nearly to the edge, pile strawberries in centre, pour over syrup drained from pineapple, sprinkle with powdered sugar, and serve with or without Cream Sauce.

Fruit Salad with Wine Dressing

Arrange alternate layers of sliced fruit, using pineapples, bananas, oranges, and grapes; pour over all Wine Dressing, and let stand one hour in a cold place.

Wine Dressing

Mix one-half cup sugar, one-third cup Sherry wine, and two tablespoons Madeira.

变苦。

水果沙拉一

交替分层摆放菠萝丝、香蕉片和橙子片，每层撒上糖粉。食用前冷藏。

菠萝切丝。削皮并挖去果眼，用银叉撕下小块，持续操作直至所有软肉取下。橙子切片。去除外皮与白色筋膜，纵切以免将坚韧的中心部分上桌；应去除果核。

水果沙拉 II

将菠萝削皮，切成四分之一英寸的片，去除硬心，撒上糖粉，在阴凉处放置一小时；沥干，铺在上菜盘中，每片上摆一圈香蕉薄片，几乎到边缘，中心堆上草莓，浇上从菠萝沥出的糖浆，撒上糖粉，配或不配奶油酱汁食用。

水果沙拉配葡萄酒调味汁

交替分层摆放切片水果，使用菠萝、香蕉、橙子和葡萄；浇上酒汁调味汁，在阴凉处静置一小时。

葡萄酒调味汁

将半杯糖、三分之一杯雪利酒和两汤匙马德拉酒混合。

Cream Whips

Sweeten thin cream, flavor with vanilla, brandy, or wine, then whip; half fill frappé glasses with any preserve, pile on lightly the whip.

Sautéd Pears with Chocolate Sauce

Pare four Bartlett pears, cut in fourths lengthwise, and sauté in butter until browned. Canned pears drained from their syrup may be used in place of fresh fruit. Arrange in serving dish and pour over

Chocolate Sauce. Cook two ounces sweet chocolate, one tablespoon sugar, and one and one-fourth cups milk in double boiler five minutes; then add one teaspoon arrowroot mixed with one-fourth cup cream and a few grains salt, and cook ten minutes. Melt one and one-half tablespoons butter, add one-fourth cup powdered sugar, and cook until well caramelized, stirring constantly. Add to first mixture, and flavor with one-half teaspoon vanilla. Chill thoroughly.

Lemon Jelly

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup sugar
½ cup lemon juice
Soak gelatine twenty minutes in cold water, dissolve in boiling

奶油搅打

将稀奶油加甜，用香草、白兰地或酒调味，然后搅打；将冰糕杯半满装入任意蜜饯，轻轻堆上搅打奶油。

巧克力酱炒梨

将四个巴特利特梨削皮，纵切成四瓣，用黄油煎至呈褐色。可用罐装梨沥去糖浆代替新鲜水果。摆入上菜盘中，浇上

巧克力酱汁。将两盎司甜巧克力、一汤匙糖和一又四分之一杯牛奶放入双层蒸锅中煮五分钟；然后加入一茶匙与四分之一杯奶油混合的竹芋粉和少许盐，再煮十分钟。融化一又二分之一汤匙黄油，加入四分之一杯糖粉，不断搅拌，煮至充分焦糖化。加入第一份混合物中，用半茶匙香草调味。彻底冷却。

柠檬果冻

半盒明胶或
2汤匙颗粒明胶 1/2杯冷水

21/2杯沸水
一杯糖
1/2 杯柠檬汁
将明胶在冷水中浸泡二十分钟，再溶于沸水中

water, strain, and add to sugar and lemon juice. Turn into mould, and chill.

Orange Jelly

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1½ cups boiling water
1 cup sugar
1½ cups orange juice
3 tablespoons lemon juice
Make same as Lemon Jelly.

To Remove Juice from Oranges. Cut fruit in halves crosswise, remove with spoon pulp and juice from sections, and strain through double cheese-cloth; or use a glass lemon squeezer.

Kumquat Jelly

1½ cups kumquat juice
½ cup sugar
¼ cup Sauterne
1½ tablespoons Orange Curaçoa
1 tablespoon granulated gelatine
2 tablespoons cold water
Few grains salt
Wipe three-fourths box kumquats, cut in slices, add cold water to cover, bring slowly to boiling-point, and cook slowly one-half hour; then strain; there should be one and one-half cups juice.

水，过滤，加入糖和柠檬汁中。倒入模具，冷藏。

橙子果冻

半盒明胶或

2汤匙颗粒明胶 1/2杯冷水

11/2杯沸水

一杯糖

11/2杯橙汁

3汤匙柠檬汁

照柠檬果冻的做法制作。

去除橙子汁液。将水果横切成两半，用勺子取出各瓣的果肉和汁液，用双层细纱布过滤；或使用玻璃柠檬榨汁器。

金橘果冻

11/2杯金橘汁

1/2 杯糖

1/4杯苏玳甜白葡萄酒

11/2 汤匙橙味库拉索酒

一汤匙颗粒状明胶

两汤匙冷水

少许盐

擦净四分之三盒金橘，切成片，加入冷水浸没，慢慢加热至沸点，再慢煮半小时；然后过滤；应得一又二分之一杯汁液。

Add sugar, wine, and curaçoa. Soak gelatine in cold water, and add to first mixture heated to boiling-point; then add salt. Strain, turn into individual mould, and chill. Remove to serving dish, and garnish with halves of kumquats, cooked in syrup until soft, drained, and rolled in sugar.

加入糖、葡萄酒和橙皮甜酒。将明胶浸泡在冷水中，加入加热至沸点的第一份混合物中；然后加盐。过滤，倒入单独的小模具中，冷藏。取出放到上菜盘中，用金橘半块装饰，金橘需在糖浆中煮至软烂，沥干后滚上糖。

Coffee Jelly

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
⅓ cup sugar
2 cups boiled coffee
Make same as Lemon Jelly. Serve with sugar and cream.

咖啡冻

半盒明胶或
2汤匙颗粒明胶 1/2杯冷水

一杯沸水
1/3杯糖
两杯煮好的咖啡
如柠檬果冻般制作。配糖和奶油食用。

Cider Jelly

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
2 cups cider
Sugar
Make same as Lemon Jelly.

苹果酒果冻

半盒明胶或2汤匙颗粒明胶半杯冷水 1
杯沸水

两杯苹果酒
糖
照柠檬果冻的做法制作。

Wine Jelly I

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1⅔ cups boiling water

葡萄酒果冻 I

半盒明胶或2汤匙颗粒明胶半杯冷水
12/3杯沸水

1 cup sugar
1 cup Sherry or Madeira wine
⅓ cup orange juice
3 tablespoons lemon juice
Soak gelatine twenty minutes in cold water, dissolve in boiling water; add sugar, wine, orange juice, and lemon juice; strain, mould, and chill. If a stronger jelly is desired, use additional wine in place of orange juice.

Wine Jelly II

½ box gelatine or
2½ tablespoons granulated gelatine
½ cup cold water
1⅔ cups boiling water
1 cup sugar
½ cup Sherry wine
2 tablespoons brandy
Kirsch
⅓ cup orange juice
3 tablespoons lemon juice
Fruit red
Soak gelatine twenty minutes in cold water, dissolve in hot water, add sugar, fruit juices, Sherry, brandy, and enough Kirsch to make one cup of strong liquor, then color with fruit red. Strain, mould, and chill. Serve with or without Cream Sauce I.

Russian Jelly

¼ box gelatine or

一杯糖
1杯雪利酒或马德拉酒
1/3杯橙汁
3汤匙柠檬汁
将明胶在冷水中浸泡二十分钟，在沸水中溶解；加入糖、葡萄酒、橙汁和柠檬汁；过滤，入模，冷藏。若想要更浓的果冻，可用额外的葡萄酒代替橙汁。

葡萄酒果冻 II

半盒明胶或
21/2汤匙颗粒明胶 1/2杯冷水

1 2/3 杯沸水
一杯糖
1/2 杯雪利酒
2汤匙白兰地
樱桃酒
1/3杯橙汁
3汤匙柠檬汁
水果红
将明胶在冷水中浸泡二十分钟，在热水中溶解，加入糖、果汁、雪利酒、白兰地和足量樱桃酒使成一杯烈酒，然后用果红着色。过滤，入模，冷藏。配奶油酱汁I食用或不配均可。

俄罗斯果冻

1/4盒明胶或

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
⅔ cup sugar
½ cup Sauterne
¼ cup orange juice
1½ tablespoons lemon juice
Make same as other jellies, cool slightly, and beat until frothy and firm enough to mould. Turn into mould and chill.

Jelly in Glasses

Use recipe for Wine or Russian Jelly. Fill Apollinaris glasses three-fourths full, reserving one-fourth of the mixture, which, after cooling, is to be beaten until frothy (using a Dover egg-beater) and placed on top of jelly in glasses which represents freshly drawn lager beer. This is a most attractive way of serving jelly to one who is ill.

Sauterne Jelly

Soak two tablespoons granulated gelatine in one-half cup cold water, and dissolve in one and one-half cups boiling water. Add one and one-half cups Sauterne, three tablespoons lemon juice, and one cup sugar. Color with leaf green, strain into a shallow pan, chill, and cut in inch cubes.

Jellied Prunes

⅓ lb. prunes
2 cups cold water

一汤匙颗粒状明胶

1/4 杯冷水
一杯沸水

2/3杯糖

1/2杯苏玳葡萄酒

1/4杯橙汁

11/2 汤匙柠檬汁

按其他果冻的做法制作，稍冷却，搅打至起泡且足够坚实可以入模。倒入模具中冷藏。

玻璃杯中的果冻

使用葡萄酒果冻或俄罗斯果冻的食谱。将阿波利纳里斯杯装至四分之三满，留出四分之一的混合物，冷却后搅打至起泡(使用多佛打蛋器)，置于杯中果冻之上，呈现新鲜生啤的外观。这是给病人供应果冻的一种极具吸引力的方式。

索泰尔讷果冻

将两汤匙颗粒明胶浸泡在半杯冷水中，在一又二分之一杯沸水中溶解。加入一又二分之一杯苏玳葡萄酒、三汤匙柠檬汁和一杯糖。用叶绿着色，过滤到浅盘中，冷藏，切成方丁。

西梅冻

1/3磅西梅干 2杯冷
水

Boiling water
½ cup cold water
½ box gelatine or
2½ tablespoons granulated gelatine
1 cup sugar
¼ cup lemon juice
Pick over, wash, and soak prunes for several hours in two cups cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make two cups. Soak gelatine in half-cup cold water, dissolve in hot liquid, add sugar, lemon juice, then strain, add prunes, mould, and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

Jellied Walnuts

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup boiling water
¾ cup sugar
½ cup Sherry wine
½ cup orange juice
3 tablespoons lemon juice
Make same as other jellies and cover bottom of shallow pan with one-half the mixture. When nearly firm, place over it, one inch apart, halves of English walnuts. Cover with remaining mixture. Chill, and cut in squares. Serve with whipped cream sweetened and flavored.

Apricot and Wine Jelly

沸水
1/2 杯冷水
半盒明胶或
21/2汤匙颗粒明胶
一杯糖
1/4杯柠檬汁
拣选、清洗西梅，在两杯冷水中浸泡数小时，在原水中煮至软烂；取出西梅，去核，切成四瓣。在西梅水中加入足量沸水使成两杯。将明胶浸泡在半杯冷水中，在热液中溶解，加入糖、柠檬汁，然后过滤，加入西梅，入模，冷藏。冷却时搅拌两次以防西梅沉底。配糖和奶油食用。

核桃冻

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
1/3 杯沸水
3/4 杯糖
1/2 杯雪利酒
1/2 杯橙汁
3汤匙柠檬汁
按其他果冻的做法制作，用一半混合物铺满浅盘底部。待其将近凝固时，在上面每隔一英寸放置半个英国核桃。用剩余的混合物覆盖。冷藏，切成方块。配加糖调味的打发奶油食用。

杏子葡萄酒冻

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
1 cup apricot juice
1 cup wine
1 cup sugar
1 tablespoon lemon juice
Garnish individual moulds with halves of canned apricots, fill with mixture made same as for other jellies, and chill. Arrange on serving dish and garnish with whipped cream forced through a pastry bag and tube.

半盒明胶或
2汤匙颗粒明胶 1/2杯冷水

一杯沸水
一杯杏汁
一杯葡萄酒
一杯糖
一汤匙柠檬汁
用罐装杏的半边装饰各个模具，填入与其他果冻相同的混合物，冷藏。摆放在上菜盘中，用通过裱花袋和裱花嘴挤出的打发奶油装饰。

Snow Pudding I

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
Whites 3 eggs
Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Mould, or pile by spoonfuls on glass dish; serve cold with Boiled Custard. A very attractive dish may be prepared by coloring half the mixture with fruit red.

雪花布丁一

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
一杯沸水
一杯糖
1/4杯柠檬汁
将3个蛋白打发
将明胶浸泡在冷水中，在沸水中溶解，加入糖和柠檬汁，过滤，置于阴凉处静置；不时搅拌混合物，待其相当浓稠时，用金属丝勺或打蛋器搅打至起泡；加入搅打至硬挺的蛋清，继续搅打至足够硬挺能保持形状。装入模具，或用勺舀成堆放在玻璃盘中；冷藏后配煮蛋奶酱食用。将一半混合物用果红着色，可制成非常诱人的一道甜点。

Snow Pudding II

Beat whites of four eggs until stiff, add one-half tablespoon granulated gelatine dissolved in three tablespoons boiling water, beat until thoroughly mixed, add one-fourth cup powdered sugar, and flavor with one-half teaspoon lemon extract. Pile lightly on dish, serve with Boiled Custard.

Amber Pudding

Make as Snow Pudding I, using cider instead of boiling water, and one-fourth cup boiling water to dissolve gelatine, omitting lemon juice, and sweeten to taste.

Toasted Marshmallows

1 tablespoon granulated gelatine
1 cup boiling water
1 cup sugar
Whites 3 eggs
1½ teaspoons vanilla
Macaroons
Dissolve gelatine in boiling water, add sugar, and as soon as dissolved set bowl containing mixture in pan of ice-water; then add whites of eggs and vanilla and beat until mixture thickens. Turn into a shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

Toasted Marshmallows.—*Page 422.*

雪布丁 II

将四个鸡蛋的蛋清搅打至硬挺，加入二分之一汤匙溶解于三汤匙沸水中的颗粒明胶，搅打至完全混合，加入四分之一杯糖粉，用二分之一茶匙柠檬香精调味。轻轻堆放在盘中，配煮蛋奶酱食用。

琥珀布丁

按雪布丁 I 的方法制作，用苹果酒代替沸水，并用四分之一杯沸水溶解明胶，省略柠檬汁，按口味加甜。

烤棉花糖

一汤匙颗粒状明胶
一杯沸水
一杯糖
将3个蛋白打发
11/2茶匙香草
马卡龙
将明胶溶解于沸水中，加入糖，待其溶解后将盛有混合物的碗放入冰水盆中；然后加入蛋清和香草精，搅打至混合物变稠。倒入浅盘中(浅盘先浸过冷水)，静置至完全冷却。从盘中取出，切成棉花糖大小和形状的块；然后在经干燥并擀碎的马卡龙中滚过。配糖和奶油食用。

烤棉花糖。--第*422*页。

Royal Diplomatic Pudding.—*Page 430*.

皇家外交布丁。--第430页。

Charlotte Russe.—*Page 427*.

夏洛特·鲁斯。--第427页。

Orange Trifle garnished with Whipped Cream, Candied Orange Peel, and Blossoms.—*Page 427*.

橙子屈莱弗，用打发奶油、糖渍橙皮和花朵装饰。--第*427*页。

Pudding à la Macédoine

Make fruit or wine jelly mixture. Place a mould in pan of ice-water, pour in mixture one-half inch deep; when firm, decorate with slices of banana from which radiate thin strips of figs (seed side down), cover fruit, adding mixture by spoonfuls lest the fruit be disarranged. When firm, add more fruit and mixture; repeat until all is used, each time allowing mixture to stiffen before fruit is added. In preparing this dish various fruits may be used: oranges, bananas, dates, figs, and English walnuts. Serve with Cream Sauce I.

马其顿布丁

制作水果或葡萄酒果冻混合物。将模具置于冰水盆中，倒入半英寸深的混合物；待其凝固后，用香蕉片装饰，香蕉片上呈放射状摆放无花果细条(籽面朝下)，覆盖水果，用勺逐次加入混合物以免水果移位。凝固后再加入更多水果和混合物；重复此过程直至全部用完，每次均须待混合物凝固后再加入水果。制作此菜可使用多种水果：橙子、香蕉、枣、无花果和英国核桃。配奶油酱汁一上桌。

Fruit Chartreuse

Make fruit or wine jelly mixture. Place a mould in pan of ice-water, pour in mixture one-half inch deep; when firm, decorate with candied cherries and angelica; add by spoonfuls more mixture to cover fruit; when this is firm, place a smaller mould in centre on jelly, and fill with ice-water. Pour gradually remaining jelly mixture between moulds; when firm, invert to empty smaller mould of ice-water; then pour in some tepid water; let stand a few

水果查特酒

制作水果或葡萄酒果冻混合物。将模具放入冰水盆中，倒入半英寸深的混合物；待其凝固后，用糖渍樱桃和当归装饰；用勺逐次加入更多混合物覆盖水果；待这层凝固后，在果冻中央放置一个较小的模具，填入冰水。将剩余的果冻混合物逐渐倒入两模具之间；待其凝固后，翻转倒出盛冰水的小模具；然后倒入一些温水；静置几

seconds, when small mould may easily be removed. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries.

秒钟，小模具即可轻松取出。将由此形成的空腔填入新鲜加甜的水果，使用菠萝丝、香蕉片和草莓。

Spanish Cream

¼ box gelatine or
1 tablespoon granulated gelatin
3 cups milk
Whites 3 eggs
Yolk 3 eggs
½ cup sugar (scant)
¼ teaspoon salt
1 teaspoon vanilla or
3 tablespoons wine
Scald milk with gelatine, add sugar, pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range, add salt, flavoring, and whites of eggs beaten stiff. Turn into individual moulds, first dipped in cold water, and chill; serve with cream. More gelatine will be required if large moulds are used.

西班牙奶油

1/4盒明胶或
一汤匙颗粒状明胶
3杯牛奶
将3个蛋白打发
蛋黄 3 个鸡蛋
半杯糖(略少)
1/4茶匙盐
一茶匙香草精或
3汤匙葡萄酒
将牛奶与明胶一起烫，加入糖，慢慢倒在略经搅打的蛋黄上。放回双层蒸锅中煮至变稠，不断搅拌；离火，加入盐、调味料和搅打至硬挺的蛋清。倒入先浸过冷水的各个模具中，冷藏；配奶油食用。若使用大模具，则需要更多明胶。

Coffee Soufflé

1½ cups coffee infusion
½ cup milk
⅔ cup sugar
¼ teaspoon salt
3 eggs
½ teaspoon vanilla

咖啡舒芙蕾

11/2杯咖啡浸液 1/2杯牛奶

2/3杯糖 1/4茶匙
盐 3个鸡蛋

1/2茶匙香草精

1 tablespoon granulated gelatine
Mix coffee infusion, milk, one-half of the sugar and gelatine, and heat in double boiler. Add remaining sugar, salt, and yolks of eggs slightly beaten; cook until mixture thickens, remove from range, add whites of eggs beaten until stiff and vanilla. Mould, chill, and serve with cream.

Columbian Pudding

Cover the bottom of a fancy mould with Wine Jelly. Line the upper part of mould with figs, cut in halves crosswise, which have been soaked in jelly, having seed side next to mould. Fill centre with Spanish Cream; chill, and turn on a serving dish. Garnish with cubes of Wine Jelly.

Macaroon Cream

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
Yolks 3 eggs
⅓ cup sugar
⅛ teaspoon salt
⅔ cup pounded macaroons
1 teaspoon vanilla
Whites 3 eggs
Soak gelatine in cold water. Make custard of milk, yolks of eggs, sugar, and salt; add gelatine, and strain into pan set in ice-water. Add macaroons and flavoring, stirring until it begins to thicken; then add whites of eggs beaten stiff, mould, chill, and serve

一汤匙颗粒状明胶

将咖啡浸液、牛奶、一半的糖和明胶混合，在双层蒸锅中加热。加入剩余的糖、盐和略经搅打的蛋黄；煮至混合物变稠，离火，加入搅打至硬挺的蛋清和香草精。装入模具，冷藏，配奶油食用。

哥伦比亚布丁

用葡萄酒果冻覆盖花式模具的底部。用横向切成两半、已在果冻中浸泡过的无花果铺在模具上部，种子面朝模具。中央填入西班牙奶油；冷藏，翻转扣在上菜盘中。用葡萄酒果冻方块装饰。

马卡龙奶油

1/4盒明胶或

一汤匙颗粒状明胶

1/4 杯冷水

两杯烫牛奶

蛋黄 3 个鸡蛋

1/3杯糖

1/8茶匙盐

2/3杯捣碎的蛋白杏仁甜饼

一茶匙香草精

将3个蛋白打发

将明胶浸泡在冷水中。用牛奶、蛋黄、糖和盐制成蛋奶酱；加入明胶，过滤到置于冰水中的锅中。加入马卡龙和调味料，搅拌至开始变稠；然后加入搅打至硬挺的蛋清，装入模具，冷藏，食用

garnished with macaroons.

Cold Cabinet Pudding

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
Yolks 3 eggs
⅓ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla
1 tablespoon brandy
5 lady fingers
6 macaroons
Soak gelatine in cold water and add to custard made of milk, eggs, sugar, salt; strain, cool slightly, and flavor. Place a mould in pan of ice-water, decorate with candied cherries and angelica, cover with mixture, added carefully by spoonfuls; when firm, add layer of lady fingers (first soaked in custard), then layer of macaroons (also soaked in custard); repeat, care being taken that each layer is firm before another is added. Garnish, and serve with Cream Sauce I and candied cherries.

Mont Blanc

Remove shells from three cups French chestnuts, cook in small quantity of boiling water until soft, when there will be no water remaining. Mash, sweeten to taste with powdered sugar, and moisten with hot milk; cook two minutes. Rub through strainer, cool, flavor with vanilla, Kirsch or Maraschino. Pile in form of

饰以马卡龙。

冷柜布丁

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
两杯烫牛奶
蛋黄 3 个鸡蛋
1/3杯糖
1/8茶匙盐
一茶匙香草精
1汤匙白兰地
5 根手指饼干
6个马卡龙
将明胶浸泡在冷水中，加入用牛奶、鸡蛋、糖、盐制成的蛋奶酱中；过滤，稍冷却，调味。将模具放入冰水盆中，用糖渍樱桃和当归装饰，用勺小心逐次加入混合物覆盖；待其凝固后，加入一层手指饼干(先在蛋奶酱中浸泡过)，然后加入一层马卡龙(也在蛋奶酱中浸泡过)；重复此过程，注意每层在加入下一层之前都须凝固。装饰，配奶油酱汁 I 和糖渍樱桃食用。

白朗峰

去除三杯法国栗子的壳，用少量沸水煮至软烂，此时应无剩余水分。捣碎，按口味用糖粉加甜，用热牛奶润湿；煮两分钟。用滤网擦筛，冷却，用香草精、樱桃酒或马拉斯奇诺酒调味。堆成

pyramid, cover with Cream Sauce I, garnish base with Cream Sauce I forced through pastry bag and tube.

French Chef

Crême aux Fruits

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
¼ cup scalded milk
½ cup sugar
Whites 2 eggs
½ pint thick cream
⅓ cup milk
⅓ cup cooked prunes,
cut in pieces
⅓ cup chopped figs
Soak gelatine in cold water, dissolve in scalded milk, and add sugar. Strain in pan set in ice-water, stir constantly, and when it begins to thicken add whites of eggs beaten stiff, cream (diluted with milk and beaten), prunes, and figs. Mould and chill.

To Whip Cream

Thin and heavy cream are both used in making and garnishing desserts.

Heavy cream is bought in half-pint, pint, and quart glass jars, and usually retails at sixty cents per quart; *thin* or *strawberry cream* comes in glass jars or may be bought in bulk, and usually retails for thirty cents per quart. Heavy cream is very rich; for which

金字塔形，覆盖奶油酱汁 I，底部用通过裱花袋和裱花嘴挤出的奶油酱汁 I 装饰。法国厨师

水果奶油

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
1/4 杯烫牛奶
1/2 杯糖
将2个蛋白打发
半品脱浓奶油
1/3 杯牛奶
1/3杯煮熟的西梅，
切成小块
1/3杯切碎的无花果
将明胶浸泡在冷水中，溶解于烫过的牛奶中，加入糖。过滤到置于冰水中的锅中，不断搅拌，待其开始变稠时加入搅打至硬挺的蛋清、奶油(用牛奶稀释并搅打)、西梅和无花果。装入模具，冷藏。

打发奶油

稀奶油和浓奶油都用于制作和装饰甜点。

浓奶油以半品脱、一品脱和夸脱玻璃罐装出售，通常零售价为每夸脱六十分；稀或草莓奶油以玻璃罐装出售或可散装购买，通常零售价为每夸脱三十分。浓奶油非常浓郁；因此

reason, when whipped without being diluted, it is employed as a garnish; even when so used, it is generally diluted with one-fourth to one-third its bulk in milk; when used in combination with other ingredients for making desserts, it is diluted from one-half to two-thirds its bulk in milk. Thin cream is whipped without being diluted. Cream should be thoroughly chilled for whipping. Turn cream to be whipped into a bowl (care being taken not to select too large a bowl), and set in pan of crushed ice, to which water is added that cream may be quickly chilled; without addition of water, cream will not be so thoroughly chilled.

理由，当不加稀释而搅打时，用作装饰；即使如此使用时，通常也按其体积的四分之一至三分之一加入牛奶稀释；当与其他配料配合用于制作甜点时，按其体积的二分之一至三分之二加入牛奶稀释。稀奶油不加稀释直接搅打。用于搅打的奶油应充分冷却。将待搅打的奶油倒入碗中(注意不要选用过大的碗)，置于碎冰盆中，加水以便奶油迅速冷却；若不加水，奶油则不能充分冷却。

For whipping heavy cream undiluted, or diluted with one-third or less its bulk in milk, use Dover egg-beater; undiluted heavy cream if beaten a moment too long will come to butter. Heavy cream diluted, whipped, sweetened, and flavored, is often served with puddings, and called Cream Sauce.

搅打未稀释的浓奶油，或用其体积三分之一或更少的牛奶稀释后搅打，使用多佛打蛋器；未稀释的浓奶油若搅打稍久便会变成黄油。稀释、搅打、加甜并调味的浓奶油常配布丁食用，称为奶油酱汁。

Thin cream is whipped by using a whip churn, as is heavy cream when diluted with one-half to two-thirds its bulk in milk. Place churn in bowl containing cream, hold down cover with left hand, with right hand work dasher with quick downward and slow upward motions; avoid raising dasher too high in cylinder, thus escaping spattering of cream. The first whip which appears should be stirred into cream, as air bubbles are too large and will break; second whip should be removed by spoonfuls to a strainer, strainer to be placed in a pan, as some cream will drain through. The first cream which drains through may be turned into bowl to be rewhipped, and continue whipping as long as possible.

稀奶油使用搅乳器搅打，浓奶油按其二分之一至三分之二体积加入牛奶稀释后亦如此搅打。将搅乳器置于盛有奶油的碗中，左手按住盖子，右手快速向下、缓慢向上操作搅杆；避免将搅杆在筒中提得过高，以免奶油飞溅。最初出现的奶油应拌回奶油中，因气泡过大将会破裂；第二次出现的奶油应用勺舀入滤网，滤网置于盆中，因部分奶油会滤过。最初滤过的奶油可倒回碗中重新搅打，并尽可能持续搅打。

There will be some cream left in bowl which does not come above perforations in whip churn, and cannot be whipped. Cream which

碗中会残留一些奶油，未达到搅乳器的穿孔以上，无法搅打。剩余的奶油

remains may be scalded and used to dissolve gelatine when making desserts which require gelatine. Cream should treble its bulk in whipping. By following these directions one need have no difficulty, if cream is of right consistency; always bearing in mind heavy cream must be whipped with a Dover egg-beater; thin cream must be whipped with a churn.

可以烫过，用于溶解明胶，制作需要明胶的甜点。奶油搅打后体积应增至三倍。按照这些说明操作，只要奶油稠度合适，就不会有困难；始终记住浓奶油必须用多佛打蛋器搅打；稀奶油必须用搅乳器搅打。

Charlotte Russe

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded cream
⅓ cup powdered sugar
Whip from 3½ cups thin cream
1½ teaspoons vanilla
6 lady fingers

Soak gelatine in cold water, dissolve in scalded cream, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice-water and stir constantly until it begins to thicken, then fold in whip from cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water, and again cool before adding whip. Trim ends and sides of lady fingers, place around inside of a mould, crust side out, one-half inch apart. Turn in mixture, and chill. Serve garnished with cubes of Wine Jelly. Charlotte Russe is sometimes made in individual moulds; these are often garnished on top with some of mixture forced through a pastry bag and tube. Individual moulds are frequently lined with thin slices of sponge cake cut to fit moulds.

夏洛特·鲁斯

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
1/3杯烫奶油
1/3杯糖粉
将31/2杯稀奶油打发
11/2茶匙香草
6 根手指饼干

将明胶浸入冷水中，在烫过的奶油中溶解，滤入碗中，加入糖和香草。将碗置于冰水盆中不断搅拌至开始变稠，然后翻拌加入奶油搅打物，每次加入三分之一。若明胶混合物变得过稠，可在热水上融化，再次冷却后再加入搅打物。修整手指饼的两端和两侧，将其围放在模具内壁，饼皮面朝外，间隔半英寸。倒入混合物，冷藏。上桌时以葡萄酒果冻方块装饰。夏洛特俄式有时以单个模具制作；这些模具顶部常用裱花袋和裱花嘴挤上部分混合物作装饰。单个模具常以切成适合模具大小的薄海绵蛋糕片衬里。

Orange Trifle

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
½ cup boiling water
1 cup sugar
1 cup orange juice
Grated rind 1 orange
1 tablespoon lemon juice
Whip from 3½ cups cream
Make same as Charlotte Russe, and mould; or make orange jelly, color with fruit red, and cover bottom of mould one-half inch deep; chill, and when firm fill with Orange Trifle mixture. Cool remaining jelly in shallow pan, cut in cubes, and garnish base of mould.

Banana Cantaloupe

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
Whites 2 eggs
¼ cup powdered sugar
¾ cup scalded cream
⅔ cup sugar
4 bananas, mashed pulp
1 tablespoon lemon juice
Whip from 3½ cups cream
12 lady fingers
Soak gelatine in cold water, beat whites of eggs slightly, add

橙子松糕

半盒明胶或

2汤匙颗粒明胶 1/2杯冷水

1/2 杯沸水

一杯糖

一杯橙汁

磨碎的橙皮 1 个橙子的量

一汤匙柠檬汁

从31/2杯奶油中打发

按夏洛特·鲁斯的方法制作并装入模具；或制作橙子果冻，用果红着色，覆盖模具底部半英寸深；冷藏，待其凝固后填入橙子屈莱弗混合物。将剩余的果冻在浅盘中冷却，切成方块，装饰模具底部。

香蕉哈密瓜

半盒明胶或

2汤匙颗粒明胶 1/2杯冷水

将2个蛋白打发

1/4杯糖粉

3/4 杯烫奶油

2/3杯糖

4根香蕉，捣碎的果肉

一汤匙柠檬汁

从31/2杯奶油中打发

12根手指饼干

将明胶浸泡在冷水中，轻轻打散蛋白，加入

powdered sugar, and gradually hot cream, cook over hot water until it thickens; add soaked gelatine and remaining sugar, strain into a pan set in ice-water, add bananas and lemon juice, stir until it begins to thicken, then fold in whip from cream. Line a melon mould with lady fingers trimmed to just fit sections of mould, turn in the mixture, spread evenly, and chill.

糖粉，逐渐加入热奶油，在热水上煮至变稠；加入浸泡过的明胶和剩余的糖，过滤到置于冰水中的锅中，加入香蕉和柠檬汁，搅拌至开始变稠，然后翻拌入奶油搅打成的打发奶油。用修剪至恰好适合模具各部分的的手指饼干铺在瓜形模具内，倒入混合物，均匀铺平，冷藏。

Chocolate Charlotte

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded cream
1½ squares Baker's chocolate
3 tablespoons hot water
⅔ cup powdered sugar
Whip from 3 cups cream
1 teaspoon vanilla
6 lady fingers
Melt chocolate by placing in a small saucepan set in a larger saucepan of boiling water, add half the sugar, dilute with boiling water, and add to gelatine mixture while hot. Proceed same as in recipe for Charlotte Russe.

巧克力夏洛特

1/4盒明胶或
一汤匙颗粒状明胶
1/4 杯冷水
1/3杯烫奶油
11/2 方块贝克牌巧克力
3汤匙热水
2/3杯糖粉
将3杯奶油搅打
一茶匙香草精
6 根手指饼干
将巧克力放入置于沸水大锅中的小锅中融化，加入一半的糖，用沸水稀释，趁热加入明胶混合物中。按夏洛特·鲁斯食谱的方法继续操作。

Caramel Charlotte Russe

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
½ cup scalded cream
⅓ cup sugar, caramelized

焦糖夏洛特·鲁斯

1/4盒明胶或1汤匙颗粒明胶 1/4杯冷水
1/2杯烫过的奶油 1/3杯糖，焦糖化

¼ cup powdered sugar
1½ teaspoons vanilla
Whip from 3½ cups cream
6 lady fingers
Make same as Charlotte Russe, adding caramelized sugar to scalded cream before putting into gelatine mixture.

Burnt Almond Charlotte

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
¾ cup scalded milk
½ cup sugar
½ cup sugar, caramelized
¾ cup blanched and finely chopped almonds
1 teaspoon vanilla
Whip from 3½ cups cream
6 lady fingers
Make same as Caramel Charlotte Russe, adding nuts before folding in cream.

Ginger Cream

¼ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
1 cup milk
Yolks 2 eggs
¼ cup sugar

1/4杯糖粉
11/2茶匙香草
从31/2杯奶油中打发
6 根手指饼干
按夏洛特·鲁斯的方法制作，在加入明胶混合物之前将焦糖化的糖加入烫过的奶油中。

焦杏仁夏洛特

半盒明胶或
2汤匙颗粒明胶 1/2杯冷水

3/4 杯烫牛奶
1/2 杯糖
1/2杯糖，焦糖化
3/4 杯去皮并切碎的杏仁 1 茶匙香草

从31/2杯奶油中打发
6 根手指饼干
按焦糖夏洛特·露丝的做法制作，在拌入奶油前加入坚果。

姜汁奶油

四分之一盒明胶或一汤匙颗粒明胶四
分之一杯冷水一杯牛奶

蛋黄 2 个鸡蛋
1/4杯糖

Few grains salt
1 tablespoon wine
½ tablespoon brandy
2 tablespoons ginger syrup
¼ cup Canton ginger, cut in pieces
Whip from 2½ cups cream
Soak gelatine, and add to custard made of milk, eggs, sugar, and salt. Strain, chill in pan of ice-water, add flavorings, and when it begins to thicken fold in whip from cream.

Orange Charlotte

⅓ box gelatine or
1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
3 tablespoons lemon juice
1 cup orange juice and pulp
Whites 3 eggs
Whip from 2 cups cream
Soak gelatine in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice-water; when quite thick, beat with wire spoon or whisk until frothy, then add whites of eggs beaten stiff, and fold in cream. Line a mould with sections of oranges, turn in mixture, smooth evenly, and chill.

Strawberry Sponge

⅓ box gelatine or

少许盐
1汤匙葡萄酒
1/2 汤匙白兰地
2汤匙姜糖浆
1/4 杯广东姜，切块从 21/2 杯奶油中打
发
浸泡明胶，加入用牛奶、鸡蛋、糖和盐制成的蛋奶酱中。过滤，在冰水盆中冷却，加入调味料，待其开始变稠时翻拌入奶油搅打成的打发奶油。

橙子夏洛特

1/3盒明胶或
1 1/3 汤匙颗粒明胶 1/3 杯冷水

1/3 杯沸水
一杯糖
3汤匙柠檬汁
一杯橙汁和果肉
将3个蛋白打发
将2杯奶油搅打
将明胶浸泡在冷水中，溶解于沸水中，过滤，加入糖、柠檬汁、橙汁和果肉。在冰水盆中冷却；待其相当浓稠时，用金属丝勺或打蛋器搅打至起泡，然后加入搅打至硬挺的蛋清，翻拌入奶油。用橙子瓣铺在模具内，倒入混合物，均匀铺平，冷藏。

草莓海绵蛋糕

1/3盒明胶或

1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
1 tablespoon lemon juice
1 cup strawberry juice
Whites 3 eggs
Whip from 3 cups cream
Make same as Orange Charlotte.

Orange Baskets

Cut two pieces from each orange, leaving what remains in shape of basket with handle, remove pulp from baskets and pieces, and keep baskets in ice-water until ready to fill. From orange juice make orange jelly with which to fill baskets. Serve garnished with Cream Sauce.

Orange Jelly in Ambush

Cut oranges in halves lengthwise, remove pulp and juice. With juice make Orange Jelly to fill half the pieces. Fill remaining pieces with Charlotte Russe mixture. When both are firm, put together in pairs and tie together with narrow white ribbon.

Bavarian Cream (Quick)

½ lemon, grated rind and juice
½ cup white wine
⅓ cup sugar
2 eggs
1 teaspoon granulated gelatine

1 1/3 汤匙颗粒明胶 1/3 杯冷水

1/3 杯沸水 1 杯糖

一汤匙柠檬汁

一杯草莓汁蛋白 3 个

将3杯奶油搅打

照橘子夏洛特的做法制作。

橙皮篮

从每个橙子上切下两片，使剩余部分呈带提手的篮子形状，从篮子和切片中取出果肉，将篮子放在冰水中备用。用橙汁制作橙子果冻，用以填充篮子。配奶油酱汁装饰食用。

埋伏中的橙子果冻

将橙子纵向切成两半，取出果肉和果汁。用果汁制作橙子果冻，填充一半的橙皮。剩余的橙皮填入夏洛特·鲁斯混合物。待两者都凝固后，两两配对合在一起，用窄白色丝带系好。

巴伐利亚奶油(速成)

1/2个柠檬，取磨碎的皮和汁 1/2杯
白葡萄酒 1/3杯糖

2个鸡蛋

一茶匙颗粒状明胶

1 tablespoon cold water
Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over whites of eggs beaten stiff. Set in pan of ice-water and beat until thick enough to hold its shape. Turn into a mould lined with lady fingers, and chill. Orange juice may be used in place of wine, and the cream served in orange baskets.

Strawberry Bavarian Cream

Line a mould with large, fresh strawberries cut in halves, fill with Charlotte Russe mixture.

Pineapple Bavarian Cream

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
1 can grated pineapple
½ cup sugar
1 tablespoon lemon juice
Whip from 3 cups cream
Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice, and soaked gelatine; chill in pan of ice-water, stirring constantly; when it begins to thicken, fold in whip from cream, mould, and chill.

Royal Diplomatic Pudding

Place mould in pan of ice-water and pour in Wine Jelly II one-half inch deep. When firm, decorate with candied cherries and angelica, proceed as for Fruit Chartreuse, filling the centre with

一汤匙冷水
将柠檬、葡萄酒、糖和蛋黄混合；在火上用力搅拌至混合物变稠，加入泡过水的吉利丁，然后倒入搅打至硬挺的蛋白中。置于冰水盆中搅打至足够浓稠能保持形状。倒入铺有手指饼干的模具中，冷藏。可用橙汁代替葡萄酒，奶油可盛在橙皮篮中上桌。

草莓巴伐利亚奶油

在模具内壁铺上切成两半的大颗新鲜草莓，填入夏洛特·鲁斯混合物。

菠萝巴伐利亚奶油

半盒明胶或
2汤匙颗粒明胶 1/2杯冷水

1 一杯磨碎的菠萝
1/2 杯糖
一汤匙柠檬汁
将3杯奶油搅打
将吉利丁浸泡在冷水中。加热菠萝，加入糖、柠檬汁和泡好的吉利丁；在冰水盆中冷藏，不断搅拌；当开始变稠时，翻拌入奶油打发的蓬松奶油，入模，冷藏。

皇家外交布丁

将模具放入冰水盆中，倒入葡萄酒果冻II，深度半英寸。凝固后，用糖渍樱桃和当归装饰，按水果夏洛特的做法继续操作，中心填入

Charlotte Russe mixture or Fruit Cream.

夏洛特·鲁斯混合料或水果奶油。

Fruit Cream

Peel four bananas, mash, and rub through a sieve; add pulp and juice of two oranges, one tablespoon lemon juice, one tablespoon Sherry wine, two-thirds cup powdered sugar, and one and one-fourth tablespoons granulated gelatine dissolved in one-fourth cup boiling water. Cool in ice-water, stirring constantly, and fold in whip from two cups cream.

水果奶油

将四根香蕉去皮，捣碎，过筛；加入两个橙子的果肉和果汁、一汤匙柠檬汁、一汤匙雪利酒、三分之二杯糖粉，以及一又四分之一汤匙颗粒吉利丁(溶于四分之一杯沸水中)。在冰水中冷却，不断搅拌，翻拌入两杯奶油打发的蓬松奶油。

Ivory Cream

¾ tablespoon granulated gelatine
1 tablespoon cold water
2 tablespoons boiling water
3 cups cream
4 tablespoons powdered sugar
3 tablespoons Madeira wine
Soak gelatine in cold water, dissolve in boiling water, and add sugar and wine. Strain into a bowl, set in pan of ice-water, and beat until mixture thickens slightly. Add to mixture whip from cream, and beat until mixture is thick enough to hold its shape. Mould and chill. Garnish with Sauterne Jelly.

象牙奶油

3⁄4 汤匙颗粒明胶 1 汤匙冷水

两汤匙沸水

3杯奶油

4汤匙糖粉

3汤匙马德拉葡萄酒

将吉利丁浸泡在冷水中，在沸水中溶解，加入糖和葡萄酒。过滤到碗中，置于冰水盆中，搅打至混合物略微变稠。加入奶油打发的蓬松奶油，搅打至混合物足够浓稠能保持形状。入模并冷藏。用苏玳果冻装饰。

Pudding à l’Adrea

2 cups thin cream
1½ tablespoons granulated gelatine
2 tablespoons cold water
¾ cup sugar
Whites 4 eggs

安德烈亚布丁

两杯稀奶油

11⁄2 汤匙颗粒明胶

2汤匙冷水 3⁄4杯糖

将4个蛋的蛋白

3 tablespoons Sherry
1½ tablespoons Sauterne
Sauterne jelly mixture
Make one-half recipe for Sauterne Jelly (see p. 420), allowing one and one-third tablespoons granulated gelatine. Color one-half green and one-half red. Fill sections of a fancy mould alternately with green and red jelly. In the green jelly mould pistachio nuts cut in quarters; in red jelly glacéd cherries cut in quarters.

Scald cream, add gelatine soaked in cold water, then add whites of eggs beaten until stiff; add sugar. Remove from range, set in pan of ice-water, and stir occasionally until mixture thickens; then add flavoring and turn into mould. Chill thoroughly and remove from mould.

French Easter Cream

⅓ cup raisins
¼ cup brandy
2 cups cream
½ cup sugar
Yolks 3 eggs
⅛ teaspoon salt
1 tablespoon granulated gelatine
2 tablespoons cold water
Maraschino ¼ cup each
Slow gin

3汤匙雪利酒
11/2汤匙索泰尔讷葡萄酒
苏玳果冻混合物

制作半份索泰尔纳果冻(见第420页)，使用一又三分之一汤匙颗粒明胶。将一半染成绿色，一半染成红色。在花式模具的各分区中交替填入绿色和红色果冻。在绿色果冻中放入切成四瓣的开心果；在红色果冻中放入切成四瓣的糖渍樱桃。

烫奶油，加入用冷水浸泡的明胶，然后加入搅打至硬挺的蛋清；加糖。从炉上取下，置于冰水盆中，偶尔搅拌至混合物变稠；然后加入调味料并倒入模具。彻底冷藏后脱模。

法式复活节奶油

1/3杯葡萄干
1/4杯白兰地
两杯奶油
1/2 杯糖
蛋黄 3 个鸡蛋
1/8茶匙盐
一汤匙颗粒状明胶
两汤匙冷水黑樱桃酒
各1/4杯
慢金酒

Brandy

1 teaspoon vanilla

Seed raisins, add brandy, and cook in double boiler until raisins are soft. Make a custard of cream, sugar, egg yolks and salt. Remove from range, add gelatine soaked in cold water. Strain, cool slightly, add flavorings, stir until mixture thickens, then add raisins. Mould and chill. Remove from mould, and garnish with Sauterne Jelly (colored violet), cut in cubes, and fresh violets.

Marshmallow Pudding à la Stanley

½ pound marshmallows
1 cup heavy cream
½ teaspoon vanilla
¼ cup candied cherries
½ cup English walnut meats
2 tablespoons powdered sugar
Soak cherries in rum to cover one hour, then cut in pieces. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla, fold in remaining ingredients. Mould and chill.

CHAPTER XXVI
ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS

Ices and other frozen dishes comprise the most popular desserts. Hygienically speaking, they cannot be recommended for the final course of a dinner, as cold mixtures reduce the temperature of the

白兰地

一茶匙香草精

给葡萄干去籽，加入白兰地，在双层蒸锅中煮至葡萄干变软。用奶油、糖、蛋黄和盐制作蛋奶糊。从炉上取下，加入用冷水浸泡的明胶。过滤，稍冷却，加入调味料，搅拌至混合物变稠，然后加入葡萄干。入模冷藏。脱模后，用切成方块的索泰尔纳果冻(染成紫罗兰色)和新鲜紫罗兰装饰。

斯坦利式棉花糖布丁

1/2磅棉花糖

一杯淡奶油

1/2茶匙香草精

1/4杯糖渍樱桃

1/2 杯英国核桃仁

2汤匙糖粉

将樱桃浸泡在朗姆酒中一小时(酒量以没过樱桃为准)，然后切碎。将核桃仁和棉花糖切成小块。搅打奶油，加入糖和香草精，翻拌入其余配料。入模冷藏。

第二十六章
冰品、冰淇淋及其他冷冻甜点

冰品及其他冷冻菜肴是最受欢迎的甜点。从卫生学角度而言，不建议将其作为餐末的最后一道，因为冰冷的混合物会降低

stomach, thus retarding digestion until the normal temperature is again reached. But how cooling, refreshing, and nourishing, when properly taken, and of what inestimable value in the sick room!

Frozen dishes include:—

Water ice,—fruit juice sweetened, diluted with water, and frozen.

Sherbet,—water ice to which is added a small quantity of dissolved gelatine or beaten whites of eggs.

Frappé,—water ice frozen to consistency of mush; in freezing, equal parts of salt and ice being used to make it granular.

Punch,—water ice to which is added spirit and spice.

Sorbet,—strictly speaking, frozen punch; the name is often given to a water ice where several kinds of fruit are used.

Philadelphia Ice Cream,—thin cream, sweetened, flavored, and frozen.

Plain Ice Cream,—custard foundation, thin cream, and flavoring.

Mousse,—heavy cream, beaten until stiff, sweetened, flavored, placed in a mould, packed in salt and ice (using two parts crushed ice to one part salt), and allowed to stand three hours; or whip from thin cream may be used folded into mixture containing small quantity of gelatine.

How to Freeze Desserts

The prejudice of thinking a frozen dessert difficult to prepare has long since been overcome. With ice cream freezer, burlap bag,

胃的温度，从而延缓消化，直至恢复正常温度。但若食用得当，它们是多么清凉、爽口且富有营养，在病室中又具有何等不可估量的价值!

冷冻菜肴包括：-

水冰,--用果汁加甜、兑水后冷冻而成。

雪葩--水冰中加入少量溶解的明胶或搅打的蛋清。

冰沙--冷冻至粥状稠度的水冰；冷冻时使用等量的盐和冰使其呈颗粒状。

潘趣酒,--加入烈酒和香料的水冰。

索尔贝--严格来说，是冷冻的潘趣酒；该名称常用于使用多种水果的水冰。

费城冰淇淋,--稀奶油加糖、调味并冷冻而成。

原味冰淇淋,--以蛋奶糊为基底，稀奶油，以及调味料。

慕斯--将浓奶油搅打至硬挺，加糖、调味，放入模具，用盐和冰包裹(使用两份碎冰对一份盐)，静置三小时；也可使用稀奶油打发的泡沫翻拌入含少量明胶的混合物中。

如何冷冻甜点

认为冷冻甜点难以制作的偏见早已被克服。有了冰淇淋冷冻机、粗麻布袋、

wooden mallet or axe, small saucepan, sufficient ice and coarse rock salt, the process neither takes much time nor patience. Snow may be used instead of ice; if not readily acted on by salt, pour in one cup cold water. Crush ice finely by placing in bag and giving a few blows with mallet or broad side of axe; if there are any coarse pieces, remove them. Place can containing mixture to be frozen in wooden tub, cover, and adjust top. Turn crank to make sure can fits in socket. Allow three level measures ice to one of salt, and repeat until ice and salt come to top of can, packing solidly, using handle of mallet to force it down. If only small quantity is to be frozen, the ice and salt need come only a little higher in the tub than mixture to be frozen. These are found the best proportions of ice and salt to insure smooth, fine-grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappé. If a larger proportion of salt is used, mixture will freeze in shorter time and be of granular consistency, which is desirable only for frappé.

木槌或斧头、小炖锅、足量的冰和粗岩盐，这个过程既不需要太多时间，也不需要太多耐心。可以用雪代替冰；如果盐不能很快起作用，就倒入一杯冷水。将冰放入袋中，用木槌或斧头宽面敲几下，把冰砸碎；如果有粗块，就挑出来。把装有待冷冻混合物的罐子放入木桶，盖上盖子，调整好顶盖。转动曲柄，确认罐子能卡进槽中。按三平份冰配一份盐的比例放入，重复操作，直到冰和盐到达罐口，并压实，用木槌柄把它压下去。如果只冷冻少量混合物，桶中的冰和盐只需略高于待冷冻的混合物即可。人们发现，这些是保证奶油、雪葩或水冰质地细腻顺滑的最佳冰盐比例，而等份的盐和冰则用于冷冻frappé。如果使用更大比例的盐，混合物会更快冻结，并呈颗粒状质地，这只有frappé才需要。

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled; by overcrowding can, cream will be made coarse-grained. Turn the crank slowly and steadily to expose as large surface of mixture as possible to ice and salt. After frozen to a mush, the crank may be turned more rapidly, adding more ice and salt if needed; never draw off salt water until mixture is frozen, unless there is possibility of its getting into the can, for salt water is what effects freezing; until ice melts, no change will take place. After freezing is accomplished, draw off water, remove dasher, and with spoon pack solidly. Put cork in opening of cover, then put on cover. Re-pack freezer, using four measures ice to one of salt. Place over top

混合物在冷冻过程中体积会膨胀，所以罐子绝不能装超过四分之三；如果装得太满，奶油会变得粗糙。缓慢而稳定地转动曲柄，让混合物尽可能大的表面接触冰和盐。冻成糊状后，可以转得更快；如有需要，再加冰和盐；在混合物冻结之前，绝不要放掉盐水，除非盐水有可能进入罐中，因为正是盐水产生冷冻效果；在冰融化之前，不会发生变化。冷冻完成后，放掉水，取出搅拌桨，用勺子压实。在盖子的开口处塞上软木塞，然后盖上盖子。重新给冷冻器加冰盐，按四份冰配一份盐的比例。把顶部盖上

newspapers or piece of carpet; when serving time comes, remove can, wipe carefully, and place in vessel of cool water; let stand one minute, remove cover, and run a knife around edge of cream, invert can on serving dish, and frozen mixture will slip out. Should there be any difficulty, a cloth wrung out of hot water, passed over can, will aid in removing mixture.

报纸或一块地毯；上桌时间到来时，取出内罐，仔细擦拭，放入盛有凉水的容器中；静置一分钟，取下盖子，用刀沿奶油边缘划一圈，将罐倒扣在供餐盘上，冷冻混合物便会滑出。若有困难，用一块在热水中拧干的布擦拭罐身，有助于取出混合物。

To Line a Mould

Allow mould to stand in salt and ice until well chilled. Remove cover, put in mixture by spoonfuls, and spread with back of spoon or a case knife evenly three-quarters inch thick.

为模具衬里

让模具在盐和冰中静置至充分冷却。取下盖子，用勺子将混合物舀入，用勺背或餐刀均匀铺成四分之三英寸厚。

To Mould Frozen Mixtures

When frozen mixtures are to be bricked or moulded, avoid freezing too hard. Pack mixture solidly in moulds and cover with buttered paper, buttered side up. Have moulds so well filled that mixture is forced down sides of mould when cover is pressed down. Re-pack in salt and ice, using four parts ice to one part salt. If these directions are carefully followed, one may feel no fear that salt water will enter cream, even though moulds be immersed in salt water.

冷冻混合物的塑形

当冷冻混合物需要制成砖形或入模时，避免冷冻过度。将混合物紧实地装入模具，盖上涂了黄油的纸，涂油面朝上。模具应装得足够满，以便压下盖子时混合物被挤向模具侧壁。重新用盐和冰包裹，使用四份冰对一份盐。若严格遵循这些指示，即使模具浸入盐水中，也无需担心盐水渗入奶油。

Lemon Ice

4 cups water
2 cups sugar
¾ cup lemon juice
Make a syrup by boiling water and sugar twenty minutes; add lemon juice; cool, strain, and freeze. See directions for freezing, page 434.

柠檬冰

4杯水
两杯糖
3⁄4杯柠檬汁
将水和糖煮沸二十分钟制成糖浆；加入柠檬汁；冷却、过滤并冷冻。参见第434页的冷冻说明。

Cup St. Jacques

Serve Lemon Ice in champagne glasses. Put three-fourths teaspoon Maraschino in each glass, and garnish with bananas cut in one-fourth inch slices, and slices cut in quarters, candied cherries cut in halves, Malaga grapes from which skins and seeds have been removed, and angelica cut in strips.

Orange Ice

4 cups water
2 cups sugar
2 cups orange juice
¼ cup lemon juice
Grated rind of two oranges
Make syrup as for Lemon Ice; add fruit juice and grated rind; cool, strain, and freeze.

Maraschino Ice

Prepare Orange Ice mixture, freeze to a mush, flavor with Maraschino, and finish freezing. Serve in frappé glasses.

Pomegranate Ice

Same as Orange Ice, made from blood oranges.

Raspberry Ice I

4 cups water
1⅔ cups sugar
2 cups raspberry juice

扇贝杯

将柠檬冰盛于香槟杯中。每杯放入四分之三茶匙黑樱桃酒，并用切成四分之一英寸圆片的香蕉(圆片再切成四瓣)、切成两半的糖渍樱桃、去皮的马拉加葡萄以及切成条的当归装饰。

橙子冰

4杯水
两杯糖
两杯橙汁
1/4杯柠檬汁
两个橙子的磨碎外皮
按柠檬冰的方法制作糖浆；加入果汁和磨碎的果皮；冷却、过滤并冷冻。

黑樱桃酒冰

制备橙子冰混合物，冷冻至粥状，用黑樱桃酒调味，完成冷冻。盛于冰沙杯中。

石榴冰

与橙子冰相同，用血橙制作。

覆盆子冰沙 I

4杯水
12/3杯糖
两杯覆盆子汁

2 tablespoons lemon juice
Make a syrup as for Lemon Ice, cool, add raspberries mashed, and squeezed through double cheese-cloth, and lemon juice; strain and freeze.

Raspberry Ice II

1 quart raspberries
1 cup sugar
1 cup water
Lemon juice
Sprinkle raspberries with sugar, cover, and let stand two hours. Mash, squeeze through cheese-cloth, add water and lemon juice to taste, then freeze. Raspberry ice prepared in this way retains the natural color of the fruit.

Strawberry Ice I

4 cups water
1½ cups sugar
2 cups strawberry juice
1 tablespoon lemon juice
Prepare and freeze same as Raspberry Ice I.

Strawberry Ice II

1 quart box strawberries
1 cup sugar
1 cup water
Lemon juice
Make same as Raspberry Ice II.

2汤匙柠檬汁
按柠檬冰的方法制作糖浆，冷却，加入捣碎并用双层奶酪布挤压过滤的覆盆子以及柠檬汁；过滤并冷冻。

覆盆子冰沙 II

一夸脱覆盆子
一杯糖
一杯水
柠檬汁
将覆盆子撒上糖，盖上，静置两小时。捣碎，用奶酪布挤压过滤，加入水和柠檬汁调味，然后冷冻。以此法制作的覆盆子冰保留了水果的天然色泽。

草莓冰 I

4杯水
11⁄2杯糖
两杯草莓汁
一汤匙柠檬汁
按第一号覆盆子冰的做法制作并冷冻。

草莓冰沙 II

一夸脱盒装草莓
一杯糖
一杯水
柠檬汁
与覆盆子冰沙 II 相同。

Currant Ice

4 cups water
1½ cups sugar
2 cups currant juice
Prepare and freeze same as Raspberry Ice I.

Raspberry and Currant Ice

4 cups water
1⅓ cups sugar
⅔ cup raspberry juice
1⅓ cups currant juice
Prepare and freeze same as Raspberry Ice I.

Crême de Menthe Ice

4 cups water
1 cup sugar
⅓ cup Crême de Menthe cordial
Burnett's Leaf Green
Make a syrup as for Lemon Ice, add cordial and coloring; strain and freeze.

Icebergs

Dissolve two cups sugar in three cups boiling water; cool, add three-fourths cup lemon juice, color with leaf green, and freeze. Serve in champagne glasses. Put one teaspoon Crême de Menthe in each glass, and sprinkle with finely chopped nut meats, using almonds, filberts, pecans, and walnuts in equal proportions. These

醋栗冰

4杯水
11/2杯糖
两杯醋栗汁
按第一号覆盆子冰的做法制作并冷冻。

覆盆子与醋栗冰

4杯水
1 1/3 杯糖
2/3杯覆盆子汁 11/3杯醋
栗汁
按第一号覆盆子冰的做法制作并冷冻。

薄荷奶油冰

4杯水
一杯糖
1/3杯薄荷甜酒
伯内特叶绿
按制作柠檬冰的方法制成糖浆，加入甘露酒和色素；过滤后冷冻。

冰山

将两杯糖溶于三杯沸水中；冷却，加入四分之三杯柠檬汁，用叶绿素染色，然后冷冻。盛于香槟杯中。每杯放入一茶匙薄荷利口酒，撒上切碎的坚果仁，使用等量的杏仁、榛子、碧根果和核桃。这些

may be used after the roast and before the game.

Canton Sherbet

4 cups water
1 cup sugar
¼ lb. Canton ginger
½ cup orange juice
⅓ cup lemon juice
Cut ginger in small pieces, add water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and freeze. To be used in place of punch at a course dinner. This quantity is enough to serve twelve persons.

Milk Sherbet

4 cups milk
1½ cups sugar
Juice 3 lemons
Mix juice and sugar, stirring constantly while slowly adding milk; if added too rapidly mixture will have a curdled appearance, which is unsightly, but will not affect the quality of sherbet; freeze and serve.

Frozen Chocolate with Whipped Cream

2 squares Baker's chocolate
1 cup sugar
Few grains salt
1 cup boiling water
3 cups rich milk
Scald milk. Melt chocolate in small saucepan placed over hot

可在烤肉之后、野味之前使用。

广州雪葩

4杯水
一杯糖
1/4磅广东姜
1/2 杯橙汁
1/3杯柠檬汁
将姜切成小块，加入水和糖，煮沸十五分钟；加入果汁，冷却、过滤并冷冻。用于替代正餐中的潘趣酒。此分量足够十二人食用。

牛奶雪葩

4杯牛奶
11/2杯糖
将3个柠檬榨汁
混合果汁和糖，缓慢加入牛奶的同时不断搅拌；若加入过快，混合物会呈现凝乳状外观，虽不美观，但不影响雪葩的品质；冷冻后食用。

冷冻巧克力配打发奶油

2 方块贝克巧克力
一杯糖
少许盐
一杯沸水
3杯浓牛奶
将牛奶加热至微沸。将巧克力放入置于热水上的小炖锅中融化

water, add one-half the sugar, salt, and gradually boiling water. Boil one minute, add to scalded milk with remaining sugar. Cool, freeze, and serve in glasses. Garnish with whipped cream sweetened and flavored with vanilla.

Pineapple Frappé

2 cups water
1 cup sugar
Juice 3 lemons
2 cups ice-water
1 can grated pineapple or
1 pineapple shredded
Make a syrup by boiling water and sugar fifteen minutes; add pineapple and lemon juice; cool, strain, add ice-water, and freeze to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

Pineapple Sorbet

2 cups water
2 cups sugar
1 can grated pineapple or
1 pineapple shredded
1⅓ cups orange juice
½ cup lemon juice
1 quart Apollinaris
Prepare and freeze same as Pineapple Frappé.

Sicilian Sorbet

1 can peaches

水，加入一半的糖、盐，以及逐渐加入的沸水。煮沸一分钟，与剩余的糖一起加入烫过的牛奶中。冷却、冷冻，盛于玻璃杯中。用加糖并用香草调味的搅打奶油装饰。

菠萝冰沙

两杯水
一杯糖
将3个柠檬榨汁
两杯冰水
1 可以使用磨碎的菠萝或
1个菠萝，切丝
将水和糖煮沸十五分钟制成糖浆；加入菠萝汁和柠檬汁；冷却、过滤，加入冰水，冷冻至粥状，使用等量的冰和盐。若使用新鲜水果，则需要更多的糖。

菠萝雪葩

两杯水
两杯糖
1 可以使用磨碎的菠萝或
1个菠萝，切丝
1 1⁄3 杯橙汁
1⁄2 杯柠檬汁
一夸脱阿波利纳里斯矿泉水
按菠萝冰沙(Pineapple Frappé)同样方法制备并冷冻。

西西里雪葩

1 罐装桃子

1 cup sugar
2 cups orange juice
2 tablespoons lemon juice
Press peaches through a sieve, add sugar and fruit juices. Freeze and serve.

Italian Sorbet

4 cups water
2 cups sugar
1½ cups orange juice
1½ cups grape fruit juice
½ cup lemon juice
¼ cup wine
Prepare and freeze same as Pineapple Frappé.

Apricot Sorbet

1 can apricots
1 cup sugar
½ cup wine
¼ cup lemon juice
1 pint cream
Drain apricots, and add to syrup the pulp rubbed through a sieve. Add sugar, wine, and lemon juice. Freeze to a mush, then fold in the whip obtained from cream. Let stand one and one-half hours, and serve in glasses.

Café Frappé

White 1 egg

一杯糖
两杯橙汁
2汤匙柠檬汁
将桃子过筛压成泥，加入糖和果汁。冷冻后食用。

意大利雪葩

4杯水
两杯糖
11/2杯橙汁
11/2杯葡萄柚汁 1/2杯柠檬汁

1/4杯葡萄酒
按菠萝冰沙(Pineapple Frappé)同样方法制备并冷冻。

杏子雪葩

1 罐装杏
一杯糖
1/2 杯葡萄酒
1/4杯柠檬汁
1品脱奶油
沥干杏子，将过筛的果肉加入糖浆中。加入糖、葡萄酒和柠檬汁。冷冻至粥状，然后翻拌入奶油打发的泡沫。静置一又二分之一小时，盛于玻璃杯中。

冰镇咖啡

白1个鸡蛋

½ cup cold water
½ cup ground coffee
4 cups boiling water
1 cup sugar
Beat white of egg slightly, add cold water, and mix with coffee; turn into scalded coffee-pot, add boiling water, and let boil one minute; place on back of range ten minutes; strain, add sugar, cool, and freeze same as Pineapple Frappé. Serve in frappé glasses, with whipped cream, sweetened and flavored.

Cranberry Frappé

1 quart cranberries
2 cups water
2 cups sugar
Juice 2 lemons
Cook cranberries and water eight minutes; then force through a sieve. Add sugar and lemon juice, and freeze to a mush, using equal parts of ice and salt.

Grape Frappé

4 cups water
2 cups sugar
2 cups grape juice
⅔ cup orange juice
¼ cup lemon juice
Prepare and freeze same as Pineapple Frappé.

Pomona Frappé

1½ cups sugar

1/2 杯冷水
1/2杯研磨咖啡
4杯沸水
一杯糖
将蛋清轻轻搅打，加入冷水，与咖啡混合；倒入烫过的咖啡壶中，加入沸水，煮沸一分钟；置于炉后十分钟；过滤，加糖，冷却，按菠萝冰沙的方法冷冻。盛于冰沙杯中，配以加糖调味的搅打奶油。

蔓越莓冰沙

一夸脱蔓越莓
两杯水
两杯糖
将2个柠檬榨汁
将蔓越莓和水煮八分钟；然后过筛。加入糖和柠檬汁，冷冻至粥状，使用等量的冰和盐。

葡萄冰沙

4杯水
两杯糖
两杯葡萄汁
2/3杯橙汁
1/4杯柠檬汁
按菠萝冰沙(Pineapple Frappé)同样方法制备并冷冻。

波莫纳冰沙

11/2杯糖

4 cups water
1 quart sweet cider
2 cups orange juice
½ cup lemon juice
Make a syrup by boiling sugar and water twenty minutes. Add cider, orange juice, and lemon juice. Cool, strain, and freeze to a mush.

Clam Frappé

20 clams
½ cup cold water
Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain the liquor, cool, and freeze to a mush.

Frozen Cranberries

4 cups cranberries
2¼ cups sugar
1½ cups boiling water
Pick over and wash cranberries, add water and sugar, and cook ten minutes, skimming during the cooking. Rub through a sieve, cool, and pour into one-pound baking-powder boxes. Pack in salt and ice, using equal parts, and let stand four hours. If there is not sufficient mixture to fill two boxes, add water to make up the desired quantity. Serve as a substitute for cranberry sauce or jelly.

Frozen Apricots

1 can apricots

4杯水
一夸脱甜苹果酒
两杯橙汁
1/2 杯柠檬汁
将糖和水煮沸二十分钟制成糖浆。加入苹果酒、橙汁和柠檬汁。冷却，过滤，冷冻至冰沙状。

蛤蜊冰沙

20只蛤蜊
1/2 杯冷水
将蛤蜊彻底洗净，换水数次；放入炖锅加冷水，盖紧，蒸至壳张开。滤出汤汁，冷却，冷冻至冰沙状。

冷冻蔓越莓

4杯蔓越莓
21/4杯糖
11/2杯沸水
挑选并洗净蔓越莓，加水加糖，煮十分钟，煮时撇去浮沫。用筛子擦滤，冷却，倒入一磅装发酵粉盒中。用等量的盐和冰埋好，静置四小时。若混合液不足以装满两盒，加水补足所需分量。作为蔓越莓酱汁或果冻的替代品供食。

冷冻杏

1 罐装杏

1½ cups sugar
Water
Drain apricots, and cut in small pieces. To the syrup add enough water to make four cups, and cook with sugar five minutes; strain, add apricots, cool, and freeze. Peaches may be used instead of apricots. To make a richer dessert, add the whip from two cups cream when frozen to a mush, and continue freezing.

Pineapple Cream

2 cups water
1 cup sugar
1 can grated pineapple
2 cups cream
Make syrup by boiling sugar and water fifteen minutes; strain, cool, add pineapple, and freeze to a mush. Fold in whip from cream; let stand thirty minutes before serving. Serve in frappé glasses and garnish with candied pineapple.

Cardinal Punch

4 cups water
2 cups sugar
⅔ cup orange juice
⅓ cup lemon juice
¼ cup brandy
¼ cup Curaçoa
¼ cup tea infusion
Make syrup as for Lemon Ice, add fruit juice and tea, freeze to a mush; add strong liquors and continue freezing. Serve in frappé glasses.

11/2杯糖
水
沥干杏子，切成小块。在糖浆中加足量水至四杯，加糖煮五分钟；过滤，加入杏子，冷却，冷冻。可用桃子代替杏子。若要做更丰盛的甜点，在冷冻至冰沙状时加入两杯奶油打发的奶油，继续冷冻。

菠萝奶油

两杯水
一杯糖
1 一杯磨碎的菠萝
两杯奶油
将糖和水煮沸十五分钟制成糖浆；过滤，冷却，加入菠萝，冷冻至冰沙状。翻拌入奶油打发的奶油；食用前静置三十分钟。盛入冰糕杯中，用糖渍菠萝装饰。

红衣主教潘趣酒

4杯水
两杯糖
2/3杯橙汁
1/3杯柠檬汁
1/4杯白兰地
1/4 杯库拉索酒
1/4 杯茶汤
按柠檬冰的做法制成糖浆，加入果汁和茶，冷冻至冰沙状；加入烈酒，继续冷冻。盛入冰糕杯中。

Punch Hollandaise

4 cups water
1⅓ cups sugar
⅓ cup lemon juice
Rind one lemon
1 can grated pineapple
¼ cup brandy
2 tablespoons gin
Cook sugar, water, and lemon rind fifteen minutes, add lemon juice and pineapple, cool, strain, freeze to a mush, add strong liquors, and continue freezing. Serve in frappé glasses on a plate covered with a doily.

Victoria Punch

3½ cups water
2 cups sugar
½ cup lemon juice
½ cup orange juice
Grated rind two oranges
1 cup angelica wine
1 cup cider
1½ tablespoons gin
Prepare same as Cardinal Punch; strain before freezing, to remove orange rind.

Lenox Punch

2 cups water

潘趣荷兰酸酱

4杯水

1 1/3 杯糖

1/3杯柠檬汁

一个柠檬的皮

1 一杯磨碎的菠萝

1/4杯白兰地

2汤匙杜松子酒

将糖、水和柠檬皮煮十五分钟，加入柠檬汁和菠萝，冷却，过滤，冷冻至冰沙状，加入烈酒，继续冷冻。盛入冰糕杯中，置于铺有蕾丝垫的盘上。

维多利亚潘趣酒

31/2杯水

两杯糖

1/2 杯柠檬汁

1/2 杯橙汁

两个橙子的磨碎果皮

一杯当归酒

一杯苹果酒

11/2 汤匙金酒

按红衣主教潘趣酒的方法制作；冷冻前过滤，以去除橙皮。

莱诺克斯潘趣酒

两杯水

¾ cup sugar
⅔ tumbler currant jelly
Ice
1 cup orange juice
½ cup lemon juice
2 bottles ginger ale
⅓ cup brandy
Make a syrup by boiling sugar and water fifteen minutes. Add jelly, and, as soon as dissolved, add a piece of ice to cool mixture; then add fruit juices, ale, and brandy. Color red, freeze to a mush, serve in glasses, and insert in each glass a small sprig of holly with berries.

German Punch

2 cups water
1¾ cups tomatoes
3 apples, cored, pared, and chopped
1 cup sugar
3 tablespoons lemon juice
Piece ginger root
3 tablespoons Maraschino
Mix ingredients, except cordial, and cook thirty-five minutes. Rub through a sieve, add Maraschino, and freeze to a mush.

London Sherbet

2 cups sugar
2 cups water
⅓ cup seeded and finely cut raisins

3/4杯糖 2/3杯红醋栗果冻

冰
一杯橙汁
1/2 杯柠檬汁
两瓶姜汁汽水
1/3杯白兰地
将糖和水煮沸十五分钟制成糖浆。加入果冻，待其溶化后，加一块冰使混合液冷却；然后加入果汁、麦芽酒和白兰地。染成红色，冷冻至冰沙状，盛入杯中，每杯插入一小枝带浆果的冬青。

德国潘趣酒

两杯水
13/4杯番茄
3个苹果，去核、去皮并切碎
一杯糖
3汤匙柠檬汁
一块姜根
3汤匙马拉斯奇诺酒
混合除甜酒外的所有配料，煮三十五分钟。用筛子擦滤，加入马拉斯奇诺樱桃酒，冷冻至冰沙状。

伦敦雪葩

两杯糖
两杯水
1/3杯去籽并切细的葡萄干

¾ cup orange juice
3 tablespoons lemon juice
1 cup fruit syrup
¼ grated nutmeg
¼ cup port wine
Whites 3 eggs
Make syrup by boiling water and sugar ten minutes; pour over raisins, cool, and add fruit syrup and nutmeg; freeze to a mush, then add wine and whites of eggs beaten stiff, and continue freezing. Serve in glasses. Fruit syrup may be used which has been left from canned peaches, pears, or strawberries.

Roman Punch

4 cups water
2 cups sugar
½ cup lemon juice
½ cup orange juice
½ cup tea infusion
½ cup rum
Prepare and freeze same as Cardinal Punch.

Coup Sicilienne

1 shredded pineapple
3 oranges (pulp)
3 bananas sliced
2 tablespoons Maraschino
1 tablespoon lemon juice
Few grains salt
Powdered sugar

3/4 杯橙汁
3汤匙柠檬汁
一杯果汁糖浆
1/4 磨碎的肉豆蔻
1/4杯波特酒
将3个蛋白打发
将水和糖煮沸十分钟制成糖浆；浇在葡萄干上，冷却，加入水果糖浆和肉豆蔻；冷冻至半凝固状，然后加入葡萄酒和搅打至硬挺的蛋清，继续冷冻。盛入玻璃杯中。可使用罐装桃子、梨或草莓留下的水果糖浆。

罗马潘趣酒

4杯水
两杯糖
1/2 杯柠檬汁
1/2 杯橙汁
1/2杯茶浸液
1/2 杯朗姆酒
按红衣主教潘趣酒的方法制备并冷冻。

西西里杯

1 碎菠萝
3个橙子(果肉)
3根香蕉，切片
两汤匙马拉斯奇诺酒
一汤匙柠檬汁少许盐糖粉

Mix ingredients, sweeten to taste, and chill. Serve in champagne glasses having glasses two-thirds full. Cover fruit to fill glasses with Strawberry Ice II and garnish with strawberries and angelica.

混合配料，按口味加甜，冷藏。盛入香槟杯，杯中装至三分之二满。用草莓冰II覆盖水果至满杯，以草莓和当归装饰。

Coup a l'Ananas

Cut canned sliced pineapple in pieces, pour over pineapple syrup to which is added Orange Curaçoa, allowing one-half as much syrup as fruit, cover and let stand one hour. Fill champagne glasses one-third full, add vanilla ice cream to fill glasses, and garnish with candied cherries and candied pineapple cut in pieces.

菠萝杯

将罐装菠萝片切成小块，浇上菠萝糖浆并加入橙味库拉索酒，糖浆用量为水果的一半，加盖静置一小时。将香槟杯装至三分之一满，加入香草冰淇淋至满杯，以糖渍樱桃和切块的糖渍菠萝装饰。

Vanilla Ice Cream I (Philadelphia)

1 quart thin cream
¾ cup sugar
1½ tablespoons vanilla
Mix ingredients, and freeze.

香草冰淇淋一(费城式)

一夸脱稀奶油
3⁄4 杯糖
11⁄2 汤匙香草精混合原料，冷
冻。

Coup Sicilienne. Coup a l'Ananas.—*Page 442.*

西西里式水果杯。菠萝水果杯。--第*442*页。

Coffee Ice Cream served in half of Cantaloupe.—*Page 445.*

咖啡冰淇淋盛于半只哈密瓜中。--第*445*页。

Vanilla Ice Cream served in half of Cantaloupe with Fruit Garnish.—*Page 442.*

香草冰淇淋盛于半只哈密瓜中，配水果装饰。--第*442*页。

Bombe Glacée.—*Page 452.*

邦布冰激凌。--第452页。

Junket Ice Cream with Peaches.—*Page 448.*

桃子凝乳冰淇淋--第448页。

Vanilla Ice Cream II

2 cups scalded milk
1 tablespoon flour
1 cup sugar
1 egg
⅛ teaspoon salt
1 quart thin cream
2 tablespoons vanilla
Mix flour, sugar, and salt, add egg slightly beaten, and milk gradually; cook over hot water twenty minutes, stirring constantly at first; should custard have curdled appearance, it will disappear in freezing. When cool, add cream and flavoring; strain and freeze.

Chocolate Sauce I

(To be served with Vanilla Ice Cream)

1½ cups water
½ cup sugar
6 tablespoons grated chocolate
1 tablespoon arrowroot
½ cup cold water
Few grains salt
½ teaspoon vanilla
Boil water and sugar five minutes. Mix chocolate with arrowroot to which water has been added. Combine mixtures, add salt, and boil three minutes. Flavor with vanilla, and serve hot.

香草冰淇淋 II

两杯烫牛奶
一汤匙面粉
一杯糖
1个鸡蛋
1/8茶匙盐
一夸脱稀奶油
2汤匙香草精
混合面粉、糖和盐，加入稍经搅打的鸡蛋和逐渐加入的牛奶；置于热水上煮二十分钟，开始时不断搅拌；若蛋奶糊出现凝结外观，冷冻时会消失。冷却后加入奶油和调味料；过滤后冷冻。

巧克力酱 I

(配香草冰淇淋食用)

11/2杯水
1/2 杯糖
6汤匙磨碎的巧克力
1汤匙竹芋粉
1/2 杯冷水
少许盐
1/2茶匙香草精
将水和糖煮沸五分钟。将巧克力与加水调开的竹芋粉混合。合并混合物，加盐，煮沸三分钟。以香草调味，趁热供应。

Chocolate Sauce II

1 square Baker's chocolate
1 cup sugar
1 tablespoon butter
⅓ cup water
½ teaspoon vanilla
Melt chocolate; add butter, sugar, and water. Let boil fifteen minutes, cool slightly, and add vanilla.

Coffee Sauce

(To be served with Vanilla Ice Cream)

1½ cups milk
½ cup ground coffee
⅓ cup sugar
¾ tablespoon arrowroot
Few grains salt
Scald milk with coffee, and let stand twenty minutes. Mix remaining ingredients, and pour on gradually the hot infusion which has been strained. Cook five minutes, and serve hot.

Vanilla Ice Cream Croquettes

Shape Vanilla Ice Cream in individual moulds, roll in macaroon dust made by pounding and sifting dry macaroons.

Chocolate Ice Cream I

1 quart thin cream
1 cup sugar

巧克力酱 II

一方烘焙巧克力
一杯糖
一汤匙黄油
1/3 杯水
1/2茶匙香草精
融化巧克力；加入黄油、糖和水。煮沸十五分钟，稍冷却，加入香草。

咖啡酱

(配香草冰淇淋食用)

一杯半牛奶
1/2杯研磨咖啡
1/3杯糖
3/4 汤匙竹芋粉
少许盐
用咖啡烫牛奶，静置二十分钟。混合其余配料，将过滤后的热浸液逐渐倒入。煮五分钟，趁热供应。

香草冰淇淋炸丸

将香草冰淇淋塑入单独模具中，滚上由干燥杏仁饼碾碎过筛制成的杏仁饼粉。

巧克力冰淇淋 I

一夸脱稀奶油
一杯糖

Few grains salt
1½ squares Baker's chocolate or
¼ cup prepared cocoa
1 tablespoon vanilla
Melt chocolate, and dilute with hot water to pour easily, add to cream; then add sugar, salt, and flavoring, and freeze.

Chocolate Ice Cream II

Use recipe for Vanilla Ice Cream II. Melt two squares Baker's chocolate, by placing in a small saucepan set in a larger saucepan of boiling water, and pour hot custard slowly on chocolate; then cool before adding cream.

Strawberry Ice Cream I

3 pints thin cream
2 boxes berries
2 cups sugar
Few grains salt
Wash and hull berries, sprinkle with sugar, cover, and let stand two hours. Mash, and squeeze through cheese-cloth; then add salt. Freeze cream to the consistency of a mush, add gradually fruit juice, and finish freezing. Rich Jersey milk may be substituted for cream.

Strawberry Ice Cream II

3 pints thin cream
2 boxes strawberries
1¾ cups sugar
2 cups milk

少许盐
11⁄2 块贝克牌巧克力或
1⁄4 杯调制可可
1汤匙香草精
融化巧克力，用热水稀释至易于倾倒，加入奶油；然后加入糖、盐和调味料，冷冻。

巧克力冰淇淋 II

使用香草冰淇淋II的食谱。将两块贝克巧克力放入置于较大沸水锅中的小炖锅中融化，将热蛋奶糊缓慢浇在巧克力上；然后在加入奶油前冷却。

草莓冰淇淋 I

三品脱稀奶油
两盒浆果
两杯糖
少许盐
洗净并去蒂浆果，撒上糖，加盖静置两小时。捣碎，用奶酪布挤压过滤；然后加盐。将奶油冷冻至半凝固状，逐渐加入果汁，完成冷冻。可用浓郁的泽西牛奶代替奶油。

草莓冰淇淋 II

三品脱稀奶油
两盒草莓
13⁄4 杯糖
两杯牛奶

1½ tablespoons arrowroot
Wash and hull berries, sprinkle with sugar, let stand one hour, mash, and rub through strainer. Scald one and one-half cups milk; dilute arrowroot with remaining milk, add to hot milk, and cook ten minutes in double boiler; cool, add cream, freeze to a mush, add fruit, and finish freezing.

Orange Ice Cream

1 cup heavy cream
1 cup thin cream
2 cups orange juice
Sugar
Add cream slowly to orange juice, sweeten to taste, and freeze. Serve with canned strawberries or fresh fruit mashed and sweetened.

Pineapple Ice Cream

3 pints cream
½ cup sugar
1 can grated pineapple
Add pineapple to cream, let stand thirty minutes; strain, add sugar, and freeze.

Coffee Ice Cream

1 quart cream
1½ cups milk
⅓ cup Mocha coffee
1¼ cups sugar

11/2 汤匙竹芋粉
洗净并去蒂浆果，撒上糖，静置一小时，捣碎，用滤网擦滤。烫一杯半牛奶；用剩余牛奶调开竹芋粉，加入热牛奶中，在双层蒸锅中煮十分钟；冷却，加入奶油，冷冻至半凝固状，加入水果，完成冷冻。

橙子冰淇淋

一杯淡奶油
一杯稀奶油
两杯橙汁
糖
将奶油缓慢加入橙汁中，按口味加甜，冷冻。配罐装草莓或捣碎加甜的新鲜水果供应。

菠萝冰淇淋

3品脱奶油
1/2 杯糖
1 一杯磨碎的菠萝
将菠萝加入奶油中，静置三十分钟；过滤，加糖，冷冻。

咖啡冰淇淋

一夸脱奶油
11/2杯牛奶 1/3杯摩卡
咖啡 11/4杯糖

¼ teaspoon salt
Yolks 4 eggs
Scald milk with coffee, add one cup sugar; mix egg yolks slightly beaten with one-fourth cup sugar, and salt; combine mixtures, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheese-cloth; freeze. Coffee Ice Cream may be served with Maraschino cherries or in halves of cantaloupes.

Caramel Ice Cream

1 quart cream
2 cups milk
1⅓ cups sugar
1 egg
1 tablespoon flour
⅛ teaspoon salt
1½ tablespoons vanilla
Prepare same as Vanilla Ice Cream II, using one-half sugar in custard; remaining half caramelize, and add slowly to hot custard. See Caramelization of Sugar, page 586.

Burnt Almond Ice Cream

It is made same as Caramel Ice Cream, with the addition of one cup finely chopped blanched almonds.

Brown Bread Ice Cream

3 pints cream

1/4茶匙盐
蛋黄 4 个
用咖啡烫牛奶，加入一杯糖；将稍经搅打的蛋黄与四分之一杯糖和盐混合；合并混合物，置于热水上煮至浓稠，加入一杯奶油，在炉灶后部静置二十五分钟；冷却，加入剩余奶油，用双层奶酪布过滤；冷冻。咖啡冰淇淋可配马拉斯奇诺樱桃或盛于半只哈密瓜中供应。

焦糖冰淇淋

一夸脱奶油
两杯牛奶
1 1/3 杯糖
1个鸡蛋
一汤匙面粉
1/8茶匙盐
11/2汤匙香草精
按香草冰淇淋II的方法制作，蛋奶糊中用一半糖；剩余一半焦糖化，缓慢加入热蛋奶糊中。参见第586页糖的焦糖化。

焦杏仁冰淇淋

制法与焦糖冰淇淋相同，另加一杯切碎焯过的杏仁。

布朗面包冰淇淋

3品脱奶油

1¼ cups dried brown bread crumbs
⅞ cup sugar
¼ teaspoon salt
Soak crumbs in one quart cream, let stand fifteen minutes, rub through sieve, add sugar, salt, and remaining cream; then freeze.

Bisque Ice Cream

Make custard as for Vanilla Ice Cream II, add one quart cream, one tablespoon vanilla, and one cup hickory nut or English walnut meats finely chopped.

Burnt Walnut Bisque

2 cups scalded milk
Yolks 3 eggs
1 cup sugar
⅔ cup chopped walnut meats
1 cup heavy cream
¾ tablespoon vanilla
Few grains salt
Make custard of milk, eggs, one-third of the sugar, and salt. Caramelize remaining sugar, add nut meats, and turn into a slightly buttered pan. Cool, pound, and pass through a purée strainer. Add to custard, cool, then add one cup heavy cream, beaten until stiff, and vanilla. Freeze and mould.

Praline Ice Cream

3 pints cream
1⅓ cups sugar
1 cup Jordan almonds

11/4杯干棕色面包屑 7/8杯糖

1/4茶匙盐

将面包屑浸泡在一夸脱奶油中，静置十五分钟，用筛子擦滤，加入糖、盐和剩余奶油；然后冷冻。

比斯吉冰淇淋

按香草冰淇淋II的方法制作蛋奶糊，加入一夸脱奶油、一汤匙香草和一杯切碎的山核桃或英国核桃仁。

焦核桃浓汤

两杯烫牛奶

蛋黄 3 个鸡蛋

一杯糖

2/3杯切碎的核桃仁

一杯淡奶油

3/4 汤匙香草

少许盐

用牛奶、鸡蛋、三分之一的糖和盐制作蛋奶糊。将剩余的糖焦糖化，加入坚果仁，倒入稍涂黄油的锅中。冷却，捣碎，用蔬菜泥滤网过滤。加入蛋奶糊中，冷却，然后加入一杯搅打至硬挺的浓奶油和香草。冷冻并塑模。

果仁糖冰淇淋

3品脱奶油

1 1/3 杯糖

一杯约旦杏仁

¼ teaspoon salt
1 tablespoon vanilla
Blanch almonds cut in pieces crosswise, and bake in a shallow pan until well browned, shaking pan frequently; then finely chop. Caramelize one-half of the sugar, and add slowly to two cups of the cream scalded. As soon as sugar is melted, add nuts, remaining sugar, and salt. Cool, add remaining cream, and freeze. A few grains salt is always an improvement to any ice cream mixture.

Macaroon Ice Cream

1 quart cream
1 cup macaroons
¾ cup sugar
1 tablespoon vanilla
Dry, pound, and measure macaroons; add to cream, sugar, and vanilla, then freeze.

Banana Ice Cream

1 quart cream
4 bananas
1⅓ tablespoons lemon juice
1 cup sugar
A few grains salt
Remove skins and scrape bananas, then force through a sieve; add remaining ingredients; then freeze.

Ginger Ice Cream

To recipe for Vanilla Ice Cream II, using one-half quantity vanilla,

1/4茶匙盐
1汤匙香草精
将横切成块的杏仁焯水，在浅锅中烘烤至充分呈棕色，频繁晃动锅子；然后切碎。将一半糖焦糖化，缓慢加入两杯烫过的奶油中。糖一融化，即加入坚果、剩余的糖和盐。冷却，加入剩余奶油，冷冻。少量盐总能改善任何冰淇淋混合物。

马卡龙冰淇淋

一夸脱奶油
一杯蛋白杏仁饼干
3/4 杯糖
1汤匙香草精
将杏仁饼干燥、捣碎并量取；加入奶油、糖和香草中，然后冷冻。

香蕉冰淇淋

一夸脱奶油
4根香蕉
1 1/3 汤匙柠檬汁
一杯糖
少许盐
去除香蕉皮并刮去果肉，用筛子挤压过滤；加入其余配料；然后冷冻。

姜汁冰淇淋

制作香草冰淇淋II的食谱，使用一半量的香草，

add one-half cup Canton ginger cut in small pieces, three tablespoons ginger syrup, and two tablespoons Sherry wine; then freeze.

加入半杯切成小块的广东姜、三汤匙姜糖浆和两汤匙雪利酒；然后冷冻。

Pistachio Ice Cream

Prepare same as Vanilla Ice Cream II, using for flavoring one tablespoon vanilla and one teaspoon almond extract; color with Burnett's Leaf Green.

开心果冰淇淋

按香草冰淇淋II的方法制作，使用一汤匙香草和一茶匙杏仁精调味；用伯内特叶绿素着色。

Pistachio Bisque

To Pistachio Ice Cream add one-half cup each of pounded macaroons, chopped almonds, and peanuts. Mould, and serve with or without Claret Sauce.

开心果浓汤

在开心果冰淇淋中加入各半杯捣碎的杏仁饼、切碎的杏仁和花生。塑模，配或不配红葡萄酒酱汁供应。

Fig Ice Cream

3 cups milk
1 cup sugar
Yolks 5 eggs
1 teaspoon salt
1 lb. figs, finely chopped
1½ cups heavy cream
Whites 5 eggs
1 tablespoon vanilla
2 tablespoons brandy
Make custard of yolks of eggs, sugar, and milk; strain, add figs, cool, and flavor. Add whites of eggs beaten until stiff and heavy cream beaten until stiff; freeze and mould.

无花果冰淇淋

3杯牛奶
一杯糖
蛋黄 5个鸡蛋
一茶匙盐
一磅无花果，切碎
11⁄2杯淡奶油
将5个鸡蛋的蛋白
1汤匙香草精
2汤匙白兰地
用蛋黄、糖和牛奶制作蛋奶糊；过滤，加入无花果，冷却，调味。加入搅打至硬挺的蛋清和搅打至硬挺的浓奶油；冷冻并塑模。

Junket Ice Cream with Peaches

4 cups lukewarm milk
1 cup heavy cream
1¼ cups sugar
⅛ teaspoon salt
1½ Junket Tablets
1 tablespoon cold water
1 tablespoon vanilla
1 teaspoon almond extract
Green Coloring
1 can peaches
Mix first four ingredients, and add junket tablets dissolved in cold water. Turn into a pudding-dish and let stand until set. Add flavoring and coloring. Freeze, mould, and serve garnished with halves of peaches, filling cavities with halves of blanched almonds. Turn peaches into a saucepan, add one-third cup sugar, and cook slowly until syrup is thick. Cool before garnishing ice cream.

Violet Ice Cream

1 quart cream
¾ cup sugar
Few grains salt
⅓ cup Yvette Cordial
1 small bunch violets
Violet coloring
Mix first four ingredients. Remove stems from violets, and pound violets in a mortar until well macerated, then strain through

桃子凝乳冰淇淋

四杯温牛奶
一杯淡奶油
11/4 杯糖
1/8茶匙盐
11/2 凝乳片
一汤匙冷水
1汤匙香草精
一茶匙杏仁精
绿色着色剂
1 罐装桃子
混合前四种配料，加入溶于冷水的凝乳片。倒入布丁盘中静置至凝固。加入调味料和色素。冷冻，塑模，供应时以半只桃子装饰，桃核凹处填入半颗焯过的杏仁。将桃子放入炖锅，加入三分之一杯糖，慢煮至糖浆浓稠。装饰冰淇淋前先冷却。

紫罗兰冰淇淋

一夸脱奶油
3/4 杯糖
少许盐
1/3杯伊薇特利口酒
1小束紫罗兰
紫罗兰着色
混合前四种配料。去除紫罗兰的茎，在研钵中将紫罗兰捣碎至充分浸软，然后用

cheese-cloth. Add extract to first mixture; color, freeze, and mould. Serve garnished with fresh or candied violets; the light purple cultivated violets should be used and the result will be most gratifying.

奶酪布过滤。将提取液加入第一种混合物中；着色，冷冻并塑模。供应时以新鲜或糖渍紫罗兰装饰；应使用浅紫色栽培紫罗兰，效果将极为令人满意。

Neapolitan or Harlequin Ice Cream

Two kinds of ice cream and an ice moulded in a brick.

那不勒斯或哈利昆冰淇淋

两种冰淇淋和一块砖形模制的冰。

Baked Alaska

Whites 6 eggs
6 tablespoons powdered sugar
2 quart brick of ice cream
Thin sheet sponge cake
Make meringue of eggs and sugar as in Meringue I, cover a board with white paper, lay on sponge cake, turn ice cream on cake (which should extend one-half inch beyond cream), cover with meringue, and spread smoothly. Place on oven grate and brown quickly in hot oven. The board, paper, cake, and meringue are poor conductors of heat, and prevent the cream from melting. Slip from paper on ice cream platter.

烤阿拉斯加

将6个蛋白
6汤匙糖粉
两夸脱砖形冰淇淋
薄片海绵蛋糕
按蛋白霜 I 的方法用鸡蛋和糖制作蛋白霜，在木板上铺白纸，放上海绵蛋糕，将冰淇淋倒扣在蛋糕上(蛋糕应比冰淇淋宽出半英寸)，覆上蛋白霜并抹平。置于烤箱烤架上，在热烤箱中快速烤至焦黄。木板、纸、蛋糕和蛋白霜都是不良导热体，可防止奶油融化。从纸上滑入冰淇淋盘中。

Pudding Glacé

2 cups milk
⅔ cup raisins
1 cup sugar
1 egg
1 tablespoon flour
¼ teaspoon salt
1 quart thin cream

糖霜布丁

两杯牛奶 2/3杯
葡萄干一杯糖

1个鸡蛋

一汤匙面粉 1/4茶匙
盐一夸脱稀奶油

½ cup almonds
½ cup candied pineapple
⅓ cup Canton ginger
3 tablespoons wine
Scald raisins in milk fifteen minutes, strain, make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, wine, and cream; then freeze. The raisins should be rinsed and saved for a pudding.

Frozen Pudding I

2½ cups milk
1 cup sugar
⅛ teaspoonful salt
2 eggs
1 cup heavy cream
¼ cup rum
1 cup candied fruit, cherries, pineapples, pears, and apricots
Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing; make a custard of milk, sugar, salt, and eggs; strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and ice and let stand two hours.

Frozen Pudding II

1 quart cream
¾ cup sugar
¼ cup rum
1 cup candied fruit
8 lady fingers

1/2杯杏仁
1/2 杯糖渍菠萝
1/3杯广东姜
3汤匙葡萄酒
将葡萄干在牛奶中烫十五分钟，滤出，用牛奶、鸡蛋、糖、面粉和盐制成蛋奶糊；过滤、冷却，加入菠萝、切成小块的姜、切碎的坚果、葡萄酒和奶油；然后冷冻。葡萄干应冲洗干净，留作布丁之用。

冷冻布丁 I

两杯半牛奶
一杯糖
1/8茶匙盐
2个鸡蛋
一杯淡奶油
1/4杯朗姆酒
一杯糖渍水果，樱桃、菠萝、梨和杏
将水果切成小块，在白兰地中浸泡两三小时至没过，以防水果冻结；用牛奶、糖、盐和鸡蛋制成蛋奶糊；过滤、冷却，加入奶油和朗姆酒，然后冷冻。在砖形模具中交替铺入奶油和水果层；用盐和冰包裹，静置两小时。

冷冻布丁 II

1夸脱奶油 3/4杯糖
1/4杯朗姆酒 1杯糖渍
水果

8 根手指饼干

Cut fruit in pieces, and soak several hours in brandy to cover. Mix cream, sugar, and rum, then freeze. Line a two-quart melon mould with lady fingers, crust side down; fill with alternate layers of the cream and fruit, cover, pack in salt and ice, and let stand two hours. Brandied peaches cut in pieces, with some of their syrup added, greatly improve the pudding.

将水果切块，在白兰地中浸泡数小时至没过。混合奶油、糖和朗姆酒，然后冷冻。在两夸脱的瓜形模具内铺上手指饼干，酥面朝下；交替填入奶油和水果层，盖上，用盐和冰包裹，静置两小时。白兰地桃子切块，加入部分糖浆，可大大提升布丁的风味。

Frozen Tom and Jerry

2 cups milk
¾ cup sugar
Yolks 6 eggs
⅛ teaspoon salt
2½ cups cream
2 tablespoons rum
1 tablespoon brandy
Make a custard of first four ingredients; strain, cool, add cream, and freeze to a mush. Add rum and brandy, and finish the freezing.

冷冻汤姆和杰瑞

两杯牛奶
3⁄4 杯糖
蛋黄 6 个鸡蛋
1⁄8茶匙盐
两杯半奶油
2汤匙朗姆酒
1汤匙白兰地
用前四种配料制成蛋奶糊；过滤、冷却，加入奶油，冷冻至半凝固状。加入朗姆酒和白兰地，完成冷冻。

University Pudding

Prepare same as Frozen Tom and Jerry. Freeze to a mush, add one cup mixed fruit which has been soaked in brandy to cover for twelve hours, using glacé cherries, Sultana raisins, sliced citron, and candied pineapple; then finish freezing. Serve in small beer jugs, and garnish with cream, whipped, sweetened, and flavored.

大学布丁

按冷冻汤姆与杰瑞的方法制作。冷冻至半凝固状，加入一杯混合水果，该水果已在白兰地中浸泡十二小时至没过，使用糖渍樱桃、苏丹娜葡萄干、切片香橼和糖渍菠萝；然后完成冷冻。盛于小啤酒壶中，以奶油装饰，奶油需搅打、加糖并调味。

Covington Cream

¾ cup sugar

卡温顿奶油

3⁄4 杯糖

½ cup Formosa tea infusion
⅓ cup rum
1 quart cream
Mix ingredients, and freeze to a mush. Serve in frappé glasses.

Delmonico Ice Cream with Angel Food

2 cups milk
¾ cup sugar
Yolks 7 eggs
⅛ teaspoon salt
2½ cups thin cream
1 tablespoon vanilla
1 teaspoon lemon
Make custard of milk, sugar, eggs, and salt; cool, strain, and flavor; whip cream, remove whip; there should be two quarts; add to custard, and freeze. Serve plain or with Angel Food.

Angel Food

Whites 3 eggs
½ cup powdered sugar
1 quart cream whip
1½ teaspoons vanilla
Beat eggs until stiff, fold in sugar, cream whip, and flavoring; line a mould with Delmonico Ice Cream, fill with the mixture, cover, pack in salt and ice, and let stand two hours.

Manhattan Pudding

1½ cups orange juice

1/2杯福尔摩沙茶汤
1/3杯朗姆酒
一夸脱奶油
混合原料，冷冻至冰沙状。盛入冰糕杯中。

德尔莫尼科天使蛋糕冰淇淋

两杯牛奶
3/4 杯糖
蛋黄 7 个
1/8茶匙盐
两杯半稀奶油
1汤匙香草精
一茶匙柠檬
用牛奶、糖、鸡蛋和盐制成蛋奶糊；冷却、过滤并调味；搅打奶油，取出搅打部分；应有两夸脱；加入蛋奶糊中，冷冻。原味食用或配天使蛋糕食用。

天使蛋糕
将3个蛋白打发
1/2 杯糖粉
一夸脱奶油搅打
11/2茶匙香草
将鸡蛋搅打至硬挺，翻拌入糖、奶油霜和调味料；在模具内衬上德尔莫尼科冰淇淋，填入混合物，盖上，用盐和冰包裹，静置两小时。

曼哈顿布丁

11/2杯橙汁

¼ cup lemon juice
Sugar
1 pint heavy cream
½ cup powdered sugar
½ tablespoon vanilla
⅔ cup chopped walnut meats
Mix fruit juices and sweeten to taste. Turn mixture in brick mould. Whip cream, and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mould; cover with buttered paper, fit on cover, pack in salt and ice, and let stand three hours.

Sultana Roll with Claret Sauce

Line one-pound baking-powder boxes with Pistachio Ice Cream; sprinkle with Sultana raisins which have been soaked one hour in brandy; fill centres with Vanilla Ice Cream or whipped cream, sweetened, and flavored with vanilla; cover with Pistachio Ice Cream; pack in salt and ice, and let stand one and one-half hours.

Claret Sauce

1 cup sugar
¼ cup water
⅓ cup claret
Boil sugar and water eight minutes; cool slightly, and add claret.

Angel Parfait

1 cup sugar
¾ cup water
Whites 3 eggs
1 pint heavy cream

1/4杯柠檬汁
糖
1品脱淡奶油
1/2 杯糖粉
1/2 汤匙香草
2/3杯切碎的核桃仁
混合果汁并按口味加甜。将混合物倒入砖形模具。搅打奶油，加入糖、香草和坚果肉；倒在第一层混合物上使其溢出模具；盖上涂了黄油的纸，装好盖子，用盐和冰包裹，静置三小时。

苏丹娜葡萄干卷配红葡萄酒酱

在一磅装发酵粉盒内衬上开心果冰淇淋；撒上已在白兰地中浸泡一小时的苏丹娜葡萄干；中心填入香草冰淇淋或加糖并用香草调味的搅打奶油；盖上开心果冰淇淋；用盐和冰包裹，静置一个半小时。

克拉雷特酱

一杯糖
1/4 杯水
1/3杯波尔多红葡萄混
将糖和水煮沸八分钟；稍微冷却后加入红葡萄酒。

天使帕菲

一杯糖 3/4杯水 3个鸡
蛋的蛋白 1品脱淡奶
油

1 tablespoon vanilla

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly on the beaten whites of eggs, and continue the beating until mixture is cool. Add cream beaten until stiff, and vanilla; then freeze.

Café Parfait

1 cup milk

¼ cup Mocha coffee

Yolks 3 eggs

⅛ teaspoon salt

1 cup sugar

3 cups thin cream

Scald milk with coffee, and add one-half the sugar; without straining, use this mixture for making custard, with eggs, salt, and remaining sugar; add one cup cream and let stand thirty minutes; cool, strain through double cheese-cloth, add remaining cream, and freeze. Line a mould, fill with Italian Meringue, cover, pack in salt and ice, using two parts crushed ice to one part rock salt, and let stand three hours.

Italian Meringue

½ cup sugar

¼ cup water

1 tablespoon gelatine or

¼ teaspoon granulated gelatine

Whites 3 eggs

1 cup thin cream

½ tablespoon vanilla

1汤匙香草精

将糖和水煮沸，直到糖浆从勺尖滴下时能拉成丝。慢慢倒入搅打过的蛋清中，继续搅打至混合物冷却。加入搅打至硬挺的奶油和香草精；然后冷冻。

咖啡帕菲

一杯牛奶

1/4 杯摩卡咖啡

蛋黄 3 个鸡蛋

1/8茶匙盐

一杯糖

三杯稀奶油

将牛奶与咖啡一起烫热，加入一半的糖；不过滤，用此混合物加入鸡蛋、盐和剩余的糖制成蛋奶糊；加入一杯奶油，静置三十分钟；冷却，用双层细布过滤，加入剩余的奶油，然后冷冻。在一个模具内铺上衬里，填入意大利蛋白霜，盖上盖子，用盐和冰包裹，使用两份碎冰对一份粗盐，静置三小时。

意大利蛋白霜

1/2 杯糖

1/4 杯水

一汤匙明胶或1/4茶匙颗粒明胶蛋白3个

一杯稀奶油 1/2汤匙香草精

Make syrup by boiling sugar and water; pour slowly on beaten whites of eggs, and continue beating. Place in pan of ice-water, and beat until cold; dissolve gelatine in small quantity boiling water; strain into mixture; whip cream, fold in whip, and flavor.

Bombe Glacée

Line a mould with sherbet or water ice; fill with ice cream or thin Charlotte Russe mixture; cover, pack in salt and ice, and let stand two hours. The mould may be lined with ice cream. Pomegranate or Raspberry Ice and Vanilla or Macaroon Ice Cream make a good combination.

Noisette Bomb

Strawberry Ice I
½ cup sugar
½ cup chopped blanched filberts
¾ cup hot caramel syrup
Yolks 4 eggs
1⅓ cups heavy cream
½ tablespoon vanilla
Few grains salt
Caramelize sugar, add nut meats, turn into a buttered pan, cool, then pound in mortar and put through a purée strainer. Beat egg yolks until thick, add gradually caramel syrup, and cook in double boiler until mixture thickens, then beat until cold. Fold in cream beaten until stiff. Then add prepared nut meats, vanilla, and salt. Line melon mould with ice, turn in mixture, pack in salt and ice, and let stand three hours.

将糖和水煮沸制成糖浆；慢慢倒入搅打过的蛋清中，继续搅打。放入冰水盆中，搅打至冷却；将明胶溶于少量沸水中；过滤到混合物中；搅打奶油，翻拌入打发的奶油中，并调味。

冰炸弹

在模具内铺上雪葩或水冰；填入冰淇淋或稀薄的夏洛特·鲁斯混合物；盖上盖子，用盐和冰包裹，静置两小时。模具内也可以铺上冰淇淋。石榴或覆盆子冰与香草或马卡龙冰淇淋是很好的搭配。

诺瓦塞特炸弹

草莓冰I
1/2 杯糖
1/2杯切碎的去皮榛子
3/4 杯热焦糖糖浆
蛋黄 4 个
1 1/3 杯淡奶油
1/2 汤匙香草
少许盐
将糖焦化，加入坚果肉，倒入涂了黄油的平底锅中，冷却，然后在研钵中捣碎，用细筛过滤。将蛋黄搅打至浓稠，逐渐加入焦糖糖浆，在双层蒸锅中煮至混合物变稠，然后搅打至冷却。翻拌入搅打至硬挺的奶油。然后加入准备好的坚果肉、香草精和盐。在瓜形模具内铺上冰，倒入混合物，用盐和冰包裹，静置三小时。

Nesselrode Pudding

3 cups milk
1½ cups sugar
Yolks 5 eggs
½ teaspoon salt
1 pint thin cream
¼ cup pineapple syrup
1½ cups prepared French chestnuts
Make custard of first four ingredients, strain, cool, add cream, pineapple syrup, and chestnuts; then freeze. To prepare chestnuts, shell, cook in boiling water until soft, and force through a strainer. Line a two-quart melon mould with part of mixture; to remainder add one-half cup candied fruit cut in small pieces, one-quarter cup Sultana raisins, and eight chestnuts broken in pieces, first soaked several hours in Maraschino syrup. Fill mould, cover, pack in salt and ice, and let stand two hours. Serve with whipped cream, sweetened and flavored with Maraschino syrup.

Pistachio Fruit Ice Cream

3 cups milk
1½ cups sugar
Yolks 5 eggs
½ teaspoon salt
1 pint heavy cream
1½ cups chestnut purée
1 teaspoon almond extract
1 tablespoon vanilla
¾ cup glacé fruits

内塞尔罗德布丁

3杯牛奶

11/2杯糖

蛋黄 5个鸡蛋

1/2 茶匙盐

一品脱稀奶油

1/4 杯菠萝糖浆

11/2杯备好的法国栗子

用前四种配料制成蛋奶冻，过滤，冷却，加入奶油、菠萝糖浆和栗子；然后冷冻。准备栗子时，去壳，在沸水中煮至软烂，用滤网压成泥。用部分混合物铺在一个两夸脱的瓜形模具内壁；在剩余混合物中加入半杯切成小块的糖渍水果、四分之一杯苏丹娜葡萄干和八个掰碎的栗子，栗子须先在马拉斯奇诺糖浆中浸泡数小时。填入模具，加盖，用盐和冰包裹，静置两小时。配以加糖并用马拉斯奇诺糖浆调味的打发奶油食用。

开心果水果冰淇淋

3杯牛奶

11/2杯糖蛋黄5
个鸡蛋

1/2茶匙盐 1品脱重奶
油

11/2杯栗子泥

一茶匙杏仁精

一汤匙香草精 3/4杯糖
渍水果

Maraschino
Leaf Green
Make a custard of first four ingredients, strain, cool; add cream, chestnut purée, flavoring, and glacé fruit cut in pieces and previously soaked in Maraschino three hours. Color with leaf green; freeze, mould, pack in salt and ice, and let stand two hours. Serve with

Fruit Sauce. Drain syrup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling-point, thicken slightly with arrowroot, and color with fruit red.

Nougat Ice Cream

3 cups milk
1 cup sugar
Yolks 5 eggs
1 teaspoon salt
1½ cups heavy cream
Whites 5 eggs
⅓ cup, each, pistachio, filbert, English walnut, and almond meats
1 teaspoon almond extract
1 tablespoon vanilla
Make a custard of first four ingredients, strain, and cool. Add heavy cream beaten until stiff, whites of eggs beaten until stiff, nut meats finely chopped, and flavoring; then freeze.

Orange Pekoe Ice Cream

2 cups milk
3 tablespoons Orange Pekoe tea
1½ cups sugar

马拉斯奇诺
叶绿
用前四种配料制成蛋奶糊，过滤，冷却；加入奶油、栗子泥、调味料和切成块并事先在马拉斯奇诺酒中浸泡三小时的糖渍水果。用叶绿素着色；冷冻，装入模具，用盐和冰包裹，静置两小时。配以下酱汁食用

水果酱汁。从一品脱罐装草莓、覆盆子或菠萝中沥出糖浆，加热至沸点，用竹芋粉稍微勾芡，并用水果红色素着色。

牛轧冰淇淋

3杯牛奶
一杯糖
蛋黄 5个鸡蛋
一茶匙盐
11⁄2杯淡奶油
将5个鸡蛋的蛋白
各1⁄3杯：开心果、榛子、英国核桃和杏仁肉 1茶匙杏仁提取物
1汤匙香草精
用前四种配料制成蛋奶糊，过滤，冷却。加入搅打至硬挺的厚奶油、搅打至硬挺的蛋清、切碎的坚果肉和调味料；然后冷冻。

橙黄白毫冰淇淋

两杯牛奶
3汤匙橙黄白毫茶
11⁄2杯糖

Yolks 4 eggs
¼ teaspoon salt
Grated rind 1 orange
1 pint heavy cream
Scald milk to which tea had been added, and let stand five minutes. Add sugar, and egg yolks slightly beaten, and cook until mixture thickens. Strain, add remaining ingredients, freeze, and mould. Serve garnished with Candied Orange Peel (p. 547).

Orange Delicious

2 cups sugar
1 cup water
2 cups orange juice
1 cup cream
Yolks two eggs
1 cup heavy cream
¼ cup shredded candied orange peel
Boil sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs, and cook over hot water until mixture thickens. Cool, add to first mixture with heavy cream beaten stiff. Freeze; when nearly frozen, add orange peel. Line a melon mould with Orange Ice, fill with Orange Delicious, pack in salt and ice, and let stand one and one-half hours.

Strawberry Mousse

1 quart thin cream
1 box strawberries
1 cup sugar
¼ box gelatine (scant) or

蛋黄 4 个
1/4茶匙盐
磨碎的橙皮 1 个橙子的量
1品脱淡奶油
将加入了茶的牛奶烫热，静置五分钟。加入糖和稍微搅打过的蛋黄，煮至混合物变稠。过滤，加入剩余的配料，冷冻，装入模具。上桌时用糖渍橙皮(第547页)装饰。

橙香美味

两杯糖
一杯水
两杯橙汁
一杯奶油
蛋黄两个鸡蛋
一杯淡奶油
1/4杯切丝糖渍橙皮
将糖和水煮沸八分钟，然后加入橙汁。烫热奶油，加入蛋黄，在热水上煮至混合物变稠。冷却，加入第一种混合物中，同时加入搅打至硬挺的厚奶油。冷冻；快冻好时加入橙皮。在瓜形模具内铺上橙子冰，填入橙子美味，用盐和冰包裹，静置一个半小时。

草莓慕斯

一夸脱稀奶油
1盒草莓
一杯糖
四分之一盒明胶(略少)或

1¼ tablespoons granulated gelatine
2 tablespoons cold water
3 tablespoons hot water
Wash and hull berries, sprinkle with sugar, and let stand one hour; mash, and rub through a fine sieve; add gelatine soaked in cold and dissolved in boiling water. Set in pan of ice-water and stir until it begins to thicken; then fold in whip from cream, put in mould, cover, pack in salt and ice, and let stand four hours. Raspberries may be used in place of strawberries.

Coffee Mousse

Make same as Strawberry Mousse, using one cup boiled coffee in place of fruit juice.

Pineapple Mousse

1 tablespoon granulated gelatine
¼ cup cold water
1 cup pineapple syrup
2 tablespoons lemon juice
1 cup sugar
1 quart cream
Heat one can pineapple, and drain. To one cup of the syrup, add gelatine soaked in cold water, lemon juice, and sugar. Strain and cool. As mixture thickens, fold in the whip from cream. Mould, pack in salt and ice, and let stand four hours.

Chocolate Mousse

2 squares Baker’s chocolate

11/4 汤匙颗粒明胶

两汤匙冷水
3汤匙热水

洗净并去蒂浆果，撒上糖，静置一小时；捣碎，用细筛过滤；加入在冷水中浸泡并在沸水中溶解的明胶。放入冰水盆中搅拌至开始变稠；然后翻拌入奶油打发的蓬松物，放入模具，盖上盖子，用盐和冰包裹，静置四小时。可以用覆盆子代替草莓。

咖啡慕斯

按照草莓慕斯的做法制作，用一杯煮好的咖啡代替果汁。

菠萝慕斯

一汤匙颗粒状明胶

1/4 杯冷水

一杯菠萝糖浆

2汤匙柠檬汁

一杯糖

一夸脱奶油

加热一罐菠萝，沥干。在一杯糖浆中，加入在冷水中浸泡的明胶、柠檬汁和糖。过滤并冷却。当混合物变稠时，翻拌入奶油打发的蓬松物。装入模具，用盐和冰包裹，静置四小时。

巧克力慕斯

2 方块贝克巧克力

½ cup powdered sugar
1 cup cream
¾ tablespoon granulated gelatine
3 tablespoons boiling water
¾ cup sugar
1 teaspoon vanilla
1 quart cream
Melt chocolate, add powdered sugar, and gradually one cup cream. Stir over fire until boiling-point is reached, then add gelatine dissolved in boiling water, sugar, and vanilla. Strain mixture into a bowl, set in a pan of ice-water, stir constantly until mixture thickens, then fold in the whip from remaining cream. Mould, pack in salt and ice, and let stand four hours.

Maple Parfait

4 eggs
1 cup hot maple syrup
1 pint thick cream
Beat eggs slightly, and pour on slowly maple syrup. Cook until mixture thickens, cool, and add cream beaten until stiff. Mould, pack in salt and ice, and let stand three hours.

Mousse Marron

1 quart vanilla ice cream
½ cup sugar
¼ cup water
Whites two eggs
1 teaspoon granulated gelatine
1½ cups prepared French chestnuts

1/2 杯糖粉
一杯奶油
3/4 汤匙颗粒明胶 3 汤匙沸水

3/4 杯糖
一茶匙香草精
一夸脱奶油

融化巧克力，加入糖粉，逐渐加入一杯奶油。在火上搅拌至沸点，然后加入溶于沸水的明胶、糖和香草精。将混合物过滤到碗中，放入冰水盆中，不断搅拌至混合物变稠，然后翻拌入剩余奶油打发的蓬松物。装入模具，用盐和冰包裹，静置四小时。

枫糖帕菲

4个鸡蛋
1杯热枫糖浆
一品脱浓奶油

将鸡蛋稍微搅打，慢慢倒入枫糖浆。煮至混合物变稠，冷却，加入搅打至硬挺的奶油。装入模具，用盐和冰包裹，静置三小时。

栗子慕斯

1夸脱香草冰淇淋 1/2杯糖

1/4 杯水
将两个蛋清打至发白
一茶匙颗粒状明胶
11/2杯备好的法国栗子

1 pint cream
½ tablespoon vanilla
Cook sugar and water five minutes, pour on to beaten whites of eggs, dissolve gelatine in one and one-half tablespoons boiling water, and add to first mixture. Set in a pan of ice-water, and stir until cold; add chestnuts, and fold in whip from cream and vanilla. Line a mould with ice cream, and fill with mixture; cover, pack in salt and ice, and let stand three hours.

Cardinal Mousse, with Iced Madeira Sauce

Line a mould with Pomegranate Ice; fill with Italian Meringue made of three-fourths cup sugar, one-third cup hot water, whites two eggs, and one and one-half teaspoons granulated gelatine dissolved in two tablespoons boiling water. Beat until cold, and fold in whip from two cups cream; flavor with one teaspoon vanilla, cover, pack in salt and ice, and let stand three hours.

Iced Madeira Sauce

¼ cup orange juice
2 tablespoons lemon juice
½ cup Madeira wine
½ cup sugar
1 cup boiling water
Whites 2 eggs
Freeze fruit juice and wine; boil sugar and water, pour on slowly to beaten whites of eggs, set in pan of salted ice-water, and stir until cold. Add to frozen mixture.

Cocoanut Naples, Sauterne Sauce

1品脱奶油
1/2 汤匙香草
将糖和水煮五分钟，倒入搅打过的蛋清中，将明胶溶于一汤匙半沸水中，加入第一种混合物。放入冰水盆中，搅拌至冷却；加入栗子，翻拌入奶油打发的蓬松物和香草精。在模具内铺上冰淇淋，填入混合物；盖上盖子，用盐和冰包裹，静置三小时。

红衣主教慕斯配冰马德拉酱

在模具内铺上石榴冰；填入由四分之三杯糖、三分之一杯热水、两个蛋清和一茶匙半颗粒明胶(溶于两汤匙沸水)制成的意大利蛋白霜。搅打至冷却，翻拌入两杯奶油打发的蓬松物；用一茶匙香草精调味，盖上盖子，用盐和冰包裹，静置三小时。

冰镇马德拉酱

1/4杯橙汁
2汤匙柠檬汁
1/2杯马德拉葡萄酒
1/2 杯糖
一杯沸水
将2个蛋白打发
冷冻果汁和葡萄酒；将糖和水煮沸，慢慢倒入搅打过的蛋清中，放入盐冰水盆中，搅拌至冷却。加入冷冻的混合物中。

椰子那不勒斯，索泰尔讷酱

Shape vanilla ice cream in individual moulds, and roll in shredded cocoanut; serve with

将香草冰淇淋塑成单独的小模具形状，滚上椰丝；配以下酱汁食用

Sauterne Sauce

1 cup sugar
½ cup water
4 tablespoons Sauterne
Burnett's Leaf Green
Make same as Claret Sauce, and color with leaf green.

索泰尔讷酱

一杯糖
1/2 杯水
4汤匙苏玳葡萄酒
伯内特叶绿
按克拉雷特酱(Claret Sauce)同样制作，并用叶绿着色。

Ice à la Margot

Serve vanilla ice cream in champagne glasses. Cover ice cream with whipped cream, sweetened, flavored with pistachio, and tinted very light green. Garnish with pistachio nuts or Malaga grapes cut in halves.

玛戈冰淇淋

将香草冰淇淋盛在香槟杯中。在冰淇淋上覆盖加糖、用开心果调味并染成极浅绿色的打发奶油。用开心果或切成两半的马拉加葡萄装饰。

Coup aux Marrons

Break marron glacé in pieces, flavor with rum, cover, and let stand one hour. Put in champagne glasses, allowing one and one-half marrons to each glass, cover with vanilla ice cream, and garnish with whipped cream, sweetened and flavored with vanilla, and candied rose leaves.

栗子库普

将糖渍栗子掰成小块，用朗姆酒调味，盖上盖子，静置一小时。放入香槟杯中，每杯约一个半栗子，覆盖香草冰淇淋，用加糖并用香草调味的打发奶油和糖渍玫瑰花瓣装饰。

Plombière Glacé

Cover the bottom of small paper cases with vanilla ice cream, sprinkle ice cream with marron glacé broken in pieces, arrange lady fingers at equal distances, and allow them to extend one inch above cases. Pile whipped cream, sweetened and flavored, in the centre and garnish with marron glacé and candied violets or glacé

普隆比耶尔冰糕

在小纸盒底部铺上香草冰淇淋，在冰淇淋上撒上掰碎的糖渍栗子，等距摆放手指饼干，使其高出纸盒一英寸。在中央堆上加糖调味的打发奶油，用糖渍栗子和糖渍紫罗兰或糖渍装饰。

cherries.

樱桃。

Demi-glacé aux Fraises

Line a brick mould with Vanilla Ice Cream, put in layer of lady fingers, and fill the centre with preserved strawberries or large fresh fruit cut in halves; cover with ice cream, pack in salt and ice, and let stand one hour. For ice cream, make custard of two and one-half cups milk, yolks four eggs, one cup sugar, and one-fourth teaspoon salt; strain, cool, add one cup heavy cream and one tablespoon vanilla; then freeze.

草莓半釉汁

在砖形模具内铺上香草冰淇淋，放入一层手指饼干，中央填入糖渍草莓或切成两半的大颗新鲜水果；覆盖冰淇淋，用盐和冰包裹，静置一小时。制作冰淇淋：用两杯半牛奶、四个蛋黄、一杯糖和四分之一茶匙盐制成蛋奶糊；过滤，冷却，加入一杯厚奶油和一汤匙香草精；然后冷冻。

Mazarine

Bake Brioche in a Charlotte Russe mould or individual tins, cool, cut a slice from top of cake or cakes, and remove centre or centres, leaving a wall or walls one-half inch thick. Fill with rich Vanilla Ice Cream, invert on serving dish, and pour over

Apricot Marmalade. Drain one can apricots and force the fruit through a strainer. Cook syrup until sufficiently reduced to add to fruit, and make of consistency of marmalade. Add a few drops lemon juice and sugar if necessary. Decorate top with halves of apricots, glacé cherries, and whipped cream.

马扎林

在夏洛特·鲁斯模具或单独的小罐中烤制布里欧修，冷却，从蛋糕顶部切下一片，挖去中心，留下半英寸厚的壁。填入浓郁的香草冰淇淋，倒扣在盘中，浇上

杏子果酱。沥干一罐杏子，将果肉用筛子压滤。将糖浆煮至足够浓缩后加入果肉中，制成果酱的稠度。如有需要，加入几滴柠檬汁和糖。用半颗杏子、糖渍樱桃和打发奶油装饰顶部。

Flowering Ice Cream

Line two and one-half inch flower-pots with paraffine paper. Fill with ice cream, cover cream with grated vanilla chocolate to represent earth, and insert a flower in each.

花香冰淇淋

在两英寸半高的花盆内铺上石蜡纸。填入冰淇淋，在冰淇淋上覆盖磨碎的香草巧克力以代表泥土，并在每个花盆中插入一朵花。

Concord Cream

康科德奶油

1 pint cream
1¼ cups grape juice
⅓ cup sugar
Lemon or fresh lime juice
½ cup heavy cream
Pistachio nuts, finely chopped
Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze, and serve in glasses. Garnish with heavy cream beaten until stiff, sweetened, and flavored. Sprinkle cream with nuts.

German Ice Cream

Mix one and one-fourth cups sugar, one tablespoon flour, and one-fourth teaspoon salt. Add two eggs slightly beaten and two cups scalded milk. Cook over hot water until mixture thickens, then add two squares melted chocolate, and cool. Add three cups cream and one tablespoon vanilla. Strain and freeze. Just before serving add three cups zweiback dried and broken in small pieces.

Frozen Orange Soufflé

1½ cups orange juice
1½ cups sugar
2 tablespoons lemon juice
Yolks 5 eggs
1½ teaspoons granulated gelatine
3 tablespoons boiling water
2½ cups cream
Candied orange peel
Pistachio nuts

1品脱奶油
11/4杯葡萄汁
1/3杯糖
柠檬汁或新鲜青柠汁
1/2杯淡奶油
开心果仁，切碎
混合奶油、葡萄汁和糖。加入柠檬汁或青柠汁调味。冷冻，盛在玻璃杯中。用搅打至硬挺、加糖调味的厚奶油装饰。在奶油上撒上坚果。

德国冰淇淋

将一杯又四分之一杯糖、一汤匙面粉和四分之一茶匙盐混合。加入两个略加搅打的鸡蛋和两杯烫牛奶。在热水上煮至混合物变稠，然后加入两方块融化的巧克力，冷却。加入三杯奶油和一汤匙香草精。过滤并冷冻。上桌前加入三杯干燥并掰成小块的 zweiback。

冷冻橙子舒芙蕾

11/2杯橙汁
11/2杯糖
两汤匙柠檬汁蛋黄 5个鸡蛋

11/2茶匙颗粒明胶
3汤匙沸水
两杯半奶油
糖渍橙皮开心果

Mix fruit juice, sugar, and yolks of eggs. Cook over boiling water until mixture thickens, then add gelatine dissolved in boiling water. Cool, freeze to a mush, add whip from cream, and continue freezing. Mould, and serve garnished with candied orange peel and pistachio nuts.

将果汁、糖和蛋黄混合。在沸水上煮至混合物变稠，然后加入溶于沸水的明胶。冷却，冷冻至半凝固状，加入奶油打发的泡沫，继续冷冻。装模，上桌时用糖渍橙皮和开心果装饰。

Biscuit Tortoni in Boxes

1 cup dried macaroons, finely crushed
2 cups thin cream
½ cup sugar
⅓ cup sherry
1 pint heavy cream
Soak macaroons in thin cream one hour, add sugar, wine, and freeze to a mush; then add heavy cream beaten stiff. Mould, pack in salt and ice, and let stand two hours.

Trim lady fingers, arrange on plate in form of box. Keep in place with ribbon one-half inch wide, and fasten at one corner by tying ribbon in a bow. Garnish opposite corner with flowers of same color as ribbon. Remove ice cream from brick, cut a slice three-fourths inch thick, and place it in box.

盒装比斯吉托尔托尼

一杯干马卡龙，细细碾碎

两杯稀奶油

1/2 杯糖

1/3杯雪利酒

1品脱淡奶油

将马卡龙在稀奶油中浸泡一小时，加入糖、葡萄酒，冷冻至半凝固状；然后加入搅打至硬挺的浓奶油。装模，用盐和冰包裹，静置两小时。

修整手指饼干，在盘子上排列成盒子形状。用半英寸宽的丝带固定，在一角将丝带系成蝴蝶结。在对面一角用与丝带同色的花朵装饰。将冰淇淋从砖形模具中取出，切一片四分之三英寸厚的片，放入盒中。

Frozen Soufflé Glacé

4 eggs
Grated rind 1 lemon
⅔ cup sugar
1 tablespoon lemon juice
½ cup Madeira wine
Few grains salt
⅔ cup heavy cream

冷冻舒芙蕾冰糕

4个鸡蛋

磨碎的柠檬皮 1 个柠檬
2/3 杯糖

一汤匙柠檬汁 1/2杯马德拉葡萄
酒少许盐 2/3杯淡奶油

Beat yolks of eggs slightly; add lemon juice, grated rind, wine, sugar, and salt; cook until mixture thickens, stirring constantly. Add whites of eggs beaten stiff, and when well mixed, set in a pan of ice-water to cool, stirring occasionally. Beat cream until stiff, and add. Fill small paper cases with mixture, cover with macaroon dust, and set in a tin mould with tight-fitting cover. Pack mould in salt and ice, and let stand two hours.

将蛋黄略加搅打；加入柠檬汁、磨碎的果皮、葡萄酒、糖和盐；不断搅拌煮至混合物变稠。加入搅打至硬挺的蛋白，拌匀后，放入冰水盆中冷却，偶尔搅拌。将奶油搅打至硬挺，加入。用混合物填充小纸杯，覆盖马卡龙碎屑，放入带紧密盖子的锡模中。将模具用盐和冰包裹，静置两小时。

Frozen Plum Pudding

2 cups milk
1 cup sugar
Yolks 6 eggs
¼ teaspoon salt
¼ cup sherry
2½ cups cream
¾ cup candied fruit
½ cup almonds, blanched and chopped
⅓ cup Sultana raisins
½ cup pounded macaroons
Make custard of milk, one-half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, freeze, and mould. If a baked ice cream is desired, use whites of eggs for meringue, Baked Alaska (see p. 448).

冷冻李子布丁

两杯牛奶
一杯糖
蛋黄 6 个鸡蛋
1/4茶匙盐
1/4杯雪利酒
两杯半奶油
3/4杯糖渍水果
1/2杯杏仁，去皮切碎 1/3杯苏丹娜葡萄干

半杯捣碎的杏仁蛋白椰饼

用牛奶、一半的糖、蛋黄和盐制作蛋奶糊。将剩余的糖焦糖化后加入。过滤，冷却，加入剩余配料，冷冻并装模。如需烤冰淇淋，用蛋白制作蛋白霜，参见第448页的烤阿拉斯加。

Frozen Charlotte Glacé

Mould ice cream in brick form or one-half pound baking-powder boxes. Remove from mould or moulds, and surround with lady fingers, trimmed to come to top of cream. Cover top with whipped

冷冻夏洛特冰糕

将冰淇淋装入砖形模具或半磅泡打粉盒中。从模具中取出，周围围上修整至与冰淇淋齐平的手指饼干。顶部覆盖加糖调味的

cream, sweetened and flavored, and pipe cream between lady fingers. Baking-powder boxes are used when individual service is desired, the cream being cut in halves crosswise.

CHAPTER XXVII
PASTRY

Pastry cannot be easily excluded from the menu of the New Englander. Who can dream of a Thanksgiving dinner without a pie! The last decade has done much to remove pies from the *daily* bill of fare, and in their place are found delicate puddings and seasonable fruits.

If pastry is to be served, have it of the best,—light, flaky, and tender.

To pastry belongs, 1st, Puff Paste; 2d, Plain Paste.

Puff paste, which to many seems so difficult of preparation, is rarely attempted by any except professionals. As a matter of fact, one who has never handled a rolling-pin is less liable to fail, under the guidance of a good teacher, than an old cook, who finds it difficult to overcome the bad habit of using too much force in rolling. It is necessary to work rapidly and with a light touch. A cold room is of great advantage.

For making pastry, pastry flour and the best shortenings, thoroughly chilled, are essential. Its lightness depends on the amount of air enclosed and expansion of that air in baking. The flakiness depends upon kind and amount of shortening used. Lard makes more tender crust than butter, but lacks flavor which butter

打发奶油，并在手指饼干之间挤入奶油。如需单人份，使用泡打粉盒，将冰淇淋横切成两半。

第二十七章酥皮糕点

酥皮点心难以从新英格兰人的菜单中轻易剔除。谁能想象没有馅饼的感恩节晚餐!过去十年间，人们已做了许多努力将馅饼从日常菜单中移除，取而代之的是精致的布丁和应季水果。

若要上糕点，须用最好的--轻盈、酥松、柔嫩。

酥皮类包括：第一，千层酥皮；第二，普通酥皮。

酥皮，对许多人来说似乎很难准备，除了专业人士外很少有人尝试。事实上，从未拿过擀面杖的人在好老师的指导下比老厨师更不容易失败，老厨师发现很难克服在擀制时用力过猛的坏习惯。必须快速操作并轻触。寒冷的房间大有裨益。

制作酥皮时，酥皮面粉和最好的起酥油，彻底冷却，是必不可少的。其轻盈取决于包裹的空气量以及烘烤时空气的膨胀。其酥松程度取决于所用起酥油的种类和用量。猪油使酥皮比黄油更柔软，但缺乏黄油

gives. Puff paste is usually shortened with butter, though some chefs prefer beef suet. Eggs and ice were formerly used, but are not essentials.

所赋予的风味。酥皮通常用黄油起酥，尽管一些厨师更喜欢牛脂。鸡蛋和冰以前曾使用，但并非必需。

Butter should be washed if pastry is to be of the best, so as to remove salt and buttermilk, thus making it of a waxy consistency, easy to handle.

如果要制作最好的酥皮，黄油应清洗，以去除盐和酪乳，从而使其具有蜡质稠度，易于操作。

Utensils and Materials for the making of Puff Paste.—*Page 461*.

制作千层酥皮所用的器具与材料。--第461页。

Calvé Tarts.—*Page 479*.

卡尔韦挞。--第*479*页。

Patties Garnished with pastry rings and parsley.—*Page 462*.

肉饼配以糕点环和欧芹装饰。--第*462*页。

English Meat Pie.—*Page 228*.

英式肉馅饼--第228页。

Rules for Washing Butter. Scald and chill an earthen bowl. Heat palms of hands in hot water, and chill in cold water. By following these directions, butter will not adhere to bowl nor hands. Wash butter in bowl by squeezing with hands until soft and waxy, placing bowl under a cold-water faucet and allowing water to run. A small amount of butter may be washed by using a wooden spoon in place of the hands.

洗黄油的方法。将一个陶碗烫过并冷却。将手掌在热水中加热，再在冷水中冷却。按照这些方法操作，黄油便不会粘在碗上或手上。把黄油放在碗中，用手挤压清洗，直至其变软且呈蜡状，同时将碗置于冷水龙头下，让水不断冲洗。少量黄油可用木勺代替手来清洗。

For rolling paste, use a smooth wooden board, and wooden rolling-pin with handles.

擀制酥皮时，使用光滑的木板和带手柄的木制擀面杖。

Puff paste should be used for vol-au-vents, patties, rissoles, bouchées, cheese straws, tarts, etc. It may be used for rims and upper crusts of pies, but never for lower crusts. Plain paste may be

酥皮应用于vol-au-vents、小馅饼、炸肉卷、bouchées、奶酪条、挞等。它可用于派的边缘和上层酥皮，但绝不用于底层酥皮。普通酥皮可

used where pastry is needed, except for vol-au-vents and patties.

用于需要酥皮点心之处，但 vol-au-vents 和馅饼除外。

Puff Paste

千层酥皮

1 pound butter
1 pound pastry flour
Cold water

一磅黄油
一磅糕点粉
冷水

Wash the butter, pat and fold until no water flies. Reserve two tablespoons of butter, and shape remainder into a circular piece one-half inch thick, and put on floured board. Work two tablespoons of butter into flour with the tips of fingers of the right hand. Moisten to a dough with cold water, turn on slightly floured board, and knead one minute. Cover with towel, and let stand five minutes.

清洗黄油，轻拍并折叠直至无水飞溅。保留两汤匙黄油，将剩余部分塑成半英寸厚的圆形块，放在撒粉的板上。用右手手指尖将两汤匙黄油揉入面粉中。用冷水调成面团，放在略撒粉的板上，揉一分钟。用毛巾覆盖，静置五分钟。

Pat and roll one-fourth inch thick, keeping paste a little wider than long, and corners square. If this cannot be accomplished with rolling-pin, draw into shape with fingers. Place butter on centre of lower half of paste. Cover butter by folding upper half of paste over it. Press edges firmly, to enclose as much air as possible.

轻拍并擀至四分之一英寸厚，保持酥皮略宽于长，四角方正。如果无法用擀面杖完成，用手指拉伸成形。将黄油放在酥皮下半部分的中心。将酥皮上半部分折叠覆盖黄油。用力按压边缘，尽可能包裹更多空气。

Fold right side of paste over enclosed butter, the left side under enclosed butter. Turn paste half-way round, cover, and let stand five minutes. Pat, and roll one-fourth inch thick, having paste longer than wide, lifting often to prevent paste from sticking, and dredging board slightly with flour when necessary. Fold from ends towards centre, making three layers. Cover, and let stand five minutes. Repeat twice, turning paste half-way round each time before rolling. After fourth rolling, fold from ends to centre, and double, making four layers. Put in cold place to chill; if outside temperature is not sufficiently cold, fold paste in a towel, put in a dripping-pan, and place between dripping pans of crushed ice. If

将面皮右侧翻折盖住包入的黄油，左侧翻折到包入的黄油下方。将面皮转半圈，盖上，静置五分钟。轻拍，擀成四分之一英寸厚，使面皮长大于宽，经常提起以防粘连，必要时在案板上薄撒面粉。从两端向中心折，形成三层。盖上，静置五分钟。重复两次，每次擀开前将面皮转半圈。第四次擀开后，从两端向中心折，再对折，形成四层。放入冷处冷藏；若外界温度不够冷，将面皮裹在毛巾中，放入烤盘，置于两盘碎冰之间。若

paste is to be kept for several days, wrap in a napkin, put in tin pail and cover tightly, then put in cold place; if in ice box, do not allow pail to come in direct contact with ice.

若面团需保存数日，用餐巾包裹，放入铁桶中盖紧，然后置于阴凉处；若放入冰箱，不要让铁桶直接接触冰块。

To Bake Puff Paste

Baking of puff paste requires as much care and judgment as making. After shaping, chill thoroughly before baking. Puff paste requires hot oven, greatest heat coming from the bottom, that the paste may properly rise. While rising it is often necessary to decrease the heat by lifting covers or opening the check to stove. Turn frequently, that it may rise evenly. When it has risen its full height, slip a pan under the sheet on which paste is baking to prevent burning on the bottom. Puff paste should be baked on a tin sheet covered with a double thickness of brown paper, or dripping-pan may be used, lined with brown paper. The temperature for baking of patties should be about the same as for raised biscuit; vol-au-vents require less heat, and are covered for first half-hour to prevent scorching on top.

烤制酥皮

烘烤酥皮需要与制作时同样的细心和判断力。整形后，在烘烤前彻底冷藏。酥皮需要热烤箱，最大的热量来自底部，以便酥皮能正常膨胀。在膨胀过程中，通常需要通过掀开盖子或打开炉门来降低热量。经常翻转，使其均匀膨胀。当它膨胀到全高时，在烘烤酥皮的烤盘下垫一个平底锅，以防底部烧焦。酥皮应在铺有双层牛皮纸的锡纸上烘烤，或使用滴油盘，内衬牛皮纸。烘烤小馅饼的温度应与发酵饼干大致相同；大馅饼需要较低的热量，并在前半小时盖上，以防顶部烧焦。

Patty Shells

Roll puff paste one-quarter inch thick, shape with a patty cutter, first dipped in flour; remove centres from one-half the rounds with smaller cutter. Brush over with cold water the larger pieces near the edge, and fit on rings, pressing lightly. Place in towel between pans of crushed ice, and chill until paste is stiff; if cold weather, chill out of doors. Place on iron or tin sheet covered with brown paper, and bake twenty-five minutes in hot oven. The shells should rise their full height and begin to brown in twelve to fifteen minutes; continue browning, and finish baking in twenty-

酥皮壳

将酥皮擀至四分之一英寸厚，用先蘸过面粉的馅饼切模整形；用较小的切模从一半的圆片中取出中心。在较大的片靠近边缘处刷上冷水，装上圆环，轻轻按压。放在两块碎冰盘之间的毛巾中，冷藏至酥皮变硬；如果是寒冷天气，可在户外冷藏。放在铺有牛皮纸的铁板或锡板上，在热烤箱中烘烤二十五分钟。壳应在十二到十五分钟内膨胀到全高并开始变褐；继续变褐，并在二十

five minutes. Pieces cut from centre of rings of patties may be baked and used for patty covers, or put together, rolled, and cut for unders. Trimmings from puff paste should be carefully laid on top of each other, patted, and rolled out.

Vol-au-vents

Roll puff paste one-third inch thick, mark an oval on paste with cutter or mould, and cut out with sharp knife, first dipped in flour. Brush over near the edge with cold water, put on a rim three-fourths inch wide, press lightly, chill, and bake. Vol-au-vents require for baking forty-five minutes to one hour. During the first half-hour they should be covered, watched carefully, and frequently turned. The paste cut from centre of rim should be rolled one-quarter inch thick, shaped same size as before rolling, chilled, baked, and used for cover to the Vol-au-vent.

Quick Puff Paste

1 cup bread flour
1 tablespoon lard
Cold water
⅞ cup butter
Work lard into flour, first using knife then tips of fingers. Moisten to a dough with cold water, pat, and roll out same as Puff Paste. Dot paste with small pieces of butter, using one-third the quantity. Dredge with flour, fold from ends toward centre, then double, making four layers. Pat, and roll out. Repeat until butter is used. Roll, shape, chill, and bake in a hot oven.

Plain Paste

五分钟。从馅饼环中央切下的碎片可以烘烤后用作馅饼盖，或者拼在一起、擀开、切作底皮。酥皮的边角料应仔细地层层叠放，轻拍后擀开。

酥皮盒

将酥皮擀至三分之一英寸厚，用切模或模具在酥皮上标出椭圆形，用先蘸过面粉的锋利刀切出。在靠近边缘处刷上冷水，放上四分之三英寸宽的边，轻轻按压，冷藏，然后烘烤。大馅饼烘烤需要四十五分钟到一小时。在前半小时内应盖上，仔细观察，并经常翻转。从边中心切下的酥皮应擀至四分之一英寸厚，整形至与擀前相同大小，冷藏，烘烤，并用作大馅饼的盖子。

快速酥皮

一杯面包粉
一汤匙猪油
冷水
7/8 杯黄油
将猪油揉入面粉，先用刀再用指尖操作。用冷水调湿成面团，轻拍并擀开，方法同酥皮。在面团上点缀小块黄油，用量为三分之一。撒上面粉，从两端向中央折叠，然后再对折，形成四层。轻拍并擀开。重复此过程直至黄油用完。卷起、整形、冷藏，在热烤箱中烘烤。

纯文本粘贴

1½ cups flour
¼ cup lard
¼ cup butter
½ teaspoon salt.
Cold water
Wash butter, pat, and form in circular piece. Add salt to flour, and work in lard with tips of fingers or case knife. Moisten to dough with cold water; ice-water is not an essential, but is desirable in summer. Toss on board dredged sparingly with flour, pat, and roll out; fold in butter as for puff paste, pat, and roll out. Fold so as to make three layers, turn half-way round, pat, and roll out; repeat. The pastry may be used at once; if not, fold in cheese-cloth, put in covered tin, and keep in cold place, but never in direct contact with ice. Plain paste requires a moderate oven. This is superior paste and quickly made.

Chopped Paste

2 cups flour
2 tablespoons lard
⅔ cup butter
½ teaspoon salt
Cold water
Wash butter. Mix salt with flour, put in chopping tray, add lard and butter, and chop until well mixed. Moisten to a dough with cold water. Toss on floured cloth (Magic Cover), pat, and roll out. Fold so as to make three layers, turn half-way round, pat, and roll out; repeat. Should the butter be too hard, it will not mix readily with the flour, in which case the result will be a tough crust. Omit lard, and use all butter, if preferred.

11/2杯面粉
1/4杯猪油
1/4 杯黄油
1/2茶匙盐。
冷水
清洗黄油，拍打，并整成圆形块。将盐加入面粉，用指尖或餐刀将猪油拌入。用冷水调成面团；冰水不是必需的，但在夏天很理想。放在撒有少量面粉的板上，拍打，擀开；像酥皮那样折入黄油，拍打，擀开。折叠成三层，转半圈，拍打，擀开；重复。酥皮可以立即使用；如果不立即使用，用奶酪布包好，放入有盖的锡罐中，放在阴凉处，但绝不要直接接触冰。普通酥皮需要中等烤箱。这是上等酥皮，制作快捷。

切碎的酱

两杯面粉
2汤匙猪油
2/3 杯黄油
1/2 茶匙盐
冷水
洗黄油。将盐与面粉混合，放入剁切盘，加入猪油和黄油，剁切至充分混合。用冷水调湿成面团。在撒粉布(Magic Cover)上轻抛、轻拍并擀开。折叠成三层，转半圈，轻拍并擀开；重复。若黄油太硬，不易与面粉混合，成品酥皮会发硬。可省略猪油，全部使用黄油，如偏好如此。

Quick Paste

1½ cups flour
¾ teaspoon salt
¼ cup cottolene or cocoanut butter
Cold water
Mix salt with flour, cut in shortening with knife. Moisten to dough with cold water. Toss on floured board, pat, roll out, and roll up like a jelly roll. Use one-third cup of shortening if a richer paste is desired.

Paste with Lard

1½ cups flour
½ teaspoon salt
⅓ cup lard
Cold water
Mix salt with flour. Reserve one and one-fourth tablespoons lard, work in remainder to flour, using tips of fingers or a case knife. Moisten to a dough with water. Toss on a floured board, pat, and roll out. Spread with one tablespoon reserved lard, dredge with flour, roll up like a jelly roll, pat, and roll out; again roll up. Cut from the end of roll a piece large enough to line a pie plate. Pat and roll out, keeping the paste as circular in form as possible. With care and experience there need be no trimmings. Worked-over pastry is never as satisfactory. The remaining one-fourth tablespoon lard is used to dot over upper crust of pie just before sending to oven; this gives the pie a flaky appearance. Ice-water has a similar effect. If milk is brushed over the pie it has a glazed appearance. This quantity of paste will make one pie with two crusts and a few puffs, or two pies with one crust where the rim is

快速粘贴

11/2杯面粉
3/4 茶匙盐
四分之一杯棉籽油或椰子脂冷水

将盐与面粉混合，用刀切入起酥油。用冷水调湿成面团。在撒粉板上轻抛、轻拍、擀开，然后像卷果冻卷一样卷起。若想要更酥富的面团，可使用三分之一杯起酥油。

猪油糊

11/2杯面粉
1/2 茶匙盐
1/3杯猪油
冷水
将盐与面粉混合。留出一又四分之一汤匙猪油，将剩余的拌入面粉，使用指尖或餐刀。用水调成面团。放在撒有面粉的板上，拍打，擀开。涂上一汤匙留出的猪油，撒上面粉，像果冻卷那样卷起，拍打，擀开；再次卷起。从卷的末端切下一块足够大的面片来铺派盘。拍打并擀开，尽量保持酥皮呈圆形。有经验和细心的话，无需修剪。重新加工的酥皮永远不如人意。剩余的四分之一汤匙猪油用于在送入烤箱前点缀派的上层酥皮；这使派有片状外观。冰水也有类似效果。如果刷上牛奶，派会有光泽外观。这个量的酥皮可以做一个双皮派和几个泡芙，或两个单皮派，其中边缘是

built up and fluted.

Entire Wheat Paste

1 cup fine Entire Wheat Flour
½ cup pastry flour
1 teaspoon salt
3 tablespoons lard
½ cup butter
Cold water
Make same as Plain Paste. Roll to one-fourth inch in thickness, cut in finger-shaped pieces, bake, cool, brush over with slightly beaten white one egg diluted with one teaspoon cold water, and sprinkle with chopped nut meat seasoned with salt. Return to oven to slightly brown nut meats. Serve with salad course.

CHAPTER XXVIII
PIES

Paste for pies should be one-fourth inch thick and rolled a little larger than the plate to allow for shrinking. In dividing paste for pies, allow more for upper than under crusts. Always perforate upper crusts that steam may escape. Some make a design, others pierce with a large fork.

Flat rims for pies should be cut in strips three-fourths inch wide. Under crusts should be brushed with cold water before putting on rims, and rims slightly fulled, otherwise they will shrink from edge of plate. The pastry jagger, a simple device for cutting paste, makes rims with fluted edges.

做成凹槽纹。

全麦糊

一杯细全麦面粉

1/2杯糕点粉

一茶匙盐

3汤匙猪油

1/2杯黄油

冷水

制法同普通面团。擀至四分之一英寸厚，切成长条状，烘烤、冷却，刷上略打散的蛋白一个(加一茶匙冷水稀释)，撒上盐调味的碎坚果肉。放回烤箱使坚果肉略微上色。配沙拉一道上桌。

第二十八章派

馅饼面团应厚四分之一英寸，擀得比烤盘略大以留出收缩余量。分配馅饼面团时，上 crust 应比底 crust 留更多。上 crust 务必穿孔以便蒸汽逸出。有人做花纹，有人用大叉子戳孔。

馅饼的平边应切成四分之三英寸宽的条。底 crust 在放边条前应刷冷水，边条略微推满，否则会从盘边收缩。酥皮切刀--一种切面团的简单工具--可切出带波纹边的边条。

Pies requiring two crusts sometimes have a rim between the crusts. This is mostly confined to mince pieces, where there is little danger of juice escaping. Sometimes a rim is placed over upper crust. Where two pieces of paste are put together, the under piece should always be brushed with cold water, the upper piece placed over, and the two pressed lightly together; otherwise they will separate during baking.

需要两层 crust 的馅饼有时在两层之间加一条边。这主要用于百果馅饼，因为汁液溢出的风险很小。有时边条放在上 crust 之上。两片面皮叠合时，下面那片务必刷冷水，上面那片覆上，两片轻轻压合；否则烘烤时会分离。

When juicy fruit is used for filling pies, some of the juices are apt to escape during baking. As a precaution, bind with a strip of cotton cloth wrung out of cold water and cut one inch wide and long enough to encircle the plate. Squash, pumpkin, and custard pies are much less care during baking when bound. Where cooked fruits are used for filling, it is desirable to bake crusts separately. This is best accomplished by covering an inverted deep pie plate with paste and baking for under crust. Prick with a fork before baking. Slip from plate, and fill. For upper crusts, roll a piece of paste a little larger than the pie plate, prick, and bake on a tin sheet.

用多汁水果做馅饼时，部分果汁在烘烤过程中容易流出。为防此弊，可用一条在冷水中拧过的棉布条将饼边围住，布条宽一英寸，长度足以环绕饼盘。南瓜、西葫芦和蛋奶馅饼在烘烤时若如此围边，便省心得多。若用煮过的水果做馅，最好将饼皮分开烘烤。最妥当的做法是：取一个倒扣的深馅饼盘，覆上面团，烤成底皮。烘烤前用叉子在面上扎孔。从盘上取下，填入馅料。至于上皮，取一块比馅饼盘略大的面团，扎孔，放在铁皮板上烘烤。

For baking pies, perforated tin plates are used. They may be bought shallow or deep. By the use of such plates the under crust is well cooked. Pastry should be thoroughly baked and well browned. Pies require from thirty-five to forty-five minutes for baking. Never grease a pie plate; good pastry greases its own tin. Slip pies, when slightly cooled, to earthen plates.

烘烤馅饼使用穿孔锡盘。可购浅盘或深盘。使用此类盘子可使底 crust 充分烤熟。酥皮应彻底烘烤并呈良好棕色。馅饼需烘烤三十五至四十五分钟。切勿给馅饼盘抹油；好的酥皮会自己给锡盘上油。馅饼稍凉后移入陶盘。

Apple Pie I

苹果派 I

4 or 5 sour apples
⅓ cup sugar
¼ teaspoon grated nutmeg

四到五个酸苹果三分之一杯糖

1/4茶匙磨碎的肉豆蔻

⅛ teaspoon salt
1 teaspoon butter
1 teaspoon lemon juice
Few gratings lemon rind
Line pie plate with paste. Pare, core, and cut the apples into eighths, put row around plate one-half inch from edge, and work towards centre until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, and press edges together.

Bake forty to forty-five minutes in moderate oven. A very good pie may be made without butter, lemon juice, and grated rind. Cinnamon may be substituted for nutmeg. Evaporated apples may be used in place of fresh fruit. If used, they should be soaked over night in cold water.

Apple Pie II

Use same ingredients as for Apple Pie I. Place in small earthen baking-dish and add hot water to prevent apples from burning. Cover closely, and bake three hours in very slow oven, when apples will be a dark red color. Brown sugar may be used instead of white sugar, a little more being required. Cool, and bake between two crusts.

Blackberry Pie

Pick over and wash one and one-half cups berries. Stew until soft with enough water to prevent burning. Add sugar to taste, and one-eighth teaspoon salt. Line plate with paste, put on a rim, fill with berries (which have been cooled); arrange six strips pastry

1/8茶匙盐
一茶匙黄油
一茶匙柠檬汁
少许柠檬皮屑

用面皮铺馅饼盘。苹果削皮、去核、切成八瓣，沿盘边半英寸处排一圈，向中心排列直至铺满盘面；然后将剩余苹果堆上。将糖、肉豆蔻、盐、柠檬汁和磨碎的果皮混合，撒在苹果上。点上黄油。润湿底 crust 边缘，覆上上 crust，将边缘压合。

在中温烤箱中烘烤四十至四十五分钟。不用黄油、柠檬汁和磨碎果皮也可做出很好的馅饼。肉桂可替代肉豆蔻。可用脱水苹果代替新鲜水果。若使用，应在前夜用冷水浸泡。

苹果派 II

使用与苹果派 I 相同的配料。放入小陶烤盘，加热水以防苹果烧焦。盖紧，在极慢烤箱中烘烤三小时，苹果将呈深红色。可用红糖代替白糖，用量需略多。冷却后夹在两层 crust 之间烘烤。

黑莓派

拣选并清洗一杯半浆果。加足量水煮至软烂以防烧焦。按口味加糖，加八分之一茶匙盐。用面皮铺盘，放上边条，填入(已冷却的)浆果；在顶部排列六条酥皮条

across the top, cut same width as rim; put on an upper rim. Bake thirty minutes in moderate oven.

Blueberry Pie

2½ cups berries
Flour
½ cup sugar
⅛ teaspoon salt
Line a deep plate with Plain Paste, fill with berries slightly dredged with flour; sprinkle with sugar and salt, cover, and bake forty-five to fifty minutes in a moderate oven. For sweetening, some prefer to use one-third molasses, the remaining two-thirds to be sugar. Six green grapes (from which seeds have been removed) cut in small pieces much improve the flavor, particularly where huckleberries are used in place of blueberries.

Cranberry Pie

1½ cups cranberries
½ cup water
¾ cup sugar
Put ingredients in saucepan in order given, and cook ten minutes; cool, and bake in one crust, with a rim, and strips across the top.

Currant Pie

1 cup currants
1 cup sugar
¼ cup flour
2 egg yolks
2 tablespoons water

宽度与边条相同；放上上边条。在中温烤箱中烘烤三十分钟。

蓝莓派

21⁄2杯浆果
面粉
1⁄2 杯糖
1⁄8茶匙盐
用普通面团铺深盘，填入略撒面粉的浆果；撒上糖和盐，盖上，在中温烤箱中烘烤四十五至五十分钟。为增甜，有人喜欢用三分之一糖蜜，其余三分之二用糖。六颗绿葡萄(去籽)切成小块可大大改善风味，尤其是在用越橘代替蓝莓时。

蔓越莓派

11⁄2杯蔓越莓
1⁄2 杯水
3⁄4 杯糖
按所列顺序将配料放入炖锅，煮十分钟；冷却，用单层 crust 烘烤，带边条，顶部交叉放酥皮条。

醋栗派

1杯无核小葡萄干
一杯糖四分之
一杯面粉两个
蛋黄

两汤匙水

Mix flour and sugar, add yolks of eggs slightly beaten and diluted with water. Wash currants, drain, remove stems, then measure; add to first mixture and bake in one crust; cool, and cover with Meringue I. Cook in slow oven until delicately browned.

Cream Pie

Bake three crusts on separate pie plates. Put together with Cream Filling and dust over with powdered sugar. If allowed to stand after filling for any length of time, the pastry will soften.

Custard Pie

2 eggs
3 tablespoons sugar
⅛ teaspoon salt
1½ cups milk
Few gratings nutmeg
Beat eggs slightly, add sugar, salt, and milk. Line plate with paste, and build up a fluted rim. Strain in the mixture and sprinkle with few gratings nutmeg. Bake in quick oven at first to set rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.

Date Pie

2 cups milk
⅓ pound sugar dates
2 eggs
¼ teaspoon salt
Few gratings nutmeg
Cook dates with milk twenty minutes in top of double boiler.

将面粉和糖混合，加入略打散并用清水稀释的蛋黄。清洗醋栗，沥干，去梗，然后计量；加入第一份混合物中，用单层 crust 烘烤；冷却，覆上蛋白霜 I。在慢烤箱中烘烤至微微上色。

奶油派

在三只馅饼盘上分别烘烤三层 crust。用奶油馅料夹合，撒上糖粉。若填好后放置过久，酥皮会变软。

蛋奶派

2个鸡蛋

3汤匙糖

1/8茶匙盐

一杯半牛奶

少许肉豆蔻碎

将鸡蛋略打散，加入糖、盐和牛奶。用面皮铺盘，捏出波纹边。将混合物滤入，撒上少许磨碎的肉豆蔻。先用快烤箱烘烤使边定型，然后降低温度，因为鸡蛋和牛奶混合需低温烘烤。

枣泥派(Date Pie)

两杯牛奶

1/3磅糖枣

2个鸡蛋

1/4茶匙盐

少许肉豆蔻碎

将枣与牛奶放入双层锅上层煮二十分钟。

Strain, and rub through sieve, then add eggs and salt. Bake same as Custard Pie.

Lemon Pie I

½ cup chopped apple
1 cup sugar
1 beaten egg
¼ cup rolled common crackers
2 tablespoons lemon juice
Grated rind 1 lemon
1 teaspoon melted butter
Mix ingredients in order given and bake with two crusts.

Lemon Pie II

¾ cup sugar
¾ cup boiling water
2 tablespoons corn-starch
2 tablespoons flour
2 egg yolks
3 tablespoons lemon juice
Grated rind 1 lemon
1 teaspoon butter
Mix corn-starch, flour, and sugar, add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, and rind and juice of lemon. Line plate with paste same as for Custard Pie. Turn in mixture which has been cooled, and bake until pastry is well browned. Cool slightly, and cover with Meringue I; then return to oven and bake meringue.

过滤，并通过筛子擦入，然后加入鸡蛋和盐。烘焙方法与蛋奶派相同。

柠檬派 I

1/2杯切碎的苹果

一杯糖

1个打散的鸡蛋

四分之一杯碾碎普通饼干，2汤匙柠檬汁

磨碎的柠檬皮 1 个

一茶匙融化的黄油

按所给顺序混合配料，用两层饼皮烘烤。

柠檬派 II

3/4 杯糖

3/4 杯沸水

2汤匙玉米淀粉

2汤匙面粉

2个蛋黄

3汤匙柠檬汁

磨碎的柠檬皮 1 个

一茶匙黄油

将玉米淀粉、面粉和糖混合，加入沸水，不断搅拌。煮两分钟，加入黄油、蛋黄以及柠檬皮和柠檬汁。用与蛋奶派相同的面皮铺盘。倒入已冷却的混合物，烘烤至酥皮呈良好棕色。稍冷却，覆上蛋白霜 I；然后放回烤箱烘烤蛋白霜。

Lemon Pie III

Yolks 4 eggs
6 tablespoons sugar
Few grains salt
1¼ cups milk
Whites 4 eggs
⅞ cup powdered sugar
1 lemon
Beat yolks of eggs slightly, add sugar, salt, grated rind of lemon, and milk. Line plate with paste as for Custard Pie. Pour in mixture. Bake in moderate oven until set. Remove from oven, cool slightly, and cover with Meringue III (see p. 480) made of whites of eggs, powdered sugar, and lemon juice.

Lemon Pie IV

3 eggs
⅔ cup sugar
¼ cup lemon juice
Grated rind ½ lemon
2 tablespoons water
Beat eggs slightly, add sugar, lemon juice, grated rind, and water. Bake in one crust in a moderate oven. Cool slightly, cover with Meringue II, then return to oven and bake meringue.

Lemon Pie V

1 cup sugar
3 tablespoons flour
3 tablespoons lemon juice

柠檬派 iii

蛋黄 4 个
6汤匙糖
少许盐
11/4杯牛奶
将4个蛋的
7/8 杯糖粉
1个柠檬
将蛋黄略打散，加入糖、盐、磨碎的柠檬皮和牛奶。用与蛋奶派相同的面皮铺盘。倒入混合物。在中温烤箱中烘烤至凝固。取出烤箱，稍冷却，覆上蛋白霜 III(见第480页)，由蛋白、糖粉和柠檬汁制成。

柠檬派 iv

3个鸡蛋
2/3杯糖
1/4杯柠檬汁
磨碎的柠檬皮 1/2 个
两汤匙水
将鸡蛋略打散，加入糖、柠檬汁、磨碎果皮和水。用单层 crust 在中温烤箱中烘烤。稍冷却，覆上蛋白霜 II，然后放回烤箱烘烤蛋白霜。

柠檬派 v

一杯糖
3汤匙面粉
3汤匙柠檬汁

Yolks 2 eggs
1 cup milk
1 tablespoon melted butter
Whites 2 eggs
Few grains salt
Mix sugar and flour, add lemon juice, egg yolks slightly beaten, milk, butter, whites of eggs beaten stiff, and salt. Bake in one crust, and cover with meringue or not, as desired.

Mince Pies

Mince pies should be always baked with two crusts. For Thanksgiving and Christmas pies, Puff Paste is often used for rims and upper crusts, but is never satisfactory when used for under crusts.

Mince Pie Meat I

4 lbs. lean beef
2 lbs. beef suet
Baldwin apples
3 quinces
3 lbs. sugar
2 cups molasses
2 quarts cider
4 lbs. raisins, seeded and cut in pieces
3 lbs. currants
½ lb. finely cut citron
1 quart cooking brandy
1 tablespoon cinnamon and mace

蛋黄 2 个鸡蛋

一杯牛奶
1汤匙融化的黄油

将2个蛋白打发

少许盐

将糖和面粉混合，加入柠檬汁、略打散的蛋黄、牛奶、黄油、打至硬挺的蛋白和盐。用单层 crust 烘烤，按需覆上蛋白霜或不覆。

肉馅饼

百果馅饼应始终用两层 crust 烘烤。感恩节和圣诞节的馅饼，边条和上 crust 常用酥皮，但用作底 crust 从不令人满意。

肉馅派馅料 I

四磅瘦牛肉

两磅牛板油

鲍德温苹果

3个楦柠

三磅糖

两杯糖蜜

两夸脱苹果酒

四磅葡萄干，去籽并切碎

3磅醋栗

1/2磅切碎的香橼 1夸脱烹饪用白兰地

一汤匙肉桂和肉豆蔻

1 tablespoon powdered clove
2 grated nutmegs
1 teaspoon pepper
Salt to taste
Cover meat and suet with boiling water and cook until tender, cool in water in which they are cooked; the suet will rise to top, forming a cake of fat, which may be easily removed. Finely chop meat, and add it to twice the amount of finely chopped apples. The apples should be quartered, cored, and pared, previous to chopping, or skins may be left on, which is not an objection if apples are finely chopped. Add quinces finely chopped, sugar, molasses, cider, raisins, currants, and citron; also suet, and stock in which meat and suet were cooked, reduced to one and one-half cups. Heat gradually, stir occasionally, and cook slowly two hours; then add brandy and spices.

Mince Pie Meat II

5 cups chopped cooked beef

2½ cups chopped suet

7½ cups chopped apples

3 cups cider

½ cup vinegar

1 cup molasses

5 cups sugar

¾ lb. citron, finely chopped

2½ cups whole raisins

1½ cups raisins, finely chopped

一汤匙丁香粉

2颗磨碎的肉豆蔻

一茶匙胡椒

盐适量

将肉和板油用沸水没过，煮至软烂，在原汤中冷却；板油会浮到表面，凝成一块油脂，易于取出。将肉细细剁碎，加入两倍量的细剁苹果。苹果在剁之前应切成四瓣、去核、去皮，或者保留果皮亦可，只要苹果剁得够细便无妨碍。加入细剁的橄榄、糖、糖蜜、苹果酒、葡萄干、醋栗和香橼；再加入板油，以及煮肉和板油的原汤，收浓至一杯半。慢慢加热，不时搅拌，小火煮两小时；然后加入白兰地和香料。

肉馅派馅料 II

五杯切碎的熟牛肉

21/2杯切碎的板油

71/2杯切碎的苹果

3杯苹果酒

1/2 杯醋

一杯糖蜜

五杯糖

3/4磅香橼，切细碎

21/2杯整粒葡萄干

11/2杯葡萄干，切碎

Salt

Juice 2 lemons

Juice 2 oranges

1 tablespoon mace

Cinnamon 2 tablespoons each

Clove

Allspice

2 nutmegs grated

2 tablespoons lemon extract

1 teaspoon almond extract

1½ cups brandy

3 cups liquor in which beef was cooked

Mix ingredients in the order given, except brandy, and let simmer one and one-half hours; then add brandy and shavings from the rind of the lemons and oranges.

English Mince Meat

5 lbs. raisins, seeded

5 lbs. suet finely chopped

5 lbs. apples

4 lbs. citron

1½ lbs. blanched almonds

5 lbs. currants

盐

榨2个柠檬的汁榨2个橙子的汁
1汤匙肉豆蔻衣肉桂

各两汤匙

丁香

多香果

2颗肉豆蔻，磨碎

2汤匙柠檬精

一茶匙杏仁精

11/2杯白兰地

煮牛肉的汤汁三杯

按所列顺序混合配料(白兰地除外)，文火炖一个半小时；然后加入白兰地以及柠檬和橙子皮的碎屑。

英式肉馅

五磅去籽葡萄干

五磅板油 切碎

五磅苹果

四磅香橼

11/2磅去皮杏仁

5磅醋栗

5 lbs. light brown sugar

½ teaspoon mace

½ teaspoon cinnamon

2½ cups brandy

Cook raisins, suet, apples, citron, currants, and sugar slowly for one and one-half hours; then add almonds, spices, and brandy.

Mince Meat (without Alcoholic Liquor)

Mix together one cup chopped apple, one-half cup raisins seeded and chopped, one-half cup currants, one-fourth cup butter, one tablespoon molasses, one tablespoon boiled cider, one cup sugar, one teaspoon cinnamon, one-half teaspoon cloves, one-half nutmeg grated, one salt-spoon of mace, and one teaspoon salt. Add enough stock in which meat was cooked to moisten; heat gradually to boiling-point, and simmer one hour; then add one cup chopped meat and two tablespoons Barberry Jelly. Cook fifteen minutes.

Mock Mince Pie

4 common crackers, rolled
1½ cups sugar
1 cup molasses
⅓ cup lemon juice or vinegar
1 cup raisins, seeded and chopped
½ cup butter
2 eggs well beaten
Spices
Mix ingredients in order given, adding spices to taste. Bake

五磅浅棕色糖

1/2茶匙肉豆蔻衣

1/2茶匙肉桂

两杯半白兰地

将葡萄干、板油、苹果、香橼、醋栗和糖慢火煮一个半小时；然后加入杏仁、香料和白兰地。

肉馅(不含酒精饮品)

将一杯剁碎的苹果、半杯去籽剁碎的葡萄干、半杯醋栗、四分之一杯黄油、一汤匙糖蜜、一汤匙熬煮过的苹果酒、一杯糖、一茶匙肉桂、半茶匙丁香、半颗擦碎的肉豆蔻、一盐匙肉豆蔻衣和一茶匙盐混合在一起。加入足量煮肉的原汤使之湿润；慢慢加热至沸点，微沸一小时；然后加入一杯剁碎的肉和两汤匙伏牛花果冻。煮十五分钟。

仿肉馅饼

4块普通饼干，擀碎

11/2杯糖

一杯糖蜜

1/3杯柠檬汁或醋

1杯葡萄干，去籽并切碎 1/2杯黄油

两个鸡蛋充分打散

香料

按给定顺序混合配料，根据口味添加香料。烘焙

between crusts. This quantity will make two pies.

Mock Cherry Pie

Mix one cup cranberries cut in halves, one-half cup raisins seeded and cut in pieces, three-fourths cup sugar, and one tablespoon flour. Dot over with one teaspoon butter. Bake between crusts.

Peach Pie

Remove skins from peaches. This may be done easily after allowing peaches to stand in boiling water one minute. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste. Cool, and fill crust previously baked. Cover with whipped cream, sweetened and flavored. Fresh strawberries, cut in halves, slightly mashed and sweetened, are attractively served in a pastry case.

Prune Pie

½ lb. prunes
½ cup sugar (scant)
1 tablespoon lemon juice
1½ teaspoons butter
1 tablespoon flour
Wash prunes and soak in enough cold water to cover. Cook in same water until soft. Remove stones, cut prunes in quarters, and mix with sugar and lemon juice. Reduce liquor to one and one-half tablespoons. Line plate with paste, cover with prunes, pour over liquor, dot over with butter, and dredge with flour. Put on an upper crust and bake in a moderate oven.

两片饼皮之间。此分量可做两个派。

仿樱桃派

混合一杯对半切开的蔓越莓、半杯去籽切碎的葡萄干、四分之三杯糖和一汤匙面粉。点上一茶匙黄油。夹在两层 crust 之间烘烤。

桃子派

去除桃子皮。将桃子在沸水中浸一分钟即可轻松去皮。切成八瓣，加足量水煮至软烂以防烧焦；按口味加甜。冷却后填入预先烤好的 crust。覆上加甜调味的打发奶油。新鲜草莓对半切开，略压碎加甜，盛在酥皮壳中十分诱人。

西梅派

1⁄2 磅西梅干
半杯糖(略少)
一汤匙柠檬汁
11⁄2茶匙黄油
一汤匙面粉
洗净西梅，浸泡在足量冷水中至没过。用同一锅水煮至软烂。去核，将西梅切成四瓣，与糖和柠檬汁混合。将煮汁收浓至一汤匙半。用面团铺盘，铺上西梅，浇上煮汁，点上黄油，撒上面粉。盖上上层酥皮，放入中等温度的烤箱烘烤。

Rhubarb Pie

1½ cups rhubarb
⅞ cup sugar
1 egg
2 tablespoons flour
Skin and cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake between crusts. Many prefer to scald rhubarb before using; if so prepared, losing some of its acidity, less sugar is required.

Squash Pie I

1¼ cups steamed and strained squash
¼ cup sugar
½ teaspoon salt
¼ teaspoon cinnamon, ginger, nutmeg, or
½ teaspoon lemon extract
1 egg
⅞ cup milk
Mix sugar, salt, and spice or extract, add squash, egg slightly beaten, and milk gradually. Bake in one crust, following directions for Custard Pie. If a richer pie is desired, use one cup squash, one-half cup each of milk and cream, and an additional egg yolk.

Squash Pie II

1 cup squash, steamed and strained

1 cup heavy cream

1 cup sugar

大黄派

11/2杯大黄

7/8 杯糖

1个鸡蛋

2汤匙面粉

大黄使用前将茎部切成半英寸长的段后再计量。将糖、面粉和鸡蛋混合；加入大黄中，夹在两层酥皮之间烘烤。许多人喜欢在使用前先将大黄焯一下；若如此处理，大黄会失去部分酸味，所需的糖量也较少。

南瓜派 I

11/4杯蒸熟并滤过的南瓜泥 1/4杯糖

1/2 茶匙盐

1/4茶匙肉桂、姜、肉豆蔻，或1/2茶匙柠檬香精

1个鸡蛋

7/8 杯牛奶

将糖、盐和香料或香精混合，加入南瓜泥、略打散的鸡蛋，再逐渐加入牛奶。按照蛋奶派的做法，在单层酥皮中烘烤。若想制作更浓郁的派，可用一杯南瓜泥、半杯牛奶和半杯奶油，并额外加入一个蛋黄。

南瓜派 II

一杯南瓜泥，蒸熟后滤干

一杯淡奶油

一杯糖

3 eggs, slightly beaten

4 tablespoons brandy

Cinnamon	1 teaspoon each
Nutmeg	
Ginger	¾ teaspoon each
Salt	
¼ teaspoon mace	

Line a deep pie plate with puff paste. Brush over paste with white of egg slightly beaten, and sprinkle with stale bread crumbs; fill, and bake in a moderate oven. Serve warm.

Pumpkin Pie

1½ cups steamed and strained pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs
1½ cups milk
½ cup cream
Mix ingredients in order given and bake in one crust.

Cheese Straws.—*Page 475.*

Cocoanut Tea Cakes.—*Page 477.*

3个鸡蛋，轻轻打散

4汤匙白兰地

肉桂	各一茶匙
肉豆蔻	
姜	3/4茶匙各
盐	
1/4茶匙肉豆蔻衣	

在深派盘中铺上酥皮。用略打散的蛋清刷在酥皮表面，撒上陈面包屑；填入馅料，在中等温度的烤箱中烘烤。趁热食用。

南瓜派

11/2杯蒸熟并过滤的南瓜 2/3杯红糖

一茶匙肉桂
1/2茶匙姜
1/2 茶匙盐
2个鸡蛋
一杯半牛奶
1/2 杯奶油
按所给顺序混合配料，放入单层派皮中烘烤。

奶酪条。--第*475*页。

椰子茶饼。--第477页。

Fruit Baskets.—*Page 479.*

Lemon Tartlets.—*Page 479.*

CHAPTER XXIX
PASTRY DESSERTS

Banbury Tarts

1 cup raisins
1 cup sugar
1 egg
1 cracker
Juice and grated rind 1 lemon
Stone and chop raisins, add sugar, egg slightly beaten, cracker finely rolled, and lemon juice and rind. Roll pastry one-eighth inch thick, and cut pieces three and one-half inches long by three inches wide. Put two teaspoons of mixture on each piece. Moisten edge with cold water half-way round, fold over, press edges together with three-tined fork, first dipped in flour. Bake twenty minutes in slow oven.

Cheese Cakes

1 cup sweet milk
1 cup sour milk
1 cup sugar
Yolks 4 eggs
Juice and grated rind one lemon

水果篮。--第*479*页。

柠檬小挞。--第*479*页。

第二十九章酥皮甜点

班伯里馅饼

一杯葡萄干
一杯糖
1个鸡蛋
1块饼干
1个柠檬的果汁和磨碎的果皮
将葡萄干去核切碎，加入糖、略打散的鸡蛋、细碾的饼干屑以及柠檬汁和柠檬皮。将酥皮擀至八分之一英寸厚，切成三英寸半长、三英寸宽的块。每块上放两茶匙馅料。将边缘一半周长处用冷水润湿，对折，用先蘸过面粉的三齿叉将边缘压合。在低温烤箱中烘烤二十分钟。

奶酪蛋糕

一杯甜牛奶
一杯酸牛奶
一杯糖
蛋黄 4 个
一个柠檬的汁和磨碎的皮

¼ cup almonds, blanched and chopped
¼ teaspoon salt
Scald sweet and sour milk, strain through cheese-cloth. To curd add sugar, yolks of eggs slightly beaten, lemon, and salt. Line patty pans with paste, fill with mixture, and sprinkle with chopped almonds. Bake until mixture is firm to the touch.

Cheese Straws

Roll puff or plain paste one-fourth inch thick, sprinkle one-half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out one-fourth inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips five inches long and one-fourth inch wide. Bake eight minutes in hot oven. Parmesan cheese, or equal parts of Parmesan and Edam cheese, may be used. Cheese straws are piled log cabin fashion and served with cheese or salad course.

Condés

Whites 2 eggs
¾ cup powdered sugar
2 oz. almonds, blanched and finely chopped
Beat whites of eggs until stiff, add sugar gradually, then almonds. Roll paste, and cut in strips three and one-half inches long by one and one-half inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake fifteen minutes in moderate oven.

Galattes

四分之一杯杏仁，去皮切碎四分之一茶匙盐

将甜牛奶和酸牛奶烫过，用奶酪布过滤。在凝乳中加入糖、略打散的蛋黄、柠檬和盐。用酥皮铺在小馅饼模中，填入混合物，撒上切碎的杏仁。烘烤至混合物触之坚实。

奶酪条

将酥皮或普通面团擀成四分之一英寸厚，在一半表面撒上磨碎的奶酪，奶酪中已加入少许盐和辣椒粉。折叠，将边缘用力压紧，再次折叠，轻拍，然后擀成四分之一英寸厚。撒上奶酪，按前述步骤操作；重复两次。切成长五英寸、宽四分之一英寸的条状。在热烤箱中烘烤八分钟。可使用帕尔马奶酪，或帕尔马奶酪与埃丹奶酪等量混合。奶酪条以原木小屋式堆叠，配奶酪或沙拉一道上桌。

孔代斯

将2个蛋白打发
3⁄4 杯糖粉
2盎司杏仁，去皮并切碎
将蛋清搅打至硬性发泡，逐渐加入糖，然后加入杏仁。将酥皮擀开，切成长三英寸半、宽一英寸半的条状。涂抹上混合物；注意不要涂到边缘。撒上糖粉，在中等温度的烤箱中烘烤十五分钟。

加拉特

Roll puff or plain paste one-eighth inch thick. Shape with an oblong cutter three and one-half inches long by one and three-fourths inches wide. Brush over with white of egg and sprinkle with cinnamon and sugar. Bake in a hot oven. A lady-finger cutter may be used with satisfaction, but is more difficult to procure.

将酥皮或普通酥皮擀至八分之一英寸厚。用长方形切模切成三英寸半长、一英寸四分之三宽的块。刷上蛋清，撒上肉桂和糖。在高温烤箱中烘烤。使用手指饼干切模也可以获得满意效果，但较难获得。

Cream Horns

Roll puff paste in a long rectangular piece, one-eighth inch thick. Cut in strips three-fourths inch wide. Roll paste over wooden forms bought for the purpose, having edges overlap. Bake in hot oven until well puffed and slightly browned. Brush over with white of egg slightly beaten, diluted with one teaspoon water, then sprinkle with sugar. Return to oven and finish cooking, and remove from forms. When cold, fill with Cream Filling or whipped cream sweetened and flavored.

奶油角

将酥皮擀成长方形大片，八分之一英寸厚。切成四分之三英寸宽的条。将酥皮卷在为此购买的木制模具上，使边缘重叠。在高温烤箱中烘烤至充分膨胀并略微上色。刷上略打散并用一茶匙水稀释的蛋清，然后撒上糖。放回烤箱完成烘烤，然后从模具上取下。冷却后，填入奶油馅或加糖调味的打发奶油。

Florentine Meringue

Roll puff or plain paste one-eighth inch thick; cut a piece ten inches long by seven inches wide; place on a sheet, wet edges, and put on a half-inch rim. Prick with fork six times, and bake in hot oven. Cool, and spread with jam, cover with Meringue II, and almonds blanched and shredded; sprinkle with powdered sugar and bake.

佛罗伦萨蛋白霜

将酥皮或普通酥皮擀至八分之一英寸厚；切一块十英寸长、七英寸宽的片；放在烤盘上，润湿边缘，加上半英寸高的边框。用叉子扎六次，在高温烤箱中烘烤。冷却后，涂上果酱，覆盖蛋白霜II，撒上焯过并切丝的杏仁；撒上糖粉后烘烤。

Cocoanut Tea Cakes

Roll puff or plain paste to one-fourth inch in thickness. Shape with a lady-finger cutter and bake on a tin sheet in a hot oven. When nearly done remove from oven, cool slightly, brush over with

椰子茶饼

将酥皮或普通酥皮擀至四分之一英寸厚。用手指饼干切模成形，在高温烤箱中的铁皮烤盘上烘烤。快烤好时从烤箱中取出，稍冷却，刷上

beaten white of egg, sprinkle with shredded cocoanut, and return to oven to finish the cooking.

打散的蛋清，撒上椰丝，放回烤箱完成烘烤。

Napoleons

Bake three sheets of pastry, pricking before baking. Put between the sheets Cream Filling; spread top with Confectioner's Frosting, sprinkle with pistachio nuts blanched and chopped, crease in pieces about two and one-half by four inches, and cut with sharp knife.

拿破仑

烤三张酥皮，烘烤前先扎孔。在酥皮之间夹入奶油馅；表面涂抹糖霜，撒上焯过并切碎的开心果，压出约二英寸半乘四英寸的痕迹，用利刀切开。

Orange Sticks

Cut puff or plain paste rolled one-eighth inch thick in strips five inches long by one inch wide, and bake in hot oven. Put together in pairs, with Orange Filling between.

橙皮条

将擀至八分之一英寸厚的酥皮或普通酥皮切成长五英寸、宽一英寸的条，在高温烤箱中烘烤。两两配对，中间夹入橙子馅。

Lemon Sticks

Lemon Sticks may be made in same manner as Orange Sticks, using Lemon Filling.

柠檬条

柠檬条可按照橙条相同的方法制作，使用柠檬馅。

Palm Leaves

Roll remnants of puff paste one-eighth inch thick; sprinkle one-half surface with powdered sugar, fold, press edges together, pat and roll out, using sugar for dredging board; repeat three times. After the last rolling fold four times. The pastry should be in long strip one and one-half inches wide. From the end, cut pieces one inch wide; place on baking-sheet, broad side down, one inch apart, and separate layers of pastry at one end to suggest a leaf. Bake eight minutes in hot oven; these will spread while baking.

棕榈叶

将酥皮边角料擀成八分之一英寸厚；在一半表面撒上糖粉，折叠，将边缘压紧，轻拍并擀开，用糖作为案板上的防粘粉；重复三次。最后一次擀开后折叠四次。酥皮应呈宽一英寸半的长条状。从末端切出一英寸宽的块；放在烤盘上，宽面朝下，间隔一英寸，并将一端的面层分开以呈现叶片状。在热烤箱中烘烤八分钟；烘烤时这些会膨胀展开。

Raspberry Puffs

Roll plain paste one-eighth inch thick, and cut in pieces four by three and one-half inches. Put one-half tablespoon raspberry jam on centre of lower half of each piece, wet edges half-way around, fold, press edges firmly together, prick tops, place on sheet, and bake twenty minutes in hot oven.

Tarts

Roll puff paste one-eighth inch thick. Shape with a fluted round cutter, first dipped in flour; with a smaller cutter remove centres from half the pieces, leaving rings one-half inch wide. Brush with cold water the larger pieces near the edge; fit on rings, pressing lightly. Chill thoroughly, and bake fifteen minutes in hot oven. By brushing tops of rings with beaten yolk of egg diluted with one teaspoonful water, they will have a glazed appearance. Cool, and fill with jam or jelly.

Polish Tartlets

Roll puff or plain paste one-eighth inch thick, and cut in two and one-half inch squares; wet the corners, fold toward the centre, and press lightly; bake on a sheet; when cool, press down the centres and fill, using two-thirds quince marmalade and one-third currant jelly.

Almond Tartlets

Line patty pans with puff or plain paste, fill with the following mixture, and bake in a moderate oven until firm.

Blanch and finely chop one-third pound Jordan almonds. Add two

覆盆子泡芙

将普通酥皮擀至八分之一英寸厚，切成四英寸乘三英寸半的块。在每块下半部分的中央放半汤匙覆盆子果酱，将边缘一半周长处润湿，对折，将边缘压紧，在表面扎孔，放在烤盘上，在高温烤箱中烘烤二十分钟。

挞

将酥皮擀至八分之一英寸厚。用先蘸过面粉的带槽圆形切模成形；用较小的切模从一半的圆片中切去中心，留下半英寸宽的圆环。在较大的圆片靠近边缘处刷上冷水；放上圆环，轻轻按压。充分冷藏，在高温烤箱中烘烤十五分钟。用打散的蛋黄加一茶匙水稀释后刷在圆环表面，可使其呈现光泽。冷却后，填入果酱或果冻。

波兰小馅饼

将酥皮或普通酥皮擀至八分之一英寸厚，切成二英寸半见方的块；润湿四角，向中心折起，轻轻按压；在烤盘上烘烤；冷却后，将中心按下并填入馅料，使用三分之二榲桲果酱和三分之一醋栗果冻。

杏仁小塔

用酥皮或普通酥皮铺在小馅饼模中，填入以下混合物，在中等温度的烤箱中烘烤至坚实。

将三分之一磅约旦杏仁焯水并切碎。加入两

tablespoons cracker rolled and sifted, three eggs slightly beaten, one-third cup sugar, one-third teaspoon salt, two cups milk, and one-half teaspoon vanilla.

汤匙碾碎过筛的饼干屑、三个略打散的鸡蛋、三分之一杯糖、三分之一茶匙盐、两杯牛奶和半茶匙香草精。

Peach Crusts

Roll puff or plain paste one-eighth inch thick, cut in two and one-half inch squares, and bake in hot oven. Cool, press down the centres, and arrange on each one-half a canned peach drained from syrup and heated in oven. Sprinkle with powdered sugar and put brandy in each cavity. Light just before sending to table.

桃酥皮

将酥皮或普通酥皮擀至八分之一英寸厚，切成二英寸半见方的块，在高温烤箱中烘烤。冷却后，将中心按下，在每个上面放半个罐头桃子(沥去糖浆并在烤箱中加热)。撒上糖粉，在每个凹陷处倒入白兰地。上桌前点燃。

Malaga Boats

Roll puff or plain paste one-eighth inch thick, line individual boat-shaped tins, prick, and half fill with rice or barley to keep pastry in desired shape. Bake in a hot oven. Remove from tins and cover bottom of boats with marmalade, and on marmalade arrange three or four malaga grapes cooked in syrup five minutes.

马拉加船

将酥皮或普通酥皮擀至八分之一英寸厚，铺在船形小模中，扎孔，填入一半量的米或大麦以保持酥皮形状。在高温烤箱中烘烤。从模中取出，在船形底部涂上果酱，在果酱上摆放三四颗在糖浆中煮了五分钟的马加拉葡萄。

Calvé Tarts

Roll puff or plain paste one-eighth inch thick, and cut in rounds of correct size to cover inverted circular tins. Cover tins with paste, prick several times, and bake until delicately browned. Place one-half a canned peach in each case and fill each cavity with one-half a blanched Jordan almond.

卡尔韦挞

将酥皮或普通酥皮擀至八分之一英寸厚，切成大小合适的圆片，覆盖在倒扣的圆形模具上。用酥皮覆盖模具，扎数次孔，烘烤至微微上色。在每个壳中放半个罐头桃子，每个凹陷处填入半颗焯过的约旦杏仁。

Fruit Baskets

Bake plain paste over inverted patty pans. Roll paste one-eighth inch thick, and cut in strips one-fourth inch wide. Twist strips in pairs and bake over a one-fourth pound baking-powder box, thus

水果篮

将普通酥皮覆盖在倒扣的小馅饼模上烘烤。将酥皮擀至八分之一英寸厚，切成四分之一英寸宽的条。将条两两扭在一起，覆盖在四分之一磅装的泡打粉盒上烘烤，从而

making handles. Fill cases with sliced peaches sprinkled generously with sugar, insert handles, garnish with whipped cream and peach leaves. Strawberries, raspberries, or other fruit may be used in place of peaches.

制成把手。在壳中填入撒了大量糖的桃子片，插入把手，用打发奶油和桃叶装饰。可用草莓、覆盆子或其他水果代替桃子。

Lemon Tartlets

Bake paste as for Fruit Baskets without handles. Fill with Lemon Pie II mixture, cover with Meringue II, and bake until meringue is delicately browned.

柠檬小挞

按照水果篮的方法烘烤酥皮，但不加把手。填入柠檬派II的混合物，覆盖蛋白霜II，烘烤至蛋白霜微微上色。

MERINGUES

蛋白霜

For Pies, Puddings, and Desserts

用于馅饼、布丁和甜点

Eggs for meringues should be thoroughly chilled, and beaten with silver fork, wire spoon, or whisk. Where several eggs are needed, much time is saved by using a whisk. Meringues on pies, puddings, or desserts may be spread evenly, spread and piled in the centre, put on lightly by spoonfuls, or spread evenly with part of the mixture, the remainder being forced through a pastry bag and tube.

制作蛋白霜的鸡蛋应充分冷藏，用银叉、金属丝勺或打蛋器搅打。需要多个鸡蛋时，使用打蛋器可节省大量时间。用于派、布丁或甜点上的蛋白霜可以均匀涂抹，涂抹后在中央堆起，用勺一勺一勺地轻轻放上，或先均匀涂抹一部分混合物，剩余的通过裱花袋和裱花嘴挤出。

Meringues I and III should be baked fifteen minutes in slow oven. Meringue II should be cooked eight minutes in moderate oven; if removed from oven before cooked, the eggs will liquefy and meringue settle; if cooked too long, meringue is tough.

蛋白霜I和III应在慢烤箱中烘烤十五分钟。蛋白霜II应在中等烤箱中烤八分钟；如果在烤熟前取出，鸡蛋会液化，蛋白霜会塌陷；如果烤得太久，蛋白霜会变韧。

Meringue I

蛋白霜 I

Whites 2 eggs
2 tablespoons powdered sugar

将2个蛋白打发
2汤匙糖粉

½ tablespoon lemon juice or
¼ teaspoon vanilla
Beat whites until stiff, add sugar gradually and continue beating, then add flavoring.

Meringue II

Whites 3 eggs
7½ tablespoons powdered sugar
½ teaspoon lemon extract or
⅓ teaspoon vanilla
Beat whites until stiff, add four tablespoons sugar gradually, and beat vigorously; fold in remaining sugar, and add flavoring.

Meringue III

Whites 4 eggs
⅞ cup powdered sugar
2 tablespoons lemon juice
Put whites of eggs and sugar in bowl, beat mixture until stiff enough to hold its shape, add lemon juice drop by drop, continuing the beating. It will take thirty minutes to beat mixture sufficiently stiff to hold its shape, but when baked it makes a most delicious meringue.

Meringues Glacées, or Kisses

Whites 4 eggs
½ teaspoon vanilla
1¼ cups powdered sugar or

1/2 汤匙柠檬汁或
1/4 茶匙香草
将蛋白搅打至硬性发泡，逐渐加入糖并继续搅打，然后加入调味料。

蛋白霜 II

将3个蛋白打发
71/2汤匙糖粉
1/2茶匙柠檬香精或
1/3 茶匙香草
将蛋白搅打至硬性发泡，逐渐加入四汤匙糖，用力搅打；翻拌加入剩余的糖，并加入调味料。

蛋白霜 III

将4个蛋的蛋白
7/8 杯糖粉
2汤匙柠檬汁
将蛋白和糖放入碗中，搅打混合物至足够硬挺能保持形状，逐滴加入柠檬汁，继续搅打。需要搅打三十分钟才能使混合物足够硬挺保持形状，但烘烤后会制成极其美味的蛋白霜。

蛋白霜冰淇淋，或称“吻”

将4个蛋的蛋白
1/2茶匙香草精 11/4杯糖粉或

1 cup fine granulated

Beat whites until stiff, add gradually two-thirds of sugar, and continue beating until mixture will hold its shape; fold in remaining sugar, and add flavoring. Shape with a spoon or pastry bag and tube on wet board covered with letter paper. Bake thirty minutes in very slow oven, remove from paper, and put together in pairs, or if intending to fill with whipped cream or ice cream remove soft part with spoon and place meringues in oven to dry.

Nut Meringues

To Meringue Glacée mixture add chopped nut meat; almonds, English walnuts, or hickory nuts are preferred. Shape by dropping mixture from tip of spoon in small piles one-half inch apart, or by using pastry bag and tube. Sprinkle with nut meat, and bake.

Meringues (Mushrooms)

Shape Meringue Glacée mixture in rounds the size of mushroom caps, using pastry bag and tube; sprinkle with grated chocolate. Shape stems like mushroom stems. Bake, remove from paper, and place caps on stems.

Meringues Panachées

Fill Meringues Glacées with ice cream, or ice cream and water ice. Garnish with whipped cream forced through pastry bag and tube, and candied cherries.

Creole Kisses

一杯细砂糖

将蛋白搅打至硬性发泡，逐渐加入三分之二的糖，继续搅打至混合物能保持形状；翻拌加入剩余的糖，并加入调味料。用勺子或裱花袋和花嘴在铺有信纸的湿板上塑形。在极慢烤箱中烘烤三十分钟，从纸上取下，两两配对，或者如果打算填入打发奶油或冰淇淋，用勺子挖去柔软部分，将蛋白霜放回烤箱干燥。

坚果蛋白霜

在蛋白霜冰淇淋混合料中加入切碎的坚果肉；首选杏仁、英国核桃或山核桃。从勺尖将混合物滴成小堆，间隔半英寸，或使用裱花袋和花嘴塑形。撒上坚果肉，烘烤。

蛋白霜(蘑菇形)

使用裱花袋和花嘴将蛋白霜冰淇淋混合料塑成蘑菇帽大小的圆形；撒上磨碎的巧克力。将菌柄塑成蘑菇柄的形状。烘烤，从纸上取下，将菌帽放在菌柄上。

双色蛋白霜

用冰淇淋，或冰淇淋加水冰，填充蛋白霜冰淇淋。用裱花袋和花嘴挤出的打发奶油和糖渍樱桃装饰。

克里奥尔之吻

½ lb. Jordan almonds
¼ cup boiling water
½ cup sugar
Whites 4 eggs
1¼ cups powdered sugar
½ teaspoon vanilla
¼ teaspoon salt
Blanch almonds, finely shred one-half of them, and dry slowly in oven. Put water and sugar in a saucepan, and as soon as boiling-point is reached, add remaining almonds, and cook until the syrup is of a golden brown color. Turn into a pan, cool, and finely pound in mortar. Beat whites of eggs until stiff, add gradually sugar, then vanilla, almonds, and salt. Shape, sprinkle with shredded almonds, sift sugar over them, and bake in a slow oven twenty-five minutes.

CHAPTER XXX
GINGERBREADS, COOKIES, AND WAFERS

Hot Water Gingerbread

1 cup molasses
½ cup boiling water
2¼ cups flour
1 teaspoon soda
1½ teaspoons ginger
½ teaspoon salt
4 tablespoons melted butter
Add water to molasses. Mix and sift dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into a buttered

1/2 磅约旦杏仁
1/4 杯沸水
1/2 杯糖
将4个蛋的蛋白
11/4杯糖粉
1/2茶匙香草精
1/4茶匙盐
将杏仁焯水，将其中一半切成细丝，在烤箱中慢慢烘干。将水和糖放入平底锅中，一旦达到沸点，加入剩余的杏仁，煮至糖浆呈金棕色。倒入盘中，冷却，在研钵中细细捣碎。将蛋白搅打至硬性发泡，逐渐加入糖，然后加入香草精、杏仁和盐。塑形，撒上杏仁丝，过筛撒上糖，在慢烤箱中烘烤二十五分钟。

第三十章
姜饼、曲奇与薄脆饼

热水姜饼

一杯糖蜜
1/2 杯沸水
21/4杯面粉
一茶匙苏打
11/2茶匙姜
1/2 茶匙盐
4汤匙融化的黄油
向糖蜜中加水。混合并过筛干性配料，合并混合物，加入黄油，用力搅打。倒入涂了黄油的

shallow pan, and bake twenty-five minutes in a moderate oven. Chicken fat dried out and clarified furnishes an excellent shortening, and may be used in place of butter.

浅盘中，在中等烤箱中烘烤二十五分钟。鸡脂肪烘干并澄清后是极好的起酥油，可以代替黄油使用。

Sour Milk Gingerbread

1 cup molasses
1 cup sour milk
2⅓ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
¼ cup melted butter

Mix soda with sour milk and add to molasses. Sift together remaining dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into a buttered shallow pan, and bake twenty-five minutes in a moderate oven.

酸牛奶姜饼

一杯糖蜜

一杯酸牛奶

2 1/3 杯面粉

13/4茶匙小苏打

2茶匙姜

1/2 茶匙盐

1/4 杯融化的黄油

将小苏打与酸牛奶混合，加入糖蜜中。将剩余的干性配料一起过筛，合并混合物，加入黄油，用力搅打。倒入涂了黄油的浅盘中，在中等烤箱中烘烤二十五分钟。

Soft Molasses Gingerbread

1 cup molasses
⅓ cup butter
1¾ teaspoons soda
½ cup sour milk
1 egg
2 cups flour
2 teaspoons ginger
½ teaspoon salt

Put butter and molasses in saucepan and cook until boiling-point is reached. Remove from fire, add soda, and beat vigorously. Then add milk, egg well beaten, and remaining ingredients mixed and

松软糖蜜姜饼

一杯糖蜜

1/3 杯黄油

13/4茶匙小苏打

1/2 杯酸牛奶

1个鸡蛋

两杯面粉

2茶匙姜

1/2 茶匙盐

将黄油和糖蜜放入平底锅中，煮至达到沸点。离火，加入小苏打，用力搅打。然后加入牛奶、打散的鸡蛋，以及混合并

sifted. Bake fifteen minutes in buttered small tin pans, having pans two-thirds filled with mixture.

Cambridge Gingerbread

⅓ cup butter
⅔ cup boiling water
1 cup molasses
1 egg
2¾ cups flour
1½ teaspoons soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon ginger
¼ teaspoon clove
Melt butter in water, add molasses, egg well beaten, and dry ingredients mixed and sifted. Bake in a buttered shallow pan.

Soft Sugar Gingerbread

2 eggs
1 cup sugar
1¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
1½ teaspoons ginger
⅔ cup thin cream
Beat eggs until light, and add sugar gradually. Mix and sift dry ingredients, and add alternately with cream to first mixture. Turn into a buttered cake pan, and bake thirty minutes in a moderate oven.

过筛的剩余配料。倒入涂了黄油的小铁盘中烘烤十五分钟，盘中混合物装至三分之二满。

剑桥姜饼

1/3 杯黄油
2/3杯沸水
一杯糖蜜
1个鸡蛋
23/4杯面粉
11/2茶匙小苏打
1/2 茶匙盐
一茶匙肉桂
一茶匙姜
1/4茶匙丁香
在水中融化黄油，加入糖蜜、打散的鸡蛋，以及混合并过筛的干性配料。在涂了黄油的浅盘中烘烤。

松软糖姜饼

2个鸡蛋
一杯糖
13/4 杯面粉
3茶匙泡打粉
1/2 茶匙盐
11/2茶匙姜
2/3杯稀奶油
将鸡蛋搅打至发泡，逐渐加入糖。混合并过筛干性配料，与奶油交替加入第一份混合物中。倒入涂了黄油的蛋糕盘中，在中等烤箱中烘烤三十分钟。

Gossamer Gingerbread

⅓ cup butter
1 cup sugar
1 egg
½ cup milk
1⅞ cups flour
3 teaspoons baking powder
1 teaspoon yellow ginger
Cream the butter, add sugar gradually, then egg well beaten. Add milk, and dry ingredients mixed and sifted. Spread in a buttered dripping-pan as thinly as possible, using the back of mixing-spoon. Bake fifteen minutes. Sprinkle with sugar, and cut in small squares or diamonds before removing from pan.

Fairy Gingerbread

½ cup butter
1 cup light brown sugar
½ cup milk
1⅞ cups bread flour
2 teaspoons ginger
Cream the butter, add sugar gradually, and milk very slowly. Mix and sift flour and ginger, and combine mixtures. Spread very thinly with a broad, long-bladed knife on a buttered, inverted dripping-pan. Bake in a moderate oven. Cut in squares before removing from pan. Watch carefully and turn pan frequently during baking, that all may be evenly cooked. If mixture around edge of pan is cooked before that in the centre, pan should be removed from oven, cooked part cut off, and remainder returned to oven to finish cooking.

轻薄姜饼

1/3 杯黄油
一杯糖
1个鸡蛋
1/2 杯牛奶
17/8 杯面粉
3茶匙泡打粉
一茶匙黄姜
将黄油搅打成奶油状，逐渐加入糖，然后加入打散的鸡蛋。加入牛奶，以及混合并过筛的干性配料。用搅拌勺背面尽可能薄地铺在涂了黄油的烤盘中。烘烤十五分钟。撒上糖，在从盘中取出之前切成小方块或菱形。

仙女姜饼

1/2杯黄油
一杯浅棕色糖
1/2 杯牛奶
17/8 杯面包粉
2茶匙姜
将黄油搅打至奶油状，逐渐加入糖，再非常缓慢地加入牛奶。混合并过筛面粉和姜，然后合并各混合物。用宽而长的刀片刀将其非常薄地涂抹在涂了黄油的反扣烤盘上。在中等烤箱中烘烤。从烤盘中取出前切成方块。烘烤时仔细观察并频繁转动烤盘，使所有部分均匀受热。如果烤盘边缘周围的混合物在中心之前烤熟，应将烤盘从烤箱中取出，切下已烤熟的部分，将剩余部分放回烤箱完成烘烤。

Hard Sugar Gingerbread

¾ cup butter
1½ cups sugar
¾ cup milk
5 cups flour
¾ tablespoon baking powder
1½ teaspoons salt
¾ tablespoon ginger
Cream the butter, add sugar gradually, milk, and dry ingredients mixed and sifted. Put some of mixture on an inverted dripping-pan and roll as thinly as possible to cover pan. Mark dough with a coarse grater. Sprinkle with sugar and bake in a moderate oven. Before removing from pan, cut in strips four and one-half inches long by one and one-half inches wide.

Christmas English Gingerbread

1 lb. flour
½ lb. butter
1 cup sugar
1 tablespoon ginger
1 teaspoon salt
Molasses
Mix flour, sugar, ginger, and salt. Work in butter, using tips of fingers, and add just enough molasses to hold ingredients together. Let stand over night to get thoroughly chilled. Roll very thin, shape, and bake in a moderate oven.

Card Gingerbread

⅓ cup butter

硬糖姜饼

3/4 杯黄油
11/2杯糖
3/4 杯牛奶
五杯面粉
3/4 汤匙泡打粉
11/2茶匙盐
3/4 汤匙姜
将黄油搅打成奶油状，逐渐加入糖、牛奶，以及混合并过筛的干性配料。将部分混合物放在倒扣的烤盘上，尽可能薄地擀开以覆盖烤盘。用粗擦丝器在面团上压痕。撒上糖，在中等烤箱中烘烤。从盘中取出之前，切成长四英寸半、宽一英寸半的条状。

圣诞英式姜饼

一磅面粉
1/2 磅黄油
一杯糖
一汤匙姜
一茶匙盐
糖蜜
混合面粉、糖、姜和盐。用指尖将黄油揉入，加入刚好足够的糖蜜使配料粘合在一起。静置过夜使其彻底冷却。擀得很薄，塑形，在中等烤箱中烘烤。

卡片姜饼

1/3 杯黄油

⅓ cup brown sugar
1 egg
½ cup molasses
1¾ cups flour
½ tablespoon ginger
¾ teaspoon salt
½ teaspoon soda
¼ teaspoon cinnamon
Cream the butter, add sugar gradually, egg well beaten, molasses, and flour mixed and sifted with ginger, salt, soda, and cinnamon. Chill, roll in sheets to one-fourth inch in thickness, bake on a buttered sheet, and cut in squares.

Walnut Molasses Bars

¼ cup butter
¼ cup lard
¼ cup boiling water
½ cup brown sugar
½ cup molasses
1 teaspoon soda
3 cups flour
½ tablespoon ginger
⅓ teaspoon grated nutmeg
⅛ teaspoon clove
1 teaspoon salt
Chopped walnut meat
Pour water over butter and lard, then add sugar, molasses mixed with soda, flour, salt, and spices. Chill thoroughly, roll one-fourth inch thick, cut in strips three and one-half inches long by one and

1/3杯红糖
1个鸡蛋
1/2 杯糖蜜
13/4 杯面粉
1/2 汤匙姜
3/4 茶匙盐
1/2茶匙小苏打
1/4茶匙肉桂
将黄油搅打至奶油状，逐渐加入糖、充分搅打的鸡蛋、糖蜜，以及与姜、盐、小苏打和肉桂混合过筛的面粉。冷藏，擀成四分之一英寸厚的面片，放在涂了黄油的烤盘上烘烤，切成方块。

核桃糖蜜条

1/4 杯黄油
1/4杯猪油
1/4 杯沸水
1/2 杯红糖
1/2 杯糖蜜
一茶匙苏打
3杯面粉
1/2 汤匙姜
1/3茶匙磨碎的肉豆蔻
1/8茶匙丁香
一茶匙盐
碎核桃仁
将水倒在黄油和猪油上，然后加入糖、与苏打混合的糖蜜、面粉、盐和香料。充分冷藏，擀成四分之一英寸厚，切成长三英寸半、宽一

one-half inches wide. Sprinkle with nut meat and bake ten minutes.

宽一寸半。撒上坚果肉，烤十分钟。

Ginger Snaps

1 cup molasses
½ cup shortening
3¼ cups flour
½ teaspoon soda
1 tablespoon ginger
1½ teaspoons salt
Heat molasses to boiling-point and pour over shortening. Add dry ingredients mixed and sifted. Chill thoroughly. Toss one-fourth of mixture on a floured board and roll as thinly as possible; shape with a small round cutter, first dipped in flour. Place near together on a buttered sheet and bake in a moderate oven. Gather up the trimmings and roll with another portion of dough. During rolling, the bowl containing mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard rather than crisp and short.

姜味脆饼

一杯糖蜜
1/2 杯起酥油
31/4 杯面粉
1/2茶匙小苏打
一汤匙姜
11/2茶匙盐
将糖蜜加热至沸点，倒在起酥油上。加入混合并过筛的干配料。彻底冷却。取四分之一的混合物放在撒有面粉的案板上，尽可能擀薄；用先蘸过面粉的小圆形切模成形。将它们彼此靠近地放在涂了黄油的烤盘上，放入中等温度的烤箱中烘烤。收集边角料，与另一部分面团一起擀开。擀制过程中，盛装混合物的碗应放在阴凉处，否则就需要向面团中加入更多面粉，这会使饼干变硬，而不是酥脆松化。

Molasses Cookies

1 cup molasses
½ cup shortening, butter and lard mixed
2½ cups bread flour
1 tablespoon ginger
1 tablespoon soda
2 tablespoons warm milk
1 teaspoon salt
Heat molasses to boiling-point, add shortening, ginger, soda

糖蜜饼干

一杯糖蜜
1/2杯起酥油，黄油与猪油混合 21/2杯面包粉

一汤匙姜
1汤匙小苏打
2汤匙温牛奶
一茶匙盐
将糖蜜加热至沸点，加入起酥油、姜、小苏打

dissolved in warm milk, salt, and flour. Proceed as for Ginger Snaps.

Soft Molasses Cookies

1 cup molasses
1¾ teaspoons soda
1 cup sour milk
½ cup shortening, melted
2 teaspoons ginger
1 teaspoon salt
Flour
Add soda to molasses and beat thoroughly; add milk, shortening, ginger, salt, and flour. Enough flour must be used to make mixture of right consistency to drop easily from spoon. Let stand several hours in a cold place to thoroughly chill. Toss one-half mixture at a time on slightly floured board and roll lightly to one-fourth inch thickness. Shape with a round cutter, first dipped in flour. Bake on a buttered sheet.

Spice Cookies

½ cup molasses
¼ cup sugar
1½ tablespoons butter
1½ tablespoons lard
1 tablespoon milk
2 cups flour
½ teaspoon soda
½ teaspoon salt

溶解于温牛奶中，加入盐和面粉。按姜脆饼(Ginger Snaps)的做法继续操作。

软糖蜜饼干

一杯糖蜜
13⁄4茶匙小苏打
一杯酸牛奶
1⁄2杯起酥油，融化
2茶匙姜
一茶匙盐
面粉
将苏打加入糖蜜中充分搅打；加入牛奶、起酥油、姜、盐和面粉。必须使用足够的面粉使混合物达到能从勺上轻松滴落的适当稠度。在寒冷处静置数小时以充分冷却。每次取一半混合物放在撒了少许面粉的案板上，轻轻擀成四分之一英寸厚。用圆形切模成型，切模先蘸面粉。放在涂了黄油的烤盘上烘烤。

香料饼干

1⁄2 杯糖蜜 1⁄4 杯糖 11⁄2
汤匙黄油

11⁄2汤匙猪油
一汤匙牛奶
两杯面粉 1⁄2茶匙
苏打 1⁄2茶匙盐

½ teaspoon clove
½ teaspoon cinnamon
½ teaspoon nutmeg
Heat molasses to boiling-point. Add sugar, shortening, and milk. Mix and sift dry ingredients, and add to first mixture. Chill thoroughly, and proceed as with Ginger Snaps.

Scotch Wafers

1 cup fine oatmeal
1 cup Rolled Oats
2 cups flour
¼ cup sugar
1 teaspoon salt
⅛ teaspoon soda
¼ cup butter or lard
½ cup hot water
Mix first six ingredients. Melt shortening in water and add to first mixture. Toss on a floured board, pat, and roll as thinly as possible. Shape with a cutter, or with a sharp knife cut in strips. Bake on a buttered sheet in a slow oven. These are well adapted for children's luncheons, and are much enjoyed by the convalescent, taken with a glass of milk.

Oatmeal Cookies

1 egg
¼ cup sugar
¼ cup thin cream
¼ cup milk

1/2茶匙丁香
1/2茶匙肉桂
1/2茶匙肉豆蔻
将糖蜜加热至沸点。加入糖、起酥油和牛奶。将干配料混合过筛，加入第一份混合物中。充分冷藏，然后按姜脆饼的方法操作。

苏格兰薄脆饼

一杯细燕麦片
一杯燕麦片
两杯面粉
1/4杯糖
一茶匙盐
1/8茶匙小苏打
四分之一杯黄油或猪油
半杯热水
混合前六种配料。将起酥油在水中融化，加入第一份混合物中。放在撒了面粉的案板上，轻拍，尽可能擀薄。用切模成型，或用锋利的刀切成条状。放在涂了黄油的烤盘上，在慢烤箱中烘烤。这些非常适合儿童的午餐，康复期病人配一杯牛奶食用也很受欢迎。

燕麦曲奇

1个鸡蛋
1/4杯糖 1/4杯稀奶
油 1/4杯牛奶

½ cup fine oatmeal
2 cups flour
2 teaspoons baking powder
1 teaspoon salt
Beat egg until light, add sugar, cream, and milk; then add oatmeal, flour, baking powder, and salt, mixed and sifted. Toss on a floured board, roll, cut in shape, and bake in a moderate oven.

Scottish Fancies

1 egg
½ cup sugar
⅔ tablespoon melted butter
1 cup rolled oats
⅓ teaspoon salt
¼ teaspoon vanilla
Beat egg until light, add gradually sugar, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased inverted dripping-pan one inch apart. Spread into circular shape with a case knife first dipped in cold water. Bake in a moderate oven until delicately browned. To give variety use two-thirds cup rolled oats and fill cup with shredded cocoanut.

Vanilla Wafers

⅓ cup butter and lard in equal proportions
1 cup sugar
1 egg
¼ cup milk
2 cups flour

1/2 杯细燕麦片
两杯面粉
2茶匙泡打粉
一茶匙盐
将鸡蛋搅打至起泡，加入糖、奶油和牛奶；然后加入混合过筛的燕麦粉、面粉、发酵粉和盐。放在撒了面粉的案板上，擀开，切成形状，在中温烤箱中烘烤。

苏格兰风味点心

1个鸡蛋
1/2 杯糖
2/3 汤匙融化的黄油
一杯燕麦片
1/3 茶匙盐
1/4 茶匙香草
将鸡蛋搅打至起泡，逐渐加入糖，然后拌入其余配料。用茶匙将混合物一勺一勺地放在充分涂油的倒置滴油盘上，间隔一英寸。用先蘸过冷水的菜刀将其摊成圆形。在中温烤箱中烘烤至微微呈棕色。为增加变化，可用三分之二杯燕麦片，并用椰丝将杯填满。

香草威化饼干

1/3杯黄油与等量猪油 1杯糖
1个鸡蛋
1/4 杯牛奶
两杯面粉

2 teaspoons baking powder
½ teaspoon salt
2 teaspoons vanilla
Cream the butter, add sugar, egg well beaten, milk, and vanilla. Mix and sift dry ingredients and add to first mixture. Proceed as with Ginger Snaps.

Cream Cookies

⅓ cup butter
1 cup sugar
2 eggs
½ cup thin cream
2 teaspoons baking powder
1 teaspoon salt
2 teaspoons yellow ginger
Flour to roll
Mix and bake same as Vanilla Wafers.

Imperial Cookies

½ cup butter
1 cup sugar
2 eggs
1 tablespoon milk
2½ cups flour
2 teaspoons baking powder
½ teaspoon lemon extract
½ teaspoon grated nutmeg
Mix and bake same as Vanilla Wafers.

2茶匙泡打粉
1/2 茶匙盐
2茶匙香草精
将黄油搅打至奶油状，加入糖、充分搅打的鸡蛋、牛奶和香草精。将干配料混合过筛，加入第一份混合物中。按姜脆饼的方法操作。

奶油曲奇

1/3 杯黄油
一杯糖
2个鸡蛋
1/2杯稀奶油
2茶匙泡打粉
一茶匙盐
2茶匙黄姜粉，用于擀制
与香草薄脆饼的混合和烘焙方法相同。

帝国曲奇

1/2杯黄油
一杯糖
2个鸡蛋
一汤匙牛奶
21/2杯面粉
2茶匙泡打粉 1/2茶匙柠檬香精 1/2
茶匙肉豆蔻粉
与香草薄脆饼的混合和烘焙方法相同。

Hermits

⅓ cup butter
⅔ cup sugar
1 egg
2 tablespoons milk
1¾ cups flour
2 teaspoons baking powder
⅓ cup raisins, stoned and cut in small pieces
½ teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon mace
¼ teaspoon nutmeg
Cream the butter, add sugar gradually, then raisins, egg well beaten, and milk. Mix and sift dry ingredients and add to first mixture. Roll mixture a little thicker than for Vanilla Wafers.

Rich Cookies

½ cup butter
⅓ cup sugar
1 egg well beaten
¾ cup flour
½ teaspoon vanilla
Raisins, nuts, or citron
Cream the butter, add sugar gradually, egg, flour, and vanilla. Drop from tip of spoon in small portions on buttered sheet two inches apart. Spread thinly with a knife first dipped in cold water. Put four Sultana raisins on each cookie, almonds blanched and cut in strips, or citron cut in small pieces.

隐士饼干

1/3 杯黄油
2/3杯糖
1个鸡蛋
2汤匙牛奶
13/4 杯面粉
2茶匙泡打粉
1/3杯葡萄干，去核并切成小块 1/2茶匙肉桂

1/4茶匙丁香
1/4茶匙肉豆蔻衣
1/4茶匙肉豆蔻
将黄油搅打至奶油状，逐渐加入糖，然后加入葡萄干、充分搅打的鸡蛋和牛奶。将干配料混合过筛，加入第一份混合物中。将混合物擀得比香草薄饼稍厚。

浓郁曲奇

1/2杯黄油
1/3杯糖
1个鸡蛋，充分打散
3/4 杯面粉
1/2茶匙香草精
葡萄干、坚果或香橼
将黄油搅打至奶油状，逐渐加入糖、鸡蛋、面粉和香草精。用勺尖将小份混合物滴在涂了黄油的烤盘上，间隔两英寸。用先蘸过冷水的刀摊薄。在每个饼干上放四粒苏丹娜葡萄干、切成条的焯过水的杏仁，或切成小块的香橼。

Jelly Jumbles

½ cup butter
1 cup sugar
1 egg
½ teaspoon soda
½ cup sour milk
¼ teaspoon salt
Flour
Currant jelly

Cream the butter, add sugar gradually, egg well beaten, soda mixed with milk, salt and flour to make a soft dough. Chill and shape, using a round cutter. On the centres of one-half the pieces put currant jelly. Make three small openings in remaining halves, using a thimble, and put pieces together. Press edges slightly, and bake in a rather hot oven, that jumbles may keep in good shape.

Rich Cookies.—*Page 488.*

Royal Fans.—*Page 489.*

Chocolate Cakes (*Page 491*) and Crescents (*Page 534*).

Meringues.—*Page 480.*

Royal Fans

Mix and sift two cups flour and one-half cup brown sugar. Wash

果冻卷

1/2杯黄油

一杯糖

1个鸡蛋

1/2茶匙小苏打

1/2 杯酸牛奶

1/4茶匙盐

面粉

醋栗果冻

将黄油搅打至奶油状，逐渐加入糖、充分搅打的鸡蛋、与牛奶混合的苏打、盐和面粉，制成软面团。冷藏并成型，使用圆形切模。在一半面片的中心放上醋栗果冻。用顶针在剩余的一半面片上开三个小孔，将面片合在一起。轻轻按压边缘，在较热的烤箱中烘烤，以使 jumbles 保持良好形状。

Rich Cookies.- 第488页。

皇家扇贝。- 第489页。

巧克力蛋糕(第*491*页)和月牙面包(第*534*页)。

蛋白霜。--第480页。

皇家扇贝

将两杯面粉和半杯红糖混合并过筛。洗净

three-fourths cup butter and work into first mixture, using tips of fingers. Roll to one-third inch in thickness, shape with a fluted round cutter five inches in diameter. Cut each piece in quarters and crease with the dull edge of a case knife to represent folds of a fan. Brush over with yolk of egg diluted with three-fourths teaspoon water. Bake in a slow oven.

Boston Cookies

1 cup butter
1½ cups sugar
3 eggs
1 teaspoon soda
1½ tablespoons hot water
3¼ cups flour
½ teaspoon salt
1 teaspoon cinnamon
1 cup chopped nut meat, hickory or English walnut
½ cup currants
½ cup raisins, seeded and chopped
Cream the butter, add sugar gradually, and eggs well beaten. Add soda dissolved in hot water, and one-half the flour mixed and sifted with salt and cinnamon; then add nut meat, fruit, and remaining flour. Drop by spoonfuls one inch apart on a buttered sheet, and bake in a moderate oven.

Cocoanut Cream Cookies

2 eggs
1 cup sugar
1 cup thick cream

四分之三杯黄油，用指尖揉入第一份混合物中。擀成三分之一英寸厚，用直径五英寸的波纹圆形切模成型。将每片切成四份，用菜刀的钝边压出折痕以模仿扇子的褶皱。刷上用四分之三茶匙水稀释的蛋黄液。在慢烤箱中烘烤。

波士顿饼干

一杯黄油

11/2杯糖

3个鸡蛋

一茶匙苏打

11/2汤匙热水

31/4 杯面粉

1/2 茶匙盐

一茶匙肉桂

一杯切碎的坚果肉，山核桃或英国核桃 1/2杯加仑子

半杯葡萄干，去籽并切碎

将黄油搅打至奶油状，逐渐加入糖和充分搅打的鸡蛋。加入溶于热水的苏打，以及一半与盐和肉桂混合过筛的面粉；然后加入坚果仁、水果和剩余的面粉。一勺一勺地滴在涂了黄油的烤盘上，间隔一英寸，在中温烤箱中烘烤。

椰子奶油曲奇

2个鸡蛋

一杯糖

一杯浓奶油

½ cup shredded cocoanut
3 cups flour
3 teaspoons baking powder
1 teaspoon salt
Beat eggs until light, add sugar gradually, cocoanut, cream, and flour mixed and sifted with baking powder and salt. Chill thoroughly, toss on a floured board, pat, and roll one-half inch thick. Sprinkle with cocoanut, roll one-fourth inch thick, and shape with a small round cutter, first dipped in flour. Bake on a buttered sheet in a moderate oven.

Peanut Cookies

2 tablespoons butter
¼ cup sugar
1 egg
1 teaspoon baking powder
¼ teaspoon salt
½ cup flour
2 tablespoons milk
½ cup finely chopped peanuts
½ teaspoon lemon juice
Cream the butter, add sugar, and egg well beaten. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from a teaspoon on an unbuttered sheet one inch apart, and place one-half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This recipe will make twenty-four cookies. One pint peanuts when shelled should yield one-half cup.

1/2 杯椰丝
3杯面粉
3茶匙泡打粉
一茶匙盐
将鸡蛋搅打至起泡，逐渐加入糖、椰丝、奶油，以及与发酵粉和盐混合过筛的面粉。充分冷藏，放在撒了面粉的案板上，轻拍，擀成半英寸厚。撒上椰丝，擀成四分之一英寸厚，用小圆形切模成型，切模先蘸面粉。放在涂了黄油的烤盘上，在中温烤箱中烘烤。

花生饼干

2汤匙黄油
1/4杯糖
1个鸡蛋
一茶匙发酵粉
1/4茶匙盐
1/2杯面粉
2汤匙牛奶
1/2 杯切碎的花生
1/2茶匙柠檬汁
将黄油搅打至奶油状，加入糖和充分搅打的鸡蛋。将发酵粉、盐和面粉混合过筛；加入第一份混合物中；然后加入牛奶、花生和柠檬汁。用茶匙滴在未涂油的烤盘上，间隔一英寸，在每个上面放半粒花生。在慢烤箱中烘烤十二至十五分钟。此食谱可制作二十四个饼干。一品脱带壳花生应可得半杯。

Almond Cookies

½ cup butter

1 egg

⅓ cup almonds, blanched and finely chopped

½ cup sugar

½ tablespoon cinnamon

Clove ½ tablespoon each

Nutmeg

Grated rind ½ lemon

2 tablespoons brandy

2 cups flour

Cream the butter, add egg well beaten, almonds, sugar, brandy, and spices mixed and sifted with flour. Roll mixture to one-fourth inch in thickness, shape with a round cutter first dipped in flour, and bake in a slow oven.

Nut Cookies

Yolks 2 eggs
1 cup brown sugar
1 cup chopped nut meats
Whites 2 eggs
6 tablespoons flour
Few grains salt
Beat yolks of eggs until thick and lemon-colored, add sugar gradually, nut meats, whites of egg beaten until stiff, and flour mixed with salt. Drop from tip of spoon on buttered sheet, spread, and bake in a moderate oven.

杏仁饼干

1/2 杯黄油 1
个鸡蛋

1/3杯杏仁，去皮并切碎

1/2 杯糖

1/2 汤匙肉桂丁香

各1/2汤匙

肉豆蔻

磨碎的柠檬皮 1/2 个 2
汤匙白兰地

两杯面粉

将黄油搅打至奶油状，加入充分搅打的鸡蛋、杏仁、糖、白兰地，以及与面粉混合过筛的香料。将混合物擀成四分之一英寸厚，用先蘸过面粉的圆形切模成型，在慢烤箱中烘烤。

坚果曲奇

蛋黄 2 个鸡蛋

一杯红糖

一杯切碎的坚果肉蛋白 2 个面
粉 6 汤匙盐少许

将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖、坚果仁、搅打至硬挺的蛋白，以及与盐混合的面粉。用勺尖滴在涂了黄油的烤盘上，摊开，在中温烤箱中烘烤。

Seed Cakes

Follow recipe for Cocoanut Cream Cookies (see p. 489), using one and one-half tablespoons caraway seeds in place of cocoanut.

Chocolate Cookies

½ cup butter
1 cup sugar
1 egg
¼ teaspoon salt
2 ozs. Baker's chocolate
2½ cups flour (scant)
2 teaspoons baking powder
¼ cup milk
Cream the butter, add sugar gradually, egg well beaten, salt, and chocolate melted. Beat well, and add flour mixed and sifted with baking powder alternately with milk. Chill, roll very thin, then shape with a small cutter, first dipped in flour, and bake in a moderate oven.

German Chocolate Cookies

2 eggs
1 cup brown sugar
2 bars German chocolate
¼ teaspoon cinnamon
½ teaspoon salt
Grated rind ½ lemon
1⅓ cups almonds, blanched and chopped
1 cup flour

籽蛋糕

按照椰丝奶油饼干食谱(见第489页)操作，用一又二分之一汤匙葛缕子籽代替椰丝。

巧克力曲奇

1/2杯黄油

一杯糖

1个鸡蛋

1/4茶匙盐

2盎司贝克巧克力

两杯半面粉(略少)

2茶匙泡打粉

1/4 杯牛奶

将黄油搅打至奶油状，逐渐加入糖、充分搅打的鸡蛋、盐和融化的巧克力。充分搅打，然后加入与发酵粉混合过筛的面粉，交替加入牛奶。冷藏，擀得很薄，然后用小切模成型，切模先蘸面粉，在中温烤箱中烘烤。

德式巧克力曲奇

2个鸡蛋

一杯红糖

2块德国巧克力 1/4茶匙肉桂 1/2
茶匙盐

磨碎的柠檬皮 1/2 个 1 1/3 杯杏仁，去皮并切碎

一杯面粉

1 teaspoon baking powder
Beat eggs until light, add sugar, gradually, and continue the beating; then add chocolate, grated, and remaining ingredients. Drop from tip of spoon on a buttered sheet, and bake in a moderate oven.

Chocolate Fruit Cookies

¼ cup butter
½ cup sugar
2 tablespoons grated chocolate
1 tablespoon sugar
1 tablespoon boiling water
1 egg
½ cup nut meats, finely chopped
½ cup seeded raisins, finely chopped
1 cup flour
1 teaspoon baking powder
Cream the butter, and add sugar, gradually. Melt chocolate, add remaining sugar and water, and cook one minute. Combine mixtures, and add remaining ingredients. Chill, shape, and bake same as Chocolate Cookies.

Chocolate Cakes

3 eggs
¼ cup butter
½ cup sugar
3 squares Baker's chocolate
1 cup stale bread crumbs
3 tablespoons flour

一茶匙发酵粉
将鸡蛋搅打至起泡，逐渐加入糖，继续搅打；然后加入磨碎的巧克力和其余配料。用勺尖滴在涂了黄油的烤盘上，在中温烤箱中烘烤。

巧克力水果曲奇

1/4 杯黄油
1/2 杯糖
2汤匙磨碎的巧克力
一汤匙糖
1汤匙沸水
1个鸡蛋
半杯坚果仁，切碎
1/2杯去籽葡萄干，切碎 1杯面粉

一茶匙发酵粉
将黄油搅打至奶油状，逐渐加入糖。融化巧克力，加入剩余的糖和水，煮一分钟。合并混合物，加入其余配料。冷藏、成型，按巧克力饼干的方法烘烤。

巧克力蛋糕

3个鸡蛋
1/4 杯黄油
1/2 杯糖
3方块贝克巧克力
一杯陈面包屑
3汤匙面粉

Beat eggs until light. Cream the butter, add sugar, combine mixtures, then add chocolate melted, bread crumbs, and flour. Spread mixture in a shallow buttered pan and bake in a slow oven. Shape with a tiny biscuit-cutter and put together in pairs with White Mountain Cream (see p. 528) between and on top.

Neuremburghs

2 eggs
½ cup powdered sugar
¾ cup flour
⅓ teaspoon salt
⅓ teaspoon cinnamon
⅛ teaspoon clove
1 tablespoon orange peel, finely cut
Grated rind ½ lemon
¾ cup Jordan almonds
Beat the whites of the eggs until stiff, and add sugar gradually, continuing the beating. Then add yolks of eggs well beaten, flour mixed and sifted with salt and spices, orange peel, and lemon rind. Blanch almonds, cut in small pieces crosswise, and bake in a slow oven until well browned. Fold into the mixture, and drop by spoonfuls on a sheet dredged with corn-starch and powdered sugar in equal proportions. Bake in a moderate oven.

Sand Tarts

½ cup butter
1 cup sugar
1 egg
1¾ cups flour

将鸡蛋搅打至起泡。将黄油搅打至奶油状，加入糖，合并混合物，然后加入融化的巧克力、面包屑和面粉。将混合物摊在涂了黄油的浅盘中，在慢烤箱中烘烤。用小型饼干切模成型，两片一组，中间和上面夹放白山奶油(见第528页)。

纽伦堡饼干

2个鸡蛋

1/2 杯糖粉

3/4 杯面粉

1/3 茶匙盐

1/3茶匙肉桂

1/8茶匙丁香

一汤匙橙皮，切细；1/2个柠檬的磨碎外皮

3/4 杯约旦杏仁

将蛋白搅打至硬挺，逐渐加入糖，继续搅打。然后加入充分搅打的蛋黄、与盐和香料混合过筛的面粉、橙皮和柠檬皮。将杏仁焯水，横切成小块，在慢烤箱中烘烤至充分呈棕色。将其翻拌入混合物中，一勺一勺地滴在撒有等量玉米淀粉和糖粉的烤盘上。在中温烤箱中烘烤。

沙塔饼

1/2 杯黄油 1
杯糖

1个鸡蛋

13/4 杯面粉

2 teaspoons baking powder
White 1 egg
Blanched almonds
1 tablespoon sugar
¼ teaspoon cinnamon
Cream the butter, add sugar gradually, and egg well beaten; then add flour mixed and sifted with baking powder. Chill, toss one-half mixture on a floured board, and roll one-eighth inch thick. Shape with a doughnut cutter. Brush over with white of egg, and sprinkle with sugar mixed with cinnamon. Split almonds, and arrange three halves on each at equal distances. Place on a buttered sheet, and bake eight minutes in a slow oven.

Swedish Wafers

½ cup butter
½ cup sugar
2 eggs
5 ozs. flour
¼ teaspoon vanilla
Shredded almonds
Cream the butter, add sugar gradually, eggs slightly beaten, flour, and flavoring. Drop by spoonfuls on an inverted buttered dripping-pan. Spread very thinly, using a knife, in circular shapes about three inches in diameter. Sprinkle with almonds, and bake in a slow oven. Remove from pan, and shape at once over the handle of a wooden spoon.

Marguerites I

2 eggs

2茶匙泡打粉
白1个鸡蛋
漂白杏仁
一汤匙糖
1/4茶匙肉桂
将黄油搅打至奶油状，逐渐加入糖和充分搅打的鸡蛋；然后加入与发酵粉混合过筛的面粉。冷藏，取一半混合物放在撒了面粉的案板上，擀成八分之一英寸厚。用甜甜圈切模成型。刷上蛋白液，撒上与肉桂混合的糖。将杏仁剖开，在每个上面等距排列三个半粒。放在涂了黄油的烤盘上，在慢烤箱中烘烤八分钟。

瑞典薄脆饼

1/2杯黄油
1/2 杯糖
2个鸡蛋
五盎司面粉
1/4 茶匙香草
杏仁片
将黄油搅打至奶油状，逐渐加入糖、稍加搅打的鸡蛋、面粉和调味料。一勺一勺地滴在倒置的涂了黄油的滴油盘上。用刀摊成直径约三英寸的极薄圆形。撒上杏仁，在慢烤箱中烘烤。从盘中取出，立即在木勺柄上卷成形状。

玛格丽特饼干 I

2个鸡蛋

1 cup brown sugar
½ cup flour
¼ teaspoon baking powder
⅓ teaspoon salt
1 cup pecan nut meats, cut in small pieces
Beat eggs slightly, and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of mixture, and place pecan nut meat on each. Bake in a moderate oven fifteen minutes.

Marguerites II

1 cup sugar
½ cup water
5 marshmallows
Whites 2 eggs
2 tablespoons shredded cocoanut
¼ teaspoon vanilla
1 cup English walnut meats
Saltines
Boil sugar and water until syrup will thread. Remove to back of range and add marshmallows cut in pieces. Pour onto the whites of eggs beaten until stiff; then add cocoanut, vanilla, and nut meats. Spread saltines with mixture and bake until delicately browned.

Kornettes

¾ cup finely chopped popped corn
¾ tablespoon soft butter
White 1 egg
⅓ cup sugar

一杯红糖
1/2杯面粉
1/4茶匙泡打粉
1/3 茶匙盐
一杯山核桃仁，切成小块
将鸡蛋稍加搅打，按所列顺序加入其余配料。将混合物装入涂了黄油的小模具至三分之二满，在每个上面放上山核桃仁。在中温烤箱中烘烤十五分钟。

玛格丽特饼干 II

一杯糖
1/2 杯水
5 颗棉花糖
将2个蛋白打发
2汤匙椰丝
1/4 茶匙香草
一杯英国核桃仁
咸饼干
将糖和水煮至糖浆能拉丝。移到炉灶后方，加入切成小块的棉花糖。倒入搅打至硬挺的蛋白中；然后加入椰丝、香草精和坚果仁。将混合物涂在咸饼干上，烘烤至微微呈棕色。

科内特

3/4 杯切碎的爆米花 3/4 汤匙软黄油白色
1 个鸡蛋

1/3杯糖

¼ teaspoon salt
½ teaspoon vanilla
Blanched and chopped almonds
Candied cherries
Add butter to corn. Beat egg white until stiff, and add sugar gradually, continuing the beating. Combine mixtures; then add salt and vanilla. Drop mixture from tip of spoon on a well buttered sheet, one inch apart. Shape in circular form with case knife first dipped in cold water. Sprinkle with almonds and place a piece of candied cherry on the centre of each. Bake in a slow oven until delicately browned.

Rolled Wafers

¼ cup butter
½ cup powdered sugar
¼ cup milk
⅞ cup bread flour
½ teaspoon vanilla
Cream the butter, add sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on a buttered inverted dripping-pan. Crease in three-inch squares, and bake in a slow oven until delicately browned. Place pan on back of range, cut squares apart with a sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled tubular shape, tie in bunches with narrow ribbon. These are very attractive, and may be served with sherbet, ice cream, or chocolate. If rolled cornucopia shape, they may be filled with

1/4茶匙盐
1/2茶匙香草精
焯过并切碎的杏仁
糖渍樱桃
向玉米中加入黄油。将蛋清搅打至硬性发泡，逐渐加入糖并持续搅打。混合各混合物；然后加入盐和香草精。用勺尖将混合物滴在涂有厚黄油的烤盘上，间隔一英寸。用先在冷水中浸过的餐刀塑成圆形。撒上杏仁，并在每个中心放一颗糖渍樱桃。在慢烤箱中烘烤至微微上色。

卷状薄脆饼

1/4 杯黄油
1/2 杯糖粉
1/4 杯牛奶
7/8 杯面包粉
1/2茶匙香草精
将黄油搅打至奶油状，逐渐加入砂糖，再一滴滴加入牛奶；然后加入面粉和调味料。用一把宽而长的刀将其极薄地涂抹在涂过黄油的倒置滴盘上。划成三英寸见方的方块，在慢烤箱中烘烤至微微上色。将烤盘放在炉灶后部，用锋利的刀将方块切开，趁热卷成管状或角状。如果方块变得太脆而无法卷起，放回烤箱使其变软。若卷成管状，用细丝带扎成小束。这些非常美观，可搭配雪葩、冰淇淋或巧克力食用。若卷成角状，可填入

whipped cream just before sending to table. Colored wafers may be made from this mixture by adding leaf green or fruit red. If colored green, flavor with one-fourth teaspoon almond and three-fourths teaspoon vanilla. If colored pink, flavor with rose. Colored wafers must be baked in a very slow oven and turned frequently, otherwise they will not be of the uniform color that is desired.

Almond Wafers

Before baking Rolled Wafers, sprinkle with almonds blanched and chopped. Other nut meats or shredded cocoanut may be used in place of almonds.

English Rolled Wafers I

½ cup molasses
½ cup butter
1 cup flour (scant)
⅔ cup sugar
1 tablespoon ginger
Heat molasses to boiling-point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on a buttered inverted dripping-pan two inches apart. Bake in a slow oven, cool slightly, remove from pan, and roll over handle of wooden spoon.

English Rolled Wafers I-II.—*Page 494.*

Marguerites I.—*Page 493.*

在上桌之前加入打发的奶油。可通过加入叶绿或果红从此混合物制作彩色薄片。若着绿色，用四分之一茶匙杏仁精和四分之三茶匙香草精调味。若着粉色，用玫瑰调味。彩色薄片必须在极慢的烤箱中烘烤并频繁翻面，否则将无法达到所需的均匀颜色。

杏仁薄脆饼

在烘烤卷薄片之前，撒上焯过并切碎的杏仁。可用其他坚果仁或椰丝代替杏仁。

英式卷薄饼 I

1/2 杯糖蜜

1/2杯黄油

一杯面粉(略少)

2/3杯糖

一汤匙姜

将糖蜜加热至沸点，加入黄油，然后缓慢加入与姜和糖混合过筛的面粉，同时不断搅拌。用勺尖将小份滴在涂有黄油的倒置滴盘上，间隔两英寸。在慢烤箱中烘烤，稍冷却，从盘中取出，卷在木勺柄上。

英式卷 wafer 一至二。--第494页。

玛格丽特酥饼 I.--第493页。

Mocha Cakes.—*Page 518.*

Small Éclairs.—*Page 519.*

Ice Cream Cake (*Page 517*) with Nut Caramel Frosting.—*Page 530.*

English Rolled Wafers II

To English Rolled Wafers I, add one and one-half cups rolled oats.

Nut Bars

2 tablespoons brown sugar
¼ cup butter
¼ cup boiling water
½ cup brown sugar
½ cup flour
⅛ teaspoon salt
2 tablespoons English walnut meat, finely chopped
Halves of walnuts or almonds
Caramelize two tablespoons sugar, add butter and water, and boil two minutes. Remove from fire, add remaining sugar, flour mixed with salt, and walnut meat. Spread as Rolled Wafers, crease in two-inch squares, and decorate with nut meats. Bake in a slow oven, and remove from pan at once.

Nut Macaroons

White 1 egg
1 cup brown sugar

摩卡蛋糕。--第518页。

小闪电泡芙。--第519页。

冰淇淋蛋糕(第*517*页)配坚果焦糖糖霜。--第*530*页。

英式卷薄饼 II

致英国卷 wafer I，加入一杯半燕麦片。

坚果棒

2汤匙红糖
1/4 杯黄油
1/4 杯沸水
1/2 杯红糖
1/2杯面粉
1/8茶匙盐
两汤匙英国核桃肉，切碎核桃或杏仁半粒

将两汤匙糖焦糖化，加入黄油和水，煮沸两分钟。离火，加入剩余的糖、与盐混合的面粉和核桃仁。像卷薄片一样摊开，划成两英寸见方，用坚果仁装饰。在慢烤箱中烘烤，并立即从盘中取出。

坚果马卡龙

蛋白 1 个红糖 1 杯

1 cup pecan nut meats
¼ teaspoon salt
Beat white of egg until light and add gradually, while beating constantly, sugar. Fold in nut meats, finely chopped and sprinkled with salt. Drop from tip of spoon, one inch apart, on an unbuttered sheet, and bake in a moderate oven until delicately browned.

Brownies

1 cup sugar
¼ cup melted butter
1 egg, unbeaten
2 squares Baker's chocolate, melted
¾ teaspoon vanilla
½ cup flour
½ cup walnut meats, cut in pieces
Mix ingredients in order given. Line a seven-inch square pan with paraffine paper. Spread mixture evenly in pan and bake in a slow oven. As soon as taken from oven turn from pan, remove paper, and cut cake in strips, using a sharp knife. If these directions are not followed paper will cling to cake, and it will be impossible to cut it in shapely pieces.

Card Cakes

⅓ cup butter
1 cup powdered sugar
2 eggs
1 cup flour

一杯碧根果仁
1/4茶匙盐
将蛋清搅打至轻盈，在不断搅打的同时逐渐加入糖。翻拌入切碎并撒有盐的坚果仁。用勺尖滴在未涂油的烤盘上，间隔一英寸，在中等烤箱中烘烤至微微上色。

布朗尼

一杯糖
1/4 杯融化的黄油
1个鸡蛋，不打散
两方块贝克牌巧克力，融化 3/4 茶匙香草
精
1/2杯面粉
半杯核桃仁，切碎
按给定顺序混合配料。用石蜡纸衬垫一个七英寸方形烤盘。将混合物均匀摊在盘中，在慢烤箱中烘烤。从烤箱取出后立即从盘中翻出，去掉纸，用锋利的刀将蛋糕切成条。若不遵循这些指示，纸会粘在蛋糕上，且无法将其切成形状美观的块。

卡片蛋糕

1/3 杯黄油 1 杯糖粉
2个鸡蛋
一杯面粉

⅓ teaspoon salt
Jordan almonds
1 tablespoon Breakfast Cocoa
2 tablespoons sugar
¼ teaspoon powdered cinnamon
¼ teaspoon vanilla
Shredded cocoanut
Cream the butter, add sugar, eggs well beaten, flour, and salt. Spread mixture on bottom of a buttered inverted dripping-pan, decorate with almonds blanched and cut in strips, and bake in slow oven. Cut in desired shape, using heart, spade, and diamond-shaped cutters before removing from pan. To give variety, divide mixture in halves. To one-half add sugar, cocoa, cinnamon, and vanilla, then spread on pan and sprinkle with shredded cocoanut.

CHAPTER XXXI
CAKE

The mixing and baking of cake requires more care and judgment than any other branch of cookery; notwithstanding, it seems the one most frequently attempted by the inexperienced.

Two kinds of cake mixtures are considered:—

I. Without butter. Example: Sponge Cakes.

II. With butter. Examples: Cup and Pound Cakes.

In cake making (1) the best ingredients are essential; (2) great care must be taken in measuring and combining ingredients; (3) pans must be properly prepared; (4) oven heat must be regulated,

1/3 茶匙盐
乔丹杏仁
1汤匙早餐可可
2汤匙糖
1/4茶匙肉桂粉
1/4 茶匙香草
椰丝
将黄油搅打至奶油状，加入糖、充分搅打的鸡蛋、面粉和盐。将混合物摊在涂有黄油的倒置滴盘底部，用焯过并切成条的杏仁装饰，在慢烤箱中烘烤。在从盘中取出之前，用心形、黑桃形和菱形切模切成所需形状。为增加变化，将混合物分成两半。向一半中加入糖、可可粉、肉桂和香草精，然后摊在盘中并撒上椰丝。

第三十一章蛋糕

蛋糕的混合和烘烤比烹饪的任何其他分支都需要更多的细心和判断力；尽管如此，它似乎是最常被缺乏经验者尝试的一项。考虑两种蛋糕混合物：--

I. 不用黄油。例如：海绵蛋糕。

II. 加黄油。示例：杯磅蛋糕。

在制作蛋糕时(1)最好的配料是必不可少的；(2)在称量和混合配料时必须格外小心；(3)烤盘必须妥善准备；(4)烤箱温度必须调节，

and cake watched during baking.

Best tub butter, fine granulated sugar, fresh eggs, and pastry flour are essentials for good cake. Coarse granulated sugar, bought by so many, if used in cake making, gives a coarse texture and hard crust. Pastry flour contains more starch and less gluten than bread flour, therefore makes a lighter, more tender cake. If bread flour must be used, allow two tablespoons less for each cup than the recipe calls for. Flour differs greatly in thickening properties; for this reason it is always well when using from a new bag to try a small cake, as the amount of flour given may not make the perfect loaf. In winter, cake may be made of less flour than in summer.

Before attempting to mix cake, study How to Measure (p. 25) and How to Combine Ingredients (p. 26).

Look at the fire, and replenish by sprinkling on a small quantity of coal if there is not sufficient heat to effect the baking.

To Mix Sponge Cake. Separate yolks from whites of eggs. Beat yolks until thick and lemon-colored, using an egg-beater; add sugar gradually, and continue beating; then add flavoring. Beat whites until stiff and dry,—when they will fly from the beater,—and add to the first mixture. Mix and sift flour with salt, and cut and fold in at the last. If mixture is beaten after the addition of flour, much of the work already done of enclosing a large amount of air will be undone by breaking air bubbles. These rules apply to a mixture where baking powder is not employed.

To Mix Butter Cakes. An earthen bowl should always be used for mixing cake, and a wooden cake-spoon with slits lightens the labor. Measure dry ingredients, and mix and sift baking powder

蛋糕在烘焙过程中要有人看管。

上好的桶装黄油、细砂糖、新鲜鸡蛋和酥皮面粉是制作优质蛋糕的必备材料。许多人购买的粗砂糖若用于制作蛋糕，会使质地粗糙、外壳坚硬。酥皮面粉比面包面粉含有更多淀粉和更少面筋，因此能做出更轻盈、更柔软的蛋糕。如果必须使用面包面粉，每杯应比食谱所要求的少用两汤匙。面粉的增稠特性差异很大；因此，在使用新开袋的面粉时，最好先试做一个小蛋糕，因为所给的面粉用量可能无法做出完美的蛋糕。冬季制作蛋糕所用的面粉可比夏季少。

在尝试混合蛋糕之前，请研读如何称量(第25页)和如何混合配料(第26页)。

查看炉火，如果热量不足以完成烘烤，撒上少量煤来补充。

搅拌海绵蛋糕的方法将蛋黄与蛋清分离。用打蛋器将蛋黄搅打至浓稠且呈柠檬色；逐渐加入砂糖并继续搅打；然后加入调味料。将蛋清搅打至硬挺干燥--此时它们会从打蛋器上飞离--然后加入第一个混合物中。将面粉与盐混合过筛，最后切入并翻拌进去。如果在加入面粉后继续搅打混合物，之前裹入大量空气的许多工作将因气泡破裂而前功尽弃。这些规则适用于不使用发酵粉的混合物。

混合黄油蛋糕。混合蛋糕应始终使用陶碗，带缝的木制蛋糕勺可减轻劳动。称量干性配料，混合并过筛发酵粉

and spices, if used, with flour. Count out number of eggs required, breaking each separately that there may be no loss should a stale egg chance to be found in the number, separating yolks from whites if rule so specifies. Measure butter, then liquid. Having everything in readiness, the mixing may be quickly accomplished. If butter is very hard, by allowing it to stand a short time in a warm room it is measured and creamed much easier. If time cannot be allowed for this to be done, warm bowl by pouring in some hot water, letting stand one minute, then emptying and wiping dry. Avoid overheating bowl, as butter will become oily rather than creamy. Put butter in bowl, and cream by working with a wooden spoon until soft and of a creamy consistency; then add sugar gradually, and continue beating. Add yolks of eggs or whole eggs beaten until light, liquid, and flour mixed and sifted with baking powder; or liquid and flour may be added alternately. When yolks and whites of eggs are beaten separately, whites are usually added at the last, as is the case when whites of eggs alone are used. A cake can be made fine-grained only by long beating, although light and delicate with a small amount of beating. Never stir cake after the final beating, remembering that beating motion should always be the last used. Fruit, when added to cake, is usually floured to prevent its settling to the bottom. This is not necessary if it is added directly after the sugar, which is desirable in all dark cakes. If a light fruit cake is made, fruit added in this way discolors the loaf. Citron is first cut in thin slices, then in strips, floured, and put in between layers of cake mixtures. Raisins are seeded and cut, rather than chopped. *To seed raisins*, wet tips of fingers in a cup of warm water. Then break skins with fingers or cut with a vegetable knife; remove seeds, and put in cup of

以及香料(如使用)与面粉混合。数出所需鸡蛋的数量，逐个分开打碎，以防其中恰有陈蛋而造成损失；若食谱有此规定，则将蛋黄与蛋清分离。量取黄油，然后量取液体。一切准备就绪后，搅拌便可迅速完成。如果黄油很硬，将其在温暖的房间中放置片刻，便更容易量取和搅打成奶油状。若时间不允许这样做，可倒入一些热水温热碗，静置一分钟，然后倒空并擦干。避免碗过热，否则黄油会变得油滑而非呈奶油状。将黄油放入碗中，用木勺搅打至柔软且呈奶油状；然后逐渐加入砂糖并继续搅打。加入搅打至轻盈的蛋黄或全蛋、液体，以及与发酵粉混合过筛的面粉；或者液体和面粉可以交替加入。当蛋黄和蛋清分别搅打时，蛋清通常在最后加入，仅使用蛋清时也是如此。蛋糕只有经过长时间搅打才能质地细腻，尽管少量搅打也能使其轻盈精致。最后一次搅打后切勿再搅拌蛋糕，切记搅打动作应始终是最后使用的动作。水果加入蛋糕时，通常先裹上面粉以防止其沉底。如果在砂糖之后直接加入，则无需如此，这在所有深色蛋糕中都是可取的做法。如果制作浅色水果蛋糕，以这种方式加入水果会使蛋糕变色。香橼先切成薄片，再切成条，裹上面粉，夹在蛋糕混合物的层间。葡萄干应去籽并切碎，而非剁碎。给葡萄干去籽，将指尖蘸湿在一杯温水中。然后用手指捏破果皮或用蔬菜刀切开；去除籽，放入一杯

water. This is better than covering raisins with warm water; if this be done, water clings to fruit, and when dredged with flour a pasty mass is formed on the outside. Washed currants, put up in packages, are quite free from stems and foreign substances, and need only picking over and rolling in flour. Currants bought in bulk need thorough cleaning. First roll in flour, which helps to start dirt; wash in cold water, drain, and spread to dry; then roll again in flour before using.

水。这比用温水覆盖葡萄干更好；若这样做，水会附着在水果上，当撒上面粉时会在外表形成糊状团块。包装好的洗净醋栗相当干净，没有茎和异物，只需挑拣并在面粉中滚一下。散装购买的醋栗需要彻底清洁。首先在面粉中滚一下，这有助于去除污垢；在冷水中清洗，沥干，摊开晾干；使用前再在面粉中滚一下。

To Butter and Fill Pans. Grease pans with melted fat, applying the same with a butter brush. If butter is used, put in a small saucepan and place on back of range; when melted, salt will settle to the bottom; butter is then called *clarified*. Just before putting in mixture, dredge pans thoroughly with flour, invert, and shake pan to remove all superfluous flour, leaving only a thin coating which adheres to butter. This gives to cake a smooth under surface, which is especially desirable if cake is to be frosted. Pans may be lined with paper. If this is done, paper should just cover bottom of pan and project over sides. Then ends of pan and paper are buttered.

给烤盘涂黄油并装填用融化的油脂涂抹烤盘，以黄油刷涂抹。若使用黄油，放入小锅中置于炉灶后部；融化后，盐会沉到底部；此时黄油称为澄清黄油。在倒入混合物之前，用面粉彻底撒满烤盘，倒扣并摇晃烤盘以去除所有多余面粉，只留下一层附着于黄油的薄层。这使蛋糕底面光滑，若蛋糕需要抹糖霜则尤为可取。烤盘可铺上纸。若这样做，纸应刚好覆盖盘底并超出边缘。然后将烤盘两端和纸涂上黄油。

In filling pans, have the mixture come well to the corners and sides of pans, leaving a slight depression in the centre, and when baked the cake will be perfectly flat on top. Cake pans should be filled nearly two-thirds full if cake is expected to rise to top of pan.

在装盘时，让混合物充分到达烤盘的角落和边缘，在中心留下轻微的凹陷，烘烤后蛋糕顶部将完全平整。如果期望蛋糕升至烤盘顶部，蛋糕盘应装至近三分之二满。

To Bake Cake. The baking of cake is more critical than the mixing. Many a well-mixed cake has been spoiled in the baking. No oven thermometer has yet proved practical, and although many teachers of cookery have given oven tests, experience alone

烘烤蛋糕。蛋糕的烘烤比混合更为关键。许多混合良好的蛋糕在烘烤中被毁。迄今尚无实用的烤箱温度计，尽管许多烹饪教师给出了烤箱测试，但只有经验

has proved the most reliable teacher. In baking cake, divide the time required into quarters. During the first quarter the mixture should begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from pan. If oven is too hot, open check and raise back covers, or leave oven door ajar. It is sometimes necessary to cover cake with brown paper; there is, however, danger of cake adhering to paper. Cake should be often looked at during baking, and providing oven door is opened and closed carefully, there is no danger of this causing cake to fall. Cake should not be moved in oven until it has risen its full height; after this it is usually desirable to move it that it may be evenly browned. Cake when done shrinks from the pan, and in most cases this is a sufficient test; however, in pound cakes this rule does not apply. Pound and rich fruit cakes are tested by pressing surface with tip of finger. If cake feels firm to touch and follows finger back into place, it is safe to remove it from the oven. When baking cake arrange to have nothing else in the oven, and place loaf or loaves as near the centre of oven as possible. If placed close to fire-box, one side of loaf is apt to become burned before sufficiently risen to turn. If cake is put in too slow an oven, it often rises over sides of pan and is of very coarse texture; if put in too hot an oven, it browns on top before sufficiently risen, and in its attempt to rise breaks through the crust, thus making an unsightly loaf. Cake will also crack on top if too much flour has been used. The oven should be kept at as nearly uniform temperature as possible. Small and layer cakes require a hotter oven than loaf cakes.

To Remove Cake From Pans. Remove cake from pans as soon as

已被证明是最可靠的老师。烘焙蛋糕时，将所需时间分为四等份。在第一等份期间，面糊应开始膨胀；第二等份期间，继续膨胀并开始上色；第三等份期间，继续上色；第四等份期间，完成烘焙并从烤盘中收缩脱离。如果烤箱太热，打开风门并掀起后盖，或让烤箱门半开。有时需要用牛皮纸覆盖蛋糕；然而，存在蛋糕粘附在纸上的危险。烘焙过程中应经常查看蛋糕，只要小心开关烤箱门，就不会有导致蛋糕塌陷的危险。蛋糕在膨胀到 full 高度之前不应在烤箱中移动；此后通常需要移动它，使其均匀上色。蛋糕烤好后会从烤盘中收缩脱离，在大多数情况下这已足够作为判断标准；然而，对于磅蛋糕，此规则不适用。磅蛋糕和浓郁水果蛋糕通过用手指尖按压表面来测试。如果蛋糕摸起来坚实，且手指移开后能回弹复原，就可以安全地从烤箱中取出。烘焙蛋糕时，应安排烤箱中不放其他东西，并将蛋糕模尽可能放在烤箱中央。如果放在靠近火箱的位置，蛋糕的一侧容易在膨胀到足以翻转之前就被烤焦。如果蛋糕放入温度过低的烤箱，它常常会膨胀溢出烤盘边缘，且质地非常粗糙；如果放入温度过高的烤箱，它在充分膨胀之前表面就会上色，并在试图膨胀时冲破外壳，从而造成外观难看的蛋糕。如果使用了过多的面粉，蛋糕顶部也会开裂。烤箱应尽可能保持接近恒定的温度。小蛋糕和夹层蛋糕需要比长条蛋糕更热的烤箱。

将蛋糕从烤盘中取出。蛋糕一烤好就立即从烤盘中取出

it comes from the oven, by inverting pan on a wire cake cooler, or on a board covered with a piece of old linen. If cake is inclined to stick, do not hurry it from pan, but loosen with knife around edges, and rest pan on its four sides successively; thus by its own weight cake may be helped out.

从烤箱取出时，将烤盘倒扣在金属丝蛋糕冷却架或铺有旧亚麻布的板上。如果蛋糕有粘住的倾向，不要急于从盘中取出，而是用刀沿边缘松动，依次将烤盘搁在其四边上；这样靠自身重量可帮助蛋糕脱模。

To Frost Cake. Where cooked frostings are used, it makes but little difference whether they are spread on hot or cold cake. Where uncooked frostings are used, it is best to have the cake slightly warm, with the exception of Confectioners' Frosting, where boiling water is employed.

给蛋糕上糖霜。使用熟糖霜时，涂在热蛋糕或冷蛋糕上几乎没有区别。使用生糖霜时，最好让蛋糕微温，但使用沸水的糖粉糖霜除外。

Hot Water Sponge Cake

Yolks 2 eggs
1 cup sugar
⅜ cup hot water or milk
¼ teaspoon lemon extract
Whites two eggs
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
Beat yolks of eggs until thick and lemon-colored, add one-half the sugar gradually, and continue beating; then add water, remaining sugar, lemon extract, whites of eggs beaten until stiff, and flour mixed and sifted with baking powder and salt. Bake twenty-five minutes in a moderate oven in a buttered and floured shallow pan.

热水海绵蛋糕

蛋黄 2 个鸡蛋

一杯糖

3/8 杯热水或牛奶

1/4茶匙柠檬香精

将两个蛋清打至发白

一杯面粉

11/2茶匙泡打粉

1/4茶匙盐

将蛋黄搅打至浓稠且呈柠檬色，逐渐加入一半的糖，继续搅打；然后加入水、剩余的糖、柠檬精、搅打至硬性的蛋清，以及与发酵粉和盐混合过筛的面粉。在涂有黄油并撒有面粉的浅盘中，于中等烤箱中烘烤二十五分钟。

Cheap Sponge Cake

廉价海绵蛋糕

Yolks 3 eggs
1 cup sugar
1 tablespoon hot water
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
Whites 3 eggs
2 teaspoons vinegar
Beat yolks of eggs until thick and lemon-colored, add sugar gradually, and continue beating; then add water, flour mixed and sifted with baking powder and salt, whites of eggs beaten until stiff, and vinegar. Bake thirty-five minutes in a moderate oven, in a buttered and floured cake pan.

Cream Sponge Cake

Yolks 4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoons corn-starch
Flour
1¼ teaspoons baking powder
¼ teaspoon salt
Whites 4 eggs
1 teaspoon lemon extract
Beat yolks of eggs until thick and lemon-colored, add sugar gradually, and beat two minutes; then add water. Put corn-starch in a cup and fill cup with flour. Mix and sift corn-starch and flour with baking powder and salt, and add to first mixture. When thoroughly mixed add whites of eggs beaten until stiff, and

蛋黄 3 个鸡蛋

一杯糖

一汤匙热水

一杯面粉

11/2茶匙泡打粉

1/4茶匙盐

将3个蛋白打发

2茶匙醋

将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖，继续搅打；然后加入水、与发酵粉和盐混合过筛的面粉、搅打至硬性的蛋清和醋。在涂有黄油并撒有面粉的蛋糕盘中，于中等烤箱中烘烤三十五分钟。

奶油海绵蛋糕

蛋黄 4 个

一杯糖

3汤匙冷水

11/2 汤匙玉米淀粉

面粉

11/4茶匙泡打粉

1/4茶匙盐

将4个蛋的蛋白

一茶匙柠檬香精

将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖，搅打两分钟；然后加入水。将玉米淀粉放入杯中，用面粉装满杯子。将玉米淀粉和面粉与发酵粉和盐混合过筛，加入第一混合物中。充分混合后加入搅打至硬性的蛋清和

flavoring. Bake thirty minutes in a moderate oven. This is an excellent mixture to use for whipped cream pies.

调味料。在中等烤箱中烘烤三十分钟。这是用于制作奶油派极佳的混合物。

Petit Four

Follow recipe for Cream Sponge Cake. Bake in a shallow pan, cool, and shape, using a small round cutter. Split, and remove a small portion of cake from the centre of each piece. Fill cavities of one-half the pieces with whipped cream sweetened and flavored, cover with remaining pieces, and press firmly together. Nuts or glacé fruits cut in pieces may be added to cream. Melt fondant, color, and flavor to taste. Dip cakes in fondant, decorate tops with pistachio nuts, violets, or glacé cherries, and place each in a paper case.

小蛋糕

按照奶油海绵蛋糕的食谱制作。在浅烤盘中烘焙，冷却后整形，使用小圆形切模。横向剖开，从每块的中心移除一小部分蛋糕。将一半蛋糕块的凹腔填入加糖调味的打发奶油，盖上剩余的蛋糕块，用力压紧。可在奶油中加入切碎的坚果或糖渍水果。融化翻糖，调色并按口味调味。将蛋糕浸入翻糖中，用开心果、紫罗兰或糖渍樱桃装饰顶部，并将每块放入纸托中。

Sponge Cake

Yolks 6 eggs
1 cup sugar
1 tablespoon lemon juice
Grated rind one-half lemon
Whites 6 eggs
1 cup flour
¼ teaspoon salt
Beat yolks until thick and lemon-colored, add sugar gradually, and continue beating, using Dover egg-beater. Add lemon juice, rind, and whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks, remove beater, and carefully cut and fold in flour mixed and sifted with salt. Bake one hour in a slow oven, in an angel cake pan or deep narrow pan.

海绵蛋糕

蛋黄 6 个鸡蛋

一杯糖

一汤匙柠檬汁

半个柠檬的磨碎果皮

将6个蛋白

一杯面粉

1/4茶匙盐

用多佛打蛋器将蛋黄搅打至浓稠且呈柠檬色，逐渐加入糖，继续搅打。加入柠檬汁、柠檬皮，以及搅打至硬性干燥的蛋清。当蛋清部分混入蛋黄时，取出打蛋器，小心地切拌入与盐混合过筛的面粉。在天使蛋糕盘或深窄盘中，于慢烤箱中烘烤一小时。

Genuine sponge cake contains no rising properties, but is made light by the quantity of air beaten into both yolks and whites of eggs, and the expansion of that air in baking. It requires a slow oven. All so-called sponge cakes which have the addition of soda and cream of tartar or baking powder require same oven temperature as butter cakes. When failures are made in Sunshine and Angel Cake, they are usually traced to baking in too slow an oven, and removing from oven before thoroughly cooked.

真正的海绵蛋糕不含膨松剂，而是通过搅打入蛋黄和蛋清中的大量空气以及烘烤时空气的膨胀而变得轻盈。它需要慢烤箱。所有所谓添加了小苏打和塔塔粉或发酵粉的海绵蛋糕需要与黄油蛋糕相同的烤箱温度。阳光蛋糕和天使蛋糕失败时，通常归因于在过慢的烤箱中烘烤以及未完全烤熟就取出烤箱。

Sunshine Cake

Whites 10 eggs
1½ cups powdered sugar
Yolks 6 eggs
1 teaspoon lemon extract
1 cup flour
1 teaspoon cream of tartar
Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon-colored, and extract. Cut and fold in flour mixed and sifted with cream of tartar. Bake fifty minutes in a moderate oven in an angel-cake pan.

阳光蛋糕

将10个蛋白打发
11/2杯糖粉
蛋黄 6 个鸡蛋
一茶匙柠檬香精
一杯面粉
一茶匙塔塔粉
将蛋清搅打至硬性干燥，逐渐加入糖，继续搅打；然后加入搅打至浓稠且呈柠檬色的蛋黄和香精。切拌入与塔塔粉混合过筛的面粉。在天使蛋糕盘中，于中等烤箱中烘烤五十分钟。

Mocha Cake

To one-half recipe for Sunshine Cake add one-half cup English walnut meats broken in pieces. Bake in a medium-sized angel-cake pan; cool, split, and fill with whipped cream sweetened and flavored with coffee essence. Cover top with Confectioners' Frosting, flavored with coffee essence.

摩卡蛋糕

向阳光蛋糕的半份食谱中加入半杯掰碎的英国核桃仁。在中等大小的天使蛋糕盘中烘烤；冷却，剖开，填入加糖并用咖啡精调味的打发奶油。顶部覆盖用咖啡精调味的糖粉糖霜。

Angel Cake

天使蛋糕

Whites 8 eggs
1 teaspoon cream of tartar
1 cup sugar
¾ cup flour
¼ teaspoon salt
¾ teaspoon vanilla
Beat whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually. Fold in flour mixed with salt and sifted four times, and add vanilla. Bake forty-five to fifty minutes in an unbuttered angel-cake pan. After cake has risen and begins to brown, cover with a buttered paper.

Moonshine Cake

Whites 10 eggs
¼ teaspoon salt
⅞ teaspoon cream of tartar
Yolks 7 eggs
1½ cups sugar
1 teaspoon almond extract
1 cup pastry flour
Add salt to whites of eggs and beat until light. Sift in cream of tartar and beat until stiff. Beat yolks of eggs until thick and lemon-colored and add two heaping tablespoons beaten whites. To remaining whites add gradually sugar measured after five siftings. Add almond extract and combine mixtures. Cut and fold in flour, measured after five siftings. Bake in angel-cake pan, first dipped in cold water, in a slow oven one hour. Have a pan of hot water in oven during the baking. Cover with

Maraschino Frosting. Follow recipe for Ice Cream Frosting (see

将8个蛋白打发
一茶匙塔塔粉
一杯糖
3/4 杯面粉
1/4茶匙盐
3/4 茶匙香草
将蛋清搅打至起泡；加入塔塔粉，继续搅打至蛋清硬性；然后逐渐加入糖。翻拌入与盐混合并过筛四次的粉末，加入香草精。在未涂油的天使蛋糕盘中烘烤四十五至五十分钟。蛋糕膨胀并开始上色后，盖上涂有黄油的纸。

月光蛋糕

将10个蛋白打发
1/4茶匙盐
7/8 茶匙塔塔粉
蛋黄 7 个
11/2杯糖
一茶匙杏仁精
一杯糕点粉
向蛋清中加入盐，搅打至轻盈。筛入塔塔粉，搅打至硬性。将蛋黄搅打至浓稠且呈柠檬色，加入两满汤匙打发的蛋清。向剩余的蛋清中逐渐加入过筛五次后称量的糖。加入杏仁精并混合各混合物。切拌入过筛五次后称量的面粉。在先在冷水中浸过的天使蛋糕盘中，于慢烤箱中烘烤一小时。烘烤期间在烤箱中放一盘热水。覆盖以

马拉斯奇诺糖霜。按照冰淇淋糖霜的食谱操作(见

p. 528), adding to sugar one-half teaspoon cream of tartar, and flavor with maraschino. Sprinkle with almonds blanched, shredded, and baked until delicately browned.

Lady Fingers

Whites 3 eggs
⅓ cup powdered sugar
Yolks 2 eggs
⅓ cup flour
⅛ teaspoon salt
¼ teaspoon vanilla
Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven. Remove from paper with a knife. Lady Fingers are much used for lining moulds that are to be filled with whipped cream mixtures. They are often served with frozen desserts, and sometimes put together in pairs with a thin coating of whipped cream between, when they are attractive for children's parties.

Sponge Drops

Drop Lady Finger mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven.

第528页)，向糖中加入半茶匙塔塔粉，并用马拉斯奇诺酒调味。撒上经焯水、切丝并烘烤至微微变棕的杏仁。

手指饼干

将3个蛋白打发

1/3杯糖粉

蛋黄 2 个鸡蛋

1/3杯面粉

1/8茶匙盐

1/4 茶匙香草

将蛋白搅打至硬挺干燥，逐渐加入糖，继续搅打。然后加入搅打至浓稠、呈柠檬色的蛋黄和调味料。将面粉与盐混合过筛后切入并翻拌进去。使用裱花袋和裱花嘴，在铺有无油纸的烤盘上挤成四英寸半长、一英寸宽的长条。撒上糖粉，在中等温度的烤箱中烘焙八分钟。用刀从纸上取下。手指饼干常用于铺垫模具，以便填入打发奶油混合物。它们常与冷冻甜点一起供应，有时两两相合，中间夹一层薄薄的打发奶油，此时它们对儿童聚会很有吸引力。

海绵蛋糕滴

将手指饼面糊从勺尖滴落在未涂黄油的纸上。撒上糖粉，在中等温度的烤箱中烘烤八分钟。

Almond Tart

4 eggs
1 cup powdered sugar
⅓ cup grated chocolate
½ cup Jordan almonds, blanched and finely chopped
1 teaspoon baking powder
¾ cup cracker dust
Beat yolks of eggs until thick and lemon-colored; add sugar gradually, then fold in white of eggs beaten until stiff and dry. Add chocolate, almonds, baking powder, and cracker dust. Bake in a round pan. Cool, split, and put whipped cream, sweetened and flavored, between and on top. Garnish with angelica and candied cherries. This makes a most attractive dessert when baked in individual tins. As soon as cool, remove centres, and fill with whipped cream, forced through a pastry bag.

Jelly Roll

3 eggs
1 cup sugar
½ tablespoon milk
1 teaspoon baking powder
¼ teaspoon salt
1 cup flour
1 tablespoon melted butter
Beat egg until light, add sugar gradually, milk, flour mixed and sifted with baking powder and salt, then butter. Line the bottom of a dripping-pan with paper; butter paper and sides of pan. Cover bottom of pan with mixture, and spread evenly. Bake twelve

杏仁挞

4个鸡蛋

一杯糖粉

1/3杯磨碎巧克力

1/2杯乔丹杏仁，去皮并切碎 1茶匙泡打粉

3/4 杯饼干屑

将蛋黄搅打至浓稠且呈柠檬色；逐渐加入糖，然后翻拌入搅打至硬挺干燥的蛋白。加入巧克力、杏仁、发酵粉和饼干屑。在圆形烤盘中烘烤。冷却后剖开，在中间和顶部放上加糖调味的搅打奶油。用当归和糖渍樱桃装饰。若在单独的小模具中烘烤，可制成极具吸引力的甜点。冷却后立即挖去中心，填入通过裱花袋挤出的搅打奶油。

果冻卷

3个鸡蛋

一杯糖

1/2 汤匙牛奶

一茶匙发酵粉

1/4茶匙盐

一杯面粉

1汤匙融化的黄油

将鸡蛋搅打至起泡，逐渐加入糖、牛奶、与发酵粉和盐混合过筛的面粉，然后加入黄油。在滴油盘底部铺上纸；在纸和盘边涂上黄油。用面糊覆盖盘底并均匀铺开。烘烤十二

minutes in a moderate oven. Take from oven and turn on a paper sprinkled with powdered sugar. Quickly remove paper, and cut off a thin strip from sides and ends of cake. Spread with jelly or jam which has been beaten to consistency to spread easily, and roll. After cake has been rolled, roll paper around cake that it may better keep in shape. The work must be done quickly, or cake will crack in rolling.

在中温烤箱中烤几分钟。从烤箱取出，翻扣在撒有糖粉的纸上。迅速揭去纸，从蛋糕的侧边和两端切下一窄条。涂抹已搅打至易于涂抹稠度的果冻或果酱，然后卷起。蛋糕卷好后，用纸将蛋糕卷起，使其更好地保持形状。操作必须迅速，否则蛋糕在卷制时会开裂。

Election Cake

½ cup butter
1 cup bread dough
1 egg
1 cup brown sugar
½ cup sour milk
⅔ cup raisins seeded, and cut in pieces
8 finely chopped figs
1¼ cups flour
½ teaspoon soda
1 teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon mace
¼ teaspoon nutmeg
1 teaspoon salt
Work butter into dough, using the hand. Add egg well beaten, sugar, milk, fruit dredged with two tablespoons flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover, and let rise one and one-fourth hours. Bake one hour in a slow oven. Cover with Boiled Milk Frosting.

选举蛋糕

1/2杯黄油
一杯面包面团
1个鸡蛋
一杯红糖
1/2 杯酸牛奶
2/3杯葡萄干，去籽并切碎；8个无花果，切细碎
11/4 杯面粉
1/2茶匙小苏打
一茶匙肉桂
1/4茶匙丁香
1/4茶匙肉豆蔻衣
1/4茶匙肉豆蔻
一茶匙盐
用手将黄油揉入面团。加入搅打均匀的鸡蛋、糖、牛奶、用两汤匙面粉拌过的水果，以及与剩余配料混合过筛的面粉。放入涂好黄油的烤面包模中，盖好，发酵一小时十五分钟。在慢火烤箱中烤一小时。覆以煮沸牛奶糖霜。

One Egg Cake

一蛋蛋糕

¼ cup of butter
½ cup sugar
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder
Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour and baking powder, add alternately with milk to first mixture. Bake thirty minutes in a shallow pan. Spread with Chocolate Frosting.

Chocolate Cake I

½ cup butter
1 cup sugar
2 small eggs
½ cup milk
1½ cups flour
2½ teaspoons baking powder
2 ozs. chocolate, melted
½ teaspoon vanilla
Cream the butter, add sugar gradually, and yolks of eggs well beaten, then whites of eggs beaten until stiff. Add milk, flour mixed and sifted with baking powder, and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in a shallow cake pan.

Chocolate Cake II

½ cup butter
1½ cups sugar

1/4 杯黄油
1/2 杯糖
1个鸡蛋
1/2 杯牛奶
11/2杯面粉
21/2茶匙泡打粉
将黄油搅打至奶油状，逐渐加入糖，以及搅打均匀的鸡蛋。将面粉和发酵粉混合过筛，与牛奶交替加入第一份混合物中。在浅盘中烤三十分钟。涂抹巧克力糖霜。

巧克力蛋糕 I

1/2杯黄油
一杯糖
2个小鸡蛋
1/2 杯牛奶
11/2杯面粉
21/2茶匙泡打粉
2盎司巧克力，融化
1/2茶匙香草精
将黄油搅打至奶油状，逐渐加入糖，以及搅打均匀的蛋黄，然后加入搅打至硬挺的蛋白。加入牛奶、与发酵粉混合过筛的面粉，充分搅打。然后加入巧克力和香草。在浅蛋糕盘中烤四十分钟。

巧克力蛋糕 II

半杯黄油一杯半
糖

½ cup milk
2¼ cups flour
¼ teaspoon soda
¾ teaspoon cream of tartar
Whites 5 eggs
2 squares Baker's chocolate, grated
Cream the butter; add sugar gradually, milk, and flour mixed and sifted with soda and cream of tartar. Beat whites of eggs, and add to first mixture; then add chocolate, and beat thoroughly. Bake forty-five minutes in a moderate oven.

Chocolate Marshmallow Cake

Follow recipe for Chocolate Cake II. As soon as cake is removed from pan, cover bottom with marshmallows pulled apart with tips of fingers, but not quite separated into halves. The exposed soft surface will quickly adhere to hot cake. Pour over Chocolate Fudge Frosting.

Chocolate Nougat Cake

¼ cup butter
1½ cups powdered sugar
1 egg
1 cup milk
2 cups bread flour
3 teaspoons baking powder
½ teaspoon vanilla
2 squares chocolate, melted
⅓ cup powdered sugar
⅔ cup almonds, blanched and shredded

1/2 杯牛奶
21/4杯面粉
1/4茶匙小苏打
3/4 茶匙塔塔粉
将5个鸡蛋的蛋白
两方块贝克巧克力，磨碎
将黄油搅打至奶油状；逐渐加入糖、牛奶，以及与苏打和塔塔粉混合过筛的面粉。搅打蛋白，加入第一份混合物中；然后加入巧克力，充分搅打。在中温烤箱中烤四十五分钟。

巧克力棉花糖蛋糕

按照巧克力蛋糕 II 的食谱操作。蛋糕从盘中取出后，立即用指尖将棉花糖拉开(但不要完全分成两半)铺在蛋糕底部。露出的柔软表面会迅速粘附在热蛋糕上。浇上巧克力软糖糖霜。

巧克力牛轧蛋糕

1/4 杯黄油
11/2杯糖粉
1个鸡蛋
一杯牛奶
2杯面包粉
3茶匙泡打粉 1/2茶匙香草精

2 块巧克力，融化 1/3 杯糖粉 2/3 杯杏仁，焯
过并切丝

Cream the butter, add gradually one and one-half cups sugar, and egg unbeaten; when well mixed, add two-thirds milk, flour mixed and sifted with baking powder, and vanilla. To melted chocolate add one-third cup powdered sugar, place on range, add gradually remaining milk, and cook until smooth. Cool slightly, and add to cake mixture. Bake fifteen to twenty minutes in round layer cake pans. Put between layers and on top of cake White Mountain Cream sprinkled with almonds.

Chocolate Dominoes

½ cup pecan nut meat
½ cup English walnut meat
½ cup figs
½ cup dates
Grated rind 1 orange
1 tablespoon orange juice
1 square chocolate, melted
Mix nut meats, figs, and dates, and force through a meat chopper, or chop finely. Add remaining ingredients, toss on a board sprinkled with powdered sugar, and roll to one-third inch in thickness. Cut in domino shapes, spread thinly with melted unsweetened chocolate, and decorate with small pieces blanched almonds to imitate dominoes.

Cream Pie I

⅓ cup butter
1 cup sugar
2 eggs
½ cup milk

将黄油搅打至奶油状，逐渐加入一杯半糖，以及未搅打的鸡蛋；混合均匀后，加入三分之二牛奶、与发酵粉混合过筛的面粉和香草。在融化的巧克力中加入三分之一杯糖粉，置于炉上，逐渐加入剩余的牛奶，煮至顺滑。稍冷却，加入蛋糕混合物中。在圆形夹层蛋糕盘中烤十五至二十分钟。在夹层之间和蛋糕顶部放上雪山奶油，撒上杏仁。

巧克力多米诺骨牌

半杯碧根果仁

1/2杯英国核桃仁

1/2杯无花果

1/2 杯枣

磨碎的橙皮 1 个橙子的量

一汤匙橙汁

1 方块巧克力，融化

将坚果仁、无花果和枣混合，用绞肉机绞碎，或细细切碎。加入剩余配料，在撒有糖粉的板上揉搓，擀至三分之一英寸厚。切成多米诺骨牌形状，薄薄涂上融化的无糖巧克力，并用小块焯过的杏仁装饰以模仿多米诺骨牌。

奶油派 I

1/3 杯黄油 1
杯糖

2个鸡蛋

1/2 杯牛奶

1¾ cups flour
2½ teaspoons baking powder
Mix as One Egg Cake. Bake in round layer cake pans. Put Cream Filling between layers and sprinkle top with powdered sugar.

Cream Pie II

Make as Cream Pie I, using French Cream Filling in place of Cream Filling.

Cocoanut Pie

Mix and bake same as Cream Pie. Put Cocoanut Filling between layers and on top.

Washington Pie

Mix and bake same as Cream Pie. Put raspberry jam or jelly between layers and sprinkle top with powdered sugar.

Chocolate Pie

2 tablespoons butter
¾ cup sugar
1 egg
½ cup milk
1⅓ cups flour
2 teaspoons baking powder
Mix and bake same as Cream Pie. Split layers, and spread between and on top of each a thin layer of Chocolate Frosting.

Orange Cake

13⁄4 杯面粉
21⁄2茶匙泡打粉
按照单蛋蛋糕的方法混合。在圆形夹层蛋糕盘中烤制。在夹层之间放入奶油馅，顶部撒上糖粉。

奶油派 II

按奶油派 I 的做法制作，用法式奶油馅代替奶油馅。

椰子派

与奶油派同样混合并烘烤。将椰子馅料夹在层间并铺在顶部。

华盛顿派

按照奶油派的混合和烤制方法操作。在夹层之间放入覆盆子果酱或果冻，顶部撒上糖粉。

巧克力派

2汤匙黄油
3⁄4 杯糖
1个鸡蛋
1⁄2 杯牛奶
1 1⁄3 杯面粉
2茶匙泡打粉
按照奶油派的混合和烤制方法操作。将各层剖开，在层间和每层顶部涂抹一层薄薄的巧克力糖霜。

橙子蛋糕

¼ cup butter
1 cup sugar
2 eggs
½ cup milk
1⅔ cups flour
2½ teaspoons baking powder
Cream the butter, add sugar gradually, eggs well beaten, and milk. Then add flour mixed and sifted with baking powder. Bake in a thin sheet in a dripping-pan. Cut in halves, spread one-half with Orange Filling. Put over other half, and cover with Orange Frosting.

Quick Cake

⅓ cup soft butter
1⅓ cups brown sugar
2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon grated nutmeg
½ lb. dates, stoned and cut in pieces
Put ingredients in a bowl and beat all together for three minutes, using a wooden cake spoon. Bake in a buttered and floured cake pan thirty-five to forty minutes. If directions are followed this makes a most satisfactory cake; but if ingredients are added separately it will not prove a success.

Boston Favorite Cake

1/4 杯黄油
一杯糖
2个鸡蛋
1/2 杯牛奶
1 2/3 杯面粉
21/2茶匙泡打粉
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的鸡蛋和牛奶。然后加入与发酵粉混合过筛的面粉。在滴油盘中烤成薄片。切成两半，一半涂抹橙子馅。盖上另一半，覆以橙子糖霜。

快速蛋糕

1/3杯软黄油
1 1/3 杯红糖
2个鸡蛋
1/2 杯牛奶
13/4 杯面粉
3茶匙泡打粉
1/2茶匙肉桂
1/2茶匙磨碎的肉豆蔻
半磅椰枣，去核切块
将配料放入碗中，用木制蛋糕勺一起搅打三分钟。在涂油撒粉的蛋糕盘中烤三十五至四十分钟。如果按照说明操作，这会做出非常令人满意的蛋糕；但如果配料分别加入，则不会成功。

波士顿风味蛋糕

⅔ cup butter
2 cups sugar
4 eggs
1 cup milk
3½ cups flour
5 teaspoons baking powder
Cream the butter, add sugar gradually, eggs beaten until light, then milk and flour mixed and sifted with baking powder. This recipe makes two loaves, or one-half the mixture may be baked in individual tins.

Cream Cake

2 eggs
1 cup sugar
⅔ cup thin cream
1⅔ cups flour
2½ teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon ginger
Put unbeaten eggs in a bowl, add sugar and cream, and beat vigorously. Mix and sift remaining ingredients, then add to first mixture. Bake thirty minutes in a shallow cake pan.

Currant Cake

½ cup butter
1 cup sugar

2/3 杯黄油
两杯糖
4个鸡蛋
一杯牛奶
31/2杯面粉
5茶匙泡打粉
将黄油搅打至奶油状，逐渐加入糖、搅打至蓬松的鸡蛋，然后加入牛奶和与发酵粉混合过筛的面粉。此食谱可做两条面包，或可将一半混合物烤在小模具中。

奶油蛋糕

2个鸡蛋
一杯糖
2/3杯稀奶油
1 2/3 杯面粉
21/2茶匙泡打粉
1/2 茶匙盐
1/2茶匙肉桂
1/4茶匙肉豆蔻衣
1/4茶匙姜
将未搅打的鸡蛋放入碗中，加入糖和奶油，用力搅打。将剩余配料混合过筛，然后加入第一份混合物中。在浅蛋糕盘中烤三十分钟。

醋栗蛋糕

1/2 杯黄油 1
杯糖

2 eggs
Yolk 1 egg
½ cup milk
2 cups flour
3 teaspoons baking powder
1 cup currants mixed with
1 tablespoon flour
Cream the butter, add sugar gradually, and eggs and egg yolk well beaten. Then add milk, flour mixed and sifted with baking powder, and currants. Bake forty minutes in buttered and floured cake pan.

Citron Cake

¼ lb. butter
½ lb. sugar
3 eggs
½ cup milk
½ lb. flour
1 tablespoon brandy
1 cup citron, thinly sliced, then cut in strips
1½ teaspoons baking powder
Cream the butter, add sugar gradually, yolks of eggs well beaten, milk, and flour mixed and sifted with baking powder. Beat whites of eggs until stiff, and add to first mixture, then add brandy and citron. Bake in a moderate oven one hour.

Velvet Cake

½ cup butter
1½ cups sugar

2个鸡蛋

蛋黄 1 个鸡蛋

1/2 杯牛奶

两杯面粉

3茶匙泡打粉

一杯加仑子混合

一汤匙面粉

将黄油搅打至奶油状，逐渐加入糖，以及搅打均匀的鸡蛋和蛋黄。然后加入牛奶、与发酵粉混合过筛的面粉和醋栗。在涂油撒粉的蛋糕盘中烤四十分钟。

香橼蛋糕

1/4 磅黄油

1/2 磅糖

3个鸡蛋

1/2 杯牛奶

半磅面粉

1汤匙白兰地

一杯香橼，切成薄片，再切成条

11/2茶匙泡打粉

将黄油搅打至奶油状，逐渐加入糖、搅打均匀的蛋黄、牛奶，以及与发酵粉混合过筛的面粉。将蛋白搅打至硬挺，加入第一份混合物中，然后加入白兰地和香橼。在中温烤箱中烤一小时。

天鹅绒蛋糕

半杯黄油一杯半
糖

Yolks 4 eggs
½ cup cold water
1½ cups flour
½ cup corn-starch
4 teaspoons baking powder
Whites 4 eggs
⅓ cup almonds, blanched, and shredded
Cream the butter, add sugar gradually, yolks of eggs well beaten, and water. Mix and sift flour, corn-starch, and baking powder, and add to first mixture; then add whites of eggs beaten until stiff. After putting in pan, cover with almonds and sprinkle with powdered sugar. Bake forty minutes in a moderate oven.

Walnut Cake

½ cup butter
1 cup sugar
Yolks 3 eggs
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
Whites 2 eggs
¾ cup walnut meat, broken in pieces
Mix ingredients in order given. Bake forty-five minutes in a moderate oven. Cover with White Mountain Cream, crease in squares, and put one-half walnut on each square.

Spanish Cake

½ cup butter
1 cup sugar

蛋黄 4 个
1/2 杯冷水
11/2杯面粉
1/2 杯玉米淀粉
4茶匙泡打粉
将4个蛋的蛋白
1/3杯杏仁，去皮，切丝
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的蛋黄和水。将面粉、玉米淀粉和发酵粉混合过筛，加入第一份混合物中；然后加入搅打至硬挺的蛋白。放入盘中后，覆以杏仁并撒上糖粉。在中温烤箱中烤四十分钟。

核桃蛋糕

1/2杯黄油
一杯糖
蛋黄 3 个鸡蛋
1/2 杯牛奶
13/4 杯面粉
21/2茶匙泡打粉
将2个蛋白打发
3/4 杯核桃仁，掰成小块
按给定顺序混合配料。在中温烤箱中烤四十五分钟。覆以雪山奶油，压出方格纹，每格放半个核桃。

西班牙蛋糕

1/2 杯黄油 1
杯糖

Yolks 2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
1 teaspoon cinnamon
Whites 2 eggs
Mix ingredients in order given. Bake in shallow tins and spread between and on top Caramel Frosting.

Cup Cakes

⅔ cup butter
2 cups sugar
4 eggs
1 cup milk
3¼ cups flour
4 teaspoons baking powder
¼ teaspoon mace
Put butter and sugar in a bowl, and stir until well mixed; add eggs well beaten, then milk, and flour mixed and sifted with baking powder and mace. Bake in individual tins. Cover with Chocolate Frosting.

Cinnamon Cakes

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1¼ cups flour
2½ teaspoons baking powder

蛋黄 2 个鸡蛋

1/2 杯牛奶
13/4 杯面粉
3茶匙泡打粉
一茶匙肉桂
将2个蛋白打发
按给定顺序混合配料。在浅盘中烤制，在层间和顶部涂抹焦糖糖霜。

杯形蛋糕

2/3 杯黄油
两杯糖
4个鸡蛋
一杯牛奶
31/4 杯面粉
4茶匙泡打粉
1/4茶匙肉豆蔻衣
将黄油和糖放入碗中，搅拌至混合均匀；加入搅打均匀的鸡蛋，然后加入牛奶，以及与发酵粉和肉豆蔻皮混合过筛的面粉。在小模具中烤制。覆以巧克力糖霜。

肉桂蛋糕

1/2杯黄油
一杯糖
2个鸡蛋
1/2 杯牛奶
11/4 杯面粉
21/2茶匙泡打粉

1 tablespoon cinnamon
Mix ingredients in the order given, and bake in individual buttered cake tins.

Almond Cakes

½ cup butter
¾ cup sugar
⅓ cup milk
2 eggs
1⅓ cups flour
2 teaspoons baking powder
1 cup Jordan almonds, blanched and cut in pieces
Mix ingredients in order given, and bake in individual cake pans.

Brownies

⅓ cup butter
⅓ cup powdered sugar
⅓ cup Porto Rico molasses
1 egg, well beaten
⅞ cup bread flour
1 cup pecan meat, cut in pieces
Mix ingredients in order given. Bake in small shallow fancy cake tins, garnishing top of each cake with one-half pecan.

Chocolate Sponge

½ cup butter
¼ cup prepared powdered cocoa
3 eggs

1汤匙肉桂
按给定顺序混合配料，并在单独涂了黄油的蛋糕模具中烘烤。

杏仁蛋糕

1/2杯黄油
3/4 杯糖
1/3 杯牛奶
2个鸡蛋
1 1/3 杯面粉
2茶匙泡打粉
一杯乔丹杏仁，去皮切块
按所给顺序混合配料，并分别放入小蛋糕烤盘中烘烤。

布朗尼

1/3 杯黄油
1/3杯糖粉
1/3 杯波多黎各糖蜜
1个鸡蛋，充分打散
7/8 杯面包粉
一杯山核桃肉，切块
按给定顺序混合配料。在小巧的浅花式蛋糕模具中烤制，每个蛋糕顶部用半个碧根果装饰。

巧克力海绵蛋糕

1/2杯黄油
1/4 杯制备好的粉状可可 3 个鸡蛋

1 cup sugar
1 teaspoon cinnamon
¼ teaspoon clove
½ cup cold water
1 cup flour
3 teaspoons baking powder
Cream the butter; add cocoa, yolks of eggs well beaten, sugar mixed with cinnamon and clove, and water. Beat the whites of eggs, and add to first mixture alternately with flour mixed and sifted with baking powder. Bake in small tins from fifteen to twenty minutes.

Devil's Food Cake I

½ cup butter
2 cups sugar
Yolks 4 eggs
1 cup milk
2⅓ cups flour
4 teaspoons baking powder
Whites 4 eggs
2 squares chocolate
½ teaspoon vanilla
Cream the butter, and add gradually one-half the sugar. Beat yolks of eggs until thick and lemon-colored, and add gradually remaining sugar. Combine mixtures, and add alternately milk and flour mixed and sifted with baking powder; then add whites of eggs beaten stiff, chocolate melted, and vanilla. Bake forty-five to fifty minutes in an angel cake pan. Cover with White Mountain Cream (see p. 528).

一杯糖
一茶匙肉桂
1/4茶匙丁香
1/2 杯冷水
一杯面粉
3茶匙泡打粉
将黄油搅打至奶油状；加入可可粉、搅打均匀的蛋黄、与肉桂和丁香混合的糖，以及水。搅打蛋白，与过筛后和发酵粉混合的面粉交替加入第一份混合物中。在小模具中烤十五至二十分钟。

魔鬼蛋糕 I

1/2杯黄油
两杯糖
蛋黄 4 个
一杯牛奶
2 1/3 杯面粉
4茶匙泡打粉
将4个蛋的蛋白
2 方块巧克力
1/2茶匙香草精
将黄油搅打至奶油状，逐渐加入一半的糖。将蛋黄搅打至浓稠且呈柠檬色，逐渐加入剩余的糖。合并两份混合物，交替加入牛奶和与发酵粉混合过筛的面粉；然后加入搅打至硬挺的蛋白、融化的巧克力和香草。在天使蛋糕模具中烤四十五至五十分钟。覆以雪山奶油(见第528页)。

Devil’s Food Cake II

4 squares Baker’s chocolate
½ cup sugar
½ cup sweet milk
Yolk 1 egg
¼ cup butter
½ cup sugar
¼ cup sour milk
1 egg
1⅛ cups flour
½ teaspoon soda
½ teaspoon vanilla
Melt chocolate over hot water, add one-half cup sugar, and gradually sweet milk; then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the butter, add gradually one-half cup sugar, egg well beaten, sour milk, and flour mixed and sifted with soda. Combine mixtures and add vanilla. Bake in shallow cake pans, and put between and on top boiled frosting. Add to filling one-fourth cup raisins seeded and cut in pieces, if desired.

Chocolate Vienna Cake

¾ cup butter
⅞ cup sugar
Yolks 5 eggs
4 squares Baker’s chocolate
1½ cups flour

魔鬼蛋糕 II

4 方块贝克巧克力
1/2 杯糖
半杯甜牛奶
蛋黄 1 个鸡蛋
1/4 杯黄油
1/2 杯糖
1/4杯酸牛奶
1个鸡蛋
11/8 杯面粉
1/2茶匙小苏打
1/2茶匙香草精
在热水上融化巧克力，加入半杯糖，逐渐加入甜牛奶；然后加入蛋黄，煮至混合物变稠。放置一旁冷却。将黄油搅打至奶油状，逐渐加入半杯糖、搅打均匀的鸡蛋、酸牛奶，以及与苏打混合过筛的面粉。合并混合物并加入香草。在浅蛋糕盘中烤制，在层间和顶部涂抹煮沸糖霜。如需要，可在馅中加入四分之一杯去籽并切碎的葡萄干。

巧克力维也纳蛋糕

3/4 杯黄油
7/8 杯糖
蛋黄 5个鸡蛋
4 方块贝克巧克力
11/2杯面粉

3 teaspoons baking powder
Whites 5 eggs
Apricot or Orange Marmalade
Mix ingredients in order given, and bake in small tins. Remove from tins, cool, take out a small portion of cake from the centre of each, and fill cavity with marmalade. Cover tops of cake with Marshmallow Frosting or Chocolate Frosting IV.

Chocolate Fruit Cake

⅓ cup butter
1 cup sugar
¼ cup Breakfast Cocoa
Yolks 3 eggs
½ cup cold water
1¼ cups bread flour
3 teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon salt
⅓ cup candied cherries
⅓ cup raisins, seeded and cut in pieces
1½ tablespoons brandy
⅓ cup walnut meats, cut in pieces
Whites 3 eggs
1 teaspoon vanilla
Cover fruit with brandy and let stand several hours. Mix ingredients in order given, and bake in deep cake pan fifty minutes. Cover with White Mountain Cream, and as soon as frosting is set, spread as thinly as possible with melted chocolate.

Ribbon Cake

3茶匙泡打粉
将5个鸡蛋的蛋白

杏子或橙子果酱

按给定顺序混合配料，在小模具中烤制。从模具中取出，冷却，从每个蛋糕中央取出一小部分，用果酱填充空腔。蛋糕顶部覆以棉花糖糖霜或巧克力糖霜 IV。

巧克力水果蛋糕

1/3 杯黄油
一杯糖
1/4杯早餐可可
蛋黄 3 个鸡蛋
1/2 杯冷水
11/4杯面包粉
3茶匙泡打粉
一茶匙肉桂
1/4茶匙盐
1/3杯糖渍樱桃
1/3杯葡萄干，去籽并切碎 11/2汤匙白兰地

1/3杯核桃仁，切碎蛋白3个

一茶匙香草精

用白兰地浸泡水果，静置数小时。按给定顺序混合配料，在深蛋糕盘中烤五十分钟。覆以雪山奶油，糖霜凝固后，尽可能薄地涂抹融化的巧克力。

丝带蛋糕

½ cup butter
2 cups sugar
Yolks 4 eggs
1 cup milk
3½ cups flour
5 teaspoons baking powder
Whites 4 eggs
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon nutmeg
⅓ cup raisins, seeded and cut in pieces
⅓ cup figs, finely chopped
1 tablespoon molasses
Mix first seven ingredients in order given. Bake two-thirds of the mixture in two layer cake pans. To the remainder add spices, fruit, and molasses, and bake in a layer cake pan. Put layers together with jelly (apple usually being preferred, as it has less flavor), having the dark layer in the centre.

Golden Spice Cake

½ cup butter
½ cup brown sugar
1 egg
Yolks 4 eggs
½ cup molasses
½ cup milk
2¼ cups flour
1 teaspoon cinnamon
½ teaspoon soda

1/2杯黄油
两杯糖
蛋黄 4 个
一杯牛奶
31/2杯面粉
5茶匙泡打粉
将4个蛋的蛋白
1/2茶匙肉桂
1/4茶匙肉豆蔻衣
1/4茶匙肉豆蔻
1/3杯葡萄干，去籽并切碎 1/3杯无花果，切
细碎
一汤匙糖蜜
按给定顺序混合前七种配料。将三分之二的混合物在两个夹层蛋糕盘中烤制。向剩余部分加入香料、水果和糖蜜，在一个夹层蛋糕盘中烤制。用果冻(通常首选苹果，因其味道较淡)将各层粘合，深色层放在中间。

金黄香料蛋糕

1/2杯黄油 1/2杯红糖
1个鸡蛋

蛋黄 4个糖蜜 1/2
杯牛奶 1/2杯面粉
21/4杯

1茶匙肉桂 1/2茶匙小苏
打

½ teaspoon clove
¼ teaspoon grated nutmeg
Few grains cayenne
Few gratings lemon rind
Cream the butter, add sugar gradually, egg and yolks of eggs well beaten, molasses, milk, flour, mixed and sifted with spices, cayenne, and lemon rind. Bake in a moderate oven one hour, and cover with White Mountain Cream (see p. 528).

Walnut Mocha Cake

½ cup butter
1 cup sugar
½ cup coffee infusion
1¾ cups flour
2½ teaspoons baking powder
Whites 3 eggs
¾ cup walnut meats, broken in pieces
Follow directions for mixing butter cake mixtures. Cover with Confectioners' Frosting, using cream, and flavoring with vanilla.

Birthday Cake

½ cup butter
1¼ cups brown sugar
Yolks 2 eggs
⅔ cup milk
2¼ cups flour
3½ teaspoons baking powder
1 teaspoon orange extract

1/2茶匙丁香
1/4茶匙磨碎的肉豆蔻
少许辣椒粉
少许柠檬皮屑
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的鸡蛋和蛋黄、糖蜜、牛奶、与香料、辣椒粉和柠檬皮混合过筛的面粉。在中温烤箱中烤一小时，覆以雪山奶油(见第528页)。

核桃摩卡蛋糕

1/2杯黄油
一杯糖
1/2杯咖啡浸液
13/4 杯面粉
21/2茶匙泡打粉
将3个蛋白打发
3/4 杯核桃仁，掰成碎块
按照黄油蛋糕混合料的调制方法操作。用奶油和香草调味的糖粉糖霜覆盖。

生日蛋糕

1/2杯黄油
11/4杯红糖蛋黄 2个鸡蛋

2/3杯牛奶
21/4杯面粉
31/2茶匙泡打粉
一茶匙橙子香精

1 teaspoon vanilla
2 tablespoons Sherry
½ cup raisins, seeded and cut in pieces
½ cup walnut meats, cut in pieces
⅓ cup currants
2 tablespoons candied orange peel, finely cut
Whites 2 eggs
Follow directions for making butter cake mixtures. Bake in a buttered and floured angel-cake pan in a slow oven one and one-quarter hours. Cover with Ornamental Frosting (see p. 532).

Rich Coffee Cake

1 cup butter
2 cups sugar
4 eggs
2 tablespoons molasses
1 cup cold boiled coffee
3¾ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon mace
½ teaspoon allspice
¾ cup raisins, seeded and cut in pieces
¾ cup currants
¼ cup citron, thinly sliced and cut in strips
2 tablespoons brandy
Follow directions for making butter cake mixtures. Bake in deep cake pans.

一茶匙香草精
2汤匙雪利酒
1/2杯葡萄干，去籽并切碎 1/2杯核桃仁，切碎 1/3杯加仑子

2汤匙糖渍橙皮，切细蛋白 2个鸡蛋

按照制作黄油蛋糕混合物的指示操作。倒入涂有黄油并撒有面粉的天使蛋糕模具中，在慢烤箱中烘烤一小时十五分钟。覆盖上装饰糖霜(见第532页)。

浓郁咖啡蛋糕

一杯黄油
两杯糖
4个鸡蛋
2汤匙糖蜜
一杯冷煮咖啡
33/4杯面粉
5茶匙泡打粉
一茶匙肉桂
1/2茶匙丁香
1/2茶匙肉豆蔻衣
1/2茶匙多香果
3/4杯葡萄干，去籽并切碎 3/4杯无核小葡萄干

1/4杯香橼，切成薄片再切丝 2汤匙白兰地

按照制作黄油蛋糕面糊的指示操作。放入深蛋糕烤盘中烘烤。

Nut Spice Cake

½ cup butter
1 cup brown sugar
½ cup molasses
Yolks 4 eggs
1 cup sour milk
2½ cups flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon clove
¼ nutmeg, grated
1 cup raisins, seeded and cut in pieces
½ cup currants
½ cup English walnut meats, cut in pieces
1½ teaspoons baking powder
Mix ingredients in the order given. This recipe makes two loaves.

Dark Fruit Cake

½ cup butter
¾ cup brown sugar
¾ cup raisins, seeded and cut in pieces
¾ cup currants
½ cup citron, thinly sliced and cut in strips
½ cup molasses
2 eggs
½ cup milk
2 cups flour
½ teaspoon soda

坚果香料蛋糕

1/2杯黄油
一杯红糖
1/2 杯糖蜜
蛋黄 4 个
一杯酸牛奶
21/2杯面粉
一茶匙苏打
一茶匙肉桂
1/2茶匙丁香
1/4 肉豆蔻，磨碎
一杯葡萄干，去籽并切碎 1/2 杯加仑子

1/2杯英国核桃仁，切碎 11/2茶匙泡打粉

按给定顺序混合配料。此食谱可制作两条面包。

深色水果蛋糕

1/2杯黄油
3/4 杯红糖
3/4杯葡萄干，去籽并切碎 3/4杯无核小葡萄干
1/2杯香橼，切成薄片再切丝 1/2杯糖蜜

2个鸡蛋
1/2 杯牛奶
两杯面粉
1/2茶匙小苏打

1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon mace
¼ teaspoon clove
½ teaspoon lemon extract
Follow directions for mixing butter cake mixtures. Bake in deep cake pans one and one-quarter hours.

Nut Cakes

Meat from 1 lb. pecans
1 lb. powdered sugar
¼ cup flour
Whites 6 eggs
1 teaspoon vanilla
Pound nut meat and mix with sugar and flour. Beat whites of eggs until stiff, add first mixture and vanilla. Drop from tip of tablespoon (allowing one spoonful for each cake) on a tin sheet covered with buttered paper. Bake twenty minutes in a moderate oven.

Snow Cake

¼ cup butter
1 cup sugar
½ cup milk
1⅔ cups flour
2½ teaspoons baking powder
Whites 2 eggs
½ teaspoon vanilla or
¼ teaspoon almond extract

一茶匙肉桂
1/2茶匙多香果
1/2茶匙肉豆蔻衣
1/4茶匙丁香
1/2茶匙柠檬香精
按照搅拌黄油蛋糕混合物的指示操作。在深蛋糕模具中烘烤一小时十五分钟。

坚果蛋糕

取自一磅碧根果的果肉
1磅糖粉
1/4杯面粉
将6个蛋白
一茶匙香草精
将坚果仁捣碎，与糖和面粉混合。将蛋清搅打至硬性发泡，加入第一份混合物和香草精。用汤匙尖滴落(每个蛋糕一勺)在铺有涂黄油纸的锡纸上。在中等烤箱中烘烤二十分钟。

雪蛋糕

1/4 杯黄油
一杯糖
1/2 杯牛奶
1 2/3 杯面粉
21/2茶匙泡打粉蛋白 2个鸡蛋

1/2茶匙香草精或1/4茶匙杏仁提
取物

Follow recipe for mixing butter cakes. Bake forty-five minutes in a deep narrow pan.

Lily Cake

⅓ cup butter
1 cup sugar
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
Whites 3 eggs
⅓ teaspoon lemon extract
⅔ teaspoon vanilla
Follow recipe for mixing butter cakes.

Corn-starch Cake

1 cup butter
2 cups sugar
1 cup milk
1 cup corn-starch
2 cups flour
4½ teaspoons baking powder
Whites 5 eggs
¾ teaspoon vanilla or
½ teaspoon almond extract
Follow recipe for mixing butter cakes. This mixture makes two loaves.

Prune Almond Cake

按照搅拌黄油蛋糕的食谱操作。在深而窄的模具中烘烤四十五分钟。

莉莉蛋糕

1/3 杯黄油
一杯糖
1/2 杯牛奶
13/4 杯面粉
21/2茶匙泡打粉蛋白 3个鸡蛋

1/3 茶匙柠檬精 2/3 茶匙香草
精
按照黄油蛋糕的搅拌食谱操作。

玉米淀粉蛋糕

一杯黄油
两杯糖
一杯牛奶
一杯玉米淀粉
两杯面粉
41/2茶匙泡打粉
将5个鸡蛋的蛋白
3/4 茶匙香草精或
1/2茶匙杏仁香精
按照黄油蛋糕的混合食谱操作。此混合物可制作两条面包。

西梅杏仁蛋糕

Bake one-half Corn-starch Cake mixture in a dripping-pan. Cut in two crosswise, spread between layers Prune Almond Filling, and cover top with White Mountain Cream.

Prune Almond Filling. To one-half the recipe for White Mountain Cream add eight soft prunes stoned and cut in pieces, and one-fourth cup almonds blanched and cut in pieces.

Marshmallow Cake

½ cup butter
1½ cups sugar
½ cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon cream of tartar
Whites 5 eggs
1 teaspoon vanilla
Follow recipe for mixing butter cakes. Bake in shallow pans, and put Marshmallow Cream between the layers and on the top.

Fig Éclair

½ cup butter (scant)
1 cup sugar
½ cup milk
1⅞ cups flour
3 teaspoons baking powder
Whites 4 eggs
½ teaspoon vanilla
Follow recipe for mixing butter cakes. Bake in shallow pans, put between layers Fig Filling, and sprinkle top with powdered sugar.

将一半玉米淀粉蛋糕混合物在滴油盘中烘烤。横向切成两半，在层间涂抹梅子杏仁馅，顶部覆盖白山奶油。

梅子杏仁馅。在配方一半量的白山奶油中加入八颗软梅子(去核切碎)，以及四分之一杯焯过并切碎的杏仁。

棉花糖蛋糕

1/2杯黄油
11/2杯糖
1/2 杯牛奶
两杯面粉
3茶匙泡打粉
1/4茶匙塔塔粉
将5个鸡蛋的蛋白
一茶匙香草精
按照搅拌黄油蛋糕的食谱操作。在浅模具中烘烤，在层间和顶部涂抹棉花糖奶油。

无花果闪电泡芙

半杯黄油(略少)
一杯糖
1/2 杯牛奶
17/8 杯面粉
3茶匙泡打粉
将4个蛋的蛋白
1/2茶匙香草精
按照搅拌黄油蛋糕的食谱操作。在浅模具中烘烤，在层间放入无花果馅，顶部撒上糖粉。

Banana Cake

Mix and bake Fig Éclair mixture; put between layers White Mountain Cream covered with thin slices of banana, and frost the top. This should be eaten the day it is made.

Bride's Cake

½ cup butter
1½ cups sugar
Whites six eggs
½ cup milk
2½ cups flour
3 teaspoons baking powder
¼ teaspoon cream of tartar
½ teaspoon almond extract
Follow recipe for mixing butter cakes. Bake forty-five to fifty minutes in deep, narrow pans. Cover with white frosting.

Ice Cream Cake

½ cup butter
2 cups sugar
1 cup milk
3 cups flour
4 teaspoons baking powder
Whites 4 eggs
Vanilla
Follow recipe for mixing butter cakes. Bake in layers, and put between layers and on top Ice Cream Frosting.

香蕉蛋糕

混合并烘烤无花果闪电泡芙混合物；在层间放入白山奶油并覆盖香蕉薄片，然后给顶部上糖霜。此蛋糕应在制作当天食用。

新娘蛋糕

1/2杯黄油
11/2杯糖
将六个蛋清
1/2 杯牛奶
21/2杯面粉
3茶匙泡打粉
1/4茶匙塔塔粉
1/2茶匙杏仁香精
按照搅拌黄油蛋糕的食谱操作。在深而窄的模具中烘烤四十五至五十分钟。覆盖白色糖霜。

冰淇淋蛋糕

1/2杯黄油
两杯糖
一杯牛奶
3杯面粉
4茶匙泡打粉
将4个蛋的蛋白
香草
按照搅拌黄油蛋糕的食谱操作。分层烘烤，在层间和顶部涂抹冰淇淋糖霜。

Light Fruit Cake

To Fig Éclair mixture add one-half cup raisins seeded and cut in pieces, two ounces citron thinly sliced and cut in strips, and one-third cup walnut meat cut in pieces. In making mixture, reserve one tablespoon flour to use for dredging fruit.

White Nut Cake

¾ cup butter
1½ cups sugar
Whites 8 eggs
½ cup milk
2½ cups flour
½ teaspoon cream of tartar
3 teaspoons baking powder
1 cup walnut meat cut in pieces
Follow recipe for mixing butter cakes. This mixture makes two loaves.

Golden Cake

¼ cup butter
½ cup sugar
1 teaspoon orange extract
Yolks 5 eggs
¼ cup milk
⅞ cup flour
1½ teaspoons baking powder
Cream the butter, add sugar gradually, and yolks of eggs beaten until thick and lemon-colored, and extract. Mix and sift flour and baking powder, and add alternately with milk to first mixture.

轻水果蛋糕

在无花果闪电泡芙混合物中加入1/2杯去籽切碎的葡萄干、两盎司切成薄片再切丝的香橼，以及1/3杯切碎的核桃仁。制作混合物时，保留一汤匙面粉用于裹水果。

白坚果蛋糕

3/4 杯黄油
11/2杯糖
将8个蛋白打发
1/2 杯牛奶
21/2杯面粉
1/2茶匙塔塔粉
3茶匙泡打粉
一杯核桃仁，切碎
按照黄油蛋糕的混合食谱操作。此混合物可制作两条面包。

黄金蛋糕

1/4 杯黄油
1/2 杯糖
一茶匙橙子香精
蛋黄 5个鸡蛋
1/4 杯牛奶
7/8 杯面粉
11/2茶匙泡打粉
将黄油搅打至奶油状，逐渐加入糖，以及搅打至浓稠柠檬色的蛋黄和香精。混合并过筛面粉和发酵粉，与牛奶交替加入第一份混合物中。

Omit orange extract, add one-half cup nut meat cut in small pieces, and bake in individual tins.

省略橙子香精，加入1/2杯切成小块的坚果仁，在单独的小模具中烘烤。

Mocha Cakes

Bake a sponge cake mixture in sheets. Shape in small rounds, and cut in three layers. Put layers together with a thin coating of frosting. Spread frosting around sides and roll in shredded cocoanut. Ornament top with frosting forced through a pastry bag and tube, using the rose tube. Begin at centre of top and coil frosting around until surface is covered. Garnish centre of top with a candied cherry.

Frosting. Wash one-third cup butter, add one cup powdered sugar gradually, and beat until creamy. Then add one cup Cream Filling which has been cooled. Flavor with one-half teaspoon vanilla and one and one-half squares melted chocolate.

This frosting is sometimes colored pink, yellow, green, or lavender, and flavored with rose, vanilla, or a combination of almond and vanilla. Large Mocha Cakes are baked in two round layer cake tins, each cake being cut in two layers. Layers are put together as small cakes. The top is spread smoothly with frosting, then ornamented with large pieces of candied fruits arranged in a design, and frosting forced through pastry bag and tube.

摩卡蛋糕

将海绵蛋糕混合物在烤盘中烘烤。塑成小圆形，切成三层。用薄层糖霜将层粘合。在侧面涂抹糖霜并滚上椰丝。用通过裱花袋和花嘴(使用玫瑰嘴)挤出的糖霜装饰顶部。从顶部中心开始，将糖霜盘绕直至覆盖表面。在顶部中心用糖渍樱桃装饰。

糖霜。洗净1/3杯黄油，逐渐加入一杯糖粉，搅打至奶油状。然后加入一杯已冷却的奶油馅。用1/2茶匙香草精和一块半融化的巧克力调味。

此糖霜有时染成粉色、黄色、绿色或淡紫色，并用玫瑰、香草或杏仁与香草的混合物调味。大摩卡蛋糕在两个圆形层蛋糕模具中烘烤，每个蛋糕切成两层。层与小蛋糕一样粘合。顶部平滑涂抹糖霜，然后用大块糖渍水果按图案排列装饰，并用裱花袋和花嘴挤出糖霜装饰。

Cream Cakes

½ cup butter
1 cup boiling water
4 eggs

奶油蛋糕

1/2 杯黄油 1 杯沸水

4个鸡
蛋

1 cup flour

Pour butter and water in saucepan and place on front of range. As soon as boiling-point is reached, add flour all at once, and stir vigorously. Remove from fire as soon as mixed, and add unbeaten eggs one at a time, beating, until thoroughly mixed, between the addition of eggs. Drop by spoonfuls on a buttered sheet, one and one-half inches apart, shaping with handle of spoon as nearly circular as possible, having mixture slightly piled in centre. Bake thirty minutes in a moderate oven. With a sharp knife make a cut in each large enough to admit of Cream Filling. This recipe makes eighteen small cream cakes. For flavoring cream filling use lemon extract. If cream cakes are removed from oven before being thoroughly cooked, they will fall. If in doubt, take one from oven, and if it does not fall, this is sufficient proof that others are cooked.

French Cream Cakes

Fill Cream Cakes with Cream Sauce I.

French Strawberry Cream Cakes

Shape cream cake mixture oblong, making twelves cakes. Split, and fill with Strawberry Cream Filling.

Éclairs

Shape cream cake mixture four and one-half inches long by one inch wide, by forcing through a pastry bag and tube. Bake twenty-five minutes in a moderate oven. Split, and fill with vanilla, coffee, or chocolate cream filling. Frost with Confectioners' Frosting to which is added one-third cup melted Fondant, dipping

一杯面粉

将黄油和水倒入炖锅，置于炉灶前部。一旦达到沸点，一次性加入面粉，并用力搅拌。混合均匀后即离火，逐个加入未搅打的鸡蛋，每加一个鸡蛋后搅打至完全混合。用汤匙舀取面糊，一勺一勺地放在涂了黄油的烤板上，间隔一寸半，用汤匙柄整形，尽量呈圆形，使混合物在中央略微堆起。在中等温度的烤箱中烘烤三十分钟。用锋利的刀在每个蛋糕上切一道口子，足以填入奶油馅。此食谱可制作十八个小奶油蛋糕。奶油馅调味使用柠檬香精。如果奶油蛋糕在完全烤熟之前从烤箱中取出，它们会塌陷。如有疑问，从烤箱中取出一个，如果它不塌陷，就足以证明其余的已经烤熟。

法式奶油蛋糕

用奶油沙司I填充奶油蛋糕。

法式草莓奶油蛋糕

将奶油蛋糕混合物塑成长方形，制作十二个蛋糕。剖开，填入草莓奶油馅。

闪电泡芙

将奶油蛋糕混合物通过裱花袋和花嘴挤成四英寸半长、一英寸宽的形状。在中等烤箱中烘烤二十五分钟。剖开，填入香草、咖啡或巧克力奶油馅。用糖果师糖霜(加入1/3杯融化翻糖)上糖霜，蘸

top of éclairs in frosting while it is hot.

Lemon Queens

¼ lb. butter
½ lb. sugar
Grated rind 1 lemon
¾ tablespoon lemon juice
Yolks 4 eggs
5 ozs. flour
¼ teaspoon salt
¼ teaspoon soda (scant)
Whites 4 eggs
Cream the butter, add sugar gradually, and continue beating. Then add grated rind, lemon juice, and yolks of eggs beaten until thick and lemon-colored. Mix and sift soda, salt, and flour; add to first mixture and beat thoroughly. Add whites of eggs beaten stiff. Bake from twenty to twenty-five minutes in small tins.

Queen Cake

⅔ cup butter
2 cups flour (scant)
¼ teaspoon soda
Whites 6 eggs
1¼ cups powdered sugar
1½ teaspoons lemon juice
Cream the butter, add flour gradually, mixed and sifted with soda, then add lemon juice. Beat whites of eggs until stiff; add sugar gradually, and combine the mixtures. Bake fifty minutes in a long shallow pan. Cover with Opera Caramel Frosting.

在糖霜还热的时候，把闪电泡芙的顶部蘸上糖霜。

柠檬女王

1/4 磅黄油
1/2 磅糖
磨碎的柠檬皮 1 个
3/4 汤匙柠檬汁
蛋黄 4 个
五盎司面粉
1/4茶匙盐
1/4茶匙小苏打(少量)
将4个蛋的蛋白
将黄油搅打至奶油状，逐渐加入糖，继续搅打。然后加入磨碎的果皮、柠檬汁和搅打至浓稠柠檬色的蛋黄。混合并过筛小苏打、盐和面粉；加入第一份混合物中充分搅打。加入搅打至硬性发泡的蛋清。在小模具中烘烤二十至二十五分钟。

王后蛋糕

2/3 杯黄油
两杯面粉(略少)
1/4茶匙小苏打
将6个蛋白
11/4杯糖粉
11/2茶匙柠檬汁
将黄油搅打至奶油状，逐渐加入与苏打混合过筛的面粉，然后加入柠檬汁。将蛋清搅打至硬性发泡；逐渐加入糖，混合各混合物。在长浅盘中烘烤五十分钟。覆盖歌剧焦糖糖霜。

Pound Cake

1 lb. butter
1 lb. sugar
Yolks 10 eggs
Whites 10 eggs
1 lb. flour
½ teaspoon mace
2 tablespoons brandy
Cream the butter, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon-colored, whites of eggs beaten until stiff and dry, flour, mace, and brandy. Beat vigorously five minutes. Bake in a deep pan one and one-fourth hours in a slow oven; or if to be used for fancy ornamented cakes, bake thirty to thirty-five minutes in a dripping-pan.

New York Gingerbread

1 cup butter (scant)
1½ cups flour
2 tablespoons yellow ginger
5 eggs
1½ cups powdered sugar
1 teaspoon baking powder
Cream the butter, and add flour gradually, mixed and sifted with ginger. Beat the yolks of the eggs until thick and lemon-colored, and add sugar gradually. Combine mixtures, add whites of eggs, beaten until stiff, and sift over baking powder. Beat thoroughly, turn into a buttered deep cake pan, and bake one hour in a

磅蛋糕

一磅黄油
一磅糖
蛋黄 10 个
将10个蛋白打发
一磅面粉
1/2茶匙肉豆蔻衣
2汤匙白兰地
将黄油搅打至奶油状，逐渐加入糖，继续搅打；然后加入搅打至浓稠柠檬色的蛋黄、搅打至硬性发泡且干燥的蛋清、面粉、肉豆蔻皮和白兰地。用力搅打五分钟。在深模具中于慢烤箱烘烤一小时十五分钟；若用于装饰性花式蛋糕，则在滴油盘中烘烤三十至三十五分钟。

纽约姜饼

一杯黄油(略少)
11/2杯面粉
两汤匙黄姜
5个鸡蛋
11/2杯糖粉
一茶匙发酵粉
将黄油搅打至奶油状，逐渐加入与姜混合过筛的面粉。将蛋黄搅打至浓稠柠檬色，逐渐加入糖。合并混合物，加入搅打至硬性发泡的蛋清，并筛入发酵粉。充分搅打，倒入涂有黄油的深蛋糕模具中，在

moderate oven.

Newport Pound Cake

Make same as New York Gingerbread, omitting ginger, and substituting one teaspoon vanilla extract.

Christmas Cakes

Bake Newport Pound Cake in golden-rod pans, cut in fourths crosswise, spread with Ice Cream Frosting, and garnish with green leaves, made from ornamental frosting, and round red candies to imitate berries.

Ginger Pound Cakes

Cream one half pound butter and add gradually one-half pound sugar, continuing the beating. Add three-fourths pound flour, mixed and sifted with two teaspoons baking powder alternately with four eggs beaten until thick and lemon-colored; then add one-half pound Canton ginger cut in small pieces. Bake in small buttered and floured individual cake pans in a slow oven. Cover with White Mountain Cream (see p. 528).

Molasses Pound Cake

⅔ cup butter
¾ cup sugar
2 eggs
⅔ cup milk
⅔ cup molasses
2⅛ cups flour
¾ teaspoon soda

中火烤箱。

纽波特磅蛋糕

制作方法与纽约姜饼相同，省略姜，替换为一茶匙香草精。

圣诞蛋糕

将纽波特磅蛋糕在金杆花模具中烘烤，横向切成四份，涂抹冰淇淋糖霜，并用装饰糖霜制成的绿叶和圆形红色糖果(模仿浆果)装饰。

姜味磅蛋糕

将半磅黄油搅打至奶油状，逐渐加入半磅糖，继续搅打。加入四分之三磅面粉(与两茶匙发酵粉混合过筛)，与四个搅打至浓稠柠檬色的鸡蛋交替加入；然后加入半磅切成小块的广东姜。在涂有黄油并撒有面粉的小单独蛋糕模具中于慢烤箱烘烤。覆盖白山奶油(见第528页)。

糖蜜磅蛋糕

2⁄3 杯黄油 3⁄4
杯糖 2 个鸡蛋

2⁄3杯牛奶 2⁄3杯糖
蜜 21⁄8杯面粉 3⁄4
茶匙小苏打

1 teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon clove
¼ teaspoon mace
½ cup raisins, seeded and cut in pieces
⅓ cup citron, thinly sliced and cut in strips
Cream the butter, add sugar gradually, eggs well beaten, and milk and molasses. Mix and sift flour with soda and spices, and add to first mixture, then add fruit. Bake in small buttered tins from twenty-five to thirty minutes in a moderate oven. This recipe makes twenty-four little cakes.

English Fruit Cake

1 lb. butter
1 lb. light brown sugar
9 eggs
1 lb. flour
2 teaspoons mace
2 teaspoons cinnamon
1 teaspoon soda
2 tablespoons milk
3 lbs. currants
2 lbs. raisins, seeded and finely chopped
½ lb. almonds, blanched and shredded
1 lb. citron, thinly sliced and cut in strips
Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon-colored, whites until stiff and dry, and add to first mixture. Then add milk, fruit, nuts, and flour mixed and sifted with mace,

一茶匙肉桂
1/2茶匙多香果
1/4茶匙丁香
1/4茶匙肉豆蔻衣
1/2杯葡萄干，去籽并切碎 1/3杯香橼，切成薄片再切丝
将黄油搅打至奶油状，逐渐加入糖、搅打均匀的鸡蛋，以及牛奶和糖蜜。混合并过筛面粉与小苏打和香料，加入第一份混合物中，然后加入水果。在涂有黄油的小模具中于中等烤箱烘烤二十五至三十分钟。此食谱可制作二十四个小蛋糕。

英式水果蛋糕

一磅黄油
一磅浅棕色糖
9个鸡蛋
一磅面粉
2茶匙肉豆蔻衣
2茶匙肉桂
一茶匙苏打
2汤匙牛奶
3磅醋栗
2磅葡萄干，去籽并切细碎；1/2磅杏仁，焯后切丝；1磅香橼，切薄片再切成条

将黄油搅打至奶油状，逐渐加入糖，充分搅打。将蛋黄与蛋白分离；将蛋黄搅打至浓稠且呈柠檬色，将蛋白搅打至硬挺干燥，加入第一份混合物中。然后加入牛奶、水果、坚果，以及与肉豆蔻、

cinnamon, and soda. Put in buttered deep pans, cover with buttered paper, steam three hours, and bake one and one half hours in a slow oven, or bake four hours in a very slow oven. Rich fruit cake is always more satisfactory when done if the cooking is accomplished by steaming.

肉桂和小苏打混合过筛的面粉。放入涂了黄油的深烤盘中，盖上涂了黄油的纸，蒸三小时，再在慢烤箱中烤一个半小时，或在极慢烤箱中烤四小时。浓郁的水果蛋糕若以蒸制方式完成烹饪，效果总是更令人满意。

Wedding Cake I

1 lb. butter

1 lb. sugar

12 eggs

1 lb. flour

2 teaspoons cinnamon

Nutmeg ¾ teaspoon each

Allspice

Mace

½ teaspoon clove

3 lbs. raisins, seeded and cut in pieces

1 lb. currants

1 lb. citron, thinly sliced and cut in strips

1 lb. figs, finely chopped

¼ cup brandy

2 tablespoons lemon juice

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs, beat yolks until thick and

婚礼蛋糕 I

一磅黄油

一磅糖

12个鸡蛋

一磅面粉

2茶匙肉桂

肉豆蔻 3/4茶匙各

多香果

肉豆蔻衣

1/2茶匙丁香

三磅葡萄干，去籽并切碎

1磅加仑子

一磅香橼，切成薄片再切条

一磅无花果，切碎

1/4杯白兰地

2汤匙柠檬汁

将黄油搅打至奶油状，逐渐加入糖，充分搅打。将蛋黄与蛋白分离，将蛋黄搅打至浓稠且

lemon-colored, whites until stiff and dry, and add to first mixture. Add flour (excepting one-third cup, which should be reserved to dredge fruit) mixed and sifted with spices, brandy, and lemon juice. Then add fruit, except citron, dredged with reserved flour. Dredge citron with flour and put in layers between cake mixture when putting in the pan. Bake same as English Fruit Cake.

Wedding Cake II

1 lb. butter
1 lb. brown sugar
12 eggs
1 cup molasses
1 lb. flour
4 teaspoons cinnamon
4 teaspoons allspice
1½ teaspoons mace
1 nutmeg, grated
¼ teaspoon soda
3 lbs. raisins, seeded and cut in pieces
2 lbs. Sultana raisins
1½ lbs. citron, thinly sliced and cut in strips
1 lb. currants
½ preserved lemon rind
½ preserved orange rind
1 cup brandy
4 squares chocolate, melted
1 tablespoon hot water

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs, and beat yolks until thick and

呈柠檬色，将蛋白搅打至硬挺干燥，加入第一份混合物中。加入与香料、白兰地和柠檬汁混合过筛的面粉(留出三分之一杯用于裹水果)。然后加入除香橼外的水果，用预留的面粉裹匀。将香橼裹上面粉，装盘时在蛋糕混合物之间分层放入。按英式水果蛋糕的方法烘烤。

婚礼蛋糕 II

一磅黄油
一磅红糖
12个鸡蛋
一杯糖蜜
一磅面粉
4茶匙肉桂
四茶匙多香果
11/2茶匙肉豆蔻衣
1颗肉豆蔻，磨碎
1/4茶匙小苏打
三磅葡萄干，去籽并切碎
两磅苏丹娜葡萄干
11/2磅香橼，切成薄片再切条
1磅加仑子
1/2 块腌柠檬皮
1/2 糖渍橙皮
一杯白兰地
4方块巧克力，融化
一汤匙热水

将黄油搅打至奶油状，逐渐加入糖，充分搅打。将蛋黄与蛋白分离，将蛋黄搅打至浓稠且呈

lemon-colored. Add to first mixture, then add flour (excepting one-third cup, which should be reserved to dredge fruit), mixed and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, brandy, chocolate, and whites of eggs beaten until stiff and dry. Just before putting into pans, add soda dissolved in hot water. Cover pans with buttered paper, and steam four hours. Finish cooking by leaving in a warm oven over night.

柠檬色。加入第一份混合物中，然后加入面粉(保留三分之一杯用于拌裹水果)，与香料混合并过筛，水果用面粉拌裹，柠檬皮和橙皮切碎，加入白兰地、巧克力，以及搅打至硬挺干燥的蛋白。在放入烤盘之前，加入溶于热水的小苏打。用涂了黄油的纸盖住烤盘，蒸四小时。最后将其留在温暖的烤箱中过夜完成烹饪。

Imperial Cake

½ lb. butter
½ lb. sugar
Yolks 5 eggs
Whites 5 eggs
Grated rind ½ lemon
2 teaspoons lemon juice
½ lb. raisins, seeded and cut in pieces
½ cup walnut meat, broken in pieces
½ lb. flour
¼ teaspoon soda
Mix same as Pound Cake, adding raisins dredged with flour, and nuts at the last.

帝国蛋糕

1/2 磅黄油
1/2 磅糖
蛋黄 5个鸡蛋
将5个鸡蛋的蛋白
磨碎的柠檬皮 1/2 个
2茶匙柠檬汁
1/2磅葡萄干，去籽并切碎 1/2杯核桃仁，掰碎 1/2磅
面粉
1/4茶匙小苏打
做法与磅蛋糕相同，最后加入裹了面粉的葡萄干和坚果。

CHAPTER XXXII
CAKE FILLINGS AND FROSTINGS

第三十二章
蛋糕馅料与糖霜

Cream Filling

⅞ cup sugar

奶油馅

7/8 杯糖

⅓ cup flour
⅛ teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla or
½ teaspoon lemon extract
Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook fifteen minutes in double boiler, stirring constantly until thickened, afterwards occasionally. Cool and flavor.

Chocolate Cream Filling

Put one and one-fourth squares Baker's chocolate in a saucepan and melt over hot water. Add to Cream Filling, using in making one cup sugar in place of seven-eighths cup.

Coffee Cream Filling

Flavor Cream Filling with one and one-half tablespoons coffee extract.

French Cream Filling

¾ cup thick cream
¼ cup milk
¼ cup powdered sugar
White one egg
½ teaspoon vanilla
Dilute cream with milk and beat until stiff, using Dover egg-beater. Add sugar, white of egg beaten until stiff, and vanilla.

1/3杯面粉
1/8茶匙盐
2个鸡蛋
两杯烫牛奶
一茶匙香草精或
1/2茶匙柠檬香精
将干配料混合，加入略经搅打的鸡蛋，再逐渐倒入烫过的牛奶。在双层蒸锅中煮十五分钟，开始时不断搅拌至变稠，之后偶尔搅拌。冷却后调味。

巧克力奶油馅

将一块又四分之一方块贝克巧克力放入平底锅中，置于热水上融化。加入奶油馅料中，制作时用一杯糖代替八分之七杯糖。

咖啡奶油馅

咖啡香精一汤匙半调味奶油馅。

法式奶油馅

3/4 杯浓奶油
1/4 杯牛奶
1/4杯糖粉
将一个蛋清
1/2茶匙香草精
用牛奶稀释奶油，用多佛打蛋器搅打至硬挺。加入糖、搅打至硬挺的蛋清和香草。

Strawberry Filling

1 cup thick cream
⅓ cup sugar
White 1 egg
½ cup strawberries
½ teaspoon vanilla
Beat cream until stiff, using Dover egg-beater, add sugar, white of egg beaten until stiff, strawberries mashed, and vanilla.

Lemon Filling

1 cup sugar
2½ tablespoons flour
Grated rind 2 lemons
¼ cup lemon juice
1 egg
1 teaspoon butter
Mix sugar and flour, add grated rind, lemon juice, and egg slightly beaten. Put butter in saucepan; when melted, add mixture, and stir constantly until boiling-point is reached. Care must be taken that mixture does not adhere to bottom of saucepan. Cool before spreading.

Orange Filling

½ cup sugar
2½ tablespoons flour
Grated rind ½ orange
¼ cup orange juice
½ tablespoon lemon juice

草莓馅

一杯浓奶油

1/3杯糖

白1个鸡蛋

1/2杯草莓

1/2茶匙香草精

用多佛打蛋器将奶油搅打至硬挺，加入糖、搅打至硬挺的蛋清、捣碎的草莓和香草。

柠檬馅

一杯糖

21/2汤匙面粉

柠檬皮屑 2个

1/4杯柠檬汁

1个鸡蛋

一茶匙黄油

将糖和面粉混合，加入磨碎的果皮、柠檬汁和略经搅打的鸡蛋。将黄油放入平底锅中；融化后加入混合物，不断搅拌至沸腾。注意混合物不得粘附锅底。冷却后再涂抹。

橙子馅

1/2 杯糖

21/2汤匙面粉 1/2个橙子的磨碎果皮 1/4杯橙汁 1/2汤匙柠檬汁

1 egg slightly beaten
1 teaspoon butter
Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

Chocolate Filling

2½ squares chocolate
1 cup powdered sugar
3 tablespoons milk
Yolk 1 egg
½ teaspoon vanilla
Melt chocolate over hot water, add one-half the sugar, and milk; add remaining sugar, and yolk of egg; then cook in double boiler until it thickens, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread.

Nut or Fruit Filling

To White Mountain Cream add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

Cocoanut Filling

Whites 2 eggs
Fresh grated cocoanut
Powdered sugar
Beat whites of eggs on a platter with a fork until stiff. Add enough powdered sugar to spread. Spread over cake, sprinkle thickly with cocoanut. Use for layer cake, having filling between and on top.

1个鸡蛋，轻轻打散
一茶匙黄油
按给定顺序混合配料。在双层蒸锅中煮十分钟，不断搅拌。冷却后再涂抹。

巧克力馅

21/2方块巧克力
一杯糖粉
3汤匙牛奶
蛋黄 1 个鸡蛋
1/2茶匙香草精
将巧克力置于热水上融化，加入一半的糖和牛奶；加入剩余的糖和蛋黄；然后在双层蒸锅中煮至变稠，开始时不断搅拌，使混合物完全光滑。稍冷却，调味，涂抹。

坚果或水果馅

向白山奶油中加入切碎的核桃、杏仁、无花果、枣或葡萄干，可单独或混合使用。

椰子馅

将2个蛋白打发
新鲜磨碎的椰丝
糖粉
在盘子上用叉子将蛋清搅打至硬挺。加入足量糖粉以便涂抹。涂抹在蛋糕上，厚厚撒上椰丝。用于夹层蛋糕，层间和顶部均放馅料。

Lemon Cocoanut Cream

Juice and grated rind 1 lemon
1 cup powdered sugar
Yolks 2 eggs
1 cup shredded cocoanut
Mix lemon juice and rind with sugar and yolks of eggs slightly beaten; cook ten minutes in double boiler, stirring constantly; then add cocoanut. Cool, and use as a filling for Corn-starch Cake, or any cake made from the whites of eggs.

Fig Filling

½ lb. figs, finely chopped
⅓ cup sugar
⅓ cup boiling water
1 tablespoon lemon juice
Mix ingredients in the order given and cook in double boiler until thick enough to spread. Spread while hot. Figs may be chopped quickly by forcing through a meat chopper, stirring occasionally.

Marshmallow Paste

¾ cup sugar
¼ cup milk
¼ lb. marshmallows
2 tablespoons hot water
½ teaspoon vanilla
Put sugar and milk in a saucepan, heat slowly to boiling-point without stirring, and boil six minutes. Break marshmallows in pieces and melt in double boiler, add hot water, and cook until

柠檬椰丝奶油

1个柠檬的果汁和磨碎的果皮
一杯糖粉
蛋黄 2 个鸡蛋
一杯椰丝
将柠檬汁和果皮与糖及略经搅打的蛋黄混合；在双层蒸锅中煮十分钟，不断搅拌；然后加入椰丝。冷却后用作玉米淀粉蛋糕或任何用蛋清制作的蛋糕的馅料。

无花果馅

半磅无花果，切碎
1/3杯糖
1/3 杯沸水
一汤匙柠檬汁
按给定顺序混合配料，在双层蒸锅中煮至足够浓稠以便涂抹。趁热涂抹。无花果可通过绞肉机快速切碎，偶尔搅拌。

棉花糖膏

3/4 杯糖
1/4 杯牛奶
1/4 磅棉花糖
两汤匙热水
1/2茶匙香草精
将糖和牛奶放入平底锅中，不加搅拌缓慢加热至沸点，煮沸六分钟。将棉花糖掰成小块，在双层蒸锅中融化，加入热水，煮至

mixture is smooth, then add hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla. This may be used for both filling and frosting.

Pistachio Paste

To Marshmallow Paste add a few drops extract of almond, one-third cup pistachio nuts blanched and chopped, and leaf green to color. Use same as Marshmallow Paste.

Prune Almond Filling

To White Mountain Cream (see p. 528) add one-half cup selected prunes, stoned and cut in pieces, and one-third cup almonds blanched and chopped.

Confectioners' Frosting

2 tablespoons boiling water or cream
Confectioners' sugar
Flavoring
To liquid add enough sifted sugar to make of right consistency to spread; then add flavoring. Fresh fruit juice may be used in place of boiling water. This is a most satisfactory frosting, and is both easily and quickly made.

Orange Frosting

Grated rind 1 orange
1 teaspoon brandy
½ teaspoon lemon juice
1 tablespoon orange juice

混合物光滑，然后逐渐加入热糖浆，不断搅拌。搅打至冷却到可以涂抹的程度，然后加入香草。此物既可用作馅料也可用作糖霜。

开心果酱

向棉花糖糊中加入几滴杏仁精、三分之一杯焯过并切碎的开心果，以及叶绿素着色。用法同棉花糖糊。

西梅杏仁馅

向白山奶油(见第528页)中加入半杯精选西梅(去核切块)和三分之一杯焯过并切碎的杏仁。

糖粉糖霜

两汤匙沸水或奶油糖粉

调味

向液体中加入足量过筛的糖，使其达到适合涂抹的稠度；然后加入调味料。可用新鲜果汁代替沸水。这是一种非常令人满意的糖霜，制作简便快捷。

橙子糖霜

1个橙子的磨碎果皮 1茶匙白兰地 1/2茶匙柠檬汁 1汤匙橙汁

Yolk 1 egg
Confectioners' sugar
Add rind to brandy and fruit juices; let stand fifteen minutes. Strain, and add gradually to yolk of egg slightly beaten. Stir in confectioners' sugar until of right consistency to spread.

Gelatine Frosting

2½ tablespoons boiling water
½ teaspoon granulated gelatine
¾ cup confectioners' sugar
½ teaspoon vanilla
Dissolve gelatine in boiling water. Add sugar and flavoring and beat until of right consistency to spread. Crease in squares when slightly hardened.

Plain Frosting

White 1 egg
2 teaspoons cold water
¾ cup confectioners' sugar
½ teaspoon vanilla or
½ tablespoon lemon juice
Beat white of egg until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife.

Chocolate Frosting I

1½ squares chocolate
⅓ cup scalded cream
Few grains salt

蛋黄 1 个鸡蛋

糖粉

将果皮加入白兰地和果汁中；静置十五分钟。过滤后逐渐加入略经搅打的蛋黄中。拌入糖粉至适合涂抹的稠度。

明胶糖霜

21/2汤匙沸水

1/2茶匙颗粒明胶

3/4 杯糖粉

1/2茶匙香草精

将明胶溶于沸水中。加入糖和调味料，搅打至适合涂抹的稠度。稍硬化后划成方块。

普通糖霜

白1个鸡蛋

两茶匙冷水

3/4 杯糖粉

1/2茶匙香草精或

1/2 汤匙柠檬汁

将蛋清搅打至硬挺；加入水和糖。充分搅打，然后加入调味料。如需要可多加糖。用宽刃刀涂抹。

巧克力糖霜 I

11/2方块巧克力 1/3杯烫
奶油少许盐

Yolk 1 egg
½ teaspoon melted butter
Confectioners' sugar
½ teaspoon vanilla
Melt chocolate over hot water, add cream gradually, salt, yolk of egg, and butter. Stir in confectioners' sugar until of right consistency to spread; then add flavoring.

蛋黄 1 个鸡蛋

1/2茶匙融化的黄油

糖粉

1/2茶匙香草精

将巧克力置于热水上融化，逐渐加入奶油、盐、蛋黄和黄油。拌入糖粉至适合涂抹的稠度；然后加入调味料。

Chocolate Frosting II

1¾ cups sugar
¾ cup hot water
4 squares chocolate, melted
½ teaspoon vanilla
Boil sugar and water, without stirring, until syrup will thread when dropped from tip of spoon. Pour syrup gradually on melted chocolate, and continue beating until of right consistency to spread; then add flavoring.

巧克力糖霜 II

13/4 杯糖

3/4 杯热水

4方块巧克力，融化

1/2茶匙香草精

将糖和水煮沸(不搅拌)，直到糖浆从勺尖滴下时能拉成丝。将糖浆逐渐倒入融化的巧克力中，继续搅打至适合涂抹的稠度；然后加入调味料。

Chocolate Frosting III

2 squares chocolate
1 teaspoon butter
3 tablespoons hot water
Confectioners' sugar
¼ teaspoon vanilla
Melt chocolate over boiling water, add butter and hot water. Cool, and add sugar to make of right consistency to spread. Flavor with vanilla.

巧克力糖霜 III

2 方块巧克力

一茶匙黄油

3汤匙热水

糖粉

1/4 茶匙香草

将巧克力置于沸水上融化，加入黄油和热水。冷却后加入糖，使其达到适合涂抹的稠度。用香草调味。

White Mountain Cream

1 cup sugar
⅓ cup boiling water
White 1 egg
1 teaspoon vanilla or
½ tablespoon lemon juice
Put sugar and water in saucepan, and stir to prevent sugar from adhering to saucepan; heat gradually to boiling-point, and boil without stirring until syrup will thread when dropped from tip of spoon or tines of silver fork. Pour syrup gradually on beaten white of egg, beating mixture constantly, and continue beating until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside, and has a glossy surface. If frosting is to be ornamented with nuts or candied cherries, place them on frosting as soon as spread.

Ice Cream Frosting

2 cups sugar
6 tablespoons water
Whites 2 eggs
½ teaspoon vanilla
Follow directions for White Mountain Cream.

Boiled Frosting

白山奶油

一杯糖
1/3 杯沸水
白1个鸡蛋
一茶匙香草精或
1/2 汤匙柠檬汁
将糖和水放入炖锅，搅拌以防糖粘附锅底；逐渐加热至沸点，不搅拌地煮沸，直到糖浆从勺尖或银叉齿上滴落时能拉成丝。将糖浆逐渐倒入搅打好的蛋清中，不断搅打混合物，继续搅打至适合涂抹的稠度；然后加入调味料，倒在蛋糕上，用勺背均匀抹平。一旦凝固即划出切痕。若搅打时间不够，糖霜会流淌；若搅打过度，则不够光滑。搅打过度的糖霜可加入几滴柠檬汁或沸水改善。此糖霜内部柔软，表面有光泽。若要用坚果或糖渍樱桃装饰糖霜，应在涂抹后立即放上。

冰淇淋糖霜

两杯糖
6汤匙水
将2个蛋白打发
1/2茶匙香草精
按照白山峰奶油的做法操作。

煮沸糖霜

1 cup sugar
½ cup water
Whites 2 eggs
1 teaspoon vanilla, or
½ tablespoon lemon juice
Make same as White Mountain Cream. This frosting, on account of the larger quantity of egg, does not stiffen so quickly as White Mountain Cream, therefore is more successfully made by the inexperienced.

Boiled Chocolate Frosting

To White Mountain Cream or Boiled Frosting add one and one half squares melted chocolate as soon as syrup is added to whites of eggs.

Brown Frosting

Make same as Boiled Frosting, using brown sugar in place of white sugar.

Maple Sugar Frosting

1 lb. soft maple sugar
½ cup boiling water
Whites 2 eggs
Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup gradually on beaten whites, beating mixture constantly, and continue beating until of right consistency to spread.

一杯糖
1/2 杯水
将2个蛋白打发
一茶匙香草精，或
1/2 汤匙柠檬汁
制作方法同白山奶油。此糖霜因鸡蛋用量较大，不会像白山奶油那样迅速变硬，因此更适合新手制作。

煮沸巧克力糖霜

向白山奶油或煮沸糖霜中加入一块半融化的巧克力，在糖浆加入蛋清后立即加入。

棕色糖霜

按煮制糖霜的做法制作，以红糖代替白糖。

枫糖糖霜

一磅软枫糖
1/2 杯沸水
将2个蛋白打发
将糖掰成小块，与沸水一起放入平底锅中，偶尔搅拌至糖溶解。不加搅拌煮沸，直到糖浆从勺尖滴下时能拉成丝。将糖浆逐渐倒入搅打的蛋清中，不断搅打混合物，继续搅打至适合涂抹的稠度。

Cream Maple Sugar Frosting

1 lb. soft maple sugar
1 cup cream
Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without stirring until a ball can be formed when mixture is tried in cold water. Beat until of right consistency to spread.

Milk Frosting

1½ cups sugar
½ cup milk
1 teaspoon butter
½ teaspoon vanilla
Put butter in saucepan; when melted, add sugar and milk. Stir, to be sure that sugar does not adhere to saucepan, heat to boiling-point, and boil without stirring thirteen minutes. Remove from fire, and beat until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm.

Caramel Frosting I

Make same as Milk Frosting, adding one and one-half squares melted chocolate as soon as boiling-point is reached, and flavoring with one-eighth teaspoon cinnamon.

Caramel Frosting II

1⅓ cups sugar
⅔ cup grated maple sugar
½ cup butter

奶油枫糖糖霜

一磅软枫糖

一杯奶油

将糖掰成小块，与奶油一起放入平底锅中，偶尔搅拌至糖溶解。不加搅拌煮沸，直到取少许混合物在冷水中能形成球状。搅打至适合涂抹的稠度。

牛奶糖霜

11/2杯糖

1/2 杯牛奶

一茶匙黄油

1/2茶匙香草精

将黄油放入平底锅中；融化后加入糖和牛奶。搅拌以确保糖不粘附锅底，加热至沸点，不加搅拌煮沸十三分钟。离火，搅打至适合涂抹的稠度；然后加入调味料，浇在蛋糕上，用勺背均匀涂抹。凝固后立即划线。

焦糖糖霜 I

制法与牛奶糖霜相同，在达到沸点时加入一方半融化的巧克力，并用八分之一茶匙肉桂调味。

焦糖糖霜 II

11/3杯糖 2/3杯磨碎的枫糖
1/2杯黄油

⅔ cup cream

Mix ingredients and boil thirteen minutes. Beat until of right consistency to spread.

Nut Caramel Frosting

1¼ cups brown sugar

⅓ cup water

¼ cup white sugar

Whites 2 eggs

1 teaspoon vanilla

¼ cup English walnut meats, broken in pieces

Boil sugar and water as for White Mountain Cream. Pour gradually, while beating constantly, on beaten whites of eggs, and continue the beating until mixture is nearly cool. Set pan containing mixture in pan of boiling water, and cook over range, stirring constantly, until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture will hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

Opera Caramel Frosting

1½ cups brown sugar

¾ cup thin cream

½ tablespoon butter

Boil ingredients together in a smooth granite saucepan until a ball can be formed when mixture is tried in cold water. It takes about forty minutes for boiling. Beat until of right consistency to spread.

2/3杯奶油

混合配料并煮十三分钟。搅打至适合涂抹的稠度。

坚果焦糖糖霜

11/4杯红糖

1/3 杯水

1/4 杯白砂糖

将2个蛋白打发

一茶匙香草精

四分之一杯英国核桃仁，掰成碎块

按白山奶油的做法煮糖和水。一边不断搅打，一边逐渐倒入搅打过的蛋清中，继续搅打至混合物几乎冷却。将盛有混合物的锅放入盛沸水的锅中，在炉灶上加热，不断搅拌，直到混合物在锅边变得呈颗粒状。从热水锅中取出，用勺子搅打至混合物能保持形状。加入坚果和香草，倒在蛋糕上，用勺背抹开，留下粗糙的表面。

歌剧焦糖糖霜

11/2杯红糖

3/4 杯稀奶油

1/2 汤匙黄油

在光滑的花岗岩锅中将配料一起煮，直到取少许混合物放入冷水中能捏成球状。约需煮四十分钟。搅打至适合涂抹的稠度。

Chocolate Fudge Frosting

1½ tablespoons butter
⅓ cup unsweetened powdered cocoa
1¼ cups confectioners' sugar
Few grains salt
¼ cup milk
½ teaspoon vanilla
Melt butter, add cocoa, sugar, salt, and milk. Heat to boiling-point, and boil about eight minutes. Remove from fire and beat until creamy. Add vanilla and pour over cake.

Mocha Frosting

⅓ cup butter
1½ cups confectioners' sugar
1 tablespoon breakfast cocoa
Coffee infusion
Cream butter, and add sugar gradually, continuing the beating; then add cocoa and coffee infusion, drop by drop, until of right consistency to spread or force through a pastry bag and tube.

Fondant Icing

The mixture in which small cakes are dipped for icing is fondant, the recipe for which may be found in chapter on Confections. Cakes for dipping must first be glazed.

To Glaze Cakes. Beat white of one egg slightly, and add one tablespoon powdered sugar. Apply with a brush to top and sides of cakes. After glazing, cakes should stand over night before dipping.

巧克力软糖糖霜

11/2 汤匙黄油

1/3杯无糖可可粉 11/4杯糖粉

少许盐

1/4 杯牛奶

1/2茶匙香草精

融化黄油，加入可可粉、糖、盐和牛奶。加热至沸点，煮约八分钟。离火搅打至呈奶油状。加入香草，浇在蛋糕上。

摩卡糖霜

1/3 杯黄油

11/2杯糖粉

1汤匙早餐可可

咖啡浸出液

将黄油搅打至奶油状，逐渐加入糖，继续搅打；然后逐滴加入可可粉和咖啡浸液，直至达到适合涂抹或用裱花袋和裱花嘴挤出的稠度。

软糖糖霜

蘸小蛋糕用的糖衣混合物是方登，其食谱可在糖果一章中找到。用于蘸的蛋糕必须先上釉。

给蛋糕上釉。将一个蛋清轻轻搅打，加入一汤匙糖粉。用刷子涂在蛋糕顶部和侧面。上釉后，蛋糕应放置过夜再蘸糖衣。

To Dip Cakes. Melt fondant over hot water, and color and flavor as desired. Stir, to prevent crust from forming on top. Take cake to be dipped on a three-tined fork and lower in fondant three-fourths the depth of cake. Remove from fondant, invert, and slip from fork to a board. Decorate with ornamental frosting and nut meat, candied cherries, angelica, or candied violets. For small ornamented cakes, pound cake mixture is baked a little more than one inch thick in shallow pans, and when cool cut in squares, diamonds, triangles, circles, crescents, etc.

蘸蛋糕。在热水上融化方丹糖，按需调色调味。搅拌以防表面结壳。用三齿叉叉起待蘸蛋糕，浸入方丹糖至蛋糕厚度的四分之三。从方丹糖中取出，翻转，从叉上滑到板上。用装饰糖霜和坚果仁、糖渍樱桃、当归或糖渍紫罗兰装饰。制作小型装饰蛋糕时，将磅蛋糕面糊在浅盘中烤至略超过一英寸厚，冷却后切成方块、菱形、三角形、圆形、月牙形等。

Marshmallow Frosting

Melt one cup white fondant; add the white of one egg beaten until stiff, and stir over the fire two minutes. Remove from range, and beat until of right consistency to spread. Flavor with one-fourth teaspoon water white vanilla. This is a most delicious frosting for chocolate cake, but will never spread perfectly smooth.

棉花糖糖霜

融化一杯白色方登；加入一个搅打至硬挺的蛋清，在火上搅拌两分钟。离火，搅打至适合涂抹的稠度。用四分之一茶匙水白色香草调味。这是巧克力蛋糕最美味的糖霜，但永远无法抹得完全光滑。

Ornamental Frosting I

2 cups sugar
1 cup water
Whites 3 eggs
¼ teaspoon tartaric acid
Boil sugar and water until syrup when dropped from tip of spoon forms a long thread. Pour syrup gradually on beaten whites of eggs, beating constantly; then add acid and continue beating. When stiff enough to spread, put a thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through a pastry tube. After first coating on cake has hardened, cover with a thicker layer, and crease for

装饰糖霜 I

两杯糖
一杯水
将3个蛋白打发
1/4茶匙酒石酸
煮糖和水，直到糖浆从勺尖滴下时形成长丝。一边不断搅打，一边逐渐将糖浆倒入搅打过的蛋清中；然后加入酸，继续搅打。当稠度足以涂抹时，在蛋糕上涂一薄层。继续搅打剩余的糖霜至冷却且足够硬挺，经裱花嘴挤出后能保持形状。待蛋糕上的第一层糖霜硬化后，再覆盖一层更厚的，并压出

cutting. If frosting is too stiff to spread smoothly, thin with a few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

Ornamental Frosting II

Whites 3 eggs
1 tablespoon lemon juice
Confectioners' sugar, sifted
Put eggs in a large bowl, add two tablespoons sugar, and beat three minutes, using a perforated wooden spoon. Repeat until one and one-half cups sugar are used. Add lemon juice gradually, as mixture thickens. Continue adding sugar by spoonfuls, and beating until frosting is stiff enough to spread. This may be determined by taking up some of mixture on back of spoon, and with a case knife making a cut through mixture; if knife makes a clean cut and frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when this has hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough more sugar, that frosting may keep in shape after being forced through a pastry bag and tube.

With a pastry bag and variety of tubes, cake may be ornamented as desired.

Cake Frosted for St. Valentine's Day for the use of Mocha Frosting. —*Page 531*.

Ornamental Frosted Cake.—*Page 532*.

切分的痕迹。如果糖霜太硬无法抹得光滑，加几滴水稀释。用裱花袋和各种裱花嘴，可按需装饰蛋糕。

装饰糖霜 II

将3个蛋白打发

一汤匙柠檬汁

糖粉，过筛

将鸡蛋放入大碗中，加入两汤匙糖，用带孔木勺搅打三分钟。重复操作直至用掉一杯半糖。随着混合物变稠，逐渐加入柠檬汁。继续一勺一勺地加糖并搅打，直到糖霜足够硬挺以便涂抹。可取一些混合物放在勺背上，用餐刀划一道来判断；若刀划出干净的切口且糖霜保持分开，则稠度合适。在蛋糕上薄薄涂一层糖霜；待其硬化后，再涂上更厚的一层，混合物应比第一层稍硬，然后划出切痕。在剩余的糖霜中加入足够的糖，使糖霜在通过裱花袋和裱花嘴挤出后能保持形状。

用裱花袋和各式裱花嘴，蛋糕可按需装饰。

为圣瓦伦丁节装饰的蛋糕，使用摩卡糖霜。--第*531*页。

装饰糖霜蛋糕。--第*532*页。

Dipped Walnuts.—*Page 546.*

Bonbons.—*Page 545.*

CHAPTER XXXIII
FANCY CAKES AND CONFECTIONS

Almond paste for making macaroons and small fancy cakes may be bought of dealers who keep confectioners' supplies, although sometimes a resident baker or confectioner will sell a small quantity. Almond paste is put up in five-pound tin pails, and retails for one and one-half dollars per pail. During the cold weather it will keep after being opened for a long time.

Macaroons

½ lb. almond paste
Whites 3 eggs
⅜ lb. powdered sugar
Work together almond paste and sugar on a smooth board or marble slab. Then add whites of eggs gradually, and work until mixture is perfectly smooth. Confectioners at first use the hand, afterwards a palette knife, which is not only of use for mixing but for keeping board clean. Shape, using a pastry bag and tube, on a tin sheet covered with buttered paper, one-half inch apart; or drop mixture from tip of spoon in small piles. Macaroon mixture is stiff enough to hold its shape, but in baking spreads. Bake fifteen to twenty minutes in a slow oven. If liked soft, they should be

蘸核桃。--第*546*页。

邦邦糖。--第545页。

第三十三章
精致蛋糕与糖果

用于制作马卡龙和小花式蛋糕的杏仁膏可从经营糖果用品的商家处购买，不过有时当地的烘焙师或糖果商也会出售少量。杏仁膏装于五磅装的锡桶中，每桶零售价一元五角。在寒冷天气中，开封后可保存很长时间。

马卡龙

1⁄2 磅杏仁膏
将3个蛋白打发
3⁄8 磅糖粉
在光滑的木板或大理石板上将杏仁膏与糖揉合在一起。然后逐渐加入蛋清，揉至混合物完全光滑。糖果师起初用手，之后用调色刀，调色刀不仅用于混合，也用于保持板面清洁。用裱花袋和裱花嘴在铺有涂黄油纸的锡板上挤出形状，间隔半英寸；或用勺尖将混合物分成小堆。马卡龙混合物足够硬挺以保持形状，但烘烤时会摊开。在慢烤箱中烘烤十五至二十分钟。若喜欢柔软的，应

slightly baked. After removing from oven, invert paper, and wet with a cloth wrung out of cold water, when macaroons will easily slip off.

Almond Macaroons

Sprinkle Macaroons, before baking, with almonds blanched and shredded, or chopped.

Crescents

½ lb. almond paste
2 ozs. confectioners' sugar
White 1 small egg
Almonds, blanched and finely chopped
Mix same as Macaroons. Shape mixture, which is quite soft, in a long roll. Cut pieces from roll three-fourths inch long. Roll each separately in chopped nuts, at the same time shaping to form a crescent. Bake twenty minutes on a buttered tin sheet in a slow oven. Cool, and frost with Confectioners' Frosting, made thin enough to apply with a brush, and flavored with lemon juice until quite acid. Other nuts may be used in place of almonds.

Cinnamon Bars

10 ozs. almond paste
5 ozs. confectioners' sugar
White 1 egg
½ teaspoon cinnamon
Mix same as Macaroons. Dredge a board with sugar, knead mixture slightly, and shape in a long roll. Pat, and roll one-fourth

略微烘烤。从烤箱取出后，将纸翻转，用拧干的冷水布润湿，马卡龙便容易脱落。

杏仁蛋白杏仁饼

烘烤前，在马卡龙上撒上焯过并切丝或切碎的杏仁。

新月酥

1/2 磅杏仁膏
2盎司糖粉
蛋白 1个小鸡蛋
杏仁，去皮并切碎
按马卡龙的做法混合。将相当柔软的混合物塑成长条。从长条上切下四分之三英寸长的段。每段分别滚上碎坚果，同时塑成新月形。在抹了黄油的烤盘上，用慢烤箱烘烤二十分钟。冷却后，用糖果师糖霜装饰，糖霜调得稀一些以便用刷子涂抹，并用柠檬汁调味至相当酸。可用其他坚果代替杏仁。

肉桂条

10盎司杏仁膏
5盎司糖粉
白1个鸡蛋
1/2茶匙肉桂
按马卡龙的做法混合。在案板上撒糖，将混合物略揉，塑成长条。拍打，并搓成四分之一

inch thick, using a rolling-pin. After rolling the piece should be four inches wide. Spread with frosting made of white of one egg and two-thirds cup confectioners' sugar beaten together until stiff enough to spread. Cut in strips four inches long by three-fourths inch wide. This must be quickly done, as a crust soon forms over frosting. To accomplish this, use two knives, one placed through mixture where dividing line is to be made, and the other used to make a clean sharp cut on both sides of first knife. Knives should be kept clean by wiping on a damp cloth. Remove strips as soon as cut, to a tin sheet, greased with lard and then floured. Bake twenty minutes on centre grate in a slow oven.

用擀面杖擀成英寸厚。擀好后应宽四英寸。抹上用一份鸡蛋的蛋白和三分之二杯糖粉一起搅打至足够浓稠以便涂抹的糖霜。切成四英寸长、四分之三英寸宽的条状。这必须迅速完成，因为糖霜表面很快会结皮。为此，使用两把刀，一把放在混合物上要划出分割线的位置，另一把在第一把刀的两侧做出干净利落的切口。刀应保持清洁，用湿布擦拭。切好后立即将条状物移到镀锡铁皮上，先用猪油涂抹再撒上面粉。放在烤箱中层的烤架上，用慢烤箱烘烤二十分钟。

Horseshoes

Use Cinnamon Bar mixture. Cover with frosting colored with fruit red. Cut in strips six inches long by one-half inch wide. As soon as cut, shape quickly, at the same time carefully, in form of horseshoes. Bake same as Cinnamon Bars. When cool, make eight dots with chocolate frosting to represent nails.

马蹄铁

使用肉桂条混合料。覆以用果红着色的糖霜。切成长六英寸、宽半英寸的条状。切好后立即快速而细心地塑成马蹄铁形状。烘烤方法与肉桂条相同。冷却后，用巧克力糖霜点上八个圆点代表钉子。

Cocoanut Cakes I

½ lb. fresh grated cocoanut
Whites 1½ eggs
6 ozs. sugar and glucose, using one mixing-spoon glucose
German Confectioner
Cook cocoanut, sugar, and glucose in double boiler until mixture clings to spoon, add whites of eggs, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill on ice. Shape in small

椰子蛋糕 I

半磅新鲜磨碎的椰子肉
蛋白 11⁄2 个
6盎司砂糖和葡萄糖，使用一调羹葡萄糖德国糖果师

将椰肉、砂糖和葡萄糖放入双层蒸锅中煮至混合物能粘附在勺上，加入蛋清，用力搅拌，煮至用手指捻试时混合物发粘。摊入湿盘中，覆以湿纸，在冰上冷却。塑成小

balls, first dipping hands in cold water. Bake twenty minutes in a slow oven on a tin sheet greased with white wax.

Cocoanut Cakes II

1 lb. fresh grated cocoanut
¾ lb. sugar
Whites 2 eggs
Cook, shape, and bake same as Cocoanut Cakes I.

Stuffed Dates I

Make a cut the entire length of dates and remove stones. Fill cavities with castanea nuts, English walnuts, or blanched almonds, and shape in original form. Roll in granulated sugar. Pile in rows on a small plate covered with a doily. If castanea nuts are used, with a sharp knife cut off the brown skin which lies next to shell.

Stuffed Dates II

Remove stones from dates and fill cavities with Neufchâtel cheese.

Salted Almonds I

Blanch one-fourth pound Jordan almonds and dry on a towel. Put one-third cup olive oil in a very small saucepan. When hot, put in one-fourth of the almonds and fry until delicately browned, stirring to keep almonds constantly in motion. Remove with a spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fried. It may be necessary to remove some of the salt by wiping nuts with a napkin.

球状，先将手浸入冷水中。在涂有白蜡的锡板上，放入慢烤箱中烘烤二十分钟。

椰子蛋糕 II

一磅新鲜磨碎的椰子 3⁄4磅糖

将2个蛋白打发
按椰子蛋糕 I 的方法烹制、塑形和烘焙。

填馅枣 I

沿枣的整个长度切一刀并去核。将栗子、英国核桃或焯过的杏仁填入空腔，恢复原形。滚上砂糖。成排堆放在铺有垫布的小盘上。若使用栗子，用利刀削去紧贴壳的褐色薄皮。

酿枣 II

去核枣子，填入纳沙泰尔奶酪。

咸味杏仁 I

将四分之一磅约旦杏仁焯过，在毛巾上晾干。将三分之一杯橄榄油倒入一个很小的平底锅中。油热后，放入四分之一的杏仁，炸至微微变褐，不断搅动使杏仁不停翻动。用勺子或小撇沫器捞出，尽量少带油。在牛皮纸上沥干，撒上盐；重复直至全部炸完。可能需要用餐巾擦拭坚果以去除部分盐分。

Salted Almonds II

Prepare almonds as for Salted Almonds I. Fry in one-third cup fat, using half lard and half clarified butter or all cocoanut butter. Drain, and sprinkle with salt.

Salted Peanuts

In buying peanuts for salting, get those which have not been roasted. Remove skins and fry same as Salted Almonds I or II.

Salted Pecans

Shelled pecans may be bought by the pound, which is much the best way when used for salting, as it is difficult to remove the nut meat without breaking. Fry same as salted Almonds I or II. Care must be taken that they do not remain in fat too long; having a dark skin, color does not determine when they are sufficiently cooked.

Parisian Sweets

1 lb. figs
1 lb. dates
1 lb. English walnut meat
Confectioners' sugar
Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meat, and force through a meat chopper. Work, using the hands, on a board dredged with confectioners' sugar, until well blended. Roll to one-fourth inch thickness, using confectioners' sugar for dredging board and pin. Shape with a small round cutter, first dipped in sugar, or cut with a sharp knife in three-fourth inch squares. Roll each piece in confectioners'

咸味杏仁 II

按盐水杏仁I的方法准备杏仁。用三分之一杯油脂炸制，使用一半猪油和一半澄清黄油或全部椰子油。沥干，撒上盐。

咸花生

购买用于盐渍的花生时，选择未经烘烤的。去皮，按盐水杏仁I或II的方法炸制。

盐渍碧根果

去壳碧根果可按磅购买，用于盐渍时这是最好的方式，因为很难在不弄碎果仁的情况下取出果肉。按盐水杏仁I或II的方法炸制。必须注意不要让它们在油脂中停留过久；因其有深色外皮，颜色不能决定何时已充分炸熟。

巴黎甜点

1磅无花果

一磅枣

一磅英国核桃仁

糖粉

挑选无花果并去梗，枣去核。将水果与核桃仁混合，用绞肉机绞碎。在撒有糖粉的案板上用手揉搓，直至充分混合。擀至四分之一英寸厚，案板和擀面杖均使用糖粉防粘。用先蘸过糖的小圆模塑形，或用利刀切成四分之三英寸的方块。将每块滚上糖粉

sugar, and shake to remove superfluous sugar. Pack in layers in a tin box, putting paper between each layer. These confections may be used at dinner in place of bonbons or ginger chips. A combination of nut meat (walnut, almond, and filbert) may be used in equal proportions.

糖，摇晃去除多余的糖。分层装入铁盒中，每层之间放纸。这些糖果可在正餐时代替小糖果或姜片使用。可使用等比例的混合果仁(核桃、杏仁和榛子)。

Sugared Popped Corn

2 quarts popped corn
2 tablespoons butter
2 cups brown sugar
½ cup water
Put butter in saucepan, and when melted add sugar and water. Bring to boiling-point, and let boil sixteen minutes. Pour over corn, and stir until every kernel is well coated with sugar.

糖衣爆米花

两夸脱爆米花
2汤匙黄油
两杯红糖
1/2 杯水
将黄油放入平底锅中，融化后加入砂糖和水。煮沸，煮十六分钟。浇在玉米上，搅拌至每粒玉米都均匀裹上糖。

Molasses Candy

2 cups Porto Rico molasses
⅔ cup sugar
3 tablespoons butter
1 tablespoon vinegar
An iron kettle with a rounding bottom (Scotch kettle) or copper kettle is best for candy making. If one has no copper kettle, a granite kettle is best for sugar candies.

Put butter in kettle, place over fire, and when melted, add molasses and sugar. Stir until sugar is dissolved. During the first of the boiling stirring is unnecessary, but when nearly cooked, it should be constantly stirred. Boil until, when tried in cold water,

糖蜜糖果

两杯波多黎各糖蜜
2/3杯糖
3汤匙黄油
一汤匙醋
制作糖果最好使用底部圆润的铁锅(苏格兰锅)或铜锅。如果没有铜锅，制作砂糖糖果最好使用花岗岩锅。

将黄油放入锅中，置于火上，融化后加入糖蜜和砂糖。搅拌至砂糖溶解。煮沸初期无需搅拌，但将近煮好时须不断搅拌。煮至在冷水中试时，

mixture will become brittle. Add vinegar just before taking from fire. Pour into a well buttered pan. When cool enough to handle, pull until porous and light-colored, allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hand. Cut in small pieces, using large shears or a sharp knife, and then arrange on slightly buttered plates to cool.

Velvet Molasses Candy

1 cup molasses
3 cups sugar
1 cup boiling water
3 tablespoons vinegar
½ teaspoon cream of tartar
½ cup melted butter
¼ teaspoon soda

Put first four ingredients in kettle placed over front of range. As soon as boiling-point is reached, add cream of tartar. Boil until, when tried in cold water, mixture will become brittle. Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into a buttered pan and pull same as Molasses Candy. While pulling, add one teaspoon vanilla, one-half teaspoon lemon extract, few drops oil of peppermint, or few drops oil of wintergreen.

Buttercups

2 cups molasses
1 cup sugar
½ cup boiling water

混合物变脆为止。离火前加入醋。倒入涂好黄油的盘中。冷却至可以手拿时，反复拉扯至多孔且颜色变浅，让糖果仅与指尖和拇指尖接触，不要在手心中挤压。用大剪刀或利刀切成小块，然后摆放在略涂黄油的盘子上冷却。

丝绒糖蜜糖果

一杯糖蜜

3杯糖

一杯沸水

3汤匙醋

1/2茶匙塔塔粉

1/2 杯融化的黄油

1/4茶匙小苏打

将前四种配料放入置于炉灶前部的锅中。一旦达到沸点，加入塔塔粉。煮至在冷水中试时混合物变脆为止。烹煮的最后阶段须不断搅拌。将近煮好时，加入黄油和小苏打。倒入涂黄油的盘中，按糖蜜糖果的方法拉扯。拉扯时加入一茶匙香草精、半茶匙柠檬精、几滴薄荷油或几滴冬青油。

金凤花

两杯糖蜜

一杯糖 1/2 杯沸水

2 tablespoons butter
⅓ teaspoon cream of tartar
Fondant flavored with vanilla
Boil ingredients (except fondant) until, when tried in cold water, a firm ball may be formed in the fingers, not stirring until the last few minutes of cooking. Pour on a buttered platter, and when cool enough to handle, pull until light-colored. Shape on a floured board, having strip wide enough to enclose a roll of fondant one inch in diameter. Place fondant on candy, bring edges of candy together, and press firmly over fondant. With both hands pull candy into a long strip. Cut in small pieces; each piece will consist of fondant encircled with molasses candy. Care must be taken that candy is not cooked too long, as it should be soft rather than brittle.

Vinegar Candy

2 cups sugar
½ cup vinegar
2 tablespoons butter
Put butter into kettle; when melted, add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until, when tried in cold water, mixture will become brittle. Turn on a buttered platter to cool. Pull, and cut same as Molasses Candy.

Ice Cream Candy

3 cups sugar
¼ teaspoon cream of tartar
½ cup boiling water
½ tablespoon vinegar

2汤匙黄油
1/3茶匙塔塔粉
香草风味翻糖
将配料(软糖料除外)煮沸，直到在冷水中测试时能在手指间捏成硬球，煮到最后几分钟之前不要搅拌。倒在涂了黄油的浅盘上，待冷却到可以操作时，拉扯至颜色变浅。在撒了面粉的案板上整形，留出一条足够宽的长条以包裹直径一英寸的软糖料卷。将软糖料放在糖料上，把糖料边缘合拢，在软糖料上用力压紧。用双手将糖料拉成长条。切成小块；每块由软糖料外包糖蜜糖组成。必须注意糖料不要煮得太久，因为它应该是软的而不是脆的。

醋糖

两杯糖
1/2 杯醋
2汤匙黄油
将黄油放入锅中；融化后加入砂糖和醋。搅拌至砂糖溶解，之后偶尔搅拌。煮至在冷水中试时混合物变脆为止。倒在涂黄油的浅盘上冷却。拉扯并切割，方法同糖蜜糖果。

冰淇淋糖果

3杯糖
1/4茶匙塔塔粉 1/2杯沸水 1/2汤匙醋

Boil ingredients together without stirring, until, when tried in cold water, mixture will become brittle. Turn on a well buttered platter to cool. As edges cool, fold towards centre. As soon as it can be handled, pull until white and glossy. While pulling, flavor as desired, using vanilla, orange extract, coffee extract, oil of sassafras, or melted chocolate. Cut in sticks or small pieces.

将配料一起煮，不搅拌，直至在冷水中试时混合物变脆为止。倒在涂好黄油的浅盘上冷却。待边缘冷却时，向中心折叠。一旦可以手拿，拉扯至洁白有光泽。拉扯时按喜好调味，使用香草精、橙精、咖啡精、黄樟油或融化的巧克力。切成条状或小块。

Butter Scotch

1 cup sugar
¼ cup molasses
1 tablespoon vinegar
2 tablespoons boiling water
½ cup butter
Boil ingredients together until, when tried in cold water, mixture will become brittle. Turn into a well buttered pan; when slightly cool, mark with a sharp-pointed knife in squares. This candy is much improved by cooking a small piece of vanilla bean with other ingredients.

黄油糖

一杯糖
1/4 杯糖蜜
一汤匙醋
两汤匙沸水
1/2杯黄油
将配料一起煮至在冷水中试时混合物变脆为止。倒入涂好黄油的盘中；稍凉后，用尖刀划成方块。此糖果若与其他配料一起煮一小段香草豆，风味大为改善。

Butter Taffy

2 cups light brown sugar
¼ cup molasses
2 tablespoons vinegar
2 tablespoons water
⅞ teaspoon salt
¼ cup butter
2 teaspoons vanilla
Boil first five ingredients until, when tried in cold water mixture

黄油太妃糖

两杯浅棕色糖
1/4 杯糖蜜
2汤匙醋
两汤匙水
7/8 茶匙盐
1/4 杯黄油
2茶匙香草精
将前五种原料煮沸，直到在冷水中试验混合物时

will become brittle. When nearly done, add butter, and just before turning into pan, vanilla. Cool, and mark in squares.

Horehound Candy

¾ square inch pressed horehound
2 cups boiling water
3 cups sugar
½ teaspoon cream of tartar
Pour boiling water over horehound which has been separated in pieces; let stand one minute, then strain through double cheese-cloth. Put into a granite kettle with remaining ingredients, and boil until, when tried in cold water, mixture will become brittle. Turn into a buttered pan, cool slightly, then mark in small squares. Small square packages of horehound may be bought for five cents.

Chocolate Caramels

2½ tablespoons butter
2 cups molasses
1 cup brown sugar
½ cup milk
3 squares chocolate
1 teaspoon vanilla
Put butter into kettle; when melted, add molasses, sugar, and milk. Stir until sugar is dissolved, and when boiling-point is reached, add chocolate, stirring constantly until chocolate is melted. Boil until, when tried in cold water, a firm ball may be formed in the fingers. Add vanilla just after taking from fire. Turn into a buttered pan, cool, and mark in small squares.

变脆为止。将近煮好时加入黄油，倒入盘中前加入香草精。冷却，划成方块。

苦薄荷糖

压紧的苦薄荷糖 3⁄4 平方英寸，沸水 2
杯

3杯糖

1⁄2茶匙塔塔粉

将掰成小块的苦薄荷叶用沸水冲泡；静置一分钟，然后用双层纱布过滤。放入花岗岩锅中，加入其余配料，煮至在冷水中试时混合物变脆为止。倒入涂黄油的盘中，稍凉后划成小方块。苦薄荷小方块包装可花五美分买到。

巧克力焦糖

21⁄2汤匙黄油

两杯糖蜜

一杯红糖

1⁄2 杯牛奶

3方块巧克力

一茶匙香草精

将黄油放入锅中；融化后加入糖蜜、砂糖和牛奶。搅拌至砂糖溶解，达到沸点后加入巧克力，不断搅拌至巧克力融化。煮至在冷水中试时能在手指间捏成硬球为止。离火后立即加入香草精。倒入涂黄油的盘中，冷却，划成小方块。

Nut Chocolate Caramels

To Chocolate Caramels add the meat from one pound English walnuts broken in pieces, or one-half pound almonds blanched and chopped.

Rich Chocolate Caramels

2 tablespoons butter
½ cup milk
½ cup sugar
1 cup molasses
4 squares chocolate
1 cup walnut meats, broken in pieces
2 teaspoons vanilla
Put butter in saucepan and when melted add milk, sugar and molasses. When boiling-point is reached add chocolate, and cook until brittle when tried in cold water, stirring occasionally to prevent mixture from adhering to pan. Remove from fire, beat three minutes, add nut meats and vanilla, and turn into a buttered pan. When cold cut in squares and wrap in paraffine paper.

Peanut Nougat

1 lb. sugar
1 quart peanuts
Shell, remove skins, and finely chop peanuts. Sprinkle with one-fourth teaspoon salt. Put sugar in a perfectly smooth granite saucepan, place on range, and stir constantly until melted to a syrup, taking care to keep sugar from sides of pan. Add nut meat, pour at once into a warm buttered tin, and mark in small squares. If sugar is not removed from range as soon as melted, it will

坚果巧克力焦糖

巧克力焦糖中可加入一磅英国核桃的果仁(掰碎)，或半磅焯过并切碎的杏仁。

浓郁巧克力焦糖

2汤匙黄油
1/2 杯牛奶
1/2 杯糖
一杯糖蜜
4 方块巧克力
一杯核桃仁，掰成碎块
2茶匙香草精
将黄油放入平底锅中，融化后加入牛奶、砂糖和糖蜜。达到沸点后加入巧克力，煮至在冷水中试时变脆为止，偶尔搅拌以防混合物粘锅。离火，搅打三分钟，加入果仁和香草精，倒入涂黄油的盘中。冷却后切成方块，用石蜡纸包裹。

花生牛轧糖

一磅糖
1夸脱花生
去壳去皮，将花生切碎。撒上四分之一茶匙盐。将砂糖放入完全光滑的花岗岩平底锅中，置于炉上，不断搅拌至融化成糖浆，注意勿使糖粘在锅壁上。加入果仁，立即倒入温热的涂油铁盘中，划成小方块。若砂糖融化后未及时离火，则会

quickly caramelize.

快速焦糖化。

Nut Bar

Cover the bottom of a buttered shallow pan with one and one-third cups nut meat (castaneas, English walnuts, or almonds) cut in quarters. Pour over one pound sugar, melted as for Peanut Nougat. Mark in bars.

坚果棒

在涂黄油的浅盘底部铺上一又三分之一杯切成四块的果仁(栗子、英国核桃或杏仁)。浇上一磅砂糖(按花生牛轧糖的方法融化)。划成条状。

French Nougat

½ lb. confectioners' sugar
¼ lb. almonds, blanched and finely chopped
Confectioners' chocolate
Put sugar in a saucepan, place on range, and stir constantly until melted; add almonds, and pour on an oiled marble. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in four parts, and as soon as cool enough to handle shape in long rolls about one-third inch in diameter, keeping rolls in motion until almost cold. When cold, snap in pieces one and one-half inches long. This is done by holding roll at point to be snapped over the sharp edge of a broad-bladed knife and snapping. Melt confectioners' chocolate over hot water, beat with a fork until light and smooth, and when slightly cooled dip pieces in chocolate and with a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge. Chocolate best adapted for dipping bonbons and confections must be bought where confectioners' supplies are kept.

法式牛轧糖

1/2磅糖粉

1/4磅杏仁，去皮切细末糖粉巧克力

将糖放入平底锅中，置于炉灶上，不断搅拌至融化；加入杏仁，倒在涂了油的大理石板上。用宽刃刀在混合物摊开时翻拌，使其不断移动。分成四份，待冷却到可以操作时，整形成直径约三分之一英寸的长条，保持长条移动直到几乎冷却。冷却后，掰成一英寸半长的小段。做法是将长条在要掰断的位置置于宽刃刀的锋利边缘上折断。在热水上融化糖粉巧克力，用叉子搅打至轻盈顺滑，待稍微冷却后将小段浸入巧克力中，用双齿叉或糖果浸叉从巧克力中取出放到涂了油的纸上，将浸叉从每块顶部整个长度划过，从而留下一条脊纹。最适合浸蘸糖果和甜食的巧克力必须在出售糖果用品的商店购买。

Nougatine Drops

牛轧糖滴

Drop French Nougat mixture from the tip of a spoon on an oiled marble very soon after taking from fire. These drops have a rough surface. When cold, dip in melted confectioners' chocolate.

Wintergreen Wafers

1 oz. gum tragacanth
1 cup cold water
Confectioners' sugar
Oil of wintergreen
Soak gum tragacanth in water twenty-four hours and rub through a fine wire sieve; add enough confectioners' sugar to knead. Flavor with a few drops of oil of wintergreen. If liked pink, color with fruit red. Roll until very thin on a board or marble dredged with sugar. Shape with a small round cutter or cut in three-fourths inch squares. Spread wafers, cover, and let stand until dry and brittle. This mixture may be flavored with oil of lemon, clove, sassafras, etc., and colored as desired.

Cocoanut Cream Candy

1½ cups sugar
½ cup milk
2 teaspoons butter
⅓ cup shredded cocoanut
½ teaspoon vanilla
Put butter into granite saucepan; when melted, add sugar and milk, and stir until sugar is dissolved. Heat to boiling-point, and boil twelve minutes; remove from fire, add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly,

法国牛轧糖混合物离火后尽快用勺尖滴在涂油的大理石板上。这些糖滴表面粗糙。冷却后，蘸上融化的糖粉巧克力。

冬青薄脆饼

一盘司黄蓍胶
一杯冷水
糖粉
冬青油
将黄蓍胶在水中浸泡二十四小时，用细铁丝筛擦滤；加入足量糖粉揉成团。用几滴冬青油调味。若喜欢粉红色，用果红着色。在撒有糖的案板或大理石板上擀至极薄。用小圆模塑形或切成四分之三英寸的方块。摊开薄片，覆盖，静置至干燥酥脆。此混合物可用柠檬油、丁香油、黄樟油等调味，并按喜好着色。

椰子奶油糖

11/2杯糖
1/2 杯牛奶
2茶匙黄油
1/3杯椰丝
1/2茶匙香草精
将黄油放入花岗岩平底锅中；融化后加入砂糖和牛奶，搅拌至砂糖溶解。加热至沸点，煮沸十二分钟；离火，加入椰丝和香草，搅打至呈奶油状且混合物在锅边开始微微返砂。立即倒入抹了黄油的烤盘中，稍凉，

and mark in squares. One-half cup nut meat, broken in pieces, may be used in place of cocoanut.

Chocolate Cream Candy

2 cups sugar
⅔ cup milk
1 tablespoon butter
2 squares chocolate
1 teaspoon vanilla
Put butter into granite saucepan; when melted, add sugar and milk. Heat to boiling-point; then add chocolate, and stir constantly until chocolate is melted. Boil thirteen minutes, remove from fire, add vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. Omit vanilla, if desired, and add, while cooking, one-fourth teaspoon cinnamon.

Maple Sugar Candy

1 lb. soft maple sugar
¾ cup thin cream
¼ cup boiling water
⅔ cup English walnut or pecan meat, cut in pieces
Break sugar in pieces; put into a saucepan with cream and water. Bring to boiling-point, and boil until a soft ball is formed when tried in cold water. Remove from fire, beat until creamy, add nut meat, and pour into a buttered tin. Cool slightly, and mark in squares.

Sultana Caramels

并划成方块。可用半杯掰碎的坚果仁代替椰丝。

巧克力奶油糖果

两杯糖
2/3杯牛奶
一汤匙黄油
2 方块巧克力
一茶匙香草精
将黄油放入花岗岩平底锅中；融化后加入砂糖和牛奶。加热至沸点；然后加入巧克力，不断搅拌至巧克力融化。煮沸十三分钟，离火，加入香草，搅打至呈奶油状且混合物在锅边开始微微返砂。立即倒入抹了黄油的烤盘中，稍凉，划成方块。如需要可省略香草，并在熬煮时加入四分之一茶匙肉桂。

枫糖糖果

一磅软枫糖
3/4 杯稀奶油
1/4 杯沸水
2/3杯英国核桃或山核桃仁，切碎
将糖敲成小块；与奶油和水一起放入平底锅中。加热至沸点，煮沸至在冷水中试取能形成软球。离火，搅打至呈奶油状，加入坚果仁，倒入抹了黄油的烤盘中。稍凉，划成方块。

苏丹娜焦糖

2 cups sugar
½ cup milk
¼ cup molasses
¼ cup butter
2 squares chocolate
1 teaspoon vanilla
½ cup English walnut or hickory nut meat, cut in pieces
2 tablespoons Sultana raisins
Put butter into a saucepan; when melted, add sugar, milk, and molasses. Heat to boiling-point, and boil seven minutes. Add chocolate, and stir until chocolate is melted; then boil seven minutes longer. Remove from fire, beat until creamy, add nuts, raisins, and vanilla, and pour at once into a buttered tin. Cool slightly, and mark in squares. The nut meats and raisins may be omitted.

Pralines

1⅞ cups powdered sugar
1 cup maple syrup
½ cup cream
2 cups hickory nut or pecan meat, cut in pieces
Boil first three ingredients until, when tried in cold water, a soft ball may be formed. Remove from fire, and beat until of a creamy consistency; add nuts, and drop from tip of spoon in small piles on buttered paper, or mixture may be poured into a buttered tin and cut in squares, using a sharp knife.

Creamed Walnuts

White 1 egg

两杯糖
1/2 杯牛奶
1/4 杯糖蜜
1/4 杯黄油
2 方块巧克力
一茶匙香草精
1/2杯切碎的英国核桃或山核桃仁 2汤匙苏丹娜葡萄干

将黄油放入平底锅中；融化后加入砂糖、牛奶和糖蜜。加热至沸点，煮沸七分钟。加入巧克力，搅拌至巧克力融化；再煮沸七分钟。离火，搅打至呈奶油状，加入坚果、葡萄干和香草，立即倒入抹了黄油的烤盘中。稍凉，划成方块。坚果仁和葡萄干可以省略。

果仁糖

17/8 杯糖粉
一杯枫糖浆
1/2 杯奶油
两杯山核桃仁或碧根果仁，切碎
将前三种配料煮沸，至在冷水中试取能形成软球。离火，搅打至奶油状稠度；加入坚果，用勺尖滴成小堆置于抹了黄油的纸上，或将混合物倒入抹了黄油的烤盘中，用锋利的刀切成方块。

奶油核桃

白1个鸡蛋

½ tablespoon cold water
¾ teaspoon vanilla
1 lb. confectioners' sugar
English walnuts
Put egg, water, and vanilla in a bowl, and beat until well blended. Add sugar gradually until stiff enough to knead. Shape in balls, flatten, and place halves of walnuts opposite each other on each piece. Sometimes all the sugar will not be required.

Peppermints

1½ cups sugar
½ cup boiling water
6 drops oil peppermint
Put sugar and water into a granite saucepan and stir until sugar is dissolved. Boil ten minutes; remove from fire, add peppermint, and beat until of right consistency. Drop from tip of spoon on slightly buttered paper.

BOILED SUGAR FOR CONFECTIONS

Eleven tests are considered for boiling sugar:—

Small thread, 215° F.
Large thread, 217°
Pearl, 220°
Large pearl, 222°
The blow, 230°
The feather, 232°
Soft ball, 238°

1/2 汤匙冷水
3/4 茶匙香草
一磅糖粉
英国核桃
将鸡蛋、水和香草放入碗中，搅打至充分混合。逐渐加入砂糖，直至面团硬到足以揉捏。搓成球状，压扁，在每块上相对放置两半核桃。有时并非全部砂糖都会用完。

薄荷糖

11/2杯糖
1/2 杯沸水
6滴薄荷油
将砂糖和水放入花岗岩平底锅中，搅拌至砂糖溶解。煮沸十分钟；离火，加入薄荷，搅打至适当稠度。用勺尖滴在略微抹了黄油的纸上。

用于糖果的熬糖

熬糖需考虑十一种测试方法：

细丝状，215°F。
大线，217°
珍珠色，220°
大珍珠，222°
吹制，230°
羽毛，232°
软球阶段，238°

Hard ball, 248°
Small crack, 290°
Crack, 310°
Caramel, 350°
Fondant, the basis of all French candy, is made of sugar and water boiled together (with a small quantity of cream of tartar to prevent sugar from granulating) to soft ball, 238° F. The professional confectioner is able to decide when syrup has boiled to the right temperature by sound while boiling, and by testing in cold water; these tests at first seem somewhat difficult to the amateur, but only a little experience is necessary to make fondant successfully. A sugar thermometer is often employed, and proves valuable, as by its use one need not exercise his judgment.

White Fondant

2½ lbs. sugar
1½ cups hot water
¼ teaspoon cream of tartar
Put ingredients into a smooth granite stewpan. Stir, place on range, and heat gradually to boiling-point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep in shape, which is 238° F. After a few minutes' boiling, sugar will adhere to sides of kettle; this should be washed off with the hand first dipped in cold water. Have a pan of cold water near at hand, dip hand in cold water, then quickly wash off a small part of the sugar with tips of fingers, and repeat until all sugar adhering to side of saucepan is removed. If this is quickly done, there is no danger of burning the fingers. Pour slowly on a slightly oiled marble slab. Let stand a few minutes to cool, but not long

硬球， 248°
小裂纹， 290°
裂纹，310°
焦糖色， 350°

软糖料是所有法式糖果的基础，由糖和水一起煮沸(加少量塔塔粉以防止糖结晶)至软球状态，238°F。专业糖果师能够通过煮沸时的声音以及在冷水中测试来判断糖浆是否煮到了正确的温度；这些测试起初对业余者来说似乎有些困难，但只需少许经验就能成功制作软糖料。常使用糖用温度计，事实证明它很有价值，因为使用它就不必凭自己的判断。

白色翻糖

2.5磅糖
11/2杯热水
1/4茶匙塔塔粉

将配料放入光滑的花岗岩炖锅中。搅拌，置于炉灶上，逐渐加热至沸点。煮沸时不搅拌，直到在冷水中测试时能形成刚好保持形状的软球，即238°F。煮沸几分钟后，糖会粘在锅壁上；应用先浸过冷水的手将其洗掉。手边备一盆冷水，将手浸入冷水，然后迅速用指尖洗掉一小部分糖，重复直到锅壁上粘附的所有糖都被去除。如果动作迅速，就没有烫伤手指的危险。慢慢倒在略微涂了油的大理石板。静置几分钟冷却，但不要久

enough to become hard around the edge. Scrape fondant with chopping knife to one end of marble, and work with a wooden spatula until white and creamy. It will quickly change from this consistency, and begin to lump, when it should be kneaded with the hands until perfectly smooth.

足以在边缘变硬。用剁刀将软糖刮到大理石台面的一端，用木铲搅拌至洁白呈奶油状。它会很快改变这种稠度并开始结块，此时应用手揉捏至完全光滑。

Put into a bowl, cover with oiled paper to exclude air, that a crust may not form on top, and let stand twenty-four hours. A large oiled platter and wooden spoon may be used in place of marble slab and spatula. Always make fondant on a clear day, as a damp, heavy atmosphere has an unfavorable effect on the boiling of sugar.

放入碗中，盖上涂油的纸以隔绝空气，以免表面结皮，静置二十四小时。可用涂油的大盘和木勺代替大理石板和木铲。务必在晴天制作软糖，因为潮湿沉闷的空气对糖的熬煮有不利影响。

Coffee Fondant

咖啡软糖

2½ lbs. sugar
1½ cups cold water
¼ cup ground coffee
¼ teaspoon cream of tartar

2.5磅糖
1 1/2杯冷水
1/4杯研磨咖啡
1/4茶匙塔塔粉

Put water and coffee in saucepan, and heat to boiling-point. Strain through double cheese-cloth; then add sugar and cream of tartar. Boil, and work same as White Fondant.

将水和咖啡放入平底锅中，加热至沸点。用双层纱布过滤；然后加入砂糖和塔塔粉。煮沸，操作方法与白色软糖相同。

Maple Fondant

枫糖软糖

1¼ lbs. maple sugar
1¼ lbs. sugar
1 cup hot water
¼ teaspoon cream of tartar

1 1/4磅枫糖
一又四分之一磅糖
一杯热水
1/4茶匙塔塔粉

Break maple sugar in pieces and add to remaining ingredients. Boil, and work same as White Fondant.

将枫糖敲成小块，加入其余配料中。煮沸，操作方法与白色软糖相同。

Bonbons

The centres of bonbons are made of fondant shaped in small balls. If White Fondant is used, flavor as desired,—vanilla being usually preferred. For cocoanut centres, work as much shredded cocoanut as possible into a small quantity of fondant; for nut centres, surround pieces of nut meat with fondant, using just enough to cover. French candied cherries are often used in this way. Allow balls to stand over night, and dip the following day.

To Dip Bonbons. Put fondant in saucepan, and melt over hot water; color and flavor as desired. In coloring fondant, dip a small wooden skewer in coloring paste, take up a small quantity, and dip skewer in fondant. If care is not taken, the color is apt to be too intense. During dipping, keep fondant over hot water that it may be kept of right consistency. For dipping, use a two-tined fork or confectioners' bonbon dipper. Drop centres in fondant one at a time, stir until covered, remove from fondant, put on oiled paper, and bring end of dipper over the top of bonbon, thus leaving a tail-piece which shows that bonbons have been hand dipped. Stir fondant between dippings to prevent a crust from forming.

Cream Mints

Melt fondant over hot water, flavor with a few drops of oil of peppermint, wintergreen, clove, cinnamon, or orange, and color if desired. Drop from tip of spoon on oiled paper. Confectioners use rubber moulds for shaping cream mints; but these are expensive for home use, unless one is to make mints in large quantities.

Cream Nut Bars

夹心糖

夹心糖的糖心由揉成小球的方旦糖制成。若使用白方旦糖，可按喜好调味--通常首选香草味。制作椰蓉糖心时，在少量方旦糖中尽可能多地揉入椰丝；制作坚果糖心时，用方旦糖包裹坚果仁碎块，只需足够覆盖即可。法式糖渍樱桃也常用此法制作。将糖球静置过夜，次日浸蘸。

蘸糖粒软糖。将方旦糖放入平底锅中，置于热水上融化；按需调色和调味。给方旦糖调色时，将一根小木签蘸入色膏，取少量，再将木签蘸入方旦糖中。若不谨慎，颜色容易过深。蘸制过程中，将方旦糖保持在热水上，以维持恰当的稠度。蘸制时，使用两齿叉或糖果师用的软糖蘸具。将夹心逐个投入方旦糖中，搅拌至裹匀，从方旦糖中取出，放在涂油的纸上，并将蘸具的末端在软糖顶部掠过，从而留下一个尾尖，表明软糖是手工蘸制的。两次蘸制之间搅拌方旦糖，以防表面结壳。

奶油薄荷糖

在热水上融化方旦糖，加入几滴薄荷油、冬青油、丁香油、肉桂油或橙油调味，如需可着色。从勺尖滴落在涂油纸上。糖果商使用橡胶模具塑造奶油薄荷糖，但除非要大量制作薄荷糖，否则家庭使用过于昂贵。

奶油坚果条

Melt fondant and flavor, stir in any kind of nut meat, cut in pieces. Turn in an oiled pan, cool, and cut in bars with a sharp knife. Maple Fondant is delicious with nuts.

融化方旦糖并调味，拌入任意种类的坚果仁碎块。倒入涂油的平底锅中，冷却后用锋利的刀切成条状。枫糖方旦糖配坚果风味极佳。

Dipped Walnuts

蘸核桃

Melt fondant and flavor. Dip halves of walnuts as bonbon centres are dipped. Halves of pecan or whole blanched almonds may be similarly dipped.

融化方旦糖并调味。将核桃仁半块按夹心糖糖心的方式浸蘸。碧根果半块或整颗焯过的杏仁也可同样浸蘸。

Tutti-Frutti Candy

水果什锦糖

Fill an oiled border-mould with three layers of melted fondant. Have bottom layer maple, well mixed with English walnut meat; the second layer colored pink, flavored with rose, and mixed with candied cherries cut in quarters and figs finely chopped; the third layer white, flavored with vanilla, mixed with nuts, candied cherries cut in quarters, and candied pineapple cut in small pieces. Cover mould with oiled paper, and let stand over night. Remove from mould, and place on a plate covered with a lace paper napkin. Fill centre with Bonbons and Glacé Nuts.

在一个涂油的环形模具中填入三层融化的方旦糖。底层为枫糖味，充分拌入英国核桃仁；第二层染成粉色，以玫瑰调味，拌入切成四瓣的糖渍樱桃和切细的无花果；第三层为白色，以香草调味，拌入坚果、切成四瓣的糖渍樱桃和切成小块的糖渍菠萝。用涂油的纸盖住模具，静置过夜。从模具中取出，放在铺有蕾丝纸餐巾的盘子上。中央填入糖粒软糖和糖衣坚果。

Glacé Nuts

糖衣坚果

2 cups sugar
1 cup boiling water
⅛ teaspoon cream of tartar
Put ingredients in a smooth saucepan, stir, place on range, and heat to boiling-point. Boil without stirring until syrup begins to discolor, which is 310° F. Wash off sugar which adheres to sides of

两杯糖
一杯沸水
1/8茶匙塔塔粉
将配料放入光滑的平底锅中，搅拌，置于炉上，加热至沸点。不搅拌煮沸至糖浆开始变色，即310°F。洗去附着在锅壁上的糖，方法同制作方旦糖。

saucepan, as in making fondant. Remove saucepan from fire, and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, remove from syrup, and place on oiled paper.

将平底锅从火上移开，放入盛有冷水的较大锅中以立即停止沸腾。从冷水中取出，浸蘸时置于盛有热水的平底锅中保温。用长针逐一扎取坚果，浸入糖浆使其裹匀，取出糖浆，放在涂油纸上。

Glacé Fruits

糖衣水果

For Glacé Fruits, grapes, strawberries, sections of mandarins and oranges, and candied cherries are most commonly used. Take grapes separately from clusters, leaving a short stem on each grape. Dip in syrup made as for Glacé Nuts, holding by stem with pincers. Remove to oiled paper. Glacé fruits keep but a day, and should only be attempted in cold and clear weather.

制作糖衣水果，最常用的是葡萄、草莓、橘子瓣和橙子瓣以及糖渍樱桃。将葡萄从串上逐一取下，每颗留一小段果梗。用钳子夹住果梗，浸入按糖衣坚果方法制作的糖浆中。取出放在涂油纸上。糖衣水果只能保存一天，且只宜在寒冷晴朗的天气制作。

Candied Orange Peel

糖渍橙皮

Remove peel from four thin-skinned oranges in quarters. Cover with cold water, bring to boiling-point, and cook slowly until soft. Drain, remove white portion, using a spoon, and cut yellow portion in thin strips, using scissors. Boil one-half cup water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and coat with fine granulated sugar.

将四个薄皮橙子的果皮剥成四瓣。覆盖冷水，加热至沸点，慢煮至软烂。沥干，用勺子去除白色部分，用剪刀将黄色部分剪成细条。将半杯水和一杯糖煮沸至糖浆从勺尖滴落时能拉成丝。将橙皮条在糖浆中煮五分钟，沥干，裹上细砂糖。

Spun Sugar

拉糖丝

2 lbs. sugar
2 cups boiling water

两磅糖
两杯沸水

¼ teaspoon cream of tartar

Put ingredients in a smooth saucepan. Boil without stirring until syrup begins to discolor, which is 300° F. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in a larger pan of cold water to instantly stop boiling. Remove from cold water, and place in saucepan of hot water. Place two broomstick-handles over backs of chairs, and spread paper on the floor under them. When syrup is slightly cooled, put dipper in syrup, remove from syrup, and shake quickly back and forth over broom-handles. Carefully take off spun sugar as soon as formed, and shape in nests, or pile lightly on a cold dish. Syrup may be colored if desired. Spun Sugar is served around bricks or moulds of frozen creams and ices.

Dippers for spinning sugar are made of coarse wires; about twenty wires, ten inches long, are put in a bundle, and fastened with wire coiled round and round to form a handle.

Cream Mints.—*Page 546.*

Candied Orange Peel.—*Page 547.*

Bread and Butter Folds.—*Page 549.*

Noisette Sandwiches.—*Page 552.*

CHAPTER XXXIV

1/4茶匙塔塔粉

将配料放入光滑的平底锅中。不加搅拌地煮沸，直到糖浆开始变色，即300°F。像制作方旦糖那样，洗去粘在锅壁上的糖。将平底锅从火上移开，放入一个盛有冷水的大盆中，立即停止沸腾。从冷水中取出，放入盛有热水的平底锅中。将两根扫帚柄横放在椅背上，并在其下方的地板上铺纸。糖浆稍凉后，将蘸具放入糖浆中，从糖浆中取出，在扫帚柄上方快速来回甩动。糖丝一经形成便小心取下，塑成巢状，或轻轻地堆在冷盘中。糖浆可按需调色。糖丝用于装饰砖形或模制的冷冻奶油和冰品。

拉糖用的甩糖器由粗铁丝制成；约二十根十英寸长的铁丝捆成一束，用铁丝一圈圈缠绕固定成手柄。

奶油薄荷糖。--第546页。

糖渍橙皮--第页 547

面包与黄油折叠饼。--页 549

努瓦塞特三明治。--第页 552

第三十四章

SANDWICHES AND CANAPÉS

In preparing bread for sandwiches, cut slices as thinly as possible, and remove crusts. If butter is used, cream the butter, and spread bread before cutting from loaf. Spread half the slices with mixture to be used for filling, cover with remaining pieces, and cut in squares, oblongs, or triangles. If sandwiches are shaped with round or fancy cutters, bread should be shaped before spreading, that there may be no waste of butter. Sandwiches which are prepared several hours before serving time may be kept fresh and moist by wrapping in a napkin wrung as dry as possible out of hot water, and keeping in a cool place. Paraffine paper is often used for the same purpose. Bread for sandwiches cuts better when a day old. Serve sandwiches piled on a plate covered with a doily.

Rolled Bread

Cut fresh bread, while still warm, in as thin slices as possible, using a very sharp knife. Spread evenly with butter which has been creamed. Roll slices separately, and tie each with baby ribbon.

Bread and Butter Folds

Remove end slice from bread. Spread end of loaf sparingly and evenly with butter which has been creamed. Cut off as thin a slice as possible. Repeat until the number of slices required are prepared. Remove crusts, put together in pairs, and cut in squares, oblongs, or triangles. Use white, entire wheat, Graham, or brown bread. Three layer sandwiches are attractive when made of entire wheat bread between white slices.

三明治与餐前小点

制作三明治面包时，将面包切成尽可能薄的片，并去除面包皮。若使用黄油，先将黄油搅打至奶油状，在从面包条上切下之前先涂抹面包。在一半的片上涂抹用作馅料的混合物，盖上剩余的片，切成正方形、长方形或三角形。若用圆形或花式切模塑造三明治，应在涂抹之前先塑造面包形状，以免浪费黄油。在食用前数小时制作的三明治，可用在热水中拧得尽可能干的餐巾包裹，并放在阴凉处，以保持新鲜湿润。石蜡纸也常用于此目的。放置一天的面包更适合切制三明治。将三明治堆叠在铺有垫纸的盘子上供食。

卷状面包

趁新鲜面包尚温热时，用非常锋利的刀切成尽可能薄的片。均匀涂抹已搅打至奶油状的黄油。将面包片逐一卷起，各用细丝带系好。

面包与黄油折叠

切去面包两端的边片。在面包端面薄而均匀地涂抹已搅打至奶油状的黄油。切下尽可能薄的一片。重复操作直至备足所需片数。去除面包皮，两两相合，切成方形、长方形或三角形。可使用白面包、全麦面包、格雷厄姆面包或黑面包。三层三明治用白面包片夹全麦面包片制作，十分美观。

Lettuce Sandwiches

Put fresh, crisp lettuce leaves, washed and thoroughly dried, between thin slices of buttered bread prepared as for Bread and Butter Folds, having a teaspoon of Mayonnaise on each leaf.

Egg Sandwiches

Chop finely the whites of “hard-boiled” eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper, and moisten with Mayonnaise or Cream Salad Dressing. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Sardine Sandwiches

Remove skin and bones from sardines, and mash to a paste. Add to an equal quantity of yolks of “hard-boiled” eggs rubbed through a sieve. Season with salt, cayenne, and a few drops of lemon juice; moisten with olive oil or melted butter. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Sliced Ham Sandwiches

Slice cold boiled ham as thinly as possible. Put between thin slices of buttered bread prepared as for Bread and Butter Folds.

Chopped Ham Sandwiches

Finely chop cold boiled ham, and moisten with Sauce Tartare. Spread between thin slices of buttered bread prepared as for Bread

生菜三明治

将新鲜脆嫩的莴苣叶洗净并彻底晾干，夹入按黄油面包卷方法制作的薄片涂黄油面包之间，每片莴苣叶上放一茶匙蛋黄酱。

鸡蛋三明治

将“煮老”鸡蛋的蛋白切碎；将蛋黄用滤网或土豆压泥器压碎。混合蛋黄和蛋白，用盐和胡椒调味，用蛋黄酱或奶油沙拉酱调湿。将混合物涂抹在按黄油面包卷方法制作的薄片涂黄油面包之间。

沙丁鱼三明治

去除沙丁鱼的皮和骨，捣成糊状。加入等量的“煮老”鸡蛋蛋黄(用筛网擦碎)。用盐、卡宴辣椒粉和几滴柠檬汁调味；用橄榄油或融化黄油调湿。将混合物涂抹在按黄油面包卷方法制作的薄片涂黄油面包之间。

火腿切片三明治

将冷煮火腿尽可能切薄。夹入按黄油面包卷方法制作的薄片涂黄油面包之间。

碎火腿三明治

将冷煮火腿切碎，用鞑靼酱汁调湿。涂抹在按黄油面包方法制作的薄片涂黄油面包之间。

and Butter Folds.

Anchovy Sandwiches

Rub the yolks of “hard-boiled eggs” to a paste. Moisten with soft butter and season with Anchovy essence. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Chicken Sandwiches

Chop cold boiled chicken, and moisten with Mayonnaise or Cream Salad Dressing; or season with salt and pepper, and moisten with rich chicken stock. Prepare as other sandwiches.

Lobster Sandwiches

Remove lobster meat from shell, and chop. Season with salt, cayenne, made mustard, and lemon juice; or moisten with any salad dressing. Spread mixture on a crisp lettuce leaf, and prepare as other sandwiches.

Lobster Sandwiches à la Boulevard

Mix an equal quantity of finely chopped lobster meat and the yolks of “hard-boiled” eggs forced through a sieve. Moisten with melted butter, and season with German mustard, beef extract diluted with a very small quantity of boiling water, and salt. Spread mixture between thin slices of buttered bread, remove crusts, and cut into fancy shapes. A small quantity of lobster meat is most successfully utilized in this way.

Oyster Sandwiches

和黄油折叠。

鳀鱼三明治

将“煮老”鸡蛋的蛋黄擦成糊状。用软黄油调湿，用鳀鱼精调味。将混合物涂抹在按黄油面包卷方法制作的薄片涂黄油面包之间。

鸡肉三明治

将冷煮鸡肉切碎，用蛋黄酱或奶油沙拉酱调湿；或用盐和胡椒调味，用浓郁鸡汤调湿。按其他三明治方法制作。

龙虾三明治

将龙虾肉从壳中取出，切碎。用盐、卡宴辣椒粉、调制芥末和柠檬汁调味；或用任意沙拉酱调湿。将混合物涂抹在脆嫩莴苣叶上，按其他三明治方法制作。

龙虾三明治à la Boulevard

混合等量的切碎龙虾肉和用筛网压碎的“煮老”鸡蛋蛋黄。用融化黄油调湿，用德式芥末、以极少量沸水稀释的牛肉精和盐调味。将混合物涂抹在薄片涂黄油面包之间，去除面包皮，切成花式形状。少量龙虾肉用此法利用最为成功。

牡蛎三明治

Arrange fried oysters on crisp lettuce leaves, allowing two oysters for each leaf, and one leaf for each sandwich. Prepare as other sandwiches.

将炸牡蛎摆在脆嫩莴苣叶上，每片叶子放两只牡蛎，每个三明治用一片叶子。按其他三明治方法制作。

Nut and Cheese Sandwiches

Mix equal parts of grated Gruyère cheese and chopped English walnut meat; then season with salt and cayenne. Prepare as other sandwiches.

坚果与奶酪三明治

混合等量的格吕耶尔奶酪碎和切碎的英国核桃仁；然后用盐和卡宴辣椒粉调味。按其他三明治方法制作。

Cheese and Anchovy Sandwiches

Cream two tablespoons butter, and add one-fourth cup grated Young America Cheese and one teaspoon vinegar. Season with salt, paprika, mustard, and anchovy essence. Spread mixture between thin slices of bread.

奶酪鳀鱼三明治

将两汤匙黄油搅打至奶油状，加入四分之一杯“美国青年”奶酪碎和一茶匙醋。用盐、红椒粉、芥末和鳀鱼精调味。将混合物涂抹在薄片面包之间。

Windsor Sandwiches

Cream one-third cup butter, and add one-half cup each of finely chopped cold boiled ham and cold boiled chicken. Season with salt and paprika. Spread mixture between thin slices of bread.

温莎三明治

将三分之一杯黄油搅打至奶油状，加入各半杯切碎的冷煮火腿和冷煮鸡肉。用盐和红椒粉调味。将混合物涂抹在薄片面包之间。

Club Sandwiches

Arrange on slices of bread thin slices of cooked bacon; cover with slices of cold roast chicken, and cover chicken with Mayonnaise Dressing. Cover with slices of bread.

总会三明治

在面包片上摆放薄片熟培根；覆盖冷烤鸡肉片，在鸡肉上涂抹蛋黄酱。盖上薄片面包。

Ginger Sandwiches

Cut preserved Canton ginger in very thin slices. Prepare as other sandwiches.

姜饼三明治

将糖姜片切成极薄的片。按其他三明治的做法制作。

Fruit Sandwiches

Remove stems and finely chop figs; add a small quantity of water, cook in double boiler until a paste is formed, then add a few drops of lemon juice. Cool mixture, and spread on thin slices of buttered bread; sprinkle with finely chopped peanuts and cover with pieces of buttered bread.

Brown Bread Sandwiches

Brown Bread to be used for sandwiches is best steamed in one-pound baking-powder boxes. Spread and cut bread as for other sandwiches. Put between layers finely chopped peanuts seasoned with salt; or grated cheese mixed with chopped English walnut meat seasoned with salt.

Noisette Sandwiches

Use one-half recipe for Milk and Water Bread made with entire wheat flour (see p. 54), and add two tablespoons molasses and one cup English walnut meats or pecan nut broken in small pieces. Let stand twenty-four hours, slice as thinly as possible, spread sparingly and evenly with butter, and put between slices orange marmalade. Remove crusts, cut in fancy shapes, and garnish with nut meats.

Colonial Sandwiches

Make one-half the recipe for Milk and Water Bread (see p. 54), using entire wheat flour, and adding one and one-half tablespoons molasses, and after the first rising adding, while kneading, one-half cup, each, candied orange peel finely cut and pecan nut meats broken in pieces. Put into buttered one-pound baking-powder tins

水果三明治

去除无花果的梗并切碎；加少量水，在双层蒸锅中煮至成糊状，然后加入几滴柠檬汁。冷却混合物，涂抹在薄片涂黄油面包上；撒上切碎的花生，盖上涂黄油面包片。

布朗面包三明治

用于三明治的黑面包最好在一磅装泡打粉罐中蒸制。按其他三明治方法涂抹和切割面包。在夹层中放入用盐调味的碎花生；或加入用盐调味的切碎英国核桃仁混合的奶酪碎。

诺瓦塞特三明治

取半份用全麦面粉制作的水奶面包食谱(见第54页)，加入两汤匙糖蜜和一杯英国核桃仁或掰成小块的碧根果仁。静置二十四小时，尽可能切薄，薄而均匀地涂抹黄油，在面包片之间夹入橙子果酱。去除面包皮，切成花式形状，用坚果仁装饰。

殖民地三明治

制作半份水奶面包食谱(见第54页)，使用全麦面粉，加入一汤匙半糖蜜，在第一次发酵后揉面时加入各半杯切细的糖渍橙皮和掰碎的碧根果仁。放入涂黄油的一磅装泡打粉罐中。

until one-third full; let rise and bake. Cool, and make into sandwiches.

装至三分之一满；让其发酵后烘烤。冷却后做成三明治。

German Sandwiches

Use Zweiback (see p. 61). Spread slices, thinly cut, with jelly or marmalade, and sprinkle with finely cut English walnut meats. Cover with thinly cut slices and remove crusts.

德国三明治

使用双粒面包(见第61页)。将切得极薄的片涂上果冻或橘子果酱，撒上切碎的英国核桃仁。盖上薄片并去除面包皮。

Russian Sandwiches

Spread zephyrettes with thin slices of Neufchâtel cheese, cover with finely chopped olives moistened with Mayonnaise Dressing. Place a zephyrette over each and press together.

俄式三明治

将薄切纽沙泰尔奶酪片铺在小酥饼上，盖上用蛋黄酱调味汁润湿的细碎橄榄。每片再盖上一块小酥饼并压紧。

Jelly Sandwiches

Spread zephyrettes with quince jelly and sprinkle with chopped English walnut meat. Place a zephyrette over each and press together.

果冻三明治

将榲桲果冻涂在小酥饼上，撒上切碎的英国核桃仁。每片再盖上一块小酥饼并压紧。

Cheese Wafers

Sprinkle zephyrettes with grated cheese mixed with a few grains of cayenne. Put on a sheet and bake until the cheese melts.

奶酪薄脆

将磨碎的奶酪混合少许辣椒粉撒在小酥饼上。放在烤盘上烘烤至奶酪融化。

Canapés

Canapés are made by cutting bread in slices one-fourth inch thick, and cutting slices in strips four inches long by one and one-half inches wide, or in circular pieces. Then bread is toasted, fried in deep fat, or buttered and browned in the oven, and covered with a seasoned mixture of eggs, cheese, fish, or meat, separately or in combination. Canapés are served hot or cold, and used in place of

开胃小点

开胃小点的做法是将面包切成四分之一英寸厚的片，再将片切成长四英寸、宽一英寸半的条状或圆形片。然后将面包烤制、在深油中炸制，或涂上黄油在烤箱中烘至棕色，再覆上鸡蛋、奶酪、鱼或肉的调味混合物，可单独使用或混合使用。开胃小点可热食或冷食，用于代替

oysters at a dinner or luncheon. At a gentleman's dinner they are served with a glass of Sherry before entering the dining-room.

正餐或午餐中的牡蛎。在绅士的正餐中，进入餐厅前会配上一杯雪利酒一同上桌。

Cheese Canapés I

Toast circular pieces of bread, sprinkle with a thick layer of grated cheese seasoned with salt and cayenne. Place on a tin sheet and bake until cheese is melted. Serve at once.

奶酪开胃小点 I

将圆形面包片烤制，撒上厚厚一层用盐和辣椒粉调味的磨碎奶酪。放在锡盘上烘烤至奶酪融化。立即上桌。

Cheese Canapés II

Spread circular pieces of toasted bread with French Mustard, then proceed as for Cheese Canapés I.

奶酪卡纳佩 II

将圆形烤面包片涂上法式芥末，然后按奶酪开胃小点I的做法继续制作。

Sardine Canapés

Spread circular pieces of toasted bread with sardines (from which bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire Sauce and a few grains cayenne. Place in the centre of each a stuffed olive, made by removing stone and filling cavity with sardine mixture. Around each arrange a border of the finely chopped whites of "hard-boiled" eggs.

沙丁鱼开胃小食

将圆形烤面包片涂上沙丁鱼酱(已去骨)，沙丁鱼需与少量奶油黄油一同捣成糊状，用伍斯特酱和少许辣椒粉调味。在每片中央放一颗酿橄榄，做法是去核后在空腔中填入沙丁鱼混合物。每片周围围上一圈切碎的全熟鸡蛋蛋白。

Lobster Canapés

Finely chop lobster meat and add an equal quantity of yolks of "hard-boiled" eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts, and season highly with salt, cayenne, German mustard and beef extract. Spread on sautéd circular slices of bread and garnish with rings cut from whites of "hard-boiled" eggs, yolks of "hard-boiled" eggs, and lobster coral

龙虾开胃小点

将龙虾肉切碎，加入等量的全熟鸡蛋蛋黄(用筛网压过)。用融化的黄油和浓奶油(等量)润湿，并用盐、辣椒粉、德式芥末和牛肉提取物重调味。涂在煎过的圆形面包片上，用全熟鸡蛋蛋白环、全熟鸡蛋蛋黄和龙虾卵装饰。

forced through a sieve.

用筛子压滤。

Canapés Martha

Beat yolk one egg, add one and one-half tablespoons cream, one-fourth teaspoon salt, one-eighth teaspoon paprika, one-fourth teaspoon Worcestershire Sauce, and a few grains cayenne; then add one-fourth pound cheese cut in small pieces, and cook until smooth, stirring constantly. Spread on sautéd slices of bread, cut in fancy shapes, and cover with finely chopped lobster meat held together with a thick sauce made of Chicken Stock or cream, garnish with rings of whites of “hard-boiled” eggs, yolks of “hard-boiled” eggs, and lobster coral forced through a strainer, and rings of olives.

卡纳佩·玛莎

搅打一个鸡蛋的蛋黄，加入一又二分之一汤匙奶油、四分之一茶匙盐、八分之一茶匙红椒粉、四分之一茶匙伍斯特郡酱汁和少许卡宴辣椒粉；然后加入四分之一磅切成小块的奶酪，不断搅拌，煮至顺滑。涂抹在煎过的面包片上，切成花式形状，盖上用鸡高汤或奶油制成的浓酱汁粘合的切碎龙虾肉，用“煮老”的鸡蛋蛋白环、“煮老”的鸡蛋蛋黄和过筛的龙虾卵以及橄榄环作装饰。

Anchovy Canapés

Spread circular pieces of toasted bread with Anchovy Butter. Chop separately yolks and whites of “hard-boiled” eggs. Cover canapés by quarters with egg, alternating yolks and whites. Divide yolks from whites with anchovies split in two lengthwise, and pipe around a border of Anchovy Butter, using a pastry bag and tube.

鳀鱼开胃小点

将圆形烤面包片涂上鳀鱼黄油。分别切碎全熟鸡蛋的蛋黄和蛋白。将开胃小点按四等分覆上鸡蛋，蛋黄与蛋白交替排列。用纵向剖成两半的鳀鱼分隔蛋黄与蛋白，并用裱花袋和裱花嘴在周围挤一圈鳀鱼黄油。

Lobster Canapé.—*Page 554.*

龙虾小点。——第554页。

Canapé Martha.—*Page 554.*

卡纳佩·玛莎。--第554页。

Jelly Bag and other necessary utensils for jelly making.

果冻袋及其他制作果冻所需的器具。

Page 573.

第573页。

Marmalades, Jam, and Jellies, with paraffine to melt for covering, paper cut for covers, gummed labels, and Library Paste.

Page 574 to 577.

橘子果酱、果酱和果冻，配以用于封盖的融化石蜡、裁好的盖纸、涂胶标签和图书馆浆糊。

第*574*至*577*页。

Cheese and Olive Canapés

Cut stale bread in one-fourth inch slices. Shape with a small oblong cutter with rounded corners. Cream butter, add an equal quantity of soft cheese, and work until smooth; then season with salt. Spread on bread and garnish with a one-fourth inch border of finely chopped olives and a piece of red or green pepper cut in fancy shape, in centre of each. To be served in place of sandwiches on a plate covered with a doily.

奶酪橄榄开胃小点

将不新鲜的面包切成四分之一英寸厚的片。用小号圆角长方形模具切成形。将黄油搅打至奶油状，加入等量的软奶酪，搅拌至顺滑；然后用盐调味。涂在面包上，每片中央用四分之一英寸宽的细碎橄榄边和一块切成花形的红椒或青椒装饰。放在铺有蕾丝垫纸的盘子上代替三明治上桌。

Canapés Lorenzo

Toast slices of bread cut in shape of horseshoes. Cream two tablespoons butter, and add one teaspoon white of egg. Spread slices of bread, rounding with Crab Mixture, cover with creamed butter, sprinkle with cheese, and brown in the oven. Serve on a napkin, ends towards centre of dish, and garnish with parsley.

Crab Mixture. Finely chop crab meat, season with salt, cayenne, and a few drops of lemon juice, then moisten with Thick White Sauce. Lobster meat may be used in place of crab meat.

卡纳佩·洛伦佐

将面包片切成马蹄形并烤制。将两汤匙黄油搅打至奶油状，加入一茶匙蛋白。涂在面包片上，用蟹肉混合物将边缘填圆，覆上奶油黄油，撒上奶酪，在烤箱中烘至棕色。放在餐巾上上桌，马蹄形两端朝向盘子中央，用欧芹装饰。

蟹肉混合物。将蟹肉切碎，用盐、辣椒粉和几滴柠檬汁调味，然后用浓白酱汁润湿。可用龙虾肉代替蟹肉。

Algonquin Canapés

Fry one-half tablespoon finely chopped onion, three tablespoons

阿尔冈昆风味小食

用一汤匙半切碎的洋葱、三汤匙

butter, and one-third cup chopped mushroom caps five minutes. Add two tablespoons flour, and two-thirds cup cream. Cook until mixture thickens, then add one cup finnan haddie (soaked in lukewarm water to cover forty-five minutes, then separated into flakes), two tablespoons grated cheese, and yolks two eggs slightly beaten. Season with salt and cayenne and pile on circular pieces of toasted bread. Sprinkle with grated cheese, then with buttered, soft bread crumbs, and bake until crumbs are browned. Serve at once.

黄油，以及三分之一杯切碎的蘑菇伞盖，五分钟。加入两汤匙面粉和三分之二杯奶油。煮至混合物变稠，然后加入一杯芬南哈迪(在温水中浸泡四十五分钟至没过，然后撕成片状)，两汤匙磨碎的奶酪，以及两个鸡蛋的蛋黄，轻轻搅打。用盐和辣椒粉调味，堆在圆形烤面包片上。撒上磨碎的奶酪，然后撒上涂了黄油的软面包屑，烘烤至面包屑呈棕色。立即上桌。

CHAPTER XXXV
RECIPES FOR THE CHAFING-DISH

The chafing-dish, which, within the last few years, has gained so much favor, is by no means a utensil of modern invention, as its history may be traced to the time of Louis XIV. It finds its place on the breakfast table, when the eggs may be cooked to suit the most fastidious; on the luncheon table, when a dainty hot dish may be prepared to serve in place of the so-oft-seen cold meat; but it is made of greatest use for the cooking of late suppers, and always seems to accompany hospitality and good cheer.

It is appreciated and enjoyed by the housekeeper who does her own work, or has but one maid, as well as by the society girl who, by its use, first gains a taste for the art of cooking. The simple tin chafing-dishes may be bought for as small a sum as ninety cents, while the elaborate silver ones command as high a price as one hundred dollars. Very attractive dishes are made of granite ware, nickel, or copper. The latest patterns have the lamp with a screw

第三十五章
暖锅食谱

暖锅，在最近几年中备受青睐，绝非现代发明的器具，其历史可追溯至路易十四时代。它在早餐桌上占有一席之地，那时鸡蛋可以按最挑剔的口味烹制；在午餐桌上，可以准备一道精致的热菜来代替屡见不鲜的冷肉；但它最大的用途在于烹制深夜宵夜，并且似乎总是伴随着好客与欢乐。

无论是自己动手做家务或只有一名女仆的家庭主妇，还是借此初次领略烹饪艺术之趣的社交界女子，都能欣赏并享受它。简单的锡制暖锅只需九十美分即可购得，而精致的银制暖锅则高达一百美元。花岗岩器皿、镍制或铜制的暖锅能做出非常诱人的菜肴。最新款式配有带螺旋

adjustment to regulate the flame, and a metal tray on which to set dish, that it may be moved if necessary while hot, without danger of burnt fingers, and that it may not injure the polished table.

调节装置的灯以控制火焰，以及一个金属托盘用于放置菜肴，以便在热时必要时移动而不会烫伤手指，也不会损伤抛光桌面。

A chafing-dish has two pans, the under one for holding hot water, the upper one with long handle for holding food to be cooked. A blazer differs from a chafing-dish, inasmuch as it has no hot-water pan.

暖锅有两个锅，下层盛热水，上层带长柄盛放待烹饪的食物。炙锅与暖锅的不同之处在于它没有热水锅。

Wood alcohol, which is much lower in price than high-proof spirits, is generally used in chafing-dishes.

木醇的价格远低于高度烈酒，通常用于火锅菜肴。

The Davy Toaster may be used over the chafing-dish for toasting bread and broiling.

戴维烤面包器可架在暖锅上用于烤面包和炙烤。

List of dishes previously given that may be prepared on the Chafing-Dish:—

此前已给出的可在火锅上烹制的菜肴清单：

German Toast
Dropped Eggs
Eggs à la Finnoise
Eggs à la Suisse
Scrambled Eggs
Scrambled Eggs with Tomato Sauce
Scrambled Eggs with Anchovy Toast
Buttered Eggs
Buttered Eggs with Tomatoes
Curried Eggs
French Omelet
Spanish Omelet
Creamed Fish
Halibut à la Rarebit

德式吐司
水波蛋
芬兰式鸡蛋
瑞士式鸡蛋
炒鸡蛋
番茄酱炒蛋鲽鱼吐司配炒蛋黄油炒蛋

番茄黄油炒蛋
咖喱蛋
法式煎蛋卷
西班牙煎蛋卷
奶油鱼
比目鱼干酪吐司

Creamed Oysters
Buttered Lobster
Creamed Lobster
Broiled Meat Cakes
Salmi of Lamb
Creamed Sweetbreads
Sautéd Sweetbreads
Chickens' Livers with Madeira Sauce
Chickens' Livers with Curry
Sautéd Chickens' Livers Creamed Chicken
Chicken and Oysters à la Métropole
Stewed Mushrooms
Sautéd Mushrooms
Mushrooms à la Sabine
Soufflé au Rhum

Scrambled Eggs with Sweetbreads

4 eggs
½ teaspoon salt
⅛ teaspoon pepper
½ cup milk
1 sweetbread, parboiled and cut in dice
2 tablespoons butter
Beat eggs slightly, using a silver folk, add salt, pepper, milk, and sweetbread. Put butter in hot chafing-dish; when melted, pour in the mixture. Cook until of creamy consistency, constantly stirring and scraping from bottom of the pan.

Scrambled Eggs with Calf's Brains

奶油牡蛎
黄油龙虾
奶油龙虾
烤
羊腿肉浓汤
奶油烩甜面包，煎甜面包

鸡肝配马德拉酱鸡肝配咖喱

炒鸡肝 奶油鸡 大都会式鸡肉炖牡蛎 炖蘑菇

炒蘑菇
萨宾式蘑菇朗姆酒舒芙蕾

甜面包炒蛋

4个鸡蛋
1/2 茶匙盐
1/8 茶匙胡椒
1/2 杯牛奶
1个甜面包，煮至半熟并切成丁
2汤匙黄油
用银叉将鸡蛋轻轻搅打，加入盐、胡椒、牛奶和甜面包。将黄油放入热暖锅中；融化后倒入混合物。不断搅拌并从锅底刮起，煮至奶油状稠度。

炒鸡蛋配小牛脑

Follow recipe for Scrambled Eggs with Sweetbreads, using calf's brains in place of sweetbreads.

To Prepare Calf's Brains. Soak one hour in cold water to cover. Remove membrane, and parboil twenty minutes in boiling, salted, acidulated water. Drain, put in cold water; as soon as cold, drain again, and separate in small pieces.

按照"奶油炒蛋配甜面包"的食谱制作，用牛脑代替甜面包。

牛脑的准备工作。用冷水浸泡一小时，水量以没过为准。去除薄膜，在加盐的酸性沸水中煮二十分钟。沥干，放入冷水中；待完全冷却后再次沥干，分成小块。

Cheese Omelet

2 eggs
1 tablespoon melted butter
⅛ tablespoon salt
Few grains cayenne
1 tablespoon grated cheese
Beat eggs slightly, add one-half teaspoon melted butter, salt, cayenne, and cheese. Melt remaining butter, add mixture, and cook until firm, without stirring. Roll, and sprinkle with grated cheese. Serve with Graham bread sandwiches.

奶酪煎蛋卷

2个鸡蛋

1汤匙融化的黄油

1/8 汤匙盐

少许辣椒粉

1汤匙磨碎的奶酪

将鸡蛋轻轻搅打，加入半茶匙融化的黄油、盐、辣椒粉和奶酪。融化剩余的黄油，加入混合物，不搅拌煮至凝固。卷起，撒上磨碎的奶酪。配全麦面包三明治食用。

Eggs au Beurre Noir

Butter
Salt
Pepper
4 eggs
1 teaspoon vinegar
Put one tablespoon butter in a hot chafing-dish; when melted, slip in carefully four eggs, one at a time. Sprinkle with salt and pepper, and cook until whites are firm. Remove to a hot platter,

黑黄油鸡蛋

黄油

盐

胡椒

4个鸡蛋

一茶匙醋

在热烤盘中放入一汤匙黄油；融化后，小心地逐个打入四个鸡蛋。撒上盐和胡椒，煮至蛋白凝固。移至热盘中，

care being taken not to break yolks. In same dish brown two tablespoons butter, add vinegar, and pour over eggs.

Eggs à la Caracas

2 ozs. smoked dried beef
1 cup tomatoes
¼ cup grated cheese
Few drops onion juice
Few grains cinnamon
Few grains cayenne
2 tablespoons butter
3 eggs
Pick over beef and chop finely, add tomatoes, cheese, onion juice, cinnamon, and cayenne. Melt butter, add mixture, and when heated, add eggs well beaten. Cook until eggs are of creamy consistency, stirring and scraping from bottom of pan.

Union Grill

Clean one pint of oysters and drain off all the liquor possible. Put oysters in chafing-dish, and as liquor flows from oysters, remove with a spoon, and so continue until oysters are plump. Sprinkle with salt and pepper, and add two tablespoons butter. Serve on zephyrettes.

Oysters à la D'Uxelles

1 pint oysters
2 tablespoons chopped mushrooms
2 tablespoons butter

注意不要弄破蛋黄。在同一烤盘中将两汤匙黄油烧至棕色，加入醋，浇在鸡蛋上。

加拉加斯式鸡蛋

2盎司烟熏干牛肉
一杯番茄
1/4杯磨碎的奶酪
几滴洋葱汁
少许肉桂
少许辣椒粉
2汤匙黄油
3个鸡蛋
挑拣牛肉并切碎，加入番茄、奶酪、洋葱汁、肉桂和辣椒粉。融化黄油，加入混合物，加热后加入充分搅打的鸡蛋。煮至鸡蛋呈奶油状，不断搅拌并从锅底刮起。

联合烧烤

清洗一品脱牡蛎，尽可能沥干所有汁液。将牡蛎放入烤盘，待汁液从牡蛎中流出时用勺子舀出，如此反复直至牡蛎饱满。撒上盐和胡椒，加入两汤匙黄油。盛在薄脆饼上食用。

牡蛎 à la D'Uxelles

1品脱牡蛎
2汤匙切碎的蘑菇
2汤匙黄油

2 tablespoons flour
½ teaspoon salt
½ teaspoon lemon juice
Few grains cayenne
1 egg yolk
1 tablespoon Sherry wine
Clean oysters, heat to boiling-point, and drain. Reserve liquor and strain through double thickness of cheese-cloth; there should be three-fourths cup. Cook butter and mushrooms five minutes, add flour, and oyster liquor gradually; then cook three minutes. Add seasonings, oysters, egg, and Sherry wine. Serve on zephyrettes or pieces of toasted bread.

Oysters à la Thorndike

1 pint oysters
2 tablespoons butter
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
¼ cup thin cream
Yolks 2 eggs
Clean and drain oysters. Melt butter, add oysters, and cook until oysters are plump. Then add seasonings, cream, and egg yolks slightly beaten. Cook until sauce is slightly thickened, stirring constantly. Serve on zephyrettes or pieces of toasted bread.

Jack's Oyster Ragout

Parboil fresh honeycomb tripe, and cut in three-fourths inch pieces; there should be one cup. Add an equal quantity of small

2汤匙面粉
1/2 茶匙盐
1/2茶匙柠檬汁
少许辣椒粉
1个蛋黄
1汤匙雪利酒
清洗牡蛎，加热至沸点，沥干。保留汁液并用双层奶酪布过滤；应得四分之三杯。将黄油和蘑菇煮五分钟，加入面粉，逐渐加入牡蛎汁；再煮三分钟。加入调味料、牡蛎、鸡蛋和雪利酒。盛在薄脆饼或烤面包片上食用。

桑代克式牡蛎

1品脱牡蛎
2汤匙黄油
1/2 茶匙盐
少许辣椒粉
少许磨碎的肉豆蔻
1/4杯稀奶油
蛋黄 2 个鸡蛋
清洗并沥干牡蛎。融化黄油，加入牡蛎，煮至牡蛎饱满。然后加入调味料、奶油和轻轻搅打的蛋黄。煮至酱汁略微浓稠，不断搅拌。盛在薄脆饼或烤面包片上食用。

杰克牡蛎烩菜

将新鲜蜂窝牛肚煮至半熟，切成四分之三英寸的块；应得一杯。加入等量的小

boiled onions, and twice the quantity of raw oysters which have been previously cleaned. Melt three tablespoons butter, add four tablespoons flour, and pour on gradually while stirring constantly one and one-half cups thin cream. Add tripe, onion, and oysters. When thoroughly heated add yolks two eggs slightly beaten, and season highly with salt, pepper, and paprika. Serve on pieces toasted bread.

煮熟的洋葱，以及两倍量的事先清洗过的生牡蛎。融化三汤匙黄油，加入四汤匙面粉，在不断搅拌的同时逐渐倒入一杯半稀奶油。加入牛肚、洋葱和牡蛎。充分加热后加入两个轻轻搅打的蛋黄，用盐、胡椒和红椒粉重味调味。盛在烤面包片上食用。

Lobster à la Delmonico

2 lb. lobster
¼ cup butter
¾ tablespoons flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 cup thin cream
Yolks 2 eggs
2 tablespoons Sherry wine
Remove lobster meat from shell and cut in small cubes. Melt butter, add flour, seasonings, and cream gradually. Add lobster, and when heated, add egg yolks and wine.

德尔莫尼科龙虾

两磅龙虾
1/4 杯黄油
3/4 汤匙面粉
1/2 茶匙盐
少许辣椒粉
少许磨碎的肉豆蔻
一杯稀奶油
蛋黄 2 个鸡蛋
两汤匙雪利酒
将龙虾肉从壳中取出，切成小方块。融化黄油，加入面粉、调味料，逐渐加入奶油。加入龙虾，加热后加入蛋黄和酒。

Lobster à la Newburg

2 lb. lobster
¼ cup butter
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg

纽堡龙虾

2磅龙虾 1/4杯黄油 1/2茶
匙盐少许辣椒粉少许磨碎
的肉豆蔻

1 tablespoon Sherry
1 tablespoon brandy
⅓ cup thin cream
Yolks 2 eggs
Remove lobster meat from shell and cut in slices. Melt butter, add lobster, and cook three minutes. Add seasonings and wine, cook one minute, then add cream and yolks of eggs slightly beaten. Stir until thickened. Serve with toast or Puff Paste Points.

Clams à la Newburg

1 pint clams
3 tablespoons butter
½ teaspoon salt
Few grains cayenne
3 tablespoons Sherry or Madeira wine
½ cup thin cream
Yolks 3 eggs
Clean clams, remove soft parts, and finely chop hard parts. Melt butter, add chopped clams, seasonings, and wine. Cook eight minutes, add soft part of clams, and cream. Cook two minutes, then add egg yolks slightly beaten, diluted with some of the hot sauce.

Shrimps à la Newburg

1 pint shrimps
3 tablespoons butter
½ teaspoon salt
Few grains cayenne
1 teaspoon lemon juice

1汤匙雪利酒
1汤匙白兰地
1/3杯稀奶油
蛋黄 2 个鸡蛋
将龙虾肉从壳中取出，切成片。融化黄油，加入龙虾，煮三分钟。加入调味料和酒，煮一分钟，然后加入奶油和轻轻搅打的蛋黄。搅拌至浓稠。配吐司或酥皮角食用。

纽堡式蛤蜊

1品脱蛤蜊
3汤匙黄油
1/2 茶匙盐
少许辣椒粉
3汤匙雪利酒或马德拉酒 1/2杯稀奶油

蛋黄 3 个鸡蛋
清洗蛤蜊，去除软的部分，将硬的部分切碎。融化黄油，加入切碎的蛤蜊、调味料和酒。煮八分钟，加入蛤蜊的软部分和奶油。煮两分钟，然后加入轻轻搅打的蛋黄，用一些热酱汁稀释。

纽堡式虾

1品脱虾
3汤匙黄油 1/2茶匙盐少许
卡宴辣椒粉 1茶匙柠檬汁

1 teaspoon flour
½ cup cream
Yolks 2 eggs
2 tablespoons Sherry wine
Clean shrimps and cook three minutes in two tablespoons butter. Add salt, cayenne, and lemon juice, and cook one minute. Remove shrimps, and put remaining butter in chafing-dish, add flour and cream; when thickened, add yolks of eggs slightly beaten, shrimps, and wine. Serve with toast or Puff Paste Points.

Fish à la Provençale

¼ cup butter
2½ tablespoons flour
2 cups milk
Yolks 4 “hard-boiled” eggs
1 teaspoon Anchovy essence
2 cups cold boiled flaked fish
Make a sauce of butter, flour, and milk. Mash yolks of eggs and mix with Anchovy essence, add to sauce, then add fish. Serve as soon as heated. Serve on pieces of toasted Graham bread.

Grilled Sardines

Drain twelve sardines and cook in a chafing-dish until heated, turning frequently. Place on small oblong pieces of dry toast, and serve with Maître d’Hôtel or Lemon Butter.

Sardines with Anchovy Sauce

Drain twelve sardines and cook in a chafing-dish until heated, turning frequently. Remove from chafing-dish. Make one cup

一茶匙面粉
1/2 杯奶油
蛋黄 2 个鸡蛋
两汤匙雪利酒
清洗虾，在两汤匙黄油中煮三分钟。加入盐、辣椒粉和柠檬汁，煮一分钟。取出虾，将剩余的黄油放入烤盘，加入面粉和奶油；浓稠后加入轻轻搅打的蛋黄、虾和酒。配吐司或酥皮角食用。

普罗旺斯风味鱼

1/4 杯黄油
21/2汤匙面粉
两杯牛奶
蛋黄 4 个“煮老”的鸡蛋
一茶匙鳀鱼香精
两杯冷煮鱼片
用黄油、面粉和牛奶制作酱汁。将蛋黄捣碎，与鳀鱼精混合，加入酱汁中，然后加入鱼。加热后立即食用。盛在烤全麦面包片上食用。

烤沙丁鱼

沥干十二条沙丁鱼，在烤盘中加热，频繁翻动。放在小块长方形干吐司上，配主厨黄油或柠檬黄油食用。

鳀鱼酱沙丁鱼

沥干十二条沙丁鱼，在烤盘中加热，频繁翻动。从烤盘中取出。制作一杯

Brown Sauce with one and one-half tablespoons sardine oil, two tablespoons flour, and one cup Brown Stock. Season with Anchovy essence. Reheat sardines in sauce. Serve with Brown Bread Sandwiches, having a slice of cucumber marinated with French Dressing between slices of bread.

棕色酱汁，用一汤匙半沙丁鱼油、两汤匙面粉和一杯棕色高汤。用鳀鱼精调味。将沙丁鱼在酱汁中重新加热。配黑面包三明治食用，面包片之间夹有用法式沙拉汁腌制的黄瓜片。

Creamed Sardines

Drain from oil one small box sardines, remove backbones from fish, then mash. Melt one-fourth cup butter, add one-fourth cup soft stale bread crumbs, and one cup cream. When thoroughly heated add two “hard-boiled” eggs finely chopped, the sardines, salt, pepper, and paprika to taste. Serve on pieces of toasted bread.

奶油沙丁鱼

沥干一小盒沙丁鱼的油，去除鱼骨，然后捣碎。融化四分之一杯黄油，加入四分之一杯松软的陈面包屑和一杯奶油。充分加热后加入两个切碎的全熟鸡蛋、沙丁鱼、盐、胡椒和红椒粉调味。盛在烤面包片上食用。

Welsh Rarebit I

1 tablespoon butter
1 teaspoon corn-starch
½ cup thin cream
½ lb. soft mild cheese cut in small pieces
¼ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
Toast or zephyrettes
Melt butter, add corn-starch, and stir until well mixed, then add cream gradually, while stirring constantly, and cook two minutes. Add cheese, and stir until cheese is melted. Season, and serve on zephyrettes or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends

威尔士干酪吐司 I

一汤匙黄油

一茶匙玉米淀粉

1/2杯稀奶油

1/2磅软质淡味奶酪，切成小块 1/4茶匙盐

1/4茶匙芥末

少许辣椒粉

吐司或泽菲雷特

融化黄油，加入玉米淀粉，搅拌至充分混合，然后在不搅拌的同时逐渐加入奶油，煮两分钟。加入奶酪，搅拌至奶酪融化。调味，盛在薄脆饼或单面烤面包上，将奶酪汁浇在未烤的一面。奶酪汁的成功很大程度上取决于

upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy.

Welsh Rarebit II

1 tablespoon butter
½ lb. soft mild cheese, cut in small pieces
¼ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
⅓ to ¼ cup ale or lager beer
1 egg
Put butter in chafing-dish, and when melted, add cheese and seasonings; as cheese melts, add ale gradually, while stirring constantly; then egg slightly beaten. Serve same as Welsh Rarebit I.

Oyster Rarebit

1 cup oysters
2 tablespoons butter
½ lb. soft mild cheese, cut in small pieces
¼ teaspoon salt
Few grains cayenne
2 eggs
Clean, parboil, and drain oysters, reserving liquor; then remove and discard tough muscle. Melt butter, add cheese and seasonings; as cheese melts, add gradually oyster liquor, and eggs slightly beaten. As soon as mixture is smooth, add soft part of oysters. Serve on zephyrettes or bread toasted on one side, rarebit being poured over untoasted side.

奶酪的品质。奶酪汁应光滑细腻、呈奶油状，绝不能拉丝。

威尔士干酪吐司 II

一汤匙黄油

1/2磅软质淡味奶酪，切成小块 1/4茶匙盐

1/4茶匙芥末

少许辣椒粉

1/3至1/4杯艾尔啤酒或拉格啤酒

1个鸡蛋

将黄油放入烤盘，融化后加入奶酪和调味料；奶酪融化时逐渐加入麦芽酒，同时不断搅拌；然后加入轻轻搅打的鸡蛋。与威尔士奶酪汁同样食用。

I.

牡蛎威尔士干酪

一杯牡蛎

2汤匙黄油

1/2磅软质淡味奶酪，切成小块 1/4茶匙盐

少许辣椒粉

2个鸡蛋

清洗、煮至半熟并沥干牡蛎，保留汁液；然后去除并丢弃坚韧的肌肉。融化黄油，加入奶酪和调味料；奶酪融化时逐渐加入牡蛎汁和轻轻搅打的鸡蛋。混合物光滑后加入牡蛎的软部分。盛在薄脆饼或单面烤面包上，将奶酪汁浇在未烤的一面。

Tomato Rarebit

2 tablespoons butter
2 tablespoons flour
¾ cup thin cream
¾ cup stewed and strained tomatoes
⅛ teaspoon soda
2 cups finely cut cheese
2 eggs, slightly beaten
Salt
Mustard
Cayenne
Put butter in chafing-dish; when melted, add flour. Pour on, gradually, cream, and as soon as mixture thickens add tomatoes mixed with soda; then add cheese, eggs, and seasonings to taste. Serve, as soon as cheese has melted, on Graham Toast.

English Monkey

1 cup stale bread crumbs 1 cup milk 1 tablespoon butter ½ cup soft mild cheese, cut in small pieces 1 egg ½ teaspoon salt Few grains cayenne

Soak bread crumbs fifteen minutes in milk. Melt butter, add cheese, and when cheese has melted, add soaked crumbs, egg slightly beaten, and seasonings. Cook three minutes, and pour over toasted crackers which have been spread sparingly with butter.

Breaded Tongue with Tomato Sauce

番茄干酪吐司

2汤匙黄油
2汤匙面粉
3/4 杯稀奶油
3/4 杯炖煮并过滤的番茄 1/8 茶匙小苏打

两杯切碎的奶酪
2个鸡蛋，轻轻打散
盐
芥末
卡宴辣椒粉

将黄油放入烤盘；融化后加入面粉。逐渐倒入奶油，混合物浓稠后加入与小苏打混合的番茄；然后加入奶酪、鸡蛋和调味料调味。奶酪融化后立即盛在全麦吐司上食用。

英式猴头奶酪

1杯陈面包屑 1杯牛奶 1汤匙黄油 1/2杯切成小块的软淡奶酪 1个鸡蛋 1/2茶匙盐少许辣椒粉

将面包屑在牛奶中浸泡十五分钟。融化黄油，加入奶酪，奶酪融化后加入浸泡过的面包屑、轻轻搅打的鸡蛋和调味料。煮三分钟，浇在涂有少量黄油的烤饼干上。

番茄酱汁裹面包屑牛舌

Cut cold boiled corned tongue in slices one-third inch thick. Sprinkle with salt and pepper, dip in egg and crumbs, and sauté in butter. Serve with Tomato Sauce I.

将冷的煮咸牛舌切成三分之一英寸厚的片。撒上盐和胡椒，蘸鸡蛋和面包屑，用黄油煎。配番茄酱汁I食用。

Scotch Woodcock

4 “hard-boiled” eggs
3 tablespoons butter
1½ tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains cayenne
Anchovy essence
Make a thin white sauce of butter, flour, milk, and seasonings; add eggs finely chopped, and season with Anchovy essence. Serve same as Welsh Rarebit I.

苏格兰式炒蛋

4个“煮老”的鸡蛋
3汤匙黄油
11/2汤匙面粉
一杯牛奶
1/4茶匙盐
少许辣椒粉
凤尾鱼精
用黄油、面粉、牛奶和调味料制成稀白酱汁；加入切碎的鸡蛋，并用鲽鱼精调味。与威尔士干酪吐司 I 同样方式上桌。

Shredded Ham with Currant Jelly Sauce

½ tablespoon butter
⅓ cup currant jelly
Few grains cayenne
¼ cup Sherry wine
1 cup cold cooked ham, cut in small strips
Put butter and currant jelly into the chafing-dish. As soon as melted, add cayenne, wine, and ham; simmer five minutes.

红醋栗果冻酱手撕火腿

1/2 汤匙黄油
1/3杯红醋栗果冻
少许辣椒粉
1/4 杯雪利酒
一杯冷熟火腿，切成小条
将黄油和红醋栗果冻放入暖锅。融化后立即加入卡宴辣椒粉、葡萄酒和火腿；炖煮五分钟。

Venison Cutlets with Apples

Wipe, core, and cut four apples in one-fourth inch slices. Sprinkle with powdered sugar, and add one-third cup Port wine; cover, and

苹果配鹿肉排

将四个苹果擦拭干净，去核，切成四分之一英寸厚的片。撒上糖粉，加入三分之一杯波特酒；盖上盖子，

let stand thirty minutes. Drain, and sauté in butter. Cut a slice of venison one-half inch thick in cutlets. Sprinkle with salt and pepper, and cook three or four minutes in a hot chafing-dish, using just enough butter to prevent sticking. Remove from dish; then melt three tablespoons butter, add wine drained from apples, and twelve candied cherries cut in halves. Reheat cutlets in sauce, and serve with apples.

静置三十分钟。沥干，用黄油煎炒。将一片半英寸厚的鹿肉切成肉排。撒上盐和胡椒，在热暖锅中烹制三至四分钟，仅用足够的黄油防止粘连。从锅中取出；然后融化三汤匙黄油，加入从苹果中沥出的葡萄酒和十二颗切成两半的糖渍樱桃。将肉排放回酱汁中重新加热，与苹果一同上桌。

Mutton with Currant Jelly Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains pepper
1 cup Brown Stock
⅓ cup currant jelly
1½ tablespoons Sherry wine
6 slices cold cooked mutton
Brown the butter, add flour, seasonings, and stock, gradually; then add jelly, and when melted, add mutton. When meat is heated, add wine. If mutton gravy is at hand, use instead of making a Brown Sauce.

羊肉配醋栗果冻酱

2汤匙黄油
2汤匙面粉
1/4茶匙盐
少许胡椒
一杯棕色高汤
1/3杯红醋栗果冻
11/2 汤匙雪利酒
6片冷熟羊肉
将黄油煎至棕色，逐渐加入面粉、调味料和高汤；然后加入果冻，融化后加入羊肉。肉热透后加入葡萄酒。如果手边有羊肉肉汁，可用其代替制作棕色酱汁。

Minced Mutton

2 cups chopped cooked mutton
Yolks 6 “hard-boiled” eggs
¾ teaspoon mixed mustard
Salt
Cayenne
1 cup of cream

碎羊肉

2杯切碎的热羊肉 6个“煮老”鸡蛋的
蛋黄 3/4茶匙混合芥末盐

卡宴辣椒粉

一杯奶油

¼ cup wine
Mash the yolks, and season with mustard, salt, and cayenne. Add cream and mutton. When thoroughly heated add wine. Serve on toast.

Devilled Bones

2 tablespoons butter
1 tablespoon Chili Sauce
1 tablespoon Worcestershire Sauce
1 tablespoon Walnut Catsup
1 teaspoon made mustard
Few grains cayenne
Drumsticks, second joints, and wings of a cooked chicken
Salt
Pepper
Flour
Cup hot stock
Finely chopped parsley
Melt butter, and add Chili Sauce, Worcestershire Sauce, Walnut Catsup, mustard, and cayenne. Cut four small gashes in each piece of chicken. Sprinkle with salt and pepper, dredge with flour, and cook in the seasoned butter until well browned. Pour on stock, simmer five minutes, and sprinkle with chopped parsley.

Devilled Almonds

2 ozs. blanched and shredded almonds
Butter
1 tablespoon Chutney

1/4杯葡萄酒
将蛋黄捣碎，用芥末、盐和卡宴辣椒粉调味。加入奶油和羊肉。充分加热后加入葡萄酒。盛在吐司上上桌。

魔鬼骨

2汤匙黄油
1汤匙辣椒酱
1汤匙伍斯特郡酱
1汤匙核桃番茄酱
一茶匙芥末酱
少许辣椒粉
鸡腿、第二节关节和鸡翅(熟鸡)盐

胡椒
面粉
一杯热高汤
切碎的欧芹
融化黄油，加入辣椒酱、伍斯特酱、核桃番茄酱、芥末和卡宴辣椒粉。在每块鸡肉上划四道小口。撒上盐和胡椒，裹上面粉，在调味黄油中烹至充分呈棕色。倒入高汤，炖煮五分钟，撒上切碎的欧芹。

魔鬼杏仁

2盎司去皮切丝的杏仁黄油

一汤匙酸辣酱

2 tablespoons chopped pickles
1 tablespoon Worcestershire Sauce
¼ teaspoon salt
Few grains cayenne
Fry almonds until well browned, using enough butter to prevent almonds from burning. Mix remaining ingredients, pour over nuts, and serve as soon as thoroughly heated. Serve with oysters.

Devilled Chestnuts

Shell one cup chestnuts, cut in thin slices, and fry until well browned, using enough butter to prevent chestnuts from burning. Season with Tabasco Sauce or few grains paprika.

Fruit Canapés

Make German Toast in circular pieces, cover with stewed prunes, figs, or jam. Serve with Cream Sauce I.

Peach Canapés

Sauté circular pieces of sponge cake in butter until delicately browned. Drain canned peaches, sprinkle with powdered sugar, few drops lemon juice, and slight grating nutmeg. Melt one tablespoon butter, add peaches, and when heated, serve on cake.

Fig Cups

½ lb. washed figs
Chopped salted almonds
2 tablespoons sugar
1 teaspoon lemon juice
½ cup wine

两汤匙切碎的泡菜
1汤匙伍斯特郡酱汁 1/4茶匙盐

少许辣椒粉

用足够的黄油防止杏仁烧焦，将杏仁炸至充分呈棕色。混合其余配料，浇在坚果上，充分加热后立即上桌。与牡蛎一同上桌。

魔鬼栗子

将一杯栗子去壳，切成薄片，用足够的黄油防止栗子烧焦，炸至充分呈棕色。用塔巴斯科酱或少许红椒粉调味。

水果开胃小点

将德式吐司做成圆形，覆盖炖李子、无花果或果酱。配奶油酱汁 I 上桌。

桃子开胃小点

将圆形海绵蛋糕片用黄油煎至微微呈棕色。将罐装桃子沥干，撒上糖粉、几滴柠檬汁和少许磨碎的肉豆蔻。融化一汤匙黄油，加入桃子，加热后盛在蛋糕上上桌。

图杯

1/2磅洗净的无花果

切碎的咸杏仁 2汤匙糖

1茶匙柠檬汁 1/2杯葡萄酒

Stuff figs with almonds. Put sugar, lemon juice, and wine in chafing-dish; when heated, add figs, cover, and cook until figs are tender, turning and basting often. Serve with Lady Fingers.

将杏仁填入无花果中。将糖、柠檬汁和葡萄酒放入暖锅；加热后加入无花果，盖上盖子，烹至无花果变软，经常翻动并浇淋汤汁。配手指饼干上桌。

CHAPTER XXXVI
FRUITS: FRESH, PRESERVED, AND CANNED

第三十六章
水果：新鲜、保存和罐装

Fruits are usually at their best when served ripe and in season; however, a few cannot be taken in their raw state, and still others are rendered more easy of digestion by cooking. The methods employed are stewing and baking. Fruit should be cooked in earthen or granite ware utensils, and silver or wooden spoons should be employed for stirring. It must be remembered that all fruits contain one or more acids, and when exposed to air and brought in contact with an iron or tin surface, a poisonous compound may be formed.

水果通常在成熟且当季时食用最佳；然而，少数水果不能生食，还有一些水果经烹调后更易消化。所采用的做法是炖煮和烘烤。水果应使用陶器或花岗岩器皿烹制，并应使用银勺或木勺搅拌。必须记住，所有水果都含有一种或多种酸，当暴露于空气中并与铁或锡表面接触时，可能形成有毒化合物。

How to Prepare Strawberries for Serving

如何准备上桌的草莓

1. Pick over strawberries, place in colander, pour over cold water, drain thoroughly, hull, and turn into dish. Serve with powdered sugar and cream.

1. 挑选草莓，放入漏勺，浇上冷水，彻底沥干，去蒂，倒入盘中。配糖粉和奶油上桌。

2. Pick over selected strawberries, place in colander, pour over cold water, and drain thoroughly. Press powdered sugar into cordial glasses. Remove from glasses on centres of fruit plates. Arrange twelve berries around each mound of sugar. Berries served in this way should not be hulled.

2. 挑选上等草莓，放入漏勺，浇上冷水，彻底沥干。将糖粉压入甜酒杯中。从杯中取出放在水果盘中央。在每个糖堆周围摆放十二颗草莓。以这种方式上桌的草莓不应去蒂。

How to Prepare Cantaloupes and Muskmelons for

如何准备哈密瓜和麝香瓜以供

Serving

Cantaloupes and muskmelons should be very ripe and thoroughly chilled in ice box before being prepared for serving. Wipe melons, —if small, cut in halves lengthwise; if larger, cut in sections, and remove seeds and stringy portion. If one-half is served as a portion, put in cavity one tablespoon crushed ice. Serve with salt or powdered sugar.

How to Prepare Grapes for Serving

Put bunches in colander and pour over cold water, drain, chill, and arrange on serving dish. Imperfect grapes, as well as those under-ripe or over-ripe, should be removed. Garnish with grape leaves, if at hand.

Ways of Preparing Oranges for Serving

1. Wipe orange and cut in halves crosswise. Place one-half on a fruit plate, having an orange spoon or teaspoon on plate at right of fruit.

2. Peel an orange and remove as much of the white portion as possible. Remove pulp by sections, which may be accomplished by using a sharp knife and cutting pulp from tough portion first on one side of section, then on the other. Should there be any white portion of skin remaining on pulp it should be cut off. Arrange sections on glass dish or fruit plate. If the orange is a seeded one, remove seeds.

3. Remove peel from an orange in such a way that there remains a one-half inch band of peel equal distance from stem and blossom

上桌

哈密瓜和甜瓜应非常成熟，并在上桌前于冰箱中充分冷藏。擦拭瓜面--如果瓜小，纵向切成两半；如果较大，切成块状，去除瓜籽和纤维部分。如果以半个作为一份，在空腔中放入一汤匙碎冰。配盐或糖粉上桌。

如何准备上桌的葡萄

将串放入漏勺，浇上冷水，沥干，冷藏，摆放在上菜盘中。应去除有瑕疵的葡萄以及未熟或过熟的葡萄。如手边有葡萄叶，可用其装饰。

橙子上桌的几种准备方式

1. 擦拭橙子，横切成两半。将一半放在水果盘上，盘右侧放一把橙子勺或茶匙。

2. 将橙子去皮，尽可能去除白色部分。将果肉分瓣取出，可用锋利的刀先在瓣的一侧切下果肉，再在另一侧切下。如果果肉上残留白色果皮，应将其切掉。将橙瓣摆放在玻璃盘或水果盘中。如果橙子有籽，去除橙籽。

3. 去除橙子果皮，在距果蒂和花端等距处保留半英寸宽的果皮带

end. Cut band, separate sections, and arrange around a mould of sugar.

结束。切开带状部分，分离各段，并围绕糖模排列。

How to Prepare Grape Fruit for Serving

Wipe grape fruit and cut in halves crosswise. With a small, sharp-pointed knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections. Remove tough portion in one piece, which may be accomplished by one cutting with scissors at stem or blossom end close to skin. Sprinkle fruit pulp left in grape fruit skin generously with sugar. Let stand ten minutes, and serve very cold. Place on fruit plate and garnish with a candied cherry.

如何准备供食用的葡萄柚

将葡萄柚擦拭干净，横向切成两半。用小而尖的刀沿整个圆周切开，使果肉与果皮分离；然后切开，使果肉与将果实分隔成瓣的坚韧部分分离。将坚韧部分整块去除，可用剪刀在果梗端或花端靠近果皮处剪一刀即可完成。在留在葡萄柚皮中的果肉上慷慨地撒上糖。静置十分钟，冷藏后食用。放在水果盘上，用一颗糖渍樱桃装饰。

Grape Fruit with Sherry

Prepare grape fruit for serving, add to each portion one tablespoon Sherry wine, and let stand one hour in ice box or cold place.

雪利酒葡萄柚

将葡萄柚准备好上桌，每份加入一汤匙雪利酒，在冰箱或阴凉处静置一小时。

Grape Fruit with Apricot Brandy

Prepare grape fruit for serving and add to each portion one-half tablespoon apricot brandy.

葡萄柚配杏子白兰地

将葡萄柚准备好上桌，每份加入半汤匙杏子白兰地。

Grape Fruit with Sloe Gin

Prepare grape fruit for serving and add to each portion one-half tablespoon sloe gin.

葡萄柚配黑刺李金酒

将葡萄柚准备好上桌，每份加入半汤匙黑刺李金酒。

Fruit Cocktail

Remove pulp from grape fruit, and mix with shredded pineapple,

水果鸡尾酒

去除葡萄柚的果肉，与菠萝丝混合，

bananas cut in slices and slices cut in quarters, and strawberries cut in halves, using half as much pineapple and banana as grape fruit, and allowing four strawberries to each serve. There should be two cups fruit. Pour over a dressing made of one-third cup Sherry wine, three tablespoons apricot brandy, one-half cup sugar, and a few grains salt. Chill thoroughly, serve in double cocktail glasses, and garnish with candied cherries and leaves.

香蕉切片，再将片切成四份，草莓切成两半，菠萝和香蕉的用量为葡萄柚的一半，每份配四颗草莓。应有两大杯水果。浇上由三分之一杯雪利酒、三汤匙杏子白兰地、半杯糖和少许盐制成的调味汁。充分冷藏，盛入双层鸡尾酒杯中，用糖渍樱桃和叶子装饰。

Baked Apples

Wipe and core sour apples. Put in a baking-dish, and fill cavities with sugar and spice. Allow one-half cup sugar and one-fourth teaspoon cinnamon or nutmeg to eight apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

烤苹果

将酸苹果擦拭干净并去核。放入烤盘，在空腔中填入糖和香料。八个苹果用半杯糖和四分之一茶匙肉桂或肉豆蔻。若用肉豆蔻，每个苹果加几滴柠檬汁和少许柠檬皮磨末更佳。在烤盘底部注入沸水，放入热烤箱中烤至软烂，经常用盘中的糖浆浇淋。趁热或放凉后配奶油食用。许多人喜欢在烤之前将苹果削皮。若如此，应先去核再削皮，以使果形保持完整。秋天苹果最佳时节，不必加香料，因其风味已无可挑剔；但临近春天苹果变得有些寡淡，加香料则可改善。

Baked Sweet Apples

Wipe and core eight sweet apples. Put in a baking-dish, and fill cavities with sugar, allowing one-third cup, or sweeten with molasses. Add two-thirds cup boiling water. Cover, and bake three hours in a slow oven, adding more water if necessary.

烤甜苹果

将八个甜苹果擦净并去核。放入烤盘，在空腔中填入糖，约需三分之一杯，或用糖蜜增甜。加入三分之二杯沸水。盖上盖子，在慢烤箱中烤三小时，必要时添加更多的水。

Apple Sauce

苹果酱

Wipe, quarter, core, and pare eight sour apples. Make a syrup by boiling seven minutes one cup sugar and one cup water with thin shaving from rind of a lemon. Remove lemon, add enough apples to cover bottom of saucepan, watch carefully during cooking, and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

将八个酸苹果擦净、切成四份、去核并削皮。用一杯糖和一杯水加柠檬皮薄片煮沸七分钟制成糖浆。取出柠檬，加入足够的苹果覆盖锅底，烹饪过程中仔细观察，一软即取出。继续直至全部煮完。将剩余的糖浆滤在苹果上。

Spiced Apple Sauce

Wipe, quarter, core, and pare eight sour apples. Put in a saucepan, sprinkle with one cup sugar, add eight cloves, and enough water to prevent apples from burning. Cook to a mush, stirring occasionally.

香料苹果酱

将八个酸苹果擦净、切成四份、去核并削皮。放入锅中，撒上一杯糖，加入八颗丁香和足够的水以防苹果烧焦。煮成糊状，偶尔搅拌。

Apple Ginger

Wipe, quarter, core, pare, and chop sour apples; there should be two and one-half pounds. Put in a stewpan and add one and one-half pounds light brown sugar, juice and rind of one and one-half lemons, one-half ounce ginger root, a few grains salt, and enough water to prevent apples from burning. Cover, and cook slowly four hours, adding water as necessary. Apple Ginger may be kept for several weeks.

苹果姜汁

将酸苹果擦净、切成四份、去核、削皮并切碎；应有二点五磅。放入炖锅中，加入一点五磅浅棕色糖、一点五个柠檬的汁和皮、半盎司姜根、少许盐以及足够的水以防苹果烧焦。盖上盖子，慢煮四小时，必要时加水。苹果姜可保存数周。

Apple Porcupine

Make a syrup by boiling eight minutes one and one-half cups sugar and one and one-half cups water. Wipe, core, and pare eight apples. Put apples in syrup as soon as pared, that they may not discolor. Cook until soft, occasionally skimming syrup during cooking. Apples cook better covered with the syrup; therefore it is better to use a deep saucepan and have two cookings. Drain

苹果豪猪

用一点五杯糖和一点五杯水煮沸八分钟制成糖浆。将八个苹果擦净、去核并削皮。削皮后立即将苹果放入糖浆中，以免变色。煮至软烂，烹饪过程中偶尔撇去糖浆浮沫。苹果用糖浆覆盖煮效果更好；因此最好使用深锅并分两次煮。沥干

apples from syrup, cool, fill cavities with jelly, marmalade, or preserved fruit, and stick apples with almonds blanched and split in halves lengthwise. Serve with Cream Sauce I.

将苹果从糖浆中取出，冷却，在空腔中填入果冻、果酱或蜜饯水果，并将纵向剖开的焯过水的杏仁插入苹果中。配奶油酱汁一一起食用。

Baked Bananas I

Remove skins from six bananas and cut in halves lengthwise. Put in a shallow granite pan or on an old platter. Mix two tablespoons melted butter, one-third cup sugar, and two tablespoons lemon juice. Baste bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

烤香蕉一

将六根香蕉去皮并纵向切成两半。放入浅花岗岩盘或旧浅盘中。混合两汤匙融化的黄油、三分之一杯糖和两汤匙柠檬汁。用一半的混合物浇淋香蕉。在慢烤箱中烤二十分钟，烤制过程中用剩余的混合物浇淋。

Baked Bananas II

Arrange bananas in a shallow pan, cover, and bake until skins become very dark in color. Remove from skins, and serve hot sprinkled with sugar.

烤香蕉 II

将香蕉摆入浅盘中，盖上盖子，烤至表皮颜色变得很深。去皮，趁热撒上糖食用。

Sautéd Bananas

Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour, and sauté in clarified butter. Drain, and sprinkle with powdered sugar.

煎香蕉

将香蕉去皮，纵向切成两半，再横向切成两半。撒上面粉，在澄清黄油中煎。沥干，撒上糖粉。

Baked Peaches

Peel, cut in halves, and remove stones from six peaches. Place in a shallow granite pan. Fill each cavity with one teaspoon sugar, one-half teaspoon butter, few drops lemon juice, and a slight grating nutmeg. Cook twenty minutes, and serve on circular pieces of buttered dry toast.

烤桃子

将六个桃子去皮，切成两半，去核。放入浅花岗岩盘中。在每个空腔中填入一茶匙糖、半茶匙黄油、几滴柠檬汁和少许磨碎的肉豆蔻。煮二十分钟，放在圆形涂黄油的干吐司上食用。

Baked Pears

Wipe, quarter, and core pears. Put in a deep pudding-dish, sprinkle with sugar or add a small quantity of molasses, then add water to prevent pears from burning. Cover, and cook two or three hours in a very slow oven. Small pears may be baked whole. Seckel pears are delicious when baked.

Baked Quinces

Wipe, quarter, core, and pare eight quinces. Put in a baking dish, sprinkle with three-fourths cup sugar, add one and one-half cups water, cover, and cook until soft in a slow oven. Quinces require a long time for cooking.

Cranberry Sauce

Pick over and wash three cups cranberries. Put in a stewpan, add one and one-fourth cups sugar and one cup boiling water. Cover, and boil ten minutes. Care must be taken that they do not boil over. Skim and cool.

Cranberry Jelly

Pick over and wash four cups cranberries. Put in a stewpan with one cup boiling water, and boil twenty minutes. Rub through a sieve, add two cups sugar, and cook five minutes. Turn into a mould or glasses.

Stewed Prunes

Wash and pick over prunes. Put in a saucepan, cover with cold

烤梨

将梨擦净、切成四份并去核。放入深布丁盘中，撒上糖或加入少量糖蜜，然后加水以防梨烧焦。盖上盖子，在极慢的烤箱中烤两到三小时。小梨可以整个烤制。西克尔梨烤制后非常美味。

烤榲桲

将八个榲桲擦净、切成四份、去核并削皮。放入烤盘中，撒上四分之三杯糖，加入一点五杯水，盖上盖子，在慢烤箱中煮至软烂。榲桲需要很长时间烹饪。

越橘酱

挑选并清洗三杯蔓越莓。放入炖锅中，加入一点二五杯糖和一杯沸水。盖上盖子，煮十分钟。必须注意不要煮溢。撇去浮沫并冷却。

蔓越莓果冻

挑选并清洗四杯蔓越莓。放入炖锅中加一杯沸水，煮二十分钟。通过筛子擦碎，加入两杯糖，煮五分钟。倒入模具或玻璃杯中。

炖西梅

将西梅洗净并挑拣。放入炖锅中，倒入冷水没过。

water, and soak two hours; then cook until soft in same water. When nearly cooked, add sugar or molasses to sweeten. Many prefer the addition of a small quantity of lemon juice.

水，浸泡两小时；然后在同一水中煮至软烂。快煮好时，加入糖或糖蜜增甜。许多人喜欢加入少量柠檬汁。

Rhubarb Sauce

Peel and cut rhubarb in one-inch pieces. Put in a saucepan, sprinkle generously with sugar, and add enough water to prevent rhubarb from burning. Rhubarb contains such a large percentage of water that but little additional water is needed. Cook until soft. If rhubarb is covered with boiling water, allowed to stand five minutes, then drained and cooked, less sugar will be required. Rhubarb is sometimes baked in an earthen pudding-dish. If baked slowly for a long time it has a rich red color.

大黄酱

将大黄去皮并切成英寸长的段。放入锅中，慷慨地撒上糖，加入足够的水以防大黄烧焦。大黄含水量很大，几乎不需要额外加水。煮至软烂。如果将大黄覆盖以沸水，静置五分钟，然后沥干并烹饪，所需的糖会更少。大黄有时在陶制布丁盘中烤制。如果长时间慢烤，它会呈现浓郁红色。

JELLIES

Jellies are made of cooked fruit juice and sugar, in nearly all cases the proportions being equal. Where failures occur, they may usually be traced to the use of too ripe fruit.

果冻

果冻由煮熟的果汁和糖制成，几乎所有情况下比例相等。如果失败，通常可以追溯到使用了过熟的水果。

To Prepare Glasses for Jelly. Wash glasses and put in a kettle of cold water; place on range, and heat water gradually to boiling-point. Remove glasses, and drain. Place glasses while filling on a cloth wrung out of hot water.

准备果冻玻璃杯。清洗玻璃杯，放入一锅冷水中；置于炉上，逐渐将水加热至沸点。取出玻璃杯，沥干。灌装时将玻璃杯放在用热水拧干的布上。

To Cover Jelly Glasses. Cut letter paper in circular pieces just to fit in top of glasses. Dip in brandy, and cover jelly. Put on tin covers or circular pieces of paper cut larger than the glasses, and fastened securely over the edge with mucilage. Some prefer to cover jelly with melted paraffine then to adjust covers.

覆盖果冻玻璃杯。将信纸剪成恰好能放入玻璃杯顶部的圆形片。蘸上白兰地，覆盖果冻。盖上锡盖或剪得比玻璃杯大的圆形纸片，并用胶水牢固地固定在边缘上。有些人喜欢用融化的石蜡覆盖果冻，然后调整盖子。

To Make a Jelly Bag. Fold two opposite corners of a piece of

制作果冻袋。将一块布的两个对角折叠

cotton and wool flannel three-fourths yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape, and furnish with two or three heavy loops by which it may be hung.

棉和羊毛法兰绒长四分之三码。缝成丰裕角状，末端呈圆形。将接缝折倒缝合以更牢固。用带子包边顶部，并配备两到三个重型环以便悬挂。

Apple Jelly

苹果果冻

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; mash, and drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheese-cloth or a jelly bag. Boil twenty minutes, and add an equal quantity of heated sugar; boil five minutes, skim, and turn in glasses. Put in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place. Porter apples make a delicious flavored jelly. If apples are pared, a much lighter jelly may be made. Gravenstein apples make a very spicy jelly.

将苹果擦拭干净，去除果梗和花萼端，切成四块。放入花岗岩或搪瓷衬里的保藏锅中，加入冷水至几乎没过苹果。加盖，慢火煮至苹果软烂；捣碎，用粗筛过滤。避免挤压苹果，否则会使果冻浑浊。然后让汁液通过双层奶酪布或果冻袋滴滤。煮沸二十分钟，加入等量加热过的糖；煮沸五分钟，撇去浮沫，装入玻璃杯中。放在阳光充足的窗边静置二十四小时。加盖，存放于阴凉干燥处。波特苹果制成的果冻风味极佳。若将苹果削皮，可制得更浅色的果冻。格拉文施泰因苹果制成的果冻香味浓郁。

To Heat Sugar. Put in a granite dish, place in oven, leaving oven door ajar, and stir occasionally.

加热糖。放入花岗岩盘中，置于烤箱中，烤箱门半开，偶尔搅拌。

Quince Jelly

榲桲果冻

Follow recipe for Apple Jelly, using quinces in place of apples, and removing seeds from fruit. Quince parings are often used for jelly, the better part of the fruit being used for canning.

按照苹果果冻的食谱，用榲桲代替苹果，并去除水果的种子。榲桲皮常用于制作果冻，水果的较好部分用于罐藏。

Crab Apple Jelly

海棠果冻

Follow recipe for Apple Jelly, leaving apples whole instead of cutting in quarters.

按照苹果果冻的食谱，苹果保持完整而不切成四份。

Currant Jelly

醋栗果冻

Currants are in the best condition for making jelly between June twenty-eighth and July third, and should not be picked directly after a rain. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable, and make a lighter colored jelly.

醋栗在六月二十八日至七月三日之间处于制作果冻的最佳状态，不应在雨后直接采摘。樱桃醋栗制作最好的果冻。等比例的红醋栗和白醋栗被认为是理想的，能制作颜色较浅的果冻。

Pick over currants, but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currants look white. Strain through a course strainer, then allow juice to drop through a double thickness of cheese-cloth or a jelly bag. Measure, bring to boiling-point, and boil five minutes; add unequal measure of heated sugar, boil three minutes, skim, and pour into glasses. Place in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place.

挑拣红醋栗，但不要去除果梗；洗净沥干。在保藏锅底部用木制马铃薯捣碎器捣碎少量浆果；如此继续直至用完所有浆果。慢火煮至红醋栗变白。用粗筛过滤，然后让汁液通过双层奶酪布或果冻袋滴滤。量取汁液，煮沸，煮五分钟；加入等量加热过的糖，煮三分钟，撇去浮沫，倒入玻璃杯中。放在阳光充足的窗边静置二十四小时。加盖，存放于阴凉干燥处。

Currant and Raspberry Jelly

醋栗与覆盆子果冻

Follow recipe for Currant Jelly, using equal parts of currants and raspberries.

按照醋栗果冻的食谱制作，使用等量的醋栗和覆盆子。

Blackberry Jelly

黑莓果冻

Follow recipe for Currant Jelly, using blackberries in place of currants.

按照醋栗果冻的食谱制作，用黑莓代替醋栗。

Raspberry Jelly

Follow recipe for Currant Jelly, using raspberries in place of currants. Raspberry Jelly is the most critical to make, and should not be attempted if fruit is thoroughly ripe, or if it has been long picked.

Barberry Jelly

Barberry Jelly is firmer and of better color if made from fruit picked before the frost comes, while some of the berries are still green. Make same as Currant Jelly, allowing one cup water to one peck barberries.

Grape Jelly

Grapes should be picked over, washed, and stems removed before putting into a preserving kettle. Heat to boiling-point, mash, and boil thirty minutes; then proceed as for Currant Jelly. Wild grapes make the best jelly.

Green Grape Jelly

Grapes should be picked when just beginning to turn. Make same as Grape Jelly.

Venison Jelly

1 peck wild grapes

1 quart vinegar

覆盆子果冻

按照醋栗果冻的食谱，用覆盆子代替醋栗。覆盆子果冻最难制作，如果水果完全成熟或采摘已久，则不应尝试。

伏牛花果冻

如果用小檗果实在霜降之前采摘，且一些浆果仍然绿色时制作，小檗果冻会更坚实且颜色更好。制作方法与醋栗果冻相同，每一配克小檗果实加一杯水。

葡萄果冻

葡萄应挑选、清洗并在放入保藏锅之前去除果梗。加热至沸点，捣碎，煮三十分钟；然后按照醋栗果冻的方法操作。野葡萄制作最好的果冻。

绿葡萄果冻

葡萄刚开始变色时即应采摘。制法与葡萄果冻相同。

鹿肉冻

1配克野生葡萄

一夸脱醋

Whole cloves ¼ cup each

Stick cinnamon

6 pounds sugar

Put first four ingredients into a preserving kettle, heat slowly to the boiling-point, and cook until grapes are soft. Strain through a double thickness of cheese-cloth or a jelly bag, and boil liquid twenty minutes; then add sugar heated, and boil five minutes. Turn into glasses.

Damson Jelly

Wipe and pick over damsons; then prick several times with a large pin. Make same as Currant Jelly, using three-fourths as much sugar as fruit juice.

JAMS

Raspberries and blackberries are the fruits most often employed for making jams, and require equal weight of sugar and fruit.

Raspberry Jam

Pick over raspberries. Mash a few in the bottom of a preserving kettle, using a wooden potato masher, and so continue until the fruit is used. Heat slowly to boiling-point, and add gradually an equal quantity of heated sugar. Cook slowly forty-five minutes. Put in a stone jar or tumblers.

Blackberry Jam

整丁香各1/4杯

肉桂棒

六磅糖

将前四种配料放入保藏锅中，慢慢加热至沸点，煮至葡萄软烂。通过双层奶酪布或果冻袋过滤，将液体煮沸二十分钟；然后加入加热的糖，煮五分钟。倒入玻璃杯中。

达姆森李子果冻

将西洋李擦净并挑选；然后用大针扎几次。制作方法与醋栗果冻相同，糖的用量为果汁的四分之三。

果酱

覆盆子和黑莓是最常用于制作果酱的水果，需要与水果等重的糖。

覆盆子果酱

挑选覆盆子。用木制马铃薯捣碎器在保藏锅底部捣碎几颗，如此继续直至用完水果。缓慢加热至沸点，逐渐加入等量的加热糖。缓慢煮四十五分钟。装入石罐或玻璃杯中。

黑莓果酱

Follow recipe for Raspberry Jam, using blackberries in place of raspberries.

按照覆盆子果酱的食谱制作，用黑莓代替覆盆子。

MARMALADES

Marmalades are made of the pulp and juice of fruits with sugar.

橘子果酱

果酱由水果的果肉和果汁加糖制成。

Grape Marmalade

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling-point, and cook slowly until seeds separate from pulp; then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar, and cook slowly thirty minutes, occasionally stirring to prevent burning. Put in a stone jar or tumblers.

葡萄果酱

挑选、清洗、沥干并去除葡萄的梗。将果肉与果皮分离。将果肉放入保藏锅。加热至沸点，缓慢煮至种子与果肉分离；然后用马尾筛擦滤。与果皮一起放回锅中，加入等量的糖，缓慢煮三十分钟，偶尔搅拌以防烧焦。装入石罐或玻璃杯中。

Quince Marmalade

Wipe quinces, remove blossom ends, cut in quarters, remove seeds; then cut in small pieces. Put into a preserving kettle, and add enough water to nearly cover. Cook slowly until soft. Rub through a hair sieve, and add three-fourths its measure of heated sugar. Cook slowly twenty minutes, stirring occasionally to prevent burning. Put in tumblers.

榲桲果酱

擦拭榲桲，去除花端，切成四块，去除种子；然后切成小块。放入保藏锅，加入几乎没过水果的水。缓慢煮至软烂。用马尾筛擦滤，加入其量四分之三的加热糖。缓慢煮二十分钟，偶尔搅拌以防烧焦。装入玻璃杯中。

Orange Marmalade I

Select sour, smooth-skinned oranges. Weigh oranges, and allow three-fourths their weight in cut sugar. Remove peel from oranges in quarters. Cook peel until soft in enough boiling water to cover;

橙子果酱 I

选择酸味、表皮光滑的橙子。称量橙子，准备其重量四分之三的切块糖。将橙皮切成四份去除。在足以覆盖的沸水中煮橙皮至软；

drain, remove white part from peel by scraping it with a spoon. Cut thin yellow rind in strips, using a pair of scissors. This is more quickly accomplished by cutting through two or three pieces at a time. Divide oranges in sections, remove seeds and tough part of the skin. Put into a preserving kettle and heat to boiling-point, add sugar gradually, and cook slowly one hour; add rind, and cook one hour longer. Turn into glasses.

沥干，用勺子刮去橙皮中的白色部分。用剪刀将薄黄色外皮切成条状。一次切两三片可以更快完成。将橙子分成瓣，去除种子和皮的坚韧部分。放入保藏锅加热至沸点，逐渐加入糖，缓慢煮一小时；加入外皮，再煮一小时。装入玻璃杯中。

Orange Marmalade II

橙子果酱 II

Slice nine oranges and six lemons crosswise with a sharp knife as thinly as possible, remove seeds, and put in a preserving kettle with four quarts water. Cover, and let stand thirty-six hours; then boil for two hours, add eight pounds sugar, and boil one hour longer.

用锋利的刀将九个橙子和六个柠檬横向切成尽可能薄的片，去除种子，与四夸脱水一起放入保藏锅。盖上，静置三十六小时；然后煮两小时，加入八磅糖，再煮一小时。

Utensils necessary for canning.—*Page 577.*

罐装所需器具。--第*577*页。

Canned Fruits.—*Page 579.*

罐装水果。--第*579*页。

Red Peppers being prepared for canning.—*Page 581.*

正在准备装罐的红椒。--第581页。

Pickles ready for serving (*Page 584*). Crock for keeping Pickles.

佐餐酸黄瓜(第*584*页)。存放酸黄瓜的坛子。

Orange and Rhubarb Marmalade

橙子大黄果酱

Remove peel in quarters from eight oranges and prepare as for

将八个橙子去皮切成四瓣，并按以下方法处理

Orange Marmalade. Divide oranges in sections, remove seeds and tough part of skin. Put into a preserving kettle, add five pounds rhubarb, skinned and cut in one-half inch pieces. Heat to boiling-point, and boil one-half hour; then add four pounds cut sugar and cut rind. Cook slowly two hours. Turn into glasses.

橙子果酱。将橙子分成瓣，去除种子和皮的坚韧部分。放入保藏锅，加入五磅去皮并切成半英寸块的大黄。加热至沸点，煮半小时；然后加入四磅切块糖和切好的外皮。缓慢煮两小时。装入玻璃杯中。

Quince Honey

榲桲蜜

Pare and grate five large quinces. To one pint boiling water add five pounds sugar. Stir over fire until sugar is dissolved, add quince, and cook fifteen or twenty minutes. Turn into glasses. When cold it should be about the color and consistency of honey.

削皮并擦碎五个大榲桲。在一品脱沸水中加入五磅糖。在火上搅拌至糖溶解，加入榲桲，煮十五或二十分钟。装入玻璃杯中。冷却后颜色和稠度应近似蜂蜜。

CANNING AND PRESERVING

罐藏与保存

Preserving fruit is cooking it with from three-fourths to its whole weight of sugar. By so doing, much of the natural flavor of the fruit is destroyed; therefore canning is usually preferred to preserving.

保藏水果是用其重量四分之三至全重的糖来煮水果。这样做会破坏水果的大部分天然风味；因此罐藏通常比保藏更受青睐。

Canning fruit is preserving sterilized fruit in sterilized air-tight jars, the sugar being added to give sweetness. Fruits may be canned without sugar if perfectly sterilized, that is, freed from all germ life.

罐藏水果是将消毒过的水果保存在消毒过的密封罐中，加入糖以增加甜味。如果完全消毒，即去除所有细菌生命，水果可以不加水罐藏。

Directions for Canning

装罐指南

Fruit for canning should be fresh, firm, of good quality, and not over-ripe; if over-ripe, some of the spores may survive the boiling, then fermentation will take place in a short time.

用于罐藏的水果应新鲜、坚实、品质良好且不过熟；如果过熟，一些孢子可能在煮沸后存活，然后短时间内就会发生发酵。

For canning fruit, allow one-third its weight in sugar, and two and

用于罐装水果时，糖的用量为水果重量的三分之一，以及两

one-half to three cups water to each pound of sugar. Boil sugar and water ten minutes to make a thin syrup; then cook a small quantity of the fruit at a time in the syrup; by so doing, fruit may be kept in perfect shape. Hard fruits, like pineapple and quince, are cooked in boiling water until nearly soft, then put in syrup to finish cooking. Sterilized jars are then filled with fruit, and enough syrup added to overflow jars. If there is not sufficient syrup, add boiling water, as jars must be filled to overflow. Introduce a spoon between fruit and jar, that air bubbles may rise to the top and break; then quickly put on rubbers and screw on sterilized covers. Let stand until cold, again screw covers, being sure this time that jars are air-tight. While filling jars, place them on a cloth wrung out of hot water.

每磅糖加一杯至三杯水。将糖和水煮沸十分钟制成稀糖浆；然后每次取少量水果在糖浆中煮；如此可使水果保持完美形状。坚硬的水果，如菠萝和榲桲，先在沸水中煮至将近软烂，再放入糖浆中煮完。然后将消毒过的罐子装满水果，加入足够的糖浆至溢出罐口。若糖浆不足，加沸水，因为罐子必须装满至溢出。在水果与罐壁之间插入一把勺子，使气泡升至表面破裂；然后迅速放上橡胶密封圈并拧上消毒过的盖子。静置至冷却，再次拧紧盖子，确保此次罐子密封不透气。装罐时，将罐子放在用热水拧干的布上。

To Sterilize Jars

Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling-point, remove from water, empty, and fill while hot. Put covers in hot water and let stand five minutes. Dip rubber bands in hot water, but do not allow them to stand. New rubbers should be used each season, and care must be taken that rims of covers are not bent, as jars cannot then be hermetically sealed.

给罐子消毒

清洗罐子并装满冷水。放在锅中的三脚架上，周围环绕冷水。逐渐加热至沸点，从水中取出，倒空，趁热装满。将盖子放入热水中静置五分钟。将橡胶圈浸入热水，但不要让其静置。每个季节应使用新橡胶圈，必须注意盖子边缘不要弯曲，否则罐子无法密封。

Canned Porter Apples

Wipe, quarter, core, and pare Porter apples, then weigh. Make a syrup by boiling for ten minutes one-third their weight in sugar with water, allowing two and one-half cups to each pound of sugar. Cook apples in syrup until soft, doing a few at a time. Fill

罐装波特苹果

擦拭、切成四块、去核并削皮波特苹果，然后称重。用其重量三分之一的糖与水煮十分钟制成糖浆，每磅糖用两杯半水。在糖浆中煮苹果至软，一次煮几个。装入

jars, following Directions for Canning.

Canned Peaches

Wipe peaches and put in boiling water, allowing them to stand just long enough to easily loosen skins. Remove skins and cook fruit at once, that it may not discolor, following Directions for Canning. Some prefer to pare peaches, sprinkle with sugar, and let stand over night. In morning drain, add water to fruit syrup, bring to boiling-point, and then cook fruit. Peaches may be cut in halves, or smaller pieces if desired.

Canned Pears

Wipe and pare fruit. Cook whole with stems left on, or remove stems, cut in quarters, and core. Follow Directions for Canning. A small piece of ginger root or a few slicings of lemon rind may be cooked with syrup. Bartlett pears are the best for canning.

Canned Pineapples

Remove skin and eyes from pineapples; then cut in half-inch slices, and slices in cubes, at the same time discarding the core. Follow Directions for Canning. Pineapples may be shredded and cooked in one-half their weight of sugar without water, and then put in jars. When put up in this way they are useful for the making of sherbets and fancy desserts.

Canned Quinces

装罐，遵循装罐指示。

罐装桃子

擦拭桃子并放入沸水，静置时间仅够轻松剥皮。去除皮并立即煮水果，以免变色，遵循罐藏指南。有些人喜欢削皮桃子，撒上糖，静置过夜。早上沥干，在水果糖浆中加水，加热至沸点，然后煮水果。桃子可切成两半，或根据需要切成更小的块。

罐装梨

擦拭并削皮水果。整颗带梗煮，或去梗、切成四块并去核。遵循罐藏指南。一小块姜根或几片柠檬皮可与糖浆一起煮。巴特利特梨最适合罐藏。

罐装菠萝

去除菠萝的皮和芽眼；然后切成半英寸的片，再将片切成方块，同时丢弃芯。遵循罐藏指南。菠萝可以切碎并用其重量一半的糖不加水中煮，然后装入罐中。这样装罐的菠萝可用于制作雪葩和精致甜点。

罐装榲桲

Wipe, quarter, core, and pare quinces. Follow Directions for Canning. Quinces may be cooked with an equal weight of sweet apples wiped, quartered, cored, and pared; in this case use no extra sugar for apples.

擦拭、切成四块、去核并削皮榲桲。遵循罐藏指南。榲桲可与等重的擦拭、切块、去核并削皮的甜苹果一起煮；在这种情况下，苹果不需额外加糖。

Canned Cherries

罐装樱桃

Use large white or red cherries. Wash, remove stems, then follow Directions for Canning.

使用大颗白色或红色樱桃。清洗，去除梗，然后遵循罐藏指南。

Canned Huckleberries

罐装越橘

Pick over and wash berries, then put in a preserving kettle with a small quantity of water to prevent berries from burning. Cook until soft, stirring occasionally, and put in jars. No sugar is required, but a sprinkling of salt is an agreeable addition.

挑选并清洗浆果，然后放入保藏锅，加少量水以防浆果烧焦。煮至软烂，偶尔搅拌，装入罐中。不需加糖，但撒少许盐是令人愉快的添加。

Canned Rhubarb

罐装大黄

Pare rhubarb and cut in one-inch pieces. Pack in a jar, put under cold water faucet, and let water run twenty minutes, then screw on cover. Rhubarb canned in this way has often been known to keep a year.

削皮大黄并切成一英寸的块。装入罐中，放在冷水龙头下，让水流二十分钟，然后拧上盖子。这样罐藏的大黄常可保存一年。

Canned Tomatoes

罐装番茄

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Cut in pieces and cook until thoroughly scalded; skim often during cooking. Fill jars, following directions

擦拭番茄，覆盖沸水，静置至皮可轻松去除。切成块并煮至完全烫透；煮的过程中经常撇去浮沫。装满罐子，遵循指南

given.

Damson Preserves

Wipe damsons with a piece of cheese-cloth wrung out of cold water, and prick each fruit five or six times, using a large needle; then weigh. Make a syrup by boiling three-fourths their weight in sugar with water, allowing one cup to each pound of sugar. As soon as syrup reaches boiling-point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use two kettles, that work may be more quickly done, and syrup need not cook too long a time. Put into glass or stone jars.

Strawberry Preserves

Pick over, wash, drain, and hull strawberries; then weigh. Fill glass jars with berries. Make a syrup same as for Damson Preserve, cooking the syrup fifteen minutes. Add syrup to overflow jars; let stand fifteen minutes, when fruit will have shrunk, and more fruit must be added to fill jars. Screw on covers, put on a trivet in a kettle of cold water, heat water to boiling-point, and keep just below boiling-point one hour.

Raspberries may be preserved in the same way.

Pear Chips

8 lbs. pears
4 lbs. sugar
¼ lb. Canton ginger

鉴于。

达姆森李子蜜饯

用一块在冷水中拧干的奶酪布擦拭青李子，用大针将每个果实扎五六次；然后称重。按其重量四分之三的糖加水制成糖浆，每磅糖加一杯水。糖浆一达到沸点，撇去浮沫，加入李子，每次少量，以使水果在煮制过程中更好地保持形状。煮至软烂。最好使用两个锅，以便操作更快捷，糖浆也不必煮太长时间。装入玻璃罐或石罐中。

草莓蜜饯

挑选、清洗、沥干并去蒂草莓；然后称重。将浆果装满玻璃罐。制作与达姆森果脯相同的糖浆，糖浆煮十五分钟。将糖浆加入罐中至溢出；静置十五分钟，此时水果会收缩，需加入更多水果填满罐子。拧上盖子，放在一锅冷水中的三脚架上，加热水至沸点，保持在略低于沸点一小时。

覆盆子可用同样方法保存。

梨片

8磅梨
四磅糖四分之一磅广东
姜

4 lemons
Wipe pears, remove stems, quarter, and core; then cut in small pieces. Add sugar and ginger, and let stand over night. In the morning add lemons cut in small pieces, rejecting seeds, and cook slowly three hours. Put into a stone jar.

Raspberry and Currant Preserve

6 lbs. currants
6 lbs. sugar
8 quarts raspberries
Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook one hour, strain through double thickness of cheese-cloth. Return to kettle, add sugar, heat to boiling-point, and cook slowly twenty minutes. Add one quart raspberries when syrup again reaches boiling-point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing with syrup, and screw on tops.

Brandied Peaches

1 peck peaches
Half their weight in sugar
1 quart high-proof alcohol or brandy
Remove skins from peaches, and put alternate layers of peaches and sugar in a stone jar; then add alcohol. Cover closely, having a heavy piece of cloth under cover of jar.

Tutti-Frutti

4个柠檬
擦净梨，去梗，切成四瓣并去核；然后切成小块。加入糖和姜，静置过夜。次日早晨加入切成小块的柠檬，去除籽，慢火煮三小时。装入石罐中。

覆盆子与醋栗果酱

6磅醋栗
6磅糖
八夸脱覆盆子
挑拣、清洗并沥干醋栗。放入保藏锅，每次加入少量并捣碎。煮一小时，用双层奶酪布过滤。倒回锅中，加入糖，加热至沸点，慢火煮二十分钟。待糖浆再次达到沸点时加入一夸脱覆盆子，撇出覆盆子，放入罐中，重复直至覆盆子用完。将糖浆注满罐子至溢出，拧紧盖子。

白兰地桃子

1配克桃子
其重量一半的糖
一夸脱高度酒或白兰地
去除桃子外皮，将桃子和糖交替分层放入石罐中；然后加入酒精。紧密覆盖，罐盖下垫一块厚布。

水果什锦

Put one pint brandy into a stone jar, add the various fruits as they come into market; to each quart of fruit add the same quantity of sugar, and stir the mixture each morning until all the fruit has been added. Raspberries, strawberries, apricots, peaches, cherries, and pineapples are the best to use.

将一品脱白兰地倒入石罐中，随各种水果上市逐一加入；每夸脱水果加入等量糖，每天早晨搅拌混合物，直至所有水果加完。覆盆子、草莓、杏、桃、樱桃和菠萝为最佳选择。

Canned Red Peppers

罐装红椒

Wash one peck red peppers, cut a slice from stem end of each, and remove seeds; then cut in thin strips by working around and around the peppers, using scissors or a sharp vegetable knife. Cover with boiling water, let stand two minutes, drain, and plunge into ice-water. Let stand ten minutes, again drain, and pack solidly into pint glass jars. Boil one quart vinegar and two cups sugar fifteen minutes. Pour over peppers to overflow jars, cover, and keep in a cold place.

洗净一配克红辣椒，从每个辣椒的蒂端切下一片，去除籽；然后用剪刀或锋利的蔬菜刀绕着辣椒旋转切成细条。用沸水覆盖，静置两分钟，沥干，投入冰水中。静置十分钟，再次沥干，紧密装入一品脱玻璃罐中。将一夸脱醋和两杯糖煮沸十五分钟。倒入辣椒至罐子溢出，盖好，置于阴凉处。

Preserved Melon Rind

糖渍西瓜皮

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing two teaspoons powdered alum to each quart of water. Heat gradually to boiling-point and cook slowly ten minutes. Drain, cover with ice-water, and let stand two hours; again drain, and dry between towels. Weigh, allow one pound sugar to each pound of fruit, and one cup water to each pound of sugar. Boil sugar and water ten minutes. Add melon rind, and cook until tender. Remove rind to a stone jar, and cover with syrup. Two lemons cut in slices may be cooked ten minutes in the syrup.

将成熟甜瓜的外皮削下并切成条状。浸泡在足以浸没的明矾水中，每夸脱水配两茶匙明矾粉。逐渐加热至沸点，再以小火慢煮十分钟。沥干，用冰水浸没，静置两小时；再次沥干，用毛巾吸干水分。称重，每磅果皮配一磅糖，每磅糖配一杯水。将糖和水煮沸十分钟。加入瓜皮，煮至软嫩。将瓜皮取出放入石罐，用糖浆浸没。可将两个柠檬切成薄片，在糖浆中煮十分钟。

Tomato Preserve

1 lb. yellow pear tomatoes
1 lb. sugar
2 ozs. preserved Canton ginger
2 lemons
Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Add sugar, cover, and let stand over night. In the morning pour off syrup and boil until quite thick; skim, then add tomatoes, ginger, and lemons which have been sliced and the seeds removed. Cook until tomatoes have a clarified appearance.

PICKLING

Pickling is preserving in any salt or acid liquor.

Spiced Currants

7 lbs. currants
5 lbs. brown sugar
3 tablespoons cinnamon
3 tablespoons clove
1 pint vinegar
Pick over currants, wash, drain, and remove stems. Put in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling-point, and cook slowly one and one-half hours. Store in a stone jar and keep in a cool place. Spiced currants are a delicious accompaniment to cold meat.

番茄酱

一磅黄色梨形番茄

一磅糖

2盎司罐装广东糖姜

2个柠檬

擦净番茄，用沸水覆盖，静置至外皮容易去除。加入糖，盖上，静置过夜。次日早晨倒出糖浆，煮至相当浓稠；撇去浮沫，然后加入番茄、姜和切片去籽的柠檬。煮至番茄呈现澄清的外观。

腌制

腌制是用盐液或酸液保存食物。

香料醋栗

7磅醋栗

五磅红糖

3汤匙肉桂

三汤匙丁香

1品脱醋

挑拣醋栗，清洗，沥干，去梗。放入保藏锅，加入糖、醋和用一块细布包好的香料。加热至沸点，慢火煮一个半小时。储存于石罐中，置于阴凉处。香料醋栗是冷肉的绝佳配菜。

Sweet Pickled Peaches

½ peck peaches
2 lbs. brown sugar
1 pint vinegar
1 oz. stick cinnamon
Cloves
Boil sugar, vinegar, and cinnamon twenty minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with four cloves. Put into syrup, and cook until soft, using one-half peaches at a time.

Sweet Pickled Pears

Follow recipe for Sweet Pickled Peaches, using pears in place of peaches.

Chili Sauce

12 medium-sized ripe tomatoes
1 pepper, finely chopped
1 onion, finely chopped
2 cups vinegar
3 tablespoons sugar
1 tablespoon salt
2 teaspoons clove
2 teaspoons cinnamon
2 teaspoons allspice
2 teaspoons grated nutmeg

甜腌桃

半配克桃子
两磅红糖
1品脱醋
1盎司肉桂棒
丁香
将糖、醋和肉桂煮沸二十分钟。将桃子迅速浸入热水，然后用毛巾擦去绒毛。每个桃子插四粒丁香。放入糖浆中，煮至柔软，每次使用一半桃子。

甜腌梨

按照甜腌桃的食谱制作，用梨代替桃。

辣椒酱

12个中等大小的成熟番茄
1个辣椒，切碎
1个洋葱，切碎
两杯醋
3汤匙糖
1汤匙盐
2茶匙丁香
2茶匙肉桂
两茶匙多香果
2茶匙磨碎的肉豆蔻

Peel tomatoes and slice. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling-point, and cook slowly two and one-half hours.

Ripe Tomato Pickle

3 pints tomatoes, peeled and chopped
1 cup chopped celery
4 tablespoons chopped red pepper
4 tablespoons chopped onion
4 tablespoons salt
6 tablespoons sugar
6 tablespoons mustard seed
½ teaspoon clove
½ teaspoon cinnamon
1 teaspoon grated nutmeg
2 cups vinegar
Mix ingredients in order given. Put in a stone jar and cover. This uncooked mixture must stand a week before using, but may be kept a year.

Ripe Cucumber Pickle

Cut cucumbers in halves lengthwise. Cover with alum water, allowing two teaspoons powdered alum to each quart of water. Heat gradually to boiling-point, then let stand on back of range two hours. Remove from alum water and chill in ice-water. Make a syrup by boiling five minutes two pounds sugar, one pint vinegar, with two tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook ten

番茄去皮切片。与其余配料一起放入保藏锅。逐渐加热至沸点，慢火煮两个半小时。

成熟番茄泡菜

3品脱番茄，去皮切碎
一杯切碎的芹菜
4汤匙切碎的红椒
4汤匙切碎的洋葱
4汤匙盐
6汤匙糖
6汤匙芥菜籽
1/2茶匙丁香
1/2茶匙肉桂
一茶匙磨碎的肉豆蔻
两杯醋
按给定顺序混合配料。放入石罐中并盖上。此未煮过的混合物使用前须静置一周，但可保存一年。

熟黄瓜泡菜

将黄瓜纵切成两半。用明矾水覆盖，每夸脱水加两茶匙明矾粉。逐渐加热至沸点，然后在炉灶后部静置两小时。从明矾水中取出，在冰水中冷却。将两磅糖、一品脱醋与各两汤匙整粒丁香和肉桂棒(包在一块细布中)煮沸五分钟制成糖浆。加入黄瓜煮十

minutes. Remove cucumbers to a stone jar, and pour over the syrup. Scald syrup three successive mornings, and return to cucumbers.

分钟。将黄瓜取出放入石罐，浇上糖浆。连续三个早晨烫糖浆，然后倒回黄瓜中。

Unripe Cucumber Pickles (Gherkins)

Wipe four quarts small unripe cucumbers. Put in a stone jar and add one cup salt dissolved in two quarts boiling water and let stand three days. Drain cucumbers from brine, bring brine to boiling-point, pour over cucumbers, and again let stand three days; repeat. Drain, wipe cucumbers, and pour over one gallon boiling water in which one tablespoon alum has been dissolved. Let stand six hours, then drain from alum water. Cook cucumbers ten minutes, a few at a time, in one-fourth the following mixture heated to the boiling-point and boiled ten minutes:—

1 gallon vinegar
4 red peppers
2 sticks cinnamon
2 tablespoons allspice berries
2 tablespoons cloves
Strain remaining liquor over pickles which have been put in a stone jar.

未熟黄瓜泡菜(小黄瓜)

将四夸脱小而未熟的黄瓜擦净。放入石罐中，加入一杯盐溶于两夸脱沸水中的盐水，静置三天。将黄瓜从盐水中沥出，将盐水煮沸，浇在黄瓜上，再静置三天；重复此过程。沥干，擦净黄瓜，浇上一加仑沸水(其中溶有一汤匙明矾)。静置六小时，然后从明矾水中沥出。将黄瓜分批(每次几根)在以下混合液的四分之一量中煮十分钟，先将混合液加热至沸点并煮沸十分钟：--

1加仑醋
4个红椒
2根肉桂棒
2汤匙多香果浆果
2汤匙丁香
将剩余的卤汁滤到已放入石罐中的泡菜上。

Chopped Pickles

4 quarts chopped green tomatoes
¾ cup salt
2 teaspoons pepper
3 teaspoons mustard
3 teaspoons cinnamon

切碎的腌菜

四夸脱切碎的青番茄 3/4杯盐

2茶匙胡椒
3茶匙芥末
3茶匙肉桂

3 teaspoons allspice
3 teaspoons cloves
½ cup white mustard seed
4 green peppers, sliced
2 chopped onions
2 quarts vinegar
Add salt to tomatoes, cover, let stand twenty-four hours, and drain. Add spices to vinegar, and heat to boiling-point; then add tomatoes, peppers, and onions, bring to boiling-point, and cook fifteen minutes after boiling-point is reached. Store in a stone jar and keep in a cool place.

三茶匙多香果粉
3茶匙丁香
1/2 杯白芥菜籽
4个青椒，切片
2个切碎的洋葱
两夸脱醋
向番茄加盐，盖上，静置二十四小时，沥干。向醋中加入香料，加热至沸点；然后加入番茄、辣椒和洋葱，加热至沸点，达到沸点后再煮十五分钟。储存于石罐中，置于阴凉处。

Spanish Pickles

1 peck green tomatoes, thinly sliced
4 onions, thinly sliced
1 cup salt
½ oz. cloves
½ oz. allspice berries
½ oz. peppercorns
½ cup brown mustard seed
1 lb. brown sugar
4 green peppers, finely chopped
Cider vinegar
Sprinkle alternate layers of tomatoes and onions with salt, and let stand over night. In the morning drain, and put in a preserving kettle, adding remaining ingredients, using enough vinegar to cover all. Heat gradually to boiling-point and boil one-half hour.

西班牙酸黄瓜

1配克青番茄，切成薄片
4个洋葱，切成薄片
一杯盐
1/2盎司丁香
1/2盎司多香果浆果
1/2盎司胡椒粒
1/2 杯棕色芥菜籽
一磅红糖
4个青椒，切碎
苹果醋
将番茄和洋葱交替分层撒盐，静置过夜。次日早晨沥干，放入保藏锅，加入其余配料，使用足够的醋覆盖全部。逐渐加热至沸点，煮半小时。

Chow-Chow

2 quarts small green tomatoes
12 small cucumbers
3 red peppers
1 cauliflower
2 bunches celery
1 pint small onions
2 quarts string beans
¼ lb. mustard seed
2 oz. turmeric
½ oz. allspice
½ oz. pepper
½ oz. clove
Salt
1 gallon vinegar
Prepare vegetables and cut in small pieces, cover with salt, let stand twenty-four hours, and drain. Heat vinegar and spices to boiling-point, add vegetables, and cook until soft.

Pickled Onions

Peel small white onions, cover with brine, allowing one and one-half cups salt to two quarts boiling water, and let stand two days; drain, and cover with more brine; let stand two days, and again drain. Make more brine and heat to boiling-point; put in onions and boil three minutes. Put in jars, interspersing with bits of mace, white peppercorns, cloves, bits of bay leaf, and slices of red pepper. Fill jars to overflow with vinegar scalded with sugar, allowing one cup sugar to one gallon vinegar. Cork while hot.

什锦泡菜

两夸脱小青番茄
12根小黄瓜
3个红椒
1 花椰菜
2把芹菜
一品脱小洋葱
两夸脱四季豆
1/4 磅芥菜籽
2盎司姜黄
1/2盎司多香果
1/2盎司胡椒
1/2盎司丁香
盐
1加仑醋
准备蔬菜并切成小块，用盐覆盖，静置二十四小时，沥干。将醋和香料加热至沸点，加入蔬菜，煮至柔软。

腌洋葱

将小个白洋葱剥皮，用盐水浸没，每两夸脱沸水配一杯半盐，静置两天；沥干，再用更多盐水浸没；静置两天，再次沥干。另制盐水并加热至沸点；放入洋葱煮三分钟。装入罐中，间层放入肉豆蔻衣碎块、白胡椒粒、丁香、月桂叶碎块和红辣椒片。用加糖烫过的醋将罐子灌至溢出，每一加仑醋配一杯糖。趁热封罐。

CHAPTER XXXVII
HELPFUL HINTS FOR THE YOUNG HOUSEKEEPER

To Scald Milk. Put in top of double boiler, having water boiling in under part. Cover, and let stand on top of range until milk around edge of double boiler has a bead-like appearance.

For Buttered Cracker Crumbs, allow from one-fourth to one-third cup melted butter to each cup of crumbs. Stir lightly with a fork in mixing, that crumbs may be evenly coated and light rather than compact.

To Cream Butter. Put in a bowl and work with a wooden spoon until soft and of creamy consistency. Should buttermilk exude from butter it should be poured off.

To Extract Juice from Onion. Cut a slice from root end of onion, draw back the skin, and press onion on a coarse grater, working with a rotary motion.

To Chop Parsley. Remove leaves from parsley. If parsley is wet, first dry in a towel. Gather parsley between thumb and fingers and press compactly. With a sharp vegetable knife cut through and through. Again gather in fingers and recut, so continuing until parsley is finely cut.

To Caramelize Sugar. Put in a smooth granite saucepan or omelet pan, place over hot part of range, and stir constantly until melted and of the color of maple syrup. Care must be taken to

第三十七章
给年轻管家的实用提示

烫牛奶。放入双层蒸锅的上层，下层的水保持沸腾。盖上，置于炉灶上，直至双层蒸锅边缘的牛奶呈现珠状外观。

黄油面包屑，每杯面包屑用四分之一至三分之一杯融化的黄油。混合时用叉子轻轻搅拌，使面包屑均匀裹上黄油且蓬松而非紧实。

搅打黄油。放入碗中，用木勺搅打至柔软且呈奶油状稠度。若黄油中渗出酪乳，应倒掉。

提取洋葱汁。从洋葱根部切下一片，剥开外皮，将洋葱压在粗刨丝器上，以旋转动作操作。

切碎欧芹。从欧芹上摘下叶子。若欧芹是湿的，先用毛巾擦干。将欧芹聚在拇指和手指之间，压紧。用锋利的蔬菜刀反复切。再次聚拢在手指间重新切，如此反复直至欧芹切碎。

焦化糖。放入光滑的花岗岩平底锅或煎蛋锅中，置于炉灶热处，不断搅拌至融化并呈枫糖浆的颜色。须注意

prevent sugar from adhering to sides of pan or spoon.

防止糖粘在锅边或勺上。

To Make Caramel. Continue the caramelization of sugar until syrup is quite brown and a whitish smoke arises from it. Add an equal quantity of boiling water, and simmer until of the consistency of a thick syrup. Of use in coloring soups, sauces, etc.

制作焦糖。继续焦化糖，直至糖浆呈深棕色并冒出白色烟雾。加入等量的沸水，煨至浓糖浆的稠度。用于给汤、酱汁等上色。

Acidulated Water is water to which vinegar or lemon juice is added. One tablespoon of the acid is allowed to one quart water.

酸化水是加入了醋或柠檬汁的水。每夸脱水加一汤匙酸。

To Blanch Almonds. Cover Jordan almonds with boiling water and let stand two minutes; drain, put into cold water, and rub off the skins. Dry between towels.

焯杏仁。用沸水覆盖约旦杏仁，静置两分钟；沥干，放入冷水中，搓去外皮。用毛巾擦干。

To Shred Almonds. Cut blanched almonds in thin strips lengthwise of the nut.

切杏仁丝。将焯过的杏仁沿坚果纵向切成细条。

Macaroon Dust. Dry macaroons pounded and sifted.

马卡龙碎屑。将干马卡龙捣碎并过筛。

To Shell Chestnuts. Cut a half-inch gash on flat sides and put in an omelet pan, allowing one-half teaspoon butter to each cup chestnuts. Shake over range until butter is melted. Put in oven and let stand five minutes. Remove from oven, and with a small knife take off shells. By this method shelling and blanching is accomplished at the same time, as skins adhere to shells.

去栗子壳。在扁平面上切一个半英寸的切口，放入煎蛋锅中，每杯栗子加半茶匙黄油。在炉灶上摇晃至黄油融化。放入烤箱静置五分钟。从烤箱取出，用小刀剥去外壳。此法可同时完成去壳和焯烫，因为内膜附着在壳上。

Flavoring Extracts and Wine should be added if possible to a mixture when cold. If added while mixture is hot, much of the goodness passes off with the steam.

调味香精和葡萄酒应尽可能在混合物冷却时加入。若在混合物热时加入，大部分香味会随蒸汽散失。

Meat Glaze. Four quarts stock reduced to one cup.

肉汁釉。四夸脱高汤浓缩至一杯。

Mixed Mustard. Mix two tablespoons mustard and one teaspoon sugar, add hot water gradually until of the consistency of a thick paste. Vinegar may be used in place of water.

调制芥末。混合两汤匙芥末和一茶匙糖，逐渐加入热水至浓糊状稠度。可用醋代替水。

To Prevent Salt from Lumping. Mix with corn-starch, allowing one teaspoon corn-starch to six teaspoons salt.

防止盐结块。与玉米淀粉混合，每六茶匙盐加一茶匙玉米淀粉。

To Wash Carafes. Half fill with hot soapsuds, to which is added one teaspoon washing soda. Put in newspaper torn in small pieces. Let stand one-half hour, occasionally shaking. Empty, rinse with hot water, drain, wipe outside, and let stand to dry inside.

清洗玻璃水瓶。注入半瓶热肥皂水，加入一茶匙洗涤碱。放入撕成小片的报纸。静置半小时，不时摇动。倒空，用热水冲洗，沥干，擦拭外部，静置使内部干燥。

After Broiling or Frying, if any fat has spattered on range, wipe surface at once with newspaper.

炙烤或煎炸之后，若有油脂溅到炉灶上，立即用报纸擦拭表面。

To Remove Fruit Stains. Pour boiling water over stained surface, having it fall from a distance of three feet. This is a much better way than dipping stain in and out of hot water; or wring articles out of cold water and hang out of doors on a frosty night.

去除水果渍。将沸水从三英尺高处浇在沾有污渍的表面上。这比将污渍在热水中反复浸蘸要好得多；或者将衣物从冷水中拧出，在霜冻的夜晚挂在户外。

To Remove Stains of Claret Wine. As soon as claret is spilt, cover spot with salt. Let stand a few minutes, then rinse in cold water.

去除波尔多红酒渍。红酒一旦洒出，立即用盐覆盖污处。静置几分钟，然后在冷水中漂洗。

To Clean Graniteware where mixtures have been cooked or burned on. Half fill with cold water, add washing soda, heat water gradually to boiling-point, then empty, when dish may be easily washed. Pearline or any soap-powder may be used in place of washing soda.

清洗花岗岩器皿上烹煮或烧焦的食物残渣。注入半器皿冷水，加入洗涤碱，逐渐加热至沸点，然后倒空，器皿便容易清洗。可用Pearline或任何皂粉代替洗涤碱。

To Wash Mirrors and Windows. Rub over with chamois skin wrung out of warm water, then wipe with a piece of dry chamois skin. This method saves much strength.

清洗镜子和窗户。用从温水中拧出的麂皮擦拭，然后用一块干麂皮擦净。此法省力甚多。

To Remove White Spots from Furniture. Dip a cloth in hot water nearly to boiling-point. Place over spot, remove quickly, and rub over spot with a dry cloth. Repeat if spot is not removed. Alcohol or camphor quickly applied may be used.

去除家具上的白斑。将一块布浸入近乎沸点的热水中。敷于斑处，迅速取下，用干布擦拭斑处。若斑未去除则重复。也可迅速涂抹酒精或樟脑。

Tumblers which have contained milk should be first rinsed in cold water before washing in hot water.

盛过牛奶的**玻璃杯**应先用冷水冲洗，再用热水清洗。

To keep a **Sink Drain** free from grease, pour down once a week at night one-half can Babbitt's potash dissolved in one quart water.

为使**水槽排水管**免于油污堵塞，每周夜间倒入半罐溶于一夸脱水的巴比特钾碱。

Should **Sink Drain** chance to get choked, pour into sink one-fourth pound copperas dissolved in two quarts boiling water. If this is not efficacious, repeat before sending for a plumber.

若**水槽排水管**偶然堵塞，向水槽中倒入四分之一磅溶于两夸脱沸水的绿矾。若无效，在请水管工之前重复一次。

Never put **Knives** with ivory handles in water. Hot water causes them to crack and discolor.

切勿将象牙柄**餐刀**浸入水中。热水会使其开裂变色。

To prevent **Glassware** from being easily broken, put in a kettle of cold water, heat gradually until water has reached boiling-point. Set aside; when water is cold take out glass. This is a most desirable way to toughen lamp chimneys.

为防止**玻璃器皿**轻易破碎，放入一锅冷水中，逐渐加热至水达到沸点。移开；待水冷却后取出玻璃器皿。这是使灯罩坚韧的最理想方法。

To Remove Grease Spots. Cold water and Ivory Soap will remove grease spots from cotton and woollen fabrics. Castilian Cream is useful for black woollen goods, but leaves a light ring on delicately colored goods. Ether is always sure and safe to use.

去除油渍。冷水和象牙皂可去除棉毛织物上的油渍。卡斯蒂利亚乳霜适用于黑色毛料，但会在浅色织物上留下浅色圈痕。乙醚始终可靠安全。

To Remove Iron Rust. Saturate spot with lemon juice, then cover with salt. Let stand in the sun for several hours; or a solution of hydrochloric acid may be used.

去除铁锈。用柠檬汁浸透污处，然后覆以盐。在阳光下放置数小时；也可使用盐酸溶液。

Iron Rust may be removed from delicate fabrics by covering spot thickly with cream of tartar, then twisting cloth to keep cream of tartar over spot; put in a saucepan of cold water, and heat water gradually to boiling-point.

铁锈可从精致织物上去除：用酒石酸氢钾厚厚覆盖污处，然后拧绞布料使酒石酸氢钾保持在污处；放入盛冷水的平底锅中，逐渐加热至沸点。

To Remove Grass Stains from cotton goods, wash in alcohol.

去除草渍从棉制品上，用酒精洗涤。

To Remove Ink Stains. Wash in a solution of hydrochloric acid,

去除墨水渍。在盐酸溶液中洗涤，

and rinse in ammonia water. Wet the spot with warm water, put on Sapolio, rub gently between the hands, and generally the spot will disappear.

然后在氨水中漂洗。用温水润湿污处，涂上Sapolio，在两手之间轻轻揉搓，通常污渍便会消失。

Cut Glass should be washed and rinsed in water that is not very hot and of same temperature.

雕花玻璃应在不太热且温度相同的水中清洗和漂洗。

In **Sweeping Carpets**, keep broom close to floor and work with the grain of the carpet. Occasionally turn broom that it may wear evenly.

清扫地毯时，使扫帚紧贴地面，顺着地毯的纹理清扫。不时翻转扫帚使其磨损均匀。

Tie Strands of a New Broom closely together, put into a pail of boiling water, and soak two hours. Dry thoroughly before using.

将**新扫帚的帚枝**紧紧捆在一起，放入一桶沸水中浸泡两小时。使用前彻底干燥。

Never wash the inside of **Tea or Coffee Pots** with soapsuds. If granite or agate ware is used, and becomes badly discolored, nearly fill pot with Cold water, add one tablespoon borax, and heat gradually until water reaches the boiling-point. Rinse with hot water, wipe, and keep on back of range until perfectly dry.

切勿用肥皂水清洗**茶壶或咖啡壶**内部。若使用花岗岩或玛瑙器皿且严重变色，注入近乎满壶冷水，加入一汤匙硼砂，逐渐加热至水达到沸点。用热水冲洗，擦净，放在炉灶后部直至完全干燥。

Never put cogs of a **Dover Egg-beater** in water.

切勿将**多佛打蛋器**的齿轮浸入水中。

Never wash **Bread Boards** in a sink. Scrub with grain of wood, using a small brush.

切勿在水槽中清洗**面包板**。顺着木纹用小刷子刷洗。

Before using a new **Iron Kettle**, grease inside and outside, and let stand forty-eight hours; then wash in hot water in which a large lump of cooking soda has been dissolved.

使用新**铁锅**之前，在内外涂抹油脂，静置四十八小时；然后在溶有大块食用小苏打的热水中清洗。

To clean a **Copper Boiler**, use Putz Pomade Cream. Apply with a woollen cloth when boiler is warm, not hot; then rub off with second woollen cloth and polish with flannel or chamois. If badly tarnished, use oxalic acid. Faucets and brasses are treated in the same way.

清洗**铜锅**时，使用Putz Pomade乳霜。趁铜锅温热(不烫)时用毛布涂抹；然后用第二块毛布擦去，再用法兰绒或麂皮抛光。若失去光泽严重，使用草酸。水龙头和黄铜件同样处理。

A bottle containing **Oxalic Acid** should be marked poison, and kept on a high shelf.

装有**草酸**的瓶子应标注有毒，并放在高架上。

To keep an **Ice Chest** in good condition, wash thoroughly once a week with cold or lukewarm water in which washing soda has been dissolved. If by chance anything is spilt in an ice chest, it should be wiped off at once.

为使**冰箱**保持良好状态，每周用溶有洗涤碱的冷水或温水彻底清洗一次。若偶然有东西洒在冰箱内，应立即擦净。

Milk and butter very quickly absorb odors, and if in ice chest with other foods, should be kept closely covered.

牛奶和黄油极易吸收气味，若与其他食物同放冰箱内，应严密盖好。

Hard Wood Floors and Furniture may be polished by using a small quantity of kerosene oil applied with a woollen cloth, then rubbing with a clean woollen cloth. A very good furniture polish is made by using equal parts linseed oil and turpentine.

硬木地板和家具可用少量煤油以毛布涂抹，然后用干净毛布擦拭抛光。一种很好的家具上光剂是用等份亚麻籽油和松节油制成。

Polish for Hard Wood Floors. Use one part beeswax to two parts turpentine. Put in saucepan on range, and when wax is dissolved a paste will be formed.

硬木地板抛光剂。用一份蜂蜡配两份松节油。放入炉灶上的平底锅中，蜡溶解后即形成膏状。

To clean **Piano Keys**, rub over with alcohol.

清洁钢琴键时，用酒精擦拭。

To remove old **Tea and Coffee Stains**, wet spot with cold water, cover with glycerine, and let stand two or three hours. Then wash with cold water and hard soap. Repeat if necessary.

去除陈旧的**茶渍和咖啡渍**：用冷水润湿污处，覆以甘油，静置两三小时。然后用冷水和硬皂清洗。必要时重复。

Before **Sweeping Old Carpets**, sprinkle with pieces of newspaper wrung out of water. After sweeping, wipe over with a cloth wrung out of a weak solution of ammonia water, which seems to brighten colors.

清扫旧地毯之前，撒上从水中拧出的碎报纸。清扫后，用从稀氨水溶液中拧出的布擦拭，似能使颜色鲜亮。

Platt's Chloride is one of the best **Disinfectants**. Chloride of lime is a valuable disinfectant, and much cheaper than Platt's Chloride.

普拉特氯化物是最好的**消毒剂**之一。氯化石灰是一种有价值的消毒剂，而且比普拉特氯化物便宜得多。

Listerine is an excellent disinfectant to use for the mouth and

李施德林是一种极佳的口腔消毒剂，并且

throat.

喉咙。

To Make a Pastry Bag. Fold a twelve-inch square of rubber cloth from two opposite corners. Sew edges together, forming a triangular bag. Cut off point to make opening large enough to insert a tin pastry tube. A set comprising bag and twelve adjustable tubes may be bought for two and one-half dollars.

制作酥皮袋。将一块十二英寸见方的橡胶布从两个对角折叠。将边缘缝在一起，形成一个三角形袋子。剪掉尖端，使开口大到足以插入锡制酥皮管。一套包括袋子和十二个可调节管的套装可以两块半美元买到。

Smoked Ceilings may be cleaned by washing with cloths wrung out of water in which a small piece of washing soda has been dissolved.

熏黑的 ceilings可以用在溶解了一小块洗涤碱的水中拧干的布来清洁。

For a Burn apply equal parts of white of egg and olive oil mixed together, then cover with a piece of old linen; if applied at once no blister will form. Or apply at once cooking soda, then cover with cloth and keep the same wet with cold water. This takes out the pain and prevents blistering.

对于烧伤，涂抹等量的蛋清和橄榄油混合在一起，然后用一块旧亚麻布覆盖；如果立即涂抹，不会形成水泡。或者立即涂抹烹饪小苏打，然后用布覆盖并保持湿润用冷水。这可以消除疼痛并防止起泡。

Curtain and Portière Poles allow the hangings to slip easily if rubbed with hard soap. This is much better than greasing.

窗帘和门帘杆如果用硬肥皂擦拭，可以让悬挂物容易滑动。这比涂油脂好得多。

Creaking Doors and Drawers should be treated in the same way.

吱吱作响的门和抽屉也应同样处理。

To Remove Dust from Rattan Furniture use a painter's small brush.

清除藤制家具上的灰尘使用油漆工的小刷子。

CHAPTER XXXVIII
SUITABLE COMBINATIONS FOR SERVING

第三十八章
适合搭配食用的组合

Breakfast Menus

早餐菜单

Oranges

橙子

Oatmeal with Sugar and Cream
Boiled Ham Creamed Potatoes Pop-overs or Fadges
Coffee
❄ ❄ ❄ ❄ ❄
Quaker Rolled Oats with Baked Apples, Sugar and Cream
Creamed Fish Baked Potatoes Golden Corn Cake
Coffee
❄ ❄ ❄ ❄ ❄
Bananas
Old Grist Mill Toasted Wheat with Sugar and Cream
Scrambled Eggs Sautéd Potatoes Graham Gems
Griddle Cakes
Coffee
❄ ❄ ❄ ❄ ❄
Grape Fruit
Wheatlet with Sugar and Cream
Beefsteak Lyonnaise Potatoes Twin Mountain Muffins
Coffee
❄ ❄ ❄ ❄ ❄
Sliced Oranges
Wheat Germ with Sugar and Cream
Warmed over Lamb French Fried Potatoes Raised Biscuits
Buckwheat Cakes with Maple Syrup
Old Grist Mill Coffee

Table laid for Breakfast.—*Page 592.*

Luncheon table laid for Fish Course, Soup Course presumably having been removed.—*Page 594.*

燕麦片加糖和奶油
煮火腿奶油土豆泡芙或法吉咖啡

?????
桂格燕麦片配烤苹果、糖和奶油奶油鱼烤土豆金黄玉米蛋糕咖啡

?????
香蕉
老磨坊烤小麦配糖和奶油炒鸡蛋炒土豆格雷厄姆宝石松饼煎饼锅蛋糕

咖啡
?????
葡萄柚
小麦粒配糖和奶油
里昂牛排配土豆双山松饼咖啡

?????
橙子切片
小麦胚芽加糖和奶油
热过的羊肉法式炸土豆发酵饼干荞麦蛋糕配枫糖浆老磨坊咖啡

早餐摆桌。——第592页。

午餐桌布置为鱼课程，汤课程 presumably 已被移除。- 第*594*页。

❄ ❄ ❄ ❄ ❄

Strawberries

Hominy with Sugar and Cream

Bacon and Fried Eggs Baked Potatoes Rye Muffins

Coffee

❄ ❄ ❄ ❄ ❄

Raspberries

Shredded Wheat Biscuit

Dried Smoked Beef in Cream Hashed Brown Potatoes

Baking-Powder Biscuit

Coffee

❄ ❄ ❄ ❄ ❄

Watermelon

Old Grist Mill Rolled Oats with Sugar and Cream

Broiled Halibut Potato Cakes Sliced Cucumbers

Quaker Biscuit

Coffee

❄ ❄ ❄ ❄ ❄

Cantaloupe

Pettijohn’s with Sugar and Cream

Cecils with Tomato Sauce Potato Balls Rice Muffins

Coffee

❄ ❄ ❄ ❄ ❄

Peaches

Farinose with Sugar and Cream

Omelette Potatoes à la Maître d’Hôtel Berry Muffins

Coffee

❄ ❄ ❄ ❄ ❄

Blackberries

?????

草莓

糖奶油玉米碴

培根与煎蛋烤土豆黑麦松饼咖啡

?????

覆盆子

碎麦饼干

干熏牛肉配奶油、哈希布朗土豆、发酵粉饼干

咖啡

?????

西瓜

老磨坊燕麦片配糖和奶油烤大比目鱼土豆饼黄瓜片贵格饼干

咖啡

?????

哈密瓜

佩蒂约翰氏燕麦配糖和奶油

塞西尔肉丸配番茄酱土豆球米饭玛芬咖啡

?????

桃子

粉状加糖和奶油

蛋包土豆配总管黄油浆浆果松饼咖啡

?????

黑莓

H-O with Sugar and Cream Dropped Eggs on Toast
Waffles with Maple Syrup
Coffee
❄❄❄❄❄
Pears
Old Grist Mill Rolled Wheat with Sugar and Cream
Corned Beef Hash Milk Toast
Coffee
❄❄❄❄❄
Grapes
Cereal with Fruit
Fried Smelts Baked Sweet Potatoes Sliced Tomatoes
Oatmeal Muffins
Coffee
❄❄❄❄❄
Oatmeal Mush with Apples
Hamburg Steaks Creamed Potatoes White Corn Cake
Coffee
❄❄❄❄❄
Plums and Pears
Cracked Wheat with Sugar and Cream
Baked Beans Fish Balls Brown Bread
Old Grist Mill Coffee
❄❄❄❄❄
Sliced Peaches
Germea with Sugar and Cream Brown Bread Toast
Cold Sliced Meat Sautéd Sweet Potatoes
Coffee
❄❄❄❄❄

H-O加糖和奶油水波蛋配吐司华夫饼配枫糖浆

咖啡

?????

梨

老磨坊小麦片配糖和奶油咸牛肉土豆泥牛奶吐司咖啡

?????

葡萄

水果麦片

炸胡瓜鱼烤红薯番茄片燕麦松饼

咖啡

?????

燕麦苹果糊

汉堡牛排奶油土豆白玉米饼咖啡

?????

李子和梨

碎小麦配糖和奶油烤豆鱼丸黑面包老磨坊咖啡

?????

切片桃子

胚芽麦片配糖和奶油黑面包吐司冷切肉炒红薯咖啡

?????

Wheatena with Sugar and Cream
Fish Hash Buttered Graham Toast
Strawberry Short Cake
Coffee
❄ ❄ ❄ ❄ ❄
Grapes
Old Grist Mill Rye Flakes with Sugar and Cream
Lamb Chops Baked Potatoes Raised Muffins
Doughnuts and Coffee

小麦纳配糖和奶油鱼薯哈什黄油全麦吐
司草莓酥饼

咖啡

?????

葡萄

老磨坊黑麦片配糖和奶油羊排烤土豆发酵松饼甜甜圈和
咖啡

Luncheon Menus

Grilled Sardines
Baked Apples with Cream Rolls Sponge Cake
Cocoa
❄ ❄ ❄ ❄ ❄
Creamed Chicken
Celery Rolls
Grapes and Apples
Tea
❄ ❄ ❄ ❄ ❄
Lamb Croquettes
Dressed Lettuce Baking-Powder Biscuit
Gingerbread Cheese
Tea
❄ ❄ ❄ ❄ ❄
Split Pea Soup Crisp Crackers
Egg Salad Entire Wheat Bread
Oranges

午餐菜单

烤沙丁鱼

烤苹果配奶油卷海绵蛋糕可可

?????

奶油鸡

芹菜卷

葡萄与苹果

茶

?????

羊肉可乐饼

生菜沙拉发酵粉饼干姜饼奶酪

茶

?????

豌豆浓汤脆饼干鸡蛋沙拉全麦面包
橙子

Cocoa

可可

❄ ❄ ❄ ❄ ❄

?????

Cold Sliced Meat Cheese Fondue

冷切肉奶酪火锅面包与黄油

Bread and Butter

Sliced Peaches Cookies

切片桃子饼干老磨坊咖啡

Old Grist Mill Coffee

❄ ❄ ❄ ❄ ❄

❄ ❄ ❄ ❄ ❄

Broiled Ham Scalloped Potatoes

烤火腿扇贝土豆黑面包和黄油橙子片

Brown Bread and Butter

Sliced Oranges Wafers

薄脆饼干 ❄ ❄ ❄ ❄ ❄

❄ ❄ ❄ ❄ ❄

Scalloped Oysters Rolls

扇贝牡蛎卷配调味芹菜

Dressed Celery

Polish Tartlets Tea

波兰小馅饼茶

❄ ❄ ❄ ❄ ❄

❄ ❄ ❄ ❄ ❄

Salmi of Lamb Olives

羊脊肉橄榄面包黄油蛋

Bread and Butter

Cake Chocolate

糕巧克力

❄ ❄ ❄ ❄ ❄

?????

Oyster Stew

牡蛎炖汤

Oyster Crackers or Dry Toast

牡蛎饼干或干吐司腌菜

Pickles

Cream Whips Lady Fingers

奶油打发手指饼干

❄ ❄ ❄ ❄ ❄

❄ ❄ ❄ ❄ ❄

Scalloped Turkey

扇贝火鸡

Brown Bread Sandwiches

布朗面包三明治生菜沙拉奶酪条

Lettuce Salad Cheese Straws

茶

Tea

❄ ❄ ❄ ❄ ❄

?????

Turban of Fish Saratoga Potatoes
Warmed over Muffins
Nuts Crackers Cheese
Tea

鱼冠沙拉萨拉托加土豆回炉松饼坚果
饼干奶酪茶

❄ ❄ ❄ ❄ ❄

?????

Cream of Tomato Soup Croûtons
Omelet with Vegetables
Bread and Butter
Bananas Tea

番茄奶油汤面包丁蔬菜煎蛋卷面包和
黄油香蕉茶

❄ ❄ ❄ ❄ ❄

?????

Salad à la Russe
Graham Bread and Butter
Peach Sauce Scotch Wafers
Tea

俄式沙拉
格雷厄姆面包和黄油桃子酱苏
格兰威化饼茶

❄ ❄ ❄ ❄ ❄

?????

Cold Sliced Tongue
Macaroni and Cheese
Lettuce Salad Crackers
Wafers Coffee

冷切舌肉通心粉奶酪生菜
沙拉饼干薄脆饼咖啡

❄ ❄ ❄ ❄ ❄

?????

Salmon Croquettes Rolls
Dressed Lettuce
Strawberries and Cream
Tea

三文鱼可乐饼卷配生菜
草莓奶油茶

❄ ❄ ❄ ❄ ❄

?????

Beef Stew with Dumplings
Sliced Oranges Cake
Tea

炖牛肉配饺子橙子切片蛋糕茶

❄ ❄ ❄ ❄ ❄

?????

Lobster Salad Rolls
Raspberries and Cream Wafers
Russian Tea

龙虾沙拉卷
俄罗斯茶

Table laid for Formal Luncheon.—*Page 596.*

正式午餐会餐桌布置。--第596页。

Centrepiece for Luncheon or Dinner Table.—*Page 598.*

午餐或晚餐餐桌的中心装饰。--第598页。

Centrepiece for Thanksgiving Dinner Table.—*Page 598.*

感恩节餐桌中央装饰。--第*598*页。

❄ ❄ ❄ ❄ ❄
Cold Sliced Corned Beef
Corn à la Southern
Entire Wheat Bread and Butter
Grapes and Pears

?????
冷切咸牛肉
南方风味玉米
全麦面包配黄油葡萄与梨

Dinner Menus

晚餐菜单

Cream of Celery Soup
Roast Beef Franconia Potatoes Yorkshire Pudding
Macaroni with Cheese Tomato and Lettuce Salad
Chocolate Cream
Café Noir
❄ ❄ ❄ ❄ ❄
Tomato Soup
Baked Fish Hollandaise Sauce
Shadow Potatoes Cole Slaw
Fig Pudding
Crackers Cheese Café Noir
❄ ❄ ❄ ❄ ❄

芹菜奶油汤
烤牛肉弗兰肯尼亚土豆约克郡布丁奶酪通心粉番茄生菜沙拉巧克力奶油

黑咖啡
?????
番茄汤
烤鱼配荷兰酱、影子土豆、凉拌卷心菜、无花果布丁

饼干奶酪黑咖啡 ❄ ❄ ❄ ❄ ❄

Potato Soup
Boiled Fowl Egg Sauce Boiled Rice Mashed Turnips
Celery Vegetable Salad
Bread and Butter Pudding
❄ ❄ ❄ ❄ ❄
Macaroni Soup
Fricassee of Lamb Riced Potatoes Stewed Tomatoes
String Bean and Radish Salad
Fruit and Nuts
❄ ❄ ❄ ❄ ❄
Duchess Soup
Fried Fillets of Halibut Shredded Potatoes Hot Slaw
Beefsteak Pie
Irish Moss Blanc-Mange with
Vanilla Wafers
❄ ❄ ❄ ❄ ❄
Kornlet Soup
Maryland Chicken Baked Sweet Potatoes
Creamed Cauliflower Cranberry Sauce
Dressed Lettuce Polish Tartlets
Café Noir
❄ ❄ ❄ ❄ ❄
Vegetable Soup
Veal Cutlets Horseradish Mashed Potatoes
Cream of Lima Beans Dressed Celery
Cerealine Pudding
❄ ❄ ❄ ❄ ❄
St. Germain Soup
Beefsteak with Oyster Blanket Stuffed Potatoes Spinach

土豆汤
煮鸡蛋黄酱煮饭芜菁泥芹菜蔬菜沙拉

面包黄油布丁
?????
通心粉汤
炖羊肉米粒土豆炖番茄四季豆萝卜沙拉水果和坚果

?????
公爵夫人汤
炸比目鱼柳土豆丝热卷心菜沙拉牛排派

爱尔兰苔布兰曼杰配香草薄脆饼

?????
玉米粒汤
马里兰鸡烤红薯奶油花椰菜蔓越莓酱调味生菜
波兰小馅饼黑咖啡

?????
蔬菜汤
小牛肉片辣根土豆泥利马豆奶油调味芹菜谷物布丁

?????
圣日耳曼汤
牛排配牡蛎毯酿土豆菠菜

Pineapple Pudding Cream Sponge Cake
Café Noir
❄ ❄ ❄ ❄ ❄
White Soup
Boiled Salmon Egg Sauce Boiled Potatoes Green Peas
Cucumbers
Strawberries and cream Cake
❄ ❄ ❄ ❄ ❄
Tomato Soup without Stock
Braised Beef Horseradish Sauce Scalloped Potatoes
Squash
Baked Indian Pudding Café Noir
❄ ❄ ❄ ❄ ❄
Bisque Soup
Broiled Shad Chartreuse Potatoes Asparagus on Toast
Cucumber and Lettuce Salad
Prune Whip Custard Sauce
❄ ❄ ❄ ❄ ❄
Cream of Pea Soup
Boiled Mutton Caper Sauce Mashed Potatoes
Turkish Pilaf
Graham Pudding Fruit and Nuts
❄ ❄ ❄ ❄ ❄
Turkish Soup
Lamb Chops French Fried Potatoes Apple Fritters
Beet Greens
Caramel Custard Café Noir
❄ ❄ ❄ ❄ ❄
Irish Stew with Dumplings

菠萝布丁奶油海绵蛋糕黑咖啡

?????
白汤
煮鲑鱼蛋黄酱煮土豆青豌豆黄瓜

草莓奶油蛋糕 ❄ ❄ ❄ ❄ ❄

无高汤番茄汤
炖牛肉辣根酱焗土豆南瓜

烤印第安布丁 Café Noir
❄ ❄ ❄ ❄ ❄
浓汤
烤鲥鱼查特鲁斯土豆芦笋吐司黄瓜生菜沙拉西梅蛋奶糊卡仕达
酱

?????
豌豆浓汤
水煮羊肉刺山柑酱土豆泥土耳其抓饭

格雷厄姆布丁水果和坚果
❄ ❄ ❄ ❄ ❄
土耳其汤
羊排法式炸土豆苹果炸饼甜菜叶

焦糖卡士达黑咖啡厅
❄ ❄ ❄ ❄ ❄
爱尔兰炖菜配面团丸子

Fish Croquettes Dinner Rolls Radishes
Custard Soufflé Creamy Sauce
Crackers Cheese
❄ ❄ ❄ ❄ ❄
Black Bean Soup
Halibut à la Créole Potatoes en Surprise
Brussels Sprouts
Swiss Pudding Café Noir
❄ ❄ ❄ ❄ ❄
Cream of Clam Soup
Fried Chicken Boiled Potatoes
Sliced Tomatoes Shell Beans
Peach Short Cake Crackers and Cheese
❄ ❄ ❄ ❄ ❄
Cream of Lima Bean Soup
Roast Duck Mashed Sweet Potatoes
Cauliflower au Gratin
Rice Croquettes with Currant Jelly
Grapes Pears
Crackers Cheese Café Noir
❄ ❄ ❄ ❄ ❄
Chicken Soup
Broiled Sword Fish Cucumber Sauce
Baked New Potatoes Sugared Beets
Strawberry Cottage Pudding
Iced Coffee

Menu for Thanksgiving Dinner

鱼可乐饼餐包萝卜卡仕达舒芙蕾奶油酱饼干
奶酪

?????
黑豆汤
克里奥尔式大比目鱼惊喜土豆抱子甘蓝

瑞士布丁黑咖啡
❄ ❄ ❄ ❄ ❄
蛤蜊奶油汤
炸鸡煮土豆切片番茄带荚豆

桃酥饼饼干与奶酪 ❄ ❄ ❄ ❄ ❄

利马豆奶油汤
烤鸭红薯泥焗花椰菜

米饭可乐饼配醋栗果冻葡萄梨

饼干奶酪黑咖啡 ❄ ❄ ❄ ❄ ❄

鸡汤
烤剑鱼黄瓜酱烤新土豆糖渍甜菜草莓农舍
布丁冰咖啡

感恩节晚餐菜单

Oyster Soup Crisp Crackers
Celery Salted Almonds
Roast Turkey Cranberry Jelly
Mashed Potatoes Onions in Cream Squash
Chicken Pie
Fruit Pudding Sterling Sauce
Mince, Apple, and Squash Pie
Neapolitan Ice Cream Fancy Cakes
Fruit Nuts and Raisins Bonbons
Crackers Cheese Café Noir

Menu for Christmas Dinner

Consommé Bread Sticks
Olives Celery Salted Pecans
Roast Goose Potato Stuffing Apple Sauce
Duchess Potatoes Cream of Lima Beans
Chicken Croquettes with Green Peas
Dressed Lettuce with Cheese Straws
English Plum Pudding Brandy Sauce
Frozen Pudding Assorted Cake Bonbons
Crackers Cheese Café Noir

A Full Course Dinner

First Course

Little Neck Clams or Bluepoints, with brown-bread sandwiches. Sometimes canapés are used in place of either. For a gentleman's dinner, canapés accompanied with Sherry wine are frequently served before guests enter the dining-room.

牡蛎汤脆饼干芹菜咸杏仁

烤火鸡配蔓越莓果冻

土豆泥奶油洋葱南瓜鸡肉派

水果布丁斯特林酱肉馅苹果南瓜派那不
勒斯冰淇淋花色蛋糕水果坚果和葡萄干
夹心糖饼干奶酪黑咖啡

圣诞晚餐菜单

清汤面包棒橄榄芹菜咸山核桃

烤鹅土豆馅料苹果酱公爵夫人土豆利马豆奶油
鸡肉可乐饼配青豆调味生菜配奶酪条英式李子
布丁白兰地酱冷冻布丁什锦蛋糕夹心糖饼干奶
酪黑咖啡

正式全席晚宴

第一道菜

小颈蛤或蓝点蛤，配黑面包三明治。有时可用开胃小点代替其中任何一种。在男士晚宴上，客人进入餐厅前常供应开胃小点配雪利酒。

Second Course

Clear soup, with bread sticks, small rolls, or crisp crackers. Where two soups are served, one may be a cream soup. Cream soups are served with croûtons. Radishes, celery, or olives are passed after the soup. Salted almonds may be passed between any of the courses.

Christmas Dinner Table.—*Page 600.*

Table laid for Reception.—*Page 602.*

Third Course

Bouchées or rissoles. The filling to be of light meat.

Fourth Course

Fish, baked, boiled, or fried. Cole-slaw, dressed cucumbers, or tomatoes accompany this course; with fried fish potatoes are often served.

Fifth Course

Roast saddle of venison or mutton, spring lamb, or fillet of beef; potatoes and one other vegetable.

Sixth Course

Entrée, made of light meat or fish.

Seventh Course

第二道菜

清汤，配面包棒、小圆面包或脆饼干。若供应两道汤，其中一道可为奶油汤。奶油汤配面包丁。汤后传递萝卜、芹菜或橄榄。各道菜之间均可传递盐焗杏仁。

圣诞晚餐餐桌。--第*600*页。

为招待会布置的餐桌。--第602页。

第三道菜

小酥盒或炸肉卷。馅料须用清淡的肉。

第四道菜

鱼，烤、煮或炸。凉拌卷心菜、调味黄瓜或番茄搭配此道菜；炸鱼常配土豆。

第五道菜

烤鹿脊肉或羊脊肉、春羔羊肉或牛里脊；土豆和另一种蔬菜。

第六道菜

主菜，由白肉或鱼制成。

第七道菜

A vegetable. Mushrooms, cauliflower, asparagus, or artichokes are served.

Eighth Course

Punch or cheese course. Punch, when served, always precedes the game course.

Ninth Course

Game, with vegetable salad, usually lettuce or celery; or cheese sticks may be served with the salad, and game omitted.

Tenth Course

Dessert, usually cold.

Eleventh Course

Frozen dessert and fancy cakes. Bonbons are passed after this course.

Twelfth Course

Cracker, cheese, and café noir. Café noir is frequently served in the drawing and smoking rooms after the dinner.

Where wines and liquors are served, the first course is not usually accompanied by either; but if desired, Sauterne or other white wine may be used.

With soup, serve Sherry; with fish, white wine; with game, Claret; with roast and other courses, Champagne.

After serving café noir in drawing-room, pass pony of brandy for men, sweet liqueur (Chartreuse, Benedictine, or Parfait d'Amour)

一种蔬菜。配以蘑菇、花椰菜、芦笋或洋蓟。

第八道菜

潘趣酒或奶酪这道。潘趣酒上桌时，总是在野味菜之前。

第九道菜

野味，配蔬菜沙拉，通常用生菜或芹菜；或者沙拉可配奶酪条，省略野味。

第十道菜

甜点，通常为冷食。

第十一道菜

冷冻甜点与花色蛋糕。此道之后传上百糖果。

第十二道菜

饼干、奶酪和黑咖啡。黑咖啡常在餐后于客厅和吸烟室供应。

在供应葡萄酒和烈酒的地方，第一道菜通常不配任何酒；但如有需要，可选用苏玳或其他白葡萄酒。

配汤时上雪利酒；配鱼时上白葡萄酒；配野味时上波尔多红葡萄酒；配烤肉及其他菜式时上香槟。

在客厅上黑咖啡后，为男士递上小杯白兰地，甜利口酒(荨麻酒、本笃会酒或爱之帕菲)

for women; then Crême de Menthe for all.

After a short time Apollinaris should be passed. White wines should be served cool; Sherry should be as near the temperature of the room in which it is served as possible. Champagne should be served very cold by allowing it to remain in salt and ice at least one-half hour before dinner time. Claret, served without cooling, and as it contains so small amount of alcohol, is not good the day after opening.

For a simpler dinner, the third, seventh, eighth, and tenth courses, and the game in the ninth course, may be omitted.

For a home dinner, it is always desirable to serve for first course a soup; second course, meat or fish, with potatoes and two other vegetables; third course, a vegetable salad, with French dressing; fourth course, dessert; fifth course, crackers, cheese, and café noir.

At a ladies' luncheon the courses are as many as at a small dinner. In winter, grape fruit is sometimes served in place of oysters; in summer, selected strawberries in small Swedish Timbale cases.

Menus for Full Course Dinners

Blue Points
Consommé à la Royal
Olives Celery Salted Almonds
Swedish Timbales with Chicken and Mushrooms
Fried Smelts Sauce Tartare Dressed Cucumbers
Saddle of Mutton Currant Jelly Sauce
Potatoes Brabant Brussels Sprouts
Suprême of Chicken
Mushrooms à la Sabine

给女士们；然后给所有人薄荷甜酒。

稍后应递上阿波利纳里斯矿泉水。白葡萄酒应冷藏后供应；雪利酒应尽可能接近供应时室温。香槟应非常冰冷地供应，需在晚餐前至少半小时置于盐和冰中。波尔多红葡萄酒不经冷藏供应，因其酒精含量甚少，开瓶后次日即不佳。

对于较简单的晚餐，可省略第三、第七、第八和第十道菜，以及第九道菜中的野味。

对于家庭晚餐，第一道菜总宜上汤；第二道菜，肉或鱼，配土豆和另外两种蔬菜；第三道菜，蔬菜沙拉，配法式调味汁；第四道菜，甜点；第五道菜，饼干、奶酪和黑咖啡。

在女士午餐会上，菜道数与小型晚餐相同。冬季有时以葡萄柚代替牡蛎；夏季则以精选草莓盛于小号瑞典式 Timabale 模壳中。

全席晚餐菜单

蓝点
皇家清汤
橄榄芹菜咸杏仁
瑞典式鸡肉蘑菇 Timabale 炸胡瓜鱼鞑靼酱汁调味黄瓜
羊脊肉醋栗果冻酱汁布拉班特土豆抱子甘蓝鸡胸肉
suprême

萨宾式蘑菇

Canton Sherbet	广州雪葩
Canvasback Duck Olive Sauce	帆背鸭配橄榄酱、粗粒麦粉蛋糕配
Farina Cakes with Jelly	果冻
Celery Salad	芹菜沙拉
Apricot and Wine Jelly	杏子葡萄酒冻
Nesselrode Pudding Rolled Wafers Parisian Sweets	内塞尔罗德布丁卷薄饼巴黎甜点饼干奶酪
Crackers Cheese	
Café Noir	黑咖啡
❄ ❄ ❄ ❄ ❄	?????
Little Neck Clams	小颈蛤
Consommé au Parmesan	帕尔马干酪清汤
Olives Salted Pecans	橄榄腌山核桃
Bouchées	小酥盒
Fillets of Halibut à la Poulette with Mayonnaise	比目鱼柳 à la Poulette 配蛋黄酱德尔莫尼科土豆四季豆
Tomatoes Delmonico Potatoes String Beans	肥膘牛柳配辣根酱汁上光甜面包
Larded Fillet of Beef with Horseradish Sauce	
Glazed Sweetbreads	
Artichokes with Béchamel Sauce	洋蓟配白汁酱雪葩
Sorbet	
Broiled Quail with Lettuce and Celery Salad	烤鹌鹑配生菜芹菜沙拉香蕉哈密瓜
Banana Cantaloupe	
Sultana Roll with Claret Sauce	苏丹娜葡萄干卷配波尔多红酒酱
Cinnamon Bars Lady Fingers Bonbons	肉桂条手指饼干夹心糖饼干奶酪
Crackers Cheese	
Café Noir	黑咖啡
❄ ❄ ❄ ❄ ❄	?????
Anchovy Canapés	凤尾鱼开胃小食
Julienne Soup	蔬菜丝汤
Olives Celery Ginger Chips	橄榄芹菜姜片

Oyster and Macaroni Croquettes
Stuffed Fillets of Halibut, French Hollandaise Sauce
Tomato Jelly Spring Lamb Potato Fritters
Asparagus Tips with Hollandaise Sauce
Chaud-froid of Chicken
Crême de Menthe Ice
Larded Grouse Bread Sauce Lettuce and Radish Salad
Mont Blanc
Bombe Glacée Sponge Drops Almond Crescents Bonbons
Crackers Cheese
Café Noir

牡蛎通心粉可乐饼
填馅比目鱼柳，法式荷兰酱汁番茄果冻春羔羊肉土豆炸饼芦笋尖配荷兰酱汁鸡肉冻
薄荷利口酒冰
穿膘松鸡面包酱生菜萝卜沙拉勃朗峰
炸弹冰激凌海绵滴杏仁新月形糖果饼干奶酪
黑咖啡

GLOSSARY

Accolade de perdreaux. Brace of partridge.

Agneau. Lamb.

Agra dolce (sour sweet). An Italian sauce served with meat.

À la, au, aux. With or dressed in a certain style.

Allemande (à la). In German style.

Ambrosia. Food for the gods. Often applied to a fruit salad.

Américaine (à l'). In American style.

Ancienne (à l'). In old style.

Angelica. A plant, the stalks of which are preserved and used for decorating moulds.

Asafetida. A gum resin. Its taste is bitter and sub-acrid, and by the

术语表

山鹑 *accolade*。一对山鹑。羔羊。羔羊肉。

Agra dolce(酸甜)。一种配肉食的意大利酱汁。*À la, au, aux*。以某种风格或方式烹制。*Allemande(à la)*。德式风格。

Ambrosia。神之食物。常用于指水果沙拉。*Américaine(à l')*。美式风格。

Ancienne (à l') .旧式。

Angelica。一种植物，其茎经糖渍保存，用于装饰模具。

阿魏。一种树脂胶。其味苦而微辛，

Asiatics it is used regularly as a condiment.

Asperges. Asparagus.

Au gratin. With browned crumbs.

Aurora sauce. A white sauce to which lobster butter is added.

Avena. Oats.

Baba Cakes. Cakes baked in small moulds; made from a yeast dough mixture to which is added butter, sugar, eggs, raisins, and almonds. Served as a pudding with hot sauce.

Bain-Marie. A vessel of any kind containing heated water, in which other vessels are placed in order to keep their contents heated.

Bannocks. Scottish cakes made of barley or oatmeal, cooked on a griddle.

Bards. Slices of pork or bacon to lay on the breast of game for cooking.

Basil. A pot herb.

Bay leaves. Leaves from a species of laurel.

Béarnaise (à la). In Swiss style.

Béarnaise sauce. Named from Béarnaise, Swiss home of Henry IV.

Béchamel (à la). With sauce made of chicken stock and milk or cream.

Beignet. Fritter.

Beurre noir. Black butter.

亚洲人常将其用作调味品。*Asperges.*芦笋。

焗烤。配焦黄面包屑。

Aurora sauce。一种加入龙虾黄油的白酱汁。*Avena*。燕麦。

Baba Cakes。在小模具中烘烤的蛋糕；由酵母面团混合物制成，加入黄油、糖、鸡蛋、葡萄干和杏仁。作为布丁配热酱汁食用。

Bain-Marie。一种盛有热水的容器，将其他容器置于其中以保持其内容物温热。

班诺克面包。一种苏格兰饼，用大麦或燕麦制成，在煎饼锅上烘烤而成。

Bards。用于烹饪时铺在野味胸部的猪肉片或培根片。

罗勒。一种盆栽香草。

月桂叶。月桂树叶。贝阿奈兹*(à la)*。瑞士风味。

贝阿奈兹酱汁。得名于贝阿奈兹，即亨利四世的瑞士故乡。贝夏美*(à la)*。配以鸡高汤和牛奶或奶油制成的酱汁。

贝涅饼。油炸果馅饼。

黑黄油。黑黄油。

Biscuit Glacé. Small cakes of ice cream.

冰镇饼干小冰淇淋蛋糕。

Bisque. A soup usually made from shell-fish; or an ice cream to which is added finely chopped nuts.

比斯克浓汤。通常用贝类制成的汤；或加入切碎坚果的冰淇淋。

Blanch (to). To whiten.

焯*(blanch)*。使变白。

Blanquette. White meat in cream sauce.

白汁炖肉。奶油酱汁白肉。

Bœuf braisé. Braised beef.

炖牛肉。炖牛肉。

Bœuf à la jardinière. Braised beef with vegetables.

蔬菜炖牛肉蔬菜炖牛肉。

Bombe glacée. Moulded ice cream and ice, or two kinds of ice cream. Outside of one kind, filling of another.

冰炸弹。模制的冰淇淋与冰，或两种冰淇淋。一种在外，另一种作馅。小酥盒。字面意为“一口”。小型馅饼。

Bouchées. Literally, mouthful. Small patties.

Bouquet of herbs. A sprig each of thyme, savory, marjoram, and parsley.

香草束。百里香、香薄荷、马郁兰和欧芹各一小枝。

Bourgeoise (à la). In family style.

布尔乔亚式*(à la)*。家常风格。

Bretonne sauce. A stock sauce in which chopped parsley is served.

布列塔尼酱汁。一种高汤酱汁，配以切碎的欧芹。黑咖啡。黑咖啡。

Café noir. Black coffee.

Cervelles de veau. Calf's brains.

小牛脑。小牛脑。

Chartreuse. A mould of aspic in which there are vegetables; a meat preparation filling the centre of the mould. Used to denote anything concealed.

什锦冻。一种内有蔬菜的肉冻模；中央填入肉料。用以指任何隐藏之物。

Chateaubriand. A cut from the centre of a fillet of beef.

Chaud-froid. Literally, hot cold. In cookery a jellied sauce.

夏多布里昂。牛里脊中段切下的肉块。冷热冻。字面意为“热冷”。
烹饪中指胶冻酱汁。花椰菜。花椰菜。

Chou-fleur. Cauliflower.

Chutney. An East India sweet pickle.

酸辣酱。一种东印度甜泡菜。

Civet. A game stew.

灵猫肉。一种野味炖菜。

Compotes. Fruits stewed in syrup and kept in original shape.

糖渍水果。在糖浆中炖煮并保持原状的水果。家禽清汤。鸡汤。

Consommé de volaille. Chicken soup.

Côtelettes. Cutlets.

科特莱特。肉排。

Court bouillon. A highly seasoned liquor in which to cook fish.

调味汤。一种用于烹鱼的浓味汤汁。克里奥尔式。配番茄。

Créole (à la). With tomatoes.

Croûte au pot. A brown soup poured over small pieces of toast.

汤泡面包。浇在小块烤面包上的棕色汤。咖喱粉。一种黄色粉末，主要配料为姜黄。在印度大量使用。

Curry powder. A yellow powder of which the principal ingredient is turmeric. Used largely in India.

De, d'. Of.

*De, d'.*的。

Devilled. Highly seasoned.

魔鬼式。重调味。

Dinde farcie. Stuffed turkey.

*Dinde farcie.*火鸡酿馅。

Dinde sauce céleri. Turkey with celery sauce.

芹菜酱火鸡。配芹菜酱汁的火鸡。苏格兰式。苏格兰风格。

Écossaise (à l'). In Scottish style.

En bellevue. In Aspic jelly. Applied to meats.

贝尔维尤式。置于肉冻中。用于肉类。贝壳式。盛于贝壳中。

En coquilles. In shells.

En papillotes. In papers.

纸包烤。用纸包。

Eperlans frits. Fried smelts.

炸胡瓜鱼。炸胡瓜鱼。

Espagnole sauce. A rich brown sauce.

西班牙酱。一种浓郁的棕色酱汁。

Farci-e. Stuffed.

法尔西填馅。

Fillet de bœuf piqué. Larded fillet of beef.

Flammande (à la). In Holland style.

Foie de veau grillé. Broiled liver.

Fondue. A dish prepared of cheese and eggs.

Fraises. Strawberries.

Frappé. Semi-frozen.

Fricassée de poulet. Fricassee of chicken.

Fromage. Cheese.

Gateau. Cake.

Gelée. Jelly.

Génevoise (à la). In Swiss style.

Glacé. Iced or glossed over.

Grilled. Broiled.

Hachis de bœuf. Beef hash.

Hoe cakes. Cakes made of white corn meal, salt, and boiling water, cooked on a griddle.

Homard. Lobster.

Hors-d'œuvres. Side dishes.

Huîtres en coquille. Oysters in shell.

Huîtres frites. Fried oysters.

Italienne (à l'). In Italian style.

嵌脂牛里脊。夹入猪油的牛里脊。荷兰式。荷兰风格。

烤小牛肝。炙烤肝。

奶酪火锅。用奶酪和鸡蛋制成的一道菜。草莓。草莓。

弗拉佩。半冻。

鸡肉炖菜。鸡肉炖菜。奶酪。奶酪。

Gateau。蛋糕。

*Gelée.*果冻。

热内瓦式*(à la)*瑞士风格。

Glacé。糖霜或挂汁。

炙烤。明火烤。

牛肉末。牛肉末。

锄头饼。用白玉米粉、盐和沸水制成、在煎饼锅上烙熟的饼。

Homard。龙虾。

餐前小菜。配菜。

带壳牡蛎。带壳牡蛎。

炸牡蛎。炸牡蛎。

意大利式*(à l')*。意大利风格。

Jambon froid. Cold ham.

冷火腿。冷火腿。

Jardinière. Mixed vegetables.

什锦蔬菜混合蔬菜。

Kirschwasser. Liqueur made from cherry juice.

樱桃酒。用樱桃汁制成的利口酒。库肯。德语“蛋糕”。

Kuchen. German for cake.

Kümmel. Liqueur flavored with cumin and caraway seed.

葛缕子酒。以孜然和葛缕子籽调味的利口酒。牛奶。牛奶。

Lait. Milk.

Laitue. Lettuce.

*Laitue.*生菜。

Langue de bœuf à l’écarlate. Pickled tongue.

红汁牛舌。腌牛舌。奶酪通心粉。配奶酪的通心粉。

Macaroni au fromage. Macaroni with cheese.

Macédoine. A mixture of several kinds of vegetables.

马其顿杂蔬。数种蔬菜的混合。素汤。不加高汤的蔬菜汤。

Maigre. A vegetable soup without stock.

Maître d’hôtel. Head steward.

膳食总管。领班。

Mango. A fruit of the West Indies, Florida, and Mexico.

芒果。一种产于西印度群岛、佛罗里达和墨西哥的水果。

Mango pickles. Stuffed and pickled young melons and cucumbers.

芒果泡菜。填馅腌制的嫩瓜与黄瓜。马拉斯奇诺。一种甜露酒。

Maraschino. A cordial.

Marrons. Chestnuts.

*Marrons.*栗子。

Menu. A bill of fare.

菜单。一份菜单。

Moru. Salt cod.

鳕鱼干。咸鳕鱼。

Noël. Christmas.

*Noël.*圣诞节。

Noir. Black.

努瓦尔。黑色。

Nouilles. Noodles.

努伊勒。面条。

Noyau. A cordial.

诺亚。一种甘露酒。

Œufs farcis. Stuffed eggs.

*Œufs farcis.*酿蛋。

Œufs pochés. Poached eggs.

水波蛋。水波蛋。

Omelette aux fines herbes. Omelet with fine herbs.

香草煎蛋卷。配细香草的煎蛋卷。蘑菇煎蛋卷。配蘑菇的煎蛋卷。面包。面包。

Omelette aux champignons. Omelet with mushrooms.

Pain. Bread.

Panade. Bread and milk cooked to a paste.

面包糊。将面包与牛奶煮成糊状。牛排馅饼。牛排馅饼。

Paté de biftecks. Beefsteak pie.

Paté de foie gras. A paste made of fatted geese livers.

肥鹅肝酱。用填肥鹅肝制成的酱。乳鸽。乳鸽。

Pigeonneaux. Squabs.

Pois. Peas.

*Pois.*豌豆。

Pommes. Apples.

苹果。苹果。

Pommes de terre. Potatoes.

土豆。土豆。

Pommes de terre à la Lyonnaise. Lyonnaise potatoes.

Pommes de terre à la Lyonnaise。里昂土豆。

Pone cakes. A cake made in the South, baked in the oven.

玉米饼。南方制作的一种饼，在烤箱中烘烤。汤。汤。

Potage. Soup.

Poulets sautés. Fried chicken.

*Poulets sautés.*炸鸡。

Queues de bœuf. Ox-tails.

牛尾。牛尾。

Ragoût. A highly seasoned meat dish.

拉古炖菜*(Ragoût)*。一种调味浓重的肉类菜肴。

Réchauffés. Warmed over dishes.

*Réchauffés.*回锅菜。

Removes. The roasts or principal dishes.

移开。烤肉或主菜。

Ris de veau. Sweetbreads.

Salade de laitue. Lettuce salad.

Salade de légumes. Vegetable salad.

Salpicon. Highly seasoned minced meat mixed with a thick sauce.

Selle de venaison. Saddle of venison.

Sippets. English for croûtons.

Soufflé. Literally, puffed up.

Soup à l'oignon. Onion soup.

Sucres. Sweets.

Tarte aux pommes. Apple pie.

Tourte. A tart.

Trout saumonée. Salmon trout.

MISS FARMER'S SCHOOL OF COOKERY

Huntington Chambers
30 Huntington Avenue, Boston, Mass.
Telephone 1373–2 Back Bay
ANNOUNCEMENT OF COURSES
The aim of this School is to afford such instruction as will elevate cookery to its proper place as a science and an art. The courses are so arranged, combining the practical and the theoretical, that the knowledge gained may be applied to daily living. The needs of the

*Ris de veau.*甜面包。

生菜沙拉。生菜沙拉。

蔬菜沙拉。蔬菜沙拉。

萨尔皮康。浓味调味碎肉，拌以浓稠酱汁。鹿脊肉。鹿脊肉。

Sippets。英语，指面包丁。

舒芙蕾。字面意思为"膨胀起来的"。

洋葱汤洋葱汤。

糖类。甜食。

苹果派苹果派。

图尔特一种果馅饼。

鲑鳟。鲑鳟。

法默小姐的烹饪学校

亨廷顿钱伯斯

马萨诸塞州波士顿市亨廷顿大道30号电话
1373-2 后湾

课程公告

本校旨在提供此类教学，使烹饪提升至其作为科学与艺术的应有地位。课程编排将实践与理论相结合，使所学知识得以应用于日常生活。学生的

body are not forgotten. The classification, composition, and nutritive value of foods are considered. The correct proportion of each of the food-principles necessary for a day's ration, for those of different age, sex, and occupation, is emphasized, thus enabling the pupil to arrange well-balanced dietaries. Attention is paid to the selection of supplies with reference to economy and utility, thus tending to develop an interest in marketing and accounts.

CLASS LESSONS IN COOKERY

FIRST COURSE

One lesson weekly, for ten consecutive weeks, from 9 A. M. to 12.30 P. M. Eight pupils constitute a class. Terms: $12.00, payable on fourth lesson. Class served at close of lesson to food prepared. Previous to each lesson a talk will be given on food-principles, food-products and their dietetic value, illustrated by charts and blackboard drawings.

- *First Lesson*
- How to Use a Gas Range
- Breakfast Cereal
- Baked Apples
- Creamed Chicken
- Boiled Potatoes
- Potato Border
- Dry Toast
- Milk Toast
- Boiled Coffee
- *Second Lesson*
- Making and Care of Fire

身体需求亦未被忽视。课程讲授食物的分类、组成与营养价值。强调一日口粮中各种食物要素的正确比例，并针对不同年龄、性别与职业者分别说明，从而使学员能够安排营养均衡的膳食。注重参照经济与实用原则选购食材，以培养对采购与账目的兴趣。

烹饪课程

第一道菜

每周一课，连续十周，上午9时至下午12时30分。每班八名学员。学费：12.00美元，于第四课时缴纳。课程结束时，学员可品尝课上所制食物。每课之前将作一次关于食物要素、食品及其饮食价值的讲解，辅以图表与黑板绘图。

- 第一课
- 如何使用燃气灶
- 早餐麦片
- 烤苹果
- 奶油鸡
- 煮土豆
- 土豆镶边
- 干吐司
- 牛奶吐司
- 煮咖啡
- 第二课
- 生火与炉火维护

- How to Use a Coal Range
- Corn Soup with Popped Corn
- Corned Beef Hash
- Boiled Eggs
- Dropped Eggs
- Pineapple Pudding
- Custard Sauce
- Filtered Coffee
- *Third Lesson*
- Mixing and Baking Water Bread
- Tomato Soup without Stock
- Crisp Crackers
- Boiled Fish
- Egg Sauce
- Steamed Potatoes
- Baked Custard
- Caramel Custard
- Caramel Sauce
- Chocolate
- *Fourth Lesson*
- Mixing and Baking Milk and Water Bread
- Celery Soup
- Pan-Broiled Lamb Chops
- Potatoes au Gratin
- Turkish Pilaf
- Newton Tapioca Pudding
- Apples in Bloom
- Peanut Cookies
- *Fifth Lesson*

- 如何使用煤炉
- 玉米汤配爆米花
- 咸牛肉土豆泥
- 煮鸡蛋
- 水波蛋
- 菠萝布丁
- 蛋奶沙司酱
- 过滤咖啡
- 第三课
- 混合与烘焙水面包
- 无高汤番茄汤
- 脆饼干
- 水煮鱼
- 鸡蛋酱
- 蒸土豆
- 烤蛋奶冻
- 焦糖卡士达
- 焦糖酱
- 巧克力

第四课

- 混合与烘焙牛奶和水面包
- 芹菜汤
- 煎羊排
- 奶汁烤土豆
- 土耳其抓饭
- 牛顿木薯布丁
- 盛开的苹果
- 花生饼干
- 第五课

- Mixing and Baking Entire Wheat Bread
- Appledore Soup
- Croûtons
- Hamburg Steak
- Maître d'Hôtel Potatoes
- Baked Macaroni
- Scalloped Oysters
- St. James Pudding
- Hard Sauce
- *Sixth Lesson*
- Fish Chowder
- Broiled Oysters
- Cole Slaw
- Breakfast Bacon
- Omelet
- Golden Corn Cake
- Norwegian Prune Pudding
- Ginger Snaps
- *Seventh Lesson*
- Mixing and Baking Graham Bread
- Making and Clearing Brown Soup Stock
- Roast Beef
- Yorkshire Pudding
- Franconia Potatoes
- Spinach
- Cheese Salad
- Frozen Chocolate
- Whipped Cream
- *Eighth Lesson*

- 全麦面包的混合与烘焙
- 阿普尔多尔汤
- 油炸面包丁
- 汉堡牛排
- 主厨土豆
- 烤通心粉
- 扇贝牡蛎
- 圣詹姆斯布丁
- 硬黄油酱
- 第六课
- 鱼杂烩
- 烤牡蛎
- 凉拌卷心菜丝
- 早餐培根
- 煎蛋卷
- 金黄玉米饼
- 挪威李子布丁
- 姜味脆饼

第七课

- 格雷厄姆面包的混合与烘焙
- 制作与撇清褐色高汤
- 烤牛肉
- 约克郡布丁
- 弗兰科尼亚土豆
- 菠菜
- 奶酪沙拉
- 冷冻巧克力
- 打发奶油

第八课

- Vegetable Soup
- Boston Brown Bread
- Fish Balls
- Fried Fish
- Shredded Potatoes
- Tomato and Horseradish Salad
- Custard Soufflé
- Creamy Sauce
- Gingerbread
- *Ninth Lesson*
- Scotch Broth
- Broiled Scrod
- Potato Balls
- Egg Salad
- Boiled Dressing
- Graham Muffins
- Cheese Straws
- Lemon Tartlets
- Apple Puffs
- *Tenth Lesson*
- Chicken Fricassee
- Rice Croquettes
- Mashed Sweet Potatoes
- Baking-Powder Biscuit
- Apple Fritters
- Orange Ice
- Lily Cake
- White Mountain Cream
- SECOND COURSE

- 蔬菜汤
- 波士顿棕色面包
- 鱼丸
- 炸鱼
- 土豆丝
- 番茄与辣根沙拉
- 蛋奶酥
- 奶油酱
- 姜饼

第九课

- 苏格兰肉汤
- 烤小鳕鱼
- 土豆球
- 鸡蛋沙拉
- 煮制沙拉酱
- 全麦松饼
- 奶酪条
- 柠檬小馅饼
- 苹果酥
- 第十课
- 炖鸡块
- 米饭可乐饼
- 红薯泥
- 发酵粉饼干
- 苹果炸饼
- 橙子冰
- 百合蛋糕
- 白山奶油
- 第二道菜

- Terms: $15.00
- *First Lesson*
- Sliced Oranges
- Cereal with Dates
- Scrambled Eggs (country style)
- Pan-Broiled Ham
- Creamed Codfish with Cheese
- Baked Potatoes
- Pop-overs
- Entire Wheat Griddle Cakes with Maple Syrup
- Boiled Coffee
- *Second Lesson*
- Oyster Soup
- Fricassee of Lamb
- French Fried Potatoes
- Corn à la Southern
- Parker House Rolls
- Potato Salad
- Apricot Shortcake
- Cold Cabinet Pudding
- *Third Lesson*
- St. Germain Soup
- Bread Sticks
- Baked Fish with Hollandaise Sauce
- Lattice Potatoes
- Cabbage and Celery Salad
- Cream Dressing
- Steamed Fig Pudding
- Yellow Sauce

- 条款：$15.00
- 第一课
- 橙子切片
- 枣泥麦片粥
- 炒鸡蛋(乡村风味)
- 煎火腿
- 奶酪奶油鳕鱼
- 烤土豆
- 爆米花泡芙
- 全麦煎饼配枫糖浆
- 煮咖啡
- 第二课
- 牡蛎汤
- 羊肉炖菜
- 法式炸土豆
- 南方风味玉米
- 帕克豪斯卷
- 土豆沙拉
- 杏子短蛋糕
- 冷柜布丁
- 第三课
- 圣日耳曼汤
- 面包棒
- 荷兰酱烤鱼
- 格子土豆
- 卷心菜与芹菜沙拉
- 奶油调味汁
- 蒸无花果布丁
- 黄酱

- *Fourth Lesson*
- Mock Bisque Soup
- Broiled Porterhouse Steak with Bearnaise Sauce
- Lyonnaise Potatoes
- Quaker Biscuit
- Oysters and Macaroni
- Vanilla Ice Cream
- Chocolate Sauce
- Rolled Wafers
- *Fifth Lesson*
- Roast Chicken
- Potatoes Baked in Half Shells
- Creamed Cauliflower
- Cranberry Sauce
- Fish Croquettes
- Charlotte Russe
- Lady Fingers
- Café Noir
- *Sixth Lesson*
- White Soup
- Chicken Croquettes
- Creamed Peas
- Banana Fritters
- Lobster Salad
- Mayonnaise Dressing
- Croustades of Savory Oysters
- Macedoine Pudding
- Gossamer Gingerbread
- *Seventh Lesson*

第四课

- 仿制浓汤
- 烤T骨牛排配贝阿恩斯酱
- 里昂式土豆
- 贵格饼干
- 牡蛎与通心粉
- 香草冰淇淋
- 巧克力酱
- 卷制薄脆饼
- 第五课
- 烤鸡
- 半壳烤土豆
- 奶油花椰菜
- 蔓越莓酱
- 鱼 Croquettes
- 夏洛特·鲁斯
- 手指饼干
- 黑咖啡
- 第六课
- 白汤
- 鸡肉可乐饼
- 奶油豌豆
- 香蕉炸饼
- 龙虾沙拉
- 蛋黄酱调料
- 咸味牡蛎酥盒
- 马塞多因布丁
- 薄纱姜饼

第七课

- Bouillon
- Fried Smelts
- Sauce Tartare
- Luncheon Rolls
- Chicken Salad
- Milk Sherbet
- Walnut Cake
- Confectioners' Frosting
- Chocolate
- Whipped Cream
- *Eighth Lesson*
- Stuffed Leg of Lamb
- Currant Jelly
- Sauce
- Anna Potatoes
- Lima Beans
- Cheese Soufflé
- Raised Hominy Muffins
- Tomato Jelly Salad
- Coffee Soufflé
- Salted Almonds
- *Ninth Lesson*
- Clam Soup
- Larded Fillet of Beef
- Mushroom Sauce
- Potatoes en Surprise
- Devilled Tomatoes
- Twin Mountain Muffins
- Squash Pie

- 牛肉清汤
- 炸胡瓜鱼
- 塔塔酱
- 午餐小圆面包
- 鸡肉沙拉
- 牛奶雪葩
- 核桃蛋糕
- 糖粉糖霜
- 巧克力
- 打发奶油

第八课

- 填馅羊腿
- 醋栗果冻
- 酱汁
- 安娜土豆
- 利马豆
- 奶酪舒芙蕾
- 发酵玉米碴松饼
- 番茄果冻沙拉
- 咖啡舒芙蕾
- 盐焗杏仁

第九课

- 蛤蜊汤
- 肥膘牛肉里脊
- 蘑菇酱
- 惊喜土豆
- 魔鬼番茄
- 双山松饼
- 南瓜派

- Orange Sticks
- *Tenth Lesson*
- Fried Scallops
- Maryland Chicken
- Glazed Sweet Potatoes
- Rice Timbales
- Corn Fritters
- Fruit Salad
- Macaroon Ice Cream
- Sponge Cake
- THIRD COURSE
- Terms: $18.00
- *First Lesson*
- Cream of Mushroom Soup
- Fried Oysters
- Philadelphia Relish
- Beef Tenderloins
- Sauce Figaro
- Creamed Brussels Sprouts
- Dinner Rolls
- Pomona Frappé
- Ginger Cream
- *Second Lesson*
- Royal Soup
- Smelts à la Menière
- Crown of Lamb
- Currant Mint Sauce
- Brabant Potatoes
- Swedish Rolls

- 橙皮条
- 第十课
- 炸扇贝
- 马里兰鸡
- 蜜汁红薯
- 米饭廷巴勒
- 玉米煎饼
- 水果沙拉
- 马卡龙冰淇淋
- 海绵蛋糕
- 第三道菜
- 条款：$18.00
- 第一课
- 奶油蘑菇汤
- 炸牡蛎
- 费城风味调味酱
- 牛里脊肉
- 菲加罗酱
- 奶油抱子甘蓝
- 晚餐小面包
- 波莫纳冰沙
- 姜汁奶油
- 第二课
- 皇家汤
- 梅尼埃式胡瓜鱼
- 羊冠
- 醋栗薄荷酱
- 布拉班特土豆
- 瑞典卷

- Cheese and Currant Salad
- Cup St. Jacques
- *Third Lesson*
- Tomato Bouillon with Oysters
- Moulded Salmon
- Cucumber Sauce
- Larded Grouse
- Bread Sauce
- Farina Cakes with Jelly
- Orange Mint Salad
- Flowering Ice Cream
- Sunshine Cake
- *Fourth Lesson*
- Cream of Scallop Soup
- Fillets of Chicken Halibut
- Horseradish Sauce
- Potato Nests
- Maryland Croquettes
- Wine Jelly
- Orange Delicious
- Coffee
- *Fifth Lesson*
- Puff Paste
- Oyster Patties
- Chicken and Mushroom Vol-au-Vent
- Cigarettes à la Prince Henry
- Zwieback
- Sorbet
- *Sixth Lesson*

- 奶酪醋栗沙拉
- 圣雅克扇贝杯
- 第三课
- 番茄牡蛎清汤
- 模制鲑鱼
- 黄瓜酱
- 肥膘山鹑
- 面包酱
- 法里纳蛋糕配果冻
- 橙香薄荷沙拉
- 花香冰淇淋
- 阳光蛋糕

第四课

- 扇贝奶油汤
- 鸡大比目鱼柳
- 辣根酱
- 土豆巢
- 马里兰炸肉饼
- 葡萄酒果冻
- 橙香美味
- 咖啡
- 第五课
- 千层酥皮
- 牡蛎酥盒
- 鸡肉蘑菇酥盒
- 亨利王子式香烟
- 面包干
- 雪葩
- 第六课

- Consommé
- Harlequin Slices
- Baked Live Lobster
- Devilled Sauce
- Braised Ox Joints
- French Fried Onions
- French Rolls
- Salad Chiffonade
- Almond Tart
- *Seventh Lesson*
- Lobster Soup
- Bread Sticks
- Chicken à la Stanley
- Sweet Potatoes (Georgian style)
- Sweetbread Timbales
- Stuffed Tomato Salad
- Chocolate Soufflé
- Whipped Cream
- *Eighth Lesson*
- Oyster Cocktail
- Calf's Liver Stuffed and Larded
- Cauliflower à la Huntington
- Lettuce and Cucumber Salad
- Cheese Balls
- Frozen Pudding
- Angel Cake
- *Ninth Lesson*
- Tapioca Wine Soup
- Venison Steak with Chestnuts

- 清汤
- 哈莱昆切片
- 烤活龙虾
- 魔鬼酱
- 炖牛关节
- 法式炸洋葱
- 法式小圆面包
- 切丝沙拉
- 杏仁塔

第七课

- 龙虾汤
- 面包棒
- 斯坦利鸡肉
- 红薯(格鲁吉亚风味)
- 甜面包蒂巴比
- 酿番茄沙拉
- 巧克力舒芙蕾
- 打发奶油

第八课

- 牡蛎鸡尾酒
- 小牛肝填馅并裹肥膘
- 花菜亨廷顿风味
- 生菜黄瓜沙拉
- 奶酪球
- 冷冻布丁
- 天使蛋糕

第九课

- 木薯葡萄酒汤
- 栗子鹿排

- Hashed Brown Potatoes
- Grape Fruit and Pepper Salad
- Cheese Croquettes
- Orange Pekoe Ice Cream
- Creole Kisses
- *Tenth Lesson*
- Asparagus Soup
- Planked Haddock
- Stuffed Clams
- Lamb Chops à la Marseilles
- Hongroise Potatoes
- Creamed Mushrooms
- Café Parfait
- Salted Pecans

- 哈希布朗土豆
- 葡萄柚与辣椒沙拉
- 奶酪炸丸子
- 橙黄白毫冰淇淋
- 克里奥尔之吻
- 第十课
- 芦笋汤
- 木板烤黑线鳕
- 酿蛤蜊
- 马赛风味羊排
- 匈牙利式土豆
- 奶油蘑菇
- 咖啡帕菲
- 盐渍碧根果

COURSE IN CHAFING-DISH COOKERY, SALADS AND DESSERTS

One lesson weekly for ten consecutive weeks, from 2 to 5 P. M. Terms: $15.00

- *First Lesson*
- Scrambled Eggs (Creole style)
- Chicken à la McDonald
- Lobster à la Newburg
- Tomato Ciboulettes
- Salad Rolls
- Quick Bavarian Cream
- Coffee

火锅烹饪、沙拉与甜点课程

每周一课，连续十周，下午两点至五点。学费：15.00美元

- 第一课
- 炒鸡蛋(克里奥尔风味)
- 麦克唐纳鸡肉
- 纽堡龙虾
- 番茄细香葱
- 沙拉卷
- 快速巴伐利亚奶油
- 咖啡

- *Second Lesson*
- Salt Codfish with Cream
- Mignon Fillets of Beef with Cherry Sauce
- Mushrooms à la Sabine
- Waldorf Salad
- Baking-Powder Biscuit
- Brown Bread and Cucumber Sandwiches
- Junket Ice Cream with Peaches
- *Third Lesson*
- Oysters à la Duxelle
- Salmi of Duck
- Macaroni à la Rarebit
- Devilled Almonds
- Rye Bread Sandwiches
- Sultana Roll
- Claret Sauce
- *Fourth Lesson*
- Fish à la Provençale
- Sautéd Chickens' Livers
- English Monkey
- Sweetbread and Cucumber Salad
- Quick Rolls
- Meringues Panaché
- *Fifth Lesson*
- Finnan Haddie à la Delmonico
- Sautéd Sweetbreads
- Asparagus Tips
- Cheese Sandwiches
- Lettuce and Radish Salad

- 第二课
- 奶油咸鳕鱼
- 菲力牛排配樱桃酱
- 萨宾式蘑菇
- 沃尔多夫沙拉
- 发酵粉饼干
- 黑面包与黄瓜三明治
- 桃子凝乳冰淇淋
- 第三课
- 杜克塞尔式牡蛎
- 鸭肉萨尔米
- 通心粉奶酪吐司
- 魔鬼杏仁
- 黑麦面包三明治
- 苏丹娜卷
- 克拉雷特酱

第四课

- 普罗旺斯风味鱼
- 炒鸡肝
- 英式猴牌奶酪
- 甜面包与黄瓜沙拉
- 快速面包卷
- 花色蛋白霜
- 第五课
- 德尔莫尼科式烟熏鳕鱼
- 炒甜面包
- 芦笋尖
- 奶酪三明治
- 生菜与萝卜沙拉

- Brioche
- Fudge
- Mazarine
- *Sixth Lesson*
- Shrimp Wiggle
- Breast of Grouse
- Sauté Chasseur
- Grilled Sweet Potatoes
- Welsh Rarebit
- Cheese and Olive Salad
- Date Bread
- Baked Alaska
- *Seventh Lesson*
- Lobster and Oyster Ragoût
- Shad Roe with Celery
- Curried Vegetables
- Dressed Lettuce
- Crackers and Cheese with Bar-le-Duc Currants
- Orange Trifle
- *Eighth Lesson*
- Union Grill
- Devilled Crabs
- Venison Steak
- Cumberland Sauce
- Monte Carlo Salad
- Club Sandwiches
- Salted Nuts
- Café Frappé
- Whipped Cream

- 布里欧修面包
- 法奇软糖
- 深蓝色
- 第六课
- 虾仁炒蛋
- 松鸡胸肉
- 猎人风味炒
- 烤红薯
- 威尔士干酪吐司
- 奶酪橄榄沙拉
- 枣面包
- 烤阿拉斯加
- 第七课
- 龙虾与牡蛎炖菜
- 芹菜配鲥鱼籽
- 咖喱蔬菜
- 调味生菜
- 饼干与奶酪配巴勒迪克醋栗
- 橙子松糕

第八课

- 联合烧烤
- 魔鬼蟹
- 鹿肉排
- 坎伯兰酱
- 蒙特卡洛沙拉
- 俱乐部三明治
- 咸坚果
- 冰咖啡
- 打发奶油

- *Ninth Lesson*
- Lamb Chops
- Orange Mint Sauce
- Sautéd Bananas
- Croustades of Peas
- Lettuce and Cucumber Salad
- French Rusks
- Fig Cups
- Hollandaise Punch
- *Tenth Lesson*
- Spanish Omelet
- Kippered Herring
- Chickens' Livers en Brochette
- Hot Potato Salad
- Entire Wheat Rolls
- Sultana Caramels
- Frozen Apricots

WAITRESS'S COURSE

One lesson weekly for ten consecutive weeks, from 2 to 4.30 P. M. Eight pupils constitute a class. Terms: $12.00, payable on fourth lesson. Arranged to meet the needs of the young housekeeper as well as the waitress.

- *First Lesson*
- Care of Dining Room
    - Directions for Sweeping and Dusting
    - Arrangement of Furniture
    - Polishing Dining Table

- 第九课
- 羊排
- 橙香薄荷酱
- 煎香蕉
- 豌豆脆盏
- 生菜黄瓜沙拉
- 法式脆面包片
- 无花果杯
- 荷兰酸酱潘趣酒
- 第十课
- 西班牙煎蛋卷
- 腌熏鲱鱼
- 鸡肝串烤
- 热土豆沙拉
- 全麦面包卷
- 苏丹娜焦糖
- 冷冻杏子

女侍者课程

连续十周每周一节课，下午2点至4点30分。八名学生组成一个班。学费：12.00美元，于第四节课时支付。为满足年轻管家及女服务员的需要而安排。

- 第一课
- 餐厅管理
    - 清扫与除尘指南
    - 家具布置
    - 抛光餐桌

- Care of Hard Wood Floors

- Cutting of Bread
- Toast
- Butter Balls
- Boiled Coffee
- *Second Lesson*
- Pantry and Ice Box

  - Arrangement
  - Care of Dishes
  - Washing and Wiping

- Care of Sink, Dish Cloths, Dish Wipers, and Silver Towels
- Bread and Butter Sandwiches
- Rolled Bread
- Boiled and Dropped Eggs
- Breakfast Cocoa
- *Third Lesson*
- Laying Breakfast Table

  - Sideboard
  - Serving Table

- Care of Silver
- Lettuce Sandwiches
- Nut and Cheese Sandwiches
- Filtered Coffee
- *Fourth Lesson*
- Laying Breakfast Table

  - Sideboard

- 硬木地板的保养

- 面包的切分
- 吐司
- 黄油球
- 煮咖啡
- 第二课
- 食品储藏室与冰箱

  - 布置
  - 餐具的保养
  - 洗涤与擦拭

- 水槽、洗碗布、擦碗布和银器擦巾的护理
- 面包与黄油三明治
- 卷面包
- 水煮蛋与窝蛋
- 早餐可可
- 第三课
- 摆放早餐餐桌

  - 餐边柜
  - 上菜桌

- 银器的保养
- 生菜三明治
- 坚果与奶酪三明治
- 过滤咖啡

第四课

- 摆放早餐餐桌

  - 餐边柜

- Serving Table

- Illustrate Serving of Breakfast

- Clearing of Table

- Care of China and Glass
- Anchovy Sandwiches
- Brown Bread Sandwiches
- Russian Tea
- Iced Tea
- *Fifth Lesson*
- Laying Luncheon Table (without cloth)

- Sideboard
- Serving Table

- Care of Cutlery and Brass
- Noisette Sandwiches
- Russian Sandwiches
- Reception Cocoa
- Brandy Cocoa
- *Sixth Lesson*
- Laying Luncheon Table (with cloth)

- Sideboard
- Serving Table

- Illustrate Serving of Luncheon

- Clearing of Table

- Care of Lamps

- 上菜桌

- 展示早餐的供应

- 餐桌清理

- 中国与玻璃的保养
- 鳀鱼三明治
- 黑面包三明治
- 俄罗斯茶
- 冰茶
- 第五课
- 摆放午餐餐桌(不铺桌布)

- 餐边柜
- 上菜桌

- 餐具与黄铜的保养
- 榛子三明治
- 俄罗斯三明治
- 招待可可
- 白兰地可可
- 第六课
- 摆放午餐餐桌(铺桌布)

- 餐边柜
- 上菜桌

- 午餐份量示例

- 餐桌清理

- 灯的保养

- Chicken Sandwiches
- Windsor Sandwiches
- Chocolate I, II
- *Seventh Lesson*
- Laying Dinner Table
    - Sideboard
    - Serving Table
- Care and Laundering of Table Linen
- French Dressing
- Dressed Lettuce
- Egg Salad I
- Hindoo Salad
- Lenten Salad
- Lemonade
- Fruit Punch
- *Eighth Lesson*
- Laying Dinner Table
    - Sideboard
    - Serving Table
- Illustrate Serving of Dinner
    - Clearing of Table
- Carving
- Cream Dressing
- Egg Salad II
- Nut and Celery Salad
- Russian Salad

- 鸡肉三明治
- 温莎三明治
- 巧克力 I、II
- 第七课
- 摆放餐桌
    - 餐边柜
    - 上菜桌
- 餐桌布巾的保养与洗涤
- 法式调味汁
- 调味生菜
- 鸡蛋沙拉 I
- 印度沙拉
- 四旬斋沙拉
- 柠檬水
- 水果潘趣酒

第八课

- 摆放餐桌
    - 餐边柜
    - 上菜桌
- 说明晚宴的上菜
    - 餐桌清理
- 雕刻
- 奶油调味汁
- 鸡蛋沙拉 II
- 坚果芹菜沙拉
- 俄罗斯沙拉

- Stuffed Tomatoes I, II
- Café Noir
- *Ninth Lesson*
- Laying Table for Formal Dinner
    - Sideboard
    - Serving Table
- Illustrate Serving of Dinner
    - Clearing of Table
- Mayonnaise Dressing
- Stuffed Tomatoes III
- Malaga Salad
- Brazilian Salad
- Cucumber Cups with Lettuce
- Stuffed Peppers
- Sauterne Cup
- Claret Cup
- *Tenth Lesson*
- Laying Table for Reception
- Cream Mayonnaise Dressing
- Lobster and Celery Salad
- Chicken Salad
- Sweetbread Salad
- Moulded Salmon, Cucumber Sauce
- Serving Table Waters and Alcoholic Beverages

- 酿番茄 I、II
- 黑咖啡
- 第九课
- 正式晚宴的餐桌布置
    - 餐边柜
    - 上菜桌
- 说明晚宴的上菜
    - 餐桌清理
- 蛋黄酱调料
- 酿番茄 III
- 马拉加沙拉
- 巴西沙拉
- 黄瓜杯配生菜
- 酿甜椒
- 索泰尔纳杯
- 红葡萄酒杯
- 第十课
- 接待餐桌布置
- 奶油蛋黄酱调料
- 龙虾芹菜沙拉
- 鸡肉沙拉
- 甜面包沙拉
- 模制鲑鱼，黄瓜酱
- 佐餐水与酒精饮料

COURSE IN SICK-ROOM COOKERY

Arranged for Nurses' Training Classes. The specialty of the School. One lesson weekly for ten consecutive weeks, by appointment. Eight pupils constitute a class. Terms: $60.00, or $50.00 and travelling expenses if given at hospital.

- *First Lesson*
- Chemical Composition of Body
- Food, Illustrate and Define
    - Why Necessary
- Cookery, Define
    - Why Necessary
- Water Supply
- Sandwiches
- Cold Beverages
- *Second Lesson*
- Foods, Classification
    - Relation each Class Bears to the Body
- Milk Supply
- Dry Toast
- Buttered Toast
- Hot Beverages
- *Third Lesson*
- Food, Correct Proportions for Well-balanced Dietaries
- Starch, Composition

病室烹饪课程

为护士培训课程安排。本校特色。连续十周每周一节课，需预约。八名学生组成一个班。学费：60.00美元，或在医院授课时为50.00美元加差旅费。

- 第一课
- 身体的化学成分
- 食物，图解并定义
    - 为何必要
- 烹饪，定义
    - 为何必要
- 供水
- 三明治
- 冷饮
- 第二课
- 食物，分类
    - 各类食物与身体的关系
- 牛奶供应
- 干吐司
- 黄油吐司
- 热饮
- 第三课
- 食物，均衡膳食的正确比例
- 淀粉，组成

- Sources
- Food Value
- How Affected by Cooking

- Cereals
- Fruits
- *Fourth Lesson*
- Starch (continued)
- Combustion

- How to use a Gas Range
- Making and Care of Fire

- Milk Toast
- Cream Soups
- Vegetables
- *Fifth Lesson*
- Proteids

- Composition
- Sources
- Food Value
- How Affected by Cooking

- Eggs
- Egg Desserts
- Wafers
- *Sixth Lesson*
- Fermentation
- Bread Making and Baking
- Proteids (continued)

- 来源
- 食品价值
- 烹饪的影响

- 谷物
- 水果

第四课

- 淀粉(续)
- 燃烧

- 如何使用燃气灶
- 生火与炉火维护

- 牛奶吐司
- 奶油汤
- 蔬菜
- 第五课
- 蛋白质

- 组成
- 来源
- 食品价值
- 烹饪的影响

- 鸡蛋
- 鸡蛋甜点
- 威化饼
- 第六课
- 发酵
- 面包制作与烘焙
- 蛋白质(续)

- Beef Extracts
    - Teas
    - Balls
- Broths
- Stews
- *Seventh Lesson*
- Fish Classification
    - Food Value
    - Digestibility
- Broiled and Boiled Fish
- Oysters
- Clams
- Potatoes
- *Eighth Lesson*
- Gelatin
    - Sources
    - Food Value
    - How Affected by Cooking
- Beefsteak
- Lamb Chops
- Macaroni
- Jellies
- *Ninth Lesson*
- Fats and Oils
- Chemistry of Freezing
- Boning Birds

- 牛肉提取物
    - 茶
    - 球
- 肉汤
- 炖菜
- 第七课
- 鱼类的分类
    - 食品价值
    - 消化性
- 烤鱼与煮鱼
- 牡蛎
- 蛤蜊
- 土豆

第八课

- 明胶
    - 来源
    - 食品价值
    - 烹饪的影响
- 牛排
- 羊排
- 通心粉
- 果冻
- 第九课
- 脂肪与油脂
- 冷冻的化学原理
- 去骨禽类

- Salads
- Sherbets
- Sponge Cake
- *Tenth Lesson*
- Alcohol
    - Uses
    - Food Value
- Chicken
- Sweetbreads
- Ice Creams
- Lady Fingers

MARKETING COURSE

One lesson weekly, for four consecutive weeks, from 2 to 4.30 P. M. Four constitute a class. Terms: $5.00. Instruction given by charts, cuts, and visits to market.

SPECIAL LESSONS

Given by appointment. Terms: $2.00. Materials extra.

DEMONSTRATION LECTURES

Wednesdays, at 10 A. M. and 7.45 P. M.

Tickets for Morning Course, ten lectures, with reserved seat	$4.00
Single admission	.50
Tickets for Evening Course, ten lectures with reserved seat	3.00
Single admission	.25

- 沙拉
- 雪葩
- 海绵蛋糕
- 第十课
- 酒精
    - 用途
    - 食品价值
- 鸡肉
- 甜面包
- 冰淇淋
- 手指饼干

营销课程

每周一课，连续四周，下午2点至4点30分。四人成班。学费：5.00美元。通过图表、切割图和市场参观进行教学。

特别课程

预约授课。费用：2.00美元。材料费另计。

示范讲座

每周三上午10时及晚上7时45分。

晨间课程门票，十讲，带预留座位	$4.00
单次入场	.50
晚间课程门票，十次讲座含预留座位 3.00 单次入场	.25

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纯叶猪油

已使用逾60年

您的祖母用过它，您的母亲用过它，如果您想获得最佳效果，您也应该用它。

就像您的曾祖母在包装厂时代之前熬制生叶那样熬制。

装在一个朴素的、老式的铁皮桶里，但它既诚实又好，正如它既老式又朴素一样。

波士顿烹饪学校推荐。

《波士顿烹饪学校食谱》编者推荐。

由《新英格兰食谱》编辑推荐。

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MADE FROM THE CHOICEST *of* SELECTED SPRING WHEAT & *Guaranteed to be Unbleached*

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Introduced over twelve years ago, it has held its position as the *Highest Grade* of Flour ever produced
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The MODEL HUB

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The plain, smooth and faultless lines of the
MODEL HUB
EBONY FINISH
Range on the outside are but the index to the splendid working qualities on the inside.

HUB RANGES are perfectly adjusted cookers—great fuel and time savers—thoroughly dependable—and the best cooks and leading cooking schools use them because they are. Why don't you?

Write us for a copy of "Range Talk, No. 9," which tells all about the HUB Ranges.

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Makers 52–54 Union Street, Boston, Mass.

CHOICE

亚瑟王面粉
由精选春小麦中最上等的制成，并保证未经漂白

亚瑟王明尼苏达注册商标
十二年前推出，它一直保持着作为有史以来生产的最高等级面粉的地位
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波士顿与普罗维登斯*The*
模范枢纽

造就
模范
厨师
MODEL HUB 简洁、平滑且无瑕的线条

乌木饰面
外部的炉灶只是内部卓越工作品质的标志。

HUB 炉灶是完美调节的炊具--极大的燃料和时间节省者--完全可靠--最好的厨师和领先的烹饪学校使用它们，因为它们确实如此。您为什么不呢?

写信给我们索取一份《炉灶漫谈，第*9*号》，其中详细介绍了 *HUB* 炉灶。

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House Furnishings
FOREIGN and DOMESTIC.
No other house in this country can show such a variety. French Fry Pans; Jelly Sieves; Enamelled, Tin, and Copper Moulds—more than 1200 patterns and different sizes; Soufflé Dishes; Coffee Mills; Pepper Mills; Table Coffee Roasters; Coffee Pots and Machines; Pot-au-feu; Shirred Egg Dishes; Casseroles; Marmites; Salad Forks and Spoons; Salad Washers; Cook's Knives; Hateletts; Vegetable Cutters; Paste Cutters; Ramikens; Parisien Potato Cutters; Wood Cooking-School Spoons; also, a large variety of English and German Culinary Goods.

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F. A. WALKER & CO.
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Established, 1839.
Catalogues with 3000 illustrations at Store, or mailed on receipt of 20 cents for mailing.
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SCOLLAY SQ. SUBWAY STATION.

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外国与本国
全国没有其他店铺能展示如此丰富的品种。法式炸锅；果冻滤筛；搪瓷、锡制和铜制模具--超过1200种款式和不同尺寸；舒芙蕾烤盘；咖啡研磨机；胡椒研磨机；台式咖啡烘焙机；咖啡壶和咖啡机；炖锅；烤蛋盅；砂锅；汤锅；沙拉叉和沙拉勺；沙拉清洗器；厨师刀；烤肉叉；蔬菜切刀；面糊切刀；小烤盅；巴黎式土豆切刀；木制烹饪学校勺子；此外，还有种类繁多的英国和德国烹饪用品。

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英式磨刀机一次可清洁两到八把刀。另有磨刀板。

壁炉配件、柴架、围栏、火具套装、刷子和风箱。

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I have sold over a thousand. After a few are sold they sell others.

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We have done away with the rolling board and use *Magic Covers* for bread, cookies, doughnuts, and pastry. I recommend them in the hospitals where I give lessons to the nurses.

Fannie Merritt Farmer,
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I find the Covers all you claim; would not do without them. You may send me 25.

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Syracuse Model Home and School.
Please send me two dozen and a half Covers. My pupils are very much pleased with them, and a good many want them.

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Price, 65 Cents, Postpaid.
MAGIC COVERS. WHAT ARE THEY?
The greatest invention of the age! A great saving of time, strength, and material. Neat, durable, and effectual. Every housekeeper should have one. By their use the softest dough can be handled without the slightest possibility of sticking to moulding board or rolling pin. They are guaranteed to be absolutely as represented. One set will last for years. They will save many times their cost in material alone. They are highly recommended by leading cooks and teachers of cooking. *Dough cannot stick to Magic Covers.*

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我已经卖出了一千多份。卖出几份之后，它们就会带动其他的销售。

G.P.威瑟姆夫人，
缅因州沃特维尔。
我们已经不再使用擀面板，改用魔术盖布来制作面包、饼干、甜甜圈和酥皮。我在医院给护士授课时也推荐它们。

范妮·梅里特·法默，
波士顿烹饪学校。
我发现封面完全符合您的要求；没有它们可不行。您可以给我寄25个。

L.A.斯卡特古德，
锡拉丘兹模范家庭与学校。
请寄给我两打半盖布。我的学生们非常喜欢它们，很多人也想要。

斯特拉·A·唐宁，新英格兰烹饪学校。价格65美分，邮资已付。
魔法封面。它们是什么？
这个时代最伟大的发明!大大节省时间、体力和材料。整洁、耐用且有效。每位管家都应备有一个。使用它们，最柔软的面团也能被处理，而绝无粘在成型板或擀面杖上的丝毫可能。保证与所述完全一致。一套可用多年。仅材料一项就能节省数倍于其成本的费用。受到顶尖厨师和烹饪教师的高度推荐。面团不会粘在神奇盖布上。

Address, Magic Cover Co.,
CORRINA, ME.
The *Covers* are better than I imagined. The very poetry of pastry work.

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I have used the Covers and would not do without them.

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The class has used my covers and the ladies all want them. One trial will sell a Magic Cover. I am sure I can sell five or six dozen.

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For
Rolling Pin
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Bread Board
MISS FARMER'S NEW BOOK
Food & Cookery for the Sick and Convalescent
By FANNIE MERRITT FARMER
Principal of Miss Farmer's Cooking School, and author of "The Boston Cooking School Cook Book," and "Chafing-Dish Possibilities."
WITH SIXTY ILLUSTRATIONS IN HALF-TONE
A work of exceptional interest and importance is the new book, "Food and Cookery for the Sick and Convalescent," by Fannie Merritt Farmer, the author of "The Boston Cooking School Cook Book," etc. It is designed to meet the needs of the trained nurse, the mother, or of any one having care of the sick. The work is the

地址：Magic Cover Co.
科琳娜，缅因州。
封面比我预想的还要好。简直是糕点制作的诗篇。

弗兰克·贝克，密歇根州莫伦西。
我一直使用这些盖子，没有它们可不行。

埃洛伊丝·P·弗洛德，
密歇根州底特律，格雷斯医院
班上的学员都用过我的盖布，女士们全都想要。试一次就能卖出魔术盖布。我相信我能卖出五六打。

斯特拉·A·道奇，
宾夕法尼亚州伊利市家政科学学校
为了
擀面杖
和
面包板
法默小姐的新书
病人与康复者饮食与烹饪范妮·梅里特·法默著

法默小姐烹饪学校校长，《波士顿烹饪学校食谱》及《火锅的可能性》的作者。

附六十幅半色调插图
一本具有非凡意义和重要性的新书是《病人与康复者的食物与烹饪》，作者为《波士顿烹饪学校食谱》等书的作者范妮·梅里特·法默。该书旨在满足受过训练的护士、母亲或任何照护病人者的需求。这部作品是

result of years of study along the lines of food and feeding, and contains much scientific knowledge simply given.

多年研究食物与喂养的成果，以浅显的方式呈现了大量科学知识。

The opening chapters are invaluable to those whose duty it is to care for the sick, and of equal importance to those who see in correct feeding the way of preventing much of the illness about us. The chapter on Infant Feeding is an authoritative guide to aid in the development of the baby, and child feeding is considered with like care.

开篇几章对于那些职责在于照护病人的人极为宝贵，对于认识到正确喂养是预防我们周围许多疾病之途径的人同样重要。关于婴儿喂养的一章是帮助婴儿发育的权威指南，儿童喂养也以同样的用心加以论述。

The hundreds of recipes, many of which have their caloric value given, are for the most part individual, thus requiring but a minimum of time for their preparation. Suggestions as to diet in various diseases have not been overlooked. Sixty full-page half-tone illustrations add to the utility and beauty of the book.

书中数百则食谱大多标注了热量值，且多为单人份，因此准备时间极短。关于各种疾病饮食的建议也没有被忽略。六十幅整页半色调插图增添了本书的实用性和美感。

12mo. Cloth. $1.50 net. Postpaid, $1.65.
LITTLE, BROWN, AND COMPANY, *Publishers*
34 Beacon Street, Boston, Mass.

12开。布面。$1.50 net.Postpaid, $1.65。利特尔·布朗出版公司，出版者马萨诸塞州波士顿比肯街34号。

Londonderry
The All 'round Table Water

伦敦德里
全能餐桌水

Never an occasion of dining where Londonderry will not "fit in"—whether on the home table or at the cafe, club or feast.

任何用餐场合，伦敦德里都能"融入其中"--无论是家庭餐桌，还是咖啡馆、俱乐部或宴席。

Pure and healthful, it is the table water recommended by physicians for its Alkaline properties.

纯净健康，因其碱性特质而被医生推荐为餐桌用水。

Londonderry is used in the best of homes in the making of punches, lemonade, orangeade and other delightful concoctions. Served with grape juice or other temperance drinks, it gives an added touch of enjoyment.

最好的家庭都用伦敦德里来调制潘趣酒、柠檬水、橙汁饮料及其他美味调饮。与葡萄汁或其他无酒精饮品搭配，更添一份享受。

Sparkling (effervescent) in the 3 usual sizes; Still (plain) in half gallon bottles.
Londonderry Lithia Spring Water Co.
Nashua, N. H.
MALT BREAKFAST FOOD
Gives the prudent, economical housekeeper more cereal value for her money than any package cereal. At 15 cents per package (20 cents west of the Rockies) there is the equivalent of over three packages of the ready to eat flaked foods, wheat or corn, and when properly prepared for the table, one package of Malt Breakfast Food will give more single portions than any granular cereal we know of.

Made from the choicest gluten wheat of the north west, Malt Breakfast Food contains all the wheat but the outer coating of bran, combined with a product of Barley Malt, adding a delicious flavor and rendering readily digestible the starch of the wheat.

For Flavor, Food Value and Economy insist upon having

Malt Breakfast Food
Used in and recommended by Miss Farmer's School of Cookery
THE MALTED CEREALS CO.
BURLINGTON, VERMONT
White Mountain Freezer

THE TRIPLE MOTION ICE-CREAM FREEZER
Makes perfect ice-creams and sherbets in a very few minutes, as well as an unlimited variety of delicious frozen fruits, puddings, and chilled dainties at a very trifling cost. It will surprise you to

气泡(起泡)款有三种常规规格；无气(原味)款为半加仑瓶装。

伦敦德里锂泉矿泉水公司，新罕布什尔
州纳舒厄

麦芽早餐食品

让精打细算、节俭持家的主妇花同样的钱获得比任何包装谷物更多的谷物价值。每包15美分(落基山脉以西20美分)，相当于三包以上即食麦片或玉米片，而一包麦芽早餐食品在适当烹制上桌后，所能提供的单人份量比我们所知的任何颗粒状谷物都多。

麦芽早餐食品选用西北部最优质的麸质小麦制成，除麸皮外层外保留了小麦的全部成分，并加入大麦麦芽制品，增添美味风味，使小麦淀粉易于消化。

为了风味、营养价值和经济效益，坚持选用

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几分钟内即可做出完美的冰淇淋和雪葩，还能以极低的成本制作种类无限的冷冻水果、布丁和冰镇甜点。您会惊讶地

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THE WHITE MOUNTAIN FREEZER CO.
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BELL'S SEASONING
Acknowledged by all to be 40 Years the original favorite. Imitated by many; equalled by none for delicately Flavoring Dressings for Poultry, Game, Meats, Fish, Oysters, etc.

1876, J. B. Wistar, Grand Central Hotel, New York City, wrote: "I have been over-pursuaded to try other makes. In every instance have been obliged to either return or throw it away and fall back on the old reliable, **BELL'S SEASONING**."

1878, A. Ainslee, Tremont House, Boston, wrote: "Unquestionably the most superior article in use."

THIRTY YEARS LATER
Allen Ainslie, President, Ainslie & Grabow Company, Managers of Hotel Lenox, Hotel Empire, Hotel Tuileries, Boston, Mass., Hotel Titchfield, Port Antonio, Jamaica, New Ocean House, Swampscott, Mass., **writes, January 1st, 1909, as follows**: "I take great pleasure in reminding you that I have constantly used **BELL'S SPICED SEASONING** in the various hotels which I have conducted since 1876, and I consider it the best article of its kind on the market to-day."

Moseley's New Haven House,

发现"白山"的用途之广。请索取我们的新食谱书《冷冻甜点》，书中讲述了制作最美味甜点所需了解的一切，并附有约一百则食谱。

白山冷冻机公司新罕布什尔州纳舒厄

贝尔调味料

公认四十年来始终是最初的挚爱。仿效者众多；在禽肉、野味、肉、鱼、牡蛎等调味汁的细腻调味方面，无人能及。

1876年，纽约市大中央酒店的J.B.Wistar写道:"我曾被反复劝说尝试其他品牌。每一次都不得不退货或丢弃，重新回到可靠的老牌子**贝尔调味料**。"

1878年，波士顿特里蒙特酒店的A.Ainslee写道:"无疑是市面上最上乘的产品。"三十年后

艾伦·安斯利，安斯利与格拉博公司总裁，该公司管理马萨诸塞州波士顿的莱诺克斯酒店、帝国酒店、杜伊勒里酒店，牙买加安东尼奥港的蒂奇菲尔德酒店，马萨诸塞州斯旺普斯科特的新海洋之家酒店，**于1909年1月1日写道**:"我很高兴提醒您，自1876年以来我在所经营的多家酒店中一直使用**贝尔香料调味料**，我认为它是当今市场上同类产品中最好的。"

莫斯利纽黑文之家，

New Haven, Connecticut, September 11, 1878.
“I have used your Poultry Seasoning for the past year, and find it a better Seasoning for all kinds of game, poultry, etc., than any article I have ever used.”

S. H. Moseley.
THIRTY YEARS LATER
Wm. H. Moseley, son of S. H. Moseley, writes: “I wish to add my testimony to that given you by my father in 1878, and to say that we have continued to use your Poultry Seasoning to the exclusion of all others, and find it has been kept up to the high standard of quality referred to by him.”

February 13, 1909, Harvey & Wood, Managers of Hotel Bellevue and Hotel Canterbury, Boston, and Piedmont Hotel, Atlanta, Ga., **write**: “We are using your **BELL’S DRESSING** in all of our hotels. We have not used any other for fifteen years, as our cooks prefer it to any other.”

One of Boston’s noted hotel keepers has said, “I would as soon think of discharging my chef, as to do without **BELL’S SPICED SEASONING**.”

The William G. Bell Company
SOLE MANUFACTURERS
50 COMMERCIAL STREET, BOSTON, MASS.
Welch’s Grape Juice
Purity in grape juice means plain grape juice; that is, juice as you find it in the grape.

Purity is lost by putting in preservatives or by adding coloring matter, or by diluting the juice or by lack of care in any step in

康涅狄格州纽黑文，1878年9月11日。
“过去一年我一直在使用你们的禽肉调味料，发现它比我用过的任何产品都更适合为各种野味、禽肉等调味。”

S.H.莫斯利。
三十年之后
Wm.H.Moseley,S.H.Moseley之子，写道:“我愿在我父亲1878年所给的证词之外补充我的证词，并说明我们一直使用你们的禽肉调味料而不用其他任何品牌，发现它始终保持着他所提到的高品质标准。”

1909年2月13日，波士顿贝尔维尤酒店与坎特伯雷酒店及佐治亚州亚特兰大皮埃蒙特酒店的经理哈维与伍德写道:“我们所有酒店都在使用你们的**贝尔调味汁**。十五年来我们未曾用过任何其他品牌，因为我们的厨师比其他任何品牌都更喜欢它。”

波士顿一位著名旅馆经营者曾说:“要我不用**BELL'S SPICED SEASONING**，就跟要我解雇我的主厨一样难以想象。”

威廉·G·贝尔公司
独家制造商
50 COMMERCIAL STREET, BOSTON, MASS.韦尔奇葡萄汁
葡萄汁的纯正意味着纯粹的葡萄汁；也就是说，汁液如同你在葡萄中所见的那样。

加入防腐剂、添加色素、稀释果汁，或在任何步骤中缺乏细心，都会使纯正性丧失。

manufacture.

Welch's grape juice is pure. The juice from the grapes we use needs nothing to prevent spoiling, nothing to heighten its color and nothing to enhance its food value.

The grapes are inspected before they are washed, washed before they are stemmed and stemmed before they are pressed.

They are the choicest Concords grown in the famous Chautauqua vineyards. We have learned how to transfer the juice from the luscious clusters to the bottle unchanged in any way.

If your dealer doesn't keep Welch's, send $3.00 for trial dozen pints, express prepaid east of Omaha. Booklet of forty delicious ways of using Welch's Grape Juice free. Sample 3–oz. bottle by mail, 10c.

THE WELCH GRAPE JUICE CO., WESTFIELD, N. Y.

What Users Think of Wheatena

"We are all very fond of it. When I cook any other cereal the children say 'Cook **Wheatena**, Mamma, I like that best.'"

"It is quite satisfactory; we use it regularly, and like it better than any other. While others may please at first, they do not wear as well."

"The children all enjoy **Wheatena** very much, and always call for 'second helps.' The cook had difficulty at first in making enough for the young people. Like Oliver Twist they always called for 'more.'"

"I am much happier when I use it than at other times."

制造。

韦尔奇葡萄汁是纯正的。我们所使用的葡萄榨出的汁液无需任何东西来防止变质，无需任何东西来加深其色泽，也无需任何东西来提升其营养价值。

葡萄在清洗前经过检验，清洗后才去梗，去梗后才压榨。

它们是著名的肖托夸葡萄园所种植的最上等康科德葡萄。我们已学会如何将汁液从甘美的果串转移到瓶中而不作任何改变。

如果您的经销商不备韦尔奇产品，请寄3.00美元购买一打品脱装试用品，奥马哈以东快递费预付。四十种美味使用韦尔奇葡萄汁方法的免费小册子。3盎司样品瓶邮寄，10美分。

韦尔奇葡萄汁公司，纽约州韦斯特菲尔德。

用户对Wheatena的看法

"我们都很喜欢它。当我煮任何其他谷物时，孩子们就说'煮**Wheatena**吧，妈妈，我最喜欢那个。'"

"它相当令人满意；我们经常使用它，比任何其他品牌都喜欢。别的品牌也许起初讨人喜欢，但不耐久用。"

"孩子们都非常喜欢**Wheatena**，总是要求'再来一份'。起初厨师很难为这些年轻人做够量。像奥利弗·退斯特一样，他们总是要求'更多。'"

"我用它的时候比在其他时候快乐得多。"

“My boy does not care for any cooked cereal but **Wheatena**. I find he is better satisfied after a breakfast of it, and does not ask for something before lunch.”

“It will give you more good, strong food for the size package than any other cereal on the market. It’s good.”

“I began to use it thirteen years ago when I had my first attack of gastritis, and am using it now. My stomach will not retain anything else during these attacks.”

“I have five children who eat it every morning for breakfast and are always lost without it.”

Wheatena
Price Fifteen Cents at All Grocers
Coffee in air-tight packages, packed automatically, no handling.

All the rich, full flavor of the finest berries kept for you.

That’s Chase & Sanborn’s Coffee.

A hostess who serves Chase & Sanborn’s Tea receives nothing but compliments on its fragrance and delicacy. The sealed, air-tight, screw top canister preserves the original flavor of the most carefully selected teas sold to-day.

FOR SALE BY LEADING GROCERS EVERYWHERE

TRANSCRIBER’S NOTES

1. P. 132, changed “⅓ flour” to “⅓ cup flour”.
2. P. 404, changed “½ grated nutmeg” to “½ teaspoon grated nutmeg”.

“我的儿子除了**Wheatena**之外不喜欢任何煮熟的谷物。我发现他早餐吃了它之后更满足，午餐前不会要东西吃。”

“同样大小的包装，它能比市场上任何其他谷物提供更多优质、强身的食物。它很好。”

“十三年前我第一次患胃炎时开始使用它，现在仍在使用。在这些发作期间，我的胃留不住任何其他东西。”

“我有五个孩子，他们每天早上都吃它当早餐，没有它就不知所措。”

维提纳
各杂货店售价一角五分
咖啡采用密封包装，自动装填，无需人工处理。

最上等浆果的全部浓郁醇厚风味，为您留存。

那是蔡斯与桑伯恩咖啡。

用Chase & Sanborn's Tea招待客人的女主人，听到的只有对其芬芳与精致的赞美。密封、不透气、螺旋盖的罐子保存着当今出售的最精心挑选的茶叶的原有风味。

各大杂货商均有销售

转录者注

1. 第132页，将“1/3面粉”改为“1/3杯面粉”。
2. 第404页，将“1/2个磨碎的肉豆蔻”改为“1/2茶匙磨碎的”肉豆蔻”。

3. Silently corrected typographical errors and variations in spelling.
4. Archaic, non-standard, and uncertain spellings retained as printed.

3. 已静默更正排版错误及异体拼写。

4. 古体、非标准及不确定的拼写均予保留印刷的。

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