

THE  
ALICE B. TOKLAS  
COOK BOOK

ALICE B. TOKLAS

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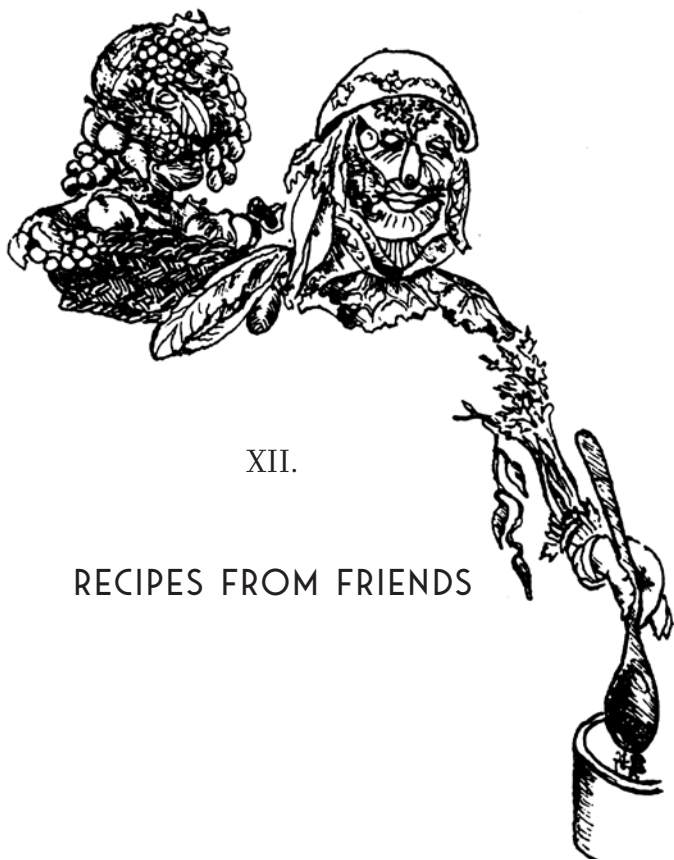
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XII.

RECIPES FROM FRIENDS

## APPETISER

FANIA MARINOFF

New York

### HERB BUTTER

*(to be spread on biscuits or crackers)*

Grind or mince finely equal amounts of fresh parsley, fresh dill, 1 green pepper, raw spinach or dandelion greens, green tops of scallions, shallots or leeks, and watercress. Season with salt, pepper, paprika, garlic, thyme and tarragon (fresh, if you have it). Bind with soft butter and mayonnaise.

## SOUPS

MADAME M. G. DEBAR

La Régie

Soye-en-Septaine

### MUSSEL SOUP À LA RÉGIE

Put the scrubbed and washed mussels at once into a casserole that has been lined with minced onions and garlic, put between layers of mussels other minced onions, garlic and a few thin slices of carrots. Add some good white wine. Let the mussels cook for 1/4 hour. Keep the casserole hot. Remove the juice in which the mussels have cooked. Thicken lightly with flour, add slowly to this sauce 3/4 cup cream in which the yolks of 2 eggs have been

mixed. Taste and add salt if necessary—in any case add a powerful pinch of pepper!

Serve the mussels directly from the casserole, the sauce separately, as well as slices of bread browned in butter and generously rubbed with garlic.

With a Rhine wine, if possible, this dish can boast of being without reproach.

DORA MAAR

Paris

#### LAUREL-LEAF SOUP

Boil a branch of laurel with its leaves in a saucepan for 20 minutes. Remove the laurel. Stir 1 yolk of egg to every 2 cups of the laurel water. Add a little hot water to the yolk of egg, stir and add laurel water. Heat but do not allow to boil. Serve. *Croûtons* may be added to soup.

An invigorating soup, served during the winter in Provence.

MADAME JOSEPH DELTEIL

Grabels

#### IBIZA SOUP

For 4. Heat in a little olive oil a little salted pork, or 3 slices of bacon. Add 1 medium-sized onion cut in very thin slices, add 8 or 9 cups water, salt and pepper, a handful of pounded almonds, a clove of crushed garlic and 4 large potatoes cut as for frying—lengthwise—about 10 slices to each potato. When the potatoes are cooked add the juice of 1/2 lemon and 1 wine-glass Malaga or any other sweet white wine, and 2 pinches of saffron. Finally drop 1 egg per person into the soup and let poach and serve.

Found and eaten with delight in the island of Ibiza.

ALGONQUIN HOTEL  
New York

These two soups supplied by the *chef* through the kindness of the so amiable *maitre d'hôtel* Georges at Gertrude Stein's request.

CREAM OF FRESH MUSHROOM SOUP

An equal amount of onions, leeks and celery chopped fine. Also fresh mushrooms. Mix together in a pot with butter and simmer partly. Then add 1 or 2 tablespoons flour. Stir while heating through. Add stock and cool for 1 hour. Strain and add some cream.

ALGONQUIN SPECIAL SOUP

*(serve cold)*

Put some butter in a pan with some Indian curry powder. Stir until curry and butter are mixed well. Then add some chicken broth and let boil for 10 minutes. Finally mix the yolk of 1 egg with plain cream for each cup of soup.

ENTRÉES

SIR FRANCIS ROSE, BART.

Paris

CHINESE EGGS

1. Boil eggs for 5 minutes.
2. Remove shells carefully and cook in sherry for 5 minutes.
3. Put eggs in covered casserole with butter and 3 large spoonfuls soya sauce, and cook until dark brown.

## FROM THE SAME SOURCE

### LEMON SALAD

Boil lemons until soft in a lot of very salty water. Drain and let cool and cut them. Mix them with cooked cut-up artichoke stems and hearts, salted almonds, 1 coffee-spoon honey and 2 large spoons oil. Sprinkle with lemon juice.

DR. FERNANDA PIVANO-SOTTASS

Milan

### GNOCCHI ALLA ROMANA

3/4 lb. semolina.	5 ozs. Parmesan cheese.
3 ozs. butter.	1 glass milk.

Cook the semolina in water and milk for 40 minutes. Spread it on a wet marble slab stretching it well with a wet wooden spoon until it is about 2/3 inch thick. When it is quite cold divide it into small rounds. Grease a baking tin and put the gnocchi on it, spreading them with butter and grated cheese. Continue to put layers of them, covering each with butter and cheese. Put the baking tin in already warmed oven and leave for 30 minutes.

VIRGIL THOMSON

New York

### SHAD-ROE MOUSSE

Remove the flesh from 2 lbs. fresh halibut and put the bones, odd bits, and skin into an enamel saucepan with a small lump of butter, onion chopped fine, a little bouquet of parsley, a bay leaf, a tiny pinch of thyme, a few peppercorns, 3 cups water and 1 cup white wine. Put on the fire to simmer. This liquid is to use later in

the making of a sauce. Put the raw flesh through the meat grinder, add the unbeaten whites of 6 eggs, and mash the whole thing through a very fine sieve. Add some salt and pepper and stir until it thickens a bit, then gradually add 1 pint cream. In the meantime, cook for about 20 minutes 2 or 3 pair shad roes slowly in a frying pan with plenty of butter. Carefully remove the skin and veins. Mash the roe lightly and add to the fish-paste. Mix well. Add another cup of cream and then season to taste.

Butter two medium-sized fish-shaped moulds and decorate the bottom with strips of red pimiento. Fill the moulds with the *mousse*, packing it well down into all the crevices. Set the mould into the refrigerator and keep there until 40 minutes before you will be ready to serve. At that time place the moulds in a pan of hot water, cover with a piece of buttered white paper, and set in a moderate oven (about 400°) to cook.

In the meantime, make the foundation for your sauce by putting 1/2 cup butter into an enamel pan to melt. Stir in 3/4 cup flour and cook for a minute or two without browning. Add gradually the strained fish stock of which there should be about 3 cups. Continue to cook in a double boiler until ready to serve. Then, add the yolks of 2 eggs beaten up with 3/4 cup cream, stirring continuously and making sure it doesn't cook any more. At the last minute, add a little paprika and stir in 1 cup good sherry and the juice of 1 lemon. Pour around the *mousses*, which have first been carefully emptied from the moulds on to warm platters. Garnish and serve at once.

*June Platt recipe*

## FROM THE SAME SOURCE

### GNOCCHI ALLA PIEMONTESE

2 lbs. white potatoes (of the kind which fall to bits).  
5 ozs. fine flour.



1/2 lb. fontina (soft, melting cheese).

1 egg.

3 1/2 ozs. butter.

Boil the potatoes for about an hour. Peel them and sieve them or mash them. Put them on the table and knead them with flour, adding the egg. Divide the mixture in small pieces, the size of walnuts. Curl them on the fork.

Meanwhile you'll have prepared the fontina, sliced finely and put in milk for about an hour to make it very soft. Plunge the gnocchi in a saucepan of boiling water and leave them to boil for about 3 minutes; they will come to the top by themselves. Get the dish ready with a layer of the finely sliced, milked fontina and butter and put the strained gnocchi in layers, covering each with fontina and butter, and mixing each layer before doing the next one.

## FROM THE SAME SOURCE

### PORK "ALLA PIZZAIOLA" OF CALABRIA

Enough for 5 people.

1 lb. sliced pork.

1 tin (2 ozs.) peeled tomatoes.

1 oz. salted anchovies.

1 oz. capers.

2 ozs. parsley.

A pinch of salt.

Brown the pork in 3 tablespoons butter and take it off as soon as done. Finely mince the capers, anchovies and parsley and put them into the butter. Add the tomatoes and about 1 wine-glass water. When the mixture begins to boil, add the pork which was put aside and cooked for an hour on a slow fire.

## MADAME GASTON CHABOUX

Belley

### TRUFFLE TURNOVERS

Prepare a short or puff paste. Roll it out to 1/6 inch thickness. Brush and wash the truffles without peeling them, cut them in dice of 1/6 inch thickness, place them on a slice of fat side of pork which has been heated in a frying pan, cover the truffles with a very thin slice of Swiss cheese, fold them in the dough in the shape of turnovers. Bake in the oven or fry in deep fat.

## FROM THE SAME SOURCE

### CHICKEN-LIVER CUSTARD

Pound in a mortar 2 or 3 chicken livers, add 4 or 5 eggs, 2 cups milk. Mix thoroughly, salt and pepper. Strain through a fine sieve. Pour into an oiled mould. Cook in the oven, the mould standing in a pan of hot water. Serve with a tomato or crawfish sauce.

## GEORGES MARATIER

Paris

### LIVER CUSTARD

1. Prepare a fairly thick *Béchamel* sauce.
2. Two chicken livers, or a rabbit's.
3. Chop fine: parsley, a clove of garlic.
4. Mix these together.
5. Add 3 yolks of eggs. Beat the whites, and pour all this into a well-buttered mould.
6. Put in a *bain-marie* in a medium oven for 1/2 hour.
7. Prepare a hot tomato sauce with butter and flour, black olives and chopped mushrooms.
8. Remove custard from the mould and cover it with the sauce. Serve hot with a cold Alsatian wine.

## FROM THE SAME SOURCE

### VEAL KIDNEYS

1 veal kidney.	1/4 cup gin.
2 tablespoons butter.	Salt.
1 dessertspoon cornflour.	Pepper.
1 tablespoon mustard.	

Clean and cut the kidney in dice. Put butter the size of a walnut in a *cocotte*, and lightly brown the kidney. Light the gin in the *cocotte*, having previously removed the blood. Cover the *cocotte* and remove from fire.

Make a sauce by melting the rest of the butter, add the cornflour which has been mixed with the blood, then add the mustard, salt and pepper. Pour this mixture into the *cocotte* and finish cooking without permitting it to boil.

MARY OLIVER

London

### FONDUE DE BÂLE

Heat 1 lb. Gruyère cheese and 1 dessertspoon butter over chafing dish. Stirring carefully, add 1/2 bottle Riesling wine. Keep stirring, add 1 liqueur glass kirsch. Continue to stir and add 1 teaspoon powdered mustard. Serve with toast or bread cut in small squares. Place bread on fork and dip bread into *fondue*. Keep *fondue* warm but not so hot as to scorch. Riesling wine well chilled should be drunk with this. *Fondue* should not be served on plates. Each person should dip his bread into the communal bowl.

## FISH

MRS. GILBERT WHIPPLE CHAPMAN  
New York

### SHAD ROE

1/2 cup lemon juice. 1/2 bottle walnut catsup.  
3/4 cup butter. 1/4 bottle (small size) Worcestershire sauce.  
Salt and pepper. 2 pairs shad roe.

Parboil the shad roes and cut them in half lengthwise. Lay aside to keep warm. Melt the butter in a frying pan, and pour in the lemon juice and cook for nearly 20 minutes until the acid liquid has boiled off the lemon juice and there remains a light-brown syrup. Pour in 1/4 bottle Worcestershire sauce (small size) and 1/2 bottle walnut catsup and cook for 2 or 3 minutes. Lay in the shad roes face up and cook for 2 or 3 minutes, basting at the same time. Place the shad roes on a platter and pour in a little more walnut catsup and cook sauce for a couple of minutes more and pour over shad roes and serve.

LADY ROSE  
Nice and London

### BARRIDA (a Corsican fish dish)

For 8 persons: Make a mayonnaise with 1 quart olive oil, 12 yolks of eggs, 12 cloves of garlic. Boil 1 turbot or fresh cod, 1 sea eel or sea perch, and any other fish from Southern waters. Stir the water in which the fish has boiled into the mayonnaise so as to make a sauce the consistency of cream. Serve the fish and sauce with boiled new potatoes, carrots, string beans and hearts of artichokes. The sauce looks like yellow cream and is heaven.

The meal commences with a soup made of the sauce further

watered down with the water in which the fish has been boiled, with pieces of bread floating in it—pale yellow, nearly clear and delicious. With this is served a sparkling white wine, very dry. Really a lovely meal.

MARY OLIVER

London

PILAW STELLA MARIS DE PORTO FINO

Cut up one small octopus, remove bone from interior. Dip particles in honey, roll in paprika, then plunge in batter mixed with garlic. Boil in olive oil. Serve with rice; with a sauce made with tomatoes over it, white wine, green peppers and finely diced mushrooms.

PRINCESS D. DE ROHAN

London

SCAMPI PINO ORIALLI

Place scampi, Dublin Bay prawns, langoustine or giant shrimps on a mound of rice which has been washed in fourteen waters.

Cook scampi in cold water . . . Bring to the boil . . . Add cold water.

Cook rice in cold water . . . Bring to the boil . . . Add cold water . . . Place in oven to dry. To serve, add shell-fish.

Serve with a sauce made of tomatoes, 5 big onions, 12 cloves and saffron to taste. On top of which add whipped cream.

LADY ROSE

Nice and London

MUSSELS WITH RICE

(*a Corsican dish*)

For 3 people: Clean 2 lbs. mussels and put them in covered casserole on fire until they open. Remove from shells. Pass juice from

the mussels through a sieve. Cook rice (2 soup spoons per person) in casserole in olive oil until lightly golden. Cover rice with juice of mussels mixed with water, 4 soup spoons of liquid to 1 soup spoon rice. When water boils, lower heat and simmer for 1/4 hour. The liquid should by then have evaporated. Mix rice with mussels and serve.

MAURICE GROSSER

New York

#### SHRIMPS IN BUTTER

Fry a chopped onion in sweet butter, add peeled raw shrimps and the juice of 1/2 lemon (or more, according to taste). Cook for a few minutes until the shrimps have turned pink—no longer—sprinkle with chopped parsley, and serve on rice.

If the shrimps are fresh, unfrozen and without the awful preservative they are sometimes treated with they are unbelievably good.

FROM THE SAME SOURCE

#### BAKED FISH WITH STUFFING

A large fish, red snapper or red bass, stuffed with oysters, chopped onion and celery, the latter fried previously lightly in butter. The fish is baked and basted with grapefruit juice. In the dressing use parsley and a little bay leaf—no thyme or sage.

MARY OLIVER

London

#### FILET DE SOLE À LA RITZ

Poach filleted sole in frying pan half full of water. Serve cold with sauce of whipped cream which has been mixed with grated horseradish.

## MEAT AND GAME

HAROLD KNAPIK

Paris

This is the goulash that I mentioned. It is not bad but its origin on the Hungarian plain is reflected a little insistently.

### SZEKELY GULYAS

1 large onion, chopped.	2 1/2 teaspoons salt.
3 tablespoons butter.	6 peppercorns.
1 green pepper, chopped.	2 bay leaves.
5 medium tomatoes, peeled.	1/2 teaspoon capers.
1/2 lb. veal, cut in strips.	1 tablespoon paprika.
1/2 lb. tender beef, cut in strips.	1/2 cup stock.
1/2 lb. pork, cut in strips.	1 1/2 lbs. sauerkraut.
(Cut excess fat from the meat.)	1 1/2 cups sour cream.
1 teaspoon caraway seeds.	

Fry the onion until brown and then add the tomatoes and green pepper. Cook for about 15 minutes, very slowly, and then add the meat and the seasonings. Add the stock and simmer, covered, for 1/2 hour. Then add the kraut and cook for 1 hour longer. Before serving, add the sour cream.

FROM THE SAME SOURCE

### VEAL-CHOPS PAPRIKA

To my knowledge this is my own recipe, but its resemblance to goulash is evident.

The ingredients for 4 people are:

4 thick, first-quality veal chops.

1/4 lb. very thinly sliced Hungarian bacon which is fat back, lightly smoked, with paprika pressed into the fat. Anything comparable will do in its place.

1 medium-sized onion, finely chopped.

1 1/2 teaspoons paprika. Real paprika, and not red dust, is required.

1 1/2 cups chicken stock.

1 cup sour cream.

1/2 teaspoon salt.

Lightly brown the bacon, push the bacon aside and brown the chops well. Turn down the fire and brown the onions gently with the paprika. Add the heated stock and salt and cook, covered, over a low fire for about 20 minutes or until done. Just before serving add the sour cream. A few *croûtons* fried in butter and a little chopped parsley provide a reasonable garnish for this dish.

#### FROM THE SAME SOURCE

This is a Turkish dish, *considerably modified*. Combining them with the rice and the sauce is, for better or for worse, my own. In Turkey, the *Kebabs* are eaten alone as an appetiser.

#### KEBABS WITH RICE

This is a modified Turkish *Kebab*. It is usually made or formed on a number of small flat spits which unfortunately are very difficult to find. However, if the meat does not contain too much fat and the onions are chopped really fine, one can roll long, slender, pencil-like *Kebabs* that hold together very well. The ingredients for 4 people are:

2 lbs. shoulder of lamb or mutton, with a third of the fat rejected, and ground very fine.



2 medium-sized onions chopped as finely as possible.  
1 1/2 tablespoons powdered cumin.  
1/2 teaspoon salt.  
1 strong pinch of cayenne pepper.  
4 tablespoons mixed green herbs.

Mix vigorously all the above ingredients for at least 10 minutes, then roll the *Kebabs*. Place them on a grill and cook gently but well. If cooked too much they will dry. Turn over once while cooking.

They can be eaten with rice prepared in any manner, and are quite good with a sauce made as follows:

Fry gently in 1/4 lb. butter a finely chopped onion, a finely chopped green pepper and 1 tablespoon saffron. Cook for about 15 minutes and mix with some of the drippings from the *Kebabs*. Place the rice on a platter with the sauce thrown over it and the *Kebabs* arranged around the rice. Place quarters of lemon between the *Kebabs*.

MRS. NOEL MURPHY  
Orgival

#### RABBIT WITH DUMPLING

Cut your Belgian hare!! in pieces. Roll in flour and brown in an iron pot in which you have slightly cooked 4 or 5 slices of bacon, adding bacon fat or lard. Put in a bouquet of herbs (I prefer rosemary, laurel and the greens of fresh garlic) and an onion stuck with cloves. When golden brown add thinly cut carrots, dust again generously with flour and add red wine and water. Cover and let simmer slowly. When cooked the meat should have the consistency of chicken, and not slimy restaurant rabbit. Add 1/2 teaspoon Worcestershire sauce, more water or *bouillon* if necessary. There should be much sauce. Add 1/2 cup cream before serving.

## Dumplings

Make a dough with 2 cups flour and 1 egg, 1/2 teaspoon salt and water. It should be like bread dough. Cut up *very stale* bread in squares to make 1 cupful. Mix thoroughly with dough and make oval balls. Boil in salted water for 1/2 hour. When drained cut immediately into slices. The dumplings should not be put into the rabbit sauce, but the sauce put over the dumplings at table.

REDVERS AND LOUISE TAYLOR  
Bishops Lydeard

### JUGGED HARE

Skin and clean, chop in small pieces. To 1 hare and its blood add 1/4 of a bottle of red wine, 1/2 gill vinegar, 1 large onion cut into six pieces, 2 carrots, a bay leaf, 12 peppercorns, pepper and salt well (at least a heaped teaspoon of the latter). Mix in a bowl. Press well down. Cover over and let stand for 24 hours, to pickle.

Put into a colander and strain dry. Fry in a frying pan (till brown) everything that was left in the colander. Then place in a casserole, sprinkle with 1 large tablespoon flour. Add 1/2 pint water and all the liquid that had strained through the colander and 1 tablespoon currant jelly.

Cook slowly from 40 minutes to 3 hours, depending on the age of the hare.

FANIA MARINOFF  
New York

### LAMB CURRY FOR SIX

3 lbs. lean lamb, in small pieces.	2 glasses red wine.
7 small apples.	2 tablespoons cooking oil.
4 onions.	2 tablespoons flour.
2 cups stewed tomatoes.	2 tablespoons curry powder.
2 cups rice.	1 cup raisins.

Mix uncooked lamb with curry powder. Season with salt and pepper. Brown the apples, onions and tomatoes in the oil and wine, add the uncooked lamb and cook slowly for 1 hour. Drain off juice, thicken with flour and return to pot. Cook rice separately and mix with raisins. Serve with chutney.

MARY OLIVER

London

#### ROAST PORK NORMANDY

Roast pork in 1/2 bottle cider. Baste constantly and keep adding more cider. Serve with fried apples that have been well sugared and dusted with powdered cinnamon. Fry apples in bacon fat.

FROM THE SAME SOURCE

#### ROAST BEEF FOR A RAINY DAY

First lard the roast with garlic, then soak for 2 hours in the contents of a bottle of sweet red wine and bay leaves. Place in basting pan with the wine poured over the meat. Cook in slow oven and baste every 15 minutes. Serve with the wine gravy.

### VEGETARIAN

MERCEDES DA ACOSTA

Paris

#### STUFFED ARTICHOKE STRAVINSKY

Before cooking put a little garlic and lemon juice inside artichokes. Cook artichokes until tender, then take off leaves and put hearts in a baking dish. Prepare a fresh mushroom sauce as follows:

Separate the tops of the mushrooms from the stems. Mince the stems and dry them in the oven. Slice the tops of the mushrooms and sizzle in butter rapidly. Powder with flour, using flour sifter. Mix well and add 2 tablespoons sour cream. Season to taste. Stuff the artichokes with this mixture and powder it with dried, cut mushroom stems. Bake for 5 minutes.

#### SPANISH RICE

Cover bottom of pan with melted butter and oil, then cut purple onions into very very thin slices and place in pan. Put 1 handful of rice per person, and 1 for the pan, in hot water, then strain, mix well with oil and chopped pimiento. Put in pan with onions and cover, cooking in a very slow oven until done. If desired, tomato can be added.

#### CUBAN RICE

2 cups M.J.B. rice.  
4 cups water.  
6 tablespoons olive oil.  
1 clove of garlic, chopped fine.

Mix well. Place in a *very slow* oven in covered kettle. Do not stir while baking. Cook for 35 minutes.

#### VEGETABLE ROAST LOAF

*(recommended to confirmed meat-eaters who would like to imagine they were eating meat)*

1 medium-sized egg plant.	1 tomato.
1 cup ground celery.	1 tablespoon wheat germ.
1 cup cottage cheese.	4 tablespoons butter.



### “*Vent Vert*” Salad

Cut in small right angles, not omitting the stalks, the hearts of young romaine salads. Add celery, endives, sweet green peppers and asparagus tips, a quarter of the volume of the romaine salad for each of these last ingredients. Add to this some leaves of corn salad from which the stalks have been removed to make *little perfect* ovals and about 1 tablespoon per person of Beaufort cheese, savoyard cheese of the Gruyère type cut into thin matches.

Prepare a salad sauce with salt, Indo-China pepper, white-wine vinegar and walnut oil (1 tablespoon vinegar to 2 tablespoons walnut oil). Carefully peel 2 fresh walnuts per person, cut them into very small pieces and sprinkle on the salad, which is to be served in a green unbaked earthenware salad bowl.

REDVERS TAYLOR  
Bishops Lydeard and London

### CIRCASSIAN CHICKEN

Fry 1 or 2 onions in 1/2 tablespoon butter until they begin to colour. Separately, boil a fowl and add the onions. Take 10 ozs. shelled walnuts and pass them through a mincing machine. Then mix in well 1 teaspoon red pepper.

Take the crumbs of half a loaf of bread and soak them in water in which fowl was boiled. Work them in with the walnuts with a wooden spoon, adding a little salt. If the mixture is too dry, gradually add the water in which the fowl was cooked until a thick cream-like consistency is obtained. Bone the fowl.

Arrange the filleted fowl in a dish and pour over the sauce. Decorate and serve cold with salad.



MADAME M. G. DEBAR

La Régie

Soye-en-Septaine

#### MESSY CHICKEN À LA BERRICHONNE

Brown a chicken cut in pieces in butter and diced fat back of pork—half the pork fat should be fresh, the other half smoked—chopped garlic, onions, shallots, parsley, chervil, tarragon, and a bouquet. Moisten with  $\frac{1}{4}$  cup brandy,  $1\frac{1}{2}$  cups red wine of Bordeaux or of Burgundy, or another very good red wine, salt and pepper. At the end of the cooking, add  $\frac{1}{2}$  lb. mushrooms heated in butter. Thicken the sauce slightly with flour, add the blood of the chicken in which a few drops of vinegar was mixed when the chicken was killed. Add slowly to the sauce 1 cup cream in which the yolks of 2 eggs have been stirred. Serve surrounded by little puff-paste crescents.

#### THE LATE LORD BERNERS

##### ROAST CHICKEN IN CREAM

Brown 2 or 3 onions in butter, add chicken. When cooked remove chicken and keep hot. Add some cream to a little of the butter in which the chicken has cooked. Add salt, pepper, a little lemon juice, a little sherry or Madeira. Let the sauce reduce until it begins to thicken. Then carve the chicken, and pass the sauce through a very fine strainer over the chicken and serve.

NÉJAD

Paris

##### BOILED CHICKEN

Cut 2 chickens into very small pieces. Put in a saucepan and



cover with 5 cups and 3 tablespoons milk, add 1 3/4 cups sugar and 1 tablespoon rose water. Twenty minutes before the chickens are tender, add 2/3 cup rice. When the rice is cooked, serve.

PRINCESS D. DE ROHAN

London

CHOP SUEY

*(from chicken left-overs)*

(Recipe from Chong Ping Nam, one-time *chef* to the Chinese Ambassador.)

Dice chicken. Heat in soya sauce and butter. Add 1/2 pint peeled prawns or shrimps. Serve with bowl of rice and a cup of China tea, hearts of lettuce salad, lemon and oil dressing.

Diced roast pork can be used instead of chicken.

MARY OLIVER

London

LARKS À LA CONCHITA HERNANDEZ

*(a gypsy singer of Madrid)*

Place 2 dozen plucked larks in an oven with 6 rashers of Parma smoked ham or bacon and serve on platter in a bed of watercress. Surround by raw Spanish onions, raw tomatoes and red and yellow pimientos preserved in oil.

JOSEPH DELTEIL

Grabels

CHICKEN WITH RICE

Brown your chicken, then add an onion with 2 cloves stuck in it, 2 carrots, a bouquet, 2 cloves of garlic, 1 glass white wine, 1 quart

water, salt and pepper. Let it boil. If she is not too old (say forty years) the hen should cook in an hour.

Apart, melt 1 tablespoon butter in a casserole. Add 1 finely chopped onion, stir over the fire, put into it 1 cup rice, give it a moment to heat and then add half the juice in which the chicken has cooked and which has been strained. Add salt and pepper, nutmeg and a good pinch of saffron. Let it cook covered very gently for 25 minutes.

Apart, put a piece of butter the size of a walnut in a saucepan. Add 1 tablespoon flour, stir a moment over the fire without allowing it to brown. Add the rest of the *bouillon* of the chicken and bring it to a boil. Add a thickening of the yolks of 2 eggs (from the same chicken), a little lemon juice, and serve your chicken with rice.

And good appetite to you.

## SAUCE

DR. FERNANDA PIVANO-SOTTASS

Milan

### PESTO ALLA GENOVESE

*(sauce which can be served to flavour thick vegetable soup or  
pasta asciutta)*

Enough for 4 people.

3 ozs. good fresh basil.

1 oz. parsley.

2 ozs. Pecorina cheese

(strong *goat* Parmesan).

2 ozs. Parmesan cheese.

1 oz. pine-nuts.

2 ozs. butter.

3 1/2 ozs. oil.

And, if liked, a clove of garlic.

Clean the leaves of the basil and parsley and leave them in water to keep them fresh. Grate the two cheeses together, mince

the leaves of basil and parsley and the pine-nuts together (with the garlic, if you like it), add the cheese slowly so as not to blacken the mixture. The mixture has to be very light. Put it all in a bowl and add the oil, continuing to mix it. Just before using add the butter and a ladle or two of the boiling liquid which is to be flavoured (for instance, water of the pasta asciutta or broth of the soup).

## VEGETABLES

MISS NATALIE CLIFFORD BARNEY

Paris

### STUFFED EGG PLANT WITH SUGAR

2 egg plants.

2 dessertspoons sugar.

1/4 lb. dried breadcrumbs.

1 large pinch of salt.

Divide the egg plants in half lengthwise. Remove the pulp, chop, add breadcrumbs, sugar and pepper. Stuff the four halves very abundantly. On each one place a piece of butter the size of a large walnut and 1 tablespoon of water and cook in a moderate oven for 1/2 hour.

THE LATE LORD BERNERS

### STEAMED SPRING VEGETABLE PIE

Line a pie dish with puff paste, reserving the quantity necessary for a lattice. Bake the crust. Steam all the spring vegetables available—peas, onions, carrots, string beans, asparagus tips and so on. As soon as the crust is baked, place on it the vegetables in bouquets of each kind, and sprinkle with a small quantity of butter. Bake until lattice is golden brown. Serve at once.

MISS KATHERINE DUDLEY

Paris

BROWNED-IN-THE-OVEN WHITE BEANS

Boil in water an onion with a clove stuck in it, 1 quart good white beans, fresh or dried; if the latter, they must be soaked for 24 hours in fresh water. They must cook very gently so that they will remain whole.

Put in a casserole a spoonful of good *Béchamel* sauce and a pint of cream, a spoonful of grated Swiss cheese, and a seasoning of salt and pepper. The sauce should be creamy but not thick. Drain the beans thoroughly. Place them on a deep fireproof dish. Cover them with the sauce in which they are cooked. Cover with grated cheese and put the dish on the grill of the oven to brown.

SIR FRANCIS ROSE, BART

Paris

STUFFED ITALIAN SQUASH (ZUCCHINI)

(*a Chinese dish*)

1. Blanch a very large Italian squash. Cut off the top and scrape out interior.
2. Fry half-cooked rice in butter with chopped meat for a few minutes and mix with chopped basil and onions.
3. Stuff the marrow and tie it up well, covering it with bacon and sprigs of parsley. Bake until bacon and parsley are crisp, basting often.
4. Shrimps or prawns are added in the Chinese style:  
Shell the shrimps or prawns and put in earthenware dish. Cover with 1 large spoon honey and 1 large spoon sherry (or Suchow spice wine). Then add 2 spoons soya sauce. Let the dish stand for several hours, then put in oven for 25 minutes. Remove, add a covering of chopped spring onions and put back in oven for 5 minutes.

MARY OLIVER

London

STUFFED PEPPERS HAMMAMET

Boil barley in salted water until tender—it should absorb all the water. Mix with chopped onions and parsley. Fill green peppers with this mixture, cover with olive oil, and put in oven. Serve with sauce made of lemon juice and paprika.

FROM THE SAME SOURCE

MASHED POTATOES LUXEMBOURGEOISE

Mash potatoes in butter, and red wine instead of milk.

MADAME GASTON CHABOUX

Belley

STUFFED SWISS CHARDS

Parboil the leaves of some Swiss chards. Prepare a forcemeat of left-over roast—preferably mutton or chicken. Prepare a brown sauce with 2 tablespoons butter and 2 tablespoons flour, the gravy of the meat and cream added in small quantities at a time, salt and pepper, spices. In this sauce place the meat (chopped), and on the leaves of the Swiss chards place a tablespoon of this mixture. Roll and fold the edges. Put in a dish and cook in the oven.

MADAME BERTHE CLEYSERQUE

Paris

SAUTÉ OF MIXED VEGETABLES

*(a Roumanian dish)*

It will require:



MRS. NOEL MURPHY

Orgival

SAFFRON RICE

Boil 2 handfuls of rice per person with a heaped soup spoon of powdered saffron and 2 cloves of garlic which you remove. (The rice should be yellow when cooked.) Do *not* overcook the rice. Take the stones out of 5 ozs. black olives, add 1/4 lb. shelled shrimps, about 6 fresh pink *raw* mushrooms cut in thin slices.

Make a generous French dressing with much olive oil and little vinegar and finely chopped chervil. Mix with rice and garnish with sweet peppers.

MARY OLIVER

London

14TH OF JULY SALAD

To a pint of mayonnaise add capers and chopped dill pickles. Mix well with 1 lb. boned white fish. Serve with a salad of nasturtium leaves and cucumbers with a dressing of olive oil and garlic mixed with tarragon vinegar. Garnish dish with nasturtium leaves and orange and red nasturtiums.

With this should be served chilled chives, or a cider cup with raspberries and cucumber rinds.

PRINCESS D. DE ROHAN

London

SALADE APHRODITE

Apples, quickly peeled and finely chopped, celery chopped fine, yoghurt, black pepper, salt.

The beauty of this salad depends entirely on how quickly the apples and celery are stirred *into* the bowl of yoghurt. This prevents their becoming brown. To be served on the crispest lettuce leaves.

This is inspired by the famous "Bicht's Mousslé" of the Bicht Sanatorium at Zürich. Ideal for poets with delicate digestions.

MRS. CARLTON LAKE

Paris

#### ASPIC SALAD

1 can Campbell's Condensed Tomato Soup.

1 small package Philadelphia Cream Cheese.

2 tablespoons unflavoured gelatine dissolved in 1/3 cup cold water.

1/2 cup Miracle Whip Salad Dressing.

Chopped vegetables: 1/2 onion, 1 stalk of celery, 1 green pepper.

Empty tomato soup into saucepan, and heat over low flame, stirring until soup is almost hot. Add the cream cheese, and keep stirring until it is dissolved. Remove from fire, and add gelatine which has been dissolved in water. When mixture cools, fold in the salad dressing. Chop the vegetables—onion, celery, green pepper—and when mixture begins to set, fold in. Rinse out ring mould in cold water, but do not wipe dry. Pour mixture into mould, and chill in refrigerator for several hours. Serve on bed of lettuce leaves.

To serve, loosen salad along edges with sharp knife, invert, and tap mould. If salad does not come out of mould easily, wipe outside surface of mould with cloth wrung out in hot water.

#### BREAD AND CAKES

MRS. REDVERS TAYLOR

Bishops Lydeard and London

#### CRULLERS

Beat the yolk of 1 egg until stiff. Stir into it 2 heaped tablespoons



sugar and 2 tablespoons melted butter. When very light beat the white of the egg very stiff and blend it with the mixture. Add nutmeg and salt. Mix to a stiff dough with flour, using enough to enable you to roll it out, 1/3 inch thick. Cut in squares, make three or four long incisions in each square. Cook in hot fat and sprinkle with sugar. In a stone jar they keep crisp for ages.

FANIA MARINOFF

New York

#### PECAN NUT CAKES

3 cups pecan nuts, chopped as finely as possible.

6 eggs.

1 1/2 cups sugar.

1 tablespoon flour.

1/2 teaspoon salt.

1 teaspoon baking powder.

1 teaspoon vanilla.

1/4 cup chopped seedless raisins.

Boiled white icing sugar.

Beat yolks until light, add sugar and beat again. Mix the finely chopped nuts, flour, baking powder and salt, and add to the yolks. Beat well and stir in the stiffly beaten whites. Bake in two layers in moderate oven. When cold, assemble and ice with boiled white icing sugar, sprinkling a few chopped raisins on top.

NÉJAD

Paris

#### COOKIES

Boil in a saucepan 1/2 cup and 2 tablespoons butter, 4 cups water and a good pinch of salt. Moisten with some of the water 5 cups rice flour. Gradually add it to the boiling water, stirring with

a wooden spoon. Continue to stir until the mixture becomes stiff. Remove from heat and very slowly add 10 eggs one at a time. Incorporate each one thoroughly before adding another. Roll them into little sausages and place on buttered baking sheet in a moderate oven. When cold paint with a water icing flavoured with rose water.

REDVERS TAYLOR

Bishops Lydeard and London

#### BANBURY CAKES

Prepare puff pastry; 1/2 lb. flour will make enough for 20 cakes. Filling for cakes: 1/2 teaspoon ground ginger, 1/2 teaspoon lemon rind and juice, 1 oz. candied peel chopped, 1 oz. cake crumbs (or breadcrumbs with sugar added), 2 ozs. sugar, 2 ozs. sultanas, 2 ozs. currants, 1/4 teaspoon ground nutmeg, 1/4 teaspoon cinnamon, 1 egg, 2 ozs. butter. Warm bowl and then work butter, sugar and the spices into a creamy consistency. Then beat in egg and later the crumbs. Then add lemon juice, currants, etc., and lemon rind. Stir.

Cut pastry into rounds. Put some of the filling on to a round. Fold over to make a semi-circle. Egg-wash the joint and squeeze tight the ends. Place it joint downwards and tap it out to an oval shape. Make a few cuts in top. Bake for 20 minutes at 500°.

DR. FERNANDA PIVANO-SOTTASS

Milan

#### PIZZA ALLA NAPOLITANA

2 cups flour.

1/3 oz. yeast (either of beer or bread).

5 ozs. Mozzarella (very soft, melting cheese).

1 two-oz. tin peeled tomatoes.

3 salted anchovies.

Knead the flour and the yeast together on the table with 1/2 glass milk, adding water if necessary, with a pinch of salt. Let it rise for 45 minutes, wrapping it in a woollen cloth. Stretch it into a round shape, and put it in a flat greased baking tin. Sprinkle on the mixture 3 tablespoons oil, pressing it with fingers. Spread on top first half of the thinly sliced Mozzarella, second the tomatoes halved, third the cut-up anchovies, and finally a pinch of origan and the rest of the Mozzarella.

Put it in the oven already warmed and cook for about 30 minutes, according to the heat of the oven.

MADAME GASTON CHABOUX

Belley

#### A GARNISHED SALTED BREAD OF THE BUGEY

On an ordinary bread dough place the following mixture: 1 or 2 minced onions, 2 or 3 tablespoons chopped walnuts, 1 cup walnut oil. Send it to the baker's to be baked in his oven after the bread has been removed.

## CRÊPES AND PANCAKES

MRS. GILBERT WHIPPLE CHAPMAN

New York

#### CRÊPES NORMANDES

Melt a very thin layer of butter in a small frying pan over a hot fire. Spread 4 or 5 very thin slices of green cooking apples in the butter. Cook for 2 or 3 minutes. Pour over these a slight coating of thin pancake batter. Cook this a minute or two longer. Pour on this 2 heaped tablespoons sugar, and cook for 2 minutes more. Add

1 tablespoon butter, and turn the pancake over, and cook a little longer over a low flame, adding a little more butter. Take out and serve when fairly crisp. This makes one portion.

## FROM THE SAME SOURCE

### SALZBURGER NOCKERL

Made the easy way. This recipe is for people who can not toss a *soufflé* omelette in the air to turn it over in the pan.

Mix 1 1/2 tablespoons flour and 4 tablespoons granulated sugar, and 1 pinch of salt. Add these to the well-beaten yolks of 6 eggs. Blend well, and then fold into the well-beaten whites of 6 eggs. Melt 1/4 lb. butter in a large, deep, iron frying pan. Pour the mixture into this. Cook over a slow flame for 3 to 4 minutes. Then place under the broiler and cook slowly for 3 to 4 minutes longer. Put in a slow oven for 2 to 3 minutes longer. While you are cooking this, melt 1/2 lb. butter until it is brown. Turn your *soufflé* over on a hot dish, and immediately pour the brown butter over it, and sprinkle well with icing sugar. Serve immediately.

## CARL VAN VECHTEN

New York

### VIENNESE CHEESE PANCAKES

2 yolks of eggs.	1/2 teaspoon salt.
2 teaspoons sugar.	2 cups milk.
1/2 cup, or more, flour.	

Beat the yolks of the eggs and pour all together in large bowl. Make THIN pancakes and fill them with: pot cheese, raisins, yellow of one egg, vanilla, sugar. Bake for 10 minutes in rich butter.

Now, I hope, you have had enough recipes from US.

## DESSERTS

SIR FRANCIS ROSE, BART

Paris

### QUEEN ELIZABETH I APPLES

Cook in sugar without water whole unpeeled very fine apples until transparent. Then put the apples into jars filled with hot vinegar that has been boiled with honey, allspice and fresh rosemary. The jars should be hermetically closed, and the apples not served for a couple of months.

CECIL BEATON

### ICED APPLES

*(a Greek pudding, very Oriental)*

Prepare a syrup with 2 cups sugar and  $\frac{3}{4}$  cup water and the rind of a lemon. Peel and cut in very thin slices 2 lbs. apples of a very good quality. Put them in the syrup and let them cook from 2 to 2  $\frac{1}{2}$  hours. Pour into a mould. Surround when removed from mould with a vanilla custard sauce. Decorate it with candied fruit. Serve very cold. Should be prepared the day before, or in the morning if served for dinner.

THE LATE LORD BERNERS

### PUDDING LOUISE

Line a flan ring with short pastry, then put 6 layers of red currant jelly at the bottom, then the mixture of 3  $\frac{1}{2}$  ozs. sugar, 3  $\frac{1}{2}$  ozs. butter, 2 ozs. flour, and cook in a very moderate oven for 1 hour until very brown.

MARY OLIVER

London

WEDDING ANNIVERSARY ICE CREAM

Take 12 crystallised mint leaves, 1 cup crème-de-menthe, 1 oz. crystallised ginger, 1 quart thick cream and freeze.

FROM THE SAME SOURCE

BIRTHDAY ICE CREAM FOR ADULTS

Toast 2 slices of dark brown bread, spread *lavishly* with butter on both sides. Cut into small cubes. Cover with egg nog made of 2 eggs and 1 cup rum. Add 1 quart cream and freeze.

MADAME JOSEPH DELTEIL

Grabels

VERY GOOD CHOCOLATE MOUSSE

1/2 lb. sweet chocolate.

6 eggs.

Grate the chocolate and melt it in a frying pan with 3 table-spoons water over very low heat. Add the yolks of eggs previously stirred and mix well. Remove from heat and add the whites of eggs beaten stiff. Put into the serving bowl and into the refrigerator overnight. Always liked. Rather sponge-like.

PRINCESS D. DE ROHAN

London

CRÈME BRULÉE

Serves 4.

Stir, bring to boiling point, and boil for exactly 1 minute 2 cups heavy cream. Remove the cream from the fire. Pour it in a slow

stream into 4 well-beaten egg yolks. Beat it constantly. Return the cream to the fire. Stir and cook it over a low flame until it is nearly boiling, or stir and cook it for 5 minutes in a double boiler. Place the cream in a buttered shallow baking dish and never stir again. Chill it well. Cover the cream with 1/4-inch layer of brown sugar. Place it under a broiler (keep the oven door open) to form a crust. Chill it again.

MRS. JOSEPH A. BARRY  
New York and Paris

#### ORANGE AND LEMON DESSERT

Ingredients: 2 dozen lady fingers split, 1/4 lb. butter, 1 cup sugar, 1/2 pint heavy cream, 3 eggs beaten separately, juice of 1 large orange, juice of 1 lemon, 1 tablespoon orange rind, 1 teaspoon lemon rind, 1/4 cup chopped nutmeats ground very fine, rum.

Cream butter and sugar. Beat egg yolks with a whisk and add to creamed mixture. Add fruit juices, rind and nuts. Beat cream and add. Beat egg whites with a pinch of cream of tartar and add last.

Line a 1 1/2-quart porcelain *soufflé* mould with buttered waxed paper. Then line bottom and sides of mould with split lady fingers. Sprinkle with rum according to personal taste. Add half of mixture, then a layer of lady fingers, the second half of mixture and a ceiling of lady fingers with more rum. Put in freezing compartment of refrigerator for 2 or 2 1/2 hours (not more). Believe it or not, rich as this is, men guests often take two helpings. It is the rum that keeps it from being unmanly.

BRION GYSIN

HASCHICH FUDGE

(which anyone could whip up on a rainy day)

This is the food of Paradise—of Baudelaire's Artificial Paradises: it might provide an entertaining refreshment for a Ladies' Bridge Club or a chapter meeting of the DAR. In Morocco it is thought to be good for warding off the common cold in damp winter weather and is, indeed, more effective if taken with large quantities of hot mint tea. Euphoria and brilliant storms of laughter; ecstatic reveries and extensions of one's personality on several simultaneous planes are to be complacently expected. Almost anything Saint Theresa did, you can do better if you can bear to be ravished by '*un évanouissement reveillé.*'

Take 1 teaspoon black peppercorns, 1 whole nutmeg, 4 average sticks of cinnamon, 1 teaspoon coriander. These should all be pulverised in a mortar. About a handful each of stoned dates, dried figs, shelled almonds and peanuts: chop these and mix them together. A bunch of *canibus sativa* can be pulverised. This along with the spices should be dusted over the mixed fruit and nuts, kneaded together. About a cup of sugar dissolved in a big pat of butter. Rolled into a cake and cut into pieces or made into balls about the size of a walnut, it should be eaten with care. Two pieces are quite sufficient.

Obtaining the *canibus* may present certain difficulties, but the variety known as *canibus sativa* grows as a common weed, often unrecognised, everywhere in Europe, Asia and parts of Africa; besides being cultivated as a crop for the manufacture of rope. In the Americas, while often discouraged, its cousin, called *canibus indica*, has been observed even in city window boxes. It should be picked and dried as soon as it has gone to seed and while the plant is still green.



## BEVERAGES

REDVERS TAYLOR

Bishops Lydeard and London

### SLOE GIN

*(use unsweetened London gin, not Plymouth)*

To each bottle of gin allow 1 pint sloes and 1/2 lb. rock candy (as white and clear as possible). Have ready two empty quart bottles. Prick the sloes with a fork (silver for preference). Put 1/2 pint sloes and 1/4 lb. rock candy, crushed fine, followed by 1/2 bottle gin into each bottle.

Allow to stand for three months, shaking every day. Then strain off through muslin and bottle. Seal the cork. Leave at least 1 year before drinking. The longer the better—at seven years it's a dream.

PRINCESS D. DE ROHAN

London

### HOT TODDY FOR COLD NIGHT

*(attributed to Flaubert)*

2 jiggers Calvados.

1 jigger apricot brandy.

Warm over flame. Slowly pour in a jigger cream. Do not stir.

This is the recipe of the eighteenth-century *Auberge du Vieux Puits* at Pont Audemer.

FROM THE SAME SOURCE

### DUBLIN COFFEE JAMES JOYCE

2 jiggers Irish whiskey in a balloon wine-glass.

1 teaspoon sugar.

Pour in black coffee, stir; as contents revolve, add jigger cream slowly in circular motion. Allow cream to float on top of coffee. Do not stir again.

Excellent for after-dinner conversation.

MISS ELA HOCKADAY

Dallas

EGG NOG OF THE  
COMMONWEALTH CLUB, RICHMOND, VIRGINIA

2 dozen eggs.	4 ozs. rum.
2 quarts cream.	4 ozs. brandy.
1 quart whipping cream.	1 1/2 lbs. sugar.
2 quarts whiskey.	

Separate yolks and whites of eggs. In a large bowl beat thoroughly the yolks of the eggs, then add and mix well the sugar, adding slowly. Stir and heat mixture well and stir in well the whiskey. Add cream slowly and mix thoroughly. Beat whites of eggs till stiff and mix in thoroughly, then lastly the whipped cream.

This has been used in this club for more than a hundred years, I am told. Always served Christmas morning—and many other times!

PRESERVES AND A CHUTNEY

REDVERS AND LOUISE TAYLOR

Bishops Lydeard and London

ORANGE MARMALADE

Three oranges and 4 lemons. Cut into thin slices taking out the seeds. Put in 2 quarts water and let stand for 24 hours. Then boil

for 1 hour and let stand again for 36 hours in a cool place. Add 4 lbs. sugar and boil for 1 hour or until it jellies.

#### FROM THE SAME SOURCE

##### RHUBARB PRESERVE

Six lbs. rhubarb, 6 lbs. sugar and 6 large lemons. Cut the rhubarb in small pieces. Slice the lemons very thin. Put the fruit in a large bowl and cover with the sugar. Let stand until it has drawn out the juice. Then boil for about  $\frac{3}{4}$  hour. Do not stir more than necessary as its great beauty is in its not being all broken up. Place the leaf of a scented geranium in the bottom of each jar before bottling.

#### THIS TOO FROM THE SAME SOURCE

##### APPLE CHUTNEY

3 dozen cooking apples.	1/2 oz. chilis.
3 lbs. onions.	1/4 lb. salt.
3 lbs. brown sugar.	2 quarts vinegar.
1/2 lb. sultanas.	1 oz. ground ginger.
2 ozs. mustard seed.	

Chop the apples and onions very small. Mix the whole together and simmer all day until it becomes a dark pulp.