SOUPS

99. PEARL BARLEY CREAM SOUP. — Simmer the barley in the stock with the onion and carrot for 2 hours, having previously blanched it; remove the carrot, stew till reduced to a pulp, rub it through a sieve, add enough stock or water till it is the consistency of thick cream, boil up, allow it to cool and add the yolk of egg beaten with a little milk, season and serve with the chopped parsley sprinkled on the top.

1 quart stock, 1 pint pearl barley, 1 onion, 1 carrot, chopped parsley, 1 yolk of egg, a little milk, salt and pepper

(Enough for four or five people)

100. MOCK TURTLE SOUP (THICK).—Take any remains of calves’ heads, also the liquor they were boiled in, and any odd pieces of cooked meat you may have, 3 large onions, carrots, celery, a bunch of savoury herbs, a teaspoonful of browning, a few peppercorns, 6 cloves, and 12 bay leaves, then boil these all together for 2 hours; thicken with a good tablespoonful of rue and a whole lemon cut in slices. Let it simmer for ½ hour longer, and then pass it through a sieve; add to it some pieces of calf’s head cut in squares, and forcemeat balls, a glass of sherry flavoured with Harvey and Worcester sauce, about a teaspoonful of each for 2 or 3 quarts of soup. Serve very hot. If liked, these soups can be served without wine; but they are much nicer with it.

101. CLEAR GRAVY SOUP. — (Foundation of all Soups.)—Take 6 lb. of shin of beef; cut off the meat from the bone, chop the bone and put it into the stock
pot; cut up the meat fine, and add 4 quarts of cold water, a little browning, a little salt, a few peppercorns, about half-a-dozen cloves, a bunch of savoury herbs and 6 bay leaves, a tablespoonful of vinegar and a few egg-shells. Bring it to the boil on a slow fire, and let it simmer slowly for 3 hours, then skim off some of the fat from the top; add 3 onions, a carrot or two, a good handful of celery, and let it simmer for another 3 hours. Strain it and free it from fat, then it will be ready for use.

102. Oyster Soup.—3 oz. of butter, 3 oz. of flour, 1½ pints of new milk, 1 pint of white stock, and 2 doz. sauce oysters. Blanch the oysters, saving the liquor, stir the butter and flour over the fire until it is well baked, then add the liquor that the oysters were blanched in; add the milk gradually, bring it to the boil, add 2 bay leaves, a pinch of cayenne pepper, a teaspoonful of anchovy; cut the oysters in halves, put them in the soup tureen and strain the soup over them, and serve.

103. Mutton Broth.—A sheep's head, 3 lb. of scrag end of neck of mutton. Put them in a gallon of water with a teaspoonful of pearl barley, and boil for 1 hour; cut up about 1 lb. of vegetables into small dice (viz. carrots, onions, parsnips, celery and turnips). Let them boil for 1 hour, seasoned with pepper and salt. Skim off all the fat and chop up a good heaped-up tablespoonful of parsley and put into the soup. Let it stand for 5 minutes, take out the mutton and cut it up in neat pieces, put it into the soup tureen and pour the mutton broth over, and serve.

104. Mutton Broth.—About 1 lb. of the scrag end of the neck of mutton, 1 dessertspoonful of pearl barley, a
little salt, 1 carrot, a small piece of parsley and a quart of water. Boil this in a clean enamel saucepan for 3 hours.

105. Veal Broth.—1 lb. of knuckle of veal, 1 pint of water, a saltspoonful of salt, a little parsley and thyme, 1 bay leaf, and put in a teaspoonful of fine sago. Cover down, and cook for three hours.

106. Scotch Broth.—Cut meat up finely, removing fat and skin, chop the bones, add to the water with onion seasoning and bouquet garni, allow to simmer gently for 1 hour, strain and remove bones, return to the saucepan with the blanched barley, carrot and turnip cut in tiny dice, simmer till carrot is tender, put back some of the meat cut in neat pieces, season and add parsley just before serving.

2 lb. neck mutton, 1 quart of water, 1 onion, 1 carrot, 1 turnip, 2 oz. pearl barley, bouquet garni, seasoning, 1 teaspoonful chopped parsley

(Enough for four people)

107. Vermicelli Soup.—Take some clear soup as in No. 1. Take about 1 oz. of vermicelli, 1 quart of soup, 1 bay leaf, and 1 onion. Put the soup into a stewpan and add the vermicelli, bring it to the boil, and let it boil gently for about 10 minutes. Serve hot.

108. Quickly-made Clear Soup.—Cut some shreds of carrot, celery and onions; boil them in a quart of water, with a bunch of savoury herbs (should take about 10 minutes). When done, add 1 teaspoonful of Liebig’s Extract of Beef, 1 of tarragon vinegar, 1 lump of sugar, a little Harvey sauce, salt to taste, and 2 sheets of white-leaf gelatine. When stock is not at hand, this makes a very nice plain soup.
109. **Tomato Soup.**—6 tomatoes, 3 large potatoes, 4 large onions, 2 quarts of stock from the second stock of No. 1, a little salt, a slice of ham or bacon. Slice the tomatoes, and peel and slice the onions and potatoes; put them into a saucepan with a bunch of savoury herbs, boil them for 1 hour, and pass them through a sieve. Put the purée into a saucepan and place it on the stove; bring it to the boil, stirring all the time, then put a good teaspoonful of cornflour into a teacup, and mix it; add to it ½ pint of new milk and stir it into the soup. This makes it equal to cream. Serve with fried bread.

110. **Puree of Vegetable Marrow.**—Peel a nice-sized vegetable marrow, cut it up and free it from seeds, then wash it in clean water, put it into a stewpan with 2 onions, 3 or 4 bay leaves, salt and pepper, and 3 oz. of butter, 1 quart of white stock or water; let it simmer for an hour, then pass the purée through a fine sieve and add 1½ pints of new milk. Stir it over the fire until it boils, mix a dessertspoonful of cornflour with a little milk, let it boil, and serve with fried crusts of bread. This is sufficient for six or eight people.

111. **Scotch Broth.**—Cut meat up finely, removing fat and skin, chop the bones, add to the water with onion seasoning and bouquet garni, allow to simmer gently for 1 hour, strain and remove bones, return to the saucepan with the blanched barley, carrot and turnip cut in tiny dice, simmer till carrot is tender, put back some of the meat cut in neat pieces, season and add parsley just before serving.

2 lb. neck mutton, 1 quart of water, 1 onion, 1 carrot, 1 turnip, 2 oz. pearl barley, bouquet garni, seasoning, 1 teaspoonful chopped parsley

*(Enough for four people)*
II2. LENTIL SOUP.—Wash the lentils and soak for 12 hours with a little carbonate of soda in the water. Cut the vegetables into small pieces, put the dripping into the pan with them and cook for 5 minutes with the lid on. Add the lentils, water and flavourings, boil gently till reduced to a pulp, pass through a sieve, season and serve with small squares of toast or croûtons of fried bread.

½ pint lentils, 1 quart water, 3 onions, 2 small carrots, 1 small turnip, 1 oz. dripping, 2 potatoes, bunch of herbs, salt and pepper

(Enough for four people)

II3. PEA SOUP.—Soak the peas for 12 hours with a pinch of carbonate of soda added to the water, put them in a saucepan with the water and vegetables, cut up in small pieces, simmer for 2 or 3 hours till tender, pass through a sieve, season and serve with croûtons of toast or fried bread.

1 quart water, ½ pint split peas, 1 onion, small piece of carrot, small piece turnip, stick of celery, salt and pepper

II4. HARICOT SOUP.—Soak the beans for 12 hours in cold water with a pinch of carbonate of soda, melt the dripping in a saucepan, add onion and beans, cook for 5 minutes with the lid on, add the water and simmer for 3 or 4 hours until the beans are tender. Pass through a sieve, add the milk, season well, reheat, serve with croûtons of fried bread.

1½ pints water, ½ pint milk, ½ pint haricot beans, 1 onion, ½ oz. dripping, salt and pepper

(Enough for four people)

II5. ONION SOUP.—Peel and cut up the onions. Put into a saucepan with the dripping and cook for 5 minutes with the lid on. Add the water and salt. Boil until the onion is quite tender, mix the flour
smoothly with the milk, add to the soup and boil well. Season to taste and serve.

3 Spanish onions, 2 small onions, 1 oz. dripping, 2½ oz. flour, 2½ pints water, ½ pint milk, salt, pepper

(Enough for four or five people)

116. Potato Soup.—Peel and cut the potatoes into slices, chop the onions, melt the fat in a saucepan, add potatoes and onions and cook for 5 minutes with the lid on; add the water and boil gently till reduced to a pulp; add the washed sago and the milk. Cook till the sago is transparent. Season and serve.

1 lb. potatoes, 2 onions, 1 pint water, ½ pint milk, 1 oz. fat, ½ oz. sago, salt and pepper

(Enough for three people)

117. Brown Vegetable Soup.—Melt the dripping in a stewpan, prepare and chop the vegetables and brown them carefully in the fat, remove them, add the flour to the fat and brown it, taking care it does not burn; add the water gradually, stir till it boils, return the vegetables and the herbs to the stewpan and simmer gently for an hour, strain, season well and serve with squares of toast.

1 quart water, 1 carrot, 1 turnip, 1 onion, 1 stick of celery, bunch of herbs, 1 oz. flour, 1 oz. dripping or butter, salt and pepper

(Enough for four people)