SWEETS AND PUDDINGS

118. RICE MOULD.—Wash the rice, allow it to soak in the milk for some time, put into a saucepan and cook till tender and the milk is taken up, add the sugar and flavouring, pour into a wet mould, turn out when cold and serve with stewed fruit or jam.

3 oz. rice, 1 pint milk, 2 oz. sugar, flavouring
(Enough for three or four people)

119. RICE CROQUETTES.—Put the rice on in a saucepan to cook with the milk and flavouring. When tender and all the milk absorbed add the sugar, turn on to a wet plate, divide into equal portions and set aside to cool. When firm roll into balls, using a few crumbs, coat with egg and crumbs, fry a golden brown in hot fat, drain well, put a small strip of angelica into each to look like a stem, serve on a hot dish with lace paper with jam or jam sauce.

4 oz. rice, 1 pint milk, 1 oz. sugar, flavouring, egg and bread crumbs, angelica
(Enough to make eight or ten croquettes)

120. MILKY RICE PUDDING.—A heaped-up tablespoonful of rice, a dessert ditto of sugar, and a pint of milk. Place in dish with a little butter and a little mixed spice. Bake in a slow oven for 1½ hours.

121. SEMOLINA PUDDING.—2 tablespoonfuls of semolina, 1 of sugar, and a pint of milk. Stir over a fire until boiling, then beat in 1 egg. Place in a buttered dish and bake for 1 hour. This can also be steamed, but would then require 2 eggs. Time, 1 hour.
122. BLANCANGE.—I tablespoonful of cornflour, 1 pint of milk, and 1 tablespoonful of sugar. Put the cornflour in a stewpan with 2 laurel leaves, and add the sugar and milk. Stir over a slow fire until boiling. Let it boil for 5 minutes, stirring continually. This can be coloured pink and white, and is very nice served with stewed fruit.

123. ROLY-POLY JAM PUDDING.—Make a suet crust. Roll out thinly and spread over with any jam. Roll into a pudding cloth, which should be floured. Boil 1 ½ hours.

124. LEMON CREAM.—1 pint of milk, the rind of 2 lemons, the juice of 1, the yolks of 3 eggs, 1 tablespoonful of sugar and 2 oz. of gelatine. Stir until it thickens, over a fire. When nearly boiling, stir in the gelatine (which should have been soaked). When nearly cold, add the juice of 1 lemon and ½ pint of whipped cream. Stir all together into a mould. Let it set.

N.B.—ORANGE CREAM is made in the same way, substituting oranges for lemons.

125. SWEET OMELET.—Separate the whites and yolks of eggs, beat the whites to a stiff froth with the teaspoonful of sugar, mix lightly with the well-beaten yolks, melt the butter in an omelet pan, pour in the eggs, stir quickly till the mixture begins to set, put the omelet pan in the oven for a minute or two to brown slightly. Shape the omelet, put the warmed jam in the centre, fold over and turn on to a hot dish and serve immediately.

3 eggs, little jam, ½ oz. butter, 1 teaspoonful castor sugar

126. STEWED Pears.—Peel the pears, cut them in
half, take out the core, put them in a stewing jar with the water, sugar, lemon rind and spices, add the claret and some drops of carmine, cover with the peelings and stew gently in the oven for 3 or 4 hours. When cool put into a glass dish and pour the syrup over.

2 lb. pears, 6 oz. sugar, 1 pint water, little claret, 4 cloves, 1 inch cinnamon, strip of lemon peel, carmine colouring

(Enough for six or seven people)

127. Apple Snow.—Peel, core and slice the apples, stew them with the sugar, dissolve the gelatine in the water and add with the grated rind and juice of lemon. Whip the whites to a stiff froth and stir in lightly. Put into a mould. Turn out when set and serve with custard sauce.

$\frac{3}{4}$ lb. apples, $\frac{1}{2}$ oz. gelatine, 4 oz. castor sugar, $\frac{1}{2}$ gill water, rind of 1 lemon, juice of $\frac{1}{2}$ lemon, whites of 2 eggs, custard sauce

(Enough for four or five people)

128. Boiled Custard.—1 egg, 1 teacupful of milk, 1 dessertspoonful of sugar, and a little flavouring. Whisk all together and stir over the fire until it thickens (it must not boil or it will be spoilt). When done, pour it into custard cups or small jug. Let it stand till cold.

129. Rice Pudding.—1 pint milk, 2 tablespoons rice, 1 tablespoon sugar, a good pinch of salt, a little butter. Grease the dish; wash the rice and put it into the dish with the sugar, salt and butter; pour on the milk, grate a little nutmeg on the top, and bake in a very slow oven for 2 hours. Serve cold, and it is better the day after it is baked.

130. Sago Pudding.—2 oz. sago, 1 oz. sugar, 1 pint milk, 1 egg. Boil the milk, sprinkle in the sago, stir until it boils, then simmer gently until the sago becomes transparent. Add the sugar, cool slightly,
then beat the egg and stir it into the mixture. Pour into a greased pie-dish, grate a little nutmeg on the top, and bake gently for 25 or 30 minutes.

131. Arrowroot Pudding.—Mix the arrowroot smoothly with a little of the cold milk, put the rest of the milk into a saucepan and when boiling pour it on the arrowroot. Return to the saucepan and cook for 3 minutes, stirring all the time. Turn it into a basin, let it cool, add sugar and the yolk of the egg and the white beaten to a stiff froth. Stir lightly and pour into a buttered pie-dish and bake for about 10 minutes. It must not boil.

1 dessertspoonful arrowroot, ½ pint milk, 1 egg, sugar, flavouring

132. Ginger Pudding.—½ lb. of flour, 6 oz. of suet chopped fine, 1 egg, 1 teaspoonful of ground ginger, 2 tablespoonfuls of golden syrup, 1 gill of milk. Warm the milk, then add the syrup and the egg. Beat a little, then mix in the other ingredients. Steam for 2 hours in a well-buttered basin. Turn out and serve with sweet sauce.

133. Treacle Pudding.—Make a suet crust, line a pudding basin thinly, then put in a tablespoonful of treacle, and a layer of paste, then another of treacle and paste, and so on until the basin is full. Cover over the top and tie down with a pudding cloth. Steam for 3 hours.

134. Snowballs and Custard.—Take 3 yolks of eggs, separated from the whites. Bring a pint of milk to the boil. Whip the whites to a stiff froth—and add gradually a dessertspoonful of castor sugar and a little essence of lemon. Take the mixture and place by spoonfuls into the milk. Allow it to simmer for 10
minutes, but *not* to boil. Whip the yolks and add the milk with a dessertspoonful of sugar. Place in the pan and stir it over the fire until thick. When nearly cold, place the snowballs in the custard.

135. GLAZED APPLES.—Peel and core 6 large apples. Cook without breaking. Add before cooking 1 tablespoonful of sugar, 1 teacupful of water, the rind of a lemon, and simmer until done. Add a few drops of carmine and let the apples stand in it. Lift carefully out on a dish. Take a teaspoonful of cornflour and stir into the syrup, until it is like glaze. Arrange the apples on a dish (not on a glass one) and pour over the glaze. Serve hot or cold.

136. LADY BETTY PUDDING.—Line a plain charlotte mould with bread cut in strips, the length of the mould. Cut a round piece of bread $\frac{1}{4}$ inch thick (the size of the top). Take some fruit, as damsons, plums, blackberries, etc., and stew 1 lb. with $\frac{1}{2}$ lb. of sugar. Pour in the mould. Place the bread on the top. Put a plate on and stand till the next day. Turn it out, pour custard around it, and serve.

137. LEMON SPONGE.—Peel the lemons thinly and put into a saucepan with lemon juice, sugar and gelatine, boil gently for 15 minutes. Allow to get cool, beat up the whites very stiffly, add the gelatine and water, etc., whisk well till it begins to stiffen, pour into a wet mould and turn out when set.

1 pint water, 1 oz. gelatine, $\frac{1}{4}$ lb. loaf sugar, rind and juice of 3 lemons, 3 whites of eggs

(Enough for five or six people)

138. PRUNE MOULD.—Soak the prunes in 1 pint of water, then put them in a stewpan in the same liquid
with sugar, lemon rind, and cook till tender. Remove
the stones, rub through a sieve, add the dissolved gelat-
tine, claret, colour with carmine, pour into a wet mould,
turn out when set and serve in a glass dish.

1 lb. prunes, 1 pint water, 3 oz. sugar, 1 oz. gelatine, rind and juice
of 1 lemon, 1 wineglass claret, carmine to colour
(Enough for five or six people)

139. LEMON SAGO.—Boil the sago with the water till
quite clear, add the syrup and lemon rind and juice,
boil all together for a few minutes and pour into a wet
mould. Turn out when set and serve with custard
sauce.

4 oz. sago, 1 pint water, 4 tablespoonfuls golden syrup, grated rind
and juice of 2 lemons, custard sauce
(Enough for five or six people)

140. CANARY PUDDING.—Cream the butter and sugar
together, add the sifted flour and eggs alternately, beat-
ing well, add the grated lemon rind and lastly the baking
powder. Put mixture into a well-greased mould, steam
for 1½ hours. Serve with lemon sauce.

2 eggs, their weight in butter, sugar, flour, grated rind of 2 lemons,
½ teaspoonful baking powder, pinch of salt
(Enough for five or six people)

141. APPLE DUMPLINGS.—Make the pastry with flour
and butter and lard, add pinch of salt, mix stiffly with
water, cut into as many pieces as apples, allowing
roughly 1 oz. of pastry to each apple, peel and core the
apples, keeping them whole, place each on a piece of
pastry, fill the hole with sugar and a clove, work
the pastry round the apple, brush over with water,
sprinkle with sugar, bake till the apple is cooked—about
20 minutes.

6 or or 8 apples, 8 oz. flour, 4 oz. lard and butter, pinch of salt, 6 or
8 cloves, sugar, water
(Enough for six or eight people)
142. **Apple Pudding.**—Make a suet crust with ½ lb. of flour and 4 oz. of beef suet and a little salt. Slice the suet in thin slices and roll it well into the flour. Mix with a little water, then fold and roll it thin. Butter a basin and line it with the paste. Peel and core 1 lb. of nice apples and slice them in thin slices and fill the basin. Add a tablespoonful of sugar, a little lemon rind, and a tablespoonful of water; cover the top with paste, tie down with a cloth, and boil 3 hours. When cooked, turn out, and serve with cream or custard, or plain.

**N.B.**—All kinds of fruit puddings are similarly made.

143. **Apple Soufflé.**—Take 3 large apples (peel and core them), 2 tablespoonfuls of ground rice, ½ pint of milk, the yolks and whites of 2 eggs, and 1 full tablespoonful of sugar, with a little lemon rind. Place the ground rice with 1 oz. of butter and ½ pint of milk in the saucepan, stir over a fire until boiling, then add the apple, which should be well stewed; next beat in the yolks of 2 eggs. Whip the whites to a stiff froth and add to the soufflé. Butter a soufflé dish and put a band of paper round; put in the mixture and bake in a moderate oven for 20 or 30 minutes.

144. **Apple Charlotte.**—Peel and core 2 lb. of apples; ½ lb. of sugar, the rind of a lemon, and a little mixed spice. Stew the apples over a fire, stirring continually. Line a mould with bread and butter ¼ inch thick, the buttered side against the mould, and a round of bread and butter at the bottom. A tablespoonful of bread crumbs must be mixed with the apple; place in the mould, bake 1 hour. Turn out and serve with marmalade sauce.
Two tablespoonfuls of marmalade and one of water. Boil together and put lightly over the charlotte.

145. **Bread and Butter Pudding.**—Cut some slices of bread and butter and fill a dish neatly with it. Place with it a good handful of cleaned currants. Mix 2 eggs into 1 pint of milk with 1 tablespoonful of sugar; pour this over the bread and butter and bake for an hour.

146. **Omelet Soufflé.**—An egg should be allowed for each person. A nice little one can be made with three eggs. Separate the whites from the yolks, stir into the three yolks a teaspoonful of flour, a tablespoonful of castor sugar, a little essence of lemon and a tablespoonful of milk. Stir these well together, whip the whites, add lightly to the other ingredients. This can be either baked in the oven or fried. If baked, it must be sent to table in the dish it is baked in. If fried, turn out and serve.

147. **Baked Custard.**—1 egg, 1 teaspoonful of flour, ½ pint of milk, a little flavouring and 1 dessert-spoonful of sugar. Whisk well together, put it into a pie-dish, bake 20 minutes. Take ½ lb. of green gooseberries, 1 tablespoonful of sugar and 1 of water. Cook for 10 minutes. When cold, put in glass dish and serve with the custard.