VEGETABLES

148. Potato Soufflés.—Make a nice mashed potato, adding the yolk and white of an egg, and about 1 oz. of butter. Mix in the butter, the yolk of egg, and a little salt and pepper. Whip in the white, mix into the soufflé. Butter some little soufflé cases and fill them with this. Bake in a quick oven for 20 minutes. If liked, this can be served in a soufflé dish.

149. New Potatoes.—Scrape the potatoes gently, putting them at once into cold water. Put them into a saucepan of boiling water with the salt and mint, cook gently from 20 to 30 minutes. Drain off the water, add the butter, shake gently to coat them, turn into a hot vegetable dish and sprinkle over some finely-chopped parsley.

2 lb. new potatoes, sprig of mint, salt, 1 oz. butter, chopped parsley, boiling water

150. Old Potatoes.—Peel the potatoes thinly, put them in a saucepan with cold water, add the salt, cook very gently with the lid on till tender, test with a skewer. Pour off the water, put them back on the stove with the lid half on the pan to dry, place a folded clean cloth over them. Dish in a hot vegetable dish.

2 lb. potatoes, salt, cold water

151. Cauliflower.—Wash the cauliflower. Let it stand a little while in salt and water. Put it into boiling water containing a little salt and a little soda. Let it boil 20 minutes. When done, drain it on a sieve for a minute or two; then dish up and pour a little butter over. It can also be served with white sauce.
152. **Asparagus.**—Wash and scrape the white part of the asparagus, tie in bundles with tape, cut the stalks an even length. Put them in a saucepan of boiling water (stand the bundles up if possible) with salt and a pinch of carbonate of soda, boil very gently for about 20 to 30 minutes, taking care not to break the heads. Lift out the bundles, drain, untie them and place on a slice of toast in a hot vegetable dish. Serve the butter melted in a tureen. Hollandaise sauce is sometimes served.

Asparagus, toast, butter, salt and soda

153. **Haricot Beans.**—One pint of beans; soak overnight, boil until tender. Have ready some butter, and parsley chopped, and the juice of a lemon, pepper, salt, and a tiny dust of mixed spice. Stir over the fire for a few minutes and serve. This makes a nice winter dish.

154. **Brussels Sprouts.**—Take off the outside leaves of the sprouts and cut across the stalk, leave to soak in salted water. Place them in boiling water with salt and a pinch of carbonate of soda and cook gently uncovered till tender, drain well in a colander, arrange neatly in a hot vegetable dish.

Sprouts, salt, carbonate of soda

155. **Boiled Onions.**—Skin the onions, put them into boiling water with salt and cook for 2 or 3 hours, according to the size. Drain them, place them in a hot dish and pour the white sauce over and serve. Another method is to put about 1 oz. of butter in the pan when the water is poured off, allow it to get quite hot, season with salt and pepper and serve in a hot vegetable dish.

Spanish onions, salt, ½ pint white sauce
156. **Seakale.**—Put the kale in nice bundles. Trim it and wash it. Put it in boiling water with no salt, as it turns it dark. Boil 20 or 30 minutes. Dish up on toast. Pour white sauce over and serve.

157. **Braised Celery.**—Clean the celery nicely by scrubbing it with a brush. Cut in half. Tie it up in bundles. Put it in a stewpan with 1 bay leaf, salt, and a little Worcester sauce. Cook about 2 hours. Make a nice brown gravy with some of the liquor it was cooked in. Dish up. Remove the string; pour the sauce over. Serve.

158. **Boiled Leeks.**—Wash the leeks thoroughly, trim into even lengths, tie them into bundles, put them into boiling water with salt and boil till quite tender, drain them, dish on a slice of toast in a hot vegetable dish, remove the tape, pour the white sauce over and serve.

Leeks, salt, 1/2 pint white sauce, toast

159. **Turnips à la Crème.**—Peel, wash, and boil the turnips after they have been cut in slices about 1/2 inch thick. When nicely cooked, take them out carefully, and make a nice white sauce with 1 gill of new milk and 1 teaspoonful of cornflour; add a little salt and pepper; put the milk on to boil, then mix the cornflour with a little cold milk, and stir into the hot milk. Add a piece of butter or a little cream. Dish the slices of turnip on the dish nicely, pour the sauce over, and serve.

160. **Mashed Turnips.**—Peel, wash, and cut the turnips in halves, cook them for about 1 hour, then strain them and squeeze out all the water. Add a little cream or butter, pepper and salt; mash them nicely, sent to table nice and hot.
161. PEAS.—Make the water boil; add to it a little soda (about the size of a pea), a lump of sugar, a little salt, and a little green mint. Boil for 10 or 15 minutes. Strain the peas. Put them into a covered dish to keep them green.

162. SCARLET RUNNERS OR FRENCH BEANS.—Cut them nicely, put them in boiling water with a little salt and ½ a saltspoonful of bicarbonate of soda. Let them boil until done, then strain them on a sieve, and put on a little butter. Serve.

163. SPINACH.—Pick the spinach over and remove the stalks and mid-ribs of the leaves, wash thoroughly in several waters to remove the grit, put in a saucepan with no water except that which adheres to the leaves, add a little salt and pinch of carbonate of soda, stir occasionally. When tender drain it and pass it through a sieve, return to the pan, add a little butter or cream, season it, dish in a pyramid shape in a hot vegetable dish, garnish with quarters of hard-boiled egg and triangles of fried bread.

Spinach, salt, soda, butter, hard-boiled egg, croûtons of fried bread, salt and pepper

164. STEWED CELERY.—Well wash and trim the celery, split each head into four lengthways, tie firmly into bundles, cut in equal lengths, place in a stewpan with enough boiling water to cover and a little salt. Boil till tender (about an hour), drain it carefully; dish in a hot vegetable dish on a slice of toast and pour the white sauce over. Celery can also be boiled in a nice brown stock and a sauce to coat it made of 1 oz. butter, 1 oz. flour (browned), and ½ pint of the stock the celery was boiled in. Seasoned and served in the same way.

3 or 4 heads celery, salt, ½ pint white sauce, toast