EXTRA RECIPES

165. GRIEEL.—Mix a tablespoonful of Patent groats with 2 tablespoonfuls of water. When it is quite a smooth paste add 1 pint of boiling water or milk, stir well and boil for 10 minutes. Add sugar to taste.

166. GRIEEL.—Mix the groats smoothly with a little of the cold milk, put the rest of the milk on to boil. When boiling pour on to the groats, return to the saucepan and cook well, stirring all the time. Add a pinch of salt and strain into a breakfast cup. Sugar can be added if liked, and it can be made with half or all water if preferred.

1 dessertspoonful Robinson’s patent groats, ½ pint milk, salt

167. GRIEEL FOR COLDS.—Mix a tablespoonful of fine oatmeal with a little water, pour it into 1 pint of boiling water and boil for 5 minutes, stirring all the time. Milk may be used instead of water if preferred.

(See also under Arrowroot, Grieel and Barley Grieel.)

168. BREAD SAUCE.—Boil the milk with the onion stuck with the cloves and the mace, rub the bread crumbs through a wire sieve, pour the seasoned milk over them, return to the saucepan and cook well, add the butter, salt and pepper and the cream just before serving. Served with roast game and poultry.

1 pint milk, 4 oz. bread crumbs, 2 oz. butter, blade of mace, 1 onion, 2 cloves, 2 tablespoonfuls cream, salt and pepper

169. GRAVY FOR ROAST JOINT.—When the joint is roasted place it on a hot dish in the oven, pour off all
the fat, leaving the sediment, which is the gravy from the meat, sprinkle a little salt in the pan, add some water, or if preferred well-flavoured stock, a little bovril or colouring if necessary, boil up, stirring well all round the pan, dissolving all the brown particles, strain round the meat.

**SWEET SAUCES**

**170. TREACLE SAUCE.**—Put all together in a saucepan and boil for 5 minutes.

2 tablespoonfuls treacle or golden syrup, 1 gill water, lemon juice

**171. MARMALADE SAUCE.**—Boil together for 5 minutes and strain.

2 tablespoonfuls marmalade, 1 gill water, lemon juice, 1 dessertspoonful sugar

**172. SWEET PUDDING SAUCE.**—Melt the butter, add the flour and cook it for a minute, stir in the milk and boil gently for 5 minutes. Any flavouring can then be added, such as vanilla, lemon or almond essence, brandy or sherry.

1 oz. butter, ½ oz. flour, ½ pint milk, ½ oz. castor sugar, any flavouring

**173. CUSTARD SAUCE No. 1.**—Mix the cornflour with a little of the milk, put the rest on to boil. When boiling stir in the cornflour and cook for 3 minutes, add the sugar. When a little cool add the beaten egg, stir till it thickens—but it must not boil again, add flavouring if required.

½ pint milk, 1 egg, ½ oz. cornflour, ½ oz. sugar

**174. CUSTARD SAUCE No. 2.**—Cook in a double saucepan until the custard thickens—it must not boil, add sugar and flavouring.

3 or 4 yolks of eggs, ½ pint milk, ½ oz. sugar, flavouring
DRINKS

175. Mint Tea.—Place some young shoots of mint into an earthen bowl, and pour some boiling water on them. Put a cover over this and set it near the fire for about 1 hour. This is a wonderful cure for allaying nausea and vomiting.

176. Toast Water.—Toast the slice of bread very slowly until brown and dry, but without burning it. Let it get cold, put it in a jug, pour the boiling water over, cover and let it stand till cold, strain before serving.

1 large slice of bread, 1 pint boiling water

177. Black Currant Tea.—Put the jam into a jug, add the lemon juice, pour over the boiling water, cover for a few minutes, strain it and serve.

1 tablespoonful black currant jam, little lemon juice, ½ pint boiling water

178. Linseed Tea.—Wash the linseed, put it into a saucepan with the cold water, simmer for ½ hour, add liquorice and sugar-candy, strain before using.

¼ oz. linseed, 1 pint water, ¼ oz. liquorice, ¼ oz. sugar-candy

179. Cure for Sore Throat.—Half a wineglassful of port wine, ¼ teaspoonful of chili vinegar, 1 teaspoonful of honey.

180. Another Remedy.—1 tablespoonful of jam or jelly, black currant; boil for 5 minutes in ½ tumblerful of water, strain. Ready for use.

181. Apple-Water Drink.—1 pint of boiling water poured on to a tart apple well baked and mashed; then beaten up, cooled and strained makes a perfect drink for feverish patients.