

FOR THE KITCHEN

Useful Recipes for the Preparation of Plain Dishes

How to Boil an Egg.

It seems simple enough, but it is not every person that can make a success of it.

Half fill a saucepan with water and put it on the fire until the water is actually boiling.

Put in about half a teaspoonful of salt, which will prevent the egg from cracking.

Put in the egg and leave it to boil for five minutes. At the end of this time the yolk will be not quite hard.

If you prefer the egg quite soft-boiled, three to four minutes will be sufficient.

Poached Eggs.

Break the egg into a cup cracking the shell on the rim and emptying the contents in carefully, so as to keep the yolk unbroken.

Pour some boiling water into a clean saucepan with a little vinegar (about a teaspoonful to a pint of water).

When this boils again, slip in the egg and keep the cup turned over it for half a minute so that the white may be kept compact.

As soon as the egg is put in, place the pan over a gentle fire, or turn down the gas slightly if you use gas, and keep the water just simmering till the white of the egg is set, when it is ready to be served.

From 2½ to 3½ minutes is the average time required for cooking.

Eggs and Bacon.

Put into a frying-pan enough butter, dripping or fat to cover the bottom when melted.

When the pan is hot and the butter steaming, put in the bacon.

Break the eggs separately into a cup, and drop them into the pan, covering them with the cup until the whites are set.

When the eggs and bacon are properly cooked, take them out of the pan and put them on a hot dish or plate.

Never fry eggs until the surface of the yolk is hard or browned.

Scrambled Eggs.

Take eggs according to the quantity required—about three for two persons, or two for one person—and break them separately into a cup, to make sure that none are bad.

Turn them out into a saucepan containing about an ounce of butter to every two eggs. Add pepper and salt to taste.

Beat the mixture up with a fork. Hold the pan over the fire until the mixture sets, stirring it all the time.

Turn out of the saucepan on to pieces of toast.

If these have previously been spread with butter the result is most appetizing.

Sardines on Toast

Fry some narrow strips of bread in dripping, lard, or butter, and put them on a piece of paper to drain.

Put the sardines on a plate in the oven to heat.

Mix, in a small pan, one dessert-spoonful of vinegar, half a teaspoonful of mustard and half a teaspoonful of butter.

Heat the mixture over the fire, stirring well, and then drop in the yolk of an egg. Add a pinch of salt and a pinch of cayenne pepper.

Put the sardines on the toast, and the sauce over the sardines, and heat the whole dish in the oven.

Ordinary buttered toast may take the place of the fried bread and the sauce may be omitted.

Sausages and Tomatoes.

Place enough butter in the frying-pan to cover the bottom when melted, and put the pan on the stove or fire.

Put in the sausages as soon as the butter is melted, pricking them well with a fork to prevent their bursting.

Turn them at intervals to ensure their being well cooked on both sides.

Steak and Onions.

Get a good thick piece of steak. A thin, wafer-like one contains no nutriment and none of the juices which go to form the gravy.

When the steak is ready—and it needs no further preparation than a beating with a wooden spoon or some such instrument—make the frying-pan and the butter or fat very hot, and put in the steak, together with an onion sliced up and dusted with flour. The flour makes it brown more quickly.

Brown both sides of the steak and then shift the pan to the side of the range or turn down the gas and allow the meat to cook thoroughly.

Another method of cooking a steak, which makes it more tender, is to grill it over a clear fire, either on a gridiron or, failing anything better, on a toasting fork.

To stew steak, put it in a saucepan with a lid, and add an onion cut small, a few thin slices of carrot, a teaspoonful of barley or rice, and a little salt.

Just cover it with water, and simmer or boil slowly for two hours or longer.

How to Cook Potatoes.

Even the boiling of potatoes can be done rightly or wrongly.

Having washed them well, put them in an iron saucepan on the fire with enough cold water to cover them.

When the water begins to boil put in some salt and a cupful of cold water. This stops the boiling for a little and prevents the potato from bursting before it is cooked.

When you find, by means of a fork, that the potatoes are done, pour off the water and set the saucepan, without its lid, on the fire for a few moments.

SEA BATHING

To bathe before breakfast is never free from risk, and sometimes seriously injures weakly subjects; for after the long fast of the night the circulatory and central nervous organs are more liable to depression from sudden shock or over-fatigue. On the other hand, to bathe soon after a meal arrests the process of digestion and may give rise to unpleasant gastric and cerebral symptoms. The best results are obtained from bathing two or three hours after the early morning meal, when the stomach is nearly empty, and there should be an interval of rest between the bath and the following meal.

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