

413. Chocolate Meringue Pudding.

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| 4 | eggs whites | 1 | tin chocolate sauce or cocoa fudge |
| 1 | tin granulated sugar | 1 | tin whipped cream |
| $\frac{1}{8}$ | tsp. salt | | Almonds |

Place a bowl containing egg whites, sugar and salt over boiling water on the stove. Beat till the whites are stiff—about 15 minutes. Grease and flour a baking tin. Form the meringues into rings, leaving a hole in the centre. Bake in a slow oven for at least an hour, or until dry.

When cold arrange in layers in a serving bowl pouring chocolate sauce, or cocoa fudge between the layers. Decorate with whipped cream and roasted almonds cut in strips.

When meringues are served individually as cakes they are known as "Bedh al Laq Laq" or stork's eggs.

414. Chocolate Praliné Soufflé.

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| 6 | tbsp. grated chocolate | $\frac{1}{2}$ | tin French almond rock |
| $\frac{1}{2}$ | tin milk | $\frac{1}{2}$ | tsp. vanilla essence |
| 3 | small eggs | 2 | tsp. gelatine crystals |
| $\frac{1}{2}$ | tin castor sugar | $\frac{1}{4}$ | tin water or wine (Port is good) |
| $\frac{1}{8}$ | tsp. salt | $\frac{3}{4}$ | tin cream |

Dissolve the chocolate in the milk. Whisk the yolks, sugar and dissolved chocolate over boiling water till thick and light coloured. Remove from the boiling water and whick until cool. Add as follows: the almond rock, well pounded, vanilla, and gelatine dissolved in water or wine; when almost set add whipped cream and finally egg whites. Pour into a serving dish and leave to set.

415. Christmas Pudding (Date: 1714).

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| 6 | tins finely shredded or grated beef suet | 2 | tins sugar |
| 8-9 | small eggs | 8 | tins soft breadcrumbs, preferably brown |
| 3 | tins prunes stoned and halved | 2 | tsp. mixed spice |
| 4 | tins finely sliced mixed peel | 1 | tsp. grated nutmeg |
| 3 | tins seedless raisins-sultanas | 2 | tsp. salt |
| 2 | tins raisins | 1 | tin new milk or old ale |
| 3 | tins currants | 4 | tbsp. lemon juice |
| 4 | tins sifted flour | $\frac{3}{4}$ | tin brandy |

Prepare the ingredients at least one day before it is proposed to make the puddings. Wash and dry the fruit, stone the raisins and prunes. Slice the mixed peel. The breadcrumbs are most uniform if the bread is grated. Do not pack them into the tin when measuring.

Mix the dry ingredients and moisten with the eggs beaten to a froth and

milk or ale, brandy and lemon juice mixed. Allow to stand with a cover on for at least 12 hours in a cool place. Put into buttered basins. Cover with greased paper and a white cloth tied firmly round the rim of the basin. Steam for 8 hours. These puddings will keep for months. Before serving steam for another 2 hours. Makes 3 puddings of 3 lbs. each.

Serve with sauce made by beating to-gether 4 tablespoonfuls of good butter with 4 tablespoonfuls of fine sugar, and slowly adding 6 to 8 tablespoonfuls of whisky or sherry or rum.

416. Coddled Apples or Pears.

6 pears of apples	6 cloves
2 tins water	$\frac{1}{2}$ tin cream
$\frac{1}{2}$ tin sugar	

Make a syrup with the sugar and water. Prick the washed, unpared fruit with a fork and add with the cloves to the syrup. Simmed till tender. Remove to a serving dish. Cook the syrup till very thick. Pour around and over the fruit. Garnish with whipped cream.

417. Coupe Dame Blanche.

Almonds ice cream	Strawberries
Tinned peaches	Whipped cream

Put a mound of ice cream in an individual dish, cover with half a peach, arrange fresh or stewed strawberries round about and decorate with sweetened whipped cream.

418. Coupe d'Oranges.

Orange ice cream	Sugar
2 large oranges	Liqueur

Have ready some orange ice cream. Separate the liths of orange and remove the white fibre. Sprinkle them with sugar and allow them to soak in some liqueur for half an hour. Arrange the ice cream on 4 individual plates and cover with the liths and any juice. Chill in the refrigerator.

419. Coupe Jacques.

2 tins fresh fruit	Brandy or cherry brandy
Sugar	Ice cream

Cut the fruit into small pieces and sprinkle with sugar. Pour over some brandy and leave for half an hour. Arrange the fruit in individual glass dishes, put a little ice cream on top, decorate and chill in the refrigerator.

420. Fruit Fool.

2 tins fruit purée	$\frac{1}{2}$ tin cream
$\frac{1}{2}$ tin sugar	

Stew the fruit in a very little water, rub through a fine sieve and measure two tins of purée. Stir in the sugar, adding more or less according to the

acidity of the fruit. Half whip the cream and mix in lightly. If wanted half cream and half custard may be used. Fill into glasses and put a teaspoonful of whipped cream on the top of each.

421. Fruit Salad Syrup.

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| $\frac{1}{2}$ tin sugar | Cointreau or other liqueur |
| $1\frac{1}{4}$ tins water | |

Boil the sugar and water; skim, strain and cool. Add the liqueur and use with fresh fruit in the preparation of a fruit salad. If canned fruit is used the liqueur should be added to the syrup of the fruit.

422. Fruit Soufflé (Cold).

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| 1 tin fruit purée | 1 tin cream |
| $\frac{1}{2}$ tin fruit juice | 2 tsp. gelatine |
| 3 egg yolks | $\frac{1}{4}$ tin white wine or sherry |
| $\frac{1}{2}$ tin sugar | 4 egg whites |

Strain the stewed fruit, pass enough of the fruit through a sieve to make 1 tin of purée and measure the juice. Beat the yolks, sugar (this will vary with the acidity of the fruit) and fruit juice over boiling water until thick and cooked. Allow to cool. When cold, and not before, mix in the whipped cream and fruit purée. Have the gelatine dissolved in the wine and stir in quickly. Lastly fold in the stiffly beaten egg whites, pour into a serving dish and allow to set. Decorate with whipped cream, or as desired.

423. Fruit Tartlets.

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| Short crust pastry | Fresh or canned fruit |
| | Whipped cream |

Make some short crust pastry (Recipe 146) and cut it into rounds slightly larger than the individual dishes used for baking it. Turn the tart mould up-side down, grease the bottom and cover with the pastry. Pick lightly with a fork. If pastry shells are baked in this way there is no trouble about them rising untidily in the centre. These shells keep well in an air tight tin and may be used in an emergency.

When cold, fill with fresh or canned fruit and cover with whipped cream. If a gelatine filling is wanted, add half a teaspoonful of gelatine to half a tin of juice and leave till it is beginning to set. Arrange the fruit in the shells and surround with the jelly. Garnish with whipped cream when set.

The pastry shells may be filled with jam or lemon cheese and served for afternoon tea.

424. Galette à la Trieste.

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| 2 tins sifted flour | $1\frac{1}{2}$ tbsp. grated orange rind |
| 4 tbsp. butter | 1 tsp. grated lemon rind |
| 2 yolks of egg | $\frac{1}{4}$ tin chopped mixed candied peel |
| 4 tbsp. castor sugar | $\frac{1}{4}$ tin sultanas |

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| $\frac{1}{2}$ k. apples | $\frac{1}{4}$ tin currants |
| 2 tbsp. smooth apricot jam | icing sugar |

To make the pastry pile the flour on a baking board, make a hole in the middle and add the yolks of eggs, butter and castor sugar. Work to a paste. Well butter a shallow cake tin and dust out with castor sugar. Line with pastry, cover with a grease proof paper and put some rice on it to keep the pastry flat. Bake in a moderate oven for 25 minutes. Remove the paper and rice but cool before taking out of the tin.

Peel core and slice the apples. Put them into a pan with the jam and grated rind. Cook uncovered over a low fire until soft and rather dry. Add the candied peel, raisins and currant and simmer for another five minutes. Spread on a plate and leave to get quite cold. Fill the pastry case with the apple mixture press down well and turn out onto a dish for serving. Dust the top with icing sugar. If served cold, hand whipped cream, if hot, Mousseline sauce.

425. Golden Date Mousse.

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| 1 tin chopped dates | $\frac{1}{2}$ tsp. salt |
| 1 tin orange juice | 1 tin cream |
| 5 yolks eggs | Chopped nuts |

Fresh dates, or those stuffed with almonds may be used. Chop finely and mix with the orange juice, yolks and salt. Cook till thick like custard. Remove from the fire and leave till cold. Whip the cream till stiff and add to the cold custard. Decorate with cream or chopped nuts.

426. Halawa.

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| 1 tin sugar | Rosewater |
| $\frac{1}{2}$ tin water | 1 tin butter |
| | $1\frac{1}{2}$ tins flour |

Make a syrup of the sugar and water and flavour with resewater. Allow to cool. Melt the fat in a saucepan, add the flour stirring constantly until it is well cooked. Remove from the fire and add the syrup, pouring it in slowly and stirring all the time. The mixture should resemble a thick cake batter. If too thin return to the fire and cook till thicker. Occasionally this sweet is decorated with a few almonds.

427. Halawa Tamr.

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| 2 tins dates | 2 tins walnuts |
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Chop the dates, pound the walnuts and mix all together. Cut into pieces and serve with cream.

428. Jordan Tart.

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| 1 tin sugar | $2\frac{1}{2}$ tins sifted flour |
| $1\frac{1}{4}$ tins butter | 2 tsp. baking powder |
| $2\frac{1}{4}$ tins griund almonds | 1 tsp. vanilla essence |
| 3 eggs | $\frac{1}{2}$ tin jam |
| $\frac{1}{8}$ tsp. salt | |

Beat well the sugar, butter and almonds and gradually add to them the well beaten eggs and salt. Mix in slowly the flour and baking powder. Butter a sponge cake ring and nearly fill with the mixture. Cover with jam and criss cross with some of the mixture to decorate. Bake till golden brown. Serve with whipped cream. Eat hot as a pudding. If cold it may be cut as a cake.

429. Lemon Meringue Pie.

1 tin granulated sugar	3 eggs
$\frac{1}{3}$ tin flour	5 tbsp. lemon juice
4 tsp. cornflour	2 tbsp. grated lemon rind
$\frac{1}{4}$ tsp. salt	6 tbsp. sugar
$1\frac{1}{2}$ tins boiling water	

Combine the tin of sugar, flour, cornflour and salt in a double boiler. add the boiling water stirring constantly. Cook till thick, about 10 minutes, stirring continuously. Beat the egg yolks, add a spoonful of the hot mixture, mix thoroughly and add this to the rest of the sauce in the double boiler. Cook for another 5 minutes. Just before removing from the heat add lemon juice and rind and mix well.

Prepare a short crust pie shell. When both pie shell and mixture are cold pour the latter into the shell. Make a meringue with the egg whites and 6 tbsp. of sugar. Cover the pie with the meringue and brown lightly in the oven. Serve cold.

430. Loqum (French).

$\frac{1}{4}$ tin butter	3 eggs
$\frac{1}{2}$ tin water	Frying butter
$\frac{3}{4}$ tin flour	Syrup
$\frac{1}{8}$ tsp. salt	Rosewater
	Lemon juice

Melt the fat in a pan. When sizzling hot add the cold water and when it boils take from the fire and mix in the flour and salt till it is like paste, Break in the eggs one at a time and mix vigorously. Continue until the consistency is that of thick cream. Make the butter smoking hot in a small pan—it must be several inches deep—and drop in spoonfuls of the mixture of any size wanted A teaspoonful is good size. When golden brown remove from the fat and drop into syrup to which a teaspoonful of lemon juice and a tablespoonful of rosewater have been added. Make the syrup with 1 tin of sugar and $\frac{1}{2}$ tin of water and boil about five minutes. Hot honey may be used instead of syrup

431. Loqum (Turkish).

$2\frac{3}{4}$ tins sifted flour	$\frac{1}{2}$ tsp. mastik-crushed
$2\frac{3}{4}$ tins warm water	Vegetable oil
$\frac{1}{2}$ tbsp. salt	1 tin sugar
$\frac{1}{2}$ tin yeast	$\frac{1}{2}$ tin water

Sift the flour. Mix the yeast with the warm water and salt, add the flour and mastik. The dough should be fairly soft. Leave in a warm place. When bubbles begin to appear on the surface beat with the hand until like elastic. Leave to rise again. Make into small balls and drop into smoking hot olive or sesame oil Cook till nicely browned and when hot drop into a cold syrup made of the tin of sugar and half tin of water.

432. Lowzina.

Short crust pastry	Rosewater
Crushed walnuts	Butter
Sugar	Syrup

Make a short crust paste (Recipe 146). Flatten out small pieces until they are about $1\frac{1}{2}$ inches in diameter. Put in a little filling made of crushed walnuts mixed with sugar and rosewater, fold over, firm the edge and fry in butter. When all are ready pour over them a syrup made of 1 part sugar to $\frac{3}{4}$ water.

433. Mamunia.

$1\frac{1}{2}$ tins sugar	1 tin butter
4 tins water	1 tin semolina
$\frac{1}{2}$ tsp. salt	Cinnamon

Add the sugar to the water and boil for a few minutes. Heat the butter and cook the semolina in it until it becomes very slightly yellow. Pour over it the syrup, remove from the fire mix till smooth and allow it to stand for half an hour. Pour into a serving dish and sprinkle with powdered cinnamon. This dish is often eaten for breakfast with fresh cheese.

434. Mascott.

1 tin butter	$6\frac{1}{2}$ tbsp. grated chocolate
$\frac{1}{2}$ tin fine sugar	2 tbsp. brandy
4 eggs	2 tins cream
$1\frac{3}{4}$ tins almonds	$\frac{1}{4}$ k. thin, light biscuits
$\frac{3}{8}$ tin French almonds rock	$\frac{3}{8}$ tin grated chocolate

Beat the butter for at least half an hour. Beat the sugar and the egg yolks. Mix all together. Add the almonds fried and minced finely, the pounded French almond rock (Recipe 158) and the $6\frac{1}{2}$ tablespoonfuls of chocolate, melted. Beat the cream, whip the egg whites with $\frac{1}{4}$ teaspoonful of salt, fold them into the mixture and add the brandy. Coat a mould with the $\frac{3}{8}$ tin of chocolate which should be melted, line with biscuits and fill with the mixture. To unmount, put into hot water for a few moments, then turn out. This pudding is best made the day before it is wanted. (It is too rich for many people). Serves 12.

435. Milanaise Soufflé.

2 small eggs	$\frac{3}{4}$ tin cream
5 tbsp. castor sugar	$\frac{1}{2}$ tbsp. gelatine

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| 3 | tbsp. lemon juice | $\frac{1}{4}$ | tin water |
| 1 | tsp. grated lemon rind | | Chopped pistachio nuts |

Whisk the yolks, sugar, rind and juice over hot water till thick. Remove from fire and whisk till cool. Melt the gelatine in the water and add to the egg mixture. When beginning to thicken add $\frac{2}{3}$ of the whipped cream and finally the stiffly beaten whites of eggs. Pour into a serving dish and leave to set.

Decorate with the remaining whipped cream and the chopped pistachio nuts.

436. Mince Pies.

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| 2 | k. sour apples | 2 | tsp. grated lemon rind |
| 8 | tins shredded suet | 5 | tbsp. orange juice |
| 6 | tins seedless raisins | $\frac{1}{4}$ | tsp. grated orange rind |
| 6 | tins currants | 1 | tsp. mixed spice. |
| 6 | tins granulated sugar | $\frac{1}{8}$ | tsp. salt |
| 1 | tin shredded mixed peel | $1\frac{1}{2}$ | tins brandy |
| 3 | tbsp. lemon juice | $\frac{1}{2}$ | tsp. almond essence if wanted |

Peel and core the apples. Wash and dry the raisins and currants. Shred the peel. Put all through the mincer. Add the remaining ingredients. Put into a large glass, or porcelain jar, and stir thoroughly every day for a week.

When wanted make small pastry shells using short crust pastry, fill with the mincemeat, cover with a round of pastry the under edges of which have been moistened with water. Press the cover firmly against the pastry holding the mincemeat, so that they stick firmly. Brush the top with beaten yolk of egg & bake in a hot oven for about 7 minutes till nicely browned. If to be served immediately sprinkle with powdered sugar and arrange on a hot dish. If to be served later, do not make too brown at the first baking, but reheat later and then sprinkle with sugar and serve very hot. To be really good the pastry of mince pies should always be made with butter or margarine, never with suet, it should be very thin and there should be plenty of mincemeat in the pie.

437. Mock Baba.

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| 2 | eggs | $\frac{1}{8}$ | tsp. salt |
| $\frac{1}{2}$ | tin fine dry sifted bread-
crumbs | $\frac{1}{2}$ | tin granulated sugar |
| $\frac{1}{4}$ | tin fine sugar | 2 | tsp. brandy or rum |

Beat the egg yolks, and sugar, add the breadcrumbs and salt and fold in the stiffly beaten egg whites. Bake in individual dishes or in one large dish. Make a syrup of the granulated sugar and $\frac{1}{2}$ tin of water. Boil three minutes and add the brandy or rum when cool. Pour over the hot Baba.