

van Reyk 2013

Cookery Book

Introduction



Ada de la Harpe (193?)

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Sydney. Australia

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acknowledge the source when you do.

Ada Henrietta Ferdinands, my grandmother, was born in 1883, the sixth of the fourteen children of Frederick William Ferdinands and Henrietta Jansz, a Sri Lankan Dutch Burgher. Dutch Burghers are the descendants of employees of the Dutch East India Company (VOC) who chose to remain in Sri Lanka when the British took over government of the country.

She married Lawrence Isidore Michael de la Harpe on 12th March, 1833. She was his second wife. They had two children, Celia Helen, my mother, born 27th March, 1922, and Ian Frederick, born 18th February, 1925.

Celia married Alphonsus Gerard Godfrey van Reyk on 23rd November, 1946. Celia and Gerry had four children of whom I was the third, born 30th November, 1952.

There are two unusual features of Ada's Cookery Book for me. The recipes follow each other closely with no space for additions and little for revisions: they are ordered into categories; there is an index; there are no pasted in recipes from others; all of which usually characterize domestic cookbooks. When I asked my mum about it she said that Ada probably at some stage got all her recipe cards and notes together ordered like published cookbooks she would have seen and then wrote the book we now have. Mum thinks she did this late in the 1930's or early 1940's. Why Ada chose to do this remains Ada's secret.

The other thing that struck me when I looked closely at Ada's recipes was that they are largely European in origin – soups, roasts, chops, savoury and sweet sauces, flour based cakes. I'd go so far as to identify them as British, with the occasional Dutch (frikadells, broeder) and Portuguese (bol-de-coku). The Sri Lankan dishes are few. When I asked my mum why this might be so she pointed out that most of our meals were prepared by our Singhalese cook who would turn out general run of curries, pahis, badungs and so on with which she was familiar. The recipes that are in Ada's book are the European dishes she would prepare herself or supervise our cook in preparing, and the Sri Lankan dishes that are in the book are specialties those Ada would also prepare herself or closely supervise – lampraya for example.

Ada's recipes end at page 110. When Ada died, the book passed on to mum. Some of the pages show where mum adapted her favourites, particularly adaptations for the methods and produce of her Australian kitchen. For example, mum found that Australian eggs were larger than those in Sri Lanka and made adjustments to the number of eggs used in the Christmas cake. Mum also then began collecting her own recipes and the book from here becomes a more standard domestic cookbook with recipes clipped from magazines and newspapers pasted in, handwritten entries from mum, a few in a handwriting that is not hers and I don't recognise as dad's. I haven't transcribed these – that's a whole other project.

What you have here is sort of a facsimile copy of Ada's recipe book – an image of a page from her book paired with a close transcription of the text – idiosyncracies of spelling, grammar, punctuation and all. Any layout glitches are all down to me, however.

I am delighted to acknowledge all my fellow friends of the Dutch Burgher Union Facebook page for their unstinting willingness to answer questions of clarification for terms used in the cookbook. May our heritage continue to be explored and documented.

Paul van Reyk
January 2013

A glossary of some ingredients, measures and terms

B onions	Bombay Red onions, an old cultivar	old stuff	sherry
brinjal	aubergine/eggplant	“Padre” curry	named for its use of “old stuff”
cajunuts	cashew nuts		which is sherry, with the joke in the
chundu	a cupful, or a condensed milk tinful		title being that this supposedly is the
chow chow	choko/chayote fruit, <i>Sechium edule</i>		only way the priest could get away
coduwa	koduwa, barramundi		with drinking alcohol
Cook’s Joy	a brand of refined coconut oil	rampa	pandanus leaf
curry stuffs	any of a mixture of spices used for	rulang	semolina flour
	curries in the rest of the recipes in the	serai	lemongrass
	book	shoeflower	red hibiscus
drumsticks	a long podded vegetable, <i>Moringa</i>	sp/s:	spoon(s)
	<i>oleifera</i>	sudu-duru	cumin
ekel	a straw from a broom	thamboom hodie	thamboom means cooked, and a
endura	dill seeds		hodie is pepper water, the Indian
ess:	essence		rasam
goroka	a souring agent, dried segments of	wineglass	a small liqueur/sherry glass
	<i>Garcinia gummi-gutta</i>		
grs:	grams		
inellas	innala, a small indigenous yam,		
	literally ‘wart yam’ <i>Solenostemon</i>		
	<i>rotundifolius</i>		
hal-masso	halmassas, dried sprats		
junk	a Dutch Burgher idiomatic term for a		
	chunk, as far as we can tell anyway		
karallos	karalla, a small flat bony fish usually		
	only for soup		
k/carapincha	curry leaves, <i>Murraya koenigii</i>		
katuwallo	katuwalla, an eel-like fish		
maha-duru	caraway		
mts	minutes		

Soups. etc.

Dhal soup -

½ "chundu" of dhal. Put it to boil in about 6 tea-cups of water - Put in with it (less not more), of a dessert spoonful of coriander roughly ground same quantity of maldivian fish well ground, 2 small or 1 large tomato, salt, celery, cinnamon, and any other vegetables, such as carrots. When reduced to about 4 cups, put in about 2 table-spoonfuls of thin coconut milk, and keep on stirring for some time. Then strain and temper with a good amount of red onions. (This quantity is enough for six persons).

Pea-soup - Use green gram, roast & ground. Serve with cubes of fried bread, fried onions cut lengthwise and powdered mint.

Soups. etc

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Pea soup - Use green gram, roasted and ground. Serve with cubes of fried bread, fried onions cut lengthwise and powdered mint.

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White Mullagatany (Chicken) -

For a good half-sized chicken -
Grind raw coriander with 10 grs: of
pepper - about the size of a lime
when ground - ^{dry} chillie half or less
the amount - Pinch of saffron - 6 onions
3 green chillies (2 or none, of garlic),
ginger.

Method - Put the chicken to boil in
water with all the above; and
leaves cut in it.

When boiled take out the chicken,
~~or~~ it would get over-boiled. Then
~~before~~ serving up, temper, add thick
coconut milk, and boil again, stirring
all the time - add lime juice - or serve
with small slices of lime separately.

Same for $\frac{1}{2}$ lb brisket bones - only
use some of the 2nd milk too.

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Method - Put the chicken to boil in water with all the above; and leaves
cut in it.

When boiled take out the chicken, or it would get over-boiled. Then
before serving up, temper, add thick coconut milk, and boil again,
stirring all the time. Add lime juice - or serve with small slices of lime
separately.

Same for $\frac{1}{2}$ lb brisket bone - only use some of the 2nd milk too.

Brown Mulligatanny.

Boil $\frac{1}{2}$ lb bones in a fair quantity of water - Slightly roast curry stuffs and a little dry chillie - also roast some coconut, and grind with the other ingredients - Onions cut up, garlic, ginger, green chillie, curry leaves - Add these things to the stock with salt to taste - For acid use tamarind. When well boiled, a spoonful of thick coconut milk is added. Temper & serve.

fresh Fish Mulligatanny.

Use small fish - "Karallos" preferred for an invalid. Katuwallo is very tasty - for though it is a very bony fish, it does not matter, as when boiled, you have to mash and strain the fish. "Hal-masso" is also good.

Brown mulligatanny

Boil $\frac{1}{2}$ lb bones in a fair quantity of water - Slightly roast curry stuffs and a little bit of dry chillie - also roast some coconut, and grind with the other ingredients - Onions cut up, garlic, ginger, green chillie, curry leaves - Add these things to the stock with salt to taste - for acid use tamarind. When well boiled, a spoonful of thick coconut milk is added. Temper and serve.

Fish mulligatanny

Use fresh small fish - "karallos" preferred for an invalid. Katuwallo is very tasty - for though it is a very bony fish it does not matter, as when boiled, you have to mash and strain the fish. "Hal-masso" is also good.

4.

Use curry-stuffs and other things cut up as in the others - a little piece of cinnamon - When well boiled, put in a little thick coconut milk, and temper - Salt & lime juice, & a bit of "goraka".

"Thamboom Hodie"

Take a little coriander, white cumin & caraway (sooduru & mahaduru), and pepper, and grind into a small ball about the size of a good-sized arecanut. Also a pinch of ground saffron - cinnamon. Then cut up ^{red} onions, a little garlic and ginger, Maldive fish, a ripe tomato, also green chillie & curry leaves: if ~~pe~~ liked a very little ground chillie. Add about 2 or 1½ tea cups of water and salt - Put on to boil - When all this is well boiled add a little

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"Thamboom Hodie"

Take a little coriander, white cumin and caraway (sooduru and mahaduru), and pepper, and grind into a small ball about the size of a good-sized areca nut. Also a pinch of ground saffron- cinnamon. Then cut up red onions, a little garlic and ginger, Maldive fish, a ripe tomato, also green chilli and curry leaves: if liked a very little ground chilli. Add about 2 or 1½ tea cups of water and salt - Put on to boil - When all this is well boiled add a little

thick coconut milk, and temper. If not acid enough, a little lime juice may be added - Stir vigorously before, and mostly after the milk is added, so that it may be quite smooth and not broken. Try this and if necessary make any alterations.

Good for invalids.

Another recipe of "Thamboom Hodie".

Curry-stuffs with a fair amount of pepper; pounded not ground.

Onions, 1 green chillie, garlic, ginger, saffron, small piece of cinnamon, curry leaves, a little "uluhaal" (fenugreek), Maldivian fish pounded. Keep on fire with water add salt, tamarind or goraka or lime. If preferred a little coconut milk - but that is not necessary - Temper.

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6.

Vegetable soup.

2 carrots, 1 turnip, 2 leeks, 1 B onion,
2 strips of celery, 1½ pints boiling
water, 1 pint milk, 1 oz sago, 1½ oz
dripping, 1 dessert spoonful minced
parsley, salt.

Method - Prepare the vegetables
and cut them into small cubes.
Melt the dripping in a saucepan
put in the vegetables, and let this
cook gently for ten minutes without
browning. Add the water and salt
and simmer slowly until the
vegetables are tender. If the
water boils down, more must be
added, then add the milk, parsley
and the sago, & boil for another
10 minutes, or until the sago
becomes clear.

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and boil for another 10 minutes, or until the sago becomes clear.

7.

(1) Mutton broth

- 1 lb of mutton (sheep bones).
- 2 strips of celery, a small potato.
- 2 small Bombay onions
- 1 carrot. pepper, salt and a little barley.

Method Boil the bones in a sufficient quantity of water to cover them for about 2 hours. Strain and add the vegetables which must be cut into small pieces and boiled until tender. Season with salt & serve.

(2) Mutton broth

- 2 lbs coarse lean mutton (chopped)
- an onion sliced. 1 cup of milk.
- $\frac{1}{2}$ a cup of raw rice. 2 quarts cold water. seasoning.

(over)

(1) Mutton broth

- 1 lb of mutton (sheep bones)
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- 2 small Bombay onions
- 1 carrot. pepper, salt and a little barley.

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(2) Mutton broth

- 2 lbs coarse lean mutton (chopped), an onion sliced. 1 cup of milk. $\frac{1}{2}$ a cup of raw rice. 2 quarts cold water. Seasoning.

8.

Boil meat & onions slowly for 4 hours. season & set aside till cold. Skim and strain. Return to the pot with the rice (which had been previously soaked 3 hours). Simmer $\frac{1}{2}$ hour. turn in hot milk. stir & serve.

Chicken broth

Cut the chicken into joints, and place in a stew pan. Add three tumblerfuls of water - a strip of celery - a few red onions, a little barley and some pepper corns. Boil for about $1\frac{1}{2}$ hours. Then take out the fleshy pieces. Crush the rest in the pan, and strain all into a warmed pan or bowl. Put back the pieces and serve.

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Chicken broth

Cut the chicken into joints, and place in a stew pan. Add three tumblerfuls of water - a strip of celery - a few red onions, a little barley and five pepper corns. Boil for about $1\frac{1}{2}$ hours. Then take out the fleshy pieces. Crush the rest in the pan, and strain all into a warmed pan or bowl. Put back the pieces and serve.

9.

Fish.

Fish Kedgerree.

Cold salmon, ^{tin} 1 tea-spoonful chopped parsley. 1 tea-spoonful chopped red onions. 1 dessert spoonful butter. 2 hard-boiled eggs. boiled rice (about a tea-cup full) the juice of 1 lime. salt, pepper cayenne to taste.

Method.

Remove the bone & skin from the fish. take the boiled rice & place it in a saucepan with the butter. Add pepper, salt, onions, lime juice, & cayenne & stir well over the fire. When quite warm, run out into a dish mix in the fish, and slices of hard-boiled eggs. Fill into a well-buttered mould & press it in well. Place

Fish

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Method Remove the bone and skin from the fish. take the boiled rice and place in a sauce pan with the butter. Add pepper, salt, onions, lime juice, and cayenne and stir well over the fire. When quite warm turn out into a dish mix in the fish, and slices of hard boiled eggs. Fill into a well-buttered mould and press it in well. Place

10.

a cover with a weight on it. Stand the mould in boiling water for $\frac{1}{2}$ an hour before serving. Should turn out like a blanchmange on to a flat dish.

Salmon & rice cutlets.

A tin of salmon: $\frac{1}{4}$ lb rice: 2 oz butter:
1 tea-spoonful of chopped onion: Salt
& pepper: A little milk: one or two
eggs: parsley, breadcrumbs, frying-
fat.

Method. Wash the rice; then cook it
until tender in plenty of fast-boiling
salted water. Chop the salmon,
parsley & onions. Drain off the rice
mix all the other ingredients with it
add the milk, salt & pepper to taste.
Spread on a plate to cool: then shape

a cover with a weight on it. Stand the mould in boiling water for $\frac{1}{2}$ an hour before serving. Should turn out like a blanchmange on to a flat dish.

Salmon and rice cutlets

A tin of salmon: $\frac{1}{4}$ lb rice: 2 oz butter: 1 teaspoonful of chopped onion: Salt and pepper: A little milk: one or two eggs: parsley, breadcrumbs, frying fat.

Method Wash the rice; then cook it until tender in plenty of fast-boiling salted water. Chop the salmon, parsley, onions. Drain off the rice, mix all the other ingredients with it, add the milk, salt and pepper to taste. Spread on a plate to cool: then

it into cutlets. Egg & crumb, and fry a golden brown. Put a piece of macaroni in the end of each to represent the "bone" & serve.

Spiced Salmon.

½ tin salmon: 4 cloves: 12 pepper corns
a blade of mace: 2 ripe chillies:
1 teaspoonful sugar; salt, 1 tea-cup
vinegar: cucumber, 3 onions, boiled
beet.

Method. Put the vinegar into a sauce-pan
add the cloves, pepper corns, mace
sugar, salt & the chillies cut in
rings. Boil for a few minutes.
Free the fish of all skin & bone, put
into a pie dish. Pour the spiced
vinegar while still hot over it.
Cover & let it stand till cold.

To serve place the fish in the centre

shape it into cutlet. Egg and crumb and fry a golden brown. Put a piece of macaroni in the end of each to represent the "bone" and serve.

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mace, sugar, salt and the chillies cut in rings. Boil for a few minutes.
Free the fish of all skin and bone, put into a pie dish. Pour the spiced
vinegar while still hot over it. Cover and let it stand till cold. To serve
place the fish in the centre

12.

of a dish: arrange slices of beet, cucumber & B onion round it, & strain any balance vinegar over it.

Dry fish cutlets.

Cut up $\frac{1}{4}$ lb good dry fish - wash well, and allow it to soak in boiling water for a while.

Then grind it with about $\frac{1}{2}$ dozen red onions; a clove or two of garlic, a bit of ginger.

About 4 good sized ash plantains, or even curry plantains to be skinned, cut & boiled. Grind that too, and mix up with the dry fish etc. Put in pepper, lime juice, fennel, & yolk of an egg. Then treat as ordinary cutlets & serve cold. (accompanied by lettuce & any other vegetables).

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"Saper dhom"

Boil (fresh) fish - take out the bones. Then into the water in which the fish was boiled, put in mustard, vinegar, salt. That is for the gravy. Temper with ghee & onions. Pour in the gravy & let it simmer a little. Pour the gravy over the fish & serve.

Slices of fried fish (preferably seer) may be served hot or cold with red onion "sambol" lightly spread over each slice.

A junk of boiled fish may be served either like the above, or with white sauce, or brown gravy over it.

(For sauces turn to page 25.)

Egg sauce for fish is delicious!

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14.

Egg in different forms.

In making an omelette, always beat up the yolks and whites separately, adding salt and a little lime juice, a while before it is to be served: just before it is needed, mix the two together & beat up well, & fry in not too much oil or dripping etc. Nicest served with ripe tomato. An omelette may be filled with any broken-up fish, or "onion sambol". A "sweet omelette" with jam ^{inside} may serve as dessert.

Omelette Soufflé on next page -

Egg rulang for a string-hopper feed.

8 eggs, 1 dessert-spoonful sliced red onions, pepper, salt, 1 tea-sp: chopped fennel, 1 dessert-sp: ghee or

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Omelette souffle on next page.

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8 eggs, 1 dessert spoonful sliced red onions, pepper, salt, 1 tea-sp: chopped fennel, 1 dessert - sp: ghee or

dripping.

Method. Beat the whites of the eggs, then add the yolks and beat together, season with pepper, salt and add the fennel. Heat the ghee put in the onions, and let them fry - they must not brown. Then turn in the beaten egg, and stir briskly for a minute or two. Should be rather liquid.

The same preparation may be had on toast - but it should be drier - fennel not necessary. A little cow's milk may be added in the making.

Omelette Soufflé.

4 eggs, 1 oz sugar, 1 dessert sp: flour, vanilla essence, 1 oz butter.

(over)

dripping.

Method Beat the whites of the eggs, then add the yolks and beat together, season with pepper, salt and add the fennel. Heat the ghee and put in the onions, and let them fry - they must not brown.

Then turn the beaten egg, and stir briskly for a minute or two. Should be rather liquid.

The same preparation may be had on toast - but it should be drier - and the fennel is not necessary. A little cow's milk may be added in the making.

Omelette Soufflé

4 eggs, 1 oz sugar, 1 dessert sp: flour, vanilla essence, 1 oz butter.

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Method - Beat the yolks of the eggs with sugar for 10 mts: gradually sifting in the sieved flour. Add the vanilla, and stir in lightly the stiffly beaten whites of the eggs. Pour into the omelette-pan in which the butter has been heated, & bake in the oven 10 to 15 minutes. Turn on to a sugared paper; spread with jam, fold & serve.
(More omelettes on page 22)

Devilled eggs.

Cut rounds or slices off a $\frac{1}{2}$ lb loaf - butter & toast - Lay a poached egg or an omelette on each.

Pour the gravy over and serve hot.

The Gravy - Take some good ghee, & in it fry some (about 4 slices, each cut into 6 or 8 strips), bacon. Take

Method Beat the yolks of the eggs with sugar for 10 mts: gradually sifting in the sieved flour. Add the vanilla, and stir in slightly the stiffly beaten whites of the eggs. Pour into the omelette - pan in which the butter has been heated, and bake in the oven 10 to 15 minutes. Turn on to a sugared paper: spread with jam, fold & serve.

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these out of the pan, and in the same oil fry 2 good-sized Bombay onions sliced, ginger, garlic, rampa & cinnamon. When all this is well tempered, add a mixture of good bone stock ($\frac{3}{4}$ tea cup), a pinch of saffron, salt, and a tea-spoonful of powdered chillie. Throw in the chips of bacon, and when the mixture is well boiled, thicken with a little milk & flour. Next add a sauce made of a tea-spoonful of vinegar, sugar, sauce, dessert-spoonful of English mustard. Mix this well in the boiling gravy. Then take off the fire, add a tea-spoonful of any sweet jam or sweet chutney.

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Next add a sauce made of a tea-spoonful of vinegar, sugar, sauce, dessert-spoonful of English mustard. Mix this well in the boiling gravy. Then take off the fire, add a teaspoonful of any sweet jam or sweet chutney -

Stuffed eggs.

- (1) 2 oz grated cheese. 4 to 6 hard-boiled eggs. $\frac{1}{2}$ oz butter. $\frac{1}{2}$ a teaspoonful of unsweetened condensed milk or fresh milk. 8 to 12 dice of fried bread or toast, salt, pepper & fennel.

Method - Cut the eggs into halves (across). Cut a small piece off the rounded end of each to make them stand. Remove the yolks & mash them. Put them into a bowl and mix in the cheese, milk, butter - Season well & fill in the whites with this mixture. Sprinkle with chopped fennel, and place each half on a small dice of toast or fried bread.

- (2) Another stuffing for the eggs is

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of small sardines, mashed and well-seasoned with pepper, lime juice, finely cut red onions.

Savoury Eggs -

(In bread sauce)

3 eggs, 3 table-spoonfuls bread-crumbs, 1½ cups milk, 1 table-spoonful butter, 3 cloves, 1 blade mace, salt & cayenne, 3 table-spoonfuls grated cheese.

Method Put milk into a sauce-pan with mace & cloves. Heat slowly and add the bread-crumbs & butter. Season with salt and cayenne. Cover and leave for 5 to 10 mts. Remove cloves & mace. Mix and pour the bread sauce into three buttered individual fire-proof dishes or saucers. Into the centre of each, put an unbeaten egg.

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Sprinkle the top of each with a table-spoonful of grated cheese. Season with salt & cayenne. Bake until the egg & sauce are set, and the cheese crisp & brown. Garnish each with a sprig of parsley and serve hot.

(Bread sauce on page 25).

Scotch Eggs.

3 hard-boiled eggs.

½ lb pork sausages.

1 raw egg.

Bread-crumbs.

Method The eggs should be boiled for 20 mts: and then shelled & put in cold water for a few minutes. Skin the sausages: this is best done by slitting

Sprinkle the top of each with a table-spoonful of grated cheese.

Season with salt and cayenne. Bake until the egg and sauce are set, and the cheese crisp and brown. Garnish each with a sprig of parsley and serve hot.

(Bread sauce on page 25).

Scotch eggs

3 hard-boiled eggs.

½ lb pork sausages.

1 raw egg.

Bread-crumbs

Method The eggs should be boiled for 20 mts: and then shelled and put in cold water for a few minutes. Skin the sausage: this is best done by slitting

21.

them down with a sharp knife and turning the meat out. Dip each egg in flour, and then coat it with a layer of sausage-meat; keeping the egg shape as much as possible. Brush each with beaten egg, and coat in bread-crumbs. Have ready a pan of deep fat and when a faint blue smoke is rising from it, put in the eggs, one or two at a time, and fry them a bright golden brown. Be sure that there is enough fat to cover them; and lessen the heat after the first minute, or they will be too brown before the sausage is cooked through. Drain them well on kitchen paper and

them down with a sharp knife and turning the meat out. Dip each egg in flour, and then coat it with a layer of sausage-meat; keeping the egg shape as much as possible.

Brush each with beaten egg, and coat in bread-crumbs.

Have ready a pan of deep fat and when a faint blue smoke is rising from it, put in the eggs, one or two at a time, and fry them a bright golden brown. Be sure that there is enough fat to cover them; and lessen the heat after the first minute, or they will be too brown before the sausage is cooked through. Drain them well on kitchen paper and

22.

serve - cut in halves - either hot or cold. If hot they should be dished up on neat croutons of fried bread & sprinkled with chopped parsley. (If cold, on a bed of lettuce).

Omelette - mix in flour & tomato, salt & lime juice - Fry as usual.

A ressole - $\frac{1}{2}$ egg (hard-boiled & chopped), & half beef or fish, liver, bacon, sausage etc. filling.

Eggs and tomatoes.

6 eggs hard boiled. 6 big ripe tomatoes. 1 tea cup of peas. 6 oz grated cheese. salt & pepper to taste. 2 tea-spoons butter. 2 table-spoons oil or ghee & mint leaves chopped.

serve - cut in halves - either hot or cold. If hot they should be dished up on neat croutons of fried bread and sprinkled with chopped parsley. (If cold, on a bed of lettuce).

Omelette - mix in flour and tomato, salt and lime juice. Fry as usual.

A ressole - $\frac{1}{2}$ egg (hard boiled and chopped), and half beef or fish, liver, bacon, sausage etc. filling.

Eggs and tomatoes

6 eggs hard boiled. 6 big ripe tomatoes. 1 tea cup of peas. 6 oz grated cheese. salt and pepper to taste. 2 tea-spoons butter, 2 table-spoons oil or ghee and mint leaves chopped

Method. Boil eggs hard. Shell & cut into two, length-wise; remove yolks, keeping the halves of the whites intact. Mix with the yolks, grated cheese, butter, pepper & salt. Fill up the hollow of the whites of eggs with this mixture. Cut the tomatoes into halves, scoop out the pulp without breaking the tomatoes.

Place the egg halves with stuffing inside the tomatoes. Heat oil in pan and place the tomatoes with the eggs up, & fry till tomatoes are slightly browned.

Remove and place them in a dish: arrange the peas round the eggs, garnish with chopped mint & serve.

Method Boil eggs hard. Shell and cut into two, length-wise: remove yolks, keeping the halves of the whites intact.

Mix with the yolks, grated cheese, butter, pepper and salt. Fill up the hollow of the whites of eggs with this mixture. Cut the tomatoes into halves, scoop out the pulp without breaking the tomatoes.

Place the egg halves with stuffing inside the tomatoes.

Heat oil in pan and place the tomatoes with the eggs up, and fry till tomatoes are slightly browned.

Remove and place them in a dish: arrange the peas around the eggs, garnish with chopped mint and serve.

24.

Vegetable on toast.

8 - 10 Drumsticks (must be tender)

Boil ^{with salt} & scrape and set aside.
a little flour (tea-spoonful).
a little coconut milk. Also a
little water in which the
drumsticks were boiled. Mix
carefully & bring to the boil.
Turn in the scraped stuff.
Put in a dessert-spoonful of
grated cheese before taking
down. Failing cheese, a ^{tea} spoonful
of butter may be used.

Serve on toast, hot, and
sprinkled with pepper.

Ladies fingers - very tender - may
be used cut in rounds & treated
the same way.

Vegetable marrow, Tender butter.
beans, tomatoes may also be had on
toast.

Vegetable on toast

8 - 10 drumsticks (must be tender).

Boil with salt and scrape and set aside.

[10 drumsticks, seeds too if tender for 7 slices of bread]

a little flour (teaspoonful). a little coconut milk. Also a little water
in which the drumsticks were boiled. Mix carefully and bring to the
boil. Turn in the scraped stuff. Put in a dessert-spoonful of grated
cheese before taking down. Failing cheese, a teaspoonful of butter
may be used.

Serve on toast, hot, and sprinkled with pepper.

Ladies fingers - very tender - may be used cut in rounds and treated
the same way.

Vegetable marrow, tender butter beans, tomatoes may also be had
on toast.

25.

Sauces

Bread sauce (for savoury eggs.)
½ pint milk. 2 oz bread. 1 oz butter
1 Bombay onion. 2 cloves. pepper,
salt.

Method. Simmer the onion stuck with
the cloves in the milk for ½ an
hour - Strain & pour the milk
on to the broken pieces of bread
- Simmer for 15 mts. Beat with
a fork until smooth; stir in
the butter, pepper, salt.
Re-heat and serve.

Mint sauce.

Stir in 2 dessert-spoonfuls of
very finely chopped mint into
¼ pint vinegar: add a little
sugar, and stir until dissolved.
The mint should be freshly gather-
ed, and the sauce made some

Sauces

Bread sauce (for savoury eggs and roast birds)

½ pint milk. 2 oz bread. 1 oz butter. 1 Bombay onion. 2 cloves.
Pepper, salt.

Method Simmer the onion stuck with the cloves in the milk for ½ an
hour - Strain and pour the milk on to the broken pieces of bread -
Simmer for 15 mts. Beat with a fork until smooth; stir in the butter,
pepper, salt. Re-heat and serve.

Mint sauce

Stir 2 dessert-spoonfuls of very finely chopped mint into ¼ pint
vinegar: add a little sugar, and stir until dissolved. The mint should
be freshly gathered and the sauce made some

26.

time before it is required.

White sauce.

$\frac{1}{2}$ oz butter. 1 oz flour. $\frac{1}{2}$ pint milk or stock. pepper & salt.

Method. Mix the flour to a smooth paste with a little of the milk. Bring the rest of the milk to the boil, mix in the flour: add the butter & seasonings and let it cook gently for a few minutes until the flour is boiled, stirring all the time.

(If liked cornflour may be used instead of ordinary flour).

Egg sauce for fish.

4 eggs: 1 oz dripping: 2 ripe chillies (sliced): salt. 1 table-spoonful sliced red onions: 2 tea-spoons vinegar.

time before it is required.

White Sauce

$\frac{1}{2}$ oz butter. 1 oz flour. $\frac{1}{2}$ pint milk or stock. pepper and salt

Method Mix the flour to a smooth paste with a little of the milk. Bring the rest of the milk to the boil, mix in the flour: add the butter and seasonings and let it cook gently for a few minutes until the flour is boiled, stirring all the time.

(If liked cornflour may be used instead of ordinary flour)

Egg sauce for fish

4 eggs: 1 oz dripping: 2 ripe chillies (sliced): salt, 1 table-spoonful sliced red onions: 2 tea-spoons vinegar.
2 tsp vinegar

27.

Method. Beat up the eggs, and add the vinegar & salt. Fry the onion and chillies in dripping; stir in the egg, and stir well for a few minutes.

Chilly Vinegar

100 chillies. 1 piece green ginger.
4 or 5 cloves of garlic. salt; 1
bottle
of vinegar. sugar (1 lb).

Method. Boil the chillies (after removing the stalks), in salt and ^{part} vinegar. Grind in vinegar to a paste with the ginger & garlic. Strain through net. Add $\frac{1}{2}$ bottle vinegar & sugar and boil until the right consistency. Bottle when cold. Salt must be added to taste, & more vinegar if necessary.
Use English vinegar & it will keep months.

Method Beat up the eggs, and add the vinegar and salt. Fry the onions and chillies in dripping; stir in the egg, and stir well for a few minutes.

Chilly Vinegar

100 chillies. 1 piece green ginger. 4 or 5 cloves of garlic. Salt, 1 bottle of vinegar - sugar 1 lb.

Method Boil the chillies (after removing the stalks), in salt and part vinegar. Grind the vinegar to a paste with the ginger and garlic. Strain through net. Add $\frac{1}{2}$ bottle vinegar and sugar and boil until the right consistency. Bottle when cold. Salt must be added to taste, and more vinegar if necessary.

Use English vinegar and it will keep months.

Tomato sauce

$\frac{1}{2}$ lb ripe tomatoes, 1 tea-spoonful lime juice; 1 tablespoonful chillie vinegar. salt.

Method Scald the tomatoes and cut them in slices: add a little water and boil until the fruit is soft. Then add the chillie-vinegar, lime juice, and a little salt. Stir well together, and if the sauce is too thick, mix in a little vinegar.

Jam sauce

3 table-spoonfuls jam: juice of $\frac{1}{2}$ a lime: $\frac{1}{2}$ oz sugar: 1 tea cup water.

Method. Pour the ingredients into a sauce-pan & cook for 5 mts: Remove any scum, strain & serve.

Tomato sauce

$\frac{1}{2}$ lb ripe tomatoes, 1 tea-spoonful lime juice; 1 tablespoonful chillie vinegar. salt

Method Scald the tomatoes and cut them in slices: add a little water and boil until the fruit is soft. Then add the chillie vinegar, lime juice, and a little salt. Stir well together, and if the sauce is too thick, mix in a little vinegar.

Jam sauce

3 tablespoonfuls jam: juice of $\frac{1}{2}$ a lime: $\frac{1}{2}$ oz sugar. 1 tea cup water.

Method Pour the ingredients into a sauce-pan and cook for 5 mts: Remove any scum, strain and serve.

29.

Banana Sauce.

$\frac{1}{2}$ pint water. 3 bananas. 2 eggs
2 oz sugar: juice of 1 lime.

Method

Boil the sugar & water for 5 mts: rub the bananas through a sieve. Add the lime juice and pour the hot syrup on to them - Return to the saucepan and whisk in the eggs over a gentle heat.

Lemon sauce. or "wine sauce". for pudding

2 lemons - $\frac{1}{2}$ a pint of water - $\frac{1}{2}$ oz of corn-flour. 1 oz castor sugar.
Put the water on the fire to boil. Mix the corn-flour thinly & smoothly with the lemon juice. When the water boils, pour in the cornflour and stir until the sauce boils. Serve the sauce in a hot tureen.
(over)

Banana sauce

$\frac{1}{2}$ pint water. 3 bananas. 2 eggs. 2 oz sugar: juice of 1 lime.

Method Boil the sugar and water for 5 mts: rub the bananas through a sieve. Add the lime juice, and pour the hot syrup on to them - Return to the saucepan and whisk in the eggs over a gentle heat.

Lemon sauce or "wine sauce" for pudding

2 lemons - $\frac{1}{2}$ a pint of water - $\frac{1}{2}$ oz of corn-flour. 1 oz caster sugar.

Put the water on the fire to boil. Mix the cornflour thinly and smoothly with the lemon juice. When the water boils, pour in the cornflour and stir until the sauce boils. Serve the sauce in a hot tureen.

30.

May be coloured with strawberry colouring - or steep some "shoe-flower" petals in the boiling sauce (which would be taken out before serving). We call this "wine sauce".

Salads & salad dressings.

A simple dressing.

1 tea-spoonful made mustard.
1 table-spoonful vinegar.
Pepper: salt: 2 table-spoons
thick coconut milk: 1 hard-boiled
egg.

Method. Mash the yolk, mix it smoothly with the milk: add pepper & salt. and lastly stir in the vinegar. Mix well together. Add chopped whites.

Salad.

Beans, or beans & potatoes, brinjal,

May be coloured with strawberry colouring - or steep some "shoe flowers" petals in the boiling sauce (which would be taken out before serving). We call this "wine sauce".

Salads and salad dressings

A simple salad dressing

1 tea-spoonful made mustard. 1 table-spoonful vinegar. Pepper: salt: 2 table-spoons thick coconut milk: 1 hard-boiled egg.

Method Mash the yolk, mix it smoothly with the milk: Add pepper and salt and lastly stir in the vinegar. Mix well together. Add chopped whites.

Salad

Beans, or beans and potatoes, brinjal,

31.

all with salad dressing poured over.

Potato salad
Slice 3 large cold ^{boiled} potatoes.
Chop up a medium sized Bombay onion very fine, & mix with the sliced potato. Leave aside for an hour. Then toss in the salad dressing, arrange in a bowl, and sprinkle the top with finely cut parsley or lettuce.

To prepare "innelas".

A delicious accompaniment to beef cutlets, crumb chops or "dry fry" of beef.

Method. Sort out some fairly large ones. Wash & boil in their jackets without salt, a few hours before they are needed.
(over)

all with salad dressing poured over.

Potato salad

Slice 3 large cold boiled potatoes. Chop up a medium sized Bombay onion very fine, and mix with the sliced potato. Leave aside for an hour. Then toss in the salad dressing, arrange in a bowl and sprinkle top with finely cut parsley or lettuce.

To prepare "innelas"

A delicious accompaniment to beef cutlets, crumb chops or "dry fry" of beef.

Method Sort out some fairly large ones. Wash and boil in their jackets without salt, a few hours before they are needed.

Skin and put into thin coconut milk with a good deal of salt in it, about 2 hours before serving up. Then drain off the salted milk.

Put some butter or good ghee into a saucepan; place on the fire, and when boiling, turn in the "innelas" with a sufficient quantity of thick milk to form a gravy. Allow it to boil once, and serve hot.

Spinach

Boil with a little salt. Lay on toast with scrambled egg or a "bull's eye" on it. Sprinkle with pepper.

"Poloos" cutlets (tender jak).

Boil the skinned fruit, and grind it fine. Then add plenty of

Skin and put into thin coconut milk with a good deal of salt in it, about 2 hours before serving up. Then drain off the salted milk. Put some butter or good ghee into a saucepan: place on the fire, and when boiling, turn in the "innelas" with a sufficient quantity of thick milk to form a gravy. Allow it to boil once, and serve hot.

Spinach

Boil with a little salt – lay on toast with scrambled egg or a 'bulls' eye" on it. Sprinkle with pepper.

"Poloos" cutlets (tender jak)

Boil the skinned fruit, and grind it fine. Then add plenty of

Maldivian fish, and everything else as in ordinary cutlets. Serve hot.

Beef.

Roast beef. (Rump or loin)

A convenient method of roasting meat is cooking it in a pan or a chatty. Wash & trim the meat. Pick the joint well with pepper salt & lime juice or vinegar. If necessary tie it into shape with a piece of string. Put the meat into a pan or chatty, pour in just a little boiling water, and let it cook slowly till the water is absorbed. Then allow the meat to fry, turning it over so that the whole is nicely browned. No fat need be added unless the meat is lean.

Maldivian fish, and everything else as in ordinary cutlets. Serve hot.

Beef

Roast Beef (Rump or loin)

A convenient method of roasting meat is cooking it in a pan or a chatty. Wash and trim the meat. Pick the joint well with pepper, salt and lime juice or vinegar. If necessary tie it into shape with a piece of string. Put the meat into a pan or chatty, pour in just a little boiling water, and let it cook slowly till the water is absorbed. Then allow the meat to fry, turning it over so that the whole is nicely browned. No fat need be added unless the meat is lean.

in which case a little dripping is necessary.

Salad dressing for Roast beef.

$\frac{1}{2}$ lb potatoes, boiled and mashed very fine. $\frac{1}{2}$ lb Bombay onions cut fine & mix with the mashed potato. Then add vinegar, salt & pepper & hard-boiled egg finely minced. Mix these with the potatoes & onions. Then add about a tea-cup of coconut milk & pour over the sliced roast beef - (improvement)

A little mustard, (English or local), mixed in, is an

Hash of cold roast.

Cut up some ripe chillies, onions, bit of ginger, 1 large clove of garlic, & serai - a pinch of ground chillie.

Put in sliced beef, salt, vinegar, (B onions) pinch of sugar. Temper

in which case a little dripping is necessary.

Salad dressing for roast beef

$\frac{1}{2}$ lb potatoes, boiled and mashed very fine. $\frac{1}{2}$ lb Bombay onions cut fine and mix with the mashed potatoes. Then add vinegar, salt and pepper and hard-boiled egg finely minced. Mix these with the potato and onions. Then add about a tea-cup of coconut milk and pour over the sliced roast beef - A little mustard (English or local) mixed in is an improvement.

Hash of cold roast

Cut up some ripe chillies, onions, bit of ginger, 1 large clove of garlic, and serai - a pinch of ground chilli.

Put in sliced beef, salt, vinegar, (B onions) pinch of sugar. Temper

all and let it simmer.
Then take some ground mustard
(English or country), mix with
some thick coconut milk, add
to it, and let it simmer.

Beef salad.

Ingredients - Cold roast beef: $\frac{1}{2}$ lb potatoes
2 hard boiled eggs: 1 tablespoonful
vinegar: a heaped up tea-spoon
of mustard: a dessert-spoonful
of sliced red onions: about $\frac{1}{2}$ a
tea-cup of thick coconut milk
salt.

Method - The meat must be tender &
juicy. Slice the meat and arrange
it on a dish. Then make the dressing
thus. Boil & mash well the potatoes.
Mix in the yolks of eggs, mustard
vinegar, salt & sufficient coconut
(over)

all and let it simmer.

Then take some ground mustard (English or country), mix with some
thick coconut milk, add to it and let it simmer.

Beef salad

Ingredients Cold roast beef: $\frac{1}{2}$ lb potatoes: 2 hard boiled eggs: 1
tablespoonful vinegar: a heaped up tea-spoon of mustard: 1 dessert-
spoonful of sliced red onions: about $\frac{1}{2}$ a tea-cup of thick coconut milk:
salt

Method The meat must be tender and juicy. Slice the meat and arrange
it on a dish. Then make the dressing thus. Boil and mash well the
potatoes. Mix in the yolks of eggs, mustard, vinegar, salt and sufficient
coconut

-milk to make the mixture of the consistency of a thick batter. Pour this over the sliced beef, and garnish with rounds of whites of eggs, and the sliced red onions.

Boiled beef or mutton.

Take a good piece of beef, from the rump preferred, of 2 or 3 lbs. Pick it well on both sides. Boil till quite tender with the fol: spices - clove, cinnamon, a small piece of nutmeg, which must be ground, and mixed with the beef, vinegar & salt. Have $\frac{1}{2}$ a chatty of water to cover the beef.

When the beef is quite tender, take it down, and rub it (whole

milk to make the mixture of the consistency of a thick batter. Pour this over the sliced beef, and garnish with rounds of whites of eggs, and the sliced red onions.

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Have $\frac{1}{2}$ chatty of water to cover the beef.

When the beef is quite tender, take it down and rub it (whole

piece) with egg & biscuit powder.
Fry with dripping or "Cook's Joy".

Cold meat savoury.

$\frac{1}{2}$ lb cold meat. 2 B onions.
2 tomatoes. 2 table sps: vinegar
pepper, salt, $\frac{1}{2}$ tea spoon sugar.
 $\frac{1}{2}$ tea spoon mustard. dripping
and mashed potatoes.

Method.

Prepare the onions; slice them
finely, and fry in dripping: then
fry the tomatoes, also cut in slices.
Add vinegar, pepper, salt, mustard
& sugar. Let all simmer till the
onions are tender.

Then add the meat cut in slices
& gently simmer for about 15 mts.
Prepare border of mashed potatoes
in the dish: meat & gravy in the centre.

piece) with egg and biscuit powder. Fry with dripping or "Cook's Joy".

Cold meat savoury

$\frac{1}{2}$ lb cold meat. 2 B onions. 2 tomatoes. 2 table sp: vinegar, pepper, salt, $\frac{1}{2}$ teaspoon sugar. $\frac{1}{2}$ teaspoon mustard. dripping and mashed potatoes.

Method Prepare the onions: slice them finely, and fry in dripping: then fry the tomatoes, also cut in slices. Add vinegar, pepper, salt, mustard, and sugar. Let all simmer till the onions are tender.

Then add the meat cut in slices and gently simmer for about 15 mins. Prepare border of mashed potatoes in the dish: meat and gravy in the centre.

Roll beef.

Slice & chop the beef. Cut in long thin strips, potatoes & Bombay onions - bread - pepper salt vinegar or sauce - Mix all & place on the slices of beef. Wrap up & tie with thread.

Fry on a slow fire - Take off the pan, & stew slowly in a gravy made of hot water put into the ^{same} pan & add vinegar or sauce. (If not thick enough put into gravy some sauce, mustard & flour.)

Beef steak pudding.

Yolk of 1 egg.

$\frac{1}{4}$ lb or $\frac{1}{3}$ of suet.

3 lb flour.

salt; coconut milk; pinch of bicarb of soda; vinegar; cloves; pepper;

Roll beef

Slice and chop the beef. Cut it in long thin strips, potatoes and Bombay onions - bread - pepper, salt, vinegar or sauce - Mix all and place on the slices of beef. Wrap up and tie with thread. Fry on a slow fire - Take off the pan, and stew slowly in a gravy made of hot water put into the same pan and add vinegar or sauce. (If not thick enough put into gravy some sauce, mustard and flour).

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$\frac{1}{4}$ lb or $\frac{1}{3}$ of suet.

$\frac{3}{4}$ lb flour.

Salt; coconut milk; pinch of bicarb of soda; vinegar; cloves; pepper

39.

$1\frac{1}{2}$ lbs beef without bone & gristle.
 $\frac{1}{2}$ lb potatoes. $\frac{3}{4}$ tea-sp: lime juice;
 $\frac{1}{2}$ lb Bombay onions.

Method - Mix yolk of egg with suet & flour: put in salt, soda & make the pastry with coconut milk. Make a steak (or stew), cut up into pieces, potatoes (boiled & then fried): Bombay onions: vinegar or sauce, pepper, salt: and let all simmer.

Line a cup with pastry, fill in the stew, and cover it with pastry. Tie up the whole, (having placed a plate on top of the cup) with a towel, and boil for 1 hour. Water not to come up more than half-way.

$1\frac{1}{2}$ lbs beef without bone and gristle. $\frac{1}{2}$ lb potatoes. $\frac{3}{4}$ teaspoon lime juice; $\frac{1}{2}$ lb Bombay onions

Method Mix yolk of egg with suet and flour: put in salt, soda and make the pastry with coconut milk.

Make a steak (or stew), cut up into pieces, potatoes (boiled and then fried): Bombay onions: vinegar or sauce, pepper, salt: and let all simmer.

Line a cup with pastry, fill in the stew, and cover it with pastry.

Tie up the whole (having placed a plate on top of the cup) with a towel and boil for 1 hour. Water not to come up more than half-way.

Crumb Chops.

Slice the beef about $\frac{1}{2}$ inch thick - may be a little thinner but not thicker. Chop slices well on both sides. Put ^{on} salt pepper vinegar (also a little powdered cloves if preferred; but not necessary) and keep thus for an hour or so.

Then have ready chopped ^{& mixed} red onions, fennel, a little garlic & ginger.

Straighten out all the slices of beef, on a dish, and cover with chopped ^{& stuff} each slice on top side. Beat up an egg, whites & yolk, and lay on top of each slice.

Lastly, biscuit powder or bread crumbs - all these things only on the top side. Fry early, in

Crumb chops

Slice the beef about $\frac{1}{2}$ inch thick - may be a little thinner but not thicker. Chop slices well on both sides. Put on salt, pepper, and vinegar (also a little powdered cloves if preferred; but not necessary) and keep this for an hour or so.

Then have ready chopped and mixed red onions, fennel, a little garlic and vinegar.

Straighten out all the slices of beef, on a dish, and cover with chopped stuff each slice on top side. Beat up an egg, whites and yolk, and lay on top of each slice.

Lastly, biscuit powder or bread crumbs - all these things only on the top side. Fry early, in

a fair quantity of good oil, first the top side carefully, to a golden brown - then the under-side fried properly.

Remove pieces from the pan: take away the remaining oil in the pan & clean up the pan properly.

Then make a gravy of hot water, salt & vinegar to taste (as for beef steak) - Should have a good quantity of the gravy. Let gravy come to the boil.

Then arrange pieces of beef in the pan with the gravy, biscuit side on top. Close and let it simmer on slow fire till it has to be served up (Simmer for about 1 hour).

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Remove pieces from the pan: take away the remaining oil in the pan and clean up the pan properly.

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Then arrange pieces of beef in the pan with the gravy, biscuit side on top. Close and let it simmer on slow fire till it has to be served up (Simmer for about 1 hour).

Brown stew.

1½ lbs beef or a good sized chicken.
 ¾ lb potatoes - ¼ lb Bombay onions.
 a table-sp: flour.

Method. Cut up beef or chicken, potatoes, onions. Season all together with pepper and salt. Add cinnamon powder. Dredge all with flour & fry (except the potatoes) in good ~~fat~~ dripping, &c to a light brown. Then add some water, and let it stew, slowly, potatoes too; onions to be added later in boiling. Sauce may be added if preferred; but no vinegar. There must be sufficient flour to make a thick gravy.

Brown stew

½ lbs beef or a good sized chicken. ¾ lb potatoes - ¼ lb Bombay onions. a table sp flour.

Method Cut up beef or chicken, potatoes, onions - Season all together with pepper and salt. Add cinnamon powder. Dredge all with flour and fry (except the potatoes) in good dripping and to a light brown. Then add some water, and let it stew slowly, potatoes too: onions to be added later in boiling. Sauce may be added if preferred, but no vinegar. There must be sufficient flour to make a thick gravy.

Mince on toast.

Slices of stale bread - cutting off the crust. Fry in ghee or dripping or Cook's Joy.

Take some beef, cut it up & prepare as for cutlets. Then put in the minced beef to boil in a little thick coco milk - When boiled, put it aside. Into the same pan, put in a handful of finely cut red onions, with a little dripping &c, and fry it brown.

Then take 2 eggs, beat them up well and add to the onions & stir well. Put the minced meat into this, & take it down.

Put a little on each slice, & press it down. Sprinkle biscuit powder and serve.

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Take some beef, cut it up and prepare as for cutlets.

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Then take 2 eggs, beat them up well and add to the onions and stir well. Put the minced meat into this, and take it down.

Put a little on each slice, and press it down. Sprinkle biscuit powder and serve.

Beef smore to be used as a course
 Coriander, pepper, cinnamon, a few
 cloves to be finely ground. The rump
 of beef must be well pricked
 with a fork, & turned up well
 with the ground stuff. Add
 salt, vinegar, green chillie,
 onions, ginger, garlic, curry leaves,
 and allow all to boil in water.
 When it is well boiled, put
 in a little thick coconut milk
 with a little biscuit powder
 or bread crumbs. Then remove
 all the gravy, fry the beef
 with ghee, and put the
 gravy on it.

Beef smore to be used as a course

Coriander, pepper, cinnamon, a few cloves to be finely ground. The rump of beef must be well pricked with a fork, and turned up well with the ground stuff. Add salt, vinegar, green chilli, onions, ginger, garlic, curry leaves, and allow all to boil in water.

When it is well boiled, put in a little thick coconut milk with a little biscuit powder or bread crumbs. Then remove all the gravy, fry the beef with ghee, and put the gravy on it.

Corned beef.

5 lbs beef (ribs).

 $\frac{1}{4}$ lb ham salt

$\frac{1}{2}$ tea-spoon salt peter	} mix & leave aside.
1 tea-spoon sugar	
1 tea-spoon salt	

juice of 1 lime - leave aside.

4 cloves, 2 slices nutmeg, 1 inch cinnamon - Powder ^{all} these -

Mix everything -

Prick the beef thoroughly, feeding it with the mixed spices.

Then roll the beef cross-ways putting in slices of lime in between each layer. Tie up like a parcel with twine tightly. Put the piece into a deep dish ^{not metal} place a weight on it. Turn over each day for two or three days - Boil & serve.

Corned beef

5 lbs beef (ribs).

 $\frac{1}{4}$ lb ham salt $\frac{1}{2}$ teaspoon saltpetre, 1 teaspoon sugar, 1 teaspoon salt - mix these three and leave aside

juice of 1 lime - leave aside

4 cloves, 2 slices nutmeg, 1 inch cinnamon - powder all these -

Mix everything -

Prick the beef thoroughly, feeding it with the mixed spices.

Then roll the beef cross-ways putting slices of lime in between each layer. Tie up like a parcel with twine tightly. Put the piece into a deep dish not metal, place a weight on it. Turn over each day for two or three days. Boil and serve.

Keep in a cool place.

46.

Karamanache (Round).

1 lb beef.
6 dry chillies.
1 table spoonful coriander.
1 tea-sp: white cumin.
 $\frac{1}{2}$ tea-sp: large "
 $\frac{1}{4}$ tea-sp: pepper corns.
1 small piece saffron.
All ground raw separately.
6 dry chillies roasted & powdered
fine.
8 red onions, half for curry & half
for tempering.
 $\frac{1}{2}$ a tea-sp: chopped ginger
 $\frac{1}{2}$ " " " garlic.
1 tea-sp: " fennel.
curry leaves & cinnamon.
3 green chillies cut into strips.
2 table-sps: vinegar - Salt.
2 " " ghee or coconut oil.

Karamanache (Round)

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All ground raw separately.
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 $\frac{1}{2}$ " " " " garlic.
1 tea sp: " fennel.
curry leaves and cinnamon.
2 green chillies cut into strips.
2 table-sps: vinegar - salt
2 " " ghee or coconut oil.

47.

milk of $\frac{1}{2}$ a coconut squeezed twice
Method Cut the beef into pieces 2 inches square, rather thick - chop a little. Add onions, ginger, ^{garlic} green chillies, cinnamon, leaves, fennel. Mix all well in the chatty. Then add the ground curry stuff, salt vinegar. Mix all and let it stand for 10 mts. Put in $\frac{3}{4}$ tea-cup of water & place on the fire. When half cooked remove all into a bowl. Then put ghee or coco: oil into the chatty, and when boiling put back only the beef. When fried brown, remove the meat draining off the oil, and add to the oil a handful of onions & leaves - fry brown. Then put back the meat and sprinkle a pinch of the powder.

(over)

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Method Cut the beef into pieces 2 inches square, rather, thick - chop a little. Add onions, ginger, garlic, green chillies, cinnamon, leaves and fennel. Mix all well in the chatty.

Then add the ground curry stuff, salt, vinegar. Mix all and let it stand for 10 mts:

Put in $\frac{3}{4}$ tea-cup of water and place on the fire. When half cooked remove all into a bowl. Then put ghee or coco: oil into the chatty, and when boiling put back only the beef. When fried brown, remove the meat draining off the oil, and add to the oil a handful of onions and leaves - fry brown. Then put back the meat and sprinkle a pinch of the powdered

48.

chillie on it. Add the coconut milk (about $\frac{3}{4}$ of a tea-cup) - to the gravy. Add gravy to the meat, and cook for about $\frac{1}{2}$ an hour on a slow fire.

Pattie Curry. (for 100 patties)

2 lbs beef - or $1\frac{1}{2}$ beef & 1 lb pork.

100 middle sized billings.

2 table-spoonfuls coriander.

1 tea-sp: pepper.

1 tea-sp: white cummin & caraway
(sudu-duroo & maha-duru)

$\frac{1}{2}$ dozen dry chillies ground raw.

$\frac{1}{4}$ lb red onions. A little garlic & ginger, cinnamon, leaves (all three kinds) - Fair quantity fennel (6cts worth)

$\frac{1}{2}$ a small coconut scraped & roasted a golden brown or put in a little thick coco: milk when tempering

Method. Grind all curry-stuffs together.

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$\frac{1}{2}$ dozen dry chillies ground raw.

$\frac{1}{4}$ lb red onions. A little garlic, ginger, cinnamon, leaves (all three kinds) - Fair quantity of fennel (6cts worth)

$\frac{1}{2}$ small coconut scraped and roasted a golden brown or put in a little thick coco: milk when tempering

Method Grind all curry stuffs together.

49.

Mix all with half a tea-cup of "stock". When boiled, temper with a hand-ful of onions.

Devilled beef.

Cooked beef in slices or junks. Cut up potatoes, ginger, garlic, green chillies, leaves and keep on fire with water to cover the beef. I ground raw dry chillie. When half boiled, put in the Bombay onions. When boiling, put in vinegar, ground mustard mixed in some thick coco: milk Sugar to taste before taking down.

Pie curry.

Cut up raw beef. Chop the slice a little: then put in pepper, salt, cinnamon powder & cloves used very sparingly. Mix and keep for about an hour. Cut up onions, slice potato

(over)

Mix all with half a tea-cup of "stock". When boiled, temper with a handful of onions.

Devilled Beef

Cooked beef in slices or junks.

Cut up potatoes, ginger, garlic, green chillies, leaves and keep on fire with water to cover the beef, and ground raw dry chillie.

When half boiled, put in the Bombay onions. When boiling, put in vinegar, ground mustard mixed in some thick coco: milk. Sugar to taste before taking down.

Pie curry

Cut up raw beef. Chop the slices a little: then put in pepper, salt, cinnamon powder and cloves used very sparingly. Mix and keep for about an hour. Cut up onions, slice potatoes

(all raw) Fry the beef first in ghee or dripping: then the other things - a nice brown. Add hot water, sauce, pinch of sugar, allow to ~~boil~~ simmer.

(This is nice for Beef-steak pudding.)

Pork curry.

1 lb pork. 1 dessert sp: of ghee.
2 table-sps: of pungent curry powder.
8 onions cut into thin slices. 8 cloves
salt, a dessert sp: of vinegar.

Method Wash the pork two or three times. Cut it into pieces 1 inch square, and place it in a chatty with the ghee, curry powder, onions, salt, garlic, & enough water to cover it. Set the chatty on the fire; close it, and let the meat boil for 20 mts: Now uncover the chatty, give the meat a good stir. Continue stirring till the gravy is

(all raw). Fry the beef first in ghee or dripping: then the other things - a nice brown. Add hot water, sauce, pinch of sugar and allow to simmer.

(This is nice for beefsteak pudding).

Pork Curry

1 lb pork. 1 dessert sp: of ghee. 2 table-sps: of pungent curry powder. 8 onions cut into thin slices. 8 cloves. Salt, a dessert spoon of vinegar

Method Wash the pork two or three times. Cut it into pieces 1 inch square, and place it in a chatty with the ghee, curry powder, onions, salt, garlic, and enough water to cover it. Set the chatty on the fire; close it and let the meat boil for 20 mts: Now uncover the chatty, give the meat a good stir, and continue stirring till the gravy

thick. Add the vinegar, mix & serve.

Corned tongue.

$\frac{1}{4}$ measure or more of kitchen salt (or ham salt), well ground.

Mix in 2 tea-spoonfuls of salt petre. Prick the tongue well, tie up, & put in between layers some slices of lime.

Leave 1 night under a weight - turn next morning - boil in the evening. (If kitchen salt is used, wash it. If ham salt, don't). If beef, get even brisket, and take out the bone.

(1)

Pork, Padre curry.

Ingredients. 3 lbs pork, $\frac{3}{4}$ oz dry chillie; $\frac{1}{2}$ oz coriander; $\frac{1}{4}$ oz white cummin; $\frac{1}{8}$ oz sweet cummin; 1 table-spoonful sliced red onions; 6 slices green ginger; 6 cloves garlic (sliced); 3 inch piece cinnamon

is thick. Add the vinegar, mix and serve.

Corned tongue

$\frac{1}{4}$ measure or more of kitchen salt (or ham salt) well ground.

Mix in 2 tea-spoonfuls of saltpetre. Prick the tongue well, tie up, and put in between layers some slices of lime.

Leave 1 night under weight - turn next morning - boil in the evening. (If kitchen salt is used, wash it. If ham salt, don't). If beef, get even brisket and take out the bone.

Pork, Padre curry (1)

3 lbs pork. $\frac{3}{4}$ oz dry chillie; $\frac{1}{2}$ oz coriander; $\frac{1}{4}$ oz white cumin; $\frac{1}{8}$ oz sweet cumin; 1 table-spoonful sliced red onions; 6 slices green ginger; 6 cloves garlic (sliced); 3 inch piece cinnamon
 $\frac{3}{4}$ oz dry chillies

2 inch piece rampa; $\frac{1}{2}$ stem lemongrass;
a small sprig curry leaves; 3 table-
-sp: vinegar; a wineglass of whisky;
1 table-sp: sugar; pepper, salt,
coconut milk (the extract of 1 coco-
-nut).

Method. Roast, pound & sieve the chillies,
coriander, & cuminus, each ingredient
separately. Wash & cut the pork
into squares of about 2 inches, and
put them into a chatty with suffi-
-cient coconut milk to cover.

Mix in the powdered ingredients,
add the onions, garlic, ginger, cinna-
-mon, pepper, salt, rampa, lemon-
-grass, curry leaves and vinegar, &
boil for $\frac{1}{2}$ an hour. Then add the
sugar & whisky, and let it simmer
gently until the pork is tender.
Remove the gravy, and allow the

2 inch piece rampa; $\frac{1}{2}$ stem lemongrass; a small sprig curry leaves; 3
table-sp vinegar; a wineglass of whisky; 1 table-sp: sugar; pepper, salt,
coconut milk (the extract of 1 coconut).

Method Roast, pound and sieve the chillies, coriander and cumin,
each ingredient separately. Wash and cut the pork into squares of
about 2 inches, and put them into a chatty with sufficient coconut milk
to cover. Mix in the powdered ingredients, add the onions, garlic,
ginger, cinnamon, pepper, salt, rampa, lemon-grass, curry leaves and
vinegar and boil for $\frac{1}{2}$ an hour. Then add the sugar and whisky and let
it simmer gently until the pork is tender. Remove the gravy, and allow the

pork to fry a nice brown. No dripping need be added as there should be sufficient fat in the pork for frying. Then pour back the gravy, and stir for a couple of minutes. Serve the curry neatly in a dish, and cover the top with fried potatoes.

(2) Padre curry.

A fowl or duck, cut up in pieces. Add salt, vinegar, a wine glass of "old stuff", a little sugar, onions, rampa, serai, & cinnamon. Then add curry stuffs, and a few dry chillies roasted and powdered fine. Mix all up with water or coconut milk & let it boil. When boiled remove the gravy; add ghee to fry

(over)

pork to fry a nice brown. No dripping need be added as there should be sufficient fat in the pork for frying. Then pour back the gravy, and stir for a couple of minutes. Serve the curry neatly in a dish, and cover the top with fried potatoes.

Padre Curry (2)

A fowl or duck, cut up in pieces. Add salt, vinegar, a wineglass of "old stuff", a little sugar, onions, rampa, serai, and cinnamon.

Then add curry stuffs and a few dry chillies roasted and powdered fine. Mix all up with water or coconut milk and let it boil. When boiled remove the gravy; add ghee to fry

the meat - afterwards add the gravy.

Liver and bacon.

Wash the liver and remove all skin - Cut into slices $\frac{1}{2}$ inch thick & dust with flour seasoned with pepper & salt. Cut the bacon into small thin slices & fry.

Remove and keep hot while the liver is being fried in the bacon fat. (About 5 mts.) Put on a hot dish with a slice of bacon on each piece.

Dredge some seasoned flour into the frying-pan; stir until brown; add sufficient water to make a thick gravy, and strain round the liver.

Liver with tomatoes.

Ingredients. $\frac{1}{2}$ lb liver. $\frac{1}{2}$ oz flour. pepper, salt, dripping, tomato sauce.

the meat - afterwards add the gravy.

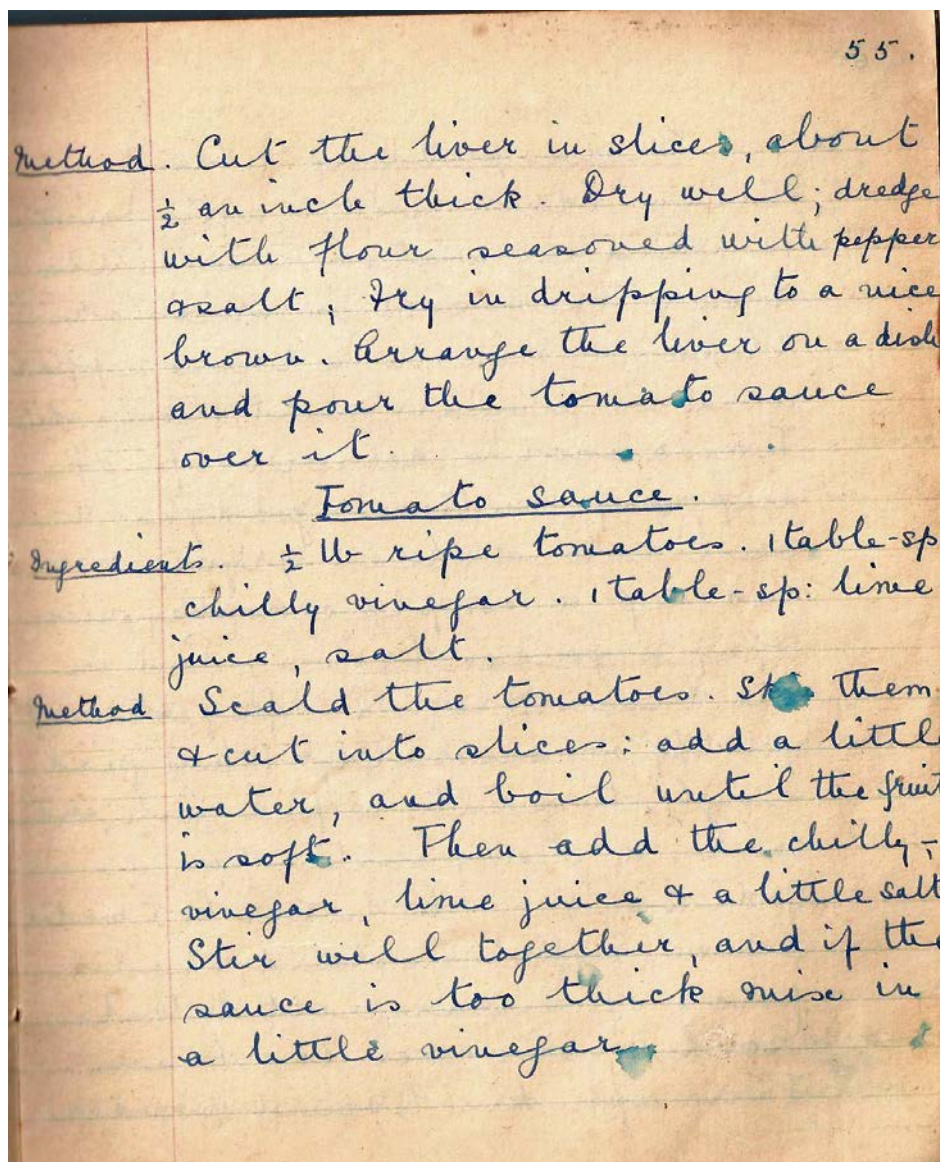
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Liver with tomatoes

Ingredients. $\frac{1}{2}$ lb liver. $\frac{1}{2}$ oz flour. Pepper, salt, dripping, tomato sauce.



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Method. Cut the liver in slices, about $\frac{1}{2}$ an inch thick. Dry well; dredge with flour seasoned with pepper and salt; fry in dripping to a nice brown. Arrange the liver on a dish and pour the tomato sauce over it.

Tomato Sauce.

Ingredients. $\frac{1}{2}$ lb ripe tomatoes. 1 table-sp. chilly vinegar. 1 table-sp. lime juice, salt.

Method. Scald the tomatoes. Skin them & cut into slices; add a little water, and boil until the fruit is soft. Then add the chilly-vinegar, lime juice & a little salt. Stir well together, and if the sauce is too thick mix in a little vinegar.

Method. Cut the liver in slices, about $\frac{1}{2}$ an inch thick. Dry well; dredge with flour seasoned with pepper and salt, fry in dripping to a nice brown. Arrange the liver on a dish and pour tomato sauce over it.

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Brain pudding. (1 brain)

Clean brain well after being soaked in water some little time. Then cut in slices or blocks - mix in a little pepper cinnamon powder, salt, & leave a while. Take about a dessert-sp. of dripping, butter or good ghee & put into a clean frying-pan. Cut up a couple of Bombay onions & fry a golden brown. Put in the brain & let it fry, stirring gently occasionally. When fried enough, turn into a pie-dish, and make a gravy in the pan as follows. A little hot water sauce, English mustard, small pinch of sugar, salt to taste. Boil & pour over the brain. Then sprinkle biscuit powder

Brain Pudding (1 brain)

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or bread crumbs: beat up an egg - yellow & white - and pour over the crumbs - Then another layer of crumbs (2 rusks will do for both layers) Then bake till slightly brown.

When a larger pudding is needed boil & slice fine a few potatoes and arrange in alternate layers of brain & potato.

Curried Tripe.

Ingredients - 2 lbs tripe (honeycomb) 20 dry chillies (pounded) 1 dessert-sp: white cumin seed (ground): a pinch of ground saffron; 1 dessert-sp: sliced red onions; 3 cloves of garlic; 3 slices green ginger (chopped); 2 inch piece rampa; ½ stem lemon-grass; a small sprig of curry leaves; ¼ tea-sp: white fenugreek ("uluhaal"); 2 inch piece cin-

or bread crumbs over this; beat up an egg - yellow and white - and pour over the crumbs - Then add another layer of crumbs (2 rusks will do for both layers) Then bake till slightly brown.

When a larger pudding is needed boil and slice fine a few potatoes and arrange in alternate layers of brain and potato.

Curried Tripe

Ingredients 2 lbs tripe (honeycomb) 20 dry chillies (powdered) 1 dessert sp: white cumin seed (ground): a pinch of ground saffron; 1 desert sp: sliced red onions; 3 cloves of garlic; 3 slices green ginger (chopped); 2 inch piece rampa; ½ stem lemon-grass; a small sprig of curry leaves; ¼ tea-sp: fenugreek ("uluhaal"); 2 inch piece cinnamon;

6 cardamoms; 4 cloves; 2 pieces aromatic ginger (powdered); salt; 1 dessert-sp: ghee or dripping; juice of 1 lime; 1½ tea cups thick coconut-milk.

Method. Use the honey-comb tripe. Wash the tripe well in ^{warm} hot water, put it into a chatty, cover with cold water, and let it simmer for some time. Then take it off the fire, and scrape the tripe quite clean. Cut it in 1½ inch squares; return to the chatty with fresh cold water, and let it boil from 3 to 4 hours, or until very tender. Pour off the water, add the coconut milk, the chilly, cumin, saffron, garlic, ginger, cloves, cinnamon, cardamoms, aromatic ginger, salt, and half each of the onions, rampa,

6 cardamoms; 4 cloves; 2 pieces aromatic ginger (powdered); salt, 1 dessert-sp: ghee or dripping; juice of 1 lime; 1½ cups thick coconut milk.

Method Use the honeycomb tripe.

Wash the tripe well in warm water, put it into a chatty, cover with cold water, and let it simmer for some time. Then take it off the fire, and scrape the tripe quite clean. Cut it in 1½ inch squares; return to the chatty with fresh cold water, and let it boil from 3 to 4 hours, or until very tender. Pour off the water, add the coconut milk, the chilly, cumin, saffron, garlic, ginger, cloves, cinnamon, cardamoms, aromatic ginger, salt and half each of the onions, rampa,

lemon-grass, & curry-leaves.
 Allow to simmer slowly till
 the ingredients are cooked.
 Heat the ghee in a chatty, and
 fry the remainder of the onions,
 rampa, lemon-grass, & curry-leaves.
 Allow to ~~see~~ and the fenugreek.
 Turn in the tripe preparation.
 add the lime juice, and let
 it simmer for about 10 mts:
 longer.

Mutton Salad

Cold roast mutton. $\frac{1}{2}$ lb potatoes.
 2 hard-boiled eggs. 1 table-spoonful
 vinegar. a heaped up tea-spoon
 mustard. a table-sp: sliced red
 onions. about $\frac{1}{2}$ a tea-cup full thick
 coconut milk. salt.

Method. The mutton must be tender & juicy.

(over)

lemon-grass, and curry leaves.

Allow to simmer slowly till the ingredients are cooked.

Heat the ghee in a chatty, and fry the remainder of the onions, rampa, lemon-grass, and curry leaves and the fenugreek. Turn in the tripe preparation add the lime juice, and let it simmer for about 10 mts: longer.

Mutton Salad

Cold roast mutton. $\frac{1}{2}$ lb potatoes. 2 hard-boiled eggs. 1 table-spoonful vinegar. a heaped-up tea-spoon mustard. a table-sp: sliced red onions. about $\frac{1}{2}$ tea-cup-ful thick coconut milk. salt.

Method The mutton must be tender and juicy.

Slice it and arrange on a dish. Then make the dressing. Boil the potatoes & mash them free of lumps. Mix in the yolks of eggs, mustard, vinegar, salt, and sufficient coconut milk to make the mixture the consistency of a thick batter. Pour this over the sliced meat and garnish the top with the whites of eggs cut in rings, & the sliced onions.

Stuffing for roast chicken.

Bread crumbs, potatoes, sultanas, raisins, some finely chopped mint, the yolks of an egg, salt, pepper, a few drops of Worcester sauce, a couple of boiled B: onions minced finely.

Method. Soak the bread in a little water & mix well with the other ingredients. Put a few shredded red onions in a

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Bread crumbs, potatoes, sultanas, raisins, some finely chopped mint, the yolk of an egg, salt, pepper, a few drops of Worcester sauce, a couple of boiled B: onions minced finely.

Method Soak the bread in a little water, and mix well with the other ingredients.

Put a few shredded red onions in a

pan with a little dripping & fry till brown. Stir in the mixture for a minute or two, and set aside to cool before stuffing the chicken.

Pillau Rice (for lampryas)

For 1 measure table-rice, 1 fowl, $\frac{1}{4}$ lb onions, $\frac{1}{4}$ lb ghee, $\frac{1}{4}$ lb raisins (plums).

Method Temper the rice with half the onions, and all the ghee, adding a piece of cinnamon & rampa. Then add sufficient water, & the fowl cut in pieces, and the rest of the onions sliced.

When nearly done add the plums & some cardamoms finely ground. Boil the rice in meat water - 1 lb soup meat or bones. (Can be used for lamprayas with the

(over)

pan with a little dripping and fry till brown. Stir in the mixture for a minute or two, and set aside to cool before stuffing the chicken.

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fol: curries - Lampraya curry,
tiny cutlets, blachan, chillie
sambol).

For lamprayas, partially boil
the fowl, mutton, beef ^{pork} (of which
the lampraya curry is made) and
use the stock for boiling the
rice.

Lampraya Curry.

1 good sized chicken, $\frac{1}{2}$ lb mutton,
 $\frac{1}{2}$ lb beef, $\frac{1}{2}$ lb pork, 1 dessert-sp:
sliced ^{red} onions, 4 cloves of garlic
(chopped), 3 slices of green ginger (chopped),
2 inch piece cinnamon, 10 cardamoms
(powdered) $\frac{1}{4}$ tea spoon fenugreek (uluhaal),
3 inch piece rampa, (1 tea-sp: coriander
seed, 1 tea-sp: white cumin, $\frac{1}{2}$ tea-sp:
sweet cumin (roasted dark & ground
together) $\frac{1}{2}$ stem lemon-grass, a small

fol: curries - lampraya curry, tiny cutlets, blachan, chilli sambol)

For lamprayas, partially boil the fowl, mutton, beef (of which the
lampraya curry is made) and use the stock for boiling the rice.

Lampraya Curry

1 good sized chicken, $\frac{1}{2}$ lb mutton, $\frac{1}{2}$ lb beef, $\frac{1}{2}$ lb pork, 1 dessert-sp:
sliced red onions, 4 cloves of garlic (chopped), 3 slices of green
ginger (chopped), 2 inch piece cinnamon, 10 cardamoms (powdered),
 $\frac{1}{4}$ teaspoon fenugreek ("uluhaal"), 3 inch piece rampa, (1 tea-sp:
coriander seed, 1 tea-sp: white cumin, $\frac{1}{2}$ tea-sp: sweet cumin roasted
dark and ground together), $\frac{1}{2}$ stem lemon grass, a small

sprig of curry leaves, 1 dessert-
 sp: ghee or dripping, juice of 1 lime
 3 tea-cups of coconut milk (the extract
 of 1 coconut), a pinch of ground saffron
 1/4 lb dried prawns (roasted & pounded)
 25 dry chillies (roasted dark and
 ground).

Method Partially boil the fowl, mutton
 & beef, and use the stock for
 boiling the rice. Cut the different
 boiled meats and the pork into
 very small pieces, and put into
 a chatty with the coconut milk
 the ground ingredients, garlic, ginger,
 cinnamon, fenugreek & salt, and
 half each of the onions, rampa,
 lemon-grass & curry-leaves, and
 boil until the meat is tender,
 adding the prawns, cardamoms,
 and lime juice when the curry is half

sprig of curry leaves, 1 dessert-sp: ghee or dripping, juice of 1 lime, 3
 tea-cups of coconut milk (the extract of 1 coconut), a pinch of ground
 saffron, 1/4 lb dried prawns (roasted and pounded), 25 dry chillies
 (roasted dark and ground).

Method Partially boil the fowl, mutton, and beef and use the stock for
 boiling the rice. Cut the different boiled meats and the pork into very
 small pieces, and put into a chatty with the coconut milk, the ground
 ingredients, garlic, ginger, cinnamon, fenugreek and salt and half each
 of the onions, rampa, lemongrass, and curry leaves, and boil until the
 meat is tender, adding the prawns, cardamoms and lime juice when the
 curry is half

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cooked. Heat the ghee in a chatty and fry the remainder of the ingredients. Then turn in the meat preparation and allow to simmer a few mts. longer.

A simpler preparation.
Quantities for 30 lamprayas.

Rice.

1½ measures. 1½ brisket bones.

Fricassee

1 lb beef.

Lampraya curry.

1½ lbs beef. 1 coconut. ¼ lb prawns.

Chillie sambol.

½ coconut (or more).

¼ lb red onions.

2 oz dry prawns.

¼ lb Maldivian fish.

2 oz dry chillie.

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2 oz dry prawns.

¼ lb Maldivian fish.

2 oz dry chillie

65.

Ash plantain curry (fried and ready)

- 1 $\frac{1}{4}$ lbs ash plantains.
- $\frac{1}{2}$ bottle coconut oil.
- 1 coconut.

Cucumber & red onion sambol

- 1) 2 moderate sized cucumbers, onion, coconut-milk - just a little
- 2) 1 lb red onions & 1 lime

Blachan

- $\frac{1}{3}$ lb dried prawns (roasted and ground with lime ^{juice} & salt).
- 2 limes
- 12 dry chillies
- 1 dessert sp: sliced red onions
- 2 cloves garlic
- 2 slices green ginger.

Plantain leaves cut to 14 x 12 inches

Put $2\frac{1}{2}$ table. sps: rice on each leaf:
pour a dessert sp: thick coco. milk on
the rice, arrange curries & fold as a

Ash plantain curry (fried and ready)

1 $\frac{1}{4}$ lbs plantain. $\frac{1}{2}$ bottle coconut oil. 1 coconut.

Cucumber and red onion sambol

- (1) 2 moderate sized cucumbers, onions, coconut milk - just a little.
- (2) 1 lb red onions and 1 lime

Blachan

- $\frac{1}{3}$ dried prawns (roasted and ground with lime juice and salt).
- 2 limes.
- 12 dry chillies.
- 1 dessert sp: sliced red onions.
- 2 cloves garlic.
- 2 slices green ginger.

Plantain leaves cut to 14 x 12 inches.

Put $2\frac{1}{2}$ tablespoons rice on each leaf: pour a dessert sp: thick coconut milk on the rice, arrange curries and fold as a

parcel & fasten with two eikels at the ends. Bake in a moderate oven for 20 mts.

Another recipe for lampraya curry

Beef, pork & fowl cut in small pieces as for cutlets - Add onions, garlic, ginger, curry leaves, rampa, sera, salt, lime juice, saffron. Take separately some dry chillies, coriander, & cumin (both kinds), curry leaves, rampa, sera, a few cardamoms, small bits of ginger of both kinds, a little raw rice, some scraped coconut. Roast all to a dark brown, and grind very fine. Roast & grind some dry prawns, mix all with the meat: add some water or ^{thin} coconut milk: boil: & when sufficiently boiled add thick coconut milk & temper. (Then take some endura

parcel and fasten with two ekels at the ends. Bake in a moderate oven for 20 mts.

Another recipe for lampraya curry

Beef, pork and fowl cut in small pieces as for cutlets. - Add onions, garlic, ginger, curry leaves, rampa, sera, salt, lime juice, saffron.

Take separately some dry chillies, coriander, and cumin (both kinds), curry leaves, rampa, sera, a few cardamoms, small bits of ginger of both kinds, a little raw rice, some scraped coconut. Roast all to a dark brown, and grind very fine. Roast and grind some dry prawns. Mix all with the meat: add some water or thin coconut milk: boil: and when sufficiently boiled add thick coconut milk and temper (Then take some endura

roast & grind it, & mix with the
curry).

Chutneys.

Lime and date chutney

1½ lbs lime pickle. 1½ lbs date.
3 lbs sugar. 2 bottles vinegar.
½ lb plums. 3 oz green ginger. 3 oz
garlic. 2 oz dry chillies. 30 or
50 cajunuts. salt to taste. Some
good ghee or Cook's Joy or dripping.

Method Slice lime pickle taking off
seeds. Slice dates small.
Grind ^{very fine} in vinegar the ginger,
garlic & chillies. Put the
ghee into the chatty and temper
well the ground stuff: then
put in the balance vinegar:
when boiling, the sugar, then
the cajunuts, plums (stirring all

roast and grind it, and mix with the curry).

Chutneys

Lime and date chutney

1½ lbs lime pickle. 1½ lbs date. 3 lbs sugar. 2 bottles vinegar. ½ lb
plums. 3 oz green ginger. 3 ozs garlic. 2 oz or less dry chillies. 30 or
50 cajunuts. salt to taste. Some good ghee or Cook's Joy or dripping.

Method Slice lime pickle taking off seeds. Slice dates small. Grind
very fine in vinegar the ginger, garlic and chillies. Put the ghee into
the chatty and temper well the ground stuff; then put in the balance
vinegar: when boiling, the sugar, then the cajunuts, plums (stirring all

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the time, without a break), the dates (little by little); lastly the lime pickle which must not be boiled more than ten minutes. Put in salt to taste.

Take down before it gets thick, put into a large cup or basin, and bottle when cold.

Tamarind Chutney

1 lb tamarind; $1\frac{1}{2}$ lbs sugar; $1\frac{1}{4}$ bots: vinegar; $\frac{1}{4}$ lb dates; $\frac{1}{4}$ lb plums; 2 oz green ginger; 2 oz garlic; 1 oz and a little more of dry chillie, 25 or 30 cajunuts, 1 oz table salt; $\frac{1}{2}$ oz ghee or dripping (or Cook's Joy)

Method ⁽²⁾ Squeeze tamarind with vinegar, taking out seeds and bit of rind till quite smooth. Stone & slice the dates, clean plums; slice cajunuts fine. Grind garlic, ginger, chillie

the time without a break), the dates (little by little): lastly the lime pickle which must not be boiled more than ten minutes.

Put in salt to taste.

Take down before it gets thick, put into a large cup or basin and bottle when cold.

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Method Squeeze tamarind with vinegar, taking out seeds and bit of rind till quite smooth. Stone and slice the dates; clean plums; slice cajunuts fine. Grind garlic, ginger, chillie

part of the
fine, with ^{1/2} vinegar.

Put the ghee into a saucepan; when melted, add the ground stuff, stirring carefully & let it fry: then the tamarind squeezed in vinegar, strained through a strainer. Keep on stirring; then add the salt; let it boil a little: then put in the ~~egg~~ sugar. When the mixture is boiling, put in dates, plums & cajunuts. Boil a little more. Take down & put into a large cup or basin. Bottle when cold.

Date chutney

2 lbs dates; 1 lb raisins; 3 1/2 bottles vinegar (beer bots: up to neck) 1/4 lb garlic
1/4 lb ginger; 2 oz dry chillies; 1/2 oz mustard seed;

fine with part of the vinegar.

Put the ghee into a saucepan; when melted, add the ground stuff, stirring carefully and let it fry: then the tamarind squeezed in vinegar, and strained through a strainer. Keep on stirring: then add the salt; let it boil a little: then put in the sugar. When the mixture is boiling, put in dates, plums, and cajunuts. Boil a little more. Take down and put into a large cup or basin. Bottle when cold.

Date chutney

2 lbs dates; 1 lb raisins; 3 1/2 bottles vinegar (beer bots: up to the neck)
1/4 lb garlic. 1/4 lb ginger; 2 oz dry chillies; 1/2 oz mustard seed;

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$\frac{1}{4}$ oz saffron; 3 lbs sugar;
Method Grind all the ingredients with vinegar. Put in the raisins whole (plums). Boil the vinegar & sugar first. Strain it: boil it well, and add the curry-stuffs. Let the whole boil thoroughly. Cut the dates small (or grind).

Onions in chutney

3 lbs onions. $1\frac{1}{2}$ bottle vinegar;
 $1\frac{3}{4}$ oz mustard seed; 3 pieces green
 ginger (each piece 2 inches long); 3 red
 chillies (dry); $1\frac{1}{2}$ lbs dates; $\frac{3}{4}$ lb sugar
 5 pods garlic; 10 peppercorns; 3 inch
 cinnamon.

Method Peel & clean the onions and soak them overnight in salt water. Have the dates, mustard seed, chillies, ginger well ground on the

$\frac{1}{4}$ oz saffron; 3 lbs sugar.

Method Grind all the ingredients with vinegar. Put in the raisins (plums) whole. Boil the vinegar and sugar first. Strain it: boil it well, and add the curry-stuffs.

Let the whole boil thoroughly.

Cut the dates small (or grind).

Onions in chutney

3 lbs onions. $1\frac{1}{2}$ bottle vinegar; $1\frac{3}{4}$ oz mustard seed; 3 pieces green
 ginger (each piece 2 inches long); 3 red chillies (dry); $1\frac{1}{2}$ lbs dates; $\frac{3}{4}$
 lb sugar; 5 pods garlic; 10 peppercorns; 3 inch cinnamon.

Method Peel and clean the onions, and soak them overnight in salt water.

Have the dates, mustard seed, chillies, ginger well ground on the

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curry stone. Boil the vinegar with the pepper corns. Throw off the salt water from the onions, & put them into the boiling vinegar (lessen the fire); now add the other ingredients, viz. garlic, sugar, ground dates while still hot. Stir well for 10 minutes. Let stand till cold and bottle -
(I prefer to put in the onions after all the other ingredients etc.)

Tomato Chutney.

1 lb ripe tomatoes. 1 lb sugar.
 $\frac{1}{2}$ oz dry chillies; 1 oz mustard seed;
 $\frac{1}{2}$ each of garlic & ginger; (or a little more) $\frac{1}{4}$ bot. vinegar; salt.

Method. Grind the chillies, mustard, garlic & ginger with vinegar. Scald the

(over)

curry stone. Boil the vinegar with the pepper corns. Throw off the salt water from the onions, and put them into the boiling vinegar (lessen the fire); now add the other ingredients, garlic, sugar, ground dates while still hot. Stir well for 10 minutes. Let it stand till cold and bottle.

(I prefer to put in the onions after all the other ingredients etc.)

Tomato chutney

1 lb ripe tomatoes. 1 lb sugar. $\frac{1}{2}$ oz dry chillies; 1 oz mustard seed; $\frac{1}{2}$ each of garlic and ginger; (or a little more) $\frac{1}{4}$ bot vinegar; salt.

Method Grind the chillies, mustard, garlic and ginger with vinegar. Scald the

tomatoes & remove skins. Cut in slices; add the remainder of the vinegar, & boil till the fruit is soft. Add the sugar, ground stuff & salt. Boil the whole gently to required consistency.

Mango chutney

4 lbs sliced fruit: 3 lbs sugar:
2 bottles vinegar: $\frac{3}{4}$ lb plums:
50 cajunuts (sliced fine): 3 oz ginger:
3 oz garlic: $2\frac{1}{2}$ oz dry chillies: 2 oz
table salt: (not less of anything)

Method. Boil the mango in vinegar till soft: remove from chatty: Then put in a dessert spoonful of good ghee or dripping, and when boiling, put in the chillie, ginger & garlic which should have been previously ground ^{with} vinegar. Stir

tomatoes and remove skins. Cut in slices and add the remainder of the vinegar and boil till the fruit is soft. Add the sugar, ground stuff and salt. Boil the whole gently to required consistency.

Mango chutney

4 lbs sliced fruit: 3 lbs sugar: 2 bottles vinegar: $\frac{3}{4}$ lbs plums: 50 cajunuts (sliced fine): 3 oz ginger: 3 oz garlic: $2\frac{1}{2}$ oz dry chillies: 2 oz table salt: (not less of anything)

Method Boil the mango in vinegar till soft; remove from chatty: Then put in a dessert spoonful of good ghee or dripping, and when boiling, put in the chillie, ginger and garlic which should have been previously ground with vinegar. Stir

well - add till fried - then
 add the mango, sugar, ~~plums~~,
 cajunuts (and salt). Boil for about
 10 to 12 minutes. Remove from chatty
 into a basin, & bottle when cold.
 (The salt could be mixed
 with the fruit before boiling
 with vinegar) Mix in sultanas when cold.
 For Chutneys use nice red chillies.

Dry fish Pachchadee.

1½ lbs dry fish ("coduwa" is best)
 1 lb tamarind. 1 lb sugar.
 1 bottle vinegar. 1½ oz coriander
 1 oz white cumin (sudu-duru)
 ½ oz caraway (maha "
 1¼ oz dry chillie.
 1 oz each of garlic & ginger.
 Some good fresh coconut oil (about
 ½ bottle). ½ table-spoonful salt.
 (Over)

well - till fried - then add the mango, sugar, cajunuts (and salt). Boil
 for about 10 to 12 minutes. Remove from chatty into a basin, and
 bottle when cold. (The salt could be mixed with the fruit before
 boiling with vinegar) Mix in sultanas when cold.

For chutneys use nice red chillies.

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 1 lb tamarind. 1 lb sugar. 1 bottle vinegar. 1½ oz coriander. 1 oz white
 cumin (sudu-duru). ½ oz caraway (maha-"). 1¼ oz dry chillie.
 1 oz each of garlic and ginger.
 Some good fresh coconut oil (about 1/3 bottle). ½ tablespoonful salt.

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Method - Wash the fish well, and cut into pieces (small squares). Curry stuffs to be ground in vinegar. Tamarind to be squeezed out in the balance of the vinegar. Have these things ready, and fry the fish in the oil, using a generous supply. Put the pieces aside: take away any burnt pieces of fish. In the same pan fry the ingredients. Then add the tamarind, sugar & fried fish. Allow to boil for a little while.

Bottle when cold.

Mango temperado or dried billing
For $\frac{3}{4}$ lb dried mango. 3 table-sps: cut of coriander - 2 table-sps: maha duru: 3 of sudu-duru: 40 grs: pepper 1½ table sps: mustard: 30 - 40 dry chillies

Method Wash the fish well, and cut into pieces (small squares). Curry stuffs to be ground in vinegar. Tamarind to be squeezed out in the balance of the vinegar. Have these things ready, and fry the fish in the oil, using a generous supply. Put the pieces aside: take away any burnt pieces of fish. In the same pan fry the ingredients. Then add the tamarind, sugar and fried fish. Allow to boil for a little while.

Bottle when cold.

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4 large cloves garlic: 1 ½ inches green
 ginger: 12 green chillies: 4 in. sera
 2 table-sps: carapincha: rampa 4 inches: ½ bottle
 vinegar: 4 cups thick milk:
 4 piled table-sp: sugar: - no salt

Method. Wash the pieces of mango
 in vinegar & hot water to remove
 sand & salt. Then soak in vine-
 gar for some time.

Ingredients to be ~~ground~~ slightly
 roasted and ground fine in vinegar
 Coriander, maha & sudu, with
 a few pepper corns roasted -
 Mustard & dry chillie to be
 ground with vinegar - Garlic
 ginger, ripe & green chillies,
 onions, rampa cut, serai and
 carapincha leaves, the milk
 of 1 coconut (or more),
 These ingredients with garlic,

4 large cloves garlic: 1 ½ inches green ginger: 12 green chillies: 4 in
 sera. 2 table-sps: karapincha: rampa 4 inches. ½ bottle vinegar: 4 cups
 thick milk: 4 piled table-sp sugar: - no salt.

Method Wash the pieces of mango in vinegar and hot water to
 remove sand and salt. Then soak in vinegar for some time.

Ingredients to be slightly roasted and ground fine in vinegar,
 coriander, maha and sudu, with a few peppercorns roasted – mustard
 and dry chilli to be ground with vinegar – Garlic, vinegar ripe and
 green chillies, onions, rampa cut, serai and carapincha leaves, the milk
 of 1 coconut (or more).

These ingredients with garlic,

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ginger, ripe & green chillies
onions, etc cut rampa, serai &
carapincha to be mixed with the
mango & coconut milk. Allow
to boil. Then add the thick
milk with the ground mustard.
Temper and allow to simmer on
the coals for a few minutes.
Good fresh ^{coconut} oil is better than
ghee for tempering.
Add the sugar ^{just} before taking
down from the fire.

Brinjal pachchadee -

6 good-sized brinjals, slice them
thick: wash in saffron & salt;
fry in oil to a light brown.
Then take about 12 whole red
onions; 12 whole green chillies,
only split in the ends.
4 or 5 whole cloves of garlic;

ginger, ripe and green chillies onions, etc cut rampa, serai and to be
mixed with the mango and coconut milk - Allow to boil. Then add the
thick milk with the ground mustard.

Temper and allow to simmer on the coals for a few minutes.

Good fresh coconut oil is better than ghee for tempering.

Add the sugar before taking down from the fire.

Brinjal pachchadee

6 good sized brinjals, and slice them thick: wash in saffron and salt; fry
them in oil to a light brown.

Then take about 12 whole red onions; 12 whole green chillies, only
split in the end. 4 or 5 whole cloves of garlic;

1 1/4 inch ginger sliced very fine.
 Fry all this to a golden brown.
 Then grind separately dry chillies
 & coriander (when ground each to
 cover a tea-spoon): Cumin, a
 tea-sp; (when raw) ^{with} vinegar
 very fine.

For tempering take the usual
 onions, chillies, rampa, serai
 & carapincha. Fry these a golden
 brown. Then in 1/2 a tea-cup of
 vinegar, mix the ground chillie
 coriander & cumin.

Now, put all the Brinjal,
 onions etc you have fried into
 the chatty with the tempered
 onions.

Then take a whole large Maldivian
 fish pounded, and add to this.
 Then put in the curry stuff and

1 1/4 inch ginger sliced very fine.

Fry all this to a golden brown. Then grind separately, dry chillies and
 coriander (when ground each to cover a tea-spoon): cumin, a tea-sp:
 (when raw) with vinegar very fine.

For tempering take the usual onions, chillies, rampa, serai, and
 carapincha. - Fry these a golden brown. Then in 1/2 a tea-cup of
 vinegar, mix the ground chillies, coriander and cumin.

Now, put all the brinjal onions etc you have fried into the chatty with
 the tempered onions.

Then take a whole large Maldivian fish pounded, and add to this.

Then put in the curry stuff and

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misc all together.

If it is to be kept do not add the coconut milk; otherwise do so, and add salt to taste.

If no milk, add one cup of vinegar with the curry stuffs.

If to be used at once, add the coconut milk, and boil all on a slow fire. If to be kept put it away, & add coconut milk when required.

mix all together.

If it is to be kept do not add the coconut milk: otherwise do so, and add salt to taste.

If no milk, add one cup of vinegar with the curry stuffs. If to be used at once, add the coconut milk, and boil all on a slow fire. If to be kept put it away and add coconut milk when required.

Selected recipes.

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"Bol-de-coku" (Coconut cake).

1 lb rulang (rather coarse).

2 lbs sugar (soft preferred)

16 eggs - 2 large coconuts (fresh)

1 teaspoon cinnamon powder -

15 cardamoms - powdered -

peel of 2 green limes - grated -

1 wine glass good rose water.

$\frac{1}{4}$ lb butter - 2 table sps: flour.

50 cajunuts - sliced fine.

Method - Beat up the sugar with the yolks of eggs - well - Then add the rulang, by degrees - Then butter, cajunuts, coconut (finely ground) flour, spices, rosewater, whites of eggs (6 or 8) ~~fine~~ well whisked. The mixture should not be too thin. Pour into flat pans & well buttered, & bake -

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Method Beat up the sugar with the yolks of eggs - well. Then add the rulang, by degrees - Then butter, cajunuts, coconut (finely ground). flour, flour, spices, rosewater, whites of eggs (6 or 8) well whisked.

The mixture should not be too thin. Pour into flat pans, well buttered, and bake -

Jaggery Bread.

1 lb dough.
 $\frac{3}{4}$ lb scraped jaggery.
 3 eggs - yolks only.
 1 table spoon-ful butter -
 good pinch of soda powder.
Method. Slightly butter a big cup or basin. Turn in the dough & soda powder. Mix them about a minute: then add the eggs, one at a time, and knead as for bread, until the dough has become quite firm & set. Next add the butter, and lastly the scraped jaggery gradually. Turn into a buttered tin, & leave in the sun to rise for an hour or so. Bake in a good oven.
 A cake tin will have to be used, leaving room for it to rise. Tin not too deep -

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A cake tin will have to be used leaving room for it to rise. Tin not too deep -

Citron marmalade

Slice the fruit fine, removing the seed & the centre stemmy part. To every lb of sliced fruit - juice included - add $\frac{1}{2}$ pint of water. Put into a basin & leave for 24 hrs. (Change the water about twice or thrice). Then boil the whole till the chips are tender. Put away till quite cold or till next day. Weigh the boiled fruit, and to every lb allow 2 lbs of sugar. Boil till the chips are quite transparent. At first, on rather a quick fire, then on slow. Take off the scum as it rises, or the marmalade will not be clear.

N.B. Some citrons have more rind & less juice in which case you will have to add some lime juice, & a little more than $\frac{1}{2}$ pint water. In any case, a little more water is best.

Citron marmalade

Slice the fruit, removing the seeds and the centre stemmy part. To every lb of sliced fruit - juice included - add $\frac{1}{2}$ pint of water. Put into a basin and leave for 24 hours. (Change the water about twice or thrice).

Then boil the whole till the chips are tender. Put away till quite cold or till the next day. Weigh the boiled fruit, and to every lb allow 2 lbs of sugar. Boil till the chips are quite transparent. At first, on rather a quick fire, then on slow. Take off the scum as it rises, or the marmalade will not be clear.

NB Some citrons have more rind and less juice, in which case you will have to add some lime juice and a little more than $\frac{1}{2}$ pint water. In any case, a little more water is best.

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Jaggery pudding (baked)

$\frac{1}{2}$ ball jaggery-scraped.
thick milk of $\frac{1}{2}$ large coconut.
2 eggs - 18 cajunuts - 4 slices
bread from 1 lb loaf -

Method Beat the jaggery with the yolks of eggs. Then add the bread soaked in coconut milk. Then sliced cajunuts vanilla essence - Last of all the well-beaten whites of the eggs. Put the mixture into a buttered dish, sprinkle a little cajunuts on top, and bake to colour.

Jaggery pudding (baked)

$\frac{1}{2}$ ball of jaggery - scraped.
thick milk of $\frac{1}{2}$ large coconut.
2 eggs - 18 cajunuts - 4 slices bread from 1 lb loaf -

Method Beat the jaggery with the yolk of eggs. Then add the bread soaked in coconut milk.

Then sliced cajunuts and vanilla essence - Last of all the well-beaten whites of the eggs.

Put the mixture into a buttered dish, sprinkle a little cajunuts on top, and bake to colour -

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Guava jelly of large guavas.

5 lbs ripe fruit.

3 lbs sugar.

1 dessert spoonful lime juice.

Water only to cover the fruit.

Method Boil the quantity having halved the fruit. Let the liquid strain through a thick towel. Set to boil again with the sugar until thick (meanwhile take off scum as it rises). Add the lime juice, and take down when the syrup feels sticky between the fingers.

Guava jelly of large guavas

5lbs ripe fruit.

3 lbs sugar.

1 dessert spoonful lime juice -

Water only to cover the fruit.

Method Boil the quantity having halved the fruit. Let the liquid strain through a thick towel. Set to boil again with the vinegar until thick (meanwhile take off the scum as it rises). Add the lime juice, and take down when the syrup feels sticky between the fingers.

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Cheese Macaroni.

Have a quantity of boiled macaroni ready. & Grated cheese.

Make a mixture of butter, English mustard, salt, pepper, cayenne.

Mix into the macaroni. Then, in a ^{buttered} dish, pile on alternate layers of macaroni & cheese -

Bake, & serve hot.

(The cheese should be on top)

Tomato sauce, ^{also} mixed into the macaroni, makes it delicious.

Cheese macaroni

Have a quantity of boiled macaroni ready and grated cheese -

Make a mixture of butter, English mustard, salt, cayenne.

Mix into the macaroni. Then, in a buttered dish, pile on alternate layers of macaroni and cheese -

Bake, and serve hot.

(The cheese should be on top)

Tomato sauce also mixed into the macaroni, makes it delicious.

Fruit Cake - (Mollie's)

11 oz butter - 1 lb flour - 10 oz plums
 11 oz raisins - 6 oz candied peel -
 1 lb soft sugar -
 $\frac{1}{2}$ a grated nutmeg, & a few
 chopped almonds -
 8 eggs - 2 tea spoons essence of
 vanilla - 2 tea sps: baking powder
 $\frac{1}{4}$ lb cherries.
 juice & rind of 1 lemon.

Method. Beat the butter to a cream - ~~Then~~
~~add the eggs one by one with the sugar~~
 Then put in yolks of eggs well
 beaten up. Stir well. Fold in whites
 also well beaten up. Add the fruit.
 Last of all the flour in which the
 baking powder has been previously
 mixed.

Bake in a paper-lined greased tin.
 The oven must not be too hot.

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 juice and rind of 1 lemon.

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 eggs well beaten up. Stir well. Fold in whites also well beaten up. Add
 the fruit. Last of all the flour in which the baking powder has been
 previously mixed.

Bake in a paper-lined greased tin.

The oven must not be too hot.

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How to make 1 lb of dough
 Peroline Brand dried live Yeast.
 Use 1 tea-spoon of this
 dehydrated yeast - ~~3/4~~ ¹ tea-spoon yeast
 1 tea-spoon sugar. 1 teaspoon salt
 1/2 tea-cup hot water.
Method Dissolve sugar & yeast in the
 hot water - Add to the lb of
 flour, and leave to ferment over-
 night for best results.

Broeder. (moderate)
 2 lbs dough - 10 ~~hen~~ ^{YOLKS OF EGG} eggs for 10 hen & 3 duck eggs.
 1/4 lb or less of plums -
 1/2 lb sugar, 2 oz butter.
 Take a board or basin - rub a little
 butter on it, & in the hands too.
 Mix up dough with butter, till smooth.
 Then put in half number of eggs, one by one.
 Then sugar & remaining eggs alternately.

How to make 1 lb of dough

Peroline Brand dried live yeast.

Use a teaspoon of this dehydrated yeast -
 1 teaspoon sugar.
 1/2 teacup hot water

Method Dissolve sugar and yeast in the hot water - Add the lb of
 flour, and leave to ferment over-night for the best results.

Broeder (moderate)

2 lbs dough - 10 hen eggs or 10 hen and 3 duck eggs, only yolks
 1/4 lb or less of plums -
 1/2 lb sugar - 2 oz butter:

Take a board or basin - rub in a little butter on it, and in the hands,
 too.

Mix up the dough with butter, till smooth. Then put in half number of
 eggs, one by one. Then sugar and remaining eggs alternately.

Work it up until the mixture is well set, & comes off the board. Grease the pan & put in half the dough, then some plums, then the rest of the dough & the plums on top. Bake in a fairly hot oven. It would be best to leave the filled pan in the sun for an hour or two, to allow it to rise before baking.

**a cupful of thick coconut milk.*
Puffachies or Wafels.
1 lb dough - *1 bottle milk - 6 eggs - a little salt & sugar.
Beat up the dough with the eggs (yolks only); then add the milk, salt & sugar. Leave in the sun for about 10 minutes to rise. Then fry in (ghee or dripping), butter, & serve with syrup.
* Can be made in a "toaster" - 2 tablesp: for each. you'll get 12 large wafels for 1 lb dough.

Work it up until the mixture is well set, and comes off the board.

Grease the pan and put in half the dough, then some plums, then the rest of the dough and the plums on top.

Bake in a fairly hot oven.

It would be best to leave the filled pan in the sun for an hour or two to allow it to rise before baking.

Puffachies or Wafels*

1 lb dough - *1 bottle of milk - 6 eggs - a little salt and sugar.

*a cupful of thick coconut milk

Beat up the dough with the eggs (yolk only); then add the milk, salt and sugar. Leave in the sun for about 10 minutes to rise.

Then fry in (ghee or dripping) butter, and serve with syrup,

*Can be made in a "toaster" - 2 tablesp: for each. you'll get 12 large wafels from 1 lb dough.

Moss jelly.

$\frac{1}{3}$ lb china moss - 1 lb sugar.
 Clean & soak overnight. Boil
 moss with a few spices (cinnamon
 cloves & nutmeg). When cleaning
 use some lime juice, or cut up
 $\frac{1}{2}$ a lime & use that. Strain
 out & squeeze. Then add the sugar
 & egg shells, & go on boiling.
 Take off scum not disturbing
 it. When nearly time to take
 put in lime juice, orange or
 pine-apple, shoe-flower or some
 -thing to color it. Strain into
 a basin.

If gelatine (in packets) is used. 6 cups of water
 to $\frac{1}{2}$ oz moss - or 10 cups of water to 1 oz
 First wash the moss; then let it soak
 in the amt: of water reqd: for a
 little while. Sugar to taste. Lime
 $2\frac{1}{2}$ - 4 table-sps:

Moss Jelly

$\frac{1}{3}$ lb china moss - 1 lb sugar

Clean and soak overnight. Boil moss with a few spices (cinnamon, cloves and nutmeg). When cleaning use some lime juice, or cut up $\frac{1}{2}$ a lime and use that. Strain out and squeeze. Then add the sugar and egg shells, and go on boiling. Take off the scum not disturbing it. When nearly time to take, put in lime juice, orange or pineapple, shoe-flower or something to colour it. Strain into a basin.

If gelatine (in packets) is used - 6 cups of water to $\frac{1}{2}$ oz moss - or 10 cups water to 1 oz.

First wash the moss, then let it soak in the amt: of water reqd: for a little while. Sugar 2 - 4 table-sps: to taste. Lime

juice to flavour - Also a small piece of lemon rind, and a small piece of nutmeg (whole not scraped). Finally flavour with essence of vanilla & colour. Pour over a dish of fruit, and leave to cool. This will give you a large quantity.

Blancmange.

1 1/4 oz Brown & Polsons Cornflour
1 pint milk, 1 oz sugar, pinch of salt, nut of butter.
Mix the cornflour with a little milk of the cold milk - Put the rest to heat with sugar, butter & salt. Add the mixed cornflour stir till boiling, and boil for 3 minutes. Pour into a wetted mould, or individual moulds to set. If any flavouring essence is ^{liked} required add 1/2 tea spoonful after boiling.

juice to flavour - Also a small piece of lemon rind, and a small piece of nutmeg (whole not scraped). Finally flavour with essence of vanilla and colour. Pour over a dish of fruit, and leave to cool.

This will give you a large quantity.

Blancmange

1 1/4 Brown and Polsons Cornflour
1 pint milk, 1 oz sugar, pinch of salt, nut of butter.

Mix the cornflour with a little of the cold milk - Put the rest to heat with sugar, butter and salt. Add the mixed cornflour, stir till boiling, and boil for 3 minutes. Pour into a wetted mould, or individual moulds to set. If any flavouring essence is liked add 1/2 teaspoonful after boiling.

Sweet sauces.

Make as for blancmange, but use $2\frac{1}{2}$ level tea-spoons cornflour $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz sugar & a small nut butter. Serve with baked or steamed puddings or pour over stewed fruit.

Flagh or "Wat-a-lapa"

8 eggs - yolks & whites beaten up - add some grated nutmeg - 1 cake of jaggery (scraped) milk of 1 coconut. Mix in a large cup & steam till set.

Iced coffee

1 measure good coffee roasted with a bit of cinnamon and ground (not the cinnamon)
12 bottles water to be set to boil

Sweet sauces

Make as for blancmange, but use $2\frac{1}{2}$ level teaspoons cornflour, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz sugar and a small nut butter. Serve with baked or steamed puddings or pour over stewed fruit.

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8 eggs, yolks and whites beaten up - add some grated nutmeg - 1 cake of jaggery (scraped)
milk of 1 coconut.

Mix in a large cup and steam till set.

Iced Coffee

1 measure good coffee roasted with a bit of cinnamon and ground (not the cinnamon)

12 bottles water to be set to boil,

and when boiling, put in the coffee which must be put into two bags. Let it remain on the fire for 10 minutes. Take off the fire, and let the bags remain in the water for $1\frac{1}{2}$ or 2 hours. Then remove the bags and let the coffee cool for about 3 or 4 hours.

Strain through two folds of cloth, and keep to settle. When cold, strain again. Then add 3 tins of condensed milk, & 1 bottle of fresh milk: $\frac{3}{4}$ lb of sugar, and 2 tea-spoonful essence of Vanilla. Bottle & place on ice.

This quantity should give you 11 or 12 bottles.

For 4 doz large bottles, set 28 on the fire - 7 tins milk - 2 lbs sugar - $2\frac{1}{2}$ lbs coffee in 4 bags - 4 teasps: of essence of vanilla.

and when boiling, put in the coffee which must be put into two bags. Let remain on the fire for 10 minutes. Take off the fire, and let the bags remain in the water for $1\frac{1}{2}$ or 2 hours. Then remove the bags and let the coffee cool for about 3 or 4 hours. Strain through two folds of cloth, and keep to settle. When cold, strain again. Then add 3 tins of condensed milk, and 1 bottle of fresh milk: $\frac{3}{4}$ lb sugar, and 2 tea-spoonful essence of Vanilla.

Bottle and place on ice.

This quantity should give you 11 or 12 bottles.

For 4 doz large bottles, set 28 on the fire - 7 tins of milk - 2 lbs sugar - $2\frac{1}{2}$ lbs coffee in 4 bags - 4 teasps: of essence of vanilla.

Love Cake
warmed before using

1 lb rulang - 2 lbs soft sugar - 300 cajunuts
pounded. 20 - 25 eggs - $\frac{3}{4}$ lb butter.
(1 wineglass Brandy). $\frac{1}{2}$ of rose water.
 $\frac{1}{2}$ of bees honey - $\frac{1}{2}$ tea sp: each of
grated nutmeg, lemon rind & powdered
cinnamon.

Method Put the yolks of the eggs into a basin
add the sugar & beat together. Have
the rulang & butter mixed together,
& add them next. Beat again till
well mixed, then add the cajunuts
finely chopped or pounded, rose-
water, bees honey, nutmeg, lemon-
rind, & cinnamon, and mix well
together. Lastly the whites of eggs
(6-8) well whisked. After this has
been added, do not beat up the batter
but gently stir in the whites, so that they
get well mixed with the other ingredients.
Bake in a slow oven -

Love Cake

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pounded.

20 - 25 eggs - $\frac{3}{4}$ lb butter. (1 wineglass Brandy). $\frac{1}{2}$ of rose water. $\frac{1}{2}$ of
bees honey - $\frac{1}{2}$ tea sp: each of grated nutmeg, lemon rind and
powdered cinnamon

Method Put the yolks of the eggs into a basin add the sugar and beat
together. Have the rulang and butter mixed together, add them next.
Beat again till well mixed, then add the cajunuts finely chopped or
pounded, rose water, bees honey, nutmeg, lemon rind, and cinnamon
and mix well together. Lastly the whites of eggs (6-8) well whisked.
After this has been added, do not beat up the batter but gently stir in
the whites, so that they get well mixed with the other ingredients.

Bake in a slow oven -

Cornflour pudding.

2 heaped table-spoonfuls corn-flour.
milk of 1 large coconut. 1 bundle jaggery
scraped.

Make a syrup of some of the milk
& the jaggery. When thick enough add
the cornflour mixed with the rest
of the milk. Keep stirring till
thick enough to set. If liked, an
egg or a dessert spoonful of butter
may be added.

This quantity for about 7-10 people.

Cornflour pudding

2 heaped tablespoonfuls cornflour.

milk of 1 large coconut. 1 bundle jaggery scraped.

Make a syrup of some of the milk and the jaggery - When thick
enough add the cornflour mixed with the rest of the milk. Keep
stirring till thick enough to set. If liked, an egg or a dessert
spoonful of butter may be added.

This quantity for about 7 - 10 people.

94.

Butter cake.

1 lb flour - 1 lb soft sugar - 1 lb
butter - 1 lb eggs - 1 tea-spoonful
baking powder - 2 tea-spoonfuls
essence of vanilla

Method Beat the butter & sugar to a
cream: then add the yolks of
eggs (previously beaten up), and
the flavouring, & beat all together.
Whip the whites of eggs to a stiff
froth, and ^(mix) sieve the flour with
the baking powder. Add alternately
a little flour & a little white of egg
to the mixture, until all is lightly
blended together. Pour the mixture
into a papered cake tin, and bake
in a moderate oven for about $2\frac{1}{2}$ hrs.
or until well risen & cooked through.

Butter Cake

1 lb flour - 1 lb soft sugar - 1 lb butter - 1 lb eggs - 1 tea-spoonful
baking powder - 2 tea-spoonfuls essence of vanilla

Method Beat the butter and sugar to a cream: then add the yolks of
eggs (previously beaten up) and the flavouring, and beat all together.
Whip the whites of eggs to a stiff froth, and sieve (mix) the flour with
the baking powder. Add alternately a little flour and a little white of
egg to the mixture. Pour the mixture into a papered cake tin, and bake
in a moderate oven for about $2\frac{1}{2}$ hours or until well risen and cooked
through.

This recipe gives about
12 lbs of cake.

95.

Christmas Cake.

1 lb ~~rulung~~ (semolina) 1 lb butter
2 oz flour 1 lb raisins
2 lbs (soft) sugar each 1 lb sultanas
A wineglassful of ^{each} ~~brandy~~ (rose water) ($\frac{1}{2}$ lb currants)
& bees honey ~~($\frac{1}{2}$ lb pumpkin preserve)~~
 $\frac{1}{2}$ lb ginger ^{crystallised} ~~(preserve)~~ $\frac{1}{2}$ tea-spoon each of pow-
~~($\frac{1}{2}$ lb chow-chow)~~ dered cardamom & cinnamon
 $\frac{1}{2}$ lb mixed candied peel $\frac{1}{4}$ tea-spoon powdered cloves
25 yolks of eggs? $\frac{1}{2}$ a nutmeg (grated)
8 or 10 whites of eggs. (almond paste)
200 ^{cashew} ~~cajunuts~~ (royal icing)
~~large tin crushed~~ $\frac{1}{2}$ lb pineapple preserve. (If the cake is not to
(Peel of 2 limes) be iced or have almond
A wineglassful of the paste, then into the
syrup of the ^{pineapple} ~~preserve~~ cake mixture part in
may be added too. may be added 2 teasps of
ess. of vanilla & 1 of ess. of
almond: but this is
not absolutely necessary.
For method turn over page -

Christmas Cake

1 lb rulung (semolina) 1 lb butter
2 oz flour 1 lb raisins
2 lbs (soft) sugar 1 lb sultanas
A wineglassful each of ($\frac{1}{2}$ lb currants)
Brandy (rose water) (1½ lb pumpkin preserve)
& bees honey ½ teaspoon each of pow-
½ lb ginger preserve dered cardamom and cinnamon
(½ lb chow chow) ¼ tea-spoon powdered cloves
½ lb mixed candied peel ½ a nutmeg (grated)
25 yolks of eggs (almond paste)
8 or 10 whites of eggs (royal icing)
100 cajunuts If the cake is not to
½ lb pineapple preserve be iced or have almond
(Peel of two limes) paste, then into the
A wineglass full of the cake mixture
syrup of the preserve may be added 2 teasps of
pineapple may be added too. ess. of vanilla and 1 of ess. of
almond: but this is not absolutely
necessary.

For method turn over page

96.

Method. First prepare the fruit. Stone
& cut the raisins in 3 or 4 pieces;
wash & stem the sultanas: (wash
pick & dry the currants): cut the
~~pumpkin preserve~~, ginger preserve
& chow-chow, in small pieces:
shred the candied peel finely &
skin & chop the cajunuts.
Mix the different kinds of fruit
together with the flour. Put the
butter & sugar into a large basin
and beat well (1 hour) ~~with a~~
~~wooden spoon~~ till very light &
smooth. Then add the egg yolks
one at a time, beating well after
each is added; Mix in the ^{sew off na} ~~rulung~~
gradually; then add the fruit
cajunuts, & spices. Lastly the Brandy
rosewater, bees honey & syrup.
(vanilla & essence of almonds). The

You
cannot
use a
mixer
the
fruit
goes in.

Method First prepare the fruit. Stone and cut the raisins in 3 or 4 pieces: wash and stem the sultanas: (wash pick and dry the currants): cut the pumpkin preserve, ginger preserve, and chow chow into small pieces: shred the candied peel finely and skin chop the cajunuts.

Mix the different kinds of fruit together with the flour. Put the butter and sugar into a large basin and beat well (1 hour) with a wooden spoon till very light and smooth. Then add the egg yolks one at a time, beating well after each is added. Mix in the rulung gradually; then add the fruit, cajunuts, and spices. Lastly the Brandy, rosewater, bees hone and syrup (vanilla and essence of almonds). The

If the mixture is too thick add more
 Pineapple syrup. The texture should be
 moist enough for mixing spoon but less moist than a
 whites of 8-10 eggs beaten up to a stiff
 froth. Have ready a tin - not
 too high - lined with 2 or 3 folds of white
 paper well buttered. It is best to
 have about 6 folds of paper at the
 bottom. Pour in the mixture into the
 prepared tin and bake in a moderate
 and steady oven ^{350°} from 4-5 hours.
 When the cake begins to brown, cover
 it with a double fold of paper, to
 prevent it burning on the top.
 When ready, let it stand for a few
 minutes; then turn it out carefully
 & allow to cool. This cake improves
 with keeping, so it should be made
 at least a week before it is needed
 but the icing must be laid on only
 a day or two before. Cover the cake
 with a good coating of almond paste;
 then coat it with royal icing.
 (This amount will go into two
 "cream cracker" tins: about half each. P. J. O.

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 5 hours.

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(This amount will go into two "cream cracker" tins: about half each)

98.

N.B. Cajunut paste flavoured with essence of almonds makes a good substitute for almond paste. Or make the paste with equal quantities of almonds & cajunuts.

Almond paste.

$\frac{1}{2}$ lb shelled almonds - $\frac{1}{4}$ lb icing sugar. $\frac{1}{4}$ lb soft sugar. 1 tablespoon Brandy. 1 table-spoon essence of vanilla - whites of eggs - rose-water

Blanch the almonds, & pound a few at a time in a mortar to a paste adding a little rose-water to prevent oiling. Sieve the icing sugar

into a basin, add the soft sugar, ground almonds, vanilla & Brandy and mix ^{well} together. Then add enough unbeaten white of egg to make a stiff paste. Knead well with the hand, adding the moisture very gradually as the paste becomes soft with working. Taste the mixture, and if the flavour of the almonds is too faint add a few drops of essence of almonds

Almond Paste

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Blanch the almonds and pound a few at a time in a mortar to a paste, adding a little rose-water to prevent oiling. Sieve the icing sugar into a basin, add the soft sugar, ground almonds, vanilla and Brandy and mix well together. Then add enough unbeaten white of egg to make a stiff paste. Knead well with the hand, adding moisture very gradually as the past become soft with working. Taste the mixture, and if the flavour of the almonds is too faint add a few drops of essence of almonds.

N.B. Cajunut paste flavoured with essence of almonds makes a good substitute for almond paste. Or make the paste with equal quantities of almonds and cajunuts.

Yellow pumpkin (or papaw) - and
ginger preserve -

1 lb pumpkin.

$\frac{1}{4}$ lb ginger.

$\frac{1}{2}$ lb sugar.

Cut pumpkin into flat squares.
Bruise the ginger, & enclose in
a bag.

Put all into a basin with
the sugar, and leave over-night.

Boil next day, and bottle
removing the ginger.

Sweets

$\frac{1}{2}$ lb almonds or caju-nuts.

1 cupful of sugar.

Whites of 2 eggs.

Clean the caju-nuts & pound them to a
paste. Add the sugar: then the whites of 2 eggs
well beaten. Next work all together with the
back of a spoon. Then roll the mixture in

Yellow pumpkin (or pawpaw) - and ginger preserve

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Cut pumpkin into flat squares.

Bruise the ginger, and enclose in a bag.

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1 cupful of sugar.

Whites of 2 eggs.

Clean the caju-nuts and pound them to a paste. Add the sugar: then
the whites of 2 eggs well beaten. Next work all together with the
back of a spoon. Then roll the mixture in

your hands into balls about the size of a nutmeg. Lay them on a sheet of paper at least an inch apart, & bake in a cool oven a light brown.

"Singapore pudding"

$\frac{1}{2}$ lb sago - $1\frac{1}{4}$ balls of jaggery.
Method - Boil the sago till very thick, putting in part of the jaggery to give it a nice colour. A pinch of salt & a table spoonful of butter. Leave it to set: and serve with jaggery honey & coconut milk separate, in two jugs.

Sago pudding

$\frac{1}{2}$ ball jaggery - $\frac{1}{4}$ lb sago - 11 oz scraped jaggery - Rose water - salt.
 Sago must be put to soak early in about 2 cups of water. Boil ^{with jaggery etc} & put into a mould. Turn out & serve with thick coco: milk.

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Sago must be put to soak early in about 2 cups of water. Boil with jaggery etc and put into a mould.

Turn out and serve with thick coco: milk.

Scones.

$\frac{1}{2}$ lb flour. 1 oz butter. $\frac{1}{4}$ pint fresh milk. $\frac{1}{2}$ a teaspoon soda, or ^{1 tea-sp} baking powder. 1 tea-spoon sugar. 1 egg (yolk only); a little salt.

Method Beat up egg & sugar; adding the flour by degrees in which the soda or baking powder had been previously mixed. Put in the milk little by little while mixing, making into a stiff paste dough. Roll out $\frac{1}{2}$ inch thick & cut into rounds or squares. Brush with a little milk & bake in a hot oven for 15 mts: (Use a small tumbler for cutting rounds)

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(Use a small tumbler for cutting rounds)

102.

Orange Cake.

3 eggs: their weight in sugar, flour & butter. Beat butter & sugar to a light cream: add 2 eggs (whole) and half the flour beating well. Then add the grated rind, & half the juice of an orange. Put in the remaining flour; a tea-spoon of baking powder, & the third egg.

Bake for $\frac{1}{2}$ an hour.

Kisses.

100 cajunuts finely cut: the whites of 2 eggs beaten to a froth. $\frac{1}{2}$ lb sugar: $\frac{1}{2}$ a lime & some rose water.

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Bake for $\frac{1}{2}$ an hour.

Kisses

100 cajunuts finely cut; the whites of two eggs beaten to a froth. $\frac{1}{2}$ lb sugar; $\frac{1}{2}$ a lime and some rose water.

Macaroni cutlets.

1½ oz macaroni - 1½ oz cheese - 1 oz butter (or less) 1 gill milk - ½ egg
 ½ oz flour - Bread crumbs & pepper
 Salt & a little flour.

Method - Break macaroni into small pieces. Put this into boiling water into which a little salt has been added, and allow to boil till tender. Put fat into another saucepan, & melt it. When melted, add flour seasoned with pepper & salt. Add all the milk at once & stir. When paste is quite thick, & leaves the sides of the pan, take it off the pan & add the grated cheese. Then mix in the boiled macaroni & put on a plate to cool. Cut up. Put on floured board & shape. Cover with egg & crumbs & fry.

Macaroni cutlets

1½ oz macaroni - 1½ oz cheese - 1 oz butter (or less) - 1 gill milk - ½ egg - ½ oz flour - breadcrumbs and pepper, salt and a little flour.

Method Break macaroni into small pieces. Put this into boiling water into which a little salt has been added, and allow to boil till tender. Put fat into other saucepan, and melt it. When melted, add flour seasoned with pepper and salt. Add all the milk at once and stir. When paste is quite thick and leaves the sides of the pan, take it off the pan and add the grated cheese.

Then mix in the boiled macaroni and put on a plate to cool. Cut up. Put on a floured board and shape. Cover with egg and crumbs and fry.

104.

Cheese & egg sandwiches

2 table spoonfuls grated cheese.

1 hard-boiled egg.

1 table-spoonful butter, pepper, salt, made mustard, bread.

Method. Chop the hard-boiled egg. Mix it with the cheese & butter, & season it with salt, pepper, mustard. ($\frac{1}{2}$ a tea-sp: of sugar may be added if liked). Spread a thickish layer of this mixture between two slices of bread. Press together, trim and cut into triangles.

Beetroot and cheese.

Fine slices of boiled beet.

Make a paste of butter, cheese, salt & sauce. On finely-cut slices of bread, rub the paste fairly thick.

Cheese and egg sandwiches

2 table spoonfuls grated cheese.

1 hard-boiled egg.

1 table spoonful butter, pepper, salt, made mustard, bread.

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Beetroot and cheese

Fine slices of boiled beet.

Make a paste of butter, cheese, salt and sauce. On finely-cut slices of bread, rub the paste fairly thick.

105.

Lay the slices of beet between the buttered slices of bread. Cut into triangles.

Egg sandwiches may be made thus. Make the "scrambled egg" without the milk, to the consistency of cream. Then when cool spread a good layer of this on buttered bread and trim. A slice of cucumber or tomato placed in between is an improvement.

Egg and prawn sandwiches.
2 hard-boiled eggs - a few boiled prawns - 1 oz butter - a pinch of powdered chillie - salt and a squeeze of lime juice - bread & butter.
Chop up eggs & prawns - Season - mix with butter and proceed.

Lay the slices of beet between the buttered slices of bread. Cut into triangles.

Egg sandwiches may be made thus

Make the "scrambled egg" without the milk, to the consistency of cream. Then when cool spread a good layer of this on buttered bread and trim. A slice of cucumber or tomato placed in between is an improvement.

Egg and prawn sandwiches

2 hard-boiled eggs - a few boiled prawns - 1 oz butter - a pinch of powdered chillie - salt and a squeeze of lime juice - bread and butter.

Chop up eggs and prawns. Season. Mix with butter and proceed.

Egg & lettuce sandwiches.

Yolks of 3 hard-boiled eggs -
chillie vinegar - salt - 1 dessert
- spoonful butter - crisp lettuce
bread.

Method. Sieve the yolks of eggs.
season with salt & a little chill
- vinegar, and mix in the butter.
Mix to a paste and spread on
the slices of bread. Place crisp
fresh lettuce in between, press
together & cut as necessary.

Borawas.

Put 200 cajunuts in boiling water
& peel them. Pound them well
with a little rose water, & set
aside $1\frac{1}{2}$ lbs sugar. Add yolks
of 3 or 4 eggs - knead them together
Then add the cajunuts & 1 lb rulung
roasted. Mix and keep aside for

Egg and lettuce sandwiches

Yolks of 3 hard-boiled eggs - chillie vinegar - salt - 1 dessert-spoonful
butter - crisp lettuce bread.

Method Sieve the yolks of eggs. Season with salt and a little chillie
vinegar, and mix in the butter. Mix to a paste and spread on the slices
of bread. Place crisp fresh lettuce in between, press together and cut
as necessary.

Borawas

Put 200 cajunuts in boiling water and peel them. Pound them well
with a little rose water, and set aside $1\frac{1}{2}$ lbs sugar. Add yolks of 3 or 4
eggs - knead them together. Then add the cajunuts and 1 lb rulung
roasted. Mix and keep aside for

one or two hours. Add some rose water gradually till you can make the paste into little balls and flatten them.

Another (Rhoda's)

1 lb rulang - 300 cajunuts - 1 lb soft sugar - yolks of 6 eggs - a table-spoonful of butter & Rose water.

Date loaf (Kathleen's)

1 tea-cup dates - 1 cup boiling water
1 tea-spoonful bicarb of soda -
1 tea-spoon ^{each of} ginger & cinnamon, or
any other flavouring (powder) -
1 egg - $\frac{1}{2}$ cup sugar - 1 table-sp:
butter - 2 cups flour.

Method - Cut the dates finely & pour the boiling water over them, in which the soda has been dissolved. Set aside to cool. Mix butter & sugar to a cream, then add the eggs
(turn over)

one or two hours. Add some rose water gradually till you can make the paste into little balls and flatten them.

Another (Rhoda's)

1 lb rulang - 300 cajunuts - 1 lb soft sugar - yolks of 6 eggs - a table-spoonful of butter and Rose water.

Date loaf (Kathleen's)

1 tea-cup dates - 1 cup boiling water
1 tea-spoonful bicarb of soda -
1 tea-spoon each of ginger and cinnamon, or any other flavouring (powder)
1 egg - $\frac{1}{2}$ cup sugar - 1 table-sp: butter - 2 cups flour.

Method Cut the dates finely and pour boiling water over them, in which the soda has been dissolved. Set aside and cool. Mix butter and sugar to a cream, then add the eggs

next the date mixture, and then the flour sifted with the spices. Bake in a loaf-tin in a moderate oven.

Chocolate cake (for 1 tin).

$\frac{3}{4}$ lb flour - 18 oz soft sugar - $\frac{3}{4}$ lb butter - 9 eggs - 5 dessert sps: (not too piled) cocoa - 3 tea sps: baking powder - $1\frac{1}{2}$ tea sps: vanilla - 3 table-sps: cows milk.

Method. Cream together the butter and the sugar - beat up the eggs - and add them alternately with the flour - add the cocoa - then the milk with the baking powder mixed in it.

$\frac{1}{4}$ lb. margarine; 1 cup sugar; 2 cups flour; 1 tablespoon cocoa; 3 teaspoon baking powder; $\frac{3}{4}$ cup milk; 2 eggs.

Method. Margarine, sugar, whole egg at time. Flour, cocoa & powder, sifted together alternatively with milk, ending milk. Cream - cocoa, hot water & soft sugar.

next the date mixture, and then the flour sifted with the spices.

Bake in a loaf tin in a moderate oven.

Chocolate cake (for 1 tin)

$\frac{3}{4}$ lb flour - 18 oz soft sugar - $\frac{3}{4}$ lb butter - 9 eggs - 5 dessert sps: (not too piled) cocoa - 3 tea sps: baking powder $1\frac{1}{2}$ teaspoons vanilla - 3 table sps: cows milk.

Method Cream together the butter and the sugar - beat up the eggs - and add them alternatively with the flour - add the cocoa - then the milk with the baking powder mixed in it.

109.

Rock cakes -

3 eggs - only yolks.
1 lb flour - $\frac{1}{2}$ lb sugar - $\frac{1}{4}$ lb dripping
(sugar & dripping mixed first)
2 tea-sps: baking powder -
 $\frac{1}{4}$ lb currants - about $\frac{1}{2}$ tea-cup
milk.

Method - Baking powder to be
mixed in the flour a while
before starting the beating up.
Mix dripping & flour till it
becomes like bread-crumbs.
Then beat up the eggs, and
mix with the flour. Add
sufficient milk to make a
stiff dough. Currants also
mixed into the dough. Pile
in little heaps on greased
tin and bake.
(about 50).

} Helca's
rec. pt.

Butter or margarine.

Rock cakes

3 eggs - only yolks.
1 lb flour - $\frac{1}{2}$ lb sugar - $\frac{1}{4}$ lb dripping (sugar and dripping mixed first)
2 tea-sps: baking powder - $\frac{1}{4}$ lb currants - about $\frac{1}{2}$ tea-cup milk

Method Baking powder to be mixed in the flour a while before starting the beating up. Mix dripping and flour till it becomes like bread-crumbs. Then beat up the eggs, and mix with the flour. Add sufficient milk to make a stiff dough. Currants also mixed into the dough. Pile in little heaps on greased tin and bake.

(About 50)

110.

Pineapple Preserve.

Choose an unripe fruit. Cut in pieces $1\frac{1}{2}$ inches long, pick & slightly squeeze - Use the syrup only - no water. For 1 lb fruit, (before picking) take $\frac{3}{4}$ lb sugar.

The fruit may be chopped and made into preserve to be used for tarts etc.

Pineapple Preserve

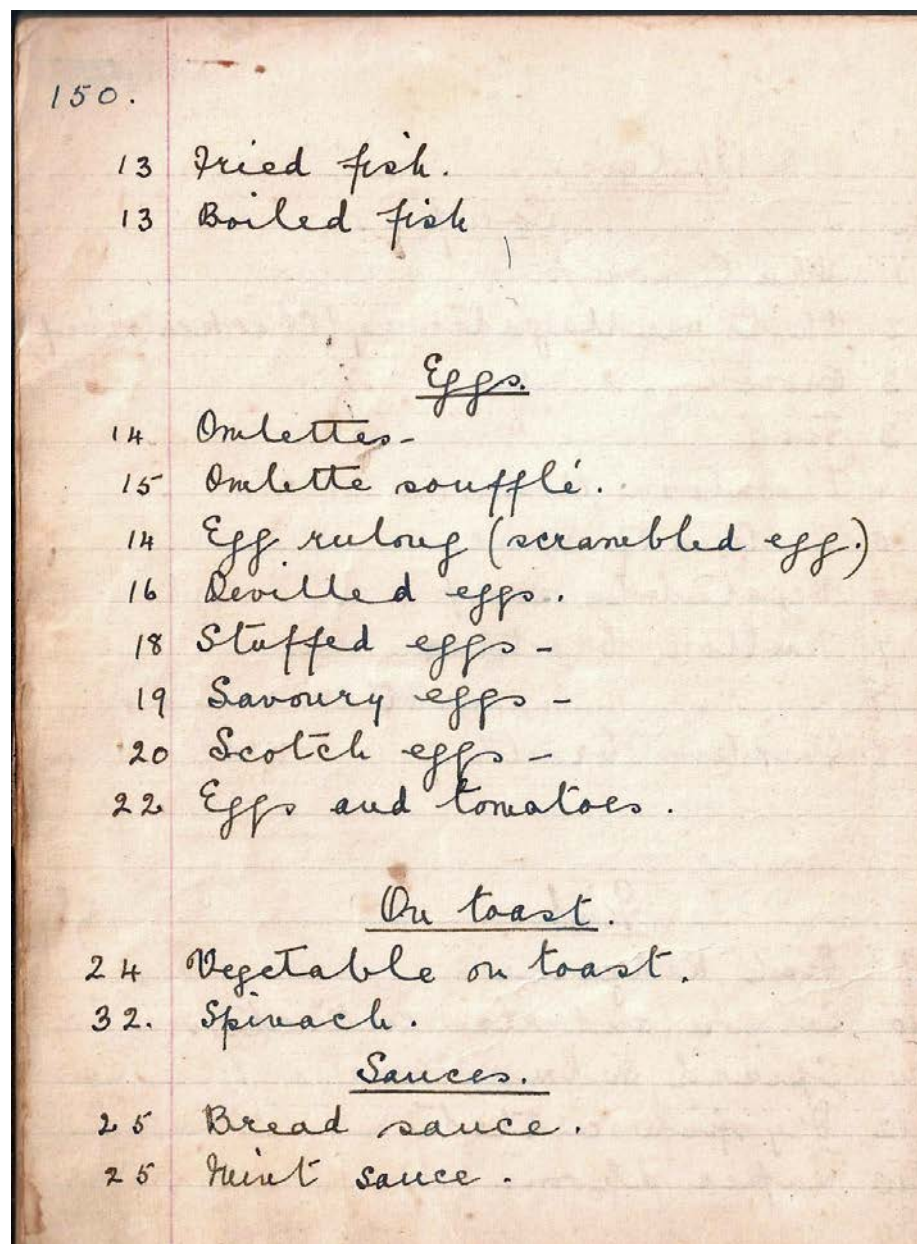
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<u>Page.</u>	<u>Indesc.</u>
	<u>Soups.</u>
1.	Dhal soup
2.	White mullagatanny (Chicken or beef)
3.	Brown "
3.	Fish "
4.	"Tharaboon Hodi".
5.	Another of same.
6.	Vegetable soup.
7.	Mutton broth
7.	" " another recipe
8.	Chicken broth.
	<u>Fish.</u>
9.	Fish Kedgeriee.
10.	Salmon and rice cutlets.
11.	Spiced Salmon.
12.	Dry fish cutlets.
13.	"Saper dhom".

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	<u>Soups.</u>
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13 Fried fish.
13 Boiled fish

Eggs.

14 Omlettes -
15 Omlette soufflé.
14 Egg ruling (scrambled egg.)
16 Devilled eggs.
18 Stuffed eggs -
19. Savoury eggs -
20 Scotch eggs -
22 Eggs and tomatoes.

On toast.

24 Vegetable on toast.
32. Spinach.

Sauces.

25 Bread sauce.
25 Mint sauce.

26. White sauce.
 27 Chillie vinegar or sauce -
 28+55 Tomato sauce.
 28 Jam sauce.
 29 Banana sauce.
 29 Lemon sauce or "Wine sauce".
 90 Sweet sauces.

Salads & salad dressings -

- 30 A simple dressing.
 31 Potato salad - "Innala" salad
 59 Mutton salad.
 35 Beef salad.
 34 Salad dressing for Roast beef -

Beef -

- 33 Roast beef.
 34 Hash of cold roast.
 36 Broiled beef or mutton.
 37 Cold meat savoury -
 38 Roll beef.
 38 Beef steak pudding.

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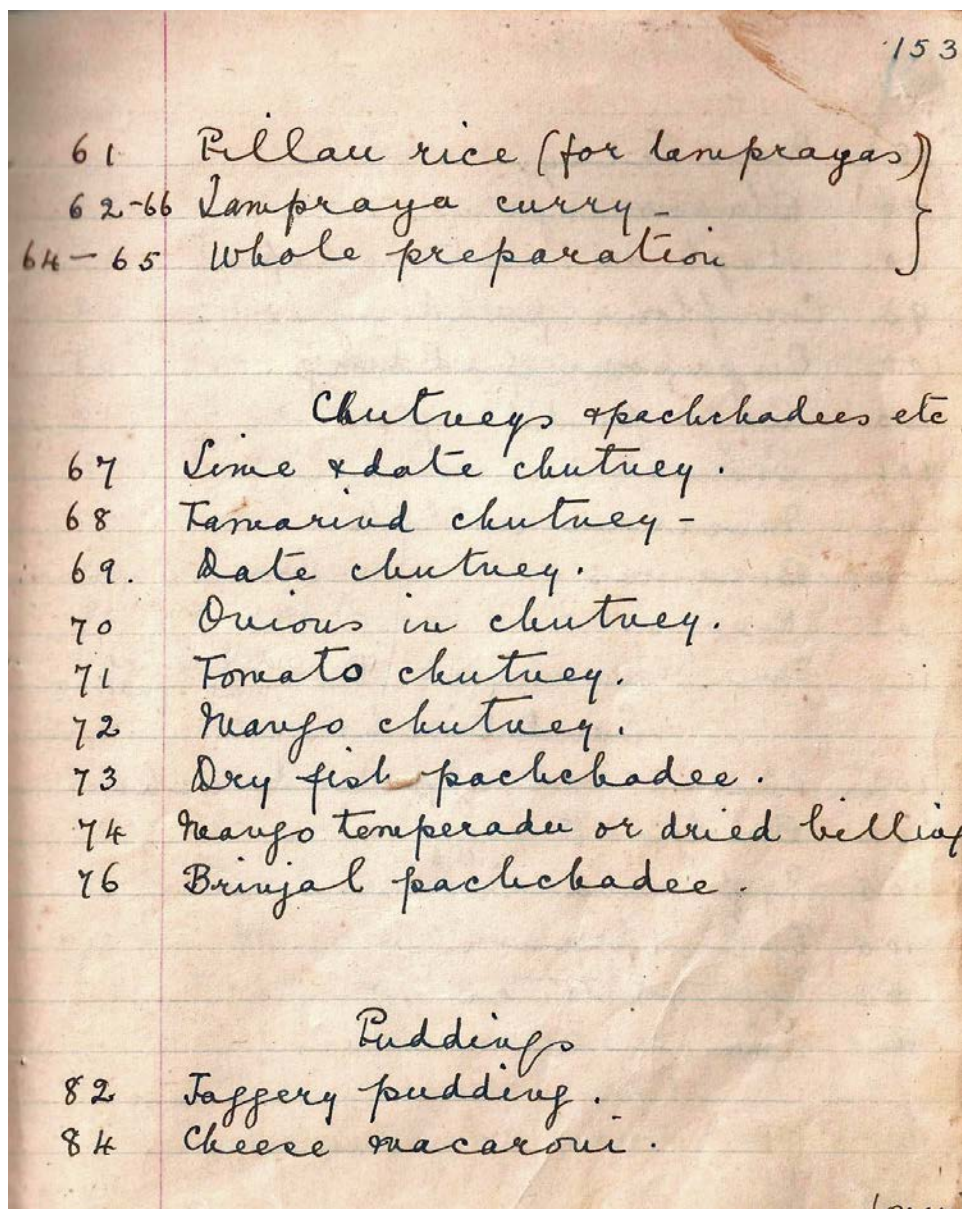
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- 40 Crumb chops.
42 Brown stew.
43 Mince on toast.
45 Corned beef.
51 Corned tongue.
44 Beef smore.
46 "Karamanache.
48 Pattie curry.
49 Devilled beef.
49 Pie curry.
56 Brain pudding.
54 Liver and bacon.
54 Liver with tomatoes.
57 Curried tripe.
119. Liver Dumplings.
Pork.
50 Pork curry.
51 Pork "padre curry".
53 "Padre curry" - fowl or duck.
60 Stuffing for roast chicken.

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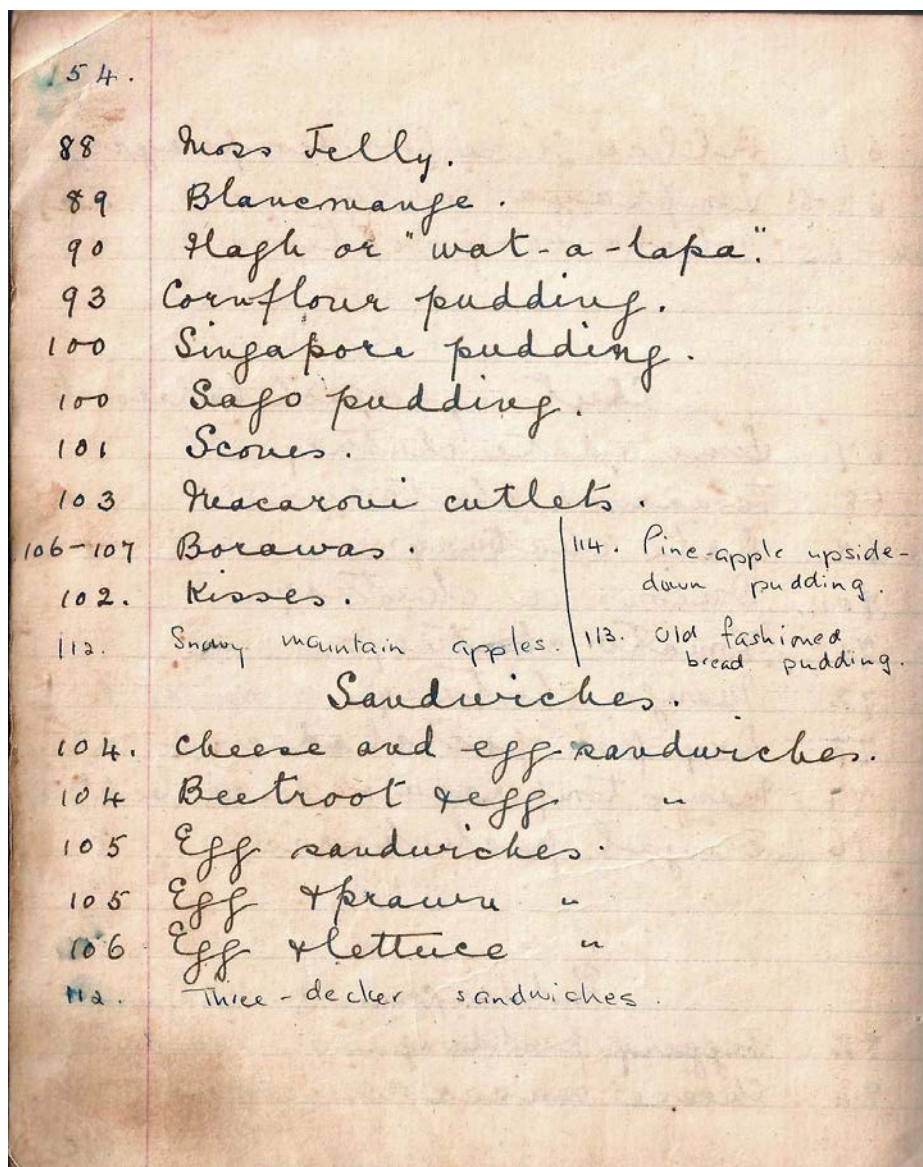
61 Pillau rice (for lamprayas)
 62-66 Lampraya curry-
 64-65 Whole preparation.

Chutneys and pachchadees etc

67. Lime and date chutney.
 68 Tamarind chutney -
 69. Date chutney.
 70 Onions in chutney.
 71 Tomato chutney.
 72 Mango chutney.
 73 Dry fish pachchadee
 74 Mango temperado or dried billing
 76 Brinjal pachchadee.

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82 Jaggery pudding.
 84 Cheese macaroni.



88 Moss Jelly.
 89 Blancmange
 90 Flagh or "wat-a-lapa".
 93 Cornflour pudding.
 100 Singapore pudding.
 100 Sago pudding.
 101 Scones.
 103 Macaroni cutlets.
 106-107 Borawas.
 102 Kisses.

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104 Cheese and egg sandwiches.
 104 Beetroot and egg "
 105 Egg sandwiches
 105 Egg and prawn "
 106 Egg and lettuce "

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Cakes.	
79	Bol-de-cake (coconut cake)
80	Jaggery bread.
85	Fruit cake.
86	How to make <u>dough</u> - (2 recipes)
86	Broeder
87	Pufferchies & Wafels.
92	Love cake.
94	Butter cake.
95	Christmas cake
98	Almond paste }
102	Orange cake.
107	Date loaf.
108	Chocolate cake.
109	Rock cakes.
111	Date cake (van Ryle's!)
112	Pearl cakes
	Banana cake
	(jam & chocolate)
	(Back cover)
	Swiss rolls.
Preserves.	
81	Citron marmalade.
83	Guava jelly of large guavas.

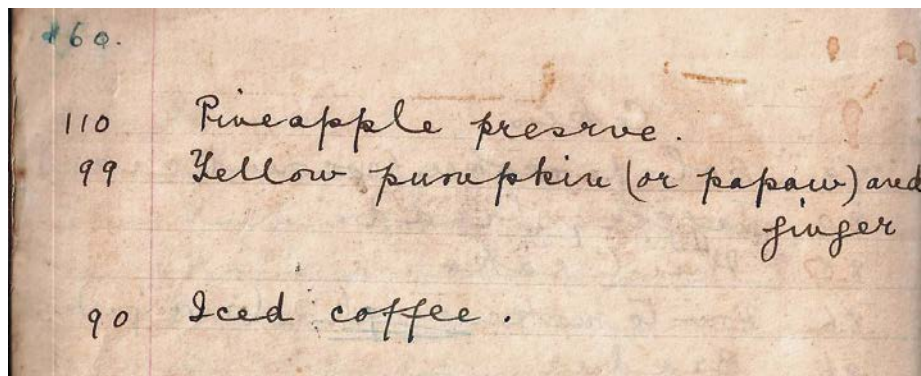
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110 Pineapple preserve.

99 Yellow pumpkin (or pawpaw) and ginger

90 Iced coffee.