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A. ESCOFFIER

BUTCHER'S MEATS

GENERAL CONSIDERATIONS

In a general sense, the term "poultry" applies to turkeys, geese, ducks, and pigeons as well as chickens; but culinarily, only chickens are meant when the word "Poultry" appears on menus.

In cooking, four qualities of chicken are distinguished, each with a well-defined role and use:

1° Poulardes and capons, generally served whole, for sautéing and as roasts;

2° Chickens known as "à la Reine," used mainly for sautéing and as roasts;

3° Grain-fed chickens, suitable for casserole preparations or grilling;

4° Poussins, served only in cocotte, grilled, or breaded English style.

The suprêmes and wing tips of poultry, ranked among the finest entrées, are provided by Reine chickens or grain-fed chickens.

Combs, kidneys, and livers provide many fine preparations, either as entrées or garnishes.

SERIES OF POULARDES

Poularde Albuféra

Stuff the poularde with rice mixed with cooked foie gras and truffles cut into large dice. Truss the poularde with the legs turned back, cover the breast with bards of bacon, and tie it; place in a saucepan of the desired size; moisten with white veal stock and, depending on size, cook for one hour or one hour ten minutes over low heat.

Untruss the bird, preferably dress it on an oval dish, and surround it with fine mushroom caps, cocks' combs and kidneys, and truffle slices. Sauce everything with a blond sauce called Allemande, with 5 to 6 spoonfuls of meat glaze per litre of sauce and the same amount of fresh cream. If cream is unavailable, replace it with about 75 g of fine butter.

Preparation and proportions of rice for a poularde:

Melt 50 grams of butter in a saucepan, add a spoonful of finely chopped onion, and let sweat for a few seconds without browning. Add 100 grams of Carolina rice and stir over the heat for one or two minutes so that the rice is well coated with butter.

Moisten with 3 decilitres of white consommé, cover the saucepan, and cook the rice in the oven for 18 minutes; remove the saucepan from the heat and mix into the rice diced truffles and foie gras, then 2 or 3 spoonfuls of Allemande sauce.

Poularde Andalouse

Bard the breast of the poularde with bacon and cook it in a casserole with butter. Deglaze the bottom of the casserole with a glass of white wine, add a quarter litre of tomato-flavoured demi-glace sauce.

Dress on an oval dish and surround with large red peppers and aubergines stuffed with rice pilaf, and Spanish sausages.

Lightly sauce the bottom of the dish and serve the remaining sauce separately.

Poularde Boiled English Style

Cook the poularde in salted water at the rate of 6 grams of salt per litre, with a bouquet garni of parsley stems, a bay leaf, and thyme sprigs; 500 grams of bacon (English breast bacon) passed through boiling water for 10 minutes.

Give the poularde about one hour of cooking, dress it, and surround it with the bacon cut into slices.

Serve separately: an English parsley sauce and a sauceboat of the poularde cooking liquid.

Poularde English Style (another method)

Prepare the bird as above, adding 150 grams of carrots, 100 grams of turnips turned into balls, and 2 celery stalks to the cooking. Give about one hour of slow boiling.

Dress the poularde surrounded by carrots, turnips, celery, and slices of tongue.

Serve separately a vegetable dish of green peas cooked English style, a vegetable dish of potatoes cooked in water or steamed, and a sauceboat of Béchamel sauce.

NOTE. — With the cooking liquid from these poulardes, a thrifty housewife can make excellent clear or thickened soups.

Poularde Argentina

Prepare the poularde as for "Albuféra" but unstuffed. Poach it in white consommé. As soon as ready, lift the suprêmes and keep them warm with a little cooking liquid; fill the empty carcass with macaroni cut into small sticks, bound with butter, cheese, and 2 spoonfuls of Béchamel sauce, with fine truffle slices added; smooth the surface of the macaroni to restore the poularde's original shape.

Then coat it with Béchamel sauce, sprinkle with grated cheese, baste with butter, and glaze in the oven.

Dress the poularde on an oval dish and surround it, interleaving, with 16 tartlets: 8 filled with asparagus tips bound with butter, and 8 with slices of poularde cut from the two suprêmes and coated with fine cream Béchamel sauce. Place a truffle slice on each escalope.

NOTE. — The tartlets must first be filled with truffled foie gras purée.

Poularde Aurore

Stuff the poularde with rice as indicated for "Poularde Albuféra"; cook it the same way.

Dress it on an oval dish and mask it with sweet pink paprika Suprême sauce or a tomato velouté.

Optionally, serve cèpes in cream or browned in butter at the same time.

Poularde Alsacienne

Stuff the poularde with gratin forcemeat, truss it, cover the breast with a bard of bacon, and cook it in butter in a casserole, taking care to cook over low heat so that the cooking butter always remains lightly browned.

At serving time, untruss the poularde and dress it on an oval dish. Drain off part of the cooking butter, deglaze the bottom of the casserole with a small glass of cognac and half a glass of white wine, and reduce. Then moisten with 2 decilitres of fresh cream and 3 to 4 spoonfuls of meat glaze; boil for one minute and add 150 grams of truffled foie gras passed through a fine sieve. Whisk the sauce to make it homogeneous, lightly sauce the poularde, and serve the rest separately.

Serve a vegetable dish of Alsatian buttered noodles at the same time.

Gratin forcemeat for a poularde:

Proportions: 50 grams of butter.

50 g chopped fat bacon.

75 g lean veal.

75 g fresh pork.

75 g foie gras trimmings.

The bird's liver.

Preparation. — Heat the butter and bacon in a sauté pan; add the veal and pork cut into small squares. Brown over high heat, add the foie gras trimmings, the poultry liver, and a chopped shallot. Season for a few moments. Remove the pan from the heat and turn the meats into a terrine.

Deglaze the bottom of the pan with a few spoonfuls of cognac and half a glass of white wine, add 4 to 5 spoonfuls of meat glaze, return the meats to the sauté pan, and stir with a wooden spoon so that the meats absorb the cooking liquid; mix in a chopped truffle.

Pound the meats and pass through a sieve or mincer. Gather the forcemeat in a terrine, work it for a few moments with a wooden spoon to make it smooth, then stuff the piece.

NOTE. — The gratin forcemeat may also be replaced by fine truffled sausage forcemeat mixed with a quarter of its volume of breadcrumb fried in butter.

Poularde with Celery

Truss the poularde with the legs turned back and cover the breast with a bard of bacon.

Line a saucepan of the desired size with a few pork rinds, an onion cut into rings, 2 sliced carrots, and a bouquet of parsley stems, a bay leaf, and thyme sprigs. Place the bird on this bed of vegetables, baste with a spoonful of butter and a glass of white wine; season moderately with salt and pepper. Cover the saucepan and place over low heat. Once the white wine has almost evaporated, moisten the poularde halfway up with brown veal jus. Cover the saucepan and place in a moderate oven. Cook for 50 to 60 minutes depending on size, basting from time to time with its cooking liquid.

Meanwhile, prepare 6 to 8 braised celery stalks.

Dress the poularde on an oval dish and surround it with the celery. Add a quarter litre of demi-glace sauce to the poularde cooking liquid. Reduce the sauce to the correct point, pass through a fine strainer, and skim. Immediately sauce the poularde and celery. Send the surplus sauce in a sauceboat.

NOTE. — If demi-glace is unavailable, the cooking liquid can be bound with 2 spoonfuls of arrowroot mixed with 2 spoonfuls of cold water.

Poularde Chanteclair

Stuff the poularde with rice as described for "Poularde Albuféra"; cook it the same way.

Dress the poularde on an oval dish and surround it with medium fresh artichoke bottoms prepared as follows:

Choose medium-sized artichokes, remove the hard leaves, leave the white parts of the tender leaves, and cut the heads at the height of these white parts. Round the bottoms, lemon them, and cook in salted water in which 2 or 3 spoonfuls of flour have been mixed. Three-quarters cooked, drain them and place in cold water; remove the choke; arrange the bottoms in a generously buttered sauté pan and moisten to their height with veal stock; cover the pan and finish cooking. At this point the liquid should be almost reduced to a thick syrup. Surround the poularde with the bottoms and fill them with buttered asparagus tips.

Add to the artichoke cooking liquid a third of a litre of Allemande sauce and 4 to 5 spoonfuls of meat glaze; finish the sauce with 3 spoonfuls of fresh butter.

Lightly sauce the poularde. Serve the remaining sauce in a sauceboat.

Poularde Châtelaïne

Season the inside and outside of the poularde with salt and pepper; truss it with the legs turned back, wrap in a bard of bacon, and place in a saucepan of the desired size on a bed of sliced carrot and onions. Baste with melted butter and cook over low heat in the oven, basting often with the butter.

When the poularde is cooked, remove it from the saucepan and keep it warm under a cloche until serving.

Add a small glass of old armagnac and 1 decilitre of white wine to the cooking liquid, reduce by half, and moisten with 2 decilitres of good brown veal jus. Boil for 2 minutes, pass the liquid into a saucepan, and keep warm.

Separately, prepare 8 to 10 artichoke bottoms; cook them in boiling water as indicated in "Poularde Chanteclair" and finish cooking them the same way with butter and white stock. Stuff them with foie gras, tongue, and truffle, all coated with Béchamel sauce. Sprinkle the surface with grated cheese, baste with butter, and glaze in the oven.

Dress the poularde on an oval dish and surround it with artichoke bottoms alternating with chestnuts cooked in consommé. Place a very small dessert spoonful of buttered asparagus tips in the centre of each artichoke. Lightly sauce the poularde with its warm cooking liquid and send the rest in a sauceboat.

Poularde Demi-Deuil

Slip several slices of raw or cooked, very black truffle between the skin and the fillets of the poularde; wrap it in a bard of bacon and poach it in white stock with little liquid, as indicated for "Poularde Albuféra".

When the poularde is ready, strain the cooking liquid through a napkin, skim it, reduce it to a quarter of its volume, and add it to a Suprême sauce with truffle slices.

Dress and coat the poularde with part of this sauce and serve the rest separately.

NOTE. — Optionally, a timbale of rice cooked as pilaf with a few spoonfuls of truffled foie gras passed through a sieve may accompany the poularde.

The demi-deuil poularde may, if desired, be stuffed with fine forcemeat with foie gras.

It is the truffle slices and the whiteness of the suprême sauce that characterise the name demi-deuil.

Poularde Derby

Proportions for 8 people: choose a fine poularde weighing about 2 kilos; clean carefully and season the inside with salt and pepper.

Separately, heat a spoonful of butter in a saucepan, add 75 grams of Carolina rice, stir for a few seconds, moisten with twice the volume of rice in boiling white bouillon; cover and cook for 18 minutes. Remove from heat and add 75 g of truffle, 75 grams of cooked foie gras cut into dice, and 2 spoonfuls of meat glaze.

Stuff the poularde with the rice, truss with legs turned back, wrap in a bard of bacon, and place in an oval saucepan of suitable size; baste with butter and cook in a low oven so the butter cannot burn, basting from time to time. Cooking time: about one hour.

Dress the poularde on an oval dish and surround it with 8 small seasoned foie gras escalopes sautéed in butter and placed on croûtons of the same size fried in butter. At one end of the dish, on the breast side, arrange a bouquet of equal-sized truffles, carefully peeled, then cooked in Madeira and meat glaze, and set in a large silver shell.

Add a glass of Madeira and 3 decilitres of brown veal jus to the poularde cooking butter. Boil for one minute, bind the jus with half a tablespoon of arrowroot mixed with a spoonful of cold bouillon. Boil for 5 to 6 minutes, skim, and pass through a fine strainer.

Lightly sauce the bottom of the dish and the truffles; send the remaining sauce in a sauceboat.

Poularde Diva

Stuff the poularde with rice exactly as for "Poularde Derby"; truss with legs turned back, wrap in a bard of bacon, place in a saucepan of the desired size, and cover with white veal stock. Place over heat; at the first boil, cover and continue boiling gently for 50 to 55 minutes. Remove from heat and keep warm.

With the poularde cooking liquid, prepare a pink paprika velouté; add 5 to 6 spoonfuls of very fresh cream at serving time.

Untruss the poularde, dress on an oval dish, and mask lightly with pink paprika sauce.

Send the rest of the sauce in a sauceboat and a vegetable dish of cèpes in cream at the same time.

Poularde Écossaise

Choose a fine poularde from Le Mans or Bresse; clean carefully, reserve the liver, lightly salt the inside, and stuff with the following preparation:

Cook 300 grams of pearl barley in consommé; once cooked, drain.

Brown 75 grams of butter in a saucepan, add the barley, 125 grams of sausage meat, and the chopped poultry liver; brown for 5 to 6 minutes with salt, pepper, and a suspicion of grated nutmeg.

Truss the poularde, wrap in a bard of bacon, place in a saucepan, and moisten to its height with white stock. Cover and cook for 60 to 65 minutes over low heat.

Separately, prepare 3 heaped spoonfuls of red carrot, 2 spoonfuls of celery, and one spoonful of onion, all cut into very small dice and cooked in butter with a few spoonfuls of white stock.

When cooked, add 3 decilitres of velouté reduced with part of the poularde cooking liquid and 1 decilitre of fresh cream. Complete the sauce with 150 grams of fine beans cut into small lozenges, cooked in salted water and kept very green.

Dress the poularde on the serving dish, mask lightly with the prepared sauce, and serve the surplus in a sauceboat.

Poularde Édouard VII

Stuff the poularde as indicated for "Diva" and cook it the same way.

Dress the poularde on the serving dish and coat with a curry Suprême sauce with 100 grams of sweet red pepper cut into small dice per litre of sauce.

Serve a garnish of cucumbers in cream separately.

NOTE. — Canned red peppers are available at grocers.

Poularde Espagnole

Stuff the poularde with 250 grams of rice cooked for pilaf with 75 grams of sweet red pepper, cooked and cut into small squares. Truss the poularde, wrap in a bard of bacon, and pan-fry.

Choose 10 medium tomatoes; cut a horizontal slice from the stem side; press lightly to remove water and seeds; season the inside with salt and pepper; place them cut side down in a pan with 3 to 4 spoonfuls of heated olive oil; cook gently for 7 to 8 minutes. Turn the tomatoes and continue cooking for 5 to 6 minutes. Sprinkle with chopped parsley.

Dress the poularde and garnish the edge with the tomatoes, lightly paprika-sprinkled and grilled lean bacon slices, and bouquets of fried onion rings.

Send the cooking liquid separately with a few spoonfuls of good jus.

NOTE. — Optionally, a dish of chickpeas (garbanzos) may be served at the same time. Fried aubergine slices may also be added to the garnish.

Poularde with Tarragon

Truss the poularde with legs turned back, place in a saucepan sized to the piece, moisten to its height with lightly browned veal jus, add a bouquet of tarragon sprigs; cover and cook for 50 to 55 minutes over low heat.

Dress the poularde and baste with a few spoonfuls of its cooking liquid; decorate the breast with tarragon leaves passed through boiling water for a minute and refreshed.

Serve the cooking liquid reduced by half with 2 spoonfuls of chopped tarragon leaves separately.

Poularde Favorite

Stuff the poularde as for "Derby"; poach in white veal stock.

Dress the poularde and garnish with fine combs, cocks' kidneys, and truffle slices. Coat the piece and garnish with Suprême sauce made from the poularde cooking liquid.

Poularde Financière

Braise the poularde brown. Dress and surround with a garnish of combs, kidneys, mushroom caps, truffle slices, and poultry quenelles, all coated with Madeira demi-glace sauce incorporating the poularde braising liquid.

Serve the extra sauce separately in a sauceboat.

Poularde Godard

Same cooking and garnish as Financière, except the quenelles are truffled and small braised veal sweetbread slices are added.

Optionally, crayfish may be added to both preparations for decorative effect.

Poularde Grand-Hôtel

Cut the poularde as for sautéing, season with salt and pepper, and cook over moderate heat in a covered casserole.

Choose 150 to 200 grams of truffles, peel carefully, cut into somewhat thick slices, season with salt and pepper, and place in a small saucepan with a spoonful of fresh butter, a spoonful of Madeira, and 2 spoonfuls of melted meat glaze; cover and keep warm without boiling.

Dress the poularde pieces in a very hot terrine and cover with the warm truffle slices.

Deglaze the sauté pan with a few spoonfuls of white wine and fine Champagne cognac; add 5 to 6 spoonfuls of very reduced brown veal stock, boil for one second, and pour into the terrine; cover hermetically and place in the oven for 5 to 6 minutes for the truffle to develop its aroma. Serve as is.

NOTE. — Optionally, "Poularde Grand-Hôtel" may be accompanied by a parmesan risotto in a silver timbale or vegetable dish, topped with fresh foie gras escalopes sautéed in butter. Or fresh noodles with butter and parmesan, sprinkled after dressing with raw noodles sautéed and browned in butter in a pan.

Poularde with Coarse Salt

Truss the poularde with legs turned back, wrap in a bard of bacon, and place in a saucepan with about ten small carrots, as many small onions, and 6 leek whites. Moisten to their height with white stock. Cover and give 50 to 55 minutes of slow boiling.

Dress the poularde and surround it with carrots, onions, and leeks in bouquets.

Serve separately: 1° a sauceboat of cooking liquid; 2° a shell of coarse salt.

NOTE. — Optionally, a casserole of rice cooked with the poularde cooking liquid may be served at the same time.

Poularde with Oysters

Truss the poularde, wrap in a bard of bacon, place in a saucepan, cover with white stock, cover, and cook for 55 to 60 minutes at a very gentle boil. Make a Suprême sauce with the cooking liquid.

Take 3 dozen fine oysters, trim them, place in a small saucepan, and poach in their own water without boiling; drain and coat with Suprême sauce.

Dress the poularde and coat with the oyster sauce.

Poularde Impératrice

Prepare and cook the poularde as above. Dress and place a bouquet of lamb sweetbreads braised white at each end of the dish.

Place 3 lamb brains poached in court-bouillon on each side of the poularde.

Coat the poularde and garnish with Suprême sauce made from the cooking liquid.

Serve a sauceboat of Suprême sauce at the same time.

NOTE. — Optionally, a dish of rice may be sent.

Poularde Indienne

Prepare and cook the poularde as above.

Dress and coat with curry Suprême sauce.

Serve an Indian rice timbale at the same time.

Poularde Isabelle de France

Stuff the poularde with white rice bound with parmesan and crushed foie gras parfait, with 60 grams of peeled sliced truffles. Cook in white stock for 55 to 60 minutes over low heat.

Make a slightly piquant Suprême sauce from the cooking liquid.

Dress the poularde on a fine serving dish, coat with Suprême sauce, and surround with fine truffles cooked in champagne set in a tartlet crust.

Serve a sauceboat of Suprême sauce separately.

Poularde with Ivory Sauce

Poach the poularde in white stock, dress, and mask lightly with ivory sauce.

Ivory sauce: Suprême sauce with pale meat glaze.

Serve a rice timbale cooked in the poularde liquid and a dish of buttered cucumbers at the same time.

Ivory sauce: half a litre of Suprême or Allemande sauce with 3 to 4 spoonfuls of pale meat glaze.

Poularde Louise d'Orléans

Remove the breast bones of a fine bird and season the inside with salt and pepper.

Stud a fine foie gras with truffles, season with spices, baste with a glass of Madeira, wrap in a bard of bacon, then in muslin, and poach for 15 to 18 minutes in veal stock; cool, unwrap, and place inside the bird; truss and cook in butter in a very low oven for about 50 minutes, basting often with cooking butter; untruss. Then cover completely with thick truffle slices, wrap in bards of bacon or caul, and enclose in a sheet of lining pastry. Place on a baking sheet, make an opening in the centre for steam, egg-wash, and bake in a medium oven for half an hour — the time needed to cook the pastry.

This poularde may be served hot, but it is better cold; in that case, a good jelly can be made from the veal stock in which the foie gras was poached.

Poularde Maréchale

Stuff the poularde with: 75 grams of tongue, 75 grams of diced truffle, 100 g of foie gras parfait in ordinary dice, 50 grams of breadcrumb fried in butter. Combine in a terrine, add 3 spoonfuls of meat glaze, and mix well.

Wrap the piece in a bard of bacon and cook in white stock for 55 to 60 minutes over low heat.

Untruss, dress on an oval dish, lightly sauce with Suprême sauce, and surround with small bouchées filled with asparagus tips.

Serve a garnish of cocks' kidneys and combs, truffle slices, and mushroom caps, all coated with Suprême sauce.

Poularde Louise de Savoie

Choose a fine poularde, clean carefully, season inside with salt and pepper.

Separately, choose a dozen fat, very fresh larks; bone them and stuff with a small piece of truffled foie gras and gratin forcemeat. Arrange in a sauté pan just large enough to hold them tightly together, season, baste with melted butter, cover, and cook for 5 to 6 minutes at the oven mouth. Remove from heat and add 125 grams of white truffle cut into fine slices and 24 cocks' kidneys lightly browned in butter. Baste with a few spoonfuls of meat glaze and stuff the poularde. Wrap in a bard of bacon and cook in a low oven, basting often with cooking butter.

Separately, prepare a milk polenta, spread on a sheet 2 cm thick, and cool. Cut with a 4 cm round cutter.

Just before serving, flour the polenta rounds and colour both sides in clarified butter. Sprinkle with parmesan, baste with butter, and pass under the salamander for a few seconds. Arrange in a crown in a vegetable dish or deep dish, cover with slices of white Piedmont truffle; cover the dish and keep warm for a few minutes for the truffle aroma to develop. Baste with 4 to 5 spoonfuls of meat glaze with 2 spoonfuls of butter.

Dress the poularde. Deglaze the pan with 1 decilitre of white wine and 2 decilitres of brown veal.

Sauce the bottom of the dish with part of this jus and send the rest in a sauceboat.

Serve the small corn polenta cakes at the same time.

Poularde Monte-Carlo

Stuff the poularde with rice as for "Poularde Diva"; cook the same way.

Dress on an oval dish, sauce with Suprême sauce, and surround with small tartlets: some with crayfish tails, others with olive-shaped truffles, and others with cocks' kidneys sautéed in butter, all coated with Suprême sauce.

The crayfish represents red, the truffle black, the cock's kidney white.

In short, white always dominates.

Poularde Ménagère

Truss the poularde with legs turned back and place in a saucepan; add a dozen new carrots, 18 new potatoes, 12 new onions, one celery stalk, all sliced; a bouquet of bay leaf and parsley stems. Moisten with white stock so that bird and vegetables are slightly submerged. Bring to a boil, cover, and cook for 50 to 55 minutes over moderate heat.

Dress the poularde in a terrine with the vegetable garnish.

In a household with limited expenses, replace the white stock with hot water; salt at 8 grams per litre and add one extra litre.

At serving time, put very thin bread slices in a soup tureen and pour two-thirds of the cooking bouillon and a few vegetables over them, yielding a good soup and enough vegetables to accompany the poularde.

Optionally, add 75 grams of well-washed rice to the vegetables.

Poularde Adelina Patti

Stuff with rice as for "Poularde Diva"; poach in white poultry and veal stock.

Dress on an oval dish, coat with sweet pink paprika Suprême sauce, and surround with medium cooked fresh artichoke bottoms filled with buttered asparagus tips and truffle julienne.

Serve paprika Suprême sauce separately.

Poularde Piémontaise

Stuff with a risotto of white Piedmont truffles, braise, wrap in a bard of bacon, and cook very gently in butter in a casserole.

Dress and surround with fine cèpes browned in oil with a suspicion of garlic, seasoned, and sprinkled with chopped parsley at the last moment.

Deglaze the pan with 1 decilitre of white wine and 2 decilitres of good brown jus, reduce by half, and serve separately in a sauceboat.

Poularde Régence

Truss with legs turned back, wrap in bards of bacon, and poach in white poultry and veal stock.

Dress on an oval dish and garnish with 10 mousseline poultry quenelles decorated with truffles, 10 fluted mushroom caps, 10 small truffles, and 10 bouchées filled with foie gras purée.

Blond sauce with truffle essence.

Poularde Récamier

Poach the poularde in white stock. When ready, lift the two suprêmes and cut each into 4 escalopes; place in a saucepan with a spoonful of butter, about the same volume of carefully peeled sliced truffles, a dozen fine cocks' combs, and a spoonful of Madeira; heat and add about 4 decilitres of Suprême or blond sauce. Cover and keep warm.

Separately, remove the breast bones with strong scissors and fill the carcass with macaroni cut into small sticks, cooked in salted water, drained, bound with a few spoonfuls of Béchamel and fresh grated parmesan, then mixed with diced foie gras and truffles. Arrange to restore the original shape.

Cover the macaroni with Béchamel, sprinkle with grated cheese, and baste with melted butter. Put in the oven for a few minutes to obtain a fine golden colour.

Dress on an oval dish surrounded by small bouchées filled with very green asparagus tips.

Serve the escalopes and garnish hot in a silver timbale.

Poularde with Rice

Poach in white stock.

Rice proportions for one poularde and 8 people: 400 g. Wash the rice, place in a saucepan, moisten with 8 decilitres of poularde cooking liquid, cover, and boil for 20 minutes over moderate heat.

Dress the poularde with a few spoonfuls of its liquid and serve the rice separately in a timbale. Send a sauceboat of Suprême sauce.

Poularde Rossini

Season the inside with salt and pepper; stuff with cooked foie gras and diced truffles; wrap in a bard of bacon and cook in butter, basting often and avoiding browning the butter. When ready, dress on an oval dish; remove some cooking butter, deglaze with 2 decilitres of brown veal jus, lightly sauce the dish, and send the rest in a sauceboat.

Serve a timbale of noodles bound with butter, fresh grated cheese, and crushed foie gras parfait, topped with raw noodles sautéed in butter at the last moment.

Poularde Sainte-Alliance

Choose about ten fine black truffles of roughly equal size; peel carefully, heat in butter, season with salt and pepper, baste with a glass of old Madeira, and place inside a fine poularde; pan-fry it at the right time so it is ready just when served.

When ready, quickly cook as many ortolans and sauté as many foie gras escalopes as there are guests. Send them to the dining room with the poularde and its cooking liquid with very reduced brown veal jus, passed into a flat-bottomed sauceboat to keep it boiling more easily — important. If necessary, replace the sauceboat with a small silver saucepan.

The maître d'hôtel, surrounded by three assistants and with a burning rechaud on the service table, should wait for the piece, quickly lift the suprêmes and cut them into escalopes. He places each escalope on a slice of foie gras that the first assistant has already placed on a hot plate with truffles from the poularde. The second assistant adds an ortolan and a little jus. The third places the plates before the guests.

Thus the poularde is served very rapidly and in conditions that make it a gastronomic dish.

The name "Sainte-Alliance" could not be better chosen for a preparation uniting those admirable jewels of cuisine: the suprême of a fine poularde, foie gras, ortolan, and truffle.

Poularde Sicilienne

Braise the poularde. Lift the suprêmes leaving the wing stubs attached; remove the breast bones. Cut the suprêmes into escalopes and place in a buttered saucepan; mix with 100 grams of sliced truffle, a dozen cocks' combs, a dozen mushroom caps, and a glass of Madeira. Cover, boil for one minute; add 4 decilitres of well-reduced demi-glace. Keep warm covered.

Separately, fill the carcass with macaroni bound with a rich braised beef stock, grated cheese, and diced truffles and foie gras.

Wrap the poularde in a piece of caul, restoring its natural shape; sprinkle with breadcrumbs, baste with melted butter; bake for a few minutes to cook and colour the caul.

Dress on an oval dish and surround with stuffed tomatoes.

Send the warm poularde escalopes in a timbale at the same time.

Poularde Soufflée

Poach the poularde. Lift the suprêmes, cut into escalopes, and place in a buttered saucepan with 100 grams of carefully peeled sliced truffles, seasoned; cover and keep warm.

Separately, remove the breast bones with strong scissors and fill the carcass with 500 grams of poultry mousseline forcemeat mixed with 150 g of truffled foie gras purée.

Smooth the surface into a dome to restore the original shape; decorate with truffle details.

Dress on an oval dish; put 2 decilitres of white stock in the bottom, bring to a boil on the corner of the stove, cover hermetically with a cloche, and maintain heat at 95 degrees. The steam concentrated under the cloche is enough to poach the forcemeat.

Change the dish and mask lightly with Suprême or blond sauce.

Serve the suprêmes and truffles coated with Allemande sauce with fine butter separately in a timbale.

Poularde Souvarow

Proportions for 8 people: stuff with 250 grams of cooked foie gras in large dice and 8 medium truffles, carefully peeled and seasoned. Truss, salt lightly, wrap in a bard of bacon, and pan-fry carefully.

Once cooked, untruss and remove the bacon; place in a terrine. Deglaze with a glass of Madeira, add 1 decilitre of very rich brown poultry and veal stock; pour into the terrine. Cover, seal with a rope of dough, and bake for 10 to 12 minutes.

Serve as is.

Poularde Stanley

Stuff with white rice with 60 grams of mushrooms and 60 grams of truffles in julienne; truss, wrap in bacon, and place in a saucepan with 500 grams of sliced onions passed through boiling water for a few minutes, drained, and sprinkled with a spoonful of mild curry. Moisten with half a litre of white stock. Cover and cook in a moderate oven for 45 to 50 minutes.

When ready, pass the onions and liquid through a fine sieve or tammy. To the purée, add 3 decilitres of Béchamel and 1 decilitre of fresh cream; reduce quickly to a somewhat thick but smooth sauce.

Dress and coat the poularde.

Poularde Talleyrand

Pan-fry the poularde, then lift the suprêmes and cut into large dice. Mix with very short macaroni cooked in consommé, drained, bound with grated parmesan and cream Béchamel, incorporating 150 grams of foie gras parfait and 60 g of diced truffles.

Remove the breast bones and fill the carcass with the boiling garnish; cover with a light layer of mousseline forcemeat, restoring the original shape. Decorate with a crown of truffle slices.

Place on a slightly hollow dish, pour 2 decilitres of white bouillon into the bottom, bring to a boil, cover hermetically, and keep at 95 degrees on the corner of the stove. The steam will poach the forcemeat.

Change dish and sauce the bottom with a few spoonfuls of demi-glace with truffle julienne.

Serve the same sauce separately.

Poularde Tosca

Stuff with rice as for "Poularde Diva"; poach in white stock, dress on an oval dish, mask lightly with blond sauce finished with fine butter and a julienne of truffle and celery heart cooked in white stock.

Serve the same sauce separately.

Poularde Toulousaine

Poach in white stock. Dress on an oval dish and surround with: 2 small braised veal sweetbreads, 12 cocks' combs and kidneys, 12 spoon-moulded poultry quenelles, 12 mushroom caps, and truffle slices on the quenelles.

Lightly sauce with Allemande or blond sauce with fine butter. Complete with 10 to 12 small bouchées filled with duck foie gras purée.

Serve a sauceboat of blond sauce.

Poularde Valenciennes

Pan-fry the poularde. Dress on an oval dish and surround with Spanish sausages rolled in sweet red pepper powder, grilled bacon, stuffed aubergines and tomatoes.

Lightly sauce with tomato demi-glace. Serve separately.

Serve a dish of rice pilaf with diced ham.

Poularde Véronique

Poach. Dress on an oval dish, mask with cream Béchamel, and surround with braised veal sweetbread escalopes, small lamb brains poached in court-bouillon, and soft-boiled eggs.

Serve a sauceboat of cream Béchamel with truffle slices.

Poularde Victoria

Stuff with diced foie gras and truffles; truss, wrap in bacon, and pan-fry carefully, basting often.

When ready, place in a terrine and surround with diced potatoes cooked in butter over low heat and basted with meat glaze after cooking. Cover and keep warm.

Add 1 and a half decilitres of good brown veal jus to the cooking butter; boil for a few seconds, strain, and serve as accompaniment.

Poularde Washington

Stuff with 300 grams of fine sausage meat lightly browned in butter, with a few spoonfuls of corn and fine herbs.

Truss and braise.

Dress, lightly sauce with braising liquid, and send the rest separately.

Serve a timbale of corn in cream.

Poularde or Capon with Périgord Truffles

Stuff the bird with fine ripe truffles, carefully peeled and seasoned. Truss, wrap in bards of bacon, then in very thin veal slices, tie, and place in a braisière lined with pork rind and bacon, sliced onion and carrots, and bouquet garni. Baste with fine champagne cognac and white wine, then moisten with half a litre of brown veal stock. Cover and bake for about 50 minutes, basting often. Dress and serve the braising liquid.

Various Poulardes

The best preparation is certainly to stuff with rice, poach in white stock, and make a Suprême sauce, optionally with truffle. These poulardes are accompanied by cucumbers, artichoke bottoms, mushrooms, cèpes in cream, new carrots, etc.

Many formulas allow cooks to name them as circumstances inspire.

NOTE. — Most of the above formulas are for haute cuisine, but they may interest fine-cooking lovers and preserve the good name of French cuisine.

SERIES OF FILLETS OR SUPRÊMES, POULTRY CUTLETS, POULTRY BREASTS, etc.

The terms fillets and suprêmes are synonymous on menus. They include the fillet proper and the mignon fillet.

Suprêmes and fillets are generally taken from "Reine" chickens or fine grain-fed chickens.

Suprêmes and fillets are always cooked in unclarified butter. At cooking time, season with salt, flour them, and place in a sauté pan with very fresh, lightly heated butter. A few minutes suffice. Once cooked, remove from the pan without removing the cooking butter, add a little white stock and a few spoonfuls of meat glaze. The liaison of butter and glaze is made by the deglazing liquid, which should not be completely reduced. This gives a jus with an exquisite hazelnut taste. If the butter separates, add one or two spoonfuls of white stock and shake.

Meat glaze is added at one spoonful per 2 suprêmes.

Poultry cutlets are suprêmes from Reine or grain-fed chickens with the wing stub bone left attached.

Cutlets are usually breaded English style: season, flour, dip in beaten egg, then fresh breadcrumbs, and cook in clarified butter. For grilling, omit egg; season, flour, dip in melted butter, then breadcrumbs.

Poultry Breast

Choose a white-fleshed, fat bird; clean, salt inside, truss, wrap in bards of bacon, and cook in white stock for 50 to 60 minutes. Lift the fillets when cooked and divide each into 2 or 3 escalopes depending on size.

Suprêmes Adelina Patti

Proportions for 6: lift suprêmes of 3 Reine chickens. Season, flour, and cook at the last moment in butter over moderate heat until lightly golden. Remove, dress on semolina supports cut to the same size.

Deglaze with a little white stock or consommé, add a few spoonfuls of meat glaze and 4 to 5 truffle slices per suprême. Heat a few seconds and cover the suprêmes.

Serve creamed artichoke bottom émincé separately.

Semolina: rain 250 g semolina into 1 litre boiling milk, season, cook 20 minutes. Remove from heat, bind with 2-3 egg yolks and 60 g grated cheese, spread 1.5 cm thick on a wet sheet. When cold, cut to suprême size, flour, and colour in butter on both sides.

Suprêmes Chasseur

For 6: lift fillets of 3 Reine chickens. Season, flour, cook at the last moment in butter. Remove and dress on fried bread croûtons or semolina supports.

Add 250 g sliced mushrooms to the cooking butter, sauté, add 2 finely chopped shallots, 4 spoonfuls of cognac, 1 decilitre white wine; reduce partly, add 3 spoonfuls tomato purée, 2.5 decilitres demi-glace, 2 spoonfuls meat glaze, a pinch of chopped parsley. Boil a few minutes and pour over the suprêmes.

Optionally accompany with potatoes, rice pilaf, or Indian rice.

Suprêmes La Vallière

Same as Chasseur, but add truffle julienne and a pinch of chopped tarragon to the mushrooms.

NOTE. — Both need a light point of red pepper.

Suprêmes Favorite

Lift fillets from Reine chicken; season, flour, cook in butter; dress on fried croûtons or semolina. Place a small foie gras escalope sautéed in butter on each.

Deglaze with a little white stock, 3 spoonfuls Madeira, 4 spoonfuls meat glaze; boil a few seconds. Add 3-4 truffle slices per piece; boil 2 more seconds, add 2 spoonfuls fine butter, and coat.

Serve buttered asparagus tips.

Suprêmes Bordelaise

Lift fillets of 3 grain chickens; season, flour, cook in butter at the last moment.

Separately, slice 3 raw artichoke hearts and 3-4 Holland potatoes into thin rounds. Cook separately in butter, combine, baste with meat glaze, and mould in cutlet moulds; unmould on serving dish.

Sauté the fillets in butter and dress on the artichoke canapés. Deglaze with white wine and consommé or brown veal stock, 3-4 spoonfuls meat glaze; boil a few seconds, add 3 spoonfuls fine butter, and sauce.

Optionally, fill gaps with glazed small onions.

Suprêmes Hongroise

Lift fillets of 3 grain chickens; season, flour, cook in butter just before serving. Dress on serving dish. Add a spoonful of sweet pink paprika to the cooking butter; heat 2 seconds, stirring. Moisten with 1 decilitre white wine, 4 spoonfuls meat glaze, 2 decilitres fresh cream; boil a few seconds and pour over.

Serve rice pilaf.

NOTE. — Cream can be replaced by Béchamel with fine butter.

Suprêmes Indienne

As above, but add a spoonful of onion lightly browned in butter and a dessert spoonful of mild curry powder. Heat, moisten with 2.5 decilitres cream or Béchamel, strain, heat strongly, incorporate 3 spoonfuls fine butter, and coat.

Serve Indian rice.

Suprêmes Judic

Lift fillets of 2-3 grain chickens; season, flour, cook in butter. Dress on freshly braised half-lettuces. Garnish with truffle slices and cocks' kidneys in fine demi-glace.

Optionally, accompany with rice pilaf with green peas.

Suprêmes or Cutlets Maréchal

Lift suprêmes of 2-3 large Reine chickens; season, flour, egg, breadcrumbs, and cook in clarified butter. Dress and coat with: 4-5 spoonfuls meat glaze with 2-3 spoonfuls brown veal stock or consommé, boil 1 minute, add 3-4 truffle slices per suprême, boil 2 seconds, incorporate 3-4 spoonfuls very fresh butter and half a lemon juice.

Serve buttered asparagus tips.

Another method: season, flour, dip in melted butter, breadcrumbs, and grill gently. Serve hot. Separately, a fine ragout of sliced truffles, cocks' kidneys, and small white mushrooms in blond sauce with Madeira and butter.

Optionally, asparagus tips or English peas.

Suprêmes Mascotte

Lift fillets of 2-3 Reine chickens; season, cook in butter. Meanwhile, spread caul squares on a sheet, cover with truffled foie gras parfait passed through a sieve, place the suprêmes, wrap, baste with butter, bread, and grill to colour the caul.

Dress hot and serve truffle émincé in fine Madeira demi-glaze.

Optionally accompany with Soubise, celery, potato, chestnut purées, cèpes browned or in cream, etc.

Another method: lift suprêmes of a poached bird; cut each into 6 escalopes. Prepare 12 caul squares covered with fine sausage forcemeat mixed equally with foie gras purée. Arrange escalopes interleaved with very thin truffle slices, wrap, baste, bread, and grill.

Suprêmes Montpensier

Lift suprêmes of 2 Reine chickens; season, flour, cook in butter. Dress on semolina supports as for Adelina Patti.

Deglaze with a few spoonfuls of veal stock or consommé, add 2-3 spoonfuls meat glaze and 3-4 truffle slices per suprême. Boil 2 minutes; incorporate 2 spoonfuls fine butter and pour over.

Garnish with bouquets of very green buttered asparagus tips.

Suprêmes Polignac

Cook suprêmes in butter. Dress on fried bread croûtons at the last moment. Coat with Suprême sauce with fine truffle and mushroom julienne. Deglaze with 2-3 spoonfuls white stock, add 2-3 spoonfuls meat glaze, and baste with a thread of this hazelnut jus.

Optionally, asparagus tips or English peas.

Suprêmes or Cutlets Pojarski

Chop the suprêmes, adding per pound of poultry meat 125 g breadcrumb moistened with cream and 125 g fresh butter; season with salt, pepper, nutmeg. Re-form into original shapes, flour, and cook in clarified butter 10-12 minutes before serving. Dress immediately. Garnish optional.

Suprêmes Rosemonde

For 6: cook in butter, dress on puff pastry crusts covered with foie gras purée. Deglaze with a few spoonfuls of Madeira and white stock and 3-4 spoonfuls meat glaze. Add 3-4 truffle slices per suprême and 3 decilitres Suprême sauce; heat and coat. Serve mushroom purée separately.

Suprêmes Rossini

Cook in butter, dress, place a fresh foie gras escalope seasoned, floured, and sautéed on each. Deglaze with Madeira, add 3-4 fine truffle slices and a fine demi-glaze of brown veal stock. Coat immediately. Serve fresh noodles with butter and parmesan.

Suprêmes Verdi

Season and cook in butter. Prepare macaroni bound with butter, parmesan, and cream Béchamel with diced truffled foie gras and sliced truffles. Place in an oval earthenware dish; arrange suprêmes on top. Deglaze with white stock, add 3-4 spoonfuls meat glaze and 1.5 decilitres cream. Boil 2 minutes and coat. Place a truffle slice heated in meat glaze on each.

Poultry Breast Vicomtesse de Fontenay

Poach a fine bird. Lift 2 suprêmes, cut into 3 escalopes each, dress on small semolina supports as for Adelina Patti; put a truffle slice on each. Mask with cream Béchamel, sprinkle with fresh grated cheese, baste with butter, and gratin lightly.

Fill gaps and centre with very green buttered asparagus tips.

Poultry Breast Alsacienne

Lift 2 suprêmes of a poached bird, cut into 3 escalopes, dress on foie gras escalopes sautéed in butter; coat with Suprême sauce with sliced truffles.

Serve fresh Alsatian noodles.

Poultry Breast Angeline

Lift 2 suprêmes, cut into 6 escalopes, dress on semolina supports; put a truffle slice on each, cover with paprika Béchamel, sprinkle cheese, butter, gratin.

Serve rice pilaf with English peas.

Poultry Breast with Cucumbers

Lift fillets of a poached bird, cut into 6 escalopes, dress on semolina supports, coat with Béchamel, cheese, butter, gratin.

Serve creamed cucumbers.

Poultry Breast Bagration

Cut poached suprêmes into 2-3 escalopes; place in a saucepan with butter and truffle slices, season, cover and keep warm.

Cook 300 g coquillettes in salted water, drain, add butter, nutmeg, seasoning, cheese, 3-4 spoonfuls Béchamel, and a small sliced truffle; mix well. Pour into an earthenware dish, arrange escalopes interleaved with truffle slices, coat with Béchamel, cheese, butter, gratin.

Poultry Breast Florentine

Lift fillets of a poached chicken, cut into 2-3 escalopes, place in a flat saucepan with butter, season lightly, keep warm.

Cook 250 g spinach in boiling salted water, drain with pressure, chop roughly. Heat 2 spoonfuls butter, add spinach, season with salt, pepper, nutmeg; stir until water evaporates. Spread spinach on serving dish, place breasts on top, coat with Béchamel, cheese, butter, gratin.

Poultry Breast Mireille

As Florentine, but add Vacluse truffles, peeled, sliced, seasoned. Cover and heat so the chicken absorbs the truffle perfume. Arrange escalopes interleaved with truffle on spinach; coat, cheese, butter, gratin.

SERIES OF SAUTÉED CHICKENS

The best chickens for sautéing are "Reine" chickens. They must be white, fat, and tender. Small poulardes and grain chickens may be used.

Cutting: start with thighs, removing the bone to the drumstick joint and the feet. Remove wing tips then wings; separate the upper breast from the carcass. Divide carcass in two and trim.

Chicken Sauté Alice

Heat 50 g butter and a spoonful of olive oil in a sauté pan just large enough. Arrange pieces skin side down, breast in centre, thighs on each side, wings with thin part resting on thighs; add carcass pieces and wing tips. Season, cover, and cook in oven, basting with butter. Without oven, cook on stove over low heat, turning pieces for even cooking. Remove wings earlier and keep warm; thighs cook longer. Add 100 g fresh mushrooms and a finely chopped shallot, then 2 spoonfuls cognac, 1 decilitre white wine, 3 spoonfuls meat glaze; reduce by half; return wings, heat, and bind with 1.5 decilitres very fresh cream. Dress hot.

Serve noisette potatoes.

Chicken Sauté Alsacienne

As Alice. Moisten with 1.5 decilitres Alsace white wine, reduce by half, add 3 spoonfuls light meat glaze, 3 spoonfuls cream. Bind with 125 g truffled foie gras passed through a fine sieve. Dress hot. Serve Alsatian noodle timbale.

Chicken Sauté Auvergne

As previous, add 2 spoonfuls finely chopped onion. When onion begins to brown, moisten with 1 decilitre white wine; reduce by half, add 2 decilitres tomato demi-glaze; boil a few minutes. Dress and surround with chestnuts cooked in bouillon and Chipolata sausages.

Chicken Sauté Beaulieu

As previous, dress in a hot terrine. Deglaze with 1 decilitre white wine and a dash of lemon juice, add 3 spoonfuls meat glaze.

Separately, slice 5-6 small fresh artichoke bottoms and about the same volume of small new potatoes; cook together in butter in a flat pan, no more than 1 cm thick. Cover the chicken pieces with these, add a dozen and a half black olives, pour the deglazing liquid into the terrine. Cover, keep warm at the oven mouth, serve.

Chicken Sauté Bordelaise

Cut and sauté as above, dress on oval dish. Surround with sliced artichoke bottoms cooked in butter, Holland potatoes cut into thin rounds cooked in butter, fried onion rings, all in bouquets with a tuft of fried parsley between.

Deglaze with 1 decilitre white wine, reduce by half, add a few spoonfuls brown veal jus and 3 spoonfuls meat glaze, pour over.

Chicken Sauté Bourguignonne

Brown 125 g diced breast bacon in butter after blanching. Drain bacon, add chicken pieces to the same butter, season, cook in oven. Remove wings and keep warm.

Moisten with 0.5 decilitre old marc and 2 decilitres red Burgundy; add bacon; reduce by half and add 100 g quartered mushrooms lightly browned in butter and 2 decilitres demi-glace. Simmer, return wings. Dress in hot earthen dish with glazed small onions.

Chicken Sauté Bressane

Cut, season, flour, and cook very gently in butter without browning. When almost done, add 24 very fresh cocks' kidneys and 150 g quartered mushrooms browned in butter. Moisten with 1 decilitre white wine; reduce, add 2 decilitres very fresh cream, simmer 8-10 minutes. Serve in silver timbale or terrine.

Chicken Sauté Catalan Peasant Style

Cut as usual, split thighs in two, season, flour, and cook in oil with 2 heaped spoonfuls chopped onion.

Separately, slice 5-6 sweet red peppers and sauté in oil; when nearly cooked, add 5-6 peeled, seeded, chopped tomatoes, chopped parsley, salt, pepper, a point of garlic. Cook 20-25 minutes.

Optionally, add sliced aubergines and courgettes floured and fried in oil.

Put the vegetable mixture in a terrine, arrange chicken on top; deglaze with a glass of white wine, reduce, pour over. Cover and simmer.

Serve Creole rice.

NOTE. — Young rabbit is prepared the same way.

Chicken Sauté with Cèpes

Cut, season, sauté in butter and oil. Moisten with 1 decilitre white wine, reduce by half; add 1 decilitre tomato demi-glace, boil a few seconds. Dress and baste.

Serve 250 g cèpes Bordelaise.

Chicken Sauté Champeaux

Sauté in butter, dress hot, surround with glazed onions and noisette potatoes in butter. Deglaze with 1 decilitre white wine, add 2 spoonfuls meat glaze and 1 decilitre veal jus; reduce by half; complete with 50 g fresh butter and pour over.

Chicken Sauté Chasseur

Cut, season, sauté in half butter, half oil. Remove wings when cooked and keep warm. Add 125 g fresh mushrooms, 2 finely chopped shallots; after 2-3 minutes, moisten with a few spoonfuls cognac, 1 decilitre white wine; reduce by half; complete with 1.5 decilitres tomato demi-glace and a pinch of chopped parsley. Reduce a few moments and return wings.

Dress and mask with sauce.

NOTE. — La Vallière is identical but with truffle julienne and tarragon. Stuffed tomatoes may garnish both, with a different name.

Chicken Sauté Curry

Cut into pieces, season, flour. Heat 3 spoonfuls oil, add chicken, 2 spoonfuls chopped onion, and a teaspoon curry. Cook over low heat 12-15 minutes, add 2 decilitres velouté or demi-glace. Cook 15-18 minutes. Bind with cream. Dress in timbale or deep dish.

Serve Indian rice separately.

Chicken Sauté Spanish Style

Cut, season, sauté in lard with 2 spoonfuls chopped onion. Mix in 250 g rice and 2 small piments. Moisten with half a litre bouillon, cover, cook about 20 minutes; dress immediately.

Serve peasant tomato sauce: 6 ripe tomatoes, peeled, seeded, chopped, cooked in 4 spoonfuls olive oil with garlic, parsley, salt, pepper for 18-20 minutes.

NOTE. — Chipolata sausages may be added.

Chicken Sauté Tarragon

Sauté in butter, remove wings and keep warm. Moisten with 1 decilitre white wine; reduce by half and add 1.5 decilitres light tomato demi-glace and a good pinch of chopped tarragon; reduce a few minutes, return wings.

Dress and mask. Potatoes in any style suit.

Chicken Sauté Florentine

Sauté in butter and oil; when cooked, moisten with a glass of Madeira and 2 decilitres fine demi-glace with brown veal stock; add 100 g black truffles, peeled and sliced; boil a few seconds. Dress and cover with truffles and sauce.

Serve parmesan risotto topped with 6 fresh foie gras escalopes sautéed in butter.

Chicken with Fine Herbs

Cut, season, sauté gently; when cooked, moisten with 1 decilitre white wine; reduce by half, add a few spoonfuls brown veal jus and 2 spoonfuls meat glaze. Dress and sprinkle with chopped parsley. Complete sauce with small butter pieces and lemon juice; sauce immediately.

Potatoes or rice as desired.

Chicken Sauté Hongroise

Cut, season, flour. Heat 2 spoonfuls butter, add chicken and 2 spoonfuls chopped onion. When onion begins to brown, sprinkle with half a dessert spoonful of sweet pink paprika. Moisten with 1 decilitre white wine, add 2-3 peeled, seeded, chopped tomatoes; finish cooking.

Dress in terrine. Complete sauce with a few spoonfuls cream; boil and pour over.

Serve rice pilaf.

Chicken Sauté Matignon

Cut, season, sauté in butter. At cooking point, add a very fine prepared Mirepoix: 50 g red carrot, 25 g onion, 60 g lean raw ham, thyme and bay powder. Stew in a small saucepan with a good spoonful of butter until cooked, then add to chicken. Moisten with old cognac, 1 decilitre white wine; reduce by half; add 4 spoonfuls meat glaze and chopped parsley; simmer.

Dress, bind sauce with 60 g cooked foie gras passed through a sieve and thinned with cream. Sauce immediately.

Chicken Sauté Marengo

Sauté in butter and olive oil. Moisten with 1 decilitre white wine, add a dozen mushroom caps sautéed in oil, a light point of garlic, 1.5 decilitres demi-glace with tomato sauce.

Dress, cover with sauce and mushrooms; surround with 4 heart-shaped croûtons fried in butter, 4 fried eggs, 4 crayfish cooked in court-bouillon; sprinkle with chopped parsley.

Chicken Sauté Maryland

Cut as for sauté, season, flour, egg, breadcrumbs. Heat 75 g clarified butter, cook wings and thighs gently, turning for golden colour on both sides. Dress hot, surround with corn fritters, potato croquettes, grilled bacon, bananas fried in butter.

Serve cream Béchamel with optional grated horseradish, and tomato sauce.

Chicken Sauté with Morels

As Chasseur, but replace mushrooms with fresh stewed morels.

Chicken Sauté Normande

Sauté in butter. Halfway, add a good spoonful of finely chopped onion and 300 g cleaned mousserons sautéed in butter; continue over low heat. When cooked, baste with old Calvados and reduce by two thirds. Moisten with 2 decilitres very fresh cream and 3 spoonfuls meat glaze; boil a few minutes.

Dress hot, cover with sauce and mousserons.

Second method farmhouse: as above, omit mousserons. Serve a timbale of Reinette apples: peel 3-4 apples, slice, cook in a saucepan with a spoonful of very fresh butter, 4-5 spoonfuls water, a pinch of sugar, cinnamon, lemon juice; cover and cook 12-15 minutes.

Chicken Sauté Otero

As La Vallière, but replace white wine with red Port and complete sauce off heat with 50 g fresh butter.

Dress, cover with sauce, and surround with poached pigeon eggs on round croûtons fried in butter at the last moment.

Serve Midinettes potatoes.

Chicken Sauté Parmentier

Cut, season, sauté in butter over moderate heat; when nearly cooked, mix in 300-400 g diced potatoes cooked in butter and lightly coloured. Finish in oven 5-6 minutes.

Dress with potatoes in bouquets. Deglaze with 1 decilitre white wine, add 3-4 spoonfuls veal jus and one spoonful meat glaze. Boil a few minutes, pour over, and sprinkle with parsley.

Chicken Sauté Piémontaise

Cut, season, sauté in butter and oil. Moisten with half a glass white wine. Reduce by half, add about 2 decilitres tomato demi-glaze; boil 2 minutes.

Dress hot, cover with sauce. Serve risotto with white truffle slices.

Chicken Sauté Portugaise

Chasseur chicken on an oval dish with stuffed tomatoes at both ends. Serve Creole rice.

Chicken Sauté Provençal Peasant Style

Cut, season, flour, sauté in olive oil; add chopped onion; when onion begins to brown, moisten with a glass of white wine; reduce by half; add 4-5 ripe tomatoes, peeled, seeded, chopped, a point of crushed garlic and chopped parsley; cook 15-18 minutes; complete with 24 black olives.

Dress and serve plain boiled or baked potatoes.

Chicken Sauté Rosita

Cut, season, sauté in butter and oil. Moisten with half a glass white wine, reduce by two thirds, add 2 decilitres tomato demi-glace.

Dress, sauce, and surround with grilled red peppers, skinned, halved, seeded, cooked in oil with garlic, and seasoned.

Chicken Sauté Stanley

Cut a very tender chicken, season. Separately, slice 250 g onions, blanch 3 minutes in boiling salted water, drain, spread in a buttered sauté pan. Arrange chicken on top; cover and cook over low heat 25-30 minutes.

When cooked, dress in a deep dish with some cooked mushrooms and truffle slices; cover and keep warm.

Add 1 decilitre Béchamel, 1 decilitre cream, and a teaspoon curry to the onions. Reduce 2 minutes, pressing with a spatula. Pass through a fine sieve, heat strongly, add a spoonful of fine butter, and pour over the chicken.

Optionally, serve Creole rice.

Chicken Sauté with Truffles

Sauté in butter. When cooked, add 150 g raw sliced truffles. Cover for a few minutes, add half a glass of Madeira and 5-6 spoonfuls fine demi-glace. Reduce one minute.

Dress with truffles on top and sauce.

Optionally, noodles with butter or potatoes.

Chicken Sauté Vanderbilt

Butter a suitable earthenware dish; spread a thin layer of potato rounds and very finely sliced artichokes; season; bake at low heat.

Detach thighs and wings from carcass, cut off wing tips and feet, divide carcass, remove upper thigh bone. Season and sauté in butter over moderate heat. Potatoes and chicken should be done at the same time.

Dress wings and thighs on the potatoes. Add half a glass white wine to cooking butter, reduce by half, add 4 spoonfuls brown veal jus. Boil 2 minutes, remove carcass pieces and wing tips. Add 2 fine sliced truffles. Boil a few seconds, complete with 1 decilitre very fresh cream or fine butter. Pour over immediately and serve.

SERIES OF GRAIN-FED CHICKENS: CASSEROLE, COCOTTE, PAN-FRIED, AND GRILLED

Chicken Casserole

Season inside, truss, cover breast with bacon, cook in butter in preferably an earthenware casserole of suitable size, basting often. At serving, untruss, return to casserole, and baste with a few spoonfuls of brown veal jus. Serve as is. Do not skim the jus.

Chicken Cocotte Bonne-Femme

Season inside; stuff with 100 g sausage meat, chopped chicken liver, a spoonful of breadcrumb, parsley. Truss, cover breast with bacon, cook in butter in an earthenware or cast-iron cocotte. Add 8-10 small onions and a dozen small dice of lean bacon. Turn occasionally. Halfway, add 300 g diced potatoes, stir to coat with butter. Cover and finish in low oven. At serving, untruss and baste with concentrated brown veal jus.

Grain-Fed Chicken Cévenol

Prepare and stuff as above, cook in butter in earthen casserole with ten small onions. When cooked, untruss, return; moisten with half a glass white wine, reduce by half, add about 1.5 decilitres demi-glace and a dozen chestnuts cooked in consommé. Serve in casserole.

Aunt Catherine's Rice Chicken

Choose a very white, slightly fat grain chicken; clean, season, stuff with 150 g sausage meat, chopped liver, breadcrumb. Truss, cover with bacon. Place in saucepan with 6 small new carrots, 6 small onions, parsley, half bay leaf, thyme. Moisten with half a glass of water, cover, heat; when water nearly evaporated, add three-quarters litre uncoloured bouillon. Cover and cook 18 minutes. Add 250 g washed rice, cook 20-25 minutes. Remove bouquet, untruss, dress in deep dish surrounded by rice.

Spring Chicken with Peasant Peas

Choose a plump new chicken, clean, season, truss, cover breast with bacon. Place in saucepan with 6 small new onions, 6 small carrots, 6 small new potatoes. Moisten with half a glass water, reduce by half. Add a quarter litre freshly shelled peas, a bouquet of parsley and small lettuce. Moisten with boiling water just to cover vegetables. Salt moderately. Cover and cook gently about 35 minutes. Untruss and dress surrounded by vegetables.

Chicken Graziella

Season, truss, cover breast with bacon; place on a bed of 100 g sliced onions, 100 g sliced carrots, bouquet garni; baste with butter, cover, and bake 8-10 minutes. Moisten with 1.5 decilitres veal stock, cover, return to oven, basting occasionally. Cook about 35 minutes. Untruss, dress on slightly hollow dish, surround with rice-stuffed braised lettuces. Add 1 decilitre demi-glace to cooking liquid, reduce by one third, pass through sieve, heat, and mask chicken.

Chicken Grand'Mère

Stuff with: a spoonful of finely chopped onion lightly browned in butter, 60 g sausage meat, chopped liver, parsley, 2 spoonfuls breadcrumb, seasoned. Truss, place in earthen casserole with 50 g very small diced lean bacon, a spoonful butter, 10 small onions. Cover and cook over low heat. When golden, add 300 g diced potatoes; continue over low heat. Serve in casserole.

Grilled Chicken Diable

Truss, split along back, flatten. Season, baste with melted butter, half-cook in oven. Coat with mustard, sprinkle with breadcrumbs, baste with butter, finish on grill. Dress hot; serve Diable sauce separately.

Grilled Chicken American

Grill without mustard. Surround with grilled tomatoes, mushrooms, and bacon. Serve Diable sauce or horseradish cream separately.

Grain-Fed Chicken Oriental

Prepare and cook on vegetable bed as for Graziella. Dress and surround with aubergines prepared Oriental style. (See Aubergines, Vegetables series.) Add 1.5 decilitres tomato sauce to cooking vegetables, pass through sieve, heat, pour over chicken.

Serve rice pilaf.

Chicken Tartarin

Stuff with 100 g sausage meat, a spoonful chopped truffle, fine herbs, salt, spices. Truss, cover breast with bacon, cook in butter in earthen casserole (poêlon). When cooked, untruss, return; add half glass white wine, reduce by half, add 1.5 decilitres tomato sauce; boil a few minutes. Complete with a spoonful of anchovy butter. Serve in casserole.

NOTE. — Add Provençal daube jus to the tomato for perfection. Serve cèpes browned in oil with garlic and parsley. Optionally, ravioli.

Chicken Vaclusienne

Clean, season, truss, put in earthen poêlon with 60 g chopped lean bacon and 2 spoonfuls olive oil. When browning, add 2 spoonfuls chopped onion, a glass white wine, 5-6 peeled, seeded, chopped tomatoes, parsley, garlic, salt, pepper. Cover and cook gently. Complete with 2 dozen black olives.

Separately, slice 2 medium aubergines, flour and fry in oil. Add around chicken. Serve immediately.

Chicken Vivandière

Stuff with cooked fresh blood sausage; cover breast with bacon; cook in butter. When cooked, untruss, return, baste with calvados, then 1 decilitre boiling cream.

Separately, slice 2-3 Reinette apples, cook in a saucepan with butter, water, sugar, cinnamon. Cover and cook gently. Dress chicken and mask with sauce. Serve apples separately.

SERIES OF POUSSINS

Poussins Alsacienne

Clean 2 fine fresh poussins; season inside; stuff with a spoonful of cooked foie gras and their livers sautéed in butter. Truss, wrap in very thin bacon, cook in butter. When done, remove, untruss, keep warm.

Deglaze with half glass Alsace white wine; reduce by half. Add 1.5 decilitres demi-glace with veal jus, somewhat full-bodied, and 100 g sliced truffles. Dress in cocotte; keep warm.

Separately, poach 250 g fresh noodles in salted water, drain well, bind with 100 g fresh butter, season. Put in timbale. Top with 4-5 fine fresh foie gras escalopes sautéed in butter, baste with poussin sauce, and cover with raw noodles browned in butter.

Serve poussins with noodles.

Poussins Bohémienne

For 2 poussins: stuff with chopped livers, breadcrumb, fine herbs, pinch of paprika. Truss and cook in butter with a spoonful of chopped onion per poussin. Halfway, sprinkle with paprika; finish over moderate heat. Untruss, dress in cocotte. Deglaze with white wine and 1 decilitre very fresh cream; reduce a few seconds and complete with 3-4 spoonfuls cooked foie gras passed through a sieve. Serve baked or ash-cooked apples.

Poussins Cendrillon

Choose as small as possible. Split along back, flatten, bone leaving only wing tips and half legs. Cook in butter over low heat, season; place between two layers of truffled fine sausage forcemeat. Wrap in caul, butter, and grill gently 12-15 minutes. Serve Périgueux sauce separately.

Poussins Châtelaine

Clean, season, return livers, truss.

For 2 poussins: cut 50 g lean bacon into small dice, blanch, drain, put in saucepan with a spoonful butter. When bacon begins to brown, add poussins with 6 small new onions, 6 small new carrots, 6 new potatoes, a shredded lettuce, a quarter litre fresh peas. Moisten with boiling water to cover; salt 8 g per litre. Cover and cook about 30 minutes.

Untruss, dress in deep dish or terrine. Bind the ragout with a spoonful of butter mixed with half a spoonful flour. Boil a few seconds and pour over.

Poussins Hermitage

Bone as for Cendrillon, flatten. Season, flour, egg, breadcrumbs, cook in clarified butter.

Dress and surround with small spoon-cut potatoes cooked in butter with a spoonful of melted meat glaze.

Coat with Château sauce with truffle slices. Serve English peas.

Poussins Moscovite

Stuff with: rain 125 g coarse semolina into half litre boiling lightly salted milk; cook gently 15-18 minutes. Remove from heat, add a spoonful butter and 4 spoonfuls very small diced lean ham. Stuff, truss, cook in butter, salt lightly. When cooked, baste with fresh cream; boil a few seconds. Untruss, dress in deep dish, mask with sauce.

Optionally, English peas, asparagus tips, new potatoes in butter.

Poussins Piémontaise

Stuff each with 2 spoonfuls chopped ham, white truffle, and livers sautéed in butter. Truss and cook completely in half butter, half very finely chopped lean bacon.

Meanwhile, prepare parmesan risotto; put in deep dish. Arrange poussins on rice and cover with white truffle slices lightly seasoned. Cover and keep warm.

POULTRY MAIN COURSES AND ENTRÉES

Poussins Piémontaise (continued)

Deglaze the bottom of the poussin casserole with a succulent reduced veal jus, with a few spoonfuls of tomato sauce and small pieces of fresh butter, and pour over the poussins.

Cover the dish and serve very hot.

Poussins Polonaise

Stuff each poussin with 2 spoonfuls of gratin forcemeat. Truss them and cook in butter over moderate heat. Dress them on a serving dish and cover with breadcrumb fried in butter.

Deglaze the bottom of the casserole with a few spoonfuls of good reduced jus, 2 spoonfuls of very fresh cream per poussin, and a little lemon juice.

Poussins Souvarow

Stuff each poussin with 25 grams of cooked foie gras and 10 g of diced truffle. Half-cook them in butter. At this point, untruss them and place them in a terrine of the desired size with one raw truffle per poussin, of medium size and carefully peeled, seasoned with salt and pepper.

Deglaze the bottom of the casserole with poultry stock and full-bodied veal jus and a few spoonfuls of Madeira; boil for 2 minutes and pour over the poussins.

Cover the terrine, seal the lid with a rope of dough, and finish cooking in the oven for 15 to 18 minutes. Serve as is.

Poussins Valentinois

Bone 2 poussins, leaving only a small piece of bone attached to the wings; flatten them lightly, salt them, and pass them for one minute through very hot butter to sear the flesh; spread them on a dish and mask the inner side with a layer of foie gras purée. Arrange 6 fine truffle slices on one of the poussins. Cover with the second poussin; sew the edges, flour the piece, and cook gently in butter. Turn the poussins at the right time so that cooking is uniform on both sides.

Dress and remove the sewing threads; deglaze the bottom of the casserole with white wine and veal jus; add a few spoonfuls of meat glaze and small pieces of butter and coat the poussins.

Serve a timbale of buttered asparagus tips and Macaire potatoes at the same time.

Poussins Véronique

Cook the poussins in butter and dress them in a cocotte with 12 Muscat grapes per bird, skinned and seeded.

Deglaze the bottom of the chicken casserole with white wine, reduce by two thirds, add a spoonful of meat glaze per poussin and 3 spoonfuls of very fresh cream. Boil for a few seconds and pour over the poussin or poussins.

Poussins Viennoise

Split the poussins in two lengthwise; flatten them, season them, dip each half in flour, then in egg, then in breadcrumb, and cook in clarified butter. They may also be deep-fried a few moments before serving.

Dress on a napkin, surround with fried parsley and lemon quarters.

As accompaniment: tomato sauce, horseradish, Diable, Tartare, Ravigote sauces all suit.

VARIOUS POULTRY PREPARATIONS

Poultry Giblets (Abatis)

Giblets are generally added to pot-au-feu; however, excellent ragouts are also made from them.

Giblets Bourguignonne

Brown in butter 200 grams of breast bacon, diced, passed through boiling water for a few minutes and well drained; remove the bacon to a plate and, in the same butter, brown 1 kilo of giblets cut into pieces, except the livers, which are added only 10 to 12 minutes before the end of cooking.

Sprinkle with 3 spoonfuls of flour; cook for a few moments; moisten with half a litre of red wine and one litre of water. Season with salt and pepper; add 24 small onions lightly browned in butter; a bouquet garni of parsley stems, a bay leaf, thyme sprigs, and a clove of garlic. Cover the casserole and leave to cook gently.

Then add the poultry livers and the lardons.

NOTE. — Mushrooms may be added to giblets Bourguignonne. Replace red wine with white wine.

Giblets are prepared with turnips, vegetables, and even simply with potatoes, proceeding as for mutton ragout.

WING TIPS (AILERONS)

Wing tips are prepared like giblets: with vegetables, as pilaf, etc., and make excellent lunch dishes; they are cooked in butter over low heat; they are stuffed, especially turkey wing tips, with fine sausage forcemeat.

Wing Tips in Butter with Chestnut Purée

The wing tips suitable for this preparation are those of poularde or turkey poult.

For 12 pieces, melt 125 grams of butter in a thick-bottomed casserole wide enough to hold the 12 wing tips side by side; salt them lightly, flour them, and arrange them in the butter; cover and cook gently over low heat. As soon as the butter begins to clarify, add a spoonful of water; continue until the wing tips are completely cooked, always adding a spoonful of water whenever the butter becomes clear. This yields a lightly browned jus of exquisite flavour. Wing tips are also cooked on beds of vegetables: onions, carrot, bouquet garni, proceeding like braised veal sweetbreads. Once cooked, dress the wing tips on a serving dish and baste with their cooking liquid.

Serve chestnut purée at the same time.

Chestnut purée may be replaced as desired with any other garnish: apple purée, green pea purée, creamed chicory, spinach, jardinière, etc.

Stuffed Wing Tips

Bone the wing tips and stuff them with very fine sausage meat with a few spoonfuls of chopped truffle; braise them on a bed of vegetables.

The same garnishes as above apply.

Stuffed and Grilled Wing Tips

After braising, leave them to cool, dip in butter and fresh breadcrumb, and grill gently.

As accompaniment: Diable sauce, potato purée, chestnut purée.

POULTRY BALLOTINES AND JAMBONNEAUX

These preparations are used to utilise the legs of poultry whose suprêmes have been used in some way.

The legs are boned and stuffed as desired: fine sausage forcemeat, galantine forcemeat, etc. Then the skin, which should have been left very long for this purpose, is sewn up, giving the legs one or the other shape, that is, the shape of a ballotine or a jambonneau, or even the shape of a poussin.

Ballotines or jambonneaux are then braised and dressed with their cooking liquid. They are accompanied by a garnish as desired: green peas, spinach, chicory, carrots, truffled suprême sauce, mushrooms, etc.

They may also be served cold with their cooking liquid jellied.

POULTRY BOUDINS AND QUENELLES

Poultry Boudins Richelieu

Prepare a poultry forcemeat with cream panade. Mould the boudins in small rectangular or oval buttered tin cases; fill them halfway with forcemeat; place in the centre a dessert spoonful of salpicon of poultry, truffles, and mushrooms, coated with a somewhat thick blond sauce. Finish filling the mould with forcemeat and smooth the surface.

Arrange the moulds in a sauté pan, cover with boiling water; poach the boudins very gently, drain on a white cloth, bread them English style, and colour in clarified butter.

Dress on a napkin and serve a Périgueux sauce or truffled Suprême sauce at the same time.

NOTE. — The poultry salpicon may be replaced as desired with partridge or any other game. In that case, the boudins may be accompanied by chestnut purée.

Chicken Pascalines

Prepare 500 grams of unsweetened milk choux pastry, add 4 to 5 spoonfuls of fresh grated cheese and as much poultry mousseline forcemeat as choux pastry. Mix intimately. Then pipe the mixture with a piping bag into a buttered sauté pan, giving the Pascalines the shape of half an egg, and poach them gently for 8 to 10 minutes in salted water. Drain them, arrange on the serving dish with the bottom masked with a light layer of Béchamel; cover with fine slices of fresh, carefully peeled truffles and coat with Béchamel sauce; sprinkle the surface with grated cheese, baste with melted butter, and lightly gratin under the salamander.

NOTE. — For variety, chopped truffle, chicken, ham, or tongue may be added to the mixture.

Poultry Quenelles

For fine quenelles, mousseline forcemeat must always be used. Quenelles are moulded, according to use, with a tablespoon, dessert spoon, or teaspoon.

When quenelles are intended for soups, it is more practical to shape them with a piping bag fitted with a nozzle or a cornet.

Mousseline quenelles must be poached with great attention in boiling salted water, covered. Keep near boiling; the slightest boil destroys the delicacy of this fine mixture.

Poaching time: 10 to 12 minutes.

Quenelles with Cream or Butter Panade

These quenelles are generally used as garnish.

Divide the forcemeat into pieces weighing 60 to 90 grams, mould the quenelles into oval shapes, poach for 8 to 10 minutes at low boil in salted water; drain.

These quenelles are, according to use, truffled or mixed with ham, tongue, etc.

With these quenelles, excellent entrées can be made, either with sliced poultry, truffles, mushrooms, crayfish tails, etc., all coated with Béchamel or Suprême sauce.

Poultry Blanquette Bourgeoise

Choose a tender bird; cut it up as for sautéing; place the pieces in a saucepan and cover with cold water; place over heat, and at the first boil remove from heat; refresh the poultry pieces in cold water and dry with a white cloth.

Separately, melt 3 spoonfuls of butter in a saucepan and mix in 3 spoonfuls of flour; cook the flour for a few seconds, add the poultry pieces. Mix well and moisten to the height of the meat with hot water.

Bring gently to a boil, salt at the rate of 8 to 10 g per litre of water, add a pinch of pepper; add 20 small onions, one studded with a clove, and a small bouquet of parsley stems, a bay leaf, and thyme sprigs. Cover and cook gently for about 50 to 60 minutes, then add a few mushrooms sautéed in butter.

At serving time, dress the poultry pieces in a deep dish and surround with the onions and mushrooms; remove the bouquet and bind the sauce with 2 egg yolks mixed with 2 spoonfuls of sauce, finishing the liaison by incorporating a few pieces of butter. Do not boil. Pass the sauce over the chicken.

NOTE. — Blanquette may be accompanied by rice pilaf or buttered noodles.

Poultry Capilotade

Capilotade is made with leftover roast, boiled, or braised poultry cut into pieces; add Italian sauce and simmer over low heat for 15 to 20 minutes. Dress in a timbale or deep dish; sprinkle lightly with chopped parsley.

Poultry Shells (Coquilles)

Shells are generally made with leftover poultry, preferably boiled.

Poultry Shells Mornay

Mask the bottom of the shells with Béchamel sauce, fill with thin slices of poultry heated in butter, coat with Béchamel sauce; sprinkle the surface with fresh grated cheese, baste with melted butter, and lightly gratin under the salamander or in the oven.

NOTE. — Fine truffle and mushroom slices may be mixed with the poultry if desired.

Poultry Crépinettes

Forcemeat proportions: 500 grams of poultry meat; 100 g lean pork; 400 grams fresh fat bacon. Chop very finely; incorporate 150 grams of foie gras passed through a sieve, 100 grams chopped truffle, 12 grams salt, a pinch of pepper, a suspicion of nutmeg, and a small glass of cognac.

Divide into pieces weighing 75 to 80 grams and shape into flat ovals; place a truffle slice in the centre of each oval and wrap in caul.

Dip the crépinettes in butter and breadcrumb and grill gently, or cook in butter. Dress in a crown. Send a Périgueux sauce or truffled Suprême sauce at the same time, and serve a vegetable purée of choice separately.

COCKS' COMBS AND KIDNEYS

Cocks' combs must be freed of the skin covering them and well soaked before being cooked in a very light Blanc. The essential point is to keep them very white.

Kidneys are simply soaked for a few moments in cold water, if possible running water, and added to the Blanc only a few minutes before the combs are fully cooked.

The main use of combs and kidneys is as garnish. However, they become a principal element in certain special dishes whose formulas follow.

Cocks' Combs Aurore

Proportions for 6 people: choose (at the hour when the cock crows) 18 fine combs, cook in a Blanc, drain, and place in a saucepan with 2 carefully peeled and sliced truffles, 12 very fresh cocks' kidneys browned in butter, 3 spoonfuls of Madeira, half a spoonful of butter, and 2 spoonfuls of pale meat glaze. Cover, boil for a few seconds, and coat everything with sweet pink paprika Suprême sauce.

Dress in a timbale and serve rice pilaf at the same time.

Cocks' Kidney Skewers

For 4 people, choose 24 large, very fresh kidneys; soak in cold water, drain, dry on a cloth, lightly flour, poach for a few moments in melted butter, and season with salt and pepper.

Separately, cut very thin strips of breast bacon large enough to wrap the kidneys. Skewer the bacon-wrapped kidneys (6 pieces per skewer), baste with melted butter, sprinkle with very fine white breadcrumb, and grill gently.

Serve a sauce of choice at the same time: Béarnaise, Piquante, Diable.

IMPORTANT. — Kidneys put in cold water to soak must not remain in water for more than 25 minutes.

A very creamy potato purée is ideal to accompany grilled cocks' kidneys.

Cocks' Kidneys Otero

Proportions for 6 people: choose 30 fine, very fresh cocks' kidneys; soak in fresh water, drain on a cloth, dry, and roll in flour. A few minutes before serving, sauté them in butter, season with salt and pepper, and remove to a plate. Deglaze the bottom of the casserole with half a glass of Madeira; add 3 spoonfuls of meat glaze and 2 decilitres of very fresh cream; boil for a few minutes. Return the kidneys to the casserole and add a fine julienne of truffle.

Separately, prepare 6 freshly cooked artichoke bottoms. (See "Artichoke Bottoms", Vegetables series.)

NOTE. — Never leave kidneys in water for long.

Dress the artichokes and fill them with kidneys.

Serve a rice pilaf with 2 large sweet red peppers, grilled, skinned, and cut into julienne at the same time.

Combs and Kidneys Souvarow

Proportions for 6 people: choose 12 large combs and 18 very fresh kidneys. Cook the combs for 20 minutes in a blanc; drain and braise them on a bed of vegetables: carrot and onions, bouquet garni, bacon trimmings.

When the combs are cooked, remove them from the cooking liquid and place in a saucepan with 2 large, carefully peeled and sliced truffles, 3 spoonfuls of Madeira, and 2 spoonfuls of meat

glaze; keep warm. Add 2 decilitres of demi-glaze sauce to the comb cooking liquid; boil for a few minutes and pass this liquid over the combs.

At the last minute, the kidneys, soaked in fresh water, well dried, rolled in flour, are sautéed in butter, seasoned with salt and pepper, then mixed with the combs.

Heat this fine ragout strongly and mix in a spoonful of very fine butter.

Dress in a timbale.

Serve a Piedmontese risotto bound with a few spoonfuls of foie gras purée and parmesan at the same time.

Stuffed Cocks' Kidneys for Cold Entrée, Garnishes, etc.

Choose fine, very fresh kidneys of equal size; poach them in a blanc; leave to cool and dry on a cloth; split them in two lengthwise without separating; trim lightly and stuff with truffled foie gras purée; mask with pale chaud-froid sauce; arrange on an enamelled tray and keep on ice for the time needed to firm the sauce.

The dressing may be done on ham mousse, tomato mousse, paprika chicken mousse, woodcock mousse, etc.

Proceed as follows: choose a square dish, preferably deep; failing that, the dish may be replaced by a crystal bowl. Surround the dish with crushed ice and set a light layer of jelly in the bottom. Cover the jelly with one to two centimetres of ham mousse; as soon as the mousse has the desired consistency, arrange the kidneys on it in 2 rows; leave a small space of one centimetre between the kidneys, filled with a small bouquet of very green asparagus tips.

Cover everything with half-set jelly. Keep the dish constantly surrounded by ice and serve it the same way.

Proceed in the same way for other mousses.

NOTE. — For woodcock and Rouen duck mousse, replace the asparagus tips with a fine julienne of chicken breast, truffle, mushrooms, and tongue.

POULTRY CROQUETTES, PALETS, AND CROMESQUIS

Croquettes, palets, and croustilles use the same mixtures and take the name of the dominant element: poultry, game, fish, etc.

Poultry Croquettes

Lift the meat of a roast or poached bird and cut it into very small squares. Cut likewise a quarter of the volume of the poultry meat in carefully peeled truffle and the same amount of cultivated mushrooms. Combine everything in a flat saucepan, add 3 to 4 decilitres of blond sauce (called "Allemande sauce"); reduce the sauce quickly, stirring the bottom of the saucepan with a spatula. Pour this mixture onto a dish and leave to cool.

Lightly flour a board used for this purpose. Divide the mixture into equal parts; shape them like corks; dip each croquette in beaten egg seasoned with salt and pepper, then roll in freshly prepared breadcrumb.

Fry them in plenty of very hot fat 10 minutes before serving.

Dressing and accompaniment: croquettes are generally dressed on a napkin with fried parsley.

Their accompaniment is a light sauce suited to the element: Périgueux sauce, tomato sauce, curry sauce, etc.

Poultry Palets

Prepare a poultry mixture exactly like the previous one, adding a few spoonfuls of very finely cut tongue and ham.

As soon as the mixture is cold, divide it into equal parts of 60 to 70 grams each, arrange on a lightly floured board, first shape into a ball, then flatten into small palets. Dip each palet in beaten egg and roll in breadcrumb.

Ten minutes before serving, colour the palets in a pan with clarified butter.

Dress them in a crown on the serving dish and sauce lightly with a few spoonfuls of meat glaze mounted with butter and finished with a dash of lemon juice.

Accompaniment: English-style green peas or buttered or creamed asparagus tips are ideal.

NOTE. — These croquettes and palets can be made with leftover meats. For large families, a third of French-style cooked rice may be added to the mixture.

Cromesquis

Prepare the cromesquis mixture exactly like that for croquettes; divide into equal 60-gram parts, shape into rectangles on the floured board, and wrap in caul.

At serving time, dip them in ordinary frying batter and plunge into very hot deep fat. Drain on a cloth and dress on a napkin with fried parsley.

Serve tomato sauce at the same time.

POULTRY ÉMINCÉS

Poultry Émincé Ménagère

Arrange on a buttered dish a turban of potato rounds cooked in water and lightly browned in butter. Fill the centre with leftover poultry and freshly cooked sliced mushrooms, all coated with Béchamel sauce. Sprinkle the surface with grated cheese mixed with breadcrumbs; baste with melted butter and gratin.

NOTE. — If poultry is a little scarce, a few sliced hard-boiled eggs may be added.

Poultry Émincé Bonne-Femme

Finely slice leftover poultry, add a quarter of its volume of cooked sliced ham and an equal part of rice cooked in butter. Coat everything with Béchamel sauce. Pour into a gratin dish of the desired size. Smooth the surface, sprinkle with grated cheese, baste with melted butter, and gratin.

Poultry Émincé Curry

Put the émincé in a saucepan with a spoonful of butter and a spoonful of bouillon; cover and place over low heat long enough to heat the poultry well and coat it with curry cream sauce.

Dress the émincé in a timbale.

Serve a dish of Indian-style rice at the same time.

Poultry Émincé Maintenon

Cut the two wings of a poached bird into small escalopes; place them in a saucepan with a spoonful of butter, 150 g of cooked fresh mushrooms cut into slices, 150 grams of peeled and sliced truffles, and 2 spoonfuls of Madeira. Cover and place over heat for the time needed to heat the poultry and garnish, all bound with blond sauce.

Dress the émincé in a border of French-style cooked rice. (See the "Pasta Series" for the various methods of cooking rice.)

Poularde Breast Marquise

Proportions for 8 people: choose 2 young poulardes of medium size; clean carefully, truss them, and wrap in bards of bacon; poach them in a little white veal stock. As soon as the poulardes are cooked, remove them from the liquid and untruss; lift the fillets and remove the skins. Divide each fillet into two escalopes; place them in a saucepan with a spoonful of butter and 2 spoonfuls of the poularde cooking liquid, 2 spoonfuls of Madeira, and 250 grams of fresh truffles, carefully peeled and sliced; season moderately with salt and pepper. Cover, heat for a few moments, and add about 3 decilitres of blond sauce, called "Allemande sauce", to which the poularde cooking liquid reduced to a quarter of its volume has been added.

Separately, prepare a semolina mixture for gnocchi, incorporating a quarter of its volume of foie gras parfait cut into small dice. Cool on a sheet to the same thickness as for gnocchi. Cut with an oval cutter of the same diameter as the chicken escalopes; flour these delicate palets and brown them in butter on both sides.

Dress the palets on an entrée dish, place a chicken escalope on each, and cover with the truffle slices and sauce.

Serve buttered asparagus tips at the same time.

Poularde Breast Medallion Duchesse

Prepare the poularde breast medallions exactly like "Poularde Breast Marquise". Dress them on fresh cooked artichoke bottoms stuffed with poularde breast trimmings, cooked foie gras, and diced truffle, coated with Béchamel sauce. Sprinkle the surface with grated cheese, baste with butter, and glaze lightly under the salamander. Cover the poularde breasts with the truffle garnish.

NOTE. — For medallions, each poularde fillet should be cut into 3 escalopes.

Serve at the same time either very tender English-style green peas or asparagus tips.

Poultry Livers Sautéed Chasseur

Choose 10 fine, very fresh livers, carefully remove the gall, season with salt and pepper, roll in flour, and sauté quickly in butter and olive oil; remove from the pan and place on a plate. Put 5 to 6 sliced fresh mushrooms in the pan in place of the livers, sauté for a few seconds, add a chopped shallot, a spoonful of cognac, and half a glass of white wine; reduce by two thirds; then add 3 spoonfuls of tomato sauce and 2 decilitres of very reduced demi-glace sauce. Put the livers in the sauce, complete with a pinch of chopped parsley and, optionally, a pinch of chopped tarragon. To finish: small pieces of fine butter and the juice of half a lemon. Shake the pan so the butter binds with the sauce.

Dress in a timbale and serve rice pilaf at the same time.

Poultry Livers in Pilaf

Sauté the poultry livers in butter, season with salt and pepper, and mix with an equal part of rice cooked for pilaf. The quantity of rice may be increased as appropriate.

Dress in a timbale.

Serve a sauceboat of tomato sauce at the same time.

NOTE. — Optionally, fried aubergine slices or butter-sautéed slices may be added.

Poultry Liver Skewers

Choose very fresh livers, trim them, season with salt and pepper, and sauté for one minute in very hot butter. Remove to a plate and sprinkle with chopped parsley.

Skewer them on silver skewers, alternating with cooked or raw mushrooms cut into rounds and very thin small squares of lean bacon. Baste with butter, sprinkle lightly with breadcrumbs, and grill gently.

A Diable sauce, Piquante sauce, etc., may be served at the same time.

Potato purée accompanies grilled poultry livers very well.

Poultry Livers Sautéed Provençale

Choose a dozen very fresh livers, trim them, season with salt and pepper, roll in flour, and sauté in a pan with half olive oil and half butter.

Separately, prepare the following sauce: choose 5 to 6 well-ripened tomatoes, peel, seed, chop, and place in a saucepan with 2 spoonfuls of olive oil, salt, pepper, a point of garlic chopped with a pinch of parsley. Cover and cook very gently for 18 to 20 minutes; add the livers and serve in a timbale.

Provençale livers may always be accompanied by rice pilaf.

Chicken Fricassée Ménagère

Choose a chicken weighing 1.5 kilos, tender and a little fat; clean and cut it up as explained for sautéing. Place the chicken pieces in a saucepan of the desired size with a spoonful of butter and a glass of white wine; cover and place over heat; as soon as the wine has almost evaporated, moisten with one litre of boiling water, add about twenty small onions boiled for a few minutes in water; a bouquet of parsley leaves, a bay leaf, thyme sprigs, 8 to 10 grams of salt, and a pinch of pepper. Boil for 6 to 8 minutes, then add 2 spoonfuls of flour mixed with a few spoonfuls of cold water.

Half-cover the saucepan and continue cooking over moderate heat for 20 to 25 minutes.

Complete the garnish with about fifteen small fresh mushrooms sautéed in butter. Remove the saucepan to the corner of the fire. At serving time, remove the bouquet and bind the sauce with 3 egg yolks mixed with a few spoonfuls of sauce. Incorporate a spoonful of fine butter and a pinch of chopped parsley into the sauce.

As accompaniment: buttered noodles, rice pilaf, and plain potatoes suit chicken fricassée very well.

NOTE. — Chicken fricassée is also prepared with truffles, morels, or crayfish tails. In that case, moisten the chicken to its height with veal stock instead of water. When the chicken is cooked, dress it in a timbale; reduce the cooking liquid by two thirds, add 2 decilitres of velouté, reduce for a few moments to obtain a sauce that lightly coats the spoon. Bind the sauce with 3 egg yolks

thinned with a few spoonfuls of very fresh cream; pass through a fine strainer into a saucepan in which the chosen garnish has been heated in butter, and pour over the chicken.

Poultry Fritot

Preferably take a boiled bird and divide it into 5 parts: the two legs, the two wings, and the breast. Cut each leg into 3 pieces, the wings and breast into 2 pieces each; place them in a deep dish, baste lightly with olive oil and lemon juice, and sprinkle with chopped parsley.

At serving time, dip the poultry pieces in a light frying batter; plunge into very hot fat, drain, and dress on a napkin; surround with fried parsley.

Serve tomato sauce separately.

Poultry Mazagran

Prepare on a buttered oval dish a border of Duchesse potato mixture, as for "Turbot Cream Gratin". Fill the centre with a poultry émincé; truffle and mushroom slices bound with Suprême sauce. Egg-wash the potato border and colour in the oven.

On removing the dish from the oven, cover the poultry émincé with fresh breadcrumb browned in butter. Surround the base of the Mazagran with a crown of small Chipolata sausages grilled or cooked in butter in a pan in advance.

POULTRY MOUSSES AND MOUSSELINES

These two kinds of preparations are based on cream mousseline forcemeat; the difference is that mousse is generally made in a mould (size for 4 to 8 people), while mousselines are made in the form of large quenelles, one or two per person.

Poultry Mousseline Alexandra

Mould the mousselines with a soup spoon and place them as they are made in a buttered sauté pan. Cover with lightly salted boiling water, pouring carefully so as not to deform the mousselines; for this, the pointed strainer called "Chinois" may be used.

Cover the sauté pan and keep it on the corner of the fire, maintaining the water at 95 degrees; the water must not boil.

Poaching time for mousselines is about 12 to 15 minutes.

Drain them, dress in a crown on a round dish; place on each a thin escalope of poultry breast and a truffle slice on each escalope; coat them with Béchamel sauce; sprinkle with grated cheese.

Baste with melted butter and glaze quickly under the salamander.

On removing the dish from the oven, place in the centre of the mousselines a bouquet of very green asparagus tips bound with butter. (See "Cream Mousseline Forcemeat".)

Poultry Mousseline Florentine

Mould the mousselines and poach them in the same way. Lay them on coarsely chopped spinach stewed in butter, seasoned with salt and pepper. Coat with Béchamel sauce, sprinkle with fresh grated cheese; baste with melted butter and glaze quickly under the salamander.

Poultry Mousseline Indienne

Mould, poach, drain, and dress the mousselines in a crown on a round dish. Coat with Indian sauce and serve Indian-style rice separately.

Poultry Mousseline Paprika

Same preparation as "Mousselines Indienne". Simply replace the Indian sauce with paprika sauce. Serve rice pilaf at the same time.

Poultry Mousseline Patti

Mould, poach, drain, and dress in a crown on a round dish. Fill the centre of the mousselines with crayfish tails coated with crayfish butter Suprême sauce. Lightly coat the mousselines with the same sauce; place a fine truffle slice on each.

NOTE. — Patti mousselines may be dressed as desired on croûtons fried in butter or on small semolina supports coloured in butter.

Poultry Sylphides

Mould and poach the mousselines as usual. Mask the bottom of barquette crusts with Béchamel sauce to which a fine truffle julienne has been added; place a mousseline in each barquette, a thin

escalope of poultry breast on each mousseline, and lightly coat with Béchamel sauce with truffle julienne. Cover them with a Parmesan soufflé mixture piped with a plain nozzle. Put the sylphides in the oven for 4 to 5 minutes, just long enough to cook the soufflé, and serve immediately.

Ursulines de Nancy

Mould and poach the mousselines and drain them. Fill barquette crusts with truffled foie gras purée thinned with a few spoonfuls of meat glaze. Place a mousseline in each barquette; decorate with a fine, very thin truffle slice; coat with meat glaze mounted with butter.

Dress the Ursulines on a round dish. Serve buttered asparagus tips at the same time.

NOTE. — Ursulines may be served as a small entrée and, in some cases, as a garnish for a large main piece.

English Chicken Pie (Pâte de Poulet à l'Anglaise)

Cut a very tender chicken as for fricassée; season the pieces with salt and pepper; sprinkle with 3 finely chopped shallots and one medium finely chopped onion; 60 grams of chopped raw mushrooms passed in butter; a pinch of chopped parsley.

Line the bottom and sides of a pie-dish with thin veal escalopes; arrange the chicken pieces inside, placing the leg pieces at the bottom; add 150 grams of bacon cut into thin slices and 4 hard-boiled egg yolks halved; moisten to three-quarters height with chicken consommé. Cover with a sheet of puff pastry; seal it onto a strip of pastry stuck to the edges of the dish, egg-wash the surface; make a small slit in the centre of the pastry and bake for one to one and a half hours in a medium oven.

On removing the pastry from the oven, introduce a few spoonfuls of good jus.

NOTE. — Puff pastry may be replaced by ordinary pâté pastry, and the hard-boiled egg yolks, which I see no use for, may be omitted.

This very simple method, used in England to make their pies, is generally to be recommended to every good housewife.

TIMBALES

For the preparation of timbales in general, the custom is to bake a pastry shell blind, of the desired size, and fill it at serving time with the agreed element, just as one would fill a vol-au-vent shell.

For baking this shell, after lining the chosen mould with pastry, the cavity is filled either with dried beans, rice, or other similar products. Bake in a moderate oven. As soon as the shell is cooked, remove it from the oven, leave it to cool somewhat, then empty it of its contents, which should be reserved for reuse. Keep the shell ready to be served.

The lid is made separately.

But when one really wants to give this shell the delicacy it should have, after buttering and lining the chosen mould with pastry, cover it with fine bards of bacon and fill the cavity with pork and beef, all finely chopped and seasoned with salt, pepper, and spices. The filling should rise a little above the edges of the mould so as to form the lid; egg-wash it and bake in a moderate oven like an ordinary pâté. As soon as it is cooked, remove from the oven and keep warm.

At serving time, carefully detach the lid, remove the contents completely, and replace with the adopted garnish.

This method of making a shell, when the contained element is not to be cooked with it, is certainly the one that will always be most appreciated.

In summer, when a foie gras pâté en croûte is to be served and only truffled foie gras in terrines and tins is available, prepare the shell as indicated above, empty it immediately after baking, and after cooling replace with truffled foie gras kept in terrine or tin and cover with good jelly.

NOTE. — The meats used in making the shells can serve for a host of other hot and cold preparations.

Timbale Bontoux

Prepare a timbale shell of your choice.

The garnish includes:

1° Poached macaroni, kept a little firm, bound with butter and parmesan, with a few spoonfuls of very reduced tomato demi-glace sauce;

2° A garnish of cocks' combs and kidneys, truffle slices, and truffled poultry quenelles, all bound with a fine demi-glace sauce lightly added with tomato sauce.

Fill the timbale, alternating the macaroni with the garnish.

Timbale Maréchal Foch

Proportions for 6 people: choose a fine capon; clean carefully; lightly salt the inside; stuff with the following mixture: 100 grams of fresh fat bacon pounded with 100 grams of truffle peelings, seasoned with salt, pepper, and spices.

Truss the capon with legs turned back and wrap in bards of bacon.

Line a saucepan of the desired size with a few blanched pork rinds, one large sliced onion and 2 medium sliced carrots, 250 to 300 grams of veal shank meat cut into small squares, and a bouquet garni of parsley stems, a bay leaf, and thyme sprigs. Moisten with a quarter litre of white stock, cover, and place over low heat; once this liquid is completely reduced, moisten again with the same amount of white stock; reduce gently by two thirds, then add half a litre of the same stock. Cover and place in the oven, basting the capon from time to time with its own jus during cooking. Cooking time: one hour to one hour and a quarter depending on size.

Half an hour before serving, poach 250 grams of medium-sized, extra-quality macaroni in salted water. As soon as poached, drain completely and return to the saucepan with a few spoonfuls of the unskimmed capon cooking liquid; simmer for 4 to 5 minutes; add a few small pieces of fresh butter, 200 grams of foie gras parfait crushed with a fork, and 60 g of fresh grated parmesan, and bind everything intimately.

Remove the capon from the saucepan, untruss it, quickly lift the suprêmes and cut them into somewhat thick escalopes; place them in a small saucepan and add 200 grams of carefully peeled and sliced truffles; a pinch of salt and freshly ground pepper, and 2 spoonfuls of Madeira. Detach the legs from the carcass, remove the drumsticks, finely slice the thigh meat, and mix it with the macaroni.

Separately, add to the capon cooking liquid one third of its volume of fine tomato sauce and the same amount of demi-glace sauce. Reduce for a few moments to obtain a smooth sauce; pass through a fine strainer and add to the capon escalopes and truffle slices; boil for 2 seconds.

Dressing: into a timbale shell or silver timbale, pour two thirds of the prepared macaroni; while very hot, sprinkle with fresh grated parmesan and spread the capon escalopes and part of the truffle slices over it, all well coated with sauce; sprinkle with parmesan. Finish filling the timbale with the remaining macaroni; sprinkle with parmesan and complete with the remaining sauce and truffle slices.

Close the timbale and keep it in the warming oven for a few minutes, the time needed for the truffle to develop its aroma.

NOTE. — Cocks' combs and kidneys may be added as extra garnish if desired.

Timbale Châtelaïne

Proportions for 6 people: braise 2 fine veal sweetbreads on a bed of vegetables. As soon as they are cooked, remove them from the saucepan and keep warm.

Moisten the cooking liquid with 3 to 4 decilitres of demi-glace sauce. Boil for a few minutes and pass through a fine strainer called "Chinois".

Separately, prepare a garnish of cocks' combs and kidneys and truffle slices. Combine these elements in a saucepan and add 2 or 3 spoonfuls of Madeira. Cover, boil for a few seconds, and mix the very reduced sweetbread cooking liquid into the garnish.

Prepare in advance a timbale shell wider than it is high; pour the macaroni into the shell, sprinkle with cheese, and baste with a few spoonfuls of the garnish sauce. Arrange the veal sweetbreads cut into somewhat thick escalopes in a crown on the macaroni. Put the garnish in the centre and mask everything with its very reduced sauce.

Close the timbale with its lid; keep warm for a few moments and serve very hot.

NOTE. — In general, a timbale, even at the best dinners, is always appreciated, and the greatest care should be taken in its preparation. With a little imagination, the garnish can be varied, allowing the names to be changed. In some cases, macaroni may be replaced by noodles or even ravioli.

NOTE. — In these various timbales, to facilitate service, a shape wider than high is preferable.

VOL-AU-VENT

Vol-au-Vent Financière

Prepare a garnish composed of poultry quenelles, mushroom caps, truffle slices, cocks' combs and kidneys, and lamb or veal sweetbreads. Coat everything with a smooth, boiling Madeira demi-glace sauce. Complete the sauce at the last moment by incorporating a few pieces of fine butter. Fill a freshly baked vol-au-vent shell. Dress on a napkin.

Optionally, the vol-au-vent may be surrounded with crayfish cooked in court-bouillon.

Vol-au-Vent Toulousaine

The garnish of this vol-au-vent consists of: sliced poultry breast, mushrooms, poultry quenelles, truffle slices, cocks' kidneys and combs, lamb sweetbreads, and veal sweetbread escalopes, all coated with a suprême sauce or a blond sauce bound with egg yolks.

Dress on a napkin.

POULTRY PILAF

Pilaf is the national dish of oriental countries; its preparation includes an infinity of formulas.

In general, rice should cook with the chosen meats, but in some cases poultry or other meats and rice cooked for pilaf may be cooked separately and mixed after cooking, and served at the same time with either tomato sauce or a very good, somewhat full-bodied jus.

Greek-Style Chicken Pilaf

Cut 2 small chickens into small pieces, season with salt and pepper, and cook over low heat in 2 spoonfuls of butter and 2 spoonfuls of olive oil.

At the same time, lightly brown a heaped spoonful of finely chopped onion in butter and mix in 300 grams of rice; stir the rice with a spoon so as to coat it well with butter. Moisten with 6 decilitres of ordinary bouillon; add a small red chilli, a bay leaf, and 150 grams of Smyrna raisins.

Cover the saucepan and cook for 18 minutes. At this point, the chickens should be cooked; mix the rice in intimately.

Dress the pilaf in a timbale. Serve tomato sauce at the same time.

Turkish-Style Poultry Pilaf

Cut the chicken as for fricassée; season with salt and pepper; cook for about 10 minutes over low heat in 2 spoonfuls of butter and 2 spoonfuls of olive oil; add 2 spoonfuls of finely chopped onion; as soon as the onion begins to brown, mix 250 grams of rice into the chicken, stir with a spoon, add 3 peeled, seeded, and chopped tomatoes and a small bay leaf. Optionally, add 125 grams of mixed Corinth and Smyrna raisins. Moisten with 4 decilitres of ordinary bouillon. (Turks preferably use mutton bouillon.) Add a pinch of saffron, cover, and cook in a fairly hot oven for 20 minutes.

After this time, the chicken and rice are sufficiently cooked and the rice should be completely dry.

Dress the pilaf in a timbale or deep dish.

Serve tomato sauce at the same time.

NOTE. — As a variant, sliced aubergines fried in oil and green or red peppers grilled and cut into strips may be added to the pilaf.

Pilaf of Cooked Poultry

For this pilaf, leftover poultry from the previous meal is used. The meat is cut into small squares or escalopes, then placed in a saucepan with one or two spoonfuls of butter and heated very gently.

Separately, prepare rice for pilaf as indicated for "Greek-Style Pilaf", without raisins. As soon as the rice is cooked, mix in the warm chicken.

Dress the chicken in a timbale or vegetable dish.

Serve at the same time either tomato sauce, reduced veal jus, paprika sauce, or curry sauce.

(This formula should be classified in "The Art of Using Leftovers".)

POULTRY SOUFFLÉS

Poultry soufflés are made with either cooked or raw poultry.

Composition of soufflé with cooked poultry: proportions for 6 to 8 people: finely pound 4 to 500 grams of poached poultry meat; add 5 to 6 spoonfuls of cold Béchamel sauce; pass through a sieve.

Heat the purée obtained without boiling and add 50 g of butter, 5 egg yolks, and 6 whipped egg whites, and bake in a low oven.

Composition of soufflé with raw poultry meat: incorporate into 500 grams of poultry mousseline forcemeat 3 to 4 spoonfuls of Béchamel sauce, 3 egg yolks, and 4 egg whites whipped very firm. Dress in a buttered timbale and bake in a low oven, directly or in a bain-marie. The latter method is preferable for raw poultry.

This kind of soufflé may be served as is or accompanied by a suprême sauce, paprika sauce, Nantua sauce, etc.

Poultry Soufflé Périgourdine

This soufflé may be made with cooked or raw poultry. Add carefully peeled raw truffle slices to the mixture.

Dress in a buttered timbale and bake in a low oven.

Cooking time for these soufflés varies between 15 and 20 minutes, depending on the size of the soufflé.

COLD POULARDES

Poularde in Champagne Jelly

Bone the breast of the poularde; season the inside with salt, pepper, and a spoonful of fine champagne cognac.

Choose a very fresh foie gras weighing 4 to 500 grams, trim it, season with salt, pepper, and spices; stud it with quarters of truffle similarly seasoned. Wrap the foie gras in bards of bacon, then in muslin, and poach for 15 minutes in lightly browned veal shank stock.

Leave to cool in its cooking liquid. Once cold, unwrap it and place it inside the bird. Truss with legs turned back and cover the breast with a bard of bacon. Place the bird in a saucepan of the desired size, add 2 decilitres of ordinary stock, cover, and reduce the liquid by two thirds.

NOTE. — To make it easier to put the foie gras into the bird, the latter may be partly split along the back and then sewn up.

Prepare in advance a Mirepoix as follows: one medium onion, 2 carrots, 100 grams of breast bacon, 150 to 200 g of veal shank meat, all cut into small squares; chopped parsley stems, thyme sprigs, and a bay leaf.

Combine these in a saucepan in which 100 grams of butter has been heated. Lightly brown these elements and pour them around the bird; then moisten with half a bottle of brut Champagne; cover and reduce the liquid by half.

Complete the moistening up to the height of the bird with the stock used to poach the foie gras and 2 decilitres of calf's foot jelly. Simmer gently for about 55 to 60 minutes.

Remove the saucepan from the heat and leave the bird to cool somewhat in the cooking liquid; then take it out, untruss it, place it in a terrine, cover completely with its cooking liquid passed through muslin, and leave to cool until the next day. At serving time, remove the fat solidified on the jelly with a spoon.

Place the terrine on a dish covered with a napkin and serve as is.

NOTE. — Poularde au Champagne, depending on the occasion, may be presented on a rice tampon 2.5 centimetres thick placed on a long dish. In that case, the bird is surrounded with medium artichoke bottoms specially cooked and filled either with very green asparagus tips, fine Russian salad, or crayfish tails, and in spring with plover eggs.

The jelly accompanying the poularde must be served in a separate timbale, surrounded by ice, the only way to obtain all the delicacy and freshness that jelly requires.

Poularde Rose de Mai

Poach the poularde in white stock. When quite cold, lift the two suprêmes and remove the breast bones.

Mask the carcass with white chaud-froid sauce; fill it with tomato mousse arranged to reconstitute the breast of the poularde, and mask completely with white chaud-froid sauce; decorate with details of truffle and hard-boiled eggs.

Cut 3 fine escalopes from each suprême; chaud-froid them white, place a fine truffle slice on each escalope, and glaze with jelly. Keep on ice.

Fill as many small fine pastry barquettes as there are escalopes with the same mousse used for the poularde; leave the mousse to set.

Dress the poularde on a low rice tampon and surround with the mousse-filled barquettes; place a chaud-froid escalope on each barquette. Garnish the dish with very clear jelly. Serve a timbale of very cold jelly at the same time.

Poularde Rose-Marie

When the poularde is poached and cold, lift the suprêmes; cut 3 or 4 escalopes from each, depending on size; coat them with white chaud-froid sauce.

Trim the carcass, leaving the wing tips; fill it with very fine, well-pink ham mousse, giving it the shape of the poularde. Leave to firm in the refrigerator.

Fill as many small fine pastry barquettes as there are escalopes with ham mousse, as described for "Poularde Rose de Mai".

When the mousse forming the breast of the bird is well firmed, coat it with sweet pink paprika chaud-froid sauce; decorate as desired and glaze with jelly.

Dress the poularde on a low rice tampon placed on a long dish; arrange the ham mousse barquettes around it; place a poultry escalope on the mousse and a truffle slice on each.

Optionally, small aspics of fine jelly moulded in dariole moulds may be interleaved with the barquettes. But this does not prevent serving at the same time, in a separate ice-surrounded timbale, a jelly free of all industrial gelatin. Only veal shanks, calf's feet, poultry, and beef for clarification of jellies should be used to obtain exquisite jellies.

NOTE. — The dressing method of poulardes "Rose de Mai" and "Rose-Marie" can be adapted to all kinds of cold poultry, mousses, and different flavours and aromas.

VARIOUS COLD POULTRY PREPARATIONS

Poultry Aspic Toulousaine

Lift the suprêmes of a poached and cooled bird. Cut 3 to 4 escalopes from each suprême and coat them with white chaud-froid sauce. Keep cool.

Separately, choose an excellent foie gras parfait; with a tablespoon, form as many foie gras shells as there are escalopes.

Line a plain border mould with white jelly; surround with ice, arrange the poultry escalopes in the border interspersed with foie gras shells and fine truffle slices and, if possible, a few cocks' kidneys; these must be very fresh and poached in butter and mushroom cooking liquid. Finish filling the mould with jelly.

Unmould at serving time onto a very cold dish and place in the centre a salad of asparagus tips and truffle slices cut into julienne. If desired, the salad may be served separately with the aspic.

Hungarian-style poultry aspic is prepared the same way; only the white chaud-froid sauce is replaced by pink paprika chaud-froid sauce.

NOTE. — By the same method, a variety of aspics can be prepared, such as lobster, shrimp, crayfish, and various game.

Poultry Chaud-Froid

Poach the bird, leave it to cool in its cooking liquid, then cut it into regular pieces and remove the skin. Dip these pieces in a chaud-froid sauce made, as far as possible, with the poultry cooking liquid; arrange them on a tray. Decorate each piece with a fine truffle slice; glaze with jelly and leave to set. Trim all the poultry pieces at the moment of dressing.

OBSERVATION

Formerly, poultry chaud-froid was dressed on a rice or bread tampon placed in the middle of a jelly border, interspersing combs and mushrooms also coated with chaud-froid sauce between the pieces.

It was also dressed on cups cast in stearin; but these old kitchen methods are increasingly replaced by the dressing I created in 1894 at the Savoy Hotel in London, which is as follows:

Set a layer of fine jelly in the bottom of a square, deep dish; arrange on this layer of jelly poultry suprêmes cut into escalopes and coated with chaud-froid sauce, garnished with cocks' combs and kidneys and truffle slices, and cover entirely with the same jelly, then leave to set in place.

(In England, chicken legs are generally not served; they find use in several other preparations, such as grilled, in émincés and creamed hash, risotto, etc.)

To serve, set the dish into a block of clear ice or surround it with crushed ice.

This method has several advantages: it uses fewer gelatinous elements in the jelly; it keeps the jelly always uniformly fresh, which constitutes its delicacy; it facilitates service and is more pleasing to the eye.

Poultry Breast Rachel

Lift the suprêmes of a poached bird. Cut them into not-too-thin escalopes.

With the leg meat, prepare a mousse and pour it into a square dish in which a light layer of jelly has been set.

As soon as the mousse has set, arrange the poultry escalopes on it, interspersing small bouquets of asparagus tips. Place a fine truffle slice on each escalope and cover everything with jelly.

A third of its volume of foie gras purée may be added to the poultry mousse if desired.

Serve at the same time a salad composed of asparagus tips, truffle julienne, and cooked artichoke bottoms cut into julienne.

NOTE. — For the preparation of mousses in general, see the initial formulas in the Series of Cold Preparations, Garnishes chapter.

Poultry Suprêmes Jeannette

Lift the suprêmes of a poached and cooled bird; divide each into 3 or 4 escalopes; coat them with pale chaud-froid sauce, then decorate with blanched, very green tarragon leaves.

Set a light layer of very fine jelly in the bottom of a square dish.

Arrange on this jelly slices of foie gras parfait of the same size as the poultry escalopes; place an escalope on each slice of foie gras, then cover with fine half-set poultry jelly.

To serve, set the dish into a block of clear ice cut to the desired size.

NOTE. — I gave the name Jeannette to this exquisite preparation in memory of the ship "La Jeannette" which, in 1881, on an expedition to the North Pole, was caught in the ice; only one survivor returned from that unfortunate expedition.

Poultry Breast Vicomtesse de Fontenay

Lift the suprêmes of a poached and cooled bird; divide each into 4 escalopes; mask them with a sweet pink paprika chaud-froid sauce; place a fine truffle slice on each escalope.

Set a one-centimetre-thick layer of poultry jelly in the bottom of a square dish or, failing that, a crystal bowl.

Arrange on it 8 slices of foie gras parfait of the same size as the poultry escalopes; place an escalope coated with chaud-froid sauce on each round of parfait. Fill the space between the escalopes with small bouquets of very green asparagus tips; then cover with the same half-set poultry jelly. Keep the dish on ice. To serve, set the dish or bowl into a block of ice cut for the purpose or, failing that, surround the dish with clear ice crushed to snow.

NOTE. — The dish containing the designated elements must never leave the ice. It is the lightness and freshness of the jelly that gives the palate such an agreeable sensation during summer heat.

The jelly intended for this dish must be prepared with veal shanks and feet and poultry.

Never use commercial gelatin.

Poultry Mayonnaise

Fill the bottom of a salad bowl with shredded lettuce seasoned with a little salt and a few drops of vinegar, arranged in a dome.

Arrange escalopes of poultry, with the skin carefully removed, on this salad; cover the top with mayonnaise sauce; smooth it; decorate with capers, pitted olives, anchovy fillets, quarters of hard-boiled egg, small lettuce hearts, etc.

These decorative elements are placed according to taste.

Formerly, mayonnaises were generally dressed in the middle of a jelly border in which the garnish elements were arranged.

Poultry Salad

It contains exactly the same elements as poultry mayonnaise, except that mayonnaise sauce is replaced by ordinary salad dressing added a few moments before serving. Nevertheless, a sauceboat of mayonnaise sauce should always be served at the same time.

TURKEY POULT (DINDONNEAU)

Turkey poult is generally served whole, except when using leftovers from the previous meal, giblets, or an old cock or hen turkey cut into pieces and cooked as a daube, proceeding in the same way as beef daube. The same garnishes that accompany beef daube suit turkey poult.

Turkey poult is cooked, depending on the case, either roasted, braised, or pan-fried.

In England, it is sometimes served boiled.

(See its different preparations: Poultry Main Courses and Entrées chapter, and Various Preparations series.)

In general, almost all ways of preparing poulardes suit turkey poult.

Turkey Wing Tips with Chestnut Purée

After flaming and removing the smallest feathers, place them in a casserole whose bottom is just wide enough to hold the wing tips side by side.

For 12 wing tips, heat 100 grams of butter in the casserole, arrange the wing tips in the butter, salt lightly, and cook over low heat, covered, proceeding as for a piece of veal, that is, taking care with the cooking and adding one or two spoonfuls of hot water as soon as the butter begins to

take on a light blond colour; this operation should be repeated several times during cooking. Above all, avoid letting the butter burn, for all the flavour of this dish would be lost. At the end of cooking, a golden blond jus should be obtained.

Dress the wing tips in a deep dish and add a few spoonfuls of hot water to deglaze the cooking liquid well and obtain enough jus for the number of wing tips.

NOTE. — This jus should not be skimmed; adding a few spoonfuls of hot water at the last moment yields a lightly bound jus with a very pleasant hazelnut taste.

It is by the care taken in cooking the wing tips that a truly delicious dish is obtained.

From time to time during cooking, the water may be replaced by a few spoonfuls of white wine; this is a matter of taste.

Wing tips may also be cooked in another way, by braising them on a bed of sliced vegetables, proceeding as for veal sweetbreads.

Turkey Poult Chipolata

Stuff the turkey poult with a forcemeat composed of: 500 grams of veal, the same amount of fresh fat bacon, 150 grams of breadcrumb soaked in water and pressed; seasoning: salt, pepper, and spices. Truss it, cover with bards of bacon, and pan-fry surrounded by a Mirepoix composed of onions, carrot, breast bacon, diced and browned in butter, a bay leaf, thyme sprigs, and parsley stems. During cooking, baste from time to time with a few spoonfuls of white wine.

Dress the turkey poult surrounded by the following garnish called "Chipolata": 24 glazed small onions, 24 chestnuts cooked in consommé; 150 grams of blanched lardons browned in butter, 24 small carrots cooked in consommé and glazed, 12 small sausages. Add 4 decilitres of demi-glace sauce to the braising liquid, boil for a few minutes, pass through a chinois; skim the sauce, lightly mask the garnish, and serve the surplus separately in a sauceboat.

Turkey Poult Stuffed with Chestnuts

For a turkey poult weighing about 3 kilos: choose 1 kilo of fine chestnuts; slit the skins; burst them either in the oven or in a pan; remove the shell and second skin quickly; cook them in white

consommé. Then drain and mix with 7 to 800 grams of highly seasoned sausage meat, to which a chopped truffle may be added.

Remove the wishbone and breast bone of the turkey poult, fill the inside with the prepared chestnut forcemeat; truss and roast on the spit or in the oven at moderate heat, basting often.

Dress at the desired time and serve the jus of the piece, kept a little fatty, separately.

COLD TURKEY POULT

For eating cold, it is preferable to pan-fry the turkey poult. Its vegetable cooking liquid may be added to the accompanying jelly.

The various formulas indicated for whole cold poulardes apply to it.

Turkey poult is also prepared as a daube for cold service.

Turkey Poult Daube

Cut a turkey poult into pieces of about 100 grams; place them in a terrine and season with salt, pepper, and spices; baste with a few spoonfuls of cognac and olive oil; add 2 medium onions, 2 shallots, 2 medium carrots, all finely chopped, and half a litre of white wine; leave to marinate for 2 to 3 hours with a strong bouquet garni composed of parsley stems, a bay leaf, a thyme sprig, a crushed clove of garlic, and a piece of dried orange peel.

Take a suitable earthenware utensil of proportionate capacity to hold the daube elements. Arrange the turkey poult pieces in alternating layers with blanched pork rinds cut into small dice and breast bacon diced and lightly browned in butter. Place the bouquet garni in the centre of the turkey layers; pour the marinade into the daubière and complete with 4 decilitres of brown veal shank stock. Cover hermetically and cook in a low oven for 2 hours to 2 hours 15 minutes.

Remove the bouquet, leave to cool in the daubière, and serve as is.

SQUABS (PIGEONNEAUX)

In principle, only young birds that have reached full development should be used. An old pigeon can hardly be used except as a compote, which means cooking it until it is a compote, or for forcemeats. That is why only squab is designated here.

Squabs Bordelaise

Split them in two; lightly flatten each half; season and cook gently in butter in a sauté pan.

Separately, for 2 squabs, slice 2 raw artichoke hearts and sauté in butter, and the same amount of raw potatoes cut into thin rounds and cooked in butter.

Add the artichokes and potatoes to the squabs.

At serving time, fry a medium onion cut into rings and a tuft of parsley in oil.

Dress the half-squabs and surround them, in bouquets, with the potatoes and artichokes interspersed with fried onion rings and fried parsley bouquets.

Deglaze the bottom of the casserole with half a glass of white wine; reduce by half, add 2 spoonfuls of meat glaze and 3 to 4 spoonfuls of consommé or veal stock; boil for 2 minutes.

Remove from heat, incorporate a good spoonful of fine butter and a few drops of lemon juice, and pour over the half-squabs.

Squabs Chasseur

See "Chicken Sauté Chasseur" and proceed in the same way.

Squabs Crapaudine

Cut the squabs horizontally from the point of the breast to the wings. Open them, flatten lightly, season with salt and pepper, dip in melted butter, then in breadcrumb; grill gently and dress on a very hot dish.

Serve a Diable sauce at the same time.

Squabs Financière

Pan-fry the squabs and dress on a deep entrée dish. Surround with the following garnish: mushroom caps, sliced truffles, poultry quenelles, cocks' combs and kidneys, pitted olives. All coated with a fine Madeira demi-glace sauce.

Squab Gauthier with Crayfish Butter

The word "Gauthier" does not indicate a special species of squab. It was formerly used to designate innocent pigeons, that is, young birds taken from the nest barely feathered.

Split the squabs in two; arrange them in a sauté pan of the desired size containing enough melted butter, lightly acidulated with a few drops of lemon juice, to almost cover the half-squabs. Poach them in this butter over very low heat.

At serving time, dress the half-squabs in a crown on an entrée dish and mask them with a velouté bound with egg yolks and mixed with crayfish butter.

This sauce may be completed with truffle slices and cèpes browned in butter.

As accompaniment: Alsatian noodles.

Squabs with Peas Ménagère

Colour in butter 50 grams of diced, blanched lean breast bacon and 6 small onions per squab.

Drain the bacon and onions; put the squabs in their place and colour lightly; add a quarter litre of green peas per squab, the bacon, the onions, and a bouquet of parsley; moisten with 4 decilitres of boiling water, 6 grams of salt, and a pinch of pepper. Cover and cook over low heat.

Sometimes a few small carrots and new potatoes are added to the peas.

Squabs are also prepared as follows: cover them with a bard of bacon and cook in butter. Once cooked, remove from the pan and untruss; deglaze the bottom with a spoonful of bouillon. Add one decilitre of demi-glace sauce per squab; boil for a few minutes, return the squabs to the pan, and cover with peas cooked French style. Heat strongly. Dress on a slightly hollow entrée dish.

Squabs Polonaise

Proportions for 2 squabs: stuff them with a gratin forcemeat prepared as follows: take the livers of two pigeons and 3 to 4 chicken livers; season with salt, pepper, and spices; add a small dessert spoonful of chopped onion and half a chopped shallot, a pinch of chopped parsley leaves.

Heat strongly in a pan a dessert spoonful of butter with a tablespoon of grated fat bacon. Throw the prepared livers into this burning butter; sauté for 2 seconds, just long enough to sear them; leave to cool and pass through a fine sieve. Truss and bard the squabs and cook them in butter in

a casserole. Dress on an entrée dish and cover with breadcrumb fried in butter at the last moment.

Add a few spoonfuls of good veal jus to the squab cooking liquid, boil for one minute, pass through a chinois, and serve separately in a sauceboat.

Squabs with Blood

Bleed the squabs, keeping the blood in a bowl to which a dash of vinegar and a spoonful of red wine are added; mix well to prevent coagulation.

After carefully cleaning the squabs, split them in half lengthwise, flatten lightly, season lightly with salt and pepper, and flour. Heat in a sauté pan large enough to hold 4 half-squabs side by side 3 spoonfuls of butter and 2 spoonfuls of olive oil. Arrange the half-squabs in the butter and cook over low heat, turning at the right time for uniform cooking. Add a finely chopped shallot and 120 grams of sliced fresh mushrooms. Baste the squabs with a few spoonfuls of fine champagne cognac and 2 decilitres of white or red wine as desired, and reduce quickly by half. Remove from heat; dress the squabs; bind the sauce with the reserved blood and 3 spoonfuls of very fresh cream. Pour immediately over the squabs.

Squabs Sautéed with Tomatoes Provençale

Split them in two lengthwise, season with salt and pepper, and proceed as explained for "Chicken Sauté Provençale".

Squab Cutlets Yvette

Split the squabs in two, bone them leaving the wing tips and legs; flatten lightly, season with salt and pepper, flour, then dip in beaten egg, then in fresh breadcrumb, and cook in clarified butter. Dress on a very hot dish.

Serve an émincé of artichoke bottoms and truffle coated with fine cream Béchamel sauce at the same time.

Squab Suprêmes Rossini

Cook 2 bacon-barded squabs in butter in a casserole; as soon as cooked, untruss them; lift the fillets and place in a small saucepan with 150 to 200 grams of sliced truffles seasoned with salt

and freshly ground pepper and a spoonful of butter; keep warm for a few moments and coat this fine ragout with a fine demi-glace sauce.

Separately, sauté 4 fine, well-seasoned fresh foie gras escalopes in butter at the last minute.

Dress the foie gras on pain de mie croûtons fried in butter at the last minute; place a suprême on each escalope and cover with the truffles.

Serve noodles with parmesan at the same time.

As a variant, noodles may be replaced by risotto.

English Squab Pie (Pigeon Pie)

Line the bottom and sides of an English pie dish with slices of smoked breast bacon sprinkled with chopped shallot.

Arrange the squabs cut into four pieces, seasoned with salt and pepper and sprinkled with chopped parsley, in the dish, adding one hard-boiled egg yolk halved per squab. Moisten halfway up with good jus; cover with a sheet of puff pastry; egg-wash and score with the point of a knife; make an opening in the centre of the pastry and bake for about one hour and a quarter in a medium oven.

Squab Timbale La Fayette

1° Prepare a timbale shell in a mould wider than high, as indicated in "Chicken Timbale".

2° For 6 squabs, cook 36 crayfish in a wine Mirepoix; as soon as cooked, remove the tails from the shells and place in a small saucepan with 2 spoonfuls of butter, 2 spoonfuls of their cooking liquid, and 200 grams of sliced truffles, seasoned with salt and freshly ground pepper; keep warm.

3° With the crayfish shells, prepare a crayfish butter. At the same time, cook 6 squabs wrapped in fine bards of bacon in butter; after cooking, lift the suprêmes, remove the skin, and keep the suprêmes warm with a little squab cooking butter and a few spoonfuls of meat glaze.

4° Cook 300 grams of macaroni in salted water, keeping it a little firm; drain completely and add: 75 grams of butter, 125 grams of freshly grated parmesan, a suspicion of nutmeg.

Prepare in advance a fine cream Béchamel sauce completed with the crayfish butter; add a few spoonfuls of this sauce to the macaroni and some to the crayfish tails and truffles.

Dressing: pour the macaroni into the timbale; cover the surface with the crayfish and truffle ragout; arrange the squab suprêmes on top and mask with the remaining sauce. Decorate the surface with fine truffle slices.

Squab Vol-au-Vent

A vol-au-vent may be filled either with squabs prepared Financière style, in which case the squabs are divided into 4 pieces. It may also be filled with squab suprêmes, crayfish tails, and truffle slices, coated with cream Béchamel sauce and crayfish butter.

Pigeons in Compote

This name is mainly used for somewhat firm birds. In that case, the pigeon or pigeons are fully braised on a bed of vegetables.

Garnish: glazed small onions, mushroom caps, lean breast bacon cut into squares, blanched and browned in butter.

Dress the pigeons. Add one or two decilitres of demi-glace sauce to the cooking liquid; boil for a few minutes; pass the sauce through a chinois over the garnish, boil for another 2 or 3 minutes, and pour over the pigeons.

NOTE. — An infinite number of preparations can be indicated for pigeons, squabs, wood pigeons, turtle doves, and doves. Many preparations applied to chicken and partridge adapt marvellously to these various birds.

COLD SQUABS

Squabs in Terrine with Jelly

First prepare the following forcemeat: for 2 pigeons, melt 50 grams of fat bacon with 30 grams of butter in a pan, heat strongly, and add 100 grams of chicken livers seasoned with salt, pepper, and spices, and a small dessert spoonful of chopped onion and a pinch of parsley. Sauté the livers for 2 seconds, just long enough to sear them. Leave to cool and pass through a fine sieve.

Bone the breast of the squabs and remove the legs. Season inside and fill with the prepared forcemeat; place them in a terrine just large enough to hold them. Baste with a spoonful of cognac and cover with a bard of bacon. Cover the terrine and cook in a bain-marie in the oven for about 35 minutes. On removing the squabs from the oven, cover them with a brown, somewhat full-bodied veal jelly and leave to cool.

This preparation should be made the day before so that everything is well chilled.

At serving time, skim the top of the jelly and dress the terrine on a long dish covered with a napkin.

NOTE. — The poultry liver forcemeat may be replaced by truffled foie gras parfait, and the squabs cooked as in the previous formula.

The squabs may also be cooked in pâté pastry. In that case, after lining the mould with pastry, cover the sides with fine bards of bacon.

Many poultry and partridge formulas and recipes apply to squabs.

GUINEA FOWL (PINTADE)

Almost all the formulas indicated for pheasant apply to guinea fowl.

When hunting is prohibited, a young truffled guinea fowl is worthy of appearing on the best table.

GOOSE (OIE)

The chief merit of the goose is to provide the finest and most perfect foie gras.

It is nevertheless prepared in several ways, but as much as possible it should be young.

Goose Alsacienne

Stuff it with sausage meat and then roast or pan-fry.

Dress and surround with braised sauerkraut, breast bacon cooked with the sauerkraut and sliced, and jambonneaux.

Goose English Style

The English are quite fond of this bird. Prepare the following stuffing: bake 6 to 700 grams of onions in the oven without removing the skins; leave to cool. Then peel, chop, and add the same weight of breadcrumb moistened with bouillon; seasoning salt, pepper, a suspicion of nutmeg, and 15 to 20 grams of chopped fresh or dried sage.

Introduce this preparation into the goose; truss and roast in the oven or on the spit. Dress and surround with the jus, which should be kept a little fatty.

Serve a sauceboat of lightly sweetened apple marmalade separately.

Goose Bordelaise

Stuff it with half sausage meat and half breadcrumb browned in butter; season with salt, pepper, spices, and a point of crushed garlic.

Truss the piece and roast on the spit or in the oven.

Dress; serve its jus separately and, at the same time, a dish of cèpes browned Bordelaise style.

Goose Chipolata

Prepared like the turkey poult of that name. (See "Turkey Poult Chipolata".)

Goose Civet

Collect the blood when killing the bird; immediately add the juice of a lemon or 2 teaspoons of vinegar and whisk gently until completely cooled to prevent coagulation.

Then cut the goose into pieces and proceed as for a hare civet. (See "Hare Civet", Game chapter.)

Goose Confit

Choose well-fatted geese, each bird being capable of providing 1 kilo 250 grams of fat. Clean them carefully, gut them, and cut each into 6 pieces (the legs, the breast divided in two, and 2 carcass pieces). Rub the pieces with grey salt mixed with a point of spices. Arrange them in deep dishes, cover with salt, and leave to cure for 24 hours. The next day, melt in a basin or other utensil all the fat collected from the goose pieces and intestines. Arrange the pieces in the fat,

after passing them through cold water and drying well; cook them thoroughly while keeping them a little firm, given their later use, which takes about 2 hours and a half.

Then place them in pots previously passed through boiling water, at the rate of one goose per pot. Cover the pieces with the cooking fat. When well set, add enough melted lard to form a good centimetre thickness over the goose fat and leave to solidify.

Finally, cover the pots with rounds of strong paper tied well around the pots.

Goose with Chestnuts

Proceed according to the method and proportions indicated for "Turkey Poult with Chestnuts".

Goose Braised with Turnips

Proceed as indicated for "Duck with Turnips".

Goose Daube

Proceed according to the method and proportions indicated in the formula "Turkey Daube", taking into account the weight of the piece to adjust the cooking time.

DUCKS AND DUCKLINGS

In cooking, three kinds of ducks are distinguished: Rouen, Nantes, and the various varieties of wild duck. The latter are mainly used as roasts and salmis.

Rouen duck is also treated as a roast rather than an entrée, the characteristic of its preparation being that it is kept rare; it is only very rarely braised.

Rouen duck is not bled like other poultry but suffocated.

Nantes duck, which has less flesh than Rouen, is generally braised, pan-fried, or roasted.

Duckling with Alsatian Noodles

Choose a well-fleshed bird, clean carefully, and fill the inside with gratin forcemeat made from duck liver and foie gras; truss and pan-fry on a bed of vegetables.

Dress on an entrée dish and baste with its pan-frying liquid with brown veal stock.

Serve a dish of Alsatian noodles at the same time.

Duckling with Sauerkraut

Stuff the duckling as above, cook the same way, and replace the noodles with sauerkraut braised with breast bacon.

Dress the duckling with the sauerkraut and bacon slices around.

Serve the jus separately.

Duckling Braised with Turnips

Colour the duckling in butter; drain the butter; add half a glass of white wine and reduce completely; then add 2 decilitres of demi-glace sauce, the same amount of brown veal stock, and a small bouquet garni. Cook the duckling over low heat.

In the butter used to brown the duck, colour 400 grams of turnips turned into elongated olive shapes; sprinkle with a good pinch of sugar and sauté for a few minutes. Also prepare about twenty small onions lightly browned in butter.

When the duckling is half cooked, change its casserole and surround it with the turnips and onions; pass the sauce over everything and finish cooking in the oven, covered.

Dress the duckling with the turnips and onions arranged around.

Duckling with Olives

Braise the duckling like the one with turnips, keeping the sauce more reduced and more succulent.

A few moments before serving, add 250 grams of pitted olives passed through boiling water for a few minutes.

Dress the duckling and surround with olives and sauce.

Duckling with Peas Ménagère

Lightly brown in butter about fifteen small onions and 250 grams of breast bacon cut into large dice and passed through boiling water for a few minutes.

Remove the bacon and onions; put the duckling to colour in the same butter; once coloured, remove the duckling to a plate; mix a good spoonful of flour into the butter and brown lightly, stirring with a wooden spoon; dilute the roux with half a litre of water, 6 grams of salt, and a pinch of pepper; return the duckling to the casserole with the small onions and bacon; add one litre of green peas and a small bouquet garni. Cover and cook gently.

Remove the bouquet, dress the duckling, and cover with the garnish.

If the sauce is too short, add a few spoonfuls of hot water.

Duckling with Peas (another way)

Braise or pan-fry the duck on a bed of sliced onion and carrot, pork rind, and bouquet garni.

When the duck is cooked, remove it from the casserole; add one and a half decilitres of white wine to the cooking liquid, reduce, then 3 decilitres of demi-glace sauce; boil for 2 minutes; pass the sauce through a fine strainer with pressure, leave to rest a moment, skim the sauce, and return it to the casserole with the duck.

Then add three-quarters of a litre of fine peas cooked French style with small onions and bacon. Simmer for a few moments.

Dress the duck and cover with the peas.

Duckling Suprêmes

Duckling suprêmes are lifted like poultry suprêmes and may be treated the same way.

However, from experience, a better result is obtained when the duckling is first cooked, either pan-fried or on the spit, and the suprêmes lifted after cooking.

Duckling Suprêmes Rossini

Pan-fry the duckling on a bed of sliced onion, carrot, and bouquet garni. When cooked to the desired point, remove from the casserole and keep warm. Moisten the cooking liquid with a few

spoonfuls of old armagnac and a glass of white wine; reduce by two thirds; add 3 decilitres of fine demi-glace sauce; boil for a few minutes, pass the sauce through a chinois into a small saucepan, leave to rest a few moments, and skim; mix in 150 to 200 g of carefully peeled and sliced truffles, seasoned with salt and freshly ground pepper. Keep warm.

Separately, cut 4 fine fresh foie gras escalopes, season with salt and pepper, flour, and sauté in butter.

Lift the suprêmes of the duckling and divide each into 2 escalopes; dress them on pain de mie croûtons fried in butter at the last minute; place a foie gras escalope on each. Bring the truffle sauce to a boil and pour over the escalopes.

Serve a dish of fresh Italian-style noodles at the same time.

Duckling Suprêmes Piémontaise

Prepare the suprêmes exactly as for "Rossini" and replace the noodles with a succulent Piedmontese risotto.

NOTE. — Regarding duck and all poultry in general, use only young birds; that is the main secret to obtaining perfect results.

Rouen Duckling

Except when it is to be served cold with a spoon, Rouen duckling is not braised: it is pan-fried or roasted, always kept rare.

When it is to be stuffed, the forcemeat is prepared as follows: chop 125 g of fresh fat bacon and place in a pan with 30 grams of butter; heat strongly.

Separately, prepare on a plate 250 grams of duck livers, carefully freed of gall, seasoned with salt, pepper, spices, a pinch of parsley, and a spoonful of chopped onion. Throw the livers into the burning fat and sauté for 2 or 3 seconds so that the livers remain rare.

Leave to cool halfway, pound, and pass through a fine sieve.

Rouen Duckling with Cherries

Pan-fry the duckling and, with the cooking liquid and the addition of demi-glace sauce, prepare a smooth sauce called "fumet". Dress the duckling and cover with the fumet.

Serve separately a garnish of cherries prepared as follows: choose a pound of fine Montmorency cherries; stone them and place in a copper pan with 2 spoonfuls of powdered sugar and a pinch of powdered cinnamon. Cover and cook for 5 minutes over moderate heat; remove from heat and leave to cool.

Separately, reduce by half a decilitre of Port wine with the juice of an orange and the grated zest of an orange and the cherry cooking juice; then add 4 tablespoons of redcurrant jelly and, once melted, add the cherries.

NOTE. — This sauce can be prepared all year round by using cherries preserved in light syrup. (Speciality of the House of Caressa in Nice.)

When using preserved cherries: reduce half the cherry syrup with the Port, add cinnamon, the juice and zest of an orange; add the redcurrant jelly and complete with the cherries.

Rouen Duckling en Chemise

Clean carefully and remove the croupion, whose taste is very unpleasant. Stuff the duckling with Rouen forcemeat and truss it.

Wrap it in a napkin; tie it like a galantine and poach gently for about 40 minutes in a somewhat full-bodied brown stock.

To serve, remove the napkin in which the duckling was poached and replace it with a small fringed napkin, giving the illusion of a little shirt. Surround with orange segments pared à vif and send a Rouen sauce separately.

Rouen Duckling en Dodine au Chambertin

Roast the duckling, keeping it a little rare. Lift the two sides of the breast and keep them in reserve, taking care to place these two breast pieces on a dish skin side down; this precaution is very important, its purpose being to keep the blood in the flesh; partially cover the dish.

Detach the legs (these are not served and find another use); remove the croupion completely and pound the carcass.

Put in a saucepan 2 decilitres of Chambertin wine, 2 small glasses of fine Champagne cognac, 2 chopped shallots, a pinch of mignonette pepper, a suspicion of nutmeg, and half a bay leaf; reduce quickly by two thirds.

Then add the pounded carcass and about 3 decilitres of demi-glaze sauce with brown veal stock; cover and place in a moderate oven for 15 to 20 minutes; then pass everything through a fine chinois with pressure. Bring the sauce back to a boil for a few minutes and complete it off the heat with 30 grams of fresh butter and 3 spoonfuls of Rouen forcemeat.

To serve: cut each breast piece into 3 or 4 escalopes; dress these escalopes in a very hot silver timbale or deep dish, sprinkle with a pinch of salt and freshly ground pepper and small fresh mushrooms browned in butter. Cover everything with the prepared sauce, which must be very hot. Serve fresh noodles with hazelnut butter separately.

NOTE. — The dodine may be made richer by completing the duckling escalopes with fresh foie gras escalopes sautéed in butter at the last minute and truffle slices.

As a variant, to bind the sauce, the Rouen forcemeat may be replaced by foie gras parfait passed through a fine sieve with 2 spoonfuls of fine meat glaze, and the butter replaced by 3 to 4 spoonfuls of cream, provided it is very fresh.

These various preparations may be served cold, dressed in a terrine or square dish with jelly.

Duckling with Orange

Duckling with orange is served either roasted, pan-fried, or braised; but it is most often served roasted, accompanied by a somewhat full-bodied brown veal jus with duck fumet, to which a small julienne of strongly blanched orange zest and the juice of an orange are added.

Serve orange segments pared à vif in a bowl at the same time.

When the duck is braised or pan-fried, as soon as it is cooked, remove it from the casserole; add 3 decilitres of demi-glaze sauce reduced with brown veal stock to the cooking liquid.

Pass through a chinois into a small saucepan; add the zest of one orange and a quarter of a lemon zest cut into julienne and strongly blanched, and the juice of the orange.

Dress the duckling on an entrée dish; sauce lightly with the prepared sauce and send the surplus separately in a sauceboat.

Serve orange segments pared à vif at the same time.

Rouen Duckling à la Presse

Roast the duckling for 20 minutes; send it immediately to the table, where it is treated as follows: remove the two legs, which are not served.

Cut the two fillets into fine aiguillettes and arrange them side by side on a warm dish; season with salt and freshly ground pepper.

Chop the carcass and pass it through the press for this purpose, moistening with a glass of red wine, Bordeaux or Burgundy, reduced by half.

Collect the jus, add a dash of cognac, and baste the aiguillettes.

Place the dish on a rechaud, heat well without boiling, and serve immediately.

Rouen Duckling Stuffed

Stuff the duckling with the forcemeat indicated in the note; roast over high heat for 25 to 30 minutes depending on size. Accompany with a Rouen sauce.

If served fully carved: detach the legs; score them on the inside, season with salt and pepper, and grill.

Cut the fillets into fine aiguillettes and dress them on one side of a long dish, with the forcemeat removed from the inside on the other side.

Place the grilled legs at one end of the dish.

Coarsely chop the carcass and pass it through the press, moistening with a glass of fine champagne cognac and the juice of a lemon.

Add the collected jus to the Rouen sauce and lightly sauce the aiguillettes. Serve the rest of the sauce separately.

Rouen Duckling Salmis

Proceed in all points as for "Dodine au Chambertin". Dress on a pain de mie croûton one centimetre thick, square and of the necessary size; hollow it slightly and fry in clarified butter, then fill the hollow with Rouen forcemeat.

Surround with small pain de mie croûtons fried in butter and covered with a light layer of Rouen forcemeat.

The legs may always be grilled and served at the same time.

Rouen Duckling Soufflé

Roast or pan-fry the duckling, keeping it rare.

Lift the suprêmes and keep in reserve. Cut the breast bones with strong scissors so that the carcass forms a sort of box.

With the duckling liver, 250 grams of beef fillet, 100 g of raw foie gras or, failing that, the same amount of poularde livers, and one egg white, prepare a mousseline forcemeat.

Fill the carcass with this forcemeat so as to restore the piece to its original shape; surround with a band of buttered paper to prevent deformation; poach gently, covered, for 20 minutes.

Poaching: place a fairly thick brick in the bottom of an oval braisière of the desired size; add boiling water to two thirds of the height of the brick; bring to a boil. Place the duckling on a dish that can easily enter and be removed from the braisière; cover and leave the forcemeat to poach gently, keeping the water at 95 degrees. Do not let boil.

Dress the duck on the serving dish and mask lightly with salmis sauce. Serve at the same time the reserved, escaloped duckling suprêmes with truffle slices, all coated with a fine, highly seasoned, boiling salmis sauce.

NOTE. — This mousseline forcemeat may be poached in a cylindrical mould; serve as accompaniment escaloped duck suprêmes with truffle slices coated with salmis sauce.

Duckling Périgourdine Soufflé

Finely pound the meat of a roast or pan-fried duckling with 2 or 3 duck livers browned in butter, add 4 egg yolks, season with salt, freshly ground pepper, and a suspicion of nutmeg. Pass through a fine sieve and place in a terrine; mix in 3 to 4 spoonfuls of very reduced demi-glace sauce and 6 egg whites whipped very firm; complete with 125 grams of carefully peeled and thinly sliced truffles.

Pour the mixture into a buttered soufflé timbale and bake like an ordinary soufflé.

Serve a marrow sauce as accompaniment.

NOTE. — This soufflé can be made with leftovers of a duck from the previous meal.

COLD DUCKLINGS

Duckling Aiguillettes in Jelly

Pan-fry a Rouen duckling for about 25 to 30 minutes; leave it to cool almost completely in its cooking liquid. Then lift the fillets, remove the skin, and cut into aiguillettes; keep in reserve.

Finely pound the legs and carcass after removing the croupion, and place them in the casserole in which 2 decilitres of red wine, a spoonful of cognac, and a pinch of mignonette pepper have been reduced by half. Then add 2 decilitres of demi-glace sauce; simmer for a quarter of an hour; pass through a fine strainer with pressure. Keep cool.

Separately, prepare a Rouen forcemeat as indicated. In proportions of about 200 grams, place this forcemeat in a terrine and mix in the same volume of foie gras parfait passed through a sieve, and part or all of the sauce prepared with the legs and carcass of the duckling. Work everything strongly with a wooden spoon; gradually incorporate 200 to 250 grams of frothy butter and a few spoonfuls of very fresh cream.

Dress this mousse in a deep dish; smooth the surface, arrange the aiguillettes on top, and cover everything with a fine jelly of Port or Frontignan wine.

Optionally, the aiguillettes may be accompanied by orange segments pared à vif.

Duckling Aiguillettes with Cherries

Prepare and dress the aiguillettes on mousse exactly as in the previous recipe. Arrange a row of cherries cooked with a spoonful of sugar, orange zest, and 2 spoonfuls of Bordeaux wine all around the aiguillettes.

Cover everything with Port jelly.

Firm the jelly and serve the dish surrounded with crushed ice or set into a block of ice.

Duckling à la Cuiller

Braise a duckling on a bed of vegetables: sliced carrot and onion and veal shank stock. The duckling must be well cooked.

Leave it to cool halfway, lift the fillets carefully, and bone the legs.

Add 3 decilitres of demi-glace sauce to the braising liquid; reduce to obtain about 4 decilitres of sauce after reduction; then complete with 3 spoonfuls of Rouen forcemeat and pass through a fine strainer.

Pour a layer of sauce into the bottom of a terrine of the desired size; arrange the leg meat on top and coat with sauce; cover with foie gras parfait cut into slices; mask the foie gras with the duck fillets cut into 3 or 4 escalopes each; cover with the remaining sauce. Finish filling the terrine with fine Port jelly.

Keep on ice for 24 hours before serving.

Duckling Terrine with Jelly

Bone the breast of a Rouen duckling and season the inside with salt, pepper, and a spoonful of cognac. Remove the croupion and legs.

Fill the duckling with Rouen forcemeat and place it in a terrine just large enough to hold it. Simply baste with a small glass of cognac and salt lightly; cover with a bard of bacon; cook uncovered in a bain-marie in the oven for about 40 minutes.

On removing the duckling from the oven, fill the terrine with a somewhat full-bodied and above all boiling jelly; leave to cool until the next day.

At serving time, remove the fat risen to the surface with a spoon. Dress on a long dish covered with a napkin.

Duckling Timbale Toulousaine

Proportions for 6 to 8 people: roast the ducklings, keeping them a little rare; leave to cool and lift the fillets.

With the legs and carcasses, after removing the croupions, prepare a jellied salmis sauce like a chaud-froid sauce.

Cut the fillets into escalopes (3 or 4 per fillet), coat with the same salmis sauce, and leave to firm.

Separately, line a low pâté mould, a little wider than high, with puff pastry; cover the pastry with bards of bacon; fill the cavity with sausage meat, the top domed; cover with a bard of bacon, then with the pastry, leaving a chimney in the centre. Seal the edges; decorate the lid with small leaves of the same pastry. Egg-wash and bake. Leave to cool completely and carefully remove the lid by running the point of a knife all around, along the crest of the timbale. Remove the contents completely; they may serve for various other preparations.

Set a fairly thick layer of salmis sauce, with Rouen forcemeat added in the same proportions; on this forcemeat, arrange in a crown half the duck escalopes, alternating with thin escalopes of foie gras parfait and truffle slices; cover with a layer of jelly. Repeat a second row of duck escalopes, foie gras, and truffle slices.

Very little space should remain in the centre, which can in any case be completed with foie gras. Finish filling the timbale with Port jelly, cover with its lid, and keep cool until serving.

NOTE. — This timbale method can be applied to all game that can be prepared as salmis.

FOIE GRAS

(Hot Foie Gras Preparations)

Foie gras served hot, except in escalopes, is not much appreciated. However, here are a few formulas:

There are three ways of cooking foie gras: poached, braised, and cooked in pastry.

Poached: Choose a fine, very fresh, firm foie gras weighing 6 to 800 grams; trim it, remove the nerves, then stud it with raw truffles, carefully peeled and quartered, seasoned with salt, pepper, and spices. Baste the foie gras with a small glass of cognac and Madeira, season likewise with salt, pepper, and spices; then wrap in bards of bacon and then in muslin, and tie like a galantine.

Poach the foie gras for 20 to 25 minutes, depending on size, at a very slow boil.

A few moments before serving, unwrap the foie gras, dress on an entrée dish, and garnish with the adopted garnish, such as Financière, truffled Madeira sauce, noodles, ravioli, macaroni, etc.

In general, pasta best suits hot foie gras.

Braised: Stud the foie gras according to the first method; season with salt, pepper, and spices; wrap in fine bards of bacon and tie.

Separately, prepare a Mirepoix of one onion and one carrot diced, chopped parsley stems, a small bay leaf, thyme sprigs, and 50 grams of lean bacon cut into small squares. Brown everything lightly in butter.

Place the foie gras in a not-too-wide casserole; surround with the Mirepoix and moisten with a glass of white wine; cover and reduce by two thirds; complete the moistening with 3 to 4 decilitres of brown veal jus. Cover and finish cooking in the oven for 25 to 30 minutes.

The cooking liquid may be bound with a small spoonful of starch or with fine demi-glace sauce. Garnish as desired.

In Pastry: Trim, remove nerves, and stud the foie gras with quartered truffles; season with salt, pepper, and spices; place in a terrine and baste with a good spoonful of cognac and Madeira. Cover and leave to macerate for about 2 hours.

Make two oval sheets of pâté pastry, a little larger than the foie gras. Place the foie gras wrapped in bards of bacon on one sheet; moisten the edges; cover with the second sheet; seal and fold the edges into a regular rope. Egg-wash and score the top of the pastry; make a small opening in the centre for steam to escape during cooking. Bake in a medium oven for 30 to 35 minutes.

Serve as is and send the adopted garnish at the same time.

To serve foie gras in pastry, the maître d'hôtel should detach the top crust all around the foie gras and remove it.

He then carves the foie gras with a spoon, in the form of shells, dressing them as he goes on very hot plates and surrounding them with the chosen garnish indicated on the menu.

Hot Foie Gras Alsacienne

Prepare and braise the foie gras as indicated. At serving time, remove it from the cooking liquid and free it from the bards of bacon; dress in a deep dish and cover with truffle slices coated with the reduced, skimmed cooking liquid with a few spoonfuls of demi-glace sauce and a spoonful of Madeira.

Serve a dish of fresh Alsatian noodles at the same time.

Foie Gras Escalopes

Foie gras escalopes are cut from very fresh, firm livers, each weighing between 75 and 100 grams depending on circumstances, seasoned with salt and pepper, then floured and sautéed in butter; or, after flouring, dipped in beaten egg, then in freshly prepared breadcrumb, and cooked at the last moment in clarified butter.

These escalopes take a variety of garnishes such as: asparagus tips, English-style fresh peas, Italian noodles, Alsatian noodles, truffle émincé with Madeira cream, paprika, risotto, mushrooms, cèpes in cream, apple purée, etc.

Foie Gras Escalopes Favorite

Cook the escalopes in butter, simply floured and pan-fried; turn them at the right time for a fine colour on both sides.

Dress them on pain de mie croûtons fried in butter at the last moment. Cover with truffle slices coated with a fine demi-glace sauce.

Serve a garnish of very green buttered asparagus tips at the same time.

Foie Gras Escalopes Rossini

Prepared exactly like "Favorite", except the asparagus tips are replaced by Italian noodles.

Foie Gras Escalopes Richelieu

Bread the escalopes as indicated with egg and breadcrumb; cook in clarified butter to a fine golden colour. Dress on a very hot dish and place 2 fine truffle slices on each escalope; mask with the following sauce: melt 2 or 3 spoonfuls of meat glaze with the same volume of consommé; bring to a boil and incorporate 100 grams of fine butter in small pieces, stirring with a spoon; complete with lemon juice.

Accompaniment: creamed fresh mushroom purée, chestnut purée.

NOTE. — If the butter and meat glaze separate, simply add a spoonful of hot water to bring the sauce back to normal.

Foie Gras Mignonnettes

Mix intimately two thirds cooked truffled foie gras, crushed with a fork, and one third fine poultry forcemeat. Shape into small palets; bread English style with fresh breadcrumb and cook gently in clarified butter. Dress in a crown and garnish as desired with asparagus tips, green peas, mushroom purée, etc.

These mignonnettes may be dressed on small semolina palets, floured and coloured in butter on both sides.

Same sauce as indicated for "Escalopes Richelieu".

NOTE. — With escalopes and mignonnettes, by simply varying the garnishes, many small flying entrées much appreciated in certain circumstances can be composed.

COLD FOIE GRAS PREPARATIONS, PARFAITS, PÂTÉS, TERRINES

Whatever care and attention is given to making these various preparations, it is often so difficult to obtain the results achieved by reputable manufacturers of this product that it is preferable, most of the time, to turn to a good house to procure them.

Foie Gras Parfait

Foie gras parfait lends itself to many culinary preparations. It is, in principle, served in a terrine, coated with a succulent jelly.

Simple method for preparing parfait: choose two firm, very fresh livers; carefully remove the gall; trim and remove nerves from the livers, and stud them with excellent carefully peeled and quartered truffles. Place the livers in a terrine and season with salt, freshly ground pepper, and spices. Baste with a decilitre of cognac and the same amount of Madeira. Cover and leave to macerate for 5 to 6 hours.

Wrap the foie gras in bards of bacon, then in a napkin or muslin; tie like a galantine; poach for 20 minutes in veal stock and leave to cool in the cooking liquid.

Remove them as soon as they are cold and free them from the napkin and bards of bacon.

Place the two livers together in a terrine of the desired size and cover with fine champagne or Port jelly.

Foie Gras Aspic

Line a plain or decorated mould with jelly and decorate with hard-boiled egg white and truffle.

Fill it with rectangles of foie gras parfait arranged in slightly overlapping rows, alternating with jelly and truffle slices.

The rectangles may also be replaced by pretty foie gras shells lifted with a spoon, proceeding thus: have beside you a pot of hot water and a tablespoon; dip the spoon in hot water, then into the parfait, and you will easily obtain pretty shells that will certainly produce a better effect than foie gras cut into squares.

Keep the mould surrounded with crushed ice.

At serving time, unmould the aspic onto a dish covered with a folded napkin.

The whole foie gras parfait may also be served as an aspic; in that case, it is moulded in an oval mould lined with jelly and decorated with fine truffle slices.

Dress on a cushion of pain de mie masked with butter and shaped like a cushion. Form the cords of the cushion with softened butter piped with a fluted nozzle and place on the serving dish.

Surround the cushion on which the foie gras rests with truffles cooked in Madeira, alternating with small aspics moulded in dariole moulds.

Foie Gras Mousse

Prepare foie gras mousse as follows: pass 5 to 600 grams of foie gras parfait through a fine sieve; place the resulting purée in a terrine and incorporate 250 g of softened fine butter and a pinch of salt. Work the mixture to make it frothy and complete by incorporating 6 to 8 spoonfuls of very fresh, half-whipped cream. Pour immediately into a charlotte mould lined with jelly and decorated with a few fine truffle slices. Keep cool. Unmould at serving time onto a serving dish covered with a napkin.

Foie gras mousse is also prepared with poultry jelly instead of butter. But this Bavarian-style method has certain risks when it must be unmoulded too long in advance.

Jelly-based mousses must be eaten as soon as unmoulded; they would not long resist the heat of a slightly overheated room.

I have often noticed at ball buffets where jelly mousses were set out that they melted visibly, which could not happen with butter mousses.

Tartlets, barquettes, éclairs, small brioches, and milk rolls are better filled with butter mousse, and in that case the addition of cream may be omitted.

Foie Gras with Sweet Paprika (Hungarian Style)

Hungarian style. — Trim a fine fresh foie gras; season with salt; place it in an ovenproof terrine of the necessary size; surround with one or two large sliced white onions sprinkled with a spoonful of pink and above all sweet paprika. Cook in a moderate oven for about 30 to 35 minutes. At this point the onion should be a fine brown colour, as if just fried.

Remove the terrine from the heat and leave to cool.

This preparation is generally made the day before, and baked potatoes are served with the foie gras.

Recipe communicated by Mme Katinko, the celebrated Hungarian dancer. — A. E.

IMPORTANT TO KNOW. — For paprika as for curry, it is prudent to ascertain the degree of heat they contain by tasting the product beforehand. — A. E.