

# Ma cuisine [CITATION]

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A. ESCOFFIER

## FURRY GAME ANIMALS (ROE DEER)

The roe deer is broken down as follows: the racks (carrés), the saddle (selle), and the legs (gigots), which constitute the prime cuts. The lesser cuts such as the neck, shoulders, breasts, and the upper part of the racks cut into 60 g pieces are prepared like beef à la Bourguignonne or in a Provençal daube.

The racks are cut into cutlets; the noisettes are taken from the saddle; the haunches are generally served roasted or pan-fried.

### Roe Deer Cutlets with Cherries

Sauté the cutlets quickly in olive oil or butter; arrange them in a crown interspersed with heart-shaped croûtons fried in butter at the last minute. Cover with venison sauce. Serve a cherry sauce boat separately. (See that sauce.)

Roe deer noisettes are prepared like the cutlets; they are arranged on round croûtons fried in butter, masked with venison sauce, with cherries served at the same time.

NOTE. — The cherries may be replaced as desired with chestnut purée, potato purée, Soubise purée, apple marmalade, celery purée, bananas sliced and sautéed in butter, cèpes in cream, etc.

The venison sauce may be replaced as desired with a simple pepper sauce.

### Cherry Sauce

Reduce by half a glass of port wine with a teaspoon of allspice, the juice of an orange, half a teaspoon of grated zest, and several spoonfuls of cherry juice. Add 4 to 5 tablespoons of redcurrant jelly and, once melted, add 200 g of sweet cherries preserved in light syrup.

This cherry preserve is found at all the main preserve makers in Nice, chiefly at Caressa.

NOTE. — If allspice is unavailable, replace it with a pinch of cinnamon and a clove.

### Saddle of Roe Deer

The saddle of roe deer, carefully trimmed, then barded or larded, may be marinated for a few hours if desired, simply sprinkled with a few spoonfuls of olive oil and the same amount of cognac and white wine, a sliced onion, and parsley sprigs.

The saddle is roasted or pan-fried.

All the garnishes mentioned for noisettes apply to the saddle.

Small pears cooked in red wine with a little sugar, cinnamon, and lemon zest accompany a pan-fried roe deer saddle very well.

### **Saddle of Roe Deer with Cream**

Trim the saddle, bard it, or lard it with fine lardons. Marinate for a few hours with 2 spoonfuls of olive oil, a sliced onion and carrot, parsley stems, a bay leaf, a spoonful of vinegar, a glass of dry white wine, and a few peppercorns.

Baste with butter and roast in a suitably narrow dish surrounded by the well-drained marinade vegetables. Remove the saddle once cooked, deglaze the dish with the marinade wine, and reduce almost entirely; add 3 decilitres of very fresh cream and 2 spoonfuls of meat glaze; boil for a few moments and pass through a fine chinois. Serve this sauce with the saddle.

A chestnut purée can always accompany the creamed saddle.

### **Saddle of Roe Deer with Various Sauces**

The saddle, larded or barded, marinated or not, and roasted may be accompanied by the following sauces: Venison, Pepper, Hunter, Horseradish.

Horseradish sauce is especially appreciated with the saddle when the garnish includes an apple marmalade or bananas cooked in butter.

Horseradish sauce is made of melted redcurrant jelly with grated horseradish in the proportion of 3 spoonfuls of jelly to one spoonful of horseradish.

Plain redcurrant jelly is always essential as an accompaniment to all roe deer preparations.

### **WILD BOAR AND YOUNG BOAR (MARCASSIN)**

When the wild boar has passed its youth, it is hardly used for fine cuisine. The best way in that case is to cook it as a daube, with red or white wine, or Provençal style. Serve chestnut purée at the same time.

The young wild boar, or marcassin, is on the contrary quite appreciated. The noisettes, cutlets, saddle, and quarters of marcassin can be prepared like those of roe deer.

The same sauces and garnishes indicated for roe deer suit marcassin.

NOTE. — The wild boar daube can be completed with fine Tours prunes cooked in lightly sweetened wine with orange zest.

## **HARE AND LEVERET**

Except for terrines, pâtés, or various forcemeat uses, old hares are hardly appreciated. Whatever the intended use, one should preferably choose a hare of the year, whose weight rarely exceeds 3 kilos. The fragility of the ear also indicates the tenderness of the animal.

### **Hare Civet**

Choose a hare of the year, skin it, and collect the blood while gutting; add a dash of vinegar to prevent it from coagulating; keep it in reserve with the liver, from which the gall and all the contaminated part must be removed immediately.

Cut up the animal; put the pieces in a terrine with a few spoonfuls of cognac and olive oil, salt, freshly ground pepper, and an onion cut into thin rounds. Leave to marinate for a few hours.

Pass 200 g of lean bacon cut into large dice through boiling water for a few minutes; drain and brown in butter; remove as soon as lightly coloured, set on a plate, and in the same butter brown 2 medium onions cut into quarters.

Add 2 heaped spoonfuls of flour; cook until the roux is blond; put the hare pieces into this roux after draining them well but not wiping them. Stir for a few moments so that the meat is seared.

Then moisten to the height of the hare pieces with good red wine; add a bouquet garni of parsley stems, a bay leaf, thyme, and a clove of garlic; cover and cook gently on the corner of the stove.

Shortly before serving, bind the civet with the reserved blood mixed with a few spoonfuls of the hare sauce; add the liver sliced and lightly sautéed in butter.

Finally, change the hare pieces to another casserole, taking them one by one; add the browned lardons; 25 small glazed onions cooked separately; 25 mushrooms lightly browned in butter and seasoned.

Pass the sauce over all; dress in a hot terrine and serve heart-shaped croûtons fried in butter at the same time.

### **Mother Jean's Hare Civet**

Prepare a civet as just explained; replace the mushrooms with sliced cèpes sautéed Provençal style and served separately.

Place the hare pieces in an earthen pot; heat the sauce strongly without boiling, and complete it with a decilitre of very fresh cream; pour immediately into the pot.

Provençal Cèpes. — Cèpes sautéed in olive oil, seasoned with salt, freshly ground pepper, a suspicion of garlic, chopped parsley, with the addition of one third of their volume of diced croûtons browned in oil.

### **Lyonnais Hare Civet**

Prepare a civet by the ordinary method, removing the mushrooms from the garnish and replacing them with fine chestnuts cooked in consommé.

In some regions, fine pitted Tours prunes are added to the civet.

### **Hare Cutlets**

These cutlets can be prepared in three ways:

1. As a croquette mixture bound brown, in which the cooked meat of the hare is the main element. Their treatment is exactly the same as ordinary croquettes.
2. Prepared by the "Pojariski" method, as described further on.
3. As a hare forcemeat with panade and butter. (See forcemeat.)

The last are moulded in small buttered tin cutlet moulds and filled with a salpicon of roasted hare fillet bound brown with a very reduced demi-glace sauce. These cutlets are poached in plenty of salted water with the mould; the mould detaches from the forcemeat during poaching.

The cutlets are then dipped in beaten egg, then in freshly prepared breadcrumbs; then coloured in clarified butter, dressed, and accompanied by a sauce or garnish of choice.

### **Pojarski Cutlets**

Take the well-denervéd meat of two legs of a young hare; chop it, incorporating one quarter of its weight in butter and as much white breadcrumb moistened with cream. Divide this preparation into 50 g portions, giving them the shape of an egg; flatten and shape them into cutlets. Cook them in clarified butter and serve a cream sauce at the same time.

The garnish for these cutlets is optional.

### **Hare Legs**

Their various uses are in the composition of civet; denervéd and larded with fine lardons and roasted; with the chopped meat one makes cutlets known as “Pojarski” and various forcemeats.

These preparations are accompanied by sauces and garnishes at will.

### **Hare Fillets**

Remove them along their whole length, from the point of the hip to the base of the neck.

After carefully denervíng them, lard them with very fine lardons or stud them with truffle. These fillets, depending on size, can be divided into 2 or 3 parts and then arranged in a generously buttered sauté pan.

A few moments before serving, season the fillets with salt and cook them quickly in butter so as to obtain them lightly rosy; above all do not let the cooking butter burn.

Dress the fillets, as desired, on a croûton or directly on the dish.

Deglaze the bottom of the pan with a few spoonfuls of white wine and add 2 or 3 decilitres of pepper sauce reduced to the correct point; pass the sauce through a fine strainer and complete it with a few spoonfuls of very fresh cream.

All the garnishes already mentioned suit hare fillets.

When the fillets are cooked, one may also replace the pepper sauce with a Hunter sauce, Madeira sauce, truffle sauce, Bordelaise sauce, redcurrant and horseradish sauce, etc.

Chestnut purée can always accompany any of these preparations.

### **Leveret Fillets Chasseur**

Cut the fillets into small noisettes, season with salt and freshly ground pepper, and sauté quickly in olive oil and butter.

As soon as these noisettes are cooked, remove them to a plate and keep hot. Add to the cooking butter 150 to 200 g of fresh sliced mushrooms, sauté for a few moments, add 2 finely chopped shallots, a small glass of cognac and half a glass of white wine; reduce; then add a decilitre and a half of demi-glaze sauce, 2 spoonfuls of tomato sauce, and 2 or 3 spoonfuls of meat glaze, chopped parsley; boil for a few seconds; remove the pan from the heat and mix the warm leveret noisettes into the sauce.

### **Leveret Fillets La Vallière**

Same preparation as “Chasseur”; complete with a few strips of truffle cut into julienne and chopped tarragon leaves.

### **Leveret Fillets Mornay**

Trim 2 leveret fillets, cut them crosswise into small noisettes one centimetre thick.

Separately, prepare the same number of small round croûtons cut with a pastry cutter of the same diameter as the noisettes; then 150 g of truffles, carefully peeled and cut into slices.

A few moments before serving, season the noisettes with salt and pepper, sauté them quickly in butter as for sautéed kidneys, and at the same time colour the croûtons in clarified butter.

Place the noisettes and croûtons on a plate. Deglaze the sauté pan with a glass of Madeira; add a decilitre and a half of demi-glace sauce and 2 or 3 spoonfuls of pale meat glaze; boil for a few seconds, add the truffles and incorporate into the sauce, off the heat, 100 g of butter, then the small croûtons and the leveret fillets. Shake the pan so that all this fine ragout is well coated with sauce.

Dress immediately in a silver or earthenware timbale.

As a variant, the 100 g of butter may be replaced with a decilitre of very fresh cream, and a vegetable dish of Soubise purée or chestnut purée may be served at the same time.

### **Hare Mousse and Mousseline**

The method and proportions of hare mousseline forcemeat are the same as for all others, using hare meat as the main element.

Hare mousse is moulded and treated like poultry mousse and is accompanied by a game-fumet sauce.

Mousselines are moulded with a spoon or in small buttered dariole moulds and poached like poultry mousselines; they are accompanied by a fine game-fumet sauce.

A purée of chestnuts, celery, or lentils can be served at the same time as the mousse and mousselines.

### **Saddle of Hare (Râble)**

The saddle includes the whole back of the hare, from the base of the neck to the tail. However, most often only the part of the saddle with the first three ribs is used.

The saddle, carefully denerved, is larded with fine lardons or simply wrapped in bards of bacon, then roasted.

The saddle of hare, like the saddle of roe deer, may be lightly marinated, and the same sauces and garnishes suit it.

### **Hare Soufflé**



Denerv the meat of two hare legs, cut it into small squares the size of a walnut; season with salt and freshly ground pepper; sauté in butter; pound finely and pass through a fine sieve. Put the resulting purée in a terrine and incorporate 4 to 5 spoonfuls of somewhat full-bodied demi-glace sauce, 4 egg yolks, a suspicion of grated nutmeg, and truffle essence. Finally fold in 5 to 6 egg whites whipped very firm. Bake like an ordinary soufflé and serve with Périgueux sauce.

### **WILD AND FARM YOUNG RABBITS (LAPEREAUX)**

Both are cooked as a civet, as explained for hare.

The gibelotte of young rabbit is simply a civet to which quartered potatoes are added.  
(Household dishes.)

Only the farm young rabbit is prepared as a blanquette and fricassée, in the same way as chicken.  
(See “Blanquette” and “Chicken Fricassée”.)

All the other ways of preparing young rabbit can be applied to both kinds. The formulas applied to leveret filets suit young rabbit.

#### **Young Rabbit Sauté Chasseur**

(See “Leveret Filets” of that name and proceed in the same way.)

#### **Young Rabbit Sauté La Vallière**

Young rabbit sauté Chasseur, to which a truffle cut into julienne and a few chopped tarragon leaves are added to the sauce.

In general, most chicken sauté formulas can be applied to young rabbits. (See “Sautéed Chickens”.)

Young rabbit sautéed with tomatoes, young rabbit pilaw, young rabbit sauté Parmentier, Italian style, with mushrooms, curry, paprika, or cream are excellent lunch dishes and economical at the same time.

Young rabbit sautéed with tomatoes can always be accompanied by a dish of rice cooked as desired or plain potatoes.

Although young rabbit is considered a somewhat rustic food, its fillets can make fine entrées for the most opulent tables, such as young rabbit fillets sautéed with truffles, Rossini style, or cream, accompanied by chestnut purée, asparagus tips, etc.

Young rabbit mousses and mousselines make exquisite entrées. (See “Hare Mousselines”.)

The rabbit family being very prolific, the use of this small animal should be more widespread in these times of high prices.

## **FEATHERED GAME**

Among the many edible birds living in freedom, I shall mention only those in common use:

Various pheasants, grey and red partridges, rock partridges, American quail.

Hazel grouse, capercaillie, prairie hen, grouse, little bustard, bustard.

Various wild ducks, teal, pintail, river red duck.

Woodcocks, snipes, small snipe.

Plovers, lapwings, sandpipers, water rails, moorhen, scoter.

Quails, landrail, Virginia quail.

Various thrushes, Corsican blackbirds, larks, becs-fins.

Ortolans.

The flesh of pheasant and woodcock needs to be slightly mortified, which tenderises it and gives it a special flavour.

Meat that is too fresh is dry and flavourless, whereas slightly high, reasonably mortified meat is tender, savoury, and of an incomparable aroma, which makes its great gastronomic value.

Formerly it was customary to lard pheasants and partridges that were to be roasted. Today larding has rightly been abandoned, as it harms the delicacy of the flesh. A simple bard of bacon wrapped around the bird is far more effective than larding in protecting it from the heat of the fire.

Other types of game are generally treated fresh.

Pheasant flesh is always a little dry; when it is to be roasted or simply cooked in a casserole, after seasoning the inside with salt, it is good to insert a piece the size of an average egg of either grated fat bacon or, failing that, a piece of butter.

Several formulas applied to chicken or various poultry are applicable to pheasant.

Pheasant is cooked: in a cocotte with butter, with cream, Parmentier style; it is pan-fried on a bed of vegetables and roasted on the spit.

But during the truffle season, the best way to savour its delicate flesh is to stuff it with truffles 24 hours in advance and roast it on the spit.

### **Bohemian Pheasant**

Bohemia is renowned for its pheasants and foie gras; here is a recipe communicated to me by a true Bohemian:

Choose a young, fat, and very tender pheasant; clean it carefully, reserve the liver; flame it, lightly salt the inside, and insert 250 g of fresh foie gras cut into walnut-sized cubes and the pheasant liver, seasoned with salt and sweet paprika, and sauté for 3 minutes in goose fat or, failing that, in butter. Truss the pheasant and wrap it in a bard of bacon and cook it in a cocotte with butter or goose fat and a sliced onion. Cooking time: 35 to 40 minutes, depending on size.

Separately, cook 250 g of rice in the oriental manner, or simply as pilaw.

At serving time, remove the pheasant from the casserole, untruss it, and keep it warm with a little of the cooking fat.

Add part of the cooking butter to the rice.

Sprinkle the bottom of the cocotte with a dessert spoonful of sweet paprika, then deglaze with half a glass of white wine. Reduce by two thirds and add a glass of cream; boil for a few seconds, pass through a fine strainer, and keep warm. When possible, the sauce may be completed with 2 or 3 spoonfuls of meat glaze.

Dress the pheasant on a serving dish, mask it lightly with a few spoonfuls of sauce, and serve the remainder in a sauceboat.

Serve the rice at the same time in a vegetable dish or timbale.

NOTE. — The pheasant may be prepared in the same way and the rice replaced by potatoes cut into small dice and cooked in butter with the addition of a spoonful of very finely chopped onion lightly browned in butter.

### **Pheasant Casserole**

Choose a young pheasant and clean it carefully; salt the inside and insert a generous spoonful of grated fat bacon. Truss it, wrap it in a bard of bacon, and cook it in butter in an earthen casserole, taking care to cook over moderate heat so as not to burn the butter. Cooking time: about 35 minutes.

Remove the pheasant from the casserole, untruss it, return it to the casserole, and baste with a spoonful of cognac and 3 spoonfuls of good, somewhat full-bodied jus.

### **Pheasant Pan-Fried with Sauerkraut**

Choose a young pheasant; prepare it like pheasant casserole.

Generously butter the bottom of a small braisière of the desired size and cover it with a sliced onion and 2 carrots, parsley sprigs, a small bay leaf and sprig of thyme, and pork rind. Cook in the oven over moderate heat, basting often with its cooking butter; once cooked, baste with a spoonful of cognac. Remove the pheasant from the braisière, untruss it, and keep it warm. Add 2 decilitres of demi-glace sauce to the braising bottom; boil for a few minutes and pass through a chinois into a small saucepan; leave to rest a few moments; skim the sauce.

Dress the pheasant on a bed of sauerkraut braised with white wine and a piece of breast bacon, well drained. Surround the sauerkraut with the bacon cut into rectangles; serve the well-skimmed cooking liquid separately.

Plain potatoes may be served as an accompaniment to the sauerkraut if desired.

### **Pheasant Pan-Fried with Celery**

Same preparation and cooking as pheasant with sauerkraut. The sauerkraut is replaced by braised celery hearts served separately with part of the sauce.

Dress the pheasant on the serving dish and sauce it lightly with a few spoonfuls of its cooking liquid.

### **Pheasant in Cocotte**

Treat it like “Pheasant Casserole”, adding a garnish composed of glazed small onions, mushroom caps, and truffle shaped like olives or simply in slices. The cooking liquid should be the same as that indicated for “Chicken Casserole”.

### **Pheasant with Cream**

Cook the pheasant in butter in a casserole with an onion cut into four. Once cooked, baste it with a few spoonfuls of white wine; remove it from the casserole, untruss it, and keep it warm.

Add to the cooking liquid 3 decilitres of fresh cream of good flavour and 3 spoonfuls of meat glaze; boil for 4 to 5 minutes and add the juice of half a lemon.

Return the pheasant to a very hot earthen casserole and pour the cream passed through a chinois over it.

### **Pheasant Grilled Devil Style**

For this preparation one must choose very young pheasants, as tender as possible.

The treatment is the same as for “Chicken Devil Style”. It may be accompanied by grilled slices of bacon.

### **Pheasant Sainte-Alliance**

This is the stuffed pheasant of Brillat-Savarin, who under the name “Sainte-Alliance” designated only the toast on which the pheasant was dressed.

Bone 2 woodcocks; set aside the livers and intestines. Finely chop the flesh with a quarter of its weight of very fresh, poached and cooled beef marrow, the same amount of fresh fat bacon, salt,

pepper, and fine herbs. Add to this hash 200 g of raw truffles, peeled, quartered, and seasoned with salt and freshly ground pepper.

Stuff a fine, fat, tender pheasant with this preparation, truss it, bard it, keep it cool for 24 hours, and roast it on the spit. If roasted in the oven, place it on a rack and watch the cooking over moderate heat.

Cut a fairly large croûton from a pain de mie; fry it in clarified butter.

Pound the woodcock livers and intestines with the same weight of fresh fat bacon, grated, the fillets of an anchovy, 30 g of butter, and 50 g of raw truffle. When this forcemeat is very fine and homogeneous, spread it on the prepared croûton.

When the pheasant is two-thirds cooked, place the stuffed croûton underneath so that the juices falling from the roast drop onto it.

Finally, dress the piece on the croûton; surround it with slices of bitter orange and send the jus separately.

To serve, accompany each piece of pheasant with a slice of orange and a small slice of the stuffed croûton.

### **Pheasant Salmis**

Choose a young bird, clean it, and reserve the liver. Truss the pheasant, bard it, and keep it slightly underdone. Completely remove the two wings, discard the wing tips; divide each wing into two escalope-shaped pieces; remove the two legs and divide them likewise into two pieces.

Remove the skin from these pieces, trim them, and keep them warm in a sauté pan with slices of truffle, one or two spoonfuls of meat glaze, a spoonful of fine butter, and a small spoonful of fine Champagne cognac.

Pound the carcass, trimmings, and liver; put them in a saucepan with 2 decilitres of white wine, 2 chopped shallots, and a pinch of mignonette pepper; reduce by two thirds; add 2 decilitres of game-fumet demi-glaze sauce; leave to cook for about 15 minutes and pass through a fine strainer with pressure into a saucepan. Reduce this sauce a few moments more, pass it once more

through a chinois into a saucepan, incorporate 2 spoonfuls of very fine butter, and pour over the pheasant pieces.

Dress in a timbale and serve hot.

NOTE. — A dozen cooked fresh mushroom caps may be added to the truffle slices.

Mousseline quenelles made from pheasant meat and moulded with a dessert spoon may also be added to the salmis.

Truffles and mousseline quenelles make a rich garnish; in that case only the pheasant wings are used as escalopes; the legs are used for another purpose.

In preparing the salmis, the white wine may be replaced with good red wine according to taste.

The salmis has the advantage of being able to be eaten hot or cold.

### **Pheasant à la Mode de Monseigneur**

Choose a fat, tender bird, clean it carefully; set the liver aside, season the inside with salt and pepper, baste with a spoonful of fine champagne cognac, and stuff with the following preparation: 60 g of fresh grated fat bacon, one peeled and chopped truffle, the pheasant liver, and 150 g of fresh foie gras; pound all finely; seasoning: salt, pepper, and spices. Truss the pheasant, bard it, and cook it carefully in a casserole.

Separately, choose 4 to 5 perfectly ripe truffles, peel them carefully, cut them into somewhat thick slices, put them in a small saucepan with a spoonful of fine butter; seasoning: salt and freshly ground pepper and spoonfuls of brown jus from veal shank meat. Keep warm without boiling.

Also cut 6 fine escalopes from a fresh foie gras; season them, pass them in flour, and at the last minute sauté them in butter in a pan.

At serving time, remove the pheasant from the casserole, untruss it, remove the wings entirely and divide each into two escalopes; remove the legs and divide them into two pieces; set the drumsticks completely aside. Dress the wings and the two thigh pieces in a very hot terrine, interleaving them with the sautéed foie gras escalopes; cover them with the pheasant stuffing and, on top, the truffle slices without their jus.

Quickly deglaze the pheasant cooking bottom with a glass of old Madeira, add the truffle jus, boil for a few seconds, and pour immediately into the terrine. Cover the terrine and keep it hot for 4 to 5 minutes, the time needed for the truffle to develop its aroma. Serve immediately. This way of serving pheasant is superior to the so-called “Souvarow” pheasant.

### **Pheasant Sauté**

It is rare to serve a sautéed pheasant, except for cooking old birds as a daube. Pheasant flesh, always a little dry, does not lend itself to sautéing. In any case, choose very young pheasants and sauté in plenty of butter.

### **Pheasant Suprêmes**

The best way to serve pheasant suprêmes is to fill the inside of a young pheasant with a generous spoonful of fresh grated fat bacon seasoned with salt and pepper, to which a spoonful of truffle peelings is added. The pheasant is trussed, barded, and cooked in a casserole. As soon as it is cooked, remove the two suprêmes, remove the skin, and dress them like poultry suprêmes.

Garnish: truffle, mushrooms, chestnut purée, celery purée, Soubise purée. Hunter, La Vallière, and Paprika sauces suit pheasant suprêmes.

However, pheasant suprêmes may be treated like chicken suprêmes. In that case the birds must be very young and the suprêmes sautéed at the last minute.

Almost all the formulas indicated for chicken can be applied to pheasant suprêmes.

### **Pheasant Cutlets English Style**

Remove the wings of a young, tender pheasant, leaving a small piece of wing tip, season with salt and pepper; pass them in flour, then in beaten egg, then in freshly prepared breadcrumbs; cook them in clarified butter.

Dress them and sauce them lightly with a few spoonfuls of light tarragon meat glaze mounted with butter.

Serve grilled bacon slices at the same time.

Garnish: English-style green peas, asparagus tips.



## **COLD PHEASANT**

### **Chaud-Froid of Pheasant**

Its treatment is the same as that of “Poultry Chaud-Froid”, simply replacing the pale sauce with a brown chaud-froid sauce flavoured with pheasant fumet.

But, as a result of experience and observation, I have completely given up dressing mounted chaud-froids on a socle and have adopted dressing in deep square dishes, which sums up the superfluity of gastronomic finesse that can never be obtained by pyramid-mounted chaud-froids. (See “Suprêmes de Volailles Jeannette”.)

(I gave the name Jeannette in memory of the ship “Jeannette”, caught in the ice during its North Pole expedition in 1881, from which only one survivor returned from that unfortunate expedition.)

The dish set into the block of ice, in which the small poultry suprêmes are arranged, represents the ship caught in the polar ice.

This manner of dressing allows fine jellies to be prepared entirely from veal shanks, without recourse to any other gelatin, a very important point from the gastronomic point of view.

The setting into the block of ice ensures a jelly always at the same degree of freshness and lightness, to which the greatest attention must be paid, for it is by a fresh jelly melting at the touch of the tongue that the delicacy of a true chaud-froid can be appreciated. Nothing is more unpleasant to the palate than a jelly that is too firm, without freshness or flavour, which is generally the case with mounted chaud-froids.

I am well aware that it is not always easy to obtain a block of ice; failing that, at the very least the dish must be kept constantly surrounded by crushed ice.

### **Pheasant Mousse**

Choose a young hen pheasant; clean it; keep the liver, salt the inside; truss it, bard it, and pan-fry it on a bed of sliced onion and carrots with a bouquet garni. When cooked to the desired point, remove the pheasant from the casserole and leave it to cool; add a few spoonfuls of cognac and a glass of Madeira to the cooking bottom.

Completely bone the pheasant; pound the carcass, trimmings, and liver and add them to the cooking bottom; moisten with 2 and a half decilitres of brown veal jus. Cover the saucepan and cook for 18 to 20 minutes over low heat; pass through a fine strainer into a small saucepan and reduce this jus to a syrupy state.

Meanwhile, the flesh of the pheasant will have been pounded and passed through a fine sieve, and the resulting purée placed in a terrine. Work the purée with a wooden spoon, incorporating the cooking jus, 250 g of foie gras parfait passed through a sieve, and 100 g of very fine, barely melted butter. Work the mixture briskly, off ice, so as to obtain a light mousse. Then complete with the addition of 2 decilitres of very fresh, half-whipped cream.

Pour the mousse into a charlotte mould lined with jelly. Keep on ice. It may also be moulded in small baba moulds lined with jelly.

This kind of mousse can also be dressed in a square dish set into a block of ice or surrounded by crushed ice, and small pheasant escalopes cut from the fillets and coated with brown game-fumet chaud-froid sauce placed on the mousse, with a fine slice of truffle on each, the whole covered with fine jelly. The pheasant escalopes may be replaced by poached eggs.

This mousse may also be dressed in a soufflé timbale; in that case an extra decilitre of cream may be added.

### **Pheasant Salmis in Aspic**

In general, all birds prepared as salmis make excellent cold entrées that are easy to dress, such as jellied chicken fricassées.

## **GREY AND RED PARTRIDGES**

Grey partridges are generally preferred to red partridges.

They must be young; any old bird should be used only for forcemeats or fumets.

Almost all the formulas indicated for pheasant, hot and cold, are applicable to partridge.

Partridge is cooked in a casserole, pan-fried on a bed of vegetables, and roasted on the spit.

### **Partridge Bourguignon**

Stuff the partridge with its liver and a spoonful of chopped lean bacon and a spoonful of fried breadcrumb; truss it and wrap it in a bard of bacon; pan-fry it on a bed of sliced onion and carrot with a small bouquet garni. As soon as the partridge is cooked, remove it from the casserole.

Add a spoonful of cognac and half a glass of good red wine to the cooking liquid; reduce by two thirds and complete with the addition of 2 decilitres of demi-glace sauce; boil for a few minutes and pass the sauce through a chinois. Untruss the partridge and dress it on a serving dish.

Garnish with 6 to 8 glazed small onions and the same number of raw mushroom caps sautéed in butter. Sauce the partridge and garnish with the boiling sauce.

As the housewife generally does not have demi-glace sauce available, she can always use meat glaze or simply bouillon and bind the sauce with a teaspoon of starch mixed with a little cold water.

### **Partridge with Cabbage**

Truss and bard a partridge; braise it with cabbage, blanched for a few minutes in plenty of boiling water, then refreshed and pressed to extract as much water as possible; breast bacon also blanched for a few moments; a small raw Paris sausage; one or two carrots. Moisten with a litre of undefatted bouillon.

As the bacon and sausage cook more quickly than the cabbage and partridge, remove them at the proper time and keep them warm.

Twenty minutes before serving, cook two young trussed and barded partridges on the spit or in the oven.

Dress two thirds of the well-drained cabbage on the serving dish; surround with rounds of carrot and sausage and thin rectangles of bacon.

Divide each partridge into two parts; dress them on the bed of cabbage and cover them with the remaining cabbage. Keep the dish in the oven for a few moments and serve immediately.

Send a sauceboat of demi-glace sauce at the same time.

NOTE. — The partridge used to flavour the cabbage will serve for another use, either croquettes or hash.

In a simple household one may be content to eat the partridge without the young partridges, and even without the demi-glace sauce.

### **Partridge in Casserole**

Proceed as explained for “Pheasant Casserole”.

### **Partridge Devil Style**

Choose very young partridges and proceed as explained for “Grilled Chicken Devil”. Accompany the partridge or partridges with grilled slices of English bacon.

Serve a sauceboat of Devil sauce at the same time.

### **Partridge with Cream**

Proceed as indicated for “Pheasant with Cream”.

### **Partridge Crêpinettes**

Proceed as explained for “Poultry Crêpinettes”, except that partridge crêpinettes are slightly smaller than poultry crêpinettes.

Serve a chestnut purée at the same time.

### **Grandmother's Partridges**

Choose young birds, clean them, and stuff them with the following preparation: chop the livers and mix them with half a dessert spoonful of fresh grated fat bacon per partridge, a little chopped truffle, and seasoning of salt and pepper. Truss and bard the partridge or partridges, cook them in a casserole, divide them in two, and place them in a very hot terrine of the desired size; cover the half-partridges with truffles cut into slices and seasoned with salt and freshly ground pepper; cover immediately. Deglaze the bottom of the casserole with a few spoonfuls of good armagnac and white wine; reduce by two thirds and add very reduced brown veal stock; pour into the terrine over the truffles.

Close the terrine hermetically and keep it for a few minutes at the mouth of the oven, the time needed for the truffle to develop its aroma.

At will, the partridges may be accompanied by a chestnut purée, a Soubise purée, or simply a celery heart salad.

### **Partridge Mousse and Mousseline**

See “Poultry Mousselines and Mousse” or “Hare Mousse”. The preparation of partridge mousselines and mousses is identical, except that the change of meat gives a different note.

### **Partridge Soufflé with Truffles**

Choose a young partridge, clean it, keep its liver inside, salt it, truss it, bard it, and cook it in butter in a casserole.

Bone it, pound the flesh, mix in 3 spoonfuls of Béchamel sauce, and pass through a fine sieve; put the resulting purée in a terrine or casserole, incorporate 2 spoonfuls of foie gras parfait passed through a sieve; season moderately with salt and pepper, a suspicion of grated nutmeg, and 3 egg yolks.

Choose a fine truffle, peel it carefully, cut it into slices, put them in a small saucepan, salt and pepper lightly; add a few spoonfuls of Madeira and a spoonful of meat glaze; cover the saucepan and bring to the boil; remove from the heat; add only the truffle slices to the mixture and 4 egg whites whipped to snow. Pour into a buttered soufflé timbale and bake in the oven.

Add to the truffle cooking liquid 4 spoonfuls of partridge-fumet demi-glaze sauce; boil for a few seconds and complete the sauce by incorporating a spoonful of very fine butter. Serve it in a sauceboat with the soufflé.

### **Partridge Soufflé Vicomtesse de Fontenay**

Prepare a truffle soufflé as above and complete the partridge-fumet demi-glaze, which must be very reduced, with a decilitre of very fresh cream; boil for a few minutes and pass the sauce through a chinois.

Serve the sauce separately in a sauceboat.

### **Partridge Suprêmes Vicomtesse de Fontenay**

Proportions for 6 people: choose 3 fine young partridges; clean them carefully; season the inside with salt and pepper and add a walnut-sized piece of fresh grated fat bacon mixed with chopped truffle peelings, to perfume the flesh during cooking. Truss the partridges, wrap them in bards of bacon, and cook them in a casserole with butter. As soon as they are cooked, remove the suprêmes, trim them, and keep them warm over very gentle heat with a spoonful of butter and slices of truffle.

Pound the legs, carcasses, and heads of the partridges that have been cooked with them.

In the casserole in which the partridges cooked, reduce by half 2 decilitres of white wine to which a few crushed peppercorns have been added. Add the pounded debris and 2 decilitres of demi-glace sauce; boil for a few minutes and pass through a fine strainer; put the resulting sauce in a small saucepan, heat it strongly, and bind it with 4 to 5 spoonfuls of foie gras parfait passed through a fine sieve and thinned with a few spoonfuls of very fresh cream.

Pour the sauce over the suprêmes.

Dress in a square dish. Serve fresh noodles prepared in the Alsatian manner at the same time.

### **Partridge Suprêmes Rossini**

Prepare and cook the partridges as above. Remove the suprêmes, put them in a saucepan with a spoonful of butter and truffle slices, and keep them warm over very gentle heat. With the carcasses and trimmings, prepare a fumet as indicated, but replace the white wine with Marsala and add 3 decilitres of demi-glace sauce. Pass the sauce through a fine strainer over the suprêmes.

Separately, cut 6 escalopes from a good fresh foie gras, season them, pass them in flour, and sauté them in butter a few minutes before serving.

Dress the suprêmes in a square dish if possible, place an escalope on each suprême, and cover with the truffles and sauce.

Serve at the same time a dish of noodles bound with butter and grated parmesan.

### **COLD PARTRIDGES**

The various cold preparation formulas indicated for pheasant are applicable to partridge.

## QUAILS

Quails must be chosen well fat. Lean quails are usable only boned and stuffed with a fine truffled forcemeat. Quails that have spent several months in cold storage take on a rancid taste and lose all flavour. The same is true of the ortolan.

### Quails Brillat-Savarin

Proportions for 6 people: choose 6 fine vine quails, if possible shot; clean them, remove the intestine and gizzard; salt them and sprinkle the inside with a few drops of fine Champagne cognac; truss them, bard them, and pan-fry them in a Mirepoix browned in butter, composed of onion, carrot, parsley stem, thyme, bay leaf, a little lean bacon, 150 g of veal shank meat cut into small squares, and truffle peelings. Cooking time, without moistening, 10 minutes. At this point, untruss the quails, remove the bards of bacon, and place the quails in a very hot terrine of the desired size; cover them with raw truffles carefully peeled and cut into somewhat thick slices, seasoned with salt and freshly ground pepper; on the truffles, place 6 escalopes of fresh foie gras sautéed in butter at the last minute.

Cover the terrine and keep hot.

Add to the Mirepoix 2 small glasses of fine champagne cognac, a decilitre of dry white wine, and a decilitre of Frontignan wine; reduce the moistening by two thirds and add a decilitre and a half of brown veal jus. Reduce by about one third; pass through a chinois and pour boiling into the terrine where the quails, truffles, and foie gras rest.

Close the terrine hermetically. Serve with the quails an excellent risotto bound with butter and fresh grated parmesan.

NOTE. — It will be noticed that the designation “Brillat-Savarin” is apt here.

The formula includes French and Italian products.

### Quails in Cases

Bone the quails and stuff them with truffled gratin forcemeat made with their livers and poultry livers. Reform them, roll each in a fine bard of bacon, and arrange them in a buttered sauté pan,

pressing them against one another so they do not lose their shape during cooking. Baste with melted butter and cook for 10 minutes in a hot oven.

Put a spoonful of Duxelles sauce in the bottom of oiled and dried oval paper cases; place a quail in each case; baste with a spoonful of quail-fumet demi-glace sauce prepared with the bones of the little birds, and keep them for a few moments at the mouth of the oven. At the last moment put a fine slice of truffle on each quail.

### **Quails in Casseroles**

Cover them with a vine leaf and a bard of bacon; cook them in butter in the casserole in which they are to be served. Add a dash of old armagnac and a small half-spoonful of good brown veal jus per quail.

### **Quails with Cherries**

Truss the quails and cook them in butter in a casserole.

For 4 quails: reduce a glass of port with a quarter of orange zest, a suspicion of powdered cinnamon, and a few spoonfuls of cherry juice. Add 2 or 3 spoonfuls of brown veal stock, reduce by half; complete with a generous dessert spoonful of redcurrant jelly, boil for a few seconds, remove the orange zest and add 3 dozen cherries preserved in a very light syrup, boil for 2 minutes, and add them to the quails. Serve in the same casserole.

NOTE. — As the cherry season is short, it is preferable to use preserved cherries, available in all seasons. Nice is superior for preserving these cherries.

The house of Caressa is especially recommended for this product.

### **Quails Figaro**

Insert a piece of truffle into each quail seasoned with salt, freshly ground pepper, and a few drops of cognac; place them in a casing with a dessert spoonful of brown veal jus reduced to a glaze, or the same volume of meat glaze, per quail. Tie, leaving a space of 2 centimetres at each end so as to avoid bursting of the casing, which naturally shrinks during cooking.



Poach the quails preferably in a veal stock for about 15 minutes; drain them and dress them on a napkin in their casing. To keep all the quail's aroma intact, the customer should remove the pieces of string so that the little concentrated jus in the casing runs onto the guest's plate.

Serve a truffle émincé with Madeira sauce at the same time.

### **Quails Judic**

Pan-fry 6 fat quails on a bed of sliced onion and carrots with a small bouquet garni. Dress them in a square dish, each on a half of freshly braised lettuce. Deglaze the cooking bottom with half a glass of white wine and reduce completely; then add 2 decilitres of fine demi-glace sauce; reduce for a few minutes.

Pass the sauce into a saucepan in which a garnish of cocks' kidneys and sliced truffles has been prepared. Boil for a few seconds and pour over the quails.

As a supplementary garnish, rice cooked as pilaw, French style, or simply with butter may be served separately.

However the quails are prepared, they can always be accompanied by rice cooked as desired.

### **Quails Normande or Quails with Cream**

Cook 6 fine fat seasoned quails in butter in an earthen dish; as soon as they are cooked, baste them with a few spoonfuls of old calvados, add 3 spoonfuls of meat glaze and 2 decilitres of light, above all very fresh cream, boil for a few seconds, and serve them as they are in the cooking dish.

Serve at the same time apple fruits, slightly tart, sliced and cooked in butter.

### **Oriental Quails**

Prepared like quails in pilaw, with the addition of a pinch of saffron and one or two piments to the rice during cooking.

### **Quails Piedmontese**

Cook the quails in an earthen casserole with butter; untruss them after 10 minutes of cooking; deglaze the bottom of the casserole with a few spoonfuls of Asti white wine and the same amount of very reduced brown veal jus; return the quails to the casserole; cover them with slices of white Piedmont truffle seasoned with salt and freshly ground pepper. Cover the casserole and keep hot for 5 to 6 minutes without boiling.

Serve the quails in their cooking utensil and at the same time a risotto bound with fresh grated parmesan and fresh butter.

### **Quails in Pilaw**

Proportions for 6 people: choose 6 fine fat quails; clean them and season the inside with salt and pepper; truss them with the legs turned back and cook them for 8 to 10 minutes in butter.

Separately, 300 g of rice will have been cooked as pilaw for 18 minutes as indicated; mix it with the quails, cover the casserole, and keep for a few minutes at the mouth of the oven.

Dress the quails and rice in a timbale or deep dish. Serve at the same time a sauceboat of very reduced brown veal jus.

### **Mignonnettes of Quails Rachel**

Split 6 fine fat quails in two; bone them, keeping the tip of the legs. Sear the flesh of the half-quails for a few seconds in very hot butter; then drain them, salt lightly, and leave to cool. Then cover the inner side of each half-quail with a layer one centimetre thick of forcemeat composed of two thirds truffled foie gras parfait crushed with a fork and one third poultry forcemeat.

Bread them English style with fresh breadcrumbs and cook in clarified butter just long enough to give them a fine golden colour.

Dress each half-quail on a puff pastry support. Serve at the same time a Châteaubriand sauce with truffle essence and a fine garnish of buttered asparagus.

### **Quails with Grapes**

Cook the quails in butter; then dress them in a very hot terrine with about ten large grapes skinned and seeded per quail. Deglaze the bottom of the casserole with a few spoonfuls of white

wine and the juice of a few grapes; add a small spoonful of very reduced brown veal jus; pour this liquid into the terrine.

### **Quails Richelieu**

Choose 6 fine quails, as fat as possible and very fresh; remove the gizzard and intestine; season the inside with a grain of salt and a dash of cognac; insert a piece of truffle into each and truss them.

Arrange them tightly together in a casserole and season lightly with a pinch of fine salt.

Cover them with a julienne of carrot, onion, and celery cooked in butter and made, as far as possible, with new vegetables. Moisten just to cover with a succulent, gelatinous veal stock of a fine amber colour; cover the casserole; bring to the boil and poach for 10 minutes.

Then add a julienne of carefully peeled truffles, raw as far as possible, representing one third of the total quantity of vegetable julienne; poach for a further 2 minutes.

Dress the quails in a silver timbale or terrine, skim the stock, and pour the whole over the quails.

Serve a rice pilaw at the same time.

### **Quails Souvarow**

Proportions for 6 people: choose 6 of the finest quails; clean them; remove the intestine and gizzard; salt them and sprinkle the inside with a few drops of fine champagne cognac and stuff them with foie gras; turn the legs back; do not truss them, simply wrap them in a fine bard of bacon; arrange them in a terrine of the desired size with 6 fine truffles carefully peeled and seasoned with salt and freshly ground pepper; baste lightly with butter and 6 spoonfuls of very reduced brown veal stock or, failing that, 4 to 5 spoonfuls of pale meat glaze and the same amount of good Madeira. Close the terrine hermetically and put it in a moderate oven. Cooking time: about 20 minutes.

This formula is not always followed in most restaurants; it is too often departed from by cooking the quails and truffles separately and then combining them in a terrine.

### **Quails Turkish Style**

Quails in pilaw to which eggplant cut into small squares or sliced and sautéed in oil or butter is added to the rice.

Serve a sauceboat of tomato sauce at the same time.

## **COLD QUAILS**

### **Chaud-Froid of Quails**

Bone the quails entirely, or simply the breast and part of the back; season them with salt and pepper and stuff them with game gratin forcemeat, with a piece of cooked foie gras and a lardon-shaped piece of truffle placed in the middle. Put them back into their natural shape; wrap each in a muslin square; poach them for 18 minutes in a somewhat full-bodied veal stock, and leave them to cool in their cooking liquid.

When cold, pat them dry, dip them in a brown chaud-froid sauce; arrange them on an enamelled tray as they are done; decorate the breast with fine details of truffle and egg white, then arrange them in a deep square dish.

Cover them entirely with fine jelly and keep them on ice until serving.

NOTE. — These quails may be dressed in small porcelain or paper cases if desired.

Quails prepared for chaud-froid and dressed in a square dish may be surrounded with cocks' combs and kidneys and truffles, or dressed on a truffled foie gras mousse with a fine garnish of asparagus tips in bouquets, or simply surrounded by bouquets of asparagus tips interspersed with small whole truffles or quartered truffles, or again a fine cock's kidney between each asparagus bouquet, etc.

### **Quails Richelieu (Cold)**

Prepare them exactly as for hot "Richelieu". As soon as they are cooked, dress them in a terrine of the desired size and pour the vegetables and cooking liquid over them. The quails should be just covered by the cooking liquid and julienne.

Leave them to cool for several hours with the terrine surrounded by ice. At serving time, remove the little fat risen to the surface with a spoon.

Quails “Richelieu” prepared under the indicated conditions, much appreciated by true lovers of fine food, can appear on the most fashionable menus.

But on condition that frozen quails are never used, nor commercial gelatin; only the meat and bones of veal shanks should provide the gelatinous body.

For a large quantity, a few veal feet and dry pork rinds, soaked for some time in boiling water and well degreased, may be added to the shanks.

## **LANDRAIL OR KING OF QUAILS**

The landrail is a very fine game bird that connoisseurs will only admit roasted. But from experience, the landrail cooked in butter in a cocotte loses none of its qualities.

In that case, the cooking bottom is deglazed with a few drops of cognac and a few spoonfuls of white wine.

Serve a croûton for each landrail, fried in butter at the last moment and covered with truffled foie gras purée.

## **THRUSHES**

### **Thrushes Bonne-Femme**

Remove the gizzards; cook them in butter in an earthen pot with 30 g of small lardons per bird. Once cooked, baste the thrushes with a few drops of cognac and mix in, per thrush, a spoonful of small diced croûtons fried in butter, and serve immediately.

NOTE. — Cèpes browned in butter and seasoned with salt, pepper, a suspicion of garlic, and chopped parsley may be mixed with the thrushes if desired.

### **Stuffed Thrushes**

Bone and season them; fill the inside with a dessert spoonful of gratin forcemeat, 2 dice of truffled foie gras, and 2 small dice of truffle. Put them back into shape; wrap each in a thin bard of fat bacon; arrange them tightly together in a buttered sauté pan; baste with butter or good lard and cook in the oven for about 10 minutes.

Thrushes prepared and cooked in this way, dressed on an oval, slightly hollowed croûton fried in butter and then filled with gratin forcemeat or foie gras purée, can take the following garnishes: a ragout of truffles and mushrooms, cocks' kidneys browned in butter with sliced truffles, Salmis sauce with violet olives, or a ragout of small blood mushrooms Provençal style, all of which deliciously accompany thrushes.

With the thrush bones lightly browned in butter, moistened with white wine and a few drops of cognac, reduced, then adding, for a dozen thrushes, 3 decilitres of demi-glace sauce with brown veal stock, one makes the sauce needed to coat the various garnishes indicated above.

### **Ardennes Thrushes Liège Style**

Cook the birds in butter in an earthen casserole on the stove without covering them. When they are nearly cooked, sprinkle them with 2 finely chopped juniper berries per bird; add small round bread croûtons the size of a coin fried in butter; cover the casserole and serve very hot.

### **Thrushes in Salmis (Hunter's Style)**

Hunter's style. — Pluck them and remove the gizzard; season them, wrap them in a thin bard of bacon, skewer them in groups of 6 or 8, and roast them on a small spit over charcoal. Put slices of grilled bread in the dripping pan in proportion to the number of small birds to catch the droplets of fat that fall during cooking.

Proportions for 6 thrushes: reduce by half over high heat a large glass of white or red wine as desired, in which 2 chopped shallots, a point of garlic, a small bouquet garni of parsley, thyme, and bay leaf, salt, and pepper have been put. Then add the bread croûtons cut into small squares to make a light purée.

Dress the thrushes on a very hot dish and cover them with the purée obtained after removing the bouquet.

Cèpes or mushrooms Bordelaise or Provençal style may be added or served at the same time.

NOTE. — If a few spoonfuls of Provençal daube jus could be mixed into this Salmis sauce, it would be more than perfect.

### **Risotto with Thrushes Piedmontese**

Prepare and cook the thrushes as indicated for “Stuffed Thrushes”. Dress them on Piedmontese risotto and cover them with an émincé of white or black truffles, depending on the case, with demi-glace sauce lightly added with tomato sauce.

### **Timbale of Thrushes Neapolitan**

Prepare and cook the thrushes as indicated for “Stuffed Thrushes”.

Separately, prepare macaroni Neapolitan style bound with fresh grated parmesan and dressed either in a pastry crust made for that purpose, in a silver timbale, or in an imitation porcelain crust.

Garnish: truffles, mushrooms, cocks’ combs and kidneys, the whole coated with demi-glace sauce with tomato sauce added.

### **CORSICAN BLACKBIRDS**

Corsican blackbirds enjoy a merited reputation. All the preparations indicated for thrushes apply to them.

### **COLD THRUSHES**

#### **Thrushes Strasbourg Style**

Prepare and cook the thrushes as indicated for “Stuffed Thrushes”; leave them to cool in their cooking liquid.

With the thrush bones lightly browned in butter, moistened with Alsace white wine and reduced by half, then added to demi-glace sauce made from braised veal shanks, one should obtain a sauce gelatinous enough to chaud-froid the thrushes without resorting to commercial gelatin. The same applies to the jelly that will cover the thrushes.

Dressing. — Pour a light layer of jelly into the bottom of a square dish of the desired size set into a block of ice; as soon as the jelly has set, arrange small foie gras medallions cut from a foie gras parfait on the jelly. On each medallion, place a chaud-froid thrush, and on each thrush a fine slice of truffle, without other decoration.

If desired, to give a less brown note, a large, very white cock's kidney may be placed between each thrush. Cover the whole with fine jelly.

As a variant, after lightly chaud-froiting the thrushes, they may be dressed on a foie gras cream prepared as follows. With the thrush bones and brown veal stock, prepare a very concentrated fine fumet.

Separately, for 8 to 10 thrushes, pass 300 g of foie gras parfait through a fine sieve, put the resulting purée in a terrine, incorporate the prepared fumet, 2 spoonfuls of pale meat glaze, and 100 g of very fine butter; work briskly off ice so as to make the mixture light and mousse-like, and finally incorporate a decilitre and a half of very fresh, half-whipped cream.

Pour immediately into a square dish, place on ice, and as soon as the mixture has firmed, dress the thrushes and cover them with fine Alsace wine jelly.

### **Larks Père Philippe**

Bone the stomach of a dozen fine larks; stuff them with a gratin forcemeat with foie gras and truffle; cook them in butter a few moments before serving.

Separately, 12 Holland potatoes of the desired size will have been baked in the oven or under ashes; as soon as they are cooked, cut a lid on each; remove the pulp, brown it in butter, and put it back into the potato skins. Place a lark in each and mask them with Chateaubriand sauce.

Proportions: 4 spoonfuls of meat glaze not too reduced, into which are incorporated 5 to 6 spoonfuls of very fine butter and the juice of half a lemon. (The proportions are generally 3 spoonfuls of meat glaze to 5 of butter.)

If the sauce should split, it is enough to add one or two spoonfuls of hot water to bring it back to its normal state.

### **Larks and Sparrows Piedmontese**

Everyone knows that the people of Piedmont have a cult for maize flour prepared in their manner, called "Polenta".

Into a litre of boiling water with 12 to 15 g of salt, rain in 250 to 300 g of freshly ground maize flour, stirring continuously with a wooden spatula.



Cooking time: 20 to 25 minutes. Add a few spoonfuls of butter and grated parmesan to the polenta.

Cook the birds in butter and place them in the bottom of a large charlotte mould; finish filling the mould with polenta and keep it warm for a few moments. Meanwhile, add a glass of white wine to the bird cooking liquid, reduce by half, complete with a decilitre of tomato sauce and, if possible, a few spoonfuls of good jus or demi-glace sauce; reduce for a few minutes.

Unmould the birds and polenta onto a round dish, sprinkle the surface with fresh grated cheese, and pour the prepared sauce over it.

(An excellent lunch dish.)

## **COLD LARKS**

The various preparations for cold larks are the same as those for thrushes.

## **ORTOLANS**

The ortolan only truly has its gastronomic value when it is roasted and eaten immediately after cooking.

## **COLD ORTOLANS**

The best way to eat cold ortolans is to cook them on a skewer wrapped in a vine leaf and dress them on a small leaf of freshly baked, cooled puff pastry covered with foie gras parfait.

Serve fine jelly separately, very cold.

NOTE. — Certain preparations for quail and even larks could be applied to the ortolan, but this would harm its delicate aroma.

The ortolan only has its real value if eaten very fresh.

## **Becs-Figues**

Small birds much appreciated in Provence; all the formulas applied to larks and ortolans suit these delicate little creatures.

## **Béquinettes**

Small birds originating in the northern countries, of which great consumption is made in Belgium, lend themselves to the various lark formulas.

## **WOODCOCKS, SNIPES, SMALL SNIPES**

### **Woodcock**

For the woodcock to possess all its delicate flavour, it must be fat and slightly high.

### **Snipe**

This bird, a diminutive of the woodcock, should preferably be eaten fresh. For the snipe to be in its normal state, after being plucked it should look like a ball of white fat.

### **Small Snipe**

Smaller than the snipe, it is prepared in the same way.

These various birds are cooked in several ways, but the one most appreciated by gourmets is to cook them on the spit or in a casserole with butter and serve them with a croûton soaked in their juice and covered with their crushed intestines and livers.

However, a woodcock salmis, to which a few slices of fresh truffle are added, well deserves the praise of the lover of good things.

With the raw flesh of the woodcock, exquisite mousses and mousselines are made, and with the cooked flesh, delicious soufflés.

### **Woodcock Salmis**

Proportions for 6 people: choose 3 woodcocks possessing the required qualities; clean them, remove the gizzards, truss them, wrap them in a bard of bacon, and cook them in butter in a casserole for about 15 to 18 minutes. Detach the legs and cut off the feet; lift the two wings whole, making 12 pieces in all; arrange them in a flat casserole with 2 spoonfuls of butter, season with salt and freshly ground pepper, cover with raw truffles carefully peeled and cut into slices

lightly sprinkled with a pinch of salt, and add 3 spoonfuls of meat glaze. Keep warm over very gentle heat.

Pound the carcasses, skins, and trimmings of the woodcock pieces, and reserve the livers and intestines on a plate.

Reduce by half 2 decilitres of good red or white Burgundy wine, to which 2 sliced shallots and a few crushed peppercorns have been added; add the pounded carcasses and 2 spoonfuls of old cognac. Cover the saucepan and boil for 10 minutes; then add 3 decilitres of demi-glace sauce and continue boiling gently for 10 minutes; pass through a fine strainer with pressure into a saucepan; heat strongly, mix in 2 spoonfuls of very fine butter, and pour over the warm woodcock pieces.

Keep warm without letting the sauce boil.

Separately, chop the woodcock livers and intestines, cook them in butter for 2 seconds, season with salt and freshly ground pepper, a suspicion of nutmeg, and a spoonful of fine champagne cognac. Mix 3 to 4 spoonfuls of the salmis sauce into this hash and cover 6 fine toasts of pain de mie fried in butter a few minutes before serving.

Dress the salmis in a silver or earthenware timbale.

Send the very hot toasts at the same time under a cloche.

The maître d'hôtel in charge of service should place on each guest's plate a wing and a thigh set on one of the croûtons, and cover them with truffle slices and sauce.

The great chic of today's restaurants is to prepare Rouen duck and flambé woodcock in front of the customer. I am not against this amusing method, but how many disappointments from the gastronomic point of view!

### **Woodcock à la Mode of Doctor Féraud of Grasse**

(A true and very fine gourmet who certainly deserved the title of "Prince of Gastronomy".)

Prepare a salmis as indicated above and complete it with a fine escalope of foie gras sautéed in butter at the last moment.

According to the eminent and regretted doctor: to be able to taste and savour this dish with sensuality, it must be accompanied by an excellent Burgundy, Clos de Vougeot or Chambertin.

### **Woodcock Salmis Châtelaine**

Prepare a salmis as explained in “Woodcock Salmis”; at the last moment complete the salmis sauce by adding a decilitre of very fresh cream.

### **Woodcock Mousse and Mousselines**

See “Game Mousses and Mousselines, Pheasant, Partridge”, etc.

### **Woodcock Soufflé**

See “Pheasant Soufflé, Partridge”, etc.

NOTE. — In general, all hot or cold formulas applicable to partridge suit woodcock.

## **COLD WOODCOCKS**

Roast the woodcocks on the spit or cook them in a casserole keeping the flesh rosy; leave them to cool. Dress them at serving time and accompany them with a fine jelly served in a silver timbale surrounded by crushed ice.

### **Woodcock Salmis in Jelly**

Prepare a salmis as explained in “Woodcock Salmis”.

Arrange the pieces in a square dish, placing them so as to reform a half woodcock. Mask the whole with the truffles and sauce. Keep on ice and, as soon as the salmis is completely cold, cover it with a good jelly as explained for “Suprêmes de Volaille Jeannette”. Keep the dish on ice until serving.

### **Woodcock Suprêmes Alsatian Style**

Prepare a woodcock salmis as indicated, reserve the legs for another use, coat the suprêmes with salmis sauce, and keep them on ice.

Separately, set a light layer of jelly in the bottom of a square dish, arrange slices of foie gras parfait next to one another, and place on the foie gras a woodcock suprême on which are put 2 fine slices of truffle. Cover the whole with jelly and keep the dish constantly on ice or, better, set into a block of ice.

As a variant, the woodcock salmis may be dressed on a bed of foie gras mousse and covered with fine jelly.

NOTE. — I must point out that the demi-glace sauces used for the salmis should always be made from veal shanks and bones.

Avoid as much as possible the use of commercial gelatin.

## **GREAT AND SMALL CAPERCAILLIE**

These two species of birds, fairly common in England and the northern countries, are now found only very rarely in France.

They are generally roasted on the spit and eaten hot or cold; they are also sometimes prepared as a salmis.

### **Hazel Grouse**

The hazel grouse of our French mountains is considered game of high gastronomic value. All the formulas applied to partridge suit hazel grouse, which has unfortunately become very rare in France. The hazel grouse that come to us from Russia have too pronounced a taste of the fir buds on which they feed, a taste little appreciated by gourmets.

### **Grouse**

Grouse is found only in Scotland and England. It is the favourite game of the English.

Grouse must be very fresh and roasted on the spit. Served hot, it is accompanied by “Bread Sauce”, potato chips, breadcrumb fried in butter, and a little game jus.

Served cold, jelly is served at the same time.

Grouse hardly tolerates other preparations.

### **American Quail**

This bird, whose use has become fairly common, comes to us from California, unfortunately frozen.

In size it is between the quail and the partridge; its culinary preparations are not very varied. The formulas for quail and partridge could be applied to it.

American quail is generally roasted or cooked in a casserole with butter.

### **Francolin or Asian Partridge**

Treated culinarily like our grey partridge.

### **Little Bustard**

Also called “Carthage hen”, comes to us mainly from Tunisia and Algeria. A few are found from time to time in France.

The little bustard is prepared for roasting and salmis.

### **Dotterel**

A bird the size of a blackbird. All thrush preparations suit it. Excellent pâtés are made from it.

### **WATER GAME REPUTED LEAN**

Wild duck, teal, pintail, shoveler or river red duck, golden plover, lapwing, various sandpipers, moorhen, black rail, spotted crane, etc.

### **Wild Duck or Mallard**

The largest and most appreciated bird of this group.

Culinary preparations: roasted Bigarrade style, with orange, in salmis, and according to most formulas for “Rouen Duckling”.

### **Teal**

A diminutive of the mallard.

Culinary preparations: identical to those of the mallard.

### **Pintail**

Slightly less large than the mallard. It is considered by certain connoisseurs the finest of wild ducks.

Culinary preparations: the same as those for wild duck.

### **Shoveler or River Red Duck**

Its preparations are the same as those for pintail.

### **Golden Plover and Lapwing**

Although there is a certain analogy between these two birds, the flesh of the golden plover is much more delicate than that of the lapwing. The flesh of the lapwing has a more pronounced wildfowl taste. Both are roasted or cooked in a casserole.

With the golden plover one can compose exquisite hot and cold entrées worthy of the most distinguished menus, as much by its name as by the delicacy of its flesh.

The various preparations for partridge and woodcock suit the golden plover.

The various sandpipers, moorhen, rail, spotted crane, etc., are served only roasted.

## **COLD PREPARATIONS**

### **GALANTINES, PÂTÉS, TERRINES**

#### **FORCEMEATS**

The different forcemeats for galantines, pâtés, and terrines have been classified in the General Series of Forcemeats. (See Series.)

#### **FUMETS FOR PÂTÉS AND TERRINES**

These fumets are obtained from the bones and debris of the poultry or game being processed, with the addition of a relative quantity of jelly made from veal shanks and feet and dry pork rinds.

## PASTRY FOR MOULDED PÂTÉS

These pastries are of two kinds: 1. ordinary pastry; 2. lard pastry.

Proportions for ordinary pastry: 1 kilo of sifted flour, 250 g of butter, 30 g of salt, 2 whole eggs, about 4 decilitres of water depending on the quality of the flour.

Spread the flour in a well; put the salt, water, eggs, and butter in the middle, and make the dough.

Fraiser twice to smooth and unify the mass, roll into a ball, wrap in a cloth, and keep cool.

Proportions for lard pastry: 1 kilo of sifted flour, 250 g of lightly melted lard, 2 eggs, 30 g of salt, 4 decilitres of tepid water.

Mix and fraiser like ordinary pastry.

NOTE. — Pâté pastries should, as far as possible, be prepared 24 hours in advance.

## GALANTINE TYPE

Poultry and game intended for this use may, without inconvenience, be a little firm.

After the poultry or game for the galantine has been boned, spread it on a cloth; completely detach the flesh from the skin. Cut the fillets and mignon fillets into lardons; season them with spiced salt and marinate them with a few spoonfuls of cognac, with an average weight of: 100 g of fresh fat bacon, 60 g of lean ham, 60 g of tongue, likewise cut into lardons; 100 g of peeled truffles cut into quarters.

With the leg meat and the rest of the trimmings, 200 g of well-denerved lean veal, 200 g of lean pork, 600 g of fresh fat bacon, 3 whole eggs, 50 g of spiced salt, 2 decilitres of cognac, and 3 spoonfuls of blanched pistachios.

Method: chop the meats and bacon separately; then combine them in the mortar with the seasoning; pound finely, add the eggs one by one, the cognac last, and pass through a sieve. Optionally, mix 2 spoonfuls of chopped truffle into the forcemeat.

Place the poultry skin on a napkin and spread a layer of forcemeat over it; on this forcemeat, arrange a bed of lardons, truffle quarters, and pistachios, alternating the colours. Repeat a layer of



forcemeat and a bed of lardons, and so on until the two elements are used up. Finish with a layer of forcemeat, then bring the two ends of the skin together and sew it.

Then wrap the galantine in bards of bacon; roll it in a napkin; tie it and tighten the string firmly at both ends, with two rounds of string spaced on the middle.

Cooking the galantine. — Plunge it into a white stock made with veal bones, veal feet, poultry carcasses and debris, bouquet garni, carrots, and onions; seasoning: 6 g of salt per litre of liquid. Keep the liquid at a low boil; allow about 35 minutes of poaching per kilo of galantine.

Pressing the galantine. — When the galantine is cooked, drain it; unwrap it and rewrap it in the same napkin or another white cloth, tying it fairly firmly. Place it in a long utensil of suitable size; cover with a small board and leave to cool under light pressure. If pressed too hard, the juices will escape and the galantine will be dry and flavourless.

To serve. — All galantines should be prepared the day before; when quite cold, unwrap it, dress it on a long, very cold dish, and surround it with jelly.

## **FISH PÂTÉS**

### **Fish Forcemeat**

Proportions: 500 g net weight of pike flesh, 200 g of frangipane panade (see “Panades”), 250 g of butter, 2 egg whites, 15 g of salt, 2 g of pepper, a point of red pepper, and a suspicion of grated nutmeg.

This forcemeat is prepared by the ordinary method.

### **Eel Pâté**

Choose medium-sized eels caught in running water; skin them, lift the fillets, cut them into aiguillettes, and sauté them for a few seconds in butter with raw mushrooms, shallot, and chopped parsley. Leave to cool.

Line a buttered rectangular mould with ordinary pastry; then fill it with forcemeat and aiguillettes arranged in alternating layers.

Cover with a sheet of pastry; seal it to the lightly moistened edges; form the crest and pinch it inside and out; finish the lid with pastry leaves arranged in superimposed rows from the edges to the centre.

Leave an opening in the middle for the escape of steam during cooking.

Egg-wash and bake in a medium oven, allowing about 30 minutes per kilo.

### **Salmon Pâté**

Trim 4 salmon fillets taken from the tail end; season them.

Line a buttered rectangular mould with ordinary pastry and cover the bottom and sides with a layer of pike forcemeat with 150 g of chopped truffles per kilo of forcemeat added. On this layer of forcemeat, arrange 2 salmon fillets; cover with a layer of forcemeat and, in the middle of this layer, place a row of medium truffles.

Put a new layer of forcemeat, arrange the other two fillets on it, and finish with a layer of forcemeat.

Close the pâté and cover it with pastry leaves as for “Eel Pâté”; egg-wash and bake in the same way.

When the pâté is cold, pour fish jelly into it.

## **MEAT PÂTÉS**

### **Veal and Ham Pâté**

Cut 500 g of veal nut and 300 g of ham into aiguillettes, and 200 g of fresh fat bacon into lardons, seasoned and marinated in cognac. Line a fluted oval mould with ordinary pastry; bard the inside; cover the bottom and sides with forcemeat. (See the Forcemeats chapter, “Veal and Pork Forcemeat”).

Fill it with forcemeat arranged in alternating layers of lardons, ham, fresh bacon lardons, and veal aiguillettes, finishing with a layer of forcemeat. Cover with an oval bard of bacon, place a bay leaf in the centre, and close the pâté.

Finish it with pastry leaves or a sheet of puff pastry.

Bake in a medium oven at the rate of 35 minutes per kilo.

Pour jelly into it when cold.

### **Veal and Ham Pâté (old method)**

Old method: cut 500 g of veal nut, 250 g of lean ham, and 250 g of fat bacon into large lardons; season with salt, freshly ground pepper, spices, and grated nutmeg; sauté them in butter for 8 to 10 minutes, add 200 g of raw truffles, as far as possible, carefully peeled and quartered, a few spoonfuls of cognac, and a decilitre of Madeira; sauté all well and turn into a terrine.

Line a pâté mould as usual; cover the sides with bards of bacon; fill the pâté with the veal, ham, and bacon lardons, alternating them with the truffles. Cover the pâté and bake in a medium oven. When the pâté is only warm, finish filling it with good jelly.

Poultry and game pâtés can be prepared on the same principle by simply replacing the veal with the chosen element. Excellent terrines can also be made in the same way.

Depending on circumstances, the truffles may be omitted.

## **POULTRY PÂTÉS**

### **Chicken Pâté**

Bone 2 medium chickens and lift the fillets. With the leg meat, prepare a forcemeat as explained for “Poultry Galantine”; optionally, 150 to 200 g of truffled foie gras per kilo of forcemeat may be added.

Line a round or oval pâté mould with ordinary pastry; line the inside with fine bards of bacon and fill it, alternating layers of forcemeat, seasoned poultry fillets, slices of tongue, and somewhat thick truffle slices.

Place a thin bard of bacon on the last layer of forcemeat and put a small bay leaf in the centre; close the pâté and pinch the crest; finish it with pastry leaves or cover with a sheet of puff pastry; egg-wash the pastry. Bake in a medium oven.

Pour good jelly into it before it is completely cold.

### **Duckling Pâté**

Prepare the forcemeat according to the formula for “Poultry Galantine”; intimately mix in one third gratin forcemeat and one third poached, truffled foie gras cut into large lardons.

Bone a duckling and remove the croupion; lift the fillets; escalope them and season with salt, pepper, spices, and a dash of cognac. Leave the leg flesh adhering to the skin; season with salt, pepper, spices, and cognac.

Spread the skin on a cloth and garnish it like a galantine, alternating layers of forcemeat, escaloped fillets interspersed with truffle slices, framed by foie gras lardons. Reform the piece and place it in an oval mould lined with ordinary pastry and covered with bards of bacon.

Close the pâté and cover it with pastry leaves. Bake in a medium oven.

When the pâté is almost cold, pour duck-fumet jelly into it.

### **Pigeon Pâté**

Bone the pigeons and stuff them with poultry galantine forcemeat into which a few spoonfuls of cooked ham, truffle, and truffled foie gras cut into dice have been mixed. Put them back into shape and then proceed as for “Duckling Pâté”.

### **Guinea Fowl Pâté**

Proceed as for “Duck Pâté”.

## **GAME PÂTÉS**

### **Lark Pâté**

Bone the larks; stuff them with gratin forcemeat for game pâtés. (See the Forcemeats chapter.)

Place a dice of foie gras parfait in the centre and wrap each in a thin bard of bacon.

Butter a square hinged mould of the desired size, 6 to 8 centimetres high; place it on a baking sheet; line it with ordinary pastry; cover the bottom and sides with fine sausage forcemeat mixed

with one third of its volume of game gratin forcemeat. Arrange the larks tightly against one another; cover them with a layer of forcemeat, then a bard of bacon. Close the pâté, proceeding as for “Poultry Pâté”. Bake in a medium oven. Leave it to cool almost completely and cover it with jelly.

### **Woodcock Pâté**

Bone the woodcocks and spread them on a cloth; season with salt, pepper, spices, and a few drops of cognac; cover them with a layer of game gratin forcemeat and put 75 g of poached, truffled foie gras on the forcemeat. Reform the woodcocks and arrange them in an oval mould lined with ordinary pastry and covered with thin bards of bacon.

Cover the woodcocks with a light layer of forcemeat, then a thin bard of bacon.

Close the pâté, proceeding as for “Poultry Pâté”.

Bake in a medium oven. Leave it to cool almost completely and fill it with woodcock-fumet jelly.

### **Pheasant Pâté**

Bone the pheasant and lift the fillets. With the leg meat, pheasant liver, 150 g of veal nut, 150 g of lean pork, and 300 g of fresh fat bacon, prepare a forcemeat as described for “Poultry Galantine”, with the addition of 150 g of game gratin forcemeat and 2 spoonfuls of cognac.

Cut each pheasant fillet into 3 escalopes, with the same number of small escalopes of poached, truffled foie gras and somewhat thick truffle slices, all seasoned with salt, spices, and cognac.

Spread the pheasant skin on a napkin and cover it with a fairly thick layer of forcemeat; arrange the pheasant escalopes, foie gras, and truffle slices on the forcemeat, interleaving them; cover with a layer of forcemeat. Reform the pheasant; place it in an oval mould lined with ordinary pastry and covered with bards of bacon; close the pâté, proceeding as for “Poultry Pâté”. Bake in a medium oven.

### **Thrush Pâté**

Proceed exactly as explained for “Lark Pâté”.

### **Snipe, Plover, Lapwing, and Sandpiper Pâté**

Same preparations as for larks and thrushes.

### **Partridge Pâté**

(See “Woodcock Pâté” and proceed in the same way.)

### **Hare Pâté**

Bone the saddle and the legs; reserve the fillets, mignon fillets, and leg nuts. Denerv these parts; season them with salt, pepper, and spices; put them in a terrine with about the same combined volume of fresh fat bacon lardons and lean ham, and peeled truffles cut into quarters; baste the whole with a few spoonfuls of cognac and a glass of Madeira; leave to marinate for a few hours.

With the rest of the hare meat, its liver, 250 g of lean pork, and 250 g of fresh fat bacon, prepare the forcemeat and season it highly: salt, pepper, spices, and powdered thyme. Pass through a sieve, put the result in a terrine, and intimately incorporate 200 g of game gratin forcemeat.

Line a buttered, fluted oval mould with ordinary pastry, cover the bottom and sides of the mould with bards of bacon, and fill it alternately with layers of forcemeat, hare fillets, and lardons. Place a bard of bacon on the last layer of forcemeat and put a bay leaf on it; cover the pâté and bake it in a medium oven.

After cooling, pour hare-fumet jelly into it.

### **TERRINE TYPE**

Terrines are simply pâtés without a crust and, apart from the details of preparation that differentiate them, all the pâtés described above can be transposed into terrines.

Preparation of the terrine. — Whatever its kind, the inside of the terrine is first lined with bards of bacon; then it is filled with successive layers of forcemeat, the fillets of the principal element, lardons, and truffles.

For feathered poultry and game, the filling can be enclosed in the skin, as indicated for galantines, pheasant pâtés, partridge pâtés, etc.

When the terrine is filled and completed with a bard of bacon and a bay leaf, it is closed with its lid.

Cooking the terrine. — Place it on a baking tray; pour a little hot water around it, renewed during cooking if necessary, and put it in a medium oven.

The cooking time varies like that of pâtés, depending on the size of the terrine and the nature of its elements.

Examination of the fat risen to the surface during cooking can provide useful indications in the absence of precise information on the correct point of cooking. Thus, as long as this fat appears cloudy, the substances composing the terrine are still giving off raw juices which, mixing with this fat, cloud it. But if it appears clear, it can be deduced almost certainly that the cooking is done.

Cooking can also be checked by probing with a needle. If the needle, inserted into the thickness of the terrine, comes out equally hot everywhere, the cooking is done. A few minutes after it comes out of the oven, cover it with a small board and leave it to cool under light pressure.

## **FOIE GRAS PÂTÉ AND TERRINE**

This manufacture offers many risks for inexperienced people; it is preferable to address good firms specialising in treating foie gras, especially for pâté en croûte.

However, here is a very simple terrine formula that a housewife can make.

Choose a fine, very fresh foie gras, clean it, and remove the gall; stud it with carefully peeled raw truffles; place it in a terrine; season with salt, pepper, and spices; baste with a few spoonfuls of cognac and Madeira; cover the terrine and leave to marinate for a few hours. Then wrap the foie gras in bards of bacon, then in a muslin; tie the latter at both ends. Poach the foie gras in a good veal stock made with shanks and veal feet. Cooking time: 20 minutes. Remove the saucepan from the heat. After half an hour, take the foie gras out of the cooking liquid, place it on a dish, and leave it to cool completely in its wrappings.

Meanwhile, prepare with its cooking liquid a good jelly flavoured as desired: Moselle wines, Champagne, Port, etc.

When the foie gras is completely cold, remove the muslin and bacon bards; place it in an oval terrine of the desired size and cover it with jelly. Keep the terrine on ice.

## **SIMPLE AND COMPOSED SALADS**

## MAYONNAISE

Simple salads include raw green salads that accompany hot roast; composed salads, which most often include a variety of cooked vegetables, are generally served as an accompaniment to entrées or cold roasts.

Mayonnaises are only a variety of composed salads and, because of their ingredients, are treated as cold entrées.

## SALAD DRESSINGS

1. **Oil.** — Applicable to all salads and is made in the proportion of 3 parts oil to one part vinegar; salt and pepper.
2. **Cream.** — Particularly suitable for lettuce and romaine salads, to which various fruits may be added: oranges, bananas, grapefruit, etc.

It is made in the proportion of 3 parts sweet, light cream to one part vinegar or, preferably, lemon juice, with salt and pepper.

3. **Eggs.** — Made with hard-boiled egg yolks, crushed or passed through a sieve and mounted in the salad bowl with mustard, oil, vinegar, salt, and pepper. To a salad prepared in this way are added the hard egg whites cut very fine.

Egg dressing can also be made with a light mayonnaise sauce.

4. **Bacon.** — Bacon dressing is used above all for dandelion, mâche, and red and green cabbage salads. Here the oil is replaced by the fat of somewhat fatty breast bacon cut into small lardons and browned in the pan. This fat is poured hot with the lardons over the salad placed in a warm salad bowl already seasoned with salt and pepper.

Heat a few spoonfuls of vinegar in the pan and pour it over the salad. Mix all intimately. Cover the salad with a plate and leave to macerate a few moments before serving.

5. **Cream mustard.** — Suitable for beetroot salad, celeriac salad, and green salads with beetroot.

Proportions: a small dessert spoonful of mustard mixed with 2 decilitres of very fresh, light cream, the juice of a lemon, salt, and pepper.



6. **Cream horseradish.** — Prepared in the same way as “Cream Mustard”, simply replacing the mustard with grated horseradish. Lightly whipped cream may be used if desired.

Observation. — The use of raw onion and garlic in salads should be done in moderation, since many people are averse to these condiments.

## **SIMPLE SALADS - GREEN SALADS**

Lettuces, romaine, chicory, escarole, endive, celery, mâche, dandelion, purslane, wild chicory, garden cress, rampion, salsify leaves, barbe de capucin, etc.

### **Beetroot Salad**

Beetroot is above all an auxiliary element of simple and composed salads. As much as possible, it is preferable to bake it rather than boil it in water.

It is cut into thin rounds or julienne and dressed with oil or mustard.

Beetroot, after being cut, placed in an earthen pot, with one third of its volume of grated horseradish added, moistened just to cover with boiling red wine flavoured with a few peppercorns, cloves, and a bay leaf, and left to marinate for 24 hours, makes an excellent hors-d'oeuvre or accompaniment to cold meats.

In this case the beetroot is served as it is in a small dish, or sprinkled with a few drops of olive oil if desired.

### **Celery Salad**

As a simple salad, only the fibreless white and violet celery known as “English Celery” is used.

Cut the stalks into pieces and slice them into very fine strips; keep them in very cold water for a few hours to make them curl.

Dressing as desired.

### **Celeriac Salad**

Cut it into fine julienne. Dressing: light mayonnaise strongly mustard-flavoured.

**Cauliflower Salad**

Cook the cauliflowers keeping them a little firm; drain without refreshing and dress them in small, neatly trimmed bouquets. Dressing: oil and vinegar, chopped chervil.

**Red Cabbage Salad**

Choose very tender cabbages; remove the leaf ribs and cut the leaves into fine julienne. The dressing is done with oil and vinegar a few hours in advance.

Red cabbage can also be marinated in wine as explained for beetroot.

**Cucumber Salad**

Peel them, slice finely, and sprinkle with fine salt to draw out the water of vegetation.

Pat them dry at the proper time; dress with oil, vinegar, and chervil.

NOTE. — English green cucumbers do not need to be salted.

**Dried Legume Salad, Beans, Lentils**

Drain them from their cooking liquid while still warm and dress with olive oil and vinegar, with the addition of chopped parsley.

Serve finely chopped onion, washed and pressed in a corner of a napkin, separately.

**Green Bean Salad Provençal**

Cook the green beans in salted water, then pass them through cold water for a minute and drain.

Rub the bottom of a salad bowl with a suspicion of garlic; add salt, freshly ground pepper, very moderate vinegar, Aix olive oil, beat well, and mix in the beans.

A few sliced tomatoes and anchovy fillets are sometimes added to this salad.

In Provence a salad is also made of green beans, potatoes, and courgettes, all cooked in salted water, drained, and dressed as for “Green Bean Salad”.

**Potato Salad**

Cook them in salted water; turn them into bouchons and slice them while still warm. Dressing: oil and vinegar, with chopped fine herbs.

Depending on the quality of the potatoes, a little ordinary boiling bouillon is sometimes added to the dressing.

### **Parisian Potato Salad**

Preferably choose the variety known as “Vitelotte”. Cook in salted water, slice hot, and marinate in dry white wine at the rate of 3 decilitres of white wine per kilo of potatoes. At serving time, dress with oil and vinegar, adding chopped parsley, chervil, and tarragon; mix gently.

NOTE. — When potatoes are to be added to other vegetables, it is advantageous to cut them raw into small dice and then cook them in salted water; watch the point of cooking carefully and drain immediately.

### **Tomato Salad**

Choose a firm-fleshed variety; peel them, cut into thin slices, seed them, and arrange on a small dish; dress with oil, vinegar, salt, and freshly ground pepper, with chopped tarragon and parsley. Surround with fine rings of new onion.

## **COMPOSED SALADS**

Unless they are finished in the kitchen, composed salads are dressed without mixing their elements. These are seasoned separately in advance and arranged in bouquets. In that case, after presenting the salad to the guests, the maître d’hôtel does the mixing.

The simplest and quickest arrangement is the one to be preferred.

Composed salads can be varied infinitely; I shall mention only those I consider interesting.

### **Salad Alice**

Choose pretty white and pink apples of medium size (type “Grand Alexandre”); cut a round of apple 3 centimetres in diameter from the stem side and reserve it as a lid.

Then hollow out the apple with a root spoon, leaving only a thin layer of flesh after the skin. Lemon the inside to keep it white.

Prepare in equal and sufficient quantity to fill the hollow of the apples: apple balls lifted with a vegetable spoon the size of a small pea, redcurrants removed from their stems, fresh almonds finely slivered, or fresh walnut lobes in season. At serving time, add cream lightly salted and acidulated with lemon juice; mix all, fill the apples, and replace the lid on each.

Dress them in a crown on a bed of snow ice; interleave each apple with a half or quarter heart of lettuce.

### **American Salad**

Firm-fleshed tomatoes peeled and cut into thin slices, seeded; pineapple in small slices; orange segments pared à vif; sliced bananas; all these fruits arranged by interleaving them on a half heart of romaine salad.

Serve a sauceboat of light mayonnaise separately.

I believe that a cream sauce with lemon juice and orange juice, a point of salt and a pinch of sugar, would suit this kind of salad better.

### **Andalusian Salad**

Peeled tomatoes cut into quarters; sweet red peppers, flamed and freed from their fine skin, then cut into strips; rice cooked for 18 minutes in salted water and well drained. These three elements in equal parts.

Dressing: oil, vinegar, salt, freshly ground pepper, chopped parsley. Optionally, a little finely chopped onion and a point of crushed garlic are added to this salad.

### **Bon Viseur Salad**

In equal parts: crayfish tails, raw truffles carefully peeled and sliced, cooked artichoke bottoms sliced.

Dressing somewhat piquant: olive oil, wine vinegar, salt, fresh pepper, hard-boiled egg yolks passed through a sieve.

**Carmen Salad**

In equal parts: red peppers grilled or flamed and freed from their fine skin, and chicken breast cut into small squares; green peas cooked English style; rice cooked in salted water and well drained.

Dressing: oil, vinegar, salt, pepper, mustard, and chopped tarragon.

**Theodora Salad (Creation of Restaurant Maire, 1881)**

In roughly equal parts: Argenteuil asparagus tips cooked a little firm; cooked and sliced artichoke bottoms; raw mushrooms peeled and sliced; crayfish tails; truffle slices and hard eggs as decoration.

Dressing: oil, vinegar, salt, and pepper, completed with 2 spoonfuls of mayonnaise sauce.

**Demi-Deuil Salad**

In equal parts: asparagus tips and julienne of raw sliced truffles.

Dressing: oil, wine vinegar, salt, freshly ground pepper, chopped parsley (mustard as desired).

**Gabrielle d'Estrées Salad**

Chicken breast and truffles in julienne, asparagus tips. Dressing: light mayonnaise, lightly enlivened with mustard and a suspicion of red pepper; optionally, cooked cucumbers cut into small sticks may be added.

**Eve Salad**

Dressed in apples, identical to "Salad Alice".

Dressing: cream, a pinch of salt and sugar, lemon juice and orange juice.

**Favorite Salad**

In equal parts: crayfish tails, sliced white Piedmont truffles, asparagus tips.

Dressing: fine olive oil, lemon juice, salt and pepper, a sprig of chopped celery and tarragon.

**Francillon Salad, also called "Japanese"**

Composed of mussels cooked in water, sliced and seasoned as usual; one quarter truffle in slices.

Dressing: oil, vinegar, and freshly ground pepper, light mayonnaise.

### **Isabelle Salad**

In equal parts: 1. truffles, celery heart, and raw mushrooms; 2. potatoes and cooked artichoke bottoms, all finely sliced.

Dressing: oil, vinegar, salt, freshly ground pepper, chervil.

### **Japanese Fruit Salad**

This salad is composed of pineapple, oranges, tomatoes, lettuce hearts, fresh cream, lemon juice, orange juice, a pinch of salt, and a pinch of sugar. The fruits are cut into small squares.

They are prepared as follows: the pineapple should be acidulated with lemon juice; a point of salt is added to the tomato; for the orange, a little of its juice. Keep all cool.

At serving time, dress the fruits in lettuce hearts that have not headed and distribute as follows: put in each lettuce heart 6 small squares of pineapple and 6 squares of orange, sprinkle them with a small spoonful of very fresh cream with lemon juice, a pinch of salt and a pinch of sugar; finish with 4 small squares of tomato.

Serve a sauceboat of the same cream separately.

NOTE. — To keep the hearts upright, dress them on a silver dish fitted with a silver border.

### **Jockey-Club Salad**

In equal parts: asparagus tips, julienne of raw truffles and chicken breast.

Dressing: oil, vinegar, salt, pepper; complete at the last moment with one or two spoonfuls of mayonnaise.

### **Vegetable Salad**

In equal parts: carrots, turnips, potatoes, lifted with a spoon or cut into small squares; green beans in lozenges, green peas, asparagus tips, and cauliflower bouquet.

Dressing: oil, vinegar, salt, and pepper, chopped parsley and chervil. The vegetables may be bound with light mayonnaise if desired.

### **Nuns' Salad**

Two thirds rice cooked in water, one third chicken breast cut into julienne.

Dressing: oil, vinegar, salt, pepper, and a suspicion of mustard.

Dress in a salad bowl; lightly sprinkle the surface with grated black truffle.

### **Orange Salad (For roast ducks, wild ducks, teal, etc.)**

Well-ripened oranges peeled à vif and split in two vertically. Remove the pips and cut the oranges into thin slices. Sprinkle with a dash of kirsch.

### **Oriental Salad**

Composed of 200 g of peeled tomatoes, quartered and seeded, 100 g of green peppers, 100 g of red peppers grilled and freed from their skin and cut into strips, and 150 g of cooked okra. Combine all these elements in a terrine; dress with olive oil, vinegar, salt, pepper, and anchovy essence or anchovy fillets; mix all intimately and then complete with 250 g of rice cooked in salted water and well drained.

### **Otero Salad**

Proportions for 8 people: combine in a salad bowl 400 g of small shelled pink shrimps; 150 g of raw truffles cut into fine julienne, 50 g of apple fruit and 50 g of Spanish red peppers cut into small squares, 60 g of grated horseradish, a pinch of salt, freshly ground pepper, and the juice of a lemon. Mix all intimately and coat these elements with very fresh half-whipped cream. Dress in 8 pretty medium apples prepared as explained for "Salad Alice".

Arrange the apples on a bed of snow ice.

### **Rachel Salad**

Composed in equal parts of truffle, potatoes, celery heart cut into julienne, and green asparagus tips.

Dressing: oil, vinegar, salt, freshly ground pepper.

Optionally, after seasoning, bind with one or two spoonfuls of light mayonnaise.

### **Régence Salad**

In equal parts: raw truffles cut into shavings; very fresh cocks' kidneys lightly browned in butter; asparagus tips cooked in salted water and kept very green.

Dressing: Nice olive oil, wine vinegar in moderation, salt, freshly ground pepper, a spoonful of finely chopped celery heart. Vinegar may be replaced by lemon juice if desired.

### **Russian Salad**

Composed in roughly equal parts of carrots, turnips, potatoes, green beans, green peas, truffles, mushrooms, tongue, lean ham, poultry breast, lobster tail meat, capers, gherkins, sausage, and anchovy fillets; all cut into very small dice.

Combine all these elements in a terrine and dress with oil, vinegar, salt, pepper, and a point of red pepper; mix intimately and bind the whole with mayonnaise sauce.

Dress in a salad bowl; level the surface and decorate as desired with the elements of the salad: a bouquet of asparagus tips, hard eggs, etc.

### **Tosca Salad**

Composed of chicken breast, white truffles in fine slices, and celery heart cut into small dice.

Dressing: oil, vinegar, salt, freshly ground pepper, mustard, anchovy essence.

Dress in a salad bowl; sprinkle the surface with finely chopped parmesan, hard-boiled egg yolks passed through a sieve, and fine herbs.

### **Truffle Salad**

Made with raw truffles, carefully peeled and cut into very thin slices.

Dressing: lemon juice, fine olive oil, salt, freshly ground pepper, hard-boiled egg yolks passed through a sieve.



**White Truffle Salad**

Prepared exactly like the black truffle salad. Replace the black with the white.

**Victoria Salad**

In equal parts: lobster or spiny lobster meat, cucumbers cut into dice, and rice cooked in salted water.

Dressing: oil, vinegar, salt, pepper, and a teaspoon of curry powder for 2 decilitres of sauce.

This salad is variable; asparagus tips and diced truffles may be added.

**Waldorf Salad**

In equal parts: reinette apples and celeriac cut into dice; peeled fresh walnut lobes (during the season of this fruit).

Dressing: light mayonnaise.

**Véronique Salad**

Composed in equal parts of large muscat grapes with skin and seeds removed; pineapple and orange flesh cut into dice, and fresh walnut lobes. Sprinkled with very fresh cream with a pinch of salt, a pinch of sugar, lemon juice, and orange juice.

Dress in a hollowed-out orange and arrange it on a bed of snow ice interleaved with orange leaves or, failing that, very small lettuce hearts.

Serve a sauceboat of the same cream at the same time.

NOTE. — Americans being very fond of fruit salad, Véronique salad is entirely indicated to accompany cold ducks.

**ROASTS**

There are two ways of roasting: the spit and the oven.

It is evident that spit roasts will always be superior to oven roasts.

But in certain cases and under many conditions one does not always have the choice of means and, like it or not, the oven must be used; this way of roasting meats requires much care, especially for poultry.

In general, poultry and game to be roasted should be barded, except for game, which in some cases is larded.

The purpose of these bards is not only to protect the fillets of poultry and game from the too-vivid action of the heat, but also to prevent these roasts from drying out during the cooking of the legs, which take much longer to cook than the breast of these birds.

The bards of bacon must therefore cover the breast of poultry and game entirely and be held in place by a few turns of string.

For certain butcher's cuts, meats gain much in flavour when care is taken to cover them with very fresh slices of beef or veal fat.

In France there is a very bad habit of boning butcher's cuts and completely removing their fat; this is a great error, because by this system the meats lose 50% of their flavour and are inevitably dried out.

People often fail to take into account that fat is absolutely necessary to nourish the flesh during cooking and gives it that browned taste that is all its goodness.

I must acknowledge that the English are, on this important subject, more demanding than the French, and they are perfectly right.

Never add any liquid, water or jus, during the cooking of meats, whether in the roasting pan or the dripping pan.

Whether on the spit or in the oven, a roast must always be basted fairly often, but with a fat and not with any liquid.

## **ROAST JUS**

A very delicate matter, often neglected.

It is by deglazing the pans or dripping pans that the true roast jus is made, even if made with water, since its essential principle is the juice of the piece that has fallen into the utensil during cooking. But to obtain a good result, neither the utensil nor the jus must have burned; the latter should be simply caramelised in the bottom of the utensil.

One thing to take into account, for oven roasts, is to choose roasting pans or dishes of the size and width of the piece being treated, so as to avoid the fat burning.

In a private house, deglazing alone may be sufficient to accompany the roasted piece; but for restaurants and hotels, the remedy is to prepare in advance a stock made from bones and trimmings of the same nature as the piece for which the jus is intended, or a neutral-tasting jus made from veal meat and bones.

Deglazing the pans. — When the piece has been removed from the spit or the oven, pour the necessary amount of jus into the pan or dripping pan; reduce by one third; pass through a fine strainer or muslin and partly skim if necessary.

It is a mistake to skim completely and clarify roast jus. Treated in this way, these jus are clearer and perhaps more pleasant to look at, but they have lost half their flavour.

It must not be forgotten that the roast fat brings to the jus the aroma that gives meats their true flavour.

The dressing should be simple, on a very hot dish, lightly basted with its cooking fat. Roasted poultry is customarily garnished with bouquets of watercress, which should only be done at the last minute.

In all circumstances, the jus is served separately.

Roasts of feathered game are dressed on canapés of pain de mie fried in butter and covered with a layer of special gratin forcemeat. (See “Forcemeats”.)

When lemons accompany a roast, they should be sent separately.

It is useless to decorate the border of a dish with lemons, gherkins, etc. The beauty of a dish border is that it be very clean and spotless.

English-style feathered game roasts are served with these four accompaniments: jus, Bread-Sauce, Bread-Crumb, and potato chips.

NOTE. — In northern countries, roasts are always accompanied either by a lightly sweetened apple marmalade or by a compote of cherries, prunes, apricots, etc.

## **SAUCES AND MIXTURES FOR ENGLISH ROASTS**

Various sauces. — Apple-Sauce, Bread-Sauce, Bread-Crumb, Horse Radish-Sauce, Cranberries-Sauce.

NOTE. — “Cranberries-Sauce”, which specially accompanies turkeys, wild ducks, and pork roasts, is a red cranberry purée barely sweetened, or in compote.

For the other sauces, see “Hot English Sauces”.

### **Cream forcemeat (for turkeys, ducks, and geese)**

Cook 4 large white onions in the oven with their skins. When cooked, peel and chop them finely; pass them in butter with a pinch of chopped sage.

Add the same weight of breadcrumb soaked in milk and pressed, and half the weight of the onions in chopped veal fat.

NOTE. — The proportions given here apply to a turkey poult or a goose. Reduce the proportions by two thirds for a duck.

### **Veal Stuffing (for veal and pork)**

This forcemeat is composed in equal parts of chopped beef fat and breadcrumb passed through a sieve, and chopped parsley. Season with salt and pepper as for an ordinary forcemeat; grated nutmeg; 2 eggs per kilo of mixture.

### **Yorkshire Pudding (for roast beef)**

Mix 500 g of flour with a litre and a quarter of milk and 4 eggs; season with salt, pepper, and nutmeg.

Pour this mixture into a deep pan containing very hot roast fat and bake in the oven.

If the roast is done on the spit, place the Yorkshire pudding under the piece when it comes out of the oven, so that it absorbs the jus and fat that fall from it.

Cut it into lozenges or squares and dress it on a separate dish.

## **BEEF ROASTS**

### **Rib of Beef**

The rib of beef is roasted without being boned; it is simply shortened.

If roasted in the oven, put it in a fairly deep pan of a size suited to the volume of the piece. Cook over medium heat so as not to burn the fat; baste often with its fat during cooking.

Average cooking time: 15 to 18 minutes per kilo.

If treated on the spit, the cooking time for the rib of beef is 15 minutes per kilo; but it must be held in a half-closed warming oven for half an hour to an hour, depending on its size, for the internal concentration of the jus, which finishes the cooking.

### **Roast Contre-Filet**

If the contre-filet is roasted without being boned, the projecting bones of the vertebrae must be broken and the yellow ligament cut in places.

For this piece the heat should be a little more lively than for the rib of beef, as the cooking is shorter.

If roasted boneless, it must be covered with beef kidney fat cut into flattened slices; failing fat, bard it with bacon, but bacon is far from equalling the fat in this case.

Average cooking time if roasted boneless: 12 to 14 minutes per kilo, and 5 minutes more if roasted with bone.

### **Beef Fillet**

The fillet to be roasted must be carefully trimmed of its two outer sinewy envelopes and finely larded or barded.

In some cases, and according to the desire and taste of people, it is wrapped in slices of flattened beef fat held with string.

The beef fillet must be roasted over fairly high heat and kept rosy inside.

Average cooking time in the oven: 12 to 15 minutes per kilo, and 18 minutes on the spit.

### **English-Style Beef Roasts**

These roasts are kept a little cooked; they are always accompanied by “Yorkshire Pudding”.

## **VEAL ROASTS**

### **Rack**

The veal rack is roasted over moderate heat in a fairly deep oval pan or dish, surrounded by 150 g of chopped veal kidney fat and melted butter, basting often with its cooking fat.

Average cooking time: 30 to 35 minutes per kilo.

### **Veal Loin**

The veal loin is roasted as described for the “Rack” or in a covered braisière with fairly abundant butter. Watch carefully that the butter does not burn; this is the essential point for obtaining a jus of exquisite flavour.

To prevent the butter from blackening or burning:

1. Choose a braisière or casserole of a size suited to the piece, baste it sufficiently with melted butter, and cook over low heat.
2. As soon as the butter begins to clarify and take on a light blond colour, add 2 spoonfuls of hot water; repeat the operation every time the butter begins to clarify, and continue until the loin is completely cooked.

At this point, dress the loin on a serving dish and add to the cooking butter 2 or 3 decilitres of boiling water depending on the size of the piece. Boil for 5 to 6 minutes to deglaze the bottom of the casserole well and at the same time ensure a perfect liaison of the butter with the water.

This way of proceeding is very simple, but it requires constant attention.

Average cooking time: 35 minutes per kilo.

### **Veal Loin and Shoulder English Style**

Veal loin and shoulder roasted English style are stuffed with “Veal Stuffing”.

These roasts are accompanied by bacon or boiled ham.

NOTE. — For veal nut, proceed exactly as explained for veal loin and watch the cooking.

The secret of this way of cooking veal is not to let the butter burn.

## **MUTTON AND LAMB ROASTS**

### **Rack**

Remove the chine bones and roast the rack in a fairly hot, or rather medium, oven.

When the rack is at the desired point of cooking, dress it on a serving dish. Deglaze the cooking dish or pan with bouillon; reduce for a few minutes; pass the jus through a chinois into a saucepan and partly skim it; with this fat, lightly baste the rack.

Serve the jus separately in a sauceboat.

### **Bas-Rond**

The bas-rond includes the two legs and the saddle. It is roasted in a medium oven, with all necessary care so that the fat does not burn.

Average cooking time: 12 to 15 minutes per kilo.

### **Saddle**

The saddle should neither be boned nor larded. The fat covering the fillets is simply scored with the point of a knife; the saddle is then tied and roasted in the oven or on the spit.

Average cooking time: 12 to 15 minutes per kilo.

NOTE. — The saddle cooked in the oven requires much attention; above all do not let the fat burn during cooking, so as to obtain an excellent jus by deglazing the cooking utensil. This jus should be a little fatty.

### **Leg**

Average cooking time: 15 to 16 minutes per kilo.

### **Shoulders**

Mutton shoulders may, depending on the case, be boned, seasoned, rolled, and tied. Lamb shoulders are not boned. Roast them in a hot oven and watch the cooking with the necessary attention.

NOTE. — The cooking time for lamb pieces is about the same as for mutton pieces, since lamb must always be well cooked.

## **PORK ROASTS**

### **Rack and Fillet**

The rack should be shortened and freed of the chine bones. The cooking of pork must be done in a fairly hot oven and be well cooked.

Average oven cooking time: 30 minutes per kilo.

### **English-Style Pork Roasts**

For these roasts, fresh hams, racks, and fillets from very young animals are used; the skin is left adhering to the pieces.

This skin and the underlying fat are deeply scored in lozenges.

The cooking time is reckoned at 18 to 20 minutes per kilo.

These pork roasts are accompanied by sage and onion sauce, Apple-Sauce, or Cranberries-Sauce, etc.

## **POULTRY ROASTS**



**Poularde**

Truss the piece, season it inside and out, bard it, and roast it in a gentle oven or, preferably, on the spit.

The average cooking time for a piece of 1.5 kilos is 45 minutes in the oven and 50 minutes on the spit.

Check the correct point of cooking by letting a few drops of the juice from the inside fall onto a plate; it must be absolutely white.

Baste the piece with the cooking fat and serve jus and watercress separately.

**Poularde Roasted English Style**

Roast the poularde like the previous one. Dress it, surround it with sausages and grilled bacon slices, and accompany it with Bread-Sauce.

**Truffled Poularde**

Choose a fine white-fleshed, fat poularde; clean it carefully, taking care to gut it from the side; leave the neck skin very long. Season it and stuff it with truffles and the following preparation: 500 g of fresh pork leaf fat crushed and passed through a sieve; 400 g of truffles carefully peeled and quartered, seasoned with salt, pepper, and nutmeg and heated for a few moments with a few spoonfuls of pork fat and a small glass of Cognac. Mix the fat and truffles and stuff the poularde. Slip a few fine truffle slices under the breast skin of the poularde; leave to rest until the next day in a very cool place.

Truss and bard the piece; then wrap it in buttered paper; roast it on the spit before a good fire or in a medium oven.

Average cooking time: one and a half hours in the oven; one hour and three quarters on the spit.

**Chicken Reine**

Clean it carefully; salt it inside and out; truss it, bard it, and roast it on the spit or in the oven.

Cooking time: spit, 40 minutes; oven, 35 minutes.

### **Grain Chicken**

Prepare it like “Chicken Reine” and roast it in the same way.

Cooking time: oven, 25 to 30 minutes; spit, about 35 minutes.

### **Poussin**

Cooking time: in a cocotte, 12 to 15 minutes.

### **Roast Turkey Poult**

Proceed exactly as for “Poularde”.

NOTE. — Before trussing the turkey poult, it is indispensable to extract the leg nerves, which is done by two incisions made on the inner side, below and above the joint that attaches the foot to the leg. These nerves are seized one by one, wound around a trussing needle, and by turning the latter gently the ligaments detach from the muscles and can easily be withdrawn.

### **Roast Turkey Poult English Style**

Stuff the piece with sage forcemeat, roast it gently, dress it, and surround it with sausages and grilled bacon slices.

### **Truffled Turkey Poult**

Proceed exactly as explained for “Truffled Poularde”, but double the volume of forcemeat and truffles.

Truss and bard the piece; wrap it in oiled or buttered paper; roast it on the spit or in the oven.

If the piece is treated in the oven, roast it in an open braisière.

Cooking time: 35 minutes per kilo on the spit and 28 minutes in the oven.

Accompaniment: the juice of the piece, partly skimmed, and optionally a light Périgueux sauce.

### **Squabs**

Choose birds just out of the nest; clean and gut them, keeping the liver in the pigeon; salt the inside and outside; truss them, bard them, and cook them in a casserole with butter or roast them on the spit.

Cooking time: 15 to 20 minutes in a casserole and 25 minutes on the spit.

### **Guinea Fowl**

Roast guinea fowl is exquisite, but only if it is very young.

Clean it carefully, salt it inside and out, truss and bard it; roast it on the spit or in the oven, basting frequently with its butter.

All the formulas indicated for pheasant can be applied to guinea fowl.

Cooking time: 35 minutes.

### **Nantes Duckling**

Cooking time for a piece weighing 1.200 kilos: 35 to 40 minutes.

### **Rouen Duckling**

Whether in the oven or on the spit, Rouen duckling must be treated over high heat.

For a piece weighing 2.400 kilos gross and 1.400 kilos when gutted, allow 25 minutes.

### **Aylesbury Duckling English Style**

Aylesbury duckling is the equivalent of our Nantes duckling; generally it is stuffed with sage.

Its most common accompaniment is Apple-Sauce; but melted redcurrant jelly or a Cranberries-Sauce is served at the same time.

### **Roast Goose English Style**

The goose should be stuffed with sage. It is served with the accompaniment indicated for “Duckling English Style”. It is, in England, the obligatory roast for Michaelmas.

### **Gosling**

A goose for roasting must be young, that is, not yet fully grown. It is treated in the oven or on the spit.

## **VENISON ROASTS**

### **Roe Deer**

Roe deer roasts are mainly provided by the legs and saddles. These pieces may or may not be marinated in advance; the legs are generally larded with small lardons, and the saddles are more often barded than larded. In some cases the two racks are left attached to the saddle.

Average oven cooking time: 12 to 14 minutes per kilo for the legs.

### **English-Style Venison**

In England, venison comes from red or fallow deer. The most reputed piece is the “Hanche”, which consists of the haunch with the corresponding half-saddle left attached.

This piece must be well hung, but it is not marinated. To preserve it and keep moisture away while it hangs, rub the piece with flour mixed with pepper, this kind of coating having the property of keeping flies away. To roast it, it is trimmed and wrapped in hot-water pastry with chopped, salted beef fat added. This pastry is itself wrapped in greased paper and held with string. The cooking time is 4 hours, basting often.

At the last moment, remove the paper and pastry, sprinkle the piece with salt and flour, and baste with melted butter to make it take colour.

All roast venison is accompanied by redcurrant jelly.

### **Marcassin**

The racks and saddle are preferably used, and are treated like roast pork.

Marcassin roasts are accompanied by a somewhat full-bodied jus or a light pepper sauce.

## **ROASTS OF FURRY AND FEATHERED GAME**

### **Woodcock**

The woodcock must be kept for a few days with its feathers and be properly hung; it is only plucked at the moment of use. It is not gutted; only the gizzard is removed.

Truss it by passing the beak through at the thighs and bard it.

Cooking time over fairly high heat: 15 to 18 minutes.

Dress it on a canapé of bread fried in butter and serve separately the deglazing of the cooking done with cognac and 2 spoonfuls of jus.

### **Snipe**

What is said above for the woodcock applies to the snipe, except that its croûton, after being fried in butter, is covered with a light layer of game gratin forcemeat.

Cooking time: 8 to 9 minutes.

### **Bec-Figues and Béguinettes**

These birds are skewered six at a time; cook them over high heat for about 7 to 8 minutes.

### **Quails**

They should be chosen white and fat; first wrap them in a buttered vine leaf and cover it with a thin bard of bacon.

Roast them over fairly high heat for about 10 to 12 minutes.

Dress them on small pain de mie croûtons fried in butter and masked with game gratin forcemeat. They are surrounded, as desired, with bouquets of watercress and half-lemons. Serve their jus, which should naturally be very short, separately.

### **Wild Ducks**

The wild duck is not barded and is cooked over very high heat to obtain it rare. It is dressed, as desired, with an edging of watercress and lemons.

Cooking time: 20 minutes.

### **Wild Duck Roasted English Style**

Roast the duck as above and serve an Apple-Sauce or Cranberries-Sauce separately.

### **Wild Duck Bigarrade**

Roast it like the previous one; surround it with orange segments pared à vif and serve a light Bigarrade sauce separately.

### **Pintail**

Roast over high heat.

Cooking time: 15 to 17 minutes.

### **Teal**

Treated like “Wild Duck”.

Cooking time: 12 to 17 minutes.

NOTE. — The cooking time for these birds can always vary by a few minutes; it depends on whether the bird is more or less fat.

### **Sandpipers**

The various kinds of sandpipers are treated like lapwings.

These birds are completely gutted.

### **Capercaillie, Hazel Grouse, Grouse**

The capercaillie is a roast generally little esteemed. However, if chosen very young, the flesh of this wood grouse has a certain flavour that many gourmets appreciate.

The hazel grouse must be used very fresh. Truss it, bard it, and allow 15 to 18 minutes over high heat to cook it.

The grouse must also be used very fresh. Its cooking time, which varies by a few minutes depending on its size, is about 15 to 18 minutes.

NOTE. — These different game birds should be kept rosy and generally only the breasts are served.

English style, they are accompanied by “Bread-Sauce”, “Bread-Crumb”, and “Potato Chips”.

### **Pheasant**

The pheasant for roasting must be barded, not larded. An excellent method, which increases its flavour, is to stuff it with 100 g of fresh pork leaf fat pounded with a few fresh truffle peelings, or simply plain leaf fat; seasoning salt and pepper. Pheasant flesh being a little dry, this fat, as it melts, penetrates the inner flesh and makes it more flavoursome. The method applies equally to partridge.

Average cooking time: 25 to 30 minutes, depending on size.

Serve its jus, kept a little fatty, separately.

### **Truffled Pheasant**

For the truffling operation, see “Truffled Poularde”.

Proportions of the elements: 400 g of fresh leaf fat and 200 g of carefully peeled truffles. Bard the piece.

Cooking time in a moderate oven: 40 minutes on average.

Light Périgueux sauce served separately.

### **Thrushes**

Remove the gizzard; bard them; insert a juniper berry into each and roast them over high heat for about 8 to 10 minutes. Dress them on croûtons fried in butter. Serve the deglazing jus of the thrushes separately.

### **Hare**

The only part of the hare used for roasting is the saddle, which is the part from the start of the ribs to the tail.

The saddle must be well denerved, finely larded or simply barded, and roasted in the oven for about 20 minutes.

The usual accompaniment for saddle of hare is light pepper sauce.

In England and the northern countries, redcurrant jelly and lightly sweetened apple marmalade are served at the same time, even prunes and pears in red wine.

### **Larks**

Wrap each in a thin bard of bacon; skewer them three at a time and cook them in butter in a flat casserole for 7 to 8 minutes.

Dress them on croûtons fried in butter, with the deglazing jus separately.

Optionally, the larks may be surrounded with bouquets of watercress.

### **Corsican Blackbirds**

Treated like “Thrushes”.

### **Ortolans**

Wrap each in a band of vine leaf; arrange them in a pan moistened with salted water and sear them in a hot oven for 4 to 5 minutes.

The little water added in the bottom of the utensil causes an evaporation that prevents the fat of the ortolans from melting, and therefore neither bard, nor butter, nor jus is needed.

Another way of cooking the ortolan: poach the ortolans in a very full-bodied consommé. Dress them in a terrine or silver casserole with a little of the poaching consommé.

(I have this recipe from M. Leblanc, chef to the old Baron de Rothschild under the Second Empire.)

### **Ortolans with Pineapple Juice “Fantaisie”**

For 10 ortolans, heat 2 spoonfuls of fresh butter in a small silver casserole, roll the ortolans in this butter, salt them lightly, and pass them for 3 minutes in a very hot oven.



On taking them out of the oven, baste them with pineapple juice; cover the casserole and serve immediately.

### **Ortolans Vaclusienne**

Cook the ortolans like the previous ones; after 2 and a half minutes, cover them with raw truffles carefully peeled and cut into slices, seasoned with salt and freshly ground pepper, heated for a few seconds with a spoonful of fine butter, 2 spoonfuls of poultry glaze, and 3 spoonfuls of old Frontignan. Close the casserole hermetically, cook for one minute, and serve immediately.

Serve very hot toasted bread at the same time.

### **Roast Partridge**

Season it inside and out with salt; wrap it in a buttered vine leaf and a very thin bard of bacon.

Cooking time in a medium oven: 18 to 20 minutes; on the spit, 25 minutes.

Dress it on a croûton fried in butter and covered with a layer of gratin forcemeat; surround it with bouquets of watercress if desired.

Serve separately a small jus, a little fatty and full-bodied.

### **Truffled Partridge**

Proportions of the elements: 100 g of fresh leaf fat passed through a sieve and 80 g of carefully peeled truffles cut into quarters, seasoned with salt, pepper, and a dash of cognac.

Wrap it in a very thin bard of bacon and cook it preferably on the spit.

Average cooking time: 30 to 35 minutes.

### **Plovers and Lapwings**

These game birds are gutted and barded as desired. They are cooked on the spit or in a casserole, keeping them lightly rare.

Serve them as soon as cooked, with a short, somewhat full-bodied jus.

Cooking time: 12 to 14 minutes.