

Ma cuisine [CITATION]

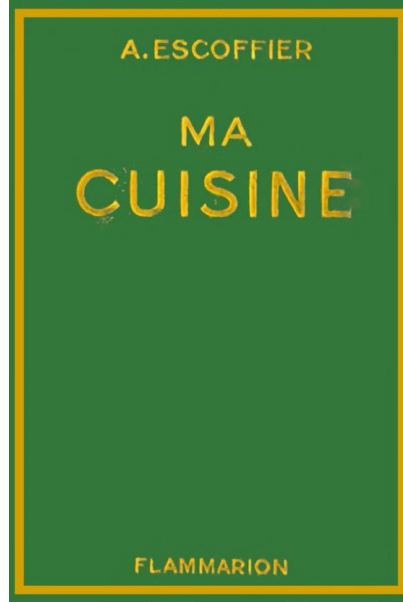
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A. ESCOFFIER

HORS D'OEUVRES

Hors d'oeuvres are an absurdity at a dinner; and even when represented by oysters, we should only accept them in meals not containing Soup.

These hors d'oeuvres, which include various fish, oily or smoked, or highly seasoned salads, leave an unpleasant flavor impression on the guest's palate; they cause him to find the Soup that follows bland and tasteless, unless they are served absolutely piping hot. Hence the necessity of serving very hot is understandable.

HOT AND COLD HORS D'OEUVRES

Formerly, hot hors d'oeuvres, which had their specific place in all dinner menus, before or after soups, have today been almost entirely abandoned.

Their disappearance is, in principle, linked to the appearance on the tables of fashionable large restaurants of various products imported from abroad, such as Russian Caviar.

Fresh Caviar, as long as it is truly fresh and of excellent quality, is certainly the most elegant and luxurious Hors d'oeuvre. However, many people do not appreciate it at its true value.

When prepared with freshly caught salmon, Smoked Salmon deserves to be classified among elegant hors d'oeuvres. Plovers' eggs; beautiful pink shrimps; definitely pure, free from all germs, healthy, fresh, and tasty oysters of certain qualities, these are a pleasant introduction that, far from harming the meal, provide a rather rich contribution to the composition of Menus.

However,

it is of great importance that these hors d'oeuvres be served with excellent white wines to prepare the guests' palate for the arrival of the soups.

Unfortunately, for the past few years, cold hors d'oeuvres have been greatly abused for dinner, and

as a result, a large number of coarse, heavy, highly seasoned preparations have entered the race and are against this abuse, which we must protest for the reputation of French Cuisine and good taste, because

undoubtedly, these highly seasoned products, coming before the soups, harm their flavor.

However, although cold hors d'oeuvres are not always compatible with dinners, they become indispensable for luncheons; their various and endless combinations, when presented with elegant presentation, can only stimulate the appetite and positively impress the guests.

Hot hors d'oeuvres have this characteristic, in some cases they can be served in place of small main courses and thus economically complete a menu that may seem a little light. Sometimes they are served after cold hors d'oeuvres at luncheons.

COLD HORS D'OEUVRES

Peppers with anchovies.

Grill 2 large red peppers; peel their thin skins, cut in half, remove their seeds, cut into large julienne; season with salt, pepper, a spoonful of vinegar, 2 spoonfuls of olive oil, chopped parsley. Arrange on a hors d'oeuvre plate; surround the peppers with anchovy fillets rolled onto themselves; surround these with a line of chopped hard-boiled egg yolk and chopped parsley.

Anchovy fillets are also presented in the same way, using potatoes cooked as for puree, well dried, passed through an iron sieve to form small noodles, and, after placing, moistened with a light vinaigrette.

Eel with white wine and paprika.

1 kilo 500 of peeled medium-sized eel, cut into pieces 5 centimeters long.

Place in a wide saucepan along with:

2 finely chopped onions; a bouquet garni consisting of a bay leaf, salt and a pinch of freshly ground

pepper; a heaping tablespoon of sweet paprika powder. Moisten with a liter of white wine; the fish

should be completely covered with liquid. Cover the saucepan;

let simmer. Cooking time: 20 to 25 minutes depending on the size of the eel.

NOTE. — Optionally, 3 deciliters

of calf's foot jelly can be added to the cooking.

When cooking is complete, place the eel pieces in a stewpot; cover them with the cooking liquid after passing it through a fine sieve. Keep on ice and serve in small hors d'oeuvre dishes. In the same way, Curried Eel is also prepared, using curry powder instead of paprika.

Eel Provençal style.

1 kilo 500 eel, peeled and cut into pieces as in previous recipes. Heat 4 spoonfuls of olive oil in a saucepan, add 2 spoonfuls of chopped onion; as soon as the onion begins to turn slightly pink, combine the eel pieces, a pinch of salt and a pinch of pepper, 2 deciliters of White wine, then 6 peeled and finely chopped tomatoes, a spoonful of chopped parsley and a third of a crushed garlic clove, a bay leaf. Cover the saucepan, cook over medium heat for 20 to 25 minutes. This preparation can be garnished, if desired, with sweet red peppers, seeded and cut julienne. When cooking is complete and seasoning adjusted, place the eel pieces along with the cooking liquid into a stewpot. Let cool.

NOTE — Also, a pinch of powdered saffron

or, if not, a few saffron threads can be added to the eel pieces a little before their final cooking.

Artichokes Greek style.

Preferably, choose very small artichokes the size of a small walnut; clean and shorten the leaves, immediately put into a boiling marinade prepared as follows: for 3-4 dozen artichokes: a quarter liter of water, 2 deciliters of olive oil, 12 grams of salt and the juice of 3 lemons, several peppercorns and coriander seeds, a bunch of parsley, fennel, celery, thyme sprigs and a bay leaf. When cooking is complete, transfer the artichokes to a stewpot and let cool in the cooking liquid. If the artichokes were the size of an egg, after cleaning them it would be necessary to quarter them. The first condition is that the artichokes, large or small, be tender because, as much as possible, one should avoid blanching the artichokes before putting them in the marinade.

Dipping the artichoke in boiling water, this operation whose aim is to facilitate cooking is quite detrimental because with this method, all the essence of the artichoke is lost in the water.

Small fresh onions are prepared in the same way as artichokes, without resorting to dipping in boiling water.

If they are old, they must be boiled in salted water for 8 to 10 minutes before putting them in the marinade.

Celery stalks, fennel stalks quartered; chayote cut into 6-centimeter lengths, well-cleaned endive and chicory roots are also prepared Greek style, but all must be boiled in salted water for 8 to 10 minutes before being put in the marinade. Finish cooking like artichokes. The pith or soft part found in the stalks of large artichokes, in the hearts and cores of cabbage, cauliflower, lettuce, etc., when freed from the woody parts surrounding it, can similarly be prepared Greek style and flavored, if desired, with a little English mustard.

Various barquettes.

Oval puff pastries with fluted edges, filled in various ways.

Barquettes hold a wide place in the series of Cold Hors d'Oeuvres and, together with Tartlets, which are prepared in the same way except for shape difference, represent the type classified under the name "vol-au-vents".

Tartlet and barquette pastry.

Sift 500 grams of flour onto a marble surface; make a well and place in the center 250 grams of butter, 2 egg yolks, 12 gr. salt, a pinch of sugar; add a glass of water. Mix everything, then knead the dough by pressing and pushing it forward under the palm of your hand; repeat the process; gather the dough into a ball, cover with a cloth and let rest for at least 2 hours.

Line the base of barquettes or tartlets with this dough, fill them with cherry pits, small beans, etc. for baking. Bake as usual.

Remove the pits or others and let cool.

Special mousses for barquettes and tartlets

Goose liver mousse.

Pass 500 grams of truffled goose liver pâté through a fine sieve; put the obtained puree into a stewpot, mix in 150 to 200 gr.

of very good and semi-melted butter, working vigorously with a wooden spoon, so as to obtain a frothy mixture, then gradually add 2 deciliters of extremely fresh, semi-whipped cream.

Fill the Barquettes immediately.

NOTE — "Very important": This mixture should never be made on ice.

The same applies to all mousses containing butter as the solid element.

Mixtures containing jelly are not recommended for Barquettes and Tartlets.

Based on "Goose liver mousse", before adding cream to it, we can mix in equal parts or one-third proportion: poultry, partridge, pheasant, woodcock, mistle thrush puree; ham, tongue, etc.

NOTE — ((Important»: Mousses containing cream, should be served a few hours after preparation.

If the mousses are to be part of a display, it is preferable to omit the cream.

Preparing puree

Poultry puree.

Proportions: For 500 grams of goose liver, 200 grams of finely pounded chicken breast, mix in 4 to 5 spoonfuls of poultry velouté or, if not, the same amount of Béchamel sauce and pass through a fine sieve. Mix the obtained puree with the goose liver mousse.

Ham and tongue puree.

Prepared in the same way as poultry puree, only using the same amount of ham or tongue instead of chicken breast.

Partridge puree.

Finely pound the meat of two roasted partridges. Chop the carcasses, scraps, and livers; in a saucepan combine with a glass of white wine, a finely chopped shallot, a pinch of spice, a pinch

of freshly ground pepper, half a bay leaf. Reduce the wine by two-thirds; add 2 deciliters of demi-glace sauce, slightly thickened, enriched with meat jelly. Boil for a few minutes; pass through a sieve, immediately mix with the partridge meat. Pass through a fine sieve and combine the obtained puree with the goose liver mousse.

Pheasant, woodcock, mistle thrush, Rouen duckling puree are prepared in the same way.

Poultry liver mousse.

Remove the gall from about fifteen beautiful poultry livers, taking care not to burst them. Season the livers with salt, pepper and spice, a few crushed parsley leaves and a chopped shallot. Heat 60 grams of butter and 60 gr. of chopped fatty bacon well in a sauté pan; throw the livers into this boiling fat, sauté vigorously for 5 to 6 minutes; remove the pan from heat.

Pound the livers, pass through a fine sieve; place the obtained puree in a stewpot and mix in 125 to 150 grams of semi-melted butter, working the puree with a wooden spoon, then add 1 deciliter of fresh, lightly whipped cream, mixing it in well. These mousses can be served not only as hors d'oeuvre in Barquettes and Tartlets, but also as cold main courses. In this case, coat a Charlotte mold with a good jelly; fill the cavity with one of the chosen mousses. Keep on ice until serving time and unmold onto a round plate.

NOTE — Barquettes and tartlets, after being filled with mousse, are optionally garnished with a very thin layer of jelly, according to the type of decoration; cover the surface.

Egg mousse.

Take the yolks of 10 fresh eggs cooked for 8 minutes; pass through a fine sieve; place in a stewpot, gradually work in, with a wooden spoon, 150 to 200 grams of semi-melted butter, then add 1 deciliter of very fresh cream. We can alter the taste of this mousse by adding anchovy, smoked salmon, etc. butter.

NOTE — Compound butters made for hors d'oeuvres are simply foamy butters made with different essences.

Beets for hors d'oeuvres and salads.

Beets are cooked under ashes or steamed or simply in water.

Beets are cut julienne or thinly sliced or cut into small squares and seasoned with salt, pepper, a drop of vinegar and olive oil, chopped parsley and chervil. This seasoning can be garnished by adding a spoonful of English mustard or better a few spoonfuls of grated horseradish. Also, oven-baked and diced onion is mixed in.

Creamed beet salad.

Cut julienne; mix with a sauce prepared as follows: English mustard, thick and fresh cream, flavored with lemon juice and completed with appropriate proportions of salt and pepper.

Beets Provençal style.

300 grams of oven-baked beets, diced small and mixed with the following sauce: 2 medium oven-baked white onions; crush and pass through a fine sieve. Place this puree in a bowl, add a teaspoon of anchovy puree, a teaspoon of English mustard, a heaping spoonful of vinegar, 3 spoonfuls of olive oil, a pinch of freshly ground pepper and salt. Account for the salt brought by the anchovy puree. Whip the sauce with a fork.

Canapés.

Canapés or Toasts are made from thinly sliced bread; their thickness should not exceed half a centimeter. They are fried in clarified butter or grilled, but most often grilled and in this case, lightly buttered while hot to keep them soft.

The most suitable filling for canapés is fresh butter with a puree or very finely chopped meat, poultry, goose liver, fish, cheese, anchovy or herring fillets, caviar, shrimp, lobster, crayfish, hard-boiled egg, etc. added.

Anchovy canapé.

Lightly coated with Anchovy butter and garnished with pink shrimp tails split lengthwise.

Proceed in the same way for different canapés.

Caviar.

Served in a special dish, surrounded by ice and accompanied by either crisp bread or buttered thin slices of rye bread. Sometimes served with chopped onion and lemon, this method is not recommended, because fresh caviar, whose flavor is perfect, needs no other seasoning.

When fresh caviar is not available, pressed and salted caviar is also used to prepare hors d'oeuvre, which, although it does not have the delicacy of fresh caviar, still has its lovers.

Sunchokes.

Cooked or raw, cut julienne and seasoned with a mustard vinaigrette sauce.

Marinated cèpes.

Chosen very fresh and from the smallest ones. Dipped in boiling water for a few seconds, drained, dried, sautéed in oil in a pan, seasoned with salt and pepper; then placed in a stewpot and covered with the following marinade poured boiling and strained. (Proportions for 1 kilo of cèpes): quarter liter of good vinegar and quarter liter of white wine, 1.5 deciliters of oil; 2 crushed garlic cloves; thyme sprigs, 2 bay leaves; several peppercorns and coriander seeds; fennel stalk and parsley sprigs. Boil for 10 minutes before pouring over the cèpes. Leave to marinate for about ten days and serve with the marinade liquid.

Surprise cherries.

Good truffled goose liver is made into a puree, small balls the size of a medium cherry are formed; dipped in a cold-hot sauce with pink and sweet paprika powder, placed on a small rack; as soon as the sauce hardens, coated with semi-frozen jelly. Kept in the refrigerator. "Bunches of cherries" can be formed by adding natural cherry stems to them; however, as fresh cherry stems are usually not available, dried stems soaked in lukewarm water for half an hour, drained and dried on a cloth and dipped in light green-colored butter are taken.

Surprise cherries, when presented inside small tartlet shells whose base is spread with a light layer of goose liver, poultry or game mousse, create the illusion of real cherry tartlets.

Also, with the base dough, very small baskets can be made, filled with cherries sprinkled with small leaves of light green-colored butter.

Vinegared cherries.

Preferably "Griotte". Choose the slightly undercooked ones, prepare like cherries in brandy, put into jars, per kilo; with 4 cloves, a small piece of cinnamon, grated nutmeg, 2 small sprigs of tarragon. Cover with boiled and, per liter, sweetened with 200 grams of brown sugar and completely cooled vinegar. Leave to marinate for 15 to 20 days and serve with the marinade liquid.

Walnut kernels in verjuice.

This hors d'oeuvre can be made from the first days of August, that is, when the walnut kernel is fully formed, until September 15th.

Open the walnuts, remove the kernels without breaking them, remove the yellow skin covering the lobes and drop them into fresh water as you remove them. Arrange on hors d'oeuvre plates at the moment of serving; moisten with settled and clarified verjuice and sprinkle a little rock salt over them.

Brains with ravigote.

Veal, Mutton or Lamb brains well bled, poached in boiling water, cooled and sliced into escalopes. Trim them and arrange on a hors d'oeuvre plate. Cover with a ravigote sauce made with mustard and chopped egg, with the escalope trimmings added by passing through a sieve.

Cultivated mushrooms with white wine.

Select 500 grams of small mushrooms (called buds), wash carefully, dry on a cloth; throw into a saucepan where 4 to 5 spoonfuls of olive oil have been heated; season with salt, pepper, a spoonful of finely chopped onion and parsley, the juice of 2 lemons and 1.5 deciliters of white wine. Cover the saucepan, cook over high heat for 3 minutes. Let cool and serve on a hors d'oeuvre plate with the cooking liquid.

For variety, a spoonful of English mustard can be added to the cooking.

Cultivated mushrooms with tomatoes.

Select small ones as before; wash and dry on a cloth. In a saucepan heat 4 to 5 spoonfuls of olive oil with a spoonful of finely chopped onion; as soon as the onion begins to turn slightly yellow,

add the mushrooms; sauté for a minute or two, season with salt and pepper, a very small amount of garlic and chopped parsley, 3 to 4 spoonfuls of good vinegar, 1 deciliter of white wine, then 8 spoonfuls of tomato puree. Cover the saucepan, cook vigorously for a few minutes. Let cool and serve on hors d'oeuvre plates.

NOTE — In hors d'oeuvres, tomato plays a large role,
we can vary the method of cooking and presentation in many ways.

Cauliflower Greek style.

Separated into the smallest bouquets; boiled in salted water for 4 to 5 minutes;
drain and finish cooking by completing the process as for artichokes. Serve in the same way.

Red cabbage.

Cut into fine julienne and marinate for several hours with a little good vinegar. Drain, season like an ordinary salad with or without mustard. Sometimes peeled and thinly sliced eating apple is mixed in.

Green cabbage in paupiette shape.

Select the softest leaves, cook in salted water, cool,
drain, cut into small rectangles, spread on a napkin to absorb moisture. Fill these rectangles with a rice salad made with anchovies and chopped egg yolks and seasoned intensely; roll into paupiette shape; place on hors d'oeuvre plates, surrounded by black olives and lightly drizzle with oil.

Cucumbers.

Peel the cucumbers; cut in half lengthwise, remove the seeds and slice thinly. Sprinkle with fine salt and let sit for 25 minutes to release water. Drain thoroughly; season with pepper, oil, vinegar, chopped chervil.

Cucumber prepared this way, in England, is served alongside boiled salmon, hot or cold; however, various salads can be made, mixed with peeled, seeded and thinly sliced tomatoes; chopped

onion, anchovy fillets, marinated tuna, boiled salmon, lobster cut into small cubes, sliced truffle, thinly sliced poultry breast, hard-boiled egg, rice cooked in salted water, etc.

Creams for hors d'oeuvres.

Delicious creams for hors d'oeuvres are prepared with smoked salmon, marinated tuna, boiled poultry, game fillets, hard-boiled egg, etc.

Preparation: Finely pound 125 grams of one of the elements mentioned above with 60 grams of fresh butter, gradually add 3 to 4 spoonfuls of very fresh cream. Pass through a fine sieve. Season according to the element used.

These creams can be shaped in small dariole molds or used to fill tiny barquettes, small éclairs made from choux pastry without added sugar.

Marinated picarel.

Fry 24 picarel in oil; place in a stewpot, season with freshly ground salt and pepper; moisten with 6 spoonfuls of olive oil. Mix 1 deciliter of good white wine vinegar with an equal volume of water, add a bay leaf, parsley sprigs, thyme sprigs and a medium-sized finely chopped onion, boil for 8 to 10 minutes. Pour boiling over the picarel. Leave to marinate for 24 hours, then serve with the marinade liquid.

Fennel (Stalk part).

Depending on size, fennel stalks are divided into 4 or 6 pieces and prepared exactly like "Artichokes Greek style".

Figs.

Served as hors d'oeuvre only in their season of ripeness. Served on grape leaves, surrounded by crushed ice. At the same time, very thinly sliced raw ham is served.

In Italy, figs are accompanied by "Bottarga". (Dried mullet roe, cut into thin slices, moistened with olive oil.)

Vol-au-vents.

This word, on menus, denotes all the small preparations for Hors d'oeuvres, of which barquettes, tartlets, surprise cherries with goose liver, small api apples are the elegant and light types.

Shellfish.

Under this general name, all types of shellfish except oysters are denoted.

Herrings Dieppe style.

Choose very fresh herrings, clean, place in a sauté pan, cover with a prepared boiling marinade. This marinade consists of: two-thirds white wine, one-third vinegar. fluted sliced thin carrot rings, onion rings, thyme, bay, parsley stalks and finely chopped shallot.

Poach the herrings, over low heat, for about 12 minutes and let cool in the marinade.

Served very cold, with the marinade liquid, carrot and onion rings, grooved thin lemon slices.

Herring fillets.

Peeled salted herring fillets, desalted in milk if necessary. Arrange on hors d'oeuvre plates and moisten with olive oil.

Herrings Livonian style.

Choose beautiful smoked herrings, separate the fillets and separate the heads and tails. Skin the fillets, trim, dice; add an equal amount of cooked potatoes and eating apple diced small; parsley; chervil, tarragon and chopped fennel for seasoning; season with oil and vinegar. Arrange this salad in the shape of a herring. Add a head and tail to each imitated herring.

Herrings Lucas style.

Smoked herrings, soaked in lukewarm water, peeled and desalted in milk. Cut these fillets into strips, arrange on hors d'oeuvre plates, cover with the following sauce: hard-boiled egg yolks, mustard, oil, vinegar, shallot, chopped chervil and cornichon.

Rolled herrings.

Salted and egged white herrings. Separate the fillets, soak to desalt in milk, drain. Coat the inside of the fillets with mustard mixed with finely chopped onion and roll these fillets into paupiettes

to be secured with a piece of string. Place in a stewpot with their roe and cover with vinegar boiled with bouquet garni, onion, whole peppercorns, clove, then strained. After the vinegar cools, pass the roe through a sieve, thin the obtained puree with vinegar and 5 to 6 spoonfuls of oil per half liter of vinegar. Pour this sauce over the paupiettes and leave to marinate for two or three days.

Serve on hors d'oeuvre plates.

Oysters.

Oysters are excellent hors d'oeuvre, they can be part of both dinner and luncheon. They must be served very cold and especially freshly opened. Very thinly sliced and buttered black bread slices, a sauce consisting of vinegar, whole peppercorns and chopped shallot, half lemons are also sent.

— Never wash oysters after opening them.

Oyster cocktail.

Prepare one small cocktail glass per person, or a madeira glass. Fill each glass with 6 freshly opened oysters. Add 2 or 3 drops of Tabasco sauce, a spoonful of tomato Ketchup, a few drops of Worcestershire sauce and a drop of lemon juice. Serve very cold.

NOTE. — **The sauces mentioned above are bottled products found in commerce. Tabasco Sauce is the juice of a very hot small red pepper variety called Tabasco.**

Marinated oysters.

Freshly opened oysters, poached for one minute in a small court-bouillon with white wine and aromatics.

Cooled in the cooking liquid and served on hors d'oeuvre plates with a light ravigote sauce to which a few spoonfuls of the poaching liquid are added.

Marinated mackerel.

Choose the smallest ones, treated exactly like "Herrings Dieppe style" with marinade.

Melon (Cantaloupe).

Should be chosen fully ripe and fragrant. Served on green leaves, surrounded by crushed ice.

Melon cocktail.

Cut the flesh of a fully ripe melon into 2-centimeter square cubes. Mix this melon in a bowl; sprinkle sugar over it and keep on ice. At serving time, moisten with Kirsch, Maraschino, Port or fine Champagne according to taste.

Then, serve in small glass cups like ordinary Fruit Cups.

NOTE — In great heat, in addition to the melon, a spoonful of orange ice cream is added.

Frozen melon with port.

Select a fully ripe cantaloupe melon. By cutting around its stem, cut out a piece about 8 to 10 centimeters in diameter. With the help of a silver spoon, remove the seeds and fibers; then, separate the flesh into large chunks with the spoon; sprinkle sugar over it, moisten with port and replace the removed piece over the opening. Keep for 2 hours in a cooler surrounded by crushed ice. Serve surrounded by ice and serve with a spoon on very cold plates.

NOTE — According to taste, instead of Port, fine

Champagne or even curaçao can be used. Also, when serving, a few spoonfuls of orange ice cream can be added on top.

(Small, vinegared melons).

These are small specimens taken in the formation stage, a short time after flowering.

These melons are first left in salt for 10 hours, then washed with vinegar mixed with one-third water, placed in jars with several small onions, tarragon, a few small peppers and covered with boiled vinegar, with 100 grams of sugar per liter, cold or hot.

They can be eaten after 10 to 12 days.

Pith of various vegetables.

The pith or soft part found in the stalk of large artichokes, in the hearts and cores of cabbage, cauliflower, lettuce, etc., when freed from the woody parts surrounding it, can provide an excellent hors d'oeuvre. It can be treated according to the "Artichokes Greek style" formula and its seasoning diversified.

Well-cleaned chicory, endive hearts are prepared in the same way.

Mussels.

Cook as usual, then remove from shells.

Serve on hors d'oeuvre plates, with a mustard ravigote sauce to which some of the cooking liquid is added. Also, a delicious court-bouillon can be obtained by adding a little saffron to the cooking liquid, previously clarified, and boiling for a few minutes over full heat. Pour boiling over the mussels, removed from their shells or from one shell only. Serve on cold hors d'oeuvre plates.

Beef nose and palate.

After blanching, cooling and scraping, cook in a light "blanc" flavored with bay, thyme, parsley sprigs, whole pepper.

For serving: slice very thinly, dress with a ravigote sauce consisting of chopped onion and parsley, mustard, oil and vinegar.

Stuffed eggs.

For hors d'oeuvres, eggs, after being cooked, are prepared in various ways, but usually cut lengthwise in half. The yolk is removed, passed through a fine sieve and then placed in a stewpot, mixing in with a wooden spoon about the same volume of good butter. Seasoning salt and pepper. With this preparation, fill the cavity left by the egg yolks using a pastry bag or, if not, a small spoon and smooth the surface with a knife. Place on hors d'oeuvre plates and lightly coat with mayonnaise.

NOTE — For variety, anchovy butter, smoked salmon butter, tuna, sardine butter, etc. can be added to the egg yolks.

Skill and fantasy are all-powerful here, and the smallest idea can replace the longest nomenclature.

Plovers' and lapwings' eggs.

Hard-boil for 8 minutes in boiling water and cool; remove a very small part of the shell at the pointed end of the egg with the tip of a knife, a precaution to ensure the egg is in good condition to be served, and in this case, the white should be slightly translucent.

In England, where plovers' eggs are very popular, they are usually presented in nests made of green moss. This method lacks a little elegance and especially freshness, a bed of small watercress freshly cut and elegantly prepared would be more suitable.

Onions Oriental style.

_Proportions: 1 kilo peeled small onions, two-thirds liter water, one-third liter vinegar, 4 spoonfuls olive oil, 6 spoonfuls tomato puree, 125 grams sugar, 150 grams Smyrna raisins (Sultana), a teaspoon salt. a little paprika; a bouquet consisting of a bay leaf, thyme sprigs, parsley sprigs.

Combine everything in a saucepan, cover, place over a not very strong heat. Cook for 40 to 50 minutes. At this point, the onions should be cooked and the cooking liquid reduced by two-thirds so that the onions and raisins are coated with sauce. This sauce should be neither too thick, nor too light, but have a darker appearance than an ordinary tomato sauce.

Olives.

Every variety of green olive is suitable for Hors d'oeuvres and is served as it comes from its brine.

Stuffed olives.

Choose very large ones, remove pits with a machine. Fill with any butter as desired: Tuna, anchovy, smoked salmon, sardine butter, etc.

Black olives.

These olives are found in commerce and are served on hors d'oeuvre plates moistened lightly with oil and a little freshly ground pepper. Sometimes anchovy fillets are mixed in.

Red peppers (sweet).

Grill over low heat and remove the skin which has blistered with the heat. Cut lengthwise in half, remove the seeds, then cut julienne, season with oil and vinegar, salt and freshly ground pepper. Arrange on hors d'oeuvre plates.

NOTE — For variety, anchovy fillets, black olives, tomatoes sautéed Provençal style can be added to the peppers.

Chayote Greek style.

Cut the white parts into pieces 8 centimeters long; boil in boiling salted water for 8 to 10 minutes and finish cooking in a marinade similar to that of "Artichokes Greek style".

Smoked goose breast.

Sliced into escalopes as thin as possible. Serve surrounded by sprigs of parsley.

Surprise api apples.

Proceed in the same way as with cherries, giving the goose liver a very small api apple shape. Dip in a yellowish cold-hot sauce; as soon as the sauce hardens, give a pink tint to one side of the apple with pink and sweet paprika powder. Coat with jelly.

To give the full illusion of the fruit, stick a very small stem and leaf into each apple.

The presentation of api apples is done on beautiful square hors d'oeuvre plates, on a jelly base.

Mullet bottarga.

Dried mullet roe is much appreciated by Italians. Bottarga is cut into slices as thin as possible and moistened with olive oil and lemon juice. Served with fresh figs in season.

The nutritional properties of bottarga are almost equal to those of caviar.

Pink radishes.

They must be very fresh and firm, their preparation is so well known that it is unnecessary to mention it, but because of their beautiful color they are often used in the decoration of Hors d'oeuvres.

Black radishes.

Peel, slice very thinly and sprinkle with fine salt. Let sit for 20 minutes to release water; then drain and season with pepper, oil and vinegar.

Red mullets Oriental style.

Choose from the smallest ones; place in a sauté pan, season with salt and pepper, lightly drizzle with oil, cover with white wine; add peeled and chopped tomatoes, parsley, fennel, thyme, bay, a little garlic and saffron. Let simmer, cook for 8 to 10 minutes depending on the size of the fish.

Royans.

This fish, fresh, belongs to the same family as sardines, eaten grilled, accompanied by good butter and lemon.

Salads.

The composition of salads used as hors d'oeuvre is subject to all the variety of ideas of the person in charge of this task. The number of combinations they can offer is significant; All products used in the Kitchen can be usefully employed here.

To the variety of these salads have now been added varieties where Rice is the main element. This rice is usually cooked in salted water for a maximum of 16 to 18 minutes, then cooled and well drained.

Bergeret salad.

Long-grain rice, thinly sliced hard-boiled egg, chopped green onions.

Seasoning: Cream whipped with salt and pepper. Mix gently. (Can also be seasoned with grated horseradish or mustard.)

Brazilian salad.

Equal parts: Long-grain rice and fresh pineapple diced small.

Seasoning: Fresh cream, lemon juice and salt.

Catalan salad.

Long-grain rice; Spanish white onions oven-baked and diced small; red peppers grilled, peeled and cut into squares; anchovy fillets.

Seasoning: Ordinary vinaigrette.

Italian salad.

Italian colors: Long-grain rice, small peas cooked in plenty of salted water, drained and cooled; carrot cubes cut small and cooked in salted water.

Seasoning: Vinaigrette.

Midinette salad.

Equal parts: Long-grain rice and very green small peas.

Seasoning: Vinaigrette with chopped tarragon and chervil added.

Monaco salad.

Long-grain rice; anchovies poached in salted water; peeled, diced small tomatoes; pepper, salt, finely chopped herbs, oil and vinegar.

Only Anchovies, form an excellent hors d'oeuvre known to very few people. Seasoned only with extra virgin olive oil, a drop of vinegar, white wine or lemon juice and finely chopped herbs.

Niçoise salad.

1 tuna in oil, tomato flesh, anchovy fillets diced small.

Seasoning: Vinaigrette with or without mustard, with chopped tarragon, chervil and green onions added.

Otero salad.

Sweet peppers grilled, peeled and cut julienne; peeled, quartered tomatoes; anchovy fillets; Spanish white onion oven-baked and diced small.

Seasoning: Vinaigrette flavored with mustard.

Beef salad Parisian style.

Boiled cold beef very thinly sliced and boiled and sliced potatoes.

Seasoning: Flavored vinaigrette.

NOTE — Green beans, tomato, hard-boiled egg, watercress, etc. can be added to this salad.

Provençal peasant salad.

Quartered tomatoes, chopped onion, thinly sliced cucumber, anchovy fillets.

Seasoning: Vinegar, olive oil, salt and pepper.

Sheep and calf feet salad.

Cook as usual, separate the bones, slice into fillets while still warm and season with a mustard vinaigrette sauce.

Régane salad.

Long-grain rice; thinly sliced cucumber, cooked in salted water for a few minutes and well drained; chicken breast and truffle julienne.

Seasoning: Vinaigrette with finely chopped herbs.

Tartlets with tuna.

Small puff pastries filled with finely chopped tuna bound with mayonnaise. Complete filling the cavity with hard-boiled and chopped eggs and divide the surface into squares with anchovy fillets; small dots of chopped parsley in the center.

Tomatoes Genoa style.

Choose medium-sized, somewhat firm tomatoes, slice into rings, after removing seeds, arrange on a hors d'oeuvre plate by alternating tomato slices with thinly sliced marinated tuna slices. Make a border with thinly sliced, water-cooked potatoes the size of a franc coin and moisten everything with an anchovy vinaigrette.

Fancy tomatoes.

Medium-sized somewhat firm tomatoes, peeled, hollowed out, well drained, seasoned and filled with egg yolk butter. As soon as the butter hardens, divide each tomato into six parts, open without completely separating, place in the center of five lettuce leaves arranged in a rosette on a saucer, this will give the appearance of an open flower creating a very beautiful effect.

By the same method, tomatoes can be filled with any kind of vegetable, fish, poultry salad, bound with mayonnaise, in this case the tomatoes are not divided and should be smaller.

With the same presentation style, instead of tomatoes, beautiful tangerines with their stem and two leaves kept can be used; but here the tangerines are filled with fruit salad with cream.

Tomato sauce for hors d'oeuvres.

Choose ripe tomatoes, peel, cut in half, remove seeds, chop, combine in a saucepan for 1 kilo of tomatoes with 6 spoonfuls of olive oil, salt and pepper, a teaspoon of chopped parsley and a quarter of a garlic clove. Cover the saucepan, cook slowly for 30 minutes. Store in a stewpot.

Second method. — Prepare the tomatoes as before. Combine in a saucepan 6 spoonfuls of oil and 2 spoonfuls of finely chopped onion; as soon as the onion begins to take on a nice yellow color, add 2 deciliters of good vinegar; wait for some of it to evaporate; add the tomatoes, salt, pepper and the garlic-parsley. Cover the saucepan. Cook for 30 minutes.

NOTE. — Instead of fresh tomatoes, canned chopped tomatoes can be used.

In both preparation methods, a few spoonfuls of tomato puree can be added.

Trout Tyrolean style.

Choose very small river trout of equal size, clean, coat with flour, fry in olive oil, salt, place in a stewpot and cover with sauce No. 2. Leave to marinate for 24 hours and serve in small square deep dishes made of porcelain or ceramic.

NOTE. — Various fish can be prepared by the same method; eel, mackerel, both cut into pieces or fillets, are very much appreciated.

Oily sardines, scaled, placed in a deep dish, covered with one of the two sauces, marinated for 24 hours, are far superior to sardines canned with tomato.

Here, I did not think it would be interesting to list the various hors d'oeuvres usually found in all food stores, for example: cooked and raw hams, smoked tongues, beef, sausages, salami, canned fish, sardines, herrings, salmon, smoked herring and a host of other products belonging to the charcuterie field, for example: Tours rillettes, Blois rillons, goose liver, pheasant, chicken