

Annie Strachan's Cookery Book

Recipes from the School of Domestic Economy, Aberdeen, 1890s

Claire Wilson Callender

Copyright © 2024 Claire Wilson Callender

All rights reserved.

No portion of this book may be reproduced in any form without written permission from the author.

Cover image: *Prang's aids for object teaching—The kitchen*, L. Prang & Co., c. 1874, public domain.

*In memory of Anna, Nan and Marjory,
who all enjoyed a good scone.*

Table of Contents

1. Introduction	1
2. Annie's Kitchen	7
3. About the Recipes	9
Notes on ingredients	
4. Meat	11
Roast Rabbit	
Haricot	
Croquettes of Meat	
Boiled Rabbit	
English Stew	
Roast Joint	
Boiled Fowl	
Cutlets of Meat	
Beef Steak Pie	
5. Fish	20
Fried Fish	
Fish Soufflé	
Filletts of Sole	
6. Soup	24
Ox-tail Soup	
Tomato Soup	
Vegetable Soup	
Mutton Broth	
Brown Soup	
7. Other Savoury	28
Potato Chips	

Sausage rolls
Tomato Eggs
Scotch Eggs
Haricot Beans
Macaroni Cheese

8. Puddings 33

West Indian Pudding
Paradise Pudding w. Custard Sauce
Seven Cup Pudding
Canary Pudding
Apple Dumplings
Fig Mould
Baked Lemon Pudding
Lemon Jelly
Apple Fritters
Fig Pudding

9. Baking 40

Corn-flour Cakes
Scones
Fruit Tart
Genoise Fingers
Swiss Roll
Pancakes
Mince Pies
Shortbread
Cocoa-Nut Fingers
Rice Cakes or Buns
Coburg Cakes
Breakfast Rolls
Dough Nuts
Sandwiches
Tartlets

Introduction

Sometime in the mid-1890s, my great-grandmother, Annie Strachan, enrolled in the School of Domestic Economy in Aberdeen. A young widow from Fyvie, a farming community in Aberdeenshire, she made her way to the city to learn to cook. During her time there she filled a notebook with recipes and notes; that notebook made its way through subsequent generations, well preserved though a little fragile, to me, unofficial keeper of family treasures. I transcribed it and share here a few details of Annie's short life and her recipes.



*Annie Strachan c. 1888.
Author's collection.*

Annie was often talked about by my granny, who was only three years old when Annie died, and later by my mother, as an almost mythical figure—red-haired, beautiful, and far too young when she died after giving birth to her eighth child at the age of 40. Annie was born in Fyvie on 21 December 1868 to John Strachan and Christian Donald, the seventh of ten children (one died in infancy).¹ The Strachans were tenant farmers at Cardenwell in Fyvie for four generations¹ from 1786 until 1923, when the last Strachan farmer, Annie's eldest brother John, retired.³ Although deeply rooted in farming, several of the Annie's siblings distinguished themselves in other ways.

John was a deeply religious man and a long time elder of Fyvie United Free Church. He sat on the parish council and the school board. James³ and Robert⁵ were both accomplished scholars who went on to become Free Church ministers and professors. Elizabeth Strachan was one of the first four women to graduate from Aberdeen University in 1898.⁶ She and two other sisters, Margaret and Christina, became teachers. In contrast, Annie's early life was a bit of a mystery. She married Gavin Catto, farmer at neighbouring Lendrum, Monquitter on 5 June, 1889.⁷ They had only been married for 18 months when Gavin died suddenly on 8 December, 1890 of "abscess of brain, 3 days."⁸ After her husband's death, Annie went to live with her brother James, who at the time

was a Free Church minister in St Fergus. She is listed in the 1891 census living at Shielhill manse along with two of her sisters, Margaret and Christina.⁹ In 1892 their father John Strachan died, and Annie returned to Fyvie. For some period between 1892 and 1897 she and her mother were living at Parkburn Cottage in Fyvie.¹⁰ Christian Strachan had moved out of Cardenwell when her son John took over the farm. Widowed and without an income, Annie moved in with her mother and went to the School of Domestic Economy.

The School of Domestic Economy (precursor to the Aberdeen “Do’ School”) was established by Aberdeen Educational Trust and officially opened on Wednesday 7 October 1891 at 352–354 King Street, Aberdeen, the site of the former Boys and Girls Hospital. On opening day, the *Aberdeen Evening Express*¹¹ reported that the school was to provide “efficient instruction in cooking, laundry work, dressmaking, general house management &c to a number of girl foundationers and to outsiders who may care to avail themselves of the opportunity that will be afforded...” The opening address was given by the Chairman of the Trust, Mr. Walker, who explained:

We are today commencing, in this house, and on the adjoining grounds, the first systematic teaching of young girls for their life's work. It matters not what their position may be in life, they have much in common to learn. The daughter of many a rich professional man leaves her costly boarding school no better fitted for her life's work in regard to the science of domestic economy than is that millworker's child; both are disgracefully ignorant of what both ought to know. The one when she gets a house and costly servants, knows not whether her work is well or ill done; the other can often do nothing, not even boil a potato or make her husband's porridge. A remedy for this miserable state of matters will now, to all classes, be found in this Trust and within these walls..

There were no dates in Annie's notebook, but her own name was recorded in the front as Annie Catto, and on the first page she noted her teacher's name: Miss Cook. On 6 February, 1894 the *Aberdeen Press and Journal*¹² reported the appointment of Miss Nellie Cook as a teacher of cookery. Miss Cook “was the only pupil of the School of Domestic Economy... who took a first-class diploma, with honours, at the only examination yet held... which qualifies her, not only for teaching the work required under the educational code, but for much more advanced cookery.” And so, Annie attended the school sometime between 1894 and late 1897, when she married my great-grandfather, Adam Logan.¹³

Lectures on Cookery
by
Miss Cook.
Educational Trust. King St. Aberdeen.

Fruit Tart.
 1½ lbs fruit.
 4 tab. sp. sugar.
 No water for brambles or rhubarb.

Pastry 6 oz. flour.
 2½ oz. butter.
 ½ tea. sp. baking powder.
 1 tea sp. Caster Sugar. 1 egg.

Sift flour, baking powder & sugar into a basin.
 Rub butter lightly amongst flour, with
 tips of the fingers until it is as smooth
 as bread crumbs.

Beat up the egg, add a little water to
 and make into a stiff paste.

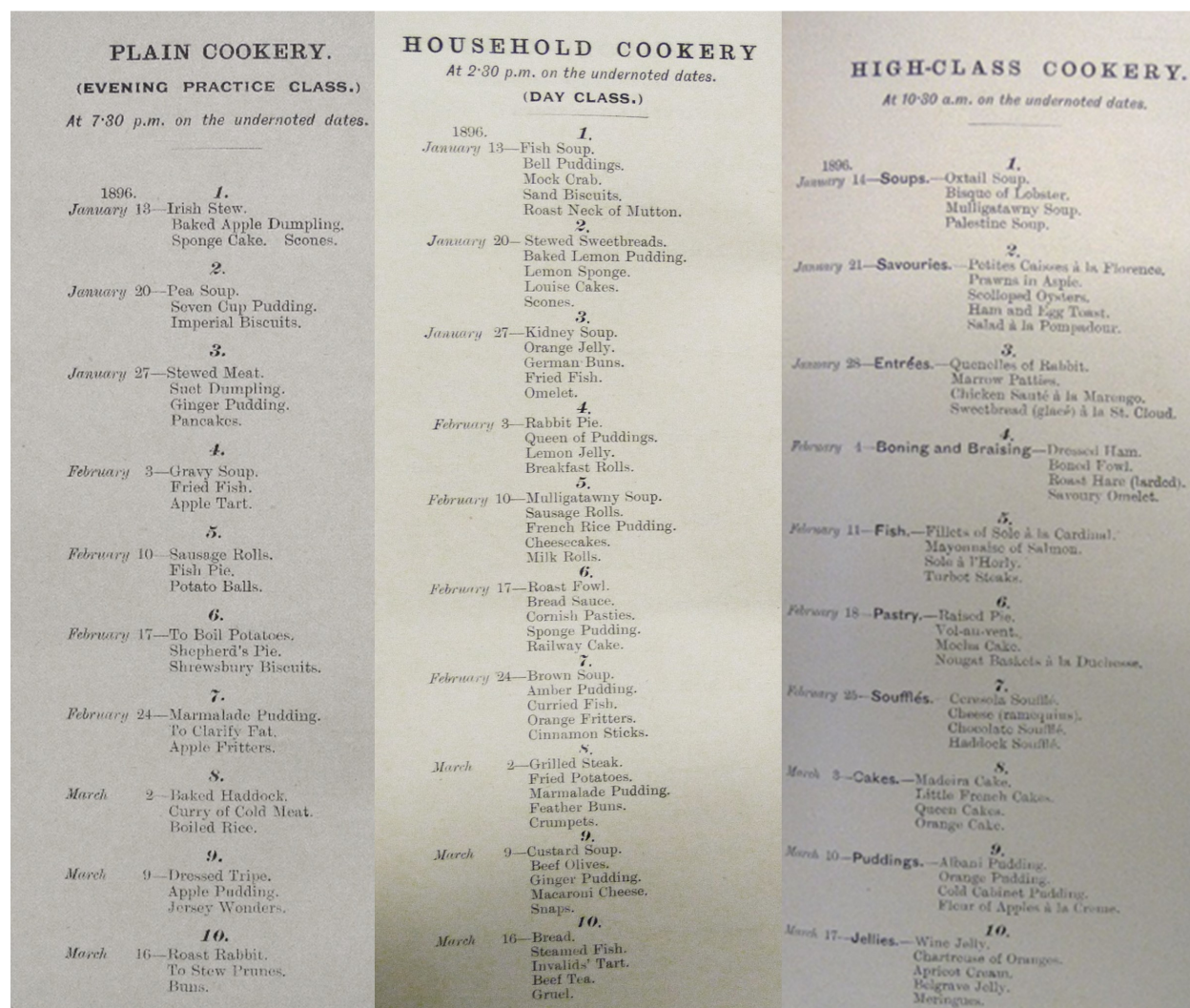
Turn on to a floured board. Knead
 little & roll out. Cut narrow strip for

First page of Annie Strachan's notebook from the School of Domestic Economy. Author's collection.

Annie's motivation to attend the School of Domestic Economy may have been simply to learn to make better porridge for a man, but more likely she had a goal of finding employment as a cook or domestic servant, or as a teacher like Miss Cook or her own sisters.

The cooking program at the School of Domestic Economy offered classes in "Plain Cookery," "Household Cookery" and "High Class Cookery" in various daytime and evening classes. Some timetables, lists of dishes to be cooked and exam questions are held by

Aberdeen City and Aberdeenshire Archives and are shown below.¹⁴



Lesson plans for Plain Cookery, Household Cookery and High-Class Cookery classes in 1896 at the School of Domestic Economy. AET/2/4/3 scrap book 3 (1894–1899). Reproduced courtesy of Aberdeen City and Aberdeenshire Archives, Aberdeen City Council & Aberdeenshire Council.

The recipes in Annie's notebook do not tally exactly with the timetable of any specific class, so she may have attended some classes from each category. However, her recipes are mostly for simple fare typical of the era, suggesting that she favoured the Plain Cookery classes. Typically, the only vegetables used are potatoes, carrots, turnips and onions, with parsley sometimes added as a garnish. "Meat," generally unspecified but likely beef, features in several recipes. Sometimes mutton is mentioned, and occasionally pork. Rabbit

features more than once, its preparation described in grand detail. Several variations of soup are described and of course, the legendary Scots sweet tooth is well-catered to; more than half the recipes are for baking or puddings. No serving sizes or numbers are mentioned in the recipes, but by today's standards the amounts seem sparse. Despite the emphasis on puddings, few people were overweight!

The notebook provides remarkable detail on the food that was being prepared and offers clues to many aspects of Aberdeenshire life at the time. The recipes led me to research kitchen equipment, cooking methods, serving dishes, and the presentation of food for various occasions. Some surprising foreign ingredients are called for in a few recipes, which led me on an interesting trip down the streets of turn-of-the-century Aberdeen to find where they might have been purchased. My notes from a 21st-century perspective are added to Annie's 19th-century recipes with love.

-
1. Births (CR), Scotland. Fyvie, Aberdeen, 21 December 1868, Ann Kerr Strachan. 197/00 0004. <https://www.scotlandsppeople.gov.uk>: accessed 8 March 2011.
 2. Census, Scotland, 1851; 1862; 1871; 1881; 1891; 1901; 1911; 1921. Fyvie, Aberdeen, Strachan (Cardenwell). 197/. <https://www.scotlandsppeople.gov.uk>.
 3. "Member of Distinguished Fyvie Family," *Aberdeen Press and Journal*, 11 March 1929, <https://www.britishnewspaperarchive.co.uk>.
 4. "Call to Rev. James Strachan, St Fergus," *Aberdeen Press and Journal*, 1 May 1903, <https://www.britishnewspaperarchive.co.uk>.
 5. "Rev. Robert Strachan," *Aberdeen Press and Journal*, 11 January 1929, <https://www.britishnewspaperarchive.co.uk>.
 6. "The Lady Graduates," *Aberdeen Journal*, 2 April 1898, <https://www.britishnewspaperarchive.co.uk>.
 7. Marriages (CR,) Scotland. Fyvie, Aberdeen, 5 June 1889, Annie Strachan and Gavin Catto. 197/00 0008. <https://www.scotlandsppeople.gov.uk>: accessed 8 March 2011.
 8. Deaths (CR), Scotland. Monquhitter, Aberdeen, 8 December 1890, Gavin Catto. 223/00 0030. <https://www.scotlandsppeople.gov.uk>: accessed 8 March 2011.
 9. Census, Scotland, 1891. St. Fergus, Aberdeen, Annie Catto. 166/ 5/ 1. <https://www.scotlandsppeople.gov.uk>: Accessed 9 February 2019.
 10. Valuation Roll, Scotland. Fyvie, Aberdeen, 1895–96, Mrs. Christina Strachan, Parkburn. VR008700089–/ 499. <https://www.scotlandsppeople.gov.uk>: accessed 7 July 2019.
 11. "The Aberdeen School of Domestic Economy," *Aberdeen Evening Express*, 7 October 1891, <https://www.britishnewspaperarchive.co.uk>.

12. "Miss Nellie Cook," *Aberdeen Press and Journal*, 7 February 1894, <https://www.britishnewspaperarchive.co.uk>.
13. Claire Callender, "The Travels and Trials of Adam Logan, Dairyman," *Anglo-Celtic Roots* 25, no.4 (Winter 2019): 3-15.
14. Records of Aberdeen Educational Trust, Aberdeen City and Aberdeenshire Archives, AET/2/4/3.

Annie's Kitchen

Some clues to the type of cooking equipment available in the late 1890s can be found in Annie's recipes. If baking was required, the recipe called for a "fast," "moderate" or "slow" oven. A Scots farm kitchen in the 1890s would have had a coal-fired range with one or two ovens and space on top for large cast-iron pots. The range may have been located in a scullery, where most of the cooking was done. Coal was stored where it could be accessed from the kitchen or scullery. Careful tending of the range fire was required to control temperature, and some experience and practice was likely required on the part of the cook to produce high quality baking. There was also plenty work involved with keeping the range black leaded and shiny. An excellent description of a kitchen from this time is given on the "Join me in the 1900s: a social history of everyday life" website.¹

The kitchen itself was the centre of the home, where the family ate and lived. The kitchen fire may also have had space around it for small pots; some of Annie's recipes mention moving pots to the side of the fire, perhaps suggesting use of the kitchen fire. The kitchen would also have housed a large table for food preparation, and a dresser to store plates and serving dishes. Food was stored in a pantry, and perhaps a cellar or cold room. There was no refrigeration.



*A typical late-19th-century coal-fired kitchen range. With permission from
www.1900s.org.uk.*

-
1. Pat Cryer, "The Victorian Range Cooker," Join me in the 1900s: a social history of everyday life, <https://www.1900s.org.uk/1900s-cooking-range.htm>.

About the Recipes

The recipes were all written out in Annie's stylish hand, and many included tips and tricks that were probably direct quotes from Miss Cook as the dishes were being prepared in class. Annie was clearly reasonably well-educated—her spelling and grammar were mostly correct and consistent. Her recipes are reproduced here, transcribed as written and edited lightly only for clarity and consistency. Scots spelling and usage is preserved where possible. Annie wrote the recipes in her notebook as Miss Cook taught them—meat one lesson, fancy cakes the next—but I have organized them into categories and recorded any interesting facts and observations throughout and as endnotes.

Measuring was all done with spoons and teacups, and probably a pint measure for larger volumes of liquids. Annie's weights and measures are presented in the table below, with metric equivalents:

Measure	Abbreviation	Amount	Metric
pint	pt.		568 ml
quart	qt.	2 pints	1136 ml
gill		¼ pint	142 ml
teacup			~150 ml
tablespoon	tab. sp.		~15ml
dessert spoon	dessert sp.		~10 ml
teaspoon	tea sp.		~5 ml
salt spoon	salt sp.	¼ teaspoon	~1 ml
dozen	doz.	12	

Notes on ingredients

For fats, Annie used only butter (but.), lard or dripping (fat from roasting meat). Even deep frying would have been done in a pan of dripping, not oil.

Sugar would have been granulated (gran.) except when specified as the finer castor sugar for baking. Loaf sugar was probably sugar "lumps" or cubes.

Salt and pepper (pep.) were often the only seasonings

Baking recipes sometimes called for cream o' tartar, tartaric acid, carbonate (car.) of soda or baking powder, all of which were commonly available at the time.

Unfamiliar or exotic ingredients are noted in endnotes for specific recipes that mention them.

Meat

Roast Rabbit

Stuffing for Rabbit

3 tab. sp. suet

1 tea sp. chopped parsley

¼ tea sp. mixed herbs (better than onion)

a little lemon rind, a little nutmeg

1 egg if wished rich; if not, milk

pep. and salt

Chop suet finely after shredding it. Make it as fine as bread crumbs. Mix all dry ingredients together & bind into a stiff paste with the egg or a little milk.

Rabbit

Choose a nice young rabbit. Skin it. Commence skinning rabbits and hares at the tail. Keep on the head, ears and tail for a roast rabbit. Plunge ears in a basin of cold water & take the skin off. After getting rabbit skinned clean out thoroughly & never allow them to lie in cold water. Just wash them. They become flabby in water.

Put in the stuffing. Truss for roasting. That is, place it in a running position. Make a small incision in the hind legs to go forward, then make incision in the fore legs to allow them to go backward. Take a skewer & catch the fore legs & put right through the body. Same with the back legs & through the ears. When R. is ready trussed, cover with a greased paper, place in a roasting tin with 3-4 tab. sp. dripping & place it in a quick oven. Baste it about every 7 min. Bake $\frac{3}{4}$ hr or till a nice brown colour. Remove skewers.

Dish the rabbit. Strain away the fat from the baking tin. Add a little stock or boiling water & a little salt & pour round the rabbit. Never pour gravy over meat, always round it.

Haricot¹ Mutton

1 lb. scrag end neck of mutton
1 oz. butter or dripping
½ oz. flour
1 pt. stock or water
1 carrot
1 turnip
small piece of onion
pep. & salt
a few drops of browning (see below)

Melt dripping and butter in a pan. Cut mutton in joints & brown it in the fat. Then dredge in the flour & brown it also. Add stock, pep. & salt & allow to come to the boil. Skim thoroughly while it comes to the boil. Add vegetables & allow all to stew gently for 1½–2 hrs. Dish meat in a circle. Place vegetables in centre & pour gravy over all.

Use water or stock. Cut vegetables with a pea shaped cutter & dice them. Instead of carrot or turnip, canned vegetables may be used.

Browning

5 tab. sp. brown sugar
2 tab. sp. water

Place sugar & water in a pan. Place on fire and allow to become a dark brown colour. It is ready when thick smoke rises. Draw pan off fire & add gill of lukewarm water. Return to pan & boil until it is quite thick. Never pour on cold water while pan is on the fire because it flares up. A ready way is to put a tab. sp. of sugar on red-hot poker until it gets ready.

Croquettes of Meat

A way of using cold meat

2 tab. sp. cold meat, chopped finely
1 tab. sp. stock
pep. & salt

Mix stock with cold meat, pep. & salt.

Pastry

¼ lb. flour

1 oz. butter

pinch baking powder

good tea sp. salt

a little cold water

1 egg

breadcrumbs



<http://letslookagain.com/2015/02/goodall-backhouse-co-yorkshire-relish/>

Sift flour baking powder & salt on a basin. Rub butter lightly amongst flour & make into a stiff paste with cold water. Turn on to a floured board, knead a little & roll out thinly until it is wafer-like. Cut with a round cutter. Place a piece of meat mixture in centre of round of pastry. Wet edges with a little cold water & place another round of pastry on top. Do not make too moist. Brush over top with egg. Toss in breadcrumbs & fry in boiling fat till a pale brown colour. Drain on kitchen paper.

Serve on a folded napkin & decorate with parsley. May be served for dinner or tea. Small pieces of chicken or fish may be used the same way. For fish, use tab. sp. sauce, cream or milk.

Croquettes may be cut small by using a cutter, or large with a tin. When pastry is placed above other piece, indent with back of cutter. A little Yorkshire Relish² or ketchup may be used. A little milk may be used instead of egg before tossing in bread crumbs. Do not touch with fingers when egg is on. Toss in a paper of crumbs. Brush off superfluous crumbs. Be sure a smoke is rising from fat before placing them in. Do not put too many in crumbs at once.

Boiled Rabbit

1 Rabbit

Skin rabbit & keep on head, ears & tail. Scald ears by dipping in boiling water for a few mins. Truss rabbit for boiling. Place it in a pan of boiling water with a little salt. Boil for 1–2 hrs, it all depends on size of rabbit. Dish rabbit. Remove skewers & pour onion sauce over.

Onion Sauce

1 oz. butter

1 oz. flour

1 onion

½ pt. water

pep. & salt

Melt butter in a pan. Add flour & allow to cook well. Add water & allow to cook 3 mins. Boil an onion & then chop it finely, add it to the sauce & pour over the rabbit. For roasting the head is turned forward, for boiling head is skewered backwards.

English Stew

½ lb. steak

½ oz. fat

1 tab. sp. flour

pep. & salt

2 teacups lukewarm water

Melt dripping in a pan. Cut meat in slices & beat it out with a rolling pin; that is to break the sinew of the meat to make it tender. See that the fat is perfectly hot before putting in the meat. After the meat is nicely browned, dredge in the flour & brown it also. Add the pep. and salt & lukewarm water. Allow all to cook slowly till the savoury balls are made. A very economical way of cooking.

Savoury Balls

¼ lb. flour

1½ oz. suet

¼ tea. sp. baking powder

½ tea sp. mixed herbs

pep. & salt

enough cold water to make a stiff paste

Shred suet & finely chop it. When chopping suet always use a little flour to prevent sticking to the board. Mix all dry ingredients together in a basin & make into a stiff paste with cold water. Turn on to a floured table or board. Cut in 4 or 5 pieces. Roll each piece round & dip it in flour. Place them in the stew & allow all to cook ¾ hr to 1 hr.

Dish the meat neatly. Serve on an ashette.³ Place balls round & pour gravy all over.



An ashette (Scots spelling ashet) is a large serving plate.

This one belonged to Annie. Author's collection.

Roast Joint

(Annie did not specify the cut of meat to be used here but clearly bones had to be dealt with by the cook, not the butcher!)

To trim, saw off bones at the end & remove the bones, taking care not to remove any of the flesh. Fold back pieces of meat & skewer back. Slacken three bones. Leave on till cooked. Place it on a baking tin with 3 or 4 tab. sp. dripping & place in a hot oven. First a quick oven & baste every 5 mins & cook.

Yorkshire Pudding may be placed under the roast.

Time—¼ hr to each lb & ¼ over.

Last quarter remove the paper, sprinkle some salt & dish the roast. Pour away nearly all the drippings at the bottom of the pan. Stir in boiling water. Strain round the roast.

Boiled Fowl

1 fowl

Stuffing

4 tab. sp. bread crumbs

2 tab. sp. suet

1 tea sp. chopped parsley

a little chopped lemon rind

pep. & salt

yolk of an egg or a little milk

a dust of nutmeg

Chop suet finely & mix all dry ingredients together. Make into a stiff paste with yolk of an egg or a little milk.

Prepare fowl for boiling. When cutting off neck make incision down back & twist off neck. Make small incision at the nose & slacken carcase right round with fingers. When all cleaned out allow cold water to run through it or wipe with a wetted cloth. Dry fowl thoroughly.

—For roasting—keep on legs of fowl & chop off feet.

—For boiling—legs inside.

—For roasting—legs outside.

—Put fingers in & slacken skin & push legs up.

—Stuffing is put at the neck end.

Twist back wings & sew skins slackly up. Take a skewer or trussing needle & piece of cord & catch joint at wing, then through the leg right through the body & catch leg & wing at the other side. The breast to be as long as possible. Tie the fowl in a greased paper & place it with the breast down into a pan of boiling water. Add carrot, turnip, pep. & salt & giblets

of the fowl. Remove twine & skewer & pour white sauce over.

White Sauce

1 oz. butter

1 oz. flour

½ pt. milk

1 hard-boiled egg

pep. & salt

Melt butter in a pan. Add flour & cook it well. Add milk & allow to boil 3 mins. Add seasoning. Chop hard boiled egg finely and pass through a sieve. Add white of egg, which is chopped, to the sauce. Pour sauce over. Decorate with yolk of the egg.

Cutlets of Meat

½ pt. stock

1 tab. sp. flour

a little ketchup

pep. & salt

5 or 6 tab. sp. finely chopped meat

Put on stock to boil. Mix flour in a little cold stock. Pour into boiling stock & allow to cook 3-4 mins. Add seasoning & lastly finely chopped meat. Spread evenly over an ashet. When cold cut out with cutlet shape. Brush over with egg, toss them in bread crumbs & fry in boiling fat till a pale brown colour. Drain on kitchen paper & place small pieces of macaroni for stalks. Dish in a circle & decorate with parsley. Cutlets can be done with any kind of meat or chicken. Trim them after they come out of the crumbs as the shape is likely to be spoiled. If to be used with dinner serve with potato balls.

Beef Steak Pie

1½ lbs. steak

kidney (if desired)

1 chopped onion

1 tab. sp. flour

pep. & salt

teacup stock or water

Cut meat in slices & beat it out with wetted knife or a rolling pin. Mix flour, pep. & salt on a plate & dip pieces of steak in the mixture. Roll them slackly up. Place in the pie dish. Chop onion finely & sprinkle over first layer of meat. If using kidney—1 sheep's for this quantity of meat. Skin kidney & cut it in small pieces. Place a small piece of kidney in centre of each round of steak. Add stock or water.

Pastry

½ lb. flour

¼ lb. butter or half drip. & half butter

½ tea sp. baking powder

salt sp. of salt

enough cold water to make into a stiff paste

Sift flour, baking powder & salt on to a table or board. Chop butter amongst flour to size of marbles. Place all in a basin & make into a stiff paste with cold water. Turn onto a floured board & roll out into a long strip. Fold evenly in three & turn with rough edges towards you. Notice always to lift the rolling pin. Wet edges of pie dish. Cut narrow strips from side of pastry & place slackly round. Wet edges of pastry again. Roll remainder of pastry to size of pie dish & place it slackly over the top. Trim edges & flute pastry with a knife. Ornament with a knife or spoon. Make a hole in middle of the pastry & place an ornament on the top. Brush over with egg. Place on baking tin. Bake first in a quick oven about ¼ hr. Place to a cooler part of the oven to finish cooking. 1 ½–2 hrs to cook.

To ornament use long pieces of pastry. Cut out pieces like diamonds. Cut a vein in centre of each piece like a leaf & place round the top of the pie dish. Take another long piece & cut it into a fringe & place round centre of leaves. Brush over with egg but do not brush edges.

Rose instead of fringe: Cut 3 or 4 squares. Roll into round balls. Cut across ball one way & then the other & fold back the division like petals of a rose.

1. Haricot refers here to a stew or ragout, not to a type of bean.

2. Yorkshire Relish, manufactured by Goodall, Backhouse and Co. was a popular bottled sauce in the Victorian era. Similar to Worcestershire sauce, it was made from shallots, soy sauce, garlic and malt vinegar and flavoured with “Eastern Spices”. <http://letslookagain.com/2015/02/goodall-backhouse-co-yorkshire-relish/>

3. <https://www.scotslanguage.com/articles/view/id/2358>

Fish

There were only a few fish dishes in Annie's notebook, which seemed a little surprising given that in the 1890s Aberdeen was a major fishing port with a bustling and recently expanded fish market.¹ However, refrigeration was not yet a feature of home kitchens, and fish was perhaps not a staple for those living outside the city. Basic fish dishes featured occasionally in the "Plain Cookery" classes at the School of Domestic Economy; the "High Class Cookery" featured more complex dishes with a French influence, such as the soufflé below.

Fried Fish

1 haddock
1 tea sp. flour
pep. & salt
a few bread crumbs—white 1 egg or a little milk

To choose fish best test is smell. Wash thoroughly in cold water. Do not allow to lie in water. Take out eyes but keep on tail.

Commence skinning haddock at shoulder. Take a small scissors & cut fins along the back. Slacken skin down either side of the back. Do the same down the front. It is best to use a towel. After skinning mix flour, pep. & salt on a plate.

Put tail through eyes of the haddock. Put the had. through flour but do not allow to lie. Brush over with beaten egg. Toss in bread crumbs & fry in boiling fat till a pale brown colour. Drain on kitchen paper. Serve on a folded napkin & decorate with sprigs of parsley.

Have a pan of fat. It lasts a long time strained after each time it is used. Put fish in pan when smoke begins to rise. Do not put too many in fat at once or colour will be spoiled.

Fish Soufflé

1 large haddock—1½ teacup fish

Put on haddock to boil. Place the fish in boiling water with plenty salt with a squeeze of lemon juice.

Draw pan to the side of the fire & allow to stand for 10–15 mins. Either skin fish before putting on or else skin after & take out all the bones. Chop fish finely. It can be made either with cold fish, cod or ling.

1 teacup bread crumbs

1 tab. sp. melted butter

pep. & salt

1 tea sp. oyster sauce or Yorkshire Relish

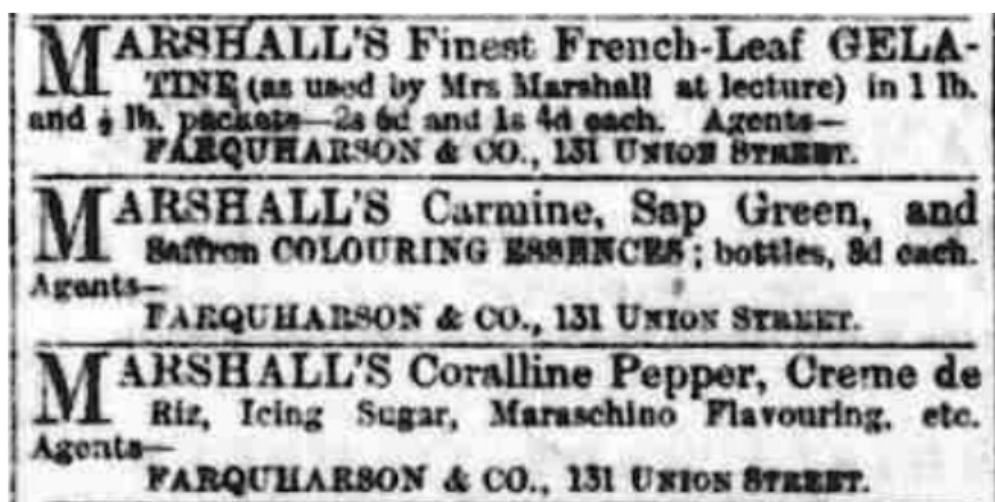
2 eggs

about ½ teacup of milk

1 tea sp. chopped parsley

a little coralline? pepper²

Mix all dry ingredients together. Melt butter & add along with ketchup, the beaten up eggs & the milk. Mix all well together. Place in a greased tin. Cover with the greased paper & steam for an hour. Turn soufflé on to a hot dish & pour white sauce over.



Advertisement for Marshall's products, *The Daily Free Press*, 1 November 1892. www.britishnewspaperarchive.co.uk. Copyright British Library Board.

White Sauce

1 oz. butter
 pep. & salt
 1 oz. flour
 a little chopped parsley may be used
 ½ pt. milk

Melt butter in a pan. Add flour & allow to cook well. Add milk & allow to boil for 3 mins. Add pep. & salt & strain round cake.

When parsley is used ---- parsley sauce

When chopped eggs ---- egg sauce

Fillets of Sole

1 sole
 1 tab. sp. flour
 pep. & salt
 1 egg
 a few bread crumbs

Skin sole & wash in cold water. Do not allow to lie in water as it becomes soft. Commence

skinning at the tail. Make an incision at the tail & slacken skin right up. After one side is skinned, turn & skin other side. Have a towel in hand to prevent slipping. Make a mark with sharp knife right down back centre. Remove fillets from either side. Cut fillets in two.

Mix flour, pep. & salt on a plate. Dip fillets of sole in flour to dry them. Do not allow to lie in flour to become moist again. Brush over top with egg, toss in bread crumbs & fry in boiling fat till a pale brown colour & decorate with parsley.

Sauce

Take bones, cover with cold water & bring slowly to boil, skimming thoroughly as it comes to the boil & allow to simmer about 20 mins then strain.

Melt 1 oz. butter in a pan, add 1 oz. flour to it & allow to cook well. Add ½ pt. of fish stock & allow to boil 3 mins. Add a little anchovy or lemon juice over the fish. The sauce must be sufficiently thick to coat fish.

1. <https://doriccolumns.wordpress.com/industry/fishing/fishmarket-2/>.

2. Annie's question mark beside *coraline pepper* suggest she was unfamiliar with the ingredient. It was probably suggested by Miss Cook, following the writings of Mrs Marshall, a cookery writer of the time. Coralline pepper was a bright red pepper, like paprika, that she favoured for decorating fish dishes. Mrs Marshall sold colourings, essences and garnishes; her products were available from Farquharson & Co., 131 Union Street, Aberdeen.

Soup

Ox-tail Soup

1 ox-tail
2 oz. butter or dripping
2 oz. flour
1 onion
2 qrts. second stock¹
pep. & salt
1 small piece of celery
1 carrot
1 turnip or piece
1 blade of mace.

Take the ox-tail & cut it in joints. Place it in a pan with cold water. Bring it to the boil. This is called blanching. Dry pieces of the tail thoroughly. Melt butter or fat in a pan. Fry joints a nice brown colour. Then add onion cut in rings, add flour & allow to brown nicely. Be sure & do not burn as it gives soup a bad flavour.

Wash vegetables. Cut up in rough pieces, add stock & allow all to cook slowly for at least 2 hours.

Cut ox-tail into neat pieces & place in soup tureen. Allow to boil 2 hrs. Add a very little browning & strain soup in tureen. Serve with small pieces of carrot and turnip. Cut with a vegetable cutter about size of a thimble. They are placed in boiling water with a pinch of sugar & salt & boiled till tender, strained & served with the soup.

Tomato Soup

1 oz. butter or dripping
1 onion
½ tin or lb. of tomatoes
1 oz. ground rice
1 small piece of carrot
a few celery seeds
1 qrt. second stock
yolks of 2 eggs
1 gill cream
pep. & salt
a few drops carmine²

Melt butter or dripping in a pan. Fry onions a pale brown colour. Add tomatoes & allow to cook for a few mins. Add ground rice & cook well. Add the stock, pep. & salt. Allow all to simmer about 1 hr. Pass through a colander or a sieve. Return to the pan & allow to come to the boil.

Beat up two yolks of eggs with gill of cream & when soup is a little off the boil pour on the beaten egg, stirring all the time. Stir soup over a very slow fire till the eggs are cooked. Do not allow to boil as it curdles. After passed through the sieve tapioca may be added. A few drops of carmine may be added when finished.

This soup is served with crouts of dry bread.

Vegetable Soup

2 oz. butter
2 oz. flour
carrot & turnip
½ pt. cold water
1 qrt. milk
2 or 3 cloves
a few celery seeds or a piece of celery
1 onion

pep. & salt

1 tea sp. chopped parsley

Cut vegetables in Julienne Stripes:

Turnips and Carrots

Scrape carrot with a sharp knife. Cut slices from the sides in very fine strips. Trimmings that are over place in a pan with milk & blade of mace, onion with cloves stuck in it & the piece of celery or seeds. Allow this to come to the boil. Draw to the side of the fire & allow to infuse 10–15 mins. Melt butter in another pan & fry the stripes of vegetables till tender, in water added & allowed to boil. Strain vegetables away from milk. Mix 2 oz. flour with a little cold water, stir into boiling soup & allow to cook 3 mins. Mix in contents of the other pan. Skim thoroughly, add seasoning & chopped parsley & serve. This soup is served with crouts of bread viz. small dice of bread fried & handed round.

Mutton Broth

1½ lbs. scrag end (neck) of mutton

1 carrot or turnip

1 onion

2 oz. pearl barley

dessert spoonful chopped parsley

Put on water to boil & when it is boiling add the mutton, which has been jointed. For neck it is best to have it notched. Always put it in boiling water.

Draw pan to the side of the fire & allow to simmer for ½ hr. before adding vegetables. Wash & cut vegetables in dice. Wash barley or rice & add it also. Add carrot or turnip cut up into rough pieces & allow all to simmer for 1–1½ hrs longer. It is best to add salt after vegetables. Dish mutton, pour caper sauce over & decorate with vegetables. Cut with a pea shaped cutter. Skim soup add chopped parsley & serve.

Caper Sauce

1 oz. butter

1 oz. flour

½ pt. water or milk

dessert spoonful capers

(Annie did not record instructions for the preparation of caper sauce—it seems to be a simple white sauce with capers mixed in.)

Brown Soup

1 oz butter or dripping
1 onion
small piece of turnip
1 carrot
1 oz. flour
1 lb. meat
small piece celery or few celery seeds
2 qrts. second stock
pep. & salt.
celery seeds in a bag if not celery

Melt butter in a pan. Fry pieces of meat a nice brown colour. Cut onion in slices. Fry it also. Dredge in the flour. The vegetables washed & cut in rough pieces. Add stock & bring it to the boil. Skim thoroughly when it comes to the boil. Draw the pan to the side of the fire.

Let it simmer 1½–2 hrs. Pass through a strainer & press vegetables through. Return to the pan, season with pepper & salt. Serve pieces of meat in soup or put them in cold water & use as stock.

A few drops of browning and 1 oz. sago, tapioca, or macaroni may be used in soup. Sprinkle in sago & stir. Macaroni to be broken in pieces & boiled in boiling water until tender. Add to the soup.

-
1. Second stock refers to the liquid that has been used to boil meat and/or vegetables
 2. Carmine was a red colouring

Other Savoury

Potato Chips

2 potatoes

Wash, peel & cut in slices. Cut them with a vegetable knife. Dry potatoes & place them in a wire basket. Put them in a pan of boiling fat. Fry them till they are a pale brown colour.

Lay them on kitchen paper. Sprinkle a little chopped parsley, pepper & salt over them & serve with rabbit.

1. Fat must always have a blue smoke rising from it & perfectly still on the top before putting anything in it.
2. Always have enough fat to cover what is being fried.

Sausage rolls

½ lb. sausage meat or pork

Remove skins from sausage.

Pastry

½ lb. flour

½ tea sp. baking powder

pinch salt

5 oz. butter (or use half but. & half lard)

enough cold water to make into a stiff paste

Sift flour, baking powder & salt on a table or board. Chop butter amongst the flour to size

of marbles. Place all in a basin & make into a stiff paste with cold water. Use fingers while mixing to make sure of water.

Turn onto a floured board. roll out into a long strip. Fold evenly in three & turn with rough edges towards you. Repeat this three or four times or till butter is thoroughly mixed in flour. Brush off superfluous flour. Lift rolling pin & on no account roll backward & forwards. Do not break bubbles that rise. Roll to length. Cut pastry in as many pieces as you wish rolls.

Place sausage or piece of sausage in centre of each piece of pastry. Wet edges with a little water & fold them up. Trim edges with a knife and mark sausage rolls with back of knife. Brush over top & not sides with cold water & a little salt & bake.

Place in a floured baking tin & bake first in a quick oven & remove to cooler part of oven for 15–20 mins longer.

Tomato Eggs

4 hard-boiled eggs

1 tomato

1 oz. butter

pep. & salt

squeeze of lemon juice

a few bread crumbs

a few crouts of bread

Remove shell from eggs. Cut them in two & pass yolks through a sieve.

Melt butter in a pan & add tomatoes & allow to stew till tender.

Then add tea sp. ground rice & allow to cook 5 mins. If tomatoes are not quite ripe use a little stock, season & put through strainer. Grate bread crumbs & make them a pale brown colour. Season with pep. & salt & add small piece of butter. Fill up the cases of egg with mixture.

Cut off the thin end of egg to make them flat. Then decorate them with yolks of egg put through sieve. Sprinkle a little chopped parsley over & then place the crouts fried in fat around the sides.

Scotch Eggs

Sauce

½ oz. butter

1 onion

½ oz. flour

1 gill stock

1 tomato

pep. & salt

a squeeze of lemon juice

a few drops of carmine

Leicester Sauce and relish¹

Melt butter in a pan & fry onion & tomato a nice brown colour. Add flour & cook well. Add stock & allow to boil. Add carmine, seasoning, relish & Leicester Sauce. Allow to boil for 7 mins

Eggs

3 hard-boiled eggs

½ lb. sausages or mince

1 egg

bread crumbs

a few crouts of bread

Boil eggs & remove the shells. Remove the skins from sausages. Dip the eggs lightly in flour & coat them well with sausage. Do not use too much flour to dip as it spoils appearance. After coating it in sausage dip it in egg & toss it in bread crumbs. Then fry in boiling fat till a pale brown colour. Drain on kitchen paper. Cut in two. Dish them in centre of an ashette. Pour tomato sauce round & decorate with crouts of bread, which may be cut in fancy shapes. The eggs may be used for breakfast or high tea & is a nice way to use left eggs. Can be eaten hot or cold.

Haricot Beans

1 lb. beans²
1 qrt. cold water
1 carrot
1 turnip
1 onion
1 pt. milk
pep. & salt
a little chopped parsley

Soak beans in cold water 24 hrs. Place in a pan of cold water & bring slowly to the boil. When they come to the boil add the vegetables, washed & cut up in rough pieces. Allow all to boil till beans are soft. Pass through colander or through a sieve, pressing well. Return all to the pan. Add milk & stir till soup reboils. Add pepper & salt & tea sp. chopped parsley. Pour into soup tureen & serve.

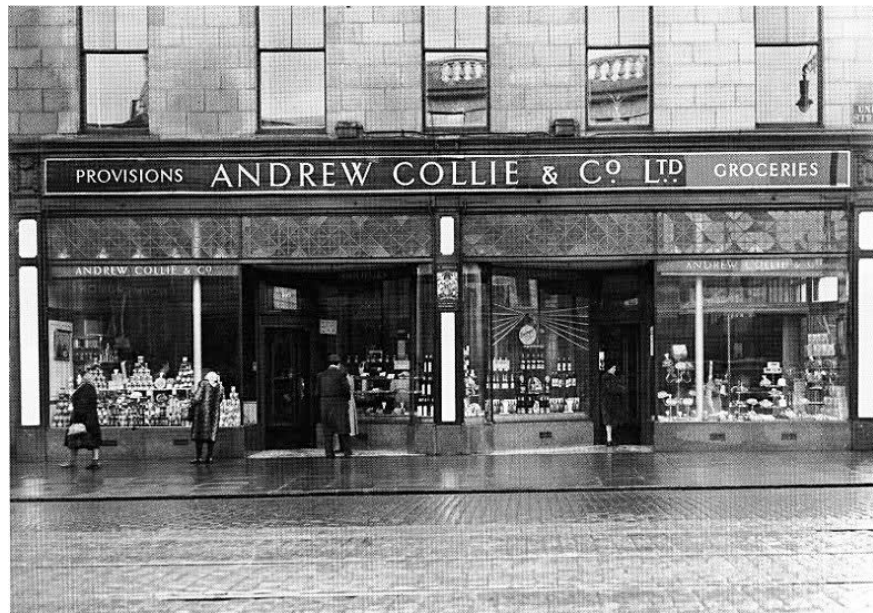
Macaroni Cheese

2 oz. macaroni
1½ oz. cheese. Parmazan³ or any hard cheese
½ or ¼ oz. butter
1 gill & a little milk
a little mustard
cayenne pep. & salt
a little chopped parsley

Break macaroni in small pieces & place in a pan with boiling water & a pinch of salt. Boil till tender. Strain water away. Grate cheese. Melt butter in a pan, add flour, mustard & pepper & cook well. Add milk & allow to boil 3–4 mins.

Draw pan to the side of the fire. Add macaroni & nearly all the cheese. Pour into a greased pie dish or into small cases, either paper or china. Brown well in salamander or in the oven. Sprinkle rest of the cheese over the top. Sprinkle chopped parsley overall.

For high tea.



Andrew Collie & Co, Family Grocer, Wine Merchant & Italian Warehousemen, 265 Union Street. Source: Doric Columns <https://doriccolumns.wordpress.com/city-streets/1841-street-directory/union-street/>

-
1. Leicester or Halford Sauce was similar to Worcestershire sauce.
 2. Haricot beans are small dry white oval-shaped beans.
 3. Parmesan cheese seems quite exotic for turn-of-the-century cooking Scots cooking, but it was available in Aberdeen from A. Collie and Co., Union St.

Puddings

West Indian Pudding

3 oz. cake crumbs
1 oz. bread crumbs
3 oz. sugar
½ pt. milk
1 oz. ch. ginger¹
a little brown sugar
2 or 3 cherries²
3 eggs

Put crumbs through a sieve & mix all dry ingredients together. Put on milk to boil & pour it amongst dry ingredients & mix well. Separate yolks from whites of the eggs. Beat up yolks & add them to the mixture. Add a pinch of salt to the whites of eggs & beat them to a stiff froth with a knife. Decorate a pudding mould with cherries & strips of the ginger. Mix the whites of the eggs lightly to the pudding. Pour into the prepared mould. Cover with a greased paper & steam slowly for an hour.

Remove the paper, turn out the pudding & serve with ginger sauce. This pudding can be eaten either hot or cold.

Ginger Sauce

1 gill of milk
1 tea sp. corn flour
a few pieces of ch. ginger & a few drops essence of ginger
1 tab. sp. sugar

Put on milk to boil. Mix corn flour with a little cold milk & stir in to boil in the milk. Allow to cook 3 mins. Add sugar, ch. ginger & essence of ginger. Pour round the pudding.

Paradise Pudding w. Custard Sauce

3 eggs

weight of 3 eggs in sugar & in flour

weight of 2 eggs in butter

½ tea sp. baking powder

few drops of carmine & a tea sp. orange flour water³

a very little desiccated cocoa-nut.

Cream but. & sugar together (heat basin a little). Sift flour & baking powder together. Break in one egg & add table spoonful flour then add the other egg. Beat well add carmine & orange flour water. Grease pudding mould & decorate with cocoa-nut. Pour in mixture & cover with a greased paper & steam for an hour. Remove the paper & dish the pudding with custard sauce. Always cover with paper & not lid.

Custard. Sauce

1 teacup milk

1 dessert sp. sugar

a few drops orange flour water

The sauce may be coloured pink & pudding green (sap green).

Put on milk to boil. Beat up egg with sugar. When milk is a little off boil pour it on to beaten egg. Return all to the pan & stir mixture till it clings to the spoon. Always cook on a slow fire as if afraid of curdling. Place mixture into boiling water in a jug.

Seven Cup Pudding

1 teacup flour

1 teacup b. crumbs

1 teacup currants

1 teacup raisins

1 teacup sugar

1 teacup milk

¾ teacup suet

½ tea sp. car. of soda

½ tea sp. mixed spices

Chop suet finely. Wash & dry currants. Pick raisins & mix all dry ingredients thoroughly together. Beat up the egg, add milk to it & mix all well together.

Grease a pudding mould well. Cover with a greased paper & steam 1½–2 hrs.

The puddings may be steamed in small moulds or cups, or in one large tin. The longer they are steamed, the better they are. After pudding is steamed remove paper & allow to stand a few mins. before dishing it. It is served with corn-flour sauce.

Canary Pudding

2 eggs & their weight in butter, sugar & flour

½ tea sp. baking powder

a few drops of flavouring & sometimes a dessert spoonful milk

Cream butter & sugar together. Sift flour & baking powder together & break in one egg amongst butter & sugar. Add half flour & beat well. After it is well beaten add the other egg & the rest of the flour. Beat again. Lastly add the essence.

Grease a pudding mould, pour in the mixture. Cover with a greased paper & steam for an hour.

Remove the paper & allow pudding to stand for 1–2 mins. Dish it & serve with jam-sauce. A large pan is best with an inch of boiling water.

Never use lids for pudding moulds.

Jam Sauce

2 tab. sp. jam

1 oz. sugar

2 tab. sp. water

Place all in the pan & allow to boil 3 mins. Strain round the pudding.

If steamed in a large mould—1 hr

“ “ “ small “ —25 mins

Apple Dumplings

3 or 4 apples
1 tab. sp. sugar
3 or 4 cloves

Peel apples thinly & core them with corer or scissors.

Pastry for apples

6 oz. flour
2 oz. butter
½ tab. sp. baking powder
pinch of sugar & cold water

Sift flour & baking powder together. Rub butter lightly amongst the flour. Add sugar & make into a stiff paste with cold water. Turn on to a floured board. Cut pastry in as many pieces as apples. Place an apple in centre of each piece of pastry. Put sugar & cloves inside each apple & work pastry gradually round apples. Use just a very little flour when working. Place on a floured baking tin. Brush over top with a little cold water. Sprinkle with a little sugar & bake in a moderate oven from 15–20 mins. Insert a skewer or wire to find if they be ready.

Apple dumplings can be served either hot or cold. They can be boiled in a cloth wrung out of boiling water & floured. After they are boiled dip in cold water. Substitute dripping for butter.

Fig Mould

¼ lb. figs
2 tab. sp. sugar
juice of a lemon
¾ pt. cold water
rind of a lemon
½ oz gelatine & a few drops carmine

Cut figs in small pieces & place them in a pan with cold water, sugar & lemon rind. When figs have cooked pour mixture into a basin. Strain in gelatine amongst it. Add carmine &

place in a chartreuse mould or cake tin. Leave it until it sets. Dip mould right over the top in luke-warm water, then dry thoroughly & turn it out. Take 2 tab. sp. orange or lemon jelly. Melt it & whip it until it is quite stiff. Fill in the centre of chartreuse mould & decorate with desiccated cocoa-nut. Same may be done with prunes stewed & then stoned.

Baked Lemon Pudding

2 lemons
2 oz. cake crumbs
3 oz. castor sugar
3 eggs
1 gill of cream or milk & some rough puff pastry

Pastry

¼ lb. flour
2 oz. butter
a pinch baking powder & a pinch of sugar

Baked in same way as for sausage rolls.

Wet pie dish in cold water. Place a strip of paste around the dish. Mark out with a fancy cutter & place little pieces round the dish. Chop rind of lemons finely. Squeeze juice from them. Mix all together & leave out the whites of two eggs. Beat the yolk & one whole egg well. Lastly add the juice of the lemons. Pour into prepared pie-dish & bake in a moderate oven about 25 mins. Add a pinch of salt to two white of egg & beat them into a stiff froth. Add tab. sp. castor sugar to them & pile them on the top of the pudding. Return to the oven a few mins to brown. It may either be served hot or cold.

Lemon Jelly

1¾ pts. water (cold)
1¾ oz. gelatine
6 oz. loaf sugar⁴
3 ordinary sized lemons
1 in. stick cinnamon
2 or 3 cloves

2 yolks & whites of eggs

Grate rind of 2 lemons finely, do not touch white. Squeeze a gill of lemon juice. Put everything in a pan except the white of egg & stir over the fire until gelatine is melted. Add pinch of salt to whites of the eggs & beat slightly. Add them to the pan & whisk all, over the fire, until it is coming to the boil. Shake out the whisk and allow to boil at once. Draw pan to the side of the fire & allow to settle a few mins. Strain through a tammy cloth⁵ or jelly bag. Dip moulds over in boiling water & fill with jelly set. Give them a shake & turn out.

Can add wine when nearly cold. When wine is added leave out 1 gill of water. Colour jelly with a few drops carmine or cochineal. Whip till cold for white jelly.

Apple Fritters

2 or 3 apples

Peel & core apples. Cut them in slices & keep in cold water.

Batter

¼ lb. flour

pinch salt

1 tab. sp. melted butter or 1 tab. sp. salad oil

2 whites of eggs

Sift flour & salt together. Melt butter in a pan. Make a hole in centre of the flour. Add melted butter & tepid water by degrees until quite smooth. Dry apples. Add whites of eggs stiffly beaten to the batter very lightly. Dip one of the rings in the batter. Cover well over. After the fritters are covered well over with the batter cover them well over in the boiling fat & fry till a pale golden brown. Strain on kitchen paper & cover well with sugar. Do not put too many in at the time.

Fig Pudding

¼ lb. flour
¼ lb. bread crumbs
3 oz. sugar
3 oz. figs
1 egg
½ tea sp. mixed spices
3 oz. suet
½ tea sp. baking powder
¾ cup milk

Shred & chop suet finely & cut figs in small pieces. Mix all dry ingredients together. Beat up the egg. Add milk to it & mix all well together. Grease mould well. Pour mixture in & steam for an hr. Remove paper. Dish pudding & pour corn-flour sauce round.

Corn-flour Sauce

1 gill milk
1 tea sp. corn-flour
1 dessert sp. sugar & a few drops essence.

Put on milk to boil. Mix corn-flour with a little cold milk. After milk boils pour in corn-flour, boil for 3 mins & add the remainder.

-
1. Annie used the abbreviation ch. ginger for crystallized ginger.
 2. Probably glazed cherries.
 3. Annie is unfamiliar with the essences and colourings suggested in this recipe. Carmine was a red colouring, and Orange *Flower Water* was imported from France, where it was used to flavour madeleines and other sweets. It was also popular for concocting hair and beauty treatments and was probably available at Farquarson & Co.
 4. Loaf sugar was sugar processed into a block or cubes. It had to be broken up to use in recipes and typically had a higher moisture content than granulated sugar.
 5. A tammy was a rough woolen cloth used for straining sauces etc.

Baking

Corn-flour Cakes

2 oz. butter|
3 oz. sugar
2 oz. flour
2 oz. corn flour
½ tea. sp. baking powder
2 eggs
a few drops flavouring essence.

Cream the butter & sugar together, that is beat them together with a wooden spoon about 10 mins, until mixture is quite smooth; warm the basin a little before beating. Sift flours & baking powder together. Break one egg amongst the butter & sugar, add a tab. sp. flour and beat well with a wooden spoon. Add the other egg & the rest of the flour & beat well again. Add the essence.

Grease some patty tins & dust them over with equal quantities castor sugar & flour. $\frac{3}{4}$ fill them with mixture. Place the tins in a moderate oven & bake for 12–15 mins. To find if they are ready put a wire or skewer through them.

Instead of being baked in small tins it can be baked in a greased cake tin & placed in a moderate oven for 30–35 mins.

Scones

½ lb. flour
¼ tea sp. car. of soda
¼ tea sp. cream o' tartar

pinch salt

1 oz. butter

enough milk to make into a stiff paste.

Sift flours and acids together. Rub butter lightly amongst flour. Make into a stiff paste with milk. Turn on to a floured board, knead a very little, roll out into a paste. Cut into divisions. Place on a floured baking tin & bake in a moderate oven for 7–10 mins. When nearly cooked brush them over with a little melted butter and milk.

1. Same for the girdle,¹ only thinner.
2. They can be sweetened with sugar.
3. 1 tab. sp. washed currants may be used.
4. With butter-milk a little less car. of soda.
5. It is always best to flour baking tin lightly.

Fruit Tart

1½ lbs. fruit

4 tab. sp. sugar

no water for brambles or rhubarb

Pastry

6 oz. flour

2½ oz. butter

½ tea. sp. baking powder

1 tea sp. castor sugar

1 egg

Sift flour, baking powder & sugar into a basin. Rub butter lightly amongst flour with tips of the fingers until it is as smooth as bread crumbs. Beat up the egg, add a little water to it and make into a stiff paste.

Turn on to a floured board. Knead a little and roll out. Cut narrow strip from sides of the pastry. Wet edges of the pie dish & place the pieces lightly round. Wet edges again & place remainder of the pastry over the top of the fruit. Trim edges & ornament with a knife or a spoon. Brush over the top a little cold water. Sprinkle with a little sugar & bake in a moderate oven for about ½ hr.

1. For apples a little ginger or lemon juice.
2. If pastry is ready before fruit, place a wetted paper over the top.
3. Always mix pastry with the hand & not a spoon, using two first fingers. No egg can use water alone. Flute edges with a knife, no decorations. Brush over top.

Genoise Fingers

3 eggs
¼ lb. castor sugar
2 oz. butter
3 oz. flour
a few drops of flavouring

Place sugar & eggs in a basin & whisk them over a pan of boiling water for 10 mins. Remove basin from pan & beat mixture till it is cold.

Melt butter in a pan. Pour it amongst beaten eggs. Add flour & milk lightly. Add flavouring & pour into a shallow cake tin which has been first greased & papered. Bake in a moderate oven from 10–15 mins. Turn on to a sugared paper. Spread with icing. Dust a little desiccated cocoa-nut over top & cut in fingers.

Nice for tea placed on top of each other with jam between & icing on the top.

Icing for Genoise Fingers

1 egg white
4 oz. castor sugar

Add a pinch of salt to egg & beat to a stiff froth. Add castor sugar & mix well. Spread evenly over fingers & sprinkle with desiccated cocoa-nut.

Swiss Roll

3 eggs
¼ lb. gran. sugar
¼ lb. flour
1 tea sp. baking powder
a few drops essence of lemon

2 tab. sp. jam

Whisk eggs and sugar together. Add essence. Sift flour & baking powder together, add at once & mix lightly. Line a greased tin with paper and grease the paper. Spread mixture evenly over tin. Place in a quick oven from 7–10 mins.

Melt jam in a pan. When the roll is ready turn it out to a sugared paper. Spread jam quickly over, roll it up.

Always do rolls as near fire as possible. Have everything ready before attempting to roll it up as roll cracks. Before turning out roll sprinkle well with granulated sugar.

Pancakes

¼ lb. flour

pinch salt

1 egg

½ pt. milk

lemon juice and castor sugar

Sift flour & salt into a basin. Make a well in centre of flour, break in egg & add milk by degrees, working flour gradually down from sides of the basin, using a wooden spoon. Do not add too much milk as it will form lumps. Beat well, add rest of the milk then strain into a jug. Melt a little dripping or butter in an omelette pan. Pour enough mixture to cover pan & then let it set. When firm on one side turn with a knife. Toss it on the other side. Turn on to a piece of kitchen paper. Dredge well with castor sugar & lemon juice & roll up. Sprinkle on top with castor sugar.

Always best to stand before eating. When putting pancakes in pan just put enough fat to keep from sticking. Placing on a kitchen paper takes away grease.

The mixture for pancakes is just Yorkshire pudding (which is used with Roast meat) but use more salt for Y.P. Bake in a moderate oven for 25 mins–½ hr. Cut it in squares or diagonals & serve with roast meat.

Mince Pies

3 oz. suet
3 oz. apples
3 oz. raisins
rind of a lemon, finely chopped
½ oz of peel, finely chopped
1 tab. sp. mixed spices
cloves
juice of a lemon
1 tab. sp. spirits or brandy

Chop all ingredients very finely and mix. Stone raisins; have a basin of hot water to dip fingers in to prevent fingers sticking.

Pastry

½ lb. flour
6 oz. butter
pinch baking powder
pinch salt
pinch castor sugar
enough cold water to make into a stiff paste

Sift flour, baking powder, sugar & salt on to a table or board. Chop butter amongst flour till size of marbles. Place all in a basin & make into a stiff paste with cold water. Turn on to a floured board & roll out into a long strip. Fold evenly in three & turn with rough edges towards you. Repeat this rolling & folding until butter is perfectly mixed in the flour. After pastry is rolled out cut pastry with a round cutter. Grease some patty-tins slightly. Place around & line inside of the patty tin. Place a tea sp. of mince mixture in centre of each. Wet edges & place another layer of pastry on top. Brush over the top with a little cold water. Sprinkle with a little castor sugar & bake in a quick oven 8–10 mins. Remove them from tins & sprinkle them well with castor sugar. Brush over the top with white of egg & castor sugar. Use the made-up pieces of pastry for bottom of tins & place cut out pieces on top.

Shortbread

2 oz. butter
1 oz. sugar
1 oz. ground rice
3 oz. flour

Place sugar, butter, & ground rice on a table. Knead it into a paste using fingers. Add flour very slowly. The better it is kneaded, it is the more crisp. After it is a solid paste, roll it into a round cake. Ornament with thumb & finger, prick it over top with fork. Cut in four or eight. Place in a floured baking tin & bake in a slow oven till a pale brown colour. Allow to stand in baking tin for a short time.

¼ oz. chopped peel may be added. It is most economical to cut in a round & cut in 8. Bake for 7–10 mins.

Cocoa-Nut Fingers

3 oz. butter
not quite 3 oz. sugar
3 oz. flour
½ tea sp. baking powder
2 oz. desiccated cocoa-nut
3 eggs
a few drops essence of lemon or vanilla

Cream butter & sugar together well, taking well down from sides of basin. Sift flour & baking powder together. Break in one egg. Add table spoonful of the flour & a little of the cocoa-nut & beat well. Add other egg more cocoa-nut, flour & beat again. Lastly add the essence.

Grease a shallow tin, paper it & grease the paper. Spread mixture evenly over the top & bake in a moderate oven for about 20 mins. Turn on to a sugared paper. Find out if they are ready by inserting a skewer. Allow to get slightly cool & then spread over with icing. Cut in fingers. It can be baked in a greased cake tin. 40 mins.

Icing

¼ lb. castor sugar
¾ tab. sp. cold water
a few drops carmine

Place sugar & water in a pan & melt over the fire. Add colouring & pour over the cake. Do not allow to boil.

Rice Cakes or Buns

2 oz. butter
3 oz. sugar
2 oz. flour
4 oz. ground rice
2 eggs
½ tea sp. baking powder
a few drops essence, lemon or vanilla

Cream butter & sugar together till quite white. Sift flour, ground rice & baking powder. Add one egg & about 1 tab. sp. or a little more of the flour. Beat well. Add the other egg & rest of the flour & beat again. If egg is not large enough add a little milk. Lastly add the essence.

Grease some patty tins & dust them with equal quantities of flour & castor sugar mixed.

¾ fill tin with mixture. Place on a baking tin & bake in a moderate oven about 8-10 mins. Place on a sieve to cool, or place against something to prevent becoming sodden. The mixture may be put in a baking tin & baked 30-35 mins in a moderate oven for double quantities. A few caraway seeds may be added to the mixture. It may be made into fingers & called Rice Fingers.

Open Tart

1½ lbs. apples

Peel apples thinly & cut in slice. Place them in a pan with 3 oz. brown sugar & a good tea spoonful lemon juice & allow to stew gently till soft. Take care not to break apples. They take 20-30 mins.

Pastry

6 oz. flour

3 oz. butter

1 egg yolk or whole egg

cold water

Sift flour, baking powder & sugar together. Rub butter lightly amongst flour until it is as smooth as bread crumbs. Beat up the egg, add a little water to it & bind into a stiff paste. Turn onto a floured board. Knead a little & roll out into a round cake. Grease a flour-ring or cake tin. Line a ring with pastry in inside. Wet edges. Prick it all over to prevent blistering & cover with a greased paper, keeping greased side next pastry. Fill up centre of tart with raw peas or rice to keep pastry down. Place in a moderate oven & bake 25 mins to ½ hr. Remove paper & dust pastry well over with castor sugar & return to oven to dry. Remove tart from oven. Place apples in centre of tart with a few drops of ginger or lemon juice.

Meringue for apples

2 egg whites

pinch salt

1 tab. sp. castor sugar

lemon juice

Beat whites of two eggs to a stiff froth adding a pinch of salt. When beaten to a stiff froth add castor sugar & a squeeze lemon juice & pile it high on the top of the tart. Decorate with a few cherries and place in the oven a few mins just to set.

Coburg Cakes

4 oz. butter

3 oz. sugar

6 oz. flour

1 tea sp. ginger

½ tea sp. allspice

a little cinnamon

1 tab. sp. syrup

2 eggs

a little milk

½ doz. almonds

Cream butter & sugar together. Sift flour & seasonings together. Add one egg, a little flour & syrup & beat well. Add rest, and if two eggs do not take in flour, add a little milk. Grease some Queen Cake tins² & dust over with castor sugar & flour. Place ½ almond which is blanched at bottom of each tin. ¾ fill tin with mixture & bake in a moderate oven for 15–20 mins. Double quantities of this mixture may be used in a cake tin.

Mixtures with ginger are apt to flare so to prevent this put sand or earth on the baking tin.

Breakfast Rolls

½ lb. flour

1 oz. butter

½ tea sp. car. of soda

1 tea sp. cream o' tartar

pinch salt

½ egg & a little milk

Sift flour & acids together & rub butter lightly amongst flour. Beat up the egg, add milk to it & make into a stiff paste. Turn on to a floured board. Knead a little & make into fancy shapes. Keep back a little of milk & egg to brush over top. Place in a floured baking tin. Brush over top with the milk & egg & bake in a moderate oven 10–12 mins. Sometimes they take a little longer. This mixture may be put in a cake tine & baked as fancy-bread.

Shapes

Cottage Loaf: Take one piece & knead till smooth. Take smaller piece & knead & place on top. Place finger right down centre. Horseshoe: take a piece & roll out thinly. Cut sides & then roll it round. Pleat: take 3 pieces & roll each out with hand.

Dough Nuts

½ lb. flour

¼ lb. sugar

½ tea sp. car. of soda

¼ tea sp. tartaric acid

1 egg
1 teacup milk

Sift flour & acids together. Add sugar. Make a hole in centre of flour, break in the egg & add milk by degrees until mixture is quite smooth. Use a wooden spoon & take well down from sides of basin. Beat well until it is perfectly smooth. Have a pan of boiling fat. Dip an iron-spoonful of mixture in fat., first dipping spoon in the fat to prevent mixture from sticking. Allow to become a pale brown colour. To find if nuts are ready try with a skewer. Drain on kitchen paper & sprinkle well with sugar. The nuts may be eaten hot or cold. 1 oz. currants may be used in the mixture. Do not put too many in fat at once.

Sandwiches

3 eggs
¼ lb. granulated sugar
¼ lb. flour
1 tab. sp. milk
a few drops of vanilla or lemon
2 tab. sp. jam
½ tea sp. baking powder

Whisk eggs & sugar together till quite creamy. Sift flour & baking powder. Shake out whisk from eggs. Add milk, flavouring & flour all at once & mix very lightly. Pour mixture into shallow tins which have been greased & dusted over with equal quantities of castor sugar & flour. Place in a moderate oven & bake 10–12 mins. Turn on to sugared paper to cool. Spread jam evenly over one round. Place other round over top. Sprinkle with castor sugar.

Tartlets

Pastry

6 oz. flour
½ tea sp. baking powder
3 oz. butter
1 tea sp. castor sugar
1 egg & sometimes a little water

~It is rough puff pastry~

Sift powder & flour. Rub butter lightly amongst flour till it is as smooth as bread crumbs. Beat up egg & bind into a stiff paste. Turn on to a floured board, knead a little & roll out. Grease some flat tartlet tins slightly. Cut out pastry with a round cutter & place a round of pastry in each tin.

Sponge mixture for center of tartlet

2 oz. butter

¼ oz. corn-flour

2 oz. sugar

1 egg

small pieces of crystallized ginger or cherries

1 oz. cake crumbs

few drops vanilla essence few drops carmine

Cream butter & sugar together. Beat up the egg & add a little of the egg, a few cake-crumbs & beat well. A few drops of carmine. Add rest of the egg, crumbs & corn-flour & beat again. Lastly add essence. Place a small quantity of mixture in centre of each round of pastry & place patty-tins on a baking tin. Bake in a moderate oven 15–20 mins. Remove them from the tin. The tartlets may be eaten hot or cold. When they come out of the oven sprinkle well with castor sugar. They may be covered over top with whipped cream or icing. The tartlets do not spoil to be heated up.

1. A girdle was a circular iron plate with hooped handle, suspended or placed over the fire and used for baking scones, oat-cakes etc. <https://dsl.ac.uk/entry/snd/girdle>.

2. Queen Cake tins were similar to cupcake or muffin tins.