

## PENELOPE'S WEEKLY NOTES.

### MORE ABOUT SEVENPENNY DINNERS.

The following notes are given to make explicit menu 3:—

**Sunday, Pea Soup.**—Into an enamel saucepan place a good tablespoon of butter; melt it and drop into it two large onions, peeled and cut into thin slices; place the lid on the saucepan, and stand it on the stove, so that its contents may slowly simmer for almost an hour—there should be enough steam to prevent them burning. Lift from fire and add a cup of split peas (which have been soaked), a stick of celery, one small carrot (scraped and cut into thin slices), a tablespoon of washed rice, a crust of bread, and two potatoes peeled and sliced). Add pepper, salt, herb seasoning, 1 pint of milk, and 1 pint of water. Return the saucepan to the fire and allow it to simmer for another hour (closely covered with lid). When cooked, pass through a sieve, and if too thin, thicken with either potato flour or arrowroot. Cost of soup, 4d. Leg of mutton, with stuffing, bread sauce, spinach, and potatoes, 8s 6d, junket, 6d; rhubarb, 4d. Cost of Sunday's dinner, 9s 8d.

**Monday, Barley Soup.**—Foundation of soup made by stewing the bone taken from the leg of mutton on the previous day. Bone should be stewed the same day the joint is cooked, to save gas. Then half an hour before the soup is required proceed in the following manner:—Boil equal quantities of stock and milk together in a saucepan, using, we will suppose, two breakfast cups of each. In a smaller saucepan place a tablespoon of butter, melt it, and rub into it a dessertspoon of flour and salt, and pepper to taste. When the flour is rubbed smoothly into the butter, add slowly a portion of the boiling milk and stock. Return all to the larger saucepan, and sprinkle on 2 tablespoons of well-washed pearl barley. Simmer slowly for twenty minutes or rather longer, strain, and serve very hot; and with croutons of fried bread. This is a very nourishing soup. Cost, 4d. Total cost of Monday's dinner, 2/.

**Hashed Mutton.**—It is a curious thing how one usually associates hashed mutton with bad management or a boarding-house. The dish is universally regarded with a contempt, there is no necessity for it to merit. Certainly cold mutton is a somewhat insipid meat, but cold mutton "hashed" can be the very reverse. Penelope, recognising that every cook possesses her own recipe for this dish, yet ventures to quote here two recipes, both worthy of trial—the one from a French cookery book, the other from a Belgian. The French one says: "Drop a finely-chopped onion into one ounce of melted butter and fry it a golden brown, add an ounce of flour, stir all well together over the fire for five minutes, then add half a pint of stock well flavoured with vegetables, two or three cloves, salt to taste, and four tablespoons of tomato

sauce; stir for a few further minutes on the fire, and then add a teaspoon of Worcester sauce, and mushroom and walnut catchup. Let all boil for a few minutes till the quantity of sauce is somewhat reduced, add a little colouring, strain, and set aside to get cold. In the meantime cut some meat slices, as much of a size as possible, from the joint of mutton, remove all skin, gristle, and fat, and particularly any burned portions. When the sauce is cold lay in it the pieces of mutton, cover it over, and in about an hour's time put it at a corner of the stove, warming the meat very, very gradually. If the sauce boils the meat will be sure to be tough. Directly it has got thoroughly hot, it is ready to be dished up, with the sauce poured over it, and it should be surrounded with sippets of bread, not toasted, but fried a golden colour. The addition of a little finely-chopped parsley is a great improvement. If there is no stock for the sauce, water can be used with a teaspoon of meat extract, but some vegetable must be boiled in to give the necessary flavour."

Macaroni cooked with tomato sauce is an excellent accompaniment to hashed mutton, as boiled rice is to curry.

The Belgian recipe runs: "Cut the mutton into neat pieces, take away all fat and skin. Fry in butter and add all sorts of vegetables in dice, with thyme, bay leaves, and parsley. Let all thus stew very gently for two hours; you must add more stock or water to prevent it getting dry. Keep the lid of the pan on, and, half an hour before serving, put in peeled potatoes. This dish is served very liquid." Cost of hash, with cabbage and potatoes, 1s. Steamed pudding, 8d. Total cost of Monday's dinner, 2s.

**Tuesday.**—Casserole of mutton and tomatoes—recipe has been given previously—cost 8d. Pumpkin and potatoes, 6d. Apple pie, apples 6d, crust (made with dripping from joint and self-raising flour), say 1d. Custard (two eggs and one pint of milk), 8d. Total cost of Tuesday's dinner, 2s 5d.

**Wednesday.**—Vegetable soup—recipe has been given—cost 8d. Beefsteak pudding (2lb skirt steak and 2 sheep's kidneys, also ½lb beef suet, and ½lb of self-raising flour for crust), cost 2s 10d. Marrow and potatoes, 6d; jam tart and sago pudding, 8d. Total cost of Wednesday's dinner, 4s 8d.

**Thursday.**—White soup, recipe given last week, cost 9d. Savoury pudding, recipe as follows: Soak ½lb of bread in cold water for half an hour. Then squeeze it as free from moisture as possible, and beat it with a fork till it is perfectly soft and smooth. Boil two onions till they are cooked, then cut them up finely, and add them to the bread. Next add a tea cup of finely chopped beef suet, pepper, salt, and herb seasoning to taste; stir in two dessertspoons of fine oatmeal, and two well whisked eggs, to bind the ingredients together. Well grease a pie-dish or small meat tin, put in the mixture, make it smooth and neat in appearance, and bake for about an hour in a moderate oven. Serve with a good gravy. Cost of dish, say 10d. Potatoes 3d, apple batter pudding, made

as follows: Stew three large cooking apples with three tablespoons of sugar, two cloves, and a little water, till they are quiet soft, then pour them into a pie-dish that has been greased with a little butter. In a separate basin beat 1oz of butter, with 2oz of sugar, to a cream. Add a well whisked egg, a tea cup of milk, and a little flavouring. Sift into these ingredients 4oz of self-raising flour, in which has been mixed a pinch of salt. Pour the mixture on top of the apples in the pie-dish, and bake in a moderate oven for half an hour. Sift icing sugar on top, and serve hot. Cost of dish, say 9d. Total cost of Thursday's dinner, 2s 9d.

Friday.—Macaroni and tomatoes (Italian recipe). Put in boiling water 6oz of macaroni. Cut into convenient pieces six large tomatoes, with skins, cores, and seeds removed. Add the tomatoes to the cooking macaroni; drop in a good tablespoon of butter and pepper and salt to taste. Cook over a slow fire, stirring frequently till the macaroni is tender. More boiling water may be added if required. Arrange nicely on a dish, and cover with grated cheese. Cost of dish 1/2. Sausages: 1lb of sausages (8d), skinned, halved, and dipped in a batter made without eggs. Peas, 1lb at 6d. Potatoes 3d. Pudding 8d. Total cost of Friday's dinner, 5/3.

Saturday.—Fish stew (1½lb neck of mutton, 2 large onions, 2lb of potatoes). Cost 1/. Carrots and sauce 3d, currant roly-poly and sweet sauce 6d. Total cost of Saturday's dinner, 1/9.

Total cost of a week's dinners for six people, based on Menu 3, will, therefore, be £1/6/, or 2/ over the allowance of £1/4/6. This allows a liberal margin, and has purposely been made to exceed the limited sum, in order to balance somewhat the sum set for Menus 1 and 2. This, in order to show no rigid rule need be set, but, rather that it is better to let, if need be, one week rather exceed one's limit, if the next or preceding one is well within it.

The chief attractions in the fruiterers' windows this week are their baskets of strawberries and cherry guavas—the former at 2/, and the latter at 6d a basket. Custard apples (at 4d and 6d apiece), and plantain bananas (at 2½ and 3d each) are also distinctive features. Then, very good mushrooms at 1/ a basket are showing, and housewives will do well to press them into their service for entrees, etc. For the rest, we have plenty of citrus fruit, and apples and pears and persimmons.

Cauliflowers and cabbages are our most plentiful and useful vegetables to-day. A good cabbage may be bought for 5d or 6d; and a fair-sized cauliflower for 8d or 9d. Peas are 5d and 6d a lb, and moderately good; spinach is 1½d and 2d a bunch; marrows 6d, 7d, and 8d each; carrots particularly worthy of notice, at 1d and 1½d a bunch, while tomatoes cost from 1d to 3d each, according to size.