

a marrow bone or 3 or 4 rashers of streaky bacon.) Bring to the boil and skim. Add salt, peppercorns, and the celery and juniper berries, if you are using them. Cover and simmer for 2 hours, and strain through a sieve.

Melt 60 g (2 oz) of the butter and fry the oatmeal to a warm brown. Add a little stock to make the mixture of the consistency of cream, then stir into the rest of the stock. Add the pounded flesh of the birds and simmer for 20 minutes longer. Dice the breast fillets, fry in the remaining butter, and add to the soup. Lastly add the wine and whisky mixture, or substitute some thick fresh cream.

F. MARIAN McNEILL
THE SCOTS KITCHEN



Pigeon Soup with Barley

Soupe de Pigeon à l'Orge

The water in this soup may be replaced by broth; at the end of the cooking time, the pigeon quarters may be skinned, boned, and diced, and the meat returned to the pot. The addition of green peas, when in season, gives an exquisite flavour to the soup.

To serve 6

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| 2 | large pigeons, cleaned, singed and quartered | 2 |
| 6 to 8 tbsp | barley | 6 to 8 tbsp |
| 60 g | butter | 2 oz |
| 1 | large onion, finely chopped | 1 |
| 2 | carrots, diced | 2 |
| 1.5 litres | water | 3 pints |
| 2 tsp | salt | 2 tsp |
| | pepper | |
| 1 | bay leaf | 1 |
| 4 to 6 tbsp | shelled green peas (optional) | 4 to 6 tbsp |

Melt the butter in a large pan, add the onion, and cook for a few minutes over a low heat. Add the pigeons and cook for 8 to 10 minutes, then put in the carrots, barley, water, salt, pepper, and bay leaf. Cover and simmer over a low heat for

about 1½ hours, or until the pigeons are very tender. Ten minutes before the end of the cooking time, add the peas if you are using them. Correct the seasoning and serve.

A. ESCOFFIER
LE CARNET D'ÉPICURE

Oxtail Soup

An inexpensive and very nutritious soup may be made of oxtails, but it will be insipid in flavour without the addition of a little ham, knuckle of bacon, or other meat. To increase the savour of this soup when meat is not served in it, the onions, turnips and carrots may be gently fried until of a fine light brown, before they are added to it.

To serve 12

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| 2 or 3 | small oxtails, 1 to 2 kg (2 to 4 lb) in all, washed and soaked in water for 15 minutes | 2 or 3 |
| 1 | ham or bacon joint, about 750 g (1½ lb) | 1 |
| 4 litres | water or beef broth | 7 pints |
| | salt | |
| 4 | medium-sized carrots | 4 |
| 2 to 4 | onions | 2 to 4 |
| 1 | bouquet garni | 1 |
| 1 | head celery | 1 |
| 2 | turnips | 2 |
| 6 to 8 | cloves | 6 to 8 |
| ½ tsp | peppercorns | ½ tsp |
| 1 tbsp | arrowroot or rice flour | 1 tbsp |
| | cayenne pepper | |

Put the oxtails and the ham or bacon into a large pan and pour on the water or broth. Bring gradually to the boil, throw in 40 g (1½ oz) of salt, and clear off the scum carefully as soon as it forms upon the surface; when it ceases to rise, add the carrots, onions, bouquet garni, celery, turnips, cloves and peppercorns. Stew these gently from 3 to 3½ hours if the tails be very large; lift the tails out, strain the liquor, and skim off all the fat; divide the tails into joints, and put them into 2 litres (4 pints) or rather more of the stock; stir in, when these begin to boil, the arrowroot mixed with as much cayenne and salt as may be required to flavour the soup well, and serve it very hot.

If stewed down until the flesh falls away from the bones, the oxtails will make stock which will be quite a firm jelly when cold; and this, strained, thickened, and well flavoured with spices, catsup, or a little wine, would, to many tastes, be a superior soup to the above.

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