



## Cooking Secrets of the Russian Court

By

PRINCESS GAGARINE.

THE Russian chefs, like all who have made cooking a fine art, are especially particular about the "trimmings" of a menu. Of course, even the newlywed knows that no matter how good her principal dish may be, the effect of the whole meal may be spoiled by inattention to such details as sauces, vegetables, salads or relishes.

This article reveals some of Princess Gagarine's secrets of preparing these "tremendous trifles."

As Princess Gagarine says in "The Borzoi Cook Book", "the success of fine dishes depends largely on the careful cooking of their sauces. Only the best butter and eggs should be used."

In preparing sauces, a supply of bouillon, soup stock or gravy is very desirable. "Flour butter" is also useful and is made by melting two tablespoons of butter in an enameled ware saucepan, skimming, pouring into a clean saucepan, mixing with one and one-half tablespoons of flour, and warming gently for an hour. A yellow-colored sauce is made by keeping the "flour butter" longer on a brisk fire; and longer still, on a still hotter fire, for brown or red sauces.

In making vinegar sauces, always boil the vinegar beforehand in an enameled ware pot, as the surface of the ware is not affected by the acid vinegar. Pepper, when used, should always be added last of all. Here are some salad recipes from "The Borzoi Cook Book":

### Cucumber With Sour Cream

12 cucumbers      ½ tablesp'n vinegar  
3 eggs              pepper  
¾ cup sour cream salt

Clean and peel young cucumbers, cut into small dice, place in an enameled ware bowl and salt slightly. Rub hard-boiled egg yolks with salt and gradually add sour cream, and one-half tablespoon vinegar and a dash of pepper. Mix well.

### Red Cabbage Salad

Chop fine a head of red cabbage, remove stalk, and salt generously. Take one-half teaspoon mustard, one teaspoon sifted sugar, one and one-half tablespoon vinegar and two and one-half tablespoons olive oil. Mix well in the enameled ware bowl.

Here are some vegetable recipes from "The Borzoi Cook Book":

### Spinach With Eggs and Croutons

3 lbs. spinach      1 loaf bread  
4 tablespoons      1 cup cream  
butter              ½ teaspoon sifted  
1 tablespoon flour      sugar  
1 cup vinegar      1 cup milk  
3 eggs              salt

Cook spinach in salted boiling water in an enameled ware saucepan, drain and pass through a fine sieve. Put into saucepan three tablespoons butter, one tablespoon flour, mix in spinach, with one-half teaspoon salt, one-half teaspoon sifted sugar, and stir well; add one cup cream, and again mix well.

Boil separately four cups water and one teaspoon salt. Break shells of eggs, one by one, and drop into water with an enameled ware skimmer-spoon. Boil for three minutes, keeping saucepan covered. Remove eggs with same skimmer and put into a bowl of cold water. Trim the untidy bits of the whites, and when dish is ready to be sent to the dining room, warm eggs in the water in which they were cooked.



Cut a cottage loaf into square slices, dip in milk and yolk of eggs, and fry in a little butter, browning both sides.

Put in spinach puree on dish, surround with the slices of bread, with an egg on each.

### Asparagus A La Bechamel

1½ lbs. asparagus      1 tablespoon butter  
1¼ tablespoons      1½ cups cream  
flour                      (or milk)

Clean and wash asparagus. Cut into pieces of about one and one-half inches and boil in salted water in an enameled ware asparagus boiler. When cooked, put on a sieve or skimmer to drain. Prepare the following bechamel: Put butter, flour, cream (or milk) and a pinch of salt into a saucepan and let boil. Put asparagus, well drained, into warmed vegetable dish, and pour over sauce.

### Stuffed Potatoes

10 large potatoes      3 tablespoons butter  
1 onion                  1 tablespoon grated  
pepper and salt      bread crumbs

Cook ten fine even-sized potatoes in boiling water, peel, and scoop out inside so that they resemble little cups. Fry in butter one onion chopped fine, mix with insides of potatoes, add salt and pepper and mash all together. Put back into emptied potatoes, sprinkle grated bread crumbs on each, and top with one-quarter teaspoon butter. Butter an enameled ware baking dish, put in the potatoes, and bake in oven for ten or fifteen minutes.

Samples of "The Borzoi Cook Book" recipes for sauce and relishes follow. Of course, enameled ware is essential for handling sticky sauces and salt pickles.

### Sauce Tartare

¾ glass olive oil      1 egg yolk  
2 teaspoons              1 teaspoon vinegar  
French mustard      ½ teaspoon salt

Break egg yolk into an enameled ware bowl, stir, and when it thickens a bit add one dessert spoon olive oil, stir again, again add one dessert spoon oil, and so on until all the oil is used up. Then add the mustard, vinegar and salt.

### Horse-Radish Sauce With Sour Cream

½ lb. horseradish      ½ dessert spoon  
1 dessert spoon      vinegar  
butter                      1 dessert spoon  
1 cup sour cream      flour  
2 egg yolks              ½ teaspoon salt

Put into an enameled ware saucepan one dessert spoon butter, melt on fire, add flour and mix well with horse-radish; then add sour cream and beat in egg yolks. Stir well until sauce begins to thicken, but do not let it boil. Add salt and vinegar. This sauce is very good with plain boiled meat, corned beef, salted beef, etc.

### Pickled Green Tomatoes

To 1½ lbs. sugar      cinnamon, cloves,  
1 pint vinegar      peppercorns  
½ teaspoon each of

Put green tomatoes into boiling water for five minutes, take out, put on sieve or skimmer, and pour over cold water. Put tomatoes into a small barrel. Boil some sweet vinegar with sugar, cinnamon, cloves and peppercorns. When cold pour into barrel over tomatoes and close tight.

This is the second of a series of three articles. In the third will be revealed some Russian recipes for sweets, desserts and beverages.

(Recipes from "The Borzoi Cook Book" are reproduced by permission of Alfred A. Knopf, Princess Gagarine's American Publishers.)

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