

Famous Dishes of Foreign Nations

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It has been my good fortune to enjoy and help to prepare these national dishes of foreign countries and since so many of our famous dishes are either taken or are the result of the extensive study and research of foreign chefs, it would be well that American housewives become familiar with these dishes and the way they are prepared.

Interesting Facts About Foreign Foods

In each of these different dishes the character and surroundings of each nation may be easily analyzed. In Marseilles it is only natural that the national dish should be prepared from fish, because of the importance of Marseilles as a fishing port.

This dish is called bouillabaisse and is the accumulation of the different kinds of fish, shell, mole and many others. Here the families of the sea towns and cities eagerly await the coming of their men folk from fishing excursions.

Pots and pans are in readiness and no sooner do the men arrive until the work of preparing the famous bouillabaisse begins.

Great rivalry exists among the women in cooking this dish and when one of them is pronounced the premier in preparing it she is at once made a star among the inhabitants of the village and is considered the matrimonial "catch" of the year.

What the bouillabaisse is to France the polio sevilliano is to Spain and interwoven with the romance of this delightful dish is the true characteristics and environment of the Spanish people. The polio sevilliano is named from the city of Seville, Spain. Because we find that people of the warmer climates demand spicy foods as a necessity in supplying the physical being with reactionaries against the heat, we find that the polio sevilliano is more heavily spiced than the national dishes of northern countries.

Famous Recipes Made Easily Available

While a great deal may be learned from culinary books by well-known chefs of international reputation, Escoffier, Perigourdin, Bone and others who have classified many of the most popular recipes from all over the world, many housewives might feel these recipes were very difficult to understand and duplicate successfully. I will try, through my articles each month in Popular Cookery magazine, to make my instructions as clear and easily understood as is possible without actual demonstration.

I shall exercise great care to consider the economical value of each recipe as given. I hope my readers will bear in mind that these articles will not include dishes impractical to prepare in the average home kitchen.

Avoid Extravagance in Cooking

My observations of the cooking of the average housewife has been that in many cases the question of economy has been almost entirely disregarded. Too much stress cannot be laid upon the importance of economy in cooking and a close application to the principles I shall try to give in these monthly articles should result in a very material saving to the housewife. Extravagance in cooking does not mean that the dish will be that much better, but, on the contrary, it often spoils the dish altogether. It is only with the proper items and the proper quantity that success may be assured.

To those of my readers who have traveled or resided in Europe and who thereby cultivated a taste for European cooking the following famous dishes will perhaps recall most pleasant memories of the famous eating places visited, although they may not be fa-

miliar with the actual preparation as given here.

Oysters Bourguignonne

The delectable savour of oysters delighted the palates of epicures as far back as the time of Apicius, the celebrated Roman gourmet, who moved his palace to the seashore in order to have fresh shellfish for his table.

When Apicius discovered how to keep oysters alive during long journeys he narrowly escaped being deified. But the bivalves which he knew were tiny dwarfs—like our clams. How he would have been transported at the sight of a dozen luscious Sadde Rochs or Malpeques.

Recipe

The oysters are placed in a pan moistened with olive oil. A touch of garlic and just a suspicion of

piquant sauce which sole requires, M. Marguery supplied in a flavoring with a little mussel in it. So delightfully did it enhance the dish that a distinguished company of bon vivants who happened into the humble Marguery restaurant one night, pronounced it a triumph. The next day M. Marguery awoke to find himself and his sole famous. He was on the road to wealth, and the dingy little eating shop grew into the magnificent establishment with which visitors to Paris are familiar.

Recipe

Take the sole, preferably an English sole, but otherwise use the flanders. In either case, bone the fish in filet. Poach same in salt and chopped parsley until the filet is thoroughly cooked. You should be careful not to put the fish in the water until the water is boiling and has boiled for some time, so as the flavor of the vegetables will be extracted, using your own judgment. The filet being thoroughly cooked, strain off the water.

For the sauce use a small quantity of the water which the fish was boiled in, put same in casserole or pan, only as a matter of flavoring. Mix some cream, yolk of an egg, salt, pepper, touch of paprika, and if fortunate enough small quantity of white wine, adding small quantity of flour, medium thickness. At the first sign of boiling, stir fast, so your cream will not turn. After a few seconds when the sauce bubbling, take from fire and strain. On a china or silver platter dispose your filet with a few slices of fresh mushrooms fried in butter, lobster and shrimp moules and oysters poached (having been poached at the same time as the filet, separately.) Pour sauce over and put in the oven or under grill, and as soon as the brown crust appears, take from oven and serve.

Noisettes of Beef Tenderloin a la Rossini

Rossini, a contemporary and friend of Dumas and Balzac, two famous fourchettes, was not only a distinguished composer, but also a cook of ability. This dish of his invention bears witness of his skill and rivals in seductiveness the sweet strains of "The Barber of Seville." Dumas once complained to Rossini that he had tasted everything edible and sighed, like Alexander, for new culinary worlds to conquer. Whereupon the musician promised the great romancist that his palate should enjoy a new sensation.

Recipe

That evening at Rossini's table, Dumas sat down before a wonderful dish. Dainty slices of tenderloin were fried in oil, portions of chicken livers sauted in butter were placed on these, the whole being capped with a slice of truffle and bathed in a delightful Madeira sauce. Dumas, himself a master juggler of the saucepans, pronounced the dish a more glorious operas.

Poularde de Portugal

It is to the friars of Portugal that we are indebted for this famous contribution to the world's store of cookery.

When the French troops sacked a Portuguese monastery during the Peninsular war the cook was forced to flee from his sanctuary, leaving behind his precious book of recettes.

This the invaders seized, with other spoil, and carried back to Paris.

Here the culinary grammar fell into the hands of a noted chef, who one day happened upon the recipe for Poularde de Portugal, a dish that took the French capital by storm.

Recipe

This olden monastic recipe is prepared in the following manner: A large, plump chicken is first very carefully selected and cooked until the rich jaus attains the consistency of jelly.

Then fresh mushrooms are added, the whole being sealed up in a casserole and put in the oven. In this way evaporation is cut off completely and all the delightful flavor stays in the dish.

When the casserole is brought to the dining room and unsealed before the guests the fragrant aroma that arises attests the merit of the monastery's cookery.



"My observations of the cooking of the average housewife," says Mr. Muller, "has been that in many cases the question of economy has been almost entirely disregarded. Too much stress cannot be laid upon the importance of economy in cooking . . . Extravagance . . . does not mean that the dish will be that much better but, on the contrary, it often spoils the dish altogether."



WE know of no other cooking authority better able to handle the subject of "Famous Dishes of Foreign Nations" than Mr. Muller. His has been rather an exceptional experience, entirely practical, gleaned from his professional services demanded in many foreign countries.

His interest in the art of cooking began at a very early age. A native of St. Pierre, Switzerland, he helped his parents cater to the travelers passing through, performing all manner of duties required of a small boy, in the pension (restaurant) operated by his father.

A desire to travel and see something of other countries, led Mr. Muller to Rome, Italy, where at age 11 he was employed as apprentice by Hotel Quirinal. Experience gained there later provided a place on the staff of Hotel Terminus at Paris for several years.

Seeking other worlds to conquer, he decided to try his fortunes in London. During the years spent there, he served on the catering staffs of London's famous Ritz-Carleton, Savoy and Romanos hotels. Here his education received finish, in the preparation of choice dishes enjoyed by royalty and the high society of London. The late King Edward, then the prince of Wales, was a frequent patron who relished the tasty dishes prepared under his direction.

Through the friendly interest of Captain Lord Beresford, he made a trip around the world as steward of the Beresford yacht. Impressed with the educational advantages of sea travel to various distant ports—and his love for learning the customs of various races—he later served as steward on vessels of the Italian Navigation company, the Castle line to South Africa, and eventually the Cunard line to North America.

Rejoining for an interval the staff of London's Hotel Romanos, he finally moved his abode to New York, on the opening of the Winter Garden of the Hotel Waldorf, where he directed the large force of waiters.

Before moving to Omaha to become manager of the Brandeis Store restaurants, he resided in Chicago for approximately 14 years, dividing the time with Hotel Congress and Hotel La Salle as manager of these well-patronized dining rooms.

—THE EDITOR.

onion. The bivalves are placed in the oven and roasted in their own fortresses, as it were. Soon the shells open and the rich liquor pours out. Thus, bathed in this delicious juice, they are brought to the table and served.

It was Napoleon III, who upon tasting this crustacean delicacy, exclaimed: "A delicious flash of gustatory lightning."

Filet of Sole Marguery

"The cook produced an ample dish Of frizzled sole, those best of fish, Embrowned, and wafting through the room, All sputtering still, a rich perfume."

The crisped tenderness of the browned sole and the piquant flavor of the sauce accompaniment is the tribute of an artist to the immortal name of Marguery.

By originating this dish, an obscure restaurant keeper of Paris achieved a place among the immortals of cookery. The high relief of

