

Recipes from Fanny's Journal

A VERY NICE PUDDING

1/2 pint milk. Put it on the fire and when it boils put in 2 oz. bread crumbs and let it boil a little. Add the hull of a lemon grated, the yolks of 4 eggs, sugar to taste and 3 oz of butter. Line a shallow dish with paste. Put a layer of preserve at the bottom, pour the above on it and bake it for half an hour in a slow oven.

CLARET JELLY

(Isinglass is a transparent pure gelatin prepared from the air bladder of the sturgeon, used as an adhesive and a clarifying agent.)

1 quart light claret
a wine glassful of brandy
1 lb. pot red current jelly
juice and grate of a lemon
1/2 loaf sugar
1 1/4 oz isinglass.

Boil all together for 5 minutes. Strain and put into a mould. Serve with cream sauce; a half a pint of cream sweetened and flavoured with vanilla - slightly whisked and poured around it.

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BANANA PO-POI (SAMOAN DISH)

To one whole bunch of large bananas, 10 or 12 old coconuts, grate the nuts, squeeze out the milk, to which add the water of the nuts. The bananas must be very ripe. Mash them into the milk into a thick batter. To this add two grated taro roots. The leaves are then filled into a bowl with the stems outward, five or six layers of them. On the top of these place two banana leaves that have been oiled with coconut milk and wilted over the fire. When these are in place, fill in with the po-poi. Gather up the stems of the ti leaves carefully and tie the whole into a parcel with bamboo things. Arrange a native oven with larger stones than ordinary, say the size of a fist. When they are hot, spread oven pretty thickly with wetted hearts of the Parendares leaf, then the po-poi parcels, cover with many, very many layers of breadfruit leaves until the pit is heaped high; cover with old sacks, and fasten these down with stones. Set the po-poi remains in the ground for from 12 - 24 hours. It will keep for a fortnight if the case of leaves are not disturbed. The quantity given makes 4 large cases.