

RMS *Titanic*: a touch of class in a very large larder

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Early 20th Century technology promoted the building of large luxury liners with splendid galleys to cater in fine style for the thousands of people on board.

RMS *Titanic* was a prime example. *Titanic* set out on her maiden voyage from Southampton to New York on 12 April 1912 with 1324 passengers and 899 crew.

The ill-fated glamour ship's provisions included 34,100 kg of fresh meat, 11,400 kg of poultry and game, 5000 kg of fresh fish, 3400 kg of bacon and ham, and more than 1100 kg of sausages.

She had also loaded 200 barrels of flour, 40 tons of potatoes, 7000 heads of lettuce, 180 boxes containing 36,000 oranges and a further 50 boxes containing 16,000 lemons.

And to slake the thirst of passengers and crew she took 20,000 bottles of beer and stout, 850 bottles of spirits, 15,000 bottles of mineral water and 1500 bottles of wine.

White Star Line went to considerable lengths to cater to the expected tastes of passengers, offering British, American and French dishes on ship's menus.

The combinations of dishes reflected class structure, the social mores of the day and a hierarchy of cuisines.... American Ice Cream, for example, was served in Second Class and French Vanilla Ice Cream in First.

The Bill of Fare for the immigrants in Third Class was basic working class British cuisine – which may not have satisfied Italian and Irish among them! Second Class menus included British and American dishes, while First Class celebrated all three cuisines!

The First Class Dining Room menu
on the evening *Titanic* sank

RMS "TITANIC"

April 14 1912

HOR D'OEUVRES VARIED

OYSTERS

CONSOMME OLGA CREAM OF BARLEY

SALMON, MOUSSELINE SAUCE, CUCUMBER

FILET MIGNONS LILI

SAUTE OF CHICKEN LYONNAISE

VEGETABLE MARROW FARCIE

LAMB MINT SAUCE

ROAST DUCKLING APPLE SAUCE

SIRLOIN OF BEEF CHATEAU POTATOES

GREEN PEAS CREAMED CARROTS

BOILED RICE

PARMENTIER & BOILED NEW POTATOES

PUNCH ROMANIE

ROAST SQUAB & CRESS

COLD ASPARAGRAS VINAGRETTE

PATE OF FOIS GRAS

CELERY

WALDORF PUDDING

PEACHES IN CHARTREUSE JELLY

CHOCLATE & VANILLA ECLAIRS

FRENCH ICE CREAM

A selection from RMS *Titantic*'s last First Class menu

CONSOMMÉ OLGA

2 litres (3.5 pt or 9 US cups) Ordinary Consommé (Note 1) with the addition of 1 dl (3.5 fl oz or 0.5 US cup). Port wine added at the last minute.

Garnish: 2 tbs Julienne of celeriac; 2 tbs Julienne of pickled cucumbers; 2 tbs Vesiga (Note 2) cooked in White Bouillon (Note 3), drained and cut in dice.

Note 1: *Ordinary Consommé - To make 4 litres*

Liquid: 5 litres White Bouillon (Note 3)

Nutritive Ingredients: 1.5 kg very lean beef, well trimmed and chopped

Flavouring Ingredients:

100 g carrots and 200 g leeks, both roughly chopped into small pieces.

Clarifying agent: 2 egg whites

Cooking time: 1.5 hours

Method of clarification:

Place the chopped meat, vegetables and whites in a small stockpot, mix well together, add the White Bouillon, bring to the boil stirring it gently from time to time, then allow it to simmer very gently for the time indicated. When ready, pass the Consommé through a clean cloth.

Note 2: *Vesiga* is the dried spinal cord of the sturgeon. (Alternatively use small pieces of dried fish such as 'Bombay duck' or the Japanese Bonito flakes).

Note 3: *White Bouillon - To make 10 litres*

Nutritive Ingredients: 7kg shin and lean beef which should consist of 4 kg lean meat and 3 kg meat on the bone

Flavouring Ingredients: 1 kg carrots, 900 g turnips, 500 g leek, 200 g parsnips, 200 g onions, 3 cloves, 20 g garlic, 120 g celery

Liquid: 14 litres cold water

Seasoning: 70 g coarse salt

Cooking time: 5 hours

Method: Simmer for 5 hours. The Bouillon should be kept clear by continuous, even simmering and by removing the scum and fat with great care.

From *The Complete Guide to the Art of Modern Cookery*, by A Escoffier (1921, Flammarion; Transl by H L Cracknell and R J Kaufmann, 1995, Mandarin).

FILETS MIGNONS LILI

Season the Filets Mignons (Note 1) and shallow fry in butter. Arrange each on a small round cake of Pommes Anna (Note 2) containing slices of artichoke bottoms

then place a slice of foie gras lightly fried in butter and a nice slice of truffle on top. Serve well-buttered Sauce Demi-glace (Note 3) separately.

Note 1: Filet Mignons are a cut from a trimmed fillet of beef. They should be about 3.5cm (1.5 inch) thick and weighing approx 120g (4oz). A nice round shape is desirable and may be obtained by tying them round with string.

Note 2: Pommes Anna. Trim the potatoes into cylindrical shapes then cut them into thin slices; wash and dry in a cloth. Arrange the slices overlapping in a thickly buttered Pommes Anna mould or a thick bottomed saute or omelet pan, arrange another layer on top going in the opposite direction to the first then season and spread with butter. Continue in this way until there are 5 or 6 layers of potatoes. Cover the pan and cook in hot oven for 30 minutes turning it in the mould if necessary so that it colours evenly all over. Turn out on a lid, allow the excess butter to drain off, then slide the potato on to the serving dish.

Note 3: Demi-Glace Sauce. Place 1.5 oz butter in a saucepan, blend in slightly more sieved plain flour and cook slowly. Add 2 pints of brown stock, whisk until it is free of lumps, bring to boiling point whisking all the time. Add 1 oz of chopped onion, 1.5 oz diced carrot which have been browned in 1 oz of bacon fat and 1 oz of butter. Add 1 sprig of thyme, a bay leaf and a few sprigs of parsley. Leave to simmer for 3 hours, adding a little stock occasionally to facilitate the clearing of the sauce. Rub through a sieve. Just before serving add some rather strong brown veal stock or some fine meat jelly.

WALDORF PUDDING

Makes 45 individual crocks

Ingredients:

4 gallons of milk, 3 lbs of sugar, 2 cinnamon sticks, 3 lbs rice, 1lb 2oz raisins (presoaked until plump)

Method:

Combine milk, sugar, cinnamon and rice in a steam kettle or thick pot. Bring milk to the boil, then lower heat and cook slowly (1.5 to 2 hours) until rice is tender. Remove from heat. Add 2 to 4 cups of heavy cream until desired consistency. Add raisins.

Topping – Glassage

Ingredients:

8 egg yolks, half a cup of sugar, vanilla to taste, half a cup of heavy whipped cream.

Method:

Combine yolks, sugar and vanilla in a stainless steel mixing bowl, place over double broiler, while whisking, cook yolks as for Hollandaise. Do not scramble. Cool. Fold in whipped cream. Place a small amount of the yolk mixture on top of the pudding and glaze under a salamander.

Supplied by Stefan Gruberger, The Waldorf-Astoria, 302 Park Avenue, NY NY 10017.