

dressed with White Wine Salad Dressing (page 49) and sprinkled with parsley. Beans thus prepared should be marinated at least 4 hours and served cold but not chilled. Drain, if necessary, before serving, and add salt and pepper to taste.

Lentil Salad [*Insalata di lenticchie*]

This is a classic of the French and Italian hors-d'œuvre table, and is prepared in the same manner as White Bean Salad above.

Potato and Combination Salads

Potato salad can be added to any of the vegetable salads above or to a combination of bean and vegetable salads.

German or Austrian Lobster Salad [*Hummernsalat*]

¾ lb. diced cooked cold lobster	Mild French dressing made with
6 oz. diced cooked cold chicken (white meat only)	tarragon vinegar
3 oz. diced heart of celery	Lettuce
1 tablespoon capers, drained	Sauce Rémoulade (page 255)

Combine lobster, chicken, celery, and capers. Cover with French dressing and chill. Marinate for 1 to 2 hours. Drain. Pile salad on shredded lettuce. Cover with Sauce Rémoulade.

Russian Salad [*Salade à la russe – Insalata alla russa*]

When I was young, 'boughten' mayonnaise did not exist. It was freshly made whenever it was to be used, and it was considered no mean achievement to produce a good mayonnaise. Consequently, all mayonnaised dishes were most festive and elegant, and none more so than Russian salad, which in German, for reasons unknown, is called *Italienischer Salat*, or Italian salad.

Russian salad graced all hotel and restaurant tables, made as the chef's own – and often changeable – ideas dictated. Some Russian salads were more famous than others. Horcher's, the best restaurant in pre-Second-World-War Berlin, excelled at it, serving it with cold lobster. My father, not a sentimental man when it

came to criticizing food, used to eat this combination at Horcher's with his colleagues from the old Auswärtiges Amt, the German Foreign Office, at their stag luncheon, called *Herrenfrühstück* (gentlemen's breakfast). I had it there once, and I have reason to remember the occasion very well.

In those days Berlin maidens indulged in the horrible fashion of wearing a black ribbon tied over their foreheads and hair, in what they hoped was a classical Greek fashion. I had come to Berlin for a vacation from my strict Roman convent school, where we wore white aprons over our uniforms, and our hair tied at the neck with no nonsense about it. The Berlin maidens impressed me with their international *savoir-faire*, and I promptly tied a black ribbon around my forehead and hair. Unfortunately this was the day I chose to call on my father at his office. He was in a small meeting but asked that I should be shown in to meet the other members of his staff. When I came into the room he gave me one anguished look, and with a strangled cry he seized me by the hand and yanked me out of the room. In a back passage, he tore the ribbon off my head and bade me comb my hair in a less artistic fashion. Then he asked me to wait, since, so he said, he did not have the courage to show his only daughter again that day. Later, to teach me reasonable manners, he took me to Horcher's for lunch, and there I had what still seems to me the most glorious of all Russian salads.

It is a salad of cubed vegetables bound together with mayonnaise. Sometimes cubed meats or lobster are added. The success of this salad depends on the absolute freshness of the vegetables, which should first be marinated in a mild French dressing – separately, of course – before being bound with mayonnaise. Use any combination of the following vegetables.

Cooked green beans, cut in pieces

Cooked beets, cubed (use a small amount, or salad will discolour)

Cooked carrots, diced

Raw celery, cubed

Raw cucumber, cubed

Spring onion, chopped

Small amount of white onion, chopped

Cooked green peas

Cooked cauliflowerets

Cooked cold potatoes, cubed

CHEESE BISCUITS

2 oz. grated very sharp Cheddar cheese	¼ teaspoon Worcester sauce
4 oz. butter	4 oz. flour, about

Cream cheese and butter together until soft. Blend in Worcester sauce. Gradually add flour, mixing until a soft dough is formed. Chill for ½ to 1 hour. Roll dough into small balls. Place on lightly greased baking sheet. Bake in hot (425° F., gas 7) oven for 10 minutes, or until golden. Serve hot in a napkin.

Spanish Saffron Bouillon [*Consommé de Cadiz*]

This bouillon should be served in cups, with a sprig of watercress in each serving. The saffron gives the bouillon a charming flavour as well as colour. I had it in Cadiz, the whitest of all white Spanish cities.

2½ pints hot strong chicken or beef bouillon	1 teaspoon onion juice or ½ teaspoon instant onion powder
Salt	
White pepper	¾ teaspoon saffron

Blend onion juice or dissolve onion powder in ¼ pint of the broth and add salt and pepper to taste. Dissolve saffron in another ¼ pint of the broth. Stir both mixtures into remaining broth. Serve very hot with French Beignets au Fromage (page 32).

French Onion Soup [*Soupe à l'oignon*]

Another version of the classic French soup, made with white wine or champagne.

4 oz. butter	2½ pints hot beef bouillon
2 tablespoons salad oil	¾ pint dry white wine or champagne
1 to 2 lb. onions, sliced, depending on whether a thicker or thinner soup is desired	Salt
1 to 2 tablespoons flour	Pepper
	French bread, sliced
	4 oz. grated Parmesan cheese

Melt butter and oil in casserole. Sauté onions in it until soft and dark brown, stirring frequently. Do not allow to burn. Sprinkle flour over onions and stir until smooth. Avoid lumps. Add bouillon and wine or champagne, and salt and pepper. Simmer, covered, over low heat for about 1 hour. Place slices of French bread in a tureen or individual bowls. Pour soup over them. They will rise to the surface. Sprinkle bread with Parmesan cheese. Heat in hot (425° F., gas 7) oven until cheese is melted.

German Potato Soup [*Kartoffel Suppe*]

A butter-flour thickening, added to the cooked soup, is a typical German way of binding soups.

1 lb. potatoes, cubed	Salt
1 carrot, diced	Pepper
1 stalk celery, minced	2 tablespoons (1 oz.) butter
2½ pints any cold bouillon, or water	3 tablespoons flour
⅓ teaspoon marjoram	1 tablespoon chopped parsley

Put potatoes, carrot, and celery into a soup kettle. Add bouillon or water, marjoram, and salt and pepper. Bring to the boil, skim as needed, and simmer until vegetables are tender. Strain, and reserve stock. Rub vegetables through sieve, or purée in an electric blender. Return to stock. Reheat soup. Heat butter to a light brown, stir in flour, and cook until golden brown. Do not allow to scorch. Add to soup and simmer 10 minutes longer. Serve with sprinkled parsley. (Some may prefer to leave the vegetables whole.)

Austrian Barley Soup [*Gersten Suppe*]

Austrians, Czechs, Poles, and Russians are all very fond of barley soup. Depending on the cook's taste, they make it in varying degrees of heftiness, purée it or not, add sweet or sour cream. I like this lighter version, and make my barley soup with vegetable bouillon, though of course meat bouillons can be used.

This soup comes from Frau Richard Strauss, the wife of the composer, whom my mother entertained in Milan while the

maestro was conducting some of his own works at La Scala. My mother did not like barley soup, but Frau Strauss did, as I remember from a spirited discussion, which yielded this recipe.

4 oz. medium barley	2½ pints hot vegetable or veal bouillon
1 stalk celery, minced	Salt
1 medium-sized onion, minced	Pepper
3 tablespoons (1½ oz.) unsalted butter	4 fl. oz. double cream, or more, according to taste
1 tablespoon flour	

In a soup kettle sauté the barley, celery, and onion in the melted butter. Stir in flour. Add hot bouillon. Cover and simmer for about 1 hour, or until barley is tender. Add salt and pepper. Just before serving, add cream. Do not reheat. (This soup may be made in advance and reheated with perfect success. The cream, however, must not be cooked, but added at the last moment.)

Hungarian Cream of Mushroom Soup [*Gombaleves*]

Excellent cream of mushroom soups turn up in almost every European country, and they are usually made with butter, a white sauce, or sweet cream. The Hungarian version below not only tastes very good, but is unusual since it uses lard and sour cream, which give the soup its typical flavour. If you have no lard, use dry salt pork drippings or, as a last resort, bacon drippings.

1 lb. mushrooms, sliced	2½ pints veal or beef bouillon
2 tablespoons (1 oz.) lard	2 tablespoons double cream
2 teaspoons paprika	2 egg yolks
2 tablespoons flour	12 fl. oz. sour cream
1 tablespoon chopped parsley	

Sauté mushrooms in hot lard in soup kettle and stir in paprika. When soft, sprinkle with flour and parsley. Add bouillon and cream. Cover and simmer for 1 hour. Blend egg yolks with sour cream. Remove soup from heat and stir egg-sour cream-mixture into it carefully, a little at a time. Serve with pancake strips, made from any standard egg pancake recipe. The cooked pancakes are rolled individually and cut into finger-size strips which are put in the soup.

Portuguese Almond Soup [*Sopa de amendoa*]

Non-sweet almond soups are popular in Portugal and in Spain. Some are made with garlic, peppers, and saffron. I do not care for these versions, as those ingredients overshadow the almond flavour. I prefer this soup, which is delicate. The coriander, an essential ingredient, adds a lemony taste. An electric blender helps immensely in grinding the almonds.

$\frac{3}{4}$ -1 lb. blanched almonds, depending on how thick a soup is wanted	$2\frac{1}{2}$ pints hot chicken bouillon Salt Pepper
1 small onion, grated	6 fl. oz. double cream
1 teaspoon ground coriander seed	3 egg yolks Grated rind of $\frac{1}{2}$ lemon

Chop almonds and grind them to a paste in mortar or electric blender. Blend with onion and coriander. Add to bouillon with salt and pepper. Cover and simmer for 15 minutes. Remove from heat. Blend together cream, egg yolks, and lemon rind. Carefully stir this mixture into the hot soup. Serve immediately.

Swiss Leek Soup with Wine [*Potage aux poireaux*]

I had this soup in Neuchâtel, a very pretty, non-touristy Swiss town in a region that produces a superior white wine of the same name.

6 leeks, both green and white parts, sliced	Salt Pepper
5 tablespoons rice	6 oz. grated Swiss cheese
$1\frac{1}{2}$ -2 pints hot beef bouillon	12 fl. oz. dry white wine

Simmer leeks and rice in just enough water to cover for about 20 minutes, or until rice is tender. Add bouillon and salt and pepper. Simmer 10 minutes. In top of double boiler, over boiling water, melt cheese with wine. Blend thoroughly. Put a generous spoonful of the cheese sauce in each soup plate and pour soup over it.

French Poached Eggs in Red Wine [*Cœufs à la matelote*]

It may at first seem strange to poach eggs in wine, but it is a surprisingly good way, and one that gives a little *éclat* to luncheon.

8 fl. oz. dry red wine	Pepper
8 fl. oz. bouillon	$\frac{1}{8}$ teaspoon nutmeg
1 onion, sliced	6 eggs
1 clove garlic	$1\frac{1}{2}$ tablespoons flour
Salt	1 tablespoon ($\frac{1}{2}$ oz.) butter

Combine wine, bouillon, onion, and garlic; season with salt and pepper and add nutmeg. Cover; simmer over low heat 10 minutes. Strain, and bring again to a boiling point. Poach eggs as usual. Remove from liquid and keep hot. Boil liquid until it is reduced by half. Mix flour and butter to a paste and add, a little at a time, to hot liquid, stirring constantly. Serve eggs either on a hot purée of kidney beans or on slices of toast buttered on one side only, placing the eggs on the unbuttered side. Pour sauce over eggs and serve immediately.

French Eggs Baked in Cream [*Cœufs sur le plat lorraine*]

An elegant and easy little luncheon or breakfast dish. The recipe is for 4 people.

Butter 4 ramekins or one large, shallow baking dish. Line dishes or the big dish first with thin slices of ham and top the ham with thin slices of Swiss cheese. Break 2 eggs into each individual dish or 8 eggs into the large dish. Cover with double cream – about 2 to 3 tablespoons for every 2 eggs. Sprinkle with pepper. Usually there is no need for salt, since the ham and the cheese are salty. Bake eggs in moderate (350° F., gas 4) oven 7 to 10 minutes, or until the whites are set, but keep the yolks soft.

Omelette aux Croûtons et Fromage

There is no need here to dwell upon the art of making omelets, since it can be learned from any standard cookbook. As every cook knows, omelets can be combined with hundreds of other

foods. The following combination is one of the simplest and best.

For every 2 or 3 eggs that will go into the omelet, cut 2-3 thick slices stale, crustless bread into $\frac{1}{4}$ -inch dice. Fry dice in hot but not browned butter until very crisp. Keep croûtons hot. Pour beaten eggs into hot butter in the omelet pan. Add the croûtons, and 2 tablespoons grated Swiss or Parmesan cheese. Fold the omelet over quickly and slide it on to the hot serving plate.

Omelette du Baron de Barante

According to André Simon's *Concise Encyclopaedia of Gastronomy*, this was Edward VII's favourite omelet, and it does open vistas into Edwardian life, to be interpreted according to one's own temperament. I have not made this stupendous creation, but perhaps some reader will be attracted to this example of voluptuous cooking, which was probably served in a plush-laden *chambre séparée*!

'Peel carefully $1\frac{1}{2}$ lb. of firm, fresh mushrooms. Cut them into thin slices so that they can be cooked easily. Sprinkle with salt and cook in best butter. When they are pale yellow, pour over them a glass of good port. Cover the stewpan and reduce by half. Then add fresh thick cream and 12 slices of the tail of a lobster which has been cooked in a court-bouillon. Place this mixture in an 18-egg omelette, sprinkle liberally with Parmesan cheese, and brown a rich golden colour in a quick oven.'

Spanish Deep-fried Eggs [*Huevos fritos*]

The Spanish people's attitude toward eggs is one that causes foreigners to wonder. It has been my experience that eggs appear at all meals, at home and in restaurants, and regardless of whether they are needed as food. The Spaniards I asked about this merely replied: 'It is our custom.'

The most unusual way I've eaten eggs in Spain is deep-fried. The Spaniards serve eggs in omelets, fried Western style, sometimes even scrambled, all in a very savoury Spanish manner. But I've never come across deep-fried eggs anywhere else. At first the dish seems strange, but it is surprisingly good.

Boil eggs for 4 minutes. Run cold water over them for easier

On chopping board, chop together ham, onion, garlic, celery, and parsley. Heat together olive oil and butter. Cook chopped vegetables in it over low heat for about 5 minutes. Add peas and bouillon. Cover, and simmer until peas are tender, stirring occasionally. Toward the end of the cooking period, add tomato and basil. Season with salt and pepper. If there is too much liquid, cook uncovered to allow for evaporation. The peas should be dry, not soupy.

While peas are cooking, cook pasta in plenty of rapidly boiling salt water. Drain and toss with vegetables. For a nice touch, add 1 to 2 tablespoons butter. Serve with grated Parmesan cheese.

Home-made Noodles Alfredo [*Fettuccine alla Alfredo*]

The original Alfredo was an excellent restaurateur who ran a famous restaurant in the old Roman street *alla Scrofa* – that is, the Street of the Sow (shown on an antique frieze that used to be there). He was also a born ham, and his customers loved it. He used to celebrate this noodle dish – there is no other word for it – with a golden spoon and fork, tossing the noodles with a flourish and claiming that the implements were given to him by Douglas Fairbanks, Sr, and Mary Pickford. A spotlight used to play on him when this happened.

However, the noodle dish is excellent, even when made with bought noodles. The trick is to use equal parts of noodles, butter, and freshly ground Parmesan cheese and to have everything extremely hot. Also, *the butter must not be melted*. When made with first-class ingredients, this is one of the great noodle dishes of all times.

1 lb. broad noodles (preferably home-made)	1 lb. unsalted butter (it must be	unsalted), cut in slices	1 lb. Parmesan cheese (it must be freshly grated)
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Cook noodles *al dente*. Drain and put into a big, very hot bowl. Add the butter slices and cheese. Toss very thoroughly so that the noodles are evenly coated. Serve immediately on very hot plates.

Green Lasagne alla Bolognese

[*Lasagne verdi alla bolognese*]

Lasagne are extra wide and rather heavy noodles, which sometimes have crimped edges. Like all noodle products, they are good, but even better when home-made. The dough is a noodle dough, made green with puréed spinach – just like the commercially produced green noodles.

The Bolognese part comes in with the sauces used in this lasagne dish. There are a great many ways of making lasagne creations: with meat sauces, meat balls, shrimps, all with or without several cheeses such as Mozzarella, ricotta, and Parmesan. I think the Bolognese way best, because it is less lethal than those that stem from the heavy southern Italian cuisine, which is full of herbs, spices, and tomatoes. Lovers of these kinds of lasagne will find excellent recipes in all good Italian cookbooks. Not that the Bolognese variety is not rich – after all, it is one of the classical dishes of *Bologna la Grassa*, Bologna the Rich, Fat One.

Bologna is the eating capital of Italy. This is an incredible city of block-long private houses with fortress walls, towers, arcades, great churches, and squares of a truly theatrical splendour. It is also the home of the oldest European and most famous Italian university (which has earned her the title of '*La Dotta*', the Learned One). Its cuisine of noodle products (and others, but this is not the chapter for them) is pure poetry.

As a friend of mine put it when we were watching a plump lady making *tortellini*, tiny stuffed noodle rings, with a skill and speed that must be inborn: '*La cucina bolognese fa sorrideri gli angeli in paradiso* [Bolognese cooking makes the angels in paradise smile].'

Bolognese meat sauces are made with lean beef, veal and pork, with chicken livers, and with marrow, tenderly pointed up with herbs, seasonings, very little tomato, and with wine and truffles. The Béchamel that goes into this lasagne dish is well seasoned with nutmeg, another favourite of the city's cooking. It takes time to make *lasagne verdi alla Bolognese*, but the effort is well worth it, especially since the dish can be prepared for a large number of

Boil potatoes in their skins. Peel immediately and cut into very thin slices or dice. Heat lard, add potatoes, and onion. Season with salt and pepper. Fry potatoes over medium heat until browned. Lower heat, and fry about 10 minutes or until a golden crust has formed at the bottom. Turn by sliding potatoes on a plate and sliding them back into the pan. Fry again until the bottom has a golden-brown crust. Serve very hot, with any meat.

Swiss Potatoes Parmesan [*Pommes fondues au Parmesan*]

4 large potatoes, peeled and cut into small dice	3 tablespoons (1½ oz.) butter
1 teaspoon meat glaze or meat extract, blended with 1 tablespoon water	Salt
	Pepper
	3 tablespoons butter, melted
	1 oz. grated Parmesan cheese

The potatoes must be washed and carefully dried. Cook potatoes, covered, in butter for 6 to 8 minutes, or until tender, stirring occasionally. Add meat glaze. Place in buttered baking dish. Season with salt and pepper and sprinkle with melted butter and cheese. Bake in hot (425° F., gas 7) oven 10 minutes, or until cheese is melted and golden brown.

Potato Croquettes [*Kartoffelkroketten*]

4 large or 5 medium-sized mealy potatoes	Pepper
3 tablespoons butter, melted	Nutmeg
2 eggs	Flour
Salt	3 oz. bread crumbs
	Fat

Boil potatoes, peel while hot, and mash smooth and free of all lumps. Separate one of the eggs. Add melted butter, 1 whole egg and 1 yolk, and seasonings to the potatoes and blend thoroughly. Cool. Shape mixture into croquettes. Since the mealiness of potatoes varies, it may be necessary to add a little flour to hold the croquettes together – add it 1 tablespoon at a time, and no more than necessary, to keep croquettes light. Beat remaining egg white, dip croquettes into it, then dip in bread crumbs. Chill

thoroughly before frying in deep hot fat (390° F. on frying thermometer, or sufficiently hot so that a bread cube dropped into it will brown in 1 minute). Drain on absorbent paper and serve hot.

German Creamed Vegetables [*Leipziger Allerlei*]

The German name of this dish means, literally, a 'little of everything from Leipzig'. It is representative of the way Germans, Swiss, and other Teutonic people serve their vegetables with a thickened gravy.

¼ lb. asparagus tips	2½ oz. butter
3-4 carrots, cut in ½-inch pieces	¼ lb. mushrooms, sliced
1 small cauliflower, divided into small flowerets	2 tablespoons flour
1 turnip, diced	Salt
	Pepper

Cook all vegetables but mushrooms separately in salted water to cover. Drain and reserve liquid. Sauté vegetables together in hot butter 2 to 3 minutes. Remove and keep hot. Sauté mushrooms in the same butter, remove, and add to other vegetables. Keep hot. Stir flour into remaining butter. Measure about ¾ pint vegetable liquid and stir into flour. Cook over low heat about 5 minutes, or until thickened and smooth. Season with salt and pepper. Arrange vegetables on hot platter, keeping cauliflowerets on top. Pour sauce over vegetables and serve with any meat.

Vegetable Stews

These are an integral part of southern European cooking, substantial, and eaten as the main dish of a meal, as real food, not merely as an accompaniment to meat.

The beauty of a vegetable market has best been described by D. H. Lawrence in his *Sea and Sardinia*: "The near end of the street was rather dark and had mostly vegetable shops. Abundance of vegetables – piles of white and green fennel, like celery, and great sheaves of young, purplish, sea-dust-coloured artichokes,

nodding their buds, piles of big radishes, scarlet and bluey purple, carrots, long strings of dried figs, mountains of big oranges, scarlet large peppers, a last slice of pumpkin, a great mass of colours and vegetable freshnesses.' Any traveller who has seen the orderly rows of French or Swiss vegetable markets, or browsed around the vegetable stalls of Greece and Italy, cannot help being touched by the beauty of the earth's bounty.

A big stew of vegetables – stewed, not boiled or fried, in olive oil – is one of God's gifts for summer. For luncheons, for picnics, to which it can be carried in its own casserole, there is almost nothing better.

Rumanian Vegetable Stew [*Ghiveciu cu zarzavaturi*]

Stews of this kind are highly characteristic of the Balkan countries; sometimes a little minced or other meat is added, though, to my mind, the stew is better without it. The Greeks call it *youvetsi*, the Bulgarians *gyovech*, the Yugoslavs *djuvec*. If it is to be made more nourishing, eggs beaten with lemon juice and a little flour are poured over the stew in last 5 minutes of baking.

As with all truly popular – or people's – dishes of this kind, measurements matter little. You put in what you have, and the olive oil blends the vegetables into a harmonious whole. The following recipe will feed 8 or 10 people.

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| 4 large carrots, sliced | 2 leeks, sliced |
| 4 large potatoes, peeled and diced | 1 cup okra, sliced |
| 1 medium-sized aubergine, diced | 8 tomatoes, peeled and chopped |
| 6 oz. green peas | 2–3 oz. chopped parsley |
| 6 oz. string beans, sliced | About 1 oz. chopped mixed fresh herbs, or fresh or dried herbs to taste |
| 2 green peppers, seeded and sliced | 4 cloves garlic, chopped (or more or less, to taste) |
| 6 oz. fresh lima beans | 5 large onions, sliced |
| 1 turnip, diced | ½ pint olive oil |
| 1 small head cabbage, chopped | ¾ pint meat or vegetable bouillon |
| 1 small head cauliflower, separated into flowerets | Salt and pepper |
| 1 green or yellow marrow, sliced | |

Combine all vegetables except onions and place in large baking dish. Fry onions in $\frac{1}{4}$ pint of the olive oil until soft and golden. Heat remaining oil with bouillon. Season the vegetables with salt and pepper. Pour fried onions and bouillon with oil over the vegetables. Stir until mixed. Cover and bake in moderate (350° F., gas 4) oven until the vegetables are cooked and the liquid absorbed. This takes about 30 to 45 minutes and depends on the vegetables. If the stew appears too liquid, bake uncovered. If there is danger of scorching, add a little hot bouillon. Stir occasionally.

Natatonille

This is the vegetable stew of Provence, to be eaten hot or cold. The vegetables should be simmered in the oil, not fried. The ingredients listed below are the classic ones but I sometimes add, with good effect, a handful of sliced okra, and even a little fresh corn cut from the cob.

1 medium-sized aubergine	1 clove garlic, minced
4 fl. oz. olive oil	2 courgettes, sliced
1 large onion, sliced	Salt and pepper
1 red or green sweet pepper, diced	2 tablespoons chopped parsley
4 large tomatoes, peeled and chopped	$\frac{1}{4}$ teaspoon marjoram
	$\frac{1}{4}$ teaspoon basil or thyme

Peel aubergine and cut into $\frac{1}{2}$ -inch-thick slices. To drain off the excess liquid in it, salt the slices lightly and place in colander. Weight down with a plate placed on top of the aubergine. Heat olive oil in large skillet over low heat. The oil must not be very hot. Cook - but do not fry - onions, garlic, and peppers in it until soft. Add tomatoes, courgettes, and the aubergine slices, which have been drained and diced. Season with salt and pepper and add parsley, marjoram, and basil or thyme. Simmer, covered, over low heat for about 30 minutes. Uncover and simmer 10 minutes longer, or until liquid is absorbed.