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The Old Master Cookery Book

With an Introduction by
A. BONNET LAIRD

BON MOT.—

“Hey! Do you Philosophers eat dainties?” said a gay French Marquess.

“Do you think,” replied Descartes, “that God made good things only for fools?”

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RECIPES

OF
Various Kinds;
IN

COOKING, PRESERVING,

BREWING:

and
Other important matters.

Collected, and improved by an Amateur of
the first distinction:


derived from sources the most authentic,
ancient & modern, foreign & domestic,
and embracing a Compendium.

Useful & entertaining Knowledge;

Submitted with the utmost deference
to a discerning and
discriminating Public:

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PORTRAIT OF A LADY

BY A. BONNET LAIRD

I have, alas ! no likeness, on canvas or in stone, of the "amateur of the first distinction" who was too modest to set her name on the title page of this book—a title page copied (except for the publisher's name, which she was born a century too soon to know) from her own accomplished hand.

But I doubt if, for all his skill, Lawrence (to whom, if her household duties had permitted, she might have sat) could have limned, or Chantrey have chiselled, a more lifelike portrait than she herself has left us, in the collection of rules and recipes, by which she ordered her happy and prosperous home.

It is not all her work. Some of the directions which she has passed on to us were first written down, perhaps, two centuries before her time. Some few have been added in a younger hand.

But the spirit of the book is hers : hers the zeal which collected, from the several lands to which she travelled, from the contemporary matrons who visited her, the store of diverse knowledge of which it is feasible, in these following pages, to print (as nearly as possible as she wrote it) only a part.

It was her lively curiosity, her breadth of interest, which led her to sketch, in the larger book, the rig of

every different sort of ship she passed at sea ; the mode of baking china in a Staffordshire kiln ; the gear for sheeting a haystack or making a knifeboard ; the way they trimmed old " Henry the Fourth ", the orange-tree " sown in ye year 1421 " which she saw at Versailles.

The wise woman buildeth her house, says the Proverb. This one was so interested in the building of it that she knew it was a good idea to leaven the mortar with grated cheese. The wise woman knows when fish is in season. This one sets out for our guidance when we may buy London salmon, and bids us eat oysters in August, R or no R.

Hers was a generous age. Her menu for the " little dinner party of ten " tells us so : her lavishness with cream : even (though that is a quotation only) the scale of wages she deemed it proper to pay her servants. Matrons of to-day, who will leave, perhaps, no more vital record of their lives and travels than a picture-postcard album or a book of snapshots, may wonder even more at the generous soul which undertook undaunted (and indeed knew, in those self-reliant days, no other way) the baking of her household's bread, the brewing of its beer and wines, the curing of its ills, even the manufacture of its ink.

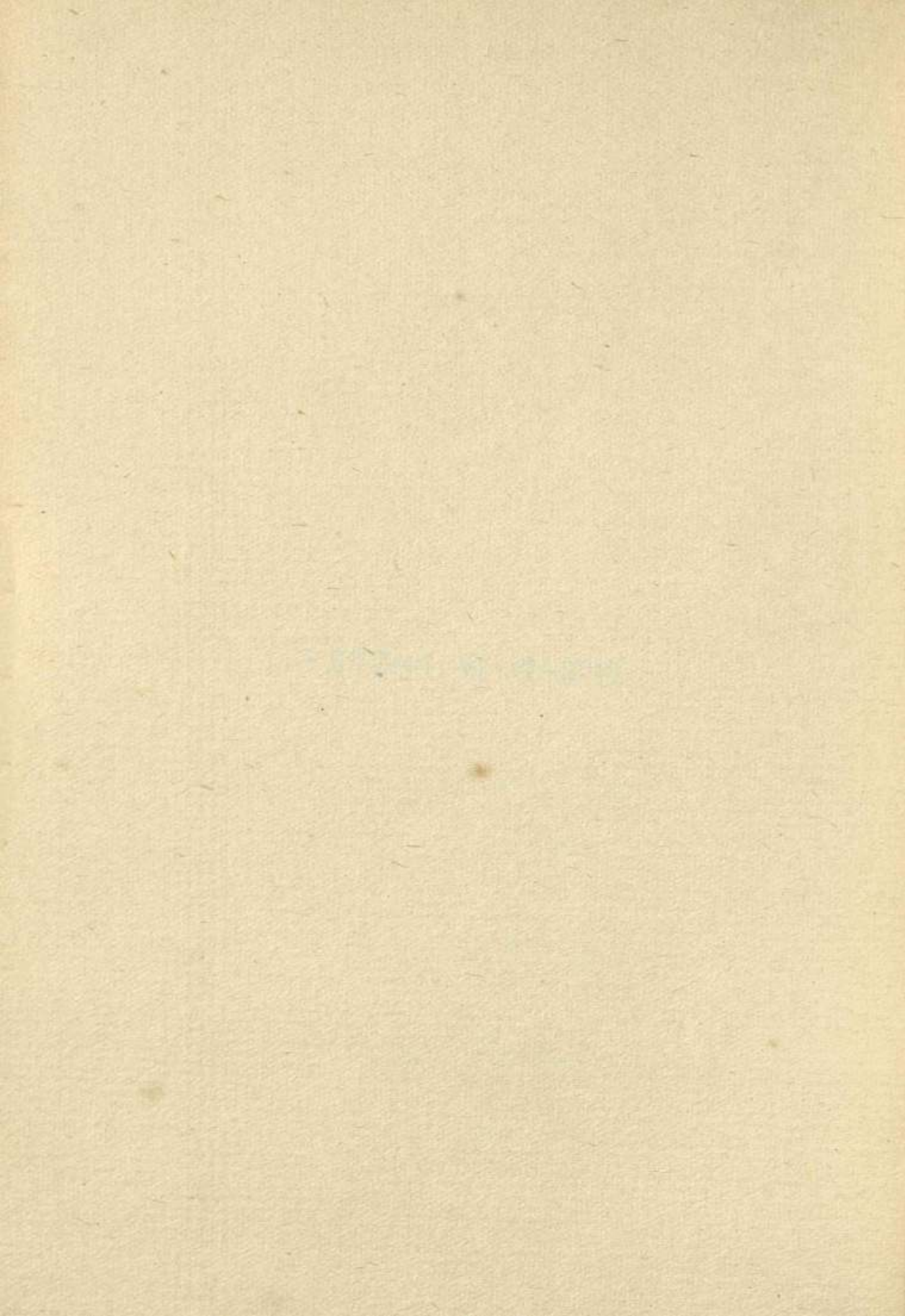
I have drawn but sparsely on her store of herbal and other physics. Medical and veterinary science might frown upon her " sovereign remedies " for dysentery, scour in cows and warts upon the hand—even though she appears to have taken the latter from no less an authority, in his day, than Sir Astley Cooper, who was made a baronet for removing a wen from the kingly head of George the Fourth.

But if she did not know the right way to cure cholera, she knew the right way to cure a ham : and such modern housewives as care to take the pains she took need have no fear, when she has written " Probatum est."

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BREAD & PASTRY



BREAD & PASTRY

TO MAKE BREAD—LONDON MODE.—Flour $\frac{1}{4}$ Peck (2 lbs. J. W.) half pint water, milk warm if in summer, blood warm if in Winter, quarter of a Pint yeast, $\frac{1}{2}$ ounce salt. First stir y^e yeast in y^e water till it is of a good brown colour & begins to curdle. Strain & mix it with y^e flour till the dough is y^e consistence of seed cake unbak'd. Cover it up warm three Hours, then take half a Pint more warm water into which put y^e salt (if lik'd. I don't like salt at all—J. W.) strain it & mix it up with y^e dough. Cover it up again & let it stand three Hours more. Then make it up into loaves by adding flour, if not stiff enough. Let these remain half an hour more, & put y^m into y^e oven, which should be rather quick. Do not open y^e oven again till y^e bread is bak'd w^h will be in about three Hours. If yeast be scarce use less water & one spoonful yeast & sponge at *three* instead of *two intervals*.

Note. Different flour takes different quantities of water, y^e better y^e flour y^e more y^e water.

Probatum est.

SIR ED. STRACEY'S MODE OF BREAD MAKING.—Potatoes 1 gallon, wash'd, par'd and slic'd. Put to y^m 3 quarts of soft water cold. Boil y^m till y^e potatoes will beat thro' a cullender, the consistence of

thick batter. At 11 o'clock P.M. put 2 spoonfuls of good yeast and 2 of flour well mix'd together into y^e Potatoe Batter, & put it in a pot before y^e fire & set it to rise all night. At 8 a.m. add to it 2 quarts of luke-warm water. Throw y^e whole into four gallons of flour, mix it as stiff as possible in y^e kneading trough, & place it before y^e fire for 4 or 5 Hours, re-kneading it when necessary to Bake it. Use a quick oven. One Hour will bake a Quartern Loaf.

BREAKFAST BREAD.—Put *better yⁿ a quarter of pint of yeast* into 1 gallon water 12 Hours before wanted to take off all bitterness, then pour off y^e water & mix it in a *pint & a half hot water & half a pint of Hot Milk*. Melt therein also by rubbing *one ounce of Butter*. Beat up 2 Eggs & mix these also. Then take *better yⁿ a quarter of a Peck of flour*, more or less, so as to make y^e dough stiff in winter & slack in summer, mix this with y^e above as for pastry, but do not *work* it. Cover it up with a cloth to rise whilst you are heating y^e oven.

Let y^e oven be very *quick*, but not to *burn*. Make y^e dough into Sally Lunn's or rolls. Bake each a *quarter of an Hour* on one side & then *turn y^m* to bake y^m a quarter of an Hour *on y^e other side*. When done scrape or rasp y^m as lik'd best.

My own. Probatum est.

POTATOE YEAST.—Boil potatoes of y^e mealy kind till soft. Peel & rub y^m thro' a sieve. Put as much warm water to them as will make y^m y^e consistence of beer yeast & not thicker.

To every pound of potatoes so prepar'd put two spoonfuls of good fresh beer yeast. Set this mixture

before y^e fire & when it begins to work stir in two handfuls of flour. It will soon rise to a beautiful head of fresh white sweet yeast & when done working is fit for use. While on y^e ferment it must be kept warm.

A pound of potatoes makes about a quart of yeast. Use double y^e quantity of this yeast to what is used of beer yeast.

PERMANENT BARM OR YEAST.—Water three gallons, ground malt a quarter of a peck, hops a quarter of a pound, flour half a pound; beer yeast half a pint or permanent yeast a pint and a half.

Having got a clear fire boil y^e malt, hops & water together with a pint of water over for waste. Boil it an hour and a half cover'd up, to keep the virtues in, then drain y^e liquor thro' a sieve into an upright vessel such as a meat pot. Let it cool down to 80°.

Then mix y^e yeast and flour together to the consistence of thick cream quite smooth. Put this into y^e liquor & stir it well up for three or four minutes, then cover it up close & leave it on one side the fireplace to keep it warm for twelve hours.

The liquor by this time should have on it a cauliflower head. Then stir it up well all together & pour it thro' a funnel into a stone bottle. Cork it down close & put in a cellar or other cool place.

N.B. Thus secur'd it will keep good 6 months.

TO MAKE USE HEREOF.—To each stone of flour, three quarters of a pint of yeast, to which add three pints of water heated to 105 or 110. With this set y^e sponge at nine at night & make up y^e bread at seven next morning, adding about four pints more milk warm water to finish y^e same.

TO MAKE LEVEN AS US'D IN FRANCE AND ITALY.—For twelve little breakfast loafs y^e fize of one's fist, take four spoonfulls flour, one little spoonful of salt, half a wineglassful of vinegar. Mix them together & knead & beat it well with the hand. Then put it in a basin near y^e fire. Cover it up & y^e next day use it for a quantity of bread not exceeding the fize of y^e 12 little loafs.

FRENCH BREAD.—Flour quarter of a stone, one egg, two spoonfulls good yeast, with milk y^e warmth as from y^e cow. Rub a piece of Butter y^e fize of a walnut into y^e flour first & some salt. Make y^e dough up very slack & bake y^e rolls twenty minutes in a quick oven.

Mrs. Tooke.

PLUM BREAD—(Delicious).—Flour, 1 $\frac{1}{4}$ lb.; butter 2 oz., rub'd in; 1 egg; plums 8 ozs. (sultanas); 1 $\frac{1}{2}$ teaspoonful baking powder wh^h is to be put in last, when all the others are mixed & baked directly.

SAFFRON BREAD—(for Lent).—A *pound* & a *half* of flour dried by y^e fire, two eggs beaten, quarter of a pint milk and yeast in proportion (if not fresh add a good pinch of Soda). Add a spoonful & half of saffron Tincture to y^e milk & set y^e sponge over night. In y^e morning add 3 oz. fine sugar and 3 oz. currants & make up into Rolls one Hour before baking.

Probatum est.

SAFFRON TINCTURE.—To each oz. of “Hay Saffron” put into a large mouthed Bottle *half a pint* rain or soft water. Cork it close & set it in a

warm place near y^e fire where it will not be too hot. Leave it to infuse 4 days, shaking up each day & it will be fit for use.

Home recipe.

PUFF PASTE.—Flour sifted $1\frac{1}{4}$ lb, into w^h rub gently with y^e hand $\frac{1}{2}$ lb fresh lard. Mix up with $\frac{1}{2}$ pint spring water.

Knead it well (some beat it); set it by a $\frac{1}{4}$ of an hour. Then roll out thin.

Lay on it $\frac{3}{4}$ lb or more of butter in small pieces. Throw on some flour. Double it in folds & roll it out thin three times, & set it by an hour in a cold place.

MEAT PIE PASTE.—Flour, sifted, 2 lbs; rub in gently with y^e hand $\frac{1}{2}$ lb of butter. Beat y^e yolk of 3 eggs with a spoon & mix it all together with nearly a pint of spring water.

Roll it out & double & fold it three times & it is ready.

FAMILY PASTE FOR TARTS.—Flour $1\frac{1}{4}$ lb; rub in gently $\frac{1}{2}$ lb butter. Mix with $\frac{1}{2}$ pint water & knead or beat well.

SWEET PASTE.—Flour, $1\frac{1}{4}$ lb; butter, 10 ozs; two yolks of eggs beaten; three ozs sifted loaf sugar. Mix up together with $\frac{1}{2}$ pint of new milk & knead well. Ice y^e crust.

ICE FOR TARTS OR PIES.—Beat up in a half pint mug y^e whites of 2 eggs to a solid froth. Lay some on y^e middle of y^e tart with a pastry brush. Sift over plenty of pounded sugar, & press it down with y^e hand. Wash out y^e brush & splash by degrees

with water till y^e fugar is all diffolved. Put y^e tart in y^e oven for ten minutes & serve up cold.

Note. All pastry that has to be ic'd, must be bak'd within ten minutes of its proper time. Then taken out & ic'd as above detail'd.

MRS. EARL'S PIE PASTE—(NOT PUFF).—Flour, 1 lb; butter, 6 ozs; 1 oz to be rubb'd in at first, in $\frac{1}{2}$ lb of the flour. The rest of the butter to be put in at 3 times foldings, & the butter to be sprinkled thick with flour before it is roll'd in.

WOOD MOULDS FOR PASTRY.—1 lb flour to 2 ozs butter. Melt y^e butter in as much boiling water as will be sufficient to work y^e flour into a stiff paste till it does not stick to y^e hand. Then knead it, & use flour if sticky, till y^e dough does not rise on putting y^e finger to it.

Powder y^e board with flour tied up in a piece of muslin. Then roll out a piece of paste, not very thick, y^e size of y^e board. Press it well into y^e device on y^e board &, with a thin pliant knife, pressing y^e left hand on y^e top, cut off y^e superfluous paste, keeping y^e knife flat on the board y^t none of y^e paste may remain on y^e board but what is necessary for making y^e device.

Sh^d it not be perfect, press a bit of paste into y^e imperfect part & cut it off as before.

It is taken out by gently dabbing it in y^e firmest places with a small piece of y^e paste a little damp'd on the surface y^t it may just stick, to raise y^e impressiion.

If y^e device is large it will require to be rais'd in several places.

Mannering.

SHORT PASTRY.—Flour, 5 ozs; butter free fr salt, 5 ozs. Add a little sifted sugar. Work y^e butter well with y^e flour. Make a hole in the middle & put in an egg & a small drop of water. Work it well with a knife (don't touch it with y^e fingers) till it is fit to roll out. Roll it very thin, in squares about 4 inches, & bake y^m in a moderate oven.

On each square spread different sorts of preserve—apricot, raspberry, strawberry, etc. Put y^m together so as to be 4 squares high. On y^e top one, sift some sugar.

Then cut y^e squares into strips of about 5 or 6 inches long and $1\frac{1}{4}$ broad.

Pile y^m up on each other in squares & so serve up.

Excellent Mode. Thurlow.

VOLS AU VENT.—Take a pound of puff paste made thus:—

Puff Paste, *not* Vol au Vent Paste

Dry 1 lb best flour before y^e fire. Put it on the pastry slab. Make a hole in y^e centre, into w^h put y^e yolk of an egg, the juice of a lemon & a pinch of salt. Mix up into dough with cold water.

Handle it as little as possible, & cool it with ice if warm.

Then roll it out, and having divided a pound of fresh butter into 7 parts, make up y^e pastry by 7 folds in y^e usual way without using y^e fingers. Leave it an inch thick.

Cut y^e paste y^e round or oval wanted, with a mark in y^e centre of y^e top. All round, about $\frac{1}{2}$ inch from y^e outside, cut it with y^e point of a knife dipp'd into hot water, a quarter inch deep.

Yellow y^e top with egg. Set it in a quick oven. If likely to color too much, put a sheet of paper over

it. Do not take it out of y^e oven before done or y^e crust will fall.

It sh^d be of a light gold color.

When y^e crust is set, cut off y^e centre lid. Empty out the inside. Be careful to make no hole in y^e side or y^e bottom. If for first course or savoury, put in y^e patty meat: but for 2nd course, as a sweet vol au vent, sift sugar all over & glaze it with y^e salamander.

Sweet vols au vent

The paste sh^d not be cut thicker than $\frac{3}{4}$ inch & after fill'd *en pyramide* with whatever sweets are prefer'd.

EXQUISITE PASTRY.—Finest flour 1 lb. Dry & lay it on a marble slab or board. Butter without salt, 1 lb.

Divide y^e butter into four parts. Lay one of y^e parts in y^e flour & sprinkle some flour over it. Roll it out with y^e paste pin, so as to form a sheet of butter the thickness of a shilling.

Lay this aside and repeat the same mode with the three other pieces.

Then take a piece of butter the size of an egg, and with y^e fingers rub it into the flour that remains; best done in a basin. Add to this as much cold water as will make it into a stiff paste. Roll this out the thickness of a penny, and spread over it half y^e sheets of butter.

Fold up the sides & ends as you do a cloth.

Roll it out again y^e same thickness, and put on it y^e remaining sheets of butter. Fold it up as before.

Now roll it out again the thickness of a penny, & cut out y^e pieces for sheeting y^e tarts or puffs with a tin cutter. With y^e finger press a hollow in y^e

middle of each tart or puff, and put in y^e mincemeat or sweetmeat or other condiment intended for use.

Bake y^m ten minutes in a brisk oven, taking care that they do not burn or scorch. Remove them from the pans when cool.

Note. A piece of bread or cobble of a peach may be put into y^e tart or puff instead of y^e sweetmeat, & the preserve can be put in after. Iron ovens are more preferable to brick for pastry. Paste should be always made stiff.

In hot weather, put y^e butter in iced or cold water before using, & after y^e paste is made fold it in a clean cloth wrung out of cold water & let it remain half an hour.

A palette knife is y^e best thing for pastry & confectionary purposes.

Mrs. Felton, Peterborough.

RAISED CRUST FOR MEAT PIES OR FOWLS.—Boil water with a little fine lard, & an equal quantity of fresh dripping, or of butter, but not much of either.

While hot, mix this with as much flour as you will want, making the paste as stiff as you can to be smooth, which you will make it by good kneading & beating it with the rolling pin. When quite smooth, put a lump into a cloth or under a pan, to soak till near cold. Those who have not a good hand at raising crust may do thus. Roll the paste of a proper thickness, & cut out the top & bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather further out, & pinching both together: put egg between the edges of the paste, to make it adhere at the sides. Fill your pie, & put on the cover, & pinch it & the side crust together. The same mode of uniting

the paste is to be observed if the sides are pressed into a tin form, in which the paste must be baked, after it shall be filled & covered; but in the latter case, the tin should be buttered, & carefully taken off when done enough; & as the form usually makes the sides of a lighter colour than is proper, the paste should be put into the oven again for a quarter of an hour. With a feather put egg over at first.

HIGH HOUSE BISCUITS.—Boil half a pint of skim milk. Have ready some fine flour mixed with a little powdered sugar. (1 oz sugar to 4 oz flour.—M. T.). Pour y^e boiling milk hot upon y^e flour & work it till it is stiff enough to roll out as thin as a wafer. Cut y^m out into what shapes may be liked on a tin. Bake y^m in a gentle oven & keep y^m in a dry place.

COQUILLES OR CROSS BUNS.—Take a pound & half flour. Milk *one pint* ($\frac{3}{4}$ pint better.—M. T.) warm as from the cow. Butter three ounces melted in a saucepan by itself. A spoonfull & half of yeast. Sugar *two* ounces (Three.—M. T.), a large tea spoonful of allspice, two eggs with only one white well beaten. Mix the butter & milk first, & then y^e rest of y^e ingredients altogether. Let it stand overnight & bake y^m half an hour in a brisk oven.

Reynolds, Plumstead.

SPONGE CAKE.—Take eight eggs, leaving out y^e whites of six, three quarters of a pound of sugar (loaf), a quarter of a pint of rose water, half a Pound of flour well dried & y^e peel of a Lemon grated. Whisk y^e eggs & 2 whites separate well, then have y^e sugar & water boiling hot, which must have been well skim'd whilst over the fire. Pour it over y^e

eggs, & whisk them half an hour. Then add y^e flour, quite hot fr^e fire, which must be stirr^d in with a spoon, with the Lemon grated, but not beaten, & then the six whites of eggs. Let y^e tin in which it is bak^d be well butter^d & dusted with sugar & fill it with half an inch. Sh^d be beaten up to oven door. An hour & quarter will bake it in one tin, & note, a *deep Pot* is y^e best to whisk in.

Probatum est. Miss Bullock.

ALMOND CAKES.—Take Three quarters of a pound of sweet almonds, half a Pound of loaf sugar. Blanch y^e almonds & beat y^m very fine with y^e sugar. Then take two eggs with y^e whites whisk'd to a stiff froth, mix up y^e almonds with y^e whites, & put in y^e yolks by themselves. Then beat six eggs altogether & strain them. Mix y^m in by degrees with y^e almonds, & grate in y^e peel of a lemon, add orange flower water, paper your pans & put y^e cake in a quick oven for Three quarters of an hour. Small cakes take y^e same time as sugar rolls.

Mrs. Tooke.—Excellent.

MRS. JACKSON'S GINGERBREAD NUTS.—Flour two pounds, coarse sugar one pound, treacle one pound, butter, free from salt, twelve ounces, ground ginger one ounce, a few cloves, a quarter of y^e peel of a lemon & two ounces sweetmeat.

Dissolve y^e Butter with y^e treacle, sift y^e flour, spice, sugar & lemon peel thro' a sieve & bake in a flow oven.

Probatum est.

WHITE GINGERBREAD.—Mix half a lb butter with two lbs flour, one lb lump sugar & two oz.

ginger powder. Make it into a stiff paste with two eggs & as much cream as will make about half a pint. When well work'd roll it out & cut it into small square shapes.

Miss Marion.

LEMON CHEESE CAKES.—Blanch a quarter of a lb of sw. almonds. Beat y^m fine with a little orange flower or rose water. A quarter of a lb of fine sugar, sifted, must then be taken, & having boild y^e peel of a lemon in three or four waters & pounded it, add it & y^e sugar & y^e yolk of four eggs to y^e almonds.

Then just before y^e cakes are to be put in the oven add to y^e ingredients a quarter of a pound of oil'd butter.

Line y^e pans with a thin crust and bake y^m for a quarter of an hour.

My Mother.

FRUIT BISCUITS.—To y^e pulp of any scalded fruit put an equal quantity in weight of sugar sifted. Beat it two hours, then put it into little white paper forms. Dry y^m in a cool oven. Turn y^e next day, & in two or three days box y^m & keep y^m dry.

Probatum est.—Mrs. Ives.

GLOUCESTER LENTEN CAKE.—Put some hay saffron in water. When strongly infused make up some dough therewith, then, rolling it out thin, cut it into round pieces. Then, having some currants, sweetmeat & flour mixed up together as if to make an exceeding rich Bride cake, put into each round of dough about a spoonful of it. Envelope it with y^e dough into a round flattish shape & ornament y^e

Top with y^e crimping irons & give y^e whole a gentle oven.

March, 1827.

ORANGE AND LEMON BISCUITS.—Take six good Seville oranges, grate or peel y^m as thin as possible. Tie y^m singly in cloths & boil y^m in three or four waters till very tender & y^e bitterness quite gone. Cut y^m in halves, scrape y^e pulp & seeds from y^m quite clean, weigh & put twice their weight in loaf sugar to them. Beat it altogether in a stone mortar till it is very small. With a teaspoon spread it on sheets of glass & set y^m in y^e sun to dry ten days. If y^e sun fails, set y^m before y^e fire. Lemon Biscuits are made y^e same, but with them peeling is unnecessary.

The pulp boil'd up with its weight in sugar is very good to put into applepies & other various uses.

The Miss Bullocks.

WAFERS.—Flour 14 ozs, cream 6 ozs, sugar in powder 8 ozs, rose water $\frac{1}{2}$ oz. Mix y^e flour & cream first, then sugar & rose water. Beat for half an hour till the consistence of thick cream. Then having lighted a charcoal fire, warm y^e cake irons, put into y^m a teaspoonful & half of y^e mixture & first warm one side till of a proper color & then y^e other, after which raise each cake from y^e iron by y^e point of a knife. Roll it on a wood pin & put it on a napkin to dry.

Melt some butter like oil & with y^e pastry-brush oil y^e irons before putting in y^e mixture. This sh^d occasionally be repeated but not each time.

AN EXCELLENT CAKE.—Rub two pounds of dry fine flour with one of butter, washed in plain & rose-

water, mix it with three spoonfuls of yeast in a little warm milk & water. Set it to rise an hour & an half before the fire; then beat into it two pounds of currants, one pound of sugar sifted, four ounces of almonds, six ounces of stoned raisins, chopped fine, half a nutmeg, cinnamon, allspice, & a few cloves, the peel of a lemon chopped as fine as possible, a glass of wine, ditto of brandy, twelve yolks & whites of eggs beat separately and long, orange, citron & lemon. Beat exceedingly well, & butter the pan. A quick oven.

Mrs. C. C.

A VERY FINE CAKE.—Wash two pounds & a half of fresh butter in water first, & then in rose-water; beat the butter to a cream; beat twenty eggs, yolks & whites separately, half an hour each. Have ready two pounds & a half of the finest flour, well dried, and kept hot, likewise a pound & a half of sugar pounded & sifted, one ounce of spice in finest powder, three pounds of currants nicely cleaned & dry, half a pound of almonds blanched, & three quarters of a pound of sweetmeats cut not too thin.

Let all be kept by the fire. Mix all the dry ingredients. Pour the eggs strained to the butter. Mix half a pint of sweet wine with a large glass of brandy, pour it to the butter & eggs, mix well, then have all the dry things put in by degrees; beat them very thoroughly, you can hardly do too much of this. Having half a pound of stoned jar-raisins chopped as fine as possible, mix them carefully, so that there shall be no lumps, & add a tea-cupful of orange flower water.

Beat the ingredients together a full hour at least. Have a hoop well buttered, or, if you have none, a

tin or copper cake-pan; take a white paper, doubled & buttered, & put in the pan round the edge if the cake-batter fill it more than three parts, for space should be allowed for rising. Bake in a quick oven. It will require three hours.

ROUT DROP CAKES.—Mix two pounds of flour, one ditto butter, one ditto sugar, one ditto currants, clean & dry; then wet into a stiff paste, with two eggs, a large spoon of orange-flower water, ditto rose-water, ditto sweet wine, ditto brandy. Drop on a tin plate floured. A very short time bakes them.

CRUMPETS.—Make them of a thin batter of flour, milk, & water, & a small quantity of yeast only. They are poured on the iron hearth like pancakes into a frying pan, which they much resemble both in form & substance. They are very soon done on one side and must be carefully turned in time on the other.

S. W.

MUFFINS.—Mix two pounds of flour with two eggs, two ounces of butter melted in a pint of milk, & four or five spoonfuls of yeast; beat it thoroughly and set it to rise two or three hours. Bake on a hot hearth in flat cakes. When done on one side, turn them.

Note. Muffins, rolls or bread, if stale, may be made to taste new by dipping in cold water, & toasting, or heating in an oven, or Dutch oven, till the outside be crisp.

FRENCH RUSKS.—Mix with a wooden spoon three quarters of a pound of powdered loaf sugar, &

half a pint of yolk of eggs; put in a large handful of carraway seeds, with a pound of flour; work the whole well together, roll out the paste upwards of a foot in length, & about the thickness of the lower part of the arm.

Lay it on a plate, with three or four sheets of paper beneath, & flatten it down with the hand so as to be nearly an inch & a half high in the middle, but sloping down nearly even with the plate towards the edges on each side; set in a gentle oven & let it be moderately baked.

Wet the paper, which will bring it off warm, & with a sharp knife, cut it into rusk shapes not more than a third of an inch thick; lay them on a wire, & set it in an oven. When dry, crisp & of a nice light brown, they are fit for use.

The carraway seeds may be omitted.

KATE HENBURY WINE BISCUITS.—Mix $\frac{1}{2}$ lb Butter into 2 lbs of flour. Make it into dough with milk. Take pieces y^e size of a walnut and roll y^m out *as thin as possible*. Bake these in a quick oven a very light brown. Watch them carefully so that they do not burn. The more rapidly the whole is done the lighter the biscuits.

RECIPES FOR THE DAIRY

RECIPES FOR THE DAIRY

CLOUTED CREAM.—String four blades of mace on a thread; put them to a gill of new milk, & six spoonfuls of rose-water; simmer a few minutes; then by degrees stir this liquor strained into the yolks of two new eggs well beaten. Stir the whole into a quart of very good cream, and set it over the fire. Stir it till hot, but not boiling hot. Pour it into a deep dish, and let it stand twenty-four hours. Serve it in a cream dish, to eat with fruits.

Many people prefer it without any flavour but that of cream; in which case use a quart of new milk & the cream, or do it as Devonshire scalded cream.

When done enough, a round mark will appear on the surface of the cream, the size of the bottom of the pan it is done in, which in the country they call the ring; & when that is seen, remove the pan from the fire.

WILD CURDS.—To a pailful or so of Cheese whey, boiling, put an equal quantity of Buttermilk & boil ye whole together when ye curd will rise & must be skim'd off & put into a strainer.

TO MAKE CHEESE.—Cheese differs in quality according as it is made from new or skim'd milk; from the curd which separates from standing; or that

which is more quickly produced by the addition of rennet.

In making cheefe, as soon as the milk is turned, carefully strain the whey from the curd. Break the curd with the hands, & when equally broken, put it, a little at a time, into the vat. The vat should be filled upwards of an inch above the brim, so that, when the whey is poured out, it may not sink below the brim; if it does the cheefe will be spoiled.

Before the curd is put in, a cheefe-cloth or strainer should be laid at the bottom, & this should be large enough for the end to turn over the top again when the vat is filled with the curd. When this is done, it should be taken to the press, & there remain for two hours, when it should be turned, have a clean cloth put under it, & be turned over as before. It must then be pressed again, & remain in the press six or eight hours, when it should be again turned and rubbed on each side with salt.

After this it must be pressed again for the space of twelve or fourteen hours more, when, should any of the edges project, they should be pared off. It may then be put on a dry board, & regularly turned every day. It is a good method to have three or four holes bored round the lower part of the vat, so that the whey may drain from the cheefe, that not the least particle of it may remain.

The rennet for turning the milk is made of a calf's bag, which is to be taken out as soon as the calf is killed; it must be scoured with salt inside and out, after it has been discharged of the curd that is always formed in it.

Wash the curd with water in a cullender, & pick out the hairs you may find in it. When you have washed the curd till it is quite white, put it into the

bag again, adding to it two handfful of falt; then clofe up the mouth of the bag with a fkewer, lay it in an earthen pan, and it will keep for ufe twelve months.

This is the general method of preparing the rennet: but that beft calculated for private families, & which makes the cheefe much more delicate, muft be managed in a different manner, for which the following are clear and proper directions:—

Let the vell, maw, or rennet-bag be perfectly fweet; if the leaft tainted, the cheefe can never be good. When this is fit, three pints or two quarts of foft water, clean and fweet, fhould be mixed with falt, into which put fome fweet-brier, rofe leaves, cinnamon, mace, cloves, and, indeed, almoft every fort of fpice and aromatic that can be procured.

Boil thefe gently in two quarts of water till the liquor is reduced to three pints, and be careful not to fmoke it.

Strain the liquor clear from the fpices, etc., &, when it has flood till it is as warm as milk from the cow, pour it upon the vell or maw. Then slice a lemon in it, and let it ftand a day or two; after which ftain it again, and put it into a bottle. Cork it quite clofe, & it will keep good at leaft twelve months.

It will fmell like perfume, & a fmall quantity of it will turn the milk, & give the cheefe a pleafant flavour.

After this, if the vell be falted and dried for a week or two, near the fire, it will do for the purpofe again nearly as well as at firft.

CHEESE MAKING.—Taken in detail by me from a Chedder farmer's wife where I went to see y^e

cheefe made—& afterwards prov^d by me to be y^e *real* mode of making Cheefe in y^e best way.

W. M. J.

As to Vell or Rennet.—The Vell or Maw sh^d be emptied of its contents when taken fr^e ye calf & then slightly wash^d inside & out. Then put a little salt & water into a stone Pot & therein put y^e Maw to pickle. But little water is wanted as y^e vell sh^d not swim in it. Add to each Maw the juice of half a Lemon.

TRUE SOMERSETSHIRE CHEESE AS MADE AT CHEDDER.—Take any quantity desir^d of milk fresh from the Cows (& to it add y^e night's cream of the like quantity of milk—if desir^d rich). But in Chedder *new milk only* is us^d. Put to this as much annotto as will make y^e milk a *deep straw color*. The annotto being difficult to melt in y^e milk, it sh^d be rendered liquid y^e *night previous* by putting it to dissolve in a small quantity of water. (Real annotto is best had at *Apothecaries' Hall*, London.) Take a piece of Vell y^e size of a *crown Piece* for a large cheefe, mix it well for five minutes in a Bowl of milk & then stir it well in y^e milk Tub. Turn y^e Bowl topsy turvy on y^e milk. Cover y^e Tub up with a Blanket & so leave it. In an Hour y^e curd will most likely be ready to break up—when it must be broken up into y^e smallest pieces possible. As soon as this settles, take off 2 or 3 gallons of y^e whey; put it on y^e fire to heat, but on no acct^t boil it. Then with y^e Bowl, pour in y^e hot whey to y^e Curd by placing it on one side y^e Tub so as it may gently fall in on y^e side, stirring y^e curd briskly with y^e other Hand so as to prevent scalding y^e curd partially &

rendering it unequally tough. The whey left in y^e Tub sh^d, by this, become Hotter than milk warm. In a quarter of an Hour return & break up y^e curd again & now leave y^e whole for some time to become *quite* cold. Then remove all y^e whey, break y^e curd quite fine & put it in y^e drain Basket. Now let it remain till freed from as much whey as will of itself pass off. Then rub y^e curd to a fine powder thro' y^e Hands, salt it to taste, allowing for loss of salt by pressure in y^e cheese Press.

Now take y^e Vat, which sh^d for strength be iron Hoop'd at y^e Top; & having put on y^e top of it a moveable wooden Hoop put in y^e cheese cloth & afterwards y^e curd, pressing it down hard with y^e Hand as it is put in. The moveable Hoop prevents upper curd fr falling over, as after being press'd, if there was not more curd than w^d fill y^e Vat put in at first, the cheese never w^d be made y^e proper thickness. Now pin y^e cloth well over y^e curd, remove y^e broad moveable Hoop & in its place bind round y^e curd, two turns, a *strong white web tape*—a 3 yard length will generally serve. This will contain y^e curd as tight as y^e Vat itself, being pin'd.

The cheese must now be put to press with only a slight pressure let down upon it at first for 15 min. Then let down all y^e weight. Leave it thus half an Hour.

Then take y^e cheese out of y^e Vat, remove y^e Tapes, put y^e cheese on a table, turn it so y^t y^e part w^h whelm'd over at top may now be at bottom. Put it in a dry cloth, & force y^e cheese Vat over it as it lies on y^e table. As soon as y^e whelm'd part has been put in—that part of y^e cheese w^h does not force in, bind up with tapes and proceed with as before—put it to press again and this do 5 *times* in y^e course of y^e

first day; the next & following days 3 *times a day*, dry cloths being put at each changing.

In about *a week*, according to y^e Weather, the cheefe will have become firm & dry enough no longer to *moisten* y^e cloths, 'till w^h it must be kept & turn^d in y^e Prefs.

When taken out for good, put it in a Pan, salt it *once* each day for *three days*, & then put it in a place where it will dry *gently*.

Sh^d any *cracks* appear, fill y^m up immediately with *pounded cheefe* curd, or y^e flies will lay y^r eggs therein & rot y^e cheefe.

In y^e drying chamber turn & wipe y^m *once a day*. In about 3 *months*, having got quite hard, scrape y^e cheefe clean, wipe it well, & apply some Spanish brown & water with a rag to color y^e same.

N.B. If y^e cheefe *swells* at all when drying, bind it round with y^e Tapes quite tight.

Probatum est.

The Cheefe Prefs must be equal to y^e pressure of six Cwt.—Mrs. Thorne, of St. Audries, nr. Watchet, Somerset.

IRISH CHEESE.—A Pint of y^e thickest cream put into a sieve, in which a cloth wrung out of Boiling water has been previously put. Change y^e straining cloth wrung in Boiling water in y^e same way every three hours. In twenty four hours y^e cream will be solid.

POTTED CHEESE.—Take three pounds of cheefe & half a pound of good Butter. Beat y^m in a mortar with two glassees of white sweet wine, & near half an ounce of Mace so finely beaten that when

mixed with y^e cheefe it may not be discerned. When it is all well beaten together press it down hard in a pot & run a little Butter on y^e Top.

POTTED CHEESE—(MY OWN).—Cut & pound four ounces of Cheshire cheefe, one ounce & a half of fine butter, a tea-spoonful of white pounded sugar, a little bit of mace, & a glasse of white wine. Press it down in a deep pot.

ITALIAN CHEESE.—Thick cream, 1 Qu^t, juice of 2 lemons, the peel of one of them, & half a spoonful Brandy. Sweeten it to taste. Whip it till it grows heavy but not to break. Just before finishing whipping add 2 oz almonds pounded fine. Wet a fine napkin in water. Lay it at y^e bottom of a sieve, pour in the cheefe. Let it stand 24 hours. Then turn out.

Mum.

COTNAM CHEESE.—For a Vat seven inches square, inside measure, take ten or twelve Pints new milk fr y^e cow. Set it with a very small piece of Vell. When y^e curd is come break it up. Put y^e curd into a cloth & hang it up to drain, after which put it in y^e Vat with a four or five pound weight upon it, & when press'd enough, remove it on to a square board with a fine Irish cloth top & bottom of it to absorb all future moisture. Change y^e clothes as often as they get moist & so continue to keep it covered up with fresh dry & sweet cloths till it appears ripe.

My own finding out.

CREAM CHEESE—(NORWICH MODE).—To about six pints milk warm fr y^e Cow, put quarter of a pint

of cream & half a teaspoonful of Rennet. Let it stand till it becomes curd, about two hours. Then lay it on a sieve to drain without breaking y^e curd until y^e morning. Then put it on a strainer in y^e Vat which must be about three inches deep. Cover it with y^e strainer & lid, & set about a two pound weight upon it. Let it remain till sufficiently drained. Take it out, put it in a cloth wet with whey & change it 2 or 3 times a day. It must then be put in pewter plates with ash leaves till ripe, changing y^e leaves every day.

If this quantity is too thick for one cheese divide it into 2 cheeses with a string.

Mrs. Leeds.

CAMBRIDGE CREAM CHEESE.—New milk 6 pints. Only maw enough to turn it in 2 Hours, putting it in when y^e milk is fresh brought fr y^e Cow. When come, put into y^e Vat without breaking y^e curd, previously placing a straw at y^e bottom. In 24 Hours put another straw at y^e Top & over that a Board. Turn y^e Vat the Bottom upwards & so let it remain 24 Hours more. Then slipping y^e cheese gently out of y^e Vat, put it between 2 Cabbage leaves & place it between 2 pewter plates or dishes. If y^e weather is chill, put it near a fire, turning y^e cheese every day. Use y^e same leaves throughout. In a week or ten days it will be fit to use.

CHEESE VAT FOR DO.—6 inches deep, 8 inches long, $5\frac{3}{4}$ in. wide. Splines at bottom at $\frac{1}{4}$ inch intervals instead of a Holed Bottom. Board inch thick. Holes burnt in it.

STRAW COVER.—Cut straws equal lengths & pass threads thro' them across in 3 places, & so unite them as to make y^m serve y^e purpose of a cloth.

NEUFCHATEL CHEESES.—2 measures milk wh^h has stood 24 Hours. 2 do new milk. Mix & put in rennet. After it has set, break up & strain. Add a little salt & 4 measures of cream. Mix y^e whole together. Put in moulds 48 Hours, & then turn daily. When firm enough serve on Table.

Comtesse Fietag.

YORKSHIRE CREAM CHEESE.—1 Pint sweet cream fr y^e Top of y^e cream pot after it has been flooded (skim'd) 24 to 48 Hours.

Lay a Bit of Calico in a Bafin. Pour therein y^e cream. Tie y^e cloth up loose. Hang it up to drain 24 Hours. Fold a dry cloth. Lay it on a shelf, place the wood frame upon it, on this lay a Bit of fine strainer over y^e frame, scrape y^e cream into it, forcing it into y^e angles. Cover y^e sides of y^e cloth over y^e cream. Move y^e frame frequently upon y^e dry cloth to absorb y^e moisture fr y^e cheese. In 24 Hours it will be solid enough to turn out & fit to eat.

Keep it in a cloth moistened with *salt water* & it will continue good for 2 or 3 weeks.

Blake Humfrey.

SAGE CHEESE.—Bruise y^e tops of young red sage in a mortar, with some leaves of spinach, & squeeze y^e juice; mix it with y^e rennet in y^e milk, more or less according as you like for colour & taste. When y^e curd is come, break it gently, & put it in with y^e skimmer, till it is pressed two inches above one vat. Press it eight or ten hours. Salt it, & turn every day.

SAGE CHEESE IN FIGURES.—For this you must be provided with two cheese vats of the same size, &

the milk must be set to turn in two different vessels; one part with plain rennet, & the other with rennet & sage juice. These must be made as you would two distinct cheeses, & put into the presses at the same time.

When each of these cheeses has stood in the press half an hour, take them out, cut some square pieces or long slips out of the plain cheese, lay them by on a plate; then cut the same number of pieces out of the sage cheese, of the same figure & size, & immediately put the pieces of the sage cheese into the places that you cut out of the plain cheese, & the pieces cut out of the plain cheese, into the places cut out of the sage cheese.

For this purpose some have a tin plate made into figures of several shapes, by which they cut out the pieces of cheese so exactly that they fit without the least trouble. When you have done this, put the cheeses again into the presses, & manage them like other cheeses. By this contrivance you will have one sage cheese with white or plain figures in it, & another, a white cheese, with green figures.

Care must be taken that the curd is equally broken, & also that both the cheeses are pressed as equally as possible before the figures are cut out; otherwise, when they are pressed for the last time, the figures will press unequally, & lose their shapes.

These cheeses should not be made above two inches thick; for, if they are thicker, it will be more difficult to make the figures regular. After they are made, they must be frequently turned and shifted on the shelf, & continually rubbed with a coarse cloth.

They will be fit to cut in about eight months.

RUSH CREAM CHEESE.—To a quart of fresh cream put a pint of new milk warm enough to make the cream a proper warmth, a bit of sugar, & a little rennet.

Set near the fire till the curd comes; fill a vat made in the form of a brick, of wheat-straw or rushes sewed together. Have ready a square of straw, or rushes sewed flat, to rest the vat on, & another to cover it; the vat being open at top & bottom. Next day take it out, & change it as above to ripen. A half-pound weight will be sufficient to put on it.

Another way: Take a pint of very thick sour cream from the top of the pan for gathering butter, lay a napkin on two plates, & pour half into each. Let them stand twelve hours, then put them on a fresh wet napkin in one plate, & cover with the same. This do every twelve hours until you find the cheese begins to look dry, then ripen it with nut-leaves. It will be ready in ten days.

Fresh nettles, or two pewter plates, will ripen cream-cheese very well.

STILTON CHEESE.—Put the night's cream in the morning's new milk, with the rennet; when the curd is produced it must not be broken, as is done with other cheeses, but take it out with a foil dish altogether; place it in the sieve to drain gradually, & as it drains, keep gently pressing it till it becomes firm & dry; then place it in a wooden hoop, & keep it dry on boards, turning it frequently, with cloth binders round it, which are to be tightened as occasion requires.

The dairymaid must not be disheartened if she does not quite succeed in her first attempt.

In some dairies, the cheefe, after being taken out of the wooden hoop, is bound tight round with a cloth, which is changed every day, until the cheefe becomes firm enough to support itself. After the cloth is taken off, it is rubbed every day all over, for two or three months, with a brush; but if the weather is damp or moist twice a day; & even before the cloth is taken off, the top & bottom are well rubbed every day.

MARIGOLD CHEESE.—Pick the best-coloured & freshest leaves you can get, pound them in a mortar, and strain out the juice. Put this into your milk at the time that you put in the rennet, & stir them together.

The milk being set, & the curd come, break it as gently and equally as you possibly can, put it into the cheefe vat, and press it with a gentle weight, there being such a number of holes in the bottom part of the vat as will let the whey out. The management afterwards must be the same as with other cheeses.

SOUPS, Etc.

SOUPS, &c.

CHEMICAL STOCK.—Take 6 or more pounds gravy meat. Cut it into small pieces size of a thumb. Put these into a *bain Marie*; stew them therein for 6 or 7 hours. Pour off y^e gravy from y^e & meat press out what remains on the meat. Set by till cold, when skim off y^e fat. Put y^e rest into saucepan until brown to drive off the water.

Then put in 2 wineglasses of wine or other alcohol, which combining with the elain and margarettic acid, carries y^m off with the alcohol.

This stock will keep well 6 months.

Better yⁿ any.

To make broth therewith, take a teaspoonful or more to a pint of hot water. To make soupe, prepare y^e vegetables & add them to water & some of this stock, w^h experience will soon prove to be excellent.

N. Bene. Worms says the above mode will not answer so well, as she experimentally proves by another process, viz. putting beef & other meat, all odds & ends, particularly relics of tongues & hams, together, to draw without water in a common saucepan. When drawn a little, add some water, & after 6 hours add further still, & so get *all* y^e goodness out of y^e meat; & after proceed in y^e way detailed.

BOUILLON OR STOCK.—Take three pounds of beef such as is usually employ'd for soupe (*la tranche, la culotte, et la poitrine sont le meilleur*). Cut it in shreds, put it into a copper stockpot well tin'd containing four quarts. Fill it with cold water, place it *before* & not on y^e fire. Skim it while y^e froth rises, & when y^e bouillon is clear, make it to boil gently.

Then burn on y^e charcoal a large red onion, skin & all. Being well toasted, throw it into y^e bouillon, with sufficiency of salt. In two hours after add one carrot cut in four, two whites of leeks, one quarter of a parsnip, one head of celery, all tied in a bunch. Then add one turnip & one head of garlic, 2 cloves & a bunch of sweet herbs & some sorrel. Boil this gently for eight hours.

Any pieces of old ham, bones, or game that can be added will increase y^e excellence of y^e bouillon.

In serving any of this for table, never boil, but only heat it by letting it simmer before serving up, as boiling injures y^e flavour, being once done.

The bouillon, being prepar'd as above, is pass'd thro' a tamis or sieve & set by for use.

THICKENING FOR SOUPES.—Melt an ounce or more of butter in a very small saucepan. When warm & melted, add flour to make it y^e thickness of thick adhesive paste. Let it stand heating by a charcoal stove some time. Then put it in y^e soupe in y^e quantity of one spoonful to two quarts.

Note. This gives richness of flavour different to common flour thickening.

GLAZE.—All odds & ends of bones, sinews & meats, onions & other vegetables as for soupe.

Boil all the goodness out & strain thro' a cullender, then boil it down over a quick fire to very thick cream but so as not to burn.

Pass it thro' a sieve into a vessel & color with foy.

Cooke's.

TO CLEAR GRAVY SOUPE.—Let y^e soupe boil; then put in y^e whites of 5 eggs. After, force thro' a jelly bag.

Miss Robertson.

ROUSE.—Butter 2 ozs; melt over a slow fire; flour, 3 ozs; mix with y^e butter. Then stir y^m together over y^e fire a few minutes till of a deep yellow color. Set it by a few minutes to cool. Add 3¼ pints stock. Boil it up. Then let it simmer & skim it. Set by then for use.

SOUPE FOR THE POOR.—The water in which meat has been boil'd makes an excellent soupe for y^e poor, by adding to it vegetables, oatmeal or peas.

GREEN PEA SOUPE.—Boil y^e peas & pass y^e flour thro' a cullender as with other purées. Slice some onions & two handfuls sorrel leaves. Mince some chevril & pass y^e herbs etc. over y^e fire in four ounces of butter. Let y^e soup simmer a quarter of an hour & serve up.

N.B. Let some green peas float in y^e purée & add a lump of sugar.

PEA SOUP PUREE.—2 carrots, 2 turnips, 1 head celery, 4 onions, 4 leeks, bunch sw. herbs, 2 blades

mace, three cloves, a small piece ginger. Put y^m all in a pan with a piece of butter to continue till brown. Then pour some stock over y^m & boil slowly with bones, pieces of ham or anything else, 2 hours. Then strain off y^e soupe & add y^e flour of peas, previously boil'd & strain'd thro' a cullender to y^e thicknes wish'd. Add sorrel & sugar to taste.

Some add anchovy ketchup etc.

JULIENNE SOUPE.—Take two fine carrots, or twelve little ones, one turnip, one leek, one head of celery, one onion, one cabbage lettuce, one handful of sorrel, a little chevril, one scallion.

Cut these into shreds of one inch long & hash y^e sorrel, lettuces & chevril. Put these into a saucepan with some butter & pass y^m over y^e fire. Then add y^e bouillon. Simmer it for two hours & serve up.

SCOTCH HODGE PODGE—(Improv'd).—8 pints water; boil it. Cut in small pieces 6 turnips, 6 carrots, 1 head cauliflower, 6 onions minc'd, 3 leeks do., 1 head celery do., $\frac{1}{4}$ pint preserv'd sorrel, $\frac{1}{2}$ oz sugar & 8 teaspoonfuls salt. Simmer these 4 hours. Then put in a neck or ribs of mutton & in half an hour add a peck of green peas. In 2 hours it will be enough.

Ten minutes before taking off, throw in a handful of minc'd parsley. The soupe requires 6 hours cooking altogether.

PALESTINE SOUPE.—Take 3 pints of white stock properly prepar'd. Then take 24 Jerusaleme artichokes, par'd. Shred & put into a stewpan to

cook soft in some broth. Rub y^e artichokes thro' a clean sieve & add them to thicken y^e stock. Add a pint of cream, previously boil'd & strain'd, & serve up.

The soupe sh^d be so thicken'd as a purée or thick creamy consistence.

POTAGE AUX OIGNONS AVEC JAUNES D'ŒUFS.—Take 2 large onions; slice them; put y^m with a quarter of a pound of butter on y^e fire. When whiten'd therewith & cook'd, pour upon y^m milk or water to y^e quantity desir'd. Let it boil up twice.

Then have another stewpan in which three yolks of eggs have been mix'd with a little water & stirr'd together, & pour y^e potage thereon by little & little, stirring it all y^e time.

CARROTTE PUREE.—Take seven or eight tender carrots, cut them in thin slices, add some sorrel leafs, or two spoonfuls preserv'd sorrel, two sices celery & some chives or 2 cloves garlic. Put them all in a stewpan with a good piece of butter. Add enough water to cover them & a lump of sugar, half an hen's egg. Cover them up & boil them.

When y^e carrots are cook'd & bruise easily, pass them thro' y^e cullender & serve up as with other thick soupes. Salt to taste.

Tours.

VERMECELLI AU MAIGRE.—Boil a quarter of a pound of vermicelli for half an hour in y^e requir'd quantity of water, with some salt & a

piece of fresh butter. At y^e moment of serving up add a little more butter & a thickening of two yolks of eggs. Stir them well in & serve up.

Tours.

VERMECELLI SOUPE.—Put y^e bouillon on y^e fire & when it nearly boils throw in a quarter of a pound of vermicelli, previously rubb'd thro' y^e hands to prevent its sticking together. Let it simmer during half an hour & serve up.

MACARONI SOUPE.—Boil a pound of the best macaroni in a quart of good stock till quite tender; then take out half, & put it into another stewpot. To y^e remainder add some more stock, & boil it till you can pulp all y^e macaroni through a fine sieve. Then add together that, the two liquors, a pint or more of cream, boiling-hot, the macaroni that was first taken out, & half a pound of grated parmesan cheese. Make it hot, but do not let it boil.

Serve it with the crust of a French roll cut into the size of a shilling.

POTAGE MAIGRE AUX HERBES.—Two handfuls sorrel, one lettuce, five leaves of white beet, a little chevril. Put them in boiling water five minutes to blanch them. Take y^m out, squeeze & then hash y^m coarsely. Put y^m in a stewpan with a quarter of a pound of butter & some salt. Leave y^m to cook fifteen minutes, then put on y^m some warm water & leave y^m to boil fifteen minutes more.

Stir up y^e yolk of three eggs with two spoonfuls of milk & taking y^e bouillon from off y^e fire, put y^m by little & little into it to thicken it, stirring it all y^e time.

Serve up with crust of bread put in.

LENT SOUPE A LA FRANCOVILLE.—Boil a pint & a quarter of peas till soft. Pour y^e water off into the pan in wh^h you mean to make y^e soupe. Then pass all y^e flour you can of y^e peas so boil'd thro' a cullender. Lay this aside to thicken y^e soupe as may be requir'd.

Then with some water mash y^e remainder of y^e peas so y^t nothing but y^e husks remain. Put this liquor into y^e pot to boil, adding enough water to make ten pints; then add, chopp'd fine, celery, carrot, turnip, eight leeks, and in three hours afterwards a quarter of a pound of butter & half a pint preserv'd sorrel, salt & sugar to taste.

Let y^e soup remain to simmer a quarter of an hour longer & serve up.

WHITE SOUPE.—The day before wanted boil down 6 or 7 lbs veal to a strong broth. Put into it a head of celery & a leek & onion to each pound of meat, & half that no. of cloves of garlic, a blade of mace & as many cloves as onions; salt to taste. Skim & strain it. The next day put it in a stewpan with one ounce or more of vermicelli. Let it boil gently half an hour, & a few minutes before serving up add a pint of cream & grate in half a French roll.

Mrs. Thorp with addition.

M. SOYER'S SOUPE

				d.
$\frac{1}{4}$ lb. leg beef without bones, 6d.	$1\frac{1}{2}$
2 oz. dripping at 8d.	1
2 onions, leeks, celery & turnips	$2\frac{1}{2}$
8 ozs. second flour at 9d.	$1\frac{1}{4}$
8 ozs. pearl barley, or rice 6d per lb.	3
				<hr/>
				$9\frac{1}{4}$
				<hr/>

Fry these together in a pan till of a light brown; then in a pot add salt, 3 ozs, & sugar $\frac{1}{2}$ oz. ($1\frac{1}{2}$ d), water two gallons, $\frac{1}{4}$ d.

Total	...	11
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Simmer ye whole together flowly 3 hours covered up, but stirring now & then. It will make excellent soupe.

Good for Poor and Rich.

MOCK TURTLE.—Procure a calf's head with the skin on, but the hair beautifully remov'd. Cut it in two, remove the brain & tongue. Put these 20 minutes into milk warm water, then simmer the brains ten minutes & the tongue till a skewer passes easily into it

Set them both by. Then gently boil the head one hour so that ye meat will next day, when cold, easily come off the bones.

Having so remov'd the skin, next day break all the bones of the head & put them into the liquor in wh^h ye head was previously boil'd, & having got 2 lbs of beef without fat or bones, 2 lbs of veal or old chicken, rabbit or other white meat,

cut them all into small pieces & add y^m to the bones of the head with the stock in w^h they are put made up to six quarts. Add six slic'd onions pierc'd with six cloves, six slic'd leeks, six short-horn carrots, 1 large slic'd turnip, 4 bayleaves, 3 shallots slic'd, 2 blades of mace and 20 peppercorns, a bunch of chevril, do. of parsley, a quarter of a pint of boil'd sorrel leaves, rub'd thro' a sieve, do. of spinach to give a green color, a bunch of sweet herbs, viz. basil, marjoram, a little lemon, thyme, etc., tied up together.

Add a $\frac{1}{4}$ pint of home vinegar (plant vinegar because gentle). Add 3 heads of celery slic'd. Put these all in the stock pot with 12 teaspoonfuls of salt and 6 teaspoonfuls of soft sugar. Simmer this 4 hours, then run the soupe thro' a sieve into a proper vessel & keep till next day.

Then skimming off any grease, put the stock into a boiler and prepare the meat taken off the head y^e previous day thus, for adding to the soup after it is thicken'd:—Cut the meat fat & whatever was remov'd fr the bones into long strips 2 inches wide & $2\frac{1}{2}$ inches long. The gelatinous skin part being quite separated from the meat & fat, cut the tongue & palate, after being skinn'd & quite tender. Now prepare the thickening.

The Thickening.

Take 8 ozs. butter, melt it in a little saucepan. Then put to it as much flour as will make it into a thick lumpy paste. Heat this over the stove, stirring it all y^e time till it gets of a brown color without burning. When thus prepar'd, put it in a basin & gradually mix it up with some soup to a creamy state. Boil it 20 minutes gently, after

wh add it to the whole soup all together & it is then properly prepar'd for a pint of Madeira, wh add & stir up well. The soup, then brought to nearly boiling point, is pour'd over the pieces of head & the whole operation accomplish'd.

In warming the soupe for use, submit it to a *bain Marie* without boiling, as boiling wd ruin ye whole. Keep the soupe for use in a stone hermetically top'd cover vessel wh are comonly now sold at the China-ware men. This preparation carefully effected produces a nourishing & delicious soupe little short of real turtle.

Superb.

CLEAR HARE SOUPE.—Cut a good-sized hare in small pieces. Put it in a stock pot with water to cover it, prepar'd with sugar & salt as for all French stock. Add 2 onions with a clove stuck in each, 2 chopp'd leeks, a handful sorrel, 3 bayleaves, a slic'd head of celery, & a bunch of sweet herbs. Let it simmer 2 hours, close cover'd up.

Then remove ye meat from ye bones &, having broken ye bones, return ym to ye stock to simmer till they lose all their virtue, 15 minutes perhaps. Then pass ye stock thro' a tamy into a stew pot.

Beat up ye white of an egg in a little stock, & stir it well into ye stock. Then put it on to simmer, cover'd up, ten minutes & pass ye stock thro' a napkin & will be a perfectly clear soupe.

Put ye meat into a marble mortar with a little bread soak'd in stock, a little pounded mace, a little butter, & when beaten quite fine like potted meat, add ye yolk of an egg.

Make this mixture into small quenelles &, having added 2 glasses port wine to the stock, put

a little into a saucepan. When it boils let the quenelles be put into it for five minutes. They will then rise to y^e top. Remove y^m carefully & put y^m in y^e tureen. Pour y^e soupe in & serve as hot as possible.

Lady Strachey.

PARTRIDGE SOUPE.—Roast a brace of partridges. Set by till cold. Take y^e meat off y^e breasts without y^e skin & pound it in a mortar quite fine. Then take y^e bones & skin of y^e birds, some leek, an onion, a slice or two of carrot, a bit of bayleaf, a little thyme, two cloves, a small bit of mace. Put y^m all together in a stewpan with a piece of butter. Set it on the fire, keeping it stirring. Before it begins to brown, put to it three pints of good white bouillon. Let it boil gently till y^e juices are got from y^e bones.

Take y^e fat clear off, & strain y^e liquor into another stewpan. Then take about two ounces of y^e crumb of white bread (boil'd in y^e liquor till tender).

Take y^e pounded partridge meat & with y^e bread, rub it thro' a soup-strainer, when it sh^d be about the thickness of pea soup. Then boil a pint of good cream, & strain it to y^r soup. Season it with salt to taste & heat it by simmering, but not boiling, & serve up.

A slice of cold ham boil'd with y^e bones, etc., is a great improvement.

GIBLET SOUPE.—Take y^e giblets of two geese. Stew them all day in three pints of good bouillon (vide Bouillon). Then add two wine glassfuls of strong sweet wine or other wine with sugar to

sweeten it. Thicken y^e soupe in y^e usual way & serve up.

OYSTER SOUPE.—Take forty oysters with y^e liquor; a knuckle of veal, a few slices of lean ham, some onions & leeks, white pepper, mace, three anchovies chopp'd small & some catchup.

Stew these together in four quarts water gently for some hours till it becomes very strong broth. Then clear it, & strain off all y^e fat before it is serv'd up.

Thicken it with two ounces of butter mix'd with flour, & a pint of very good cream. Have some fresh oysters ready boil'd to serve up in y^e soupe. The cream must be put in last, & y^e soupe not allow'd to boil afterwards or it would be apt to curdle.

Note. I sh^d leave out white pepper, agreeing with y^e French y^t all pepper in soupes is odious, & in place, put 2 or 3 cloves, 2 lumps of sugar & a bouquet of sweet herbs.

Mrs. Elton, St. Audries.

FISH

FISH

TO CHOOSE FISH

Turbot.—If good, should be thick, & the belly of a yellowish white; if of a bluish cast, or thin, they are bad. They are in season the greatest part of the summer.

Salmon.—If new, the flesh is of a fine red (the gills particularly) the scales bright, & the whole fish stiff. When just killed, there is a whiteness between the flakes, which gives great firmness; by keeping, this melts down, & the fish is more rich. The Thames salmon bears the highest price. That caught in the Severn is next in goodness, & is even prefer'd by some. Small heads, & thick in the neck, are best.

Cod.—The gills should be very red. The fish should be very thick at the neck, the flesh white & firm & the eyes fresh. When flabby they are not good. They are in season from the beginning of December till the end of April.

Skate.—If good, they are very white & thick. If too fresh they eat tough, but must not be kept above two days.

Herrings.—If good, their gills are of a fine red & the eyes bright; as is likewise the whole fish, which must be stiff & firm.

Soles.—If good, they are thick, & the belly is of a cream color; if this is of a bluish cast & flabby they are not fresh. They are in the market almost the whole year, but are in the highest perfection about midsummer.

Whiting.—The firmness of the body & fins is to be looked to, as in herrings. Their high season is during the first three months of the year, but they may be had the great part of it.

Mackerel.—Choose as whittings. Their season is May, June & July. They are so tender a fish that they carry & keep worse than any other.

Pike.—For freshness observe the above marks. The best are taken in rivers: they are a very dry fish, & are much indebted to stuffing & sauce.

Tench.—They are a fine-flavoured fresh-water fish, & should be killed & dressed as soon as caught. When they are to be bought, examine whether the gills are red & hard to open, the eyes bright, & the body stiff. The tench has a slimy matter about it, the clearness & brightness of which show freshness. The season is July, August & September.

Perch.—Take the general rules given to distinguish the freshness of other fish. They are not so delicate as carp & tench.

Lobsters.—If they have not been long taken, the claws will have a strong motion when you put your finger on the eyes & press them. The heaviest are the best, & it is preferable to boil them at home. When you buy them ready-boiled, try whether their tails are stiff, & pull up with a spring; otherwise that part will be flabby. The cock-lobster is known by the narrow back part of

his tail, & the two uppermost fins within it are stiff & hard; but those of the hen are soft, & the tail broader. The male, though generally smaller, has the highest flavour; the flesh is firmer, & the color when boiled is a deeper red.

Crabs.—The heaviest are best, & those of a middling size are sweetest. If light they are watery: when in perfection the joints of the legs are stiff, & the body has a very agreeable smell. The eyes look dead & loose when stale.

Prawns & Shrimps.—When fresh they have a sweet flavour, are firm & stiff, & the color is bright. Shrimps are of the prawn kind, & may be judged by the same rules.

Flounders.—They should be thick, firm & have their eyes bright. They very soon become flabby & bad. They are both sea & river fish. The Thames produces the best. They are in season from January to March & from July to September.

Carp.—Live some time out of water, & may therefore get wasted; it is best to kill them as soon as caught, to prevent this. The same signs of freshness attend them as other fish.

Smelts.—If good, have a fine silvery hue, are very firm, & have a refreshing smell like cucumbers newly-cut. They are caught in the Thames & some other large rivers.

Mulletts.—The sea are preferr'd to the river mullets, & the red to the grey. They should be very firm. Their season is August.

Gudgeons.—They are chosen by the same rules as other fish. They are taken in running streams;

come in about midsummer, & are to be had for five or six months.

Eels.—There is a greater difference in the goodness of eels than of any other fish. The true silver-eel (so called from the bright color of the belly) is caught in the Thames. The Dutch eels sold at Billingsgate are very bad. Those taken in great floods are generally good, but in ponds have usually a strong rank flavour. Except the middle of summer, they are always in season.

Oysters.—There are several kinds; the Pyfleet, Colchester & Milford are much the best. The native Milton are fine, being white & fat; but others may be made to possess both these qualities in some degree by proper feeding. When alive & strong, the shell closes on the knife. They should be eaten as opened, the flavour becoming poor otherwise. The rock oyster is largest, but usually has a coarse flavour if eaten raw.

LOBSTER SALAD.—Cut ye meat off ye lobster in thin slices. Beat 2 fresh egg yolks & make Italian salad. Add 2 anchovies also slic'd. Then cut some salad in small pieces & add thereto half a teaspoonful of chopp'd shallot, 1 teaspoonful of chopp'd parsley, 1 of tarragon & 1 of chevril.

Add a little pepper & salt, six spoonfuls of salad oil & two of vinegar. When all is well mix'd together serve up in a salad bowl.

LOBSTER FRICASSEE.—Plain boil ye lobsters as usual. Remove ye claws & tail, & take out ye coral fr ye head. The small legs & chine to be well braided together in a mortar with ye shells fr ye larger parts.

Boil y^m all together in a little water to extract all y^e goodnefs. Thicken this with flour & butter in y^e ufual way, adding a little cream.

Cut y^e meat of y^e claws & tail, after removing y^e dark line in y^e centre, into thick flic'd pieces, & when the fauce is fufficiently boil'd put therein y^e large pieces, a wineglafs of fherry, adding a little falt & powder'd mace, & half y^e quantity of fugar. Serve up hot. Some people add Cayenne.

Mrs. Weston.

LOBSTER PATTIES.—Prepare fome puff pastry. Take a boil'd hen lobster. Pick y^e claws, etc. Chop it fine; put it in a stew pan with a little infide spawn pounded in a mortar till fsmooth with an ounce of fresh butter; half a gill cream; half a gill veal confom  ; cayenne pepper; falt; teaspoonful effence anchovy.

Stew five minutes & proceed as for oyfter patties.

SOLES IN THE PORTUGUESE WAY.—Take one large or two fmall; if large, cut the fifh in two: if fmall they need only be fplit. The bones being taken out, put the fifh into a pan with a bit of butter & fome lemon-juice. Give it a fry, then lay the fifh on a difh, & fspread a forcemeat over each piece, & roll it round, faftening the roll with a few fmall fkewers.

Lay the rolls into a fmall earthen pan, beat an egg & wet them, then ftrew crumbs over; & put the remainder of the egg, with a little meat-gravy, a fpoonful of caper-liquor, an anchovy chopp'd fine, & fome parfley chopp'd, into the bottom of the pan.

Cover it close, & bake till the fish are done enough in a slow oven. Then place the rolls in the dish for serving, & cover it to keep them hot till the gravy baked is skim'd: if not enough, a little fresh, flavour'd as above, must be prepar'd & added to it.

SOLES, ANOTHER WAY.—Take two or three soles, divide them from the backbone, & take off the head, fins & tail. Sprinkle the inside with salt, roll them up tight from the tail-end upwards & fasten with small skewers. If large or middling, put half a fish in each roll; small do not answer. Dip them into yolks of eggs, & cover them with crumbs.

Do the egg over them again, & then put more crumbs; & fry them a beautiful color in lard, or for fast-day in clarified butter.

TO BOIL TURBOT.—Mix some salt water & a little vinegar together & a piece of saltpetre y^e size of a nut. Make it milk warm. Then put in y^e turbot. Let it boil once up & then finish by simmering only till enough.

Weller, fishmonger, London.

TROUT A LA GENEVOISE.—Clean the fish very well. Put it into your stewpan, adding half Champagne and half Moselle, or Rhenish or Sherry wine. Season it with pepper, salt, an onion, a few cloves stuck in it, & a small bunch of parsley & thyme. Put in it a crust of French bread. Set it on a quick fire.

When the fish is done, take the bread out, bruise it, & then thicken the sauce; add flour & a little

butter, & let it boil up. See that your sauce is of a proper thickness.

Lay your fish on the dish & pour the sauce over it. Serve it with slic'd lemon & fried bread.

OYSTERS, TO FEED.—Put them into water, & wash them with a birch besom till quite clean; then lay them bottom downwards into a pan, sprinkle with flour or oatmeal & salt, & cover with water. Do the same every day, & they will fatten. The water should be pretty salt.

OYSTER PATTIES.—Roll out some puff paste to a quarter of an inch thick. Cut it into squares with a knife. Sheet 8 or 10 patty pans. Put on each a bit of bread y^e size of half a walnut. Roll out another layer of paste y^e same thickness, cut squares as before. Wet y^e edge of y^e bottom paste & put on y^e top. Pare y^m round y^e pan sloping upwards. Rub y^m lightly with yolk of egg & bake y^m in about fifteen minutes in a *hot* oven. Then take a *thin* slice off y^e top, & with a small knife remove y^e bread & inside paste, leaving y^e outside quite entire.

Parboil two dozen large oysters. Strain y^m from y^e liquor, wash beard & cut y^m in four. Put y^m in a stewpan with one oz butter roll'd in flour, half a gill good cream, a little grated lemon peel, y^e oyster liquor free from sediment, reduc'd by boiling one half, some Cayenne pepper, salt, a little lemon juice & garlic if relish'd.

Stir it over y^e fire five minutes & fill y^e patties.

SCALLOP OYSTERS.—Put y^e oysters into their own shells. Set y^m on a gridiron over a clear fire.

Let y^m stew till they are enough. Then have ready some crumbs of bread rubb'd in a clean napkin. Fill y^e silver shells & set y^m before a clear fire in a Dutch oven, baste y^m well with butter. A tin oven does y^m best before y^e fire. Mace may be added, & will give a fine flavour.

EEL A LA POULETTE.—Cut y^e eel in pieces of two inches long. Blanche y^m for five minutes in boiling water in w^h has been put one spoonful of vinegar. Put into a stewpan one spoonful flour & a quarter of butter. Turn y^m about over y^e fire without browning. Moisten y^m with a tumbler of boiling water; turn y^m about again. Then add a tumbler of white wine, some pepper & salt, a piece of bacon y^e size of y^e thumb, y^e juice of a lemon (or 1 spoonful vinegar), a bunch sweet herbs & six mushrooms cut in quarters.

Then put in the pieces of eel & boil y^m for half an hour.

Take off y^e grease & put in a thickening of 3 yolks of eggs, after having remov'd it from y^e fire. Serve up.

TO COLLAR EELS.—Bone y^e eels, season y^m with mace, herbs, chopp'd shallots, pepper, salt & pimento. Roll up y^e whole & tie it firmly with tape. Put it into a stewpan with a pint of veal stock, half a pint of white wine & half as much vinegar, & let y^m simmer till done. Then put y^m into a dish, skim off y^e fat & season with salt. Clear the liquor by simmering it a few minutes with y^e white of two eggs, & pass it thro' a cloth. After which boil it till it becomes a thick jelly when cold.

Then take y^e tape from y^e eels & pour y^e liquid jelly over y^e fish. The eel must be bon'd by *cutting it down y^e back*. Some people do not skin y^m, & add sweet herbs, chopp'd fine, & parsley, strew'd over before rolling up, with y^e yolks of an egg previously put over it.

A large eel will take two hours' boiling. If wanted to be kept, you must put it in fish pickle.

STEW'D EELS.—Take four or five large eels, cut y^m in pieces three or four inches long. Boil y^m about five minutes. Then put y^m in as much gravy (in a stewpan) as will cover y^m; add then a glass of port wine. Boil y^m five minutes more with a bunch of sweet herbs.

Thicken y^e fauce with a piece of butter roll'd in flour & serve up.

SPITCHCOCK EELS.—Take one or two large eels. Leave the skin on; cut them into pieces of three inches long, open them on the belly-side & clean them nicely. Wipe them dry, & then wet them with beaten egg, & strew over on both sides chopp'd parsley, pepper, salt, a very little sage, & a bit of mace pounded fine & mix'd with the seasoning. Rub the gridiron with a bit of suet, & broil the fish of a fine color.

Serve with anchovy & butter for fauce.

TENCH, TO STEW (OR CARP).—Lay y^e fish in warm water till y^e scales will easily scrape off. Clean y^m thoroughly without opening y^m. Then take stock enough to stew y^e fish in, to which add a bunch of sweet herbs, one anchovy, some catchup, lemon pickle. Boil these together; put in y^e fish;

stew it till enough. Then add some flour & butter to thicken it; a glass of port wine. Simmer it a quarter of an hour & serve up.

To which I sh^d add 2 or 3 cloves of garlic & 5 or 6 cloves & a lump of sugar & lemon juice.

RED MULLET.—It is called the sea-woodcock. Clean, but leave the inside. Fold in oil'd paper, & gently bake in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, a little essence of anchovy & a glass of sherry. Give it a boil; & serve in a boat & the fish in the paper cases.

TO DRESS STURGEON.—Cut slices, rub egg over them, then sprinkle with crumbs of bread, parsley, pepper, salt: fold them in paper, & broil gently.

Sauce: butter, anchovy & soy.

TO ROAST STURGEON.—Put it on a lark-spit, then tie it on a large spit; baste it constantly with butter; & serve with a good gravy, an anchovy, a squeeze of Seville orange or lemon, & a glass of sherry.

TO STEW LAMPREY AS AT WORCESTER.—After cleaning the fish carefully, remove the cartilage which runs down the back, & season with a small quantity of cloves, mace, nutmeg, pepper, & allspice; put it into a small stewpot, with very strong beef gravy, port & an equal quantity of Madeira or sherry.

It must be covered close. Stew till tender, then take out the lamprey & keep hot, while you boil up the liquor with two or three anchovies chopped,

℥ some flour ℥ butter; strain the gravy through a sieve ℥ add lemon juice ℥ some made mustard. Serve with sippets of bread ℥ horse-radish.

TO COOK SALT FISH.—Soak 12 hours in water. Take out ℥ rub with a hard brush. Then put it for 10 hours in milk warm water, w^h will render it pliant, tender ℥ sweet. Cook in milk ℥ water ℥ vinegar.

Salt cod requires only half y^e above soaking. In both cases after soaking hang up to dry.

TO PICKLE FISH.—If salmon, split y^e fish down y^e middle ℥ divide each half into six pieces. Make a brine of salt sufficient in quantity to cover y^e fish, when put in a saucepan. Season with bruised pepper, mace ℥ allspice ℥ simmer y^e whole till y^e fish is done, which must not be *much*. Then take y^e pieces to cool ℥ put y^m into a jar. Strain off y^e spice in which y^e fish was boiled, ℥ add to it a like quantity by measure of vinegar, ℥ pour it over y^e fish, which must continue covered by it.

SMEELTS, TO PICKLE.—Take what quantity you please, well clean ℥ wash y^m; take pepper, nutmeg, mace, saltpetre ℥ some common salt. Beat all very fine, ℥ lay your smelts in rows, in a jar. Between every layer of smelts strew the seasoning with four or five bay leaves.

Then boil some red wine, ℥ pour on a sufficient quantity to cover y^m. Cover y^m with a plate ℥ when cold, stop y^m close ℥ put y^m by for use.

PICKLED MACKEREL, CALLED COVACH.—Take half a dozen large mackerel, ℥ cut them into

round pieces. Then take an ounce of beaten pepper, three nutmegs, a little mace, & a handful of salt. Mix the salt & beaten spice together; then make two or three holes in each piece, & thrust the seasoning into the holes. Rub the pieces all over with the seasoning, fry them brown in oil, & let them stand till they are cold. Put them into vinegar, & cover them with oil. If well-covered, they will keep a considerable time, & are very fine eating.

ANCHOIS POUR DEJEUNER (OU HORS D'OEUVRE A DINER).—Put y^e anchovies in water, wash y^m well, split y^m in two & remove adroitly y^e back bone.

Part again these two pieces, & arrange them symmetrically in a circle on a small plate. Pour some oil over them. Hash very fine some parsley, chive & tarragon, & place some in y^e middle & at all y^e intervals: to which add some hard boil'd egg, also par'd fine & distributed in like manner (without y^e whites).

FRESH MEATS

FRESH MEATS

VALUABLE OBSERVATIONS ON MEAT

Flesh of animals suddenly kill'd is tough from contraction of y^e muscles. When this ceases putrefaction soon follows. Y^e intermediate state is y^e proper state for cooking. One knows this by y^e flesh easily yielding to y^e pressure of y^e finger, also by its opposing little force to an attempt to bend y^e joint.

Mutton.—Wether mutton five years old is the most delicate meat that is eaten. Mutton also keeps best of any meat.

Pork.—Is best for all purposes between Mic. & March.

Venison.—Is best flavor'd in August.

Chickens.—Sh'd be kill'd at *three months old*.

Pigeons.—Are best in September, in consequence of y^e great abundance of food everywhere.

A joint of meat may be preserv'd several days in summer by wrapping it in a linen cloth dipp'd in vinegar & sprinkled over with salt & then hung up, moistening it once a day.

Meats denote their being roasted enough when they throw out jets of steam from y^e joint.

Meats in roasting sh'd have flour dusted over y^m just when they are nearly done enough.

Poultry sh'd be heated *very* gradually when put down to roast. All meat sh'd be heated gradually.

Broiling.—Is a mode by wh^h y^e juices of meats are kept in. The gridiron sh'd be heated before us'd, & y^e upright one is y^e best. Charcoal or coke sh'd be us'd. Every sort of meat is not good for broiling. Old meat & game as well as fish are well adapted to it. Large muscles also, such as pieces of rump of beef, are excellent. Three quarters of an inch is y^e proper thickness for a broil.

Char, trout, mackerel & mullet are best eaten thus, being previously enveloped in butter'd paper, & herbs, pepper, salt & butter put in y^e inside of y^m.

Frying.—The melted fat or butter us'd in this process sh'd be sufficiently hot before y^e meat is put in, to ascertain wh^h put in a little piece of parsley, or bread, & if it becomes crisp without acquiring a black color it boils, & is therefore at y^e proper heat. Beef fat is best adapted to frying, as it acquires a boiling heat without burning better yⁿ butter or lard, wh^h are apt to burn & consequently spoil y^e dish. This mode of cooking is least understood well of any. Press y^e meat in y^e pan before serving & it acquires a fine brown color.

Stewing.—Stewing must be perform'd entirely over a slow fire. Anything beyond a simmer would be injurious to it. All old meat is best cook'd by a stew. It conveys all y^e nutriment meat is capable of yielding & is very wholesome.

Boiling.—Meat for boiling sh'd be put into cold soft water. Salt meats sh'd be simmer'd only as they else become hard. Frozen meat sh'd be first thaw'd by putting into cold water, & no meat sh'd be more than gently boil'd. If y^e pot be not skimm'd whilst boiling y^e albumen of y^e meat will

spoil y^e look of y^e joint. 20 to 30 minutes to a pound of meat sh'd be allow'd for boiling, reckoning from y^e time y^e pot begins to boil. Cooks are wrong to think that by boiling quickly they heighten the boiling temperature.

Roasting.—In roasting all meat sh'd be heated gradually.

MRS. GLASSE'S CARDINAL COOK RULES

Roasting.—10 minutes to y^e lb for beef or mutton, i.e. according to y^e fire & weather; as frost requires meat roasting a longer time.

Veal.—15 minutes to y^e lb.

Pork.—15 minutes to y^e lb.

Pig.—Fresh kill'd, 1 hour. If killed day before, 15 min. more.

Turkey.—Large, 1 $\frac{1}{4}$ hour, middling size, 1 hour, small $\frac{3}{4}$ hour.

Goose.—45 minutes.

Chickens.—45 minutes if large; but middling 30 minutes.

Ducks.—45 minutes if large; but middling 30 minutes.

Grouse.—25 minutes, & bacon on breast till froth'd up.

Wild Ducks.—25 minutes.

Teal.—12 minutes.

Woodcocks.—20 minutes.

Partridge.—20 minutes.

Pigeons.—20 minutes.

Lamb, forequarter.—1 $\frac{1}{2}$ hour.

To keep meat hot after being cook'd if delay'd serving, put it in a Mary Bath cover'd with a cloth over all: never before y^e fire.

VEAL RAGOUT.—Take a pound & a half of veal (the breast). Cut it in square pieces. Blanche it by five minutes boiling in water. Put in a stewpan with a quarter of a pound of butter, bouquet of fine herbs, a piece of garlic & salt.

When y^e butter is melted add a pinch of flour; mix & moisten it with a quarter of a pint of bouillon or water. Cook it an hour & a half. Put in a spoonful of vinegar or y^e juice of half a lemon. Stir up y^e yolks of three eggs with some of y^e sauce &, taking y^e ragout off y^e fire, pour this thickening upon it. Toss y^e ragout three or four times in y^e stewpan to mix it well & serve up.

Tours.

BEEF OR MUTTON ROASTING.—Should have a handful of salt thrown over them after a few turns of y^e spit.

HAGGESS.—A calf's heart (or sheep's) with the liver & lights. Seethe together $\frac{1}{2}$ hour. Set aside a portion of y^e liver (about a $\frac{1}{4}$) till it is cooled. Hash the rest fine. Place in a wide bason, mixing in the crumb of a French roll soak'd in cream, 1 lb. beef suet chopp'd fine, $\frac{1}{2}$ a nutmeg grated, beaten cinnamon, cloves, some chopp'd onion or shallot as lik'd, 1 lb. raisins, stoned & chopp'd, yolks of three eggs, some chitterlings well clean'd & cut in slips, several peppers & salt to taste & enough oatmeal to give y^e whole a proper consistence. Over all grate y^e liver y^t was first set aside. Into the mixture stir $\frac{1}{2}$ pint (or a little more) bouillon or stock. Some say sweet wine is better.

Then take the stomach or paunch, y^t has been wash'd entirely clean with spring water both inside

℥ out, dry'd & left inside-out till requir'd. Pour in y^e mixture till enough therein to leave room for y^e mixture to swell when boiling.

Sew up y^e paunch securely with packthread & prick it all over with a coarse needle.

Boil 3 hours.

BOIL'D BEEF.—Take a round of beef. Put it in boiling water 20 minutes, which fixes the gelatine & fat. Then throw in as much cold water as will bring it to 180° i.e. simmering. If it attempts to boil again, add more cold water & so continue y^e cooking at the rate of 15 to 20 minutes for every pound of beef.

BEEF-STEAKS AND OYSTER SAUCE.—Strain off y^e liquor from y^e oysters, & throw y^m into cold water to take off the grit, while you simmer the liquor with a bit of mace & lemon peel; then put y^e oysters in, stew y^m a few minutes, add a little cream, & some butter rubb'd in a bit of flour; let y^m boil up once; & have ready rump-steaks, well season'd & broil'd, ready for throwing the oyster-sauce over, the moment you are to serve.

LEG OF LAMB WITH THE LOIN FRIED ROUND IT.—Boil the leg in a cloth, very white. Cut the loin in steaks, beat y^m, & fry y^m of a good brown; after which stew y^m a little in strong gravy. Put your leg on the dish, & lay your steaks round it. Pour on your gravy, & put spinnach & crisp'd parsley on every steak. Garnish with lemon, & serve with gooseberry sauce, or with stew'd spinnach & melted butter.

MUTTON A LA VENISON.—Take a thick fat loin of mutton, bone it & skin it. Then take 2 or 3 spoonfuls port wine & one spoonful of very coarse brown sugar. Rub y^e mutton well with this mixture & let it remain in it two nights, & when dress'd, replace y^e skin & add a coarse paste as for venison. Make gravy of y^e bones.

Excellent.

PARSLEY PIE.—Lay a fowl or a few bones of the scrag of veal, seasoned, into a dish; scald a colander-full of picked parsley in milk; season it; & add it to the fowl or meat, with a tea cupful of any sort of good broth, or weak gravy. When it is baked, pour into it a quarter of a pint of cream scalded, with the size of a walnut of butter, & a bit of flour. Shake it round, to mix with the gravy already in.

Lettuces, white mustard leaves, or spinnach may be added to the parsley, & scalded before put in.

FRENCH PIE.—Lay a puff paste round on the ledge of the dish: & put in either veal in slices, rabbits or chickens jointed, with forcemeat balls, sweetbreads cut in pieces, artichoke-bottoms & a few truffles.

LAMB PIE.—Make it of the loin, neck, or breast; the breast of house-lamb is one of the most delicate things that can be eaten. It should be very lightly seasoned with pepper & salt; the bone taken out, but not the gristles; and a small quantity of jelly-gravy be put in hot; but the pie should not be cut till cold. Put two spoonfuls of water before baking.

Grass lamb makes an excellent pie, & may either be boned or not, but not to bone it is perhaps the best. Season with only pepper & salt; put two spoonfuls of water before baking, & as much gravy when it comes from the oven.

Meat-pies being fat, it is best to let out the gravy on one side, & put it in again by a funnel, at the centre, & a little may be added.

SQUAB PIE.—Cut apples as for other pies, & lay them in rows with mutton chops; shred onion, & sprinkle it among them, & also some sugar.

PODOVIES OR BEEF PATTIES.—Shred underdone dressed beef with a little fat. Season with pepper, salt, & a little shallot or onion. Make a plain paste. Roll it thin & cut in shape like an apple puff. Fill it with mince, pinch the edges, & fry them of a nice brown.

The paste should be made with a small quantity of butter, egg & milk.

PIG'S HARSLET.—Wash & dry some liver, sweetbreads & fat & lean bits of pork, beating the latter with a rolling-pin to make it tender: season with pepper, salt, sage, & a little onion shred fine; when mixed, put all into a cawl, & fasten it up tight with a needle & thread. Roast it on a hanging jack or by a string.

Or serve in slices with parsley for a fry.

Serve with a sauce of port-wine & water, & mustard, just boiled up, & put into the dish.

TO FORCE HOG'S EARS.—Parboil two pair of ears, or take some that have been soufed. Make

a forcemeat of an anchovy, some sage, parsley, a quarter of a pound of suet chopp'd, breadcrumbs, pepper & only a little salt. Mix all these with the yolk of two eggs. Raise the skin of the upper side of the ears, & stuff them with the above. Fry the ears in fresh butter, of a fine colour; then pour away the fat, & drain them.

Make ready half a pint of rich gravy, with a glass of fine sherry, three tea-spoonfuls of made mustard, a little bit of flour & butter, a small onion whole, & a little pepper or Cayenne. Put this with the ears into a stewpan, & cover it close; stew it gently for half an hour, shaking the pan often.

When done enough, take out the onion, place the ears carefully in a dish, & pour the sauce over them.

If a larger dish is wanted, the meat from two feet may be added to the above.

ROAST PIG IN YE GOOD OLD WAY.—Having spitted y^e pig, instead of basting it take a piece of flannel, & from time to time rub y^e pig over with oil or butter as it roasts. Put some chopp'd sage inside y^e pig first, & remove y^e kidneys. When half done draw a knife round y^e throat to let out y^e gravy. When finish'd toasting cut it in halves & over it pour y^e sauce following:

Take y^e gravy out of the dripping pan, into which put the brains bruif'd, to which add a little butter, pepper, salt, dried sage-leaves & a sweet herb bunch. Boil these together, stirring them the while, & after, pour y^e sauce over y^e pig. Then place y^e ears & cheeks round y^e dish & serve up.

As soon as spitted, dredge flour over y^e pig thickly. It makes it crackle better.

PLUM SAUCE FOR SAME.—Boil some currants till soft. Then take some bread which has been soaking in boiling milk wherein was some mace; put it into a saucepan with a glass of white wine & y^e currants. Heat them together & serve up.

My Great Grandmother. A.D. 1694.

Note. Sweet herbs here us'd are:—basil, thyme, greenhouse or knotted marjoram & bayleaf.

If y^e pig is not just slain, & got cold, put 15 minutes in a pail of blood-warm water, & it will crackle well.

CALF'S HEAD RAGOUT.—Having boil'd y^e head, take half of it & cut it in thin slices 3 inches long. Put into a stew pan some morels, truffles, mushrooms, forcemeat balls, veal sweetbreads, slic'd artichoke bottoms, a bunch of sweet herbs, some parsley & an onion or shalot thin slic'd, the juice of a lemon & a teaspoonful of sugar, with as much stock as will moisten the whole. Stew these gently all together for some time. Then put in the slices of head & skim it well & add a wineglass of sherry.

Now take y^e other half head, score like diamonds, season it with pepper & salt, color it with yolk of egg & put thereon some bread crumbs. Broil it, pour the ragout into y^e dish & place y^e broil'd head in y^e middle. Fry y^e brains after being boil'd in egg & flour. Garnish y^e dish therewith & serve up.

Mrs. Philips, 1759.

SWEETBREADS.—Lay y^m in water blood heat three hours. Then blanch y^m 2 minutes in boiling

water. Put into a stewpan at bottom a few slices of bacon fat, some slic'd onion, carrot, parsley, a bayleaf, sweet herbs & a blade of mace. Add a little stock or water to half cover them, taking care that sugar & salt has been put into y^e same in y^e usual proportions of a good teaspoonful of salt to each pint, & half as much sugar. Boil 20 minutes. Take y^m out. Dry y^m with a cloth. Egg y^m & add breadcrumbs & fry y^m a very light brown in lard in y^e wire pan. Serve with a white or brown sauce, or y^e liquor in w^h they were stew'd, strain'd & thicken'd.

Sweetbreads are made to look handsome as a side dish by putting a piece of toasted & butter'd bread under y^m so as to increase y^e apparent height & size.

Prob. est.

CUTLETS A LA FRANCAISE.—Prepare egg & breadcrumbs as usual; dip each cutlet a few seconds in boiling water, w^h sets y^e gravy & makes y^e cutlets each juicy. Fry y^m as usual, egg & bread crumb y^e cutlets & having a dish prepared with mash'd potatoes *hollow in y^e middle*, lay y^e cutlets in a circle on y^e potatoes.

Then mix tomato sauce with some chop'd pickled mushrooms, a little sugar, vinegar, a few chop'd shalots, a few fine herbs in powder, & some gravy all together. Then cut some strips of beet root, hard boil'd white of egg, & some pickl'd kidney beans. Put some of y^m in y^e hollow of y^e potato, mix'd, green, red & white, & some into y^e gravy, & fill y^e dish therewith. Some truffles slic'd are a great addition.

Pork, mutton or veal will any of y^m do.

Reform Club, Pall Mall.

VEAL CUTLETS.—Cut y^e veal into thin slices. Strew bread crumbs over it, pepper, salt & powder'd sweet herbs. Then take a piece of butter & brown it well in y^e frying pan. Put y^e veal in, but turn it only once. Make a sauce for y^m with lemon pickle & thicken'd with butter roll'd in flour. Forc'd meat balls with a little garlic in y^m will make a great improvement.

Mrs. Young, Necton.

VEAL CUTLETS A L'ITALIENNE.—Cut best part neck veal. Cut y^e ribs one by one, flatten & pare y^m nicely. Powder over a little pepper, salt & nutmeg, yellow y^m with egg, dip y^m in bread crumbs first & then in melted butter.

Broil y^m over a slow fire so as to get a fine brown. Serve y^m with truffle or any other sauce, provided it be not brown sauce.

VEAL CUTLET & HERBS.—Rasp some fat bacon, with which & a little butter stew some chop'd parsley, mushrooms, shallots & fine herbs over a slow fire. Then put y^e cutlets in & stew y^m over a small stove. When done add a little pepper & salt. Then remove y^e grease & thicken some sauce with yolks of 2 or 3 eggs mix'd with a little cream & y^e juice of a lemon, & serve hot.

VEAL CUTLETS A LA DAUPHIN.—Lay y^e cutlets like a friandeau. Stew y^m as a friandeau. Then reduce the gravy in w^h they have stewed & glaze y^m therewith & serve with sorrel.

VEAL CUTLETS A LA DREUX.—The cutlets for this are cut very thick, larded & stew'd with

carrots, onions, thyme, cloves & bayleaves & serv'd up with these vegetables.

MUTTON CUTLETS OR CHOPS.—Take best end of loin mutton. Cut it in pieces not too thick. Pepper & salt y^m a few minutes before frying. Brown y^e butter in y^e pan, in w^h put cutlets till of a good color. For sauce, take some stock; add to it 5 or 6 shallots, clove or two of garlic; spoonful or so catchup, same of tomato sauce, a little vinegar & some herbs. Boil all together a few minutes.

Remove y^e shallots, garlic & sweet herbs. Thicken with flour & butter, & pour it over y^e cutlets on serving up, strewing thereon a few capers.

Gridiron chops are best.

BAIN MARIE CUTLETS.—Prepare y^e cutlets in y^e usual way. Season & favour them as best lik'd. Put them in a cover'd earthen vessel, such as French *pâtes de foie gras* are sold in, or any other such. Put it into y^e *Bain Marie* on y^e fire & gently boil it for 20 minutes & they will be excellent.

ThurLOW.

SOYER'S RISSOLES.—Cut meat very fine. Melt some butter in a saucepan. Thicken it with flour. Add a little gravy & make it all very thick. Stir it all together over y^e fire to be well mix'd, add pepper & salt to taste, with a little mace, garlic & sweet herbs & a dust of sugar to round y^e whole on y^e palate. Then set by till cold, when wrap it up in the shapes desir'd in very thin paste, best shape being to cut paste into circles & afterwards

into $\frac{3}{4}$ circles. In this envelope a spoonful of y^e meat. Then egg & crumb the outsides & fry them a light brown in purified beef dripping, by placing the rissoles in the wire frame us'd for this & vegetable frying.

N.B. Clarified mutton fat excellent for all flavoury frying.

Probatum est.

HINDOO CURRY—BENGAL.—Divide chicken, rabbit, duck, game, lobster or other meat into small pieces to y^e weight of about $1\frac{1}{2}$ lbs. Melt 3 ozs. butter in a stewpan holding about 2 quarts, slice 2 onions middling size, & 2 garlic cloves & fry y^m a light brown. Then add the meat & 2 large spoonfuls curry powder & a teaspoonful salt.

Keep stirring & frying till nicely brown'd. Then add a quarter pint of hot water or gravy & two dessert spoonfuls of lemon juice or vinegar. Cover it up & stew the whole together till tender, wh^h will be in about 5 or 6 minutes. Then serve up in y^e usual way.

If vegetables are added, slice a potato thin & put in with y^e meat. Cut vegetable marrow into dice & put in 3 or 4 oz. split peas, previously three quarters boil'd.

BOIL RICE THUS:—Put half a pound of rice, pick'd & wash'd, into two quarts of boiling water. Boil it briskly for twenty minutes. Strain it thro' a cullender, shake it into a plate. Put it into a separate dish with a spoon & serve it for y^e curry.

Note.—*Never touch rice thus boil'd with y^e hands.*

My Mother.

CURRY POWDER

Best Turmeric ...	8 ozs.
Coriander seed ...	6 ozs.
Ginger ...	1½ ozs.
Black pepper ...	1 oz.
Cayenne ...	1 oz.
Cardamon seeds ...	¼ to ½ oz. if lik'd.
Fenug root ...	¼ to ½ oz. if lik'd.

Pound each article fine separately. Mix & put into a close stopped bottle, kept from light by putting it in a pot or tin case.

PIG'S PETTITOEES.—Boil them till they are quite tender. Also boil the heart, liver & lights, but take them up when they have boiled ten minutes, & shred them small. Then take out the feet & split them. Thicken your gravy with flour & butter, & put in your mincemeat, a spoonful of white wine, a slice of lemon & a little salt, & give it a gentle boil.

Beat the yolk of an egg; put to it two spoonfuls of cream & a little grated nutmeg. Then put in the pettitoes, & shake the whole over the fire till it is quite hot, but do not let it boil.

Put sippets into the dish, pour over the whole & garnish with slic'd lemon.

SICILIAN MANNER OF DRESSING LOIN OF PORK TO EAT LIKE WILD BOAR.—Cut a loin of pork as you would for chops. Leave the end bones whole, to keep it together. Put chopped sage between the cuts & soak the meat in equal quantities of vinegar & water, for ten or twelve days.

Then put more sage, tie it up close & bake it with the rind downward, in some of the vinegar & water.

When done, serve it with its own liquor skim'd, a little sugar, & a glass of red wine. It may also be eaten with currant jelly sauce.

The skin, instead of being hard & crackling, becomes a fine rich brawny jelly.

LEG OF PORK A LA BOISSON.—Boil, for about ten minutes, a leg of pork that has been in salt three or four days; then take it up, skin, split, & put it to the fire. About half an hour before you take it up, shake on crumbs of bread, baste it with butter, put on more crumbs, & repeat basting & putting crumbs, till it looks of a nice brown; then take it up, & put under it a little sage & onion, chopped fine, & boiled in good gravy. Send apple sauce in a tureen.

TO SCALD A SUCKING PIG.—The moment the pig is killed, put it into cold water for a few minutes; then rub it over with a little resin beaten extremely small, & put it into a pail of scalding water half a minute. Take it out, lay it on a table, & pull off the hair as quickly as possible. If any part does not come off, put it in again.

When quite clean, wash it well with warm water, & then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet at the first joint; make a slit down the belly, & take out the entrails; put the liver, heart, & lights to the feet.

Wash the pig well in cold water, dry it thoroughly & fold it in a wet cloth to keep it from the air.

TO CHOOSE VENISON.—If the fat be clear, bright & thick, & the cleft part smooth & close, it is young; but if the cleft is wide & tough it is old.

To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, & you will know by the scent. Few people like it when it has much of the *haut-gout*.

VENISON.—Keep y^e haunch for a fortnight & then roast it in y^e following mode—(a cradle spit).

Spit y^e haunch; rub some butter all over it; then take four sheets of paper well butter'd, put two on y^e haunch. Make a paste with some flour, a little butter & some water. Roll it out half as big as y^e haunch, & put it over y^e fat part. Put y^e other two sheets of paper on & tie y^m with some pack thread. Lay it to a brisk fire & baste it well all y^e time of roasting.

On serving up froth it well. If a large haunch, it will take three hours & a half to roast, except it is a very large fire & then three hours will do; smaller in proportion.

Note. After removing y^e paste paper return to y^e spit & baste & flour it well for 10 or 15 minutes. Then serve up.

HASH'D VENISON.—A quart or less of brown sauce with a pint of consommé, a piece of glaze & a bunch of parsley. Reduce to a demiglaze. Skim.

Then have as much venison as is requir'd cut in thin slices; the fat thicker than y^e lean.

Put it in y^e sauce. Season with pepper & salt.

Put it over a sharp clear fire, to get hot as quick as possible, but *do not let it boil*, or it will be hard & greasy.

Serve as hot as possible in y^e usual way.

POULTRY & GAME

POULTRY & GAME

BOIL'D FOWLS.—Boil y^m in a good deal of water & skim well. It is better yⁿ putting y^m in cloths. A turkey takes 1½ hours if large, a small one 1 hour, a large chicken 20 mins., a small, 15 mins. Let y^e water be *boiling* on putting in.

DUCKS.—After scalding & drawing y^m let y^m remain for a few minutes in warm water; then let y^m lie in an earthen pan, with a pint of boiling milk, for two or three hours. Take y^m out, dredge y^m with flour, put y^m in cold water, & cover y^m close. Having boil'd y^m slowly for twenty minutes, smother y^m with onion sauce & serve y^m hot.

GEESE.—After you have singed your goose, pour over it a quart of boiling milk. Let it continue in y^e milk all night; then take it out, & dry it well with a cloth. Stuff it with sage & onion cut small, sew it up at the neck & vent, & let it hang up by the neck & vent till the next day. Put it into cold water, cover it close, & let it boil gently for an hour. Serve it up with onion sauce.

TURKEY WITH TRUFFLES.—Take a pound or three quarters of a pound of truffles. Wash y^m in warm water till quite clean. At y^e last washing take a hard brush to cleanse y^m thoroughly. Peel y^m, put y^e peel apart. Cut y^m in pieces, afterwards

mince y^e peels & mix y^m with a little parsley, chives, pepper & salt, y^e liver of y^e turkey & a little bacon & butter.

Knead y^m together with y^e truffles & stuff y^e turkey therewith three days before it is to be roasted & sew it up.

Envelop it then in white paper oil'd & roast in y^e usual way.

CHICKEN SALAD.—In y^e bottom of a salad bowl or soup plate, blanched lettuce hearts cut in quarters laid level. Arrange the white, the wings & y^e thighs of chicken or turkey thereon in form of a pyramid in y^e middle. Cut two hard eggs in quarters, place y^m round; near y^e top of y^e pyramid put five or six shredded anchovies. Crown y^e top with a piece of chevril, chive, cress & tarragon chop'd coarsely. Make behind y^e eggs a string of gerkins & olives, & round y^e dish garnish nasturtium. Season y^e salad before serving (but do not turn it) with 2 yolks of eggs boil'd hard, four spoonfuls of oil, one & a half of vinegar & one of mustard, but little salt if there are anchovies, & a little pepper. These being well mixed together are pour'd over it at y^e moment of serving up.

In winter may be added beet, celery, chicory according to fancy. The whole to be arranged with taste & symmetry.

Some call this Italian Salad.

Tours, March, 1826. Excellent. Probatum est.

GOOSE PYE.—Take a goose & a chicken or game. Bone them & see y^t the meat together weighs five & a half pounds. Then take two pounds of beef. Cut it in small pieces & with

some sweet herbs dried & rub'd to powder, three leeks & three cloves of garlic season'd with pepper & salt make up some forcemeat.

Lay some meat at y^e bottom of y^e pye. Then season it & put in a layer of forcemeat. Then some meat & so on till y^e dish is full, the whole being season'd with six spoonfuls of pepper & salt.

GREEN GOOSE PIE.—Bone two young green geese, of a good size; but first take away every plug, & singe them nicely. Wash them clean; & season them high with salt, pepper, mace & allspice. Put one inside the other; & press them as close as you can, drawing the legs inwards. Put a good deal of butter over them, & bake them either with or without crust; if the latter, a cover to the dish must fit close to keep in the steam. It will keep long.

GIBLET PYE.—2 pair giblets well clean'd. Put all but y^e livers in a saucepan, 2 quarts water, 20 peppercorns, 3 blades mace, sweet herbs & a large onion. Cover close. Stew till tender, then put y^e beef steak at bottom of y^e pye dish, being well season'd: then giblets & liver. Strain in y^e liquor y^e giblets were stew'd in, season'd with salt & pepper. Put on y^e crust & bake 1½ hours.

N.B. Add balls of flour & butter at bottom of y^e dish to thicken y^e gravy.

Mrs. Glasse.

LENGTH OF TIME FOR ROASTING FOR GAME

A Hare.—The time y^t 3 pints of milk & ½ lb. butter is basting.

Wild ducks.—Twenty minutes.

Teal, widgeon, etc.—15 minutes.

Woodcocks.—25 minutes.

Partridges, snipes.—20 minutes.

Pigeons.—20 minutes.

PHEASANTS.—Give them plenty of water. Small ones will take half an hour; large ones, three quarters. Stew some heads of celery, cut fine, thicken'd with cream, & a small piece of butter roll'd in flour. Serve with salt.

Pour it over the bird & garnish with lemon.

PERDRIX AU CHOUX.—Three old partridges; season y^m with mace, whole pepper & salt. Truss & tie y^m as for boil'd fowls, to which add skewering. Put into a stewpan some thin slices bacon; upon y^m put y^e birds, over y^m four ounces lard, four spoonfuls bouillon, three or four slices veal, like numbers of ham, or meat of black bacon, two bayleaves, four carrots slic'd, & four onions with two cloves stuck in them.

Blanch y^e cabbages; squeeze y^e water out of them & then cover over y^e birds with them. Let y^e whole simmer two hours; then, on serving up, squeeze y^e cabbages, strain y^e liquor from y^e birds, chop up y^e cabbage, veal & ham together, garnish y^e dish round with y^m, then put on y^e birds, over w^h pour y^e express'd gravy & so finish.

Cuifinier Royal.

WOODCOCKS, SNIPES AND QUAILS.—Keep good several days. Roast them without drawing, & serve on toast.

Butter only should be eaten with them, as gravy takes off from the fine flavour. The thigh & back are esteem'd the most.

SNIPES OR WOODCOCKS.—Boil y^m for ten minutes in y^e following gravy: put a pound of lean beef, cut small, into two quarts of water, with an onion, a bundle of sweet herbs, a blade or two of mace, six cloves, & some whole pepper. Cover it close; let it boil till half wasted, salt it, strain it off.

Cut the guts & liver small, & stew the former in a little of the gravy, with a blade of mace. Grate some crumb of bread into a clean cloth, put it into a pan with butter & fry it crisp, of a light brown.

When the birds are done, take half a pint of the liquor they were boil'd in, & add to y^e guts two spoonfuls of red wine, & a piece of butter roll'd in flour; set y^m on y^e fire, shaking y^e saucepan often, till y^e butter is melted; put in the fried crumbs, shake y^e saucepan again, lay y^e birds in y^e dish, pour your sauce over y^m, garnish with slic'd lemon & serve at once.

RUFFS AND REEVES.—Are skewer'd as quails; put bars of bacon over them, & roast them about ten minutes. Serve with a good gravy in the dish.

The first is the male, the latter the female; they are best at the latter end of May.

They are caught in nets, & then kept in boxes, & fed on the following food:—two tablespoonfuls of wheat, one penny roll, one teaspoonful of hemp-feed, & a tablespoonful of sugar, boil'd together in a pint of milk.

They are called *le Combattant*.

TEAL.—This is a delicious bird when fat, which they generally are after a frost. They must be trussed with care like ducklings. They will take about eight minutes to roast.

Serve with gravy, water-creffes, & lemon, separate, about six on a dish.

TO DRESS MOOR-FOWL WITH RED CABBAGE.—Truss the moor-game as for boiling; put them on with a little soup, let them stew for half an hour, cut a stock of red cabbage in four quarters, put it to the moor-fowl. Season with white pepper & salt, a little piece of butter rolled in flour. The addition of a glass of port wine is liked by many people. Lift out the cabbage, & place it neatly in the dish, the moor-fowl on it. Pour the sauce over them, & garnish with small slices of bacon fried.

CURLEW.—The little curlew, curlew Jack, or whimbrel; these birds are most in season in April. I have had them from Kent & Suffex of most excellent eating; they should be cooked like Teal.

BITTERN.—Many cooks confound this with the heron, but they are as different as possible, not only in appearance, although of the same species, but in flavour.

When fat, about October & November, this bird is exceedingly fine eating; it should be kept for three or four days, then cover'd with a slice of bacon, & roasted & serv'd with a sauce.

BUSTARD, GREAT OR LITTLE.—This is a bird which is now seldom sent to table. Its flavour depends much upon the country where it feeds. It should be stuffed & cooked like a turkey.

PIGEONS IN JELLY.—Pick two very nice pigeons; & make them look as well as possible by singeing, washing & cleaning the heads well. Leave the heads & the feet on, but the nails must be clipped close to the claws.

Roast them of a very nice brown; & when done, put a little sprig of myrtle into the bill of each.

Have ready a savoury jelly, & with it half-fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served in. When the jelly & the birds are cold, see that no gravy hangs to the birds, & then lay them upside down in the jelly. Before the rest of it begins to set, pour it over the birds, so as to be three inches above the feet. This should be done full twenty-four hours before serving.

This dish has a very handsome appearance in the middle range of a second course; or, when served with the jelly roughed large, it makes a side or corner thing, its size being then less.

The head should be kept up as if alive, by tying the neck with some thread, & the legs bent as if the pigeon sat upon them.

TO ROAST A HARE AND MAKE IT TENDER.—Having prepar'd it for y^e spit in y^e usual way, put it in a tongue-pickling pan & pour over it boiling salt & water.

Let it remain fifteen minutes & then roast it in y^e usual way, basting with cream being the most luxurious, if not with milk & butter.

Old hares are made tender & free fr blood by this process.

Probatum est.

HARE, TO ROAST AND SERVE.—For 15 minutes roast y^e hare with salt & water to draw y^e blood out: then with some hot milk till y^e hare is nearly done.

Take y^e milk away & baste with butter, & dredge well with flour whilst so doing, till there is a nice froth on y^e back of y^e hare.

SAUCE.—Cream with a little shallot or onion, which, when it boils, thicken with flour & butter.

Revd. Thos. Young's Wife.

SALT MEATS & SUCHLIKE

SALT MEATS & SUCHLIKE

TO COLLAR CALF'S HEAD.—Split y^e head & remove y^e brains. Boil till y^e bones will pick out. Before cold, season it with parsley, lemon peel, nutmeg, pepper & salt. Roll it tight in a cloth. Boil it gently again a little while. When cold keep it tight roll'd in a cloth dipp'd in vinegar. When wanted for table heat it through in water. Pour good gravy sauce over it with mushrooms in it. Thicken with some butter roll'd in flour.

It may be slic'd & heated in y^e gravy or eaten cold.

TO SALT BEEF QUICKLY.—Beef 28 lbs, salt 2 quarts. Lay y^e beef over a pan of water supported by 2 sticks to prevent y^e beef touching y^e water.

Then place y^e salt on y^e top of y^e beef, covering it entirely.

In 3 days' time y^e salt will have pass'd thro' y^e beef, & y^e meat is ready for cooking directly.

HAMBURG BEEF.—Rub y^e beef well 2 or 3 days with common salt. Then make a brine with 2 galls. water, 1 lb. ham sugar, 1½ lb. bay salt, 2 ozs. salt-petre. Boil & skim it & set it by cold. Put y^e beef into this 3 weeks, turning it every day.

When y^e beef is to be boil'd, soak it in water, warm, a couple of nights before.

Use 3 ribs of beef.

HUNTING BEEF (OR SPICE).—To a piece of y^e thick flank of about 8 lbs. put saltpetre, 2 ozs, Jamaica pepper, 2 ozs, black pepper, 2 ozs, salt, 6 ozs, spices, $\frac{1}{2}$ oz.

Rub y^e beef well with y^e saltpetre finely powder'd; turn it & let it lay 24 hours. Then take y^e peppers & salt well pounded, & rub y^e beef well all over. Let it lie in pickle 7 days. Turn & rub it each day, then lay it in a deep pan (earthern) & pour on it as much melted fat as will cover it, after which put a stiff paste over it of flour & water to keep in y^e steam, & put it in a *hot* oven five hours.

Note. Y^e oven must be *quite hot*.

Mrs. Henshaw, Bath.

TO SALT BEEF RED; WHICH IS EXTREMELY GOOD TO EAT FRESH FROM THE PICKLE, OR TO HANG TO DRY.—Choose a piece of beef with as little bone as you can (the flank is most proper). Sprinkle it, & let it drain a day: then rub it with common salt, saltpetre, & bay-salt, but only a small proportion of the saltpetre, & you may add a few grains of cochineal, all in fine powder. Rub the pickle every day into the meat for a week, then only turn it.

It will be excellent in eight days. In sixteen drain it from the pickle; & let it be smoked at the oven-mouth when heated with wood, or send it to the baker's. A few days will smoke it.

A little of the coarsest sugar may be added to the salt. It eats well, boiled tender with greens or carrots. If to be grated as Dutch, then cut a lean bit, boil it till extremely tender, & while hot

put it under a press. When cold fold it in a sheet of paper, & it will keep in a dry place two or three months, ready for serving on bread & butter.

THE DUTCH WAY TO SALT BEEF.—Take a lean piece of beef; rub it well with treacle or brown sugar, & let it be turned often. In three days wipe it, & salt it with common salt & saltpetre beaten fine; rub these well in, & turn it every day for a fortnight.

Roll it tight in a coarse cloth, & press it under a large weight; hang it to dry in a wood-smoke, but turn it upside down every day. Boil it in pump-water, & press it: it will grate or cut into shivers, like Dutch beef.

SAUSAGES.—Take six pounds of a leg of pork that has been slain 4 or 5 days. Cut it into thin slices; 3 parts lean to 1 of fat is best. Chop it as fine as possible: then add the seasoning following: salt $1\frac{1}{2}$ oz; pepper $\frac{1}{2}$ oz.; 2 nutmegs grated; allspice pounded $\frac{1}{2}$ oz. & a blade of mace do. Mix well & put into a pot for using as desired, only keep ye skins in salt & water & change this water every 2 days.

Note. To each pound of meat put one teaspoonful of powdered basil leaves & this makes a fine herb sausage in addition.

SKINS, TO PREPARE FOR SAUSAGES.—As soon as ye pig is kill'd cut ye skins into yard & half lengths. Then pour frequently salt & water thro' them to cleanse them. Leave them to seeth in salt & water till next day, when proceed as before in purifying them. Turn y^m inside out & scrape

them with a spoon, or if difficult to scrape, with a knife, till quite transparent. Some people scrape only y^e outside, & some scrape them inside & out.

Then leave them to seeth again in salt & water & so do for four or five days till the skins are altogether milk white: after which stuff in y^e sausage meat in y^e usual way.

Mrs. Buscall.

FRENCH SAUSAGES.—Equal parts fat & lean pork free from sinew. Chop it tolerably fine. Add knotted marjoram, parsley, chives & a few fine herbs, if relish'd; spices & salt to taste.

Some put in a tumbler of champagne, or other wine.

OYSTER SAUSAGES.—Mutton one pound; beef suet one pound; oysters, one pint; yolks of eggs four.

Scald the oysters. Cut off y^e beards & hard part. Chop them small & season them with pepper, salt & mace. Then mix y^m up with y^e yolks of eggs, mutton & beef suet chopp'd fine, & when got into y^e state of sausage meat put it into a pot & keep it for use, only rolling it up in y^e shape of sausages if skins are not used.

E. Thurlow.

HAM & TONGUES, HOW BEST COOK'D

(By a Lady of Kent with whom Kate's cook liv'd 12 years, & who was noted as the best possible curer & cooker of black meat in y^e country.)

TO COOK A HAM.—If of 10 lbs. (& so in proportion) put it on y^e fire in cold water. Let it heat gradually to y^e boiling point. Then let it instantly only simmer three hours.

TO BAKE THE SAME.—Cover it all over close with a flour & water paste. Put it in a vessel in y^e oven only moderately warm. Leave the oven door open for a time, so as to heat y^e ham gradually. Bake it till y^e crust begins to crack, which is a sure sign the ham is cook'd, as the skin of y^e ham is then crack'd under; perhaps 2½ hours.

TO BOIL A TONGUE.—Put a large siz'd tongue in cold water, with plenty of pieces of any sort of fat or good grease, on the fire, & simmer it gently seven hours: a small tongue in same proportion of time. The fat mellows it.

TO BAKE A TONGUE.—Cover it well with a flour & water paste. Put it in a vessel to bake. Leave y^e oven door open at first, so that the tongue may heat by degrees. Then bake a tongue of large size, five hours.

COOKHAM, BERKS., RECIPE FOR MAKING BACON.—The Bacon wh I saw here was most magnificent, fr off a hog wh weighed 25 ft. 10 lbs.; was 5 in. thick.

Cut y^e hog into 2 flitches, each of wh includes y^e legs. Pound 1 lb. saltpetre & sprinkle it on both sides y^e flitches y^e night of cutting up. Leave it so till next day. Then rub it well in.

Take about 12 lbs. common salt. Rub in y^e same once a day for ten days, after wh rub it every other day for 3 weeks. Then wrap it in paper & place it in a dry but not warm situation.

If this sh^d be troublesome in summer, put it into clean wheat straw & cut for use.

Got fr y^e place.

OLD HAM ECONOMISED & MADE A FRIANDE DISH.—Take about 2 ozs old ham free fr skin & fat. Shred it fine. Beat a small blade of mace in a mortar & when in powder add y^e ham & beat all together with a tablespoonful of thick cream. Heat it well over a clear fire in y^e smallest size saucepan.

Toast a slice of bread, & butter it when it is hot. Spread the beaten ham upon this *thick*. Put on it a few bread crumbs, on w^h put some small bits of butter here & there. Salamander it, & serve up directly.

Excellent.

TO COOK A HAM.—If an old ham, bury it 3 or 4 days. If a new one of y^e year put in luke warm water over y^e fire & so remain till it simers. Let it simmer very slowly, & when a skewer will pass thro', it is done enough. Use plenty of water. 10 lbs. ham takes 3 hours.

Cooke.

MUTTON HAM.—Choose a fine-grained leg of wether-mutton, of twelve or fourteen pounds weight. Let it be cut ham-shape, & hang two days. Then put into a stewpan half a pound of bay-salt, the same of common salt, two ounces of saltpetre, & half a pound of coarse sugar, all in powder; mix, & make it quite hot: then rub it well into the ham.

Let it be turned in the liquor every day. At the end of four days put two ounces more of common salt. In twelve days take it out, dry it, & hang it up in wood-smoke a week. It is to be used in slices, with stewed cabbage, mashed potatoes or eggs.

TO PICKLE TONGUES.—Cut off y^e roots but leave a little kernel & fat. Sprinkle with salt & leave sloping in a dish to drain till next day. Then for each tongue mix together ham sugar 4 ozs., pounded juniper berries 3 spoonfuls; rub well in with y^e hand & leave 2 days. Then take Southwold salt 4 ozs. saltpetre $\frac{1}{2}$ oz. & a small piece of sal prunelle, all pounded together; $\frac{1}{2}$ pint of stale porter.

Rub these all in for a week & then smoke.

WESTPHALIA HAMS.—Remove all blood & let the hams be first beaten, & well rub every ham all over with 4 ounces of saltpetre. The next day put bay, common salt & coarse sugar, of each half a pound, $\frac{1}{2}$ oz. sal prunelle, 4 oz. juniper berries into a quart of stale strong beer or porter, adding the like quantity of these ingredients for every ham to be done at y^e same time. Boil this & pour it boiling hot on y^e hams. Rub it until milk-warm.

Let them lay in this pickle a fortnight, rubbing them well with your hands & turning them twice a day. Then put on sawdust & smoke them three days over a fire of sawdust, & then fourteen days over a wood fire.

This recipe purported to a 14 lb. ham.

My Aunt. Probatum est.

MRS. WESTON'S BLACK MEAT.—For half a hog, or for a ham of 14 lbs.

Rub y^e flitch well with one pound of ham sugar, (do, the ham) & $\frac{1}{2}$ lb. of bruif'd juniper berries: for a face, half a pound of ham sugar.

Let them remain two days, then rub the flitch or ham with two ounces of saltpetre: the face with one ounce. Let them remain two days more,

then rub the flitch or ham all over with two pounds of large Southwold salt: the face with one pound.

Turn & baste them well every day for a month, rubbing a little fresh salt over them once a week: but this sh^d be done sparingly.

Before hanging up to smoke let them drain about an hour.

Then rub them all over with bran & smoke them.

Keep in a tub with plenty of malt combs, so that they do not touch each other. Once a month brush off all the combs & scrape off any moist lumps that may stick to them. Dry the combs & place the meat again as before.

Before cooking put the meat overnight in cold water.

P.S. With the ham sugar I sh^d always rub in to each ham half a pound of pounded juniper berries as is done in Germany. It increases y^e fine flavour.

Excellent.

MOCK BRAUN.—Boil a pair of neat's feet very tender; take the meat off, & have ready the belly-piece of pork salted with common salt & saltpetre for a week. Boil this almost enough; take out any bones, & roll the feet & the pork together. Then roll it very tight with a strong cloth & coarse tape. Boil it till very tender, then hang it up in the cloth till cold; after which keep it in a soufing liquor, as is directed in the following:

SOUSE FOR BRAUN, & FOR PIG'S FEET & EARS.—Boil a quarter of a peck of wheat-bran, a sprig of bay, & a sprig of rosemary, in two gallons of water, with four ounces of salt in it, for half an hour. Strain it, & let it get cold.

VEGETABLES & SALADS

VEGETABLES & SALADS

SALLADE.—3 onions; 2 cucumbers; 3 apples, rinds & core removed; 1 tablespoon India soy; 1 do. Chilli vinegar, 2 do. common vinegar; 4 chillies; 1 teaspoonful Cayenne pepper; 1 do. salt; all chopp'd fine, & put into a pot well cover'd with bladder.

Hatchlands.

FRENCH SALAD.—Chop three anchovies, a shallot, & some parsley, small; put them into a bowl with two table-spoonfuls of vinegar, one of oil, a little mustard & salt. When well mix'd add by degrees some cold roast or boil'd meat in *very thin* slices; put in a few at a time, not exceeding two or three inches long.

Shake them in the seasoning, & then put more; cover the bowl close, & let the salad be prepar'd three hours before it is to be eaten. Garnish with parsley, & a few slices of the fat.

SALAD.—1 saltspoonful of pepper, 1 do. of salt, 3 spoonfuls oil, 1 of vinegar, burnet, chevril, chives; a little tarragon, eggs boil'd hard in quarters.

Comtesse Fietag.

FULLER'S SALAD.—Take y^e yolk of three raw eggs; beat y^m up with sufficient salt & mustard. Then add five spoonfuls of oil & two of cream, with vinegar to taste.

ITALIAN SALAD.—Two spoonfuls mustard, 2 yolks eggs raw, salt & a little pepper. Mix these smooth together, add little by little a spoonful vinegar, rubbing it round smooth. Then little by little in a small stream 4 spoonfuls oil. A little sugar w^d round it on y^e palate.

Probatum est. Napoli, 1841.

POTATOES

72 lbs of potatoes has yielded one gallon of pure & one quart of below proof spirit, y^e pleasantest that can be drank.

Dr. Anderfon, Bath.

The farina of potatoe is obtain'd by grating the root into clear spring water, where it sinks to y^e bottom. The liquor w^h is left is good for cleaning silk, cotton & woollen goods, as also painted wainfcots.

Mrs. Morris, Middlesex Hospital, 1807.

The farina is us'd for starch, but y^e lady above says it is an excellent substitute for tapioca in soupe & milk. It is well known as y^e best thing of w^h to form soufflés, & is sold under y^e name of *fécule de pomme de terre* at 4s. per lb.

Potatoes boil'd down to a pulp & pass'd thro' a sieve is very fine as gruel, & excellent for calves or pigs. An admirable size is prepar'd from potatoes, better than any other for distemper coloring, as it always preserves its whiteness.

Philips.

POTATOES, HOW BEST TO COOK.—Chuse potatoes of equal size, put y^m in a pot without a lid, with water just sufficient to cover y^m, as potatoes give out water in cooking & being boil'd without a lid they do not crack.

When y^e water nearly boils, pour it off & replace it by cold water well salted. The cold makes y^e heat go from y^e surface to y^e heart of y^e potatoe & thus makes it mealy.

A fork ascertains their being done enough.

Then strain off y^e water & let y^m stand fifteen minutes to dry near y^e fire.

MASH'D POTATOES.—Boil y^e potatoes or steam y^m, peel & mash y^m. To 2 lbs. potatoes put 1 pint milk. Mix well; then add 4 ozs. butter, well stirr'd in, & serve up hot. Salt to taste. No lumps.

POTATOE CHIPS.—Pare y^e potatoes thin. Cut in slices one inch thick. Then pare each slice round & round as thin as possible without breaking.

Throw it into water as it is cut, till you have cut as much as is wanted. Then dry it in a cloth, after w^h it is ready for frying.

GREEN PEAS A LA FRANCAISE.—Put in y^e casserole some sweet good lard or butter; add some chopp'd parsley & a little sugar & salt. If y^e peas are naturally sweet, no sugar.

Put y^m on y^e fire, & when cook'd add a thickening of a yolk of egg or some rich gravy as most preferr'd. Serve up hot.

M. Comartin.

RAGOUT ONIONS.—Fry 4 good siz'd onions in 2 ozs. butter till brown. Then dust flour over y^m to soak up y^e butter. Put y^m in a cover'd saucepan with weak stock enough to cover y^m. Stew them gently till tender (perhaps 4 hours). Then, having put them in a dish, glaze them.

Stew y^e liquor in w^h they were cook'd to a glaze also, & pour it over y^m for sauce.

A GREEN-BEAN PUDDING.—Boil & blanch old beans. Beat them in a mortar, with very little pepper & salt, some cream, & the yolk of an egg. A little spinnach-juice will give a finer colour, but it is as good without.

Boil it in a bason that will just hold it, an hour; & pour parsley & butter over.

Serve bacon to eat with it.

TO PRESERVE PEAS FOR WINTER.—Shell & put y^e peas into boiling water for three minutes. Put y^m in a sieve & when quite dry bottle them. Pour melted suet over y^e top of y^e peas.

Cork y^m down tight & keep y^m in a dark cellar.

KIDNEY BEANS FOR WINTER.—Put a layer of salt at y^e bottom of some vessel, then a layer of beans four inches deep. Sprinkle again with salt & then a layer of beans & so on till y^e jar is crāming full. Cover y^m over with a piece of bladder wetted & flatted, over this melted suet. Tie down close so as no air can penetrate & keep in a cellar till wanted.

TO DRESS CHARDOONS.—Cut y^m into pieces of six inches long, & put on a string: boil till tender

℥ have ready a piece of butter in a pan; flour, fry y^m brown ℥ serve.

Or tie y^m in bundles: ℥ serve as asparagus boil'd, on toast, ℥ pour butter over.

Or boil, ℥ then heat y^m up in fricasee sauce.

Or boil in salt ℥ water, dry, then dip y^m into butter ℥ fry y^m. Serve with melted butter.

Or stew y^m; boil as directed: tofs y^m up with a brown or white gravy; add Cayenne, ketchup ℥ salt. Thicken with a bit of butter ℥ flour.

STEW'D MUSHROOMS.—Put y^m in a saucepan in as much water as will cover y^m. Simmer y^m an hour ℥ a half till quite cook'd, ℥ that y^e water has nearly steam'd away. Then add cream, a dust of flour ℥ pepper ℥ salt to taste, ℥ serve up in a cover'd dish.

TRUFFLES.—The spots where truffles grow, seldom grow anything else, as their root destroys almost all other vegetation ℥ is mostly produc'd in grounds of a reddish loamy quality, buried about six inches in y^e ground. They must be slic'd ℥ dried soon after they are taken up, else they will be destroy'd by self generated worms.

SAUTE OF TRUFFLES.—Having well wash'd ℥ brush'd y^e truffles, thinly peel off y^e outside. Then cut y^m in slices ℥, having melted enough butter in a sauté pan, put y^m therein season'd with salt ℥ whole pepper.

Let y^e butter boil up 2 or 3 times ℥ in about 2 minutes y^e truffles will be cook'd.

Make a rich gravy sauce ℥ serve y^m up.

Cuisinier Rl.

PEA PUDDING.—Boil y^e peas till quite tender, then take y^m out y^e cloth & stir y^m well together with a good piece of butter & salt & pepper to taste.

Braid it quite smooth. Tie it up tight again. Boil it an hour longer & serve up.

SOUR CROUT.—Cut large white cabbages, when in season, in halves, & then in slips; wash & drain y^m. Put a layer of salt, then a layer of cabbage, afterwards pounded & sifted coriander seeds, & so on alternately; when the tub is nearly full, put a weight over to press it well, & set it in a cold dry place, cover'd with a coarse cloth. When wanted put some of the cabbage into boiling water over a fire for five minutes, & strain it.

Have ready some pieces of salt beef, of a quarter of a pound each, nearly boil'd enough, & pieces of pickl'd pork of the same number & weight.

Put y^m into a stewpan, add y^e cabbage, fresh butter, vinegar, onions slic'd thin, whole pepper, allspice, & mace, tied in a cloth. Stew all till tender, take out the spices, season y^e cabbage with Cayenne pepper, & serve with fried onions & fried sausages round the crout.

FRYING HERBS AS DRESSED IN STAFFORDSHIRE.—Clean & drain a good quantity of spinach-leaves, two large handfuls of parsley, & a handful of green onions. Chop the parsley & onions, & sprinkle them among the spinach.

Set them all on to stew with some salt, & a bit of butter the size of a walnut: shake the pan when it begins to grow warm, & let it be closely covered over a slow stove till done enough.

It is served with slices of broiled calves' liver, small rashers of bacon, & eggs fried; the latter on the herbs, the other in a separate dish.

LAVER.—This is a plant that grows on the rocks near the sea in the west of England, & is sent in pots prepared for eating.

Set some of it on a dish over a lamp, with a bit of butter, & the squeeze of a Seville orange. Stir it till hot.

It is eaten with roast meat, & is a great sweetener of the blood.

It is seldom liked at first, but people become extremely fond of it by habit.

PUDDINGS & SWEETS

PUDDINGS & SWEETS

SUGAR TO REFINE AND PREPARE

Having melted y^e sugar intended to be refin'd with as little water as may be, boil it over a charcoal fire, & from time to time put in a spoonful or more (according to y^e quantity) of water in w^h y^e white of an egg or eggs have been beaten. As long as discolour'd scum rises, so long must this process be repeated, & in y^e end, y^e whole will be refin'd for any culinary purposes whatever.

If soft sugar wants to be refin'd, boil it with lime water, which is better than common water as it makes it granulate finer & quicker.

In preparing sugar for preserves, etc., there are seven stages to be observ'd:—

1. *à la nappe*. When after clarifying it streams thickly over y^e skimmer.
2. *petit et grand lissé*. When it forms a short string under y^e finger & thumb on separation, it is y^e first; & when it does not break so soon, & leaves a drop without running, it is y^e second.
3. *petit et grand perlé*. Having boil'd it a little longer, if y^e string on separation of y^e finger & thumb acquires consistence, it is y^e first; & if y^e string will support itself it is y^e second.

4. *petit boulé*. When it acquires consistence under y^e thumb & finger on dipping it in water it is y^e *petit boulé*.
5. *grand boulé*. When on dipping it in water it forms little balls under y^e thumb & finger.
6. *petit et grand cassé*. After boiling a little more, touch y^e sugar with y^e thumb & finger, dip them in water & if on separation y^e sugar breaks & sticks to y^e teeth it is y^e *petit cassé*. After one boiling more if it breaks without sticking under y^e teeth it is y^e *grand cassé*.

In boiling sugar to y^e *cassé*, it will sometimes all at once grain. By putting to it a few drops of lemon juice or of vinegar this will be prevented. Also in taking sugar off y^e fire at this point, it is apt to burn by y^e extreme heat of y^e pan it is in, (on making barley sugar, spun sugar, etc.), w^h may be obviated by dipping y^e pan, on taking off, into cold water. It will thus stand some little time till pour'd off for making barley sugar upon y^e marble in y^e usual way.

7. *Caramel*. A few boilings more, & as soon as a slight odor is observ'd to rise, take off y^e sugar. It has then a reddish appearance & is caramel. A few boilings more & it would be burnt. This 7th stage is only us'd for burnt almonds, & to color sugars or fluids.

Paris, 1817.

RICE PUDDING.—Boil one quart of cream, put therein half a pound of sugar, three quarters of a pound of rice. When y^e rice is swell'd, melt therein a quarter of a pound of butter, to which add y^e

peel of a lemon minced, (& a little nutmeg). When y^e rice is cold, put to it four eggs, & also four more whites: but more if y^e rice is thick. Then butter a mould, wherein must be put at bottom some slic'd crumb of bread, wh^h is to prevent y^e rice from sticking to it. Put this into y^e stove oven half an hour before serving up, & do not turn it out of y^e mould till the pudding is going on Table.

THIS SAME AS A SOUFFLÉ.—Whip y^e whites of six eggs till in a froth, put these into y^e rice, & bake it immediately in a silver stewpan.

JOHN HALL PUDDING (INN HALL).—Macaroni 4 ozs, boil'd till tender in milk. Flavour it with bitter almonds. Cover a dish with three fourths paste & put at y^e bottom a layer of apricot marmalade & pour over the whole a rich custard to fill y^e dish withal.

Bake it 2 hours, turn it out. Spread y^e top with apricot jam & serve up.

BLANCMANGE.—Cream, one quart; isinglass, one ounce; sweet almonds (with seven apricot kernels) two ounces; well beaten; sugar to taste; a small piece of lemon peel. Put altogether on y^e fire. When it boils take it off & pass it thro' a sieve. Keep stirring it till it is almost cold & then add a glass of mountain wine.

Dip y^e mould in cold water & put in y^e blanc-mange.

My Grandmother.

FLUMMERY.—Put three large handfuls of very small white oatmeal to steep a day & night in cold

water; then pour it off clear, & add as much more water, & let it stand the same time. Strain it through a fine hair sieve, & boil it till it be as thick as hafty pudding; stirring it well all the time.

When first strained, put to it one large spoonful of white sugar, & two of orange-flower water. Pour it into shallow dishes; & serve to eat with wine, cyder, milk or cream & sugar. It is very good.

DROP DUMPLINGS.—Make a thick batter with half a pint of milk, 2 eggs, a little salt, & flour. Beat it well.

Have ready a saucepan with some milk & water boiling fast. Drop batter in with a spoon. Boil 3 minutes.

Drain on a sieve & serve up on a napkin.

Norfolk.

BATTER PUDDING.—Take a quart of milk; beat up six eggs & three whites. Mix with y^m the milk & six spoonfuls of flour & a teaspoonful of salt. Beat it well together & boil it an hour & a quarter. Pour melted butter over it.

Eight eggs & half a pound of currants will make a change if wanted.

BEGNETS.—Put 6 good spoonfuls flour, 2 yolks of eggs, a pinch of salt, do. of sugar, & four spoonfuls of olive oil into a basin. Add by little & little a tumbler of soft water.

Beat all together so that y^e flour & eggs sh^d work quite smooth. Then take y^e whites of 6 eggs, beat y^m firm to snow & mix y^m with y^e rest: but

take care to work y^m so as not to dissolve the solidity of the whites.

Drop small spoonfuls of this batter into the frying wire pan, one after the other, as the lard is boiling in the frying pan. When of a yellow color remove them, powder them with sugar & serve quite hot.

Note. If the lard does not boil, the begnet will be all imbibed with grease.

French cook at Wiesbaden.

WITH APPLES.—Pare 6 fine sweet apples. Cut them horizontally into slices of $\frac{1}{4}$ inch thick. Remove the centres by scoop, to have no core. Place y^m in sugar & rum.

Dip each piece in batter & fry as above.

COMMON PANCAKES.—Make a light batter of eggs, flour & milk. Fry in a small pan, in hot dripping or lard. Salt, or nutmeg, & ginger, may be added.

Sugar & lemon should be served to eat with them.

Or when eggs are scarce make the batter with flour & small beer, ginger, etc. Or clean snow, with flour, & a very little milk, will serve as well as egg.

FINE PANCAKES FRIED WITHOUT BUTTER OR LARD.—Beat six fresh eggs extremely well; mix when strained with a pint of cream, four ounces of sugar, a glass of wine, half a nutmeg grated & as much flour as will make it almost as thick as ordinary pancake-batter, but not quite.

Heat the frying pan tolerably hot. Wipe it with a clean cloth. Then pour in the batter, to make thin pancakes.

BOCKINGS.—Mix three ounces of buck-wheat flour with a teacupful of warm milk, & a spoonful of yeast. Let it rise before the fire about an hour; then mix four eggs well beaten, & as much milk as will make the batter the usual thickness for pancakes, & fry them the same.

CABINET PUDDING.—Butter a mould & in it stick some ston'd jar raisins in figure of a lozenge or otherwise. Then put in four old sponge biscuits, some macaroons & ratafias. Fill y^e mould with cold custard & let it boil one hour.

Serve up with wine sauce, add brandy & candied orange peel.

HASTY PUDDING.—Boil four bay leaves in a quart of milk. Beat up y^e yolk of two eggs & stir in a little salt with two or three spoonfulls of milk & stir y^m into y^e milk, with a piece of butter.

Boil up y^e milk once, stirring all y^e time. Then stir in as much flour with a wooden spoon as will make it of a good thickness, taking care that in so doing you make it smooth: when, pour it into a deep dish & stick pieces of butter here & there.

SPANISH PUDDING.—Boil a quart of new milk with a bay leaf or two & a bit of nutmeg. Then thicken it with flour. Put into it half a pound melted butter, a spoonful of rose water, & half a wineglass of brandy, or a whole one of wine, whichever is preferr'd.

Beat y^e whites of five eggs to a froth, & also y^e yolks apart from y^m. Then mix altogether & sugar it to taste.

Put a thin crust in y^e dish, pour in y^e pudding & bake half an hour.

Brandy is generally preferr'd in y^e pudding to wine.

Mrs. Peel.

LOUNDE PUDDING.—One pint cream, peel of one lemon, a very little mace, sweeten to taste. Boil about a quarter of an hour, then take out y^e mace & peel, pound them fine & put thro' a sieve into y^e cream.

Beat up y^e yolks of eight eggs, stir all together, put it in a shape of proper size.

Have ready a stewpan with boiling water that will hold it. Set y^e shape into y^e water, cover it quite close so as y^e steam cannot get in, boil it twenty-five minutes. Set it by to get cool. When nearly cold turn it into y^e dish it is intended to serve it up in, & before sending to table pour over it about half a pint of currant jelly just warm'd.

The shape sh^d be cold & firm w^h contrasted with y^e warm jelly makes it delicious.

E. Thurlow.

GOOSEBERRY PUDDING.—Coddle one quart green gooseberries, rub y^m thro' a hair sieve. Take six spoonfuls of y^e pulp, four eggs, quarter pound clarified butter, half pound powdered sugar, a little lemon peel shred fine & a little biscuit. Mix all together & bake y^m as a tart, with crust round y^e dish.

Excellent. Mr. Enfor.

MACEDOINE OR FRUIT SALAD.—Slice fruit of all sorts, add 4 ozs. pounded sugar. Mix up well at $\frac{1}{2}$ hour intervals till 2 p.m. Then add wine-glass sherry. Stir as before till serving.

Then add a wineglass of ice, pounded to size of peas. Mix up & serve directly.

Russian recipe.

STEWED PEARS.—Cover y^e pears with spring water & put y^m over a slow fire. Let y^m remain cooking till a *dint* can be made in y^m. Take y^m then out & dry y^m.

Peel y^m very thin & part y^m in halves. Take out y^e cores & save y^e pips. Boil y^e pips & peels in 3 pints water. Let it stand to settle.

Then take as much of y^e water as you deem sufficient & to 1 lb. pears put 1 lb. sugar. Put y^e pips with 4 cloves & a little cinnamon into a muslin bag with two pennyworth of cochineal, the juice & peel of two fine lemons.

When these, with y^e pears, have all stew'd one hour, add some brandy & continue to simmer y^m till quite clear & red, w^h will take about three hours more.

1 pint brandy to 9 lbs. pears.

Superb. Mrs. F. Enfor.

GOLDEN PIPPINS STEWED.—Take a quart of spring water; half a pound double refin'd sugar; pippins as many as the liquor will cover, having been previously peel'd & laid in cold water, but peel'd quite *smooth*.

As soon as y^e sugar & water begin to boil, put in y^e pippins & let y^m boil quick so as to be cover'd with a white froth.

As soon as they are clear, pour in y^e juice of a lemon & y^e peel cut in long shreds, & let y^e pippins boil a minute or two after.

Then take y^m out, & lay y^m single in a dish.

Let y^e liquor boil something longer & when y^e apples are quite cold, pour it over y^m.

The pippins are better for lying a day or so in y^e liquor.

Keep y^e peel in y^e syrup or it will lose its color.

My Mother.

ORANGE JELLY

Ifinglass	1 oz.
Seville oranges	3
Sweet oranges	1
Loaf sugar	8 oz.
Water	1 pint

Peel of two oranges rub'd on to the sugar.

Put y^e juice of y^e oranges & sugar together before you boil y^e ifinglass with y^e water. Pour the boiling water to y^e juice, strain it thro' a napkin & boil it again.

Très excellente. M^{me} Papillon.

SEVILLE ORANGE JUICE SYRUP FOR JELLIES, ICES, ETC.—Rasp 2 Seville orange peels, & squeeze the juice fr 8, & put with it y^e juice of 1 good fiz'd lemon. Mix it all with silver spoon. Then take 1 quart of fine syrup & boil to barley sugar point. Strain the juice thro' a fine sieve & mix it well with y^e syrup. Bottle it whilst warm. Cork & bladder it the next day.

Probatum est.

E. NORFOLK PLUM PUDDING

4 spoonfulls flour
 $\frac{1}{2}$ lb. currants
 $\frac{1}{4}$ lb. loaf sugar
4 eggs & some lemon peel
1 lb. Plums
 $\frac{3}{4}$ lb. fuet
 $\frac{1}{2}$ a nutmeg

Brandy 2 spoonfuls (or Rum is richer)

Mix all together & boil four hours. First mix eggs & flour, then plums & currants, then sugar, spice, etc., then brandy.

Flour a mould & put it in with a spoon.

KATE'S APPLE SOUFFLÉ.—Boil some rice in milk with lemon peel, some grated nutmeg & sugar, till soft enough to use as a lining to cover the inside of a soufflé dish.

Then make a rich marmalade of apples flavor'd with cinnamon & cloves & put it in y^e soufflé dish inside y^e rice.

Then make a strong whip of white of egg. Dust it with powdered sugar. Bake & serve up.
Delicious.

VELVET CREAM.—Dissolve 1 oz. isinglass in half pint sherry; the juice of 1 large lemon. Steep y^e peel of y^e lemon in y^e wine with as much loaf sugar as desir'd when y^e flavour of y^e peel is drawn out.

Let it stand till nearly cold. Then add y^e wine to one pint of cream, stirring it all y^e time. Then put it in a mould, & serve as usual.

Mrs. Armstrong.

LEMON CREAM.—Take 5 large lemons, pare y^m as thin as possible & steep y^m all night in 20 spoonfuls soft water with y^e juice of y^e lemons.

Then strain it through a jelly bag into a silver saucepan. Beat the whites of six eggs well & add with 10 ozs. fine sugar. Set it over a slow charcoal fire. Stir it all one way & skim it & when as hot as will just bear y^e fingers in, pour it in y^e glasses.

Mrs. Glasse.

SOLID SYLLABUB.—Rich cream, 1 quart; white wine (sherry) 1 pint; y^e juice of 2 lemons, the rind of one grated. Sweeten it to taste (6 ozs).

Take a fine large *chocolate mill kept for y^e nonce*, mill y^e cream till it is all of a thicknes & then put it in glasses in a cool place till next day.

TRIFLE.—Put two ounces macaroons, two ounces of Savoy biscuits & two ounces of ratafia cakes into y^e dish intended for y^e trifle. Grate some nutmeg over y^m & strew some lemon peel & bitter almonds cut fine on y^e cakes. Then pour in sufficient white wine to soften y^e cakes, & let y^m stand till y^e custard is made.

Take y^e yolk of four eggs, heat y^m on y^e fire & stir y^m till thick, but do not let y^m boil. When quite cold add one ounce of sweet almonds blanched & well beaten.

Pour half a glass of brandy over y^e cakes & let y^m stand till next day, but make y^e syllabub immediately.

SYLLABUB.—One pint of cream, lemon juice, a part of y^e peel, half a pint of white wine, & sugar to taste. Put it into a large bowl & whisk it.

Have ready, cover'd with muslin, a sieve upon a dish to lay y^e froth on as it rises. Let it drain till next day. Then take it off y^e sieve with a spoon & lay it all over y^e custard.

If it does not look smooth on ye top make some froth with a little sugar & cream.

Mrs. Yarrington.

ICE CREAM.—Pare & stone 12 apricots, scald them, beat y^m fine in a mortar, add to y^m 6 oz. refin'd sugar & a pint scalding cream. Work it thro' a sieve, put it in y^e freezing pot & set it in a tub of ice broken small, with 4 handfulls of salt mixed in y^e ice. When y^e cream, after turning with y^e hand in y^e usual way in y^e ice, grows thick round y^e edges of y^e freezing pot, stir it well, & put it in y^e ice again till quite thick.

Then put it in y^e mould out of w^h it is to be turn'd, with a piece of thin paper top & bottom. Put it into a fresh pail of ice & salt, cover it over & let it stand four hours.

When wanted dip y^e mould into cold spring water, wash off all salt, & turn y^e ice out into y^e dish intended for serving up.

Any fruit may be done in y^e same way.

IC'D SWEET PUDDING.—Lay dried cherries or jar raisins ston'd at bottom of mould. On y^m put slices of stale sponge cake $\frac{1}{2}$ inch thick soak'd in Noyau brandy. Then another layer of cherries & rough broken almonds: over y^m another layer of Noyau cake & so on till ye mould is 3 parts full.

Then pour in unboil'd custard, lukewarm, to fill ye shape. Cover it up hermetically. Bury it in ice & salt 2 hours.

Place $\frac{1}{2}$ pint custard on y^e ice in y^e meantime so as to get quite cold.

When y^e pudding is to be serv'd up dip it in milk-warm water. Turn it out on an ic'd dish & over it pour the cold custard, on w^h sprinkle some rough pounded almonds.

GERMAN PUFFS.—Cream, one pint; butter, half a pound; sweet almonds, an ounce & a half. Beat fine with a little rose water. Eggs four, leaving out two whites; spoonfulls of flour, two. Sweeten to taste. Bake y^m in small tart pans well butter'd; & for sauce, sugar, wine & melted butter.

Bake y^m in a quick oven.

Mrs Tooke.

MINCE MEAT.—Inside of a sirloin beef, free from skin & fat, two pounds; suet chopp'd fine six (or seven if lik'd richer); currants wash'd & pick'd, six pounds; raisins ston'd & chopp'd fine, two pounds; sugar two pounds & a half; almonds, pounded, one pound; apples chopp'd fine one pound; citron peel slic'd, six ounces; candied lemon, five ounces; orange peel candied, six ounces; peel of four lemons grated; mace, one ounce; nutmeg, one ounce; cinnamon, one ounce; cloves, half an ounce; salt at discretion.

Then put into a bottle a pint of red wine, a pint of brandy, & when the pies are to be made, mix some of this liquor in the meat for them.

Très superbe. My Mother.

MINCE MEAT WITHOUT BEEF OR BREAD.—Raisins six ozs.; currants do.; minced apples do.;

fuet fix ounces; fugar four ozs.; a quarter of a tea-
spoonful of falt; a quarter of an oz. of orange, of
lemon & of citron peel; a quarter of y^e rind of a
fresh lemon minced; a quarter of a nutmeg; twelve
cloves & equal their way of cinnamon & mace.

Half a wine glafs of brandy & half a do. of
sherry.

Lady Jane Wodeh'se.

SPINNACH CREAM.—Beat y^e yolks of eight eggs
with a wooden spoon or a whisk. Sweeten y^m a
good deal; & put to y^m a stick of cinnamon, a pint
of rich cream, three quarters of a pint of new milk.
Stir it well. Then add a quarter of a pint of
spinnach-juice. Set it over a gentle stove, & stir
it one way constantly till it is as thick as hafty
pudding.

Put into a custard-dish some Naples biscuits, or
preserv'd orange, in long slices, & pour y^e mixture
over y^m.

It is to be eaten cold; & is a dish either for
supper, or for a second course.

MARROW PUDDING.—Take a quart of cream
or milk, a quarter of a pound Naples biscuit. Put
y^m in a saucepan to boil. Then take y^e yolk of
eight eggs, y^e whites of four; beat up very fine;
a little moist fugar & some marrow chopp'd fine.

Mix all well together & put y^m on y^e fire.
Keep y^m stirring till it is thick. Then take it off
y^e fire & keep stirring till it is cold.

When almost cold, put in a small glafs of brandy,
one of sack & a spoonful of orange flower water:
then, having a dish rim'd with puff paste, put therein
y^e pudding. Sprinkle some currants that have been

well wash'd & rubb'd clean in a cloth, some marrow cut in slices, & some candied lemon, orange & citron cut in shreds.

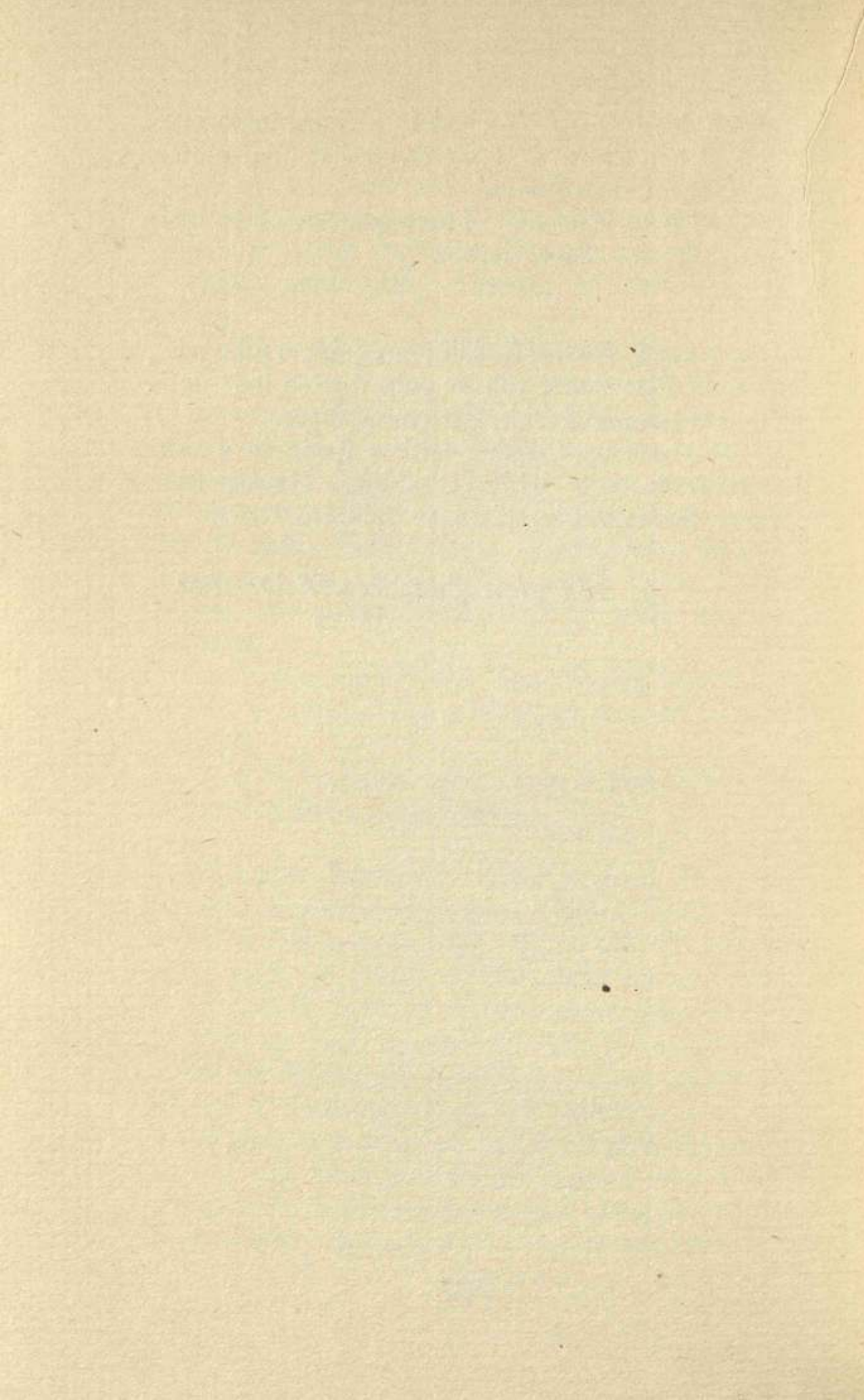
Send it to y^e oven. Three quarters of an hour will bake it. Serve it hot.

Mrs. Glasse.

QUINCE CAKES.—Coddle some quinces till tender, pare & slice them, rub y^e pulp thro' a hair sieve. To one pound of fruit, one pound sugar.

Beat both up together with a spoon in a basin until it be quite white & thick. Having some paper shapes ready, place y^e mixture therein & dry in a stove.

My great g'mother's. A.D. 1694



PRESERVES OF FRUIT, &c.

PRESERVES OF FRUIT, &c.

MEDLAR, LIKE GUAVA JELLY.—Take any quantity of medlars when they are quite ripe. Put them in a preserving pan with as much water as will cover them. Let y^m simmer gently till they become a pulp. Then strain the liquor thro' a jelly bag till quite clear.

To every pint of liquor take $\frac{3}{4}$ lb. fine sugar. Melt it down in y^e preserving pan to a thin syrup.

Then boil it all together for two hours, or till it is found to jelly stiffly, & put it in preserving glasses or small pots well warm'd to receive it. Cover with paper while quite hot.

Note. Tie y^e paper covers over y^e glasses or pots as soon as they are filled.

Mrs. Applewhaite.

TO SCALD CODLINS.—Wrap each in a vine-leaf, & pack them close in a nice saucepan, & when full, pour as much water as will cover them. Set it over a gentle fire, & let them simmer slowly till done enough to take the thin skin off when cold. Place them in a dish, with or without milk, cream or custard; if the latter there should be no ratafia. Dust fine sugar over the apples.

MUSCLE-PLUM CHEESE.—Weigh six pounds of the fruit, bake it in a stone jar, remove y^e stones,

℥ take out y^e kernels to put in. Pour half y^e juice on two pounds ℥ a half of good Lisbon; when melted ℥ simmered a few minutes, skim it ℥ add y^e fruit. Keep doing it very gently till y^e juice is much evaporated, taking care to stir it constantly lest it burn. Pour it into small moulds, pattypans, or saucers. Y^e remaining juice may serve to colour cream, or be added to a pie.

DAMSON CHEESE.—Take 12 lbs good Damsons. Put y^m in a large stone jar. *Bake y^m a day ℥ a night (Bain Marie better, tying a cloth over top.)* Strain them thro' a cloth into a preserving Pan. Add *two* Pounds of sugar to y^e juice. Put it on y^e fire ℥ keep stirring it till almost impossible to stir any longer. Have ready 9 or 10 little shapes. Dip them first in hot water, then in cold, ℥ without wiping them, pour y^e preserve into them as quick as possible as it cools very fast.

Great care must be taken to stir well as sh^d it boil quickly it will burn. With a good fire half an hour will boil this quantity.

Bullace may be done y^e same way.

Put in also a good many kernels fr y^e stones as it adds a great spirit to y^e cheese.

Instead of Baking prepare y^e fruit by y^e quicker ℥ more efficient mode of the *Bain Marie*.

Sugar. Some put more yⁿ two lbs ℥ some less. Y^e quantity must be judged by y^e Palate of y^e maker.

Probatum est.

BULLACE JELLY.—Put four pints bullaces into a quick oven or copper. Let y^m continue there till they give out one pint of juice. Strain it off

℥ to y^e juice put one pound of fine fugar. Boil twenty minutes, skimming it all y^e time. Then having slightly oil'd y^e moulds, pour y^e jelly in.

Probatum est. Mrs. Ives.

APPLE JELLY.—Pare 8 large apples. Boil y^m in water till tender. Then strain y^m ℥ to a pint of this liquor put y^e juice of two lemons ℥ their rinds, par'd very thin: fugar to taste, one oz isinglass.

Boil ℥ skim it about 15 minutes. Then strain it thro' a tammy into y^e mould.

APPLE JELLY LIKE GUAVA.—Boil 20 large juicy apples in as much water as will cover them. When tender ℥ beginning to break put y^m in a jelly bag ℥ let y^e liquor run off quite clear. Squeeze y^e bag a little, but take care y^t none of y^e *pulp* passes through.

To every pint of this liquor put one pound loaf fugar, boil'd to a syrup ℥ clear'd. Then let y^m boil together till y^e mixture jellies, w^h may be known by dropping some on a plate. Add a little lemon or lime juice, in proportion of 1 lemon to quart of jelly.

Peel ℥ cut into shred some of y^e lemon or lime peel. Boil this till soft in water ℥ then add it (after drying it well in a cloth) to y^e jelly. Then let y^e whole boil a few minutes, stirring it *well all y^e time* ℥ then put it in pots.

Note. The apples must be free f^r specks ℥ redness ℥ *not* par'd, only well wash'd.

Very old recipe.

APRICOT GREEN PRESERVE.—Put y^e apricots in water on y^e fire. Boil y^m until tenderish, remove

y^m fr y^e fire & throw into y^e water a little falt, to make y^m green, a quarter of a teaspoonful to a pint of water.

Return y^e apricots on y^e fire & simmer y^m till a pin's head can *just* penetrate y^e skin, but no more, or they will be mashy by further boiling in sugar.

Put y^m now in cold water & when quite cold strain y^m off.

Put some clarified sugar on y^e fire & when it boils put in y^e apricots & give y^m twenty boilings up. Then remove y^m fr y^e fire for 3 or 4 hours. Skim y^e sugar & strain off y^e syrup from y^e apricots. Put y^m in preserving pots or glasses.

Put y^e sugar on y^e fire again. Boil it to y^e *grand nappé* & pour it over y^e apricots. Tie down with bladder when cold.

Excellent for winter dessert.

MODE OF PRESERVING CITRON, ETC.—Soak y^e peels 9 days in salt water strong enough to bear an egg, changing y^e water every other day. Then put y^m in cold water on y^e fire & let y^m come to a boil. Change then y^e hot water immediately for cold & come to a boil again. This must be repeated 4 times a day for 3 days.

Put one pound sugar to a quart of soft water & simmer with white of egg till clear. Set this by till milk warm. Put in the peels & simmer again about 5 minutes. Set y^m by till next day. Repeat this 3 days & then leave y^m to soak for 3 or 4 days *cold*.

Then boil sugar to a candy. Put y^e peels therein. Simmer 5 minutes or till they look clear, after which either glaze or put y^m by in the syrup till wanted to dry, or eat as wet sweetmeat. If

glaz'd, boil them to fugar again when, if put in the fcreen, a ftove or y^e fun they will become dry fweetmeat.

CHERRIES, TO DRY.—Cherries, twelve pounds; fugar, fix pounds. Chufe y^e fruit quite ripe without being too much fo. Stone & ftalk y^m. Put y^e pulps into a varnish'd pot by layers, at firft a layer of cherries, then a layer of fugar till y^e pot be full. Leave y^e whole thus 48 hours for flight fermentation, after w^h put y^m into y^e pan & give y^m four boilings. Then put y^m to cool in a pot of varnish'd earth & leave y^m till next day, when they muft be laid on withies to dry by y^e heat of y^e sun, or if it can't be had, in a ftove or cool oven.

Cuifinier Royal.

GREENGAGES PRESERV'D.—Take fr tree fineft fruit but not quite ripe or specky. Lay vineleafs at bottom of cafferole. Put each greengage into a vine leaf & lay y^m in rows in cafferole till full. Cover y^m with leafs & then with foft water. Put y^m on a flow fire till foft.

Take a thin fyrup of 1 lb. fugar to a pint & half of water. Take greengages out of vineleafs & put in y^e fyrup when cold. Give y^m a gentle heat & fet by till next day, clofe cover'd to preferve color.

Give y^m a gentle boil for 2 days in this fyrup. Then take y^m out & put y^m in a ftronger fyrup made by clarifying fugar to requir'd thicknefs.

Set y^m bye for 2 days in a cover'd vefsel. Then give y^m a gentle boiling & afterwards, with a fpoon, one by one put y^m into y^e preferve pot to keep. Boil y^e fyrup & ftrain, & when nearly

cold pour it over y^e fruit & cover with paper, brandied, & bladder covers. They will be beautifully green.

Famous. Mrs. Patterfon.

APRICOT PASTE DRIED.—Chuse some fine apricots. Peel them. Remove y^e stones. As done, put y^m in fresh water, & afterwards on y^e fire. Stir y^m up till in a marmalade. Then place y^m on a tamy to drain & when cold beat y^m up into a pulp, w^h must be reduced half by evaporation.

Place this in a china basin previously weigh'd, & against y^e pulp weigh an equal quantity of fine sugar. Boil this to y^e little *cassay* in y^e apricot water & into it turn y^e pulp, stirring it well all y^e time. Then place it again on y^e fire, w^h must be gentle.

Boil it & stir it till y^e bottom of y^e pan is seen. Then fill y^e moulds therewith. Smooth y^m with a knife. Powder y^m with sugar & put y^m in y^e oven.

Take y^m out next day, turn, powder & dry y^m again, & then the next day put y^m in tin boxes to keep.

DRIED APRICOTS ENTIRE.—Chuse fruit still firm tho' ripe. With a point of a knife make an incision on y^e top of y^e fruit. Then, putting y^e knife in at y^e stalk end, push out y^e stone.

Place as soon as done every apricot into cold water & after put y^m on y^e fire. As soon as y^e water begins to boil take off y^e pan & if one apricot is found to be more done yⁿ another, take with y^e skimmer those that are tender under y^e finger &

leave y^e others on y^e fire till they come to y^e same degree. Then put y^m all into fresh water & when cold strain y^m off.

Take equal weight of fugar. Boil it to the point when it forms a slight string between y^e finger & thumb, being y^e 2nd degree. Take y^e fugar off y^e fire & put in y^e fruit. Give it some few light boilings. Remove y^e fruit fr y^e fire, & leave y^m soaking till next day.

Next day:—Remove y^e fruit & boil y^e fugar to y^e 1st degree (*vide la nappe*). Whilst boiling pour it over y^e fruit. Y^e next day, removing y^e fruit, boil y^e syrup to the 3rd degree (*vide petit perlé*). Take it off y^e fire & put in y^e fruit & give it one boiling.

Next day take out y^e fruits & drain y^m. Place y^m on plates powder'd with fugar. Put y^m to dry in y^e stove. Then turn y^m, powder y^m all over with fugar & when quite dried put y^m in boxes with paper between each layer.

ORANGES DE CHINE AU LIQUIDE, OU GLACÉES.—Take green oranges y^e size of a walnut. Put y^m in water on y^e fire. Boil y^m till a pin's head will pass thro' y^m. Put y^m then in some fresh water & keep y^m in fresh water for four days, or more if tasting bitter, renewing the water three times a day (*ce qui leur fait perdre leur amertisme*).

Boil some fugar to y^e little lissé & when it boils throw in y^e oranges. Give y^m a boiling *covr'd* a few minutes. Skim y^m & pour y^m into a terrine or other like vessel.

The next day drain y^m from y^e syrup, & boil y^e fugar to y^e *nappe*. Then put in y^e oranges & give y^m a boiling cover'd.

Repeat this operation two days more, but at y^e last boiling of y^e fugar make it come to y^e *perlé*.

If y^e oranges are for liquid preserve, pour y^m, with y^e fugar, into y^e pots or glasse intended to keep y^m in. If *glacées* or dried, put y^e oranges upon some thing to drain, & dry y^m in a stove or gently heated oven, sh^d y^e weather require it. Put y^m in boxes in a very dry place.

N.B. Oranges *tournées glacées* are managed just y^e same, only chuse y^e oranges larger, & cut y^e peel off y^m adroitly with a sharp penknife, thin & very narrow.

TO PRESERVE BULLACES, DAMSONS AND PLUMS WITHOUT SUGAR.—Put y^e bullaces or damsons into stone jars full. Then pour upon y^m to y^e brim boiling water.

Have y^e bread just drawn fr^r the oven & into it immediately put y^e jars. Leave y^m two hours, or till it is found the fruit is done enough. Then set y^m by till cold & pour melted mutton fat over y^e tops & set y^m to keep in a dry cool place.

Probatum est. Worms.

PRESERV'D BOTTLE FRUIT.—Gather fruit in on a dry day. Bottle same day.

Shake it well into y^e bottles that they may be quite full. Cork so as to be perfectly air tight. Wire down y^e corks. Dip them in plaster Paris. place y^m in a kettle cold water, hay round their sides, & deep enough to cover y^e shoulders of y^e bottles.

Place y^e kettle on y^e fire. Cover with a wet cloth to prevent steam escaping. As soon as y^e water boils, take y^e kettle off y^e fire & let y^e bottle

remain till cold. Then dip y^e corks in luting & set in a cool place.

N.B. Select bottles with perfectly round mouths, as contributive to security in corking.

Mrs. H. Day.

CURRENT SYRUP.—Red currants, 3 lbs.; cherries, 1½ lbs.; raspberries 1½ lb.; pick'd & pass'd thro' a tammy. Set by in cellar 24 hours. Then pass thro' a jelly bag. To 1 pint juice 1 lb. sugar. Boil enough not to become syrup. Put in pint bottles.

Don't cork, but cover y^m with paper prick'd with pinholes.

Probatum est at Abbeville. Comtesse Fietag.

CHERRY RATAFIA.—Cherries 6 lbs. (morel best fort). Stone y^m, scatter a little loaf sugar on y^m, squeeze y^m so as to express y^e juice after being boil'd. To each pound of juice add one pound of sugar previously clarified.

Bruise y^e kernels & if not sufficient to give a fine bitter taste add some prussic acid such as is sold by chemist for flavouring sweets.

Boil it again & when at something below 212 (i.e. boiling point), add a pint of brandy to each pint of juice. Boil a minute longer, strain & when cool, bottle.

N.B. Alcohol in combination with sugar a little boil'd will not escape.

Sir Edwd. Stracey.

PINEAPPLE PRESERVE.—Cut y^e fruit in small pieces. Stew it 3 or 4 hours with sugar in a bain Marie (water bath) & express y^e juice & proceed as above.

ISINGLASS JELLY.—Isinglass, two ounces; boiling water three q'rs. of a pint. Let it stand all night. Then having warm'd it again, add y^e whites, whisk'd, of four eggs. Stir y^m in with y^e sugar & lemon juice.

Boil it 5 or 10 minutes without touching it at all. Then pour y^e whole into y^e jelly bag, & add white wine, half a pint.

GELATINE, HOW US'D.—Gelatine, 1½ ozs.; water, 1 quart; sugar, 6 ozs.; 2 lemons. Boil with y^e shell & white of 1 egg, whisk'd. Add, before passing y^e jelly bag, but not on y^e fire or near boiling hot, ½ pint sherry & some lemon peel.

Tried & succeeded, 1840

SCOTCH MARMALADE.—Take equal portions of sugar & oranges.

First soak y^e oranges in different waters during 4 days. Dissolve y^e sugar all night in water just sufficient to moisten it. Grate y^e rind of y^e oranges, cut y^m in halves, squeeze y^m, take out y^e pulp, scrape out y^e pulp from y^e pith & film, & put y^e pulp to y^e juice. Boil y^e skins of the oranges five or six hours till quite tender, *having previously remov'd y^e white of y^m.* (I prefer it left, as is often done by some. It makes y^e marmalade thicker & richer.)

If they can be pierc'd with a quill they are enough.

Cut y^e skins in slices & boil y^m with y^e juice.

Boil y^e sugar till quite clear. Put in y^e orange & boil y^m together about twenty minutes. Then put in y^e gratings & boil y^e whole a few minutes more.

Note. Keep y^e *gratings* close cover'd till us'd, else they will turn black.

Probatum est. Miss Robertson.

MARMALADE FOR MAKING PUDDINGS.—Take a dozen of Seville oranges or fresh lemons. If *oranges*, steep y^m in fresh water 4 days, changing y^e water each day. Then tie y^e fruit singly in cloths & boil them till tender, changing y^e water for oranges three times. *Lemons* require no change.

To every pound of fruit put one lb. of powdered sugar, first picking out carefully *every pip*. Beat y^e fruit in a marble mortar very fine, & as they are beaten remove y^e pith, w^h will separate. Put in pots without boiling, & tied down, will keep good two years.

Excellent. Mrs. David Colombine.

TO USE YE SAME.—Marmalade, 2 spoonfuls, the yolks of 5 eggs well beaten, 2 ozs. of sugar, 2 ozs. butter melted with a little water & flour. Beat these all together for 15 minutes, & put it in a dish with or without a layer at bottom of thin paste & bake in a brisk oven. Probatum est.

SUPERB ORANGE MARMALADE.—Boil y^e oranges, as they come fr y^e fruiterers, three hours & a half in water enough to cover them. Then take y^m out & weigh them.

Cut y^m up into ribbons, removing only y^e seeds.

To each pound of fruit add one pound & a half of pounded sugar & half a pint of water. Mix all together & boil briskly for half an hour. It is then ready to put into pots.

Lady James (Kate).

SAVOURY DISHES

SAVOURY DISHES

MACARONI.—Boil till tender in milk & water. Then put it in a stewpan with some cream & a little butter, w^h thicken, if wanted, with a little flour. If cheefe is added, grate a little into y^e stewpan with it, adding a little salt. Stew it for ten minutes over a gentle fire. Pour y^e macaroni upon a dish & over grate some more cheefe & salamander it of a light brown.

PLOVERS' EGGS.—Put some hay in y^e pan. Set y^e eggs on end. Pour cold water on y^m & when it begins boiling continue y^m on for 20 minutes. Then spread a napkin on a dish & lay y^e eggs on till next day, when they may be either eaten or pack'd up.

FONDU.—Boil $\frac{1}{2}$ pint cream & pour it over a good handful of bread. Let it stand & soak. Then add 2 ozs. of oil'd butter & half a pint of grated cheefe with y^e rind remov'd. Add 3 eggs well beaten. Put all these into a marble mortar: beat y^m well just before y^e fondu is put into y^e oven.

Bake it in a quick oven in a tin pan or plated mould, & serve up instantly when done.

Excellent. Mrs. Girling.

RAMAKINS.—Scrape a quarter of a pound of Cheshire, & ditto of Gloucester cheese, ditto of good fresh butter; then beat all in a mortar with the yolks of four eggs, & the inside of a small French roll boiled in cream till soft; mix the paste then with the whites of the eggs previously beaten, & put into small paper pans made rather long than square, & bake in a Dutch oven till of a fine brown. They should be eaten quite hot. Some like the addition of a glass of white wine.

The batter for ramakins is equally good over macaroni when boiled tender; or on stewed brocoli, celery, or cauliflower, a little of the gravy they have been stewed in being put in the dish with them, but not enough to make the vegetables swim.

FRITTATO ITALIANA OMELET.—Take y^e yolks of y^e eggs & beat y^m with milk. Beat y^e whites separate. Grate a little parmesan cheese into it & add pepper & salt, some chopp'd chives or onion, some parsley, a good piece of butter also, cut in small pieces. Beat y^m well all together & then, putting a spoonful or two of oil or some butter into y^e pan to prevent its sticking at y^e bottom, as soon as hot, pour in y^e frittato, adding y^e whites of y^e eggs & all the rest.

Stir it about even with a spoon in y^e pan & remove y^e egg from y^e sides to y^e centre, so as to make it an even thickness. This must be continued to be done till fit to turn. Then, covering y^e pan with a plate, turn it over to y^e other side & let that be done. But do not burn either side. As soon as finish'd roll it upon a dish & serve.

Pisa, March, 1841. Francesca.

CUDGERY, Breakfast Dish.—A teacupful of rice boil'd as for curry; same quantity of cold turbot or other fish; the hard boil'd whites of 2 eggs; the yolks of 3 do.

Cut y^e fish & eggs into dice & mix altogether with a little salt & Cayenne. Heat it in a stewpan & serve.

ROAST CHEESE, TO COME UP AFTER DINNER.—Grate three ounces of fat Cheshire cheese. Mix it with the yolks of two eggs, four ounces of grated bread & three ounces of butter. Beat the whole well in a mortar, with a dessert-spoonful of mustard, & a little salt & pepper.

Toast some bread, cut it into proper pieces, lay the paste as above thick upon y^m, put y^m into a Dutch oven cover'd with a dish, till hot through. Remove the dish, & let the cheese brown a *little*.

Serve as hot as possible.

MUSHROOM LOAVES.—Wash button mushrooms as for pickling. Boil y^m a few minutes in water, & put to y^m two spoonful of cream, butter roll'd in flour, salt & pepper.

Boil these up. Then fill your loaves, & do y^m as directed for oyster loaves.

OYSTER LOAVES.—Make a hole at the top of little round loaves to take out the crumb. Put some oysters into a stewpan with the liquor, & the crumbs that were taken out of the loaves, & a piece of butter. Stew them together, five or six minutes, then put in a spoonful of good cream, & fill your loaves.

Lay a bit of crust on the top of each, & put them in the oven to crisp.

PRESERVES OF MEAT, &c.

PRESERVES OF MEAT, &c.

TO POT BUTTER.—To every pound of butter add $\frac{1}{2}$ oz. salt, $\frac{1}{4}$ oz. salt petre & $\frac{1}{4}$ of loaf sugar. Pot y^m down in 12 lb. pots, & cover close fr^e air. It will be good in y^e spring.

ANCHOVY BUTTER.—Butter two ozs.; six anchovies, bon'd & pounded well in a mortar. Boil enough parsley to make it of a nice green color. Mix it all together & make y^m into pats to serve with cheefe.

George IV.

TO SEND CREAM BOTTLED.—Fill y^e bottle with cream. Cork it lightly, put it on a saucepan in water as a *bain Marie* & heat it. After w^h it will keep good some time.

Lord Hardwick had his cream always thus supplied in Town from Cambridgeshire.

CALVES' FEET JELLY.—Boil four calves' feet in one gallon of water till it shrinks to a quart, then strain it & let it stand till cold. Skim off all y^e fat, & take y^e jelly up clear.

If there be any sediment at y^e bottom, leave it. Put y^e jelly into a saucepan with a pint of mountain wine, half a pound of loaf sugar (12 ozs, better, I find), the juice of four *large* lemons.

Beat up y^e whites of six eggs with a whisk, then put y^m into y^e saucepan & stir all together till it boils. Let it boil for a few minutes.

Have ready a large flannel bag & napkin & pour it thro' till it runs clear. Then have ready a large china basin, in which y^e lemon peels, par'd extremely thin, have been previously put, & pour into it y^e jelly, to be broken up & us'd as wanted.

Mrs. Moy.

Mem. I put in $\frac{1}{2}$ Madeira, $\frac{1}{2}$ rum & when finished boiling a large glass sherry.

MEAT OR SAVOURY JELLY.—Get two cow heels. Cut & break y^m into small pieces. Immerse in water to cover y^m in a pan. Add to each pint water, 1 teaspoonful salt, & half of sugar, 2 bay-leaves, 4 ozs. slic'd carrots, 4 ozs. slic'd leek, 8 ozs. turnips, 4 ozs. celery, teaspoonful minc'd chevril & parsley, a small onion, 2 cloves, & 6 whole peppers.

Stew cover'd up, 6 hours, not allowing it to waste by steam. If it has, add water up to the proper quantity at first put on. Then pour it in a vessel to set by till next day when, having clear'd off y^e coat of fat, see y^e state of y^e jelly. If not stiff enough, boil it again till it is. Then, having whisk'd together whites of 4 eggs, & y^e shells, $\frac{1}{2}$ pint of water, 2 spoonfuls or more of tarragon vinegar & a glass of sherry, whisk y^e stock a few minutes and pour in the cleanings. Continue whisking 5 minutes until at the point to boil. Take it off y^e fire.

Taste if of a good flavour. Then pass it thro' a jelly bag till clear. Before it cools add a few

teaspoonfuls of soy, to give it a bright lustrous brown color, & set by for use.

POTTED MEAT.—Meat six ounces, 10 corns of allspice, large blade of mace, half of a nutmeg, six cloves, quarter of a spoonful of pepper, quarter of a spoonful of salt, two ounces of butter.

Probatum est. Mrs. Earl.

N.B. Half this quantity fills our Blue Pot.

TO POT PIGEONS.—Let them be quite fresh. Clean them carefully, & season them with salt & pepper. Lay them close in a small deep pan; for the smaller the surface & the closer they are packed, the less butter will be wanted. Cover them with butter, then with very thick paper tied down, & bake them.

When cold, put them dry into pots that will hold two or three in each, & pour butter over them, using that which was baked as part. Observe that the butter should be pretty thick over them, if they are to be kept.

If pigeons were boned, & then put in an oval form into the pot, they would lie closer, & require less butter. They may be stuffed with a fine forcemeat made with veal, bacon, etc., & then they will eat excellently.

If a high flavor is approved of, add mace, allspice, & a little Cayenne before baking.

TO POT SALMON.—Take a large piece, scale & wipe, but don't wash. Salt very well. Let it lie till y^e salt is melted & drained from it, then season with beaten mace, cloves & whole pepper. Lay

in a few bay-leaves, put it close into a pan, cover it over with butter, & bake it. When well done, drain it from the gravy, put it into the pots to keep, & when cold cover it with clarified butter.

In this manner you may do any firm fish.

TO POT HERRINGS.—After having cleaned them, cut off the heads, & lay them close in an earthen pot. Between every layer of herrings strew salt, but not too much: put in cloves, mace, whole pepper & pieces of nutmeg. Fill up the pan with vinegar, water, & a quarter of a pint of white wine. Cover & tie it down, bake it, & when cold, pot it for use.

TO POT PIKE.—Scale, clean, & cut off the head. Split it, & take out the chine bone; then strew over the inside some bay-salt & pepper. Roll it up round, & lay it in a pot. Cover, & bake it an hour; then take it out, & lay it to drain. When it is cold, put it into your pot, & cover it with clarified butter.

POTTED TROUT.—Cut off y^e heads & tails. Bone y^m, lay y^e halves in a deep dish. Sift over both sides of y^e fish 2 parts salt, 1 part saltpetre. Let y^m lie 3 days with bay leaves over & under. Then carefully pack y^m in a flat dish & as they are laid, sift over them & also within them a mixture of Cayenne & common pepper, allspice, cloves & mace.

Then bake it very slowly in a cool oven with a slight weight upon it to keep y^e whole firm. When cool, pour over it some clarified butter.

Mrs. Lee Warner.

TO POT LOBSTER.—Boil a live lobster in salt & water & stick a skewer in the vent, to prevent the water getting in. When cold, take out all the flesh, beat it fine in a mortar, & season it with beaten mace, nutmeg, pepper & salt. Mix all together. Melt a small piece of butter, & mix it with the lobster as you beat it. When beaten to a paste, put it into your pot, & press it down close.

Set some butter in a deep broad pan before the fire, & when it is all melted take off the scum, if any, & pour the clear butter over the fish as thick as a crown piece.

Your butter must be very good, or you will spoil all.

If you prefer it, you may put in the meat whole, with the body mixed among it, laying them as close together as you can, & pouring the butter over them.

TO MAKE SPRATS TASTE LIKE ANCHOVIES.—Salt them well, & let the salt drain from them. In twenty-four hours wipe them dry, but don't wash them.

Mix four ounces of common salt, an ounce of bay-salt, an ounce of saltpetre, a quarter of an ounce of sal-prunel, & half a tea-spoonful of cochineal; all in the finest powder. Sprinkle it among three quarts of the fish, & pack them in two stone jars. Keep in a cool place, fastened down with a bladder.

These are pleasant on bread & butter, but use the best for sauce.

FORCE MEAT AND GAME PIE.—Make a crust with 2 lbs. well dried & sifted flour. Rub into this 8 ozs. butter, till it becomes like crumbs of

bread. Then, having beaten 3 eggs & their whites, with a little water & a pinch of salt, add them & make y^e whole into a stiff paste.

Roll this out to y^e thickness of about $\frac{1}{4}$ of an inch & dress y^e shape in w^h y^e pie is to be bak'd withal.

Then make forc'd meat with $2\frac{1}{2}$ lbs. sausage meat previously season'd, to w^h add afterwards y^e spice seasoning below & a spoonful & a half of fine chopp'd leek. Beat this all in a marble mortar till it becomes like potted meat; then, having bon'd & well spic'd y^e game & fowls, put over y^e bottom crust of y^e pie a layer of bacon; then a layer of forc'd meat; then a fowl or y^e fowl cut in pieces; but beat the thick of y^e legs with y^e force meat, or lard them thro' & thro'. They will else be hard.

Fill up all y^e intervals with forcemeat & pieces of pork lard.

Put over a layer of game. Fill up the intervals as before, placing always pieces of bacon against y^e walls of y^e pie, to keep y^e interior moist; & so on till y^e pie is fill'd.

Cover y^e whole top with forc'd meat, & over that slices of bacon.

Place on y^e crust over y^e top. Make a chimney in y^e top. Surround this with a fillet of crust to serve as a handle afterwards, when y^e top is remov'd.

Yellow y^e top with beaten yolk of egg & a pastry brush, & ornament the whole with paste made of flour & water only, w^h, baking white, contrasts nicely with y^e crust y^t was yellow'd by y^e yolk of egg.

Garnish y^e pie round with white paper frill'd by being snip'd with scissors on the top.

Set it in a deep ragout dish with a napkin, smartly concealing y^e bottom; & with it serve up savoury jelly.

SPICE SEASONING FOR DO.—Allspice $\frac{1}{2}$ oz. nutmeg $\frac{1}{4}$ do., mace $\frac{1}{4}$ do., 24 cloves & 2 ozs. of y^e usual pepper & salt seasoning. Bake it.

FORCE FOR PIES.—Equal quantities of veal & fat of bacon, or of beef & bacon. Chop y^m together & season y^m with pepper, salt & allspice: but *no* herbs—w^h will *not* keep—if y^e pie into w^h it is to be put is requir'd for keeping: but otherwise add parsley, shallots & fine herbs, truffles, etc.

VEAL, FOWL OR FISH STUFFING.—Take bread in y^e usual quantity; grate it fine, & add one egg beat up, two ounces of fuet, a little nutmeg, white pepper & salt & mace. For pike, a little chive, shallot or onion sh^d be chopp'd in. (To 1 lb. bread crumbs, 8 ozs. fuet.)

Knotted marjoram, bayleaf powder'd fine, parsley or any fine herb may be added to taste. Add 1 oz. leek, chopp'd fine, & lemon peel.

Mifs Robertson.

TURKEY STUFFING.—Crumb bread, 8 ozs.; fuet, 4 ozs.; shallots chopp'd fine 2 teaspoons; powder'd herbs, 1 teaspoon; parsley do.; seasoning do.; 1 egg, $\frac{1}{4}$ nutmeg, & a blade of mace.

TO PRESERVE EGGS.—Water highly impregnated with lime will preserve y^m for two years. Some people put eggs in puddled lime & water, but y^e shells are often destroy'd, & y^e eggs render'd good for nothing.

Eggs may be also submitted twenty seconds to boiling water & then buried in sand.

PICKLES, &c.

PICKLES, &c.

COMMON LUTING FOR BOTTLES.—Black rosin, 3 ozs.; Bees wax, $1\frac{1}{2}$ ozs.; Clear mutton fat about $\frac{1}{2}$ oz. The fat combines it thoroughly.

VINEGAR A LA FRANCAISE.—Take a barrel of about eight gallons. Boil two quarts of vinegar, pour it into y^e barrel. Bung it up & roll it in such way that y^e vinegar may be disperf'd on all sides of it. Then fill half of y^e cask with wine of good quality (*vin de bonne qualité*) & leave it for eight days in a warm place. Then boil two quarts more of vinegar & add it to y^e wine: after w^h fill up y^e barrel with wine & place it in y^e store or other room (but *not* cellar). In a month it will be fit for use, but y^e longer it is kept y^e better. Put a wooden cock to y^e taphole & some straw in y^e bunghole instead of a cork.

Every time vinegar is drawn out add an equal quantity of fresh wine & if at any time need be to draw a large quantity & upon adding of wine y^e quality of y^e vinegar weakens, boil two more quarts of vinegar & add as before.

Wine that has turn'd four is best for use.

Mde. Aganson for 15 years kept a barrel always thus supplied, which each year became better.

De la maison de Campagne, Tours, 1826.

TO MAKE VINEGAR WITH THE PLANT.—Mix $\frac{1}{4}$ lb. treacle with 3 pints water, to which add $\frac{1}{2}$ lb. brown sugar. Make it smoothly fluid & put it in a round earthen vessel that will hold it well, having a rim round the top so you can easily tie down some brown paper over it.

Leave the vinegar plant to float on the top & having cover'd it up with the paper put the pan in a moderately warm place, & leave it thus six weeks. Then carefully remove the vinegar plant, pour off the vinegar, strain it thro' a sieve, boil, & when cool bottle it; & keep for use.

The young plant must be carefully remov'd from the old one with a spoon & immediately plac'd in the new mix'd fluid.

This vinegar is of the same delicate flavor as French white wine vinegar.

Probatum est.

GOOSEBERRY VINEGAR.—To each quart of fruit well bruif'd put two quarts of water. Let it stand 48 hours. Then strain it & to every four quarts of liquor put one pound coarse sugar.

Note. I put juice of grapes w^h have been cut in thinning y^e Vinery grapes, instead of water. Put it in a cask & set it under south wall in y^e full sun, or y^e Vinery perhaps w^d be better.

MY AUNT'S PICKLE.—Use cucumbers or melons. If ye latter, cut out two of the sections in one slice & with a teaspoon scoop out y^e inside, & wipe it well with a clean cloth. Put in a good deal of salt, & rub it well into y^e inside, so as to make it penetrate y^e substance. After y^e same manner rub

the sections which were cut out. Put it on y^e top of a sieve & let it drain.

In two days' time take some ginger, whole pepper, horse radish slic'd, mustard seed, garlic, shalots & a little cayenne pepper, & having scalded some vinegar pour it over & into y^e melons. Scald also y^e ingredients in a small quantity of vinegar to swell them, fill y^e melons or cucumbers as full as possible with them & sew up y^e sections cut out.

In 24 hours after, scald some more vinegar & pour it over y^e pickle. Use salt to taste.

ENGLISH BAMBOO PICKLE.—Cut the large young shoots of elder, which put out in the middle of May. The middle stalks are most tender. Peel off the outward peel, or skin, & lay them in salt & water very strong one night. Dry them piece by piece in a cloth.

Have in readiness a pickle thus made & boiled: to a quart of vinegar put an ounce of white pepper, an ounce of sliced ginger, a little mace & pimento, & pour boiling on the elder-shoots, in a stone jar. Stop close, & set by the fire two hours, turning the jar often, to keep it scalding hot. If not green when cold, strain off the liquor, & pour boiling hot again: keep it hot as before—or, if you intend to make Indian pickle, the above shoots are a great improvement to it: in which case you need only pour boiling vinegar & mustard-seed on them: & keep them till your jar of pickles shall be ready to receive them.

The cluster of elder flowers, before it opens, makes a delicious pickle to eat with boiled mutton. It is only done by pouring vinegar over.

INDIA PICKLE

Vinegar, best white wine	...	1 gallon
Long pepper	...	3 ozs.
Common pepper	...	1 oz.
Cayenne do.	...	1 drchm
Mace	...	$\frac{1}{2}$ oz.
Nutmeg	...	$\frac{1}{2}$ oz.
Ginger	...	4 ozs.
Cloves	...	$\frac{1}{4}$ oz.
Yellow mustard feeds	...	4 ozs.
Flour of do.	...	2 ozs.
Turmaric	...	1 oz.
Garlic	...	6 ozs.
Bay salt	...	2 ozs.
Common do.	...	1 oz.
Horfe radish	...	2 sticks.

Stir it every day for a week during wh time take cabbage, cauliflower, cucumbers, gerkins, radish pods, tomatoes, melons, peaches, nectarines, kidney beans, & cayenne pods. Salt y^m well for a week, turning y^m every day. Then wipe y^m dry with a soft cloth & put y^m in y^e pickle.

Mr. Burroughes' old Housekeeper.

PICKLED MUSHROOMS.—Cut y^e stalk off some small buttons. Rub y^e skin off with flannel dipp'd in salt. Throw y^m into milk & water.

When all done, drain y^m & put y^m in a stewpan with salt sprinkled over y^m. Cover y^m close, put y^m over a gentle stove for five minutes to draw off y^e water. Then put y^m in a coarse cloth to drain till cold. Fill some large mouth'd bottles with y^e buttons & fill up with white vinegar & a little mace.

TO DRY MUSHROOMS.—Wipe them clean, & of the large take out the brown, & peel off the skin. Lay them on paper to dry in a cool oven, & keep them in paper bags, in a dry place.

When used, simmer them in the gravy, & they will swell to near their former size; to simmer them in their own liquor till it dry up into them, shaking the pan, then drying on tin plates, is a good way, with spice or not, as above, before made into powder.

Tie down with bladder; & keep in a dry place, or in paper.

TO KEEP DRY MUSHROOMS.—Take large mushrooms, peel y^m & put y^m in a saucepan. Throw a little salt over y^m & let y^m boil in y^r own liquor. Put y^m in a sieve to drain. Then lay y^m on tin plates & set y^m in a cool oven.

Repeat it often till they are perfectly dry. Put y^m in a clean stone jar. Tie y^m down tight & keep y^m in a dry place for use.

TO PICKLE GERKINS.—Take five hundred gerkins. Put y^m in a pot, cover y^m with spring water, to every gallon of w^h two pounds of salt has been put. Leave y^m there two hours. Then boil with each gallon of vinegar half an ounce cloves, do. of mace, one ounce allspice, do. of mustard-seed, a stick of horse radish cut in slices, six bay leaves, a little dill, two or three ounces of ginger, a nutmeg cut in pieces, & a handful of salt.

Boil y^m all together & pour y^m over y^e gerkins. Let y^m stand twentyfour hours, & then put y^m on a gentle fire to simmer till green, but on no account let y^m boil: after w^h set y^m by till cold & cover

well with bladder & leather. Take y^m out with a wooden spoon.

Kidney Beans are pickl'd y^e same as gerkins.

NASTURTIUMS FOR CAPERS.—Keep them a few days after they are gathered; then pour boiling vinegar over them, & when cold, cover. They will not be fit to eat for some months; but are then finely flavour'd & by many preferr'd to capers.

TO PICKLE ONIONS.—Take y^e smallest onions; silver skin y^e best. When dry & fit to lay up for winter, put y^m in a pot of spring water with a handful of salt & let y^m boil up once.

Then strain y^m off, & take off of y^m three coats. Put y^m in a cloth, & let two people take hold of y^m & rub y^m backward & forward till dry. Then put y^m in bottles, with plenty of mace, cloves, ginger & a nutmeg cut in pieces, with also a good parcel of garlicks.

Boil up some double distill'd white wine vinegar with some salt, & when cold, pour it upon ye onions. Cork y^m close, & tie a bladder & leather over the bottles.

TO PICKLE WALNUTS BLACK.—Take some walnuts fullgrown, but before y^e shell is hard. Lay y^m in salt & water two days. Then put y^m in fresh salt & water two days more (2 lbs. salt to 1 gall water). Then in some more fresh three days. Put y^m now into y^e pickle jars. When half full put in a large onion stuck with cloves. To one hundred walnuts put half a pint mustard seed, of salt a quarter of ounce, of mace a quarter of ounce, half an oz. black pepper, do. of long pepper, half

an oz. allspice, six bay leaſs & a ſtick of horſe radiſh. Then fill y^e jar & pour upon y^m y^e boiling vinegar.

Cover y^m with a plate & when cold tie them down with bladder, & leather. In three months they will be fit to eat.

RED CABBAGE PICKLE.—Slice y^e cabbage very fine & croſſways. Put it on an earthen diſh, ſprinkle a handful ſalt over it, cover with another diſh & leave thus 24 hours. Put it then in a cullender to drain & lay it in y^e jar.

Take white wine vinegar enough to cover it, a few cloves, mace & allſpice, put y^m in y^e vinegar with a pennyworth of cochineal bruiſ'd fine. Boil it up & put it over y^e cabbage hot, or cold, as beſt lik'd.

If hot, cover it with a cloth till next day. Then tie it over with leather or bladder & brown paper.

Mrs. Glaſſe.

DELHI CHUTNEE.—Green apples, 2 lbs.; chilies pounded, or Cayenne pepper, 8 ozs.; brown ſugar, 8 ozs.; ſultana raiſins, 2 lbs.; garlic, 2 lbs.; green (or powder'd) ginger, 2 lbs.; ſalt, 1 lb. Pound each ingredient by itſelf, then mix y^m into a paſte with vinegar & keep 12 months before uſing.

Note. In India double y^e quantity of chilies are uſ'd; but this is too hot for Europe.

Note. If green ginger can't be had the powder'd goes twice as far in ſtrength.

Doveton.

CATCHUP.—Bruiſe y^e muſhrooms wh^h ſh^d be old & black. Add a ſprinkling of ſalt to each layer. Let y^m ſtand ſix days, ſtirring y^m each day. Then

strain off y^e liquor thro' a sieve or cloth. Add some cloves, mace, allspice, & slic'd ginger. Boil y^m up till half reduced, when cold put it into a bottle & add an equal quantity of port wine.

KETCHUP, TO KEEP FOR TWENTY YEARS.—Take two gallons of stale strong beer or ale, the stronger & staler the better; a pound of anchovies washed & cleansed; half an ounce each of mace & cloves; a quarter of an ounce of pepper; six races of ginger; a pound of shalots; & two quarts of flap mushrooms, rubb'd & picked. Boil these over a slow fire one hour; then strain the liquor through a flannel bag, & let it stand till cold; it must then be bottled & stopp'd close with cork & bladder, or leather.

One spoonful of this ketchup is sufficient to put to a pint of melted butter. It is, by many, preferr'd to the best Indian soy.

MOCK GINGER.—Take very large cauliflowers. First pick y^e flowers from y^e stalks, peel, throw y^m into strong brine for three days, drain, & put y^m in a jar. Boil white wine vinegar with cloves, mace, long pepper & allspice, half an ounce of each, forty blades of garlic, a stick of horse-radish, slic'd, a quarter of an ounce of Cayenne pepper, a quarter of a pound of yellow turmeric & two ounces of bay salt.

Pour it over y^e stalks boiling hot, cover it close till next day, then boil it again, & repeat it twice more; when cold, tie it down close.

SAMPHIRE.—Lay green samphire in a pan, & throw two handfuls of salt over it; cover with

spring water, & let it lie twenty-four hours, then put it into a saucepan, throw in a handful of salt, & cover with good vinegar. Cover close, & set it over a slow fire.

Take it off the moment it is green & crisp, for should it remain till soft, it will be spoiled. Put into the pickling pot, & cover it close. When cold, tie it down with a bladder & leather, & keep it for use; or it will keep all the year in a strong brine of salt & water.

Throw it into vinegar just before being used.

SAUCES

SAUCES

WHITE SAUCE FOR FOWLS, ETC.—Take a scrag of veal, necks of y^e fowls or any odds & ends. Put y^m into a stewpan with a blade of mace & a few whole peppercorns, one anchovy, one head of celery, four cloves of garlic, a slice of lemon, a quart of water & a bunch of sweet herbs. Let it boil till reduced one half; strain it, thicken it with flour & butter. Add a little nutmeg, & two spoonfuls of pickl'd mushrooms; simmer, but do not boil it, over y^e fire & pour it over y^e chickens.

Some add, with y^e flour & butter, y^e yolks of 2 eggs & a quarter of a pint of cream.

A GOOD WHITE SAUCE FOR FOWLS, ETC.—Boil 4 ozs. of rice in 1 pint of new milk. Add onion slic'd & seasoning. When done rub thro' a sieve. Then beat up a little cream with y^e yolk of an egg. Mix & warm all together & use.

SAUCE PIQUANTE.—Put in a saucepan a piece of butter as big as a hen's egg, half a spoonful of horseradish finely scraped, two shallots hash'd, salt & pepper, one spoonful salad oil. Mix y^m up & then add two hash'd gherkins & one spoonful of bouillon.

Give these one boil up & serve.

Tours.

SAUCE ROBERT.—Hash roughly six large onions. Put y^m in a saucepan with a quarter lb. of butter. Brown y^m equally & make y^m finer till cook'd. Then put in one spoonful flour, turn it a little, put in a tumbler of bouillon, some salt & pepper, cook it twenty minutes more. At y^e moment of serving up, add to it one spoonful of mustard.

PLUM SAUCE FOR ROAST PIG.—Boil some currants till soft. Then take some bread which has been soaking in boiling milk wherein was some mace; put into a saucepan with a glass of white wine & y^e currants, heat y^m together & serve up.

My Great Grandmother's, 1694.

A VERY FINE MUSHROOM SAUCE FOR FOWLS OR RABBITS.—Wash & pick a pint of young mushrooms, & rub them with salt, to take off the tender skin. Put them into a saucepan with a little salt, some nutmeg, a blade of mace, a pint of cream, & a good piece of butter rubb'd in flour. Boil them up & stir them till done; then pour it round the chickens, etc. Garnish with lemon.

If you cannot get fresh mushrooms use pickled ones done white, with a little mushroom-powder with the cream, etc.

GREEN SAUCE FOR GREEN GEESE OR DUCKLINGS.—Mix a quarter of a pint of sorrel-juice, a glass of white wine & some scalded gooseberries. Add sugar & a bit of butter. Boil them up.

THE OLD CURRANT SAUCE FOR VENISON.—Boil an ounce of dried currants in half a pint of water a few minutes; then add a small teacupful

of breadcrumbs, fix cloves, a glaſs of port-wine, & a bit of butter. Stir it till the whole is ſmooth.

TO MAKE PARSLEY SAUCE WHEN NO PARSLEY LEAVES ARE TO BE HAD.—Tie up a little parſley-feed in a bit of muſlin & boil it ten minutes in ſome water. Uſe this water to melt the butter; & throw into it a little boil'd ſpinnach minc'd, to look like parſley.

HORSE RADISH SAUCE.—Teaſpoonful muſtard, tableſpoonful vinegar, 3 do. thick cream, a little ſalt, as much horſe radish grated into it as will make it as thick as onion ſauce, & a little ſhallot & (if reliſh'd) garlic.

Probatum eſt.

TOMATOE SAUCE.—When y^e tomatoes are ripe put y^m whole into a gently warm oven. Let y^m remain there till ſoft as a roasted apple. Scrape y^e pulp from y^e ſkin with a ſilver ſpoon, carefully avoiding touching it with y^e fingers. Rub y^e pulp thro' a fine ſieve, but not y^e watery liquor.

Put to this as much Chili or comon vinegar as will make it of a proper conſiſtence, & to every quart of liquor put one ounce of garlic, two ounces of ſhallots, a ſmall quantity of ginger, all ſlic'd thin. Add what ſalt & cayenne is preferr'd.

Boil all together very gently till it is y^e thickneſs of cream. Strain it thro' a cullender, & bottle for uſe. If it ſh^d ferment, boil it a ſhort time again with a little more ſalt.

FENNEL SAUCE FOR MACKEREL.—Waſh & boil green fennel, mint & parſley, a little of each, till

tender; drain & press them, chop them fine, & add melted butter. Serve up immediately.

If the herbs mix long with the butter they will be discolour'd.

FISH SAUCE A LA CRASTER.—Thicken a quarter of a pound of butter with flour & brown it. Put to it a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty berries of black pepper & allspice, a few small onions, a faggot of sweet herbs (namely, savoury, thyme, basil, & knotted marjoram) & a little parsley & sliced horse-radish. On these pour half a pint of the best sherry & a pint & a half of strong gravy. Simmer all gently for twenty minutes, then strain it through a sieve, & bottle it for use.

The way of using it is to boil some of it in the butter while melting.

A VERY FINE FISH SAUCE.—Put into a very nice tin saucepan a pint of fine port wine, a gill of mountain, half a pint of fine walnut-ketchup, twelve anchovies & the liquor that belongs to them, a gill of walnut-pickle, the rind & juice of a large lemon, four or five shallots, some Cayenne to taste, three ounces of scraped horse-radish, three blades of mace, & two tea-spoonfuls of made mustard.

Boil it all gently, till the rawness goes off; then put it into small bottles for use. Cork them very close, & seal the top.

HARVEY'S SAUCE.—Take 12 anchovies, 2 heads garlic, 3 heads shallots, small teaspoonful of cochineal powder'd. Chop these well all together & very

fine; to them put two quarts vinegar. Boil all together till y^e anchovies are quite dissolved. Add then 5 spoonfuls walnut pickle & a teaspoonful of cayenne pepper. Boil them & let them stand 10 days in a cover'd jar & then pass y^e liquor thro' a lawn sieve & bottle for use.

Mrs. Knatchbull.

NONPAREIL FISH SAUCE (Freshwater).—Anchovies, 8 ozs.; catchup, 8 ozs.; walnut pickle, 2 ozs.; shallots, 2 ozs.; garlic, 2 blades; mace; scraped horse radish, 2 ozs.; 6 cloves. Boil the ingredients a few minutes gently & cover'd up. Set by cover'd 3 days & bottle for use.

Mrs. Hombury.

A GRAVY WITHOUT MEAT.—Put a glass of small beer, a glass of water, some pepper, salt, lemon-peel (grated), a bruised clove or two, & a spoonful of walnut pickle, or mushroom ketchup, into a basin. Slice an onion, flour & fry it in a piece of butter till it is brown.

Then turn all the above into a small toffer with the onion, & simmer it cover'd twenty minutes. Strain it off for use, & when cold take off the fat.

GRAVY TO MAKE MUTTON EAT LIKE VENISON.—Pick a very stale woodcock or snipe, cut it to pieces (but first take out the bag from the entrails) & simmer with as much unseason'd meat gravy as you will want. Strain it, & serve in the dish.

TO MELT BUTTER; WHICH IS RARELY WELL DONE, THOUGH A VERY ESSENTIAL ARTICLE.—

Mix in the proportion of a tea-spoonful of flour to four ounces of the best butter on a trencher. Put it into a small faucepan, & two or three table-spoonfuls of hot water. Boil quick a minute, shaking it all the time. Milk used instead of water requires rather less butter & looks whiter.

HOME BREWERY & WINES

HOME BREWERY & WINES

EXCELLENT CHEAP BEER.—Boil 8 galls water & when cool^d to 176°, or so hot as only to pain ye finger sharply when put into it, stir into it one bushel of ground malt; mash it three hours & then draw off. Then pour upon y^e grains 8 galls more water at 196° or rather hotter. Let it mash two hours & draw off. Then mash y^e grains with 8 galls more water. Let it stand one hour & a half & draw off. Then mix 28 lbs. treacle in 20 galls water, & having damp'd 2 lbs. hops, put y^e wort, treacle & water & hops all together for two hours, stirring it as long as y^e hops float. Then let it cool, & when about milk warm mix half a pint of yeast in about 2 gallons of beer. Stir it well. Leave it to work & then add it to ye whole quantity, cover it with sacks & let it work 24 hours. Then put it in y^e barrel, keep filling up, & in 3 days bung up. In 3 days draw it off into another barrel to clear it from what has been deposited like lees at y^e bottom of y^e barrel & which in bad cellars creates at all changes of re-fermentation.

N.B. In no case use *boiling* water.

	s. d.
1 Bush. Malt	... 9.0
28 lbs. treacle	... 8.2
2 lbs. hops	... 3.0
£1 : 0 : 2 or 1 $\frac{3}{4}$ per quart.	

Probatum est.

STRONG BEER, OR ALE.—Twelve bushels of malt to the hoghead for beer (or fourteen if you wish it of a very good body), eight for ale; for either pour the whole quantity of water hot, but not boiling, on at once, & let it infuse three hours close covered; mash it in the first half hour, & let it stand the remainder of the time.

Run it on the hops previously infused in water; for strong beer three quarters of a pound to a bushel; or for ale, half a pound. Boil them with the wort two hours from the time it begins to boil. Cool a pailful to add two quarts of yeast to, which will prepare it for putting to the rest when ready next day; but if possible put together the same night.

Tun as usual. Cover the bung-hole with paper when the beer has done working; & when it is to be stopped, have ready a pound & a half of hops dried before the fire, put them into the bung-hole & fasten it up.

Let it stand twelve months in casks, & twelve in bottles, before it can be drank. It will keep, & be very fine, eight or ten years. It should be brewed the beginning of March.

Great care must be taken that the bottles are perfectly prepared, & that the corks are of the best sort.

The ale will be ready in three or four months; & if the vent peg be never removed, it will have spirit & strength to the very last. Allow two gallons of water at first for waste.

After the beer or ale is run from the grains, pour a hoghead & a half for the twelve bushels, & a hoghead of water if eight were brewed; mash, & let stand, & then boil, etc. Use some

hops for this table-beer that were boiled for the strong.

When thunder or hot weather causes beer to turn sour, a teaspoonful or more, if required, of salt of wormwood put into the jug will rectify it. Let it be drawn just before it is drunk, or it will taste flat.

SOMERSETSHIRE MODE OF BREWING.—Very strong ale y^t will keep any length of time; & such is brew'd for y^t purpose at Dunstar Castle, y^e ancient seat of y^e Luttrels.

Malt, twelve bushels. Hops *seven pounds*, best Farnham. If other hops, there must be more (for each hoghead.)

Having got y^e required quantity of *good soft rivulet or rain water* into y^e copper, boil it & then let down into y^e mash Tub a fourth y^e quantity that is required for y^e malt about to be mash'd. As soon as y^e heat of y^e water is so pass'd off y^t on looking into y^e tub a person may see y^r face, sprinkle in y^e malt by degrees so y^t it does not clot. Reserve a peck to strew over y^e top.

Then stir y^e whole together. Strew y^e surface with y^e malt reserv'd, cover up & leave it for *two Hours*. Then add y^e *other half* of y^e water boiling from y^e copper. Stir it again, cover up & leave for an *hour & a half longer*.

Now draw off y^e wort from y^e mash-tub into a vessel w^h by measurement will contain y^e given quantity of ale requir'd and y^e overplus w^h will be wanted for filling up when y^e ale works.

If sufficient sh^d not run off, let down some boiling water f^m y^e copper into y^e mash tub & let it pass thro' y^e grains into y^e vessel. Whilst

drawing off y^e wort into y^e vessel, rub in y^e hops & be careful there are no lumps.

Now put y^e wort & hops into y^e copper, give it fifteen minutes quick boiling & then open y^e furnace door & boil it steady one hour. Then run off y^e beer from y^e copper, catching y^e hops in a sieve.

Add y^e barm as usual, & when cold Tun y^e beer. Then apply y^e yeast pipes & work y^e beer 3, 4 or 5 days according to y^e state of y^e weather. As it works, fill y^e Barrels with y^e beer y^t was reserv'd.

QUANTOX ALE, SOMERSET.—Malt 8 bushels, hops 4½ lbs. Boil rivulet or rain water. Let a portion of it into mash tub; when cool enough to see y^r face, sprinkle in y^e malt. Stir up well. Leave ½ hour, then add y^e remaining water. Leave to mash 4 hours cover'd up. Draw off & proceed as with Somerset ale.

Let it work as long as it will. Bung up & leave for 2 months, when *rack off into another barrel* to have it quite fine, & bottle in 3 or 4 months.

Probatum est.

TO REFINE ALE OR BEER.—Whites & shells 12 eggs, 1 oz. salt tartar, ½ oz. pearl ash, ½ oz. grains paradise bruif'd fine, & mix with these as much whiting as will make it of a thick paste. Roll this into small balls. Put these into y^e bung hole & stop down immediately.

In a few days thick & four beer will thus become pleasant.

The above is quantity sufficient for a hoghead.

Moore's Almanack, 1827.

MRS. HALL'S RECIPE FOR HOP BARM.—Boil two ounces of hops in two gallons water until y^e hops sink. Take four pounds potatoes boil'd & peel'd & rub y^m thro' a sieve with two quarts water. Add two tablespoonfuls of brown sugar to y^e above. Put it in a jar & leave it before y^e fire during twenty four hours, at y^e end of which time it will be fit for use.

Tours, 1826.

QUEEN ELIZABETH'S METH EGLIN.—Sweet briar leafs, one bushel; thyme, one bushel; Rosemary, half a bushel; bay leafs, one peck. Put these in about twenty gallons of water, & boil y^m fifteen minutes, after which, pour it thro' a fine cloth & to every gallon of Honey put one gallon of this liquor.

Then beat y^e whole together an hour's space, after which boil it as long as any scum rises. Then pour it off again thro' a cloth into a kive or tub & when of y^e proper warmth, put it into the Barrel, & work it with some yeast spread on a toast; & after, tun it up when done working & keep it twelve month before bottling.

Note. We found this fultomely rich, so put 2 gallons water to one of Honey. Bottle Meth eglin or Mead always in pint Bottles, as it gets flat when once uncorked.

Extract from an old booke of Sir Jno. Moore's.

SACK MEAD.—To every gallon of water put four pounds of honey, & boil it three quarters of an hour, taking care to skim it.

To every gallon add an ounce of hops; then boil it half an hour, and let it stand till next day:

put it into your cask, & to thirteen gallons of the liquor add a quart of brandy. Let it be lightly stopped till the fermentation is over, and then stop it very close.

If you make a large cask, keep it a year in cask.

SMALL MEAD.—Water six gallons, honey nine pounds. Beat y^e whites of four eggs & mix y^e ingredients when cold. Then put y^m on y^e fire, & skim while boiling. Having boil'd half an hour put it into a pot or kive, & when milk-warm work it with barm on a toast. When full working take out y^e toast & add y^e juice of a lemon and lemon peel to each gallon.

Next day rack it into clean bottles lightly corked. After three days put it into fresh ones clear from y^e sediment & cork for use in fourteen days.

Miss Blomefield.

MALT SPIRIT.—Mix one bushel three pecks barley grist, ground low, & two pecks & a half pale malt, coarse ground, with one barrel of rain water, at about 170° Fahrenheit. Take out a quarter of a barrel of wort & add to this sufficiency of porter barm to make it work, & when y^e remaining wort is cool'd down to 55° add three pecks more ground malt, mixed previously with a quarter of a barrel of warm water & put it to ferment with y^e second wort in a place whose temperature is from 66° to 72°.

In y^e course of 12 days y^e barm head will fall flat & y^e wash have a vinous smell. Work it over a slow fire.

Every 6 gallons of this wash ought to produce 1 gallon spirit at from 1 to 10 over proof.

BRANDY FROM MOLASSES.—Ferment treacle dissolved in water in a room or place of a temperature of 66° to 72° . If wine lees can be added, so much y^e better. At proof strength, if it has not sufficient vinosity, add some spirit nitre, & if y^e spirit has been distill'd by *gentle* heat, this makes it like French Brandy amongst ordinary critics & is excellent for confection of cherries & other preserved fruits or liqueurs.

POTATOE BRANDY EQUAL TO COGNAC.—Potatoes well wash'd, fifty pounds. Dress y^m by steam. Bruise y^m with a roller to powder. Take two pounds malt, ground coarse, steep it in luke warm water, pour it into y^e fermenting Bath, & pour on it six quarts Boiling water. Stir it about & throw in y^e potatoe powder. Stir it again till every part of y^e potatoes is well saturated.

Immediately four or five ounces of barm is to be mix'd with fourteen gallons of hot water sufficiently warm to make y^e whole when mixed of from 59° to 66° . Then add half a pint of good Brandy.

The fermenting bath must be plac'd in a room kept by means of a stove or otherwise to y^e warmth at a temperature of from 66° to 72° . The mixture must be covered & left to rest, & will rise in y^e vessel 6 or 8 inches for w^h allowance must be made on putting it in y^e bath. Leave it thus five or six days, when if y^e liquor is clear & y^e potatoes fallen to y^e bottom, decant y^e fluid & distil by vapour.

This ought to yield 3 quarts & upwards of Brandy & when burnt sugar is added to it, cannot be distinguished from French Brandy.

The residue is good for cattle.

ENGLISH GENEVA.—Juniper berries three pounds, proof spirit ten gallons, water four gallons. Draw off by a gentle fire till y^e faints rise. Make up y^e spirit to y^e required strength by water.

HOLLANDS.—Three pecks of fine ground malt, one peck & a quarter of rye meal. First mix y^e malt with y^e least quantity of cold water possible. When uniformly incorporated add boiling water enough to make into a thin batter. Then add barm in as small a quantity as maybe. On y^e third day add y^e rye meal prepared in a similar way, but not before it comes to y^e temperature of y^e fermenting mash, at y^e same time adding as much barm as at first, & set it in a room of from 66° to 72°.

The principal thing is to well manage y^e mashing & in rousing up y^e wash so as it may be diluted sufficiently not to burn at y^e bottom of y^e alembic.

Of the spirit thence obtained take twenty gallons proof. Juniper berries three pounds, oil juniper two ounces. Distil over a slow fire till y^e faints rise.

BRITISH WINE.—Unripe grapes, forty pounds, pick'd from y^e stalks. Bruise y^m in a mortar but do not break y^e seeds. Put y^m in a tub just covering y^m with water. At y^e end of y^e second day put y^m to press. Dissolve 36 or 40 pounds sugar in water sufficient to make y^e quantity ten gallons.

In two or three days draw off y^e liquor free fr sediment by a peg in y^e side of y^e tub near y^e bottom, & put it in y^e cask in y^e cellar. Put on y^e bung slightly at first but when safe drive it in hard, giving vent at y^e peghole.

Let it remain in y^e cask till March twelve month & then rack it off into a well sulphur'd cask containing lees of wine, or such substances as are intended to flavour it.

Let it remain another year. If necessary fine it, & bottle it off. Keep it in bottle two years, & it will be mistaken for foreign wine.

G.M. 1827.

COWSLIP WINE.—To every gallon of water, weigh three pounds of lump sugar. Boil the quantity half an hour, taking off the scum as it rises. When cool enough, put to it a crust of toasted bread dipped in thick yeast. Let the liquor ferment in the tub thirty-six hours; then into the cask put, for every gallon, the peel of two and rind of one lemon, and both of one Seville orange, & one gallon of cowslip-pips, then pour on them the liquor.

It must be carefully stirred every day for a week; then to every five gallons put in a bottle of brandy. Let the cask be close stopped and stand only six weeks before you bottle off.

Observe to use the best corks.

GOOSEBERRY CHAMPAGNE.—To every pound of gooseberries, full-grown but not color'd, well crush'd, add one pint *cold soft water*. Let y^m stand till they begin to ferment. Then press out y^e liquor & to every quart of it add one pound loaf sugar. Fill y^e cask *quite full* & keep it full up to y^e bung hole so y^t y^e scum & yeast may work out.

When y^e strong fermentation is over, but before it has done hissing, add to every nine gallons, half

an oz. isinglass dissolved in cold cider & let it be well stir'd about for 15 minutes, after wh^h y^e wine must not be disturb'd, but *as soon as it is fine* it must be bottled in strong champagne bottles & wired down.

October, 1832.

CLARY WINE.—Take a peck of grapes, bruise them with y^e hand, put them to y^e vat & to the expressed juice add fourteen pounds of loaf sugar. Tun it up, after which, in fourteen days, put in a large handfull of clary leafs & flowers, gathered whilst in full blow & dried in y^e sun. When it has stood a year bottle off.

Mr. Edgar.

CURRANT WINE.—The juice of one peck of currants to twelve quarts of water, fourteen lbs. of Lisbon sugar. Stir it till dissolved, & tun it directly & keep filling y^e cask as long as it works over. When it begins to sing, put a quart of brandy by degrees. Let it stand till fine, then bottle for use.

Mrs. Drewing, Necton.

APPROV'D CURRANT WINE (à trois fruits).—Take 3 pecks of currants, black, white and red in equal quantities. Strip y^m from y^e stalk & put y^m to y^e press. Pour upon y^m 18 quarts of soft water. Let it stand 24 Hours. Then strain y^e liquor thro' a cloth upon 30 lbs. loaf sugar. When y^e sugar is dissolved put it all in y^e cask.

Keep it full & take y^e scum off y^e Bung Hole as it rises. When it has done working add y^e whites of 6 eggs (with y^e shells) well beaten.

Then bung it up close & let it stand 'till March following.

Dr. Mc Culloch.

BRITISH MADEIRA.—To each gallon water put 3 lbs. loaf sugar. Boil it y^e day of brewing & to each gallon of this liquor put one quart of strong ale wort. Boil it well afterwards; work it in a tub as for wine & to every 10 gallons of this put in one pound of sugar candy & three lbs. raisins. Keep 12 months and fine with isinglass before bottling.

Mc Culloch.

ELDER WINE.—Water 6 gallons, berries 16 quarts. Boil these together, strain off y^e liquor. To every gallon put 3 lbs. soft sugar. Then add cloves $\frac{1}{4}$ oz, cinnamon do, nutmeg do, bruif'd & put in a muslin bag.

Boil all together an hour & when luke warm add 3 spoonfuls of barm spread on to toasted bread. Ferment it 5 days, stirring up twice a day in an open vessel.

Then tun it & add 4 lbs. of chop'd raisins. When y^e fermentation has ceas'd add 1 pint of Brandy & suspend y^e spice bag from y^e bung hole. Bottle off in 3 months.

PARSNIP WINE.—To each three & an half pounds of parsnips when wash'd & cut put one gallon water cold. Boil y^m till quite tender then strain y^m by putting y^m in a sieve in which a piece of flannel is put & let y^e liquor run thro' without pressure.

To each gallon of this liquor put two ℥ an half pounds of good Lisbon sugar (7d. now, 1827) & give it a boil. When cool work, it with barm in y^e usual way, & when done working put in a little isinglass in a bag at y^e bung hole & stop it well up.

Mrs. Brooks, Dereham. Prov'd.

LEMON JUICE. To PRESERVE.—Put to three Bottles of Lemon juice one of Rum. To be made when fruit is cheap. Keep it in cellar.

Mrs. Hobart.

LEMON WINE.—To every gallon of water put $3\frac{1}{2}$ lbs. of sugar. Let it boil for half an hour with a sufficiency of whites of eggs to refine it. When clear and nearly cold, add y^e juice of ten Lemons to every gallon, the peels of which must be par'd as thin as possible. Work it well with Barm spread on a toast for three days; at y^e end of wh^h it will be fit to put in y^e cask. Bung it down tight & in a month or six weeks bottle it.

Note. 3 lbs. sugar p^r gallon is sufficient, if y^e wine is not intended to be kept a long time. The peels of y^e lemons must be taken out before y^e wine is tunned & great attention paid that y^e Bottles are clean & dry.

Mr. J. Preston.

JESUS COLLEGE CAMBRIDGE CUP.—Boil a quart of good ale with a few cloves, nutmeg, the peel of a lemon, well together. In a punch bowl lay a thick piece of yeast. On this pour half a pint sherry. Add sugar to taste. Pour y^e boiling ale on y^e toast, and then into the Cup, and serve round.

RUM BOOZE.—Christ's College, Cambridge.—
Yolks of 4 eggs well beaten with powdered sugar therein, in a basin.

Take $\frac{1}{2}$ a bottle of sherry. Add thereto grated peel of $\frac{1}{2}$ a lemon, $\frac{1}{2}$ nutmeg grated & a piece of cinnamon & some sugar. Put the whole in a saucepan on y^e fire. When it boils take it off. Put in a vessel with a spout to it & add 1 glass of rum. Pour this gradually on the eggs, sweeten to taste & beat to a white froth before serving.

Excellent for Xmas.

CYDER CUP.—TRINITY HALL, CAMBRIDGE.—

Four tablespoons of sifted sugar

Two bottles cyder

One bottle Madeira

A teacupful brandy (i.e. about $\frac{1}{4}$ pint)

Do. of Noyau

Do. of Rum shrub

Do. of sherry

Mix all well together. Then take a lump of bread that has been hard dried in toasting (without burning) three hours before. Put this in and a lemon slic'd thin, & over all grate half a nutmeg.

Exquisite. Given me by y^e Butler. June 1842.

Mem. In College the person who drinks stands up & so also the man on his left, whom he drinks to as pledge, and thus everyone in succession stand up, two at a time.

NOYAU.—Rum, 1 gallon; whisky without peat 2 quarts. Mix y^m together, add $1\frac{1}{2}$ lbs. blanched sweet almonds, $\frac{1}{2}$ lb. bitter almonds. Let y^m stand

in a well corked vessel 14 days, shaking well each day.

Then take 9 lbs. refin'd sugar made into syrup with $4\frac{1}{2}$ pints soft water and when *boiling hot* pour it into y^e spirits & let it stand uncork'd till cold.

Leave it to stand all together cork'd another week. Then pound 5 drachms of cochineal and mix it with a little rum and pour it into y^e Noyau. Then strain it thro' a flannel bag & pour it into y^e vessel again.

Beat up y^e whites of 4 or 5 eggs & put y^m into y^e vessel. Shake it well up & let it stand to clear 3 or 4 days.

Filter it then thro' blotting paper such as is sold for filtering at y^e chemist's and bottle for keeping.

Mrs. Cameron.

PUNCH A LA ROMAINE.—

Jus de citron	...	1 partie
Sucre concassé	...	2 ou moins
Eau de vie	} moitié de l'une et de l'autre mêlés ensemble	
Rum		
Eau bouillante	...	3

Ayant mis tous ensemble dans un bol, plaqué ou d'argent, mettez un peu d'eau de vie dans un cuiller. Allumez la au feu et quand elle bouille bien ajoutez la au punch, remuez la bien, et de tems en tems tant que bouille le Punch (c'est à dire peutetre pour quinze minutes) faites le coulez de haut en bas, vous vous servant d'un grand cuiller pour le faire. Quand il ne bouille plus, servez le toute suite, ou etant un peu froid, mettez le en bouteilles bien bouchées pour conserver au besoin.

Manuel.

CAPTAIN FRAYER'S PUNCH.—One of four, two of sweet, four of strong and eight of weak.

AN EXCELLENT METHOD OF MAKING PUNCH.—Take two large fresh lemons with rough skins, *quite* ripe, & some large lumps of double-refined sugar. Rub the sugar over the lemons till it has absorbed all the yellow part of the skins. Then put into the bowl these lumps, and as much more as the juice of the lemons may be supposed to require; for no certain weight can be mentioned, as the acidity of a lemon cannot be known till tried, & therefore this must be determined by the taste. Then squeeze the lemon-juice upon the sugar; and with a bruiser press the sugar and the juice particularly well together, for a great deal of the richness and fine flavour of the punch depends on this rubbing and mixing process being thoroughly performed.

Then mix this up *very well* with boiling water (soft water is best) till the whole is rather cool.

When this mixture (which is now called the sherbet) is to your taste, take brandy and rum in equal quantities, and put them to it, mixing the whole *well* together again.

The quantity of liquor must be according to your taste: two good lemons are generally enough to make four quarts of punch, including a quart of liquor, with half a pound of sugar; but this depends much on taste, and on the strength of spirit.

As the pulp is disagreeable to some persons, the sherbet may be strained before the liquor is put in. Some strain the lemon before they put it to the sugar, which is improper; as when the pulp

and fugar are well mixed together, it adds much to the richness of the punch.

When only rum is used, about half a pint of porter will soften the punch; and even when both rum and brandy are used, the porter gives a richness, and to some a very pleasant flavour.

This receipt is greatly admired amongst the writer's friends. It is impossible to take too much pains in all the processes of mixing, and in minding to do them extremely well, that all the different articles may be most thoroughly incorporated together.

MILK PUNCH (à la minute) JESUS COLLEGE, CAMBRIDGE.—1 quart new milk, 6 eggs beaten, 3 oz. fugar, 2 large wine glassfuls old rum (more can be added if wish'd strong) 1 nutmeg grated & the peel of a lemon, par'd *secundum artem*.

Process: Boil the milk, fugar, nutmeg & lemon peel together 5 or ten minutes. Then pour it to the beaten eggs, stirring well all ye time. Add the rum, and having heated the punch bowl near the fire, pour the mixture into it from a height to make it froth, & serve up.

Probatum est.

SHRUB.—Of Brandy & Rum one pint, of orange juice one pint & a half, of lemon juice half a pint, of fine fugar a pound & one quarter. Steep ye peel of one of ye oranges & of one of ye lemons in ye spirit for two days. Then add ye juice & ye fugar. Shake it up now & then & after eight days strain it through a flannel bag & filter it for use.

Mr. Edgar.

SIROP OF PUNCH.—Clarify four pounds fugar & boil it to y^e *lissée*. Add y^e juice of eight fresh large lemons after having pass'd it thro' fine linen. Give it three boilings & turn it into a new vessel. This sirop being almost cold, add to it one pint of Rum & one quart of Brandy. Mix y^m well together. Put y^m in bottles & cork y^m when quite cold.

When wanted for use, half fill y^e glafs with this sirop & add y^e remainder in hot water or tea;

This sirop will keep a very long time.

Tours.

Petit et Grand Lissé. When the fugar forms a short string under y^e finger & thumb on separation it is y^e first, and when it does not break so soon & leaves a drop without running it is y^e second.

SAMBAGLIONE, OR ITALIAN MULL'D WINE.—To each glafs of Malaga wine put one yolk of egg, & half a spoonful of powder'd fugar. Put y^e whole into a chocolate pot on y^e fire. Turn it continually with y^e mill till it acquires y^e consistence of whip't cream & serve up in Punch glasses.

Given by an Italian.

LAIT DE POULE.—Put in a bowl two yolks of eggs, quite new, with one spoonful fugar & one spoonful orange flower water. Mix y^m well together, and add a tumbler of boiling water, stirring it all y^e time.

SYLLABUB AS IN SOMERSET.—In a large China bowl put a pint of port, and a pint of sherry or other white wine; fugar to taste: milk the bowl full.

In twenty minutes' time cover it pretty high with clouted cream; grate over it nutmeg, put pounded cinnamon and nonpareil comfits.

LEMONADE, AS MADE AT PARIS.—Peel two Seville oranges & fix lemons. Put y^e peel into two quarts water to remain four hours. Take y^e juice of fix oranges and twelve lemons, turn the whole upon twelve ounces of sugar & when y^e sugar is melted, pour y^e water upon it, & add a little orange flower water. Pass y^e lemonade thro' a flannel bag & it is fit for use.

Bonne Ménagère.

ORGEAT.—Boil a quart of new milk with a stick of cinnamon, sweeten to your taste, and let it grow cold; then pour it by degrees to three ounces of almonds, and twenty bitter, that have been blanched and beaten to a paste, with a little water to prevent oiling.

Boil all together, and stir till cold, then add half a glass of brandy.

NECTAR.—Loaf sugar one pound, raisins chop'd fine two pounds, two lemons, peel and juice.

Pour upon these ingredients two gallons boiling water, let it stand three or four days, stirring it well twice each day. Then strain & bottle it in stone bottles. It will be fit to drink in a fortnight and will keep 10 months.

Sir Thos. Gooch.

GINGER BEER.—One pound of loaf sugar, one ounce cream tartar, one ounce pounded ginger, & one gallon of boiling water pour'd upon y^e

ingredients. Then add y^e juice and rind of half a lemon. When cool, stir in two spoonfulls of yeast, & when quite cold bottle & cork tight for use.

It will be fit for use in three hours, but is better after the next day.

Mrs. Fielding.

JELLY SHERBET.—Peel six lemons as thin as possible, upon w^h pour two quarts boiling water. Add juice of ten lemons, a pound of fine sugar & a pint of white wine. Let it stand all night cover'd.

In y^e morning pour on it a pint of boiling milk, & when nearly cold run it thro' a jelly bag till clear.

CAUDLE FOR THE SICK AND LYING-IN.—Set three quarts of water on the fire; mix smooth as much oatmeal as will thicken the whole with a pint of cold water; when boiling, pour the latter in, and twenty Jamaica peppers in fine powder; boil to a good middling thickness; then add sugar, half a pint of well fermented table-beer, and a glass of gin. Boil all.

This mess twice, and once or twice of broth, will be of incalculable service.

There is not a better occasion for charitable comiseration than when a person is sick. A bit of meat or pudding sent unexpectedly has often been the means of recalling long-lost appetite.

Nor are the indigent alone the grateful receivers; for in the highest houses a real good sick-cook is rarely met with; and many who possess all the goods of fortune, have attributed the first return of health to an appetite excited by good kitchen-physic, as it is called.

MISCELLANEOUS RECIPES

MISCELLANEOUS RECIPES

SUGAR.—Is univerfally good & nourifhing for almoft all constitutions, & is faid by divers of y^e faculty to have remov'd many diforders when taken in large quantity.

Strew'd on old fores it cleans y^m, & from y^e eyes when blown into y^m removes dimnefs.

The great Duke of Beaufort, who died about 100 years ago, forty years before his death, uf'd a pound of fugar daily in his wine, chocolate & fweetmeats, & died at y^e age of 70 with his teeth white & firm & his viscera, upon infpection, as perfect as in a person of 23.

M. Malory, who died in his 100th year, uf'd fugar in a great degree in all his diet, & had a perfect fecond set of teeth come in his 82nd year, & his hair turn brown. He liv'd eafy & free from pain till he died. His grandfon *Stare*, who related y^e above, was then in his 67th year, uf'd fugar in equal quantity in everything & at that period had all his teeth found & firm. Manifold are y^e instances which might be adduc'd to y^e fame effect: but fuch corroborative testimony is not wanted.

Sugar of a good quality is obtain'd from the Acer Saccharinum, which are tapp'd for this purpose about y^e middle of February in y^e ftates of New York. The feafon continues about fix weeks.

Tapping is perform'd by a screw of three fourths an inch in diam: when a spout made of elder tree is put into y^e hole to conduct y^e juice into vessels below.

A tree of 2 feet diam: will give from 20 to 30 galls sap, from which about six pounds of sugar is made. But this varies in proportion to y^e richness of y^e tree.

It is observ'd that y^e saccharine quality of y^e juice is highly improv'd by a careful cultivation of y^e tree.

The sap is quickest reduc'd to sugar by boiling, & clarified as usual by lime & white of eggs.

SORREL, ITS USES AND VIRTUES.—Sorrel goeth further into y^e earth than any other plant & therefore draws its nourishment without detriment to other plants, & suffers rarely, therefore, from frost.

By keeping it regularly cut from seeding it will produce leafs for cooking often after Xmas, when spinnach cannot be got; like which it is boil'd.

It is one of y^e wholesomest herbs that can be eaten, being antiscorbutic, resists putrefaction, creates appetites, represses bile, & allays thirst.

A handful of leaves boil'd in a pint of whey is an excellent medicine in April. The juice hereof relieves persons who spit blood & is excellent for all consumptive habits.

The leafs of y^e wood-forrel excel y^e common forrel in all physicall virtues & are reckon'd more cordial & useful in inflammatory fevers. The herb boil'd in milk & water is an excellent remedy in pleurisy & all acute diseases; & is good for nausea & indigestion.

Sorrel is excellent with pork & veal & substitutes well for apples when eaten with goose.

Sorrel sh'd be put into y^e stewpan, with only such water as hangs to y^e leafs after washing, over a slow fire, & then beat up with yolks of eggs, cream, butter & a little salt.

Sorrel already forms a necessary ingredient in all soups.

Sorrel is us'd by dyers to put to woollen stuffs before dyeing them black, & makes y^e cloths softer than when steep'd in preparation of coperas.

GOOD HENRY OR FAT HEN.—Good to lay on green wounds, when bruif'd, to cleanse y^m. Y^e leafs of this plant rubb'd on warts takes y^m away. It is also good eaten as spinnach, to which y^e people of Cambridge apply it.

HYSSOP. ITS VIRTUES.—When boil'd, excellent as a cataplasm for bruises, recovering y^e tone & color of y^e flesh in a few hours. Taken in tea is good for coughs & disorders of y^e lungs. Hedge hyssop is too potent, unless boil'd in milk, when it is good for y^e eyes & disorders in y^e head & nerves. The tops sh'd be tied in a cloth & afterwards boil'd & applied warm at going to bed, y^e eye being shut. It is more effective when boil'd in brine.

The vapour of it is good in ringing of the ears.

HOUSE-LEEK. ITS VIRTUES.—Good for heat & sharpness of wine when drank. Good for burns & scalds, also St. Anthony's fire, chapp'd hands, & y^e safest cosmetic for y^e face, removing sun burns, freckles, etc.

TANSY.—Tanfy formerly was thought necessary to correct y^e nature of a Lent diet, & was much eaten at that time; but since keeping Lent is now too universally laid aside this, as well as other ancient customs, is laid by.

It relieves y^e stomach of phlegm occasion'd by a fish & pulse diet.

PREVENTIVE OF FEVER, ETC.—Powder'd nitre, six drachms; oil vitriol, six drachms. Mix in a tea cup, by adding one drachm of y^e oil at a time. The cup to be plac'd on a hot hearth or piece of heated iron during mixture, & stir it up with a tobacco pipe or piece of glass. The cup to be chang'd to different parts of y^e room of the sick.

Dr. J. Smith recd. 5,000*l*. from Parlt: for y^e discovery.

VALUABLE FUMIGATION POWDER.—Nitre, four lbs.; sulphur, two lbs.; southern wood and juniper berries, each, three lbs.; tar & myrrh, each, one lb & a half.

This was us'd by Mr. McGregor at Jersey where fifty men of y^e 80th Regt were quickly lost by putrid fever before fumigation. But immediately after, not only malignant symptoms abated, but men then sick in hospital all recover'd, who otherwise w^d doubtless have fell a sacrifice to y^e disorder.

FOR BLISTER'D FEET.—Mix y^e grease dropp'd from a lighted candle in y^e hands with a little spirits and on going to bed rub y^e blisters therewith & they will disappear before morning.

Fr Capt. Dundas R.N., who travell'd on foot
fr China to Kamschatka, & who says it was
comonly us'd by ye foldiers in Napoleon's Imperial
Guard

1824.

COLD CREAM.—Spermacetti, fix drachms; white
wax, fix drachms; oil almonds, fix drachms; rose
water, two pints.

Put these into a basin plac'd in a pan in which
there is boiling water. When all is melted beat it
up with a silver spoon till cold, & add fresh rose
water.

TO KEEP FLOWERS IN WATER.—Put a little
camphor in ye water, or saltpetre.

POT POURRI.—Dried rose leafs, one pound;
pink do: eight ounces; verbena leafs dried, two
ounces; knotted marjoram, two do; orange flowers,
four ounces; jasmine, two ounces; bay leafs, half
an ounce; sandal wood, sixteen ounces; calamus
aromaticus, one drchm; orris root, four ounces;
gum benzoin, one ounce; storax, four drachms;
amber, two ounces; cloves & cinnamon each, four
drchms; nutmeg, one drchm; musk, two drchms.

Pound ye gums, etc., to powder.

Take ye roseleafs & put y^m in a jar in layers
with a slight sprinkling of salt between each layer.
Stir y^m well each day for ten days. Then add ye
spices & scented wood, & last of all ye musk.

Note. The quantity of sandal wood may be
increas'd to taste.

Mrs. Fountaine.

DAFFY'S ELIXIR.—Take fenna, cleaned of y^e stalks, four ounces; chips of lignum vitae, of dried elecampane root; seeds of annis, carraway, coriander, & liquorise root slic'd, each two ounces; ston'd raisins half a pound; salt of tartar & slic'd rhubarb, each, two drachms.

Put to all these six pints of y^e best French Brandy, & steep y^m altogether for six days. Then strain off ye spirit for use.

Mrs. Young, Necton.

OINTMENT FOR THE BACK OF A RICKETTY CHILD.—Pick a quantity of snails out of their shells, & prick them full of holes; hang them up in a cloth, and place a basin beneath to catch the liquor which drops from them; in this, when enough is obtained, must be boil'd an ounce of spermaceti, and half an ounce of powder'd mace. With the ointment thus prepar'd rub all along the backbone of the child, and round the neck, wrists, and ancles, night and morning; chafing it well in by the fire every time.

1835.

REMEDY FOR SEA SICKNESS.—Take a calomel pill day before, so as to have the bowels clear. Then put one drop of *creosote* to half a wine glass of brandy & water & drink when getting qualmy.

Dr. Impy. Yarm^o.

TO CHOOSE EGGS AT MARKET.—Put the large end of the egg to your tongue; if it feels warm it is new. In new-laid eggs, there is a small division of the skin from the shell, which is filled

with air, and is perceptible to the eye at the end. On looking through them against the sun or a candle, if fresh, eggs will be pretty clear. If they shake they are not fresh.

TO PREVENT GREEN HAY FROM FIRING.—Stuff a sack as full of straw or hay as possible. Tie the mouth with a cord; and make the rick round the sack, drawing it up as the rick advances in height and quite out when finished.

The funnel thus left in the centre preserves it.

SHOE BLACKING.—Two table spoonfulls sweet oil; four ounces ivory black; three ounces spirit lavender; four ounces treacle, which, before it is added, must be mix'd up with the fourth part of one quart vinegar, and two ounces of white sugar, three (or two) ounces oil of vitriol; when add y^e remainder of y^e vinegar.

Note. Spts. lavender not necessary but for smell. 3 ozs oil vitriol burns y^e leather without y^e lavender.

George, from 3rd King's Own Drngns.

BLACK INK.—Blue galls of Aleppo four oz., to be beaten in a mortar but not too small; to which put one quart of rain or river water, which place in an earthen vessel and stir every day for a month's space, keeping it in a warm situation, when, take of green copperas one oz., to strike y^e color with, & after one day, of gum arabic one oz., to which may be added a little clear allum & it will be fit for use.

Serjeant Garnam.

FRENCH FURNITURE & WOOD POLISH.—Camphorated spts. wine, one pint; gum shellac, half an ounce; gum copal, half an ounce; gum lac, half an ounce; gum sandrich, a quarter of an ounce. Place y^m in a gentle heat, shaking frequently till y^e gums are dissolv'd. It is then fit for use.

Make a roll of lint, put a little of y^e polish upon it, & cover that with a soft linen rag slightly touch'd with linseed oil. Rub y^m into y^e wood in a circular form, not covering too large a space of wood at a time, till y^e pores become saturated, after which, rub in, in y^e same manner, spts. wine with a small portion of polish added to it & a most brilliant polish will ensue.

SHARPENING RAZORS.—Y^e best mode of sharpening razors, etc., is by taking y^e rough side of a sharp skin such as bookbinders use, & rubbing this with pewter till y^e leather becomes glossy. Pass y^e edge over this half a dozen times circularly & it will do.

COUNT RUMFORD'S MODE OF LIGHTING A FIRE.—A layer of fresh coals at bottom, a layer of kindling next, & then on top y^e cinders, large first & little after.

BEST MODE OF WASHING SILK HOSE.—Take sufficient quantity of soft rain water and, after boiling it, mix with it some good white soap so as to make a strong wash. Pour some of this into a hand basin or other vessel of sufficient size and when only luke-warm put in y^e feet of y^e hose and let y^m soak some time: when squeeze, but do not rub, y^e dirty parts, & having thus got out y^e first

dirt, put out y^e dirty water & take fresh, letting it stand as before till luke-warm.

Squeeze again y^e whole stockings and thus proceed till quite clean.

In y^e last wash, tied up in a little flannel bag, put in y^e coloring call'd cutbear, then spread y^e hose between towels quite even and let y^m dry entirely free from air.

TO MAKE CLOTH WATERPROOF.—Allum, a quarter of a pound; sugar of lead, a quarter of a pound; dissolved in two galls of water. Pour off the liquor from the sediment & let y^e cloth steep fortyeight hours.

Note: Never put water-proof cloth near a fire to dry.

Mr. Elton, St. Audrie's.

FUR, TO PREPARE SKINS FOR.—Mix bran & water sufficient to cover y^e skins intended for preparation, which let stand four hours before us'd. In this, place y^e skins, which let continue there 24 hours, when they may be taken out, wash'd clean with fair water & scrap'd.

To one gallon hot water put a quarter of a pound of allum & a quarter of a pound of salt, which being dissolv'd & y^e water sufficiently cool to bear y^e hand in it, immerse therein y^e skins, letting them be quite cover'd; where having laid twenty four hours, take y^m out again & dry y^m in y^e shade. Then dip them in again & dry them, if requir'd. Which having done, the skins must be put into warm oatmeal & water for some hours & then, being dried, will become fitly prepared for use.

Note. A small skin will be destroyed by y^e second imersion in y^e prepar'd water.

Joseph Hulton.

TO CURE APRICOTS OF DYING.—In certain soils apricot trees often die off. In which case bud upon apricot stocks rais'd from y^e stone & y^e evil will be obviated.

TO LAY DOWN PERMANENT PASTURE.—

1. Cock's foot (*Dactylis glomerata*). Two bushels.
2. Meadow foxtail (*Alopecurus pratensis*). Two bushels.
3. Meadow fescue (*Festuca pratensis*). Two.
4. Rough stalked meadow grass (*Poa trivialis*)
Two.
5. Tall oat soft grass (*Holcus avenaceus*). Two pecks.
6. Meadow cats' tail (*Phleum pratense*). 15 lbs.
7. Hard or smooth fescue (*Festuca duriuscula*).
Two bushels.
8. Crested dogs' tail (*Cynosurus cristatus*). 1 bushel.
9. Ray grass (*Lolium perenne*). 1 bushel.
10. Dutch clover. 15 lbs.
11. Sweet scented vernal (*Anthroxanthum odoratum*). 1 peck.
12. Perennial red clover (*Trifolium pratense*).
12 lbs.

Having y^e land in fine tilth, sow y^e first five sorts & y^e ray grass & harrow in. Afterwards sow y^e rest of y^e feeds & roll in. To be sow'd

at y^e rate of $4\frac{1}{2}$ bushels per acre, when y^e above quantities would serve for four acres.

ROMAN CEMENT OR MORTAR FOR OUTSIDE PLASTERING OR BRICKWORK.—This will resist all weather; & may be used to great advantage to line reservoirs, as no water can penetrate it.

Take eighty-four pounds of drift-sand, twelve pounds of unslaked lime, and four pounds of the poorest cheese grated through an iron grater. When well mixed, add enough hot (but not boiling) water to make into a proper consistence for plastering such a quantity of the above as is wanted. It requires very good and quick working.

One hod of this mortar will go a great way, as it is to be laid on in a thin smooth coat, without the least space being uncovered. The wall or lath-work should be covered first with hair-and-lime mortar, and well dried.

This was used by the ancients, and is now adopted among us. The Suffolk cheese does better than any other of this country.

WOUND STONE.—Green vitriol, $1\frac{1}{2}$ lb.; allum, 1 lb.; verdigris, two ozs.; sal amoniack, 1 oz. Pound these to a fine powder. Put y^m into a glaz'd earthen pipkin w^h will hold about 3 pints. Put it on a gentle fire w^h must be increas'd till y^e drugs boil up two or three times to y^e top of pipkin. Then take y^m from y^e fire & set to cool for 6 or 7 hours after w^h the pipkin must be broken to get at y^e stone. Stir the ingredients while on y^e fire with a stick all y^e time.

Use. Pound a piece y^e size of a walnut & put it into a quart of soft water & it will soon melt.

Before using, shake y^e bottle, pour some liquor into a cup & soak some linen therewith, w^h sh^d be folded 4 or 5 times thick & kept wet. This cures scab in sheep. Flies will not approach it. Maggots soon die & y^e skin comes over y^e place in 3 or 4 days.

It sh^d be us'd after firing a horse; a wonderful bracer of y^e skin & sinews, & will cure cuts, burns, strains & sores.

Louis XIV gave 1,000 louis for this recipe & gave it to y^e late E. of Egremont.

COURSES FOR A LITTLE DINNER PARTY OF TEN

FIRST COURSE

Clear Vermecelli Soup

remove,

Beef larded (Poiffade Sauce).

Veal Cutlets

(*à la Dreux*).

Rice Cafferoles

(*à la Reine*).

Ducklings

(*à la Macedonie*).

Blanquette of Fowl

(with cucumbers).

Mutton Patties

(*à l'Italienne*).

Fillets of Leveret (larded)

with Tomatoe Sauce.

Boiled and Fried Soles

Ribs of Lamb.

SECOND COURSE

Guinea Fowls (one larded).

remove,

French Fritters.

Potatoes

(*à la Maitre d'hotel*).

Cherry Tartlets

(*à la Crème*).

Sea Kale.

Celery with Marrow &

Spanish Sauce.

Meringues

(*à la Chantilly*).

Lobster Salad.

Roast Pigeons.

remove,

Cake à la Duchesse.

FISH TABLE (LONDON)

IN AND OUT OF SEASON	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
COD	IN	IN	IN	IN	IN	IN
CRABS	IN	IN	IN	IN	IN	IN
FLOUNDERS ..	OUT	IN	IN	IN	IN	IN
HERRING	OUT	OUT	OUT	IN	IN	IN
HADDOCK	IN	IN	OUT	OUT	OUT	OUT
LOBSTER	IN	IN	IN	IN	IN	IN
MACKEREL ..	—	—	—	—	IN	IN
OYSTERS	IN	IN	IN	IN	—	—
LONDON SALMON	IN	IN	IN	IN	IN	IN
SOLES	—	—	—	IN	IN	IN
SHRIMPS	IN	IN	IN	IN	IN	—
STURGEON	—	—	IN	IN	IN	IN
SKATE	IN	IN	IN	IN	IN	IN
SPRATS	IN	IN	—	—	—	—
TURBOT	—	—	IN	IN	IN	IN
WHITING	IN	IN	IN	—	—	—
CONGER EEL ..	—	—	IN	IN	IN	IN
PLAICE	IN	IN	IN	IN	IN	IN
PIKE	IN	IN	—	—	—	—

FISH TABLE (LONDON)

IN AND OUT OF SEASON	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
COD	OUT	OUT	OUT	IN	IN	IN
CRABS	IN	OUT	OUT	IN	IN	IN
FLOUNDERS ..	IN	IN	IN	OUT	OUT	OUT
HERRING	IN	IN	IN	IN	OUT	OUT
HADDOCK	OUT	OUT	OUT	IN	IN	IN
LOBSTER	OUT	OUT	IN	IN	IN	IN
MACKEREL ..	IN	IN	—	—	—	—
OYSTERS	—	IN	IN	IN	IN	IN
LONDON SALMON	IN	IN	—	—	IN	IN
SOLES	IN	IN	IN	—	—	—
SHRIMPS	—	—	IN	IN	—	IN
STURGEON.. ..	IN	IN	—	—	—	—
SKATE	IN	—	—	—	IN	IN
SPRATS	—	—	—	—	—	IN
TURBOT	IN	IN	—	—	—	—
WHITING	—	—	—	IN	IN	IN
CONGER EEL ..	IN	IN	IN	IN	—	—
PLAICE	IN	IN	IN	—	—	IN
PIKE	—	—	—	IN	IN	IN

RATE OF WAGES FOR FEMALE DOMESTICS

	Highest Wages			Lowest Wages		
	£	s.	d.	£	s.	d.
Houfekeeper	36	15	0	21	0	0
Lady's Maid	21	0	0	12	12	0
Upper Nurfe	20	0	0	10	10	0
Under Nurfe	12	12	0	6	6	0
Nursery Girl	6	6	0	4	4	0
Cook	20	0	0	10	10	0
Kitchen maid	12	12	0	8	8	0
Scullion	8	8	0	4	4	0
Upper houfemaïd	12	12	0	8	8	0
Under houfemaïd	9	9	0	6	6	0
Still maïd	9	9	0	7	7	0
Laundry maïd	14	14	0	10	10	0
Wet nurfe	26	5	0	18	18	0
Maïd of all work	12	12	0	7	7	0

Note. Tea and fugar are allowed.

Mrs. Parkes, 1841

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