

DCH 382





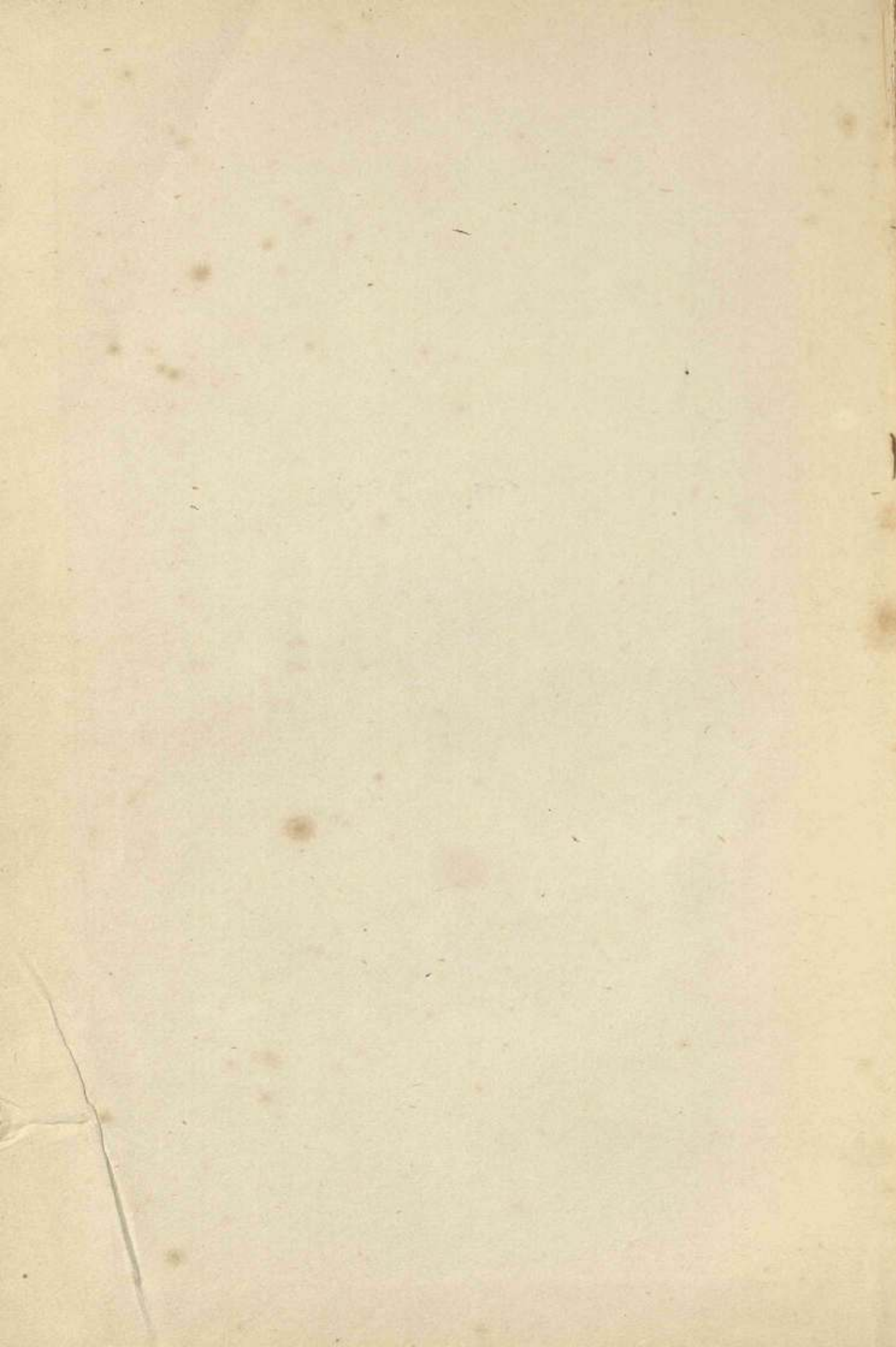
WARBURG INST

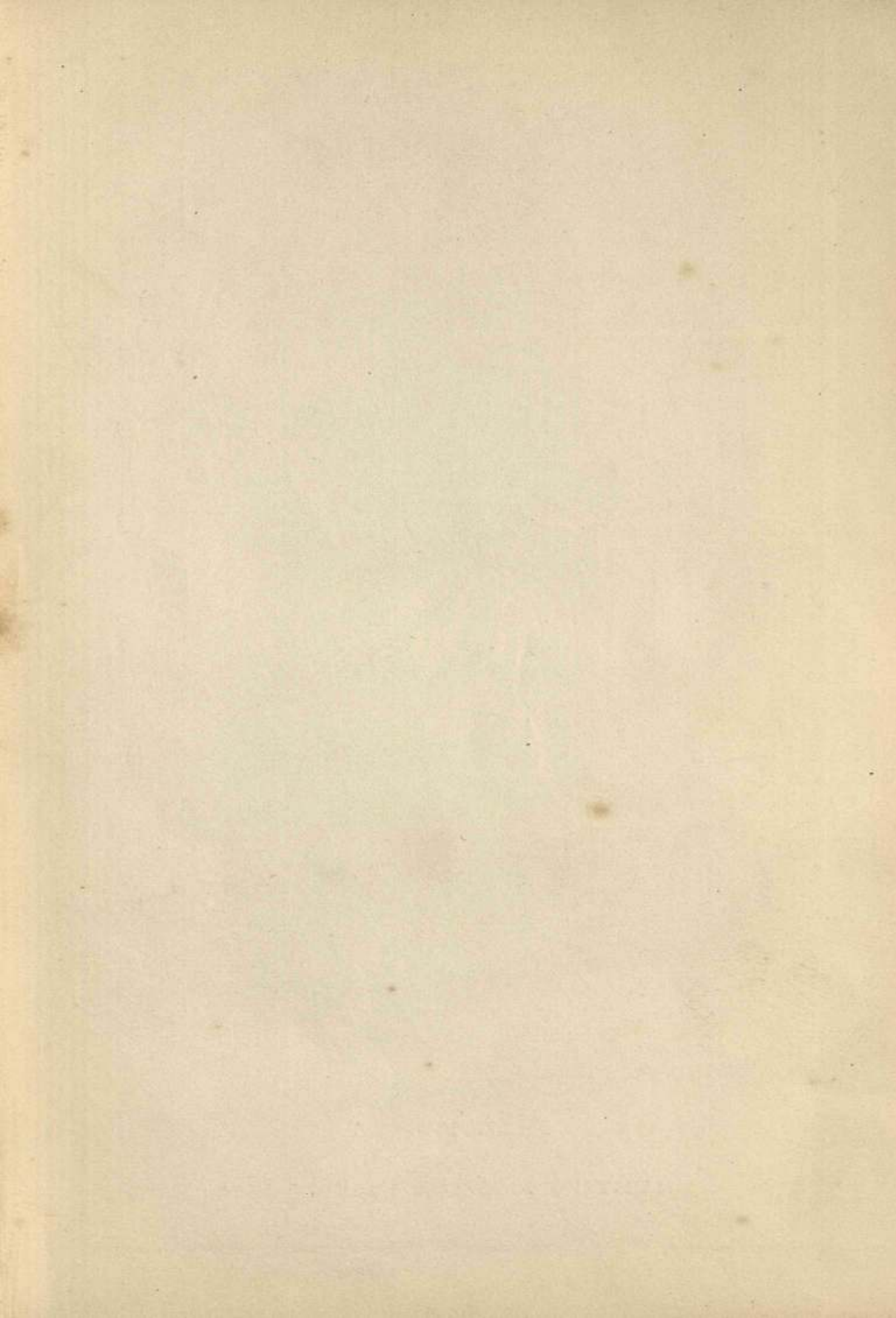


1904658365

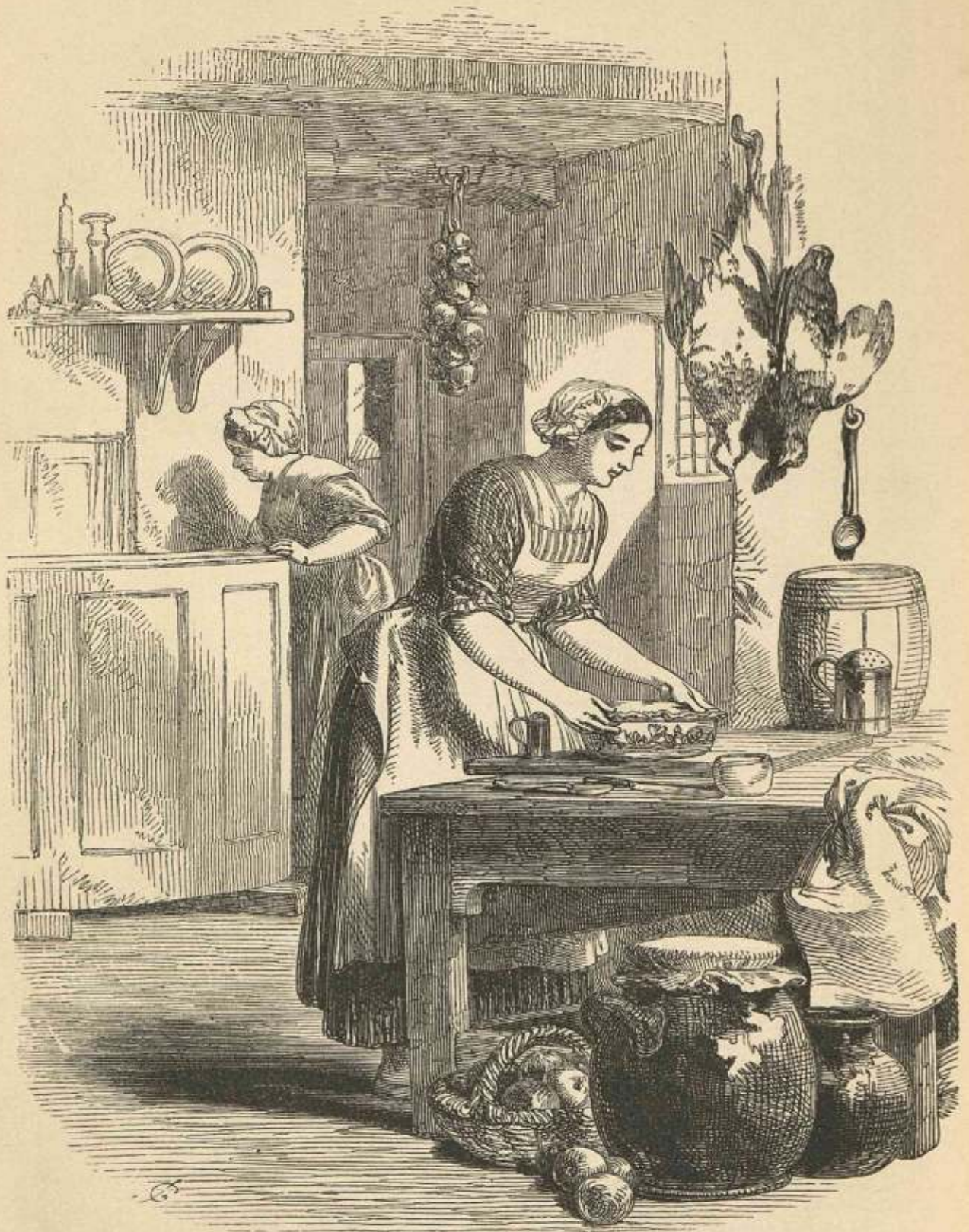












FRONTISPIECE  
TO THE  
ILLUSTRATED LONDON COOKERY BOOK.



THE  
ILLUSTRATED  
LONDON COOKERY  
BOOK  
COMPLETE HOUSEKEEPER.  
250 ENGRAVINGS.



LONDON: 227, STRAND.







93/2004 ✓

D  
C  
H  
382

THE  
ILLUSTRATED LONDON  
COOKERY BOOK,

CONTAINING UPWARDS OF

FIFTEEN HUNDRED FIRST-RATE RECEIPTS

SELECTED WITH GREAT CARE, AND A PROPER ATTENTION TO ECONOMY;  
AND EMBODYING ALL THE LATEST IMPROVEMENTS IN THE CULINARY ART:  
ACCOMPANIED BY IMPORTANT REMARKS AND COUNSEL ON THE  
ARRANGEMENT AND WELL-ORDERING OF THE KITCHEN,

COMBINED WITH

USEFUL HINTS ON DOMESTIC ECONOMY.

THE WHOLE BASED ON MANY YEARS' CONSTANT PRACTICE AND EXPERIENCE;

AND ADDRESSED TO

*Private Families as well as the Highest Circles.*

BY

FREDERICK BISHOP.

LATE CUISINIER TO ST. JAMES'S PALACE, EARL GREY, THE MARQUIS OF STAFFORD,  
BARON ROTHSCHILD, EARL NORBURY, CAPTAIN DUNCOMBE, AND  
MANY OF THE FIRST FAMILIES IN THE KINGDOM.

PROFUSELY ILLUSTRATED WITH ENGRAVINGS ON WOOD.

LONDON: 227, STRAND.

MDCCLII.



THE  
ILLUSTRATED LONDON  
COOKERY BOOK

LONDON: J. HADDON PRINTER, CASTLE STREET, FINSBURY.





## PREFACE.

THE present Collection of Receipts has been selected and arranged with much care and a well-directed attention to economy ; they are the results of a long experience, and will be found, on inspection, to contain nearly, if not all, that can be esteemed essential for the production alike of a simply or a most elaborately furnished table.

It has been argued, and not without some reason, that not only is the work of a professed *cuisinier* above the comprehension of a less experienced cook, but that the receipts he furnishes will be found too expensive for private families. When this occurs, it is the fault of the author, who, being only accustomed to dress dinners for the highest circles, forgets that the tables of the middle classes may be furnished more handsomely than in their daily routine, and yet as inexpensively.



It has been the object of the compiler of THE ILLUSTRATED LONDON COOKERY BOOK to avoid this error, and to give to the public receipts, which shall enable them to place excellent and even high-class dishes upon their table, without putting them to a great amount of expenditure.

It will be sometimes found in the body of the work, that there are several receipts for the production of one result; wherever this is the case, each receipt presents some feature to make the change in flavour perceptible, and yet, in effect, equally palatable. Tastes without being false vary greatly,—so should made dishes, to meet the difficulty.

Nearly one hundred and fifty Bills of Fare have been appended to this collection, and, for reasons which, if not sufficiently obvious at a first glance, may in a few words be made apparent, so that their presence may be properly appreciated.

In large establishments it is the duty of the cook to present in the morning, to the lady of the household the bill of fare, which he has drawn up for the day's dinner; she corrects it, substituting such dishes as she may prefer. Of course the cook attends to the order, and the dinner is served as desired; but in small families the entire selection of the dinner rests with the lady of the household, and whether it be for her own home circle, or for the entertainment of a few friends,



the perplexing question constantly arises, "What shall we have for dinner?" A reference to the appended Bills of Fare, which are prepared, with one or two exceptions, that do not require to be illustrated, for every month in the year, will easily enable the lady to select her dinner, while the body of the work will teach the cook how to dress it. The Bills of Fare will be found most profuse for the Summer months, because, at that period, nature favours us with a much more extensive supply of esculents. Each will be found to present an elegant and *recherché* variety, and their arrangement has been formed with the view of producing in combination an assimilation of *digestible* foods. They may be varied at taste, and can be extended so as to dine from two to two hundred persons.

The illustrations are numerous and useful; the engravings of kitchen utensils will be found of great service to a lady in furnishing this department. She will be enabled at once to know what will be required, and to order of her ironmonger accordingly. The inexperienced cook will necessarily prove them to be advantageous to her, for she not only has pictorially presented to her the instruments for the accomplishment of her art, but the uses and purposes to which each article is to be applied explained in a lucid manner. The other illustrations will tell their own tale.



A copious index has been annexed, arranged so as to facilitate reference to any receipt that may be required. It will be seen that the number of the page, and not that of the receipt is given; this has been done to avoid confusion in overburdening the memory, and will be found to obviate difficulty in the finding of a particular dish when needed.

Wherever improvements, additions, or judicious alterations are found necessary in THE ILLUSTRATED LONDON COOKERY BOOK, they will be attended to in subsequent editions, but it is believed that nothing has been omitted which can be of service or importance to the purposes which a Cookery Book is intended to answer.



## CONTENTS.

	Page.
PRELIMINARY REMARKS . . . . .	ix.
THE PHILOSOPHY OF COOKERY . . . . .	1
CHAP. I. ON CARVING . . . . .	15
TO CHOOSE MEATS, POULTRY, GAME, FISH, AND SHELL FISH.	
ARTICLES FOR THE TABLE IN SEASON EACH MONTH . . . . .	30—34
II. MEAT SOUPS, SOUPS OF POULTRY, GAME, AND FISH SOUPS,	
VEGETABLE SOUPS . . . . .	35—61
III. MEATS. BEEF . . . . .	62
ROAST MEATS. BOILING. BROILING . . . . .	63, 64
IV. VEAL . . . . .	84
V. MUTTON . . . . .	97
VI. LAMB . . . . .	107
VII. PORK, BACON, ETC. . . . .	113
VIII. POULTRY . . . . .	128
IX. GAME, ETC. . . . .	142
X. SALT AND FRESH WATER FISH . . . . .	152
XI. SAUCES . . . . .	189
XII. VEGETABLES, SALADS, ETC. . . . .	209
XIII. POTTED MEATS . . . . .	230
XIV. PASTE, MEAT PIES, FISH PIES, PUDDINGS, TARTS, TARTLETS,	
PUFFS, DUMPLINGS, ETC. . . . .	237
XV. PANCAKES AND FRITTERS . . . . .	278
XVI. EGGS AND OMELETS . . . . .	282
XVII. BUTTER, CHEESE, ETC. . . . .	288
XVIII. CUSTARDS, CREAMS, ICES, JELLIES, MARMALADES, ETC. . . . .	301

	Page.
CHAP. XIX. CONFECTIONARY, PRESERVED FRUITS, ETC. . . . .	324
XX. PICKLES . . . . .	349
XXI. CAKES, BUNS, BISCUITS, BREAD, ETC. . . . .	358
XXII. COFFEE, TEA, CHOCOLATE, AND COCOA . . . . .	372
XXIII. HOME-MADE WINES . . . . .	378
XXIV. LIQUEURS, BEVERAGES, ETC. . . . .	386
XXV. BREWING . . . . .	393
XXVI. MISCELLANEOUS RECEIPTS . . . . .	401
BILLS OF FARE . . . . .	411
THE ROYAL KITCHEN, AT WINDSOR CASTLE . . . . .	434
MISCELLANEOUS. A FUNNY HALF HOUR FOR COOKS . . . . .	435



## PREFATORY REMARKS.

---

THE necessity as well as the propriety of well regulated domestic arrangements, cannot for one moment be questioned; every income has its limit; the enormous rent-roll of some of our wealthiest nobles has proved unequal to their expenditure, while the limited means of others has not prevented them presenting a respectable appearance, without incurring a single debt they could not meet when called upon to pay. From whence spring these opposite results? The answer is obvious, reckless extravagance on the one hand, and a well-organized system of domestic economy on the other. Which is the most commendable, productive of happiness, and beneficial to the interest of others, requires no reply.

The possession of a moderate income has at times been found inadequate to supply the wants of its possessor, difficulty and want have succeeded comparative affluence, a miserable beggary followed the descending steps. This wretched state of things is not always the result of a want of principle in limiting the wants to the means to meet them, but of actual ignorance in the judicious management of a household, the mistress of which is fearfully to blame, if she suffers her domestic expenses to exceed her husband's income; it is her duty to know its extent as nearly as possible and provide accordingly.

Unfortunately, although much has been said and written on the subject, domestic economy does not form one branch of the education of a young lady; she learns, of course, French, German, Italian, Music, Dancing, Drawing, takes



Calisthenic exercises, &c.—accomplishments, with one or two exceptions, of which she rarely takes advantage after her marriage; but to become a mistress of domestic economy, so that she may prove a valuable wife, and a serviceable mother, is never entertained. That an object so essential to the best interests of those who, whatever their present station, cannot foresee with any certainty what duties they may be called upon to fulfil, should not be permitted to occupy an important place in the list of necessary female acquirements, is as extraordinary as it is reprehensible.

The possession of rank or wealth, not liable to vicissitude or change, may supersede the necessity of an intimate knowledge of domestic economy, such as would be required by a lady, who, knowing that her husband's income will not admit of extravagance, keeps the household expenses within its limit: yet even rank and wealth are not exempt from the bitter change consequent upon ruinous losses, overwhelming debts, &c., and in their strait severely feel the ignorance that prevents them knowing how and where to curtail their expenses with advantage to their narrowed circumstances. Surely there can be no degradation for a lady to know how, in an emergency, to supply the place of her cook, should any unforeseen accident cause her absence; there must be an advantage too even should such an event not arise, for the lady to know how a dinner should be cooked and served up. Were it simply a question of degradation, abundant instances could be furnished of some of the noblest and highest in the most civilized countries in Europe, both in ancient and modern times, taking a delight in cultivating a knowledge of the noble art of Cookery; the point, however, is too absurd to reason on, it does not admit of argument.

Thus prompted, we trust by laudable motives, we address ourself to the young housekeeper. We assume the gaieties and festivities of her marriage are over, the honeymoon passed, the wedding visits paid, and she is left in comparative quiet to look around her in her new home; she desires to enter earnestly and seriously upon the new duties, which in her new position she has undertaken, and which by a solemn pledge she is bound to fulfil to the best of her ability.



Her first and imperative duty is to make herself acquainted with the extent of her husband's income, its resources and its limits, and to resolve with firmness to regulate her household with such prudent and proper economy as not to exceed it.

From this resolution, as she hopes for the maintenance and continuance of a happy home, unshaken by creditors, unthreatened by poverty, let no consideration, no ridiculous pride, no assumption of a position beyond her means, suffer her to depart; her future welfare, and that of her husband and children, depend in a great measure upon her perseverance in this determination. This being done, she should next see to the state of her household, its aspect, and its resources.

The furniture with which a house is adorned is a matter of taste and means; on this point it is not our province to speak, we would merely suggest, that comfort be first considered, ornament afterwards, and that whatever article in this branch of household necessaries be purchased, let it be rather done with respect to its goodness and usefulness than its cheapness.

However unromantic it may be, it is a certain fact, that the happiness of life is not a little dependent upon the stomach; so the professors of medicine teach us. As all our ailments, save fractured limbs and wounds from instruments, proceed from a disordered stomach, so very much of our domestic comfort proceeds from the arrangement and regularity of the daily meal. This is a point strongly to be considered. The appetite is dependent upon the health, the health upon the proper and regular supply of food, which should be as much varied as possible. Nothing so soon palls the appetite as sameness of diet, nor so immediately injures the health, for by being palled the appetite declines and the body suffers. Without health there is little comfort, without comfort no real happiness. Thus eating and drinking, under a proper control, should be our first consideration, and being one of the essentials requisite for health and happiness, so it becomes the young housekeeper to look to the appointments of her kitchen.

“What to cook, how to cook, and when to cook it,” will first present itself to her, and then, “the appliances to boot,” the wherewithal to do it with.

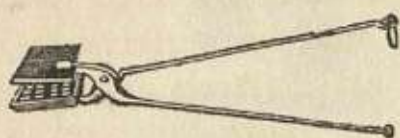


A kitchen should always be well furnished; there is no necessity that it should be profusely so, but there should be a sufficiency of every thing which can aid in producing the dishes preparing, with the success which is so essential to the gratification of the palate. A good workman cannot work well with bad tools, neither can good cooks do justice to their proficiency, if they possess not the necessary utensils suitable to the various modes of cooking. And when this important point has been realized, *cleanliness in every article used should be scrupulously observed*; no utensil should be suffered to be put away dirty, it not only injures the article itself materially, to say nothing of the impropriety of the habit, but prevents its readiness for use on any sudden occasion. No *good* cook or servant would be guilty of such an act; those who are, do so either from laziness or want of system, or a nature naturally dirty; if a very strong hint will not suffice, it is of little use speaking out, for it would be the result of a bad habit, that no talking in the world would cure. A servant who is inherently dirty or slovenly, should never be retained, it is better and easier to change frequently until the mistress is suited, however unpleasant frequent changes may prove, than Quixotically attempt to cure a person of this description. Cleanliness is the most essential ingredient in the art of cooking, and at any personal sacrifice should be maintained in the kitchen.

The fixtures or fittings of a kitchen depend upon the builder, and in modern houses sufficient attention is paid to the situations of the range, dresser, larder, &c. to embody convenience. We have therefore, no intention of expounding new theories or Utopian schemes for reducing the arrangement of a gigantic kitchen for a club to a small one for a household; the ironmonger, if one who has an extensive business, will readily give all the necessary information required, to substitute improvements for old fixtures found to be inconvenient; and as space is valuable, we will not enter into a description which we cannot but feel would be superfluous. We however, give engravings of several varieties of stoves, each presenting separate merits, and we leave to those who consult our oracle to select the one which best suits their kitchen and their circumstances.



In furnishing a kitchen there should be everything likely to be required, but not one article more than is wanted, unnecessary profusion creates a litter; a deficiency too often sacrifices the perfection of a dish, there should be a sufficiency and no more. The following articles, of which we have given engravings, are requisite: we are indebted for nearly all the drawings to the courtesy of Messrs. Benham, ironmongers, Wigmore Street, Cavendish Square.



No. 1.—Wafer Tongs.



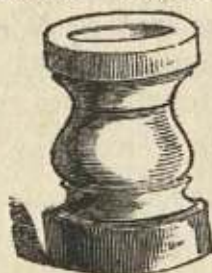
No. 2.—Hot Water Dish.



No. 3.—Mortar.



No. 4.—Pestle.



No. 5.—Wood Block, or Stand.



No. 6.—Baking Plate.



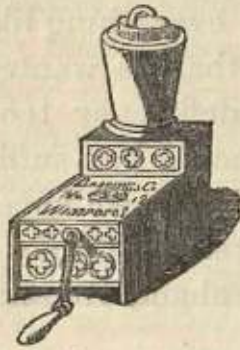
No. 7.—Water Filter.



No. 8.—Dish Cover.

1. *Wafer Tongs.* The thin, crisp cakes, called wafer cakes, usually eaten with ices, are made with this instrument. The paste is rolled very thin, and placed between the flat plates of the tongs, which have been previously heated on the hot plate or range hob. They are pressed tightly in this for a few minutes, and when taken out are thoroughly baked, and bear the impress of the pattern of the tongs.
2. *Hot Water Dish* with double bottom, to be filled with hot water for serving up joints which are liable to be quickly chilled.
3. *Mortar.* Made in iron, brass, earthenware, marble, &c.
4. *Pestle.* Made of the same material as mortar, or, which is better than either, of lignum vitæ. Used for pounding sugar, spices, and other ingredients of the culinary art.
5. *Wood Block, or Stand,* for ditto.
6. *Baking Plate.* A loose tray, made to fit the oven, to contain small pastry, &c., which may require careful removal.
7. *Water Filter.* For purifying cistern water for the table.
8. *Wire Dish Cover,* to protect meat, pastry, &c., from flies and dust in the larder.





No. 9.—Benham's Patent Freezing Machine.



No. 10.—Tin Canister.



No. 11.—Coffee Canister.



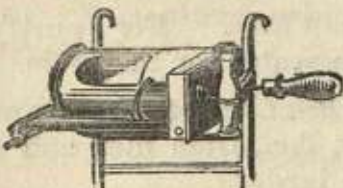
No. 12.—Sugar Canister, with Drawers.



No. 13.—Biscuit Canister.



No. 14.—Ice Mould.



No. 15.—Automaton Coffee Roaster.

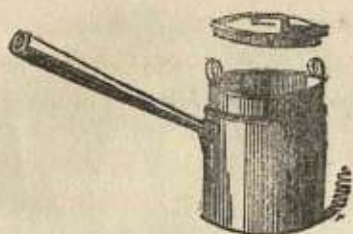
9. *Benham's Patent Freezing Machine*, by which creams, &c. can be frozen fit for the table in five minutes, with the greatest ease and certainty. Wine can also be iced by the machine.

10. *Tin Canisters or Boxes*, for the storeroom, to contain tea, coffee, sugar, biscuits, rice, &c. The covers fit very tightly, to exclude the air. They are frequently lettered in front to distinguish them.

14. *Ice Mould*. Ice creams or water ices, after being frozen in the machine, No. 9, or otherwise, are shaped in this mould to go to table.

15. *Automaton Coffee Roaster*, for roasting coffee in small quantities, and with precise accuracy. It revolves by clockwork, and is placed before an ordinary parlour fire.





No. 16.—Potato Steamer and Cover.



No. 17.—Saucepan Digester.



No. 18.—Digester.

16. *Baldwin and Co.'s Potato Steamer and Cover*, for cooking potatoes without water. The advantages derived by this method of dressing potatoes above the usual one of boiling, steaming, or roasting, are viz.—the extracting of the water and fixed air, leaving the potato a wholesome and nutritious vegetable. The potatoes must be placed unpeeled into the inner cylinder, the cover being fixed on closely, after which it must be put on a moderate fire, and in forty-five minutes, without the least attention, they will be fit for use.

17. *Saucepan Digester*.

18. *Baldwin and Co.'s Digester*. The great importance of this valuable utensil, the digester, not

only to poor families, but to the public in general, in producing a larger quantity of wholesome and nourishing food, by a much cheaper method than has ever been hitherto obtained, is a matter of such serious and interesting consideration, as cannot be too earnestly recommended to those who make economy in the support of their families an object of their attention. The chief, and indeed the only thing necessary to be done, is to direct a proper mode of using it to most advantage; and this mode is both simple and easy. Care must be taken in filling the digester, to leave room enough for the steam to pass off through the valve at the top of the cover. This may be done by filling the digester only three parts full of water and bruised bones or meat, which it is to be noticed are all to be put in together. It must then be placed near a slow fire, so as only to simmer (more heat injures the quality), and this it must do for the space of eight or ten hours. After this has been done, the soup is to be strained through a hair sieve or cullender, in order to separate any bits of bones. The soup is then to be put into the digester again, and after whatever vegetables, spices, &c., are thought necessary are added, the whole is to be well boiled together for an hour or two, and it will be then fit for immediate use. In putting on the lid of the digester, take care that a mark, thus (X) on the lid, is opposite to a similar one on the digester. The digester may also be obtained to contain from four quarts to ten gallons. There are also saucepan and stewpan digesters, to hold from one to eight quarts.





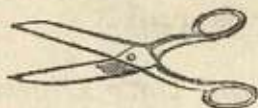
No. 19.—Stewpan Digester

19. *Stewpan Digester.*



No. 20.—Ice Safe, or Refrigerator.

20. *Ice Safe, or Refrigerator.* A double bodied chest for preserving and cooling wine, fruit, vegetables, meat, pastry, &c., indoors in hot weather.



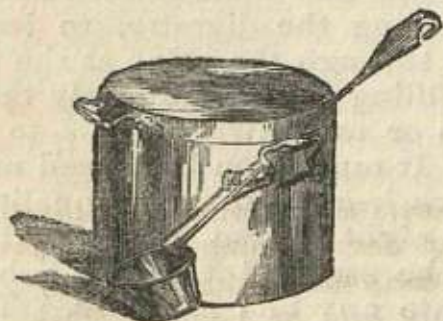
No. 21.—Fish Scissors.

21. *Fish Scissors,* for cutting and trimming fish.



No. 22.—Fire Stewpan.

22. *Fire Stewpan,* made with close fitting cover, on the top of which lighted charcoal is placed, to heat the contents more thoroughly and uniformly.



No. 23. — Stockpot and Stockpot Ladle.

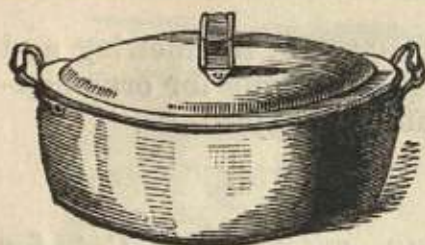
23. *Stockpot and Stockpot Ladle,* used for preparing the meat, bones, vegetables, &c., technically called stock, which forms the basis of soups.



No. 24.—Cheese Toaster.

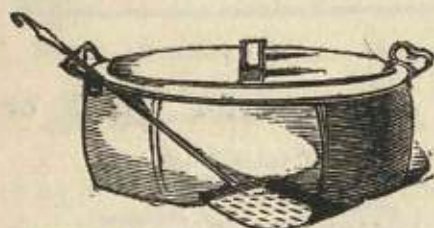
24. *Cheese Toaster* with double bottom for hot water.





No. 25.—Turbot Kettle.

25. *Turbot Kettle*, for boiling turbot or other large fish.



No. 26.—Fish Kettle and Slice.

26. *Fish Kettle*, for smaller fish, and *Slice*, for lifting them.



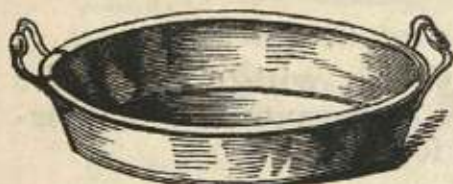
No. 27.—Basting Ladle.

27. *Basting Ladle*, and



No. 28.—Dripping Pan.

28. *Dripping Pan*, used to receive the unctuous droppings from the roasting meat, and to re-apply them to its scorching surface.



No. 29.—Preserving Pan.

29. *Preserving Pan*, for making jams, jellies, marmalades, &c.



No. 30.—Saucepan with loose Earthen Lining.

30. *Saucepan*, with loose Earthen Lining, for boiling milk, custards, &c., without burning.



No. 31.—Saucepan with Lip.

31. *Saucepan*, with Lip, for melted butter, gravy, &c.





No. 32.—Sugar Saucepan.

32. *Sugar Saucepan*, for melting and pouring out sugar for ornamental confectionary.



No. 33.—Warming, or Mulling Pot.

33. *Warming, or Mulling Pot*, for wine or beer.



No. 34.—Metal Strainer.

34. *Metal Strainer*, for gruel or gravy.



No. 35.—Stewpan.

35. *Stewpan*, differing from a saucepan in having straight sides, a flat cover, and flat handles, on which account it is more convenient for many purposes.



No. 36.—Egg Poacher.

36. *Egg Poacher*, with a loose inside frame, and ladles to hold the eggs.



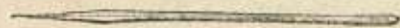
No. 37.—Wine Cooler.

37. *Wine Cooler*, with divisions for bottles or decanters, and interstices for ice.



No. 38.—Spring Water Ewer, with Ice Tub.

38. *Spring Water Ewer*, with long narrow neck and lip for pouring, and *Wood Ice Tub*, to contain it.



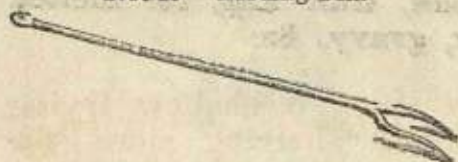
No. 39.—Trussing Needle.

39. *Trussing Needle*, for trussing poultry.



No. 40.—Larding Pin.

40. *Larding Pin*, made with split ends, like a cleft stick, to receive strips of fat bacon, which are grafted by its means in the surface of turkeys, poultry, &c.



No. 41.—Beef Fork.

41. *Beef Fork*, for lifting large joints in the pot or saucepan.

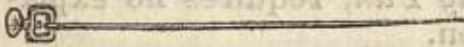




No. 42.—Dishing-up Fork.



No. 43.—Mincing Knife.



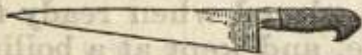
No. 44.—Saddle of Mutton Skewer.



No. 45.—Fritter Mould.



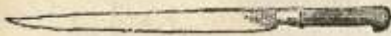
No. 46.—Mushroom Mould.



No. 47.—French Cook's Knife.



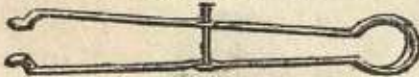
No. 48.—Poultry Chopper.



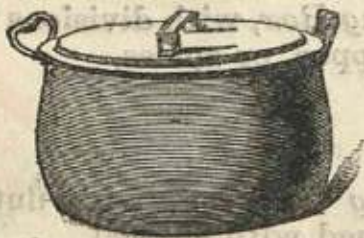
No. 49.—Slicing, or Larding Knife.



No. 50.—Mashed Potato Fork.



No. 51.—Beef Steak Tongs.



No. 52.—Boiling Pot.



No. 53.—Yorkshire Pudding Pan.



No. 54.—Tartlet Pan.



No. 55.—Omelet Pan.

42 *Dishing-up Fork*, for lifting small joints, vegetables, &c.

43. *Mincing Knife*, for chopping up meat, suet, and "mince-meat."

44. *Saddle of Mutton Skewer*, for holding this joint on the spit for roasting.

45. *Fritter Mould*, and

46. *Mushroom Mould*, used for shaping fritter and mushroom cakes, being heated for the purpose on the hot plate or range hob.

47. *French Cook's Knife*, much preferred by men cooks, especially to the short, round bladed knife, for cooking purposes.

48. *Poultry Chopper*, a strong description of knife, thick and heavy, for breaking bones, &c.

49. *Slicing or Larding Knife*, for preparing the slips of fat alluded to at No. 40.

50. *Mashed Potato Fork*, for beating up mashed potato—much superior to the wooden spoon for this purpose.

51. *Beef Steak Tongs*, for handling steaks, &c., during the grilling process.

52. *Boiling Pot*, for the reception of large joints, puddings, &c.

53. *Yorkshire Pudding Pan*.

54. *Tartlet Pan*, for baking tartlets, &c.

55. *Omelet Pan*, a shallow frying pan, with shelving sides, for omelets.





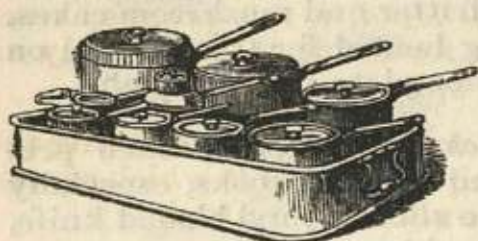
No. 56.—Cutlet Pan.

56. *Cutlet Pan*, a deep frying pan, with upright sides, for cutlets.



No. 57.—Frying Pan.

57. *Frying Pan*, requires no explanation.



No. 58.—Bain Marie Pan.

58. *Bain Marie Pan*, a shallow pan with false bottom to contain hot water, in which soups, ragoûts, &c., are placed when ready for the table, and kept at a boiling heat, but prevented from burning or drying up.



No. 59.—Jelly Bag.

59. *Jelly Bag*, made of felt or flannel, for straining jellies, purées, &c.



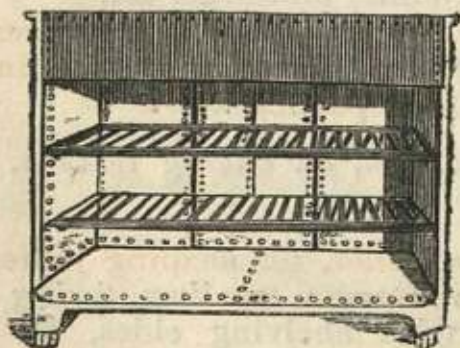
No. 60.—Seasoning Box.

60. *Seasoning Box*, with divisions for salt, pepper, or spices.



No. 61.—Revolving Gridiron.

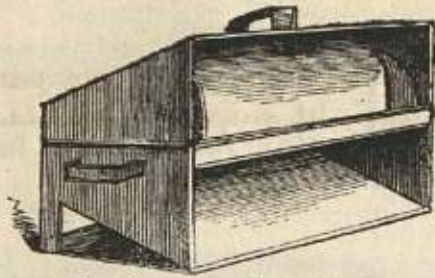
61. *Revolving Gridiron*, with fluted bars, lined with enamel.



No. 62.—Meat Screen.

62. *Meat Screen*, made of wood lined with polished tin, and provided with rack-shelves for dishes and plates, sliding doors at the back, and a lock-up hot closet at the top. It is frequently fitted also with hinged flaps, or "wings," at the sides, to enclose the fire completely.





No. 63.—American Oven.



No. 64.—Salamander.



No. 65.—Cook Hold.



No. 66.—Balance Skewer.



No. 67.—Vegetable Strainer.



No. 68.—Egg Whisk.



No. 69.—Dairied Mould.



No. 70.—Gum Paste-board.



No. 71.—Paste Cutter.



No. 72.—Jelly Mould.

63. *American Oven*, for baking pastry, bread, or meat by reflection only from the bright surfaces of the inclosing sloped plates. The iron cover is to moderate the heat when light pastry or small articles are baked.

64. *Salamander*. The round plate or blade of this instrument is made hot in the fire and held over pastry, &c., to brown it.

65. *Cook Hold*, a two-pronged weapon for fixing meat securely on the spit.

66. *Balance Skewer*, for adjusting the equipoise of joints which cannot be centrally spitted.

67. *Vegetable Strainer*, a wire frame made to fit inside a stewpan for removing parsley or other vegetables when fried in lard or oil.

68. *Egg Whisk*, for beating up eggs, syllabubs, &c.

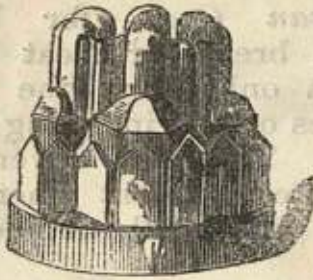
69. *Dairied Mould*, a small shape for jellies or puddings.

70. *Gum Paste-board*, a flat board engraved with various devices or patterns, used for stamping or embossing gum-paste ornaments for raised pies, &c.

71. *Paste Cutter*, made in great variety of pattern, for shaping tartlets, patties, &c.

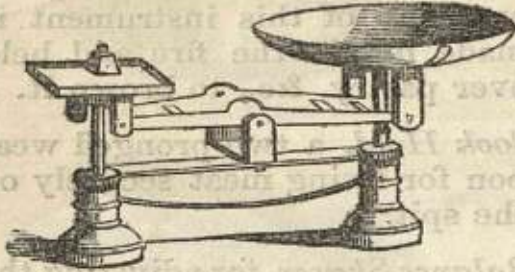
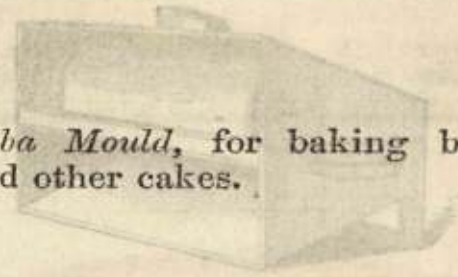
72. *Jelly Mould*, for shaping jellies, blanc mange, &c.





No. 73.—Baba Mould.

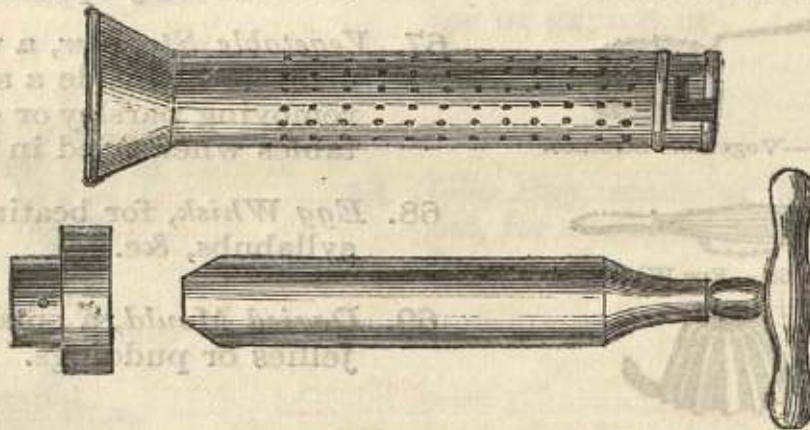
73. *Baba Mould*, for baking baba and other cakes.



SCALES.

As one of the great elements of success in cooking is preciseness in the proportions of ingredients, the cook should never be without a good pair of scales, and she should keep them in thorough order. In delicate dishes an unequal proportion of an article, inserted only to impart a certain flavour, will ruin the dish.

The necessity as well as use of scales is therefore obvious.



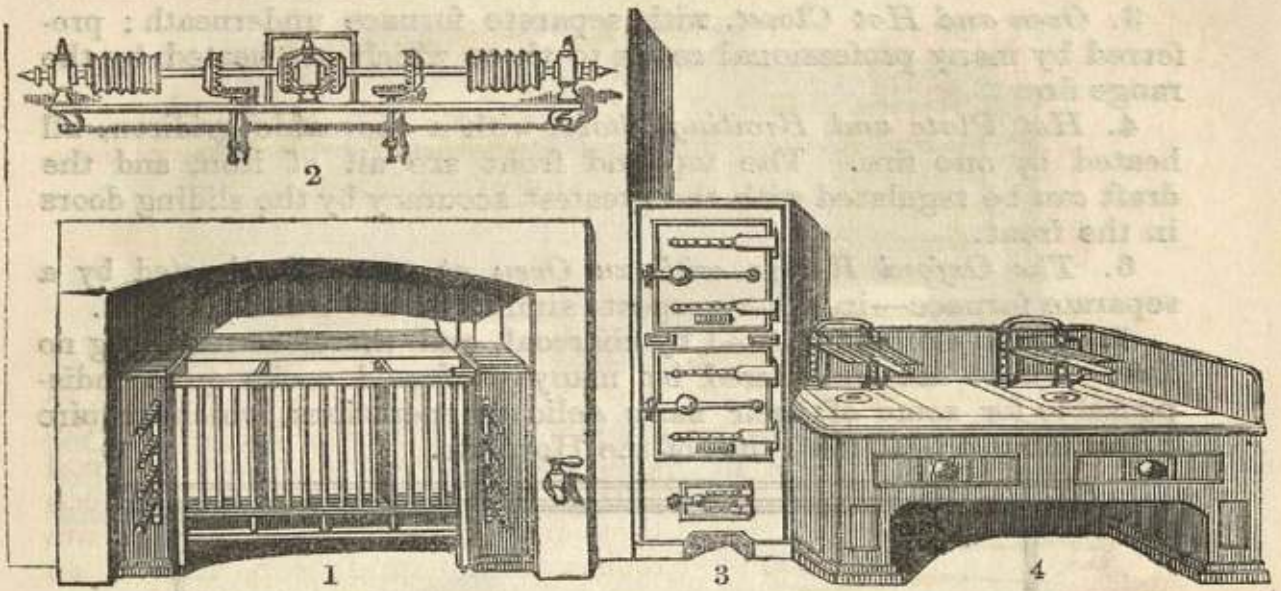
PUREE PRESSER FOR PULPING FISH.

### RANGES, STOVES, HOT WATER APPARATUS, ETC.

1. *The Oxford Roasting Range*, the first specimen of which in London was introduced at the celebrated kitchen of the Reform Club, by Messrs. Benham and Sons, of Wigmore Street, though it has since been adopted in many other large establishments. It has an open fire, with vertical bars instead of the ordinary and familiar horizontal ones; but its peculiar excellence consists in the intense heat radiated from it, and its great economy of fuel—the space from the bars to the back being less than half the usual depth. The back is formed of Stourbridge fire-clay. The size of the fire may be increased or diminished at pleasure; and the whole of the front opens on hinges like a gate, so as to give ready access for the removal of cinders, &c. The boiler for hot water is placed behind the back.

*Benham's Improved Family Range* (not illustrated) is made on the same principle as the Oxford Roasting Range, but on a smaller scale for families. It has the fire-clay radiating back, iron water

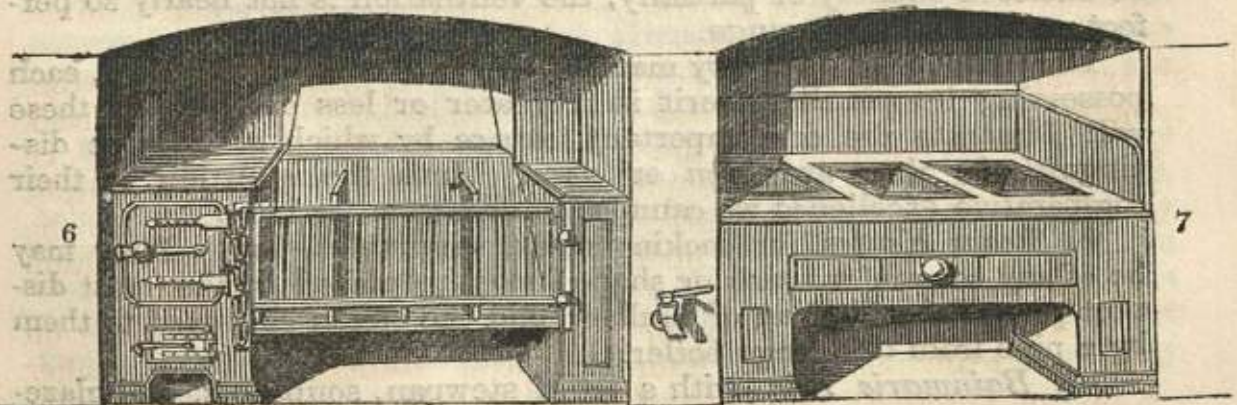
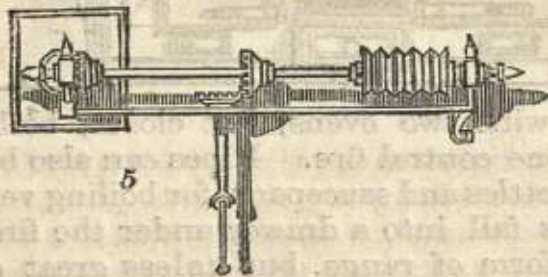




boiler, vertical bars, &c., and in addition to them, a very excellent oven for meat, pastry, or bread heated from the same fire. This is a most useful and economical form of range; and the consumption of fuel, we are told, is surprisingly small, averaging only thirty pounds of coal for twelve hours in a moderate sized range.

2. *Improved Smoke Jack, with double movements, dangle spits, and universal joints; equally applicable to almost every description of range, either close or open. The apparatus is kept in motion solely by the upward current of air in the chimney without springs or weights.*

5. *The same as No. 2, with single movements, for a smaller range.*



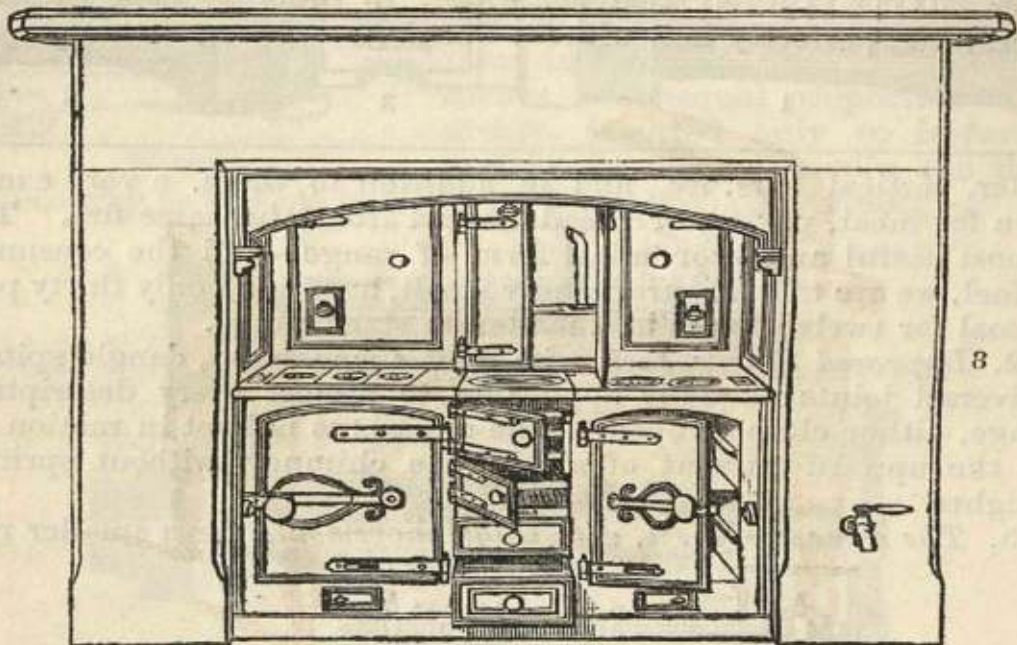


3. *Oven and Hot Closet*, with separate furnace underneath; preferred by many professional cooks to those which are heated by the range fire.

4. *Hot Plate and Broiling Stove*, with a moveable gridiron, all heated by one fire. The top and front are all of iron, and the draft can be regulated with the greatest accuracy by the sliding doors in the front.

6. *The Oxford Range*, with an *Oven* at the side; heated by a separate furnace—in other respects similar to the Family Range.

7. *Stewing Stoves*, heated by charcoal, and therefore requiring no flue. These are considered by many professed cooks quite indispensable for some of their more delicate operations, which require a less intense heat than that of the Hotplate.



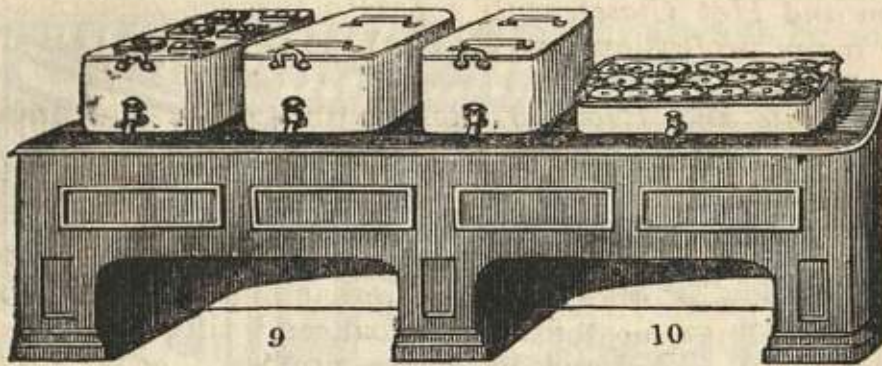
8. *A Close Range* with two ovens, hot closet, boiler, and hot-plate, all heated from one central fire. Pipes can also be attached to carry steam to various kettles and saucepans, for boiling vegetables, &c., if required. The ashes fall into a drawer under the fire. This is a useful and economical form of range, but unless great care is taken it is apt to overheat the kitchen; and as the chimney is obliged to be enclosed entirely or partially, the ventilation is not nearly so perfect as with an open range.

There are, of course, very many other forms of kitchen ranges, each possessing its peculiar merit in a greater or less degree, but these will illustrate the one important feature by which all may be distinguished; they are *open* or *close*. Into the question of their comparative excellence we cannot pretend to enter here.

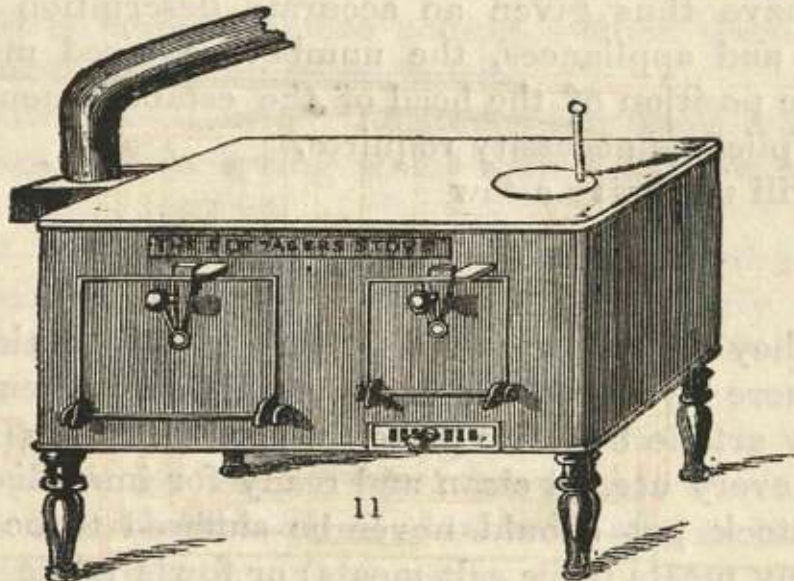
9. *Steam Kettles*, for cooking meat, vegetables, fish. They may be of any convenient size or shape; may be placed at the most distant part of the kitchen or skullery, and the steam conveyed to them by a pipe from the range boiler.

10. *Bainmarie Pan*, with a set of stewpan, soup-pots, and glaze-





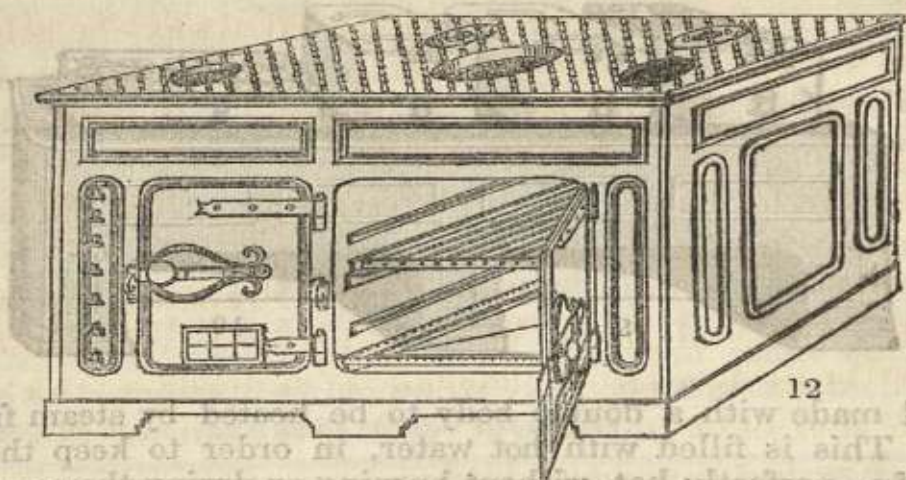
pot, and made with a double body to be heated by steam from the boiler. This is filled with hot water, in order to keep the soups, sauces, &c., perfectly hot, without burning or drying them up.



11. *The Cottager's Stove* is an economical, compact, and portable cooking apparatus, combining a good-sized oven and hotplate. It will cook for a dozen persons with one pound of coal or coke per hour, and the top may also be used as an Ironing Stove. It requires no fixing, has no flues to clean, may be placed in any apartment, and is a great security against fire. There were specimens of these stoves in Prince Albert's Model Houses in Hyde Park; they are specially adapted for cottagers, emigrants, working men, &c., and are also found very useful as occasional adjuncts to private kitchens.

12. *Gas Cooking Apparatus.* Contrary to the prejudices of very many, and the early experience of some, it is now found that roasting, baking, boiling, frying, stewing, and broiling may be performed by the aid of gas as effectually as with a coal fire—with much more cleanliness, and without imparting the slightest taint or smell of gas to the food. The apparatus shown embraces all these points; but they are made of various sizes, and more or less complete, as may be desired.





We have thus given an accurate description of cooking utensils and appliances, the number required must depend upon the position of the head of the establishment, and may be multiplied as necessity requires.

We will now give a few

#### IMPORTANT HINTS TO COOKS,

Which they will not regret following with attention.

Let there be a place for every article, and when not in use let every article be in its place.

Keep every utensil clean and ready for immediate use.

The stock pot should never be suffered to be empty, as almost any meats (save salt meats) or fowls make stock; the remnants should never be thrown anywhere but into the stock pot, and should too much stock be already in your possession, boil it down to a glaze: waste is thus avoided.

Keep your meat in a cool dry place, your fish on ice, and your vegetables on a stone floor free from air.

Cut your soap when it comes in, and let it dry slowly.

Keep your sweet herbs in paper bags, each bag containing only one description of herb. They should be dried in the wind and not in the sun, and when ordered in a receipt should be cautiously used, as a preponderance in any seasoning spoils it.

When oranges or lemons are used for juice, chop down the peel, put them in small pots and tie them down for use.

APPLES.—In choosing apples, be guided by the weight;



the heaviest are the best, and those should always be selected which, on being pressed by the thumb, yield with a slight crackling noise. Prefer large apples to small, for waste is saved in peeling and coring.

Apples should be kept on dry straw in a dry place, and pears hung up by the stalk.

**BATTER** for fish, meat, fritters, &c.—Prepare it with fine flour, salt, a little oil, beer, vinegar, or white wine, and the whites of eggs beaten up; when of a proper thickness, about the size of a nutmeg, it will drop out of the spoon at once. Fry in oil or hog's lard.

**CARROTS**, if young, need only be wiped when boiled—if old they must be scraped before boiling. Slice them into a dish, and pour over them melted butter.

**CAULIFLOWERS**.—Cut off the stalks, but leave a little of the green on; boil in spring water with a little salt in it: they must not boil too fast.

**CELERY**.—Very little is sufficient for soups, as the flavour is very predominating. It should be particularly cleanly washed and curled when sent to table. To curl celery, wash well, and take off the outside stalks, cut it to a proper length, split each stalk into three or four divisions with a large needle, then place the head of celery in spring water with the root uppermost, and let it remain for four or five hours—it may then be tastefully arranged on the dish.

**GAME** may often be made fit for eating when it seems spoiled, by cleaning it and washing with vinegar and water. Birds that are not likely to keep, should be drawn, cropped, and picked, then wash in two or three waters, and rub them with salt; have in readiness a large saucepan of boiling water, and plunge them into it one by one, drawing them up and down by the legs, so that the water may pass through them. Let them stay for five or six minutes, then hang them up in a cold place; when they are completely drained, well salt and pepper the insides, and thoroughly wash them before roasting.

**GRAVIES**.—The skirts of beef and the kidney will make quite as good gravy as any other meat, if prepared in the same manner. The kidney of an ox, or the milt, makes excellent gravy, cut all to pieces and prepared as other meat, and so



with the shank end of mutton that has been dressed, if much gravy is not required. The shank bones of mutton add greatly to the richness of gravies, but they should be first well soaked and scoured clean. The taste of gravies is improved by tarragon, but it should be sparingly used, immediately before serving.

LARD should be carefully melted in a jar put in a kettle of water and boiled, and run into bladders that have been strictly cleaned; the bladders should not be too large, as the lard will become rank if the air gets to it. While melting it, put in a sprig of rosemary.

MUSTARD mixed smooth with new milk, and a little cream added, will keep; it is very soft, and by no means bitter.

SAGO should soak for an hour in water previous to using, to take off the earthy taste.

SUET may be kept for a twelvemonth, thus: choose the firmest and most free from skin or veins, remove all trace of these, put the suet in a saucepan at some distance from the fire, and let it melt gradually; when melted, pour it into a pan of cold spring water; when hard, wipe it dry, fold it in white paper, put it into a linen bag, and keep it in a dry cool place; when used, it must be scraped, and will make an excellent crust, either with or without butter.

TONGUE, which has been dried, should be soaked in water three or four hours. One which has not been dried will require but little soaking; put it in cold water, and boil gently till tender.

Raisin wine may be substituted for sherry, for sweets generally.

Copper vessels, when the tinning is worn off, must never be used, or the poisoning of those who partake of whatever may have been cooked in them is inevitable. They should be sent to be re-tinned immediately they require it.

Keep tapes and jelly bags clean, or when again used they will impart an unpleasant flavour.

All soups should be moderately thin and bright.

Meats such as beef, mutton, and venison, must rather be underdone than overdone, excepting veal and pork, which require to be well done.



Fish should be quite done, but not overdone.

Pastry must be carefully baked; it should be sent to table a pale gold colour.

Onions should be kept on ropes in a dry place—a specked one should be removed or it will contaminate the others.

Cold water cracks hot iron infallibly.

Pudding towels should be carefully washed, and kept clean in a dry place. Put a clean round towel on the jack roller quite as often as necessary.

Be very particular in not letting your stocks and sauces pass over two days without boiling them up, and be careful to stir the thick soups and sauces all the time they are on the fire, and change all your cold meats into fresh clean dishes every morning, wiping down the dressers and shelves, and if allowed larding cloths see that they are clean. Keep your larder door shut, free from dust and damp; do not have your baked paste in the larder, but in your kitchen cupboard, and then see to your game larder, wiping and peppering and gingering your venison, arranging the game which requires to be dressed first, and see that all the blood which may have dropped from the game or venison is cleaned from the dressers and flooring. Then see to the vegetables, removing all stale and what is not wanted, giving it to the poor, either as dressed in some way or natural; do not be over-stocked, yet always keep a little reserve. This will save much trouble to the gardener, and frequently to the kitchen-maid, who will otherwise have to run from her work down to the garden, which, *even if she likes it*, takes her from other more important things. Be sure to look well every morning to your pickled pork and hams, keep and rub them well and turn them, marking those to be used first; your fish must be looked to and well cleaned and washed, and if intended for that day's dinner, kept in water until required; if not, keep it on the marble or stones; your doors should always be shut.

Clean hands, always clean hands.

A dirty kitchen is a disgrace to every one connected with it.

With these few hints we wind up our remarks, merely adding that many of the receipts here given, which are on too



large a scale for a small family, may have their proportions equally reduced, and an excellent dish will be the result. In some instances also, the more expensive ingredients may be left out without destroying the integrity of the receipt, discretion and judgment being alone required in these cases.

In conclusion, the mistress of the household will understand that the well-being of her establishment depends upon her surveillance; and though her too frequent presence in the kitchen would be unnecessary and annoying to the cook, yet she should not be deterred from visiting it by any false delicacy, or deference to an absurd custom which makes it vulgar for a lady to visit her cook in her own domains. If the cook is thrifty and clean, she will be glad to receive the praise to which she is fairly entitled; if dirty and careless, it is very essential that the lady should be acquainted with the fact in order to remedy it by a change.

“ Good housewifery provides, ere a sickness do come,  
 Of sundry good things in her house to have some—  
 Good *aqua composita*, and vinegar tart,  
 Rose water, and treacle, to comfort thine heart.  
 Cold herbs in her garden, for agues to burn,  
 That over strong heat to good temper may turn,  
 White endive and succory, with spinach enow—  
 All such, with good pot-herbs, should follow the plough.  
 Get water of fumitory, liver to cool,  
 And others the like, or else lie like a fool.  
 Conserves of barbary, quinces, and such,  
 With sirops that easeth the sickly so much.  
 Ask *medicas*' counsel, ere medicine ye take,  
 And honour that man for necessity's sake :  
 Though thousands hate physick because of the cost,  
 Yet thousands it helpeth that else should be lost.  
 Good broth and good keeping do much now and then—  
 Good diet, with wisdom, best comforteth man.  
 In health, to be stirring, shall profit thee best—  
 In sickness hate trouble; seek quiet and rest.  
 Remember thy soul; let no fancy prevail;  
 Make ready to God-ward; let faith never quail :—  
 The sooner thyself thou submittest to God,  
 The sooner he ceaseth to scourge with his rod.”

Tusser, 1710.



## THE POETICAL COOKERY BOOK.

(From *Punch*.)

## TO MAKE PEA SOUP.

AIR,—“*Do you ever think of me, Love?*”

Do you like the Soup of Pea, Ma'am?  
 Do you like the Soup of Pea?  
 Then I'll tell you how to make it,  
 If you'll listen, Ma'am, to me.  
 Steep your peas in clean cold water,  
 Then boil them in a pan;  
 Then through a hair-sieve pass them—  
 You must boil them till you can.  
 Then tell me, did you ever  
 Such a nice foundation see—  
 If you only do it clever—  
 For the famous Soup call'd Pea?  
 To some broth that's strong and nice,  
 Ma'am,  
 The peas you'll please to add;  
 And a little well-boil'd rice, Ma'am,  
 Mix'd with it won't be bad.  
 Take yolk of egg, and beat it;  
 But, mark my warning word,  
 You with the soup must heat it,  
 Not boil it—or 'twill curd.  
 Then taste, and say if ever  
 A better soup you'll see;  
 And, if you answer, “Never!”  
 Eat it, and think of me.

## TO DRESS EELS À LA TARTARE.

AIR,—“*The Light Guitar.*”

Oh! leave the cray—the cray-fish mean,  
 The brill, the haddock white,  
 And bring a frying-pan quite clean,  
 Of polish dazzling bright;  
 And place it o'er the flickering ray,  
 Above the grate's top bar,  
 Then take an Eel, and learn the way  
 To cook à la Tartare.  
 I'll bid thee first your fish divide  
 In bits—from tail to head—  
 Through eggs and flour then let them  
 glide,  
 And add some crumbs of bread.  
 I'll tell thee next the whole to fry,  
 And on the road you are  
 To that with which there's nought can vie,  
 An Eel à la Tartare.

I'll tell thee how the sauce to make,  
 Which gives the dish its name;  
 Of hard-boil'd egg the yolk first take,  
 Then two raw eggs the same.  
 As these you in a basin blend,  
 Where salt and pepper are,  
 You'll stir them well—and all will tend  
 To make the Sauce Tartare.

I'll bid thee take a pint of oil,  
 And slowly let it drop  
 Into the whole—but it will spoil  
 If stirring it you stop.  
 And with the oil alternate pour  
 A little vin-e-gar;  
 Your task will then be nearly o'er  
 In making Sauce Tartare.

I'd make it thick, but not in clots,  
 Then add some gherkins chopp'd,  
 With capers, parsley, eschalots,  
 If you'll my plan adopt.  
 A table-spoon of each will do.  
 French mustard from a jar  
 You'll add, with Cayenne pepper too—  
 And there's your Sauce Tartare.

## TO DRESS HERRINGS.

AIR,—“*Meet me by Moonlight.*”

Meet me to breakfast alone,  
 And then I will give you a dish,  
 Which really deserves to be known,  
 Though it's not the genteelest of fish.

You must promise to come, for I said,  
 A splendid Red Herring I'd buy.  
 Nay, turn not away your proud head;  
 You'll like it, I know, when you try.

If moisture the Herring betray  
 Drain, till from moisture 'tis free;  
 Warm it through in the usual way,  
 Then serve it for you and for me.

A piece of cold butter prepare,  
 To rub it, when ready it lies;  
 Egg-sauce and potatoes don't spare,  
 And the flavour will cause you surprise.



THE JOURNAL OF THE

187

(1) The first part of the volume is devoted to a general survey of the history of the subject, and to a discussion of the various theories which have been advanced to explain the phenomena observed. The author's own views are set forth in a clear and concise manner, and are supported by a wealth of facts and figures. The second part of the volume is devoted to a detailed description of the various experiments which have been performed, and to a discussion of the results obtained. The author's own experiments are described in a clear and concise manner, and are supported by a wealth of facts and figures. The third part of the volume is devoted to a discussion of the various theories which have been advanced to explain the phenomena observed, and to a comparison of these theories with the results of the experiments. The author's own views are set forth in a clear and concise manner, and are supported by a wealth of facts and figures.

The first part of the volume is devoted to a general survey of the history of the subject, and to a discussion of the various theories which have been advanced to explain the phenomena observed. The author's own views are set forth in a clear and concise manner, and are supported by a wealth of facts and figures. The second part of the volume is devoted to a detailed description of the various experiments which have been performed, and to a discussion of the results obtained. The author's own experiments are described in a clear and concise manner, and are supported by a wealth of facts and figures. The third part of the volume is devoted to a discussion of the various theories which have been advanced to explain the phenomena observed, and to a comparison of these theories with the results of the experiments. The author's own views are set forth in a clear and concise manner, and are supported by a wealth of facts and figures.



# THE PHILOSOPHY OF COOKERY;

OR,

HOW WE LIVE ON WHAT WE EAT.

---

DOUBTLESS the true province of a cookery book is to tell how to boil, bake, roast, carve, choose provisions, make dishes and pastry, set out the table, and in a hundred ways work up into palatable wholesomeness the daily food. But having in detail gone through these mysteries, we feel tempted to advance a step, and tell our readers something of the making ready of food, that every hour goes on in the great cookery of nature, and how from field and garden, beef, mutton, milk, and grain, are built up our bulk and strength.

It is curious to note man gathering his sustenance all over the world, how in search of it he fishes and hunts, rears flocks and herds, ploughs, sows and reaps, goes headlong into anxieties, rises early, lies down late, and wears out and renews his strength. There is no land too stubborn for him, no sea too deep, no hill too high, no zone too burning hot or freezing cold, no bird too swift of wing, or beast too wild; roots, plants, fruits, flesh, he has stomach for everything. The Esquimaux, in his six months of frozen night, smacks his lips over his whale blubber; the Samoiedes, following the chase over hill and dale, in clear dry cold mountain air, eats his eight or ten pounds of meat a-day, and holds a dozen tallow candles, if chance throw them in his way, a rich dessert; the native of Southern India lives on rice and fruit; the European under the same hot sun stirs up his stomach with spices and pickles, to tempt himself to his usual cold climate fare; the wandering Arab for whole months lives upon milk alone, and in view of all the thousand strange simples and messes on which men live, grow, and gather strength, it was long (indeed until quite recently) held, that there was some special miracle of cookery performed in the stomach, by which no matter what came into it was made to feed the blood and build up the bone and muscle. Every ingredient, and the quantities of it in bone and fat, flesh and sinew, were as well known to men learned in such matters, as the ingredients of



any given dish to a cook, but although it was never thought the cook could furnish up the dish without the right matters to make it, it was held that the stomach could build up the human frame out of food, no matter how short the food might be of the needful ingredients.

Modern discovery has however proved that the stomach can create nothing; that it can no more furnish us with flesh out of food, in which, when swallowed, the elements of flesh are wanting, than the cook can send us up roast beef without the beef to roast. There was no doubt as to the cook and the beef, but the puzzle about the stomach came of our not knowing what matters various sorts of food really did contain; from our not observing the effects of particular kinds of food when eaten without anything else for some time, and from our not knowing the entire uses of food. But within the last few years measures and scales have told us these things with just the same certainty as they set out the suet and raisins, currants, flour, spices, and sugar, of a plum-pudding, and in a quite popular explanation it may be said that we need food that as we breathe it may warm us, and to renew our bodies as they are wasted by labour. Each purpose needs a different kind of food. The best for the renewal of our strength is slow to furnish heat; the best to give us heat will produce no strength. But this does not tell the whole need for the two kinds of food. Our frames are wasted by labour and exercise; at every move some portion of our bodies is dissipated in the form either of gas or water; at every breath a portion of our blood is swallowed, it may be said, by one of the elements of the air, oxygen; and of strength-giving food alone it is scarce possible to eat enough to feed at once the waste of our bodies, and this hungry oxygen. With this oxygen our life is in some sort a continual battle; we must either supply it with especial food, or it will prey upon ourselves;—a body wasted by starvation is simply eaten up by oxygen. It likes fat best, so the fat goes first; then the lean, then the brain; and if from so much waste, death did not result, the sinews and very bones would be lost in oxygen.

The more oxygen we breathe the more need we have to eat. Every one knows that cold air gives a keen appetite. Those who in town must tickle their palates with spices and pickles to get up some faint liking for a meal, by the sea, or on a hill-side, are hungry every hour of the day, and the languid appetite of summer and crowded rooms, springs into vigour with the piercing cold and open air of winter. The reason of this hungriness of frosty air is simply that our



lungs hold more of it than they do of hot air, and so we get more oxygen, a fact that any one can prove, by holding a little balloon half filled with air near the fire, it will soon swell up, showing that hot air needs more room than cold.

But the oxygen does not use up our food and frames without doing us good service, as it devours it warms us. The fire in the grate is oxygen devouring carbon, and wherever oxygen seizes upon carbon, whether in the shape of coals in a stove or fat in our bodies, the result of the struggle (if we may be allowed the phrase) is heat.

In all parts of the world, at the Equator and the Poles, amidst eternal ice and under a perpendicular sun, in the parched desert and on the fresh moist fields of temperate zones, the human blood is at the same heat; it neither boils nor freezes, and yet the body in cold air parts with its heat, and just as we can keep an earthenware bottle filled with boiling water, hot, by wrapping it in flannel, can we keep our bodies warm by covering them closely up in clothes. Furs, shawls, and horse-cloths have no warmth in themselves, they but keep in the natural warmth of the body. Every traveller knows that starting without breakfast, or neglecting to dine on the road, he feels more than usually chilly; the effect is very much the same as if he sat to his meals on the same cold day in a room without a fire; the internal fuel, the food, which is the oil to feed life's warming lamp, is wanting. On this account, a starving man is far sooner frozen to death than one with food in his wallet. The unfed body rapidly cools down to the temperature of the atmosphere, just as the grate cools when the fire has gone out. Bodily heat is not produced in any one portion of the body, but in every atom of it. In a single minute about twenty-five pounds of blood are sent flowing through the lungs, there the whole mass meets the air, sucks in its oxygen, and speeding on carries to every portion of the frame the power which may be said to light up every atom of flesh, nerve, and bone, and to keep the flame throughout the body ever burning with the fresh warmth of life.

In accordance with these facts we find men all over the world acting instinctively. In our climate, either by necessity or choice, we exert ourselves, quicken the blood's speed, breathe rapidly, take in oxygen largely; in short, fan the flame which quick-returning hunger makes us feed. Even the least civilized follow correctly the natural law; the fruit so largely eaten by the native inhabitants of the tropics contains in every 100 oz. not more than 12 of direct heat-producing elements, whilst the blubber and oil of the



Esquimaux has in every 100 oz. somewhere about 80 oz. of such elements. Nor is it possible without injurious effects to live in opposition to this instinct, which science has shown to be in strict accordance with the intention of nature. The Englishman in India provokes a make-believe appetite for meat; he has no notion of changing his home-habits because he has left home a few thousand miles away; he goes to war with sun and air, eats meat abundantly; in short, stops up the grate with throwing on fuel where there is but little of the fiery oxygen to consume it, grows sickly yellow, and so pays in suffering the common penalty of ignorance.

The alderman grows fat, because unfortunately the civic gown adds no oxygen to the atmosphere, and the honour calls him to no especial bodily effort, whilst his dear turtle is scarcely less rich in carbon or warmth-giving food, than the Esquimaux's blubber; and so, as the delightful green fat lacks oxygen to burn it, it stores itself in little cells all over the alderman, a reserve of fuel, like the coals in his cellar. As a contrast we may place the native Indian of the high, dry, clear air of the South American Pampas; at such elevation the air is comparatively scant of oxygen. Of this the Indian knows nothing, but he eats no fat, his sole food is dried lean flesh, and like it he himself is lean, wiry muscled, and wastes little under toil.

So far therefore we have evidence that good may come of method in our cookery. Plum-pudding is no dish for the dog-days, but its suet blunts the keen tooth of winter. Nor is it a mere sentimental sympathy that wakes the wish to give the poor a good Christmas dinner. Scant fare makes cold more bitter. Those who must face the wintry wind unfed, shiver doubly in the blast when they are poorly clad. The internal fire sinks for want of fuel, and the external air drinks up the little warmth the slow consuming system gives.

But this is a digression. We have already spoken of the supposed miraculous doings by which it was taken for granted the stomach could form flesh-making blood out of eatables of all sorts. In infancy we thrive on milk alone. In after years, on bread, meat, and vegetables. Cattle and sheep are a sort of walking machinery to turn grass and grain into beef and mutton, fat and lean, for us. No wonder it should be a puzzle that the very same being could find every part of its body either in milk or mutton, bread or potatoes. Chemistry has, however, solved the riddle, by finding in every form of human food such elements as can be readily



changed into the ingredients of the child's first meal,—its mother's milk.

Milk, as every dairy-maid knows, when a little rennet is poured into it, becomes curd and whey. The curd chemists call animal *caseine*.

When the water in which the meal of peas, beans, or lentils has been for some time suffered to steep, is warmed, and a little acid poured into it, it gives, like the milk, a curd, called *vegetable caseine*, which is precisely the same as the curd of the milk, and contains, like it, all the ingredients of blood.

So far, therefore, there is no difficulty in understanding how we may live on peas, beans, &c., just as on milk, or meat.

Every one knows that white of egg poured into boiling water, gathers together and becomes firm, the substance so formed is called animal albumen. It is identical with the albumen of the blood.

When vegetables are pounded in a mortar, the fresh squeezed-out juice lets fall a sediment which grass gives largely, and which is also to be had from all kinds of grain. This deposit is precisely the same as the fibrin or lean of flesh. When the remaining clear juice is boiled, a thick jelly-like substance is formed. Cauliflower, broccoli, asparagus, and cabbage are especially rich in this coagulating or thickening substance: it is exactly the same thing as white of egg or animal albumen. It is called, therefore, vegetable albumen, and is, in common with the white of egg, identical with the albumen of blood, which, with the fibrin, whether animal or vegetable, is the source of every portion of the human body.

We see, therefore, that the cattle have, in peas and beans as caseine, in corn and grass as fibrin, in sundry vegetables as albumen, the very materials of their flesh; and that, whether we live upon grain or pulse, beef or mutton, milk or eggs, we are in fact eating flesh, in meat diet ready made; in the case of the others containing the fit ingredients of preparation. Nor are we left in the least shadow of a doubt that albumen of whatever kind is entirely sufficient to produce flesh, for not only do we find every ingredient of flesh contained in it, but we can turn the flesh and fibrin of the blood back to albumen.

But besides the flesh-making ingredients, namely, the albumen and fibrin, we have already shown that it is needful the blood should have food for oxygen; this also is contained in milk, grain, pulse, vegetables, and meat. In the meat as fat, which more or less the juices of the meat and even the lean



contain, in the pulse, grain, potatoes, as starch, in the vegetables, as sugar of various kinds, and in milk as sugar of milk.

At first sight, few things seem less alike than starch and sugar, but modern discovery has proved that our saliva—the natural moisture of the mouth (which in its froth, as it is swallowed with every mouthful of food, always contains air) has power, when mixed with moistened starch at the heat of the stomach, to turn the starch into sugar; and again we find that butter and fat contain the same ingredients as starch and sugar, but with this difference, that ten ounces of fat will feed as much oxygen as twenty-four ounces of starch. Grains, vegetables, milk, and meats differ from each other, and amongst themselves in their quantities of flesh-producing and oxygen-feeding substances; but whether the oxygen feeders be in the form of sugar or fat, we can tell exactly how much starch they amount to, and the following list taken from Baron Leibig's Familiar Letters on Chemistry, in this way shows the relative value of the several kinds of food in flesh-producing, and oxygen-feeding, or warmth-giving ingredients.

	Flesh producing.	Warmth giving.
Human milk has for every ten flesh-producing parts . . . . .	10	40
Cows' milk . . . . .	10	30
Lentils . . . . .	10	21
Horse beans . . . . .	10	22
Peas . . . . .	10	23
Fat mutton . . . . .	10	27
Fat pork . . . . .	10	30
Beef . . . . .	10	17
Hare . . . . .	10	2
Veal . . . . .	10	1
Wheat flour . . . . .	10	46
Oatmeal . . . . .	10	50
Rye flour . . . . .	10	57
Barley . . . . .	10	57
White potatoes . . . . .	10	86
Black ditto . . . . .	10	115
Rice . . . . .	10	123
Buck wheat flour . . . . .	10	130

Here, then, we have proof of the value of variety in food, and come upon what may be called the philosophy of cookery.\*

\* "Among all the arts known to man," says Leibig, "there is none which enjoys a juster appreciation, and the products of which are more universally admired than that which is concerned in the preparation of our food. Led by an instinct, which has almost reached the dignity of conscious knowledge, as the unerring guide, and by the sense of taste which protects the health, the experienced cook, with respect to the choice, the admixture, and the preparation of food, has made



In our food the proportions of human milk are the best we can aim at; it has enough of flesh-producing ingredients to restore our daily waste, and enough of warmth-giving to feed the oxygen we breathe. To begin with the earliest making of dishes, we find that cows' milk has less of oxygen-feeding ingredients in a given measure than human milk; a child would, therefore, grow thin upon it unless a little sugar were added; wheat flour has, on the other hand, so much an excess of oxygen-feeding power as would fatten a child unhealthily, and it should therefore have cows' milk added to reduce the fattening power.

The same sort of procedure applies in greater or less degree to all dishes. Veal and hare stand lowest in the list for their oxygen-feeding qualities, and, on this account, should be eaten with potatoes or rice, which stand highest, and with bacon and jelly which furnish in their fat and sugar the carbon wanting in the flesh. With the above table before us, and keeping in mind the facts already detailed, it is clear that cookery should supply us with a mixed diet of animal and vegetable food, and should aim so to mix as to give us for every ounce of the flesh-making ingredients in our food, four ounces of oxygen-feeding ingredients. It is clear, also, that the most nourishing or strength-giving of all foods are fresh red meats, they are flesh ready made, and contain, besides, the iron which gives its red colour to the blood, being short of which the blood lacks vitality, and wanting which it dies.

To preserve in dressing the full nourishment of meats, and their properties of digestiveness, forms a most important acquisition surpassing all that chemical and physiological science have done in regard to the doctrine or theory of nutrition.

"In soup and meat sauces he imitates the gastric juices, and by the cheese, which closes the banquet, he assists the action of the dissolved epithalmium (fine inner lining), which, with the swallowed saliva, forms rennet of the stomach. The table supplied with dishes, appears to the observer like a machine, the parts of which are harmoniously fitted together, and so arranged, that when brought into action, a maximum of effect may be obtained by means of them. The able culinary artist accompanies the blood, making articles with those which promote the process of solution and re-solution into blood in due proportion; he avoids all kinds of unnecessary stimuli, such as do not act in restoring the equilibrium; and he provides the due nourishment for the child as well as the old man, as well as for both sexes.

"The intelligent and experienced mother or nurse chooses food for the child with the same attention to the laws of nature; she gives him chiefly milk and farinaceous food, always adding fruits to the latter; she prefers the flesh of adult animals which are rich in bone earth, to that of young animals, and always accompanies it with garden vegetables; she gives the child especially bones to gnaw, and excludes from its diet veal, fish, and potatoes; to the excitable child of weak digestive powers, she gives, in its farinaceous food, infusion of malt and uses milk sugar, the respiratory matter prepared by nature herself for the respiratory process, in preference to cane sugar; and she allows him the unlimited use of salt."



part of the art of cookery; for these ends the object to be kept in mind is to retain as much as possible the juices of the meat, whether roast or boiled. This, in the case of boiling meat is best done by placing it at once in briskly boiling water; the albumen on the surface, and to some depth, is immediately coagulated, and thus forms a kind of covering which neither allows the water to get into the meat, nor the meat juice into the water. This accomplished, the water should be kept just under boiling until the meat be thoroughly done, which it will be when every part has been heated to about 165 degrees, the temperature at which the colouring matter of the blood coagulates or fixes; at a lower temperature, 133 degrees, the albumen sets, but the blood does not, and therefore the meat looks red and raw. We have taken this bit of instruction for cooks direct from Leibig. As to roasting, the same rules apply: the meat should first be brought near enough a bright fire to brown the outside, and should then be allowed to roast slowly. In connection with this point of preserving the rich juices of meat, it may be as well to remind all cooks and housekeepers that the brine in which meat, covered with dry salt, is in two or three days found swimming, is caused by the fact that the meat has in it a large quantity of water, that it can hold but about half as much of brine as water, and that the excess of water as it flows out, carries with it, to so large an extent, the juices and nourishing power of the meat, that it is no over estimate to state that one pound in every three is completely thrown away when meat is corned.

Belonging also to this question of waste and nourishment, it is to be noted, that the almost everywhere-agreed-upon notion that soup, which sets into strong jelly, must be the most nutritious, is altogether a mistake. The soup sets because it contains the gelatine or glue of the sinews, flesh, and bones: but on this imagined richness alone it has, by recent experiments, been proved that no animal can live. The jelly of bones boiled into soup, can furnish only jelly for our bones; the jelly of sinew or calf's feet can form only sinew; neither flesh nor its juices set into a jelly. It is only by long boiling we obtain a soup that sets, but in a much less time we get all the nourishing properties that meat yields in soup.\* Jellies are no doubt useful in cases of

\* In conformity with the above, Leibig tells how the best beef tea or brown soup should be made. "When one pound of lean beef, free from fat, and separated from the bones, in the finely chopped state in which it is used for beef sausages or mince-meat, is uniformly mixed with its own weight of cold water, then slowly heated to boiling, and the liquid after boiling briskly for a minute or two is strained through a cloth or sieve from the coagulated albumen and the



recovery from illness when the portions of the system in which it occurs have been wasted, but in other cases, though easily enough digested, jelly is unwholesome, for it loads the blood with not only useless but disturbing products. Nor does jelly stand alone. Neither can we live on meat which has been cleared of fat, long boiled, and has had all the juice pressed out of it; a dog so fed, lost in forty-three days a fourth of his weight; in fifty-five days he bore all the appearance of starvation, and yet such meat has all the muscular fibre in it. In the same way, animals fed on pure caseine, albumen, fibrin of vegetables, starch, sugar, or fat, died, with every appearance of death by hunger.

Further experiment showed that these worse than useless foods were entirely without certain matters which are always to be found in the blood, namely, phosphoric acid, potash, soda, lime, magnesia, oxide of iron,\* and common salt (in certain of these we may mention, by way of parenthesis, that veal is especially deficient, and hence its difficulty of digestion and poor nutrient properties). These salts of the blood, as they are termed in chemistry, are to be found in the several wheys and juices of meat, milk, pulse, and grain. Here then was the proof complete, that such food, to support life, must contain the several ingredients of the blood, and that the stomach cannot make, nor the body do without the least of them.

We are indebted for the information given in this chapter to the Familiar Letters, and Animal Chemistry of Baron

fibrin, which are then become hard and horny, we obtain an equal weight of the most aromatic soup, of such strength as can be had even by boiling for hours from a piece of flesh; also, when mixed with salt, and the other additions by which soup is usually seasoned, and tinged somewhat darker by means of roasted onions or burnt sugar, it forms the very best soup that can be prepared from a pound of flesh."

The proof of the excellence of this soup is to be had in the fact, that it has been found of the greatest value to an army on active service. Given to wounded soldiers with a little wine it immediately restores their strength from the exhaustion by loss of blood, and enables them far better to bear removal to the nearest hospital. There is scarce need to mention that the soup so useful in such severe instances must be a most admirable restorative in cases of weakness from illness, &c. True it is that this soup contains little or no flesh or albumen; but it is rich in the juice of flesh. Flesh itself, as we have shown in the case of starvation, wastes but slowly, the iron and several salts of the juices are far more rapidly lost, and also more quickly digested or furnished to the blood, and thence the speedily reviving effects of this quickly made beef-tea.

\* "We cannot imagine the formation of blood-globules without iron, corresponding to the quantity which daily becomes worn out or inactive, and is excreted by the intestinal canal. It is quite certain that, if iron be excluded from the food, organic life cannot be supported. Vegetable food, especially grain, and, of course, bread, contains as much iron as beef or red meat generally; veal contains only one third of the iron that beef does. Cheese, eggs, and especially fish, contain in proportion to the alkalies, a quantity still smaller than veal."



Leibig, works full of instruction, and to which we would refer such of our readers as may have found their attention fixed by our remarks. Few books will better repay a study, and there are few subjects of more true interest than the explanation of how the earth, and air, and rains, and dew feed vegetation; how vegetables become the flesh of beasts, their flesh the flesh of men; and how, through every order of life, there is growth, waste, maintenance of force, and hourly return of borrowed elements, until at length the life is ended, and the frame, obedient to the perpetual force of nature, yields back the several elements that gathered, in the daily food, built up the bulk, restored to every part its hourly waste, supplied the strength for every effort, and gave at every breath the vital warmth.

---

#### A FEW WORDS ABOUT THE ADULTERATION OF OUR FOOD, AND THE PURITY OF WATER.

But spite of our receipts and our philosophy, the briskness of the fire, the skill of our cook, the excellence of the oven, and the bright array of pots, kettles, pans, moulds, griddles and gridirons, and the presiding genius of even a half Fortunatus sort of a purse, or the most rigid scale and measure of economy, one grand puzzle besets alike all kitchens, the difficulty of really getting the ingredients on which the mystery of food manufacture is to be exercised.

The very water we have to cook with, is crowded with millions of monsters—things with two heads and no heads, with countless legs and no legs, with jaws and pincers and claws, and most wonderfully springy tails; in some water well nigh enough of them to make a sort of soup, to say nothing of the chalk, lime, iron, and a host of other impurities.

The sugar, if it be brown, without taking note of such items as a little lead, a good deal of sand, some clay and flour, is pretty nearly as thick as it can hold of chips of cane and swarms of mites.

Our tea, if green, is painted and polished with Prussian blue, turmeric powder, and China clay, and is a mixture of all the leaves that the wonderful industry and ingenuity of the Chinese, and for marvellous economy of honesty by our own grocers can accomplish; we have old tea-leaves dried



and twisted up, and coloured and glazed, and sold for black and green; we have even gunpowder made up of dust and sand, and gum, faced as they call it with plumbago.

Coffee, fragrant and refreshing, has almost become a myth, we may have pneumatic coffee-pots that will not let the finest dust pass through their strainers, French coffee-pots, German coffee-pots, and all kinds of traditional directions for the manufacture, just as it is to be had in Paris; but not one of them can help us to make coffee, unless, as good old Mrs. Glass would say, "we have first got our coffee;" and what with foreign roguery and home roguery, the Chancellor of the Exchequer, and the sore temptations to cheat the customs, the chances are twenty to one against us, that the brown powder we are at so much pains with, once flourished at the end of a blue flower, on a long stalk under our own hedges, being known where it grew under the name of wild endive, christened in trade chicory, and being in reality a tall and aristocratic sort of dandelion, possessing too the medicinal properties of dandelion, and none whatever of the properties of coffee. But even if people be taken with a liking for this dandelion tea instead of coffee, they cannot even have it pure, the chicory itself is far too costly to content the avaricious roguery of a number of dealers, and so the chicory itself is adulterated with roasted corn, parsnips, manglewurzels, beans, Egyptian lupin seed, biscuit powder, burnt sugar, roasted carrots, oak bark, tan, acorns, mahogany sawdust, and no little sand, the result of the original dirt judiciously left as a make-weight upon the root of the chicory itself.

Mustard can scarce be said to have even the colour of mustard, for it is coloured with turmeric, and what passes for mustard is in many a case little more than mere husks and flour.

Pepper is messed up with wheat-flour, mustard-seed husks, sago-meal, pea-flour, and warehouse sweepings; nor does it fare better with food for invalids, oatmeal is mingled with far less digestive barley-meal at half the price. Arrow-root (which it should be understood is the produce of under ground branches or bulbs of the maranta plant, growing in the West and East Indies, and having gained its name of arrow-root from the belief that it was a remedy against the deadliness of poisoned arrows), is to the utmost economized; and though its purity is often of great importance to the invalid, there is for the most part sold instead, sago-flour, tapioca-flour, and most commonly of all and worst of all, potato-starch.

Milk and bread, the laborious and able sanitary commission of the "Lancet," to whose reports for more full information



we would refer our readers, has shown are not much adulterated. But the milk, partly by the kind of keep of the cows, partly by a little careful skimming, and in a multitude of cases by the liberal aid of the pump, is duly thinned. Flour and bread, of old mixed with plaster of Paris, ground bones, and potato starch — thanks to the cheapening of pure materials, has come to content itself with alum only, and instead of other adulteration, customers are cheated with light weight, a matter on which there is no need to say anything, but that its best corrective is a pair of household scales and the nearest police office. But this running account of roguery, except for its curiousness, would be of little use without a few hints, if not as to detection and prevention, at least as to how our readers may escape from amongst the number of dupes and sufferers, who are daily and hourly swindled in the kingdom.

As to tea (the fact being that since the experienced officers of the East India Company have ceased to hold the Chinese traders in terrorum, almost no real green tea reaches this country, but all pretending to be such are painted with poisons), it is best to be content with black tea alone.

For sugar, the best advice is—if you like to pay for dirt and to mix it with your preserves, puddings, and pastry, and choose to believe the grocers, that sugar that moistens even the thick paper they place it in, and which looks dark, smells strong, and sticks to your fingers, is richer in sweetening than clear sparkling white sugar, out of which none of the sweetening but all the dirt has been washed—then buy brown sugar.

“Please tell the people over the way,” said a gentleman, “that I would take it as a particular favour, if in future they will send me the cow’s hairs on one plate, and the butter on another, and I can mix them myself as I want them.” Such is our advice as to coffee. It seems beyond the reach of average human honesty to sell it pure. The chicory is so fragrant—so wholesome—such an improvement on the flavour of the Arabian berry, and withal so much cheaper, that mixed it must be. We say therefore, Buy your coffee in the berry, raw; your chances are at all events fifty to one better of having coffee only. Roast and grind it for yourselves, and, if you like chicory or dandelion, endive, or any other weed with it, why, buy the roots, scorch them and grate them, and, like the man with the hairs in his butter, mix them to your taste. But do not, unless you choose to cheat your stomachs, buy ground coffee, a mill will soon pay for itself; and at all events never purchase canistered or bottled coffee, for in



ninety-nine cases out of a hundred an additional dose of dust is made to pay for the tin or glass.\*

As to water—every one knows that plumbers make the bottoms of the cisterns thicker than the sides because the water eats the lead away; hard water does so more than soft, and water from the same source more at sometimes than others. Lead, as the phrase is, accumulates in the system, so that ever so little taken day by day, at length sums up to a poisonous dose sufficient to mar the health. The remedy for this mischief is simply to have the service-pipes made of, and the cisterns lined with, gutta percha. Some towns—Glasgow, Nottingham, Manchester, for instance, are fortunate in having supplies of pure soft water, and though the change is comparatively recent, the good effect has already begun to show itself in the returns of the public health.

Thames and other river waters, with which London and many other cities and towns are supplied, contain in every gallon from twenty to four and twenty grains of ingredients, which have more or less a medicinal effect, besides the many injurious living animalculæ and matters of animal refuse. Many spring waters, though of course free from the animal impurities, abound still more in the medicinal. To render such waters fit for healthful use, some process of purification is absolutely essential, and such purification very perceptibly improves both their cooking and washing properties.

Ordinary filters certainly free water from a considerable quantity of dirt, but not from the medicinal ingredients, nor even from all the animalculæ, some of which, though quite visible as monsters with a microscope, nevertheless find their way through the filter. One of the simplest processes of

\* It may not be amiss to show how tea is made in China, and coffee amongst the Turks.

The art of making tea consists in pouring the water on and off immediately, so as to get the flavour.

Coffee making is a more intricate affair, and cannot be fully conveyed in a receipt. But a docile spirit that will dismiss every received idea and not reason, may make something out of the hints I now submit.—The coffee must be slowly roasted, not burnt, and brought only to an amber brown, it must be roasted day by day. The flavour dissipates in a few hours, it must be reduced by pounding to an impalpable powder. In making it, two opposite and apparently incompatible ends are to be secured—strength and flavour. To obtain the first, it must be boiled; by boiling, the second is lost. The difficulty is surmounted by a double process,—one thorough cooking, one slight one; by the first a strong infusion is obtained, by the second that infusion is flavoured. Thus a large pot with coffee-lees stands simmering by the fire; this is the sherbet. When a cup is wanted the pounded coffee is put in the little tin or copper pan, and placed on the embers; it fumes for a moment, then the sherbet is poured on; in a few seconds the froth (caimah) rises; presently an indication that it is about to boil is made manifest, when the coffee is instantly taken from the fire, carried into the apartment, turned into the cup, and drunk.”

—*Urquart's Pillars of Hercules.*



purification, if people will only take the trouble to perform it—and it is surely worth it for the increase of comfort and the advantage to health is,—for every forty gallons that the cistern holds to pour in one gallon of lime water; this has the effect of throwing down from the water a large proportion of the chemical ingredients, and no small multitude of the animalculæ. Such water filtered is perhaps as nearly pure as it can be made from the present source of the supplies. Another method of purification is by long slow boiling, then allowing the water to cool, and filtering it. Some trouble no doubt there is in any such course, but pure water, like pure air, is essential to a life of health, and those who will not be at the trouble must make up their minds to some degree of infirmity and unhappiness.



THE  
ILLUSTRATED LONDON COOKERY BOOK.

---

CHAPTER I.



ON CARVING.

ONE of the most important acquisitions in the routine of daily life is the ability to carve well, and not only well but elegantly. It is true that the modes now adopted of sending meats, &c. to table are fast banishing the necessity for promiscuous carving from the elegantly served boards of the wealthy; but in the circles of middle life, where the refinements of cookery are not adopted, the utility of a skill in the use of a carving knife is sufficiently obvious.

It must not be supposed that the necessity for this acquirement is confined to the heads of families alone, it is as important for the bachelor visitor to be familiar with the art, as it is for the host himself; indeed he is singled out usually for the task of carving a side dish, which happening to be poultry of some kind, becomes a task most embarrassing to him, if he should happen to be ignorant of the *modus operandi* of skilfully dissecting a fowl. He may happen to be



on the right hand of the lady of the house, and at her request, very politely conveyed, he cannot refuse; he rises, therefore, to his task as though one of the labours of Hercules had been suddenly imposed on him; he first casts around him a nervous glance to ascertain whether any one else is carving a fowl, in order to see where they insert their fork, at what part they commence, and how they go on; but it generally happens that he is not so fortunate as he desires, and therefore he is left to get through the operation as well as he can. He takes up his knife and fork desperately, he knows that a wing is good, a slice of the breast is a dainty, and that a leg is a gentleman's portion, so he sticks his fork in at random, and slashes at the wing, misses the joint, and endeavours to cut through the bone; it is not an easy task, he mutters something about his knife not being sharp, essays a grin and a faint *jeu de mot* at the expense of the fowl's age, and finding the bone will not sunder by fair means, he puts out his strength, gets off the wing with a sudden dash which propels the mangled member off the dish upon the cloth, sends the body of the fowl quite to the edge of the dish, and with the jerk splashes a quantity of gravy over the rich dinner dress of the lady seated next to him, much to her chagrin at the injury to her robe, and her contempt for the barbarous ignorance he has displayed. He has to make a thousand apologies for his stupidity, which only serve to make his deficiency more apparent, he becomes heated, suffused with blushes and perspiration, continues hacking and mangling the fowl until he has disjoined the wings and legs, and then, alas! the body presents itself to him as a *terra incognita*, what to do with it he is at a complete loss to imagine, but it must be carved, he has strength of wrist, and he crashes through it at the hazard of repeating the mishaps he commenced with. His task over, he sits down confused and uncomfortable to find his efforts have caused the rejection of any portion of the fowl he has wrenched asunder by those who have witnessed his bungling attempt, he is disgusted with the fowl, himself, carving, and everything else; loses all enjoyment for his dinner, and during the remainder of the evening cannot recover his equilibrium.

He will possibly too have the very questionable satisfaction of witnessing an accomplished carver dissect a fowl, he perceives with a species of wonder that he retains his seat, plants his fork in the bird, removes the wings and legs as if by magic, then follows merry-thought and neck bones, then the breast, away come the two sidesmen, and the bird is dissected; all this too is accomplished without effort and with an elegance of manner as surprising as captivating; the pieces carved look quite tempting, while there is no perceptible difference in the temperature of the carver, he is as cool and collected as ever, and assists the portions he has carved with as much grace as he displayed in carving the fowl. The truth is, he is acquainted with the anatomy of the bird, he has felt the necessity of acquiring the art, and has taken advantage of every opportunity which has enabled him to perfect himself in the requisite knowledge to attain the position at which he has arrived.





Ladies ought especially to make carving a study; at their own houses, they grace the table and should be enabled to perform the task allotted to them with sufficient skill, to prevent remark or the calling forth of eager proffers of assistance from good natured visitors near, who probably would not present any better claim to a neat performance.

Carving presents no difficulties; it requires simply knowledge. All displays of exertion or violence are in very bad taste; for, if not proved an evidence of the want of ability on the part of the carver, they present a very strong testimony of the toughness of a joint or the more than full age of a bird: in both cases they should be avoided. A good knife of moderate size, sufficient length of handle, and very sharp, is requisite; for a lady it should be light, and smaller than that used by gentlemen. Fowls are very easily carved, and joints, such as loins, breasts, fore-quarters, &c., the butcher should have strict injunctions to separate the joints well.

The dish upon which the article to be carved is placed should be conveniently near to the carver, so that he has full control over it; for if far off, nothing can prevent an ungracefulness of appearance, nor a difficulty in performing that which in its proper place could be achieved with ease.

In serving fish, some nicety and care must be exercised; here lightness of hand and dexterity of management is necessary, and can only be acquired by practice. The flakes which, in such fish as salmon and cod are large, should not be broken in serving, for the beauty of the fish is then destroyed, and the appetite for it injured. In addition to the skill in the use of the knife, there is also required



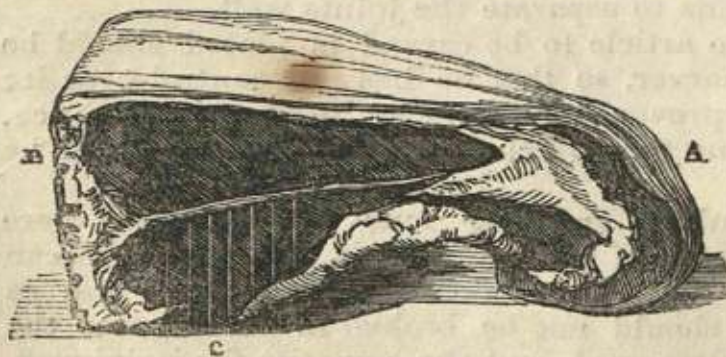
another description of knowledge, and that is an acquaintance with the best parts of the joint, fowl, or fish being carved. Thus in a haunch of venison the fat, which is a favourite, must be served with each slice; in the shoulder of mutton there are some delicate cuts in the under part. The breast and wings are the best parts of a fowl, the trail of a woodcock on a toast is the choicest part of the bird. In fish a part of the roe, melt, or liver should accompany the piece of fish served; the list, however is too numerous to mention here; and indeed, the knowledge can only be acquired by experience. In large establishments the gross dishes are carved at the buffet by the butler, but in middle society they are placed upon the table. In the following directions accompanied by diagrams, we have endeavoured to be as explicit as possible; but while they will prove as landmarks to the uninitiated, he will find that practice alone will enable him to carve with skill and facility.



Aitch-Bone.

juicy part of the meat at once. Carve from A to B; let the slices be moderately thin—not too thin; help fat with the lean in one piece, and give a little additional fat which you will find below c; the solid fat is at A, and must be cut in slices horizontally. The *round of beef* is carved in the same manner.

**RIBS OF BEEF.** There are two modes of carving this joint; the first, which is now becoming common, and is easy to an amateur carver, is to cut across the bone commencing in the centre, and serving fat from A, as marked in the engraving of the sirloin, or it should be carved in slices from A to c, commencing either in the centre of the joint or at the sides. Occasionally the bones are removed, and the meat formed into a fillet; it should then be carved as a round of beef.



Sirloin of Beef.

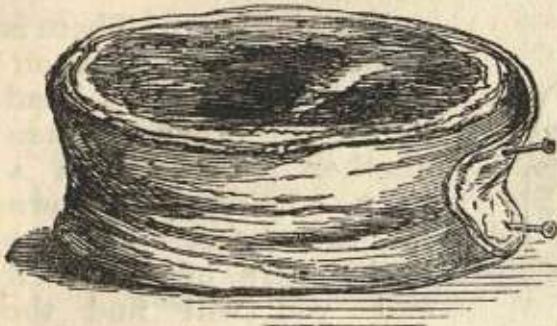
#### AN AITCH-BONE OF BEEF.

This is a simple joint to carve, but the slices from it must be cut quite even, and of a very moderate thickness. When the joint is boiled, before cutting to serve, remove a slice from the whole of the upper part of sufficient thickness, say a quarter of an inch, in order to arrive at the

#### THE SIRLOIN OF BEEF.

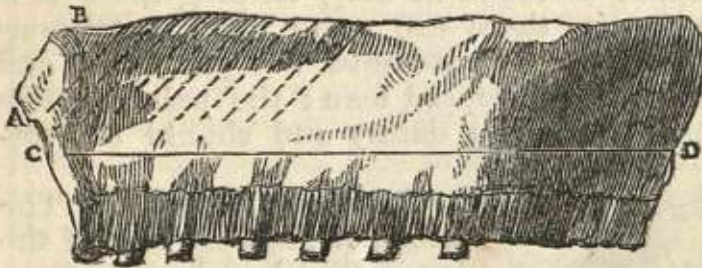
The under part should be first served, and carved as indicated in the engraving, across the bone. In carving the upper part the same directions should be followed as for the ribs, carving either side, or in the centre, from A to B, and helping the fat from D.





Fillet of Veal.

**FILLET OF VEAL.** Cut a slice off the whole of the upper part in the same way as from a round of beef, this being, if well roasted, of a nice brown, should be helped in small pieces with the slices you cut for each person. The stuffing is skewered in the flap, and where the bone comes out there is some placed; help this with the meat with a piece of the fat.

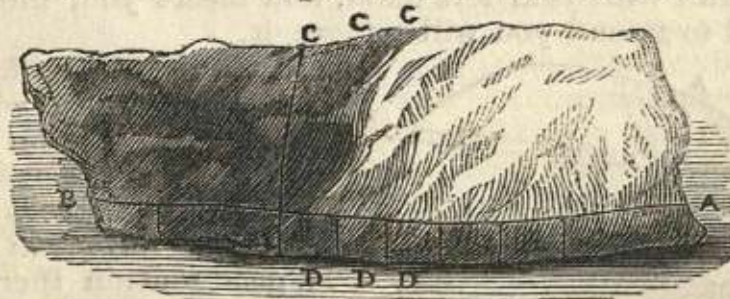


Neck of Veal.

**NECK OF VEAL.** Were you to attempt to carve each chop, and serve it, you would not only place a gigantic piece upon the plate of the person you intended to help, but you would waste much time, and should the vertebræ

have not been jointed by the butcher, you would find yourself in the position of the ungraceful carver being compelled to exercise a degree of strength which should never be suffered to appear, very possibly, too, assisting gravy in a manner not contemplated by the person unfortunate enough to receive it. Cut diagonally from B to A, and help in slices of moderate thickness; you can cut from C to D in order to separate the small bones, divide and serve them, having first inquired if they are desired.

**THE BREAST OF VEAL.** Separate the ribs from the brisket, cutting from A



Breast of Veal.

cut to B; these which are and mostly will cut D D D, and long ribs as at C C C, ascertained accordingly;

at good tables the scrag is not served, but is found, when properly cooked, a very good stew.

**LOIN OF VEAL.** This joint is sent to table served as a sirloin of beef. Having turned it over, cut out the kidney and the fat, return it to its proper position, and carve it as in the neck of veal, from B to A; help with it a slice of kidney and fat. The kidney is usually placed upon a dry toast when removed from the joint.

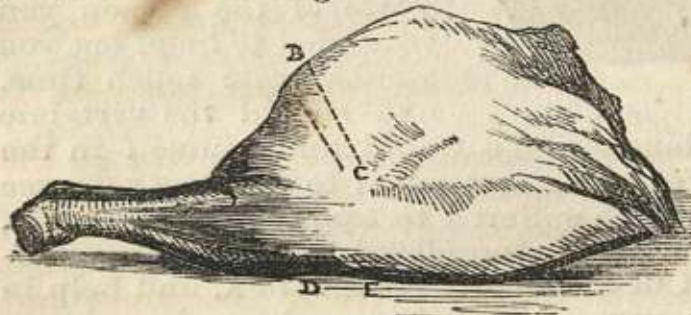
**SHOULDER OF VEAL** is sent to table with the under part placed uppermost. Help it as a shoulder of mutton, beginning at the knuckle end.





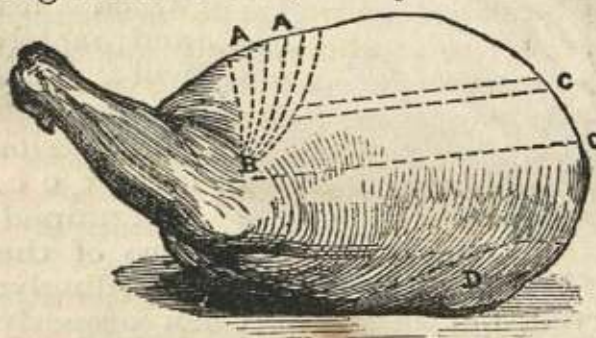
Half of Calf's Head.

you can help a slice of with the other part; you will remove the eye with the point of the knife and divide it in half, helping those to it who profess a preference for it, there are some tasty, gelatinous pieces around it which are palatable. Remove the jaw bone, and then you will meet with some fine flavoured lean; the palate, which is under the head, is by some thought a dainty and should be preferred when carving.



Leg of Mutton.

back of the leg should be placed uppermost, and thus carved; if the cramp bone is requested, and some persons regard it as a dainty, hold the shank with your left hand, and insert your knife at D, passing it round to E, and you will remove it.



A Shoulder of Mutton.

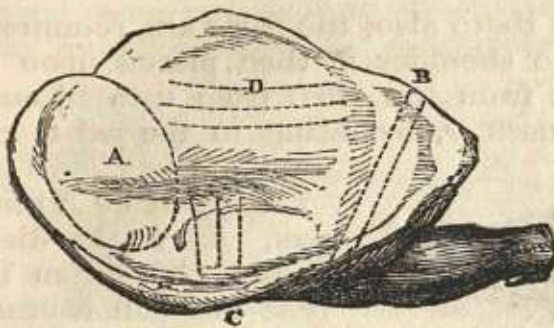
should be served and eaten very hot. It is sent to table lying on the dish as shown in the annexed engraving. Commence carving from A to B, taking out moderately thin slices in the shape of a wedge; some nice pieces may then be helped from the blade bone, from C to B, cutting on both sides of the bone. Cut the fat from D, carving it in thin slices. Some of the most delicate parts however lie on the under part of the shoulder; take off thin pieces horizon-

**CALF'S HEAD.** There is much more meat to be obtained from a calf's head by carving it one way than another. Carve from A to B, cutting quite down to the bone. At the fleshy part of the neck end you will find the throat sweetbread which

**LEG OF MUTTON.** The under or thickest part of the leg should be placed uppermost and carved in slices moderately thin from B to C. Many persons have a taste for the knuckle, and this question should be asked, and if preferred should be assisted. When cold, the

**A SHOULDER OF MUTTON.** This is a joint upon which a great diversity of opinion exists, many professing a species of horror at its insipidity; others finding much delicacy of flavour in certain parts. In good mutton there is no doubt but that if properly managed it is an excellent joint, and if judiciously carved will give satisfaction to all who partake of it. It





A Shoulder of Mutton.

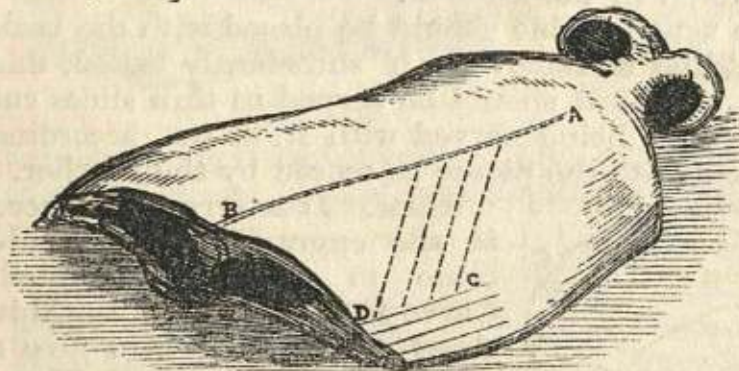
tally from B to C, and from A; some tender slices are to be met with at D, but they must be cut through as indicated.

The shoulder of mutton is essentially a joint of tit-bits, and therefore when carving it, the tastes of those at table should be consulted. It is a very insipid joint when cold, and should therefore be hashed if sent to table a second time.

THE LOIN OF MUTTON, if small, should be carved in chops, beginning with the outer chop, if large, carve slices the whole length. A neat way is to run the knife along the chine bone and under the meat along the ribs, it may then be cut in slices as shown in the engraving of the saddle of mutton below; by this process fat and lean are served together; your knife should be very sharp and it should be done cleverly.

NECK OF MUTTON, if the scrag and chine bone are removed, is carved in the direction of the bones.

THE SCRAG OF MUTTON should be separated from the ribs of the neck, and when roasted the bones assisted with the meat.

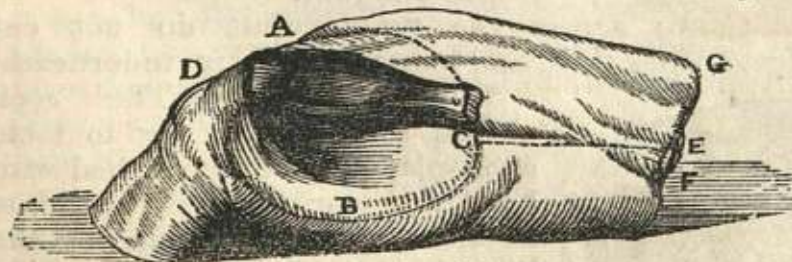


Saddle of Mutton.

SADDLE OF MUTTON. The tail end is divided in the engraving, and the kidneys skewered under each division; this is a matter of taste, and is not always done. Carve from A to B in thin slices, help fat from C to D. You may help from the vertebræ on both sides of the

loin, and then carve cross-wise as marked in the engraving, which gives you both fat and lean; help a slice of kidney to those who desire it.

HAUNCH OF MUTTON is carved as *haunch of venison*.



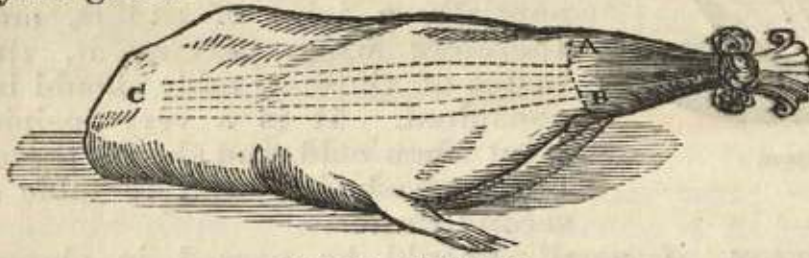
Fore Quarter of Lamb.

FORE QUARTER OF LAMB. Place your fork near the knuckle and cut from A to C, to B, and on to D; pass your knife under, lifting with the fork at the same

time. The juice of half a lemon or Seville orange which has been sprinkled with salt and pepper, is then squeezed under the shoulder,



and a slice of fresh butter placed there also, the parts are re-united until the butter is melted, and the shoulder is then placed upon a separate dish; separate the neck from the ribs, from E to D, and then assist the breast G, or the neck F, according to the palate of your guest.



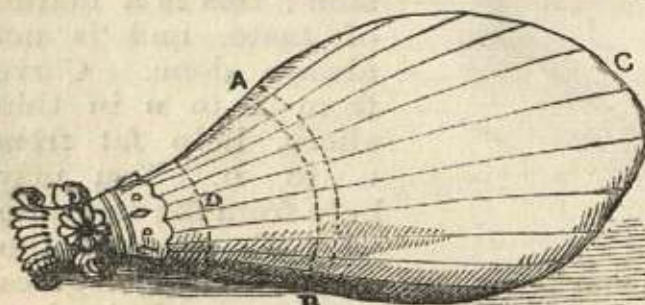
Haunch of Venison.

knuckle to prevent the escape of any gravy, then make your first cut from A to C, with a slanting cut, and then let each succeeding slice be sloping so that all the gravy may be retained in the hollow thus formed; the fat will be found at the left side, and must be served with the meat.

NECK OF VENISON should be carved across the ribs, as in the neck of veal, or length-wise, from one end of the neck to the other.

KID, if kept until the age at which lambs are killed, is served and carved in the same manner; if killed at a month or five weeks, they are roasted whole and carved in the kitchen.

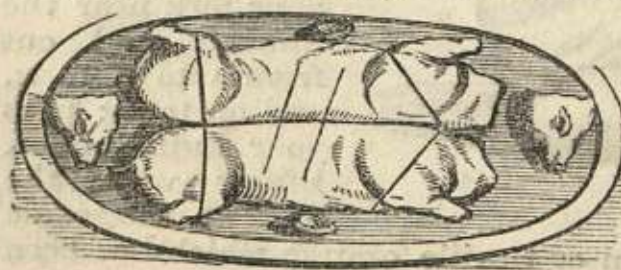
PORK. The leg when sent to table should be placed with the back uppermost and the crackling be removed; if sufficiently baked, this may be done with ease; the meat should be served in thin slices cut across the leg, the crackling being served with it, or not, according to taste; the loins are cut into the pieces as scored by the butcher.



Ham.

HAM. It is served as placed in the engraving, and should come to table ornamented. Carve from A to B, cutting thin slices cut slantingly, to give a wedge-like appearance. Those who prefer the *hock* carve at D, in the same direction as from A to B, then carve from D to C, in thin slices, as indicated in the diagram.

BOILED TONGUE. Carve across the tongue, but do not cut through; keep the slices rather thin, and help the fat from underneath.

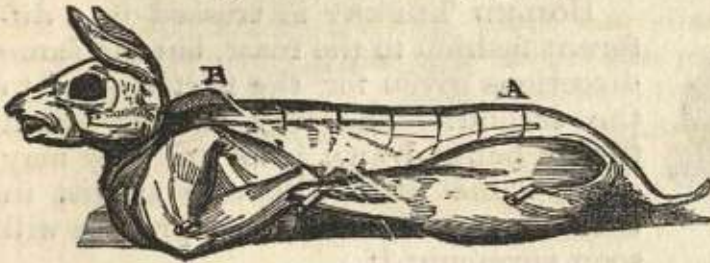


Roast Pig.

SUCKING FIG. The cook should send a roast pig to table as displayed here, garnished with head and ears, carve the joints in the direction shown by the lines in the diagram, then divide the ribs, serve with plenty of sauce; should one of the joints be too much it may be separated;



bread sauce and stuffing should accompany it. An ear and the jaw are favourite parts with many people.



Hare.

**HARE.** Cut slices from B to A of moderate thickness. When the hare is young you can, after removing the shoulders and legs, cut across the back, and divide it into several pieces; this is not prac-

ticable with a full-grown hare, unless it is boned, the shoulders and legs are easily removed by placing the knife between them, and turning them back, the joint will disclose itself and can then be separated. The head should not be removed until the last, divide it from the neck, remove the lower jaw, then cut through the division which appears from the nose to the top of the skull and lay it open. The stuffing should be given with whatever portion may be helped.

ROAST RABBITS are carved in the same manner.



Boiled Rabbit.

**BOILED RABBIT.** Remove the legs and shoulders, they very easily separate, divide the back into two parts, and by holding the fork firmly in the back, and passing the knife underneath near the middle and bending it back,

this is accomplished readily. The most tender part is on the loins, the meat there is of a very delicate flavour, liver should be helped with it.



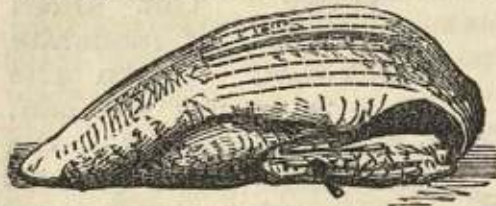
Roast Turkey.

**POULTRY.** Poultry requires skilful carving; the requisites are grace of manner, ease in the performance, a perfect knowledge of the position of the joints, and the most complete mode of dissecting, so as to obtain the largest quantity of meat. In no case is this ability more demanded than in carving

a Roast Turkey. Unless this is done well, there is not only much waste, but the appearance of the turkey is spoiled. You will commence by carving slices from each side of the breast, in the same directions as the lines marked in the engraving, cutting from A to B. Now remove the legs, dividing the thighs from the drumsticks, and here an instrument termed a *disjoiner* will be found serviceable, for unless the turkey be very young, and the union of the joints very accurately taken, dislocation becomes difficult: the disjoiner effects the separation at once, and it possesses also the advantages of enabling the carver to divide a thigh into two, thus permitting a less bulky portion of a part much esteemed to be served. The pinions and that portion of the body removed with it, are always a delicacy, and care should be taken to carve them nicely; the joint of the



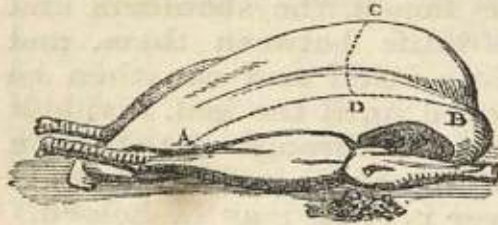
pinion will be found at B. The stuffing, whether truffles or whatever it may be made of, you will obtain by making an opening at c.



Boiled Turkey.

**BOILED TURKEY** is trussed in a different fashion to the roast, but the same directions given for the first applies to the second. The legs in the boiled turkey being drawn into the body may cause some little difficulty at first in their separation, but a little practice will soon surmount it.

**TURKEY POULTS.** Refer to directions for carving pheasants.



Roast Fowl.

**ROAST FOWL.** This operation is a nice and skilful one to perform, it requires both observation and practice. Insert the knife between the legs and the side, press back the leg with the blade of the knife, and the joint will disclose itself: if young it will part, but at best, if judiciously managed, will

require but a nick where the joints unite. Remove your wing from D to B, cut through and lay it back as with the leg, separating the joint with the edge of your knife, remove the merrythought and neck bones next, this you will accomplish by inserting the knife and forcing it under the bones, raise it and it will readily separate from the breast. You will divide the breast from the body by cutting through the small ribs down to the vent, turn the back uppermost, now put your knife into about the centre between the neck and rump, raise the lower part firmly yet gently, it will easily separate, turn the neck or rump from you, take off the side bones and the fowl is carved.



Boiled Fowl (breast).



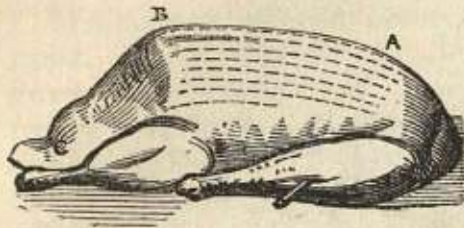
Boiled Fowl (back).

In separating the thigh from the drumstick, you must insert the knife exactly at the joint engraving, this however will for the joint must be accomplished with difficulty will be experienced sunder. There is no difference and boiled fowls if full fowl when roasted, the wings and breast are in leg of a young fowl is an when very fine and roasted, from the breast.



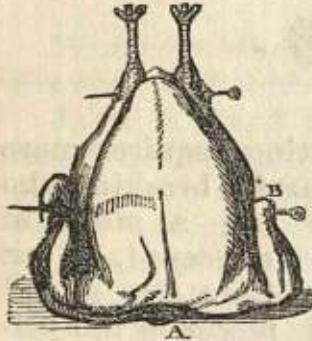
as we have indicated in the be found to require practice, curately hit, or else much in getting the parts a-ference in carving roast grown; but in a very young breast is served whole. the highest favour, but the excellent part. Capons should have slices carved





Goose Roast.

**GEESE.** Follow with your knife the lines marked in the engraving, A to B, and cut slices, then remove the wing, and if the party be large the legs must also be removed, and here the *disjoiner* will again prove servicable. The stuffing, as in the turkey, will be obtained by making an insertion at the apron c.



Pheasant.

**PHEASANT.** Clear the leg by inserting the edge of the knife between it and the body, then take off the wings, B to A, but do not remove much of the breast with them, you are thus enabled to obtain some nice slices; the pheasant is then carved as a fowl. The breast is first in estimation, then the wings, and after these the merry-thought; lovers of game prefer a leg.

**GUINEA FOWL** are carved in the same manner.



Partridge.

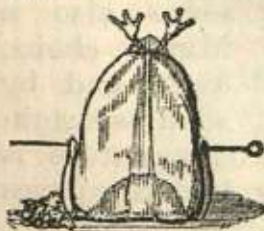
**PARTRIDGE.** Separate the legs, and then divide the bird into three parts, leaving each leg and wing together. The breast is then divided from the back, and helped whole, the latter being assisted with any of the other parts. When the party consists entirely of gentlemen only, the bird is divided into two by cutting right through from the vent to the neck.

**QUAILS, LANDRAIL, WHEAT-EARS, LARKS,** and all small birds are served whole.

**GROUSE AND PLOVER** are carved as partridges.

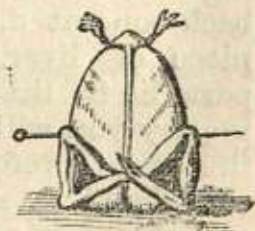
**SNIPE AND WOODCOCK** are divided into two parts; the trail being served on a toast.

**WILD-DUCK AND WIDGEON.** The breast of these fowls being the best portion is carved in slices, which, being removed, a glass of old port made hot is poured in, the half of a lemon seasoned with cayenne and salt, should then be squeezed in the slices, relaid in their places, and then served, the joints being removed the same as in other fowl.



Pigeon (breast).

**PIGEON.** Like woodcock, these birds are cut in half, through the breast and back, and helped.

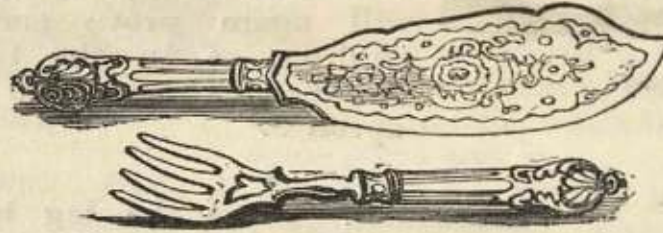


Pigeon (back).



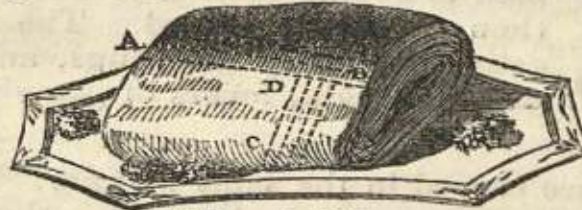
## FISH.

Fish Knife



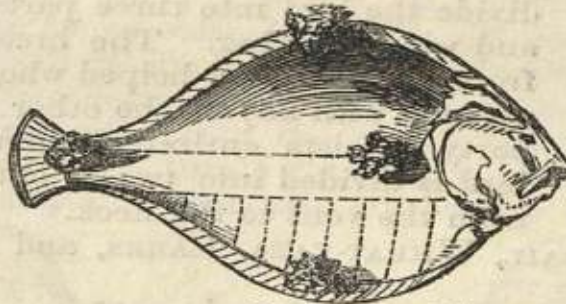
and Fork.

Fish should never be carved with steel; assisting requires more care than knowledge; the principal caution is to avoid breaking the flakes. In carving salmon as here thin slices, as help with it ly in the direction from c to d; the the upper or



Middle cut of Salmon.

TURBOT. Cut marked in the out moving the which is esteemed ways served with



Turbot.

All flat fish, such John-dory, &c. are same manner: either in halves, are divided into right through. Flounders are served whole.

COD'S HEAD AND SHOULDERS. Carry the knife from A to B, and then along the slices accompanied of the sound, found lining the which you may ing the knife back-bone at c, piece of liver. parts lie in this inquiry you will



Cod's Head.

the parts preferred. The jaw-bone from its gelatinous nature is considered by some a dainty, and the head generally, including eyes and palate, is a favourite with many.

HADDOCK. It is dressed whole, unless unusually large. When sent to table it is split its whole length, and served one-half the head to the tail of the other part; it is carved across.

ing a piece of engraved, cut from A to B, and pieces of the beltion marked best flavoured is thick part.

flat pieces as engraving with-bone, the fin, a delicacy, is all it.

as plaice, brill, carved in the soles are cut or, if very large, three, cutting

line to c, help nied by some which is to be back, and obtain by passing under the serve also a Many choice dish, and by soon ascertain



MACKEREL should always be sent to table head to tail, divide the meat from the bone by cutting length-wise, the best. All small chards, herrings, &c., are served whole.



A Dish of Mackerel.

WHITINGS when fried have the tail passed through the eyes, and fastened. They are eaten thus.

JACK or PIKE are served in many ways. When baked the back and belly should be slit up, and each slice gently drawn downwards, by this means fewer bones will be given.

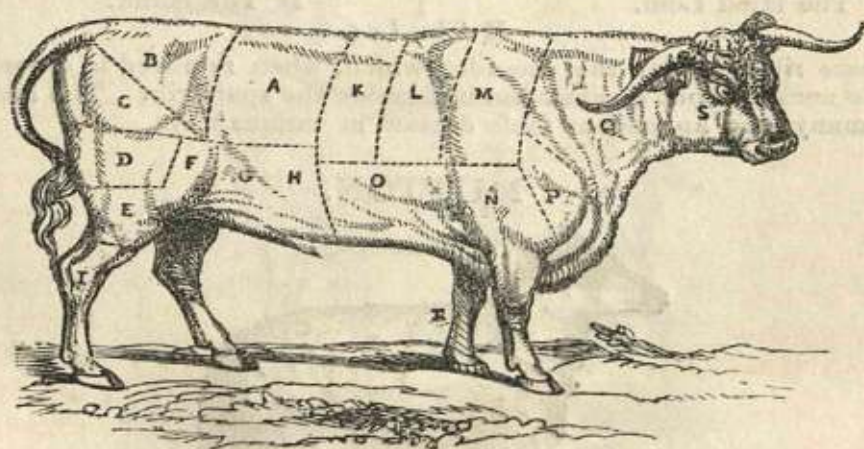


Fried Whiting.

However accurate may be our descriptions, yet like all others of this kind, the true elements of success will be found in practice. Carve at home when practicable, and out also, bearing in mind the rules given, exerting a degree of self-confidence, remembering as an adage, that elegance, not strength, is required to carve well.

## BEEF.

A Bullock marked as cut into joints by the Butcher.



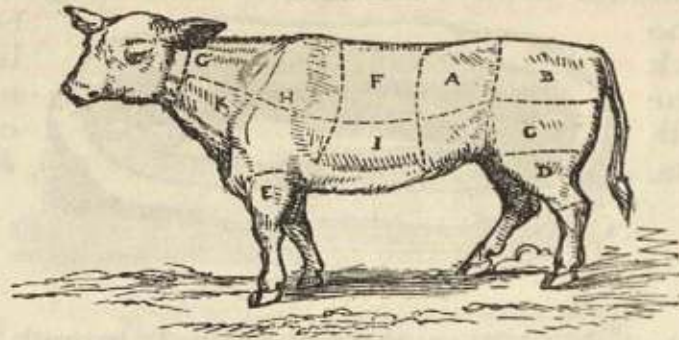
A Sirloin.  
 B Rump.  
 C Aitchbone.  
 D Buttock.  
 E Mouse Buttock.  
 F Veiny Piece.  
 G Thick Flank.  
 H Thin Flank.  
 I Leg.

K Fore Ribs, containing five ribs.  
 L Middle Rib, containing four ribs.  
 M Chuck Rib, containing three ribs.  
 N Shoulder, or Leg of Mutton piece.  
 O Brisket.  
 P Clod.  
 Q Neck, or Sticking Piece.  
 R Shin.  
 S Cheek.

The baron of beef is formed of the pieces marked A, B, united on both sides.



## VEAL.

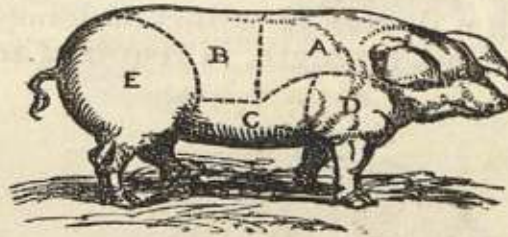


The calf is divided into joints by the butcher, upon a system which unite the methods employed for cutting up both beef and mutton.

- A The Loin (best end).
- B The Loin (chump end).
- C The Fillet.
- D The Hind Knuckle.
- E The Fore Knuckle.

- F Neck (best end).
- G Neck (scrag).
- H Blade Bone.
- I Breast (best end).
- K Breast (Brisket).

## PORK.



The Pig is thus divided:—

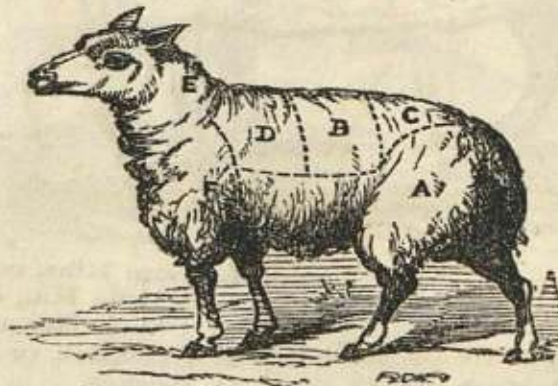
- A The Fore Loin.
- B The Hind Loin.

E The Leg.

- C The Belly, or Spring.
- D The Hand.

The spare rib is under the shoulder, which, when removed in a porker, leaves part of the neck without a skin upon it, forming the spare rib. The head is much liked by many, and appears at table dressed in various ways.

## MUTTON.



The Sheep is thus apportioned by English butchers.

- A The Leg.
- B Loin (the best end).
- C Loin (chump end).
- D Neck (best end).

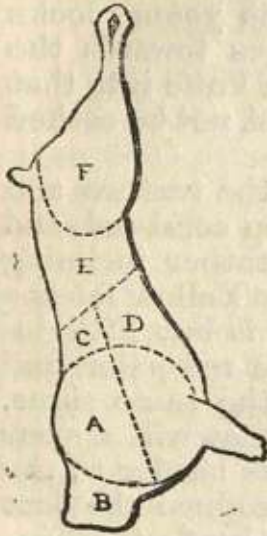
- E Neck (scrag end).
- F Shoulder.
- G Breast.



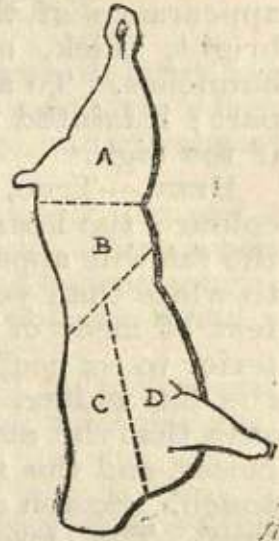
The saddle originally was formed of the two necks, it is now the two loins. The chine is the union of the two necks, but it is very rarely seen at table.

The Scotch plan of carving mutton carcasses, according to a very able article on domestic economy, published by Messrs. Chambers of Edinburgh, differs somewhat from our own, as will be seen by the accompanying diagrams.

English mode.



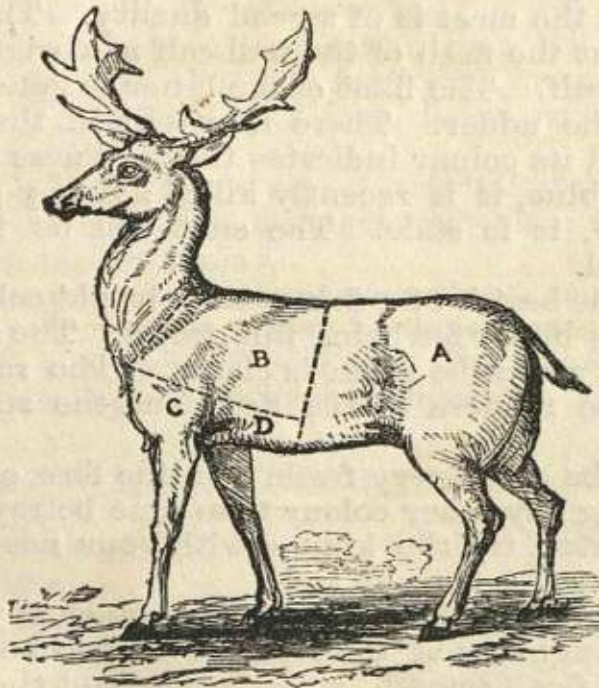
Scotch mode.



In the English mode, A marked in a circle is the shoulder, separated from the neck and breast; B, the scrag end of the neck, C is the best end, D is the breast, E the loin, and F the leg, which, when formed with E, makes the haunch.

In the Scotch mode, A is the leg, B the loin, which, with the leg, forms the hind quarter; C is the back rib, and D the breast; C and D form the fore quarter; the dotted line across the body denotes where the fore and hind quarters divide.

VENISON.



A Haunch.  
B Neck.

C Shoulder.  
D Breast.

Buck and Doe Venison are cut up in a similar fashion.



## TO CHOOSE MEATS.

**VENISON.**—The choice of venison should be regulated by the appearance of the fat, which, when the venison is young, looks bright, thick, clear, and close. It first changes towards the haunches. To ascertain whether it is sweet, run a knife into that part; if tainted it will have a rank smell. It should not be cooked if too high.

**BEEF.**—True, well-fed beef may be known by the texture and colour; the lean will exhibit an open grain of deep coral-red, and the fat will appear of a healthy, oily smoothness, rather inclining to white than yellow. The suet firm and white. Yellow fat is a test of meat of an inferior quality. Heifer beef is but little inferior to ox beef; the lean is of a closer grain, the red paler, and the fat whiter. Cow beef may be detected by the same signs, save that the older the beast the texture of the meat will appear closer, and the flesh coarser to the sight, as well as harder to the touch. Scotch cattle, bred in English pastures, produce the best beef. The Devon and Hereford stock affords good beef; the Lincolnshire breed will not bear comparison with it.

**VEAL.**—When you observe the kidney well surrounded with fat, you may be sure the meat is of a good quality. The whitest is not the best veal; but the flesh of the bull-calf is a brighter colour than that of the cow-calf. The fillet of the latter is generally preferred, on account of the udder. There is a vein in the shoulder very perceptible; and its colour indicates the freshness of the meat; if a bright red or blue, it is recently killed; if any green or yellow spots are visible, it is stale. The suet will be flabby, and the kidney will smell.

**MUTTON.**—The best is of a fine grain, a bright colour, the fat firm and white. It is better for being full-grown. The meat of the ewe is not so bright, while the grain is closer. The ram mutton may be known by the redness of the flesh, and the sponginess of the fat.

**LAMB** should be eaten very fresh. In the fore quarter, the vein in the neck being any other colour than blue betrays it to be stale. In the hind quarter, try the kidney with your nose; the faintness of its smell will prove it to be stale.

**PORK.**—In young pork the lean when pinched will break; the thickness and toughness of the rind shows it to be old. In fresh pork the flesh is firm, smooth, a clear color, and the fat set. When stale it looks clammy and flabby. Measly pork may be detected by the kernels in the fat; it should not be eaten. Dairy-fed pork bears the palm over all others.

**BACON.**—Excellent young bacon may be thus known:—the lean will be tender and of a bright colour; the fat firm and white, yet bearing a pale rose tinge; the rind thin, and the lean tender to the touch. Rusty bacon has yellow streaks in it.



**HAMS.**—The test of a sweet ham is to pass a sharp knife to the bone, and when drawn out smell it; if the knife is daubed greasy, and the scent disagreeable, it is bad. A good ham will present an agreeable smell when the knife is withdrawn.

### POULTRY AND GAME, TO CHOOSE.

**TURKEY.**—The cock bird when young has a smooth black leg with a short spur. The eyes bright and full, and moist supple feet when fresh; the absence of these signs denotes age and staleness; the *hen* may be judged by the same rules.

**FOWLS** like a turkey; the young cock has a smooth leg and a short spur; when fresh the vent is close and dark. Hens when young have smooth legs and combs; when old these will be rough; a good capon has a thick belly and large rump, a poll comb and a swelling breast.

**GEESE.**—In young geese the feet and bills will be yellow and free from hair. When fresh the feet are pliable; they are stiff when stale.

**DUCKS** may be selected by the same rules.

**PIGEONS**, when fresh, have supple feet, and the vent will be firm; if discoloured and supple they are stale.

**PLOVERS**, when fat, have hard vents; but, like almost all other birds, may be chosen by the above rules.

**HARES.**—When a hare is young and fresh, the cleft in the lip is narrow, the body stiff, the ears tear easily, and the claws are smooth and sharp; and old and stale hares will be the opposite of this. Rabbits the same.

**PARTRIDGES.**—Yellow legs and a dark bill are signs by which a young bird may be known, and a rigid vent when fresh. When this part is green the bird is stale.

**PHEASANTS** may be chosen as above; the young birds are known by the short or round spur, which in the old is long and pointed.

**MOOR GAME.**—*Grouse, Woodcocks, Snipes, Quails, Ortolans, &c.*, may be chosen by the rules above given.

### TO CHOOSE FISH.

**TURBOT.**—When good are thick, and the belly is white with a faint yellow tinge.

**SALMON.**—The fish stiff, the scales very bright, the belly thick, the gills a brilliant colour, and the flesh when cut a beautiful red, will prove it to be a fine fresh fish. It cannot be too fresh.

**COD.**—The best fish are thick at the neck, very red gills, firm white flesh, bright, and blood-shot eyes, and small head.

**SKATE.**—The finest have very thick bodies, and should be very white.

**HERRINGS.**—Very red gills, blood-shot eyes, very bright scales, and the fish stiff, shows them to be good and fresh.

**SOLES.**—Thick bodies, the bellies of a creamy white, show them



to be good: a flabby sole, with a pale blue tinge on the belly, should be avoided.

FLOUNDERS may be chosen as above.

WHITINGS.—A clear colour and firm bodies, indicate a superior quality.

MACKEREL.—Bright eyes, thick bodies, the prismatic colours very predominant on the belly, denote freshness and goodness.

PIKE, CARP, TENCH, PERCH, SMELTS, GUDGEONS, &c., may be judged by the above rules.

MULLET.—The red are preferred to the grey, and the sea to the river. They are a delicious fish when properly cooked.

EELS.—The Thames, or silver eel, are the best; the Dutch are not good; the bright silver-hued belly and thickness of back, are the guides in their selection.

### SHELL FISH.

LOBSTERS.—To be had in perfection should be boiled at home; choose the heaviest. When they are boiled the tail should have a good spring; the cock lobster has a narrow tail in which the two uppermost fins are stiff and hard; the hen has a broad tail, and these fins are softer. The male has the best flavour; the flesh is firmer, and the colour when boiled is brighter than the hen.

CRABS, like lobsters, should be selected by weight; when prime the leg-joints are stiff and the scent pleasant.

PRAWNS and SHRIMPS should be bright and the bodies firm and stiff; when they are limp and soft they are stale.

OYSTERS.—There are many sorts of oysters; when the oyster is alive the shell will close upon the knife; the common oyster should be used for sauce, and the natives, of which there are several kinds, should be sent to table.

---

### REMARKS ON TABLE KNIVES.

The same rule applies to Table Cutlery as to all other cutting instruments, viz., that they must be frequently sharpened. A servant who understands knife-cleaning, will, before taking them off the board, draw them briskly a few times from back to edge (raising the back a little) first on one side, then on the other, and thus produce an excellent edge; whereas a clumsy inexperienced hand will (by not holding them flat on the board) contrive to give the best steel a dull edge. Hence the necessity of an efficient steel, in using which, care should be taken to raise the back of the knife a quarter of an inch from the steel. Servants are apt, in cleaning knives, to allow the arm to take its natural ball and socket, or half-circular movement, this of course, must completely *round and thicken the edge and wear the back*. Strict injunctions should be given to keep the knife *always flat on the board*. The best knives when new, will not cut, unless the above directions are strictly enforced.



## ARTICLES FOR THE TABLE

IN SEASON FOR EACH MONTH OF THE YEAR.

## JANUARY.

*Meats.*—Beef, mutton, veal, pork, house-lamb.*Poultry.*—Pheasants, partridges, hares, rabbits, woodcocks, snipes, turkeys, pullets, capons, fowls, and pigeons.*Fish.*—Oysters, prawns, crabs, lobsters, cray-fish, whittings, smelts, sturgeon, skate, turbot, plaice, thornback, flounders, perch, tench, and carp.*Vegetables.*—Cabbage and sprouts, sorrel, endive, spinach, beet-root, celery, scorzanera, potatoes, parsnips, turnips, broccoli shalots, lettuces, cresses, salsify, cucumbers, and asparagus; mushrooms all the year.*Fruits.*—Pears, apples, nuts, grapes, medlars, and walnuts.

## FEBRUARY AND MARCH.

All meats and game as in the former month, with the addition of chickens and ducklings.

*Fish.*—Exactly as last month, excepting cod, which is not supposed to be quite so good, up to July.*Vegetables.*—Just the same as the previous month, only now you have kidney beans.*Fruits.*—Apples and pears, and forced strawberries.

## APRIL, MAY, AND JUNE—ONE QUARTER.

*Meats.*—Beef, mutton, veal, lamb, and in JUNE venison.*Poultry.*—Pullets, fowls, chickens, ducklings, pigeons, rabbits, and leverets.*Vegetables* as before, only in MAY early potatoes, peas, radishes, French beans, early cabbages, carrots and turnips, cauliflowers, asparagus, artichokes, and all kinds of salad, but this is forced.*Fruits.*—In JUNE, strawberries, cherries, melons, green apricots, currants, and gooseberries for tarts only.*Fish.*—Carp, soles, tench, smelts, eels, trout, turbot, lobsters, chub, salmon, herrings, cray-fish, mackerel, crabs, prawns, and shrimps.



---

**JULY, AUGUST, AND SEPTEMBER.—SECOND QUARTER.**

*Meats.*—These are not different from the former months, except Pork, which commences in September.

*Poultry.*—Pullets, fowls, chickens and rabbits, pigeons and green geese, leverets, turkeys, poults, the two former months; wheatears and geese in September.

*Fish.*—Cod, haddocks, flounders, skate, thornback, mullet, pike and carp, eels and shell fish, but no oysters; mackerel in July, it is not so good in August.

*Vegetables.*—All as the previous months; peas and beans.

*Fruits.*—**JULY**, strawberries, gooseberries, pine apples, plums of all kinds, cherries, apricots, raspberries, melons, damsons, white and red currants, pears, apples, grapes, nectarines, and peaches.

In **AUGUST** and **SEPTEMBER** peaches, plumbs, filberts, figs, mulberries, cherries, apples and pears, nectarines, grapes, pines and melons, strawberries.

---

**OCTOBER.**

*Meats* do not differ, this is the season for good doe venison.

*Poultry and Game.*—Fowls of all kinds as the former quarter, pheasants from the 1st October, partridges, larks, hares, wild ducks; late in the month, teal, snipes, widgeon, and grouse.

*Fish.*—Dories, smelts, pike, perch, halibuts, brills, carp, salmon, trout, barbel gudgeon, tench, all shell fish.

*Vegetables* are now as in January month.

*Fruits.*—Peaches, pears, figs, bullaces, grapes, apples, medlars, damsons, filberts, walnuts, nuts, quinces.

---

**NOVEMBER.**

*Meats.*—Beef, mutton, veal, pork, house lamb, doe vension.

*Poultry, game, fish, vegetables, and fruits.*—As the last month.

---

**DECEMBER.**

*Meats* as the former month.

*Poultry.*—Geese, turkeys, pullets, pigeons, capons, fowls, rabbits, hares, snipes, woodcocks, larks, pheasants, sea-fowls, Guinea fowls, wild ducks, teal, widgeon, grouse, and dunbirds.

*Vegetables.*—As in the last month.

*Fish.*—Turbot, gurnets, soles, sturgeon, carp, gudgeon, eels, codlings, dories, and shell fish of all kinds.



## CHAPTER II.

## MEAT SOUPS.

THERE is no dish, perhaps, that comes to table which gives such general satisfaction as well prepared soup; let the appetite be vigorous or refined, an excellent soup will always prove grateful to it; and as this is beyond contradiction, it should be the province of the cook to be always in a position to produce it at a short notice.

There should always be plenty of dried herbs in the store closet; these may be purchased chiefly in quantities at the beginning of the autumn of any market-gardener, and kept at hand; Franklin tells us that "everything should have its place, and there should be a place for everything." The multiplicity of articles required by a cook should induce her to bear this maxim in mind. Herbs may be very well kept, as indeed, they are usually, in paper bags; *they should be all labelled.* When time is an important object the necessity for this is obvious—they are always to be had when wanted, and the bag should be immediately replaced after using.

There should be a saucepan, or kettle of iron well tinned, kept for soup only; we think the engraved specimen the best: remember, the lid *should fit tightly*; there are several kinds, but the one we have given will be found to answer all purposes, being especially useful as a "stock-pot." The inexperienced reader will understand by the term "stock-pot," that soups being of two kinds, brown and white, have different foundations, that of brown being always beef, and that of white, veal; there are many ingredients in each, and it is the various articles which, when put together, are called "stock," hence the soup utensil is technically termed the stock-pot.

## 1.—STOCK FOR BROWN SOUP.

Firstly, let the kettle in which the soup is to be prepared, be perfectly clean and dry; the hands of the cook should be so likewise: then take about a pound of beef, which should be lean, and may be either shin, leg, ox-cheek, or from the clod, indeed from any of the inferior parts, always remembering it must be lean; cut it in slices, and place at the bottom of the saucepan with a tolerable sized piece of salt butter, and a little water to prevent burning, but let the quantity be small, the less the better: add a piece of lean bacon cut in slices also; if the quantity of stock be large, about a fourth the quantity of the bacon to the beef will suffice, but when the



quantity of beef is small, the proportion of bacon should be nearly equal; cover the lid down close, and extract the gravy, permit it nearly all to re-enter the meat, and then pour sufficient *boiling* water—it must be boiling, for the quantity of soup required, adding two or three onions if small, sweet herbs cut small, with a few cloves, and let it stew slowly for four or five hours, proportionably to the quantity of meat; the greater the quantity of meat the longer the time required to stew. When the meat is quite tender this will form the foundation for all the best brown soups; this, if well done, makes a delicious gravy soup; if it should require browning, refer to the receipt for colouring soups and gravies.

Stock, in its composition, is not confined to the above receipt; any meats or bones, stewable, will be useful in the stock-pot; pieces of beef, from any part, from which gravy can be extracted, bones, shin-bones, brisket-bones, tops of ribs, ox-cheek, pieces of mutton, bacon, ham, bones of either legs, heads of fowls, geese, or turkeys, veal, knuckle, or other parts, game, hare, pheasant, partridges, if they be *old* and fit for no other purpose; indeed, anything which is fit and proper to be eaten in the form of animal food, and in any degree resolvable into a jelly, will assist in making stock.

To this medley of ingredients, which it will be found on trial will produce the best soup that can be made, add carrots cut in thin slices, herbs, onions, pepper, and salt; when it has stewed slowly for a short time, pour in the boiling water in proportion to the quantity of meat and soup required; then stew it until it is of a rich consistency, take it from the fire, let it cool, remove the pot. If required the following day, care should be taken that the deposit or sediment is removed, as also the fat previous to warming; if kept long the pans must be changed; there is as much danger in red glazed earthenware as in metal pans; the latter should never be employed to keep gravies in, if possible. Wherever greater richness is required, it may be obtained by the addition of the jelly of cow-heel, or a lump of butter and flour.

Remember, soup is richer and better for being made the previous day, or even two or three days previously to its being required, if it be warmed each day; to be really good it must be well stewed.

---

## 2.—STOCK FOR WHITE SOUPS.

This is a soup, the foundation of which is veal, the knuckle, the scrag, or calf's head being the best meat for the purpose, an old fowl, a little ham, or bacon, mutton, sheep's head, &c., nearly the same ingredients as for brown soups, save that there must not be much beef, and the proportion of ham and bacon smaller in the latter than former, and when made for white sauce, care must be taken to leave out the pepper.

---

## 3.—WHITE SOUP.

General directions for white stock have been given above, but to prevent mistake, take a knuckle of veal, separated into three or four



pieces, a slice of ham as lean as possible, a few onions, thyme, cloves, and mace, stew twelve or fourteen hours until the stock is as rich as the ingredients can make it; an old fowl will make it much richer if added. This soup must be made the day before it is required, when removed from the fire, after being sufficiently stewed, let it cool; and then remove the fat; add to it four ounces of pounded blanched almonds, let it boil slowly, thicken it with half a pint of cream and an egg; it should boil slowly for half an hour, and then be served.

---

#### 4.—BEEF GRAVY.

Take three pounds of beef steaks, two rabbits, excepting the head and breast, a knuckle of veal, five carrots, six onions, two cloves, two bay leaves, a bunch of parsley, and scallions; put all these into a stewpan with two ladlefuls of broth, and set them over a good fire to reduce them, cover the stove, and let the stewpan stand over it until the meat begins to give out the gravy, and adheres slightly; the jelly at the bottom of the stewpan ought to be nearly black, and when that is the case, take it from the stove, and let it stand for ten minutes, then fill up the stewpan with good broth or water, if the latter not so large a quantity, let this simmer for three hours, skim and season it well; if water is used instead of broth, the gravy must be strained before it is used.

---

#### 5.—BEEF GRAVY.

Cut a piece of the cheek or neck into pieces, strew some flour over it, mix it well with the meat, and put it into the saucepan with as much water as will cover it, an onion, a little allspice, a little pepper, and some salt, cover it close, and when it boils skim it, then throw in a small crust of bread, or raspings, and stew it till the gravy is rich and good, strain it off, and pour it into a sauce boat.

---

#### 6.—GRAVY.—CLEAR.

Slice some beef thinly, broil a part of it over a very clear quick fire just enough to give colour to the gravy, but not to dress it; put that with the raw into a tinned stewpan with a couple of onions, one or two cloves, whole black pepper, berries of allspice, and a bunch of sweet herbs, cover it with hot water, give it one boil, and skim it two or three times, then cover it, and let it simmer till quite strong.

---

#### 7.—GRAVY SOUP.

Nothing is better than shin of beef for this soup, though pieces of the rump and other parts are used; the shin should be sawed in several places, and the marrow extracted; this, if laid in the bottom of the saucepan will take the place of butter; if marrow is not forthcoming butter must be employed; take a fourth of the quantity of ham, stew gently until the gravy is extracted, care being taken it



does not burn; a little water may be employed by the inexperienced, but not much; when it has nearly dried up again put in herbs, a couple of carrots cut very small, pepper ground, salt, a little white sugar, this can be omitted, but it materially adds to the flavour; add boiling water in requisite quantity, stew gently for five hours; when cold remove the fat, and warm up as wanted.

---

#### 8.—GRAVY SOUP.

Take a leg of beef and well wash and soak it, break the bone and put it into a saucepan with a gallon of water, a large bunch of sweet herbs, two large onions sliced and fried to a nice brown, taking great care they are not burnt, two blades of mace, three cloves, twenty berries of allspice, and forty of black pepper, stew till the soup is as rich as you wish it to be, then take out the meat, when it is cold take off the fat, heat the soup with vermicelli, and the nicest part of a head of celery boiled and cut to pieces, cayenne, and a little salt, carrot may be added with turnip cut into small pieces and boiled with spinach and endive, or the herbs without the vermicelli, or vermicelli only, add also a large spoonful of soy and one of mushroom ketchup, a French roll should be made hot and put into the soup.

---

#### 9.—BLOOD OR VEAL GRAVY.

Put a few slices of ham into a thick stewpan, and lay over it some slices of lean veal, half cover the meat with jelly stock, stew it over a brisk fire, taking care that it does not burn, when the broth is reduced thrust a knife into the meat so that the gravy may run out, then stewing it more gently till brown, turning the meat frequently, when of a dark red colour moisten with hot stock, season with shred mushrooms, parsley, and green onions, when it has boiled an hour skim and strain it through a tammy for use to clarify.

---

#### 10.—OX TAIL.

One tail will do for a tureen of soup; cut it into joints,—but in town your butcher will cut it for you—blanch it a few minutes in water, then add some good clear second stock to the pieces, and let them gently boil until tender, skim off all grease from them, add sufficient consommé stock you require, add exactly the same roots as for sauté soup, only differing in shape and size, similar to the roots you would cut for a haricot, and use small button onions instead of the cut onions, season as before, dish your meat into the soup tureen with a large ragout spoon, or you will smash them to pieces.

---

#### 11.—OX-TAIL SOUP.

Same as No. 7; add about three ox-tails, separated at the joints, when the meat upon them is tender it is done; they must not be over stewed; add a spoonful of ketchup or Harvey's sauce, and send to table with pieces of the tail in the soup.



## 12.—MACCARONI SOUP.

Cut some pipe macaroni, about an inch long, after you have blanched it; do not boil it too much; it will take longer than vermicelli; keep the pieces in cold water until you require them for your soup, when you will strain them off and add to your consommé; season as for Italian soup; send up on a small plate or dish, on a napkin, some grated Parmesan cheese.

## 13.—MACCARONI SOUP.

Take a given weight of macaroni in proportion to the quantity of soup required, say one pound, boil it in a quart of white stock until it is tender, take out one half and keep the other boiling until it is reduced to a pulp. Add sufficient stock until the whole with half a pint of cream, boiling, makes five pints; grate eight ounces of Parmesan cheese, and add the half of the macaroni which had been only boiled tender, warm it without boiling, serve with toast.

## 14.—SAGO SOUP.

Take three pounds of lean beef, a slice of lean ham, and lay them in a stewpan with a lump of butter, draw the gravy gently, add two quarts of water, and a sliced onion which has been browned by frying in fresh butter, add a bunch of sweet herbs, six cloves, a blade of mace, a tea-spoonful of allspice, and one of black pepper whole, stew until the soup is rich and brown, then remove the meat and strain the soup clear, put it into a clean stewpan, thicken it to a good consistency with sago.

## 15.—BAKED SOUP.

Cut into slices a pound and a half of lean beef, put it into a stewpan or earthenware jar, and three onions sliced, the same number of carrots, cut up, add also three ounces of rice, which has been soaked two hours previously and thoroughly washed, a pint of white peas, season with pepper and salt, cover down close, and bake two hours.

## 16.—CURRY SOUP.

Cut the meat from an ox-cheek, and soak it well, put it in a stewpan, with four onions cut in slices, a bunch of pot herbs; add three quarts of water; remove the scum frequently, and strain; add half a pound of soaked rice, one tea-spoonful of curry-powder, a little pepper and salt; and stew four hours.

## 17.—SOUP AND BOUILLI.

Stew a brisket of beef with some turnips and carrots, onions, and celery, all cut small; put the beef into the pot first, then the roots, add a few cloves and half a pint of beef gravy, simmer an hour, add sufficient beef gravy to fill the pan, boil gently for half an hour.



## 18.—SOUP À LA SAP.

Divide a pound of beef into thin slices, grate half a pound of potatoes, and put them in three quarts of water, add an onion, a pint of grey peas and three ounces of rice, reduce it by boiling to five pints, cut two heads of celery and put them into the stewpan, pour upon them the five pints of soup and pulp the boiled peas into it through a fine tammy or coarse cloth, stew until it is quite tender, season with pepper and salt, and serve up with fried bread cut in dice.

## 19.—HESSIAN SOUP.

Cut into slices three pounds of shin of beef, lay it in a stewpan, put in three onions, five carrots, eight potatoes, a pint and a quarter of split peas, three heads of celery, some whole pepper, salt; pour in by degrees seven quarts of water, stew until reduced to half. If the soup alone be required strain off the vegetables, if not, serve as cooked.

## 20.—COCK-A-LEEKIE.

Put into a stewpan as much beef stock as you desire to send to table; put in an old fowl, six leeks sliced about two inches long; stew gently half an hour previous to serving; put in six to eight ounces of prunes; serve the fowl on a separate dish.

## 21.—SOUP A LA FRANÇAISE.

Place in the stew-pan six pounds of beef, add a few small veal bones, or one about a pound weight, add a couple of fowls' heads, and a small piece of calf's liver, cover with four quarts of water; when it boils remove the scum, add three or four leeks, a couple of turnips, head of celery, a burnt onion, a large carrot, salt, simmer slowly seven hours; let every particle of scum be removed, serve with sippets of bread in the soup.

## 22.—A CHEAP SOUP.

A pound or a pound and a half of beef lean, cut up into small pieces, add six quarts of water, three large onions, double the quantity of turnips; put in thyme, parsley, pepper, and salt, half a pound of rice, a pound of potatoes, peeled and cut in quarters, handful of oatmeal; stew from three to four hours, not less.

## 23.—A GOOD AND CHEAP SOUP.

Cut in slices four pounds of lean beef, mutton if lean will answer the same purpose, fry them brown, and lay them with their gravy in the stew-pan, cut six carrots and as many turnips in slices, the latter



may be only quartered, three tolerably sized onions, two table spoonfuls of black pepper whole, and two heads of celery with their green tops on, let it boil and then simmer till the meat is reduced to a pulp, strain it, and serve with or without the vegetables.

---

#### 24.—PORTABLE SOUP.

There are many advantages connected with this soup, which will present themselves to the lady housekeeper, its constant readiness for use, its forming an excellent stock for gravies, sauces, or soups; a few minutes will suffice to make a bason of soup from it.

Take three pounds of beef, a shin of beef, the bones of which break, a cow-heel and two small knuckles of veal, put them in a stewpan and add as much water as will barely cover them, put in three onions and seasoning to taste, stew the meat to ribbons, strain, and then put it in the coldest place you can command, when thoroughly cold take off the fat and boil it fast in a stewpan without the lid on a quick fire, let it boil and keep it stirred for at least eight hours, pour it into a pan and let it stand twenty-four hours, then take your largest lip bason and turn the soup into it, boil sufficient water in the stewpan to reach as high outside the bason which is placed in it as the soup is inside, but do not let any bubble into the bason, keep the water boiling until the water is reduced to a good consistency; it will be then done; it should then be poured into small jelly pots, or in saucers, so as to form cakes when cold, and is best preserved in tin canisters put in dry cool places.

This soup may receive various flavours of herbs or any thing else, by boiling the herbs or other ingredients, and straining the simples noted through water, making it boil, and then melt the soup in it.

---

#### 25.—CONSOMMÉ.

Take eight or ten pounds of beef-steaks, eight old hens, two young ones, four knuckles of veal, put these into a large pot and fill it with strong broth, skim it well, cooling it three or four times to make the scum rise, after which let it boil gently. Put into the pot carrots, turnips, onions, and three cloves; when your meat is sufficiently done, pass the liquor through a fine napkin or sieve, that it may be very clear. No salt need be put in if strong broth be used.

---

#### 26.—WHITE PORTABLE SOUP.

Procure as fine a leg of veal as can be obtained, bone it, remove the whole of the skin and fat, chop in pieces two dozen fowls' feet, wash them well, put them into a large iron kettle with three gallons of water, stew until the meat is tender enough to separate, cover down close and stew for eight hours, take a tea-cup and fill it with the soup, set it where it can quickly cool, if when cold it is hard enough to cut with a knife, strain through a sieve and remove all the



fat, pour into cups the clear jelly, put them into a stewpan with boiling water until they are like glue; let them cool, and when nearly cold run a ring round them and turn them on to a piece of new flannel, it will draw all the moisture out of them, turn them in seven hours and continue until they are quite hard, put them in tin canisters in a dry place.

When any is required, cut a piece about the size of a walnut, pour a pint of boiling water upon it, stir until the soup is dissolved, season with salt, it will make a basin of strong broth; if for soup steep some vermicelli in water; boil it; then to one cake of the soup pour one pint of water, if two quarts or four pints of soup are required, take four cakes of the soup, and when melted set it over the fire and simmer, pour it into a soup tureen, add thin slices of bread very lightly toasted, and upon them the vermicelli; season to palate.

#### 27.—TRANSPARENT SOUP.

Cut the meat from a leg of veal in slices as thin as possible, break the bone as small as possible, put the meat into a very large jar and the bones at the top, with a bunch of sweet herbs, a quarter of an ounce of mace, four ounces of blanched garden almonds beat fine, pour upon it a gallon of boiling water, let it simmer over a slow fire twelve hours, all night is best; turn it into a double-bottomed tin saucepan, simmer until reduced to two quarts, remove as it rises the scum, strain it and let it stand two hours, pour into a saucepan, taking care not to let any of the sediment accompany it.

Steep two ounces of vermicelli in water, boil it and put it in the soup before serving up.

#### 28.—SOUP ITALIENNE.

Cut the meat from a knuckle of veal, break up the bones and make a broth of them, cut half a pound of ham in slices and lay them at the bottom of a stewpan, upon them the meat from the knuckle of veal, with the slices of four carrots, four turnips, a dozen peppercorns, two blades of mace, a large onion, and a head of celery; cover down close; stew till the gravy is drawn out and the roots are quite tender, pour over them the broth made from the bones of the knuckle until they are covered, add six spoonfuls of rice, stew four hours, work the soup through a sieve, add vermicelli before serving.

#### 29.—ITALIAN SOUP.

Blanch about two ounces of Italian stew-paste (or any portion preferred) a few minutes, strain it off, and put it in a basin of cold water until wanted, it must be boiled a short time in some good consommé stock; season as before, using less sugar.

#### 30.—VERMICELLI SOUP.

Blanch as the Italian paste, but first give the vermicelli a squeeze to break it a little, or otherwise it will hang disagreeably about the



ladle or spoon in eating, at the risk of spoiling a lady's dress or causing a confused blush. Season as before.

---

### 31.—ESPAGNOLE.

Take fourteen pounds of the leg or shoulder of veal and an old fowl, chop the veal into pieces, and put the whole into a saucepan, two carrots, two onions, a pound of ham, a few peppercorns, a small quantity of spice and a clove of garlic, let this stew over the fire, shaking it frequently till it becomes of a brown colour, add hot water to come four inches above the meat, set it by the stove to boil gently, skimming when the meat comes from the bones, strain it through a silk sieve, and set it by for use.

---

### 32.—SOUP À LA REINE VICTORIA.

Take a pound and a half of lean veal, place it in a stewpan with a slice of bacon which must not be fat, an onion with one clove, a blade of mace, a head of celery, a handful of sweet herbs, four ounces of fresh butter, and some whole white pepper, set it over a clear fire, move it frequently to prevent burning, or the flavour is ruined. Have some white gravy ready, thicken it, add two quarts to the above ingredients with a few strips of mushrooms; let it boil, and when it reaches that point remove it, skim it clean of all scum or fat. Have ready some vermicelli which has been soaked five minutes in cold water and subsequently stewed in a strong broth; strain on it the soup and serve with blanched chervil leaves in it.

---

### 33.—MULLIGATAWNEY SOUP.

A calf's head divided, well cleaned, place with a cow-heel, in a well tinned saucepan; boil them till tender, let them cool, cut the meat from the bones in slices, and fry them in butter, stew the bones of the head and heel for some hours; when well stewed, strain, let it get cold and remove the fat. When this is accomplished cut four onions in slices, flour them, fry them in butter until brown, add a table-spoonful and a half of best curry powder obtainable, cayenne pepper one tea-spoonful with a little salt, turmeric powder sufficient to fill a dessert spoon is sometimes added, but the improvement is not manifest to a refined English palate, the curry powder being deemed all that is necessary; add these last ingredients to the soup, boil gently for about an hour and a half, add two dessert-spoonfuls of Harvey's sauce; serve.

---

### 34.—INDIAN METHOD.

Slice six onions, and seven or eight shalots, place in stewpan with six ounces of butter, cut a pair of young fowls, as though for fricasee, season copiously with white pepper, place the chickens upon the onions, stew gently rather more than an hour; then remove the



pieces of chicken, flour each well, put them again in the pan, with four dessert-spoonfuls of curry powder, add one of turmeric; pour at least two quarts of gravy to this, and stew slowly for an hour, add a small quantity of cayenne pepper, with lemon juice, that of half a lemon will suffice.

Boil a pound of best rice until soft; serve in a separate dish, boxed with small pieces of toast cut into squares,

A rabbit will serve the same purpose as a chicken.

---

### 35.—CALVES' FOOT SOUP À LA TUREEN.

This soup I frequently make from calves' feet, after having taken the stock from them for jelly, but I do not boil them so much as though I did not require them; take out all the bones and lay them to get cold, then cut them into large square pieces; if quite tender to eat, put them into your tureen; sweat down a small slice of raw ham and veal, a few mushrooms, two onions, a sprig of parsley, a blade of mace, a large faggot of sweet herbs, with plenty of basil, dry all well up with flour, strain it through a tammy cloth or sieve; season with cayenne pepper, salt, and lemon, add a wine glass or two of white wine at the last, then put in the cut meat to get hot.

---

### 36.—CALVES' TAIL SOUP.

Get three calves' tails, let them be cut in joints, and put into (after blanching them) some good white stock, and stew them well for several hours; proceed as for the former soup, season, likewise, the same, but leave out the basil.

---

### 37.—LAMBS' TAILS SOUP.

Four lambs' tails, cut in joints, will make this soup, proceeding the same way as the former, leaving out the sweet herbs; add cream, as to the former, and one glass of white wine.

---

### 38.—MUTTON SOUP.

Cut a neck of mutton into four pieces, put it aside, take a slice of the gammon of bacon and put it in a saucepan with a quart of peas with enough water to boil them, let the peas boil to a pulp and strain them through a cloth, put them aside, add enough water to that in which is the bacon to boil the mutton, slice three turnips, as many carrots, and boil for an hour slowly, add sweet herbs, onions, cabbage, and lettuces chopped small, stew a quarter of an hour longer, sufficient to cook the mutton, then take it out, take some fresh green peas, add them with some chopped parsley and the peas first boiled to the soup, put in a lump of butter rolled in flour, and stew till the green peas are done.



---

39.—LAMB SOUP

May be cooked as above, save that beef should be substituted for the bacon.

---

40.—LEG OF BEEF BROTH.

Take a leg of beef, break the bone in several places, place it in a pan with a gallon of water, remove the scum as it rises and add three blades of mace, a crust of bread, and a small bunch of parsley; boil till the beef is tender; toast some bread, cut it in diamonds, lay it in the bottom of the tureen, put the meat on it, and pour the broth over all.

---

41.—BROTH.

Put the mouse round of beef, a knuckle-bone of veal, and a few shanks of mutton into a deep pan, and cover it close with a dish of coarse paste, put water enough to cover the meat, and bake it till tender; when cold let it stand in a cool place, covered close, flavour it as you please.

---

42.—VEAL BROTH.

Stew a knuckle of veal; draw gravy as for stock, add four quarts of water, with celery, parsley, and an onion; simmer till reduced to half, add two or three ounces of rice, but not until the soup is nearly cooked, so that when served the rice may be no more than done. Vermicelli may be used in preference, or for change.

---

43.—MUTTON BROTH.

Three pounds of the scrag of mutton, put into two quarts of cold water, add onion, and turnips, pepper, and salt, a few sweet herbs, and a little pearl barley; skim well, and boil four hours.

These ingredients chiefly depend upon whether this dish is made for an invalid, if so, the omission of any of the ingredients will be regulated according to the advice of the medical attendant.

---

44.—SHEEP'S HEAD BROTH.

Split the sheep's head and well wash it, take out the brains, let the head soak for an hour in cold water; boil three quarters of a pound of Scotch barley in eight quarts of water, and when it boils put in the head with a neck of mutton, slice carrots thin and cut turnips small, add them with some salt; let it boil for three hours, and skim with care and frequency. When it has boiled two hours and a half add some onions chopped very fine. In warming up this soup it must be stirred gently over a clear fire and allowed to boil no longer than three minutes.



## 45.—CHICKEN BROTH.

Joint a chicken, wash the pieces, put them into a stewpan with three pints of water, and add two ounces of rice, two or three blades of mace, some white pepper whole, a pinch of salt: let it come to a boil, skim frequently, simmer for three hours; boil for five minutes in the soup some vermicelli, and serve with it in the soup.

## 46.—SCOTCH BARLEY BROTH.

Throw three quarters of a pound of Scotch barley into some clean water, when thoroughly cleansed place it with a knuckle of veal in a stewpan, cover it with cold water, let it slowly reach a boil, keep it skimmed, add seven onions, and simmer for two hours, skim again and add two heads of celery and two turnips cut in slices or any shape it pleases the cook; add as much salt as required to make it palatable, let it stew for an hour and a half, it must be well skimmed before the broth is dished; the meat must be previously removed and the broth alone sent to table.

If it is intended to send the veal to table with it, dress it as follows; take two pints of the broth and put it into a stewpan over a clear fire, add two table-spoonfuls of flour to the broth, and keep the broth stirring as you shake it in until it boils, add a little cayenne pepper, two table-spoonfuls of port, boil for two minutes, strain it over the veal and send to table.

## SOUPS OF POULTRY, GAME, ETC.

## 47.—GIBLET SOUP.

Scald and clean thoroughly two sets of goose giblets or twice the number of duck giblets, cut them in pieces, put them in three quarts of stock, if water is used instead of stock add a pound of gravy beef, a bunch of sweet herbs, a couple of onions, half a table-spoonful of whole white pepper, as much salt, and the peel of half a lemon; cover all with water, stew, and when the gizzards are tender strain the soup.

Now put into a stew-pan a paste made of an ounce of butter and a spoonful of flour, stir it over the fire until brown, pour in the soup, let it boil stirring it well all the while; in ten minutes skim and strain it, add a glass of Madeira, a salt-spoonful of cayenne, a dessert-spoonful of mushroom ketchup, squeeze in the juice of half a lemon, serve up with the giblets in the soup, it should be sent to table as hot as possible.

## 48.—GIBLET SOUP.

Get two sets of giblets, blanch them, and throw them into cold water, then cut them in pieces about one inch long, the gizzard, liver,



and heart cut in thin slices, put them into some good second stock and stew them until tender, strain off some of that stock, cut up in dice a piece of lean ham, two onions, a faggot of sweet herbs, a few mushrooms or the parings, a blade or two of mace, six cloves, a bay leaf, fry all a nice light brown; if for brown gibleet soup, dry all up with flour, add the stock you have strained from the giblets and boil it well, then strain it through a tammy or tammy sieve into the stew pan with the giblets, boil all together, clear off all grease, season with salt, sugar, cayenne pepper, lemon-juice, and white wine.

If for white gibleet soup, do not let your butter brown, and add half a pint of good cream, and the wine, and lemon, the last thing, in case of curdling your soup.

---

#### 49.—HARE SOUP.

An old hare is fitted only for soup or jugging. To render it into soup let it be cleaned, cut into pieces, add a pound and a half or two pounds of beef, to which there is little or no fat; place it at the bottom of the pan, add two or three slices of ham or bacon, or a little of both, a couple of onions, and some sweet herbs, add four quarts of *boiling* water, let it stew to shreds, strain off the soup, and take away the fat; reboil it, add a spoonful of soy or Harvey's sauce, send to table with a few force-meat balls.

---

#### 50.—HARE SOUP.

If possible procure a hare that has been coursed; in skinning it, and blowing it, take care of all the blood. Cut it up in small pieces, add about six onions, a faggot of sweet herbs, a bay leaf, four blades of mace, six cloves, a few pepper-corns, about one pound of lean ham cut in dice, a few mushrooms or parings, cover all with your brown second stock, stew all until tender, then take up a few of the best pieces of meat to go into your soup from the rest, take out all the bones, then rub all the meat and stock through a tammy until all the meat has gone clean through; return it to your stewpan; if not thick enough, add a little flour and butter thin; season with cayenne pepper, salt, and port wine, then add the best pieces of meat you had previously taken care of. Be sure it has been well skimmed from grease.

---

#### 51.—SOUP LORRAINE.

Pound in a mortar a pound of blanched almonds, use a little water, or they will oil; add to these the meat of the breast and legs of a roast fowl, and with the yolks of four poached eggs beat up into a smooth mixture; warm three quarts of white stock, stir in the ingredients, and boil them over a slow fire. Chop the meat of the legs, wings, and breast of a second fowl until it is minced fine; season it with nutmeg, pepper, salt, and finely pounded mace: melt a lump of butter, strain a small quantity of the soup, and add to the



butter one spoonful; cut into slices two French rolls, crisp them before the fire, scoop out the crumb of a third roll, without damaging the crust, fill it with the minced food; close the roll at each end, and make it hot, and keep it so. Strain into a stewpan the soup, and stew it until the consistency of cream; lay the crisped slices of roll in the bottom of the tureen, pour the soup on to it, and serve up with the roll containing the minced fowl floating in the centre.

---

52.—PARTRIDGE SOUP.

When you have a brace of partridges which prove to be remarkably old, convert them into soup, skin and cut them up, cut a handsome slice of ham as lean as possible and divide it in four, or cut as many thin slices, put them in the pan, add the partridges with an onion sliced, some celery, and four ounces of butter, brown nicely without burning, put them into the stewpan with one quart and a pint of water, throw in a few white peppers whole, a shank of mutton, salt it to palate, strain, add stewed celery, fried bread, and previous to its boiling skim very clean and serve up.

---

53.—VELOUTÉ.

Take the cuttings and remains of any joints of fowls and veal you may happen to have, weigh four pounds, and put into a large stewpan, with some onions, carrots, parsley, scallions, three bay leaves, three cloves, and a ladleful of stock, put your stewpan upon a brisk fire, skim well, and be careful the meat does not stick; when enough reduced add as much stock as will nearly fill the stewpan, salt it well, give it a boil, skim, and then put it on the side of the fire to simmer for two hours, after which strain it through a tammy; make a white *roux*; stir into it for ten minutes a few champignons, then pour on it, a little at a time, the above liquor, let it boil up once, skim, and set it again by the side of the fire for an hour and a half, remove all fat, strain again and then put by for use. The velouté, should be colourless, the whiter it is the better.

---

54.—PIGEON SOUP.

Take half a dozen of the fattest pigeons you can get, roast them only sufficient to warm them through; cut the meat from the bones; flour the latter well, and pound them in a mortar; stew them in a pint and a half of good gravy, add a piece of butter rolled in flour, a bunch of tarragon, chervil, a few onions, shalots, parsley, and basil, a few turnips and carrots sliced, season with cayenne and one blade of mace. Boil slowly two hours, pour, and pass through a cullender. Pulp through a tammy, and then with the flesh of the pigeons put them into a saucepan. Let it simmer one hour and serve.



## 55.—TURTLE, KILLED AND DRESSED.

Tie a strong cord round the hind fins of the turtle, then hang it up; tie another cord by way of pinion to both fins, that it should not beat about and be troublesome to the person who cuts off the head, then take off the head. All this do the evening before you intend dressing it; then lay the turtle on the back shell on your block, then loosen the shell round the edge by cutting it with your sharp knife, then gently raise the shell clean off from the flesh, then next take out the gall with great care, then cut the fore fins off—all the flesh will come with them, then cut the hind fins off, take the liver as whole as you can from the entrails, likewise the heart and the kidneys; cut the entrails from the back bone, put them in a bucket of water, wash the shell in several waters, and turn it down to drain. In the meantime cut the fins from the lean meat, then cut the white or belly shell in twelve or fourteen pieces, turn up the back shell and take all the fat from it, taking it out as though you were skinning anything, put the fat in a stewpan by itself, saw a rim off the back shell six inches deep, cut it in about twelve pieces, put a large stewpan full of water on the fire, when it boils dip in a fin for a minute or two, then peel off the shell, and so continue until you have done it all, head and all; then put all the pieces of shell into a stewpan, with about eighteen large onions, and a faggot of sweet herbs, allowing more basil than any other herbs, fill it up with water, let it boil a long time; the next you will cut the fore fins into four pieces, and put them into a stewpan, cover them with water, the hind ones in two each; cover the stewpan; let them boil gently until you can take out all the bones, do not mix them, but put them on different dishes, put the two liquors in one pan.

Cut up the lean meat for entrées, such as grenadins, collops, fricandeaux, roasting or boiling as chickens, pâtés, cutlets, or quenelles. Put one pound of butter into a large stewpan, and all the lean next that may be left as useless, cut up three or four fowls, a faggot of turtle herbs, twelve onions, three or four pounds of lean ham, a bottle of Madeira, and a pound of mushrooms, draw it down for one hour, then fill it up with the liquor previously strained from the bones and shells, keep it all boiling gently for several hours, then strain it off, taking care of what lean meat you require for your tureens, put it in your soup pot to keep hot, with a little of the stock. Have the entrails cleaned and scalded, then cut them into pieces two inches long, then put them on to blanch in cold water, wash them out, line a stewpan with fat bacon, let them stew very gently for about three hours, then thicken the stock as for mock turtle, and rub it through a tammy, add egg balls, or hard boiled eggs, cut in half, and forcemeat balls, or quenelles, the green fat to be boiled by itself in good consommé, a little to be added to each tureen of soup. If to be sent up in the shell, put a pretty rim of raised pie paste round the top shell; add the juice of lemons and a little more wine before you serve it up. Season with sugar, cayenne pepper, and salt.



## 56.—MOCK TURTLE

Is made much after the same manner. The calf's head being divided, having the skin on, the brains carefully removed and boiled separately in a cloth; it must be placed in the saucepan, with more than enough water to cover it, skim while heating, let it be parboiled, and then let it cool, cut the meat from the head in square pieces, the tongue also, then break the bones of the head in pieces, return them into the water in which they have been boiled, add shin of beef, about three or four pounds, knuckle of veal, three or four onions, two small carrots sliced, a turnip also, with black pepper unground, add the brains pounded, and stew gently five hours, strain, cool, and remove the fat; take a clean stewpan, place in it of fresh butter four ounces; add to it, when fluid, three wooden spoonfuls of flour, stirring it well until it browns, some shalots, or a little of the soup may be added to to this, also parsley, sweet basil, chives, salt, soy, cayennè, and ketchup; strain before you add it to the soup into which you will return the pieces of meat, and boil it for upwards of an hour, previous to dishing half a pint of sherry or Madeira should be added, a lemon squeezed into the tureen in which it is to be served, and when in the tureen add egg balls, twenty or thirty in number.

## 57.—MOCK TURTLE SOUP.

This soup if well made, gives general satisfaction. Take a calf's head, thoroughly scraped and cleaned, the skin remaining on; place it in a soup pot, to this add that part of the hand of pickled pork which is free from bones, the fattest end, observing that it is proper to soak it well in water previous to using; put in sweet herbs, a couple of onions, a head of celery if large, a few truffles and morels, two if small, pounded mace and pepper, add plenty of water, without quite filling the saucepan, boil slowly until the meat has become tender, then remove it, and cut the meat from the bone into square pieces, break the bones and put them again into the soup, let it simmer for four or five hours, then place it where it can quickly cool, remove the fat and strain the soup; thicken with flour and butter, add three table-spoonfuls of Harvey's sauce, four or five glasses of sherry or Madeira, and squeeze a whole lemon into it; add the meat of the head and the pork cut into well-shaped pieces, conclude with egg balls, or force-meat, or both, warm it and serve; it will be found a delicious soup.

## 58.—MOCK TURTLE SOUP.

Blanch half a calf's head sufficiently to draw out the bones, cut off the ear and the tongue, take off the skin of the tongue, lay all separate until cold, and strain off the liquor, and add it to your veal or second stock; cut the meat into large square dice, put it into a stewpan with your already prepared stock, and stew it until tender, strain off some of the stock, get another stewpan, cut about one pound of lean York or Westphalia ham, one pound of lean veal, a



good faggot of basil and knotted-marjoram, two or three blades of mace, six or seven cloves, two bay-leaves, four onions, the parings of a few mushrooms, half a pound of butter, fry them for some time a nice light brown, dry all up with flour, then add your stock you have previously strained from the cut pieces; if too thick add more stock, let all boil for some time, keeping it stirred with a wooden spoon; when boiled sufficient, strain it through a tammy or tammy-sieve into the stewpan that has the cut pieces of the head, boil all together; season with sugar, cayenne pepper, and salt, juice of lemon, and white wine; if you wish to preserve the old fashion, by having forcemeat balls, egg, &c., refer for them to the previous receipt; add them to it when they are blanched. I only put hard-boiled eggs, and, if I have any, a few quenelles.

---

59.—POTAGE À LA REINE.

Take three or four roast chickens, cut off all the meat, and pound it well with two table-spoonfuls of rice, previously boiled in water for a quarter of an hour. Dilute it with some good consommé, and strain it; then add sufficient quantity of consommé to the purée to make it of the requisite consistence, put the bones of the chickens into the above, and let it simmer over a small fire for two hours, about a quarter of an hour before dinner time; pour some of it over the bread to soak it as usual; just before serving strain the whole through a fine sieve.

---

60.—A FLAVOURING TO MAKE SOUP TASTE LIKE TURTLE.

Pour one ounce and a half of shalot wine into the same quantity of essence of anchovies, add a quarter of a pound of basil wine, half that quantity of mushroom ketchup, stir in about half a tea spoonful of curry powder, add half an ounce of thin lemon peel, and half a drachm of citric acid, let it remain for a week. It will be found, when added to soup, to give the flavour of turtle.

---

FISH SOUPS.

61.—STOCK FOR WHITE OR BROWN FISH SOUP.

It must be understood that this stock will not keep long, three days being the utmost. Take two pounds and a half of English eels, silver eels as they are termed, they may be known from the Dutch by the white silvery appearance of the belly; cut them in pieces about an inch and a half or two inches long, cut up six fresh flounders and a pound and a half of skate. Place them in the pan with sufficient water to cover them, add two heads of celery, three parsley roots cut in slices, an onion, and sweet herbs; season with pepper, salt, and mace. The onion should be stuck with cloves, and a little of the liquor from any potted fish will improve the flavour, but must



not be added until just previous to serving; cover close down and simmer one hour and three quarters, strain off for use.

The only difference between this and brown soup is that the fish must be first fried brown in butter.

Fish soups may be most numerous; there is scarcely a fish which may not be used for this purpose, the most available and easiest made are those which are composed of the cheaper kinds of fish.

---

#### 62.—CRAY FISH SOUP.

To three quarts of good white stock, add fifty cray fish, having first picked off the tails, the meat from the head and shells, and beat to a paste in a mortar, it will become of the consistency of cream; boil it fifteen minutes, rub it through a tammy, or coarse cloth, season with salt and cayenne pepper: the colour may be heightened by lobster spawn, beat up with the meat of the cray fish, or the juice of beet-root.

---

#### 63.—EEL SOUP.

Take any number of pounds of eels according to the quantity required; add two thirds water. If about three or four pounds of eels add one onion, a small quantity of mace, a little pepper whole, sweet herbs, a crust of the top side of bread, cover down close; stew till the fish separates, strain. Toast slices of bread deep brown but not to burn, cut into triangular pieces or squares, a piece of carrot two inches long cut into four slices lengthways, put into a tureen with the toast, pour the soup on, boiling cream may be added thickened with a little flour, but it should be rich enough without it.

---

#### 64.—FISH SOUP MAGNIFIQUE.

Make stock of skate, flounders, and eels; cut some handsome cutlets from a turbot, salmon, or cod; lay them aside. Make a marinade composed of three turnips, the like number of carrots, two onions, and half a clove of garlic, the flavour of the last is alone desired; the quantity, therefore, may be just sufficient to communicate it, and no more: and then, according to the quantity of fish proposed to be cooked, add water, and one third wine, squeezing into it the juice of half a lemon. Stew this together for fifteen minutes, strain it, and let it get cold; then add the cutlets, simmer until the liquor is one third reduced, pour in the stock first made, thicken it with cream, season with a little cayenne and salt; serve up the cutlets in the dish with the soup.

---

#### 65.—HADDOCK SOUP.

Pound in a mortar with a pint of picked shrimps, the meat of a haddock, chop a handful of parsley very fine, and add the whole of the crumb of a French roll which has been steeped in cream; add



one egg, and mix well together; make it into balls; stew down into broth two haddocks, seasoned with cayenne and a little mace; pulp through a sieve the meat of the two haddocks, boil up with parsley, thicken with flour and butter, and serve with the forcemeat balls in it.

---

66.—LOBSTER SOUP.

Extract the meat from the shells of four hen lobsters, which have been boiled: put the spawn aside, beat the fins and small claws in a mortar; then place both in a saucepan, with two quarts of water, until the whole goodness of the fish has been drawn; then strain the liquor. Beat in a mortar the spawn, a lump of flour and butter; rub it through a sieve into the soup previously strained; simmer without boiling, that the colour may be preserved, ten minutes; squeeze in the piece of a lemon, with a little of the essence of anchovies.

When this dish is sent to table as a feature, forcemeat balls are served with it; they are made of minced lobster, spawn, crumb of French roll, egg, and mace pounded; roll it in flour, and serve in the soup.

---

67.—PURÉE OF LOBSTER SOUP.

Get two large hen lobsters, take out all the meat, chop and pound it fine, six anchovies boned, put the shells in some second stock to boil for some time, strain off the liquor into your pounded lobsters, boil all until tender, rub all through a tammy, add one pint of cream; season with cayenne pepper, a little sugar, and salt, and lemon-juice.

---

68.—MUSSEL SOUP.

Put two quarts of mussels into a saucepan, boil them until they open, take the mussel from the shells, separate the sea-weed from them carefully, put them into a stewpan, with a lump of flour and butter, a handful of parsley, and sweet herbs, add three pints of rich gravy; simmer until reduced to a little more than half; serve hot with sippets.

---

69.—OYSTER SOUP.

Beard four dozen oysters, preserve the liquor in opening them, which must be placed with the beards of the oysters in a stewpan, slice skate or sole or any other fish, small fresh water fish will serve excellently well, and adding them, stew for five or six hours; strain and thicken it, add two spoonfuls of soy or any fish sauce, or omit it, to taste. Add the oysters, and when they are warm through, serve.

---

70.—OYSTER SOUP.

Get four flounders, or similar portions of any fish, four dozen of large oysters, blanch them slightly, take off the beards and gristle,



put the beards and fish into some of your best white stock, boil all together for several hours, add four anchovies washed, strain all off and thicken it with flour and butter, add one pint of cream, put in your oysters you had taken care of the last thing, just boiling them up in the soup; having passed it through a tammy, season it with cayenne pepper, salt, and a small piece of sugar.

---

#### 71.—SKATE SOUP.

This is made of stock as just described, save that the proportion of skate should be increased. Add an ounce of vermicelli to the soup which must be boiled for an hour. When ready to serve, beat up the yolks of a couple of eggs in half a pint of cream, add it to the soup; heat a French roll through, soak it in the soup when the vermicelli is added, and serve with it.

---

#### 72.—BROTH, FISH.

Set water over the fire in a kettle, according to the quantity of broth to be made, put in the roots of parsley, parsnip, and whole onions, a faggot of sweet herbs, a bunch of parsley, sorrel, and butter; let the whole be well seasoned; then put in the bones and carcasses of the fish, the flesh of which you have used for farces, also the tripes, the tails of cray-fish pounded in a mortar, and four or five spoonfuls of the juice of onions; let these be well seasoned and boiled, then strained through a sieve, put it back into the kettle, and keep it hot to simmer your soups and boil your fish.

---

#### 73.—QUENELLE SOUPS OF ALL KINDS.

The quenelles must be added after being boiled, at the last, to your soup.

---

#### 74.—MILK SOUP.

Put into a quart of milk two table-spoonfuls of moist sugar, two bay leaves, and a little cinnamon; boil it, pour it into a dish in which you have previously laid some sippets of toasted bread: simmer over a charcoal fire when the bread is soft; mix the yolks of two eggs well beaten with a little milk; put it in the soup, mix well all together, and serve up.

---

### VEGETABLE SOUPS.

#### 75.—VEGETABLE SOUP.

There are numerous methods of making this soup, the variations depending upon the omission or addition of certain vegetables, and in the mode of serving the soup with them or without them. The following is as simple and as palatable as any.



Collect whatever vegetables are in season, take equal quantities, turnips, carrots, cabbage, spinach, celery, parsley, onion, a little mint, &c., add plenty of herbs, cut them fine, put them into the stewpan, in which has previously been placed some oil; stew gently until the vegetables become tender, then add two quarts of boiling water; stew a quarter of an hour and serve.

Some cooks advocate the introduction of peas, green or white, to this soup: where they are used, they must be boiled until tender in very little water, then mashed into a very loose paste; the vegetables having been scalded are then added, and two hours will suffice for stewing, season it with salt and pepper.

Be careful that it does not burn while cooking, or the whole is spoiled.

---

76.—ARTICHOKE (CALLED PALESTINE) SOUP.

About six pounds of Jerusalem artichokes, pared and cut into small pieces, three turnips, a head of white celery, put sufficient good white stock to cover the artichokes, let it boil until quite tender, then rub all through a tammy; if too thick, thin it with good sweet milk; boil all together, add half a pint of cream, season with sugar, salt, and cayenne pepper.

Send upon a napkin some nice fried bread, cut in small dice, hot.

---

77.—ASPARAGUS SOUP WITH GREEN PEAS.

Make a soup of roots, and when strained, boil a pint of green peas in the liquor. Choose some middling sized asparagus, cut them in pieces about three inches long, blanch them in boiling water, and then throw them into cold water; drain them and tie them in small bunches, split the tops and boil them with the peas. When done, make a purée of them and mix it with the root soup, and garnish with the asparagus. Good meat broth may be used instead of the root soup.

---

78.—SOUP DE L'ASPERGE.

Cut into thin slices half a pound of bacon, lay them in the bottom of a stewpan, cut into lumps six pounds of lean beef and roll it well in flour, cover the pan close, shake occasionally until the gravy is all drawn, then add half a pint of old ale and two quarts of water, throw in some whole peppers and a spoonful of salt, stew gently for an hour, skim the fat, and when an hour has elapsed strain off the soup, then put in it some spinach, two cabbage lettuces, the leaves of white beet, a little mint, powdered sweet aroma and sorrel, boil them, then put in the tops of asparagus cut small, when they are tender the soup is done, serve up hot with a French roll in the middle.

---

79.—ASPARAGUS SOUP (CLEAR).

Blanch two hundred tops of asparagus and boil them in a good gravy, serve with sippets of bread just hardened by the fire.



## 80.—CABBAGE SOUP.

Cut your cabbage into four parts, then let them be partly boiled, squeeze them dry and place them in a large brass pan or dish, so that there may be room betwixt each piece of cabbage to take up soup with a large spoon, then let them boil with as much gravy or stock as will cover them; let them stew for two hours before dinner, then put a quarter of a pound of butter and a handful of flour into a saucepan, set it over a fire and, keeping it stirred, add two onions minced and stir it again, then add a quart of veal gravy, boil it a little and pour it all over the cabbage. If you choose you may force pigeons with good force-meat made of veal; fry them, and then stew them with the cabbage, putting in with them a little bacon stuck with cloves, when it has stewed away take off the fat, soak bread in your dish with gravy or stock, place your fowl in the middle and the cabbage all round, garnish the dish with slices of bacon and a little cabbage between each slice.

## 81.—CABBAGE SOUP.

Take four or six pounds of beef, boil with it some black pepper whole for three hours, cut three or four cabbages in quarters, boil them until they are quite tender, turn them into a dish, and serve all together.

## 82.—CARROT SOUP.

Take a proportionate number of carrots to the quantity of soup to be made, if a small quantity six will suffice; they should be large and of a rich colour, cut them after being thoroughly scraped into thin slices, stew them in some rich stock, say two quarts, until they are tender through, then force them through a sieve or tammy with a wooden spoon until a red pulp is deposited, re-boil it with the stock until it is rich and thick, season with grated white sugar, cayenne pepper, and salt.

## 83.—SOUP À LA CRECI, OR CARROT SOUP.

Cut half a pound of lean ham in dice, three onions, four turnips, twelve carrots, the outer side red only, a head of celery, a faggot of sweet herbs, two blades of mace, six cloves, a bay leaf, and half a pound of salt butter; fry all well down in a stew-pan until they get a little brown, then add some second stock, and stew until all the roots are quite tender, then rub it through a tammy sieve or tammy cloth with two long spoons; if very thick, add more stock. Season with cayenne and black pepper, and salt, and a good bit of sugar; send up on a napkin some nice fried bread cut in small dice, and not greasy.

## 84.—SOUP CRECI.

Cut four onions in slices, grate the same number of carrots, cut up



three lettuces, to which may be added a little chervil; lay them in a stewpan, add a piece of butter, a pint of lintels, and last of all one pint of broth, simmer for half an hour, fill up with good white stock, in which a little rice has been boiled, boil for an hour, take the crumbs of two French rolls, soak them in the stock, rub the whole through a tammy with wooden spoons, serve in a soup tureen when about the thickness of pea soup.

---

85.—CELERY SOUP.

Stew fine white celery cut in small slips in gravy, then boil it in good gravy.

---

86.—HERB SOUP.

Slice three large but young cucumbers, a handful of spring onions, and six lettuces, cut the last small. Put into a stewpan eight ounces of butter, and with it the above vegetables; when the butter has melted, cover, and let it stand over a slow fire an hour and twenty minutes. Add as much stock as may be required for the quantity of soup intended to be served, let it be boiling and simmer for an hour, thicken with flour and butter, or three table spoonfuls of cream. If required to be coloured use spinach juice.

---

87.—HOTCH POTCH.

Put a pint of peas into a quart of water, boil them until they are so tender as easily to be pulped through a sieve. Take of the leanest end of a loin of mutton three pounds, cut it into chops, put it into a saucepan with a gallon of water, four carrots, four turnips cut in small pieces, season with pepper and salt. Boil until all the vegetables are quite tender, put in the pulped peas a head of celery and an onion sliced, boil fifteen minutes, and serve.

---

88.—ITALIENNE.

Put into a saucepan a spoonful of shred parsley, half a spoonful of shalots, the same of mushroom; shred fine half a bottle of white wine, and an ounce of butter; boil this till no moisture remains, then put two ladlefuls of velouté, and one of consommé, set to boil, take care to skim off all the fat; when you find it about the consistence of clear broth, take it from the fire, put it into another vessel, and keep it hot, as in *bain marie*.

---

89.—SOUP À L'ITALIENNE.

Cut celery, onions, turnips, carrots, leeks, in long shreds, boil them until they are tender, put them into some clear gravy soup, with brown thickening, boil it, and when enough, put in sippets of lightly toasted bread, a glass of port wine; toast a French roll whole, and serve it up in the middle of the tureen.



In the season may be added French beans, sorrel, button onions, asparagus tops, and green peas.

---

90.—SOUP JULLIENNE.

Is similar to sauté, only add spinach and lettuce, or any vegetable that may be in season.

---

91.—SCOTCH LEEK SOUP.

Take a dozen leeks, simmer them in two quarts of the liquor in which a leg of mutton has been boiled. Mix one tea-spoonful of oatmeal in cold water until it is very smooth, thicken the soup with it, season and serve.

---

92.—ONION SOUP.

In two quarts of weak mutton broth slice two turnips and as many carrots, strain it. Fry six onions cut in slices, when nicely browned add them to the broth; simmer three hours; skim and serve.

---

93.—SOUP OF SPANISH ONIONS.

Put in a stewpan with four Spanish onions, four ounces of butter, a head of celery, a large turnip, a quart of white gravy, and stew until the onions are quite tender, add another quart of gravy and strain. Pulp the vegetables, return them to the soup, boil for half an hour. Keep constantly stirring, immediately previous to serving thicken with rice flour worked in butter.

---

94.—PEA SOUP.

Boil to a pulp two quarts of peas, strain them, place in a stewpan four ounces of butter, add two anchovies, a table-spoonful of pounded pepper, twice that quantity of salt, a small handful of parsley and mint, a little beet-root and spinach, stew until tender. Add pulped peas until the soup is of the required consistency, throw in a spoonful of loaf sugar, boil up and serve.

---

95.—ANOTHER WAY.

Wash in clean water, cold, a quart of split peas, drain them, tie them up in a white cloth, boil them half an hour in soft water sufficient to cover them, then take them out, and having placed them in a saucepan with three quarts of water in which salt meat has been boiled, if too salt moderate it with fresh water, but do not let it exceed three quarts, then put in the following roots, two whole onions, a head of celery cut in small pieces, a sprig of sweet herbs, and a carrot. Simmer gently until the peas are very tender, stir it occasionally to prevent burning. When the peas are sufficiently soft, pulp them through a seive, mix them with the soup, and season with black pepper. Toast bread, cut it into squares, and serve with the soup, as well as a dish of dried pounded mint.



The stock for this soup may be made of the bones of any salted meat. A ham bone boiled with the soup is very serviceable if the liquor of salt meat is not to be had.

---

96.—GREEN PEA SOUP.

Cut down in thin pieces two heads of celery, a good piece of mint, two carrots, two turnips, twelve green onions, a little parsley, and two quarts of peas, two lettuces, a handful of spinach, sweat all down with two quarts of good second stock, let stew until tender, then rub all through a tammy; have a few young peas, boiled green, strained off and put in your tureen; if not a good green, add some green colouring from spinach juice to it the last thing before serving up; season with a good bit of sugar, salt, and pepper.

Send up fried bread cut in dice, as before.

---

97.—GREEN PEA SOUP.

Cut up three Cos lettuces, pare and slice three cucumbers, add a pint of young peas, a sprig of mint, an onion, and a little parsley; put all together in a saucepan, add four ounces of fresh butter, stew for half an hour, pour on them a quart of thin gravy, stew two hours, thicken with a piece of butter rolled in flour.

---

98.—DRIED GREEN PEA SOUP.

Put three pints of split green peas in some soft water with a piece of butter the size of a walnut, simmer until they are soft enough to pulp through a colander, then add boiling water to make the soup, put in a lettuce, and colour with spinach juice. Keep it simmering until it is ready for use, thicken it with butter and flour, season with pepper and salt and one tea-spoonful of sugar.

Take out the lettuce before sending to table, and send up some young green peas in its place. They must be boiled until tender before putting in the soup, and should be added only just before serving.

---

99.—CLEAR PEA SOUP.

Boil in two quarts of gravy a quart of young peas, add a lettuce cut fine, and a small sprig of mint.

---

100.—PEPPER POT.

Put in a stewpan three quarts of water, to this add celery, turnips, carrots, lettuces, cut small, add the bones of cold roast meat of any description, half a pound of bacon, the same weight of salted pork; stew gently until the meat is tender, taking care to skim when it first boils.

Boil half a peck of spinach and rub it through a colander, take the bones out of the soup and add the spinach, with it the meat of a



lobster or crab minced, season with plenty of cayenne pepper, and salt to taste.

Suet dumplings may be boiled with it, or a fowl, but this is matter of taste. Mutton or beef may be substituted for bacon or pork, this will be obvious when it is understood that a pepper pot is presumed to consist of an equal proportion of flesh, fish, fowl, and vegetables.

---

101.—POTATO SOUP.

Put into a stewpan three pints of white stock, take six large potatoes, boil them until they are nearly done, they must be mealy, cut them in slices until they are sufficiently tender to pulp through a sieve, with an onion boiled soft enough for the same purpose. Thicken with flour and butter, season with white pepper, cayenne, and salt. To add to the flavour cream should be added, half a tea-cupful previous to serving, but must not be permitted to boil after adding.

---

102.—RICE SOUP.

Steep some fine rice in cold water for an hour, say four ounces, then boil it, add three quarts of gravy, add a pinch of cayenne, a little salt, and boil five minutes.

---

103.—SAUTÉ SOUP.

Cut carrots, and turnips, and onions, and celery, as straws, about one inch long, quite thin; the carrots you will trim, using only the red part, the yellow that is left use for your stock pot; cut your onions in quarters, then cut them the size endways, blanch them for two or three minutes, strain them on the back of a hair sieve to drain, then add them to the quantity of soup required, allowing half a pint to each person; therefore, as you must so reduce it to have the flavour of your vegetables, allow a pint more, reducing it to the quantity you require; season it with lump sugar, cayenne pepper, and salt; be sure and not go to the extreme.

---

104.—SOUP MAIZE.

Melt half a pound of butter in a stewpan, add four heads of celery, the outside stalks, if well cleaned, will be of service; slice five onions and throw in with twenty or thirty sprigs of spinach, cut up four turnips, and add sweet herbs and parsley; simmer for three quarters of an hour, pour in five pints of water, stew for half an hour, serve with sippets of toasted bread.

---

105.—SPRING SOUP.

As sauté; the same roots cut differently, and add, if to be had, spinach, cabbage-lettuce, a very little sorrel, as it turns acid on the stomach, all cut rather small, tarragon, chervil, green asparagus, young peas, cucumbers; cut the asparagus about one inch long, cut the tarragon and chervil a little, and a few French beans cut, use



your consommé stock as before, boiling all your green parts particularly green in water a few minutes, leaving them to be sufficiently done in your stock; if you have a cauliflower boiled, pick a few small pieces and put in the soup-tureen; the boiling soup when poured in will make it hot; season as before.

---

106.—SPRING SOUP

Is made as No. 89, with the addition of lettuce and chervil, and instead of cutting the vegetables in shreds cut them in dice.

---

107.—SOUP SORREL.—A SUMMER SOUP.

Take a good quantity of sorrel, and mix with it the top leaves of beet-root; boil them thoroughly, press them enough to extract all the water, and chop them until they are almost a paste; when they are quite cold, add the coldest spring water attainable, and mix until rather thicker than cream; cut in thin slices two cucumbers steeped in a mixture of vinegar and a little cayenne; boil three eggs hard, and cut them in very small pieces: now, having chopped the green ends of young onions small, and added to the paste, pour over cream to your taste, and then add the sliced cucumber and boiled egg; serve up garnished with clean white pieces of ice.

---

108.—TOMATA SOUP.

Slice two onions and fry them in butter until brown, remove them and fry two dozen tomatoes just sufficient to heat them through, then put them into a stewpan with their gravy and the onions, add a head of celery and a carrot sliced, stew gently for half an hour, add three pints of gravy, stew an hour and a half, pulp the whole of the vegetables through a sieve, season with white pepper, salt, and cayenne, serve with sippets of toasted bread cut in shapes.

---

109.—TURNIP SOUP.

This soup should be made the day before required. Stew a knuckle of veal with an onion, sweet herbs, and a little mace, in six quarts of water; cover down close and stew gently five or six hours, let it be put in a cool place. Before warming remove the fat and sediment, slice six turnips into small pieces, stew them in the gravy until tender, add half a pint of cream, flour, and butter, season with white pepper.

---

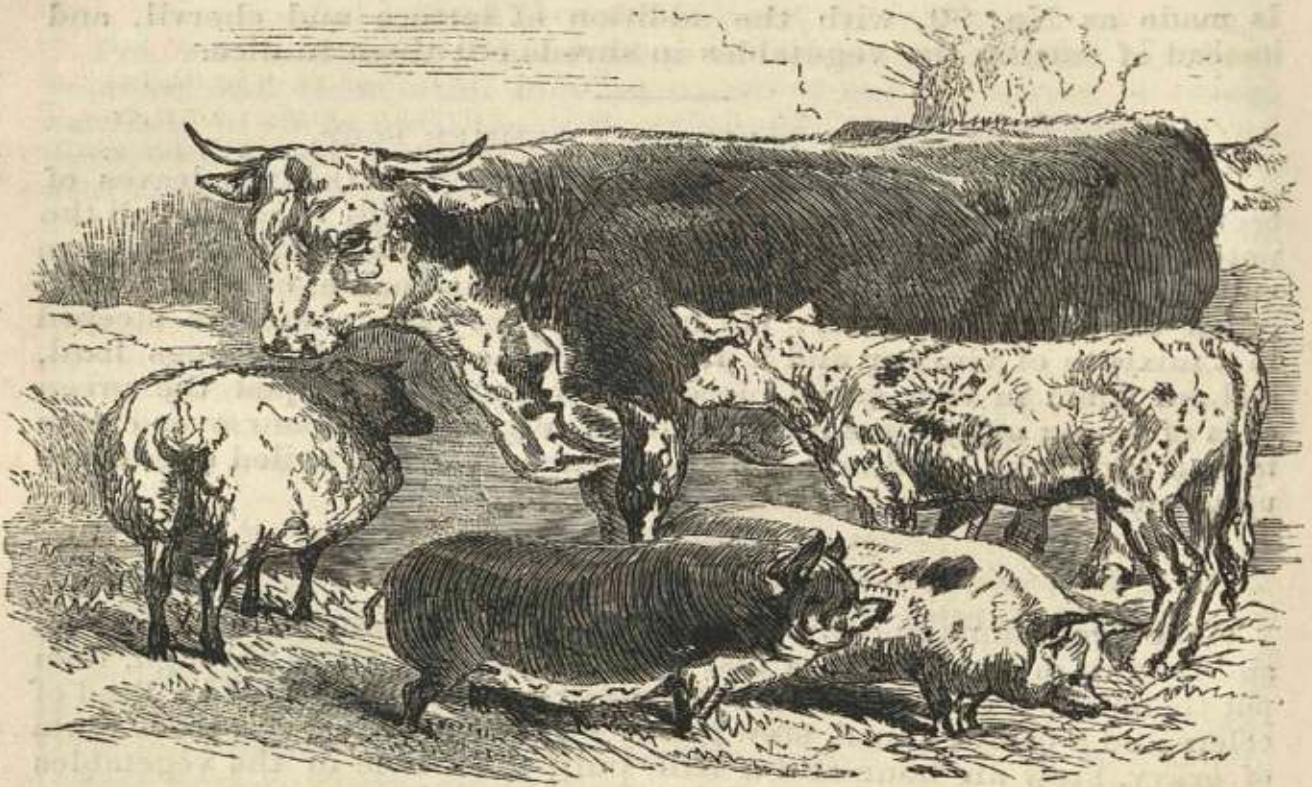
110.—PURÉE OF TURNIP SOUP.

Get a bunch of turnips, pare them and cut them in thin slices, one head of white celery, one onion, fill up your stewpan with good second white stock, boil them until quite tender, then pass it all through a tammy by rubbing it with wooden spoons, or a tammy sieve, season with sugar, cayenne, and salt. Send up fried bread, as for former soups; add half a pint of cream the last thing.



## CHAPTER III.

### MEATS.



#### OBSERVATIONS ON MEATS.

How to choose, and the best parts to choose of meats, are given under their appropriate heads; we will come at once, therefore, to the process of cooking when they have been chosen.

If the meat has to be roasted, a clear fire is indispensable; and the fire should also be maintained at one uniform heat by the addition of coal, only in small quantities. If the joint is large, it should be commenced as far from the fire as the apparatus will permit, and as it progresses gradually be moved nearer the fire until done, this will ensure, in large and thick joints, the heart of the meat being properly done, while it prevents the outer parts from being cooked to a chip. A small joint should have a brisk fire, should be well basted, as also larger joints; it should be sprinkled with salt, and dredged with flour when three parts cooked, but it should be remembered that this must not be left until the meat is just cooked, for the fire is apt to catch the flour, and give it a most disagreeable flavour.

There are a variety of opinions respecting the washing of meat



previous to roasting. Many old and experienced cooks declare that it destroys the flavour of meat. Professors of the art, however, hold a contrary opinion. I am not disposed, from my experience to differ so essentially from them as to advise meat to be roasted without this operation, but should advise that the meat be not suffered to remain too long in the water, unless frost-bitten, and then it should soak an hour or two previous to cooking.

The time necessary for cooking a joint must depend, of course, upon the weight of the joint to be roasted; experience gives not less than fifteen minutes to each pound of meat; where the quantity is very large an extra two or three minutes must be given, but so much depends upon the state of the fire, and the attention directed to the joint while cooking, that the judgment must be exercised; although the above calculation may be taken as a general rule, giving time for any drawback which may occur.

In boiling meat, as much attention must be paid as in any other process; if the joint be permitted to boil too rapidly, the cook may be satisfied the meat will go to table as hard as it could be wished to be tender; if while cooking it should be allowed to stop boiling, it will prove underdone when cut, even though more than the usual time be allowed for it to be cooked. The meat generally is better for being soaked a short time, and then wrapping it in a cloth well floured, if fresh; if salt, the water should be kept free from scum as fast as it appears. All joints to be boiled should be put into cold water and heated gradually, and nothing boiled with it save a dumpling, or if beef, carrots or parsnips.

#### ROAST MEATS.

In every case where meat is washed before roasting, it should be well dried before it is put down to the fire, which must be kept clear, banked up to the height it is intended to keep it, and kept at that height until the meat is sufficiently cooked; remember the regulation of gradually advancing the meat nearer to the fire while it is cooking, baste with a little milk and water, or salt and water first, but as soon as the fat begins to fall from the meat, put down a clean dish and then baste with the dripping as it falls; the meat should not be sprinkled with salt until nearly cooked, or too much gravy will be produced. Preserve the dripping; pour it from the dish into some boiling water, leave it to cool. When cold it will be hard, white, and all the impurities will be deposited at the bottom. It occasionally happens that the joint cannot be sent to table as soon as cooked; in such case place it on a dish upon a fish kettle of boiling water; place over it a dish cover, and spread over all a cloth; the meat will thus be kept as hot as if placed before a fire, but will not be dried, nor will the gravy be evaporated.

#### BOILING.

The learned in the art of boiling recommend different times for the completion of the process, some allowing fifteen minutes to each



pound, others twenty. All the best authorities agree in this, that the longer the boiling the more perfect the operation.

When taken from the pot the meat must be wiped; some use a clean cloth, but the best way is to have a sponge previously dipped in warm water, and wrung dry; this is also more convenient. Be careful not to let the meat stand, but send it to table as quick as possible, or it will darken and become hard. Boiled meat, as well as roast, cannot be served too hot.

The operation of boiling is generally treated as a department that requires no art at all. Hence it is that a leg of mutton is called spoiled when boiled, which is to be traced to the bad management of the pot.

Hard water is improper to boil meat in, and where soft water is to be procured, should not be thought of; as a cook cannot do justice to her skill, if she is ever so attentive.

It is now an established fact among the best judges that the meat should be put in cold water, and not in hot, unless for a special purpose, as that renders it dark and hard; cooks should be careful how they manage the form of certain meat for the pot, by skewering or tying it, so as to make it equal in all parts; for where one part is thick, and the other thin, the latter would be overdone before the thicker parts are acted upon by the boiling water. All meats are best cooked by boiling gently, as fast boiling spoils the meat and does it no quicker. Salted meats should most particularly be slowly boiled—in fact it should scarcely simmer; it is indispensable that the water should cover the meat, consequently the dimensions of the pot should be suited to the bulk of the joint.

Large joints, as rumps and rounds of beef, should be boiled in a copper. It is less difficult to regulate the heat of a copper fire than that of a kitchen range. Meat, before boiling or roasting, should be washed, as all meat is improved in colour by soaking. For roasting, it should be wiped before it is put in the oven or on the spit; it is impossible to boil properly without skimming the pot. The instant the pot boils, it should be skimmed and followed up as the scum rises.

It will be seen that the above remarks apply to those who have not been able to avail themselves of the many advantages the numerous improvements in cooking apparatus present.

---

#### BROILING.

The cook must prepare her fire in due time. When ready, it should be clear and bright, so clear from black coal and smoke that the chop or steak may come from the gridiron without blemish or taint of sulphur or smoke. The best fuel for a broil is composed of charcoal and coke, as little smoke is emitted from either, even on commencing the fire, and when well ignited, it is entirely free from it; coke added to a brisk coal fire, also burns bright, and is well suited for the operation, though with care a proper fire may be made of good sea coal. There is this amongst other disadvantages, in cutting too thick a steak, the out-



side is likely to be scorched to horny hardness before the interior is half cooked; hence, to say nothing of the misery of those who have not large mouths, the disappointed epicure must either wait until it is put again on the gridiron, or instead of eating it rare, be constrained to eat it raw. No gridiron should be used but those with fluted bars, which, forming channels, the greater part of the fat which otherwise falls into the fire, and scorches the steak, is drawn off into a gutter at the bottom, the gridiron should be thoroughly heated, and the bars rubbed with beef or mutton suet previously to putting on the steak, to prevent its being marked by, or adhering to, the bars. A close eye should be kept on the steak to watch the moment for turning it, which is repeatedly done during the process; broiling tongs of convenient size should be used, with which, by a little practice, the steak may be turned with ease and despatch; the cook must have her dish thoroughly heated to receive the broil when done, and the cover hot to place upon it instantly. Even when she has accomplished her task, if the servant who is to take it to table loiters on the way, the steak will have lost its zest. A steak or chop should be briskly cooked, speedily conveyed to table, and served with despatch.

---

#### 111.—ROAST BEEF.

There exists a variety of tastes and opinions respecting the most profitable, as well as the choicest, parts of beef, but many of them are choice and profitable too if cooked with skill; the primest parts are roasted, except the round, which should be boiled; the ribs make the finest roasting joint.

Where a small quantity is required, it is better for the bones to be cut out and the meat rolled; this should be done by the butcher, who will not only cut cleaner, but skewer the parts into a fillet with more firmness and neatness than the cook, who is not expected to be as expert with the knife and skewer as the butcher. The tops of the ribs are frequently cut off into pieces of three or four pounds; this piece, though occasionally roasted, should be salted; it is then not unlike in flavour to the brisket.

In roasting the ribs, or any piece of beef, the precautions mentioned respecting placing it too near the fire must be observed, and where there is much fat, and it is desired to preserve it from being cooked before the lean, it may be covered with clean white paper skewered over it; when it is nearly done the paper should be removed, a little flour dredged over it, and a rich frothy appearance will be obtained. The joint should be served up with potatoes and other vegetables; the dish should be garnished round the edge with horse-radish scraped into thin curls. This receipt will suffice for all the other roasting parts of beef.

---

#### 112.—TO COLLAR BEEF.

Choose the thinnest end of the flank of beef, it must not be too fat or too lean, the weight will be from eight to ten pounds, let it hang



in a cool place twenty-four hours, when the skin appears moist, rub in some coarse brown sugar, and in forty-eight hours afterwards you may place it in a pan in which there is a brine, made of three quarters of a pound of salt and an ounce and a half extract of saltpetre, rub it well with the brine for a week, take out the bones, the gristle, and the inner skin.

Make a seasoning of sweet herbs, parsley, sage, pepper, ground spice, and salt, cover the beef well with it, roll it in a cloth, and tie firmly and securely with broad tape; boil it six hours, but boil gently, take it out, and while hot, and without disturbing the fastenings, place upon it a weight, that when cold and unrolled it may retain its shape.

---

113.—TO COOK THE INSIDE OF A SIRLOIN.

Take out the inside of the sirloin in one piece, put it into a stewpan, and sufficient good gravy to cover it, season with mixed spice, pepper, salt, and cayenne, and a spoonful of walnut ketchup: more of the latter may be added, if the quantity made should require it to flavour; serve with pickled gherkins cut small.

---

114.—ANOTHER WAY.

Cut the inside of the sirloin into pieces, dredge it with flour, put it into a frying-pan in which some butter is boiling; when it is browned, put it into a stewpan with some brown gravy, highly seasoned, squeeze in half a lemon, and serve.

---

115.—ANOTHER WAY.

Cut it in strips, as for collops, flatten it, flour, and fry in butter, lay in the centre of a hot dish a mound of spinach, with poached eggs on the top, lay the beef round the spinach.

---

116.—FILLET OF BEEF—ROASTED.

If unaccustomed to the use of the knife, the butcher's aid may be obtained to cut the fillet which comes from the inside of the sirloin, it may be larded or roasted plain; for high dinners it is larded; baste with fresh butter. It must be a large fillet which takes longer than an hour and twenty minutes; serve with tomato sauce, garnish with horse radish, unless served with currant jelly, then serve as with venison or hare.

---

117.—FILLET OF BEEF.

Take ribs of beef, hang as many days as ribs, bone it, roll it, sprinkle well with salt after boning, and roast it.

---

118.—FILLET OF BEEF À LA MARINADE.

Take the under side of a sirloin of beef, keep the fat on one side, trim it and lard it, and lay it into a deep and long dish; cut in



thin slices carrots, turnips, onions, and celery, a sprig or two of parsley and sweet herbs, a few blades of mace, cloves, and whole pepper, two tea-cupfuls of vinegar, and one of cold water, and one of port wine, let it lie a day or two, basting it frequently with the liquor on the top; then braise it as you would the former over a slow fire, and a little on the cover; stew until tender.

---

119.—FILLET, OR ROUND OF BEEF—SPICED.

Get the ribs of beef. Have ready pounded and sifted, some cloves, mace, allspice, pepper, a few coriander seeds, a little saltpetre, and bay salt; mix all well together, rub your beef well, then tie it tightly up into a good round fillet; let it lie for a day or two, then put it into the oven to set the meat, then place it in a stewpan with a little second stock; put fat bacon at the bottom of the stewpan, and half a pint of port wine, stew it about two hours according to the size, make a very good sauce, reduce the liquor, and take off all the fat, until sufficient to make the sauce, which you will add to some good cooley, with some chopped dressed mushrooms; season with cayenne pepper and salt; if approved of, add some hot pickles of different colours, the last thing in the sauce. Add a dust of sugar to your sauce.

---

120.—ROND DE BŒUF EN MINIATURE.

Bone a rib of beef, skewer the meat as a fillet of veal, pickle it five days in a brine composed of common salt, saltpetre, bay salt, and coarse sugar; put it into hot water but not boiling water, let it simmer but not boil, if eight or nine pounds it will take two hours and longer in proportion to the weight.

If it is found that the skewer does not shape it sufficiently like a round of beef, bind it with tape, this will perhaps be proved the best method to proceed with at first.

---

121.—A SALT ROUND OF BEEF.

Use the spice as for the fillet of beef, but salt as usual for a round of beef. Let it lie for a week, frequently rubbing it; boil it in a cloth; send up carrots, and turnips, and suet dumplings, and a little gravy from what it was boiled in, adding a little consommé, or it will be too salt. Young cabbages in a dish, send up.

---

122.—BEEF OLIVES.

Cut into slices about half an inch in thickness, the underdone part of cold boiled, or roast beef, cut an eschalot up finely, mix it with some crumbs of bread, powdered with pepper and salt, and cover the slices of meat with them, then roll, and secure them with a skewer, then put them into a stewpan, cover them with the gravy from the beef mixed with water, stew gently, when tender they are done enough, serve them with beef gravy.



## 123.—RUMP OF BEEF.

Take out the large bone of a rump of beef, take your largest larding pin, or the point of your steel will do, cut some pieces of bacon four inches long according to the size of your beef a square, withdraw your steel and introduce the cut bacon in the holes of the lean part of the beef in several places, then tie up the beef as the brisket, and proceed exactly the same as in the former dish.

## 124.—STEWED RUMP OF BEEF.

Half roast the beef: then place it in the stewpan, add three pints or two quarts of water, according to the weight of the joint, two wine-glasses of vinegar, three of red wine, more if expense be not considered, a bottle not being too much; cider is sometimes used, but the meat may be stewed without it, add three spoonfuls of walnut ketchup, two or three blades of mace, a shalot, a dessert-spoonful of lemon pickle, cayenne pepper, and salt, cover the stewpan close down, stew gently for two hours, or three if the rump of beef is large, take it up and place it in the dish in which it is to be served, keeping it hot in the manner previously prescribed; remove the scum from the gravy in which it has been stewed, and strain it; add half a pint of mushrooms, three table-spoonfuls of port wine, a spoonful of Harvey's sauce, thicken with flour and butter, pour over the beef, garnish with pickles, forcemeat balls, and horseradish.

## 125.—HUNTER'S BEEF.

Hang for three days a round of beef of twenty pounds, at the expiration of that time rub it with brine, composed of three ounces of saltpetre, twelve ounces of salt, a spoonful of allspice, one of black pepper, an ounce of coarse brown sugar; before it is rubbed with this mixture it must be boned, and it must be rubbed well every day, turning for a fortnight. When it is to be dressed put it into a stewpan, pour in a pint of water, shred a quantity of mutton suet, cover the meat with it, lay over it a thick crust, attaching it round the edge of the pan, tie over securely with paper, and bake for six hours in an oven moderately heated; take away the paper and crust, chop some parsley very fine, sprinkle it over the beef, and serve it cold.

It will keep some time; the gravy will make a good flavouring for soups.

## 126.—SPICED BEEF.

A joint from the round, rump, or flank, from ten to fourteen pounds is the usual weight of the piece intended to be thus dressed. Make a mixture of the following ingredients, and let them be well amalgamated; pound finely as much mace as will quite fill a tea-spoon, grind a nutmeg to powder, and add it, also two spoonfuls of cloves, one fourth of that quantity of cayenne pepper, and half a pound of



coarse brown sugar; rub the beef well with this mixture for three days, turning it each day once; add three quarters of a pound of salt, and then continue rubbing well each day, for ten days more; at the expiration of that time dip it into some cold clear spring water, twice or thrice, secure it into a handsome shape, put it into a stewpan with a quart of good beef broth, let it come to a boil, skim as the scum rises, and as soon as it boils put in three carrots cut in slices, a bundle of sweet herbs, a little parsley, and an onion; stew gently four hours.

If it is intended to serve this dish cold, let it remain until it is cool in the liquor in which it was boiled, but take the precaution to put the meat into a clean pan, and pour the liquor over it.

#### 127.—A PICKLE FOR BEEF.

To one gallon of water put two pounds and a half of common salt, one ounce of saltpetre, half a pound of coarse sugar, boil it for a quarter of an hour, and be particular while boiling to remove every particle of scum while rising, that it may be as clear as possible, let it be cold when poured upon the beef. If it is desired to make the pickle last for a very long time, add a gallon of spring water to the above quantity, which should, if for keeping, be also spring water, add three ounces of saltpetre, two pounds of bay salt, and a pound and a half of coarse brown sugar. Whatever joints are put into this pickle, they should be kept closely covered down. Prepare thus the beef for pickling, keep it as long as you can without taint, spread over it coarse sugar, and let it remain for two days to drain. Rub the beef thoroughly with the pickle, and let it remain in it eight, ten, twelve, or fourteen days, according to its size and quantity, a considerable quantity of beef may be pickled together, indeed the closer it is packed the better, so that it is covered with the pickle and kept tightly down; when they are taken out of the pickle, lay some sticks across the pan and let them drip into it, when as much has fallen from them as will, wipe them dry, and they may either be cooked at once or dried; if the latter be determined upon, after having well dried them smoke eight hours over burnt sawdust and damp straw, or sew them in a cloth and send them to the baker, and let them hang seven or eight days. Do not, as in the other receipt, boil the pickle before using the first time, but after it has been once used, and every succeeding time, observing that it must be kept skimmed, and each time of boiling add a quart of water and a couple of pounds of salt. This pickle will answer equally well for hams or tongues.

#### 128.—HUNG BEEF.

Take twelve to fourteen pounds of the flank of beef, throw over it a handful of salt; let it drain twenty-four hours. Make a brine of one pound of salt, one ounce of saltpetre; let them be quite dry, and pound them to a fine powder before using, a quarter of a pound of bay salt and two ounces of coarse sugar. If it is intended to make



the beef red, add three grains of cochineal; rub the beef with this brine for a week, and then turn it; let it remain two days, and then rub in again for seven or eight days; then let it drain from the pickle. Send it to the baker's to be smoked. When wanted for dressing, put it into cold water more than enough to cover it, boil gradually until enough, and put it under a heavy weight while hot. It may be served with carrots and greens, or, if for grating, choose a lean piece, put it in boiling water; keep it boiling rapidly; four pounds will take an hour.

---

129.—BEEF HUNG.

The best piece is the navel piece, it must be hung up in a cellar until it is a little damp, but not long enough to change, take it down and wash it well in brown sugar and water, dry it with a cloth, cut it in two or three pieces, take half a pound of brown sugar, two pounds of bay salt dried and pounded small, six ounces of saltpetre dried and beat fine, rub it well into the beef, then rub common salt over it as much as will make it salt enough, let it lie together ten days, changing the pieces from the bottom to the top, hang it where it may have the warmth of the fire, but not too near; when it is dressed boil it in hay and pump water until tender; it will keep two or three months, when mouldy dip it in water.

---

130.—DUTCH HUNG BEEF.

Rub a lean piece of beef about twelve pounds with treacle, and turn it frequently, in three days wipe it dry, salt it with a pound of salt and an ounce of saltpetre in fine powder, rub well in, turning every day for fourteen days, roll it as tightly as you can in a coarse cloth, lay a heavy weight upon it, hang it to dry in the smoke from wood, reversing it every day, boil in spring water, press it while hot and grate or rice it to fancy.

---

131.—RUMP STEAK STEWED.

Cut a steak about an inch thick with a good bit of fat, fry it over a brisk fire, place it in a stewpan with the gravy, a little good stock, a little port wine, and some chopped mushrooms, stew gently; when tender put into it some good brown sauce, shake it gently about; dish it, and put scraped or grated horse-radish on the top; if for oysters or mushrooms, see those sauces; season with salt, cayenne pepper, and sugar.

---

132.—RUMP STEAK PLAIN BROILED.

Cut your steak not so thick as for the former; have ready a good clear fire, put your gridiron to get quite hot, then put on the steak at full length, frequently stirring it with your steak tongs, a few minutes according to taste will do it, place it on your dish, put a good slice of butter rubbed all over it, and now pepper and salt it. Horse-radish on the top of it, and frequently sauces.



## 133.—BEEF STEAKS—BROILED.

Be particular that the fire is clear; it is of no use to attempt to broil a steak over a dull, smoky, or flaring fire; see that the gridiron is clean, and the bars rubbed with suet preparatory to laying on the steak; when they are browned turn them, do not be afraid of doing this often, as this is the best plan to preserve the gravy. When they are done rub them over with a piece of fresh butter, pepper and salt them, sprinkle the shallot or onion cut very small, and send them to table with oyster sauce, a dish of nicely cooked greens, and well boiled potatoes, they are frequently and pleasantly garnished with scraped horseradish.

## 134.—BEEF STEAKS ROLLED AND ROASTED.

Cut handsome steaks from the rump, and if not sufficiently tender let them be well beaten, make a rich stuffing of equal parts of ham and veal well peppered, stew it for a short time, and pound it in a mortar with bread steeped in milk, a lump of butter, and the yolk of two or three eggs; spread this forcemeat over the steaks, roll them up and tie them tightly, roast them before a clear fire. They will occupy an hour and twenty minutes to an hour and a half roasting; baste well with butter while roasting, and serve with brown gravy.

## 135.—STEWED BEEF STEAKS.

Stew the steaks in three parts of a pint of water, to which has been added a bunch of sweet herbs, two blades of mace, an onion stuck with cloves—say three, an anchovy, and a lump of butter soaked in flour, pour over a glass of sherry or Madeira. Stew with the pan covered down, until the steaks are tender, but not too much so; then place them in a fryingpan with enough of fresh butter, hissing hot, to cover them, fry them brown, pour off the fat, and in its place pour into the pan the gravy in which the steaks were stewed; when the gravy is thoroughly heated, and is of a rich consistency, place the steaks in a hot dish, pour the sauce over them. The steaks should be large, the finest from the rump, and have a due proportion of fat with them.

## 136.—BEEF STEAKS—À LA FRANÇAISE.

Take a fine steak and dip it into cold spring water, let it drain a few minutes, lay it in a dish and pour over it sufficient clarified butter hot, and cover it; let it remain twelve hours, then remove the butter, and roll the steak with the rolling-pin a dozen times rather hardly, let it lie in front of a clear fire ten minutes, turning it once or twice, put it into a frying-pan, with water half an inch in depth, and let it fry until it browns.

Mince some parsley very fine, chop an eschalot as fine as can be, and season them with cayenne, salt, and a little white pepper, work them with a lump of fresh butter, and when the steak is brown take



it from the pan, rub it well with the mixture on both sides, and return it to the pan until enough; dish it, thicken the gravy in the pan with a little butter rolled in flour if it requires it, and pour it over the steak and serve.

---

137.—BEEF STEAKS—À LA PARISIENNE.

Cut thin steaks from the finest and tenderest part of the rump, sprinkle pounded salt, a little cayenne, and white pepper combined, over them, lay them in a pan with an ounce of fresh butter, cut in pieces; work half a tea-spoonful of flour with three ounces of fresh butter, as much parsley minced exceedingly fine as would lie on a shilling, roll it, and cut in large dice, lay it in a dish, squeeze the half of a lemon over the butter, and when the steaks are done lay them upon the butter; have ready a quantity of raw peeled potatoes, cut in thin slices, and washed in milk and water ready, fry them in the butter and gravy left by the steak, and lay them round the dish, they will be done when they are a rich brown.

---

138.—PALATES OF BEEF.

Four white skinned palates, if for a white dish lay them all night in salt and water, wash them well, put them on to scald, take off all the skin, then put them into your stock pot, let them boil several hours until so tender that you can pass a straw through them, then take them up and lay them flat on a large dish separate, placing another on the top of them with a weight to keep them flat: if to be dressed whole turn the sides smooth, spread each with quenelle or forcemeat, roll them up and tie them, it will take six for this dish; steam them for a quarter of an hour, take them up and glaze them well, and take off the string; if for a turban or timbales, cut them out with a plain round cutter, either using two small moulds or one large, proceed with those two as you would for the timbale of macaroni, leaving out the cheese and any other layer, introduce slices of truffles all round, and then palates, then mushrooms until your mould is full, put a layer of quenelle on the top, paper it on the top with buttered paper, steam as other timbales; haricot roots, truffles, mushrooms, tomato, piquant, any of these will do for sauces, or Italienne; glaze the tops when turned out.

---

139.—BEEF PALATES.

Take as many as required, let them simmer until they peel, put them in a rich gravy, stew until very tender, season with cayenne, salt, two tea-spoonfuls of mushroom ketchup,—serve.

---

140.—BEEF KIDNEY, ROGNON DE BŒUF SUPERBE.—FRIED.

Remove all the fat and the skin from the kidney, and cut it in slices moderately thin. Mix with a tea-spoonful of salt, grated nutmeg, and cayenne pepper. Sprinkle over them this seasoning, and



also parsley, and eschalot chopped very fine. Fry them over a quick fire until brown on both sides, pour into a cup of good gravy a glass of Madeira, and when the slices of the kidney are browned, pour it into the pan gradually; just as it boils throw in a spoonful of lemon juice, with a piece of butter the size of a nut. Have ready a dish, garnished with fried bread cut in dice; pour the whole into it.

---

141.—BEEF KIDNEYS.—STEWED.

Procure a couple of very fine beef kidneys, cut them in slices, and lay them in a stewpan; put in two ounces of butter, and cut into very thin slices four large onions; add them, and a sufficiency of pepper and salt, to season well. Stew them about an hour; add a cupful of rich gravy to that extracted from the kidney. Stew five minutes, strain it, and thicken the gravy with flour and butter, give it a boil up. Serve with the gravy in the dish.

---

142.—BEEF CAKE.

Choose lean beef, it should also be very tender, if a pound put six ounces of beef suet, mince finely and season with cloves, mace, and salt, in fine powder, put the largest proportion of salt and least of mace, add half the quantity of the latter of cayenne, cut into thin slices a pound of bacon, and lay them all round the inside but not at the bottom of a baking dish, put in the meat pressing it closely down, cover it with the remaining slices of bacon, lay a plate over it face downwards, and upon it something heavy to keep it from shifting. If there be three pounds of beef bake two hours and a half, remove the bacon and serve with a little rich gravy. These cakes may be made of mutton, or veal, or venison.

---

143.—BEEF À LA BRAISE.

Take two or three ribs of beef, cut away only the fleshy part that is next the chine, and take away all the fat; lard it with pretty good size of lardings of bacon seasoned with spices, sweet herbs, parsley, young onions, a small quantity of mushrooms and truffles shred very small; having larded the beef tie it into a neat form with packthread and put it into a stewpan, having previously lined the bottom of the stewpan with thin slices of fat bacon, and over them lay slices of lean beef about an inch thick beaten well and seasoned with spice, sweet herbs, onion, lemon peel, bay leaves, salt, and pepper, then put in your beef, laying the fleshy side downwards, that it may take the better relish of the seasoning, then season the upper part as you did the lower, and lay over it slices of beef, and over them slices of bacon as you did at the bottom, then cover the stewpan and close it well all round the edge of the cover with paste, then put fire on the cover of your stewpan as well as under; when the beef is sufficiently stewed take it up and let it drain a little, then lay it on a dish and pour the following ragout upon it.



While your beef is stewing make a ragout as follows:—take veal sweatbreads, livers of capons, mushrooms, truffles, tops of asparagus, and bottoms of artichokes, toss these up with some melted bacon, moisten it with good gravy, and thicken it with cullis made of veal, and gammon, and bacon.

---

144.—BEEF HEART.

Wash it very carefully, stuff it the same as you would a hare, roast or bake it, and serve with a rich gravy and currant jelly sauce, hash with the same and port wine.

---

145.—BEEF HEART ROASTED.

Wash thoroughly, stuff with forcemeat, send it to table as hot as it is possible with currant jelly sauce, it will take about forty minutes roasting, but this depends upon the fire.

---

146.—BEEF HEART.

Let it be thoroughly well cooked, and the skin removed. Wipe it daily with a clean cloth, stuff it with veal stuffing; roast two hours and a quarter. Make a brown gravy, as for hare; and serve with the gravy and currant jelly.

The most pleasant way to the palate of dressing this dish, is to roast the heart for rather less than two hours, let it get cold, cut it in pieces, and jug it the same as hare.

---

147.—BEEF COLLOPS.

Any part of beef which is tender will serve to make collops; cut the beef into pieces about three inches long, beat them flat, dredge them with flour, fry them in butter, lay them in a stewpan, cover them with brown gravy, put in half an eschalot minced fine, a lump of butter rolled in flour, to thicken with a little pepper and salt; stew without suffering it to boil; serve with pickles, or squeeze in half a lemon, according to taste; serve in a tureen, and serve hot.

---

148.—BEEF COLLOPS.—MINCED AU NATUREL.

Take of the tenderest part of lean beef, from twelve to sixteen ounces, the quantity in fact must be regulated by the purpose for which it is dressed, whether it be to place before an invalid, or to swell the number of dishes introduced, without adding much to the expense.

Mince the beef, season with pepper and salt, put it into a stewpan to draw the gravy, let it simmer slowly, and keep it stirring, otherwise it will lump; let it stew very slowly ten minutes, add a little gravy, stew five minutes more, and serve while very hot.

---

149.—SAVOURY BEEF COLLOPS.—COMMON RECEIPT.

Put into a stewpan, two ounces of butter kneaded in three parts of a table-spoonful of flour, when it melts add a table-spoonful of



rich brown gravy, chop some parsley very fine, and also a few sweet herbs, sprinkle them into the melting butter as it browns; when it is of a good gold colour, add your minced beef, and keep it stirring until it is thoroughly heated through, add a tea-cupful of gravy, and stew eight minutes, then add a little ketchup, or a little Chili vinegar, and serve very hot.

The favourite method in Scotland is to mince the beef, season it highly, put it undressed into jars, cover the top with clarified butter, to cook it they put into the pan the butter which covered it, throw in some onions in thin slices, and fry them; when browning add half a cupful of water, and then the minced meat; stew a few minutes, and serve.

---

150.—BEEF À LA MODE.

There are several methods of making this dish; the hash erroneously termed *alamode* beef, sold at eating-houses, is a very different dish to the true beef à la mode. The following is called the "old Bath" receipt.

Take a quantity of the buttock, or the leg of mutton piece, the clod, or where expense is not an object the rump of beef as lean as possible; cut away the fat if there is any, make a mixed powder of cloves, about twenty or thirty, the same quantity of mace, with half an ounce of allspice, savoury, parsley, a handful of thyme, knotted marjoram, and all other sweet herbs chopped very fine; mix them in a glass of vinegar. Take some fat bacon, cut it into slices as long as the beef is thick, and about a quarter of an inch in thickness, roll it well in the powdered spice and herbs, make incisions of the requisite depth, and insert the bacon in the beef, which may be rubbed well over with what remains of the powdered spice, &c., in the vinegar; then dredge flour over the beef, place it in a baking dish with a lump of butter rolled in flour, with a pint of water; bake it in the oven, strain the gravy, and serve with pickles on the top; if after being larded it should, instead of being baked, be put into the stewpan, add to it as much water as will cover it, four onions chopped fine, half a dozen cloves of garlic, as many bay leaves, a few champignons, half a pint of ale, as much port wine, add white pepper, cayenne pepper, and salt, a tea-spoonful of pyroligneous acid; strew three parts of a pint of fine bread raspings over it, cover down close and stew six or eight hours, according to the size of the beef; when it has stewed sufficiently, take out the beef, keep it hot over boiling water, strain the gravy, remove the fat, champignons, &c.; boil up again, season to palate, pour the gravy over the beef and send to table.

This is sometimes preferred cold, in which case serve it cut in slices, with the gravy which will be a jelly.

---

151.—BEEF À LA MODE.—ANOTHER WAY.

Take a rump, or piece of beef, bone it, beat it well, and lard it with fat bacon; then put it into a stewpan with some rind of bacon, a calf's



foot, an onion, a carrot, a bunch of sweet herbs, a bay leaf, thyme, a clove of garlic, some cloves, salt, and pepper; pour over the whole a glass of water, let it stew over a slow fire for six hours at least. A clean cloth should be placed over the stewpan before the lid is put on which must be closed; when it is done strain the gravy through a sieve; clear off the fat and serve.

---

152.—BEEF À LA MODE.—ANOTHER WAY.

Take some of the round of beef, cut it five or six inches thick, cut some fat bacon into long bits, take an equal quantity of beaten mace, pepper, and nutmeg, with double the quantity of salt if wanted, mix them together, dip the bacon in vinegar, garlic vinegar if agreeable, then into the spice, lard the beef with a larding pin very thick and even; put the meat into a pot just big enough to hold it with a gill of vinegar, two large onions, a bunch of sweet herbs, half a pint of red wine, some lemon peel, cover it down very close, and put a wet cloth round the edge of the pot to prevent the steam evaporating; when it is half done turn it, and cover it up close and do it over a slow fire or a stove; it will take five hours doing, truffles and morels may be added.

---

153.—OX TAILS.

Have them properly jointed by the butcher; it saves time, and experience enables the butcher to do the task more neatly than the cook. They should be separated at each joint, until the end of the tail is approached, and then two or three joints may be the length allowed. Three or four tails may be cooked; that, however, must be regulated according to the quantity required. We give the proportions for three tails. Cover them with water after laying them in the saucepan, clear the scum as it rises, and when it boils put in a little salt, half a tea-spoonful of white pepper, and half that quantity of cayenne, eight or ten cloves stuck in two small onions, two large or four small carrots, and a good sized bunch of parsley. Let it boil very gently, until the meat is tender, they will take three hours; strain the gravy from the meat, thicken it, and serve up with the tails in a tureen. When the gravy has been thickened, the vegetables may be returned to it or not, according to taste, and it may be sent to table poured over the tails, or in a separate tureen.

Ox-tails are broiled, but as in any mode of dressing them they require much cooking, they must first be stewed. They are not divided in this mode of dressing, but boiled for a quarter of an hour whole, stewed in sufficient gravy to cover them until tender, then coated with yolk of egg, or fresh butter powdered with bread crumbs, and broiled upon a gridiron, served immediately they are browned.

---

154.—HARICOT OF OX TAILS.

Joint the tails and choose those of a size; in the country you must use the large end and smaller in the dish. Blanch them for a few



minutes, take them up, return them in a clean stewpan, cover them with second stock, add a small faggot of sweet herbs, and a slice of lean ham, a blade of mace, four cloves; when tender take them up and thicken the liquor, put a little brown sauce to it, have ready cut in a shape carrots, turnips, twelve button onions, the middle of a head of celery cut one inch long, a green gherkin or cucumber, cut as for cutlet sauce six mushrooms; after you have prepared the vegetables add them to your sauce which you have previously passed through a tammy; boil all for ten minutes, season with sugar, and salt, and pepper; glaze the tails.

155.—BRISKET OF BEEF—STEWED.

Take any quantity of brisket of beef required, say eight or ten pounds, cover it with water, stew till tender, bone the beef and skim off the fat, strain the gravy, add a glass of port wine, flavour with spice tied in a bag. Have boiled vegetables ready; cut them into squares, and garnish the beef from the gravy round it, and serve.

156.—RUMP OF BEEF EN MATELOTTE.

Cut the beef in pieces, half boil them, put them into some beef broth or thin stock unseasoned and boil, when half done stir some butter and flour moistened with the broth in a stewpan over the fire until brown, put the beef into the pan with a dozen onions previously parboiled, a glass of sherry, a bay leaf, a bunch of sweet herbs, parsley, and pepper, and salt; stew till the beef and onions are quite done, skim clean, cut an anchovy small, put it with capers into the sauce, put the beef in the centre of the dish; garnish with the onions round it.

157.—TO FRICASEE COLD ROAST BEEF.

Cut the beef into slices, which should be very thin, put it with some strong broth into a stew-pan, add parsley chopped small, an onion scored, and a piece of butter, simmer fifteen minutes, add a glass of port wine, a tea-spoonful of pyroligneous acid, and the yolk of a couple of eggs; mix well, stew quickly, pot the dish, rub it with a shalot, pour fricasee into it, and serve.

158.—BEEF FRICANDEAU.

Take a piece of beef as lean as you can obtain it, lard it well over on one side with pieces of bacon. Place in a stew-pan an eschalot, a bunch of sweet herbs, a faggot of parsley, a little cloves, three parts of a quart of good broth, one glass of sherry, and pepper and salt to palate. A clove of garlic may be added to the eschalot if it is not found of sufficient strength to flavour it without. Put on the meat, and stew until tender, take out the gravy, keep the meat covered down close, skim and strain the sauce, boil it until reduced to a glaze. Glaze the beef with it on the side larded, and serve with sauce piquante, or sauce sorrel.



## 159.—STEW OF OX-CHEEK.

Clean and wash it well, cut off the fleshiest parts, and break the bones into an available size, put it into a stewkettle with enough water to cover it, season with salt; the pepper should be whole, and with a few cloves, and a blade of mace tied in a bag made of muslin, put it into the water, with three onions, a bunch of sweet herbs, half a dozen carrots sliced, a head of celery sliced, and four or five turnips of tolerable size; stew from five to seven hours; before serving the meat may be removed, and the gravy thickened and browned; serve hot, with the meat in the gravy.

Shin of beef is very excellent, dressed in this fashion.

## 160.—BEEF AND SAUER KRAUT.—GERMAN RECEIPT.

Put about eight pounds of beef into cold water. When it comes to a boil, let it boil very fast for eight or ten minutes, not longer. Take it out and lay it in a stewpan, cover it completely over with sauer kraut. Pour in a pint of thin gravy. Stew four hours, and serve with the gravy in a tureen or deep dish.

## 161.—ANOTHER WAY.

Prepare the beef for the stewpan as above, but instead of laying the beef immediately in the stewpan, cut it into slices, not large, and then put it in. Cover the pieces as before with sauer kraut, and add three parts of a quart of weak broth, with two small onions in slices. Boil, season with salt and pepper. Parboil the hearts of two summer cabbages, and press all the water from them; halve them, and lay the flat sides upon the beef, after it has been simmering an hour and twenty minutes. At the end of three quarters of an hour, add a sliced onion or two, a couple of slices of lean ham cut in fingers, and sprinkle with mixed spice. A vinegar sauce is eaten with this dish. It is esteemed highly in the northern parts of Germany.

## 162.—BEEF SAUNDERS.

Wash, and put in a saucepan two pounds of potatoes; cover them well with water, and throw in a handful of salt; let them just reach the boil, but never actually boil, until they are done. Peel them, mash them with milk and two ounces of butter, season with cayenne pepper and salt, and lay in a smooth paste a sufficiency to cover the bottom of a dish; upon this lay slices cut a moderate thickness of rare beef very close together. Pour two table-spoonfuls of the richest gravy you have over it, and cover with a crust of potatoes, mashed; bake in a slow oven for five-and-forty minutes.

The meat may be minced for this dish, and indeed is usually cooked so, for the sake of time; it occupies half an hour only, or less, in cooking. It can be made of mutton as well as beef, or of pork or beef sausage meat.



## 163.—BOUILLI BEEF.

This receipt is made with the brisket of beef. Take the thickest, and put it into an iron tinned kettle, and cover with water; it is better for being rolled and tied. Put in turnips cut small, carrots, celery, onions, and spice. Boil fast for an hour and three quarters, stew for six hours, adding water as it evaporates. When it has stewed five hours, take about two quarts of the soup, or as much as your tureen will comfortably hold, add to it turnips and carrots cut in dice. The ribs of beef may be cooked much in the same fashion.

## 164.—BEEF BOUILLI.

About ten pounds for a flank or corner dish of the tender end or middle of brisket of beef, tie it across with a string, place it in your second stock pot, keep it covered and boiled for two or three hours; take it up, untie it, and take out the bones; put it on a clean dish with one over it with some weight on the top until cold, then tie it neatly up again, after having trimmed it to a nice square or long shape, then return it to your stewpan until done, take it up and glaze it several times; if ornaments are liked, stick silver skewers ornamented with truffles, capsicums, green gherkins, sweetbreads or cock's combs: if for fish, cray fish or prawns.

## 165.—A BEEF STEW.

Take two or three pounds of the rump of beef, cut away all the fat and skin, and cut it into pieces about two or three inches square, put it into a stewpan, and pour on to it a quart of broth, let it boil, sprinkle in a little salt and pepper to taste; when it has boiled very gently, or simmered two hours, shred finely a large lemon, add it to the gravy, and in twenty minutes pour in a flavouring composed of two table-spoonfuls of Harvey's sauce, the juice of the lemon the rind of which has been sliced into the gravy, a spoonful of flour, and a little ketchup, add at pleasure two glasses of Madeira, or one of sherry, or port, a quarter of an hour after the flavouring, and serve.

## 166.—BEEF HASHED.

Take the bones of the joint to be hashed, and break them small, stew them in very little water, with a bunch of sweet herbs, and a few onions; roll a lump of butter in flour, brown it in a stewpan, pour the gravy to it, and add the meat to be hashed, cut two small onions in thin slices, a carrot also, and a little parsley shred finely; stew gently until the meat is hot through, and serve.

## 167.—BEEF TONGUE.—TO CURE.

Throw a handful of salt over the tongue, seeing that it is sprinkled on both sides, let it remain to drain until the following day, make a pickle of a table-spoonful of common salt, half that quantity of salt-



petre, and the same quantity of coarse sugar as of salt; rub this mixture well into the tongue, do so every day for a week; it will then be found necessary to add more salt, a table-spoonful will suffice, in four more days the tongue will be cured sufficiently.

Some persons do not rub the pickle into the tongue, but let it absorb it merely turning it daily, this method will be found to occupy a month or five weeks before it will be cured. When the tongue is to be dried affix a paper to it with a date; smoke over a wood fire four days unless wrapped in paper, and then as many weeks will be required.

---

168.—TO DRESS BEEF TONGUES.

To dress them, boil the tongue tender, it will take five hours; always dress them as they come out of the pickle, unless they have been very long there, then they may be soaked three or four hours in cold water, or if they have been smoked, and hung long, they should be softened by lying in water five or six hours, they should be brought to a boil gently, and then simmer until tender; when they have been on the fire about two hours, and the scum removed as it rises, throw in a bunch of sweet herbs of a tolerable size, it will improve the flavour of the tongue.

---

169.—TONGUE LARDED.

This when well cooked is especially pleasant to some palates. Take a tongue which has been pickled, a small one is the best, cut off the root, and put it into a pan; cover it with water, and let it boil five-and-twenty or thirty minutes. Take it out, and then dip it in scalding water to blanch, and remove the skin.

Take a piece of fat bacon, cut it into strips for larding. Make a seasoning of pounded sweet herbs, eschalot, mace, and a little cayenne pepper mixed with white pepper and salt; sprinkle the bacon strips with it, and leaving a line for division down the centre of the tongue. Lard it all over. Braise the tongue, and then glaze; separate it in the space left, but leave it attached at either end, so that when laid open on the dish it is not entirely divided in two. Have ready some brown sauce, flavoured with minced capers, sliced pickled gherkins, the juice of half a lemon, and half a small tea-spoonful of cayenne pepper. Pour it when ready into a dish; lay the tongue upon it, and serve as hot as possible.

---

170.—TO STEW A TONGUE.

Cut away the root of the tongue, but leave the fat underneath, and salt as above for seven days. Put it into a saucepan, and boil gently until tender, and it will peel easily. Put it into a stewpan, cover it with a rich gravy, into which put a spoonful of mushroom ketchup, one of soy, and half a spoonful of cayenne pepper. Stew in the gravy morels, truffles, and mushrooms, and serve with them in the gravy.



## 171.—BEEF BRAINS FRIED.

Let your brains be properly marinaded, then leave them to drain; make a preparation with warm water, a little butter, and salt, some flour, and a spoonful of oil, and the whites of eggs whipped to snow, mix altogether till like batter, dip your brains into this batter, and then fry them a nice brown colour, when fried let them drain on a dry cloth, garnish with fried parsley.

## 172.—BEEF BRAINS À LA SAUCE PIQUANTE.

Cook your brains in a marinade, drain them, put them on a dish, and pour a sauce piquante all over them.

## 173.—BUBBLE AND SQUEAK.

Sprinkle some slices of cold boiled beef with pepper, fry them with a bit of butter of a light brown; boil a cabbage, squeeze it quite dry and chop it small, take the beef out of the frying-pan and lay the cabbage in it, sprinkle a little salt and pepper over it, keep the pan moving over the fire for a few minutes, lay the cabbage in the middle of the dish and the beef around it.

## 174.—BEEF SAUSAGES.

To three pounds of beef, very lean, put one pound and a half of suet, and chop very finely; season with sage in powder, allspice, pepper, and salt, have skins thoroughly cleaned, and force the meat into them.

## 175.—BEEF BROTH.

Take a leg of beef, wash it clean, crack the bone in two or three parts, put it into a pot with a gallon of water, skim it well, then put two or three blades of mace in a little bundle of parsley, and a crust of bread, let it boil till the beef is quite tender, toast some bread, cut it into dice, put them into a tureen, lay in the meat, and pour the soup over it.

## 176.—MARROW BONES.

They must be sawn into convenient sizes; cover the ends with a little dough made of flour and water, and tie them in a floured cloth, boil them an hour and a half, serve on a napkin with dry toast.

## 177.—BAKED MARROW BONES.

The bones should be prepared as above and laid in a deep dish, then put into an oven and bake gently for two hours. They are sometimes cooked in batter, but if so, the marrow should be cleared from the bones and put in buttered cases made of clean foolscap paper; let them lie in the batter and serve with them in it; when the batter is baked the marrow will be also done.



## 178.—TRIPE.

Take two pounds of fresh tripe, cleaned and dressed by the tripe-dresser, cut away the coarsest fat, and boil it in equal parts of milk and water, twenty minutes to half an hour will be long enough. Boil in the same water which boils the tripe four large onions; the onions should be put on the fire at least half an hour before the tripe is put in the stewpan, and then made into a rich onion sauce, which serve with the tripe.

Tripe is cleaned, dried, cut into pieces, and fried in batter, and served with melted butter.

Tripe is cut into slices; three eggs are beaten up with minced parsley, sweet herbs, onions chopped exceedingly fine, parsley, and mushrooms. The tripe is dipped into this mixture, and fried in boiling lard.

Tripe may be cut into collops, covered with a mixture of parsley, onions, and mushrooms, minced exceedingly fine, and fried in clarified or fresh butter. Serve mushroom sauce with it.

Tripe can be stewed in gravy in which put parsley, onions, and mushrooms, or in lieu of the latter, mushroom ketchup. Thicken the gravy with flour and butter. When the tripe is tender, it will be done. A lemon may be sent to table with it.

## 179.—CULLIS FOR ALL SORTS OF BUTCHER'S MEAT.

You must take meat according to the number of guests, if ten or twelve a leg of veal and a ham will be necessary, with all the fat, skin, and outside cut off, cut the leg of veal into pieces of about three or four inches thick each way, place them in a stewpan, and then the slices of ham, two carrots, and an onion cut in two, cover it close, let it stew gently at first, and as it begins to brown, take off the cover and turn it to colour on all sides the same, but take care not to burn the meat; when it has a pretty brown colour, moisten your cullis with broth made of beef or other meat, season the cullis with a little sweet basil, some cloves, and a little garlic, pare a lemon, cut it in slices and put it into the cullis with some mushrooms, put into a stewpan a good lump of butter, and set it over a slow fire, put into it two or three handfuls of flour, stir it with a wooden ladle, and let it take a colour, if the cullis be pretty brown you must put in some flour, the flour being brown with the cullis, pour it gently into the cullis keeping it stirring with a wooden ladle, then let the cullis stew softly and skim off all the fat, put in two glasses of champagne or other white wine, but take care to keep the cullis very thin, so that you may take the fat well off and clarify it, you must clarify it by putting it into a stove that draws well, cover it close and let it boil without uncovering until it boils over, then uncover and take off the fat that is round the stewpan, then wipe it off the cover also and cover it again; when the cullis is done take out the meat and strain the cullis through a silken strainer; this cullis is for all sorts of ragouts, fowls, pies, and tureens.



## 180.—POTTED BEEF.

To a pound of common salt, put a quarter of an ounce of saltpetre, and two ounces of coarse sugar. Rub three pounds of lean beef with this, and let it remain in the brine fifty hours. Drain and dry it, pepper it well with black pepper, put it into a pan; cut half a pound of butter in slices, and lay round it; lay a paste crust over it, and bake it very slowly four hours and a half. Let it get cold, and then cut off the meat, being careful to separate the stringy pieces from it: pound it in a mortar, working up with it four ounces of fresh butter, and some of the gravy from the meat when baked, seasoned with ground allspice, a little mace, and pepper. When the meat has been combined with the butter and gravy, until it is worked into an even paste, put it into jars, and cover with clarified butter.

If it is purposed to keep it long, cover it with bladder skin. The beef may be potted without in the first instance being salted, but if it is done it should have salt worked up with it, and be soon eaten after potting. Some persons make their potted beef of meat that has been previously cooked, but the above will be found to be the best receipt.

## 181.—COW-HEEL.

Having been thoroughly washed, scalded, and cleaned, cut them into pieces about two inches long, and one wide; dip them into yolk of egg, cover them with fine bread crumbs mixed with parsley minced, cayenne pepper, and salt: and fry them in boiling butter.

## 182.—ANOTHER WAY.

Having cleaned the feet, bone them, boil them, and stew them in a rich brown gravy; serve them with Indian pickle. Or, if plainly cooked, boil until enough; then serve them on a napkin, with melted butter, flavoured with a spoonful of vinegar, and one of made mustard. Lemon pickle may be served with them.



## CHAPTER IV.

## VEAL.

THE failing of this meat is its tendency to turn; should it show any symptoms of doing this, and in an earlier part of the work I have explained how it may be detected, put it into scalding water and let it boil for seven or eight minutes, with some pieces of charcoal affixed, plunge it into cold water immediately after taking it out of the hot, and put it into the coolest place you have at command; the skirt from the breast, and the pipe from the loin should always be removed in hot weather.

## 183.—VEAL—THE FILLET.

The fillet derives much of its pleasant flavour from being stuffed. Veal, in itself, being nearly tasteless, the stuffing should be placed in the hollow place from whence the bone is extracted, and the joint should be roasted a beautiful brown; it should be roasted gradually, as the meat being solid will require to be thoroughly done through without burning the outside; like pork, it is sufficiently indigestible without being sent to table and eaten half cooked; a dish of boiled bacon or ham should accompany it to table, a lemon also.

In roasting veal, care must be taken that it is not at first placed too near the fire; the fat of a loin, one of the most delicate joints of veal, should be covered with greased paper, a fillet also, should have on the caul until nearly enough: the shoulder should be thoroughly boiled, when nearly done dredge with flour, and produce a fine froth.

## 184.—FILLET OF VEAL, BOILED.

Bind it round with tape, put it in a floured cloth and in cold water, boil very gently two hours and a half, or if simmered, which is perhaps the better way, four hours will be taken; it may be sent to table in béchamel or with oyster sauce.

Care should be taken to keep it as white as possible.

## 185.—BREAST OF VEAL STEWED.

Put it into the stew-pan with some white stock, not much, add a glass of sherry, a few mushrooms, a bunch of sweet herbs, three



onions, pepper, and salt. Stew till tender, strain the gravy, and send to table garnished with force-meat balls.

---

186.—BREAST OF VEAL, BOILED.

Put it into plenty of cold water, let it come to a boil, keep the scum cleared as often as it rises, when it boils add a bunch of parsley, a few blades of mace, a small bunch of sweet herbs, twenty or thirty white peppers, stew an hour and a quarter, send to table with a nice piece of bacon, and parsley and butter.

---

187.—BREAST OF VEAL RAGOUT.

Divide the breast lengthways in two, cut each piece into portions of a reasonable size, put them into a pan with boiling butter, fry a clear brown, lay the pieces in a stewpan with sufficient veal broth to cover them, throw in a small faggot of sweet herbs and parsley, two onions, one large blade of mace, half a dessert spoonful of allspice, and the peel of a lemon, season with pepper and salt, cover close, and stew an hour and a half, or longer if the meat requires it; take it off and strain the gravy, remove the fat, keep the veal closely covered, and in a small stewpan put a little butter and flour, pour in the strained gravy gradually, let it come to a boil, remove any scum that may rise, pour in a glass of sherry or Madeira, two table-spoonfuls of Harvey's sauce or mushroom ketchup, and squeeze in the juice of half a lemon; boil it up, place the veal in a deep hot dish, pour the gravy over it, and serve.

---

188.—BREAST OF VEAL—FORCED.

After taking out the tendons and all the rib bones, flatten and trim the veal, spread it all over with forcemeat, sprinkle over it, if you have got it, a little chopped truffle or mushrooms, sprinkle a little pepper and salt over it, then roll it tightly up and tie it, then put it into a cloth and stew it for several hours, take it up, and take off the cloth and strings; dry it and glaze it, put some good sauce.

---

189.—SHOULDER OF VEAL.

Remove the knuckle and roast what remains, as the fillet; it may or may not be stuffed at pleasure; if not stuffed, serve with oyster or mushroom sauce; if stuffed, with melted butter.

---

190.—SHOULDER OF VEAL, BONED AND STEWED.

Bone the shoulder and lay in the orifice a veal forcemeat, roll and bind the shoulder, roast it an hour, then put it into a stewpan with good white or brown gravy and stew four or five hours, regulate the time to the size of the joint, take up the meat, strain the gravy to clear it of fat, and serve with forcemeat balls.



## 191.—SHOULDER OF VEAL À LA PIEDMONTESE.

Strip the skin off the shoulder, leaving it attached at one end; now lard the meat with fat bacon or ham, add a seasoning of sweet herbs, mace, parsley, lemon-peel chopped fine, pepper, and salt; replace the skin, place it in a stew-pan with gravy, and stew till tender; then chop spinach fine, to which add a table-spoonful of vinegar, chop a lettuce with it, also some onions, parsley, and mushrooms, stew them in butter; add to them when tender some of the gravy, bits of ham, and some sweetbreads, stew all together for a short time, lift up the skin of the shoulder, and place the herbs over and under, return the skin as before, pour melted butter over it, add crumbs of bread, brown it in the oven, and serve hot with gravy in the dish.

## 192.—LOIN OF VEAL, STEWED.

The chump end is the part to stew. Put it well floured into a stewpan with butter; after the butter has been browned over the fire, brown it, and when a good colour pour in enough veal broth to half cover it, put in two carrots cut in pieces, an onion, a little parsley, and a small bunch of sweet herbs, stew it two hours and a half, turn it when half done, when enough, take out the meat, thicken the broth, season it, and pour over the veal.

## 193.—LOIN OF VEAL.

Divide the loin, roast the kidney, and place under the fat a toast, and serve swimming in melted butter. The chump end must be stuffed with the same stuffing as the fillet, and served with the same sauce; those who object to putting the stuffing in the joint, may send it to table with balls of stuffing in the dish.

## 194.—LOIN OF VEAL, BOILED.

Take a loin about eight pounds, skewer down the flap without disturbing the kidney, put the loin into a kettle with enough cold water to cover it, let it come gradually to a boil (it cannot boil too slowly), continue for two hours and a quarter, but it must boil; remove the scum as it rises, send it to table in béchamel, or with parsley and melted butter.

## 195.—KNUCKLE OF VEAL.

Get a knuckle of a leg of veal, saw it in three parts, but not to separate it, scald it, and put it for a few minutes in cold water, then place it in a stewpan with some good second stock, an onion or two, a faggot of herbs, a few sprigs of parsley, a carrot, a turnip, and a head of celery, a blade of mace, a slice of raw ham, fat and lean; stew it for several hours, until the gristle is soft, take out the veal, cover it over to keep it white; strain the liquor, wash a pound of rice and boil it in this liquor, add half a pint of cream or milk, when the rice is done put your veal again into it to make hot; dish your veal carefully, and season the rice with pepper and salt, and



pour over the veal; if with parsley and butter instead of water, use the stock from it, and chop fine some boiled parsley and mix into it.

196.—KNUCKLE OF VEAL, BOILED.

Put sufficient water over it to cover it, let it boil gently, and when it reaches a boil as much salt as would fill a dessert-spoon may be thrown in, keep it well skimmed, and boil until tender, serve with parsley and butter, and a salted cheek.

Allow twenty minutes to each pound.

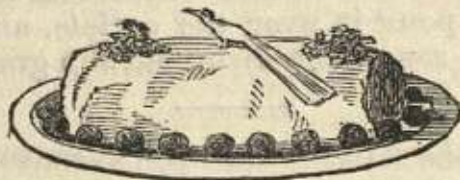
Three quarters of a pound of rice may be boiled with it, or green peas, or cucumbers; turnips and small spring onions may be put in, allowing them so much time from the cooking of the veal as they will require.

197.—KNUCKLE OF VEAL, STEWED.

Place your knuckle of veal in a stewpan, if the knuckle is a very large one it may be divided into two or three pieces for the sake of convenience, put in the pan with it a few blades of mace, a little thyme, an onion, some whole pepper, a burnt crust of bread, and cover with from three to four pints of water, cover down close, and boil; when it has boiled place it by the side of the fire and let it simmer for at least two hours, take it up, keep it hot while you strain its liquor, then pour the gravy over it, and send it to table with a lemon garnish.

198.—ANOTHER WAY.

Let the knuckle boil slowly in sufficient water till it is tender, make a sauce of butter and flour, with parsley in it chopped fine, slice a lemon and garnish the dish with it.



199.—NECK OF VEAL.

May be boiled or roasted—the latter only if it be the best end, and sent to table garnished as in the above engraving—it may be broiled in chops, but is best in a pie; it may be, however, larded and stewed as follows:—

200.—NECK OF VEAL STEWED.

Lard it with square pieces of ham or bacon which has been previously rubbed in a preparation of shalots, spices, pepper, and salt; place it in the stewpan with about three pints of white stock, add a bay or laurel leaf, and a couple of onions; add a dessert-spoonful of brandy or whiskey, the latter if brandy is not at hand, stew till tender, dish the meat, strain the gravy, pour over the joint, and serve.



## 201.—NECK OF VEAL—BRAISED.

This is done much in the same manner as the neck of veal stewed; it is larded with bacon rolled in chopped parsley, pepper, salt, and nutmeg, placed with the scrag in a tosser, in which place lean bacon, celery, carrots, one onion, a glass of sherry or Madeira, with sufficient water to cover it all, stew over a quick fire until it is sufficiently tender, remove the veal and strain the gravy, place the veal in a stewpan in which some butter and flour has been browned, let the bones be uppermost, when the veal is nicely coloured it is enough, boil as much of the liquor as may be required, skim it clean, squeeze a lemon into it, pour it over the meat, and serve.

## 202.—VEAL CUTLETS.

The cutlets should be cut as handsomely as possible, and about three quarters of an inch in thickness, they should before cooking be well beaten with the blade of a chopper, if a proper beater be not at hand, they should then be fried a light brown and sent up to table, garnished with parsley and rolls of thin sliced, nicely fried bacon; they are with advantage coated previously to cooking with the yolk of an egg, and dredged with bread crumbs.

## 203.—ANOTHER WAY.

Procure your cutlets cut as above, coat them with the yolk of eggs well beaten, strew over them bread crumbs powdered, sweet herbs, and grated lemon peel and nutmeg, put some fresh butter in the pan, and when boiling put in your cutlets; now make some good gravy; when the cutlets are cooked take them out and keep them before the fire to keep hot, dredge into the pan a little flour, put in a piece of batter, pour a little white stock, squeeze in juice of lemon to taste, season with pepper and salt, add mushroom-ketchup, boil quickly until a light brown, pour it over the cutlets, and serve, the cutlets being laid in a circle round the dish, and the gravy in the centre.

## 204.—VEAL CUTLETS CURRIED.

The cutlets may be prepared as for collops by cutting them into shape, dipping them into the yolk of eggs, and seasoning them with fine bread crumbs about four table-spoonfuls, two spoonfuls of curry-powder, and one of salt; fry them in fresh butter; serve with curry sauce, which may be made with equal parts of curry powder, flour, and butter, worked well together into a paste; put it into the pan from which the cutlets have been removed, moisten with a cupful of water in which cayenne and salt have been stirred; let it thicken and serve very hot.

## 205.—VEAL CUTLETS—CRUMBED OR PLAIN.

If you have not got the leg of veal or the cutlet piece I before named, get a thick slice of veal and cut fourteen good sized cutlets,



not too thin, flatten each, and trim them a good shape, wet your beater in cold water to keep the veal from sticking, if for plain cutlets flower them well and dry them, then again have ready your sauté-pan or fryingpan quite hot, with a good bit of lard or butter, then put in your cutlets, and fry a nice light brown; pepper and salt them; if to be bread crumbed, trim them as before; have ready a little clarified butter, some chopped parsley, and shalot, pepper, and salt, all mixed together with a yolk or two of eggs well mixed; have ready some bread crumbs, put a spoonful of flour amongst them well mixed; dip each cutlet into this omelet, and thin bread crumb them, patting each cutlet with your knife to keep it the proper shape, making the bread crumbs stick to the cutlet; melt some lard in your sauté pan, and place your cutlets in it ready to fry a nice brown.

206.—VEAL CUTLETS—À LA MAINTENON.

Half fry your cutlets, dip them in a seasoning of bread crumbs, parsley, shalots, pepper and salt, and the yolk of an egg, enclose them in clean writing paper, and broil them.

207.—COLLOPS OF VEAL.

The piece of veal as before named, or if you have it, a leg of veal, if not get a cutlet and cut it into thin pieces, and beat very thin, sauté them off, and when all done trim them round the size of a crown piece, pepper and salt them, place them in a stewpan with some cooley sauce if for brown, and if for white béchamel sauce, add some forcemeat balls, some stewed mushrooms, and some whole dressed truffles, season with pepper, salt, sugar, and lemon; dish the collops round as you would cutlets, putting the mushrooms, and balls, and truffles in the middle.

208.—VEAL COLLOPS

May be cooked precisely similar to beef collops, or as No. 200.

209.—VEAL CHOPS—LARDED.

These are from the best end of the neck of veal, three thick chops with a bone to each, trimmed neatly, either larded or not: but you will braise as the former, and glaze them.

210.—TENDONS OF VEAL.

This is from a breast of veal. Turn up the breast and with a sharp knife cut off the chine bone all along, taking care you do not take any of the gristle with the bone; when you have cut off this bone, place your knife under the gristle and follow it all along until you have raised it up; then cut off the tendons by keeping close to the rib bones; when you have got it out cut twelve or fourteen tendons endways, keeping your knife slanting, as each may be the size of a small pattie round, but not too thin; then put them on in cold



water to scald, then put them in cold again; prepare a stewpan lined with fat bacon or ham, trim each tendon round, throw the turnip in your braise, cover them with second stock and some of the skimmings, let them stew gently for six or seven hours; be careful in taking them up, and place them separately upon a drying sieve; glaze them two or three times; dish them on a border; they should be so tender that you might suck them through a quill.

---

211.—GALANTINE VEAL.

Take a large breast of veal; take off the chine bone, then take out the gristle called tendons, then take out all the rib bones; flatten it well, have ready some good forcemeat or sausage meat; spread it all over with your forcemeat, then make a line of green gherkins, then a line of red capsicums, then a line of fat ham or bacon, then some hard boiled yolks of eggs, then a line of truffles; if you have any boiled calves' feet left from jelly stock, sprinkle it in with pieces of breast of fowl; sprinkle pepper and salt all over it, then roll it up tightly, and likewise do so in a cloth; tie it up light; stew it for two hours or more; take it up and press it flat, let it lie until quite cold; take off the cloth. It will make excellent cold dishes.

---

212.—OLIVES OF VEAL—RÔTI.

Cut some cutlets a moderate thickness from the chump end of the loin of veal, beat them and trim them, eight or a dozen, according to dish; get some slices of ham or bacon, cover the veal with forcemeat and with the fat, sprinkle between a little chopped mushrooms, pepper and salt, roll each up, and tie and skewer each, then egg and bread crumb them, bake them in the oven with buttered paper over them, cut the string when done, and before you send them to table, draw the skewer, put asparagus sauce, tomato, or mushroom in the dish.

---

213.—POTTED VEAL.

This may be potted as beef, or thus:—pound cold veal in a mortar, work up with it in powder mace, pepper, and salt, shred the leanest part of tongue very finely, or ham is sometimes used; place in a jar or pot a layer of the pounded veal, and upon that a layer of the tongue, and continue alternately until the pot is full, seeing that every layer is well pressed down; pour over the top melted clarified butter. If it is desired, and which is frequently done, to marble the veal, cut the tongue or ham in square dice instead of shredding it, but care must be taken that they do not touch each other or the effect is destroyed.

---

214.—VEAL HARICUED.

Bone the best end of the neck, put it in a stewpan with three pints of a rich brown gravy—let there be enough to cover it, stew;



whilst this is proceeding, stew four good sized cucumbers pared and sliced, with a pint of peas, and a couple of cabbage-lettuces cut in quarters, in some broth; when sufficiently stewed, and the veal is nearly done, add them to it, simmer ten minutes, serve with force-meat balls.

---

215.—MINCED VEAL.

Cut the meat intended to be minced, which may be of any cold joint of veal, into very small pieces, shred lemon peel very fine, grated nutmeg, add salt and half a dozen table-spoonfuls of white stock, or if considered preferable, milk; let these simmer slowly without boiling; add butter rubbed in flour when nearly done, and when enough into the dish lay diamonds of toasted bread round the dish, each bearing a thin half slice of lemon, strew fried bread crumbs lightly over the veal, and garnish with thin slices of boiled bacon in rolls.

---

216.—PAIN DE VEAU.

These cakes may be made according to the receipt for beef cakes, page 73.

---

217.—A NOIX DE VEAU.

You must have a leg of veal from a cow calf, with a good white udder; cut the veal as you did for the fricandeau, but be sure and leave all the udder to it, and do not cut it off, only trim and lard where it is not; tie the udder down to the veal before you scald it, and well cover the udder with fat bacon to keep it particularly white. The white udder you may garnish with a wreath of boiled green French beans, or tarragon, or truffles, but glaze the larding as for the fricandeau; be careful in dishing of it that the fat does not slip from the lean.

---

218.—GRENADINS OF VEAL

Is the last piece left with the veins; after cutting out the fricandeau, the collop which you will see is round, and the cutlet piece, then this solid round piece, which you will cut in half and trim it as you did the former, keeping them either round or oval, lard them and braise them the same as a fricandeau, only less time.

---

219.—GRENADINS FROM A NECK OF VEAL.

About five bones from the best end of the neck; cut out the fillet close to the bones, trim it free from skin and sinews; flatten it with your beater, and trim it nicely.

---

220.—ÉMINCÉES.

Likewise made from dressed meat cut into very small dice; put fried or toasted bread sippets round the dish; a mashed potato or rice rim is the neatest way for both these dishes to be sent to table.



## 221.—FRICANDEAU OF VEAL.

Cut this from a large leg of veal, place the bone from you, then the meat will be in front of you, you will see small veins in different directions, put your knife in the one which is largest, following it all round, then take that piece off, lay it upon your dresser, take clean off the skin, keeping the meat rather high in the middle; shave it very smooth, lay the end of your rubber upon it, and with your beater beat it well: take off your cloth and turn it again; keeping it the shape of the veal bone, turn it over flat on a plate, cut off any skin or pipe, then lard it with fat bacon; if for a Jew's family, lard it with smoked beef fat, to be had from their own butcher's, or truffles; when it is larded put on a stewpan of cold water, place your veal in it, keeping the bacon downwards, as otherwise the scum will settle on the top, skim it, and when it simmers put your stewpan under the top, and let it dribble gently upon it for five minutes, then turn it over and take it up; then line a stewpan with fat bacon or ham cut in slices, a carrot, turnip, and onions, a celery, a faggot of sweet herbs, put your fricandeau on a drainer in your stewpan, cover the top with thin slices of bacon, half cover it with some second stock, place it on a slow fire to stew gently, keeping a little all the time on the top; it will take about three hours, it should be as tender as to be helped with a spoon, take it up and glaze it several times.

## 222.—BLANQUETTE DE VEAU.

This dish may be dressed according to the receipt *Blanquette d'Agneau*, page 109.

## 223.—VEAL, CURRIED.

Cut the veal to be curried in small pieces—any part of veal, cooked or uncooked, that is palatable, will serve. Put in a stewpan six ounces of fresh butter, add to it half a pint of good white stock and one table-spoonful of curry powder, put to this the veal to be curried, cover down close, simmer for two hours, squeeze a quarter of a lemon into it, and serve with a dish of boiled rice.

## 224.—CALF'S HEAD.

The same way as No. 195; take out the tongue and cut it in half, and beat up the brains in the parsley and butter, and season with pepper and salt.

## 225.—IF FOR GRILL.

When the head is boiled sufficiently, draw out all the bones, and put it to cool, and then cut it, if not required whole, into square long pieces, egg and bread crumb them as you would cutlets, only add some chopped sweet herbs, as well as parsley; put it in your oven to brown.



## 226.—CALF'S HEAD.

Let the head be thoroughly cleaned, the brains and tongue be taken out, boil it in a cloth to keep it white (it is as well to soak the head for two or three hours previously to boiling, it helps to improve the colour), wash, soak, and blanch the brains, then boil them, scald some sage, chop it fine, add pepper, and salt, and a little milk, mix it with the brains; the tongue, which should be soaked in salt and water for twenty-four hours, should be boiled, peeled, and served on a separate dish. The head should boil until tender, and if intended to be sent to table plainly, should be served as taken up, with melted butter and parsley, if otherwise, when the head is boiled sufficiently tender, take it up, spread over a coat of the yolk of egg well beaten up, powder with bread crumbs, and brown before the fire in a Dutch or American oven.

## 227.—CALF'S HEAD—BAKED.

Butter the head, and powder it with a seasoning composed of bread crumbs, very fine, a few sweet herbs and sage, chopped very fine, cayenne, white pepper, and salt. Divide the brains into several pieces, not too small, sprinkle them with bread crumbs, and lay them in the dish with the head. Stick a quantity of small pieces of butter over the head and in the eyes, throw crumbs over all, pour in three parts of the dish full of water, and bake in a fast oven two hours.

## 228.—CALF'S HEAD, À LA MAÎTRE D'HÔTEL.

Cut into very small collops the meat of a calf's head which has been boiled and is cold; put into a stewpan, well kneaded butter and flour. Simmer them two minutes without colouring them; pour gently in two tea-cupfuls of veal broth, and let it boil three minutes. Put in two tea-spoonfuls of mushroom ketchup, two dessert-spoonfuls of vinegar, one of Chili ditto, a sprinkle of cayenne, and half a tea-spoonful of pounded white sugar. When it boils put in the meat, over which parsley, minced finely, has been spread. Heat it through by simmering, and serve.

## 229.—TO HASH CALF'S HEAD.

If this dish is to be made of the remains of a head already cooked, there is no necessity to re-boil it before it is placed in the stewpan with the other ingredients; if it is made with one as yet uncooked, soak it thoroughly for two hours, parboil it, cut the meat in slices about an inch thick and three inches long, or smaller, if preferred; brown an onion sliced in flour and butter in a stew or sauté pan, add the meat with as much rich gravy as the quantity of meat will permit, season with pepper, salt, and cayenne; let it boil, then skim clean, simmer until the meat is quite tender; a few minutes before you serve throw in parsley in fine shreds and some sweet herbs



chopped very fine, squeeze a little lemon in, garnish with forcemeat balls or thin slices of broiled ham rolled.

If expense is not an object you may add morels and truffles in the browning.

---

230.—CALF'S HEAD À LA TORTUE.

Bone a calf's head whole; after being well scalded and cleaned cut off the ears, take out the tongue, cut the gristle and bones from the tongue; prepare a good forcemeat, add some chopped truffles into it, and some mushrooms; lay the head on a clean cloth on the dresser, spread it thickly over with the forcemeat, blanch and take off the skin of the tongue; cut each ear in half longways, place them in different parts on the forcemeat and the tongue in the middle, lap it over keeping it high in the middle, tie the ends, and brace it all over tightly with some loose string, as by doing so it will leave all the marks appearing when glazed like the back shell of turtle, then tie it up in a cloth; it will take some hours to boil; when done, which will be in your second stock, take it up and take off the cloth, put it upon the dish, dry it and glaze it several times; have ready cut from the crumb of bread the form of a turtle's head and the four fins, fry them a nice light brown, and glaze them with the head, placing them to the head on the dish, as to look like a turtle crawling, for the eyes use whites of hard boiled eggs; a sauce you will find among the sauces.

---

231.—CALVES' EARS.

Scald the hair from the ears, and clean them thoroughly; boil them until they are tender in veal gravy, and then blanch them in cold spring water. Serve them in chervil sauce, or in the gravy thickened and seasoned in which they were cooked. A sauce may be made of melted butter, with chervil mashed and put in, strained with the butter through a sieve, and white sauce added. White sauce is sometimes sent up alone with the ears; in that case it should be flavoured with mushroom powder.

---

232.—CALVES' EARS—STUFFED.

Prepare as above, and make a stuffing of calves' liver, ham grated, fat bacon, bread steeped in cream, sweet herbs, a little mace, a little salt, and bind it with an egg unbeaten. Stuff the ears with it. The ears should be cut very close to the head, and the gristly part sufficiently smooth to enable the ears to stand upright when served. Rub the ears over with egg, and fry them a delicate brown. Serve with brown gravy.

---

233.—CALVES' EARS—STUFFED.—ANOTHER WAY.

Blanch for an hour three ears; take them up, and cut the ears round at the top, fill them with some prepared farce; slit the ears in



three or four places so that they may curl down; put them to stew in some good second stock, put a truffle or plover's egg on each top of the farce; glaze them well several times; put mushroom sauce or purée of tomata or truffles, or a piquant sauce, either a white sauce or brown, whichever suits your other dishes.

---

234.—CALVES' FEET OR EARS

Can be dressed the same way, or fried in butter à la friture with sauce or fried parsley.

---

235.—CALVES' FEET.

They should be very clean, boil them three hours, or until they are tender, serve them with parsley and butter.

---

236.—CALVES' FEET STEWED.

Wash them clean, divide without entirely separating them, lay them open in the stewpan, and cover them with veal broth, rather more than enough to cover them will be sufficient. Cut into pieces a slice of tender beef, and add to the stew; when it boils throw in a little salt, clear the scum as it rises, throw in a faggot of parsley, a small head of celery, an onion stuck with cloves, three small ones plain, a good sized carrot, two blades of mace, and two dozen peppercorns. Stew until the flesh separates from the bones, and take it off carefully, strain off half the gravy, or as much as you require, and put in two spoonfuls of Harvey's sauce, thicken it with flour and butter. When it is very hot return the feet. Pour in a glass of Madeira, Bucellas, or pale sherry, and serve.

---

237.—CALVES' FEET FRICASEED (PIEDS DE VEAU EN FRICASEE).

Soak them three hours, simmer them in equal proportions of milk and water, until they are sufficiently tender to remove the meat from the bones, in good sized pieces. Dip them in yolk of egg, cover with fine bread crumbs, pepper, and salt them; fry a beautiful brown, and serve in white sauce.

---

238.—CALF'S HEART.

Stuffed and roasted precisely as beef heart.

---

239.—CALF'S KIDNEY

May be dressed as mutton or beef kidney, or mince it with some of the fat, add cayenne, white pepper, and salt, cover it with bread crumbs and with yolk of egg, make it up into balls and fry in boiling fresh butter, drain them upon a sieve, and serve them upon fried parsley.



## 240.—CALVES' BRAINS.

Wash them, remove the skin, and scald them. Dry them well, fry them in butter, serve with mushroom sauce. Instead of this, when cleaned and scalded, chop them finely, simmer them with mushrooms, onions, parsley, sage, and white sauce. Season highly, serve with fried parsley and fried sippets.

## 241.—CALF'S LIVER.

Lay the liver in vinegar for twelve hours, it will render it firm; dip it in cold spring water and wipe it dry, cut it in even slices, sprinkle sweet herbs, crumbled finely, over it, add pepper and salt, and dredge with flour, fry in boiling lard or butter, the last is preferable; remove the liver when fried a nice brown, pour away a portion of the fat, and pour in a cupful of water with a lump of butter well rolled in flour, in which a spoonful of vinegar and cayenne or lemon juice has been stirred, boil it up, keeping it stirred all the while, and serve the liver up in it; thin slices of hot fried bacon should be sent to table with it.

## 242.—CALF'S LIVER AND LIGHTS.

Parboil and mince, put them in a stewpan with a little of the water in which they were boiled, thicken with butter and flour, add salt and pepper, simmer, and serve when heated through.



## CHAPTER V.

## MUTTON.

This is a delicate and a favourite meat, it is susceptible of many modes of cooking, and should always be served very hot and with very hot plates, except of course in cases where it may be sent to table as a cold dish. It is a meat which requires care in the cooking, which it will amply repay. The roasting parts are the better for hanging some time, especially the haunch or saddle, but not for boiling, as the colour is apt to be injured. One of the most favourite dishes is the

## 243.—HAUNCH OF MUTTON.

The haunch should be hung as long as possible without being tainted, it should be washed with vinegar every day while hanging, and dried thoroughly after each washing; if the weather be muggy rubbing with sugar will prevent its turning sour, if warm weather, pepper and ground ginger rubbed over it will keep off the flies.

When ready for roasting paper the fat, commence roasting some distance from the fire, baste with milk and water first, and then when the fat begins dripping, change the dish and baste with its own dripping, half an hour previous to its being done remove the paper from the fat, place it closer to the fire, baste well, serve with currant jelly.

## 244.—SADDLE OF MUTTON.

This joint like the haunch, gains much of its flavour from hanging for some period, the skin should be taken off, but skewered on again until within rather more than a quarter of an hour of its being done, then let it be taken off, dredge the saddle with flour, baste well. The kidneys may be removed or remain at pleasure, but the fat which is found within the saddle should be removed previous to cooking.

## 245.—LEG OF MUTTON ROASTED.

Like the haunch and saddle should be hung before cooking, should be slowly roasted and served with onion sauce or currant jelly.

## 246.—ROAST LEG OF MUTTON.—ANOTHER RECEIPT.

Put the leg into an iron saucepan with enough cold water to cover it, let it come to a boil gently, parboil it by simmering only; have



the spit or jack ready, and take it from the hot water and put it to the fire instantly; it will take from an hour to an hour and a half if large, and less time if small.

247.—ROAST LEG OF MUTTON BONED AND STUFFED.

The principal skill required in accomplishing this dish is the boning, this must be done with a very sharp knife, commence on the underside of the joint, passing the knife under the skin until exactly over the bone, then cut down to it, pass the knife round close to the bone right up to the socket, then remove the large bone of the thickest end of the leg, seeing the meat is clear of the bone; you may then draw out the remaining bones easily. Put in the orifice a highly seasoned forcemeat, fasten the knuckle end tightly over, replace the bone at the base of the joint, and sew it in; roast it in a cradle spit or on a jack, if the latter let the knuckle end be downwards as it is less likely to suffer the forcemeat to drop out. It must be well basted, and should be sent to table with a good gravy.

248.—LEG OF MUTTON BOILED

Should be first soaked for an hour and a half in salt and water, care being taken that the water be not too salt, then wiped and boiled in a floured cloth, the time necessary for boiling will depend upon the weight; two hours or two hours and a half should be about the time, it should be served with turnips mashed, potatoes, greens, and caper sauce, or brown cucumber, or oyster sauce.

249.—LEG OF MUTTON BRAISED.

Procure a leg of Welsh mutton or Scotch, they are small, of choice flavour, and best fitted for braising, take off the knuckle neatly, divide it into two or three pieces, trim the leg of all the superfluous edges, and then half roast it, place it with the broken knuckle into a stewpan, add the trimmings with half a dozen slices of rich fat bacon, thyme, knotted marjoram, and other sweet herbs, an onion stuck with cloves, and about half an ounce of butter rolled in flour; stew the whole gently, shaking it occasionally and turn it while stewing; when it is tender take it up, skim the gravy, strain, boil it fast until reduced to a glaze, make a purée or soup of vegetables and place the mutton upon it, cover the mutton with the glaze, and serve.

250.—TO SEND A LEG OF MUTTON NEATLY TO TABLE WHICH HAS BEEN CUT FOR A PREVIOUS MEAL.

Too much must not have been cut from the joint or it will not answer the purpose. Bone it, cut the meat as a fillet, lay forcemeat inside, roll it, and lay it in a stewpan with sufficient water to cover it; add various kinds of vegetables, onions, turnips, carrots, parsley, &c., in small quantities; stew two hours, thicken the gravy, serve the fillets with the vegetables round it.



## 251.—SHOULDER OF MUTTON

Must be well roasted and sent to table with skin a nice brown, it is served with onion sauce. This is the plainest fashion, and for small families the best.

## 252.—LOIN OF MUTTON STEWED.

Remove the skin, bone it, and then roll it, put it in a stewpan with a pint and a half of water, two dessert-spoonfuls of pyroligneous acid, a piece of butter, sweet herbs, and an onion or two; when it has stewed nearly four hours strain the gravy, add two spoonfuls of red wine, hot up and serve with jelly sauce.

## 253.—BREAST OF MUTTON

May be stewed in gravy until tender, bone it, score it, season well with cayenne, black pepper, and salt, boil it, and while cooking skim the fat from the gravy in which it has been stewed, slice a few gherkins, and add with a desert spoonful of mushroom ketchup; boil it, and pour over the mutton when dished.

## 254.—BREAST OF MUTTON CRUMBED OR GRATIN.

If one breast of mutton, cut off the chine bone down to the gristle, if you have a stock-pot on put the breast of mutton into it, let it boil until tender, then take it up to cool; have ready as for the crumbed cutlets, adding in the butter and egg a little chopped mushroom; put it all over it with a paste brush, then put it on a dish and put it in the oven to brown, the sauce will be under it when dished.

## 255.—NECK OF MUTTON.

This dish is most useful for broth, but may be made a pleasant dish by judicious cooking. To send it to table merely boiled or baked is to disgust the partaker of it. When it is cooked as a single dish, first boil it slowly until nearly done, then having moistened a quantity of bread crumbs and sweet herbs, chopped very fine, with the yolk of an egg, let the mutton be covered with it, and placed in a Dutch or American oven before the fire, and served when nicely browned. The breast may be cooked in the same manner, or the

## 256.—STEAKS FROM A LOIN OF MUTTON

Are done in the same way, only trimming some of the fat off, and cut thick and stew instead of frying them.

## 257.—MUTTON STEAKS.

The steaks are cut from the thick or fillet end of a leg of mutton, and dressed as rump steaks.



## 258.—MUTTON CHOPS BROILED.

Cut from the best end of the loin, trim them nicely, removing fat or skin, leaving only enough of the former to make them palatable; let the fire be very clear before placing the chops on the gridiron, turn them frequently, taking care that the fork is not put into the lean part of the chop; season them with pepper and salt, spread a little fresh butter over each chop when nearly done, and send them to table upon very hot plates.

## 259.—MUTTON CHOPS FRIED.

The fat in which the chops are to be fried should be boiling when the chops are put into it. They should be pared of fat and well trimmed before cooking, they should be turned frequently, and when nicely browned they will be done; of course if they are very thick judgment must be exercised respecting the length of time they will occupy in cooking.

## 260.—CHOPS AS BEEF STEAKS.

Cut thick from a leg of mutton, and rub each steak with a shalot; broil over a quick fire; rub your dish with shalot; when on the dish pepper and salt it; send it up quite hot.

## 261.—MUTTON CUTLETS.

Loin chops make the best cutlets. Take off the vertebræ or thickest end of each bone and about an inch off the top of the bone; put the chops into a stewpan in which has been previously melted a little butter seasoned with salt; stew for a short time, but not until they are brown, as that appearance is accomplished in another manner. Chop some parsley very fine, add a little thyme, mix it with sufficient yolk of egg to coat the chops, which will have been suffered to cool before this addition to them; then powder them with bread crumbs over which a pinch of cayenne pepper has been sprinkled; broil them upon a gridiron over a clear but not a brisk fire, when they are brown dish them; lemon juice may be squeezed over them, or the dish in which they are served may be garnished with thin slices of lemon in halves and quarters.

## 262.—MUTTON CUTLETS.—ANOTHER WAY.

Not a very fat neck, take off the scrag and the breast bones, leaving the remainder the length you intend the cutlets, then take the chine bone clean off, then the skin and some of the fat; you will now have the mutton free from bones to cut your cutlets, you will find you can cut fourteen good cutlets from this trimmed neck without any hacking; beat each cutlet with your beater, trim them neatly, be sure to cut out the pacwax, and leave a little fat to each cutlet. If for gratin or bread crumbed, prepare some chopped parsley and shalot, and bread crumbs, put some butter to melt in a stewpan, a little



of the parsley and shalot and some yolk of egg, mix it well up together; put your bread crumbs on a sheet of paper, add to it a little salt and pepper; dip each cutlet into melted butter, put down the bread crumbs with your knife, lay them on a buttered sauté-pan until wanted to fry.

---

263.—CUTLETS SAUTÉ.

Cut your neck of mutton precisely as for the crumbed cutlets, have ready a piece of butter melted in your sauté-pan, dip each cutlet both sides in the butter; when required fry them a very light colour, pepper and salt them, when done take them up to drain from the fat, have some good glaze melted, and glaze each cutlet both sides, dish them round with or without a rim of mashed potato.

---

264.—CUTLETS IN BUTTER.

Trim them as for former cutlets very neatly; dip each cutlet in butter and fry them; dish them upon a napkin with fried parsley; this you may do with a previously dressed neck of mutton.

---

265.—MUTTON CUTLETS—MAINTENON.

Trim the cutlets as for former cutlets, half fry them, then cover them with fine herbs and bread crumbs, and season with pepper and salt. Lay all to cool; have some fresh parsley to add to the already fried herbs and shalot. When cool, spread the butter and herbs thick upon each cutlet; sprinkle them with bread crumbs; wrap them in buttered foolscap paper, and broil them over a slow fire until done.

---

266.—BRAISED CUTLETS.

Trim your mutton from the bones as before, then put it whole into a good braise, let it stew gently until tender, put it aside to get cold; when so, cut your cutlets as thick as the former, trim them neatly, make them hot and glaze them.

---

267.—FILLET OF MUTTON.

Choose a very large leg, cut from four to five inches in thickness from the large end of the leg, take out the bone, and in its place put a highly savoury forcemeat, flour and roast it for two hours it will be done; it may be sent to table with the same accompaniments as a fillet of veal, with melted butter poured over it, or a rich brown gravy and red currant jelly.

---

268.—FILLET OF MUTTON STEWED.

Cut and prepare stuff as above, flour and brown in a little butter, and put it into a stewpan with a pint and a half of gravy; with it a small bundle of sweet herbs, two or three small onions, or eight or



ten small button onions peeled, a tea-spoonful of whole black pepper; stew slowly three hours and a half. The fillet may be salted, and being half roasted may be stewed with its trimmings.

269.—FILLETS IN MARINADE.

Cut from the loins of mutton; prepare some carrots, turnips, onions, and celery, thyme, mace, cloves, and whole pepper, cut up in thin slices; boil a little vinegar and water, put your fillets in a deep dish, pour the vinegar over the roots and mutton when cold, let it lay all night; next day trim neatly and braise them, take them out, and when required glaze them, sauce under them.

270.—BLANQUETTE DE MOUTON

Is generally made from a former day's saddle of mutton; cutting out the fillets, trimming it neatly, you will be able to cut clearly pieces the size of a shilling, which you will put into some good cooley sauce, you may put two or three gherkins then into it; this is dished better in a tin.

271.—HARICOT MUTTON.

In this dish proceed as before in removing the bones, but leave more fat on and cut each cutlet much thicker; fry them over a quick fire to brown, twelve will make this dish; put them into a proper sized stewpan with a little good second stock, pepper and salt, a little piece of sugar, cover it over and stew gently over a slow fire, when tender strain off sufficient stock for the sauce, for which roots will be previously prepared, you will see among the sauces.

272.—HARICOT MUTTON.—ANOTHER WAY.

Cut into chops the best end of the neck of mutton, fry them a light brown, in fat made boiling hot before the chops are put into it, some pieces cut from the neck will be the best, dredge them with flour, sprinkle them with pepper and salt, put in a stewpan three parts of a pint of water, an onion stuck with cloves, parsley, a few spring onions, and a bay-leaf, stew gently till the meat is nearly done, then add turnips and carrots cut small, fry a large onion cut in slices brown, add it to the gravy, which when just done must be thickened; take out the sweet herbs when the whole has stewed an hour, and serve.

273.—HASH

Is made from former dressed mutton, leg or saddle, cut in nice thin shaped pieces, and put into some good brown sauce.

274.—HASHED MUTTON.

Cut the cold mutton into slices as uniform in size as possible, flour them, pepper and salt them, put them into a stewpan with some



gravy made of an onion stewed with whole pepper and toasted bread in a pint of water, to which a little walnut ketchup has been added—this gravy should be stewed two hours before using—do not let the hash boil, when it is done add a little thickening of butter, flour and water if required, and serve up with sippets of toasted bread.

---

275.—HASHED MUTTON.

This is a favourite method of disposing of the cold shoulder, especially if it should happen to be underdone; cut it into slices, take the bones (if of a shoulder or leg break them), and put them in a stewpan with the trimmings, cover them with water, put in a faggot of thyme, parsley, whole pepper, allspice, &c., cover down and simmer for three quarters of an hour; while the bones, &c. are stewing, fry an onion brown in a little butter and flour, put it into the stewpan with the gravy, stew gently twenty minutes, strain it, lay in the slices of mutton in the stewpan, pour over them the strained gravy, pour in a spoonful of walnut ketchup or any suitable preferred sauce, season it, simmer until the meat is hot through, dish and serve.

A spoonful of curry powder is sometimes added, and is always a palatable addition.

---

276.—IRISH STEW.

Cut a neck of mutton as for the haricot; blanch the chops in water, take and put them into another stewpan with four onions cut in slices, put to it a little of your second stock, let it boil a quarter of an hour; have ready some potatoes pared, put them into the stewpan with the mutton, with salt and pepper; as some like the potatoes whole and some mashed as to thicken the stew, you must boil them accordingly, dish the meat round and the vegetables in the middle.

---

277.—CHINA CHILO.

Mince a pint basin of undressed neck of mutton or leg, and some of the fat; put two onions, a lettuce, a pint of green peas, a tea-spoonful of pepper, four spoonfuls of water, and two or three ounces of clarified butter into a stewpan closely covered; simmer two hours, and serve in the middle of a dish of boiled rice; if cayenne is approved, add a little.

---

278.—CHINA CHILO.—ANOTHER WAY.

Chop very fine two small young lettuces, two onions, a pint of green peas, and a couple of young cucumbers, or the fourth of a pint of mushrooms, season with a tea-spoonful of salt and half a tea-spoonful of pepper; mince the meat of a neck of mutton uncooked, and mix it with the vegetables in a stewpan, add four table-spoonfuls of water and two ounces of butter, clarified will be proved the best; let them well amalgamate over a slow fire, keep them stirred for fifteen minutes, then cover down close and simmer *very* slowly for two hours, serve it in the centre of boiled rice.



## 279.—MUTTON KEBOBBED.

Procure as lean a loin of mutton as you can, remove the fat and skin, joint it well, chop some parsley with some sweet herbs very fine, and beat it up with the yolk of an egg, add bread crumbs, cut the loin into chops, and spread the bread crumbs and sweet herbs, &c. well over each chop, put each chop in its former place, and tie with tape so that the joint appears whole again, roast it before a quick fire, baste it with fresh butter and its own gravy; when it is done pour into the dish in which it is to be served some rich brown gravy very hot, lay in the mutton, pour gravy over it and send it to table as hot as possible. Slices of beef may be cooked in the same manner.

## 280.—RISSOLES

Are from the most tender part of dressed mutton, free from skin and gristle chopped very fine. You will find rissoles in another place in the book.

## 281.—MUTTON LIKE VENISON.

A haunch or leg will be the most applicable. The joint should be hung as long as it can be with safety, and dressed exactly like a haunch of venison, and served with the same sauces, but to make the taste more perfectly resemble that of venison it should, after having been hung to the turn, be skinned, and laid in a pan with vinegar and water; two parts of the former to one of the latter, not enough to cover it; put in a faggot of herbs, a clove of garlic, one or two bay leaves, a spoonful of whole pepper, and a couple of onions cut in slices; let it soak three days, dry it well, hang it for a day and roast as venison. It may also be put into a stewpan with half a pint of gravy, and simmered four hours, serve with venison sauce.

## 282.—TO MAKE A SCOTCH HAGGIS.

Take the stomach of a sheep. The washing and cleaning is of more consequence than all, as it will be a bad colour and a bad taste if not well cleansed; when clean, turn it inside out, then let it lie for a day or two in salt and water. Blanch the liver, lights, and heart of the sheep, lay them in cold water, chop all very fine, the liver you had better grate, chop a pound of the suet very fine, dry in the oven a pound of oatmeal; mix all this well together, season with pepper and salt, a little chopped parsley, and a little chopped onion; then sew up the bag; before you finish sewing it, add a few spoonfuls of good white stock; put it in a stewpan with a drainer; boil it in water, keeping it well covered all the time, prick it all over with a small larding pin to keep it from bursting; it will take several hours to boil; be careful in taking it up, and let your dish be large enough.

## 283.—ROGNON DE MOUTON À LA FRANÇAISE.

The French have a faculty of making a dish recherché out of mere



trifles, their receipt for serving up this little dish is no mean evidence of their peculiar skill. Take half a dozen fine mutton kidneys, clear them of fat and skin, and cut them into thin slices; powder them immediately with sweet herbs in fine powder, parsley which has been chopped, dried, and powdered, cayenne, and salt; put into a stewpan two ounces of clarified butter or fresh if the former is not in reach, put in the slices of kidney, fry them, they will brown very quickly, they must be done on both sides, dredge flour over them, moisten with lemon juice, in five minutes the kidneys will be done; lift them out into a very hot dish around which are laid sippets fried; pour into the gravy two glasses of champagne, give it a boil, pour it over the kidneys, and serve.

It may here be stated that the French cooks vary constantly the herbs which they employ according to any known preference for the palate of those for whom they cook. Various kinds of wines and sauces may be used for flavouring, and this is constantly done as much for variety and the ability of giving a new name to a dish, which is varied only in some such small feature.

---

284.—ROGNON DE MOUTON À LA BOURGEOISIE.

Clear the kidneys from fat and skin, cut them into thin slices, dredge them with flour and fry crisp, pepper and salt them; flavour some gravy with a little eschalot or garlic and serve.

---

285.—LOIN OF MUTTON LIKE VENISON.—FRENCH RECEIPT.

Remove the skin from the joint and bone it, and do it neatly; lay it in a stewpan with about a pint of weak broth, an onion stuck with cloves, two glasses of red wine, and a tea-spoonful of pyroligneous acid; let it boil, put in a bundle of sweet herbs; stew, turning frequently; add as it progresses a little gravy, some very good may be made from the bones; it will take from two hours and a half to three hours.

---

286.—TO DRESS MUTTON HAMS.

Soak the ham for five or six hours in cold spring water unless it has only recently been cured, then one hour will suffice; put it into cold water, boil gently; it will be done in two hours and a half. It is eaten cold.

---

287.—MUTTON KIDNEYS BROILED.

Skin and split without parting asunder, skewer them through the outer edge and keep them flat, lay the opened sides first to the fire, which should be clear and brisk, in four minutes turn them, sprinkle with salt and cayenne, and when done, which will be in three minutes afterwards, take them from the fire, put a piece of butter inside them, squeeze some lemon juice over them, and serve as hot as possible.



## 288.—SHEEP'S TONGUES STEWED.

Put them into cold water and let them boil, when they are sufficiently tender to remove the skin easily, take them out, split them, and lay them in a stewpan with enough good gravy to cover them. Chop parsley, and mushroom, with a little eschalot finely, work a lump of butter with it, add pepper and salt to flavour; stew them in the gravy until the tongues are tender, lay them in a dish, strain the gravy and pour it hot over the tongues, serve.

## 289.—IRISH STEW.

Take two or three pounds of the neck of mutton, cut it into chops, pare three pounds of potatoes, cut them into thick slices, put them into a stewpan with a quart of water, two or three carrots, turnips or onions may be added, the last are seldom omitted, salt and pepper the mutton when added to the gravy, let it boil or simmer gently two hours, and serve very hot; its excellence much depends on the last instructions being fulfilled.



## CHAPTER VI.

## LAMB.

House lamb is in season in December ; grass lamb comes in with Easter. Both are favourite dishes, a preference perhaps existing for the former. They are dressed much in the same manner.

## 290.—FORE-QUARTER OF LAMB.

This is the favourite and indeed the best joint. Do not put it too near the fire at first, when it gets heated baste it well ; the fire should be quick, clear, but not fierce ; the usual weight of a fore-quarter is between nine and eleven pounds, it will take two hours ; when it is done separate the shoulder from the ribs, but before it is quite taken off lay under a large lump of butter, squeeze a lemon, and season with pepper and salt ; let it remain long enough to quite melt the butter, then remove the shoulder and lay it on another dish.

## 291.—SADDLE OF LAMB.

This joint is now seen nearly as frequently at table as the fore-quarter, and if well cooked is certainly fine eating. Roast it quickly, but be very careful neither to scorch it nor to take it from the fire until it is done ; baste with the fat and gravy which fall from it, and in an hour and three quarters it will be done, unless larger than common, and then it will take two hours ; serve with mint and cucumber sauce.

## 292.—LAMB.—TO ROAST A LEG OF LAMB.

The rules laid down for roasting mutton must be scrupulously observed with respect to lamb ; let it roast gradually, and commence a distance from the fire, a leg of five pounds will take an hour and a quarter, one of six pounds will take an hour and a half.

## 293.—TO BOIL A LEG OF LAMB.

Put it in sufficient clear cold soft water to cover it, let it remain half an hour, a table-spoonful of vinegar or half a handful of salt may be thrown in ; put it into a thin white cloth which has been floured, and boil it in enough water to cover it, a good sized bundle of sweet herbs may be thrown into the saucepan ; if six pounds it will



be done in an hour and a half, serve with spinach or French beans; if sent to table cold lay handsome sprigs of parsley about it tastefully; it may, while hot, be garnished with parsley, with thin slices of lemon laid round the dish.

---

294.—LEG OF LAMB.

Take out the bone as in receipt No. 247, and a small portion of the meat, so as to admit of more forcemeat; keep it of a good shape; put a ruffle on the knuckle, and glaze it well.

---

295.—A SHOULDER OF LAMB

Will be found best cooked when done with the fore-quarter, but if roasted singly will take an hour.

---

296.—SHOULDER OF LAMB LARDED.

Cut your lardons small, of fine white fat bacon, cover them with pounded mixed spices, cayenne pepper, and salt; bone the shoulder of lamb, lard the under side, roll the joint, and bind it with narrow white tape; braise it, and when done glaze it. Serve it on mushroom sauce; any sauce applicable to lamb will serve except mint-sauce, which should not be eaten with this dish.

---

297.—TO GRILL A LOIN OF LAMB.

Boil half an hour, take it out and score it like pork, brush it all over with well beaten yolk of eggs, and powder over it bread crumbs mixed with minced parsley, put it into an American oven and roast it until brown; serve with melted butter and lemon pickle or tomato sauce, the last especially, if cold. A shoulder and breast may be dressed in the same manner.

---

298.—SHOULDER OF LAMB FORCED AND BRAISED.

Take out the bone from the shoulder, you must be very particular and careful in removing the blade bone that you do not cut a hole through the skin; when you have done it fill up the vacancy with some good veal forcemeat, cover it with fat bacon or ham; then put it into a good braise and let it boil gently for about an hour, when required glaze it well; you can make it after you have put in the forcemeat and sewed up the cut part, either as a shoulder of lamb or form into a swan by adding the shank bone for a neck, and form the beak or bill with paste; if plain put a paper ruffle or ornamented silver skewer, the sauce as may be approved of, as peas, or spinach, or purée, turnips, or French beans, or truffles, or mushrooms.

---

299.—STEWED LOIN OF LAMB.

The loin may be stewed whole or in steaks; in the former the flap being secured by a skewer, is put into a stew-pan, with a quarter of



a pound of butter, and covered down close; let it simmer one hour, then turn it, let it simmer again for an hour and a quarter, and then have ready some rich brown gravy hot, lift out the meat, pour the gravy over it, and send it to table with mint sauce, a lettuce, and a few radishes and spring onions.

---

300.—TO STEW A BREAST OF LAMB.

Cut it into pieces, pepper and salt well, stew in sufficient gravy to cover the meat until tender, then thicken the sauce, pour in a glass of sherry; serve on a dish of stewed mushrooms.

---

301.—CHEVAUX-DE-FRISE LAMB.

Get two necks of lamb from the same lamb, take off the chine bone not leaving a particle of bone adhering to the ribs, or it cannot be carved clean down between the bones when at table; blanch them a few minutes, put them to cool, then scrape about one inch down from the ends of the ribs between each bone, the skin, and fat; then put the bones to meet regularly, and put one between the other which will form a chevaux-de-frise; braise them the same as the former; when done glaze the fat and meat but not the white rib bones, any of the sauces named or cucumbers.

---

302.—CHEVAUX-DE-FRISE WITH LAMB SWEETBREADS.

Do the same as before; when it is done and glazed have ready some good lamb sweetbreads, about six larded ones and glazed, put them on the top between the bones, when the two necks are put together.

---

303.—BLANQUETTE D'AGNEAU À LA PROVENÇALE.

Of the best end of the brisket take two or three pounds, cut it into dice of four inches, rince them in clear water, wipe them with a cloth, and flour them; take two ounces of the fat of boiled bacon, five of fresh butter, chop some parsley, and boil ten minutes; put in the lamb dice, cut up an onion small, squeeze in the juice of half a lemon, and season with pepper and salt; let it simmer gradually for two hours, beat up the yolk of three eggs, and add them to the gravy; keep the pan moving above the fire for three minutes, dish and serve.

---

304.—LAMB CHOPS.

Lamb chops and lamb cutlets are cooked in the same manner as mutton chops and cutlets, but require more care in the cooking; they are sent to table with various garnishes, and arranged in many forms, frequently accompanied with a purée of vegetables, or ranged round a pyramid of mashed potatoes; the most simple manner is to garnish with crisped parsley.



## 305.—SWEETBREADS

Should be soaked in water, put for eight or ten minutes in boiling water, and then into clear cold spring water, to blanch. They may be cut in slices, or in dice, and put into fricasees of meat or ragouts, or they may be served as a separate dish.

## 306.—SWEETBREADS.—ANOTHER WAY.

Two good throat sweetbreads or three will make an entrée; blanch them until fit to eat, take them up and lay them in cold water; when cold dry them well, egg and bread crumb them with or without herbs, put them on a dish and brown them in the oven; mushroom sauce, or endives, or sorrel, or spinach, or tomato will do if approved of.

## 307.—SWEETBREADS FRICASEED.—WHITE.

Blanch, and then cut them in slices. To a pint of veal gravy put a thickening of flour and butter, a table-spoonful of cream, half a tea-spoonful of mushroom powder, grated lemon peel and nutmeg, and white pepper, to flavour. Stew ten minutes, add the sweetbreads, let them simmer twenty minutes. Dish, add salt, thin pieces of lemon peel; mix up, and serve.

## 308.—SWEETBREADS FRICASEED.—BROWN.

Cut them in small pieces, flour, and fry them. When a good brown pour over them a pint of good beef gravy, highly seasoned; stew gently, until the sweetbreads are tender. Add a little flour and butter to thicken; add truffles and mushroom ketchup to flavour, morels or mushrooms may be substituted, or all may be cooked with the sweetbreads.

## 309.—TO STEW SWEETBREADS.—RIS DE VEAU.

Make a force-meat of the tenderest parts of boiled or roast fowl, some bacon, a little parsley chopped, a little thyme, lemon-peel, the yolks of two eggs, cayenne pepper, and nutmeg. Lay the sweetbreads in a pan, upon a layer of slices of veal, cover them with slices of bacon, put in a bunch of sweet herbs, an onion sliced, a little mace, and pepper and salt. Pour in a quart of good broth, and stew for two hours, remove them, and reduce by boiling the broth to a fourth: heat the sweetbreads in it, garnish with lemon in slices.

## 310.—SWEETBREADS LARDED.—À LA DAUBE.

Blanch and lard them with bacon, put them into a stewpan with a pint of veal broth; add a little browning, with the juice of half a lemon. Stew until tender; thicken the gravy with a little flour and butter. Lay bunches of boiled celery round the dish when you serve.



---

311.—HEART AND LAMB SWEETBREADS LARDED WITH BACON  
OR TRUFFLES.

The same quantity, either one larded and two plain, or two if fine larded with bacon; when blanched for two or three minutes, put them in a small dish or stewpan, with a little stock; cover them over and boil them either in the oven or over the fire for about twenty minutes; take them up and glaze them several times, keeping them hot; lamb sweetbreads will take eight for a dish, and require to be neatly trimmed, cutting away the pipe, and dish them on a rim of forcemeat or mashed potatoes, or spinach.

---

312.—SWEETBREADS AS CUTLETS.

If you cannot get heart sweetbreads, you must use the throat. Blanch them for about ten minutes, then put them to cool into cold water; take them out and dry them in a cloth, then cut long ways, twelve or fourteen pieces for cutlets, making them a nice shape; if you wish for them to be white sauté cutlets, you must put some butter or lard in your cutlet-pan, a juice of lemon, a little white pepper, and salt; do not colour them, take them up and lay them upon white paper to soak up the grease from them; dish them round upon a tureen, pouring the sauce in the middle of them.

---

313.—SWEETBREADS WITH TRUFFLES.

Blanch and trim off the pipes and skin from the under part; then take your small knife, and make a small incision slanting ways, and lay in a small round piece of truffle until the sweetbread is covered; braise them for a short time, or do them in some good consommé, and glaze them.

---

314.—ROAST SWEETBREAD.

Boil sweetbreads, either heart or throat, trim them and dry them, then egg and bread crumb them, brown them before the fire or in the oven; put good clear gravy under them, and water cresses, as a garnish.

---

315.—SWEETBREAD CUTLETS—CRUMBED AU GRATIN.

Cut the sweetbreads as before a nice thickness, but not too thick; dry them, then egg and bread crumb them as you would veal or other cutlets; use any sauce that may be preferred.

---

316.—SWEETBREAD CUTLETS—GLAZED.

Do these as for the former sauté cutlets, only glaze them a bright colour.

---

317.—LAMB'S HEAD AND ÉMINCÉES.

Wash well a lamb's head and pluck, take out the brains, blanch them by themselves, boil the head and pluck for about a quarter of



an hour, take it up to cool, take out the tongue, trim the two halves of the head neatly, then score it, then egg and bread crumb them as you would cutlets and brown them in the oven or before the fire. Cut up in small dice in equal quantities the tongue, liver, heart, and lights; fry in a stewpan a little chopped parsley, shalot, and mushroom if you have it, to a nice light brown, dry up the butter with flour, use some good second stock or brown sauce; season with lemon, cayenne pepper, salt, and a dust of sugar, put the émincées under the head, the brains, egg, and bread crumb in four pieces and put round.

### 318.—SHEEP OR LAMBS' TROTTERS.

Get a dozen or two of trotters, stew them for several hours, until all the bones will come from them, save this liquor, do not break the skin, stuff them with good quenelles or forcemeat; return them again into the same stock, boil them about fifteen minutes, glaze them; soboise sauce or tomato sauce is good with them, or you may fry them with butter.



## CHAPTER VII.

## PORK.

THE proportion of persons who are fond of pork to those who dislike it are as a hundred to one, and yet it is falsely considered a vulgar taste, the passion for it possessed by the Chinese has been illustrated by many tales, and when in season the frequency of its appearance upon a homely English table is no small proof of the estimation in which it is held; it is like veal—indigestible, at least chemists consider it so, though some medical men have asserted to the contrary, it should at least be thoroughly cooked to place, if possible, its digestibility beyond a doubt. In roasting, or in boiling, ample time should be allowed for the joint. Pork is always salted for boiling, and is much liked in this form. When sent to table roasted, apple sauce should in every case accompany it.

As pork is so universally used in every family, and so little used for company, it is useless to further comment upon it.

## 319.—PORK.—TO ROAST A SUCKING PIG.

A sucking pig should be dressed as soon after being killed as practicable. When scalded and prepared for cooking, lay in the belly a stuffing of bread, sage, and onions, pepper and salt, with a piece of butter, sew it up, rub the skin of the pig with butter, skewer the legs back, that while roasting, the inside as well as outside of the pig may be thoroughly browned; it must be put to a quick fire, but at such a distance as to roast gradually, and a coating of flour should be dredged over it that it may not blister, or it should not be left a minute; if floured, when the pig is done, scrape the flour off with a wooden, or very blunt knife, and rub it with a buttered cloth, cut off the head, and dividing it take out the brains, mix them with a little gravy or bread sauce, divide the pig in half, from neck to tail, and lay each inside flat upon the dish, so that the two edges of the back touch; place each half of the head with the outer side uppermost at each end of the dish, and an ear on each side; the gravy should be poured in the dish hot, and the whole served as hot as possible; as a matter of convenience it is often sent to the baker's oven, a large piece of butter should accompany it for the baker to baste it with, and upon its return it should be cut and served as above.

The gravy may be heightened in its flavour by various additions, or two or three sauces and gravies may be served with it, such as veal gravy thickened and flavoured with wine, lemon juice, and cayenne, and also bread sauce and a plain gravy; this may be a matter of taste.



It is usual to procure the pig from the dealer ready prepared for cooking, but in the event of its being required to scald it after killing, we subjoin the following receipt.

---

320.—TO SCALD A SUCKING PIG.

Plunge the pig into cold water the instant it is killed, let it remain five minutes, have ready pounded resin, and rub well with it over the skin, plunge it into a tub of scalding water, letting it remain only half a minute, remove it, and immediately take off the hair, lose no time, if the hair should not come freely from some parts rub it again with resin, and put it into the scalding water, and then remove the hair, when it is all off wash it well with warm water, and then in cold, changing the water several times that no flavour of the resin may be retained; cut off the feet at the first joint, slit down the belly, and remove the entrails, put aside the heart, liver, and lights, with the feet, wash again inside and out the pig, dry it well, and keep it from the air by covering it with a cloth.

---

321.—ROAST PIG.

Soak in milk some light bread, boil some sage and onions in plenty of water, strain it off and chop it all very fine, press the milk from the bread, and then mix the sage and onion with pepper and salt, in the bread put the yolk of an egg to bind it a little, put this in the inside of the pig, rub the pig over with milk and butter, paper it, roast it a beautiful brown, cut off the head before it is drawn from the spit, and likewise cut it down the back and then you will not break the skin; take out the spit, cut off the ears from the head, and crack the bone and take out the brains, put them in a stewpan with all the inside stuffing and a little brown sauce; dish the pig, the backs outside, and put the sauce in the middle, and some in a boat, the ears at each end.

---

322.—A LEG OF PORK ROASTED.

The pork should be young and dairy-fed, score the skin with a sharp penknife, a little fresh butter is sometimes rubbed over the skin to make it brown and crisp without blistering. Chop some sage that has been scalded, very fine, add to it an onion parboiled, mix bread crumbs and a small portion of apple chopped very fine, mix all together, season with pepper and salt, make an incision, separating the skin from the fat in the under and fillet end of the leg, and place the stuffing there, the time of roasting will depend upon the size of the leg, serve up with apple sauce.

---

323.—A LEG OF PORK BOILED.

After having been salted it should be washed in clean cold water and scraped thoroughly white and clean preparatory to cooking; it should then be put into a floured cloth and into cold water on the fire, when the rind is quite tender the pork will be done; let the water



be well skimmed, and serve with such vegetables as are in season; should the joint be large allow a quarter of an hour to each pound, with an additional twenty minutes from the time it boils.

---

324.—LOIN OF PORK

Should, like the leg, be scored before roasting, and well jointed to make the chops separate easily, and then roast as a loin of mutton; or it may be put into enough water to cover it, simmer until it is nearly done, then take it out, take the skin off, coat it well with yolk of egg and bread crumbs, roast for about a quarter of an hour, until it is thoroughly done.

---

325.—A FILLET OF PORK TO RESEMBLE VEAL.

The fillet should be cut from the leg of a very large pig, remove the bone and fill the orifice with veal stuffing, roast it until it is more than half done, then take some thin broth and put it in the stewpan, put in the pork, stew until it is thoroughly done, then thicken the gravy and send it to table with forcemeat balls and lemon cut in slices.

---

326.—GRISKIN OF PORK.

Put it into a saucepan with enough water to cover it, when it has boiled take it up, butter, and flour it, and put it before the fire to brown, ten minutes will suffice.

---

327.—NECK OF PORK ROLLED.

Bone it, chop sage finely, mix it with well powdered bread crumbs, cover the meat with it on both sides, roll the pork, fasten it securely, and roast it gently.

A hand and spring are sometimes dressed thus.

---

328.—SPARE RIB OF PORK—ROAST.

You must paper and joint this down the middle, and sprinkle it with a little fine sage and salt, baste and flour it well; apple sauce in a boat.

---

329.—SPARE RIB.

A spare rib will take two hours and a half to roast unless very large, and then three hours will be required to cook it thoroughly; while roasting baste with butter and dredge with flour, pound some sage and powder the spare rib with it about twenty minutes, before it is done; a pinch of salt may be added.

---

330.—CHINE OF PORK.

This joint is usually sent to table with turkey, it should be salted for about sixty or seventy hours previous to cooking, and then be



roasted; a chine boiled is as often sent to table as roasted, but the latter is usually preferred.

---

331.—CHINE OF PORK.

Generally used at Christmas. This, when properly cured, is mostly used cold; boil it in a cloth, with a sauce of red cabbage, or sauer kraut if cold; garnish with parsley.

---

332.—ALL ROAST PORKS.

Be sure to cut the skin lengthways into small strips, not very deep—to reach the meat; send up apple sauce to all roast porks.

---

333.—TO PICKLE PORK.

Dredge it with salt, pounded nearly as fine as flour, place upon four sticks crossed upon a dry cold flag-stone, or in an earthenware dish, let it remain to drain from eighteen to twenty-four hours, then rub it well in with a brine, consisting of one pound of salt, half a pound of coarse brown sugar, two ounces of saltpetre, and a quarter of an ounce of salt prunel; the last, if the pork is delicate, may be omitted. If many pieces are being salted, put them into a tub, and pack them closely, filling up the interstices with common salt, place a weight upon the top to keep the meat down, as well as to prevent the admittance of any air, and when taken out for cooking scrape off the salt, wash the pork in several waters, or place it under a water tap, letting the water run upon it two or three minutes, turning it occasionally, or it may lie in soak half an hour; it should be put to boil in cold water, and when the rind is tender it will be done enough.

---

334.—BOILED PORK—OF ALL KINDS,

The leg you must skin the same as ham, and dish its back part upwards, and glaze it; place a ruffle at the knuckle; sauce, sauer kraut, or stewed red cabbage; pease pudding to all pork when boiled.

---

335.—PIG'S CHEEKS—A HALF ONE.

Boil and trim in the shape of ham, and if very fat, carve it as a cockle shell; glaze it well, or put bread crumbs and brown them, sauce as before.

---

336.—PIG'S FACE FOR BREAKFAST.

Cut the ears off and take out the tongue and brains, then lay them in salt for two days, take them out of that, and then use the ingredients as for tongues, and dry them the same as hams.

---

337.—PORK CUTLETS.

Cut from a neck, or what is called fore-loin of pork, the best end,



trim it as you do lamb or mutton, leaving a little fat; scrape the bone, rub or chop some sage fine, with a very little piece of shalot, mix it up with only sufficient bread crumbs, put black pepper and salt into the crumbs, herbs, dip each cutlet in clarified butter or melted lard, press the crumbs well upon the cutlets, have a sauté pan greased with lard, lay them into it, fry them a nice light brown, take them up and dry them on paper, dish upon mashed potatoes, use sauce robert, or sobiese, or tomato, or any other as to palate.

---

### 338.—PORK CUTLETS.

Cut them from a small delicate loin of pork, bone, and trim them neatly, fry them a light brown, put into a small stewpan a little vinegar, and eschalot chopped very finely, two table-spoonfuls of tomato sauce, and sufficient brown gravy to make it tasty; stew the cutlets in the sauce five minutes, and send them to table dished handsomely; if the cutlets are broiled they may be dipped in yolk of egg and bread crumbs, and broiled over a clear fire, and served with tomato sauce, or sauce robert.

---

### 339.—PORK CHOPS OR STEAKS.

Cut from the best end of the loin, or from the chump or leg if steaks; remove the fat and skin, turn them frequently and quickly while broiling, if your gridiron be of the old fashion it is better to keep it aslant on the fire, the handle being the lowest part it prevents very much of the fat from falling into the fire, the flare of which is apt to impart a disagreeable flavour to the chops; this observation applies also to mutton chops, and will be found useful if followed: sprinkle them with salt when nearly done, and rub with a little fresh butter previous to serving, if for a side dish garnish with crisped parsley.

---

### 340.—PORK SAUSAGES.

There are many receipts for the making of pork sausages; several counties have their own peculiar receipts; Epping, in Essex, famed for its butter, is also famed for its sausages; Lewes, in Sussex, and Cambridge, also have a name for the manufacture of the same article. The peculiarity in their sausages being the quantity and variety of herbs which they introduce, the prevalence of some particular one giving the flavour, as well as the peculiarity to each. The presence of so many herbs is, however, not always considered an agreeable feature, and many palates are offended at that which forms to others the great merit. The following is a very simple receipt.

Take of the fat of pork one pound, that of the loin of a large richly fed pig, or the inward fat of a small one. Chop it finely with half a pound of lean pork; add to it four or five sage leaves finely chopped, some lemon thyme in a small quantity, and three dessert-



spoonfuls of crumb of bread powdered; be careful not to put too much of the latter, as it tends to turn the sausages sour if kept. Amalgamate these ingredients well, dust on grated nutmeg, mace, and cloves in powder, and finish with black pepper and salt, being sure to season well; the meat may then be put into the skins, or may be put in jars covered down from the air, to be used for rolls or stuffing, or any required purpose.

All skin must be pared from the fat before chopping, and every sinew removed from the lean pork, as well as any bone, or anything which may impair the taste when eaten.

---

#### 341.—THE UNIVERSITY RECEIPT FOR PORK SAUSAGES.

To a couple of pounds of lean pork young, white, and delicate, put three quarters of a pound of minced beef suet, the pork must first be chopped very fine; add three dessert-spoonfuls of bread which has been dipped in Port wine, dried and grated fine; work it together with the yolks of three eggs smoothly beaten: season it with pepper and salt, and dried sage; a very little cayenne may be introduced, and a *very small* piece of garlic. Work the whole well together in a mortar until it forms a paste; it may then be put into wide skins, or pressed down into jars for future use. It is cut into square pieces, dredged with flour, fried in fresh butter, and sent to table on a toast as a breakfast dish.

---

#### 342.—SAUCISSES À L'ESPAGNOLE.

Cut into chops the loin of a good sized pig, bone it, and cut the meat into dice, keeping the fat and lean separate, three quarters of an inch square. Chop two corns of garlic fine, add to it black pepper, Spanish pepper, and salt; mix it well together, and season the meat with it: pour over it half a pint of an acid wine, and when it has been drawn in by the meat, add more, until the expiration of a week; then lay the meat in skins, alternately fat and lean, and if any moisture appears to be required give it a little more wine. Twist the skin, and tie it in the lengths you require, and keep them in a cool dry place. They may be boiled, fried, broiled, grilled, toasted, served with poultry or veal, or may be eaten with bread alone.

---

#### 343.—PORK SAUSAGES.

Chop, particularly fine, about two or three pounds of lean pork, and an equal quantity of fat; have ready some sage, either dry or green, either passed through a sieve or chopped very fine, a small piece of shalot, a few grains of ground cloves, season it with pepper and salt, mix a few fine bread crumbs up with it, have your skins ready cleaned, then fill them, or if preferred roll into balls and fry them, you will tie them the length you wish the sausages to be,



prick the skins with a fork before you fry them, you may do them in the oven if it should be hot.

---

#### 344.—ANOTHER WAY.

Chop the pork as before, only add half the quantity of lean veal, a pound of suet chopped equally fine, have ready a French roll soaked in milk but no crust, season it well with pepper and salt, mix it all well together.

---

#### 345.—A DIFFERENT TO A DIFFERENT PALATE.

Chop pork as before, and an equal quantity of fat, and the quantity of lean veal, and the same of suet, and two or three handfuls of fine bread crumbs, have ready a few sage leaves, a few of knotted marjoram and one shalot; pound all well together, season with white pepper and salt, either put them in skins or roll them and fry them as above.

---

#### 346.—SPICED SAUSAGES.

Rub well into a piece of pork some saltpetre, allspice, and black pepper, let it lie several days, rubbing it each day, then chop it small, and add to it two shalots chopped fine, have ready cleaned well an ox-gut, fill it with this meat quite tight, tie both ends firm, let it be smoked as hams, wrap it in a thin cloth, then let it be well dried, you may tie it into what lengths you please before smoking; this will eat hot or cold.

---

#### 347.—WHITE SAUSAGES.

Have ready some well-dried oatmeal, two or three onions to boil in milk, chop them very fine, chop two pounds of suet very fine, mix about a pint of oatmeal to the suet, add the onions, season all with pepper and salt, rather predominant with pepper and onions, filling the skins as for former sausages, if approved of add a few currants and boiled rice in milk to them.

You may make sausages of any dressed meats, either chicken or rabbits; chop up the meat very fine, adding onions and seasonings as in the former, adding chopped parsley and a few grains of pounded mace, add some bacon chopped instead of suet, mix all together with two yolks of eggs, a few bread crumbs and a few drops of lemon-juice; fill this in the skins as before, and broil or fry them.

---

#### 348.—SAUCISSES AUX CHATAIGNES.

##### STEWED SAUSAGE MEAT, WITH CHESTNUTS.

Take twenty or thirty sound chestnuts, roast them over a slow fire, and when sufficiently roasted to remove the husk take them off, peel them, removing the inner skin as well as the husk, and put them aside sufficiently near the fire not to cool too readily. Cut into



diamonds half a dozen thin slices of sausage meat, and fry them brown in a little fresh butter. When they are a good colour, take them out, and pour three parts of the butter in which they have been fried into a small well-tinned or earthenware saucepan. Thicken it while heating with a spoonful of flour, and pour in gradually a pint of good gravy, with a glass of old brown sherry, or two of Madeira. Put in a faggot of herbs, and season to palate, a little cayenne may accompany the common pepper. As soon as it boils lay the sausage cakes round the saucepan close to the sides, leaving the centre clear, and in this space put the chestnuts. Let them stew slowly three quarters of an hour; then dish them, arranging the sausage meat and chestnuts in the same manner as in the stewpan; pour the gravy over them, removing the faggot of herbs first and serve.

---

349.—TO COLLAR A PIG'S HEAD.

Clean thoroughly, and put it in pickle for a week, boil it tender, then take out the bones carefully, turn the upper part of one cheek to the snout of the other cheek, season them with pepper and salt, roll it lightly in a cloth, and secure it, then boil until it is very tender, do not remove the cloth when done but place it upon an earthenware dish, lay a heavy weight upon it, and unbind when cold; if the cheek is a large and fat one, it will be improved by laying a slice or two of lean pork, or ham between the cheeks before binding them in the cloth.

---

350.—PIG'S HEAD BAKED.

Let it be divided and thoroughly cleaned; take out the brains, trim the snout and ears, bake it an hour and a half, wash the brains thoroughly, blanch them, beat them up with an egg, pepper and salt, and some finely chopped or pounded sage, and a small piece of butter, fry them or brown them before the fire; serve with the head.

---

351.—PIG'S HEAD BOILED.

This is the more profitable dish though not so pleasant to the palate, it should first be salted, which is usually done by the pork butcher, it should be boiled an hour and a quarter, it must boil gently or the meat will be hard; serve with vegetables.

---

352.—PETTITOEES.

Put them in just sufficient water to cover them, add the heart and liver, boil them ten minutes, take out the liver and heart, and mince them small, and return them to the feet, stew until quite tender, thicken with flour and butter, season with pepper and salt, serve up with sippets of plain bread, or toasted bread; make a pyramid of the minced heart and liver, and lay the feet round them.

When petittoes are fried, they should be first boiled, then dipped in butter, and fried a light brown.



## 353.—PIGS' FEET STEWED.

Clean, split, and boil tender, put them into a stewpan with enough gravy to cover them, an onion sliced, a few sage leaves, whole black pepper, allspice, and salt, stew forty minutes, strain off the gravy, thicken with flour and butter, add two spoonfuls of vinegar or one dessert-spoonful of lemon pickle; serve it up with the feet.

## 354.—PIGS' FEET AND EARS FRIED.

They must be well cleaned, and boiled until tender, and laid in vinegar and water, with salt in it, until they are required for use; to prepare them for cooking, cut the feet in two, slice the ears, dip them in butter, dredge with flour, fry a nice colour, and serve with melted butter and lemon pickle.

## 355.—PIGS' HARSLET

Is made with the liver and sweetbreads, which must be well cleaned, add to them pieces of pork both fat and lean, chop finely sage and onions, season with pepper and salt, and mix with the preceding; put them in a cowl, tie it closely, and roast. It may also be baked. Serve with a sauce of port wine and water and mustard, just boiled up, and put it into the dish.

## 356.—COCHON DE LAIT EN BLANQUETTE.—ENTRÉE.

Dress this the same as Blanquette de Veau.

## 357.—WHITE PUDDINGS

Are made with beef suet and oatmeal, flavoured and seasoned. Take a pound and a half of beef suet, chop it very fine, and, having boiled a pound of oatmeal tightly wedged down in a small white basin closely covered with a cloth for five hours, scrape it into powder, and mix it with the suet, two small onions boiled and chopped fine, and season well with white pepper and salt, a small quantity of thyme and marjorum may be added at pleasure. Boil them an hour. Like all sausages they must be pricked while cooking, to suffer the hot air generated to escape, or they will burst.

## 358.—BLACK PUDDINGS.

Stir three quarts of sheep's blood with one spoonful of salt till cold, boil a quart of Embden grits in sufficient water to swell them, drain, and add them to the blood with a pound of suet, a little pounded nutmeg, some mace, cloves, and allspice, a pound of the hog's fat cut small, some parsley finely minced, sage, sweet herbs, a pint of bread crumbs, salt, and pepper; mix these ingredients well together, put them into well cleaned skins, tie them in links, and prick the skins, that while boiling they may not burst. Let them boil twenty minutes, and cover them with clean straw until they are cold.



## 359.—BLACK AND WHITE PUDDINGS.

Procure the pig's blood, then add half a pound of half-boiled rice, set it to cool keeping it stirred, add a little more rice boiled in milk, add it to the blood, cut up about one pound of fat pork into large dice, melt half a pound of lard and pour into the blood and rice, then add your fat, with a few bread crumbs, three shalots, a little parsley, some black pepper, cayenne pepper, and salt, mix all well together, then fill into skins as before; tie them the length you wish them, then boil them a quarter of an hour, take them out and lay them on some new clean straw until cold, then give them another boil for a few minutes, then turn them as before until wanted, put them in the oven when you require them, or fry taem or broil them.

## 360.—LARD.—TO MELT LARD.

Take the inner fat of a newly killed pig and strip off the skin completely and carefully, slice it and put it into a jar, a sprig of rosemary may be placed with it, and set the jar in a pan of boiling water; let it melt, and when perfectly fluid pour it into dry clean jars, and cover them closely; it may be kept some time in a dry place, and when used may be mixed with butter for pastry, for frying fish, and many other purposes in cooking.

## 361.—HAMS.—BOILED HAM.

Hams which come from the large cheesemongers have usually been long hung and are very dirty; if such should be the case the ham should be soaked about twelve hours, then wrapped in a clean cloth, and laid upon stone flags for two days, the cloth being kept moistened with clean soft water, this will render it tender when cooked, let it be thoroughly scraped and cleaned, and placed in the copper, which in small families will be found the most convenient mode of cooking it; they should be put in sufficient water to cover them, which water, when the ham is cooked, will be found of the greatest service in making stock for soups; the time it will require to boil will depend upon the weight of the ham, a small one three hours and a half, which may progress according to the weight to six hours, when it is done remove the skin if possible without breaking it, it prevents the ham when cold becoming dry; spread over the ham bread raspings, the dish should be garnished with sliced boiled carrots.

## 362.—TO CURE HAMS.

In London this is a knowledge scarcely required, hams are brought thither in such vast numbers that it is scarcely worth the trouble to cure them, the more especially as the hams are generally cured with considerable skill and with advantages not possessed by a private family. As, however, in many families it is preferred to cure at home, and as in many parts of the country, where this work, it is hoped, will find its way, it becomes almost a matter of necessity, we subjoin the following receipt.



Place the ham in a deep pan, cover it with treacle, and rub it well with it for three days; then mix together in a mortar one pound of common salt, half the quantity of bay salt, an ounce of black pepper, and three ounces of saltpetre, these quantities have been found to answer most successfully; beat them well together, and rub well into the ham, continue this for a month, turning and rubbing every day, then drain the pickle from the ham, allowing it after being removed from the pan about sixty hours to drain effectually, it may then be washed with a little white vinegar and hung up to dry.

---

### 363.—TO CURE HAMS.

Pound some bay salt, saltpetre, and common salt, and some coarse brown sugar, mix it all well together, then put it all to get hot, and while hot rub the hams well with this, repeating it every morning for a week, let them lie in the brine for another week, until all well incorporated in the meat; then take them out to drain on dishes, flour them and hang them up to dry; you must be guided a good deal by the size of the hams.

---

### 364.—TONGUES.

You will first lay in salt, first then use the same hot preparations daily, about ten days will do for the tongues; sheep's tongues may be done the same, but less time.

---

### 365.—ANOTHER RECEIPT TO CURE HAM.

Let the ham hang for three days, sprinkle it well during the time with salt. Make a pickle of eight ounces of bay salt, an equal quantity of common salt, two ounces of saltpetre, the same of black pepper, half a pound of common brown sugar, and a quart of beer; boil it, pour hot upon the ham, turn it every day in the pickle for three weeks, wipe it as dry as possible, and bury it in bran. Smoke it for a month over wood smoke; it must be sewn in a coarse strong wrapper.

---

### 366.—TO BAKE A HAM.

Put the ham in soak previous to dressing it; if an old one two hours will be required, but if not very old, an hour will suffice. Wipe it very dry, and cover it with a paste about an inch in thickness. The edges being first moistened must be drawn together, and made to adhere, or the gravy will escape. Bake it in a regular, well-heated oven, it will take from three to six hours, according to its weight; when done remove the paste, and then the skin. This must be done while the ham is hot. If well baked and not too salt, it will prove of finer flavour than if boiled.

---



## 367.—TO BRAISE A HAM IN THE FRENCH FASHION.

It is prepared for cooking in the same manner as in the preceding receipt, but when cleaned it is placed upon a layer of new hay, which has previously been laid evenly upon a clean white cloth, which should also be thin, that the flavour of the braise may be imparted. It is then placed in a stewpan, with two parts water to one part vin ordinaire, or any light white wine, and suffered to come to a boil. The scum must be removed, and then vegetables added, four carrots, three onions, a faggot of herbs, and, if approved, a little corn of garlic, perhaps less of that powerfully flavoured root. Simmer from three hours and a half to six, according to the weight; when tender it is enough. The skin should then be stripped off carefully, and bread raspings strewed over it. Powdered herbs, or parsley chopped very fine, are sometimes mixed with the raspings, but taste must regulate its admission or omission.

## 368.—TO BRAISE A HAM.

Put the ham into water the night previous to cooking, and next day wash it in warm water, trim it by cutting away all the yellow fat and rusty parts; take off the knuckle, and pare down all the under part; put it in a stewpan, and just cover it with water; lay in a slice of beef cut into pieces, a few onions, a faggot of sweet herbs, three small carrots, and a little allspice; simmer from three to six hours, it must depend entirely upon the size and weight. Take out the ham, and skin it; glaze, and serve it upon a purée of vegetables. The braise may be made into a rich brown soup, thickened and flavoured with wine, it may serve also for the flavouring of soups.

## 369.—HAM RASHERS, OR SLICES

May be toasted, broiled, or fried. May be served with spinach and poached eggs, boiled green peas. Stewed with green peas, or cut in thin slices, divided in four pieces, each piece rolled and fastened with a skewer, roasted in a Dutch oven, and served with peas. They should in all cases be cut an even thickness, and cooked without injuring the colour. Bacon may be dressed in the same variety.

## 370.—TO CURE BACON.—COBBETT'S RECEIPT.

The two sides that remain, and which are called *fitches*, are to be cured for bacon. They are first rubbed with salt on their insides, or flesh sides, then placed one on the other, the flesh sides uppermost, in a salting trough which has a gutter round its edges to drain away the brine, for to have sweet and fine bacon the fitches must not be sopping in brine, which gives it the sort of taste that barrel pork and sea pork have, and than which nothing is more villanous; every one knows how different is the taste of fresh dry salt from that of salt in a dissolved state, therefore *change the salt often*, once in four or five



days ; let it melt and sink in, but let it not lie too long ; change the flitches, put that at bottom which was first on the top, do this a couple of times ; this mode will cost you a great deal more in salt than the *sopping mode*, but without it your bacon will not be so sweet and fine, nor keep so well. As for the time required in making your flitches sufficiently salt, it depends on circumstances, the thickness of the flitch, the state of the weather, the place wherein the salting is going on ; it takes a longer time for a thick than a thin flitch ; it takes longer in dry than in damp weather ; it takes longer in a dry than in a damp place ; but for the flitches of a hog of five score, in weather not very dry or damp, about six weeks may do ; and as yours is to be *fat*, which receives little injury from over salting, give time enough, for you are to have bacon until Christmas comes again.

The place for salting should, like a dairy, always be cool, but always admit of a free circulation of air ; confined air, though cool, will taint meat sooner than the mid-day sun accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary : first, to hang the flitches where no rain comes down upon them, and next, that the smoke must proceed from wood, not peat, turf, nor coal. As to the time it requires to smoke a flitch, it must depend a good deal upon whether there be a constant fire beneath, and whether the fire be large or small ; a month will do if the fire be pretty constant, and rich as a farm-house fire usually is ; but over smoking, or rather too long hanging in the air, makes the bacon *rust* ; great attention should therefore be paid to this matter. The flitch ought not to be dried up to the hardness of a board, and yet it ought to be perfectly dry ; before you hang it up lay it on the floor, scatter the flesh side pretty thickly over with bran, or with some fine sawdust, not of *deal* or *fir* ; rub it on the flesh, or pat it well down upon it, this keeps the smoke from getting into the little openings, and makes a sort of crust to be dried on.

“ To keep the bacon sweet and good, and free from *hoppers*, sift fine some clean and dry *wood ashes*. Put some at the bottom of a box or chest, long enough to hold a flitch of bacon. Lay in one flitch, and then put in more ashes, then another flitch, and cover this with six or eight inches of the ashes. The place where the box or chest is kept ought to be *dry*, and should the ashes become damp, they should be put in the fire-place to dry, and when cold put back again. With these precautions, the bacon will be as good at the end of the year, as on the first day.”

It may be as well to observe in reference to the above receipt, given by the very celebrated William Cobbett in his *Cottage Economy*, that most counties in England have their peculiar method of curing hams and bacon, each varying in some slight degree from the other, and, of course, each is considered orthodox. But for simple general rules, the above may be safely taken as a guide ; and those who implicitly follow the directions given will possess at the expiration of from six weeks to two months well flavoured and well cured bacon.

---



## 371.—TO CURE BACON FOR LARDING.

It is of little use preparing a small piece of bacon for larding, for different joints require lardings of different lengths, a piece of beef, for example, will, if of a tolerable size, require very lengthy lardings, as a fowl will require but small ones. Ten to twenty pounds should at least be prepared; take fifteen pounds, and the fatter it is the better, rub it well with a pound and a half of pounded common salt, if in one piece lay it upon a board with another over it, if in more than one piece let each piece have a board with a weight at the top, keep it in a cool place four or five weeks, hang it to dry but not to be smoked.

## 372.—TO BOIL BACON.

If very salt, soak it in soft water two hours before cooking. Put it into a saucepan with plenty of water, and let it boil gently; if two or three pounds, it will take from an hour to an hour and a quarter; if larger, an hour and forty minutes will suffice. If a fine piece of the gammon of bacon, it may when done have the skin, as in hams, stripped off, and have finely powdered bread raspings strewed over it. It will improve the appearance when sent to table.

## 373.—BACON, TO BROIL.

Make up a sheet of paper in the shape of a drippingpan, cut your bacon into thin slices, cut off the rind, lay the bacon on the paper, put it over the gridiron, set it over a slow fire, and it will broil clearly.

## 374.—BACON, TO MAKE.

Rub the bacon with a little common salt, and let them lie till the brine runs from them; in a week rub off all the salt and put them in a tub, then rub into the flitches a pound of saltpetre pounded and heated, the next day do the same with common salt, also heated, let them lie a week, often rubbing them, do the same for three weeks or a month, at the end of that time dry and hang them up for use.

## 375.—BACON AND CABBAGE.

Boil some fine streaked part of bacon with a little stock, and the ends of eight or ten sausages, boil in the same stock some white cabbages for two hours, add salt and spice and serve very hot, place your sausages and cabbage round your dish, and the bacon in the middle.

## 376.—BACON AND EGGS.

Take a quarter of a pound of streaked bacon, cut it into thin slices, and put them into a stewpan over a slow fire, take care to turn them frequently, then pour the melted fat of the bacon into a dish, break over it seven or eight eggs, add two spoonfuls of gravy,



and a little salt and pepper, and stew the whole over a slow fire, pass a salamander over it and serve.

---

377.—BACON FRAZE.

Beat eight eggs into a batter, a little cream and flour, fry some thin slices of bacon and dip them in it, lay the bacon in a fryingpan, pour the batter over them, when one side is fried turn and pour more batter over them, when both sides are of a good colour lay them on a dish and serve hot.

---

378.—BACON GAMMON, TO BAKE.

Take a gammon of bacon, lay it to soak all night, scrape it clean and stuff it with thyme, sage, savoury, sweet morjoram, penny-royal, strawberry-leaves, violet-leaves, and fennel; chop these and mix them with the yolks of hard eggs, pepper, and nutmeg, boiled till tender; when it is cold pare the under side, pull off the skin, season it with pepper and nutmeg, and put it in a paste, and bake with whole cloves and slices of raw bacon laid over it, and butter.

---

379.—BACON TOAST.

Cut some thin slices of bread, about two or three inches long, cut some streaked bacon in small pieces, dip them into a raw egg beaten up with shred parsley, green onions, shalots, and pepper, fry over a slow fire, and serve with clear sauce and a little vinegar in it.

---

380.—BACON TOAST.

Cut off the ends of a stale French brick, and lard the middle of it with streaked bacon, then, with a very sharp knife, cut the loaf in slices, about a quarter of an inch thick, dip them in eggs, and fry gently in a very hot pan till of a good colour; serve with a little clear sauce and a little vinegar and pepper.



## CHAPTER VIII.

## POULTRY.



ALWAYS have good and fat poultry where possible, in the country you may command it. The best sort for table is the Dorking breed, they are five toed, have white legs, and feathers of a greyish white colour.

About three weeks before you want to use them, six or twelve fowls, according to your consumption, should be put into the coop, and as you kill one or more replace them to keep up the stock; for the first week feed them alternate days with boiled rice and soaked bread and milk, the remainder of the time mix barley meal with the skimmings of your stockpot and a spoonful of moist sugar, the windows of your poultry house must be darkened.

Fowls should be carefully drawn, so that the gall bladder is uninjured, and should only be done through the vent.

Roast with a brisk and clear fire. A capon will take five-and-thirty minutes, smaller fowls a less time in proportion. A turkey of



fourteen pounds will take two hours; the time will increase or decrease with the weight. The same rule applies to geese, a large one will take an hour and a half, chickens take half an hour, pigeons ten minutes less. It must be understood that the adherence to the time will depend on the state of the fire, &c.; a slow fire will make a longer time necessary, and at the same time spoil the poultry.

---

381.—TO BONE BIRDS:

Begin to bone any birds by first taking out the breast bone, when you will have sufficient space to remove the back with a sharp knife, and then the leg bones; the skin must not be broken, but the meat of the legs must be pushed inwards.

---

382.—TURKEY ROAST.

It is stuffed with either sausage meat or fillet of veal stuffing. While roasting a piece of paper should be placed over the part stuffed, as being bulky it will catch the fire and become scorched, but keep the heat well to the breast, in order that it may be as well done as the rest of the bird. Baste well, and froth it up. Serve with gravy in the dish, and bread sauce in a tureen. To the sausage meat, if used, add a few bread crumbs and a beaten egg. Turkey is sometimes stuffed with truffles; they are prepared thus: they must be peeled, and chopped, and pounded in a mortar, in quantities of a pound and a half will be found sufficient; rasp the same weight of fat of bacon, and mix it with the truffles. Stuff the turkey with it; this stuffing is usually placed in the turkey two days previous to cooking, it is supposed to impart a flavour to the flesh of the fowl. Cut thin slices of fat bacon, and place over the breast of the turkey. Secure it with half a sheet of clean white paper, and roast. Chestnuts dressed in the same fashion are found an excellent substitute for truffles. Two hours will roast it.

---

383.—ROAST TURKEY.

Stuff it with veal stuffing, with or without truffles, if truffles, chop and pound some and mix in the stuffing, keeping all your large ones to be whole for the body of the turkey, you must keep them in the turkey for two days; chestnuts should be used raw, pare and pound them, roast at a slow fire covered with buttered paper.

---

384.—TURKEY BOILED.

A hen bird is considered the best. It may be stuffed with truffles, chestnuts, or sausage meat. Boil it in a clean floured cloth; throw some salt into the water in which it is boiled. Cover close, and simmer for two hours, remove the scum frequently. White sauce, or parsley and butter, the latter is now scarcely ever brought to table.



## 385.—TURKEY WITH SAUSAGE MEAT AND TONGUE.

Bone the turkey, then fill the inside with sausage meat, with or without tongue, if with tongue the tongue should be boiled the day before, cut off the root and tip to the length of the turkey, if you have a fowl to spare, wrap the tongue in this after it is boned, and place it in the middle of the turkey surrounded with sausage meat, introduce truffles if you like; if roasted, a slow fire, and it will take a long time to roast through; if for boiling, cover it with fat bacon and slices of lemon tied in a cloth, pour whatever sauce you propose over the turkey.

## 386.—TURKEY HASHED.

Cut up the remains of a roasted turkey, put it into a stewpan with half a gill of sherry wine, shalots, truffles, mushrooms, chopped parsley, salt, pepper, two spoonfuls of cullis, and a little stock; boil half an hour, and reduce to a thick sauce. When ready add a pound of anchovies; and a squeeze of lemon. Skim the sauce free from fat, and serve altogether.

## 387.—FORCED TURKEY OR FOWL.

Take all the bones from the turkey, fill it in again with either good sausage meat or veal forcemeat, with or without truffles as may be required, braise it in a cloth keeping it a good shape; when done glaze the breast a good colour, use silver skewers to ornament with, and any of the sauces named or a fricandeau sauce under it.

## 388.—FORCED TURKEY WITH A TONGUE.

Boil a tongue the day before, take off the skin, and cut off the root, then place it in the middle of the boned turkey, and then cover forcemeat all round it, but do not fill it too full or it will burst in boiling.

## 389.—TURKEY LEGS BROILED.

Braise some undressed legs of turkey until tender, dip them in melted butter, or clear salad oil; broil them a fine brown colour, and serve with a *rémoulade* sauce.

## 390.—TURKEY À LA ROYALE.

Make a mince with tongue, ham, mushrooms, and truffles; put it into a Spanish or brown sauce. The turkey being roasted, dish it, add a little lemon juice to the mince, which pour into the dish, and serve.

## 391.—TURKEY POULT

Should be roasted without stuffing, it will be done with a clear fire in twenty minutes. Serve with bread or gravy sauce.



## 392.—TURKEY GIBLETS À LA BOURGEOISE.

The giblets consist of pinions, feet, neck, liver, and gizzard; scald, and put them into a stewpan with a piece of butter, parsley, scallions, garlic, thyme, bay leaf, basil, mushrooms, and a clove or two; moisten with stock, season with pepper and salt, make it well hot, thicken with a little flour, and when almost done add a few turnips fried slightly in a little butter.

## 393.—TO ROAST A GOOSE.

Goose in itself is of a strong rich flavour, and requires both nicety in the cooking as well as in the stuffing to obviate that strength of flavour. There are many modes of stuffing; for one mode, take two moderate sized onions and boil them rapidly ten minutes, then chop them finely, mince sage to the quantity of half the onion, add of powdered bread twice as much as of onion, pepper and salt it, introducing a little cayenne, and then bind it with the beaten yolk of an egg. Potatoes mashed are sometimes introduced, but not frequently into the body, they should be mashed with floury potatoes mixed with cream and a little fresh butter rather highly seasoned with cayenne and salt. Both ends of the goose should be secured when trussed that the seasoning may not escape. It should be roasted before a quick fire and kept constantly basted; a piece of white paper may be placed over the breast while roasting until it rises, and then it may be removed; it will take from an hour and a half to an hour and three quarters, serve with a rich brown gravy and apple sauce.

Previous to sending to table, a flavouring may be made as follows, to a dessert-spoonful of made mustard add a quarter of a tea-spoonful of cayenne pepper, about the same quantity of salt, mix it evenly with a glass of port wine and two glasses of rich gravy, make it hot, cut a slit in the apron of the goose, and pour it through just previously to serving.

## 394.—A GREEN GOOSE

Is seldom or never stuffed; the inside may be well peppered and salted, and it should be roasted before a brisk fire about three quarters of an hour; it should be sent to table with no other accompaniment than a good brown gravy and apple or sorrel sauce.

## 395.—GREEN GOOSE, OR YOUNG AND OLD GEESE.

Ducklings and green geese are roasted without any stuffing, but a goose requires stuffing; boil some sage, and some onions, and some apples, chop all fine together, a little pepper, and salt, a little mustard, juice of lemon, a few bread crumbs, bind all together with a little good stock, or milk, or butter; apple sauce in a boat.

## 396.—TO ROAST DUCKS.

Ducks should be well plucked without tearing the skin, all the



plugs being removed. Some cooks go so far as to skin the duck, holding it a minute by the feet in scalding water, that the skin may peel easier; clean the insides thoroughly with a little warm water, and stuff them with the same stuffing as for goose, using perhaps a little more bread for the sake of mildness, roast them before a brisk fire, but not too close, baste very frequently, they will take from half an hour to an hour, much depends on the age and size, when the breast plumps they will be just done; serve them with a rich brown gravy.

---

397.—TO BOIL DUCKS.

Clean and pluck them, let the skin be preserved from rents while plucking, salt them for about thirty hours previous to cooking, flour a clean white cloth and boil them in it, a moderate sized duck will take about an hour's boiling, make a rich onion sauce with milk, and send it to table with the duck. When the duck is boiled fresh it may be stuffed as for roasting, and served with the same description of gravy,

---

398.—TO STEW DUCKS.

There is a difference between a stewed duck and stowed duck, and it is not the *a* alone; in the one case the duck is stewed whole, and in the other in pieces. To stew a duck or ducks, they should be stuffed and roasted for twenty minutes, and then placed in a stewpan with an onion cut in slices, a little sage and mint, and sweet herbs chopped fine, and about a pint of good beef gravy, seasoned with pepper and salt, let it stew gently for about twenty minutes, take out the duck carefully and keep it warm, strain the gravy, pour it into a clean stewpan, and add to it when well heated the duck and a quart of green peas, let it simmer for half an hour, if not sufficiently thick add a little flour and butter, a glass of good old port wine, and send to table, with the peas in the same dish as the duck.

---

399.—STEWED DUCK.

The ducks should be cut into joints and laid in a stewpan with a pint of good gravy, let it come to a boil, as the scum rises remove it; season with salt and cayenne, let them stew gently three quarters of an hour, mix smoothly two tea-spoonfuls of fine ground rice, with a glass of port, stir it into the gravy, let it have seven or eight minutes to amalgamate with the gravy, dish and send to table very hot.

---

400.—TO HASH DUCKS.

The same receipt may be followed as for hashing fowl and game, with the exception that it will not require so much time to stew.

---

401.—WILD DUCKS, OR TEAL.

You must be very particular in not roasting these birds too much;



a duck about fifteen minutes with a good fire, baste them very frequently; teal will of course take less time, but your fire and motion of the spit must be attended to, and when you dish it, unless preferred to be done by the gentleman at the table, draw your knife four times down the breast; have ready a little hot butter, and juice of a lemon, cayenne pepper, a little dust of sugar, a glass of port wine, pour it all hot, the last minute, over your ducks; the remainder left of those birds the next day makes excellent salmi or hash, taking care of all the gravy that may remain.

---

402.—WILD DUCKS.

These birds require clean plucking and clean washing, which may be done by pouring warm water through the body after it has been drawn; half an hour before a brisk fire will suffice to roast them, and stuffing is not required. When it is sent to table the breast should be sliced, and a lemon squeezed over it, the slices of the breast and the wings are the only parts really worth eating to a sensitive palate, the strong flavour of the bird rendering it a dish only for those with peculiar tastes.

---

403.—ROAST FOWLS.

If nicely trussed, make a stuffing of butter and some pepper, dry up the butter with a few bread crumbs, baste it well, add flour and salt before you take it from the fire. If approved of, stuff the fowl with some good sausage-meat, truffles, or chesnuts.

---

404.—ROAST FOWL.

Clean the fowl thoroughly, roast it twenty minutes, unless a very fine one, and then it will take three quarters of an hour; serve with bread sauce, or parsley and butter, egg sauce is sometimes sent to table with it.

If a small lump of salt butter, well covered with black pepper, is placed within the fowl previous to roasting, it will be found to improve the fowl by removing the dryness which is met with in the back and side bones.

---

405.—BOILED FOWLS.

Flour a white cloth, and put the fowls in cold water, let them simmer for three quarters of an hour; serve with parsley and butter, or oyster or celery sauce. The fowls may be covered with a white sauce if sent cold to table, garnished with coloured calf's foot jelly of the hue of beetroot.

---

406.—COLD FOWLS.

When, for the purpose of convenience, fowls are sent to table cold, it is much better to carve them in the kitchen, let it be done with a



short knife and with precision, the slices from the breast should be well cut, and the whole arranged tastefully in the centre of the dish, a layer of ham and tongue in alternate pieces may be laid round the dish, and slices of both in small dishes should accompany it to table; handsome sprigs of parsley may garnish each dish.

---

407.—FOWLS WITH TRUFFLES.

Remove the skin from a plump young fowl, bone it carefully, then slice some green truffles, season them with pepper, salt, and mace, to taste, and stuff the fowl with them, tying it up tightly. Cut into slices some fat bacon, place them in layers over the fowl, and upon each slice of bacon lay a thin slice of lemon, from which the rind has been removed. Put the whole into a stewpan, with an onion stuck with two or three cloves, and a carrot, covering the whole with water, let it stew very gently for an hour and a half, strain, add a cupful of good rich gravy with a spoonful of Harvey's or mushroom sauce, let it simmer half an hour, and serve with the fowl in the sauce.

---

408.—FOWL BROILED.

Separate the back of the fowl and lay the two sides open, skewer the wings as for roasting, season well with pepper and salt, and broil; send to table with the inside of the fowl to the surface of the dish, serve mushroom sauce; it is an admirable breakfast dish when a journey is to be performed.

---

409.—FOWL, ETC., HASHED.

This receipt will serve for any but the very larger species of poultry or game; joint them and cut a cutlet from each side of the breast, if it has not been eaten when previously dressed, break the bones of the body and put all into a stewpan with a pint of water, a small faggot of sweet herbs, one carrot sliced, and an onion; let it stew an hour and three quarters, or two hours, skim the fat from the gravy as it rises, strain it, skim again, and pour it into another stewpan, thicken with a little butter and flour, flavour with Harvey's sauce, or any sauce applicable to such a dish, a little pepper and salt, and ground nutmeg, or mace for seasoning; add the fowl and heat it thoroughly through without permitting the hash to come to a boil. Sippets of toasted or fried bread cut in dice surround the dish, in the centre of which the fowl is handsomely laid.

---

410.—TO GRILL COLD FOWLS.

Trim the joints that remain, and having dipped them in clarified butter, spread over them a coating of finely powdered bread crumbs, mixed with very finely ground nutmeg, mace, cayenne, and salt in small quantities, lay them upon a clean gridiron over a clear fire, broil gently.



## 411.—GUINEA FOWL, ROASTED.

This bird has very much the flavour of a pheasant, and should be allowed to hang as long as it can without being too far gone; it may be then trussed and dressed as a pheasant or as a turkey. Serve with a rich brown gravy and bread sauce; it will take from forty-five to fifty minutes.

## 412.—FRICASSEE OF FOWL.

The fowl must be rather better than parboiled; this is done best by placing it in a jar instead of immediately into the water, in the jar should be put a small lump of butter rolled in flour, parsley, an onion sliced, and a little salt; the jar and its ingredients should be placed in a saucepan, and when the fowl is three parts done it should be taken out, drained, and dried with a cloth, and the liquor strained and skimmed; place it in a stewpan with two slices of ham of moderate thickness, add a little butter and flour to colour; the liquor from the jar will serve to moisten it; add a few mushrooms, chopped parsley, a handful of spring onions cut small, sorrel, a bay leaf, a clove, and a little seasoning, let it stew, occasionally skimming it until done, take away the herbs, thicken the sauce with cream, squeeze in lemon juice, pour the sauce over the fowl when dished. Be careful that it does not boil while stewing, or the fowl will be spoiled.

## 413.—MADE DISHES OF POULTRY,—FOWL À LA PROVENÇAL.

Partly roast the fowl, cut it up, detaching the wings and legs, carefully dividing side bones, neck bones, breast, and back in as handsome pieces as possible; take eight or ten large onions, which cut in slices of moderate thickness, make in a stewpan a layer of the sliced onion with some chopped parsley, then lay upon it some of the fowl, again a layer of the onion and parsley until the whole of the fowl and onion are used; place in two bay leaves and about as much salt as would fill a large tea-spoon, four table-spoonfuls of olive oil, or, if that is not to the palate, substitute cream; it should simmer gently until enough, and then be dished, the onion in the middle; serve with a little sauce.

## 414.—FOWL À LA BÉCHAMEL.

If you have had a roast capon for the second course the day before, and only a little cut from the breast, take a sharp knife and cut through the breast bone down nearly to the rump, left of the breast, take off the skin and cut it up as you would for pulled fowl; have ready in a stewpan a little good white sauce, chopped parsley, and shalot, a little piece of mushroom chopped, boil all this together, keeping it quite thick, scrape out anything remaining in the inside of the fowl, after season the emincet with lemon juice, salt, and cayenne pepper, fill in the fowl imitating a whole fowl, cover it with bread



crumbs, sprinkle clarified butter all over the bread crumbs, butter paper and tie round the fowl, put it into the oven to brown the top and get hot through, when done a light brown take off the paper, and put it into your dish with a good sauce under it.

---

415.—AN INDIAN PILAU.

Truss a fowl as for boiling, pass it a few minutes in the oven, raising it up with fat bacon or buttered paper; fry some onions, a few bruised coriander seeds, and a few cardamum seeds whole, fry a nice light colour four onions cut in slices, add to this a gill or more of cream, when all fried in a little butter; put in your fowl with some good veal stock, have ready some rice boiled in milk for two minutes, skim it off and add it to the fowl, frequently looking at it and moving it to keep it from sticking or burning, let your fowl stew for a quarter of an hour before you add the rice, do not let the rice get mashed; season with cayenne pepper and salt, put all the rice and liquor round the fowl: you can use rabbits, or chickens, or quails, or veal, instead of fowl, the same way.

---

416.—GRAVY FOR A FOWL WHEN THERE IS NO MEAT TO MAKE IT OF.

Nicely wash the feet of a fowl, and cut them and the neck into small pieces, simmer them with a little browned bread, a slice of onions, a bit of parsley, and thyme, some pepper, and salt, and the liver and gizzard in a quarter of a pint of water, simmer them till they are reduced to a half; take out the liver, bruise it, and strain the liquor to it, then thicken it with flour, and butter, and add a tea-spoonful of mushroom ketchup.

---

417.—BLANC.

A mixture of salt, butter, water, and a slice of lemon, and as follows:—cut a pound of beef suet, also a pound of fat bacon, into slices, half a pound of butter, the juice of a lemon, salt, and pepper, one or two onions, a bunch of parsley, a little thyme, bay leaf, and spice. When stewed enough, it should be strained through a tammy or hair sieve. If used for a fowl, the latter must simmer in it about thirty-five minutes.

---

418.—BLANC.

Take half a pound of beef fat, half a pound of bacon, a quarter of a pound of fresh butter, two carrots, two onions cut in half, a bunch of sweet herbs, a few bay-leaves, the juice of a lemon, some salt, whole pepper, and two glasses of stock, and boil the whole for some time, it will be then fit for use.

---

419.—CHICKENS BOILED.

Care should be taken to select the chickens plump or they form a



meagre dish, they should receive much attention in the boiling, they require less time than a fowl, and are sent to table with white sauce, and garnished with tufts of white broccoli.

---

420.—CHICKENS PULLED.

Remove the skin carefully from a cold chicken, then pull the flesh from the bones, preserving it as whole as you can. Flour them well, fry them a nice brown in fresh butter; draw them, and stew in a good gravy well seasoned; thicken a short time before serving with flour and butter, and add the juice of half a lemon.

---

421.—CURRIED CHICKENS.

Lay the pieces of a dressed chicken into a stewpan with a sliced onion fried brown, a clove of garlic, and some good white gravy: simmer till the chicken is tender, add a spoonful of curry powder, flour rubbed smooth with a lump of butter; a quarter of a pint of cream, with a little salt, may be added twenty minutes before serving: squeeze a little lemon into the dish, and put an edging of rice round the dish.

---

422.—TO BRAISE CHICKENS.

Bone the chickens, stuff them with forcemeat, place in the stewpan the bones and trimmings, lay the chickens upon them with a braise of sweet herbs, onions, mace whole, some thin slices of bacon, about three parts of a pint of stock, or, if that is not handy, water, two glasses of sherry, the bacon should be added last. Cover close, and stew for two hours. Then take out the chickens, strain the braise, remove the fat, and boil the braise rapidly to a glaze, paint it over the chickens with a brush while the braise is being boiled; brown the chickens before the fire, it adds to their appearance. When glazed, fowls may be braised in the same manner.

---

423.—CUTLETS OF CHICKEN.

Remove the skin of two or three chickens. Bone all the joints except the wings, unless the fowl is very fleshy, and then remove them also, removing likewise breast bones; flatten the flesh, and spread over them a seasoning of salt, cayenne, grated nutmeg, and mace, the salt being in the greatest proportion. Coat them with beaten egg and bread crumbs, fry them a nice brown.

Have ready some good brown gravy seasoned and flavoured with lemon pickle. Lay the cutlets in the centre of the dish, and pour the gravy over them.

---

424.—FRIED CHICKEN À LA MALABAR.

The Indian receipts for carving chicken are very numerous, we select the following. Cut up the fowl as for a stew, removing the



joints carefully and carving the body into handsome shapes, remove all moisture with a clean dry cloth, and powder every part with curry, to which half a tea-spoonful of curry has been added, fry it in fresh butter a pale brown, cut into small pieces two or three onions, and fry in clear butter, sufficient to keep the pan from burning, be very particular respecting that, but not more than should be absorbed by the onion after some time frying. It is as well here to say, that as onions are frequently used in the curried poultry by the Indian cooks, they employ the following method. When to be cut small they slice the onions and then separate them into rings, cutting these rings into the sizes they may require, which, if a little more labour, yet presents a better appearance; when they are fried sufficiently to have absorbed the grease in the pan without in any degree having been burned, spread them over the chicken and serve; a whole lemon should be sent to table with them.

---

425.—PIGEONS ROASTED.

Veal stuffing for pigeons; it improves the flavour; they must be fresh and well cleaned; butter and parsley may be served with them, but parsley alone as a stuffing, though frequently used, is by no means so palatable as the veal stuffing, or one made with veal, the fat of bacon and the crumb of bread soaked in milk and well seasoned. They are sometimes stuffed with truffles, or chestnut and bacon as turkey, covered with thin slices of fat bacon enwrapped in vine leaves instead of paper. They receive a fine flavour, but are they worth so much trouble?

---

426.—ROASTED PIGEONS.

Let your pigeons be picked clean and washed, then stuff the whole inside of the pigeon with fine veal stuffing if preferred, if not, merely a few bread crumbs and parsley, pepper and salt.

---

427.—PIGEONS—BROILED.

Split the backs, season them highly, lay them over a clear brisk fire, serve with mushroom sauce.

---

428.—PIGEONS AS WOODCOCKS.

Toast some bread as for woodcocks, butter it, and drop a few drops of essence of anchovies on the butter, spread it all over the toast, then put the toast under the pigeons while roasting.

---

429.—PIGEONS STEWED.

Take a white cabbage, cut it as for pickling, rince it in clear cold water, drain it well, put it into a saucepan with equal quantities of milk and water, boil it, strain off the milk and take a portion of the cabbage and lay it in a stewpan; soak the pigeons for half an hour in



cold milk and water, season them well with salt and pepper, adding a little cayenne; place them in the stewpan with the cabbage, cover them over with what remains, add some white broth, stew slowly until the pigeons are tender, thicken with a little cream, flour, and butter, let it boil, and serve up the pigeon with a purée of the cabbage.

430.—PIGEONS—LARDED AND BRAISED.

They require some skill as well as trouble, but they may be dressed exactly in the same manner as chickens, glaze them, and send them to table with mushroom sauce.

431.—FILLETS OF PIGEONS.

To each fillet leave the wing bone on, flatten them with your beater, you can take the bone out of the leg, take off the skin, and form them the shape of the fillets, and use them between, or leave the skin on, and fill in the leg with a little forcemeat, then sauté them off, take them up, and press them until cold; you can dish those alternately with your fillets or cutlets, if you wish cutlets, you must bread crumb them, as you will find veal cutlets are done, if garnish and ornamental work is liked, put a small cut truffle on the bone of each cutlet, and where there is no bone put a little skewer in for a bone.

432.—COMPÔTE OF PIGEONS.

Blanch four pigeons, then stuff them, place them in a stewpan, put in an onion, a slice of lemon, and a small handful of mushrooms, lay over them slices of fat bacon, add half a pint of good gravy, and stew gently until the pigeons are tender; take them out of the gravy, and keep them hot, strain off the gravy, skim it clear, then thicken with half a spoonful of flour, and a lump of butter, the size of a small walnut; season with salt, pepper, and a little cayenne, a few forcemeat balls may be added at pleasure, pour half into the dish with the pigeons, and serve the remainder in a tureen.

433.—PIGEONS IN JELLY.

Make some jelly of calf's foot, or if you have the liquor in which a knuckle of veal has been boiled, it will answer the same purpose; place it in a stewpan with a bunch of sweet herbs, a blade of mace, white pepper, a slice of lean bacon, some lemon peel, and the pigeons, which, being trussed and their necks propped up to make them appear natural, season to your palate. Bake them; when they are done remove them from the liquor, but keep them covered close, that their colour may be preserved. Remove the fat, boil the whites of a couple of eggs with the jelly to clear it, and strain it; this is usually done by dipping a cloth into boiling water, and straining it through it, as it prevents anything like scum or dirt sweeping through the strainer. Put the jelly rough over and round the pigeons.



## 434.—PIGEONS OR ANY BIRD IN ASPIC JELLY.

Get three pigeons, take out the bones, leaving on the neck an head, fill the birds with some forcemeat, making them the shape of the bird, cover them with fat bacon, put them on a dish, place them in the oven until done, take them out to get cold, have ready some very light coloured aspic jelly, either chop your jelly round them on the dish or in a mould, if in a mould place the breast downwards, let the jelly be quite cold and beginning to set before you pour it in, but if you intend to ornament your mould do it with green, red, and white devices, with what may then be in season; radishes, whites of hard eggs, cucumbers, French beans, truffles, and any other eatable and wholesome thing, never use any thing that is injurious to health; set it to get stiff, turn out with warm water.

## 435.—TO POT PIGEONS.

Season them well with pepper, cayenne, a little mace, and salt, pack them closely in a pan, cover them with butter, and bake them; let them get cold, then take off the fat, put the pigeons into pots, pour melted butter over them.

## 436.—WOOD PIGEONS

May be dressed exactly as tame pigeons, save that they require rather less time in the cooking, and the gravy or sauces should be richer and of a higher flavour.

## 437.—CHESTNUT STUFFING FOR PIGEONS.

Blanch some chestnuts, then pound them in a mortar with a small quantity of scraped fat bacon, a dust of sugar, pepper, and salt, and a few bread crumbs, then stuff the pigeons, covering them with vine leaves.

## 438.—LARKS.

Be very particular in roasting these birds; melt a little butter, add to it a yolk of egg, and with your paste brush egg all over them, and then bread crumb them, while roasting frequently baste them and flour them, and before you take them up flour and salt them; send them up with some brown bread crumbs.

## 439.—LARKS.

These nice little birds are in season in November; when they are cleaned, gutted, and picked, truss them, then do them over with yolk of egg, and then roll them in bread crumbs, spit them on a lark spit, and then fasten them on to a larger one; ten or fifteen minutes are enough to roast them in before a quick fire. Whilst they are roasting baste them with fresh butter, and sprinkle them with bread crumbs.



till they are well covered with them, fry some grated bread in butter, set it to drain before the fire that it may harden, serve the crumbs in the dish under the larks, and garnish with slices of lemon.

---

440.—LARKS—TO ROAST.

Lard and cover them with bacon, or you may only cover one half with bacon and lard the other, roast them, leave under them toasted bread to receive all that falls, leave in the trails for a side dish, they may be served up a variety of ways.

---

441.—WHEATEARS.

You will dress these the same as larks, taking about fifteen minutes to roast.





## CHAPTER IX.

## GAME, ETC.



## 442.—VENISON—THE HAUNCH.

“The observed of all observers,” when venison Epicureans sit at table; it is a joint, if properly kept, properly cooked, and served hot, which must prove delicious to the palate. It should always hang a considerable length of time, the delicacy of its flavour is obtained by hanging only, if it be cooked while fresh, it will not equal in any respect a haunch of mutton.

The haunch of venison, when about to be roasted, should be washed in warm milk and water, and dried with a clean cloth; if it has hung very long and the skin smells musty, it will be the safest plan to remove the skin and wrap the whole of the haunch in paper well greased with fresh butter; during the time it is at the fire, do



not be afraid of basting it too much, it will require all the cook is likely to give it; if it be a buck haunch and large it will take nearly four hours within five or ten minutes; if comparatively small, three hours and a half will suffice; if a doe haunch, three hours and a quarter will be enough. Remove the paper when it is done enough, dredge quickly with flour to produce a froth. Dish it and serve, let there be nothing with it in the dish; but the gravy should be sent to table in its proper dish, accompanied by currant jelly. The haunch is not unfrequently roasted in a paste, which in its turn is enclosed in paper, removed when the joint is nearly cooked. The above is the simplest and not the least palatable mode of sending it to table.

---

443.—TO DRESS VENISON.

All venison for roasting should have a paste made of lard over it; after first having papered the meat with buttered paper, then your stiff paste upon the top of that, either dangle it or put it in a cradle spit; a few minutes before you require to take it up take off the paste and paper, baste it with some butter, salt it and flour it, when done give it a few more turns round, send it up very hot; your dish and gravy to be very hot also; any dry pieces and the shank you will boil down with a little brown stock for the gravy; send currant jelly in a boat, and French beans in a vegetable dish.

---

444.—TO HASH VENISON.

Carve your venison into slices, let them be thin, and put them in a stewpan with two small glasses of port wine, add a spoonful of browning, one of ketchup, an onion stuck with cloves, and half an anchovy chopped small, let it boil, then put in your venison, make it thoroughly hot through. Lay sippets of toast, in various shapes in a soup dish, pour the hash upon it, and serve with currant jelly.

---

445.—HASHED VENISON.

Cut and trim some nice thin slices of venison, fat and lean, have a nice brown sauce made from the bones in scrag of the venison, put the meat you have cut into this sauce with the gravy that has run from the venison, and a glass of port wine. Cut up some of the fat into pieces an inch thick, put the fat in a stewpan, and some hot stock upon them; when you have dished up your hash, which should be in a hot water dish with a holey spoon, take out the fat, and sprinkle it all over the hash; send up currant jelly.

---

446.—A SHOULDER OF VENISON—STEWED.

If you should have a very lean shoulder stew it in preference to roasting; bone it, cover it with slices of mutton fat, which sometimes are first steeped in port to give a richer flavour, roll it up and bind it tightly. Lay it in a stewpan with a quantity of beef gravy, and the



bones you have taken from the venison, add two glasses of port, a dessert-spoonful of whole pepper, and the same quantity of all-spice. Cover down closely, and simmer until the venison is tender, take it out and remove the fat, thicken the gravy with flour and butter, and strain it over the meat.

---

447.—NECK AND SHOULDER OF VENISON.

These joints, or as together they may be termed the haunch joint, may be dressed exactly like the haunch, covered with a thin paste, and greased paper over that, it will take two hours and a half, or very large, three hours; it should be served up with venison sauce.

---

448.—TO DRESS A FAWN OR KID.

They should be dressed as quickly after being killed as it is convenient. If they are full grown they should be roasted in quarters, but if very young may be dressed, trussed, and stuffed exactly as a hare; the quarters will be improved in flavour when the fawn is full grown, if they are covered with fat bacon, and basted as venison; serve venison sauce with it.

---

449.—PHEASANTS.

Pheasants are rarely stuffed, it is more customary to send them to table accompanied by forcemeat in the dish, in many cases with the simple gravy only; the real Epicurean in game prefers the flavour of the bird uncontaminated by any accessories save those which just assist to remove the dryness common to most game. Pheasants are sometimes larded, but as the flavour is entirely disguised by the taste of the bacon, incorporated with the flesh of the fowl, unless it is done more for appearance than palate, we would not advise it.

In dressing the pheasant it should be drawn and cleaned as other game and trussed, should be roasted before a clear, not a fierce fire, and will take forty minutes, it must not be done too much, but must not on any account be sent to table underdone.

---

450.—PHEASANTS

May be, and are oftener, plain roasted than not, but very frequently larded, and if two are served in a dish, have one larded; but when stuffed, by some, larding is most approved. Mince very fine some raw veal with a small quantity of fat bacon with a few bread crumbs, pepper and salt, with this stuff your birds, baste frequently, and flour and salt them before you take them up.

To any game of this kind you may introduce either chestnut stuffing or truffles, the truffles only to be cut in slices or put in whole.

---

451.—PHEASANT—BOILED.

The pheasant should be stuffed with veal stuffing, and trussed in



the same manner in which a turkey is for boiling. It should be put into hot water, and should be boiled from fifty minutes to an hour. The same sauces recommended for a boiled turkey, will also be suitable for a boiled pheasant.

---

452.—BLACK COCK—ROASTED.

The birds should be hung until very high, they should be carefully plucked that the skin may be as little abraded as possible, drawn, washed, and wiped with a clean cloth; truss as pheasants, baste with butter, roast forty to fifty minutes, serve on a toast; brown gravy may be sent to table with them. Grey hen is cooked in the same manner.

---

453.—PARTRIDGES

Are cooked as pheasants; they should not be stuffed, grate bread crumbs into a shallow dish, place them before the fire to brown, shaking them occasionally and send them to table with the birds; partridges may be stuffed with truffles and bacon.

---

454.—PARTRIDGES.

Roast as before, not forgetting to baste them frequently; and, if required, stuff them with any of the former farces, but you may at all times use bacon and vine leaves on the breasts.

---

455.—PARTRIDGE—BOILED,

Should be treated as boiled pheasant, stuffed, trussed, put into boiling water, and if a small one will be done in ten minutes, if large a quarter of an hour. Black partridges are considered most fit to boil.

---

456.—PARTRIDGE—BROILED.

Let the partridge hang until longer would make it offensive, split it, and take a soft clean cloth and remove all the moisture inside and out; lay it upon a gridiron over a very clear fire; spread a little salt and cayenne over it. When it is done, which will be in twenty minutes, rub a little butter over it, and send it to table with mushroom sauce.

---

457.—PARTRIDGES STEWED.

Partridges are differently trussed for stewing to what they are for roasting, the wings are fixed over the back, and the legs skewered. Take a piece of bacon, and put it with a small piece of butter in a stewpan; fry it brown, put in the partridges so that the bacon covers the breast, let them be very brown: add half a pint of gravy. Boil a cabbage, so that it is ready by the time the partridges are fried brown, chop it with pepper and salt, and a lump of butter. Add it



with the gravy to the partridges, stew slowly for an hour; when dishing, place the bacon in the centre of the dish, lay the partridges upon it, and make a wall of the cabbage round. While stewing, turn the partridges often.

---

458.—GROUSE, OR MOOR GAME.

You may use bacon on the breast. Dish them on fried or toasted bread well buttered, if toast, bread sauce in a boat.

---

459.—TO ROAST GROUSE.

Dress the birds as above, serve on a toast, they will require twenty minutes less than black cock in roasting.

When they are sent to table without the toast, serve with fried bread crumbs and bread sauce, or brown gravy instead of the bread crumbs.

---

460.—HARES.

A hare is nothing if not well hung and well cooked; a hare must be hung very long indeed to be hung too long. It is better for not being paunched for a few days, unless the weather is warm and muggy, in no case is it advisable to paunch it when first killed. Keep the inside wiped dry and well peppered. If the hare is very old soak it a couple of hours in water and vinegar, then wash it in clean lukewarm water to take away the acid flavour which might be communicated by the vinegar, put in the belly plenty of stuffing, well seasoned; hang the hare some distance from the fire, it should be roasted gradually, because, being of a very dry and hard nature, it requires being thoroughly done, and yet not dried up.

It should be sent to table with a good gravy in the dish, or melted butter, in both cases gravy should accompany it when served, and also currant jelly.

The stuffing is composed of the liver, scalded and minced, sweet herbs, parsley, bread crumbs, and suet, seasoned to the taste.

---

461.—STUFFING FOR A HARE.

After having either scraped or scalded the liver, scrape some fat bacon, a little suet, some parsley, thyme, knotted-marjoram, a little shallot, a few crumbs of bread, pepper and salt, a few grains of nutmeg, beat it all well in a mortar with one egg, if your hare is boned it will take more.

You can dress a boned hare two ways, either taking each bone out but the head, and the point of the tail, but this will not keep so good a shape as if you only took out the back and rib bones, leaving the shoulders and legs on; this way, when stuffed, will keep its shape best.

---

462.—JUGGED HARE.

Mrs. Glass has made the oft-quoted remark, "first catch your



hare;" I say, only, as hares are easily procurable, that if an old large hare be obtained, so much the better. When thoroughly cleaned, cut it in pieces, not losing any blood that may appear, place them in the bottom of a jar with sweet herbs, an onion, and a little water, cover the top of the jar down close, so that the steam cannot escape freely, place it in a vessel of boiling water, leaving the mouth of the jar uncovered by the water, which must not be suffered to stop boiling, stew four hours, remove whatever fat may have accumulated, thicken with flour and butter, flavour with a glass of Port wine.

---

463.—JUGGED HARE.

If the hare has not been completely roasted it will be the better for the jugging, cut it into joints, and with a seasoning composed of salt, pepper, cayenne, a little ground allspice, and a little mace. Coat all the pieces well, lay them in a stone jar, put in the rind of a lemon cut thin, a bunch of sweet herbs, an onion stuck with four or five cloves, twelve or fourteen ounces of gravy beef, and the bones of the body of the hare, the last of all pour in three parts of a pint of water, two glasses of good old port wine, and tie over the neck of the jar closely.

Put it up to the neck of the jar into a saucepan of boiling water, keep the water boiling, and be careful it does not stop boiling for three hours, at the expiration of that time take it out of the water, strain off the gravy, clear all the fat off carefully, thicken it, and serve it very hot in a deep dish.

The jar may be baked in an oven instead of being put in boiling water, in that case in an hour and a half it may be taken out, and the gravy strained off.

In some parts of the country ale is put into the jar instead of water, and two or three slices of lean bacon. Where that is done it is usual to cut a few slices of bacon thin, and toast them before a brisk fire, and lay them curled around the sides of the dish when it is served.

---

464.—ANOTHER WAY.

Cut up the hare as above, lay the pieces in a stewpan, put in a few cloves, allspice (whole), two onions, the rind of half a lemon, a faggot of sweet herbs, some salt, black pepper, and cayenne, pour in enough cold water to cover it. Let it come to a boil, skim it, and let it simmer until the hare becomes tender, strain off the gravy, thicken it, pour in a glass of port wine, and having laid the hare in a deep dish, pour the gravy over it and serve.

A few forcemeat balls may be put in the dish with it.

---

465.—HASHED HARE.

Cut up the hare into small pieces, season it well, flour it, put it into a good gravy, all that may be left from that which was sent to



table with it when roasted, put in the stuffing, let it simmer half an hour, thicken the gravy, add a glass of old port, and serve.

---

466.—FILLETS OF HARE.

Take off the fillets close to the bone, cut off the back skin; if to be marinaded, lay them all night in a good marinade, see Beef à la Marinade; if not, flatten them, and lard them with bacon, and braise them; serve with any sauce most preferred; the legs and shoulders will make a leveret of hare jugged hare.

---

467.—SENT OF HARE.

The remainder of a hare left from a former day, cut it up in nice, even, and small pieces; the turnips boiled down for stock, with a faggot of herbs, a blade of mace, three or four cloves, a piece of lean bacon or ham, when you have got all the flavour out strain it through a sieve into another stewpan, put in your pieces you have trimmed with twelve button onions pared, and a little port wine; boil half an hour gently, then thicken it, make a rim three inches high of rolled pie paste into a shape, bake it in the dish in a slow oven, egg it first; put, when required, the ham and sauce into the rim.

---

468.—HARES AND LIVERETS.

Be sure your hare has been killed some time, unless a coursed one, which will be more tender, stuff it with a good veal stuffing, do not forget to scrape the liver and add it to the stuffing, a slow fire will do it. Baste it frequently, or add fat bacon all over the back, well floured, and a little salt the last thing, pour good gravy and melted butter in the dish, and burnt jelly in the boat.

---

469.—HARE—POTTED.

Cut it up in pieces, sufficiently small to go into a jar, put in several slices of butter, bake it, and when quite tender, take it out; cover it with plenty of seasoning, composed of cayenne, salt, allspice, and mace; beat it well in a mortar with fresh butter and some gravy, lay it into pots and cover it with clarified butter.

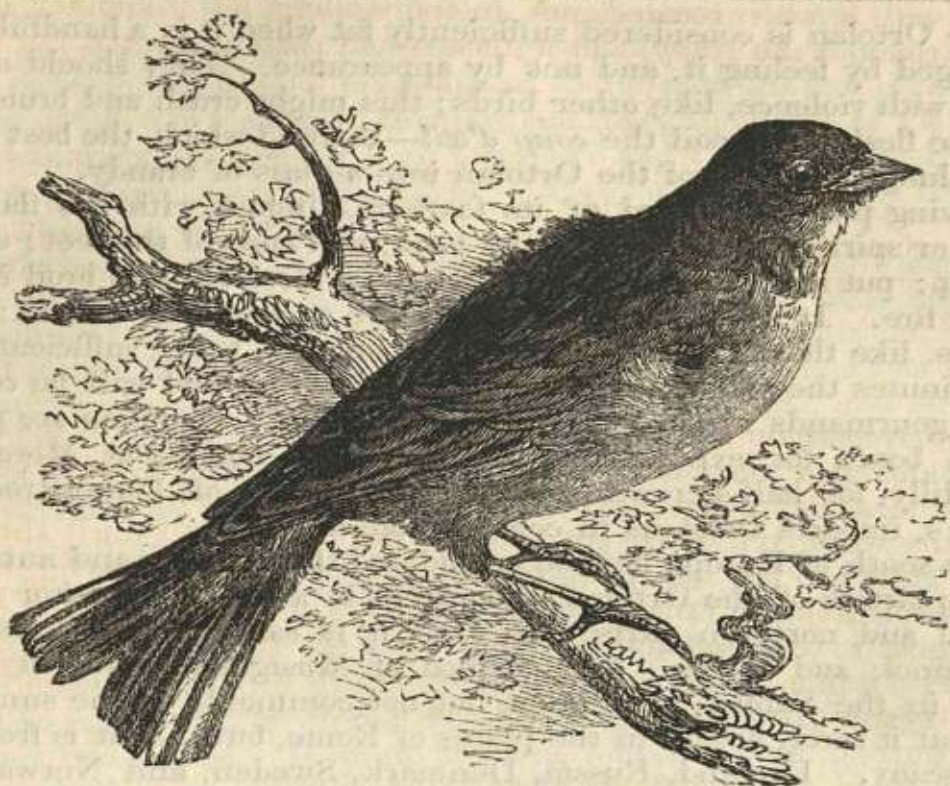
---

THE ORTOLAN.

The Ortolan is essentially a pet bird with the *gourmet*. The present is by no means an inopportune moment for sketching the natural economy and *cuisine* of these "lumps of celestial fatness," as they have been fondly called by epicures.

The Ortolan is a species of *Fringillidæ*: it is the *Hortulanus* of Gesner and others; *Miliaria pinguescens* of Frisch; *Emberiza hortulana* of Linnæus; *Ortolano* of the Italians generally; *Tordino berluccio* of the Venetians; *Garten Ammer* and *Feltamer* of the Germans; and *Gerste Kneu* of the Netherlanders. Willoughby writes the name *Hortulane*; and Montague terms it the Greenheaded Bunting.





The French have a fanciful derivation of the name: they say it is from the Italian word for gardener, which is from the Latin *hortus* (garden); because, according to Ménage, in Italy, where the bird is common, it is quite at home in the hedges of gardens.

The male bird has the throat, a circle round the eyes, and a narrow band springing from the angle of the bill, yellow; these two yellow spaces being separated by a blackish grey dash; head and neck grey, with a tinge of olive, and small brown spots; feathers of the upper parts reddish on their edges, and black in the middle; breast, belly, and abdomen reddish bay; feathers terminating with ash-colour; tail blackish, a considerable portion of the two external feathers white on their internal barbs; bill and feet inclining to flesh-colour; iris, brown; length, rather more than six inches. The female is generally not so deep in colour as the male, and the breast, head, and neck are marked with brown spots. There are also varieties marked white, green, blackish, and entirely black.

The Ortolan is not famed for its song, which is, however, soft and sweet. Like the nightingale, with which it has also other points of resemblance, the Ortolan sings after as well as before sunset; and it was this bird that Varro called his companion by night and day.

Ortolans are solitary birds: they fly in pairs, rarely three together, and never in flocks. They are taken in traps, from March or April to September, when they are often poor and thin; but, if fed with plenty of millet-seed and other grain, they become sheer lumps of fat, and delicious morsels. They are fattened thus in large establishments in the south of Europe; and Mr. Gould states this to be effected in Italy and the south of France in a *dark* room,



The Ortolan is considered sufficiently fat when it is a handful; and is judged by feeling it, and not by appearance. They should not be killed with violence, like other birds; this might crush and bruise the delicate flesh, and spoil the *coup d'œil*—to avoid which, the best mode is to plunge the head of the Ortolan into a glass of brandy.

Having picked the bird of its feathers, singe it with the flame of paper or spirit of wine; cut off the beak, and ends of the feet; do not draw it; put it into a paper case soaked in olive oil, and broil it over a slow fire. It will not require such a fire as would do a steak; slack cinders, like those for a pigeon *à la cravaudine*, being sufficient; in a few minutes the Ortolan will swim in its own fat and will be cooked. Some gourmands wrap each bird in a vine-leaf. Ortolans are packed in tin boxes for exportation. They may be bought at Morel's, in Piccadilly, for half-a-crown apiece. Mr. Fisher, of Duke-street, St. James's, imports Ortolans in considerable numbers.

The south of Europe may be considered the summer and autumnal head quarters of the Ortolan, though it is a summer visitor in the central and northern parts. In Italy it is said to be common, by Temminck and others. The Prince of Musignano states it to be found in the Sabine mountains, but not commonly in the summer; and that it rarely occurs in the plains of Rome, but that it is frequent in Tuscany. Lapland, Russia, Denmark, Sweden, and Norway, are among the countries visited by it. In the British isles it seems only entitled to rank as an autumnal visitor, but it may occur more frequently than is generally supposed; for, especially to an unpractised eye, it might be mistaken for the yellow-hammer, and, in some states of plumage, for other buntings. It has been taken in the neighbourhood of London; in 1837 there was a live specimen in the aviary of the Zoological Society in the Regent's Park; and, during this year, many Ortolans were sent alive to the London market from Prussia. There is, however, some consolation for the rarity of the Ortolan in England. It is approached in delicacy by our wheat-ear, which in, for him, an unfortunate hour, was named the *English Ortolan*; from which period it has been pursued as a delicate morsel throughout all his island haunts. Bewick's figure was captured at sea, off the coast of Yorkshire, in May, 1822. Every spring and autumn it may be observed at Gibraltar, on its migration. Mr. Strickland saw it at Smyrna in April. North Africa is its winter residence. Colonel Sykes notes it in his Catalogue of the Birds of Deccan.

A gourmand will take an Ortolan by the legs and crunch it in delicious mouthfuls, so as absolutely to lose none of it. More delicate feeders cut the bird in quarters, and lay aside the gizzard, which is somewhat hard; the rest may be eaten, even to the bones, which are sufficiently tender for the most delicate mouth to masticate without inconvenience.

Notwithstanding its delicacy, the Ortolan fattens very fast; and it is this lump of fatness that is its merit, and has sometimes caused it to be preferred to the beccafico. According to Buffon, the Ortolan was known to the Greeks and Romans, who understood fattening the



bird upon millet; but a lively French commentator doubts this assertion. He maintains that, had the ancients known the Ortolan, they would have deified it, and built altars to it upon Mount Hymettus and the Janiculum; adding, did they not deify the horse of Caligula which was certainly not worth an Ortolan? and Caligula himself, who was not worth so much as his horse? However, the dispute belongs to the "Classics of the Table."

The Ortolan figures in a curious anecdote of individual epicurism in the last century. A gentleman of Gloucestershire had one son, whom he sent abroad to make the grand tour of the Continent, where he paid more attention to the cookery of nations and luxurious living than anything else. Before his return his father died, and left him a large fortune. He now looked over his note-book, to discover where the most exquisite dishes were to be had, and the best cooks obtained. Every servant in his house was a cook; his butler, footman, house-keeper, coachman, and grooms, were all cooks. He had three Italian cooks: one from Florence, another from Sienna, and a third from Viterbo—for dressing one Florentine dish! He had a messenger constantly on the road between Brittany and London, to bring the eggs of a certain sort of plover found in the former country. He was known to eat a single dinner at the expense of £50, though there were but two dishes. In nine years he found himself getting poor, and this made him melancholy. When totally ruined, having spent £150,000, a friend one day gave him a guinea to keep him from starving; and he was found in a garret next day broiling an Ortolan, for which he had paid a portion of the alms.

---

#### 470.—ORTOLANS TO ROAST.

They should be picked and singed but not drawn, put them on skewers with bacon round them, tie them on the spit, when they are done strew over with grated bread, or they may be split sideways, with a bay leaf between, and the dish should be garnished all round with fried bread crumbs.

---

#### 471.—ENGLISH ORTOLANS

Are also roasted without drawing, pick and singe them carefully, and when they are roasted cover with bread crumbs.

They may be stuffed with forcemeat, or not, at pleasure.

---

#### 472.—PLOVERS.

These birds must not be drawn, roast them before a brisk fire, but at a distance, serve on a toast with melted butter.

---

#### 473.—RUFFS AND REEVES.

Pick and singe them, but do not draw them, envelop them in slices of fat bacon, they will be done in ten minutes; send them to table with a rich gravy in the dish.



## 474.—WOODCOCKS AND SNIPES

Should not be drawn, but have toast as for grouse under them, passing out the tail, and chop it and spread it on the bird, lay them under the heads in the dripping-pan.

## 475.—WOODCOCKS AND SNIPES.

Roast them undrawn, serve them upon a toast, and take nothing with them but butter.

## 476.—RABBITS.

You will roast the same as hares, and if required to be stuffed, melted butter, chopped parsley, and the liver chopped, pepper and salt.

## 477.—RABBIT.

Rabbits will form excellent side dishes, providing they are boned neatly, larded, and braised, they may also be lined inside with bacon cut in thin slices, the fatter the better, and a stuffing added, which may be either the same as hare or veal.

## 478.—RABBITS.

Fillet those the same as fillets of hare, No. 466. You may if you wish leave the fillet adhering to the leg when removed so far from the back, turn it over upon the leg, and lard with bacon or truffles that side, the bones are most excellent in your clear stock.

## 479.—TO ROAST RABBITS.

The rabbit should hang in its skin from four to five days, as the weather will permit, then skin it, make a strong seasoning of black pepper, ground allspice, cayenne, a little nutmeg, three parts of a gill of vinegar, and the same quantity of port wine. Let it remain in this pickle a day and a half, turning and rubbing it frequently; stuff it, and truss it as a hare, and serve with it the same sauce.

## RABBIT—ROASTED.

Truss it with the head on, blanch the liver, heart, and kidneys, and chop them fine with a little parsley and shalot, and some pepper and salt, put it into a little gravy and butter, and boil it a little; either put the sauce in a boat or in the dish under the rabbit.

## 480.—BOILED RABBITS.

A rabbit should boil only twenty minutes, and boil slowly; if larger than common an extra ten minutes may be allowed; it should be sent to table smothered in onion sauce, the water should be kept free from scum. It is trussed for boiling differently to what it is for roasting.



## 481.—TO FRY RABBITS.

Clean and wash thoroughly, scald ten minutes, cut up into joints, coat with egg and bread crumbs, sprinkle over a little pepper and salt, fry over a clear fire, a quarter of an hour will be enough; serve with a gravy made with the liver of the rabbit, and the gravy in which the rabbit is fried, when done pour it into the dish, let it run under the rabbit.

## 482.—DRESSED RABBIT, FROM THE DAY BEFORE.

Cut it into pieces, and put them into some good white or brown sauce.

## 483.—RABBIT WITH ONIONS.

Truss your rabbit, and lay it into cold water, if for boiling pour the gravy of onions over it, if you have a white stock pot on, boil it in that.

## 484.—RABBIT À LA FRANÇAISE.

Cut it into pieces, but save the liver, take a piece of bacon, cut it in pieces, put it into a stewpan, and fry it brown; take it out, and place it in a plate; put into the stewpan a piece of butter of the size of a crown-piece, or twice the size of a walnut, and add the pieces of the rabbit; toss it well, when it begins to get brown sprinkle a little flour over it; keep turning it; as soon as the flour becomes dry whip it into a dish. Add to the sauce in the pan more butter, stir until brown, then put in a tea-cupful of water, stir well, put in the bacon, a small quantity of parsley and thyme, a bay leaf, plenty of small onions, pepper and salt, and the rabbit. Stew slowly five hours. Should the sauce decrease, add a little more water and a small lump of butter.

## 485.—FRICASSEE—WHITE OR BROWN.

If a fresh rabbit, cut off the joints and the back, divide into three or four pieces then fry them; if for brown, do the meat brown; if for white, do not brown, you will likewise do the same for curries, then gently boil them in some good white stock, reducing the same liquor, then add some béchamel sauce to it, or if for brown coolie sauce, season with lemon juice, cayenne pepper, and salt, add mushrooms if you have them.

## 486.—TO DO A CAPON OR FOWL.

Proceed precisely as in receipt, No. 388, but it will not take so long a time to boil.

## 487.—A SALMI OF GAME.

This dish may be made of any cold game, or old game; if the birds have not been dressed, only half roast them, remove all skin and



superfluous fat, indeed all fat wherever it appears, but preserve it as it is to be used. The birds may either be cut in joints, and the body divided in half, or it may be cut into smaller pieces; lay them in a stewpan with the skin and fat you have removed from the birds, a blade of mace, a bay leaf, two eschalots sliced, a spoonful of peppercorns, add three parts of a quart of good veal gravy, and reduce it to one pint; strain it, and afterwards remove as much of the fat floating at the top as practicable, a little more salt may be added as it requires it, and some cayenne, return the game to it, clearing out all the trimmings and seasonings, and let it gradually heat through, it must not boil; cut sippets of bread into half circles and dice, fry them in butter, lay them tastefully round the dish in which you purpose putting the hash, and then arrange the game tastefully in the centre, before the fire, thicken the gravy, put in two glasses of sherry, and pour it very hot but gently over the birds and serve.

The French salmi is cooked much in the same fashion, but is more decidedly a stew or hash, ham being cooked with it, and greater proportions of eschalots, mace, &c. There is a larger quantity of wine added, and mushrooms are stewed in the gravy; the effect is that French is much the richer dish of the two, while the character is the same.

The salmi may be made of partridges alone, or moor fowl, or black cock, or all united, but it is as well to make it with birds of high flavour.

#### 488.—CUTLETS OF FOWL AND GAME.

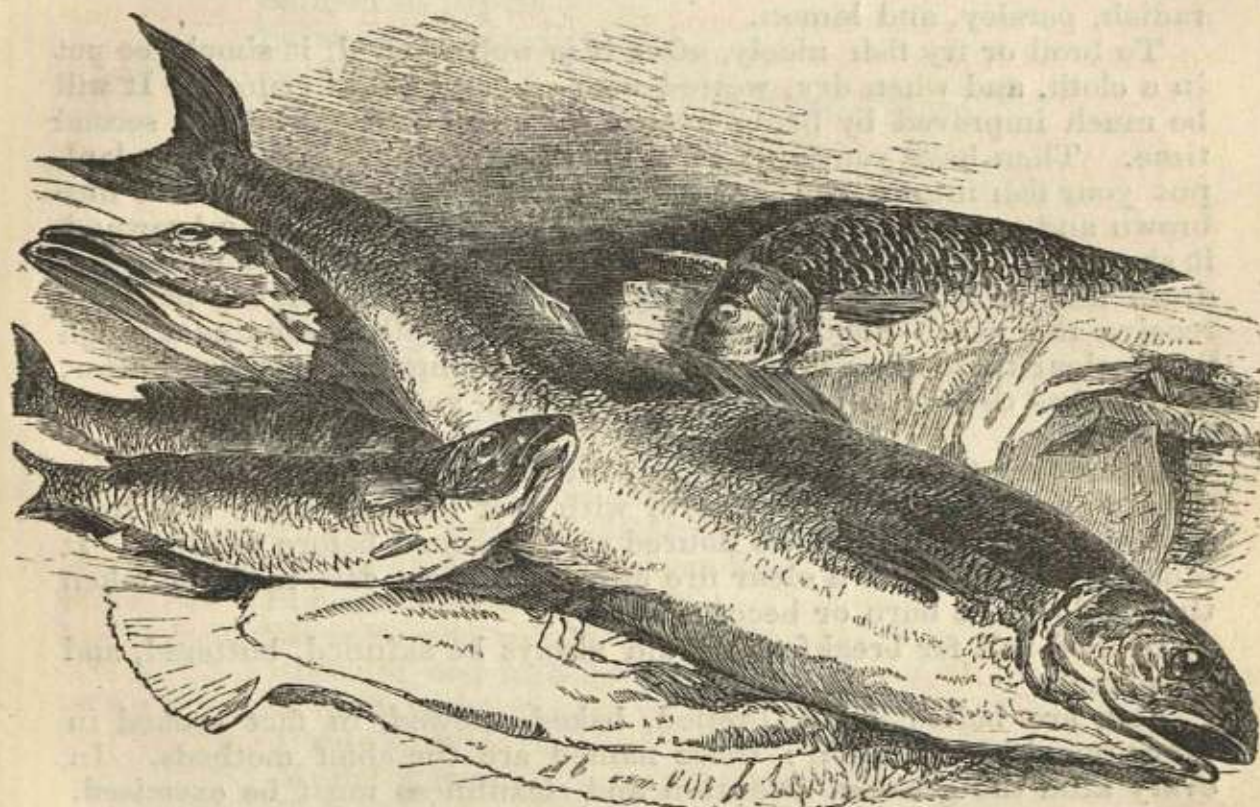
The cutlets are of course larger from fowls, &c., than chickens, but they may be prepared in the same manner. The cutlets are usually taken from the thighs, the wings boned, and from the fleshiest part of the body.

The French serve them with sippets of bread fried a light brown, and place each cutlet upon a sippet, pouring into the dish, but not over the cutlets, a rich brown gravy.



## CHAPTER X.

## SALT AND FRESH WATER FISH.



## OBSERVATIONS ON CLEANING AND DRESSING FISH.

Before dressing fish of any kind great care should be taken that it is well washed and cleansed, but be cautious not to wash it too much, as the flavour is much diminished by too much water. When boiling fish put a little salt and a little vinegar into the water to give the fish firmness. Be careful to let fish be well done, but not to let it break. When very fresh, cod and whiting are very much improved by keeping a day, and rubbing a little salt down the back-bone. Fresh-water fish often have a muddy smell and taste, which is easily got rid of by soaking it. After it has been thoroughly cleansed in strong salt and water, if the fish is not too large, scald it in the same, then dry and dress it.

Put the fish in cold water, and let it boil very gently, or the outside will break before the inside is warm. Put all crimped fish into



boiling water, and when it boils up some cold water should be put into it to check it and keep it simmering. All fish should be taken out of the water the instant it is done, or it will become woolly. To ascertain when it is done, the fish-plate may be drawn up, and, if done, the meat will leave the bone. To keep it hot, and to prevent it losing its colour, the fish-plate should be placed across the fish-kettle, and a clean cloth put over the fish.

Small fish may be nicely fried plain, or done with egg and bread crumbs, and then fried. Upon the dish on which the fish is to be served should be placed a damask napkin, folded, and upon this put the fish, with the roe and liver; then garnish the dish with horse-radish, parsley, and lemon.

To broil or fry fish nicely, after it is well washed, it should be put in a cloth, and when dry, wetted with egg and bread crumbs. It will be much improved by being wetted with egg and crumbs a second time. Then have your pan with plenty of boiling dripping or lard, put your fish into it, and let it fry rather quickly till it is of a nice brown and appears done. If it is done before being nicely browned, it should be taken from the pan, placed on a sieve before the fire to drain and brown. If wanted very nice, put a sheet of cap paper to receive the fish. Should you fry your fish in oil, it obtains a much finer colour than when done in lard or dripping. Never use butter, as it makes the fish a bad colour. Garnish your dish with green or fried parsley.

In broiling fish, be careful that your gridiron is clean; place it on the fire, and when hot rub it over with suet to hinder the fish from sticking. The fish must be floured and seasoned before broiling. It must be broiled over a clear fire only, and great care must be taken that it does not burn or become smoky.

Broiled fish for breakfast should always be skinned, buttered, and peppered.

Fish are boiled, fried, broiled, baked, stewed, in fact cooked in every imaginable fashion; those named are the chief methods. In every kind the greatest attention and cleanliness must be exercised. A broken, disfigured, abraded, or ill-cooked dish of fish presented at table, is quite sufficient to destroy the taste for it for ever; on the contrary, when neatly done it heightens the relish which every one possesses more or less, and imparts an appetite where one may be wanting, while the cook is held in grateful remembrance.

---

489.—A FEW CHOICE DISHES FOR TOP REMOVES, ENTRÉES,  
SALADS, ETC., COLD.

Plain and crimp cod.

Smelts fried.

Turbot and lobster sauce.

Brill and Dutch sauce.

Broiled mackerel and fennel sauce.

Boiled mackerel and fennel sauce.

Fried soles and shrimp sauce.



Boiled soles and anchovy sauce.  
 Doreys boiled and anchovy sauce.  
 Plaice boiled and anchovy sauce.  
 Gurnet boiled, stuffed, and anchovy sauce.  
 Gurnet baked, stuffed and anchovy sauce.  
 Pike boiled and stuffed and anchovy sauce.  
 Pike baked and stuffed and anchovy sauce.  
 White bait fried.  
 Salmon boiled and broiled, and lobster sauce.  
 Salmon with capers.  
 Salmon cutlets.  
 Salmon in papers.  
 Salmon in quenelles.  
 Salmon in curry.  
 Soles boiled and broiled, and lobster sauce.  
 Fillets of soles,—Maître d'hôtel.  
 Fillets of soles, bread crumbed.  
 Fillets of veal rolled and stuffed.  
 Fillets of soles, quenelles.  
 Fillets of soles, curry.  
 Fillets of whittings,—Maître d'hôtel.  
 Fillets of whittings, bread crumbed.  
 Fillets of whittings, boudins.  
 Fillets of whittings, quenelles.  
 Fillets of whittings, curry.  
 Fillets of mackerel,—Maître d'hôtel.  
 Fillets of turbot,—Maître d'hôtel.  
 Fillets of turbot oyster sauce.  
 Slices of cod with capers.  
 Slices of cod with oyster sauce.  
 Slices of cod with curry.  
 Carp stewed.  
 Dorey stewed.  
 Mullet stewed.  
 Eels stewed and fried.

#### 490.—MARINADE

Is most frequently used in France for boiling fish, but is not often used in England, although it certainly gives to the fish an improved flavour. Cut three carrots and four onions in slices, put them into a stewpan with some butter, two bay leaves, a little thyme, and two cloves; set these on the fire; when the carrots and onions are done, add some parsley and shalots, a dessert-spoonful of flour, a glass of vinegar, two of stock, salt, and pepper. Simmer the marinade for three quarters of an hour, strain it through a horse hair sieve, and set it by for use. In France two bottles of vin ordinaire are added, but if the fish is large, and cut into fillets or steaks to be marinated, a quart of table beer should be substituted for the wine. Cider is sometimes preferred to the wine or beer.



## 491.—BARBEL BOILED.

Boil them in salt and water, when done pour away part of the water and add to the rest a pint of red wine, some salt and vinegar, two onions sliced, a bunch of sweet herbs, some nutmeg, mace, and the juice of a lemon, boil these well together with two or three anchovies, then put in the fish, simmer a short time, and serve it with the sauce strained over it; shrimps or oysters may be added.

## 492.—BARBEL BROILED.

Do them in white pepper with sweet herbs chopped small, and butter.

## 493.—BARBEL STEWED.

Clean and wash a large barbel, first in vinegar and then salt in the water, put it into a stewpan with eel broth, enough to cover it, add some cloves and sweet herbs, a bit of cinnamon, let them stew gently till the fish is done, then take it out and thicken the sauce with butter and flour and pour over the fish.

## 494.—BRILL.

Is cooked as a turbot in every respect, and the same sauces suffice.

## 495.—COD—BOILED.

The thickness of this fish being very unequal, the head and shoulders greatly preponderating, it is seldom boiled whole, because in a large fish the tail, from its thinness in comparison to the upper part of the fish would be very much overdone. Whenever it is boiled whole, a small fish should be selected. Tie up the head and shoulders well, place it in the kettle with enough cold water to completely cover it; cast in a handful of salt. The fish if a small one will be cooked in twenty minutes after it has boiled, if large it will take half an hour.

When enough, drain it clear of the scum, remove the string; send it to table garnished with the liver, the smelt, and the roe of the fish, scraped horse-radish, lemon sliced, and sprigs of parsley.

The garnish sometimes consists of oysters fried, or small fish fried, or whittings; this is at the option of the cook.

Anchovy or oyster sauce is served with it.

The tail, when separated from the body of the fish, may be cooked in a variety of fashions. Some salt rubbed into it and hanging it two days, will render it exceedingly good when cooked. It may be spread open and thoroughly salted, or it may be cut into fillets, and fried.

If the cod is cooked when very fresh, some salt should be rubbed down the back and the bone before boiling; it much improves the flavour; or, if hung for a day, the eyes of the fish should be removed,



and salt filled in the vacancies. It will be found to give firmness to the fish, and add to the richness of the flavour.

---

496.—COD SOUNDS.—RAGÔUT.

The sounds should not be much soaked, but thoroughly cleaned, simmer them for a short time, broil them, having first floured them; when they are just tender, stew them in white gravy which has been well seasoned, add a little cream, a bit of butter, a spoonful of flour, give it a boil, flavour with nutmeg, a small piece of lemon-peel, and a dash of pounded mace; serve.

---

497.—SLICES OF COD.

Three slices make a small dish; put them in a baking-dish, cover them over with some good second stock, a little essence of anchovies; when done thicken the stock, and pass it through a tammy, pour it over your fish, season with cayenne pepper, and salt, and lemon juice, if for capers add them, if for maître d'hôtel add cream and parsley chopped fine.

---

498.—COD SOUNDS—BOILED.

If boiled, they should be first soaked in warm water, or scalded in hot water; the latter is the quickest, the former the surest method; they should soak half an hour if put into warm water, the dirty skin should be removed, and when thoroughly cleaned boiled in equal parts of milk and water until tender. They should be sent to table with egg sauce.

---

499.—CRIMPED COD.

Cut the cod, which should be quite fresh, in handsome slices, and lay it for about three hours in spring water salted, a little vinegar must be added, say one wine-glassful; make a fish kettle more than three parts full of spring water, in which a large handful of salt has been thrown, let it boil quickly, put in the cod, keep it boiling for ten minutes, it will then be enough; take up the slices of fish with care, and lay them upon a fish plate, garnish with sprigs of parsley, sliced lemon, horse-radish scraped into curls; serve with shrimp and oyster sauce.

---

500.—STEWED COD.

Cut some of the finest pieces from the thickest part of the fish, place them in a stewpan with a lump of butter the size of a walnut or larger, three or four blades of mace, bread crumbs, pepper, salt, a small bunch of sweet herbs, and some oysters, with a little of their own liquor. When nearly done add a large wine-glass of sherry, and stew gently until enough.



## 501.—COD SCALLOPED.

Take enough cold dressed cod to nearly fill all the shells you purpose using, pound it, beat up the yolk of an egg, and pour over it, add a few shrimps skinned, salt, pepper, and a little butter; do not quite fill the shells, strew over them fine bread crumbs, and drop butter in a liquid state over them. Brown them before the fire in a Dutch oven.

## 502.—TAIL OF COD.

Boil as previously directed, and when sufficiently done, that the meat may be easily removed from the bones, divide it into tolerable sized pieces, and in a light batter fry them brown. Send up crisped parsley with it as a garnish.

It is sometimes cooked plainly with oyster sauce.

## 503.—BAKED COD.

Cut a large fine piece out of the middle of the fish; skin it carefully; stuff it with a stuffing composed of the yolks of two eggs boiled hard, the roe half-boiled, bread crumbs, grated lemon peel, butter, pepper, and salt, to taste. Bind it with the undressed white of an egg, sew in the stuffing with white thread. Bake it in a Dutch oven before the fire, turn it frequently, and baste it with butter; serve with shrimp sauce, plain butter, or oyster sauce.

A tin baking dish is preferable to any other for cooking this fish.

## 504.—COD'S HEAD.

Secure it well with strong string, not too thick; put it into a fish-kettle; cover it with water; put in a small handful of salt, a wine-glassful of vinegar, a quantity of scraped horse radish. Place the fish upon a drainer, and when the water boils, put it into the kettle. Boil gently; when the fish rises to the surface, it is enough; drain it, and be very particular in sliding the fish into the fish-plate, that it is not broken.

Garnish with scraped horse-radish and lemon. Serve with shrimp and oyster sauce.

## 505.—COD FISH PIE.

Take a piece from the middle of a good sized fish, salt it well all night, then wash it, and season with salt and pepper and a few grains of nutmeg, a little chopped parsley and some oysters, put all in your dish with pieces of butter on the fish; add a cup of good second white stock and cream; cover it with a good crust, add a little lemon juice in the gravy.

## 506.—CURRY OF COD.

This is a firm fish if good; when cold you can separate the flakes, and proceed as before, adding two dozen of large oysters to your fish.



## 507.—SALT COD.

There are a variety of opinions upon the method of dressing this dish, many labouring so hard with soaking and brushing, to produce tenderness, but accomplishing that one end they completely destroy all flavour. It is doubtless an essential point to remove the dry, unwholesome hardness of the fish, but it is equally essential to retain the flavour, and experience has taught the author that the following process is the most successful of any he has hitherto attempted:—

Soak the fish for eight hours in clean cold water (not spring water), let the water have enough vinegar in it to impregnate it with a slight flavour and no more, after soaking the above time take it out and let it drain three or four hours, then put in soak again for four hours, when this has been done, place it in a fish kettle with plenty of cold, soft water, let it come to a boil very gradually, place it on the side of the fire, and it will cook gradually until enough. Serve with parsnips and egg sauce.

## 508.—ANOTHER WAY.

Wash and soak the fish, lay it twelve hours in water into which two wineglasses of vinegar have been poured, put the fish in cold water in the fish kettle, bring it gradually to a boil, and then boil slowly until enough, take it out, drain it, break it into flakes upon a dish, beat up boiled parsnips and pour over it, boil up with cream and a good sized piece of butter rubbed in flour. Serve with egg or parsnip sauce, if the latter send the root up whole.

## 509.—CURRIED COD.

Cut some handsome steaks of cod, slice a number of onions, and fry both a good brown colour, stew the fish in white gravy, add a large teaspoonful of curry-powder, a third that quantity of cayenne pepper, thicken with three spoonfuls of cream, a little butter, a pinch of salt, and a little flour.

## 510.—COD FRICASEED.

Take the sounds, scald them and cut them into small pieces, if they have been dried boil them until they are tender, take some roes and the liver, blanch the roes, cut them into pieces an inch thick, and an equal quantity of the liver, boil for the middle a fine piece of cod, put them into a stewpan, season with grated nutmeg, a little pounded mace, an onion, a few sweet herbs, a sprinkle of salt, and add half a pint of boiling water (fish broth is better if convenient), cover down close, stew for seven or eight minutes, then add four glasses of port, six oysters, with the liquor strained, and a piece of butter floured, stew gently, shaking the pan round occasionally until they are enough, remove the onion and the herbs, dish up, garnish with lemon, and serve.



## 511.—COD SOUNDS.—BROILED.

Scald them, skin them, and, when perfectly clean, simmer them until tender, take them out, dredge them with flour, and broil them over a clear fire.

During the time they are broiling, make a brown gravy, seasoned with salt and pepper, a spoonful of Harvey's sauce, one half that quantity of mustard, thicken with a little flour and butter, boil it up and pour it over the sounds.

## 512.—COD OMELETTE.

Break into small pieces the thickest parts of a dressed cod, season it with a little grated nutmeg and a little pounded mace, beat up six eggs well and mix with it, forming it into a paste, fry it as an omelette, and serve as hot as possible.

## 513.—CARP, TENCH, PERCH, &amp;c.

Dry well with clean cloth, dredge with flour, fry them until they are brown. If the pure flavour of the fish is desired, they should be cooked as soon after being caught as possible, and as simply as above described; but if it is desired to make a dish, the fish may be placed after having been fried in a stewpan, with a gill of port wine, the same quantity of water, the juice of half a lemon, two dessert spoonfuls of walnut ketchup, half the quantity of mushroom ditto, or powder, sprinkle with cayenne pepper, an onion stuck with cloves, and a small horse-radish, from which the outer coat has been scraped: stew until the gravy is reduced to a rich thickness, remove the fish, strain the gravy as clear as possible, thicken it, and pour it over the fish; serve.

## 514.—STEWED CARP.

Three carp will make a dish; put them in a baking dish, cut up in thin pieces a carrot, turnip, onion, celery, a faggot of sweet herbs, a bay leaf, a little mace, six cloves, whole pepper, some good second stock, six anchovies, half a pint of port wine, boil all this together, pour it over the carp while hot, put buttered paper over them, do them in the oven; when done strain off the stock from the fish and thicken it, strain it through a tammy, add a glass more port wine, season it with sugar, lemon juice, cayenne pepper, and salt.



## 515.—DRESSED CRAB.

The white part of the crab forms a wall within the dish, the



yellow part of the crab is mixed with vinegar, mustard, &c., so as to form a pool within.

---

516.—DRESSED CRAB.

Get a large crab, take off the claws, then pull off the body from the shell, the white meat keep by itself, and the soft yellow meat by itself, wash and trim the large back shell, then on one side put all the white meat, and on the other side put the soft meat, dividing the two with slices of cucumber or radishes. Crack the big bones or claws, and lay them underneath the crab to stand upon. Dish it up on a napkin.

---

517.—CRABS—TO DRESS CRABS.

Scoop the meat from the shell, mix the meat into a paste with a little vinegar, bread crumbs, grated nutmeg, and a little butter, or sweet oil; return it into the shell, and serve. To serve this hot, it should be heated before the fire, and served up with dry toast cut into large squares or dice.

---

518.—BAKED CRAB.

Remove the meat from the shell, mix it with bread crumbs, about one fourth will be sufficient; add white pepper, salt, a little cayenne, grated nutmeg, and half a dozen small lumps of butter, each about the size of a nut; this last ingredient should be added to the fish after it has been returned to the shell. Squeeze lemon juice over it; lay a thick coat of bread crumbs over all, and bake.

---

519.—CRAY FISH.

Boil them in vinegar, salt, and water; when cold, turn each claw to stick in the fan of the tail, when they will look like a frog; dish them upon parsley.

---

520.—CRAY-FISH IN ASPIC.

Take all the shells from the tails, wipe them; set a little aspic jelly to cool in your mould half an inch deep; you may ornament it if you like with white of eggs and truffles, and green French beans, if so you must put a little drop of jelly upon your design, let it get stiff, then go on filling your mould with the cray-fish, when full fill in some more aspic, but you must be sure the jelly is not warm or all your work of art will be lost; turn it out with lukewarm water; put cucumber round, introducing slices of red turnip radishes.

---

521.—CHUB BOILED.

Put as much beer, vinegar, and water into a fish-kettle as will cover the fish, a good quantity of salt and fennel; scale and cleanse a chub, and when the water boils put in the fish, when it is sufficiently boiled lay it on a board to drain, let it lie for an hour, put it in a pewter



dish over a chafing dish of coals, with melted butter, and serve it very hot.

---

522.—CHUB BROILED.

Scald the chub, cut off the tail and fins, wash it well and slit it down the middle, make two or three cuts on the back with a knife, and broil it on a wood fire, baste it all the time it is broiling with fresh butter and salt and thyme shred small.

---

523.—CURRY OF FISH À L'INDIENNE FOR BREAKFAST.

Take a crimped haddock and boil it quickly with a good bit of salt in the water to make it firm; boil two eggs hard, then slice them in your stewpan with the finest pieces of the fish which you must have ready washed and blanched, and well boiled in good broth until soft, then strain the broth from the rice, if any left add it to the fish and eggs; add salt, pepper, and cayenne; keep it hot until wanted, then take a large spoonful of very good béchamel sauce very thick, add a good tea-spoonful of the best Indian curry powder, and a gill of good thick cream, boil it five minutes, then pass it through a sieve or tammy upon the fish and eggs, shake them quietly on the fire, it must be well seasoned. I make it with turbot or soles left from a former dinner, this makes a good dish for dinner, garnished with fillet, soles, or whittings. This quantity is sufficient for ten persons.

---

524.—CURRIES OF FISH

Are invariably made the same way as in receipt, No. 592, the only difference is the fish of whatever sort you may have; only some are more tender than others, and without great care you will break the pieces all to a mummy instead of being of a shape and quite clear pieces. Dish either in a rice rim or in a mashed potato rim, either way be sure to send up rice plain, particularly boiled for curries in general. Cut up two or three onions in thin slices, fry them a nice light brown, dry up the butter with curry powder, use some very good white stock, boil it well, season it with sugar, cayenne, salt, and lemon juice, strain all through a tammy cloth or sieve into a clean stewpan, then put your fish into it shaking it gently, do not use a spoon only to dish it with, boil it gently a short time.

---

525.—DRESSED JOHN DORY.

This fish will require much less doing than the carp, but you will proceed exactly the same, pouring the sauce over it.

---

526.—JOHN DORY

Is dressed as turbot, and eaten with the same sauces.

---

527.—ANGUILLES À L'HOLLANDAISE.

Take two small lemons and remove the outer and inner skin as



closely as possible, divide them into as many portions as they will separate without disturbing the juice, or if they should be sliced, use either an ivory or a silver knife to divide them, lay them in a stewpan with one quart and half a pint of water, add a faggot of fresh full leaved parsley, twenty corns of white pepper, a blade of mace, a little cayenne, and a tea-spoonful of salt, let it gradually boil, put it aside and simmer a quarter of an hour, suffer it to get cool, then add from two to three pounds of eels skinned, cleaned, and cut into equal lengths, boil very gradually a quarter of an hour, take out the eels and serve them with Dutch sauce.

The liquor may be divided into half, and thickened with half a pint of cream, or with flour and butter seasoned with a little additional pepper and salt, and poured over the fish when dished, in the latter case it should be garnished with the lemon peel cut in small dice and laid round the dish in company with the boiled parsley minced.

---

#### 528.—COLLARED EELS.

The eels destined to be dressed as above should be the finest which can be selected: the skin must not be removed, but the bone must be carefully and cleverly extracted. Spread out the fish, and with some finely chopped sage, parsley, and mixed spices, rub the fish well over; then take some broad white tape, bind up the fish tightly; throw a good handful of salt into the water in which it is to be boiled, and a couple of bay leaves. Boil three quarters of an hour, and if the fish be taken out and hung to dry for twelve hours, it will be the better for it when served. Add to the water in which the fish has been boiled a pint of vinegar, a little whole pepper, some knotted marjoram or thyme. This pickle also should, after boiling about twelve minutes, be suffered to stand as long as the eels are recommended to be hung; previous to serving the fish must be unrolled so as to abrase the skin as little as possible, and put them into the pickle. Send up in slices or whole, according to taste; garnish with parsley.

---

#### 529.—EELS BREAD CRUMBED.

Cut your fish the size as before, dry and flour them and proceed as for other fried fish, dish them on a napkin with fried parsley.

---

#### 530.—FRIED EELS.

Cut into pieces same length as above, cleaned nicely and well dried; let them be coated with yolk of egg, powdered with bread crumbs; fry them brown; serve with parsley and butter. Garnish with handsome sprigs of parsley.

---

#### 531.—BOILED EELS.

Choose the smallest, simmer in a small quantity of water, into which a quantity of parsley has been put. Garnish and serve with same sauce as the last.



## 532.—EELS STEWED.

Procure six or seven large ones, and proceed, after having cut them about three inches in length, as for carp, leaving out the wine until last, add in your sauce some very fine chopped parsley, and a shalot, pour the sauce over the fish.

## 533.—EELS—STEWED.

This is a dish frequently made for invalids, and to the taste of many fitted always to appear on the table of an emperor: there are various methods of stewing them, the simplest is always the best, because, without exception, the flavour of the fish is preserved, when, in too many cases, it is wholly destroyed by the number of ingredients employed; indeed the skill of the professed cook is most frequently exerted to give the various esculents, they prepare for the table an opposite taste to that which they naturally possess.

To stew eels they should be cut in pieces about three inches long, and fried until they are about half cooked; they will be then brown: let them get cold, take some good beef gravy, and an onion, parsley, plenty of white pepper, a little salt, some sage chopped very fine, enough only to add to the flavour, a little mace, place the eels in this gravy, and stew until they are tender: two anchovies may be finely chopped and added, with two teaspoonfuls of mustard, already made, some walnut ketchup, and a glass of red wine, serve with sippets of toasted bread. Or after being stewed until tender, a glass of port wine may be added, half a lemon squeezed into it; strain and thicken with butter and flour.

## 534.—SPITCHCOCKED EELS.

There are several ways to spitchcock eels. They are either broiled or stewed. To broil them, see that the gridiron is cleaned and rubbed with suet, to prevent the adhesion of the skin of the fish, which must be suffered to remain on; cut the eels, which should be large, into lengths of six or seven inches, not less, and coat them well with yolk of egg. Pound in a mortar parsley, nutmeg, mace, cloves, and pepper, this should be rubbed over the fish, and they should be broiled a clear brown; serve with melted butter, fish sauce, employed according to palate.

## 535.—LAMPREYS.

Same as receipt, 528.

## 536.—GURNET OR GURNARD.

May be boiled as in receipt, No. 584, or may be baked in the same manner as the receipt for pike. It may also be cooked without the forcemeat and sent to table with plain melted butter and anchovy, with a lemon and a little Dutch or brown caper sauce.



## 537.—HALIBUT.

May be cut in fillets and dressed as mackerel fillets.

## 538.—HALIBUT—STEWED.

Put into a stewpan half a pint of fish broth, a table-spoonful of vinegar, and one of mushroom ketchup, add an anchovy, two good sized onions cut in quarters, a bunch of sweet herbs, and one clove of garlic, add a pint and a half of water, let it stew an hour and a quarter, strain it off clear, put into it the head and shoulders of a fine halibut and stew until tender, thicken with butter and flour, and serve.

## 539.—TO CURE FINNON HADDOCK.

Cut off the heads and clean them as in the receipt "to dry haddocks," cover them with salt, and let them remain in it two hours, brush them over with pyroligneous acid. Hang them for ten days or a fortnight. In Scotland, they tie them in pairs on a string, and hang them over peat which has been so much burned as not to emit much smoke or heat, and in two or three hours they are fit to eat.

## 540.—TO DRY HADDOCK.

Choose the finest you can obtain, clean them, remove the eyes, the entrails, and the gills; clear away also all the blood from the backbone. Wipe them as dry as you can with a clean soft cloth, and fill in with salt the spaces which contained the eyes, also rub in a quantity in the inside of the fish, lay them in a cool place on a dry flag-stone, or a piece of board for eighteen or twenty hours, then hang them in a dry place. Four days will be found quite sufficient to prepare them for eating.

## 541.—TO DRESS DRIED HADDOCK.

They should be skinned, rubbed with egg, and rolled in new bread crumbs, lay them in a dish before the fire to brown, baste with butter, and when well browned serve with egg sauce.

## 542.—TO DRESS HADDOCKS.

Clean them very thoroughly, and take off the heads and the skin, put them into boiling water, throw in two moderate sized handfuls of salt, let them boil as fast as possible, and when they rise to the surface (which they will do, if they have sufficient room), they are done enough. They are sent to table with plain butter for sauce.

## 543.—TO STEW HADDOCKS.

Bone, cut off the heads, tails, fins, and do the trimming neatly, of two or three haddocks, or as many as are required, put them in three pints of water, with a teaspoonful of pepper-corns, and a large onion, stew slowly five-and-thirty minutes, strain the gravy off, take up the



fish, dredge it with flour, fry it brown over a clear fire, and re-place it in the stock; add half a tea-spoonful of cayenne pepper, squeeze in half a lemon, a tablespoonful of ketchup, and stew till the gravy is of a rich consistency.

These quantities are for three haddocks.

---

544.—TO BAKE HADDOCK.

Cut off the heads, trim and bone them, season with pepper and salt, chop very fine a small quantity of mushroom, onion, and parsley, spread it over the fish, lay on them small pieces of butter, and place them in a dish with crumbs of bread, bake them from fifty minutes to an hour, skim the gravy, and serve up in the same dish, as that in which it was cooked.

---

545.—HADDOCK—TO BROIL.

Flour it, broil it a fine brown over a quick, clear fire, the higher you are able to place the gridiron the better; serve with lobster sauce.

---

546.—HERRINGS.

Herrings are dressed in a variety of fashions; they are fried, boiled, broiled, dried, potted, baked, smoked, pickled.

There are three sorts of herrings, fresh, salted, and red herrings, they are cleaned like any other sort of fish, when fresh they are boiled and served with melted butter, white sauce, &c.; the salted herring should be soaked in cold water before it is cooked, this is broiled, sometimes it is cut in pieces and eaten raw; the red herring is split down the back, the head and tail taken off, and the fish broiled like the others, they may be also dressed in the following manner: when they have laid in cold water some time, soak them in milk for two hours, then split them down the back, have ready some melted butter in which has been mixed basil and bay leaf minced small, the yolks of two eggs, pepper, and nutmeg, rub the herrings well with this bread, then broil them over a gentle fire, serve with lemon juice; the best red herrings are full of roe, are firm and large, and have a yellow cast; of the fresh herrings the scales are bright, if good the eye is full and the gill red, the fish should be stiff.

---

547.—FRESH HERRINGS BAKED.

Wash the herrings in clear spring water, when they are thoroughly clean drain them, and then, without wiping them, lay them in a dish or baking pan; pepper and salt them, chop finely two or three onions, some parsley, thyme, and strew over them; cover them in equal proportions of vinegar and small-beer; tie them over, and let them bake one hour in a slow oven.

They should be kept in the pickle, and make a pleasant dish when cold.



## 548.—FRESH HERRINGS BOILED.

Clean them, wash them over with vinegar, fasten the heads to the tails, and put them in boiling water; they will take from ten to twelve minutes. Garnish with parsley, and serve melted butter, in which a table-spoonful of ketchup, a tea-spoonful of Chili vinegar, and one of made mustard has been mixed while making.

## 549.—FRESH HERRINGS—BROILED.

To broil them steep them first in vinegar and water, into which a handful of salt has been thrown; let them remain ten minutes, take them out and broil them over a clear fire, (the bars of the gridiron should be rubbed with suet, to prevent the skin of the fish adhering to it.) Serve, garnished with parsley. They may be eaten with melted butter, with a little mustard and vinegar in it, or lemon juice instead of the latter, being preferable.

## 550.—FRESH HERRINGS FRIED.

Slice small onions, and lay in the pan with the fish, or fry separately, as judgment may dictate; serve the fish with the onions laid round them. The herrings are generally fried without the onions, but those who are partial to this strongly flavoured vegetable, will prefer the addition.

## 551.—TO POT HERRINGS.

Take from one to two dozen herrings according to the number you purpose potting, choose them as large, fine, and fresh as you can. Take two ounces of salt, one of saltpetre, two of allspice, reduce them to an impalpable powder, and rub them well into the herrings; let them remain with the spice upon them eight hours to drain, wipe off the spice clean and lay them in a pan on which butter has been rubbed, season with nutmeg, mace, white pepper, salt, and one clove in powder, one ounce each save the last; lay in two or three bay leaves, cover with butter and bake gently three hours.

When cool, drain off the liquor, pack the fish in the pots intended for their use, cover to the depth of half an inch with clarified butter, sufficiently melted just to run, but do not permit it to be hot; they will be ready for eating in two days.



552.—LOBSTER AS SERVED.



The common mode of sending this excellent shell-fish to table is very generally known. We subjoin a few uncommon modes.

553.—LOBSTER—CURRIED.

Take the meat of a fine lobster, or two, if they should be small, place in a stewpan two dessert-spoonfuls of curry powder, add of butter two ounces, an onion cut in very fine strips, and three dessert-spoonfuls of fish stock. When they are stewed well, add the lobster; simmer gently for an hour, squeeze in half a lemon, season with a little salt. In the eastern method the expressed juice of spinach is usually added. This is obtained by simply putting spinach, without any water, into a saucepan, and when done enough, press out the juice, and add it with butter, cayenne, and salt, to the gravy. Prawns may be dressed in this fashion.

554.—TO STEW LOBSTERS.

Extract from the shells of two lobsters, previously boiled, all the meat; take two-thirds of a quart of water, and stew the shells in it, with mace, unground pepper, and salt. Let it boil an hour or more, till you have obtained all that is to be got from the shells; then strain. Add the richest portions of the lobster, and some of the best of the firm meat to some thin melted butter; squeeze a small portion of lemon juice into it; add a table-spoonful of Madeira, pour this into the gravy, and when warmed it is ready to serve.

555.—LOBSTER BUTTER.

The hen lobster should be selected, on account of the coral; take out the meat and spawn, and bruise it in a mortar; add to it a tea-spoonful of white wine, season with pepper, salt, nutmeg, and a little grated lemon peel; add four ounces of fresh butter, slightly dusted over with flour. Work this well together, and then rub it through a hair sieve; it should be kept in a cool place until ready to serve.

556.—TO ROAST LOBSTERS.

Take live lobster, half boil it, remove it from the kettle in which it is boiling, dry it with a cloth, while hot rub it over with butter, set it before a good fire, baste it with butter; when it produces a fine froth, it is done: serve with melted butter.

557.—GRATIN OF LOBSTER.

Take out all the meat from a large lobster, then wash the body, tail, and shells, if the lobster was first cut in half down the back, then dry them and butter them, and sprinkle them with bread crumbs, chop up the meat fine, and a little parsley and shallot, a few drops of essence of anchovies, a spoonful of vinegar, cayenne pepper, and salt, a little béchamel sauce, boil all well together, add a yolk of



egg, put it to cool, then fill your shells or paper cases, cover it with bread crumbs and some pieces of butter, brown them in the oven, dish on a napkin.

---

558.—MACKEREL.

Cleanse the fish thoroughly inside and out, remove the roe carefully, steep it in vinegar and water, and replace it; place the fish in water from which the chill has been taken, and boil very slowly from fifteen to twenty minutes, the best criterion is to be found in the starting of the eyes and splitting of the tail, when that takes place the fish is done; take it out of the water *instantly*, or you will not preserve it whole. Garnish with fennel or parsley, and either chopped fine in melted butter, serve up as sauce. Gooseberry sauce is occasionally sent to table, but it does not suit every palate.

---

559.—MACKEREL PIE.

You may do the same as No. 505, but do not lay them in salt, and use fennel and mint and parsley.

---

560.—TO BAKE MACKEREL.

Open and cleanse thoroughly, wipe very dry, pepper and salt the inside, and put in a stuffing composed of bread crumbs finely powdered, the roe chopped small, parsley, sweet herbs, very few of the latter; work together with the yolk of an egg, pepper and salt to taste, sew it in the fish, place the latter in a deep baking dish, dredge it with flour slightly, add a little cold fresh butter in small pieces, put them into an oven, and twenty-eight or thirty minutes will suffice to cook them.

Send them in a hot dish to table, with parsley and butter.

---

561.—ANOTHER WAY.

After you have opened and cleaned them cut off the heads and tails, rub pepper and salt into them, lay them in a deep dish with two bay leaves, a few blades of mace, a table-spoonful of whole black pepper, pour over them just sufficient to cover them equal portions of vinegar and water; cover the dish with cartridge-paper, and tie it down closely; bake an hour in a slow oven. Serve with melted butter and parsley, or fennel chopped fine in it. This is an excellent way when the fish is to be eaten cold.

---

562.—TO BROIL MACKEREL.

Cleanse it well, and cut with a sharp knife, a gash from head to tail of the mackerel, just sufficient on one side to clear the backbone, pass into the incision a little pepper (cayenne) and salt, moistened with clarified butter, broil it over a clear fire, be particular that the



bars of the gridiron are well rubbed over with suet to prevent the skin of the mackerel adhering in turning; the sides being the thinnest part will be first done, take off the gridiron, and hold it in *front* of the fire for five minutes, the back of the fish being next the fire, and the fish will be thoroughly done; this is the readiest and most effective mode.

The sauce may be the same as for boiled mackerel, or sauce à la maître d'hôtel.

---

#### 563.—BROILED MACKEREL.

Prepare by boiling a short time a little fennel, parsley, and mint; when done take it from the steaks, and chop all together fine, mix a piece of butter with it, a dust of flour, pepper, and salt; cut your fish down the back and fill it with this stuffing; oil your gridiron and oil your fish; broil them over a clear slow fire. Fennel sauce in a boat.

---

#### 564.—BROILED MACKEREL BONES.

Take the bones from the dressed fish, butter them and rub them with mustard, cayenne pepper, and salt; send up with the wine and cheese.

---

#### 565.—FILLETS OF MACKEREL.

Take the fish in fillets from the bones lengthways, and divide each into two or three pieces, according to the size of the fish.

Put into a stew-pan a pint of fish broth, if not seasoned in the making sufficiently, add a little cayenne and salt to taste, chop finely a little parsley, part of the rind of a green lemon, if to be obtained, if not as young a one as can be got, add it to the broth, lay on the fillets, stew ten or twelve minutes. About three minutes before the fillets are done add one glass of port wine, one of Harvey's sauce, half the quantity of soy, and the juice of a quarter of a lemon. When the fillets are done, which will be observable in the disposition of the thinner parts beginning to crack; dish tenderly, thicken the sauce, add a little mixed mustard, and pour it over the fillets. Garnish with pickles or fried bread sippets.

---

#### 566.—FILLETS OF MACKEREL.

Three good mackerel will make a dish; cut each fillet into two, chop some fennel, parsley, and mint very fine, put it into your sauté-pan with a piece of butter, fry it a little, then dress the fillets as before, and proceed now as for the other fillets, adding the ingredients you have in the sauté-pan to your sauce.

---

#### 567.—FILLETS OF MACKEREL.

The same as fillets of soles, in addition you will add chopped fennel and mint, and if you have it a mushroom chopped fine, all



into your sauté-pan with the butter, the juice of a lemon and cayenne and white pepper and salt.

---

568.—FILLETS BOILED.

Separate as before, place them in a stew-pan in lukewarm water, put in a pinch of salt and a little parsley; when they have boiled five minutes they will be done; this may be tried by seeing if the flesh divides readily. Remove the scum as fast as it rises; drain the fillets before dishing them. Serve with parsley and butter.

---

569.—TO FRY MACKEREL.—À LA FRANÇAISE OR À LA MAÎTRE D'HÔTEL.

It may be observed, as a rule to prevent the too frequent repetition of the same thing, that it is to be supposed the fish must be thoroughly cleansed and gutted, unless directions to the contrary are given: supposing then the fish have been cleaned and emptied, cut off the tails, and with a sharp knife lay the fish completely open, and remove the back-bone; this feat should be skilfully performed, or the appearance of the fish will be materially altered, and by no means improved. Dry the mackerel thoroughly, sprinkle with powdered salt and pepper, dredge with flour, and when the lard in the fryingpan is boiling lay them in, and fry them a clear brown. Serve with melted butter, in which has been mixed one spoonful Harvey's sauce, one ditto of mustard, and two of Chili vinegar, or boil half a dozen small onions, and while boiling rapidly lay in a young cucumber one minute, with a faggot of fennel and parsley. Chop the latter finely, and cut the cucumber into shapes, add pepper and salt, put them into a stewpan with a lump of butter for three or four minutes, place the vegetables on the fish, and squeeze a large lemon over them.

---

570.—STEWED MACKEREL.

A marinade must be made, in which to stew the fish, consisting of a pint of gravy, in which put chopped, almost to a paste, parsley, fennel, and shalot, the latter not too plentifully; two table-spoonfuls of ketchup, one of essence of anchovies, and a lump of butter well floured, about the size of a walnut. Keep it stirring until it boils, add one glass of port previous to boiling, pour it in by slow degrees, and when it boils lay in the fish which has been thoroughly cleansed and boned. Stew gently twenty minutes, do not exceed that time. It will be found expedient to turn them when half cooked, but do not attempt it if you cannot accomplish it cleverly, for broken fish is sure to be the result. Dish very carefully; add to the sauce a tea-spoonful of French mustard mixed, half a glass of port wine, and the juice of half a lemon; boil it up and pour over the fish.

---

571.—RED MULLET.

There are various ways of dressing this fish which has obtained



the name of the sea woodcock, from the flavour as well as from the peculiarity of dressing it without drawing. It must be washed in very clean water and dried very thoroughly with a clean cloth, it must neither be scaled nor gutted. Make paper cases of foolscap well buttered, put the fish in them, as many as you purpose cooking, each fish having a separate case, and broil them over a clear fire. The paper may be securely but not violently fastened over the fish with twine. Twenty-five minutes will suffice to cook them.

Make a sauce of melted butter, two tea-spoonfuls of essence of anchovies, as much cayenne as will cover a sixpence, the juice of a quarter of a lemon, and a glass of red wine.

It is customary to send this fish to table in its proper case, the wine must therefore be removed, and a small fringe of white paper affixed to the tail end of each case for appearance, but at very recherche dinners, the fish are served on *very* hot plates without any covering.

---

#### 572.—RED MULLET.

If in paper you will wrap each fish in paper, four will make a small dish; then lay them on your baking dish and put them in the oven, there will be a good deal of liquor come from them, thicken this liquor, and if not sufficient for sauce add a little of your best stock, two glasses of Madeira, a spoonful of essence of anchovies, lemon juice, cayenne pepper, salt, a little sugar; if sent up in the papers the sauce will be put in a sauce-boat, if not you will pour the sauce over the fish.

---

#### 573.—RED MULLET.

Clean it, but do not take out the inside, fold in oil paper, and gently bake in a small dish; make a sauce of the liquor which comes from the fish, adding a bit of butter, a little flour, a little essence of anchovies, and a glass of sherry; give it a boil, and serve it in a sauce boat, and serve the fish in the paper cases.

---

#### 574.—GREY MULLET.

This is a fish of a very different flavour and character to the preceding. It may be boiled, broiled, roasted, or baked; when small it may be cooked in the usual fashion of dressing such fish as whittings &c.—if large it may be cooked as cod or salmon.

---

#### 575.—OYSTERS À LA IMPÉRIALE.

Procure of a fishmonger a barrel of oysters, packed as for transmission to the country. Put into a vessel large enough to contain the barrel sufficient water, that when the barrel is in, it may be covered. Heat the water to a boil; when it is boiling, put in the barrel of oysters just as you have received it from the fishmongers; let it boil twelve minutes; take it out, knock off the head, and serve immediately. The flavour of the hot oyster will be found delicious.



## 576.—SCALLOP OYSTERS.

Wash clean some bottom shells of the oysters if you have not silver shells or scallop shells, butter and bread crumb them, blanch your oysters, either do them whole or cut them, make a thick sauce with the liquor adding a good spoonful of white sauce, season with cayenne pepper and salt, fill in the shells and bread crumbs on the top, and sprinkle clarified butter on the tops, brown in the oven—dish them upon a napkin.

## 577.—ROAST OYSTERS.

Large oysters not opened, a few minutes before they are wanted, put them on a gridiron over a moderate fire. When done they will open, do not lose the liquor that is in the shell with the oysters, send them hot upon a napkin.

## 578.—AN OYSTER PIE, WITH SWEETBREADS.

Blanch them and take off the beards, separate them from the liquor, blanch some throat sweetbreads, and when cold cut them in slices, then lay them and the oysters in layers in your dish, season with salt, pepper, a few grains of mace and nutmeg; add some thick sauce, a little cream, and the oyster liquor, and some good veal stock; bake in a slow oven.

## 579.—STEWED OYSTERS.

The oysters should be bearded and rinsed in their own liquor, which should then be strained and thickened with flower and butter, and placed with the oysters in a stewpan; add mace, lemon peel cut into threads, some white pepper whole; these ingredients had better be confined in a piece of muslin. The stew must simmer only, if it is suffered to boil the oysters will become hard; serve with sippets of bread. This may be varied by adding a glass of wine to the liquor, before the oysters are put in and warmed.

## 580.—SCALLOPED OYSTERS.

Beard the oysters, wash in their own liquor, steep bread crumbs in the latter, put them with the oysters in to scallop shells, with a bit of butter and seasoning of salt, pepper, and a little grated nutmeg; make a paste with bread crumbs and butter; cover, and roast them before the fire, or in an oven.

## 581.—OYSTERS.

If eaten immediately upon being opened, neither vinegar nor pepper should be taken with them, or the flavour will disappear in the taste of the vinegar.

## 582.—OYSTER FRITTERS.

Beard, dip them into an omelette, sprinkle well with crumbs of bread; fry them brown.



## 583.—JACK OR PIKE TO CHOOSE.

If the fish is fresh the gills will be red, the fish stiff, and eyes bright; the best sort are caught in rivers, the worst are caught in ponds; it is a very dry fish, and very much improved by stuffing and sauce; they are not thought much of in England, but are much liked in inland counties.

## 584.—TO BAKE PIKE.

Clean and empty it thoroughly, but do not disturb the scales in the operation, stuff it with oyster forcemeat, and skewer the tail to the mouth, sprinkle over it a little salt, and dredge a little flour, stick small pieces of butter all over it, and bake in a steady oven forty to fifty minutes; you must be regulated by the size of the fish. To the sauce which will be found in the dish when the pike is done, a little melted butter with a spoonful of essence of anchovies may be added, and a small quantity of grated lemon peel or lemon pickle, also a table-spoonful of sherry, one of Harvey's sauce, and a little cayenne, will render the gravy exceedingly pleasant.

## 585.—PIKE—TO BOIL.

Wash and clean the fish thoroughly, unless you are very particular you will not conquer an earthy taste, which from a want of the proper application of the cook's art, too often appears. It is usual to stuff it with forcemeat, more for the purpose of destroying that peculiarity than from any additional flavour or zest it gives the fish. Having cleaned well and stuffed with forcemeat, skewer the head to the tail, lay it upon a drainer and put it in the fish kettle, let it have plenty of water into which you may throw a handful of salt and a glassful of vinegar; when it boils remove the scum as fast as it rises, it will take three quarters of an hour if a tolerable size, if very large an hour, if small half an hour; serve with melted butter and lemon sliced or whole. Some persons prefer anchovy sauce, some Dutch; they may each be eaten with the fish. It is always the best method where a variety of fancies, each not in itself incorrect, are applied to the use of various sauces, to send the sauce cruets to table and permit every one to gratify his peculiar taste.

## 586.—PRAWNS.

If you have no lemon for garniture, get the dish they are to go upon and likewise another of the same size, turn one bottom upwards, then dish your prawns one by one with the heads inwards upon their backs touching each other; when you have got quite round the bottom of the dish, take a handful of tightly squeezed picked parsley, and put into the middle, take the other dish, and put on to it holding it tight with your finger and thumb, turn it over, take off the dish, add then some more upon them, use cucumber or parsley round them.



## 587.—PRAWNS—TO BOIL.

Prawns require plenty of boiling water, when the water boils add a quarter of a pound of salt for each three quarts of water, let the water boil very fast, clear off the scum and toss in the prawns, keep them boiling as fast as you can for seven or eight minutes; take them out and drain them, keep them in a cool place. They are sent to table on a napkin with dry toast and fresh butter, or brown bread and butter in slices

## 588.—PRAWNS.

Dish them upon a large lemon, sticking the horn on the head into the lemon, beginning from the bottom and keep going round until you get at the top, introduce a few purées of parsley between, put the lemon upon a napkin or cut paper.

## 589.—PRAWNS.

When in perfection they have an excellent smell, and their flavour is very sweet, they are firm and stiff, the tails which turn inwards particularly. When the prawns are fresh their colour is very bright, but if stale they are pale and clammy to the touch.

## 590.—PLAICE

And Flounders should be sprinkled with salt, and wrapped in a towel an hour previous to cooking, and be fried as soles, &c.

## 591.—PRAWNS TO SERVE.

Take a pound and a half of fine prawns; pick, and trim them neatly; have ready a deep dish or soup plate, the centre of which fill with any sort of salading you please, provided it has no smell; cover this with a large napkin, folded square, and the corners turned down, so as to form an octagon, leaving no more than the border of the plate or dish visible. Place a handful of nice green parsley on the napkin, and the prawns in a pyramid on it.

## 592.—DRESSED SALMON.

All salmon whether crimped, split, or in slices, let them go through the same process in dressing, you can differ your sauces as may be most approved of.

Put your salmon either in your fish kettle or a large baking dish, if a dish you must cover it with buttered paper, and frequently baste it with the marinade, which is made thus;—cut a carrot, turnip, celery, onions, a faggot of sweet herbs, two blades of mace, whole pepper, six cloves, a bay leaf, six anchovies, a cup of vinegar, a quart of good brown second stock. two glasses of sherry;—then put on your salmon, letting it stew until done, then drain off all the stock from the fish, and thicken it and strain it through a tammy; if for



capers, add them in the sauce you have put through the tammy and boil it for some time removing all grease that rises, season with lemon juice, cayenne pepper, salt, and sugar, if required a little essence of anchovies. Pour this sauce over the fish.

Get about two pounds of salmon rather thick part, and with a sharp knife cut it as you would as near as possible the shape of cutlets, have ready a sauté-pan with some clarified butter and a little cayenne pepper, pass each cutlet through the butter; when you have filled the pan with about sixteen cutlets, if for a corner dish that is sufficient, cut a paper round and butter it and put it over your cutlets, then put them either in your oven or on your hot plate or stove, be careful in turning them, take them out of the sauté-pan or paper to dry away the grease, have some good brown sauce ready; after taking off the fat from what they were done in, put the remainder good into your sauce, add a few drops of anchovy sauce, lemon juice, a little sugar, a glass of wine, boil well for some time, dish your cutlets one on the other round, either glaze them or pour the sauce over them.

#### 593.—CRIMPED SALMON—À LA CREME.

The salmon, like cod, must be *quite fresh* or it will not crimp. Cut the body into slices about two inches thick; have ready some salt and water in the proportion of three ounces of salt to a quart of water, with the smallest knob of saltpetre about the size of a nut, dip the salmon slices into this as they are cut, hold them for half a minute, and then rinse them in clear cold spring water and lay them upon a dish, put a lump of butter well rubbed in flour into a stewpan, while the butter is melting sprinkle in a little salt and cayenne, and when the butter is on the simmer stir in half a pint of cream, keep stirring, and as it boils squeeze in the juice of a quarter of a lemon, and stir in a large tea-spoonful of essence of anchovies, add a little more salt to taste.

Having boiled the crimped salmon in quick boiling water ten minutes, take them out and let them drain one minute, put them in a clean stewpan and pour over the prepared cream and let it simmer ten minutes, it should not if possible be suffered to boil.

The lemon juice is sometimes deferred until the fish is removed from the cream, a minute's simmer is allowed, and it is then all poured over the salmon and sent *very hot* to table.

#### 594.—TO DRY SALMON.

Open the fish, remove the whole of the inside, including the roe. Scald it, and then rub it with common salt; hang it to drain from twenty-four to thirty hours.

Mix well two ounces of Foot's sugar, the same quantity of bay salt, three ounces of saltpetre; rub the mixture thoroughly into the salmon; place it upon a dish, and suffer it to remain for forty-eight hours, and then rub it with common salt. Let it remain until the succeeding evening, it will then be ready to dry. Wipe it thoroughly



after drying; spread it open with two sticks, and hang it in a chimney where a *wood* fire is burned.

---

595.—SALMON POTTED.

Cut a handsome piece from the middle of the salmon; remove the scales, and wipe it with a clean cloth. Rub into it some common salt thoroughly.

Beat up some mace, cloves, and whole pepper; season the salmon with it; place it in a pan with a few bay leaves; cover it with butter, and bake it until thoroughly done; remove it from the gravy, letting it drain thoroughly, then place it in the pots. Clarify sufficient butter to cover all the pots after the salmon has been put into them: put it to cool.

---

596.—TO PICKLE SALMON.

Scale, clean, split, and divide into handsome pieces the salmon; place them in the bottom of a stewpan, with just sufficient water to cover them.

Put into three quarts of water one pint of vinegar, a dozen bay leaves, half that quantity of mace, a handful of salt, and a fourth part of an ounce of black pepper.

When the salmon is sufficiently boiled remove it, drain it, place it upon a cloth. Put in the kettle another layer of salmon; pour over it the liquor which you have prepared, and keep it until the salmon is done. Then remove the fish, place it in a deep dish or pan, cover it with the pickle, which, if not sufficiently acid, may receive more vinegar and salt, and be boiled forty minutes. Let the air be kept from the fish, and, if kept for any length of time, it will be found necessary to occasionally drain the liquor from the fish, skim, and boil it.

---

397.—COLLARED SALMON.

Cut off the head and shoulders and the thinnest part of the tail, thus leaving the primest part of the salmon to be collared. Split it, and having washed and wiped it well, make a compound of cayenne pepper, white pepper, a little salt, and some pounded mace. Rub the fish well with this mixture inside and out; roll, and bandage with broad tape, lay it in a saucepan, cover it with water and vinegar, one part of the latter to two of the former; add a table-spoonful of pepper, black and white whole, two bay leaves, and some salt. Keep the lid closed down. Simmer until enough, strain off the liquor; let it cool, pour over the fish when cold; garnish with fennel.

---

398.—SALMON—TO BOIL.

This fish cannot be too soon cooked after being caught; it should be put into a kettle with plenty of cold water, and a handful of salt, the addition of a small quantity of vinegar will add to the firmness



of the fish ; let it boil gently ; if four pounds of salmon fifty minutes will suffice ; if thick a few minutes more may be allowed. The best criterion for ascertaining whether it be done, is to pass a knife between the bone and the fish, if it separates readily, it is done ; this should be tried in the thickest part ; when cooked lay it on the fish strainer transversely across the kettle, so that the fish, while draining, may be kept hot. Place a fish plate upon the dish on which the salmon is to be served, fold a clean white napkin, lay it upon the fish plate, and place the salmon upon the napkin. Garnish with parsley.

---

599.—SALMON EN PAPILOTES.

Get small slices of salmon, (See 524), fold them neatly in foolscap paper, after having buttered your paper well, pepper and salt the paper and flour it. I generally put them in the oven for a short time, then do them on the gridiron over the stove ; in this case dish as usual on a napkin, and send your sauce in a boat made as either of the former sauces, unless shrimp, lobster, or anchovy sauce is preferred.

---

600.—SALMON BROILED.

Cut the fish in slices from the best part, each slice should be an inch thick ; season well with pepper and salt ; wrap each slice in white paper, which has been buttered with fresh butter ; fasten each end by twisting or tying ; broil over a very clear fire eight minutes. A coke fire, if kept clear and bright, is best. Serve with butter, anchovy, or tomata sauce.

---

601.—DRIED SALMON BROILED.

Cut and cook as above, save that when it is warmed through it is enough. Serve plain for breakfast, or with egg sauce if for dinner.

---

602.—SALMON ROASTED.

Take a large piece of the middle of a very fine salmon, dredge well with flour, and while roasting baste it with butter. Serve, garnished with lemon.

---

603.—STEWED SALMON.

Scrape the scales clean off, cut it in slices, stew them in rich white gravy, add immediately previous to serving one table-spoonful of essence of anchovies, a little parsley chopped very fine, and a pinch of salt.

---

604.—QUENELLES OR PUDDING.

Use any salmon you may have left, pick it free from all bones and skin, put a crumb of a French roll or some light crumb of bread in half a pint of milk, a sprig of parsley, a small chalot, or onion, put



it all to boil until dried up, stir it and keep it from burning, then put it to get cold; pound the salmon well, then add the boiled fat, taking out the onion and parsley, put about two ounces of butter with it, pound all well, then rub it through a wire seive, when done return it back into the mortar, and add, according to the quantity, two yolks of eggs and one whole egg, a little essence of anchovies, cayenne pepper, a little white pepper, salt, and a dust of sugar. Have a stewpan of boiling water ready, take out a piece and boil it to see if it is light or does not drop to pieces; have your small or large moulds ready and well buttered, six small ones make sufficient for a dish; if for a corner, put buttered paper over each mould. To stew them have a stewpan sufficiently large to hold them, line the bottom with paper, and only put sufficient water to come half up the mould, mind the cover fits quite close, and be sure it boils, then put them in; the small ones will take about half an hour, when done drain the grease well from them, before dishing them pour the sauce in the middle.

---

605.—PUDDING OR QUENELLES.

You will proceed as before with salmon if from dressed fish; if from other fish scrape all the meat from the skin and bones, and use two filleted anchovies pounded with the fish instead of any essence, and it will take longer to stew than dressed fish, the sauce as for fillets of soles, leaving out the chopped parsley.

---

606.—SOLES.

Soles should be skinned and trimmed by the fishmonger. If fried plain, dry them well with a clean cloth, flour them with a dredge, the pan should be well cleaned, and a quantity of lard placed in it, it should be boiling hot, before the fish is placed into the pan brown them nicely, dish with care; or they may, instead of being floured, be coated with the yolk of eggs beaten up with bread crumbs, previous to frying, they should be a light but not a pale brown when cooked.

---

607.—SOLES—BOILED.

Choose a large thick sole, wash and clean thoroughly without disturbing the roe or the melt, lay it in a fish kettle with enough cold water to cover it, throw in a handful of salt, let it come gradually to a boil, and having kept the water well skimmed, place the kettle by the side of the fire, and in eight minutes the sole will be sufficiently cooked to dish, serve with shrimp sauce, cucumber sliced and dressed.

---

608.—FILLETS, BREAD CRUMBED.

The fillets you will roll up and fasten together with a small skewer or fine string round them; proceed exactly as for bread crumbed soles, they will take a little longer to fry, stand them up endways to dish them whether for garnish or a dish; be sure to draw out the skewer or the string.



## 609.—FILLETS OF SOLES MAKE A GOOD PIE.

Cut each fillet in half and lay them in your dish, season with pepper and salt, and a layer of oysters, chopped parsley, and some oyster liquor, with some good stock, or white sauce into the dish is best, add a gill of cream.

## 610.—SOLES À LA PORTUGUESE.

Split two small soles or cut one large one in half and bone it, fry the fish slightly in a pan with a bit of butter and a squeeze of lemon juice, take it out and place on each piece of fish a layer of stuffing or forcemeat, roll it up leaving the head for the outside, secure each roll with a small skewer.

Lay them in a pan, an earthenware one will be found the best; moisten them with a well beaten egg, and cover them with bread crumbs.

To a cup-full of meat gravy put one table-spoonful of essence of anchovy and some minced parsley, mix with it the remains of the egg used to moisten the rolls with, and pour it over them, then cover down closely and bake in a slow oven until the fish are done, they will take about twenty minutes. Lay the rolls in a very hot dish with the heads to each other, skim the gravy cleanly and quickly, pour it over them and serve.

Garnish with fried parsley.

## 611.—SOLES AU PLAT.

Bone the soles, trim them, take off the heads and lay them in a dish in which you have poured about two ounces of clarified butter, a table-spoonful of white broth, the juice of a quarter of a lemon, half a tea-spoonful of essence of anchovies, some parsley chopped as finely as possible, and a sprinkling of cayenne pepper. Previously to laying the soles upon this compound, brush them over lightly with the yolk of an egg, and strew finely powdered bread crumbs over them; bake them twenty minutes in a slow oven, serve in the dish with the sauce.

## 612.—FILLETS OF SOLES, MAÎTRE D'HÔTEL.

Get four good sized soles filleted, beat each fillet with your cutlet beater, dipping your cutlet beater into cold water frequently; then cut each fillet into three, rounding one end and leaving the other as a point to form a cutlet; have ready about a quarter of a pound of clarified butter in a sauté-pan, and the juice of two lemons, cayenne pepper, and salt, mix well together, dip each cutlet as you cut it both sides in this, keeping the cutlets in the sauté-pan; about twenty four cutlets will make a corner dish, paper them over, and either do them in the oven or on the stove; when done take them out of the sauté-pan to drain, keep them hot until you dish them; the bones and trimmings with what is left in your sauté-pan make the sauce from; put all your trimmings into a stewpan with a quart of stock, four



anchovies, reduce it down to half a pint, thicken it, and strain it through a tammy into a clean stewpan, add a gill of cream, have ready some very fine chopped parsley to sprinkle over the last thing, pour the sauce over your fish. Dish as cutlets.

613.—FILLETS OF SOLES FRIED, TO GO ROUND OTHER FISH.

Cut and prepare your soles as before, only laying each cutlet in a cloth to dry, and well flour them; then egg them and bread crumb them, let your bread be put through a wire sieve, put a little flour and salt to the crumbs; have ready in a stewpan some lard or oil, if for a catholic or Jew's family, oil when quite hot, which you will know by dropping into it a sprinkle of crumbs fried, and if it makes a great noise it is hot; then put in three or four cutlets shaking them about until a nice light brown, take them out to drain on paper, keep them hot, if for a dish by themselves; fry at the same time a good handful of parsley. In doing this, to prevent accidents, take your stewpan off the fire and hold it over the dripping-pan from you, then all at once throw in your parsley, you may in a minute return it to the fire until crisp and green.

614.—FILLETS OF SOLES IN ASPIC.

Cut the fillets of soles as for cutlets, and sauté them the same, keeping them white and free from grease, dish them round the inside of the mould and ornament as before, if ornament is liked; or, dish them round your dish, a little small salad or lettuce in the middle, chopped aspic round, and cut cucumber in thin slices as a border to your dish.

615.—SKATE

May be cut into pieces, and fried in oil, with parsley, an onion cut in slices, and sweet herbs; when sufficiently cooked, pour off the fat. Throw into the pan a small tea-cupful of vinegar, the same quantity of water; stir it with the herbs, and dredge with flour, until a good consistency; add capers the last thing before sending to table.

616.—CRIMPED SKATE.

Remove the skin from both sides of the fish, cut it in pieces of less than two inches the whole length of the fish; roll and tie with thin twine, put into three quarts of water a handful of salt and half a tea-cupful of vinegar, soak the rolls for three hours, then boil them in more than sufficient water to cover them, add two ounces of salt to each quart of water, and three large onions cut in slices, let it boil a quarter of an hour, take them out and remove the twine without injury to the fish, serve with anchovy sauce.

617.—STURGEON BOILED.

Soak the fish in salt and water four hours, remove it and bathe



with pyroligneous acid diluted with water, let it drain an hour, then put it into boiling water, let it be well covered, add three onions, a faggot of sweet herbs, and a *small* quantity of bay-salt. When it is boiled so tender that the bones will separate readily remove it from the fire, take away bones and skin, cut it into slices, dredge it with flour, brown it before the fire, and serve with a gravy, the same as given above for roasting.

---

618.—STURGEON BROILED.

Cut a fine piece of the fish, and skinning it divide it into slices. Beat up three eggs, and dip each of the slices into them, powder fine bread crumbs mixed with finely chopped parsley, pepper and salt over them, fold them in paper, and broil them, being careful that the fire is clear. Send them to table with essence of anchovies, and soy, accompanied by cold butter.

---

619.—BEFORE YOU BAKE STURGEON,

Let it lie several hours in salt and water, then boil it until the bones can be removed; pour vinegar over your fish and in the water and salt. When done take it out to cool, then egg and bread crumb it, then sprinkle clarified butter over it, place it in a moderate hot oven to brown, make a very thick sauce from your kidneys and good stock, with a table-spoonful of essence of anchovies, season it with cayenne pepper, salt, dust of sugar, juice of lemon, and a glass of wine.

---

620.—FILLETS OF STURGEON.

Either for a corner dish in a large dinner, or a top remove. Cut your fish in rather thick slices, sauté them as for fillets of soles a little, place them in a stewpan regularly round, with an onion and a faggot of sweet herbs, three small onions, a blade or two of mace, a few cloves, and some whole pepper, put the liquor from your sauté-pan into them, with three or four whole anchovies, a glass of white wine and some good second stock, stew it gently until tender, carefully take out the cutlets, thicken the sauce, if you want them white add a gill of cream; season with the juice of a lemon, cayenne pepper, and salt, and a dust of sugar. Dish them as cutlets, and pour the sauce over them.

---

621.—STURGEON ROASTED.

Cut into slices as above, but do not remove the skin, split the pieces on a cork-spit, roast tenderly basting frequently with butter. Make a brown gravy, flavour it with essence of anchovies; squeeze in a quarter of a lemon and add a glass of sherry, serve up with the fish.

---

622.—STURGEON STEWED.

Cut into pieces, and stew as tench.



## 623.—FILLETS OF STURGEON, MAÎTRE D'HÔTEL.

Prepare the fish as before, leaving out the wine and add some very fine chopped parsley, and shalots and cream.

## 624.—SHRIMP TOAST—CROUTE AUX CREVELLES—FRENCH.

Boil five pints of shrimps, and as soon as they are cold shell them, take the heads and bruise them in a mortar, put them into barely a quart of water and let them boil an hour, strain them very clear and add three parts to half the quantity of good veal stock. Put into a stewpan a lump of butter the size of an egg, and when it has commenced to bubble, stir in one tea-spoonful of flour, a little grated nutmeg, a sprinkling of cayenne, and a small quantity of mace, the fourth of a tea-spoonful; when this browns, pour in the stock gradually, adding a glass of vin de Bordeaux, and let it boil, then add the shrimps, cut off the bottom crust of a French loaf, hollow out the crumb, and fry the crust in fresh butter until a golden brown; as soon as the shrimps are thoroughly heated which will be in about three or four minutes, pour them into the hollowed toast.

## 625.—CROUTE AUX CREVELLES À LA REINE AMELIE

Is made in the same manner, save that about four table-spoonfuls of cream are added to the ingredients before the shrimps are put in.

## 626.—SMELTS.

This is a very delicate fish, requires delicate handling, and is quickly cooked; draw through the gills and wipe with a soft cloth, but do not wash them, dip them into the yolk of an egg beaten very smooth, and sprinkle them with bread crumbs as finely as they can be powdered, a little flour may be mixed with the bread crumbs, fry them a clear light brown, four minutes will suffice to cook them.

The French method of serving is to skewer six through the gills with a silver skewer, and serve them in sixes. If dished, lay them head and tail alternately, serve with melted butter and garnish with parsley.

## 627.—TO BAKE SMELTS.

Prepare as above, dress according to the receipt for soles à la Portuguese; instead however, of strewing forcemeat over them employ only bread crumbs, and moisten with clarified butter; mix in addition to the gravy a glass of Madeira, with a dash of anchovies, this must be added before the smelts are laid in. They will be done in ten minutes.

## 628.—TROUT.

Scale, gut, clean, dry, and flour, fry them in butter until they are a rich clear brown, fry some green parsley crisp and make some plain melted butter, put in one tea-spoonful of essence of anchovy, and one



glass of white wine, garnish when the trout are dished with the crisped parsley and lemon cut in slices; the butter may be poured over the fish, but it is most advisable to send it in a butter tureen.

629.—TRUITE À LA GENEVOISE.

Clean the fish as above, lay them in a stewpan with two glasses of champagne, two glasses of sherry, a faggot of parsley, an onion stuck with cloves, thyme, pepper and salt, and a piece of the well baked crust of French bread, stew on a quick fire, take out the bread when the fish is done, brown it, mix in butter rolled in flour, and boil up to thicken the sauce; the fish having been taken out when done, pour over them the thickened sauce, serve with lemon sliced and fried bread.

630.—TRUITE À LA PRINCESSE ROYALE.

Take equal parts of Madeira and water, and let them come to a boil, having emptied, cleansed, washed and wiped perfectly dry the trout, lay them in, they should only be just covered with the liquor, they will be done in twenty minutes if not boiled too fast; take out the fish and thicken with a piece of butter rolled in flour, add two well beaten eggs with one tea-spoonful of cream to the sauce, pouring them from one vessel to another until they are of a creamy consistency, season with salt, pour the sauce upon the fish and serve.

631.—TROUT STEWED.

This is a pleasing and delicate dish when nicely stewed. It is dressed very much in the fashion of other small fish stewed, only that it requires perhaps more care in the different processes.

First wash and clean the fish, wipe it perfectly dry, put into a stewpan two ounces of butter, dredge in as it melts flour, and add grated nutmeg, a little mace, and a little cayenne. Stew well, and when fluid and thoroughly mixed, lay in the fish which, having suffered to slightly brown, cover with a pint of veal gravy; throw in a little salt, a small faggot of parsley, a few rings of lemon peel; stew slowly forty minutes, take out the fish, strain the gravy clear and pour it over the fish; it may be strained over it, before however it is poured over, a glass of bucellas may be added to the gravy.

632.—TURBOT.

Place the turbot, previously to cooking, to soak in salt and water in which a little vinegar has been poured; lay it upon its back in the fish kettle, fill the latter three parts full with cold water, throw in a handful of salt, a gill of vinegar, let it boil very gradually, and when it boils, add cold water to check; thirty minutes is sufficient to cook it; serve it upon a cloth as boiled with its back to the dish; garnish tastefully with sprigs of parsley, and horse-radish scraped into curls, or with fried smelts, or barberries, and parsley. Lobster sauce.



## 633.—FILLETS OF TURBOT.

This dish is made from the fish left from the former dinner; as it is cold you can cut it in very nice shaped pieces, then place them on a dish or sauté-pan with a little good stock white, the sauce as for former dishes. If maître d'hôtel, or with oysters, leave out the parsley, and blanch and beard three dozen large oysters, and put in your prepared sauce, giving it a few minutes' boil; pour it over your fish.

## 634.—TURBOT À LA ROI.

Put into a fish kettle two thirds water and one of wine, a cheap light French wine will suffice and will be less expensive; in France the vin ordinaire is always, unless on extraordinary occasions, employed. In this mixture throw in first a faggot of sweet herbs, one large onion stuck with cloves and a few small ones, the half of a clove of garlic, a table-spoonful of pepper corns, two carrots sliced, two turnips the same, a lump of butter, salt, half a tea-spoonful of cayenne tied in muslin, stew for half an hour, strain quite clear and let it get cold for using; boil the turbot twenty minutes, and garnish with lobster sauce; a dish of cucumber sliced and dressed should be sent to table with it.

## 635.—WATER SOUCHY.

This is a dish more frequently seen upon the tables of the Blackwall and Greenwich hotels than anywhere else; it is introduced into private families, and when well cooked makes a very excellent as well as economic dish.

It is composed of many kinds of small fish, and it is essential that they should be as fresh as possible. The quantity of fish must be regulated by the quantity to be sent to table; take flounders, perch, tench, carp, very small soles, or any small fish, and clean them very carefully, removing the skin, and cut them into small pieces of equal sizes; make of fine heads of parsley a faggot, and slice half a dozen pared parsley roots into slips or cut them into rounds, put them with a handful of salt, some whole white peppers, into sufficient water to about cover the fish, simmer until the herbs are tender, put in the fish, remove the scum as fast as it appears; stew gently ten minutes.

The fish must be done but not broken, this may be prevented by watching carefully, it will be the consequence of boiling too fast or being over done if it occurs, and it spoils the appearance when sent to table; you will remove the fish with a slice, keep it hot, strain the liquor, remove the pepper corns, but return the parsley and roots, have some finely chopped parsley ready, put it into the liquor, give it a boil and pour it gently over the fish, serve like white bait with bread and butter cut nicely and laid in plates, brown and white bread should be sent to table to suit the taste of the partakers; epicures prefer the former.

There is another way of cooking the water souchy by pulping a portion of the fish and adding it to the liquor to strengthen it, or by



boning many of the fish and stewing the bones down, using the liquor instead of water, but the above receipt will be found easy to make and exceedingly palatable.

---

636.—WHITINGS

May be cooked as soles; they should be sent to table with tail to mouth, or passed through the eyes.

---

637.—CURRY OF SOLES AND WHITINGS, ETC.

Cut in smaller pieces than for cutlets, and proceed to make your curry as before for salmon.

---

638.—CURRY OF WHITINGS.

This fish must be sautéed after you have cut it in the sized pieces for your curry, then proceed exactly as before.

---

639.—FILLETS OF WHITINGS, MAÎTRE D' HÔTEL.

This fish is much tenderer than soles, therefore you must not beat them so hard in forming them, and be careful in turning them, proceed exactly as for the fillets of soles, and likewise the sauce.

---

640.—QUENELLES OR PUDDINGS OF WHITINGS.

This fish makes the best quenelles. Proceed exactly as for the other quenelles of white fish.

---

641.—WHITE BAIT.

It requires considerable skill and practice to cook white bait. Respecting the necessity of its freshness there cannot be two opinions. *It must not be handled*; if fingers are employed the fish will be bruised, their appearance and flavour destroyed. They should be turned on to a cloth and well dredged with flour, shifting the cloth so that they may be completely covered with flour; turn them into a muslin cloth, shake them sufficiently to get rid of the superfluous flour, and then having your pan ready nearly filled with boiling lard, turn them into it and take them out again instantly, it is simply a process of scalding them, they must not be suffered to brown, put them upon a drainer and serve with sliced lemon, and brown bread and butter in slices.

---

642.—FISH SALADS.

All kinds of fish left from the former days, make good salads; introduce all the articles as for fish salads, cutting the fish when cold into thin slices, and using fillets of anchovies.

---

643.—CHICKEN SALAD.

Use a former dressed chicken, sweetbread, quenelle, and truffles; dish upon salad as the former, with aspic jelly.



## 644.—ITALIAN SALAD.

Get all the following things ready:—filleted soles, quenelles, chicken, lobster, filleted anchovies, olives pared, hard-boiled eggs, beet-root, cucumbers, lettuce, and small salad, celery, cresses. Cut up the lettuce and celery, then mix the cresses, salad, and all well together; place it in the middle of your dish, bringing it to a point at the top, then place round alternately as your fancy directs, the above edibles. Cut them into thin slices, then make the salad or Dutch sauce, pour it over the salad, introduce aspic jelly in different parts of it.

## 645.—LOBSTER SALAD.

Extract the fish from the shell, place it in the centre of the dish in which it is to be served, in the form of a pyramid; arrange the salad round tastfully, and add salad mixture. This dish is not infrequently garnished with the smallest claws of the fish. This is a matter of fancy—or thus:—



## 646.—LOBSTER SALAD.

Salad, &c., formed into a heap, ornamented with the claws of several lobsters. The first row is formed of cut cucumbers, the second of eggs boiled hard, and each egg split into four pieces, and the points laid round the salad; the third and bottom row is composed of slices of beetroot, lobster, and hake.

## 647.—LOBSTERS, IN AN ITALIAN SALAD.

Take two lobsters, cut them into pieces by taking off the claws and tail, each of which split in two; the spawn rub through a dry sieve to garnish the salad, made in the following manner; wash two or three cabbage lettuces, cut them in large shreds, slice a beet-root and cucumber, wash, pick, and cut into long shreds four anchovies, chop some tarragon and chervil, two boiled eggs, the yolks and whites chopped separately; if you have any cauliflowers or French beans, boil and put them with the other things to garnish, having everything prepared, place the lettuce in the centre of the dish in a heap, and place the lobsters and other things according to your taste, and just before you serve garnish with Italian salad sauce.

## 648.—LOBSTER SALAD.

Use only a lobster, cut into some nice large pieces, rather thin;



use fillets of anchovies, cucumber, and hard-boiled eggs, dish upon salad, as for the former salad.

---

649.—ANCHOVIES.

Wash half a dozen anchovies, and take the meat from the bones; cut them into four fillets, place them on a dish with some sweet herbs cut small, and the yolks and whites of hard eggs cut small.

---

650.—ANCHOVY BUTTER.

Wash your anchovies carefully, take out the bones and dry them, then pound them in a mortar until they are reduced to a paste, and mix this paste with double the quantity of fresh butter.

---

651.—ANCHOVIES, ESSENCE OF.

A pound of the best anchovies, two quarts of water, two bay leaves, some whole pepper, a little scraped horse-radish, a little thyme, two blades of mace, six shalots chopped small, a gill of port wine, half the rind of a lemon, a gill of ketchup, boil them together for twenty minutes, then rub them through a tammy with a wooden spoon; when cold put it into pint bottles, cork them close, and keep them in a dry place.

---

652.—ESSENCE OF ANCHOVIES.

Fillet several dozen of anchovies, then chop them up fine with some of their own liquor strained, add to it a cupful of water, boil them gently until the fish is dissolved, then strain it and when cold bottle it.

---

653.—TOAST OF ANCHOVIES.

Prepare toast; fillet some anchovies, pound them in a mortar, add a little butter well pounded into it, a little cayenne pepper, a few drops of lemon juice; take it out and spread it on the toast.

---

654.—ANCHOVIES WITH FRIED BREAD.

Cut some bread thin, then cut out with a plain patty cutter the quantity you require, as you will put one on the other; fry them in lard a very nice brown, then fillet and pound anchovies as before; add a little parsley, and a grain of shalot, rub all through a fine wire or hair sieve, spread one of your toasts rather thick, place another piece of bread on the top; have ready some more filleted anchovies, and garnish each toast, using pickles likewise, or parsley.

---

655.—TO KNOW GOOD ANCHOVIES.

The best look red and mellow, and the bones moist and oily, the flesh high flavoured, and a fine smell, if the liquor and fish become dry, add into it a little beef brine.



## 656.—LOBSTER OF PRAWNS, OR CRAYFISH

The same. After taking the meat from the shells quite whole and clean, set a little jelly in your plain mould to get cold, to ornament upon; filling up the mould by degrees.

## 657.—CULLIS OF FISH.

Broil a jack or pike till it is properly done, then take off the skin and separate the flesh from the bones, boil six eggs hard, and take out the yolks, blanch a few almonds, beat them to a paste in a mortar, and then add the yolks of eggs, mix this well with the butter, then put in the fish, and pound all together; take half a dozen onions, and cut them in slices, two parsnips, and three carrots, set on a stewpan, and put into it a piece of butter to brown, and put in the roots to boil, turn them till they are brown, and then pour in a little broth to moisten them; when it has boiled a few minutes strain it into another saucepan, and then put in a leek, some parsley, sweet basil, half a dozen cloves, some mushrooms, and truffles, and a few bread crumbs, when it has stewed gently a quarter of an hour put in the fish from the mortar, let the whole stew some time longer, but be careful that it does not boil; when it is sufficiently done strain it through a coarse sieve.



## CHAPTER XI.

## SAUCES.

## 658.—SAUCE.

Few things require more care than making sauces. As most of them should be stirred constantly the whole attention should be directed to them, the better way is to prepare the sauces before cooking those articles which demand equal care; they may be kept hot in the bain-marie; butter, and those sauces containing eggs ought never to boil. The thickest stewpans should be used for making sauces, and wooden spoons used for stirring them.

## 659.—ANCHOVY SAUCE AU BEURRE.

Wash some anchovies, take out the bones and scale them, when they are quite dry, cut them into small pieces and pound them into a paste, and mix them up with double their weight of fresh butter. To make a sauce of this, put in some Spanish sauce when lukewarm, or some white wine; stew them together, stirring them continually. Lemon juice may be added; strain it; if too thick add a little consommé.

## 660.—ANCHOVY SAUCE.

To about half a pint of melted butter put two table-spoonfuls of good essence of anchovies, with the juice of half a lemon. Serve very hot.

## 661.—APPLE SAUCE.

Pare, core, and slice some apples, put them with a little water into the saucepan to prevent them from burning, add a little lemon peel; when sufficiently done take out the latter, bruise the apples, put in a bit of butter, and sweeten it.

## 662.—BÉCHAMEL.

Reduce some sauce tournée over a good fire, moisten with chicken broth or consommé, constantly stirring to prevent its catching, when of the proper consistence add two glasses of boiling cream, continue stirring, pass it through a hair sieve and serve.



## 663.—BÉCHAMEL SAUCE.

Take some veal and ham, cut them into dices, some carrots, cloves, onions, laurel leaves, shalots, parsley, and scallions, all chopped fine, pepper, grated nutmeg, a little salt and butter, a little velouté and consommé, reduce it to half, and then put in some cream, mix it well with your sauce, boil it all together over a quick fire, shaking it constantly for an hour, if thick enough strain it through a sieve.

## 664.—BREAD SAUCE.

Cut in slices the crumb of a French roll, to which add a few peppercorns, one whole onion, a little salt, and boiling milk enough to cover it, let it simmer gently by the side of the fire till the bread soaks up the milk, add a little thick cream, take out the onion, and rub the whole through a sieve, make it very hot, and serve with game or fowls.

## 665.—BUTTER BURNT SAUCE.

Fry some butter, when it begins to smoke, throw into it some chopped parsley; when sufficiently done, add pepper, salt, and vinegar.

## 666.—BUTTER BURNT FOR SAUCE.

Fry some butter over the fire in a saucepan and let it boil till it is as brown as you wish, then shake in flour stirring it all the while, then use it for any sauce that is too thin.

## 667.—SAUCE AU BAIN MARIE.

Take thin slices of fillet of veal, ham, and beef, according to the quantity of sauce you may require, take some carrots, parsnips, parsley roots, turnips, onions, leeks, and celery also sliced, put all these into a stewpan with a few slices of bacon, cover it close and let it stew on hot ashes for some time, then add equal quantities of white wine and good broth, place the stewpan in the bain marie, and let the sauce simmer for four hours when it may be strained for use; be careful not to put so much of any single ingredient that its flavour may predominate over the others.

## 668.—SAUCE, BROWN.

Take a pound or two of steaks, two or three pound of veal, some pickings of fowls, carrots, and onions, put all these into a saucepan with a glass of water, and set it on a brisk fire; when scarcely any moisture remains put it on a slow fire that the jelly may take colour without burning, and as soon as it is brown moisten it with stock or water, add a bunch of green onions or parsley, two bay leaves, two cloves, and some champignons, salt it well, and set it on the fire for three hours, then strain in; dilute a little roux with your liquor, and boil it an hour over a gentle fire, take off all the fat and run it through a bolting-cloth.



## 669.—SAUCE AU DIABLE.

Mince half a dozen shalots very fine, wash, and press out all the moisture, then put them into a saucepan with a glass of vinegar, a clove of garlic, a bay leaf, and some veal glaze, reduce it to nearly a jelly, moisten it with a little good gravy, add pimento, butter, and a spoonful of olive oil.

## 670.—SAUCE GRANDE.

Take three or four slices of the under part of a knuckle of veal, and put them into a large stewpan with two ladlefuls of consommé, set it on a fierce fire, taking care to skim it as much as possible, and with a cloth wipe away all that adheres to the inside of the stewpan, when the consommé is reduced, prick the slices with a knife to let the gravy out; then set the stewpan on a slow fire, that the meat and glaze may adhere together, and as soon as the latter is of a clear light colour, take it off; leave it covered for ten minutes, then fill it up with rich stock, in which are four or five large carrots and three onions, let it boil slowly for three hours. In the meantime put the knuckle into a saucepan with four carrots, four onions, one stuck with cloves, and two ladlefuls of consommé, set it on a brisk fire that the liquor may reduce to a jelly, as soon as this jelly begins to take colour pour on it the liquor from the other saucepan, to dissolve the jelly gradually, then make it boil. Dilute some roux with the above liquor, and add to it the meat, with some champignons, a bunch of parsley, scallions, and two bay-leaves, skim when it begins to boil, and again when the roux is added, put in more consommé or roux according as it is too thick, or too thin. When it has boiled an hour and a half, take off all the fat; and when the meat is quite done strain the same through a bolting-cloth.

## 671.—CAPER SAUCE FOR FISH.

Take some melted butter, into which throw a small bit of glaze, and when the sauce is in a state of readiness throw into it some choice capers, salt, and pepper, and a spoonful of essence of anchovies.

## 672.—CAPER SAUCE À LA FRANÇAISE.

Take some capers, cut them small, put some essence of ham into a small saucepan with some pepper, let it boil, then put in the capers; let them boil two or three times, and they are ready to serve.

## 673.—CAPER SAUCE, TO IMITATE.

Boil some parsley very slowly to let it become of a bad colour, then cut it up, but do not chop it fine, put it into melted butter, with a tea-spoonful of salt, and a dessert-spoonful of vinegar; boil up, and then serve.

## 674.—CAPER SAUCE FOR MEAT.

Take some capers, chop half of them very fine, and put the rest in



whole; then chop some parsley with a little grated bread, and put to it some salt; put them into butter melted very smooth, let them boil up, and then pour them into a sauce-boat.

---

675.—CARP SAUCE.

Cut up a carp in large bits and put it into a saucepan with a few slices of bacon, veal, ham, two onions, one carrot, and half a parsnip; soak it till it catches a little, then add a glass of white wine and good broth, a little cullis, a faggot of parsley, chervil, a clove of garlic, two of spices, and a laurel leaf; simmer for an hour, skim it well, and strain it in a sieve.

---

676.—CALVES' BRAINS, WITH DIFFERENT SAUCES.

Brains braised in wine or broth may be used with what sauces or ragoût you please: such as fat livers, pigeons, sausages, onions, capers, fried bread. They take their name from the material with which they are mixed.

---

677.—CELERY SAUCE.

Three heads of fine white celery cut into two-inch lengths, keep them so, or shred them down as straws, boil them a few minutes, strain them off, return the celery into the stewpan, put either some brown or white stock and boil it until tender, if too much liquor reduce it by boiling, then add either white or brown sauce to it, season it with sugar, cayenne, pepper, and salt.

---

678.—CELERY SAUCE.

Cut a dozen heads of fine celery into pieces about the size of a shilling, blanch, and put them into a small stewpan with consommé enough to cover them, a small bit of butter, a little sugar and salt, and lay a round paper over the whole; let them stew gently till nearly done, then shake them up in béchamel sauce.

---

679.—CHERVIL SAUCE.

Put a few mushrooms, parsley, chervils, shalots, two cloves, a bay leaf, and a few tarragon leaves, into some melted butter; let them soak for some time, then add a little broth, white wine, pepper, salt, then reduce it to a proper thickness, and do not skim it; when done put in some chervil scalded and chopped; warm it all up together.

---

680.—COD SAUCE.

Take a bunch of parsley, chervil, two shalots, two cloves, a bay leaf, some mushrooms, and a bit of butter, soak all together on the fire, adding a small spoonful of flour, and milk or cream sufficient to boil to the consistence of a sauce, and add to it some chopped parsley first scalded.



## 681.—COURT BOUILLON, FOR ALL SORTS OF FRESH WATER FISH.

Put some water into a fish-kettle, with a quart of white wine, a slice of butter, salt, pepper, a large bunch of parsley, and young onions, a clove of garlic, thyme, bay leaves, and basil, all tied together, some sliced onions and some carrots; boil the fish in this court bouillon (which will serve for several times) and do not scale it; when the fish will admit of it, take care to boil it wrapped in a napkin, which makes it more easy to take out without danger of breaking.

## 682.—CREAM SAUCE.

Put into a stewpan a little butter, a little parsley, a few green onions and shalots, all cut small, one clove of garlic whole; turn them a few times over the fire, then add some flour, and moisten with cream or milk; let the whole boil for a quarter of an hour; strain off the sauce, and when you want it for use, put in a little butter, some parsley just scalded and chopped fine, salt, whole pepper, then thicken the same over the fire; this may be used with all kinds of dishes that are done white.

## 683.—CUCUMBER SAUCE.

Pare two large cucumbers cut in lengths of three inches round the ends; after cutting each length into four pieces take out all the seeds, have ready a bason with vinegar and water, a little pepper and salt; as you cut them put them into the bason, let them lie a quarter of an hour, take them out, put them into a stewpan with one onion, and a little good brown stock, boil it all until nearly dry, put a few spoonfuls of brown sauce to it, the juice of a lemon, a tea-spoonful of vinegar, a little sugar, pepper, and salt; if for fine white sauce add a gill of cream.

## 684.—CUCUMBER SAUCE, FOR CUTLETS OR BEEF.

Two large cucumbers to be pared thin; cut them in pieces three inches long, if any seeds take them out round the ends of them, have ready in a basin half a pint of cold water, a little pepper and salt, and a cup of vinegar, and as you prepare them put them in the basin; after remaining a little time take them out, and put them into another stewpan with a little of your best stock, boil them down to a glaze, then put some brown sauce to them, add the juice of a lemon, black pepper, sugar, and salt.

## 685.—CUCUMBER SAUCE.

Cut four cucumbers into pieces the size of half a crown, and three quarters of an inch thick, put them into a clean cloth, and rub them well to take out the water, put a bit of butter into a stewpan, to which put the cucumber, and set them over a brisk fire taking care to shake them frequently; when they are of a good colour, put to them three large spoonfuls of velouté and two of blond, let them remain a short time on the fire.



## 686.—DUTCH SAUCE, OR HOLLANDAISE SAUCE.

Place in a stewpan some scraped horse-radish, a sprig of thyme, a small onion, and two shalots, with sufficient vinegar to extract the essence of them; keep the lid on the stewpan while steeping. Have ready in another stewpan two yolks of raw eggs, with a small piece of butter about two ounces, and two table-spoonfuls of plain melted butter; when the roots are well run down, throw them into the other stewpan, put it on the fire, and stir till hot, do not let it boil, pass it through a tammy, and serve up, or pour over your fish or whatever it may be required for.

## 687.—EEL SAUCE.

Cut the eels into large pieces and put them into a stewpan with a few slices of bacon, ham, veal, two onions, with all sorts of roots, soak it till it catches, then add a glass of white wine and good broth, a little cullis, three or four tarragon leaves, chervil, a clove of garlic, two of spices, and a bay leaf; simmer for an hour, skim it very well, and sift it in a sieve for use.

## 688.—EGG SAUCE.

Boil three eggs hard, cut them in small squares, and mix them in good butter sauce, make it very hot, and squeeze in some lemon juice before you serve it.

## 689.—ENDIVE FOR SAUCE OR A PURÉE.

Prepare at first as the above; cut them into small pieces, sweat them with butter, then add some good stock to stew them in, but if for a purée you must have many more, and when well stewed pass it with spoons through a tammy; add some good béchamel or brown sauce to it, season as before.

## 690.—FENNEL SAUCE.

Take as many branches of green fennel as you may require; pick and wash it in the same manner as parsley; chop it very small, scald and then lay it on a sieve to cool; put two spoonfuls of velouté, and the same of butter sauce into a saucepan, make them quite hot, take care to stir it well that they may be properly mixed, rub the fennel in a little butter, and then throw it into the sauce; mix it in thoroughly, and season it with salt, pepper, and nutmeg.

## 691.—FRESH PORK SAUCE.

Cut two or three good sized onions into slices, and fry them lightly, then add two spoonfuls of cullis, a little broth, a few mushrooms chopped, a clove of garlic, vinegar, and spice; let it boil half an hour, reduce to a proper consistence, skim and strain it.



## 692.—GARLIC SAUCE.

Three or four garlies, divided and boiled in a little white vinegar and white stock, with a small piece of lean ham; when reduced, strain it off, and add either white or brown sauce to the liquor; season with salt, pepper, and sugar; leave out the vinegar.

## 693.—GARLIC SAUCE.

Take two cloves of garlic, and pound them with a piece of fresh butter about the size of a nutmeg, roll it through a double hair sieve, and stir it into half a pint of melted butter or beef gravy, or make it with garlic vinegar.

## 694.—GOOSEBERRY SAUCE.

Take two handfuls of half ripe gooseberries, open them, and take out the seeds, blanch them in a little salt and water, and drain them; put two spoonfuls of velouté, and the same of butter sauce into a saucepan, mix them together well, and heat them, throw in the gooseberries, stir them well, season the sauce according to taste, with salt, pepper, and nutmeg; this sauce is eaten with boiled mackerel; fennel may be added or not at pleasure.

## 695.—HAM SAUCE.

When a ham is almost done with, pick all the meat that remains from the bone, leaving out any rusty part; beat the meat and bone to a mash with the rolling-pin, put it into a saucepan with three spoonfuls of gravy, set it over a slow fire, and keep stirring it all the time to prevent its sticking to the bottom; when it has been on some time put to it a small bundle of sweet herbs, some pepper, and half a pint of veal gravy, cover it up, and let it stew over a gentle fire, when it has a good flavour of the herbs, strain off the gravy. A little of this is an improvement to all gravies.

## 696.—HERBS, FINE SAUCE OF.

Work up a piece of butter in some flour, melt it, and then put to it the following herbs:—shred parsley, scallions, tarragon, borage, garden cress, chervil; boil them all together for about a quarter of an hour, add a glass of stock, and serve it very hot.

## 697.—HORSERADISH SAUCE, HOT.

Slice two onions and fry them in oil, and when they begin to colour, put them into a saucepan with a glass of white wine, the same of broth, two slices of lemon peeled, two cloves of garlic, a bay leaf, thyme, basil, and two cloves, boil these a quarter of an hour, and then strain it; add capers and an anchovy chopped, pepper, salt, and a spoonful of horseradish boiled to a pulp, warm the whole without boiling.



## 698.—HORSERADISH SAUCE, COLD.

Chop up some parsley, chervil, shalots, a clove of garlic, capers, and anchovies; to these add a spoonful of horseradish scraped very fine, a spoonful of oil, vinegar, pepper, and salt.

## 699.—ITALIAN SAUCE.

Put some good brown sauce in a stewpan, add to it some chopped, prepared mushroom, some chopped parsley and shalot, the juice of a lemon, a little sugar, pepper, and salt, boil it for a few minutes.

## 700.—LAMB SAUCE.

Roll a piece of butter in bread crumbs, shred parsley, and shalots, and boil it in a little stock and white wine, equal quantities, a few minutes are sufficient, squeeze in a little lemon or orange juice.

## 701.—LEMON SAUCE, WHITE, FOR BOILED FOWLS.

Put the peel of a small lemon cut very thin into a pint of sweet rich cream, with a sprig of lemon, thyme, and ten white peppercorns. Simmer it gently till it tastes well of the lemon, then strain it and thicken it with a quarter of a pound of butter rubbed in a dessert-spoonful of flour, boil it up; then pour the juice of the lemon strained into it, stirring well; dish the fowls, and then mix a little white gravy quite hot with the cream, but do not boil them together; add salt according to taste.

## 702.—LEMON SAUCE FOR BOILED FOWLS.

Cut small slices of lemon into very small dice, and put them into melted butter, give it one boil, and pour it over boiled fowls.

## 703.—LEMON SAUCE.

Pare a lemon and cut it into slices, take out the seeds, and chop it small, boil the liver of a fowl, and bruise it: mix these in a little gravy, then melt some butter, put in the liver, and add a little of the peel chopped fine.

## 704.—LIVER SAUCE.

Take the livers of poultry or game, chop them very small with parsley, scallions, tarragon leaves, and shalots; soak them in a little butter over the fire, and then pound them, add cullis stock, pepper and salt. Give the whole a boil with two glasses of red wine, coriander, cinnamon, and sugar, reduce and strain it, thicken with a bit of butter rolled in flour, serve it in a sauce boat.

## 705.—LIVER SAUCE FOR BOILED CHICKENS.

Boil the livers till you can bruise them with the back of a spoon; mix them in a little of the liquor they were boiled in, melt some



butter very smooth and put to them, add a little grated lemon peel, and boil all up together.

---

706.—LIVER AND PARSLEY SAUCE.

Wash the liver, which should be quite fresh, of a fowl or rabbit, and boil it for ten minutes in five tea-spoonfuls of water, chop it fine, pound it or bruise it in a small quantity of the liquor it was boiled in, and rub it through a hair sieve; wash about one third its bulk of parsley leaves, boil them in a little boiling water with a little salt in it, lay it on a sieve to drain, and chop it very fine, mix it with the liver, and put it to a quarter of a pint of melted butter, and warm it up; do not let it boil.

---

707.—OYSTER SAUCE FOR ENTRÉES.

Blanch the oysters in their own liquor, then make a white roux, to which add a few small onions, mushrooms, parsley, and scallions; moisten with some of the oyster liquor, and a ladleful or two of consommé, set it on a brisk fire, and when reduced add a pint of cream, season it, let the sauce be tolerably thick, strain it through a sieve, put in the oysters, and use it with those articles where it is required, such as fowl, turkey, and chicken; if served with fish, essence of anchovies must be added to the above ingredients.

---

708.—LOBSTER SAUCE.

Pound the coral, pour upon it two spoonfuls of gravy, strain it into some melted butter, then put in the meat of the lobster, give it all one boil, and add the squeeze of a lemon; you may if you please add two anchovies pounded.

---

709.—LOBSTER SAUCE—ANOTHER RECEIPT.

Put the spawn of a lobster into a mortar with a bit of butter, and well pound it, then rub it through a fine sieve, put some butter sauce into a stewpan, and the spawn of the lobster; set it on the fire till it is very hot, and looks quite smooth and red, if not smooth, pass it through a tammy; then put in the meat of the lobster cut into small dices, make it very hot, squeeze in a little lemon juice, and serve.

---

710.—LINTELS.

Proceed as for the former sauce, be careful you do not mash them.

---

711.—MINT SAUCE.

Take some nice fresh mint, chop it very small, and mix it with vinegar and sugar.

---

712.—MAÎTRE D'HÔTEL SAUCE, FOR FISH.

Have some parsley finely chopped, and a small shalot, put them in



a stewpan with a small piece of butter, sweat them over the fire, dry up the butter with flour, then add some of your best stock, or white sauce, with a little ham; pass it through the tammy, season the last thing with lemon, a dust of sugar, cayenne pepper, and salt, and if you have any fish stock you will reduce it down and add it to it.

---

713.—MUSHROOM SAUCE.

Cut some mushrooms into pieces, press them in a cloth, and then mince them; do them up in a little melted butter, then add some good stock parsley, scallions, two cloves of garlic; skim and cook them over a moderate fire for half an hour, strain, take off the fat, and serve it very hot.

---

714.—MUSHROOM WHITE SAUCE.

Have ready some cream sauce rather thinner than usual, to this put a few small white mushrooms, reduce it to the proper consistence, it is then ready.

---

715.—MUSHROOM SAUCE, BROWN AND WHITE.

Get a pottle of fresh mushrooms not opened, or coloured in the inside, cut off all the dirty ends, have two basins ready with a little water, salt, and the juice of two lemons; then pare or trim your mushrooms, putting the mushrooms in one water and the parings in the other; when all done put about two ounces of butter in a stewpan, take your mushrooms out of the water and put them into the other stewpan, cover them over, and let them stew for sometime; then put them by ready for use, then take out the parings after washing them well, and chop them very fine, then sweat them down in a little butter; when done put them in the larder until wanted. This comes in for Italian sauces, and various other things.

---

716.—MUSHROOM SAUCE À L'ESPAÑOLE.

Put two ladlefuls of brown consommé, commonly called espagnole, into a stewpan with two ladlefuls of sauce tournée, and some mushrooms; reduce it over the fire to the thickness of the sauce you put in at first, then stir in a piece of butter, the juice of half a lemon, and a very small quantity of cayenne pepper.

---

717.—MUSTARD SAUCE.

Put two glasses of stock, shalots shred small, salt and pepper, into a saucepan, let them boil for half an hour, then add a tea-spoonful of mustard, stir it in well, and use it when required.

---

718.—ORANGE SAUCE.

Put into a stewpan half a glass of stock, the same of gravy, a slice of ham, some small pieces of orange peel, about half an ounce



of butter rolled in flour, salt and pepper; simmer these over the fire till thick, and then add the juice of an orange.

---

719.—ORANGE BITTER SAUCE.

Pare two bitter oranges very thin, blanch the rinds, and then put them into a rich espagnole reduced; add a small piece of sugar, and season it well; just before serving squeeze in the juice of one of the oranges and part of a lemon.

---

720.—ORANGE GRAVY SAUCE.

Put half of veal gravy into a saucepan, add to it half a dozen basil leaves, a small onion, a roll of orange or lemon peel, and let it boil for a few minutes, and strain it off; put to the clear gravy, the juice of a Seville orange or lemon, half a tea-spoonful of salt, the same quantity of pepper, and a glass of red wine, serve it hot; shalot and cayenne may be added.

---

721.—ONION SAUCE.

The onions must be peeled, and then boiled till they are tender, then squeeze the water from them, chop them, and add butter that has been melted, rich and smooth, with a little good milk instead of water; give it one boil, serve it with boiled rabbits, partridges, scrag or knuckle of veal, or roast mutton; a turnip boiled with the onions draws out the strength.

---

722.—ONION SAUCE, BROWN.

Peel and dice the onions, some put an equal quantity of cucumber and of celery, into a quart stewpan, with an ounce of butter; set it over a slow fire, and turn the onion about till it is slightly browned, then gradually stir in half an ounce of flour, add a little broth, and a little pepper and salt, boil up for a few minutes; add a table-spoonful of claret, or port wine, and mushroom ketchup; you may add, if you think proper, lemon juice or vinegar, and rub it through a tammy or fine sieve.

---

723.—OYSTER SAUCE.

In opening the oysters, save the liquor, and boil it with the beards, a bit of mace, and lemon peel; in the meantime throw the oysters into cold water, and drain it off, strain the liquor, and put it into a saucepan with the oysters just drained from the cold water, with sufficient quantity of butter, mixed with as much milk as will make enough sauce, but first rub a little flour with it; set them over the fire, and stir all the while, and when the butter has boiled a few times, take them off, and keep them close to the fire, but not upon it, for if too much done, the oysters will become hard; add a squeeze of lemon juice, and serve; a little is a great improvement.



## 724.—OYSTER SAUCE FOR BEEF STEAKS.

Blanch a pint of oysters, and preserve their liquor, then wash, and beard them, and put their liquor into a stewpan with India soy and ketchup, a small quantity of each, a gill of cullis, a quarter of a pound of fresh butter; set them over a fire, and when they nearly boil, thicken with flour and water, season according to taste with a little cayenne pepper, salt, and lemon juice, strain it to the oysters, and stew them gently five minutes.

## 725.—PARSLEY SAUCE.

Take a handful of parsley, and having washed and picked, pound it well, and put it into a stewpan with some good cullis, set it on the fire, and let it simmer a quarter of an hour, then strain; add a bit of butter rolled in flour, a liaison, and a little lemon juice.

## 726.—PURÉE OF CUCUMBER SAUCE.

All purée sauces, after having drawn whatever it is to be, down, until a pass into some good white or brown stock, according to whether for white or brown sauce, then rub it through a tammy, then add either your béchemel or codlin sauce to it, sufficient for what you want, season it with cayenne pepper, a dust of sugar and salt. If a purée from any hard substance such as mushrooms, truffles, chesnuts, &c., you must pound them well before you rub them through the tammy; pare and take out the seeds of two or three old cucumbers, cut them into pieces into a stewpan, with an onion and a few pieces of ham cut in small dice, and just cover them with some good stock, either white or brown, and the juice of a lemon, pepper and salt, and sugar, when tender rub them through a tammy, add some of your thick béchemel or brown sauce to it.

## 727.—PURÉE OF ONIONS.

Cut up several onions, put them to boil, in a few minutes strain them off, return them into the stewpan and boil them until quite tender in milk and water, then pass them through a tammy, thicken it with flour and butter, add to it a little béchemel sauce, and a gill of cream according to the quantity you may require, either for a remove dish, a flank dish, or an entrée.

## 728.—ROBERT SAUCE, USED MOSTLY FOR PORK.

Cut up one onion in small dice, a piece of butter, fry it a nice light brown, add a teaspoonful of mustard, a little flour, two table-spoonfuls of vinegar, the juice of lemon, cayenne pepper and salt, and sugar; a little good bacon stock, boil it all well, pass it through a tammy cloth.

## 729.—REMOULADE.

Put some mustard into a basin and mix it up with some water, add to this a little shalot, and ravigote both shred, six spoonfuls of



oil, four of vinegar, some salt, and whole pepper, mix them well in, and then put in the yolks of two raw eggs, and continue stirring until the sauce is very thick.

---

730.—ROUX.

Put a pound of batter into a saucepan, keep it shaken, until dissolved, add sifted flour, until it is of the consistence of a moderately thick bouilli; set it over a very hot stove, or brisk fire, until it begins to colour, it must increase, until of a clear light brown; set it by for use.

---

731.—ROUX WHITE.

This is prepared as before, but should be placed on a slow fire or stove until very hot, being kept stirred; it must not be allowed to colour at all.

---

732.—SALAD SAUCE.

Rub the yolks of three hard-boiled eggs into a basin, add to it a table-spoonful of made mustard, then add three table-spoonfuls of salad oil, mix it in smooth; add white pepper, cayenne, and salt, and dust of sugar, five spoonfuls of thick béchamel, a table-spoonful of tarragon vinegar, the same of Chili vinegar, and two spoonfuls of common vinegar; mix all well together with half a gill of cream. If this sauce is required for fish-salads, add a few drops of essence of anchovies, and sprinkle over the sauce a little fine-chopped parsley the last thing.

---

733.—SAUCE À L'ALLEMANDE.

Put a slice of ham and some champignons previously dressed and shred into a stewpan, set it on the fire, and when the ham begins to stick, moisten it with stock and consommé; boil and reduce it, then take off the fat, strain the sauce, and add to it some scalded parsley, two fat livers, capers, anchovies, scallions, all chopped, add a bit of butter, put it again on the fire, and when of the requisite consistency take out the scallions and put in some magnonnaise, and lemon juice, and strain it for use.

---

734.—SAUCE À LA MADELAINE.

Put a few bread crumbs, two shred shalots, a bit of butter, half a spoonful of vinegar, and two spoonfuls of consommé into a stewpan, set them on the fire and give them a boil up together; season with pepper and salt. This sauce should not be too thick.

---

735.—SAUCE AUX ATELETS.

Put some velouté or a bit of butter, into a stewpan with some parsley, scallions, and champignons, all shred small, set them on the fire, and when they begin to fry add a little stock, flour, pepper, nutmeg, a bay leaf, and salt, reduce the whole to a consistence of a bouillé, take out the bay leaf, put in the yolks of three eggs, and stir till sufficiently thick; be careful not to let it boil.



## 736.—SAUCE, HARVEY.

Chop twelve anchovies, bones and all, very small, with one ounce of cayenne pepper, six spoonfuls of soy, six ditto of good walnut pickle, three heads of garlic chopped not very small, a quarter of an ounce of cochineal, two heads of shalots chopped rather large, one gallon of vinegar; let it stand fourteen days, stir it well twice or thrice every day, then pass it through a jelly bag, and repeat this till it is quite clear; then bottle it, and tie a bladder over the cork.

## 737.—SAUCE (ITALIAN) FOR SALADS.

Mix together three table-spoonfuls of sauce tournée, one of mustard, some tarragon and chervil shred small, with three table-spoonfuls of Florence oil; putting in, however, a little at a time; when perfectly smooth, add also, by degrees, a glass of tarragon vinegar, and a little salt. This sauce cannot be too much mixed.

## 738.—SAUCE MINCED.

Put into a saucepan parsley, shalots, champignons, of each a spoonful shred, half a glass of vinegar, and a little pepper; set these on the fire till there remains scarcely any vinegar, then add four ladlefuls of espagnole, and the same of stock; reduce and take the fat from the sauce. When done, put in a spoonful of capers, two gherkins shred, pour it into another saucepan, and set it in the bain marie; just before it is sent to table pound an anchovy or two with a little butter which beat up with the sauce.

## 739.—SAUCE PIQUANTE.

Put into a saucepan a quarter of a pint of vinegar, some allspice, a pinch of pepper, a bay-leaf, and a little thyme; let this remain on the fire till reduced to half, then add two ladlefuls of espagnole, and two of stock, set it on the fire again, when about the consistence of clear bouilli it is sufficiently done; put salt according to taste.

## 740.—SAUCE, ROBERT.

Cut a few onions into dice, which put into a fryingpan with a bit of butter, and fry them lightly; when nicely browned, add a dessert spoonful of flour, a ladleful of stock, the same of vinegar, some salt, and pepper; reduce it to a proper thickness, and when ready for table stir in two dessert-spoonfuls of mustard.

## 741.—SAUCE, ROMAINE.

Cut a pound of veal, and half a pound of ham into dice, and put them into a saucepan, with two legs of fowls, three or four carrots, four onions, two bay leaves, three cloves, a little basil, half a pound of butter, and some salt; set these on rather a brisk fire. In the meanwhile, pound the yolks of twelve hard eggs to a paste, which put to the above, and stir them in until the butter is melted; then pour in by degrees a quart of cream, set the saucepan again on the fire for an hour and a half, stirring all the time; if it be too thick add more cream, or milk, when sufficiently done strain through a bolting-cloth.



## 742.—SAUCE, SPANISH.

Take the meat from a cold roasted partridge, put it into a mortar, with partridge livers and truffles; pound them to rather a liquid paste, moistening with some good gravy, two glasses of red wine, two slices of onions, a clove or two of garlic, and two glasses of the paste; make it quite hot, and then strain it into another stewpan; add the partridge to it, and a little essence of ham, season it well, and let it boil well for sometime.

## 743.—SAUCE SUPREME.

Put one ladleful of velouté and four of essence of fowl into a saucepan, set in on the fire, and when reduced to half put in a teaspoonful of parsley shred small and scalded, a little fresh butter, the juice of a lemon, and some pepper; place it on the fire and make it quite hot, but not boiling, vanner it well, and serve quickly.

## 744.—SOUFFLÉ SAUCE.

Take eight truffles, clean and cut them round, and then cut them in thin slices into a stewpan; set them to stew very gently with a small bit of butter. When well stewed add two table-spoonfuls of consommé, and let it simmer till nearly done, then put in some béchemel sauce—the quantity must be regulated according to what you want it for. Make it very hot, squeeze in a little lemon juice, it is then ready. If you wish the sauce brown, put in espagnole instead of béchemel sauce.

## 745.—SORREL SAUCE.

Wash some sorrel, squeeze it into a stewpan with an onion, four cloves, a piece of fat and lean ham, cover it over and put it over a slow fire; when drawn down rub the sorrel through a fine hair sieve, add cream and a little white sauce, sugar, salt, and pepper.

## 746.—SPINACH SAUCE.

Let your spinach be well washed and picked, and boiled very green, strain it off, and rub it through a wire sieve; add to it béchemel, a piece of butter, half a gill of cream, a little sugar, salt and pepper.

## 747.—SUPERIOR SAUCE FOR PLUM PUDDING.

Mix six yolks of eggs with four spoonfuls of sifted sugar and butter mixed together; have a pint of boiling cream which you will mix with your yolks, afterwards put it on the fire and stir it until it is of the consistency of sauce, then add to it a good wine-glass of brandy.

## 748.—TARRAGON SAUCE.

Extract from some green tarragon by putting it into some second



stock, reducing it gently; then strain it off, and add some béchemel to the liquor, and a little finely-chopped tarragon, in some leaves, blanched and put into the sauce. Season with sugar, salt, and cayenne pepper.

749.—TARRAGON SAUCE.

Put two table-spoonfuls of tarragon vinegar into a saucepan, and reduce it to half the quantity, then put to it six spoonfuls of good butter sauce and mix all well together, and if not sufficiently strong put to it a little bit of glaze, and a very little more tarragon vinegar.

750.—TOMATO SAUCE.

Fresh tomatos, take out stalk, press them all tightly down in a stewpan, cover them, put them on the fire, strain off the liquor that is drawn from them, add to the tomatos a slice of raw ham, two shalots, a few spoonfuls of good stock, let it stew for an hour, then rub it through a tammy sieve. Have in another stewpan a little good brown sauce, put your tomato into it, boil all together, season with cayenne, salt, sugar, and lemon juice.

751.—SAUCE ITALIENNE.

Put some lemon thyme, parsley, and mushrooms, shred small and fine, into a stewpan, with a little butter and a clove of garlic, set it on a moderate fire, as soon as the butter begins to fry, pour in a little consommé, and let it stew till pretty thick, then take out the garlic, add some butter sauce and a little lemon juice.

752.—SAUCE, SWEET.

Put some cinnamon into a saucepan with as much water as will cover it, set it on the fire, and when it has boiled up once or twice, add two spoonfuls of pounded sugar, a quarter of a pint of white wine, and two bay leaves, give the whole one boil, and then strain it for table.

753.—SAUCE, UNIVERSAL.

Take half a dozen split shalots, a clove of garlic, two bay leaves, basil, thyme, truffles, tarragon leaves, half an ounce of bruised mustard seed, some Seville orange peel, a quarter of an ounce of cloves, the same of mace, double the quantity of long pepper, and two ounces of salt; put all these ingredients to infuse in the juice of a lemon, half a glass of verjuice, four or five spoonfuls of vinegar, and a pint of white wine, put them into a jar, cover it as closely as possible, set it on hot ashes for twenty-four hours, at the end of that time let it stand to settle, and when clear pour it off, strain, and bottle it.

754.—SAUCE, WHITE.

Beat up a quarter of a pound of butter and a tea-spoonful of



flour, season with salt and pepper; when well worked up add a dessert-spoonful of vinegar, and a little water, set these on the fire and stir it till thick, be careful not to let it boil.

---

755.—SAUCE, WHITE FISH.

Simmer together an anchovy, a little horseradish scraped, some mace, an onion stuck with cloves, a piece of lemon peel, a glass of white wine, and a quarter of a pint of water; when properly reduced strain it, and then add two spoonfuls of cream, a piece of butter rolled in flour, set it on the fire and keep stirring till it boils; when ready to serve put in a little lemon juice and ketchup.

---

756.—SHRIMP SAUCE.

Put half a pint of picked shrimps into a stewpan with some butter sauce and a very little essence of anchovy, make it very hot, add a little lemon juice, and serve it to table.

---

757.—SHRIMP SAUCE—ANOTHER RECEIPT.

Mix a good piece of butter with some flour, boil it up in a little rich gravy, put in the shrimps nicely picked, give the whole one boil.

---

758.—TAMATO SAUCE FRANÇAISE.

Cut ten tomatos into quarters and put them into a saucepan with four onions sliced, a little parsley, thyme, one clove, and a quarter of a pound of butter; set the saucepan on the fire, stirring occasionally, for three quarters of an hour; strain the sauce through a horse-hair sieve, and serve with the directed articles.

---

759.—TOMATOS, GARNITURE OF.

Take thirty tomatos, all as near of a size as possible and of a good form, cut them in halves, press out the juice, seeds, and pieces by the side of the stalk, but do it with great care lest the skins should be injured; make a farce as follows:—take a little ham, garlic, parsley, shalots, champignons shred, the yolks of two hard boiled eggs, crumb of bread, an anchovy, butter, salt, nutmeg, and allspice, give all these a boil, then pound them well, adding at times a little oil, strain it through a quenelle sieve; fill the tomatos with this farce, place them on a baking tin, cover them with grated bread crumbs and Parmesan cheese, moisten them with a little oil, and bake them in a hot oven; serve the tomatos as a garnish to a rump of beef, or any other joint you may think proper.

---

760.—TOMATO SAUCE À L'ITALIENNE.

Take five or six ounces, slice, and put them into a saucepan with a little thyme, bay leaf, twelve tomatos, a bit of butter, salt, half a



dozen allspice, a little Indian saffron, and a glass of stock; set them on the fire, taking care to stir it frequently, as it is apt to stick; when you perceive the sauce is thick strain it like a purée.

---

761.—TRUFFLE SAUCE.

Mince two or three truffles very small, and toss them up tightly in either oil or butter, according to taste; then put to them four ladle-  
 spoonfuls of velouté, and a spoonful of consommé, let it boil for about a quarter of an hour over a gentle fire, skim all the fat off, keep your sauce hot in the bain marie.

---

762.—TURNIP SAUCE.

Pare four turnips and let them simmer in a little water until done, and the liquor is reduced; then rub them through a sieve. Add to them a little béchemel, then cut some more turnips in shapes as for haricot, simmer them also the same as the first and then add them to the others.

---

763.—VENISON SAUCE.

Serve with venison, currant-jelly by itself, or warmed with port wine, or port wine warmed by itself.

---

764.—WALNUT KETCHUP FOR FISH SAUCE.

Take a quart of walnut pickle, add to it a quarter of a pound of anchovies, and three quarters of a pint of red wine, and let it boil till reduced to one third, then strain it, and when cold put it into small bottles and keep them closely corked.

---

765.—WINE MADEIRA SAUCE.

Take a tea-spoonful of flour, and a preserved green lemon cut into dice, mix them with a glass of Madeira wine, and a little consommé, an ounce of butter, some salt and nutmeg, set them on to boil for a quarter of an hour, then take it off, put in a quarter of a pound of butter, set it on the fire, stirring it until the butter is melted.

---

766.—GRATIN.

Put in a stewpan with a piece of butter half a pound of fillet of veal cut into dice, mushrooms, parsley, shalots chopped fine, salt, pepper, and spice, stir them up with a wooden spoon, and when the meat has been on the fire a quarter of an hour drain off the butter, mince it very small and put into a mortar with fifteen fawn or game livers, well washed and parboiled, all the bitter parts taken out and pounded, adding at times as much granada as you have meat; boil some calf-udders, trim and remove all the skin when cold, add just about a third the quantity of meat and pound them together, adding, one at a time, three yolks, three whole eggs,



season with salt, pepper, and spice, when well pounded set it by in an earthen pan for use.

---

767.—RISSOLES OF ALL KINDS.

Chop some dressed chicken or veal very fine, fry a little chopped parsley, shalot, and mushrooms, very fine, and a little slice of tongue or ham or not, fry them in one ounce of butter a few minutes, stirring it with a wooden spoon all the time; dry the butter up with flour, then add a few small spoonfuls of good veal stock, a gill of cream, three spoonfuls of béchemel sauce; now put in all your chopped meat, and a little sugar, a few drops of lemon juice, cayenne pepper and salt, and the yolks of three eggs, boil all well until quite stiff, take it out of your stewpan on to a dish to get cold; when cold form them into a shape, either as pears or long balls, using bread crumbs to form them, put them to get cold; in the meantime break two eggs in a basin, and then egg the forms once or twice, and bread crumb them, have your fat quite hot to fry them, which you will know in another place in the book, dish them on a napkin with fried parsley.

---

768.—FARCE OF VEAL, OR FOWL.

Cut up a fowl, or some veal, form the fillet into small dice, cut in the same quantity of good fat ham cut small, and a few truffles, a little parsley, shalots, and a little of all kinds of fine sweet herbs, and a few chopped mushrooms, and one blade of mace, three cloves, put it all in a stewpan to draw down, with half a pound of butter for one hour; season it, add bread crumbs to dry up the fat, then put it into your mortar and pound it very fine, then rub it through a wire sieve, return it back into the mortar, and work in three or four eggs, leaving out one or two whites; mix it well up together, and put it into the larder until required. If you want any green, colour some with prepared spinach juice; this will do for all cold pies, or game, or filling turkeys, or boned fowls, or galantine.

You may make this farce with dressed meat, then you must not place it to draw down on the fire; all the rest the same, only truffles, and mushrooms as well as the rest must be first dressed.

---

769.—FARCES AND STUFFINGS.

A veal stuffing. Chop some suet fine, a little parsley, a small piece of shalot, rub through a dry sieve a small quantity of basil, knotted marjoram, thyme, add these to your suet, a grating of half a lemon, a few grains of nutmeg, a few bread crumbs, and one or two eggs, mix all well up together, season with pepper and salt.

If for game, scrape the raw livers into the stuffing, prepared as above, only in addition pound it all fine.

---

770.—FORCEMEAT INGREDIENTS.

Forcemeat meat should be made to cut with a knife, but not dry



or heavy, no one flavour should predominate; according to what it is wanted for a choice may be made from the following list; be careful to use the least of those articles that are most pungent, cold fowl or veal or ham, scraped fat bacon, beef suet, crumbs of bread, parsley, white pepper, salt, nutmeg, yolks and whites of eggs beaten to bind the mixture. Any of the following articles may be used to alter the taste; oysters, anchovies, tarragon, savory, pennyroyal, marjoram, thyme, basil, yolks of hard eggs, cayenne, garlic, shalots, endives, Jamaica pepper in powder, or two or three cloves.

### 771.—FORCEMEATS, ETC.

Cold fowl, veal, or mutton.	Lobster, tarragon.
Scraped ham, or gammon.	Savoy, pennyroyal.
Fat bacon, or fat ham.	Knotted marjoram.
Beef suet.	Thyme and lemon thyme.
Veal suet.	Basil and sage.
Butter.	Lemon peel.
Marrow.	Yolks of hard eggs.
Soaked bread, and crumbs of bread.	Whites and yolks of eggs.
Parsley and white pepper.	Mace and cloves.
Salt and nutmeg.	Cayenne and garlic.
Cold soles.	Shalot and onion.
Oysters.	Chives and chervil.
Anchovies.	Ground pepper and two or three cloves.

### 772.—BROWN COLOURING FOR MADE DISHES.

Take four ounces of sugar, beat it fine, put it into an iron frying-pan or earthen pipkin, set it over a clear fire, and when the sugar is melted it will be frothy, put it higher from the fire until it is a fine brown, keep it stirring all the time; fill the pan up with red wine, take care that it does not boil over, add a little salt and lemon, put a little cloves and mace, a shalot or two, boil it gently for ten minutes, pour it in a basin till it is cold, then bottle it for use.



## CHAPTER XII.

## VEGETABLES, SALADS, ETC.



Vegetables form a most important feature in the art of cooking; it is the boast of French cooks that we neither know the value, the taste, or the virtues of them unless they dress them for us, and to do them justice, they dress them in an infinite variety of ways, and also render them delicious to the palate. Much depends upon boiling greens, and the manner in which it is done; the water should be soft, a handful of salt should be thrown into the water, which should be made to boil before the greens are put in; it should then be made what cooks term "gallop," the saucepan should be kept uncovered, and when the greens sink they are done, take them out, and quickly too; it is the skill which French cooks exhibit in con-



triving and inventing made dishes, chiefly composed of vegetables, which has obtained for them the fame which it is in vain to deny they deserve, they make the nature of the substances upon which they employ their skill, their study, and present them to the consumer in such fashion as shall, while it pleases the palate, not offend the digestion; it would be as well if our cooks were to emulate their skill in a spirit of generous rivalry by improving upon their example, rather than run down their abilities with a sneer at the slight character of their courses, which, if composed of dishes "made out of nothing," or, "so disguised you cannot tell what you are eating," have at least the merit of gratifying the taste, and preventing the head from too plainly indicating that the stomach has received food of which it finds a difficulty in dispossessing itself. Vegetables are a most useful accessory to our daily food, and should be made the object of a greater study than they are usually.



#### 773.—CHARTREUSE OF VEGETABLES.

Line a plain mould with bacon; have ready half done carrots, turnips, French beans cut long with a French cutter all the same length, place them prettily round the mould until you get to the top, fill in the middle with mashed potatoes, cauliflower, or spinach, or some veal forcemeat; put it on to steam, turn it out, and put asparagus or mushroom sauce round it.

#### 774.—ASPARAGUS.

Let the stalks be lightly but well scraped, and as they are done be thrown into cold water; when all are finished fasten them into bundles of equal size; put them into boiling water, throw in a handful of salt, boil until the end of the stalk becomes tender, it will be about half an hour; cut a round of bread and toast it a clear brown, moisten it with the water in which the asparagus was boiled, and arrange the stalks with the white end outwards. A good melted butter must accompany it to table.

Asparagus should be dressed as soon after it has been cut as practicable.

#### 775.—ASPARAGUS EN CROUSTADE.

Mix up the yolks of four eggs in some paste à nouille, then form it into an under crust, cut it into a band nineteen inches long, and two inches and a quarter wide. With the cuttings of your paste form a round six inches in diameter, and around this put your band in form of a croustade, pinch up your paste into proper



shape, and ornament it lightly round; gild it, and put it to dry in a slow oven; this done, take a fine head of asparagus, and place it standing upright in the middle of your croustade, surround this with six more heads of asparagus, nine inches in length; surround these with twelve more, eight inches in length; round these put seventeen more, seven inches in length; add two more rounds of asparagus, the one six inches in length, the other five inches in length.

Great attention should be paid to the boiling of asparagus for this entrémet, as it should be of a nice green colour, and the moment it is sufficiently boiled, which is when it becomes firm, it should be put into cold water to cool it.

This is an extremely pretty and ornamental way of serving this vegetable cold. It should be eaten with oil.

---

#### 776.—ASPARAGUS FORCED.

Scoop out the crumb of three or four French rolls, preserving the piece cut from the top, which will have to be fitted on to the part it was cut from; put into a pan with some fresh butter, the rolls, and fry them brown, beat up with a pint of cream, the yolks of six eggs, flavour with some grated nutmeg and a little salt, put it into a stewpan, and over a slow fire, let it gradually thicken, stirring it all the time.

Have ready the tops of a bundle of asparagus, say a hundred, and having boiled them tender put them into the cream and fill the rolls with the mixture, reserving a few tops to stick in each roll by way of garnish.

---

#### 777.—ASPARAGUS—ITALIAN FASHION.

Take some asparagus, break them in pieces; then boil them soft and drain the water off, take a little oil, water, and vinegar, let it boil, season it with pepper and salt, throw in the asparagus, and thicken with the white of eggs.

Endive, done this way, is good; green peas, done as above, are very good, only add a lettuce cut small and two or three onions, and leave out the eggs.

---

#### 778.—ASPERGE À LA POIS.—FRENCH RECEIPT.

When asparagus is first in season, and too small to make a handsome appearance, this mode of dressing it is very good; take the asparagus and cut off only the green heads, none of the white stalk must be retained, put them into clear cold water, and when clean pop them into boiling water, in which salt has been thrown; in ten minutes they will be tender; they may then be taken out and laid upon a white cloth, which must be used to wipe them dry, lay in a stewpan a slice of butter, when it is melted put in the asparagus, stew them over a quick fire, keep them turning, when ten minutes have elapsed, dredge a little flour and a small quantity of white sugar in powder over them; beat up the yolks of a couple of eggs, pour over the asparagus just sufficient water to cover them, boil up



rapidly, stir in the yolk of one egg, and making a pyramid of the asparagus in the dish, serve very hot.

---

779.—ANGELICA.

When the stalks are tender cut them in lengths of three or four inches, boil them well in a very little water, keep them covered, then take them up and peel them, and boil again until a nice green, take them up on a cloth to dry, lay them in an earthen pan, adding to every pound of stalks a pound of sifted sugar, let it lie for several days, and then boil the angelica until very green, take it up on your sieve to drain, then sift well over it some fine pounded sugar, lay it in the sun or in your hot closet to dry if for candying.

---

780.—ARTICHOKES.

Cut away the outside leaves and make the stalk as even as possible, put them into boiling water with some salt, if they are very young they will be tender in half an hour, if rather old they will require an hour before they are thoroughly tender, drain and trim the points of the leaves, serve with melted butter.

They are better for being kept two or three days.

---

781.—JERUSALEM ARTICHOKES.

Pare them after being well washed, very smooth and of some kind of shape, boil them in milk and water, pay great attention to them, as if not taken up the time they are soft they will break; they are served up with various kinds of sauces, white and brown, or fried in butter, and dished upon a napkin with fried parsley.

---

782.—ARTICHOKES À LA ST. CLOUD.

Trim and boil them until the chokes come out; then drain and let them cool; have ready as many small pigeons, stewed and well seasoned, as you have artichokes, each of which must be stuffed with a pigeon; dip them in a good batter made of flour, eggs, a spoonful of oil, and a little salt; fry it in a hot pan with plenty of dripping.

---

783.—LEAF ARTICHOKES.

About six artichokes will do for a dish, cut the bottoms even off, trim the top leaves off to a point, cut off the end of the leaves at the point, boil them about an hour if not very young, send melted butter in a boat.

---

784.—ARTICHOKE BOTTOMS

Are prepared in a variety of fashions. The way is to parboil the artichokes and remove the leaves and chokes also, lay the bottoms into jars with a good brine, tie them over, and let them remain until required for use, or dry them in an oven, and keep them in close covered jars.



When they are to be dressed, soak them in warm water at least two hours and a half, then stew them in a good gravy, or boil them plainly, and eat them with melted butter, or instead of melted butter pour into each bottom a spoonful of tomato sauce. They are sometimes added to ragoûts or meat pies.

---

585.—ARTICHOKE BOTTOMS.

If dried you must soak them well for some time, then stew them in some good second stock until tender, take up the artichokes and reduce the stock, add to it a little brown sauce seasoned with pepper, salt, and sugar, a few green peas in the middle of each or alternately, some scooped turnips boiled and put into each, glaze the artichokes before you add those to them, sauce in the dish.

---

786.—ARTICHOKE FRIED.

Divide the artichoke into four parts, trim the leaves cleverly and remove the chokes; put them into scalding water to blanch, and keep them there until nearly tender, let them drain, make a pickle of oil and vinegar well mixed, pepper and salt; let them remain two hours, dip them into some rich batter, and having the pan prepared with boiling lard, fry them and send them to table on a napkin.

---

787.—ARTICHOKE SALAD.—FRENCH RECEIPT.

The artichokes should be very young, the choke having scarcely formed, clean them and let them soak thoroughly, drain them, take off the stalks close and even, and send them to table with the vegetables to form the salad. This is a favourite mode in Paris of dressing them.

---

788.—FRENCH BEANS.

When very young the ends and stalks only should be removed, and as they are done thrown into cold spring water; when to be dressed put them in boiling water which has been salted with a small quantity of common salt, in a quarter of an hour they will be done, the criterion is when they become tender, the saucepan should be left uncovered, there should not be too much water, and they should be kept boiling rapidly.

When they are at their full growth the ends and strings should be taken off and the bean divided lengthways and across, or according to the present fashion slit diagonally or aslant.

A small piece of soda a little larger than a good sized pea, if put into the boiling water with the beans, or with any vegetables, will preserve that beautiful green which it is so desirable for them to possess when placed upon the table.

---

789.—FRENCH BEANS—TO KEEP.

Gather them, string them, and put them into bottles, if large cut them, shake the bottle, the beans may lie close, and proceed as



with Windsor beans; white beans are done in the same manner, but they must not be gathered until the shell has turned yellow, they must be two hours in the bainmarie; one hour is enough for the green.

---

790.—FRENCH BEANS—TO KEEP.

Gather them on a dry day, and lay them in the sun, keep them in a dry place in papers; before you use them put them in warm water.

---

791.—FRENCH BEANS À LA MAÎTRE D'HÔTEL.

Prepare your beans as for boiling; put into a stewpan a piece of butter, shred parsley, and green onions, when the butter is melted add the French beans, turn them a few times over the fire, shake in some flour, and moisten with a little good stock well seasoned; boil till the sauce is consumed, then put the in yolks of three eggs, beat up with some milk, and add a little vinegar. Cullis of veal gravy may be used instead of the eggs.

---

792.—FRENCH BEANS À LA BRETONNE.

Cut an onion or two into dice and put them in a saucepan with some butter over a stove; when they begin to brown, add some espagnole or a pinch of flour; as soon as the onions and flour are sufficiently done moisten them with a spoonful of good gravy, season with salt and whole pepper; reduce this sauce, and having boiled the beans put them into it and simmer all together.

---

793.—FRENCH BEANS À LA FRANÇAISE.

Clean, cut, string, and boil them, drain them well, and then place them in a stewpan without water, hold them over the fire until the whole of the moisture has evaporated and they are quite hot. Cut a quarter of a pound of fresh butter into small pieces, put it to the beans, and when it is melted pepper it with white pepper, sprinkle a little salt, squeeze half a lemon over it, toss over the fire and serve hot.

---

794.—FRENCH BEANS EN ALLUMETTE.

Wash, pick, and blanch your beans, throw them into cold water, cut off the ends, and finish boiling them with a little brandy, drain them, dip in butter, and fry them of a light colour, whilst hot spread sugar over and glaze them.

---

795.—FRENCH BEANS FRICASEED.

Boil almost tender, strain and put into a stewpan with a tea-cupful of white gravy; add two spoonfuls of cream, thicken with a little butter and flour, let it simmer for a few minutes, season, and serve.



## 796.—FRENCH BEANS—SALAD.

Boil them simply, drain them, and let them cool; put them in a dish, and garnish with parsley, pimperl, and tarragon, dress like other salads.

## 797.—BEANS, GARDEN—PRESERVED.

Shell the beans when they are about half an inch long, and blanch them, put them into bottles, with a bunch of savory in each, close the bottles hermetically, and proceed according to the directions for preserving asparagus; leave them in the bain marie one hour and a half. If you wish to preserve them in their coats, take care to put them into bottles the moment they are shelled, as they change colour so quickly; an hour in the bain marie is enough.

## 798.—STEWED BEANS.

Boil them in water in which a lump of butter has been placed, preserve them as white as you can, chop a few sweet herbs with some parsley very fine, stew them in a pint of the water in which the leaves have been boiled, to which a quarter of a pint of cream has been added; stew until quite tender, then add the beans, stew five minutes, thicken with butter and flour.

## 799.—BEANS, PURÉE OF, WHITE.

Chop some onions and fry them lightly in a little butter and flour, and moisten with a tea-spoonful of broth; let the onions be done; boil the beans in this for half an hour, season them well, use brown pepper, and strain them through a tammy; reduce the purée over a brisk fire, take off the white scum, and before you serve refine it with a bit of fresh butter and two spoonfuls of thick cream, garnish it with fried crust of bread, this may be made brown by frying the onions brown.

## 800.—BEANS BOILED.

Boil in salt and water, with a bunch of savory, drain, and then put them into a stewpan with five spoonfuls of sauce tournée reduced, the yolk of three eggs and a little salt, add a piece of fresh butter, and stir it constantly till of a proper thickness.

## 801.—WINDSOR BEANS.

They should be young and shelled only just previous to cooking, salt the water in which they are to be cooked, and when boiling throw in the beans; when tender drain in a cullender, send to table with plain melted butter, or parsley and butter. They usually accompany bacon or boiled pork to table.

## 802.—HARICOT BEANS.

Two handfuls of the white beans, lay in boiling water until the



skins come off, put them in cold water as you do them, then take them out, and put them into a stewpan with some good stock, boil them until nearly to a glaze, then add some good brown sauce to them, shaking them about; season with sugar, salt, and pepper.

---

803.—HARICOT ROOTS.

Pare three turnips, and scrape two or three good coloured carrots, about two dozen button onions, a head of celery; cut out with a scoop cutter sufficient carrots and turnips to pair the button onions; lay them for a few minutes in boiling water, keep all your roots in water until all is done, cut your celery to correspond as to size with the other roots; when done blanch them, then strain them off, return them into the stewpan, and put to them some good brown stock, boil them until reduced to nearly a glaze, then add some brown sauce to them, sugar, pepper, and salt, do not stir with a spoon to smash the roots which should be quite perfect.

---

804.—WHITE HARICOT BEANS.

Take a pint, soak them in water for three or four hours, then boil them slowly until they are tender, strain them dry, pour to them a pint of white sauce, melt two ounces of butter, and with a shallot very finely minced, add them to the haricots, season with salt and pepper, send it to table hot. It should accompany roast mutton.

---

805.—HARICOTS À LA FRANÇAISE.

Put the haricots into a saucepan with cold water, add a small piece of butter, let them heat gradually; if they approach boiling stay them with cold water. When the beans are soft drain them, boil a few onions and put them with the beans in a saucepan with a bit of butter and a quarter of a pint of good gravy, season with salt and pepper, toss them and serve. If they seem dry add a little butter to them.

---

806.—WHITE HARICOT BEANS.—SPANISH RECEIPT.

Take a pint of beans, pour a quart of boiling water upon them and let them remain in soak until the next day; cut a lettuce in four pieces and put it with the beans in some fresh hot water, throw in a small faggot of parsley, and a slice of ham, boil them until the whole are tender.

Chop up some onions, with a clove of garlic, fry them and then put them into a stewpan, put the beans to them, with a well beaten egg and some spice, heat them and send them to table.

---

807.—BEET ROOTS, SECOND COURSE DISH.

Cut in equal sized slices some beet root, boiled or baked, of a good colour, make it hot between two plates in the oven, dish it as you would cutlets, round; make a good piquant sauce, boil some button onions white and tender, throw them in the middle of the dish with the sauce.



## 808.—BROCCOLI.

Peel the thick skin of the stalks and boil for a quarter of an hour with salt in the water. The small shoots will only require half the time; they should be tied in bunches.

Serve with toast and melted butter.

## 809.—BROCCOLI AND BUTTERED EGGS.

Keep a handsome bunch for the middle, and have eight pieces to go round; toast a piece of bread to fit the inner part of the dish or plate: boil the broccoli. In the meantime have ready six (or more) eggs beaten, put for six a quarter of a pound of fine butter into a saucepan, with a little salt, stir it over the fire, and as it becomes warm add the eggs, and shake the saucepan till the mixture is thick enough; pour it on the hot toast, and lay the broccoli as before directed. This receipt is a very good one, it is occasionally varied, but without improvement, the dish is however nearly obsolete.

## 810.—CABBAGES.

A full grown or summer cabbage should be well and thoroughly washed; before cooking them cut into four pieces, boil rapidly and with the saucepan uncovered half an hour; a young cabbage will take only twenty minutes, it must be boiled very rapidly, a handful of salt should be thrown in the water before the cabbage is put in.

## 811.—CABBAGE—TO BOIL.

Nick your cabbage in quarters at the stalk, wash it thoroughly clean, put it into boiling spring water with a handful of salt and a small piece of soda, boil it fast, when done strain it in a cullender, press it gently, cut it in halves and serve. Savoys and greens may be boiled in the same manner, they should always be boiled by themselves. Should the cabbage be left, it may be chopped, put into a saucepan with a lump of butter, and pepper, and salt, and made hot and sent to table.

## 812.—CABBAGE—TO KEEP.

Small, close cabbages laid on a stone floor, before the frost sets in, will blanch and be very fine, after many weeks' keeping.

## 813.—CABBAGE BOILED AND STEWED.

Cut a cabbage into four, boil it a quarter of an hour with a piece of streaked bacon cut into small pieces, leaving the rind on, change it into cold water, squeeze it well, tie each quarter to preserve its shape, stew it with stock, salt, pepper, a bunch of parsley and green onions, cloves, a little nutmeg, two or three roots, and the meat you purpose serving with it. When both meat and cabbage are done, wipe the grease off the latter, dish it for table the streaked bacon on it, and serve with a sauce of good cullis seasoned to palate. The parts of meat cabbage is best boiled with are veal tendons, breast



of beef, a bit of round of beef, pork chitterlings, a shoulder of mutton boned and tied into a round or a trussed capon. Whatever meat the cabbage is stewed with should be previously to serving boiled a few minutes in water to take off the scum.

---

814.—CABBAGE RAGOÛT.

Take the half of a middle sized cabbage, boil it for half an hour, and then change it in cold water, squeeze it well and take out the heart, cut the cabbage into small pieces and put it in a stewpan, with a slice of good butter, turn it a few times over the fire, and shake in some flour, put in sufficient gravy to give colour to the ragout, let it boil over a slow fire until the cabbage is done and reduced to a thick sauce; season it with salt, a little coarse pepper, a little grated nutmeg, serve under any meat you think proper.

---

815.—CABBAGE AND BACON.

Blanch a cabbage cut in quarters, and put it into a stewpan with a piece of streaked bacon, season it, moisten with water, and give it a boil, then let it stew over a moderate fire; when done, dress the cabbage on a dish with the bacon over it; reduce the liquor and add to it a little butter worked with some flour, and then serve over the bacon and cabbage.

---

816.—CABBAGE RED.

They are mostly stewed to eat with ham, bacon, or smoked sausages, though sometimes without any meat, they are very strong eating, and should be first scalded, then stewed with butter, pepper, salt, and cloves, and vinegar added to it just before serving; they are considered wholesome in veal broth for consumptions, but are most proper for pickling.

---

817.—TO STEW RED CABBAGE.

Trim and quarter a young cabbage, cut out the stalk, cut it end ways into fine pieces, put into a stewpan two large onions, one stuck with cloves, a large piece of fat and lean ham, a tea-cup of vinegar, cover it over and stew over a slow fire for several hours, season it with pepper and salt, add a little good stock or brown sauce, it will go hot under what it is required for.

---

818.—CABBAGE SALAD.

Boil a savoy cabbage in water, drain and dress it as you would a salad, with salt, pepper, some Provence oil and vinegar, adding one or two anchovies and a few capers, it may be served either hot or cold.

---

119.—CABBAGES FOR GAME.

Cut and quarter two cabbages, boil them until half done, lay them in cold water, cut out the stalk, squeeze each quarter with your hands to a long bundle, using them to be stewed with your birds.



## 820.—CARDOONS.

Are dressed in various ways.

Boil them until soft in salt and water, dry them, butter them, and fry a good colour, serve with melted butter.

They are boiled and worked up in a fricasee sauce, or they may be tied up and dressed as asparagus.

To stew them cut them in pieces, and stew in white or brown gravy, season with ketchup, salt, and cayenne, thicken with a small lump of butter rolled in flour.

## 821.—CAULIFLOWERS—TO BOIL.

Trim them neatly, let them soak at least an hour in cold water, put them into boiling water in which a handful of salt has been thrown, let it boil, occasionally skimming the water. If the cauliflower is small it will only take fifteen minutes, if large twenty minutes may be allowed; do not let them remain after they are done, but take them up and serve immediately.

If the cauliflowers are to be preserved white, they ought to be boiled in milk and water or a little flour should be put into the water in which they are boiled, send melted butter to table with them.

## 822.—CAULIFLOWER AU FROMAGE.

When you have boiled the cauliflower tender, drain it, and cut the stalks off flat, that when sent to table the heads may stand up, lay it in a stewpan with white sauce, stew eight minutes, dish it with the white sauce, grate Parmesan over it, brown with a salamander, and serve.

## 823.—CAULIFLOWER À LA FRANÇAISE.

Prepare exactly as the last receipt up to the grating of the Parmesan cheese, that must not be used, but the cauliflowers must be suffused with sauce thickly over them to get cool, when quite cold dip them into a blanc and fry them a good colour, send them to table very hot.

## 824.—CHARTREUSE OF CAULIFLOWER.

Some that was boiled the day before; cut off the stalk, and press the cauliflower tight in a mould; if not sufficient to fill it, add mashed potatoes; put plain béchamel sauce round it.

## 825.—STEWED CUCUMBERS.

Take two or three straight cucumbers, cut off one end, then take out the seeds, lay them in vinegar and water, and pepper and salt, have some good farce and fill each cucumber with it, dry your cucumbers well out of the vinegar first, then dry them in a clean rubber, then fry them if for brown, if for white not, take them out of the butter and put them to stew in some good stock, one large onion, a faggot of herbs, a slice of lean ham, until tender, thicken the



liquor and pass through a tammy; season with a little drop of vinegar, lemon juice, sugar and salt, and white pepper, glaze the cucumbers several times, to be a bright brown.

---

826.—STEWED CELERY.

Ten or twelve heads of large celery, using the root and about three inches long, lay them in salt and water a few minutes, take them out and place them in a stewpan, with an onion, and a faggot of herbs, cover them with second stock, stew them gently until quite tender, reduce the stock, thicken it and pass it through a tammy; season with sugar, salt, and cayenne pepper. Dish them up as you do cutlets, either glaze them or pour the sauce over them.

---

827.—ENDIVES.

Trim some large white endives, lay them a little time in salt and water, then blanch them for a few minutes; take them up, press out the water, cut each endive in half, if too large, tie each separately up, place them in a stewpan with ham and an onion, and a little good stock, stew until tender; take them up, take off each sprig, keep them the shape, press them a little and glaze them, use them with your cutlets alternately, or anything else you require shred endive for.

---

828.—ENDIVES.

Cut four or five endives according to the size into shreds, put it into a stewpan with one onion, a piece of ham, and a piece of butter, cover it over, put it on a slow fire to roast over, when the endive is tender take out the onion and ham, and add to it some brown sauce, season with sugar, salt, and pepper, boil it well in the sauce.

---

829.—ENDIVE AU JUS.

Split some endive in half, blanch and drain them, season each with some pepper, nutmeg, and salt, and tie the endive together and put them into a stewpan with some bacon sliced over them; in the same way put in some veal and beef sliced, two onions, two carrots, two cloves and a bunch of sweet herbs, moisten the whole with the skimmings of consommé, stew the endive for three hours, then drain and press them in a cloth, trim and dish them up for table.

---

830.—GREEN PEAS.

A delicious vegetable, a grateful accessory to many dishes of a more substantial nature. Green peas should be sent to table *green*, no dish looks less tempting than peas if they wear an autumnal aspect. Peas should also be young, and as short a time as possible should be suffered to elapse between the periods of shelling and boiling. If it is a matter of consequence to send them to table in perfection, these rules must be strictly observed. They should be as near of a size as a discriminating eye can arrange them; they should then be put in a cullender, and some cold water suffered to run through them in order to wash them; then having the water in which they are to be boiled slightly salted, and boiling rapidly,



what narrow mouth, fill up the jar with the water which scalded them, wet a piece of bladder skin and tie down very close, over this tie some brown paper, so tight as to exclude all air.

---

1328.—APPLES, GREEN CODLINGS, TO PRESERVE.

Gather the codlings when not bigger than French walnuts with the stalks, and a leaf or two of each. Put a handful of vine leaves into a preserving-pan, then a layer of codlings and vine leaves alternately, until it is full with vine leaves pretty thickly strewed on the top, and fill the pan with spring water, cover it close to keep in the steam, and set it on a slow fire till the apples become soft; take them out and pare off the rinds with a pen-knife, and then put them into the same water again with the vine leaves, but taking care that the water has become quite cold, or it will cause them to crack; put in a little rock-alum, and set them over a slow fire till they are green, then take them out and lay them on a sieve to drain, make a good syrup, and give them a gentle boil three successive days, then put them in small jars with brandy paper over them, and tie them down tight.

---

1329.—ARTICHOKES, PRESERVED WHOLE.

Choose middle-sized artichokes, take off all the useless leaves, and trim them, plunge them into boiling and cold water, when drained put them into bottles, make them air tight, surround the bottles with cloths, and place them in a kettleful of cold water, cover the lid also with wet cloths; when it has been boiling about two hours, take the kettle from the fire; in a quarter of an hour draw off the water, and uncover the kettle; do not take out the bottles in less than an hour; the next day tar the bottles.

---

1330.—ARTICHOKES, PRESERVED—THE SPANISH WAY.

Take the largest artichokes, cut off the tops of the leaves, wash and well drain them; to every artichoke pour in a table-spoonful of Florence oil, and season them with pepper and salt; bake them in an oven, and they will keep for ten or twelve months.

---

1331.—ASPARAGUS, BOTTLED.

Clean the asparagus as for boiling; before you bottle them plunge them first into boiling then into cold water; place those which are unbroken carefully into bottles, the heads downwards, proceed in the same manner as in doing the artichokes.

---

1332.—BARBERRY DROPS.

Cut off the black tops, roast the fruit before the fire until soft enough to pulp with a silver or wooden spoon through a sieve into a china or earthenware basin; put the basin into a saucepan which is not quite large enough to admit the top rim of the former, put it on a slow fire, and stir until it grows thick, now let it grow cold,



