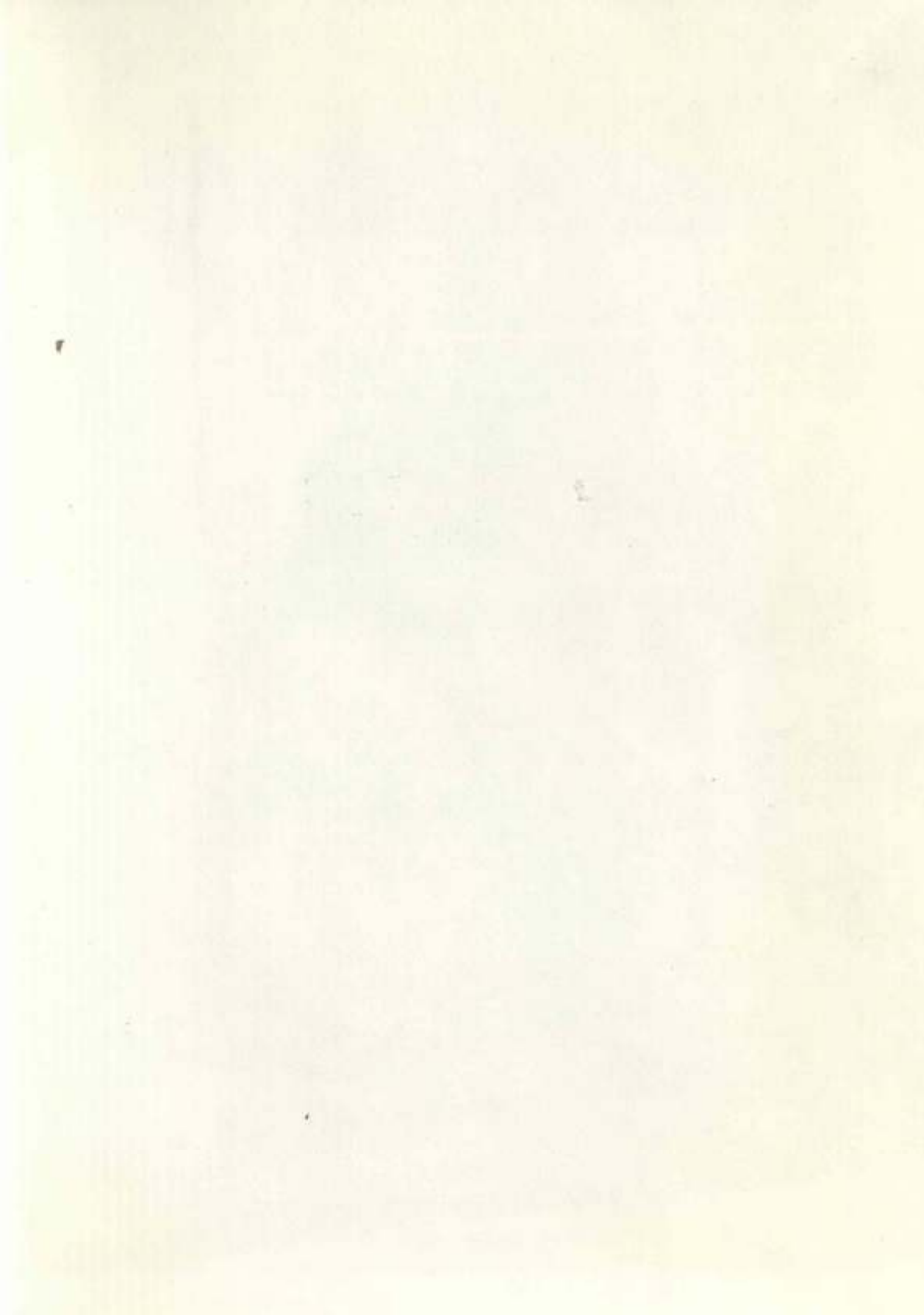


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THE  
WIFE'S OWN BOOK

COOKERY.

250 ENGRAVINGS.



LONDON  
HOULSTON AND WRIGHT

65, PATERNOSTER ROW

MDCCCLXIV.



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THE  
WIFE'S OWN BOOK  
OF  
COOKERY

CONTAINING UPWARDS OF

FIFTEEN HUNDRED ORIGINAL RECEIPTS

WITH

USEFUL HINTS ON DOMESTIC ECONOMY

BASED ON MANY YEARS' CONSTANT PRACTICE AND DAILY EXPERIENCE

BY

FREDERICK BISHOP

LATE CUISINIER TO ST. JAMES'S PALACE, EARL GREY, BARON ROTHSCHILD, ETC., ETC.

WITH TWO HUNDRED AND FIFTY ILLUSTRATIONS

LONDON  
HOULSTON AND WRIGHT  
65, PATERNOSTER ROW  
MDCCCLXIV

LONDON  
J. AND W. RIDER, PRINTERS,  
BARTHOLOMEW CLOSE,



## PREFACE.

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THIS Volume has been selected and arranged with much care, and a well-directed attention to economy; it is the result of a long experience, and will be found, on inspection, to contain all that can be esteemed essential for the tables of the affluent or those persons of moderate incomes.

It has been the author's object to give receipts which shall enable any one to produce excellent and even high-class dishes, of the utmost variety and nutritive quality, at considerably less cost than the old methods of Cookery daily occasion.

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 of flavour perceptible, and yet, in effect, equally palatable. Tastes, without being false, vary greatly,—so should made dishes, to meet the difficulty.

Numerous Bills of Fare are given, 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 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 Bills of Fare will easily enable the Lady to select her dinner, while the body of the work will teach the Cook how to dress it. 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 twenty, or any number of 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 facilitates reference to any receipt that may be required; and it is believed that nothing has been omitted which can be of service or importance to the purposes that a Cookery Book is intended to answer.

LONDON, *November*, 1861.



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# 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 throws 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 strengthgiving 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 palate with spices and pickles to get up some faint liking for a meal, by the sea, and by the hill-side, are hungry every hour in 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 up 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 in 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
Horsebeans	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.\* 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 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,

\* "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 acquisitions 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."



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 recovery from illness when the portions of the system in

\* 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 mincemeat, 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 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



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 nutriment 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 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.

\* "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."



## 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 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 notice 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 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 the 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, mangelwurzel, 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 makeweight 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 the 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 the 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 terrorem, 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 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.

Coffee again; 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 some times 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 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 KITCHEN.

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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 the cook in properly preparing the food entrusted to her. 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, 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. A servant prone to this vice should never be retained ; it is better and easier to change frequently until the mistress is suited, however unpleasant these 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 should inviolably be maintained in the kitchen.

The fixtures or fittings of a kitchen depend upon the builder, and in modern houses due attention is paid to the situations of the range, dresser, larder, &c. We have, therefore, no intention of expounding new theories, schemes for reducing the arrangement of a gigantic kitchen for a club to a small one for a household ; the ironmonger, if a tradesman of experience, will readily give all the necessary information required to substitute improvements for old fixtures found to be inconvenient. 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 every thing likely to be required ; a deficiency too often sacrifices the perfection of a dish. The following articles, of which we have given engravings, are requisite : we are indebted for the drawings, and some useful suggestions in arranging the culinary articles, to the courtesy of several furnishing ironmongers of eminence in London.





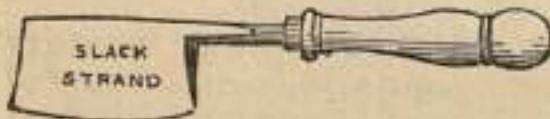
No. 1.—Wafer Tongs.



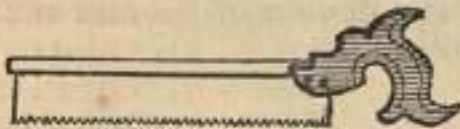
No. 2.—Hot Water Dish.



No. 3.—Mortar and Pestle.



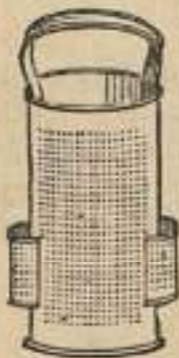
No. 4.—Meat Chopper.



No. 5.—Meat Saw.



No. 6.—Baking Plate.



No. 7.—Bread Grater.



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 and Pestle.* Made in iron, brass, marble, &c., used for pounding sugar, spices, and other ingredients of the culinary art.

4. *Meat Chopper*, for chopping and disjointing bones.

5. *Meat Saw*, for sawing bones in parts of meat where the chopper cannot be used.

6. *Baking Plate.* A loose tray, made to fit the oven, to contain small pastry, &c., which may require careful removal.

7. *Bread Grater*, used in making fine crumbs for seasonings, puddings, &c.

8. *Wire Dish Cover*, to protect meat, pastry, &c., from flies and dust in the larder.





No. 9.—Water Filter.

9. *Water Filter.* Every family should procure one of these filters, as they are to be had at a small expense, and the little trouble necessary to keep it clean is nothing in comparison with its great utility as a preserver of health.



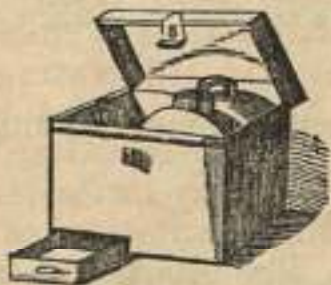
No. 10.—Sugar Nippers.

10. *Sugar Nippers,* for breaking lump sugar into small pieces.



No. 11.—Tea and Coffee Canisters.

11. *Tea and Coffee Canisters,* by which the flavour of tea and coffee is preserved.



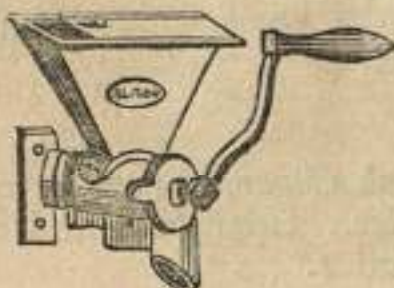
No. 12.—Sugar Canister, with Drawers.

12. *Sugar Canister, with Drawer.*



No. 13.—Biscuit Canister.

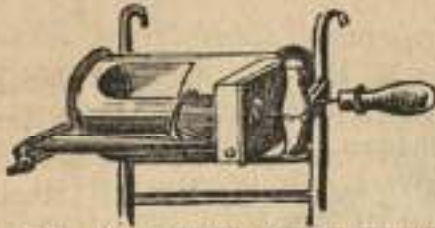
13. *Tin Boxes,* for the storeroom, to contain sugar, biscuits, rice, &c. The covers fit very tightly, to exclude the air. They are frequently lettered in front to distinguish them.



No. 14.—Pepper Mill.

14. *Pepper Mill,* for grinding pepper; it can be regulated to grind either fine or coarse.





No. 15.—Automaton Coffee Roaster.

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



No. 16.—Stewpan Digester

16. *Stewpan Digester*.



No. 17.—Saucepan Digester.

17. *Saucepan Digester*.



No. 18.—Digester.

18. *The Improved 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, that it 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.





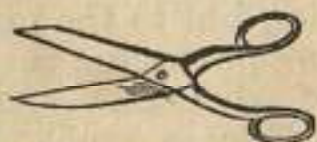
No. 19.—Improved Potato Steamer.

19. *The Improved Registered Potato Steamer.* Its action is so simple, that by drawing out a knob when the potatoes are cooked, the steam is allowed to escape from an aperture in the side, and the heat from the boiling water below converts the steamer into a dry hot closet, and completely evaporates the moisture remaining in them. Potatoes cooked in this steamer may be kept hot and good for several hours without the least deterioration, but rather an improvement in their flavour.



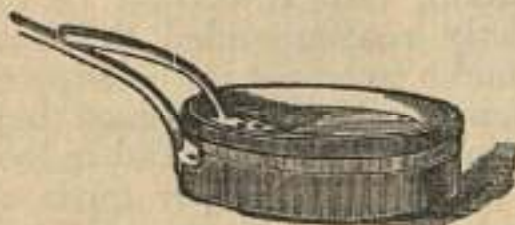
No. 20.—Paste Jigger.

20. *Paste Jigger*, for trimming pastry.



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.

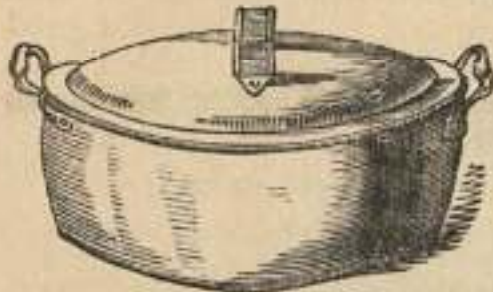
23. *Stockpot and Stockpot Ladle*, used for preparing the meat, bones, vegetables, &c., technically called stock, which forms the basis of soups.





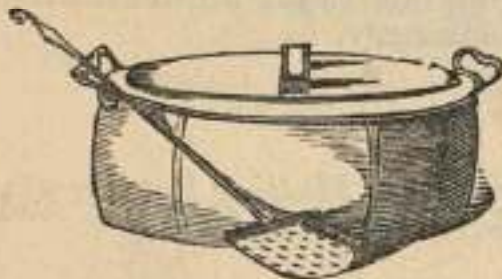
No. 24.—Cheese Toaster.

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.



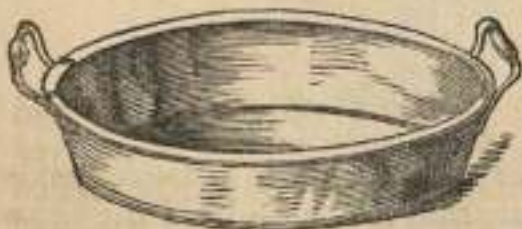
No. 27.—Basting Ladle.

27. *Basting Ladle*, and



No. 28.—Dripping Pan.

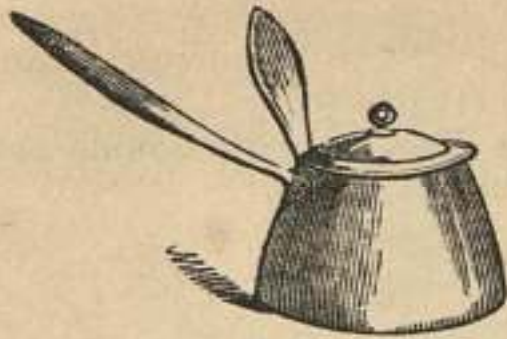
28. *Dripping Pan*, used to receive the unctuous droppings from the roasting meat, and to re-apply them to its scorching surface.



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 confectionery.*



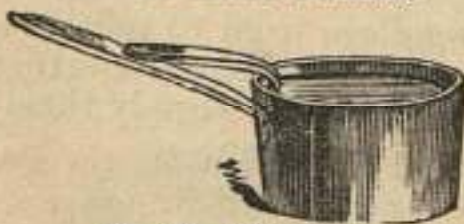
No. 33.—Warming, or Mulling Pot.

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.



38. *Apple and Turnip Scoops*.



No. 38.—Apple and Turnip Scoops.

39. *Trussing Needle*, for trussing poultry.



No. 39.—Trussing Needle.



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.

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



No. 43.—Mincing Knife.

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



No. 44.—Saddle of Mutton-Skewer.

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



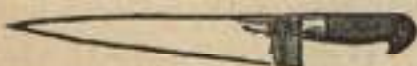
No. 45.—Fritter Mould.

45. *Fritter Mould*, and



No. 46.—Mushroom Mould.

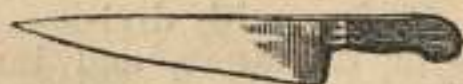
46. *Mushroom Mould*, used for shaping fritter and mushroom cakes, being heated for the purpose on the hot plate or range hob.



No. 47.—French Cook's Knife.

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





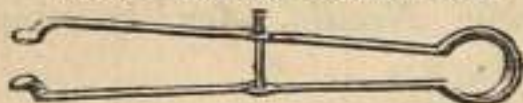
No. 48.—Poultry Chopper.



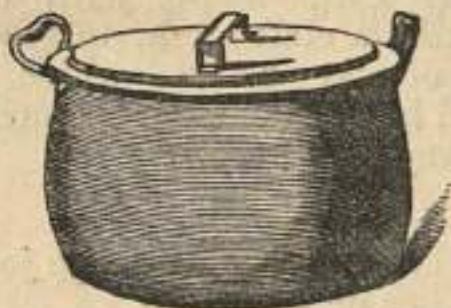
No. 49.—Slicing or Larding Knife.



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.



No. 56.—Cutlet Pan.



No. 57.—Frying Pan.

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*.

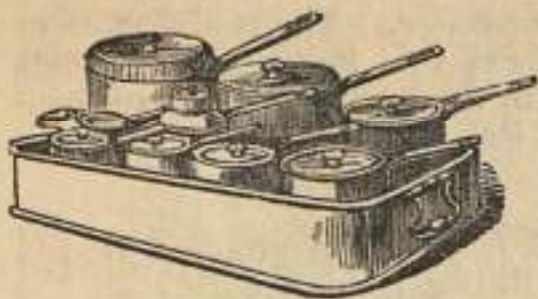
54. *Tartlet Pan*, for baking tartlets, &c.

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

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

57. *Frying Pan*, requires no explanation.





No. 58.—Bainmarie Pan.

58. *Bainmarie 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.



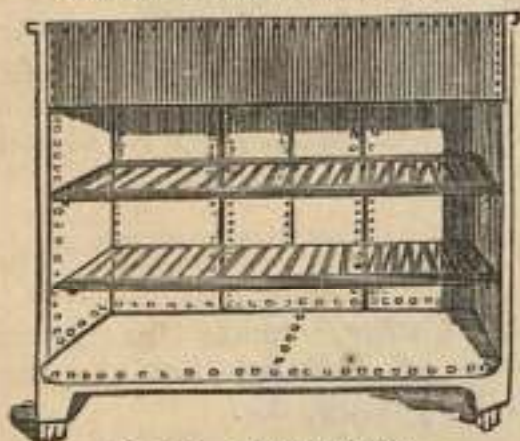
No. 60.—Seasoning Box.

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.—Knife Basket.

63. *Knife Basket* lined with tin; easier cleaned than wood, and far preferable.





No. 64.—Salamander.

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



No. 65.—Cook Hold.

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



No. 66.—Balance Skewer.

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



No. 67.—Vegetable Strainer.

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



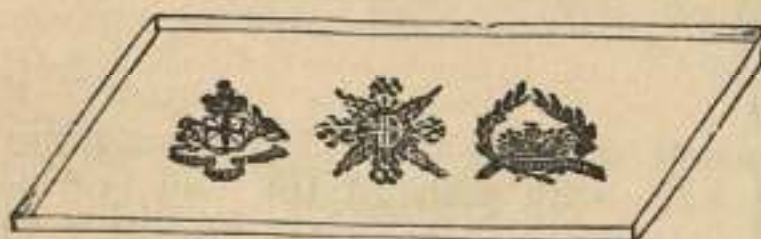
No. 68.—Egg Whisk.

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



No. 69.—Dariole Mould.

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



No. 70.—Gum Paste-board.

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.



No. 71.—Paste Cutter.

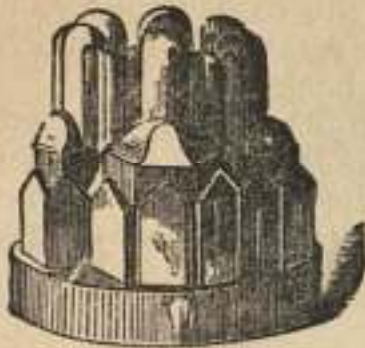
71. *Paste Cutter*, made in great variety of pattern, for shaping tartlets, patties, &c.



No. 72.—Jelly Mould.

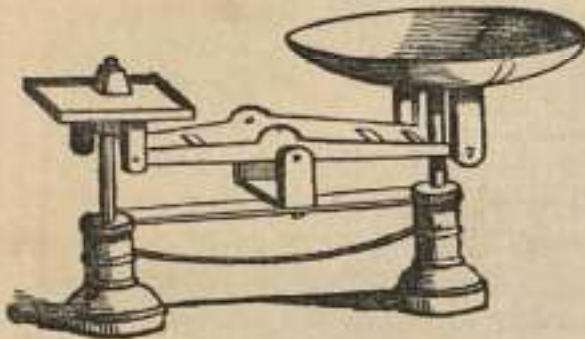
72. *Jelly Mould*, for shaping jellies, blanc mange, &c.





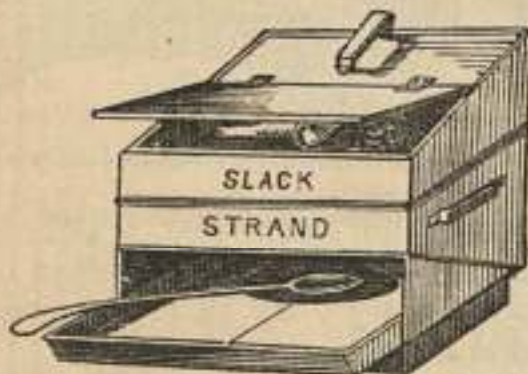
No. 73.—Baba Mould.

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



No. 74.—Scales.

74. *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.



No. 75.—The Improved American Oven.

75. *The Improved American Oven*, made by Messrs. R. and J. Slack, is one of the most convenient articles for family use; it entirely obviates the disagreeable effects caused in the old ones by the gravy falling on the iron pan, which being very hot, produced a disagreeable taste to the meat (as if baked.) The gravy in this one runs into a dripping-pan below, and the meat can be basted through the door at the back without removing the oven from the fire.

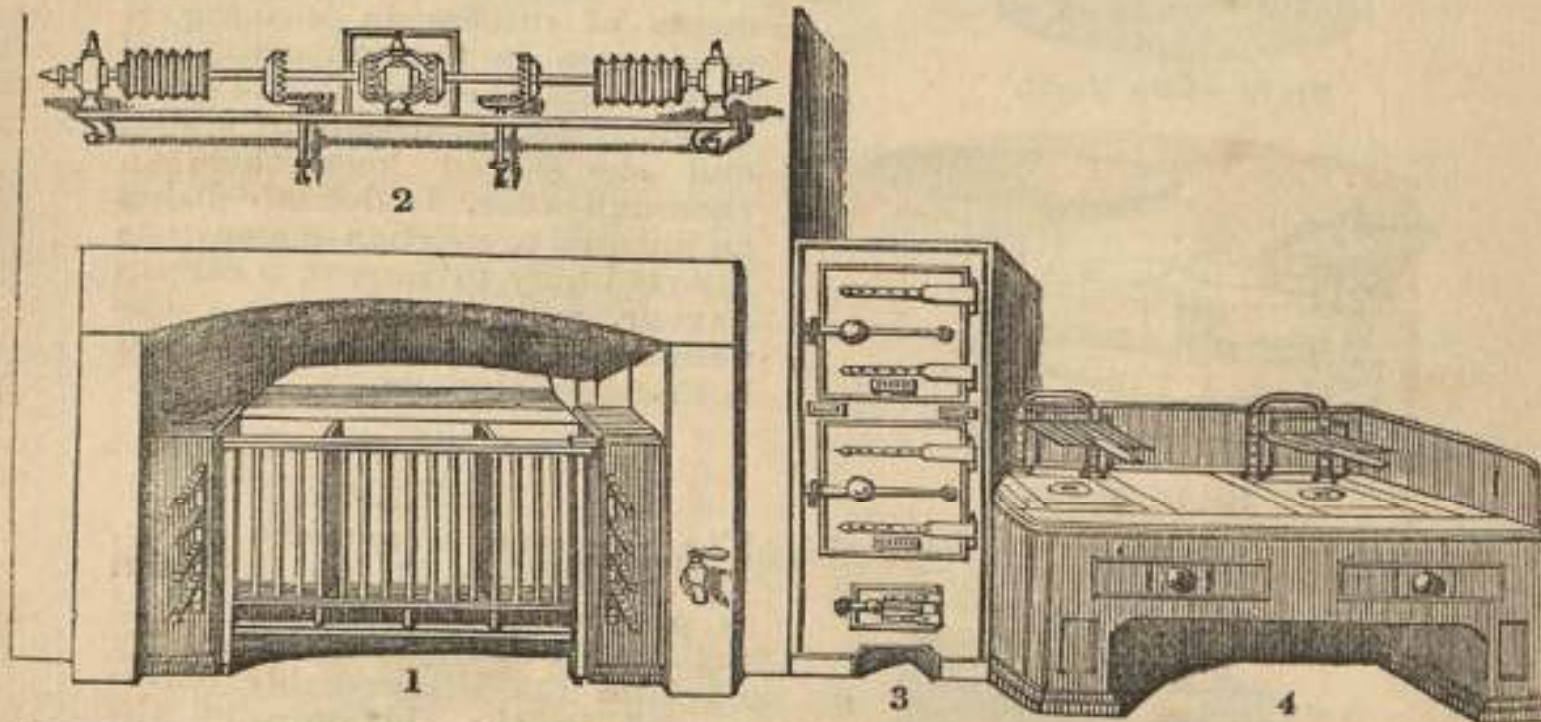
## RANGES, STOVES, HOT WATER APPARATUS, ETC.

1. *The Oxford Roasting Range*, the first specimen of which in London was introduced at the celebrated kitchen of the Reform Club, 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.

*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.

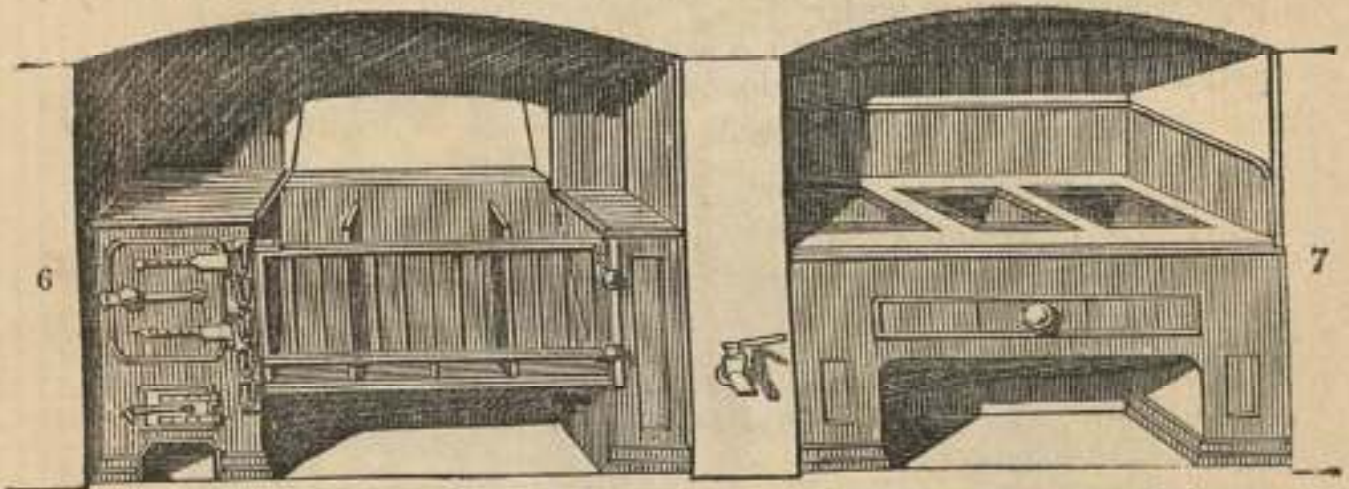
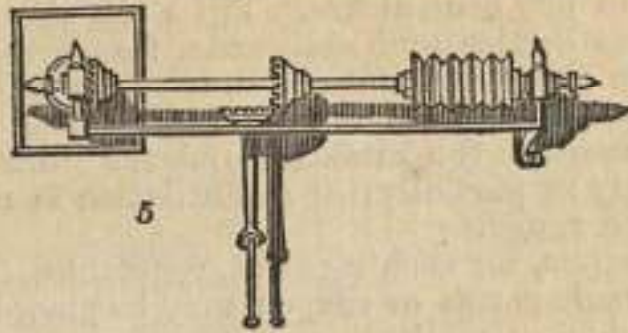
3. *Oven and Hot Closet*, with separate furnace underneath ; preferred by many professional cooks to those which are heated by the range fire.

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.

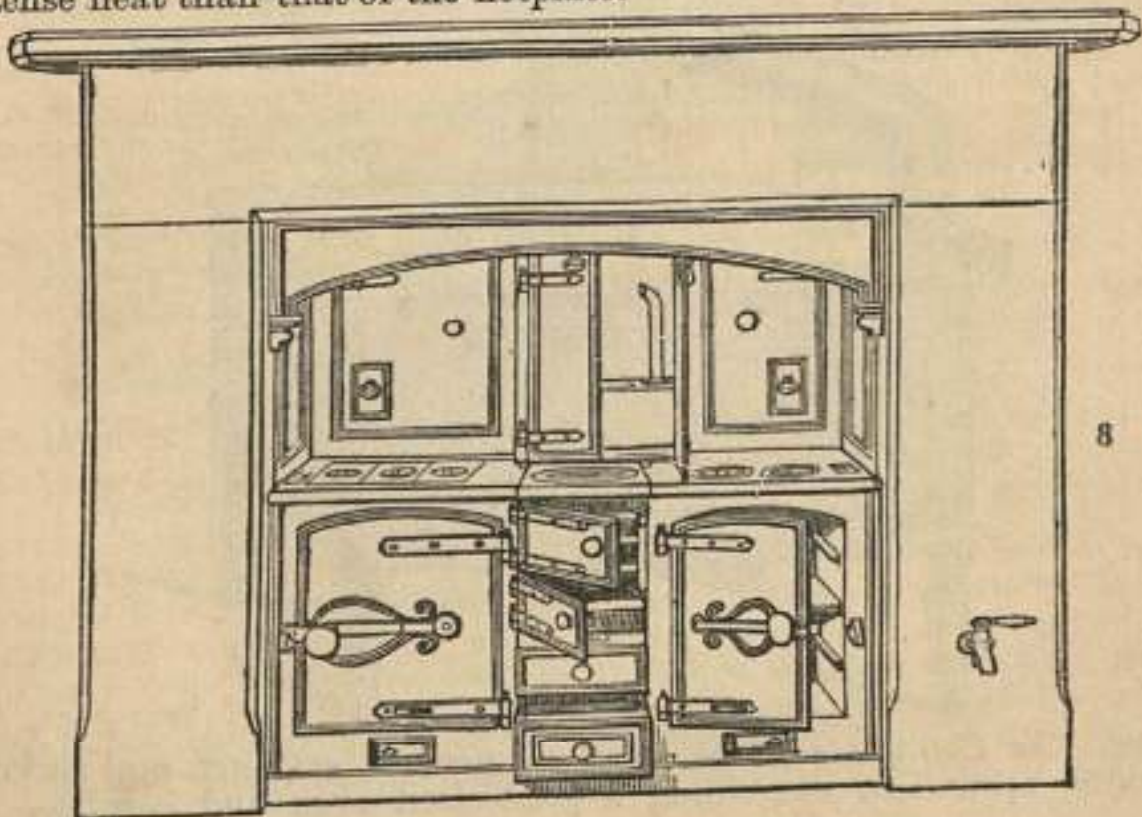
6. *The Oxford Range*, with an Oven at the side ; heated by a separate furnace—in other respects similar to the Family Range.



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

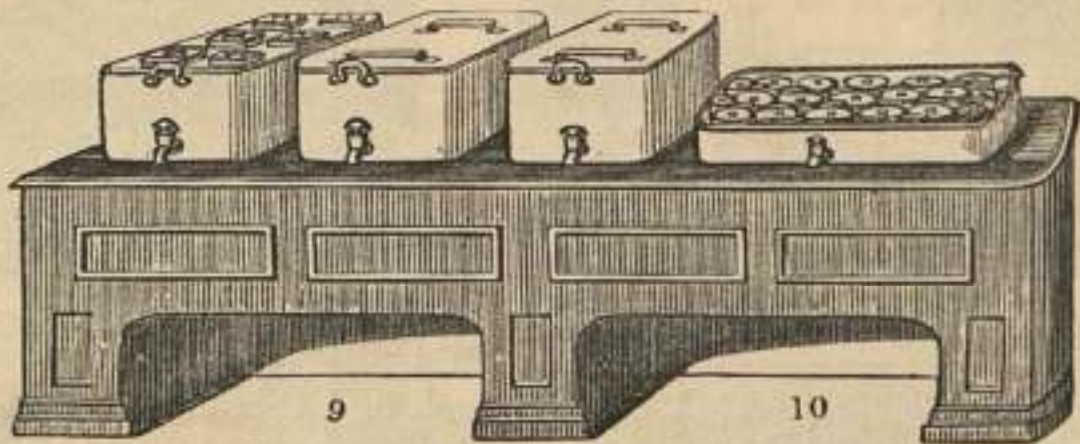




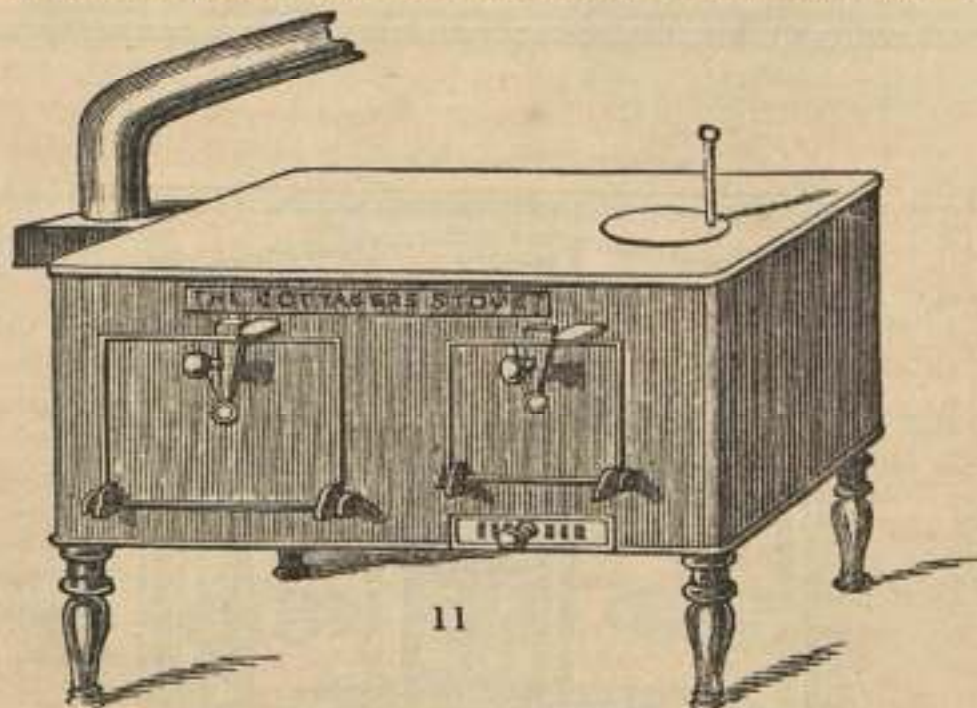
8. *A Close Range* with two ovens, hot closet, boiler, and hotplate, all heated from one central fire. Pipes can also be attached to carry steam to various kettles and saucepans, for boiling vegetables, &c., if required. The ashes fall into a drawer under the fire. This is a useful and economical form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

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

10. *Bainmarie Pan*, with a set of stewpans, soup-pots, and glaze-pot, and made with a double body to be heated by steam from the



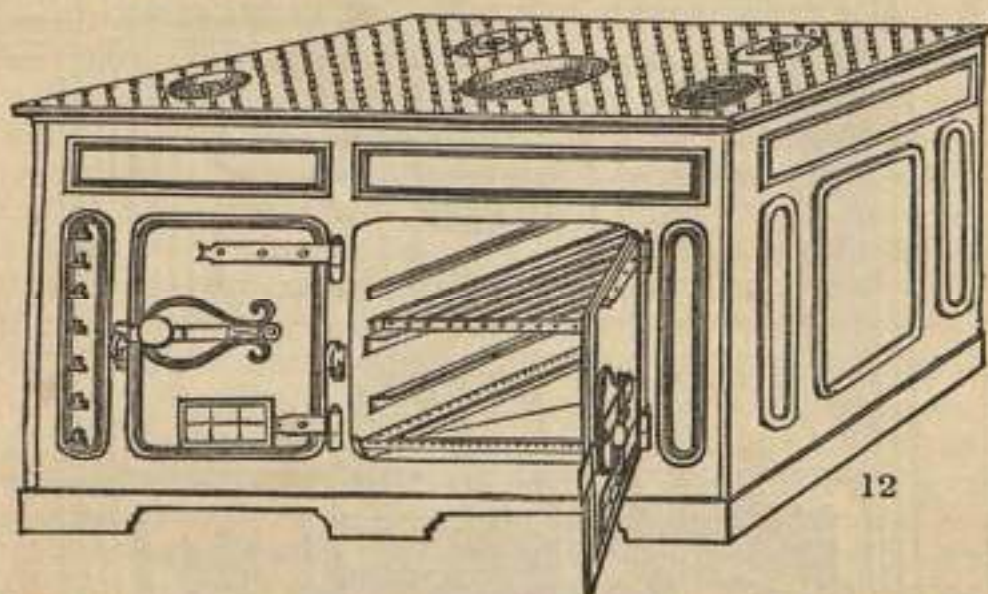
boiler. This is filled with hot water, in order to keep the soups, sauces, &c., perfectly hot, without burning or drying them up.



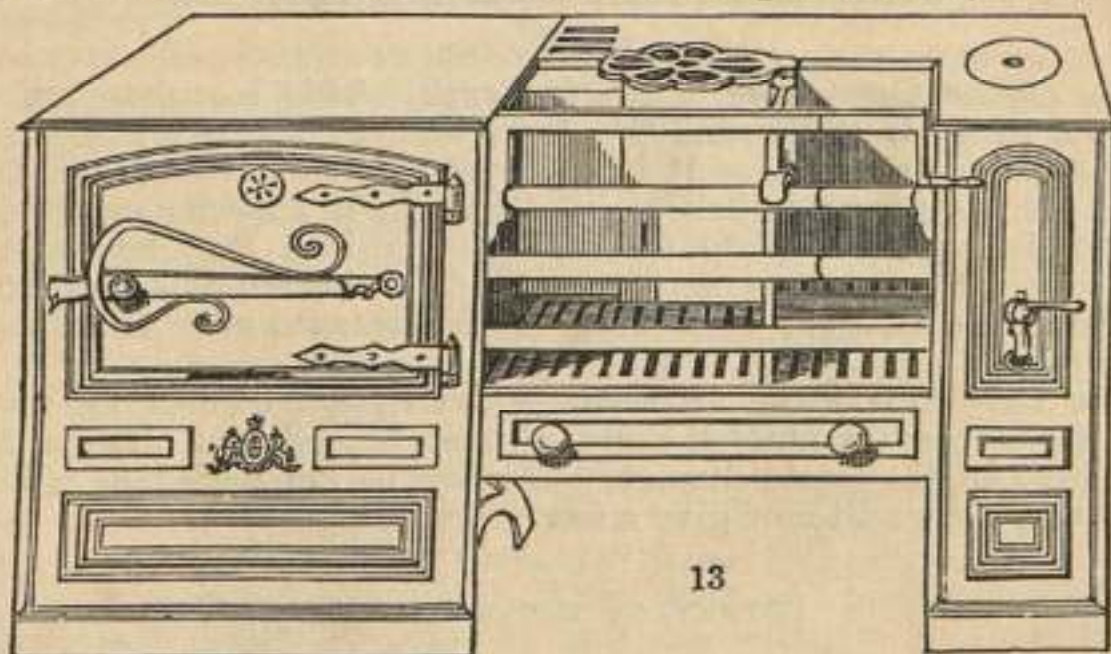
11. *The Cottager's Stove* is an economical, compact, and portable cooking apparatus, combining a good-sized oven and hotplate. It



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.

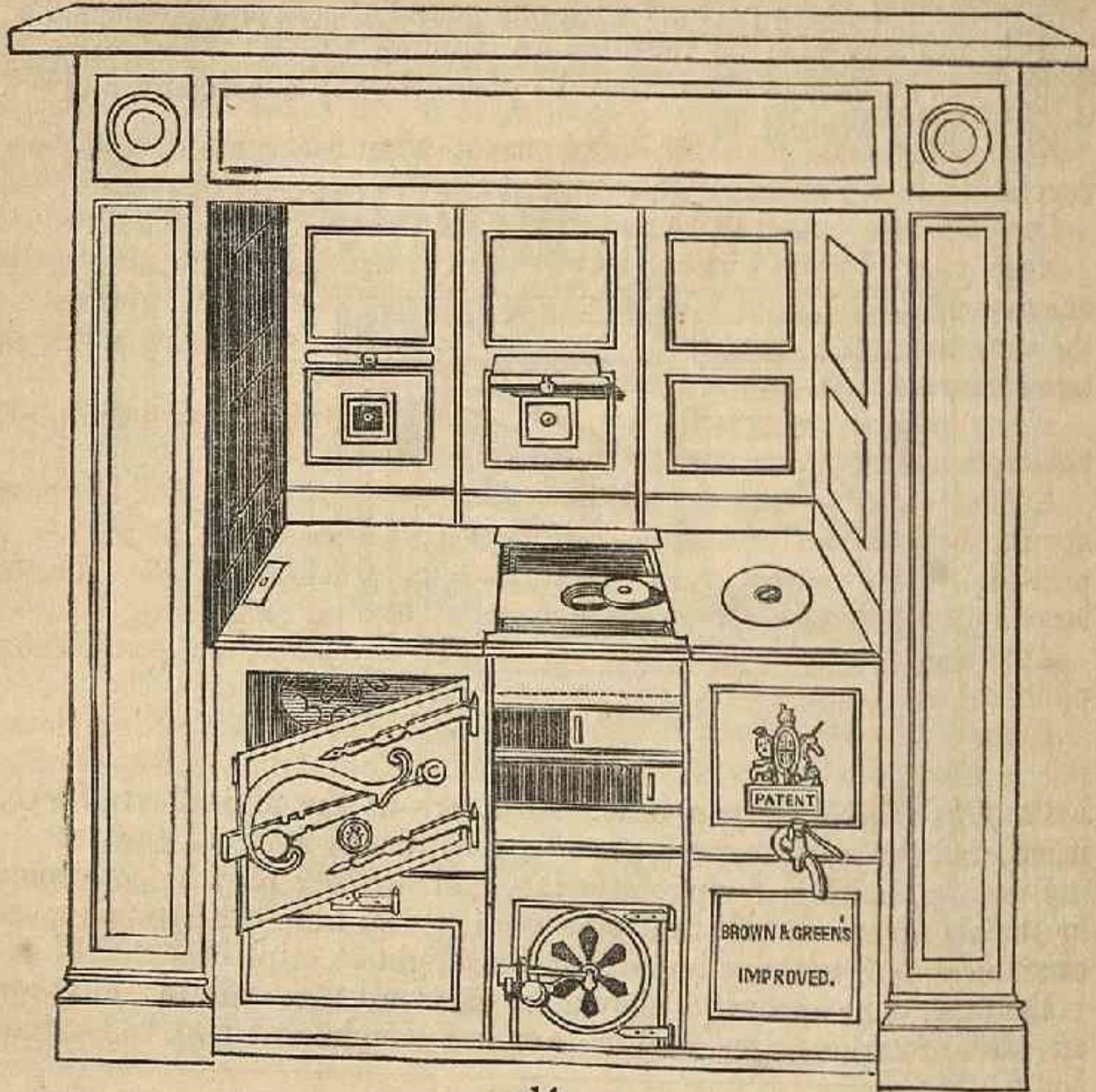


12. *Gas Cooking Apparatus.* Contrary to the prejudices of very many, and the early experience of some, it is now found that roasting, baking, boiling, frying, stewing, and broiling may be performed by the aid of gas as effectually as with a coal fire—with much more cleanliness, and without imparting 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.



13. *Improved Kitchen Range with Patent Radiating and Ventilating Oven, and Back Boiler.* The best and most economical open fire range, may be had at prices varying from £4 15s. to £10; but a very useful Self-acting Oven and Boiler Cottage Range can be procured from 18s. to 34s.





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14. *Smoke Consuming Kitchen Range.* This complete and convenient range is a certain cure for a smoky chimney, and requires only *half* the usual fuel. It has a large oven and boiler, and can be fitted for steaming; it bakes and roasts in a superior manner, and the top forms a hot plate for boiling, stewing, &c., has a simple but efficient arrangement for consuming the smoke, and affords thorough ventilation, combining the advantages of a close and an open fire.

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 use.



any meats (save salt meats) or fowls make stock; the remnants should never be thrown anywhere but into the stockpot, 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 requires 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 cleansed 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 overstocked, yet always keep a little in 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 a 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.



## LAYING OUT TABLES.

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### No. I.—BREAKFASTS, LUNCHEONS, AND FOLDING NAPKINS.

THE art of laying out a table, whether for breakfast, luncheon, dinner, tea, or supper, consists in arranging the various dishes, plate, glass, &c., methodically, and adherent to the rules we are about to make known.

Much trouble, irregularity, and confusion will be avoided in a house when there is company, if servants are instructed to prepare the table, sideboard, or dinner-waggon, in a similar manner and order daily.

All tables are usually laid out according to the following rules throughout the United Kingdom: yet there are local peculiarities which will necessarily present themselves, and should be adopted or rejected, as may appear proper to the good housewife:—

**BREAKFASTS.**—The table should be covered with a clean white cloth; the cups and saucers arranged at one end, if for tea; and at both ends, if for tea and coffee; or the coffee-cups and saucers may be arranged at the right-hand side of one end of the table, and the tea-cups and saucers at the left: the tea-pot and coffee-pot occupying the space between in front, and the urn that at the back. Some persons substitute cocoa or chocolate for coffee, in which case they are to be placed the same. The slop-bason and milk-jug should be placed to the left; and the cream, and hot milk-jugs, with the sugar bason, to the right.

The remainder of the table should be occupied in the centre by the various dishes to be partaken of; while at the sides must be ranged a large plate for meat, eggs, &c., and a small one for toast, rolls, &c., with a small knife and fork for each person; the carving knife and fork being placed point to handle; the butter and bread knives to the right of their respective dishes, which occupy the centre part, and spoons in front of the hot dishes with gravy. Salt-cellars should occupy the four corners, and, if required, the cruets should be placed in the centre of the table.

Dry toast should never be prepared longer than five minutes before serving, as it becomes tough, and the buttered, sippy and greasy, if too long prepared. Hot rolls should be brought to table covered with a napkin.

Every dish should be garnished appropriately, either with sippets, ornamental butter, water-cresses, parsley, or some one of the garnishes we shall point out in a future page.

The dishes usually set upon the table are selected from hot, cold, and cured meats; hot, cold, cured, and potted fish; game; poultry,





"The Cook who is well grounded in the Rudiments of Cookery, will be able to execute the orders given her with ease to herself and satisfaction to her employers, and send up a delicious dinner, with half the usual expense and trouble."—DR. KITCHINER.







cold or devilled; fruit, ripe, preserved, or candied; dressed and undressed vegetables; meat-pies and patties, cold; eggs; honey-comb; entrées; and savoury morsels—as grilled kidneys, ham-toast, devils, &c.

*Déjeûners à la fourchette* are laid the same as suppers, except that tea and coffee are introduced; but in sporting circles not until the solids are removed.

When laid for a marriage or christening breakfast, a bride's or christening cake should occupy the centre instead of the *épergne* or plateau.

**LUNCHEONS, OR NOONINGS.**—The luncheon is laid in two ways; one way is to bring in a butler's tray with let-down sides, on which it is previously arranged upon a tray-cloth, and letting down the sides and spreading the cloth upon the dining-table, to distribute the things as required. The other is to lay the cloth as for dinner, with the pickle-stand and cruets opposite each other; and, if in season, a small vase of flowers in the centre; if not, a water-jug and tumblers, which may be placed on a side-table at other times. The sides of the table are occupied by the requisites for each guest, viz., two plates, a large and small fork and knives, and dessert-spoon. A folded napkin, and the bread under, is placed upon the plate of each guest.

Carafes, with the tumblers belonging to and placed over them, are laid at the four corners, with the salt-cellars in front of them, between two table-spoons laid bowl to handle.

If French or light wines are served, they may be placed in the original bottles in ornamental wine vases, between the top and bottom dishes and the vase of flowers, with the corks drawn and partially replaced.

The dishes generally served for luncheons are the remains of cold meat neatly trimmed and garnished; cold game, hashed or plain; hashes of all descriptions; curries; minced meats; cold pies, savoury, fruit, or plain; plainly-cooked cutlets, steaks, and chops; omelettes; bacon; eggs; devils and grilled bones; potatoes; sweetmeats; butter; cheese; salad and pickles. In fact, almost anything does for lunch, whether of fish, flesh, fowl, pastry, vegetables, or fruit.

Ale and porter are generally served, but occasionally sherry, marsala, port, or home-made wines, are introduced, with biscuits and ripe fruit.

A good housewife should always have something in the house ready to convert into a neat little luncheon, in case a few friends drop in to what some are pleased to call a "tiffin;" and it is astonishing how a really handsome looking affair may be made out of the remains of the dinner served the day before, some handsome glass, a sprinkle of good plate, a few flowers, some good ale, or a little wine, and above all, a hearty welcome.

**NAPKINS.**—Dinner napkins should be about twenty-eight inches broad, and thirty inches long. They may be folded in a variety of ways, which impart a style to a table, without adding much to the



expense, and may be readily accomplished with a little practice and attention to the following directions and diagrams.

1. THE MITRE.—(*Fig. 1.*)

Fold the napkin into three parts longways, then turn down the right-hand corner, and turn up the left-hand one, as in Fig. 2, A and B. Turn back the point A towards the right, so that it shall lie behind C; and B to the left, so as to be behind D. Double the napkin back at the line E, then turn up F from before and G from behind, when they will appear as in Fig. 3. Bend the corner H towards the right, and tuck it behind I, and turn back the corner K towards the left, at the dotted line, and tuck it into a corresponding part at the back. The bread is placed under the mitre, or in the centre at the top.

2. THE EXQUISITE.—(*Fig. 4.*)

Fold the napkin into three parts longways, then fold down two-fifths of the length from each side, as in Fig. 5, at A; roll up the part B towards the back, repeat on the other side, then turn up the corner towards the corner A, and it will appear as D. The centre part E is now to be turned up at the bottom, and down at the top, and the two rolls brought under the centre piece as in Fig. 4. The bread is placed under the centre band, K, Fig. 4.

3. THE COLLEGIAN.—(*Fig. 6.*)

Fold the napkin into three parts longways, then turn down the two sides towards you, so that they shall appear as in Fig. 7; then roll up the part A underneath until it looks like B, Fig. 8. Now take the corner B and turn it up towards C, so that the edge of the rolled part shall be even with the central line; repeat the same on the other side, and turn the whole over, when it will appear as in Fig. 6. The bread is placed underneath the part K.

4. THE CINDERELLA.—(*Fig. 9.*)

Fold the napkin into three parts longways, then turn down the two sides as in Fig. 7; turn the napkin over, and roll up the lower part as in Fig. 10, A, B. Now turn the corner B upwards towards C, so that it shall appear as in D; repeat on the other side, and then bring the two parts E together, so that they shall bend at the dotted line; and the appearance will now be as Fig. 9. The bread is placed under the apron part, K, fig. 9.

5. THE FLIRT.—(*Fig. 11.*)

Fold the napkin into three parts longways, then fold across the breadth, commencing at one extremity, and continuing to fold from



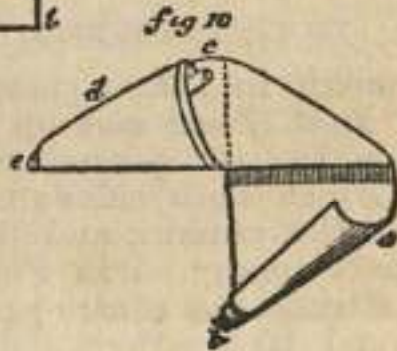
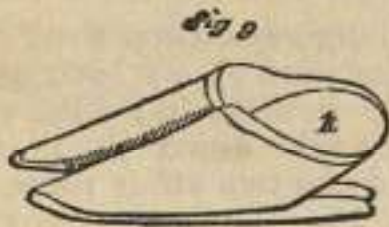
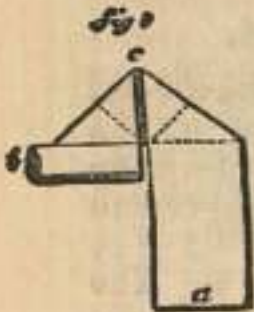
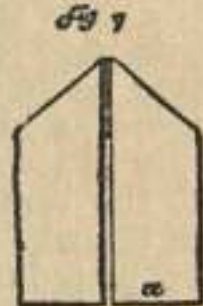
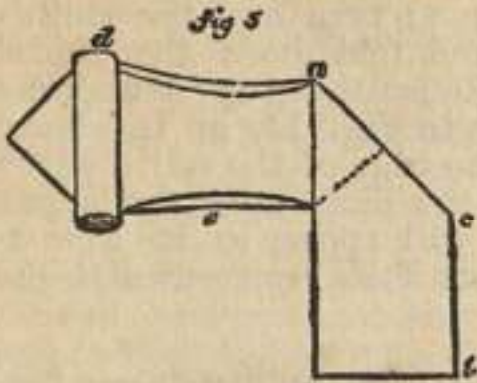
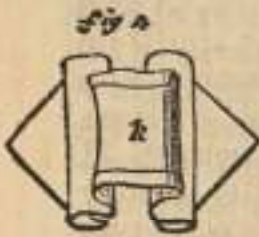
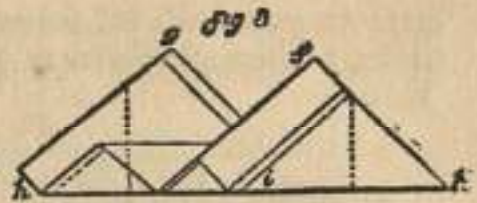
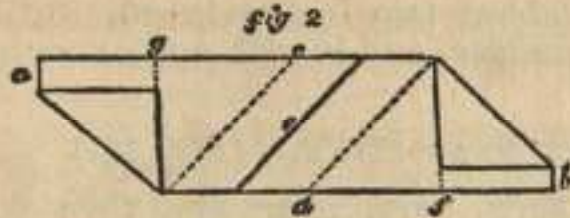


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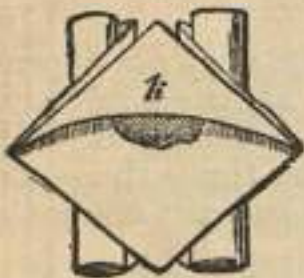


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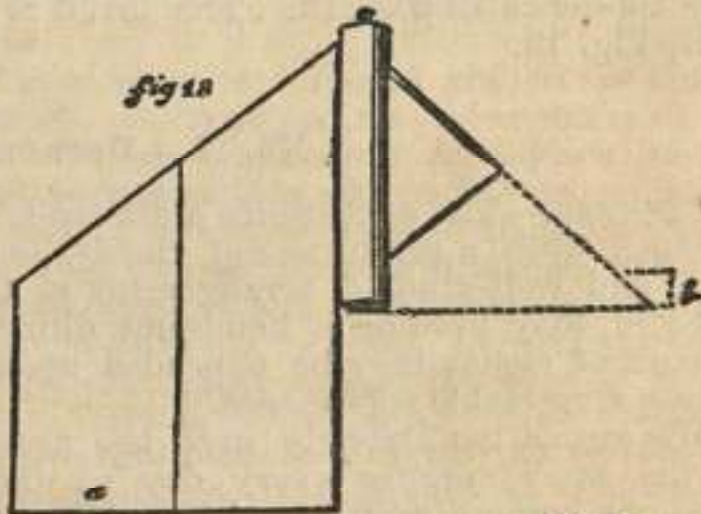


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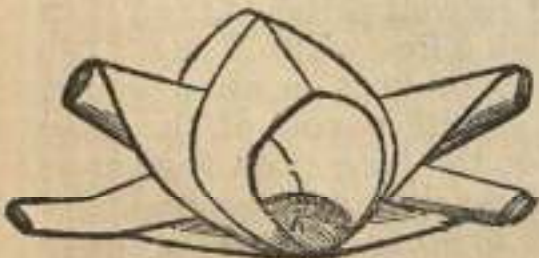


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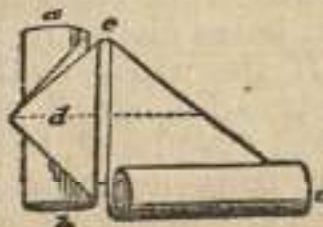
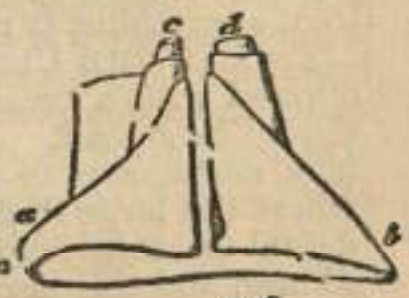


fig 16





and to yourself in folds about two inches broad, until the whole is done; then place in a tumbler, and it will appear as in the illustration.

#### 6. THE NEAPOLITAN.—(*Fig. 12.*)

Fold the napkin into three parts longways, then fold one of the upper parts upon itself from you; turn over the cloth with the part having four folds from you, and fold down the two sides so as to appear as in *Fig. 7*; then roll up the part A underneath, until it appears as in the dotted lines in *Fig. 15*, at B. Now turn up the corner B towards C, so that the edge of the rolled part shall be even with the central line: repeat the same upon the opposite side, and turn the whole over, when it will appear as in *Fig. 14*; the bread being placed underneath the part K, as represented in the illustration.

#### 7. THE "FAVOURITE," OR, OUR OWN.—(*Fig. 14.*)

Fold the napkin into three parts longways, then turn down the two sides, as in *Fig. 7*, and roll up the part A on both sides, until as represented on the right-hand side in *Fig. 14*; then turn it backwards (as A B) on both sides; now fold down the point C towards you, turn over the napkin, and fold the two other parts from you so that they shall appear as in *Fig. 15*. Turn the napkin over thus folded, and raising the centre part with the two thumbs, draw the two ends (A and B) together, and pull out the parts (C and D) until they appear as in *Fig. 13*. The bread is to be placed as represented in K, *Fig. 13*.

### No. II.—DINNERS.

**DINNERS.**—The appearance a dinner-table presents does not depend so much upon a profuseness of viands, as upon the neatness, cleanliness, and well-studied arrangement of the whole. Taste, if well-directed, may produce a handsome dinner; whereas three times the amount of money may be expended upon another, and yet not make even a respectable appearance.

We cannot too strongly urge the necessity of having things done in the same manner every day as when there is company. The servants become accustomed to waiting properly, things are always at hand, and they do not appear awkward when visitors drop in; then everything is regular, and goes on smoothly.

**To LAY THE CLOTH.**—The table should be well polished, and then covered with a green baize cloth, over which a fine white damask one should be spread. If the white cloth is to be kept on after dinner, it is customary to spread a small cloth at either end of the table where the large dishes are placed, to protect the long cloth from accidental spots arising from gravy, &c.; these slips are removed after dinner, and the cloth cleaned with crumb brushes. In some houses



an entire upper cloth is placed upon the table instead of slips, and this being removed after dinner, does not require the tedious process of brushing the table-cloth.

When the cloth has been spread, place carafes, with the tumblers belonging to and placed over them, between every four persons, a salt-cellar between every third person, and a large and small knife, fork, and spoon to each guest, with two wine-glasses, a champagne glass, and a tumbler, to the right of each, and the bread placed in or under folded napkins, between the knives, forks, and spoons; and at grand entertainments or public dinners, the name and rank of each guest neatly written on a card in front of the napkin, so as to prevent confusion and jealousy. The centre ornament, usually a *candelabrum*, *plateau*, an *epergne*, or a vase of artificial flowers, must now be set on, and the mats for the various dishes arranged; then the wine-coolers or ornamental vases placed between the centre-piece and the top and bottom dishes, with the wines in the original bottles, loosely corked; the spoons for assisting the various dishes, asparagus tongs, fish knife and fork or slice, and carving knives and forks, are placed in front of the respective dishes to which they belong; and knife-rests opposite to those who have to carve: with a bill of fare, and a pile of soup-plates before those that have to assist the soup.

*In arranging or laying out a table*, several things require particular attention, and especially the following:—

*Plate* should be well cleaned, and have a bright polish; few things look worse than to see a greasy-looking *epergne* and streaky spoons. *Glass* should be well rubbed with a washleather dipped in a solution of fine whiting and stone-blue, and then dried; afterwards it should be polished with an old silk handkerchief. *Plates* and *dishes* should be hot, otherwise the guests will be disgusted by seeing flakes of fat floating about in the gravy. *Bread* should be cut in pieces about an inch thick, and each round of a loaf into six parts; or, if for a dinner party, dinner rolls should be ordered. The bread is placed under the napkins, or on the *left* of each guest if dinner napkins are not used, some of the bread being placed in a bread-tray covered with a crotchet cloth upon the sideboard. *Lights*, either at or after the dinner, should be subdued, and above the guests, if possible, so as to be shed upon the table, without intercepting the view. *Sauces*, either bottle, sweet, or boat—*vegetables*, and sliced cucumber, or glazed onions for stubble goose, should be placed upon the sideboard; a *plate basket* for removing the soiled plates is usually placed under the sideboard, or some other convenient part of the room; and *two knife trays*, covered with napkins, are placed upon a butler's tray; these are used for removing soiled carvers and forks, and the soiled silver. It is useful to have a large-sized bradawl, a corkscrew, and funnel, with strainer; the former to break the wire of the champagne bottles, and the latter to strain port wine, if required to be opened during dinner.

*To lay out the Sideboard or Tray*.—Little requires to be done, except to arrange the silver, knives, cruets, and various dishes to be



placed there. The silver should be arranged on one end of the sideboard, as in Figs. 1 and 2, the gravy spoons being placed bowl to

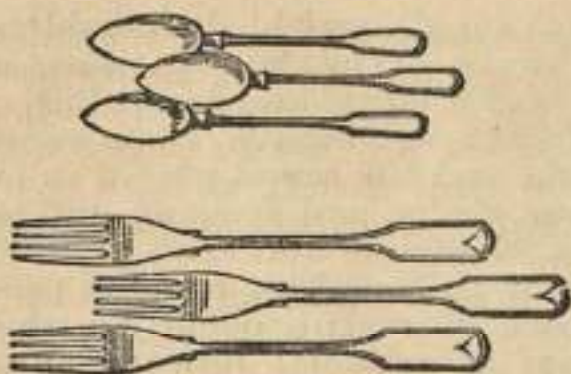


Fig. 1 &amp; 2.

handle, and the cheese-scoop, marrow-spoon, and salad-spoons or scissors, where most convenient. The knives are placed as in Fig. 3, for the convenience of removal, because by this means a single knife can be abstracted without disturbing the others; carving knives and forks should be placed above the others, point to handle. The wine-glasses, tumblers, and finger-glasses, for dessert, are placed where most convenient, but usually in the centre, at the back, with ice-

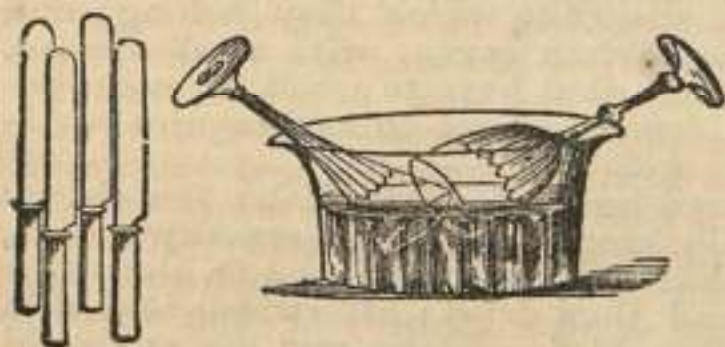


Fig. 3 &amp; 4.

plates near to them, and the wine-glasses placed in the finger-glasses, as in Fig. 4; but when only one glass is used, that is placed in the centre, mouth downwards. At very large or fashionable dinners, the finger-glasses are sometimes placed on the dinner table with the plain and coloured wine-glasses in them, and the same, refilled, are placed on again at dessert. The cruets, sauces, &c., are placed at one end, and the vegetables, &c., in the centre front of the sideboard.

*To place the Dishes on the Table.*—Each servant should be provided, at large dinners, with a bill of fare, and instructed, at small ones, where the dishes are to be placed. No two dishes resembling each other should be near the same part of the table. *Soups* or broth should always be placed at the head of the table; if there are two, top and bottom; if four, top, bottom, and two sides, opposite each other, or alternately with fish. *Fish* should be placed at the head of the table; if there are two sorts, have fried at the bottom and boiled at the top; if four, arrange the same as the soup. We may observe, that a white and a brown, or a mild and a high-seasoned soup, should occupy either side of the centrepiece, and that it looks handsomer to have fried and boiled fish opposite each other, but they should never be placed upon the same dish. Fish is generally served upon a napkin, the corners of which are either turned in or thrown over the fish, or upon a piece of simple netting, which is turned in all round; but we recommend our readers to use the elegant serviette, as being more stylish.

*The first course* generally consists of soups and fish, which are removed by the roasts, stews, &c., of the second course.

*The second course*, when there are three, consists of roasts and



stews for the top and bottom; turkey or fowls, ham garnished, tongue, or fricandeau, for the sides; with small made-dishes for corners, served in covered dishes, as curries, ragouts, fricassees, stews, palates, &c.

When there are two roasts, one should be white, and the other brown. Removes are generally placed upon large dishes, for, as they supply the place of the fish and soups, they constitute the principal part of the dinner. What are termed *flanes* are not so large as the removes, nor so small as the *entrées* or made-dishes, and are generally served in a differently-formed dish. They are seldom used except when there are eighteen or twenty persons.

*Entrées*, or made dishes, require great care in placing them upon the table, otherwise the gravy slops over and soils the dish; they are, therefore, usually served with a wall of mashed potatoes, rice, or other vegetables, to keep them in their proper place. They should also be served as hot as possible.

When there is but one principal dish, it should be placed at the head of the table. If three dishes, the principal to the head, and the others opposite each other, near the bottom; if four, the largest to the head, the next size to the foot, and the other two at the sides; if five, place the same as for four, with the smallest in the centre; if six, place the same as for four, with two small dishes on each side; if seven, put three dishes down the centre of the table, and two on each side; if eight, four dishes down the middle, and two on each side, at equal distances; if nine, place them in three equal lines, but with the proper dishes at the top and bottom of the table; if ten, put four down the centre, one at each corner, and one on each side, opposite the vacancy between the two central dishes; or four down the middle, and three on each side, opposite the vacancies of the centre dishes; if twelve, place them in three rows of four each, or six down the middle, and three at equal distances on each side. If more than twelve, they must be arranged on the same principles, but varying according to number.

Oval or circular dining-tables require to have the dishes arranged in a shape corresponding to the table.

The *third course* consists of game, confectionery, delicate vegetables dressed in the French style, puddings, creams, jellies, &c.

When there are only two courses, the first generally consists of soups and fish, removed by boiled poultry, ham, tongue, stews, roasts, ragouts, curries, or made-dishes generally, with vegetables. The second consists of roasted poultry or game at the top and bottom, with dressed vegetables, maccaroni, jellies, creams, preserved fruit, pastry and general confectionery, salads, &c. It is generally contrived to give as great a variety as possible in these dinners: thus—a jelly, a cream, a compôte, an ornamental cake, a dish of preserved fruit, fritters, a blanmange, a pudding, &c.

After the third course has been removed, cheese, ornamented butter, salad, radishes, celery in a glass bowl, or on a dish, sliced cucumber (and at small parties, marrow-bones), are usually served. A marrow-spoon,



cheese-scoop, and butter-knife, being required upon the table, are to be placed near to the dishes; a knife and fork near the celery, and a pair of salad-scissors, or a fork and spoon in the bowl with the salad.

The cheese may be served in a glass bowl, and handed round from right to left; or if a Stilton, surrounded with the elegant serviette, and placed upon the cheese-cloth. The bread may be served as usual, or the cheese-snaps piled up on a crochet cloth, in a plated bread-basket placed in the centre.

*Waiting at Table.*—Much confusion is avoided by having an attendant upon each side of the table; or, if the party is large, more than one, according to the number. The usual number required for parties is given below: and if the income admit of it, the scale may be increased according to the second column, which will materially add to the comfort of the guests.

Guests.	Servants.
6	1 2
12	2 3
15	3 4
20	4 6
30	6 8
40	9 12
50	12 20 &c.

Every attendant should be neatly attired, have a white neckcloth and white gloves on, should know where all the articles required are, where the dishes are to be placed, and, in fact, be acquainted with the whole routine of the party; and therefore it is better to provide each one with a bill of fare.

When every guest is seated, a servant, appointed for that purpose, should stand by the side of each dish, with the right hand upon the cover; and as soon as grace is said, the cover is to be removed, and placed in some convenient part of the room. The plates for soup should then be taken singly from the pile opposite the person assisting it, and carried to those guests that desire that particular soup, observing that ladies are to be assisted before gentlemen, and that these should commence from the head of the table, continuing to assist each until both sides are helped.

Soon after the soup has been served, the servants may pass down each side of the table, and ask each guest what they will take, assisting them to the dish desired, as soon as it can be procured. When champagne is given, it is handed round upon a waiter or salver at small parties, commencing at the right-hand side of the table, from the top and bottom simultaneously, without any distinction as regards ladies or gentlemen. In large parties—and we prefer the arrangement ourselves even in small ones—the bottle being enveloped as far as the neck, with a clean dinner-napkin, the wine is assisted in the same order as before; but instead of being handed round on a salver, the servants pour the wine into the glass, at the right-hand side of each guest. By these means there is less danger of the glasses being broken by any awkward collision. The champagne is generally iced



in summer, and cool in winter, and is assisted as soon as the soup is finished, or just after the guests have been helped to the second course or removes.

Liqueurs are handed round when sweets are on the table. Sauces are handed round in the sauce-boat, and when served, placed on the side-board or dinner-waggon; if only a family party, they are returned to the table. Sweet sauces are handed round in glass dishes, and bottle sauces in a stand or basket made for that purpose.

*In removing the dinner things*, one servant goes round the table with a butler's tray, and the other removes and places the things upon it. The cloth is then brushed with a crumb-brush; or the two sides are turned in, and then the cloth dexterously jerked off the table, the lights replaced, and the dessert set on.

When knives, forks, and spoons, are removed from dishes or plates, they should be placed in proper trays covered with napkins; one being used for the silver, the other for the steel articles.

When plates or dishes are removed from the table, great care is to be observed with respect to holding them horizontally, otherwise the gravy, syrup, or liquid, may injure the dresses of the guests. We remember well to have seen a clumsy servant let some soup fall over the whole of the back of an officer's new red coat, which was, of course, completely spoiled!

In some circles, the fashion prevails of placing finger-glasses on the table immediately preceding dessert; but in others, especially of the highest fashion, cut-glass bowls, partially filled with rose or orange-flower water, iced in summer and luke-warm in winter, are handed down each side of the table, upon salvers: into these each guest dips the corner of the dinner napkin, and just touches the lips and the tips of his fingers, to afford a refreshing feeling.

### NO. III.—DESSERTS, TEAS, AND SUPPERS.

**THE DESSERT.**—The dessert may consist of merely two dishes of fruit for the top and bottom; dried fruits, biscuits, filberts, &c., for the sides and corners; and a cake for the centre.

When the party is large, and ices are served, the ice-plates are placed round the table, the ice-pails at both ends of the table, and dishes with wafer-biscuits at the sides. Some persons have the ices served in glass dishes, which, together with the wafer-biscuits, are handed round before the usual dessert.

When there is preserved ginger, it follows the ices, as it serves to stimulate the palate, so that the delicious coolness of the wines may be better appreciated.

The side and corner dishes usually put on for dessert, consist of:—Compôtes in glass dishes; frosted fruit served on lace-paper, in small glass dishes; preserved and dried fruits in glass dishes; biscuits, plain and fancy; fresh fruit served in dishes surrounded with leaves or moss; olives, wafer-biscuits, brandy-scrolls, &c.



The centre dishes may consist either of a savoy or an ornamental cake, on an elevated stand—a group of waxen fruit, surrounded with moss—a melon—a pine-apple—grapes—or a vase of flowers.

Each plate should contain a knife, fork, and spoon, with two wine-glasses, arranged upon a d'oyley, as in Fig. 5. These are to be placed before each guest; and a finger-glass, with cold water in summer and luke-warm water in winter, on the right of each plate; and grape-scissors, and melon-knife and fork, before their respective dishes. Glass bowls containing sifted sugar, with pierced ladles, or others filled with cream, are to be placed near to the centre dish, if they are required. A cut-glass jug, with a tumbler on either side, should be placed in a convenient part of the centre of the table.



Fig. 5.

The wine, either cooled or not, should be placed at both ends of the table, or at the bottom, if only a small party, the decanters being placed in casters, though this fashion is now much abolished.

Zests are put down after the dessert is removed, and consist chiefly of anchovy toasts, devilled poultry and game, and biscuits, gravy toast, grills, &c.

Coffee is the last thing served, and is generally handed round upon a salver; after this, the gentlemen withdraw to the drawing-room.

**TEA.**—If after a dinner party, the tea is generally handed round by two servants, the one having tea and coffee, with hot milk, cream, and sugar upon one tray; the other having thinly-cut and rolled bread and butter, biscuits, and cake, upon another tray.

If served at an evening party or dance, a servant assists the guests, as they arrive, to tea or coffee, which is ranged upon a side-table in a small room. The tea and coffee occupy the two ends of the table, on either side of the urn, which is placed in the centre and back. In front of the urn are ranged the sugar-candy for coffee, sugar, hot milk, cream, bread and butter, cake, and biscuits. When the guests have been assisted, they are ushered into the presence of the host and hostess.

Tea, when only for a small party, may be brought in upon a tray, the tea and coffee-pots occupying the centre of the tray; the cups and saucers the front; and the hot milk, cream, slop-basin, and sugar, the ends. The urn is placed at the back of the tray; and the bread and butter, cut or not, with cake, biscuits, muffins, crumpets, or toast, at the sides.

**SUPPERS.**—The great secret of laying out a supper consists in arranging the china, glass, silver, linen, lights, confectionery, sub-



stantials, trifles, flowers, and other articles, with a due regard to form, colour, size, and material.

A supper table should neither be too much crowded, nor too scanty, nor scattered and broken up with small dishes. Two dishes of the same description should not be placed near to each other: dishes should not be heaped up, as if for a ploughman's repast, but contain sufficient to make them look well, without being over or under-done as regards quantity.

Hot suppers are now seldom served; for people dine later than they did formerly; and, besides being more expensive than cold ones, they also give more trouble.

The centre of the table is generally occupied by an *épergne*, vase of flowers, globe of fish upon an elevated stand, a plateau, or small fountain; around which are arranged:—Dried, preserved, frosted, or candied fruits; custards, jellies, and trifles, in glasses; and small biscuits. The top and bottom of the table are furnished with game, fowls, or meat; the sides have dishes of ham sliced; tongue; collared, potted, hung, and grated beef; brawn, mock or real; savoury pies; lobsters; oysters; dressed crab or cray-fish; prawn pyramids; sandwiches of ham, beef, tongue, anchovy, or other savoury morsels; tarts, tartlets; cake, biscuits; whipped and other creams; jellies, blancmange; caramel baskets; patties, &c.



## 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, sorrell, 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 sheel 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, plums, 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 venison.

*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.



## BILLS OF FARE.

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PROVIDENCE, in His bounty, has placed so much at the disposal of man for his sustenance, that he is often bewildered and perplexed to choose from the infinite variety the few requirements for his daily dinner, and more especially so when, in the overflowing of his good nature, he has invited a few friends to join him in this social meal. "What shall we have for dinner?" is the momentous question debated between husband and wife; but the former, however, generally makes his escape from the perplexity, and leaves his lady to settle and arrange the matter as she pleases. It is for her guidance that we subjoin the following suggestions for large and small dinners, which may be varied at pleasure with the articles more especially in season. (See pp. 44, 45.)

### DINNERS FOR THREE.

- |  |   |
|--|---|
| <p>1.<br/>Vegetable soup—Rolled ribs of beef—Potatoes—Currant pudding.</p>                                   | <p>6.<br/>Lobster outlets—Roast fillet of mutton—Mashed and browned potatoes—Stewed cheese—Water cresses—Maccaroni.</p> |
| <p>2.<br/>Fried whiting—Roast loin of mutton—Rissols of beef—Browned potatoes and spinach—Italian cream.</p> | <p>7.<br/>Ox-tail soup—Warmed mutton—Cold beef—Salad—Potatoes—Bread and butter pudding.</p>                             |
| <p>3.<br/>Soles—Roast fowl and bacon—Mashed potatoes—Toasted cheese—Maccaroni.</p>                           | <p>8.<br/>Broiled mackerel—Stewed veal—Hand of pork—Potatoes and spinach—Boiled batter pudding.</p>                     |
| <p>4.<br/>Roast leg of mutton—Mashed turnips—Potatoes—Sardines with Chili vinegar—Rice pudding.</p>          | <p>9.<br/>Mutton broth—Bubble and squeak—Lamb's head and liver—Mashed potatoes—Anchovy toast.</p>                       |
| <p>5.<br/>Giblet soup—Minced beef—Browned potatoes—Marmalade tartlets.</p>                                   | <p>10.<br/>Broiled salmon—Shrimp sauce—Roast fillet of mutton—</p>  |



Browned potatoes—Suet dumplings—Tartlets—Maccaroni.

11.

Fried soles—Irish stew—Rump steaks—Mashed potatoes—Roll jam pudding.

12.

Roast shoulder of mutton—Onion sauce—Mashed and browned potatoes—Cold ground rice pudding—Toasted cheese—Water cresses.

13.

Vegetable soup—Cold beef—Salad—Potatoes—Rabbit curry and rice—Eve's pudding.

14.

Roast leg of mutton—Mashed turnips—Potatoes—Suet pudding—Rice blancmange—Strawberry jam cream—Anchovy toast.

15.

Broiled salmon—Stewed rump steak, with vegetables—Potatoes—Toasted cheese—Endive salad.

16.

Ox-tail soup—Pork cutlets—Spinach—Browned potatoes—Fondue.

17.

Gravy soup—Mutton Chops—Cauliflower—Mashed potatoes—Rice pudding.

18.

Calves' feet soup à la turtle—Crimped cod—Saddle of mutton—Potatoes and spinach—Apple pie.

19.

Broiled mackerel—Roast beef—Pullets—Peas and potatoes—Cheese—Cherry pie.

20.

Fresh herrings—Roast leg of lamb—Peas and new potatoes—Gooseberry tart—Strawberries.

21.

Mock turtle—Stewed eels—Doe venison—Beans and mashed potatoes—Damson pudding.

22.

Fried soles—Minced lamb—Potatoes—Cauliflower—Baked rice pudding.

23.

Vermicelli soup—Roast leg of mutton—Mashed turnips and potatoes—Toasted cheese and salad.

24.

Salt fish and egg sauce—Parsnips—Roast fillet of beef—Greens—Brown potatoes.

25.

Roast leg of mutton—Suet dumplings—Mashed turnips—Potatoes—Cheese—Marmalade tartlets.

26.

Salmon—Roast beef—French beans—Potatoes—Salad—Cabinet pudding.

27.

Pea soup—Shoulder of mutton and onion sauce—Mashed potatoes—Jam pudding.

28.

Broiled whittings—Fillet of veal—Cauliflowers—New potatoes—Raspberry and currant tart.

29.

Codling and oyster sauce—Rump steaks, breaded—Poached eggs and spinach—Apple tart and custards.

30.

Carrot soup—Roast loin of mutton—Browned potatoes—College pudding—Cheese and radishes.



## DINNERS FOR SIX.

1.

Scalloped oysters—Roast loin of mutton—Mashed potatoes—Calves' liver and bacon—Cheese-cakes—Maccaroni.

2.

Vegetable soup—Mutton cutlets—Broiled fowl—Mashed and browned potatoes—Tapioca pudding—Toasted cheese.

3.

Boiled haddock—Roast beef—French beans—Potatoes—Pound puddings—Bloaters—Fruit tart.

4.

Mullet—Minced lamb—Broiled fowl and Ham—Potatoes—Cauliflower—Raspberry puffs—Stewed cheese—Fruits.

5.

Salt fish and egg sauce—Parsnips and mashed potatoes—Fore quarter of lamb, and peas—Marmalade tartlets—Stilton cheese.

6.

Mutton broth—Roast fowl—Browned potatoes—Collops—Sweet omelette—Toasted cheese—Cucumber.

7.

Asparagus soup—Roast fillet of beef—Turnip tops—Mashed potatoes—Brace of partridges—Apple pudding.

8.

Vermicelli soup—Fried whittings—Roast leg of mutton—Rabbit pie—Mashed turnips and potatoes—Toasted cheese and salad.

9.

Hare soup—Mutton stewed with vegetables—Curried oysters—Sausages—Mashed Potatoes—Baked rice pudding—Savory omelette.

10.

Pea soup—Saddle of mutton—Boiled fowls—Broiled bones—Mashed turnips and potatoes—Raspberry jam tart—Apple tart—Maccaronies with bacon.

11.

Fried soles—Maintenon cutlets—Sweetbreads—Roast turkey—Sausages—Browned and mashed potatoes—Plum pudding—Sweet omelette—Stewed cheese.

12.

Green pea soup—Baked and stuffed haddock—Irish stew—Boiled rabbits—Onion sauce—Potatoes—Brussels sprouts—Bread and butter pudding—Cheese.



DINNERS FOR TWELVE.

1.

Winter soup—Fried whittings—Shrimp sauce—Boiled beef—carrots—potatoes—Veal—Tongue—Brown bread pudding—Savoury omelette.

2.

Julienne soup—Brill—Shrimp sauce—Haunch of venison—Boiled fowl—French beans—Potatoes—Salad—Currant tart—Cream macaroni.

3.

Barley broth—Turbot—Shrimp sauce—Roast fillet of beef, stuffed—Lamb's feet, with parsley—Browned potatoes—Broccoli—Salad—Cabinet pudding—Macaroni with bacon—Toasted cheese.

4.

Whittings—Roast haunch of mutton—Stewed steak—Fricandeau of veal—Peas and potatoes—Lemon pudding—Cream—Toasted cheese—Water cresses.

5.

Oyster soup—Cod fish—Leg of mutton, roasted—Minced veal with bacon, potatoes, and greens—Ham—Apple pudding—Devonshire cream—Game—Jelly.

6.

Carrot soup—Salmon trout—Shrimp sauce—Roast beef—Boiled fowl—Pig's cheeks—Beans—Greens—Potatoes—Cabinet pudding—Custards—Cheese.

A LARGE DINNER FOR THIRTY.

Four Soups.

A la reine, white.  
Lamb's tail, white.  
Julienne, clear brown.  
Vermicelli, brown.

Four Removes.

Turkey rôti ragoût à la truffes.  
Westphalia ham and spinach.  
Rump of beef bouilli, haricot.  
Two fowls, larded and braised.

Side Table.

Roast beef. Saddle of mutton.  
Petits pâtés of oysters.  
Petit pâté à la reine.

Four Fishes.

Turbot. Crimped od.  
Salmon à les genevaise.  
Fresh-water fish.

Eight Entrées.

Lamb cutlets, pâté aux pois.

Mutton cutlets braised.  
Tendons veal, with endives.  
Mouton of sweetbreads.  
Filletts fowls, suprême.  
Blanquette chickens and truffes.  
Salmi of grouse.  
Gratin of larks, Italian.

SECOND COURSE.

Two pheasants rôtis, one larded.  
Fruit jelly. Ginger cream.  
Mushrooms. Spinach à la crème.  
Built pastry. Vol-au-vent of apricot.  
Roast woodcocks. Roast teals.  
Pastry. Neapolitan cake.  
Asparagus. French beans.  
Cream of Vanilla. Orange jelly.  
Three partridges rôtis.



## A BRIDAL BREAKFAST À LA FOURCHETTE.

	Tea Urn.	
	Lemon Cakes.	
Potted Salmon decorated.	Butter in Ice.	Ham in Jelly.
Partridges. Perigord.	Caramel Basket of Bon-bons, containing Mottoes, &c.	Potted Char.
Preserved Ginger.		Anchovy Butter.
Ginger Cream.	Preserved Pine, Melon, or Cucumber.	Strawberry Jelly.
Pastry Sandwiches, with Marmalades, Jams, &c.		Menigles.
Chocolate Water Urn.	A Bride's Cake, with Flowers, &c., &c.	Milk Coffee Water Urn.
Tartlets.	West India Fruits.	Perfumed Biscuits.
Almond Butter, or Piece of Honeycomb		Preserved Greengages.
Wine Jelly.	Caramel Biscuits, filled with Confectionery.	Coffee Cream.
Potted Pigeons.	Butter in Ice.	Potted Lobster.
Tongue in jelly.	Orange Flower Cakes.	Turkey in jelly.
	Coffee Urn.	

NOTE.—The arrangement of this breakfast, by placing an ornamented plateau in the centre instead of the cake, will answer as well for any public breakfast; or, with appropriate ornaments on the cake, it will serve for a christening entertainment.





## 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 richly-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.

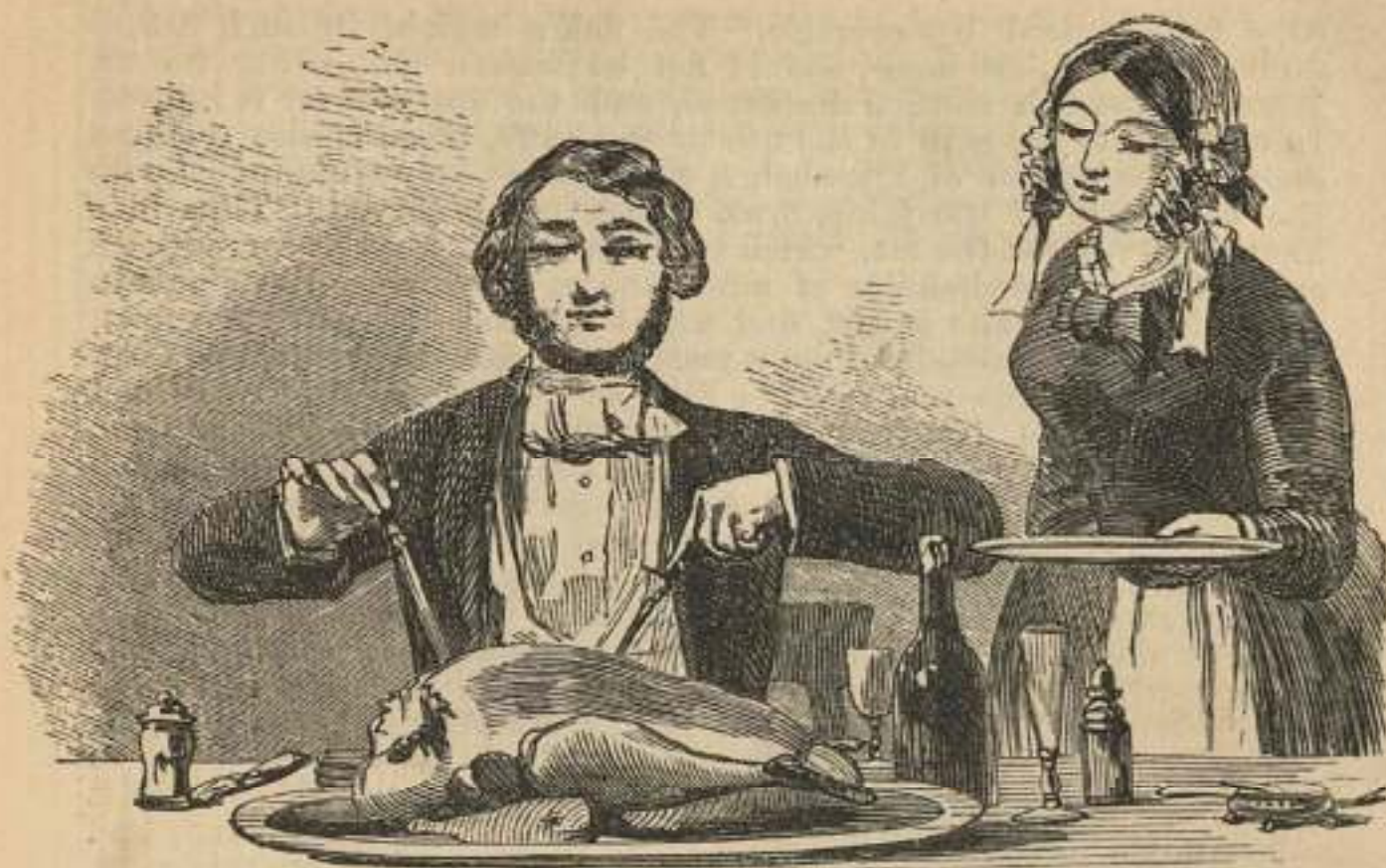
It must not be supposed that the necessity for this acquirement is confined to the heads of families alone, it is as important for the bachelor visitor to be familiar with the art, as it is for the host himself; indeed, he is singled out usually for the task of carving a side dish, which *happening* 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, perchance, 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 end 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 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 mishap 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 legs and wings as if by magic, then follows merrythought 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.

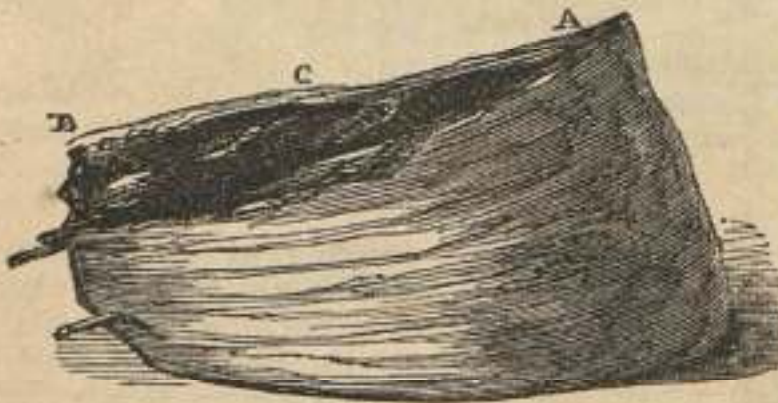
Carving presents no difficulties; it simply requires knowledge. All displays of exertion or violence are in very bad taste; for if not proved an evidence of the want of ability on the part of the carver, they present a very strong testimony of the toughness of a joint or the more than full age of a bird: 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

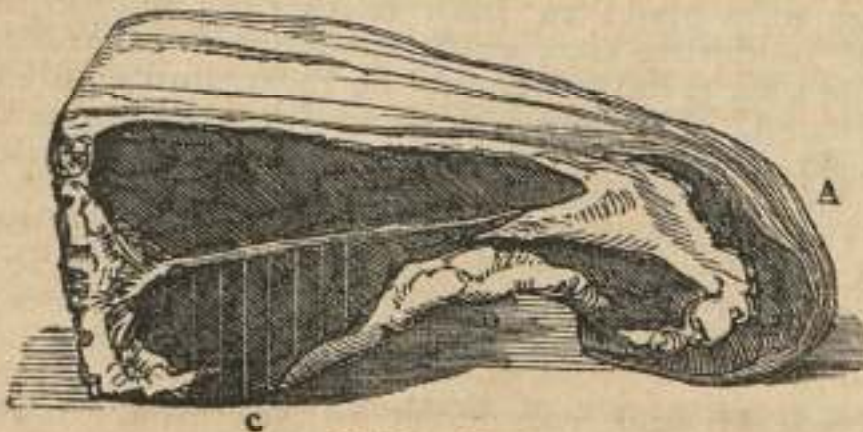


only be acquired by practice. The flakes which, in such fish as salmon and cod, are large, should not be broken in serving, for the beauty of the fish is then destroyed, and the appetite for it injured. In addition to the skill in the use of the knife, there is also required another description of knowledge, 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, and 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.

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.



Sirloin of Beef.

**AN AITCH-BONE OR 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 juicy part of the meat at once. Carve from A to B; let

**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.

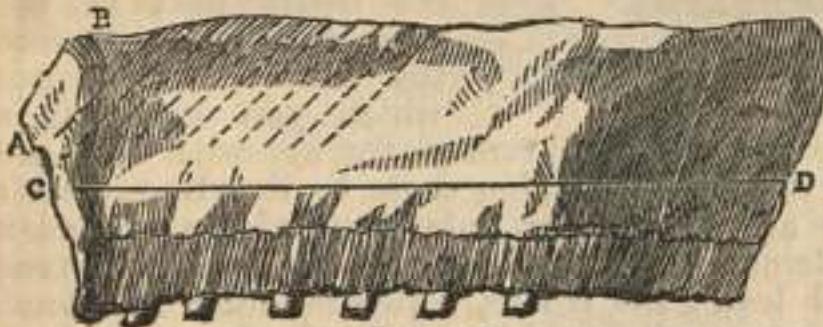


**RIBS OF BEEF.** There are two modes of carving this joint; the first, which is now becoming common, and is easy to an amateur carver, is to cut across the bone commencing in the centre, and serving fat from A, as marked in the engraving of the sirloin, or it should be carved in slices from A to C, 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.



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.

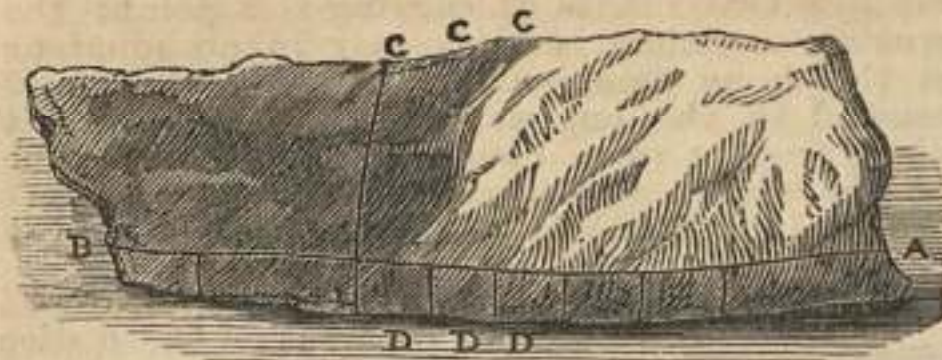
**NECK OF VEAL.** Were you to attempt to carve each chop, and serve it, you would not only place a gigantic piece upon the plate of the person you intended to help, but you would waste much time, and should the vertebrae have not been jointed

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.

**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.





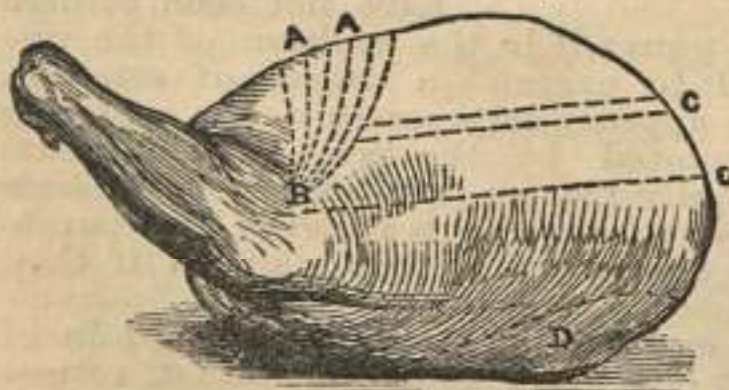
Breast of Veal.

the preference of the person, help accordingly; at good tables the scrag is not served, but is found, when properly cooked, a very good stew.



Half of Calf's Head.

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 proffered when carving.



Shoulder of Mutton.

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

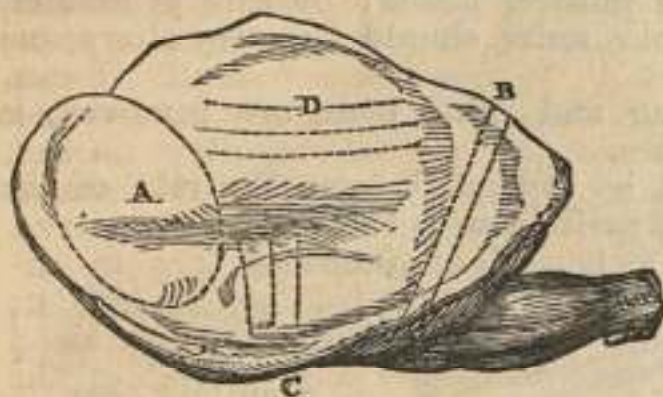
**THE BREAST OF VEAL.** Separate the ribs from the brisket, cutting from A to B; these small bones, which are the sweetest and mostly chosen, you will cut them as at D D D, and serve. The long ribs are divided as at C C C; and having ascertained

**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 you can help a

**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 should be served and eaten very hot.

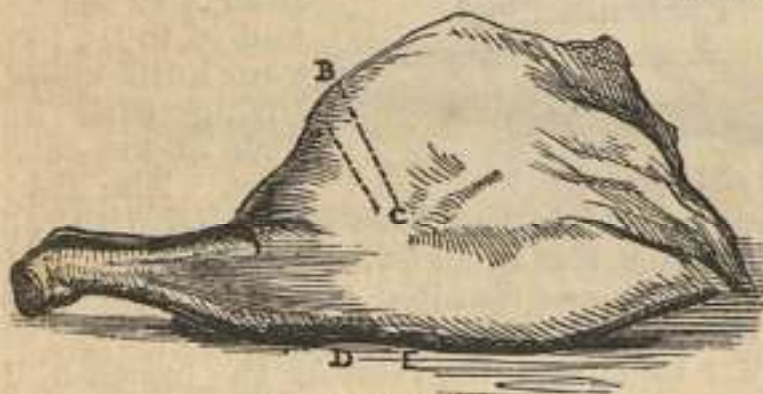


bone. Cut the fat from D, carving it in thin slices. Some of the most delicate parts, however, lie on the under part of the shoulder; take off thin pieces horizontally from B to C, and from A; some tender slices are to be met with at D, but they must be cut through as indicated.



A Shoulder of Mutton.

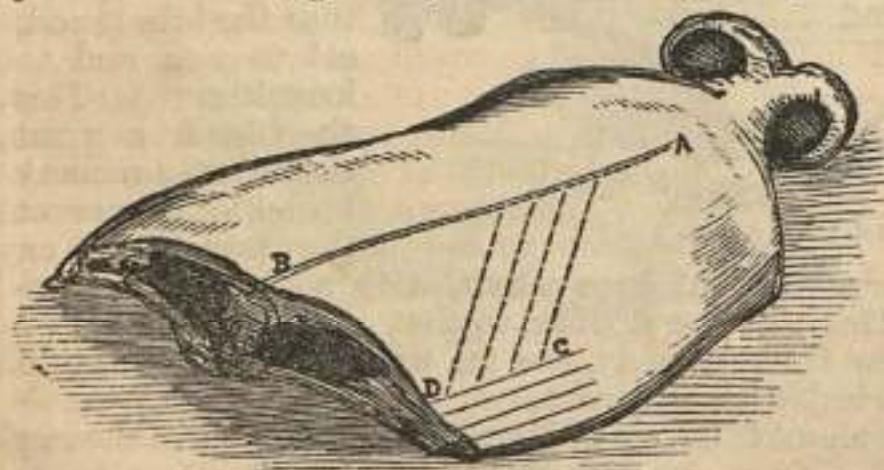
The shoulder of mutton is essentially a joint of tit-bits, and therefore, when carving it, the tastes of those at table should be consulted. It is a very insipid joint when cold, and should therefore be hashed if sent to table a second time.



Leg of Mutton.

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 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.



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 crosswise as marked in the engraving, which gives you both fat and lean; help a slice of kidney to those who desire it.

THE LOIN OF MUTTON, if small, should be carved in chops, beginning with the outer chop; if large, carve slices the whole

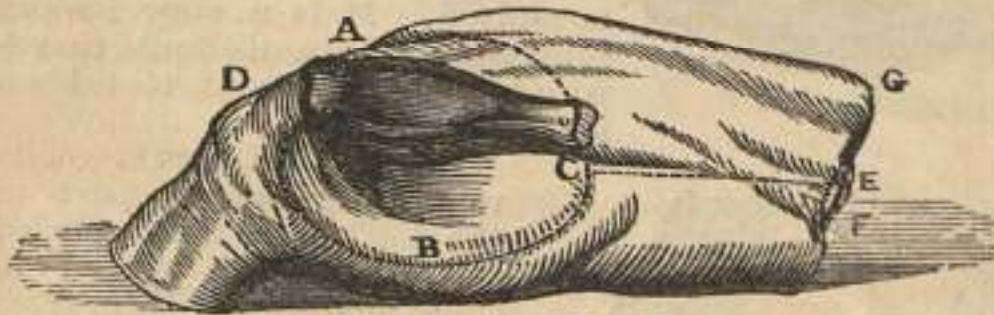


length. A neat way is to run the knife along the chine bone and under the meat along the ribs, it may then be cut in slices as shown in the engraving of the saddle of mutton below; by this process fat and lean are served together; your knife should be very sharp and it should be done cleverly.

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

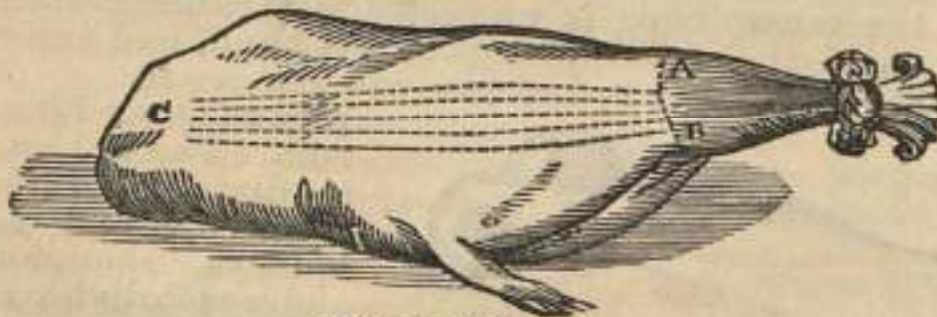
**THE SCRAG OF MUTTON** should be separated from the ribs of the neck, and when roasted the bones assisted with the meat.

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



Fore Quarter of Lamb.

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 reunited 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.

**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

**HAUNCH OF VENISON.** Have the dish placed before you so that the loin is nearest to you, and the knuckle farthest, then cut from A to B, sufficiently near the 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.

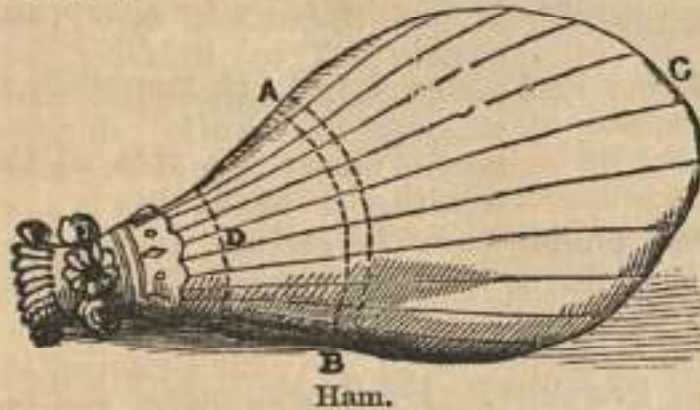
**NECK OF VENISON** should be carved across the ribs, as in the neck of veal, or length-wise, from one end of the neck to the other.

**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

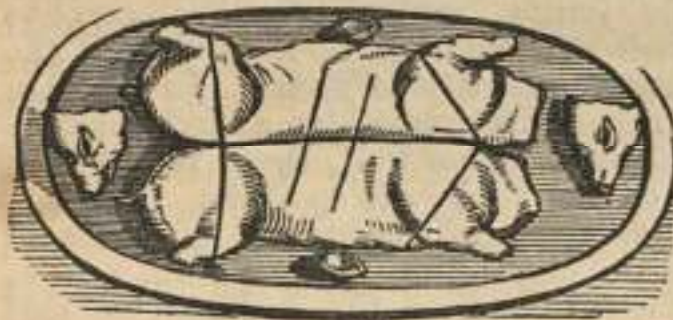


across the leg, the crackling being served with it, or not, according to taste; the loins are cut into the pieces as scored by the butcher.



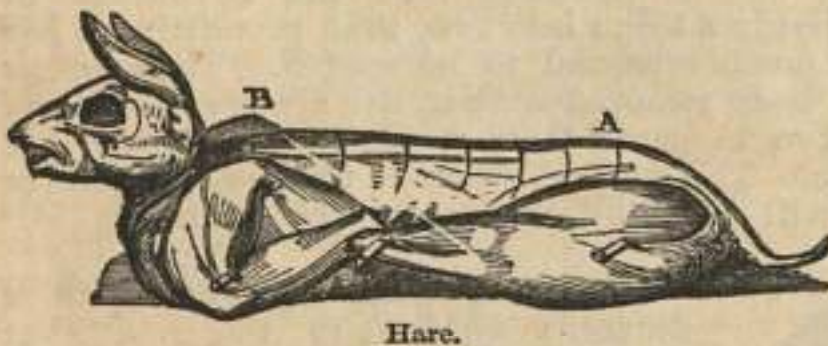
**HAM.** It is served as placed in the engraving, and should come to table ornamented. Carve from A to B, cutting thin slices slantingly, to give a wedge-like appearance. Those who prefer the hock carve at D, in the same direction as from A to B, then carve from D to C, in thin slices, as indicated in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

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



**SUCKING PIG.** 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.** 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 practicable 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.

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

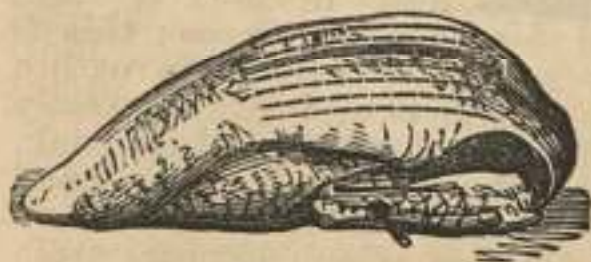
**BOILED RABBIT.** Remove the legs and shoulders, they very easily separate, divide the back into two parts, and by holding the fork firmly in the back, and passing the knife underneath, near the middle, and bending it back, this is ac-



Roast Turkey.

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.

**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

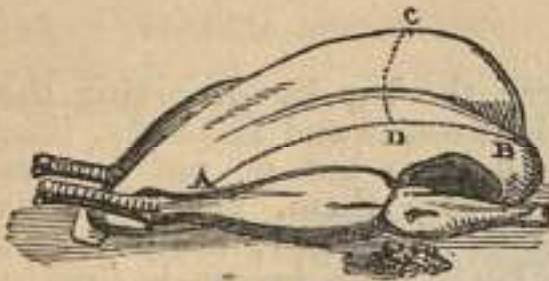


Boiled Turkey.

**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, as we have indicated in the engraving; this however will be found to require practice, for the joint must be accurately hit, or else much difficulty will be experienced in getting the parts asunder. There is no difference in carving roast and boiled fowls, if full grown; but in a very young fowl when roasted, the breast is served whole. The wings and breast are in the highest favour, but the leg of a young fowl is an excellent part. Capons when very fine and roasted, should have slices carved from the breast.



Roast Goose.

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 serviceable. 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 merrythought; 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, WHEATEARS, LARKS,** and all small birds are served whole.

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

**SNIBE 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.

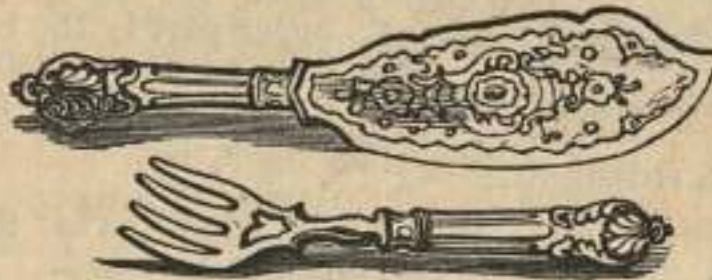


Pigeon (back).



## FISH.

Fish Knife



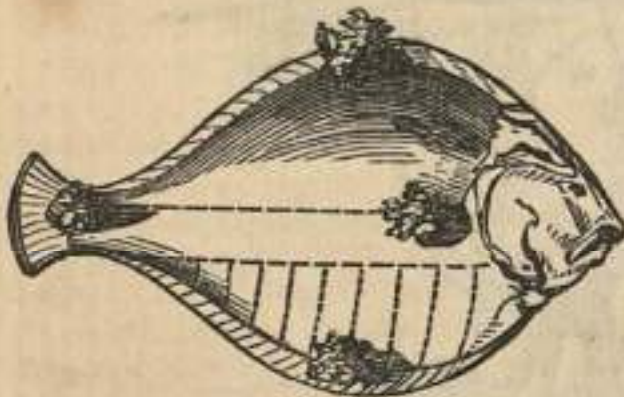
and Fork.

Fish should never be carved with steel; assisting requires more



Middle Cut of Salmon.

care than knowledge; the principal caution is to avoid breaking the flakes. In carving a piece of salmon as here engraved, cut thin slices, as from A to B, and help with it pieces of the belly in the direction marked from C to D - the best flavoured is the upper or thick part.



Turbot.

**TURBOT.** Cut flat pieces as marked in the engraving without moving the bone; the fin, which is esteemed a delicacy, is always served with it.

All flat-fish, such as plaice, brill, John-dory, &c., are carved in the same manner; soles are cut either into halves, or, if very large, are divided into three, cutting right through. Flounders are served whole.

COD'S HEAD AND SHOULDERS.

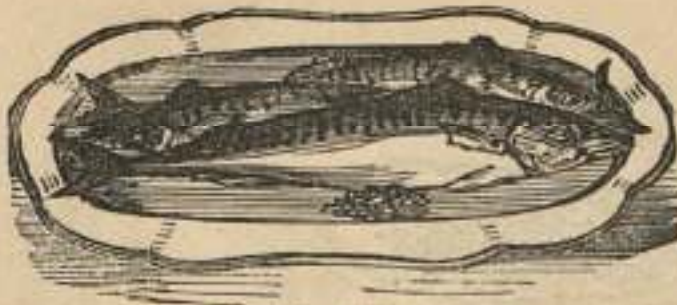


Cod's Head.

Carry the knife from A to B, and then along the line to C, help slices accompanied by some of the sound, which is to be found lining the back, and which you may obtain by passing the knife under the back-bone at C; serve also a piece of liver. Many choice parts lie in this dish, and by inquiry you will soon ascertain which they are.

**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.





A Dish of Mackerel.

MACKEREL should always be sent to table head to tail, divide the meat from the bone by cutting down the back lengthwise, the upper part is the best. All small fish, such as pilchards, herrings, smelts, mullets, &c., are served whole.



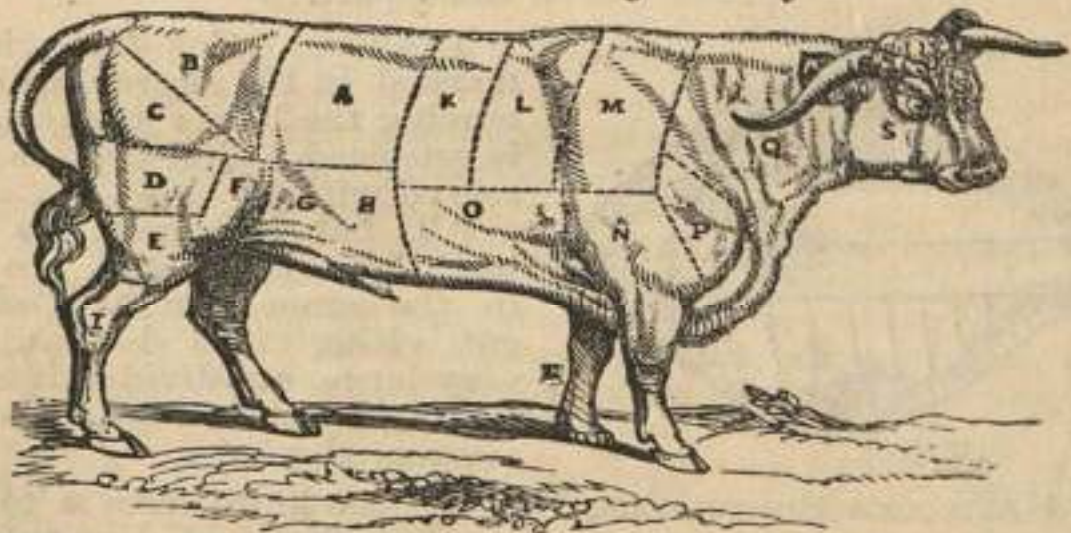
Fried Whiting.

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.

## 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.



MUTTON.



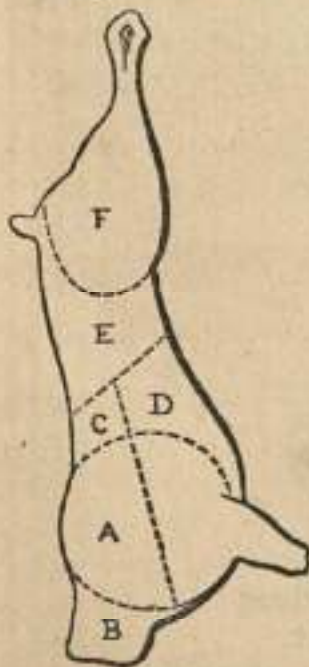
The Sheep is thus apportioned by English butchers.

- |                        |                     |
|------------------------|---------------------|
| A The Leg.             | E Neck (scrag end). |
| B Loin (the best end). | F Shoulder.         |
| C Loin (chump end).    | G Breast.           |
| D Neck (best end).     |                     |

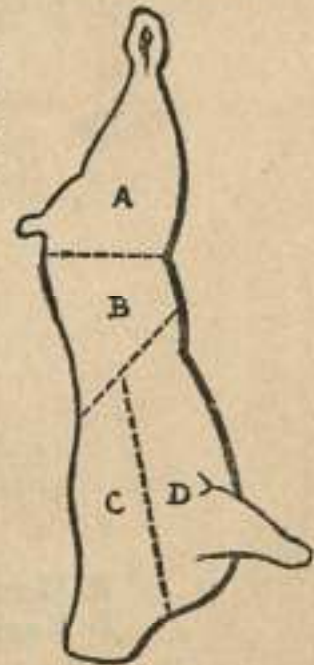
The saddle originally was formed of the two necks, it is now the two loins. The chine is the union of the two necks, but it is very rarely seen at table.

The Scotch plan of carving mutton carcasses, differs somewhat from our own, as will be seen by the accompanying diagrams.

English mode.



Scotch mode.



In the English mode, A marked in the 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 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.



## PORK.



The Pig is thus divided:—

A The Fore Loin.  
B The Hind Loin.

C The Belly, or Spring.  
D The Hand.

E The Leg.

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.

## VENISON.



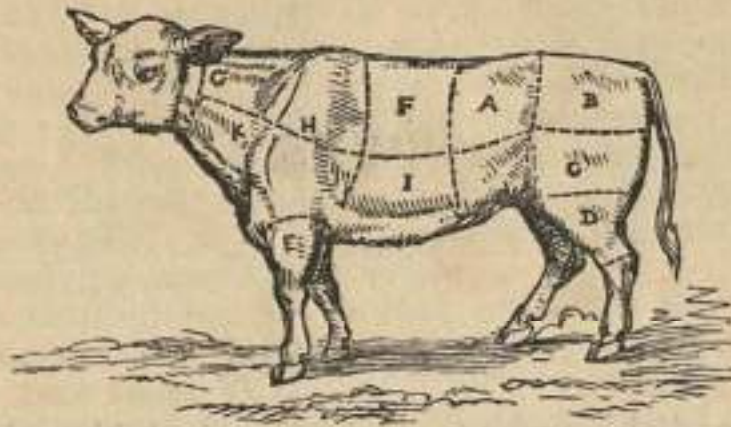
A Haunch.  
B Neck.

C Shoulder.  
D Breast.

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



## VEAL.



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

- |                     |                      |
|---------------------|----------------------|
| A Loin (best end).  | F Neck (best end).   |
| B Loin (chump end). | G Neck (scrag).      |
| C Fillet.           | H Blade Bone.        |
| D Hind Knuckle.     | I Breast (best end). |
| E Fore Knuckle.     | K Breast (brisket).  |

Veal is usually cut up, both in England and Scotland, in a manner somewhat uniting the plans for cutting beef and mutton; the fillet, as there cut from the upper part of the hind leg, being partly of the buttock and flank.

We have given the names and diagrams of joints more to satisfy the reader's curiosity than with the idea that the information can be in any way useful to cookery, for the dividing of the animal as directed is the butcher's work, and invariably done by him at the shambles or in his shop.



## SOUPS.

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### 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 invariably prove grateful to it; therefore, it should be the province of the cook constantly to be 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 usually are, 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; and remember, in using that, the lid of the stock-pot *should fit tightly.* 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.

### STOCK FOR BROWN SOUP.

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 it 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; add a piece of lean bacon, cut in slices also; if the quantity



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, permitting it nearly all to re-enter the meat, and then pour sufficient *boiling* water 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. When the meat is quite tender, this will form the foundation for all the best brown soups, and, if well done, also 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 thin in 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, and 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.

Soup is richer and better for being made a 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.

#### 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, indeed 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 the former, and when made for white sauce, care must be taken to leave out the pepper.



## WHITE SOUP.

General directions for white stock have been given, 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.

## 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 stew-pan 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 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 first.

## 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, pepper and 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, then strain it off, and pour it into a sauce boat.

## 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 remainder 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.



## 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, and stew gently for five hours; when cold, remove the fat, and warm up as wanted.

## GRAVY SOUP.

Take a leg of beef, well wash and soak it, break the bone, 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, and 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 up 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.

## 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 stew it more gently till brown, and turn 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.

## OX TAIL.

One tail will do for a tureen of soup; cut it into joints,—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 con-



sommé stock, also add exactly the same roots as for sauté soup, in shape and size, similar to the roots you would cut for a haricot, and use small button onions instead of cut onions; season as before; dish the pieces of tail into the soup tureen with a large ragout spoon, or you will smash them.

#### OX-TAIL SOUP.

Same as gravy soup, adding 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.

#### MACCARONI SOUP.

After you have blanched it, cut some pipe macaroni, about an inch long; 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.

#### MACCARONI SOUP.

Take a given weight of macaroni in proportion to the quantity of soup required, (say one pound,) and boil it in a quart of white stock until it is tender, then 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, and serve with toast.

#### 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; also 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, and thicken it to a good consistency with sago.

#### BAKED SOUP.

Cut into slices a pound and a half of lean beef, put it into a stewpan or earthenware jar, with three onions sliced, and the same number of carrots cut up; add also three ounces of rice, which has been soaked two hours previously and thoroughly washed, and a pint



of white peas: season with pepper and salt, cover down close, and bake two hours.

## CURRY SOUP.

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

## SOUP AND BOUILLI.

Stew a brisket of beef with some turnips, 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, then add sufficient beef gravy to fill the pan, and boil gently for half an hour.

## SOUP A LA SAP.

Divide a pound of beef into thin slices, grate half a pound of potatoes, and put them in three quarts of water, adding 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, pouring 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.

## HESSIAN SOUP.

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

## COCK-A-LEEKIE.

Put into a stewpan as much beef stock as you desire to send to table; put in an old fowl, and 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.

## SOUP À LA FRANÇAISE.

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



## A CHEAP SOUP.

A pound or a pound and a half of lean beef, cut up into small pieces, six quarts of water, stew in three large onions, with 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, and a handful of oatmeal. Stew from three to four hours, not less.

## A GOOD AND CHEAP SOUP.

Cut in slices four pounds of lean beef or mutton, fry them brown, and lay them with their gravy in the stewpan; cut six carrots and as many turnips in slices, (the latter may only be 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 vegetables.

## PORTABLE SOUP.

There are many advantages connected with this soup which will present themselves to the lady housekeeper, its constant readiness for use, and the excellent stock it makes for gravies, sauces, or soups being the chief; 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, then 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, but is best preserved in tin canisters, put in dry cool places. This soup may receive various flavours of herbs, or anything else, by boiling the herbs or other ingredients, and straining the simples noted through water, make it boil, and then melt the soup in it.

## 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.

#### 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, and stew until the meat is tender enough to separate, then 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, and 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, and season with salt, it will make a basin of strong broth; if for soup, steep some vermicelli in water, and 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.

#### TRANSPARENT SOUP.

Cut the meat from a leg of veal in slices as thin as possible, and break the bone as small as possible; put the meat into a very large jar, the bones at the top, with a bunch of sweet herbs, a quarter of an ounce of mace, and four ounces of blanched garden almonds beat fine; pour upon it a gallon of boiling water, and 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 the scum as it rises, strain it, and let it stand two hours, then 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.

#### 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 pepper-



corns, 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, then 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, and add vermicelli before serving.

#### 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 bason of cold water until wanted; it must be boiled a short time in some good consommé stock; season as before, using less sugar.

#### 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.

#### 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, with 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, then 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.

#### SOUP À LA REINE VICTORIA.

Take a pound and a half of lean veal, place it in a stewpan with a slice of lean bacon, 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, and 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, and 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.

#### MULLIGATAWNEY SOUP.

A calf's head divided, well cleaned, and placed with a cow-head 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, then add two dessert-spoonfuls of Harvey's sauce, and serve.

#### INDIAN METHOD.

Slice six onions, and seven or eight shalots, and place them in the 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, and 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, and one of turmeric; pour at least two quarts of gravy to this, and stew slowly for an hour, then 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.

#### CALVES' FOOT SOUP À LA TUREEN.

This soup is frequently made from calves' feet, after having taken the stock from them for jelly, but do not boil them so much as though they were not required; 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, and 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.

#### CALVES' TAIL SOUP.

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

#### LAMBS' TAIL 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.



## MUTTON SOUP.

Cut a neck of mutton into four pieces, and put it aside, then take a slice of the gammon of bacon and put it in a saucepan with a quart of peas and enough water to boil them; let the peas boil to a pulp, then strain them through a cloth, and 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, adding sweet herbs, onions, cabbage, and lettuces chopped small; then stew a quarter of an hour longer, sufficient to cook the mutton, then take it out, and 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.

## LAMB SOUP

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

## 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.

## 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, and flavour it as you please.

## 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, then 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.

## MUTTON BROTH.

Three pounds of scrag of mutton, put into two quarts of cold water, add onion, 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.

#### 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, and 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.

#### 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, and a pinch of salt: let it come to a boil, skim frequently, and simmer for three hours; boil for five minutes in the soup some vermicelli, and serve with it in the soup.

#### 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, and 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; then add a little cayenne pepper, two table-spoonfuls of port, boil for two minutes, strain it over the veal, and send to table.

#### GIBLET SOUP.

Scald and clean thoroughly two sets of goose giblets, or twice the number of duck giblets, cut them in pieces, and 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 the whole white pepper, as much salt, and the peel of half a lemon; cover all with water, then stew, and when the gizzards



are tender strain the soup. Now put into a stewpan a paste made of an ounce of butter and a spoonful of flour, stir it over the fire until brown, pour in the soup, and 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, and serve up with the giblets in the soup; it should be sent to table as hot as possible.

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## SOUPS OF POULTRY, GAME, ETC.

### 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, then 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, and fry all a nice light brown; if for brown gilet 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 stewpan with the giblets, boil all together, clear off all grease, season with salt, sugar, cayenne pepper, lemon-juice, and white wine. If for white gilet 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.

### HARE SOUP.

An old hare is fitted only for soup or jugging. To render it into soup let it be cleaned, cut into pieces, and 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, then 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, and send to table with a few force-meat balls.

### 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, and a few mushrooms or parings; cover all with your brown second stock, and stew 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 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.

#### 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 one spoonful to the butter; cut into slices two French rolls, crisp them before the fire, scoop out the crumb of a third roll, without damaging the crust, and fill it with the minced food; close the roll at each end, 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.

#### 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 three pints 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.

#### 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, then 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.

#### 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, then 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.

#### 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, loosen the shell round the edge by cutting it with your sharp knife, then gently raise the shell clean off from the flesh, and 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, taking 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 mean time 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 it; 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, and when it boils dip in a fin for a minute or two, then peel off the shell, and so continue until you have done 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, and let it boil a long time; next you will cut the fore fins into four pieces, and put them in 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 an hour, and then fill it up with the liquor previously strained from the bones and shells, keep it all boiling gently for several hours, and then strain it off, taking care of what lean meat you require for your tureens, by putting it in your soup-pot to keep hot, with a little of the stock. Have the entrails cleaned and scalded, 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, and let them stew very gently for about three hours; then thicken the stock as for mock turtle, and rub it through a tammy, adding egg balls, or hard boiled eggs, cut in half, and force-meat 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.

#### MOCK TURTLE

Is made much after the same manner. The calf's head being divided, having the skin on, the brains carefully remove and boil 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 three or four pounds of shin of beef, knuckle of veal, three or four onions, two small carrots sliced, a turnip also, with black pepper unground; then add the brains pounded, and stew gently five hours; strain, cool, and remove the fat. Take a clean stewpan, place in it four ounces of fresh butter; 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 this, also parsley, sweet basil, chives, salt, soy, cayenne, 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 twenty or thirty egg balls.

#### 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 which add that part of the hand of pickled pork which is free from bones, the fattest end, observing that it should be soaked 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.

#### MOCK TURTLE SOUP.

Blanch half a calf's head sufficiently to draw out the bones, cut off the ear and the tongue, taking off the skin of the latter, lay all separate until cold, and strain off the liquor, adding 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; then 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, and dry all up with flour, then add your stock you have previously strained from the cut pieces; if too thick, add more stock, and 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, and 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 force-meat balls, egg, &c., refer for them to the previous receipt; add them to it when they are blanched.

#### POTAGE A 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.

#### 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, and stir in about half a tea-spoonful of curry powder; also add half an ounce of thin lemon peel, half a drachm of citric acid, and let it remain for a week. It will be found, when added to soup, to give the flavour of turtle.



## FISH SOUPS.

## 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, then 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, then 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; but the most available and easiest made are those which are composed of the cheaper kinds of fish.

## 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, when 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.

## 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, and stew till the fish separates, then strain. Toast slices of bread deep brown, but not to burn, and 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, and pour the soup on; boiling cream may be added, thickened with a little flour, but it should be rich enough without it.

## FISH SOUP MAGNIFIQUE.

Make stock of skate, flounders, and eels; cut some handsome cutlets from a turbot, salmon, or cod, and 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, and serve up the cutlets in the dish with the soup.

#### 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 force-meat balls in it.

#### 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 a piece of a lemon, with a little of the essence of anchovies. When this dish is sent to table as a feature, force-meat 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.

#### PURÉE, OR 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, and add one pint of cream; season with cayenne pepper, a little sugar, salt, and lemon-juice.

#### 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, and serve hot with sippets.



## 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, adding two spoonfuls of soy or any fish sauce, or omit it, to taste. Add the oysters, and when they are warm through, serve.

## 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, and 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.

## 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, and add it to the soup; heat a French roll through, soak it in the soup when the vermicelli is added, and serve with it.

## 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.

## QUENELLE SOUPS OF ALL KINDS.

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

## 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.

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## VEGETABLE SOUPS.

### 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 green or white peas 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.

### 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, and 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, and season with sugar, salt, and cayenne pepper. Send upon a napkin some nice fried bread, cut in small dice, hot.

### 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, then split the tops, and boil them with the peas. When done, make a purée of them, mix it with the root soup, and garnish with the asparagus. Good meat broth may be used instead of the root soup.



## 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, and 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.

## ASPARAGUS SOUP (CLEAR).

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

## 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 with a little cabbage between each slice.

## 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, then turn them into a dish, and serve all together.

## 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, reboil it with the stock until it is rich and thick, and season with grated white sugar, cayenne pepper, and salt.

#### SOUP A 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 done in a stewpan 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, black pepper, salt, and a good bit of sugar; send up on a napkin some nice fried bread cut in small dice, and not greasy.

#### 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, and boil for an hour; then take the crumbs of two French rolls, soak them in the stock, rub the whole through a tammy with wooden spoons, and serve in a soup tureen when about the thickness of pea soup.

#### CELERY SOUP.

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

#### 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 boil and simmer for an hour, then thicken with flour and butter, or three table-spoonfuls of cream. If required to be coloured, use spinach juice.

#### HOTCH-POTCH.

Put a pint of peas into a quart of water, and 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, and 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.



## ITALIENNE.

Put into a saucepan a spoonful of shred parsley, half a spoonful of shalots, and 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, which set to boil, taking 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 *bainmarie*.

## SOUP À L'ITALIENNE.

Cut celery, onions, turnips, carrots, and leeks, in long shreds; boil them until they are tender, then put them into some clear gravy soup, with brown thickening; boil it enough, then 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.

## SOUP JULLIENNE.

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

## SCOTCH LEEK SOUP.

Take a dozen leeks, and 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.

## ONION SOUP.

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

## 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, then add another quart of gravy and strain. Pulp the vegetables, return them to the soup, and boil for half an hour. Keep constantly stirring; and immediately previous to serving, thicken with rice flour worked in butter.

## 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, and stew until tender. Add pulped peas until the soup is of the required consistency, then throw in a spoonful of loaf sugar, boil up and serve.

#### ANOTHER WAY.

Wash in clean cold water 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, stirring it occasionally to prevent burning. When the peas are sufficiently soft, pulp them through a sieve, 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.

#### 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, and 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.

#### 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 altogether in a saucepan, adding four ounces of fresh butter; stew for half an hour, then pour on them a quart of thin gravy, stew two hours, and thicken with a piece of butter rolled in flour.

#### 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.

#### CLEAR PEA SOUP.

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

#### PEPPER POT.

Put in a stewpan three quarts of water, to this add celery, turnips, carrots, lettuces, cut small, also add the bones of cold roast meat of any description, half a pound of bacon, and 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.

#### POTATO SOUP.

Put into a stewpan three pints of white stock, take six large mealy potatoes, boil them until they are nearly done, 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, and season with white pepper, cayenne, and salt. To enhance the flavour, cream should be added, half a tea-cupful, previous to serving, but must not be permitted to boil after adding.

#### RICE SOUP.

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

#### SAUTÉ SOUP.

Cut carrots, turnips, onions, and celery, as straws, about one inch long, and 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.



## SOUP MAIZE.

Melt half a pound of butter in a stewpan, and 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, then pour in five pints of water, stew for half an hour, and serve with sippets of toasted bread.

## SPRING SOUP.

Use for this soup the same roots, cut differently, as sauté, with the addition, if to be had, of spinach, cabbage-lettuce, a very little sorrel, as it turns acid on the stomach, all cut rather small, tarragon, chervil, green asparagus, young peas, and 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.

## SPRING SOUP

Is made as Soup à l'Italienne, with the addition of lettuce and chervil, and instead of cutting the vegetables in shreds, cut them in dice.

## 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.

## TOMATA SOUP.

Slice two onions, and fry them in butter until brown, then remove them, and fry two dozen tomatoes just sufficient to heat them through, and put them into a stewpan with their gravy and the onions, adding 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.



## 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, then add half a pint of cream, flour, and butter, and season with white pepper.

## 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.

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 SOUPS FOR THE POOR.

The following (by permission) we extract from the "PRACTICAL HOUSEWIFE," a cheap and useful volume abounding in everything that is likely to contribute to the comfort and economy of home:—

1. Soak a quart of split peas for a day in cold water, and then put them into a boiler with two gallons and a-half of water, and two pounds of cold boiled potatoes, well bruised, a faggot of herbs, salt, pepper, and two onions sliced. Cover it very close, and boil very gently for five hours, or until only two gallons of soup remain.

2. Take two pounds of shin of beef, a quarter of a pound of barley, a halfpenny worth of parsley, two onions sliced, salt and pepper to taste, and having cut the meat into dice, and broken the bone, place in a gallon pot and fill up with water; boil very gently for five hours. Potatoes, celery tops, cabbage, or any vegetable left from the day before may be added.



## SAUCES.

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### OBSERVATIONS.

Few things require more care than making sauces. As most of them should be stirred constantly, the whole attention ought to be directed to them. The better way is to prepare the sauces before cooking those articles which demand equal care, for they may be kept hot in the bainmarie. 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.

### 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.

### APPLE SAUCE.

Pare, core, and slice some apples, put them with a little water into the saucepan to prevent them from burning, and add a little lemon peel; when sufficiently done, take out the latter, bruise the apples, put in a bit of butter, and sweeten it.

### BÉCHEMEL.

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, and continue stirring; pass it through a hair sieve and serve.

### 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, then 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.



**BUTTER BURNT SAUCE.**

Fry some butter, and when it begins to smoke, throw into it some chopped parsley: when sufficiently done, add pepper, salt, and vinegar.

**SAUCE AU BAINMARIE.**

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 bainmarie, 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.

**SAUCE, BROWN.**

Take a pound or two of steaks, two or three pounds 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, then take off all the fat and run it through a bolting-cloth.

**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, adding pimento, butter, and a spoonful of olive oil.

**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.

**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.



## 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 pour them into a sauce-boat.

## 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.

## 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.

## CELERY SAUCE.

Cut three heads of fine white celery into two-inch lengths, keep them so, or shred them down as straws, then boil them a few minutes, strain them off, return the celery into the stewpan, and 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.

## 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, but do not skim it; when done, put in some chervil scalded and chopped; warm it all up together.

## 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; also add to it some chopped parsley, first scalded.



## 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.

## 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 milk or cream; 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.

## 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, then put a few spoonfuls of brown sauce to it, the juice of a lemon, a teaspoonful of vinegar, a little sugar, pepper, and salt; if for fine white sauce, add a gill of cream.

## CUCUMBER SAUCE FOR CUTLETS OR BEEF.

Two large cucumbers to be pared thin, and cut them in pieces three inches long; if any seeds, take them out, round the ends of them; have ready in a bason 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 bason; 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, adding the juice of a lemon, black pepper, sugar, and salt.

## 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, but do not let it boil, then pass it through a tammy, and serve up, or pour over your fish, or whatever it may be required for.

#### 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, and 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 spice, and a bay leaf; simmer for an hour, skim it very well, and sift it in a sieve for use.

#### 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.

#### ENDIVE 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, and season as before.

#### 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, and 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.

#### 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 consistency, then skim and strain it.

#### 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; but leave out the vinegar.

#### GOOSEBERRY SAUCE.

Take two handfuls of half-ripe gooseberries, open them, 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 well together, 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.

#### 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 the good flavour of the herbs, strain off the gravy. A little of this is an improvement to all gravies.

#### 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.

#### 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, and warm the whole without boiling.

#### 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.

#### 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, and boil it for a few minutes.



## 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.

## 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, and boil it up; after this, pour the juice of the lemon strained into it, stirring well; then dish the fowls, and mix a little white gravy quite hot with the cream, but do not boil them together; add salt according to taste.

## 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, adding cullis stock, pepper and salt. Give the whole a boil with two glasses of red wine, coriander, cinnamon, and sugar, then reduce and strain it, thicken with a bit of butter rolled in flour, and serve it in a sauce-boat.

## LIVER AND PARSLEY SAUCE.

Wash the liver of a fowl or rabbit, which should be quite fresh, 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, then mix it with the liver, and put to it a quarter of a pint of melted butter, and warm it up, but do not let it boil.

## 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.



## 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.

## MINT SAUCE.

Take some nice fresh mint, chop it very small, and mix it with vinegar and sugar.

## 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.

## 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 basons 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 this is 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 some time; 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.

## MUSHROOM SAUCE À L'ESPAGNOLE.

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.

## 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.



## 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.

## ONION SAUCE.

The onions must be peeled, and 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.

## 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.

## 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.

## PARSLEY SAUCE.

Take a handful of parsley, and having washed and picked it, 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.

## PURÉE OF ONIONS.

Cut up several onions, put them to boil, in a few minutes strain them off, and 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.

#### ROBERT SAUCE, USED MOSTLY FOR PORK.

Cut up an onion in small dice, a piece of butter, fry it a nice light brown, add a tea-spoonful 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, and pass it through a tammy cloth.

#### REMOULADE.

Put some mustard into a bason 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.

#### 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, which must increase, until of a clear light brown, then set it by for use.

#### SALAD SAUCE.

Rub the yolks of three hard-boiled eggs into a bason, add to it a table-spoonful of made mustard, then add three table-spoonfuls of salad oil, mixing it in smooth; add white pepper, cayenne, salt, dust of sugar, five spoonfuls of thick béchemel, 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.

#### 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, also 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.



## 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.

## 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 the consistence of a bouilli, take out the bay leaf, put in the yolks of three eggs, and stir till sufficiently thick; be careful not to let it boil.

## 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, and 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.

## 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.

## 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.

## 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, two



of stock, and set it on the fire again; when about the consistence of clear bouilli, it is sufficiently done; put salt according to taste.

#### 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.

#### 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, and when sufficiently done, strain through a bolting-cloth.

#### SAUCE SPANISH.

Take the meat from a cold roasted partridge, put 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 onion, 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 some time.

#### SAUCE SUPRÊME.

Put one ladleful of velouté and four of essence of fowl into a saucepan, set it on the fire, and when reduced to half, put in a tea-spoonful 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.

#### 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,



and it is then ready. If you wish the sauce brown, put in espagnole instead of béchemel sauce.

#### 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, then add cream and a little white sauce, sugar, salt, and pepper.

#### 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.

#### 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.

#### TARRAGON SAUCE.

Extract from some green tarragon, by putting it into some second stock, and reducing it gently; then strain it off, and add some béchemel to the liquor, and a few finely-chopped tarragon leaves, blanched, and put into the sauce. Season with sugar, salt, and cayenne pepper.

#### 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.

#### TOMATO SAUCE.

Obtain fresh tomatoes, and take out the 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, and add to the tomatoes 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 tomatoes into it, boil all together, season with cayenne, salt, sugar, and lemon juice.

#### 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, and 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, and add some butter sauce and a little lemon juice.

## 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.

## 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.

## 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, but be careful not to let it boil.

## 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.

## 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.

## 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, and give the whole one boil.



## TOMATO SAUCE FRANÇAISE.

Cut ten tomatoes 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.

## TOMATO SAUCE À L'ITALIENNE.

Take five or six ounces, slice and put them into a saucepan with a little thyme, bay leaf, twelve tomatoes, 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.

## 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, and keep your sauce hot in the bainmarie.

## TURNIP SAUCE.

Pare four turnips, and let them simmer in a little water until done, and the liquor 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.

## VENISON SAUCE.

Serve with venison, currant jelly by itself, or warmed with port wine, or port wine warmed by itself.

## 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.

## 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.



## 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, and when well pounded set it by in an earthen pan for use.

## RISSOLES OF ALL KINDS.

Chop some dressed chicken or veal very fine, fry a little chopped parsley, shalot, and mushrooms, also very fine, and a little slice of tongue or ham, fry them in an 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, then 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, and put them to get cold; in the mean time, break two eggs in a bason, and then egg the forms once or twice, and bread crumb them; have your fat quite hot to fry them, and dish them on a napkin with fried parsley.

## 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, and season with pepper and salt.

If for game, scrape the raw livers into the stuffing, prepared as above, only it must be pounded fine.

## FORCEMEAT INGREDIENTS.

Forcemeat 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, 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, which makes excellent forcemeat. 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.

## 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.

## 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, and 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 bason till it is cold, then bottle it for use.

## MUSHROOM WHITE SAUCE.

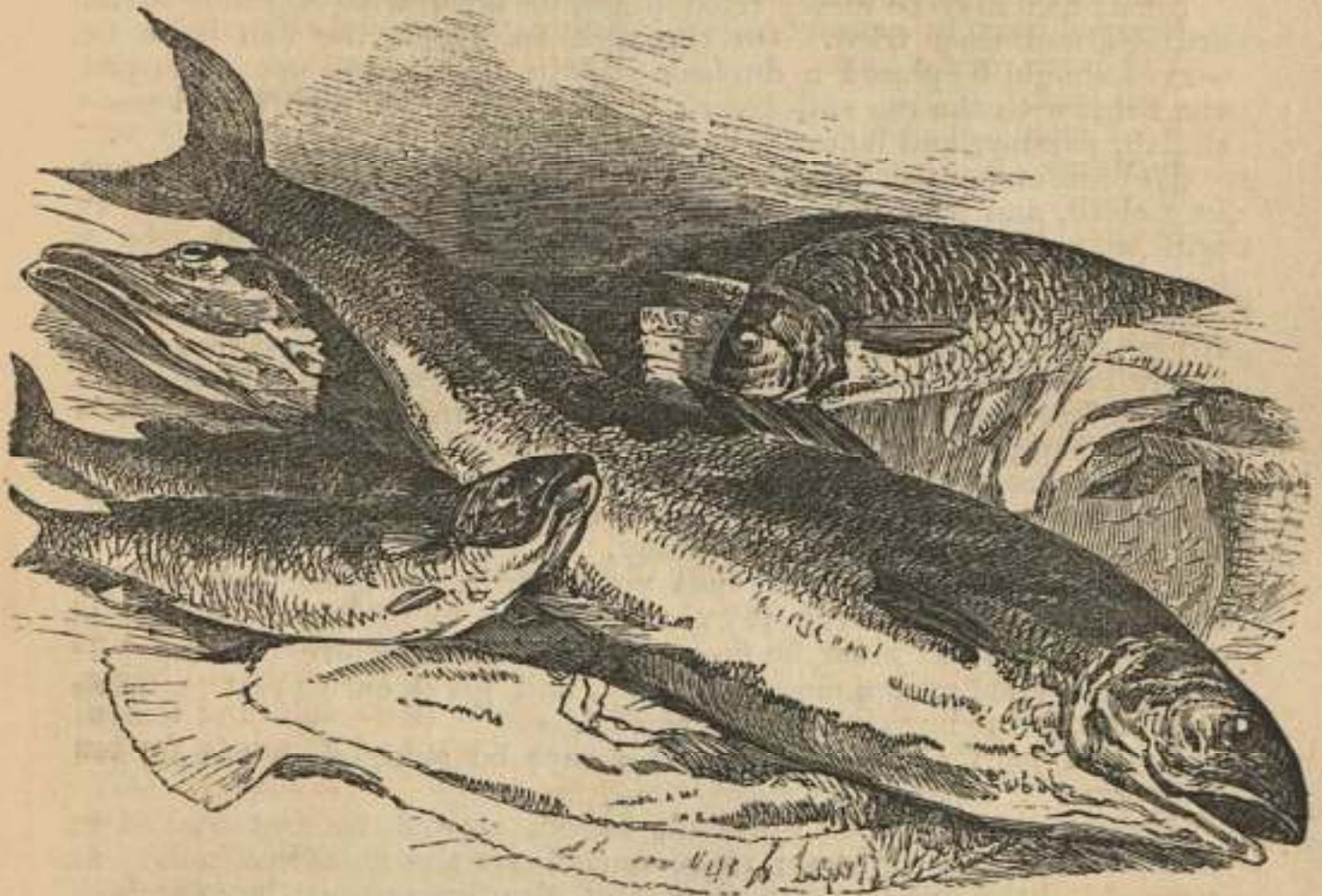
Have ready some cream sauce rather thinner than usual, to this put a few small white mushrooms, reduce it to the proper consistence, and it is then ready.

## 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.



## 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 it 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. On 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 ready 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, and 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.

### 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, and 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 broiled 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.

## A FEW CHOICE DISHES FOR TOP REMOVES, ENTREÉS, 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.



Dories 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.  
 Whitebait 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 and oyster sauce.  
 Slices of cod with capers.  
 Slices of cod with oyster sauce.  
 Slices of cod with curry.  
 Carp stewed.  
 Dory stewed.  
 Mullet stewed.  
 Eels stewed and fried.

#### 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.



## 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.

## BARBEL BROILED.

Do them in white pepper with sweet herbs chopped small, and butter.

## 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, and 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.

## BRILL

Is cooked as a turbot in every respect, and the same sauces suffice.

## 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 done enough, drain it clear of the scum, and remove the string; send it to table garnished with the liver, the smelt, and the roe of the fish, scraped horseradish, 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.

#### COD SOUNDS, RAGOUT.

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, a dash of pounded mace, and serve.

#### 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 maitre d'hôtel, add cream and parsley chopped fine.

#### COD SOUNDS, BOILED.

If boiled, they should first be 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.

#### CRIMPED COD.

Cut the cod, which should be quite fresh, in handsome slices, and lay it for about three hours in spring water salted, adding a little vinegar, 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, and keep it boiling for ten minutes, it will then be done enough; take up the slices of fish with care, and lay them upon a fish plate, garnish with sprigs of parsley, sliced lemon, and horseradish scraped into curls; serve with shrimp and oyster sauce.

#### 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.



## 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.

## TAIL OF COD.

Boil as previously directed, and when sufficiently done, that the meat may be easily removed from the bones, divide it into moderate 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.

## BAKED COD.

Cut a large fine piece out of the middle of the fish, and 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, and 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.

## COD'S HEAD.

Secure it well with strong string, not too thick; put it into a fish-kettle, cover it with water, and put in a small handful of salt, a wine-glassful of vinegar, and a quantity of scraped horseradish. 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 horseradish and lemon. Serve with shrimp and oyster sauce.

## 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, 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, adding a little lemon juice in the gravy.

## 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.



## 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, and accomplishing that one end at the expense of the 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 it 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 slowly, place it on the side of the fire, and it will cook gradually until enough. Serve with parsnips and egg sauce.

## ANOTHER WAY.

Wash and soak the fish, lay it twelve hours in water in which two wine-glasses 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.

## 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 tea-spoonful 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.

## 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 the 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 done enough, remove the onion and the herbs, dish up, garnish with lemon, and serve.



## 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.

## 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.

## CARP, TENCH, PERCH, ETC.

Dry well with clean cloth, dredge with flour, and 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 horseradish, from which the outer coat has been scraped: stew until the gravy is reduced to a rich thickness, then remove the fish, strain the gravy as clear as possible, thicken it and pour it over the fish, then serve.

## 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, and half a pint of port wine; boil all this together, pour it over the carp while hot, put buttered paper over them, and stew 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, and season it with sugar, lemon juice, cayenne pepper, and salt.

## 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.





#### 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.

#### 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.

#### 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.

#### 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.

#### CRAY-FISH IN ASPIC.

Take all the shells from the tails, and 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.



## CHUB BOILED.

Put as much beer, vinegar, and water into a fish-kettle as will cover the fish, and 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 chafingdish of coals, with melted butter, and serve it very hot.

## 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.

## 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 béchemel 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, and 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.

## CURRIES OF FISH

Are invariably made the same way as chub broiled, the only difference is the sort of fish you may have; 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, salt, cayenne, 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.

## 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.

## JOHN DORY

Is dressed as turbot, and eaten with the same sauces.



## ANGUILLES À L'HOLLANDAISE.

Take two small lemons and remove the outer and inner skin as closely as possible, divide them in as many portions as they will separate into 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 stew-pan with one quart and half a pint of water, adding 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 lemon-peel cut in small dice, and laid round the dish in company with the boiled parsley minced.

## 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, and 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 better for it when served. Add to the water in which the fish has been boiled a pint of vinegar, a little whole pepper, and 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.

## EELS BREAD-CRUMBED.

Cut your fish the size as before, dry and flour them, and proceed as for other fried fish, dishing them on a napkin with fried parsley.

## 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, and garnish with handsome sprigs of parsley.

## 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.



## 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 to your sauce some very fine chopped parsley, and a shalot, and pour the sauce over the fish.

## 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, but 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, and 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 tea-spoonfuls 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.

## 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.

## LAMPREYS.

Same as receipt for collared eels.

## GURNET OR GURNARD

May be boiled or 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.



## HALIBUT

May be cut in fillets, and dressed as mackerel fillets.

## HALIBUT STEWED.

Put in 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, also add a pint and a half of water, and let it stew an hour and a quarter, then strain it off clear, and put into it the head and shoulders of a fine halibut and stew until tender; thicken with butter and flour, and serve.

## TO CURE FINNON HADDOCK.

Cut off the heads and clean them as in the receipt "to dry haddocks," then 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.

## 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.

## 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.

## TO DRESS HADDOCKS.

Clean them very thoroughly, and take off the heads and the skin, then put them into boiling water, and 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.



## 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 tea-spoonful of peppercorns, 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 replace it in the stock; add half a tea-spoonful of cayenne pepper, squeeze in half a lemon, a table-spoonful of ketchup, and stew till the gravy is of a rich consistency. These quantities are for three haddocks.

## 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.

## 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.

## 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, but 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 butter, then broil them over a gentle fire, and serve with lemon juice. The best red herrings are full of roe, are firm and large, and have a yellow cast; if the fresh herrings are good the scales are bright, the eye is full, the gill red, and the fish should be stiff.

## FRESH HERRINGS BAKED.

Wash the herrings in clear spring water, and 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.

#### 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.

#### 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, then take them out and broil them over a clear fire, (the bars of the grid-iron 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.

#### 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.

#### 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.





LOBSTER AS SERVED.

The common mode of sending this excellent shell-fish to table is very generally known. We subjoin a few uncommon modes.

#### 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, and 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.

#### 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.

#### 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.

#### TO ROAST LOBSTERS.

Take a live lobster, half boil it, remove it from the kettle in which



it is boiling, dry it with a cloth, and while hot, rub it over with butter, and set it before a good fire, basting it with butter; when it produces a fine froth, it is done; serve with melted butter.

#### GRATIN OF LOBSTER.

Take out all the meat from a large lobster, then wash the body, tail, and shells, if the lobster is first cut in half down the back, then dry and butter them, and sprinkle them with bread crumbs, chop up the meat fine, with a little parsley and shallot, a few drops of essence of anchovies, a spoonful of vinegar, cayenne pepper, and salt, a little béchemel sauce, and boil all well together, then 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, and dish on a napkin.

#### 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.

#### 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, and sweet herbs, but very few of the latter, work these together with the yolk of an egg, pepper and salt to taste, and sew it in the fish; then place the latter in a deep baking dish, and dredge it with flour slightly, adding a little cold fresh butter in small pieces, put the fish 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.

#### 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, and 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.



## TO BROIL MACKEREL.

Cleanse it well, and cut with a sharp knife a gash from head to tail, 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, but 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, they will be first done; therefore, when they are done, take the fish 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.

## BROILED MACKEREL.

Prepare by boiling a short time a little fennel, parsley, and mint, when done, take it from the fire, 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.

## 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.

## FILLETTS 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 stewpan a pint of fish broth, and 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, and 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.

## FILLETTS 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 sautépan 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 sautépan to your sauce.



## FILLETS OF MACKEREL.

The same as fillets of soles, but in addition you will add chopped fennel and mint, and, if you have it, a mushroom chopped fine; put all into your sautépan with the butter, the juice of a lemon and cayenne, and white pepper and salt.

## FILLETS BOILED.

Separate as before, place them in a stewpan in lukewarm water, and 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, and drain the fillets before dishing them. Serve with parsley and butter.

## 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 of 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, then place the vegetables on the fish, and squeeze a large lemon over them.

## 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, but add one glass of port previous to boiling, which pour 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.

## 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, but 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 should be securely 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 paper case, the twine must therefore be removed, and a small fringe of white paper affixed to the tail end of each case, for appearance, but at very *recherché* dinners, the fish are served on very hot plates without any covering.

## RED MULLET

Four will make a small dish; wrap each fish in paper, 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, and a little sugar; if sent up in the papers, the sauce should be put in a sauce-boat; if not, you will pour the sauce over the fish.

## 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.

## 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.

## 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 fishmonger's; 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.

#### SCALLOP OYSTERS.

Wash clean some bottom shells of the oysters if you have not silver shells or scallop shells, butter and bread-crumbs 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, and dish them upon a napkin.

#### 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; serve them hot upon a napkin.

#### 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, and season with salt, pepper, and 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.

#### STEWED OYSTERS.

The oysters should be bearded and rinsed in their own liquor, which should then be strained and thickened with flour and butter, and placed with the oysters in a stewpan; add mace, lemon peel cut into shreds, and 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.

#### SCALLOPED OYSTERS.

Beard the oysters, wash in their own liquor, steep bread crumbs in the latter, put them with the oysters into 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.



## 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.

## OYSTER FRITTERS.

Beard, dip them into an omelette, sprinkle well with crumbs of bread, and fry them brown.

## JACK OR PIKE TO CHOOSE.

If 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.

## TO BAKE PIKE.

Clean and empty the fish 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; this 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.

## PIKE, TO BOIL.

Wash and clean the fish thoroughly; unless you are very particular in this, 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 dressing, 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 exist, to send the sauce-cruets to table, and permit every one to gratify his peculiar taste.



## 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, and use cucumber or parsley round them.

## 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, and keep them boiling as fast as you can, for seven or eight minutes; then take them out and drain them, and 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.

## 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, and put the lemon upon a napkin or cut paper.

## 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.

## PLAICE

And flounders should be sprinkled with salt, and wrapped in a towel an hour previous to cooking, and be fried as soles.

## 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.



## DRESSED SALMON.

All salmon, whether crimped, split, or in slices, should go through the same process in dressing, but you can vary your sauces as may be most approved of.

Put your salmon either in a fish-kettle or a large baking-dish; if a dish, you must cover it with butter paper, and frequently baste it with the marinade, which is made thus: cut a carrot, turnip, oelery, 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, and 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 sautépan with some clarified butter, and a little cayenne pepper, then 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 sautépan 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, adding a few drops of anchovy sauce, lemon juice, a little sugar, a glass of wine, then boil well for some time, dish your cutlets one on the other round, and either glaze them or pour the sauce over them.

## CRIMPED SALMON—À LA CRÈME.

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, and, 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, adding 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.

#### TO DRY SALMON.

Open the fish, and 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, and 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.

#### 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, and 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.

#### TO PICKLE SALMON.

Scale, clean, split, and divide the salmon into handsome pieces; 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, and 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, and 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, and skim, and boil it.

#### COLLARED SALMON.

Cut off the head and shoulders, and the thinnest part of the tail, thus leaving the prime 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, then strain off the liquor, let it cool, and pour over the fish when cold; garnish with fennel.

#### SALMON, TO BOIL.

This fish cannot be cooked too soon 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.

#### SALMON EN PAPILOTTES.

Get small slices of salmon, fold them neatly in foolscap paper, after having buttered your paper well, pepper and salt the paper, and flour it. It is better to 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.

#### SALMON BROILED.

Cut the fish in inch slices from the best part, 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 tomato sauce.

#### 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.

#### 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.



## 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.

## 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 crumbs 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, and put about two ounces of butter with it; pound all well, then rub it through a wire sieve; 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.

## 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; it will take longer to stew than dressed fish; the sauce as for fillets of soles, leaving out the chopped parsley.

## SOLES, FRIED.

Soles should be skinned and trimmed by the fishmonger. If fried plain, dry them well with a clean cloth, and flour them with a dredge; the pan should be well cleaned, and a quantity of lard placed in it, it should be boiling hot, and 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 of a light, but not a pale brown when cooked.

## 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.

#### FILLETS OF SOLES, 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, but they will take a little longer to fry; stand them up end-ways, to dish them, whether for garnish or a dish; be sure to draw out the skewer or the string.

#### 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, adding a gill of cream.

#### 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, and 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 cupful 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.

#### 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, and serve in the dish with the sauce.



## FILLETS OF SOLES, MAÎTRE D'HÔTEL.

Get four good-sized soles filleted, beat each fillet with your outlet-beater, dipping your outlet-beater into cold water frequently; then cut each fillet into three, rounding one end, and leaving the other as a point to form a outlet; have ready about a quarter of a pound of clarified butter in a sautépan, and the juice of two lemons, cayenne pepper and salt, mix well together, and dip each outlet as you cut it, both sides, in this, keeping the outlets in the sautépan; about twenty-four outlets 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 sautépan to drain, and keep them hot until you dish them; the bones and trimmings, with what is left in your sautépan, 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, adding a gill of cream; have ready some very fine-chopped parsley to sprinkle over the last thing, and pour the sauce over your fish. Dish as outlets.

## FILLETS OF SOLES FRIED TO GO ROUND OTHER FISH.

Cut and prepare your soles as before, only laying each outlet in a cloth to dry, and well flour them; then egg them, and bread-crumbs them; let your bread be put through a wire sieve, and 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 outlets, 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 drippingpan from you, then all at once throw in your parsley, you may in a minute return it to the fire until crisp and green.

## FILLETS OF SOLES IN ASPIC.

Cut the fillets of soles as for outlets, 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.

## 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, and 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.

#### CRIMPED SKATE.

Remove the skin from both sides of the fish, and 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, adding 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.

#### 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.

#### 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.

#### 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-crumbs 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.

#### 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 a little, as for fillets of soles, 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, then carefully take out the fillets, and thicken the sauce; if you want them white, add a gill of cream; season with the juice of a lemon, cayenne pepper, salt, and a dust of sugar. Dish them as cutlets, and pour the sauce over them.

#### 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, flavouring it with essence of anchovies; squeeze in a quarter of a lemon, and add a glass of sherry, then serve up with the fish.

#### STURGEON STEWED.

Cut into pieces, and stew as tench.

#### FILLETS OF STURGEON, MAÎTRE D'HÔTEL.

Prepare the fish as before, leaving out the wine, and add some very finely-chopped parsley, and shalots and cream.

#### 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; then 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.

#### 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.

#### SMELTS.

This is a very delicate fish, and requires delicate handling; it 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.

#### TO BAKE SMELTS.

Prepare as above, and 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.

#### TROUT.

Scale, gut, clean, dry, and flour, then 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 trouts 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.

#### 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, and 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, and serve with lemon sliced and fried bread.

#### TRUITE À LA PRINCESSE ROYALE.

Take equal parts of Madeira and water, 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.

#### 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, and a few rings of lemon-peel; stew slowly forty minutes, then 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.

#### 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 horseradish scraped into curls, or with fried smelts, or barberries and parsley. Lobster sauce.

#### 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 sautépan with a little good white stock; the sauce as for former dishes. If *mîatre d'hôtel*, or with oysters, leave out the parsley, but blanch and beard three dozen large oysters, and put in your prepared sauce, giving it a few minutes' boil; pour it over your fish.

#### 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 peppercorns, 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.

#### WATER SOUCHY.

This is a dish more frequently seen upon the tables of the Blackwall and Greenwich hotels than anywhere else; but it is sometimes introduced into private families, and, when well cooked, makes a very excel-



lent 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, and some whole white peppers, into sufficient water to about cover the fish, then simmer until the herbs are tender, and put in the fish, removing 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 peppercorns, 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 whitebait, 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 to it 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.

#### WHITINGS

May be cooked as soles; they should be sent to table with tail to mouth, or passed through the eyes.

#### CURRY OF SOLES AND WHITINGS.

Cut in smaller pieces than for cutlets, and proceed to make your curry as before for salmon.

#### 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.

#### 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.

#### QUENELLES OR PUDDINGS OF WHITINGS.

This fish makes the best quenelles. Proceed exactly as for the other quenelles of white fish.



## WHITEBAIT.

It requires considerable skill and practice to cook whitebait. 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, and 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.

## 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.

## CHICKEN SALAD.

Use a former dressed chicken, sweetbread, quenelle, and truffles; dish upon salad as the former, with aspic jelly.

## ITALIAN SALAD.

Get all the following things ready:—filleted soles, quenelles, chicken, lobster, filleted anchovies, olives pared, hard-boiled eggs, beet-root, cucumbers, lettuce, small salad, celery, and 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, and introduce aspic jelly in different parts of it.

## LOBSTER SALAD.

Extract the fish from the shell, and place in the centre of the dish in which it is to be served, in the form of a pyramid; arrange the salad round tastefully, and add salad mixture. This dish is not unfrequently garnished with the smallest claws of the fish. This is a matter of fancy; or thus:—





## 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.

## 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 every thing 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.

## 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.

## 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.

## 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.

## ESSENCE OF ANCHOVIES.

A pound of the best anchovies, two quarts of water, two bay leaves, some whole pepper, a little scraped horseradish, 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, and 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.



## 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.

## 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, and a few drops of lemon juice; take it out and spread it on the toast.

## 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, adding a little parsley and a grain of shalot: rub all through a fine wire or hair sieve, spread one of your toasts rather thick, and place another piece of bread on the top; have ready some more filleted anchovies, and garnish each toast, using pickles likewise, or parsley.

## 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 to it a little beef brine.

## LOBSTER OF PRAWNS, OR CRAY-FISH.

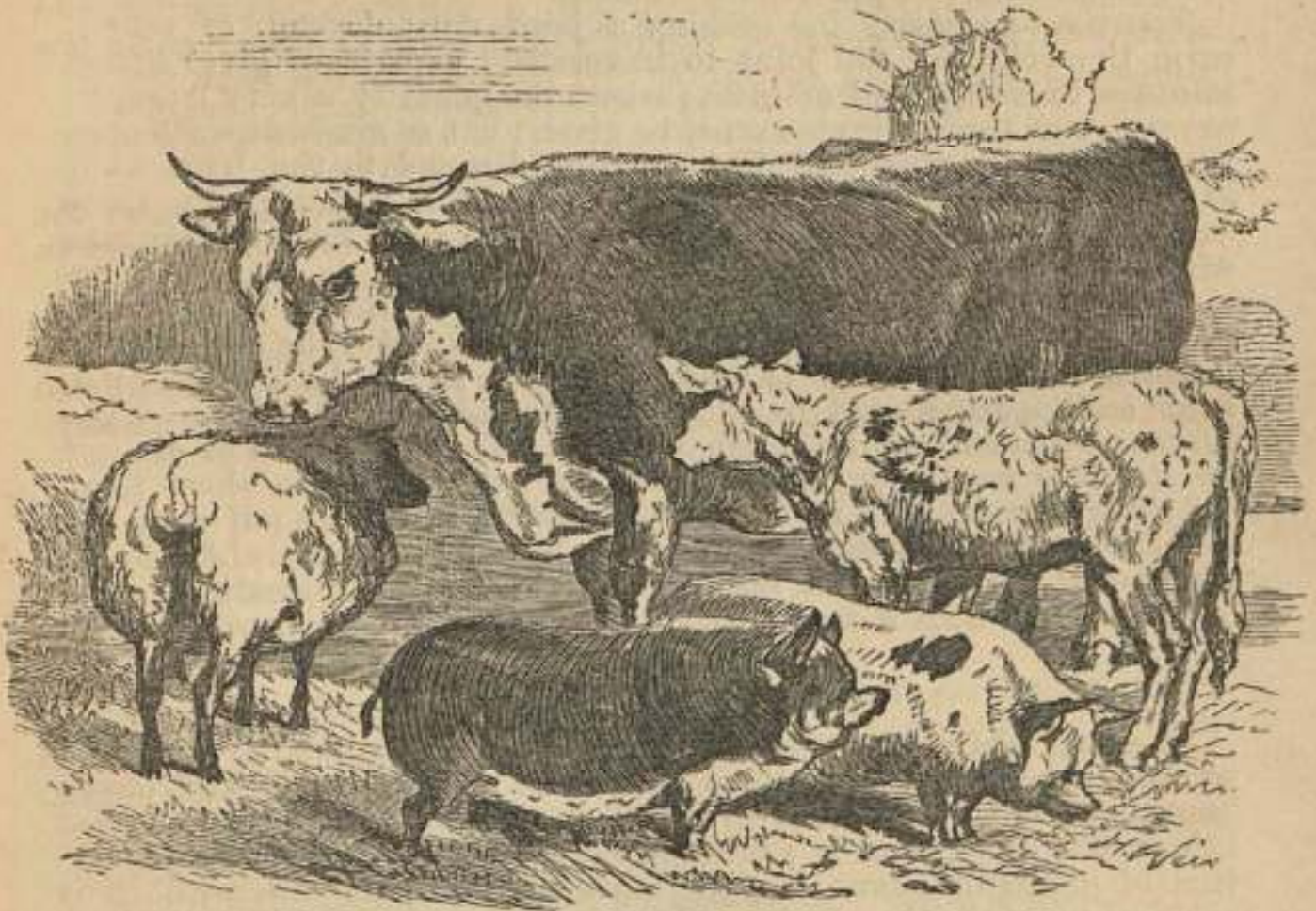
The same. After taking the meat from the shells quite whole and clean, set a little jelly in your plain mould to get cold, to ornament upon, filling up the mould by degrees.

## 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, truffles, and a few bread crumbs; when it has stewed gently a quarter of an hour put in the fish from the mortar, and 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.



## MEATS.



## OBSERVATIONS ON MEATS.

If the meat has to be roasted, a clear fire is indispensable ; and the fire should also be maintained at one uniform heat, by adding coal 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 the 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 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, time for any drawback which may occur must be considered.

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 should 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. 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.

#### ROASTING.

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, and 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.

Hard water is improper to boil meat in, and, where soft water is to be procured, should not be thought of.

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 it 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 be very slowly boiled—in fact it should scarcely simmer; it is indispensable that the water should cover the meat, therefore 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. 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 outside 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 gridirons 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.

#### HOW TO CHOOSE 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 afford good beef; the Lincolnshire breed will not bear comparison with them.

#### TO ROAST BEEF.

There exists a variety of tastes and opinions respecting the most profitable, as well as the choicest parts of beef. 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 the 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 then approaches 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 horseradish scraped



into thin curls. This receipt will suffice for all the other roasting parts of beef.

#### TO COLLAR BEEF.

Choose the thinnest end of the flank of beef, which 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, taking out the bones, the gristle, and the inner skin.

Make a seasoning of sweet herbs, parsley, sage, pepper, ground spice, and salt, and 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, then 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.

#### TO COOK THE INSIDE OF THE SIRLOIN.

Take out the inside of the sirloin in one piece, put it into a stewpan, with 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.

#### ANOTHER WAY.

Cut the inside of the sirloin into pieces, dredge it with flour, then put it into a fryingpan 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.

#### 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, and lay the beef round the spinach.

#### 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, and garnish with horseradish, unless served with currant jelly, then serve as with venison or hare.



## FILLET OF BEEF.

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

## 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, 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.

## 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, after which 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 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.

## 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.

## 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.



## 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; after which put them into a stewpan, cover them with the gravy from the beef, mixed with water, and stew gently; when tender, they are done enough; serve them with beef gravy.

## RUMP OF BEEF.

Take out the large bone of a rump of beef, and with 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.

## STEWED RUMP OF BEEF.

Half roast the beef; then place it in the stewpan, adding 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; 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, and 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.

## 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, and 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 this a thick crust, attaching it round the edge of the pan, tied over securely with paper, and bake for six hours in an oven moderately heated; after which 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.

#### 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 stew-pan 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.

#### 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,) 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 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 it thoroughly with the pickle, and let it remain in it eight, ten, twelve, or fourteen days, according to its size; 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 the pieces 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 boil the pickle before using the first time, but after it has been once used, and every succeeding time, observing



that it must be 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.

## 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, adding 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 done enough, and put it under a heavy weight while hot. It may be served with carrots and greens. If for grating, choose a lean piece, put it in *boiling* water; keep it boiling rapidly; four pounds will take an hour.

## HUNG BEEF.

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, then 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, and rub it well into the beef; then rub common salt over it as much as will make it salt enough, and 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.

## DUTCH HUNG BEEF.

Rub a lean piece of beef about twelve pounds with treacle, and turn it frequently; in three days wipe it dry, and salt it with a pound of salt and an ounce of saltpetre in fine powder, which rub well in, turning every day for fourteen days; roll the beef 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.

## 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, and stew gently; when tender, put into the stewpan some good brown sauce; shake it gently about; then dish it, and put scraped or grated horse-radish on the top; if for oysters or mushrooms, refer to Index for those sauces; season with salt, cayenne pepper, and sugar.

#### RUMP STEAK PLAIN BROILED.

Cut your steak not so thick as for the former; have ready a good clear fire, and get your gridiron 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, rub a good slice of butter all over it, and now pepper and salt it. Serve with a horseradish on the top of it, and, frequently, sauces.

#### 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 steaks; when the meat is browned, turn it; 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.

#### 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, then 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.

#### 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, pouring 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 con-



sistency, place the steaks in a hot dish, and pour the sauce over them. The steaks should be large, the finest from the rump, and have a due proportion of fat with them.

#### 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, then put it into a fryingpan, 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 done 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.

#### 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, and lay them in a pan with an ounce of fresh butter, cut in pieces; then 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, 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.

#### PALATES OF BEEF.

Wash well four white skinned palates, (if for a white dish, lay them all night in salt and water), put them on to scald, taking off all the skin, then put them into your stock-pot, and 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, spreading 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



maccaroni, 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, and 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.

#### 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, and serve.

#### 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, then 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, and pour the whole into it.

#### 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 four large onions cut into very thin slices; add to them 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.

#### BEEF CAKE.

Choose lean and very tender beef; if a pound, put six ounces of beef suet, minced finely and seasoned with cloves, mace, and salt, in fine powder, putting the largest proportion of salt and least of mace, adding 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; then put in the meat, pressing it closely down, and cover it with the remaining slices of bacon, laying a plate over it face downwards, and upon it something heavy to keep it from shifting. If there be three pounds of beef, remove the bacon and serve with a little rich gravy. These cakes may be made of mutton, veal, or venison.



## BEEF À LA BRAISE.

Take two or three ribs of beef, cutting away only the fleshy part that is next the chine, and 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 pan with thin slices of fat bacon, over which 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, and 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 sweetbreads, 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, gammon, and bacon.

## BEEF HEART.

Wash it very carefully, and 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.

## 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.

## BEEF HEART.

Let it be thoroughly well cooked, and the skin removed. Wipe it daily with a clean cloth, and 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, then let it get cold, cut it in pieces, and jug it the same as hare.

## 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, and cover



them with brown gravy; put in half an eschalot minced fine, a lump of butter rolled in flour, to thicken, and 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.

#### 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.

#### 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, sprinkling 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; then add a tea-cupful of gravy, and stew eight minutes, after which 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, and put it undressed into jars, covering the top with clarified butter; to cook it they put into the pan the butter which covered it, throwing in some onions in thin slices, and frying them; when browning add half a cupful of water, and then the minced meat; stew a few minutes, and serve.

#### 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 from the true *beef à la mode*. The following is called the "old Bath" receipt.

Take a quantity of the buttock, 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 twenty or thirty cloves, the same quantity of mace, with half an ounce of allspice, savory, 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 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, then make incisions of the requisite depth, and insert the bacon in the beef, which may be rubbed well



over with what remains of 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, and 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 be put into the stewpan, instead of being baked, 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, also white pepper, cayenne pepper, salt, and 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.

#### 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, some 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, to make it air-tight; when the beef is done, strain the gravy through a sieve, and clear off the fat and serve.

#### BEEF À LA MODE—ANOTHER WAY.

Take some of the round of beef, and cut it five or six inches thick; then cut some fat bacon into long bits, taking an equal quantity of beaten mace, pepper, and nutmeg, with double the quantity of salt, and mix them together; dip the bacon in vinegar (garlic vinegar, if agreeable), then into the spice, and 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, and 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 the meat is half done turn it, 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.

#### OX TAILS.

Have them properly jointed by the butcher, as it saves time, and experience enables him 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, which will take three hours ; then 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 sometimes 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, and 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.

#### 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, then take them up, and return them in a clean stewpan ; cover them with second stock, add a small faggot of sweet herbs, a slice of lean ham, a blade of mace, and 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, and 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, salt, and pepper ; glaze the tails.

#### BRISKET OF BEEF STEWED.

Take any quantity of brisket of beef required, say eight or ten pounds, which cover with water, and stew till tender ; bone the beef, and skim off the fat, strain the gravy, add a glass of port wine, and 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.

#### 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, pepper, and salt; stew till the beef and onions are quite done, then skim clean, cut an anchovy small, and put it with capers into the sauce; place the beef in the centre of the dish, and garnish with the onions round it.

#### TO FRICASEE COLD ROAST BEEF.

Cut the beef into slices, (which should be very thin,) and put it with some strong broth into a stewpan; add parsley chopped small, an onion scored, and a piece of butter; simmer fifteen minutes, then 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.

#### BEEF FRICANDEAU.

Take a piece of beef as lean as you can obtain it, lard it well over on one side with slices of bacon. Place in a stewpan 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, and boil it until reduced to a glaze. Glaze the beef with it on the side larded, and serve with sauce piquante, or a sauce sorrel.

#### STEW OF OX CHEEK.

Clean and wash it well, cut off the fleshiest parts, and break the bones into an available size, then put it into a stewkettle with enough water to cover it, and season with salt and whole pepper; then 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.

#### 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, covering 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.



## ANOTHER WAY.

Prepare the beef for the stewpan as above, but instead of laying the beef immediately in the stewpan, cut it into moderate slices, 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 and 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 highly esteemed in the northern parts of Germany.

## 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, pork, as well as beef, or beef sausage meat.

## BOUILLI BEEF.

This receipt is made with the brisket of beef. Take the thickest, and put it into an iron tinned kettle, and cover it 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, and 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, and add to it turnips and carrots cut in dice. The ribs of beef may be cooked much in the same fashion.

## BEEF BOUILLI.

For a flank, or a corner dish, take about ten pounds 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 boiling for two or three hours; then 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, and return it to your stewpan until done; when take it



up and glaze it several times; if ornaments are liked, stick it round with silver skewers ornamented with truffles, capsicums, green gherkins, sweetbreads or cocks' combs: if for fish, cray fish or prawns.

#### 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; then let it boil, and sprinkle in a little salt and pepper to taste; when it has boiled very gently, or simmered two hours, shred finely a large lemon, adding 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.

#### BEEF HASHED.

Take the bones of the joint to be hashed; and break them small, then 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; 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.

#### BEEF TONGUE, TO CURE.

Throw a handful of salt over the tongue, seeing that it is sprinkled on both sides, and let it remain to drain until the following day; make a pickle of a table-spoonful of common salt, half that quantity of saltpetre, and the same quantity of coarse sugar as of salt; rub this mixture well into the tongue, every day for a week; it will then be found necessary to add another tablespoonful of salt; 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.

#### TO DRESS BEEF TONGUES.

First 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, to improve the flavour of the tongue.

#### 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 minutes. Take it out, dip it in scalding water to blanch, and remove the skin.

Take a piece of fat bacon, and 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, 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 teaspoonful of cayenne pepper. Pour it when ready into a dish; lay the tongue upon it, and serve as hot as possible.

#### TO STEW A TONGUE.

Cut away the root of the tongue, but leave the fat underneath, and salt for seven days, as in receipt to cure beef tongue. Put it into a saucepan, and boil gently until tender, when it will peel easily; after peeling, put it into a stewpan, and 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.

#### BEEF BRAINS FRIED.

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

#### BEEF BRAINS À LA SAUCE PIQUANTE.

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

#### BUBBLE AND SQUEAK.

Sprinkle some slices of cold boiled beef with pepper, fry them with



a bit of butter to a light brown; boil a cabbage, squeeze it quite dry, and chop it small, then take the beef out of the fryingpan and lay the cabbage in it, sprinkling 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.

#### 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.

#### 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, and skim it well; then put two or three blades of mace in a bundle of parsley, and a crust of bread, and 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.

#### 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, and serve on a napkin with dry toast.

#### BAKED MARROW BONES.

The bones should be prepared as in previous receipt, and laid in a deep dish, then put into an oven and baked 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 be served with them in it; when the batter is baked, the marrow will be also done.

#### TRIPLE.

Take two pounds of fresh tripe, cleaned and dressed by the tripe-dresser, cut away the coarsest fat, and boil it for twenty minutes to half an hour, in equal parts of milk and water. 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 also cleaned, dried, cut into pieces, and fried in batter, and served with melted butter.

Another method of dressing tripe is by cutting it into slices; three eggs are beaten up with minced parsley, sweet herbs, onions, chopped



exceedingly fine, and mushrooms. The tripe is dipped into this mixture, and fried in boiling lard.

Tripe may also 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.

#### 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, with 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, seasoning it 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, set it over a slow fire, put into it two or three handfuls of flour, and stir it with a wooden ladle, until 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 latter, and keep stirring it 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, and wipe it off the cover also, and cover it again; when the cullis is done, take out the meat, and strain the former through a silken strainer. This cullis is for all sorts of ragouts, fowls, pies, and tureens.

#### POTTED BEEF.

To a pound of common salt, put a quarter of an ounce of salt-petre, 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, and 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.

#### 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; fry them in boiling butter.

#### 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 mustard. Lemon pickle may be served with them.

#### BEEF STEAKS, STAFFORDSHIRE FASHION.

Beat them a little with a rolling-pin, then flour and season with salt and pepper, and fry a light brown with sliced onions. Lay the steaks in a stewpan, pour over them as much boiling water as will serve for sauce, and stew gently for half an hour, then add mushroom or walnut ketchup to flavour, and serve as usual.

#### BEEF HAMS.

Prepare, trim, and shape a leg of beef like a ham, then put on a dish, and baste with the following pickle morning and evening for a month, then remove from the pickle, drain, roll in bran, and smoke it. Cover with a piece of canvas, give it a coat of lime-wash, and hang in a dry place until wanted. For a piece of meat weighing fourteen pounds, mix a pound of salt, the same of coarse brown sugar, an ounce of saltpetre, the same of bay salt, half an ounce of coarse black pepper, and three ounces of treacle, adding sufficient beer to form into a *thick* pickle.



## VEAL.

THE failing of this meat is its tendency to turn; should it show any symptoms of doing this, 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 pot, 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.

## HOW TO CHOOSE 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 of 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.

## 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 cooked 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, with the addition of a lemon.

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 done enough. The shoulder should be thoroughly boiled; when nearly done, dredge with flour, and produce a fine froth.

## 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 necessary. It may be sent to table in béchemel, or with oyster sauce.

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



## BREAST OF VEAL STEWED.

Put it into the stewpan with a little white stock, 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 forcemeat balls.

## BREAST OF VEAL BOILED.

Put it into plenty of cold water, and let it come to a boil, clearing the scum 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, and let it stew an hour and a quarter, then send to table with a nice piece of bacon, and parsley and butter.

## BREAST OF VEAL RAGOUT.

Divide the breast lengthways in two, cutting each piece into portions of a reasonable size; then put them into a pan with boiling butter, and 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; then take it off and strain the gravy from the fat, keeping the veal closely covered; 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.

## 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, and sprinkle over it, if you have got it, a little chopped truffle or mushrooms, and a little pepper and salt: then roll it tightly up and tie it; after which put it into a cloth and stew it for several hours, then take it up, and take off the cloth and strings; dry it and glaze it, and put some good sauce.

## SHOULDER OF VEAL.

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

## 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, regulating the time to the size of the joint; when it is done, strain the gravy to clear it of fat, and serve with forcemeat balls.

#### 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 stewpan 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, some sweetbreads, and stew all together for a short time, then 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.

#### 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.

#### 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.

#### 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 béchemel, or with parsley and melted butter.

#### 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, then take out the veal, and 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 the veal again into it to make hot; dish the 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.

#### 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, then 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 may require.

#### 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 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; keep it hot while you strain its liquor, then pour the gravy over it, and send it to table with a lemon garnish.

#### 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, then slice a lemon, and garnish the dish with it.



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 also be



broiled in chops, but is best in a pie; it is sometimes larded and stewed, as follows:—

#### NECK OF VEAL STEWED.

Lard it with square pieces of ham or bacon, which have been previously rubbed in a preparation of shalots, spices, pepper, and salt; place it in the stewpan with about three pints of white stock, adding a bay or laurel leaf, and a couple of onions; also add a dessert-spoonful of brandy or whiskey, and stew till tender, then dish the meat, strain the gravy, pour it over the joint, and serve.

#### 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, letting 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.

#### VEAL CUTLETS.

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

#### ANOTHER WAY.

Procure your cutlets cut as in last receipt, coat them with the yolk of eggs well beaten, powdered bread crumbs, sweet herbs, 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 butter, a little white stock, juice of lemon to taste, season with pepper and salt, adding mushroom ketchup, boil quickly until a light brown, then pour it over the cutlets, and serve, the cutlets being laid in a circle round the dish, and the gravy in the centre.

#### 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 about four table-spoonfuls of fine bread crumbs, 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.

#### 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, but 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, flour them well and dry them), then again have ready your sautépan, or fryingpan, quite hot, with a good bit of lard or butter; in this put 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 beaten; have ready some bread crumbs, and amongst them a spoonful of well-mixed flour; dip each cutlet into this omelet, and thin bread-crumbs them, patting them with your knife to keep each the proper shape, making the bread crumbs stick to the cutlet; melt some lard in your sautépan, and place your cutlets in it ready to fry a nice brown.

#### 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.

#### COLLOPS OF VEAL.

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, balls, and truffles in the middle.

#### VEAL COLLOPS.

May be cooked precisely similar to beef collops.



## VEAL CHOPS LARDED.

Take 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.

## 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, that each may be the size of a small pattie round, but not too thin; then put them on in cold water to scald, and 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, and 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, and dish them on a border. They should be so tender that you might suck them through a quill.

## GALANTINE VEAL.

Take a large breast of veal; take off the chine bone, then take out the gristle called tendons, and all the rib bones; flatten it well, have ready some good forcemeat or sausage meat, and spread it all over with your forcemeat; then make a line of green gherkins, a line of red capsicums, a line of fat ham or bacon, some hard-boiled yolks of eggs, and 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 tight; stew it for two hours or more; take it up, press it flat, and let it lie until quite cold: then take off the cloth. It will make an excellent cold dish.

## 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, and pepper and salt; roll each up, and tie and skewer each; then egg and bread-crumbs 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.



## POTTED VEAL.

This may be potted as beef, or thus:—Pound cold veal in a mortar, and work up with it in powder, mace, pepper, and salt, the leanest part of tongue or ham, and shred very finely; 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.

## VEAL HARICOED.

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), and 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, and serve with forcemeat balls.

## 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 dressed enough round the dish, lay diamonds of toasted bread, 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.

## PAIN DE VEAU.

These cakes may be made according to the receipt for beef cakes, page 162.

## 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 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 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.

## GRENADINS OF VEAL

Is the last piece left with the veins; after cutting out the frican-



deau, the collop which you will see is round, and the outlet 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.

#### 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.

#### ÉMINCÉES

Are 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 this dish to be sent to table.

#### FRICANDEAU OF VEAL.

Cut this from a large leg of veal; placing the bone from you, you bring the meat in front of you and you will see small veins running 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, or 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, for it should be as tender as to be helped with a spoon; when done, glaze it several times.

#### BLANQUETTE DE VEAU.

This dish may be dressed according to the receipt Blanquette d'Agneau.

#### 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.

#### CALF'S HEAD 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-crumbs them as you would outlets, only add some chopped sweet herbs, as well as parsley; put it in your oven to brown.

#### CALF'S HEAD.

Let the head be thoroughly cleaned, the brains and tongue be taken out, and 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 plainly to table 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.

#### CALF'S HEAD, BAKED.

Butter the head, and powder it with a seasoning composed of very fine bread crumbs, 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.

#### 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 in gently 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 finely-minced parsley has been spread. Heat it through by simmering, and serve.



## 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 reboil 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 one inch thick and three inches long, or smaller, if preferred; brown an onion sliced in flour and butter in a stew or sautépan, add to the meat as much rich gravy as the quantity of meat will permit, season with pepper, salt, and cayenne; let it boil, then skim clean, and simmer until the meat is quite tender; a few minutes before you serve throw in parsley in fine shreds and some finely-chopped sweet herbs; squeeze a little lemon in, and 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.

## CALF'S HEAD À LA TORTUE.

Bone a calf's head whole, and after being well scalded and cleaned, cut off the ears, take out the tongue, and cut the gristle and bones from it; prepare a good forcemeat, add some chopped truffles and some mushrooms; lay the head on a clean cloth on the dresser, spread it thickly over with the forcemeat, and 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 a 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 strip 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, to look like a turtle crawling; for the eyes use whites of hard-boiled eggs; a sauce to this dish you will find among the sauces.

## CALF'S 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 and mashed chervil, then strained 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.

## CALF'S 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.

#### CALF'S FEET.

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

#### CALF'S 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.

#### CALF'S HEART.

Stuffed and roasted precisely as beef heart.

#### 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.

#### CALF'S BRAINS.

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

#### CALF'S LIVER.

Lay the liver in vinegar for twelve hours, it will render it firm; then 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, dredge with flour, and 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.



## MUTTON.

This is a delicate and 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.

### HOW TO CHOOSE 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.

### 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, and commence 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, and serve with currant jelly.

### SADDLE OF MUTTON.

This joint like the haunch, gains much of its flavour from hanging for some time; 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, and baste well. The kidneys may be removed or remain at pleasure, but the fat which is found within the saddle should be taken away previous to cooking.

### LEG OF MUTTON ROASTED.

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



## ANOTHER METHOD.

Put the leg into an iron saucepan, with enough cold water to cover it, and 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 a large joint.

## ROAST LEG OF MUTTON BONED AND STUFFED.

The principal skill required in preparing this dish, is the boning; this must be done with a very sharp knife, commencing on the underside of the joint, and passing the knife under the skin until exactly over the bone, then cut down to it, and 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.

## 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 mashed turnips, potatoes, greens, and caper sauce, or brown cucumber, or oyster sauce.

## LEG OF MUTTON BRAISED.

Procure a leg of Welsh or Scotch mutton, 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, place the mutton upon it, cover the meat with the glaze, and serve.

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, and serve the fillets with the vegetables round it.

#### SHOULDER OF MUTTON

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

#### LOIN OF MUTTON STEWED.

Remove the skin, bone it, and roll it, then 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.

#### 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 dessert-spoonful of mushroom ketchup; boil it, and pour over the mutton when dished.

#### 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 to the butter and egg a little chopped mushroom, which strew all over it with a paste brush; then put it on a dish and place it in the oven to brown; the sauce will be under it when dished.

#### NECK OF MUTTON.

This dish is most useful for broth, but may be made a pleasant one 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



## 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.

## MUTTON STEAKS.

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

## MUTTON CHOPS BROILED.

Cut them 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

## 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, 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.

## 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 them; send them up quite hot.

## MUTTON CUTLETS.

Loin chops make the best cutlets. Take off the vertebrae 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, and 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.



## ANOTHER WAY.

From 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, and 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, adding to it a little salt and pepper; dip each cutlet into melted butter, put down the bread crumbs with your knife, and lay them on a buttered sautépan until wanted to fry.

## CUTLETS SAUTÉ.

Cut your neck of mutton precisely as for the crumbed cutlets, have then ready a piece of butter melted in your sautépan, and dip each cutlet both sides in the butter; when required, fry them a very light colour, and 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.

## 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.

## MUTTON CUTLETS, MAINTENON.

Trim the cutlets as in the preceding, 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.

## BRAISED CUTLETS.

Trim your mutton from the bones as before, then put it whole into a good braise, let it stew gently until tender, and 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.



## FILLET OF MUTTON.

Choose a very large leg, cut from four to five inches in thickness from the large end, take out the bone, and in its place put a highly savoured forcemeat, flour, and roast it for two hours; 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.

## FILLET OF MUTTON, STEWED.

Cut and stuff as the preceding, 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.

## 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, and let it lie all night; next day trim neatly and braise them, take them out, and when required, glaze them, sauce under them.

## 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 out pieces the size of a shilling, which you will put into some good cooley sauce, in which you may put two or three gherkins. This is dished better in a tin.

## HARICOT MUTTON.

In this dish proceed as before in removing the bones, but leave more fat on, and cut each outlet much thicker; fry them over a quick fire to brown; twelve outlets 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.

## ANOTHER WAY.

Cut into chops the best end of the neck of mutton, fry them a light brown in fat cut from the neck, made boiling hot before the chops are put into it; 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.

#### HASH

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

#### 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.

#### 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., and cover down and simmer for three quarters of an hour; while the bones are stewing, fry an onion brown in a little butter and flour, and 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, and a spoonful of walnut ketchup or any preferred sauce; season it, simmer until the meat is hot through, then dish and serve. A spoonful of curry powder is sometimes added, and is always a palatable addition.

#### IRISH STEW.

Cut a neck of mutton as for the haricot; blanch the chops in water, then put them into another stewpan with four onions cut in slices, put to it a little of your second stock, and 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.

#### CHINA CHILO.

Mince a pint bason of undressed neck or leg of mutton and some of the fat; put two onions, a lettuce, a pint of green peas, a teaspoonful 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.

#### 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, adding four table-spoonfuls of water and two ounces of clarified butter; let them well amalgamate over a slow fire, keeping them stirred for fifteen minutes, then cover down close, and simmer very slowly for two hours; serve it in the centre of boiled rice.

#### MUTTON KEBOBBED.

Procure as lean a loin of mutton as you can, then remove the fat and skin, joint it well, chop some parsley with some sweet herbs very fine, beat it up with the yolk of an egg, adding bread crumbs, cut the loin into chops, and spread the bread crumbs and sweet herbs, &c., well over each chop, which return to its former place, and tie with tape, so that the joint appears whole again; then roast it before a quick fire, and 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.

#### RISSOLES

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

#### MUTTON LIKE VENISON.

A haunch or leg will be the most applicable. The joint should be hung as long 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, but 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.



## TO MAKE A SCOTCH HAGGIS.

Take the stomach of a sheep. The washing and cleansing 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 finely a pound of the suet, and dry in the oven a pound of oatmeal; mix all this well together, season with pepper and salt, a little chopped parsley and 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, and 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.

## 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 fresh or clarified butter, put in the slices of kidney, and fry them; they will brown very quickly, but they must be done on both sides; dredge flour over them, moisten with lemon-juice, and in five minutes the kidneys will be done; lift them out into a very hot dish, around which are laid fried sippets; pour into the gravy two glasses of champagne, give it a boil; throw 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.

## 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.

## LOIN OF MUTTON LIKE VENISON—FRENCH RECEIPT.

Neatly remove the skin from the joint and bone it; 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, and put in a bundle of sweet herbs; stew, turning it frequently; add as it progresses a little gravy, made from the bones; it will take from two hours and a half to three hours.



## 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.

## 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.

## 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, pour it hot over the tongues, and serve.

## IRISH STEW.

Take two or three pounds of the neck of mutton, and 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.

## MUTTON CHOPS, TO STEW.

Put a pound of chops into a stewpan, with cold water enough to cover them, and half a pint over, and an onion; when it is coming to a boil, skim it, cover the pan close, and set it to simmer gently over a very slow fire till the chops are tender; if they have been kept a proper time, they will take about three quarters of an hour. Send up turnips, which may be boiled along with the chops, in a deep dish, with the broth they were stewed in.



## 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. It should be eaten very fresh.

### HOW TO CHOOSE LAMB.

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.

### FORE-QUARTER OF LAMB.

This is the favourite, and indeed the best joint. Do not put it too near the fire at first, and 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, which will take two hours cooking; 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 melt the butter, then remove the shoulder, and lay it on another dish.

### 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.

### TO ROAST A LEG OF LAMB.

The rules laid down for roast 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.

### 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; 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, tastefully lay handsome sprigs of parsley about it; it may, while hot, be garnished with parsley, with thin slices of lemon laid round the dish.

#### LEG OF LAMB.

Take out the bone, 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.

#### A SHOULDER OF LAMB

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

#### 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 with mushroom sauce, or any sauce applicable to lamb will serve except mint sauce, which should not be eaten with this dish.

#### 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, then 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.

#### 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, covering it with fat bacon or ham; then put it into a good braise and let it boil gently for about an hour, and 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, either peas, spinach, purée, turnips, French beans, truffles, or mushrooms.



## 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 stewpan, 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, a few radishes and spring onions.

## TO STEW A BREAST OF LAMB.

Cut it into pieces, pepper and salt well, and stew in sufficient gravy to cover the meat until tender, then thicken the sauce, and pour in a glass of sherry; serve on a dish of stewed mushrooms.

## CHEVEAUX-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 lamb sauces named, or cucumbers.

## 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.

## 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, rinse 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, then dish and serve.

## 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.

#### 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.

#### ANOTHER WAY.

Two or three good throat sweetbreads will make an entrée; blanch them until fit to eat, then 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, endives, sorrel, spinach, or tomato sauce will do.

#### 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.

#### 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.

#### TO STEW SWEETBREADS, RIS DE VEAU.

Make a forcemeat 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, and garnish with lemon in slices.



## SWEETBREADS LARDED, À LA DAUBE.

Blanch and lard them with bacon, and 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.

## 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, mashed potatoes, or spinach.

## 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 in cold water; then take them out and dry them in a cloth, cut longways 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, juice of a lemon, a little white pepper, and salt; do not colour them, but take them up and lay them upon white paper to soak up the grease from them; dish them round upon a tureen, and pour the sauce in the middle of them.

## SWEETBREADS WITH TRUFFLES.

Blanch and trim off the pipes and skin from the under part; then take your small knife, and make a little 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.

## TOAST SWEETBREAD.

Boil sweetbreads, either heart or throat, trim and dry them, then egg and bread-crumbs them, brown them before the fire or in the oven; put good clear gravy under them, and water-cresses, as a garnish.



## SWEETBREAD CUTLETS, CRUMBED AU GRATIN.

Cut the sweetbreads 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.

## SWEETBREAD CUTLETS, GLAZED.

Do these as for the former sauté cutlets, only glaze them a bright colour.

## 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, and 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.

## 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 the 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, and glaze them; sobeise sauce or tomato sauce is good with them, or you may fry them with butter.



## 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. 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. Like veal, it is indigestible, especially when underdone. In roasting or in boiling, ample time should be allowed for the joints. 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.

### HOW TO CHOOSE 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 colour, 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.

### 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, then 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.

#### TO SCALD A SUCKING FIG.

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, then plunge it into a tub of scalding water, letting it remain only half a minute, remove it, and immediately take off the hair; 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 the pig again inside and out, dry it well, and keep it from the air by covering it with a cloth.

#### ROAST FIG.

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, then 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, then you will not break the skin; take out the spit, cut off the ears from the head, 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.

#### 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 finely-chopped apple; mix all together, season with pepper and salt, make an incision by separating the skin from the fat in the under and fillet end of the leg, and place the stuffing there; serve up with apple sauce. The time of roasting will depend upon the size of the leg.



## 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.

## 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, strip the skin off, coat it well with yolk of egg and bread crumbs, and roast for about a quarter of an hour, or until it is thoroughly done.

## 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.

## 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.

## 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.

## 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.



## 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 is as often sent to table boiled as roasted, but the latter is usually preferred. In roasting pork, the skin should be cut lengthways into small strips, but not deep enough to reach the meat.

## 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.

## TO PICKLE PORK.

Dredge it with salt, pounded nearly as fine as flour, then place it upon four sticks crossed upon a dry cold flag-stone, or in an earthenware dish, and 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 saltprunel; 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.

## BOILED PORK—OF ALL KINDS.

The leg you must skin the same as ham, and dish it back part upwards, and glaze it; place a ruffle at the knuckle; use for sauce, sauer kraut, or stewed red cabbage; peas pudding to all pork wher boiled.

## PIG'S CHEEK—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.

## 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.



## 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 shallot, mix it up with only sufficient bread crumbs, put black pepper and salt into the crumbs and herbs, dip each cutlet in clarified butter or melted lard, press the crumbs well upon the cutlets, have a sautépan greased with lard, lay them into it, fry them a nice light brown, take them up and dry them on paper, and dish upon mashed potatoes; use sauce robert, sobiese, tomato, or any other as to palate.

## PORK CUTLETS.

Cut them from a small delicate loin of pork; bone and trim them neatly, and 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.

## 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, and 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.

## 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 each 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 from the loin of a large richly-fed pig, or the inward fat of a small one, one pound of fat. 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 them with grated nutmeg, mace, and cloves, 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.

#### THE UNIVERSITY RECEIPT FOR PORK SAUSAGES.

To a couple of pounds of young lean pork, white, and delicate, put three quarters of a pound of minced beef suet, but 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.

#### SAUCISSES À L'ESPAGNOLE.

Cut into chops the loin of a good-sized pig, bone them, and cut the meat into dice, three quarters of an inch square, keeping the fat and lean separate. 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.

#### 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, and 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, and 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. Another way is to chop the pork as before, only add half the quantity of lean veal, a pound of suet chopped equally fine, have ready the inside of a French roll soaked in milk, season it well with pepper and salt, and mix it all well together.

#### A DIFFERENT WAY TO A DIFFERENT PALATE.

Chop pork as before, and an equal quantity of fat and 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, and season with white pepper and salt; either put them in skins or roll them and fry them as above.

#### 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, well cleaned, 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 well hot or cold.

#### WHITE SAUSAGES.

Have ready some well-dried oatmeal, two or three finely-chopped onions to boil in milk, 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.

#### SAUCISSES AUX CHATAIGNES—STEWED SAUSAGE MEAT, WITH CHESNUTS.

Take twenty or thirty sound chesnuts, 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 chesnuts. Let them stew slowly three-quarters of an hour; then dish them, arranging the sausage-meat and chesnuts in the same manner as in the stewpan; pour the gravy over them, removing the faggot of herbs first, and serve.

#### TO COLLAR A PIG'S HEAD.

Clean thoroughly and put it in pickle for a week; then take out the bones carefully, turn the upper part of one cheek to the snout of the other, 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.

#### 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, some finely chopped or pounded sage, and a small piece of butter; fry them, or brown them, before the fire; serve with the head.

#### 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 gently an hour and a-quarter; serve with vegetables.

#### PETTITOEES.

Put them in just sufficient water to cover them, add the heart and liver, boil them ten minutes, then take out the liver and heart, and mince them small, return them to the feet, and stew until quite tender; thicken with flour and butter, season with pepper and salt, and serve up with sippets of plain or toasted bread; make a pyramid of the minced heart and liver, and lay the feet round them. When pettitoes are fried, they should be first boiled, then dipped in butter, and fried a light brown.

#### PIG'S 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, then strain off the gravy, and thicken with flour and butter, adding two spoonfuls of vinegar, or one dessert-spoonful of lemon pickle; serve it up with the feet.

#### PIG'S FEET AND EARS, FRIED.

They must be well cleaned, boiled 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.

#### PIG'S 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, water, and mustard, just boiled up, and put into the dish.

#### COCHON DE LAIT EN BLANQUETTE, ENTRÉE.

Dress this the same as Blanquette de Veau.

#### 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 bason, closely covered with a cloth for five hours, scrape it into powder, and mix it with the suet, also two small onions boiled and chopped fine, and season well with white pepper and salt; a small quantity of thyme and marjoram 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.

#### 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, then drain, and add them to the blood, with a pound of suet, a little pounded nutmeg, some mace, cloves, 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.



## 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; then add a little more rice boiled in milk, 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, and boil them a quarter of an hour, then take them out, and lay them on some new clean straw, until cold, after which, 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 or broil them.

## LARD.—TO MELT LARD.

Take the inner fat of a newly-killed pig, and strip off the skin completely and carefully, then slice the fat, 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; there 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.

## TO CHOOSE 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 with grease, and the scent disagreeable, it is bad. A good ham will present an agreeable smell when the knife is withdrawn.

## HAMS—BOILED.

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; it should be put in sufficient water to cover it, 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, as it prevents the ham when cold becoming dry; spread over the ham bread raspings, and garnish the dish with sliced boiled carrots.



## 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, 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 having 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 wine vinegar, and hung up to dry.

## TO CURE HAMS.

Pound some bay salt, saltpetre, 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; then let them lie in the brine for another week, until all is 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.

## TONGUES.

You will first lay in salt, then use the same hot preparations as in the preceding, daily; about ten days will do for the tongues; sheep's tongues may be done the same way, but in less time.

## ANOTHER RECEIPT TO CURE HAM.

Let the ham hang for three days, sprinkling 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, and pour it hot upon the ham, which turn every day in the pickle for three weeks, then 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.

## 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 thick-



ness. 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 when the ham is hot. If well baked, and not too salt, it will prove of finer flavour than if boiled.

#### 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, and as thin as possible, 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 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. 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 this.

#### TO BRAISE A HAM.

Put the ham into water the night previous to cooking, and next day wash it in warm water, and 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.

#### HAM RASHERS, OR SLICES,

May be toasted, broiled, or fried, and served with spinach and poached eggs, or 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.

#### TO CHOOSE 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, and the rind thin. Rusty bacon has yellow streaks in it.

TO CURE BACON, COBBETT'S RECEIPT.

The two sides that remain, and which are called flitches, 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 flitches must not be sopping in brine, which gives it the sort of vile taste that barrel and sea pork have. 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 not lie too long; twice change the flitches, put that at bottom which was first on the top; 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. It takes a longer time for a thick than a thin fitch; and longer in dry than in damp weather, or, 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 well ventilated; 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, or coal. As to the time required to smoke a fitch, it depends 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 farmhouse 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 fitch 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 fromoppers, sift fine some clean and dry wood ashes. Put some at the bottom of a box or chest, long enough to hold a fitch of bacon. Lay in one fitch, and then put in more ashes, then another fitch, 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.

For simple general rules, these 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.

#### 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, the fatter the better, and 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, then hang it to dry, but not to be smoked.

#### 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.

#### 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.

#### BACON, TO MAKE.

Rub the flitches 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.

#### 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, adding salt and spice, and serve very hot; place your sausages and cabbage round your dish, and the bacon in the middle.



## 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, taking 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.

## BACON FRAZE.

Beat eight eggs into a batter, with a little cream and flour, fry some thin slices of bacon and dip them in it, then lay the bacon in a fryingpan, and 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.

## BACON GAMMON, TO BAKE.

Take a gammon of bacon, lay it to soak all night, then scrape it clean, and stuff it with thyme, sage, savoury, sweet marjoram, pennyroyal, strawberry leaves, violet leaves, and fennel; chop these and mix them with the yolks of hard eggs, pepper, and nutmeg, then boil till tender; when it is cold, pare the under side, pull off the skin, season it with pepper and nutmeg, put it in a paste, and bake with whole cloves and slices of raw bacon laid over it, and butter.

## BACON TOAST.

Cut some thin slices of bread, about two or three inches long, and 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.

## BACON TOAST.

Cut off the ends of a stale French brick loaf, 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.



## POTTED MEATS.

## BEEF POTTED.

Take three pounds of lean beef, salt it two or three days with half a pound of salt and half an ounce of saltpetre, divide it into pieces of a pound each, and put it into an earthen pan just large enough to contain it; pour in half a pint of water, cover it close with paste, and set it in a slow oven for four hours. When taken from the oven, pour the gravy from it into a bason, shred the meat fine, moisten it with the gravy poured from the meat, and pound it thoroughly in a marble mortar, with fresh butter, until it becomes a fine paste; season it with black pepper and allspice, pounded cloves, or nutmeg grated; put it in pots, press it down as close as possible, place a weight on it, and let it stand all night; next day, when quite cold, cover it a quarter of an inch thick with clarified butter, and tie it over with paper.

## BEEF POTTED.

Take some lean beef, rub it with salt and saltpetre, and let it lie three or four days; then cut in pieces, and boil it; then beat it to a powder, mixing with it some fat, and spice, put it in pots, and pour butter over it.

## BEEF POTTED LIKE VENISON.

Take a whole thin flank of beef, pull off the inward skin, and cut it across and across, particularly in the thickest parts, and lay it for six hours in pump water; then take as much saltpetre as the quantity of an egg, mix with about two pounds of white salt, and rub it well into the meat; then sprinkle upon it nearly a pint of wine vinegar, and let it lie for three or four days, turning and rubbing it once a-day; then rinse it out of the brine with a pint of claret, and season it with cloves, mace, nutmeg, white and Jamaica pepper, of each a quarter of an ounce, bake all with savory, thyme, sage, and the rind of a lemon shred together, and then well rubbed into the cuts and slashes on the inside; then bind it up with tape, and lay it in a long pot; put in the claret, place the skins at the top to save it, then bake it.

## BIRDS POTTED—HOW TO PRESERVE WHEN THEY BEGIN TO GROW OLD.

When birds are sent a long way they often smell, from the rankness of the butter, so bad that they can hardly be borne, but by doing



them in the following way, they will be as if only fresh done :—Set a large saucepan of clean water on the fire, when it boils, take off the butter at the top, then take the fowls one by one, throw them in the saucepan of water half a minute, take one out and dry it well inside and out, and do so till they are all done ; scald your pot clean ; when the birds are quite cold, season with mace, pepper, and salt, according to taste, put them down close in a pot, covering them with clarified butter.

#### CHAR POTTED.

Cleanse them, cut off their fins, tails, and heads, and lay them in rows in a long baking-pan ; first season them with pepper, salt, and mace : when done, let them stand till cold, pot them, and pour clarified butter over them.

#### CHEESE POTTED.

Take three pounds of Cheshire cheese, and half a pound of the best butter, beat in a mortar, a large glass of sack, half an ounce of mace beaten and sifted, mix it well, pot it, and pour clarified butter over it.

#### CHICKEN AND HAM POTTED.

Season some pieces of chicken with mace, cloves, and pepper, and bake it for about two hours in a close covered pan, with some water ; then pound them quite small, moistening either with melted butter or the liquor that they are baked in, pound some, and put this with the chicken in alternate layers, in pots or pans ; press them down tight, and cover them with butter.

#### GAME OF ALL KINDS.

Any dressed game you may have in your larder. Pound well in your mortar all the tender meat, free from skin and bone ; add to it some pounded mace, allspice, cayenne pepper, salt, and white pepper, a few grains of powdered sugar, and an equal quantity, if you have it, of good fat ham. When well pounded, rub it through a wire sieve ; if you have no ham, use an equal quantity of butter instead ; mix it well up again, and place it tightly in earthen shapes ; cover each jar over with clarified butter or lard ; turn out with warm water ; when required either for breakfast or luncheon, or a second course, dish in or on aspic, and garnish with fresh parsley.

#### LOBSTERS POTTED.

Take out the meat as whole as you can, split the tail, and remove the gut, if the inside is not watery add it, and season with mace, nutmeg, white pepper, salt, and one or two cloves in the finest powder ; put a little butter at the bottom of the pan, and the lobsters smooth over it, with bay leaves between, and bake it gently. When



done, pour the whole on the bottom of a sieve, and with a fork lay the pieces into potting jars, some of each sort, with the seasoning about it; when cold, pour clarified butter over it, but if not, it will be good the day after it is done, and if seasoned high and thickly covered with butter, will keep some time. Potted lobsters may be used cold, or as fricasee with cream sauce.

## PARTRIDGE POTTED.

Let your partridges be cleaned, and seasoned with mace, allspice, white pepper, and powdered salt; rub every part well, then lay them in a stewpan, breast downwards, packing the birds as close as possible; put plenty of butter over them, cover the pan with a coarse flour paste, and a paper over that, closely down, and bake; when cold, put the birds into pots, and cover them with butter.

## PIGEONS POTTED.

Be careful that they are fresh, then clean and season them with salt and pepper, and lay them close together in a small deep pan, for the closer they are put the less butter they will take. Cover them with butter, tie them over with a thin paper, and bake them; when cold, put them to dry in pots that will hold two or three in each, and pour butter over them, using that which was baked; mind the butter should be thick over them; if they are done for keeping, the pigeons would lie closer and want less butter if they are boned and put into the pot in an oval form. They may be stuffed with forcemeat, made with veal and bacon, &c., and they will eat very well. If a high seasoning is preferred, add more allspice, and a little cayenne pepper, before baking.

## SHRIMPS POTTED.

Let them be nicely boiled, then pick them out of the shells, and season them well with pepper and salt, and a little mace; put them closely together in a pot, and set them for about ten minutes in a slack oven, and when cold pour over clarified butter.

## SMELTS POTTED.

Draw out the inside, season with salt, mace pounded, and pepper, lay them in a pan with butter on the top, and bake them; when nearly cold, take them out, lay them on a cloth, put them into pots, clear off the butter from the gravy, clarify, and pour it over them.

## VEAL POTTED.

Take part of a knuckle of veal that has been stewed, bake it for the purpose, beat it to a paste, with butter, salt, white pepper, and mace pounded, pot it, and pour clarified butter over.



## VEAL POTTED.

Take one pound of lean veal, put it into a stewpan with two ounces of fresh butter, the juice of a lemon, pepper, salt, sifted mace, a bay leaf, allspice, cloves, nutmeg, cinnamon, and mushroom powder (a small quantity of each), a little thyme, savory, and a couple of shalots, chopped fine; stew them ten minutes, then pound them, add a pound of the mellow part of a boiled tongue beaten to a paste, and half a pound of cold fresh butter; mix all well together, with two eggs, well beaten, then press the mixture down tight in small pots, cover them with paper, and put them into a moderate oven, bake twenty minutes, then pour over them clarified butter.

## VENISON POTTED.

Put the venison into a pan, and pour red wine over it, cover it with a pound of butter, put a paste over the pan, and set it in the oven to bake. When done, take the meat out of the gravy, beat it well with the butter that has risen to the top, adding more if necessary, season with pepper, salt, and mace pounded, put into pots, set them in the oven for a few minutes, then take them out; when cold, cover with clarified butter.

## WOODCOCKS POTTED.

They are done in the same manner as pigeons.



ELLEGANT DESIGN FOR A PAIR OF SALT CELLARS.



## POULTRY.



THE best sort of poultry 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 you 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.

### 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 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.



## 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; rasp the same weight of the 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. Chesnuts dressed in the same fashion are found an excellent substitute for truffles. Two hours will roast it.

## ROAST TURKEY.

Stuff it with veal stuffing, with or without truffles; if the latter, chop and pound them, 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. Chesnuts should be used raw; pare and pound them, and roast at a slow fire, covered with buttered paper.

## TURKEY BOILED.

A hen bird is considered the best. It may be stuffed with truffles, chesnuts, 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, removing the scum frequently. Serve with white sauce, or parsley and butter; the latter is now scarcely ever brought to table.

## TURKEY, WITH SAUSAGE MEAT AND TONGUE.

Bone the turkey, then fill the inside with sausage meat, with or without tongue; if with it, it 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 for boiling, cover it with fat bacon and slices of lemon tied in a cloth, pouring whatever sauce you propose over the turkey.

## TURKEY HASHED.

Cut up the remains of a roasted turkey, put it into a stewpan with half a gill of sherry, 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 all together.

#### 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, and 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.

#### 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.

#### 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 remoulade sauce.

#### 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, adding a little lemon juice to the mince, which pour into the dish, and serve.

#### TURKEY POULT

Should be roasted without stuffing; it will be done with a clear fire in twenty minutes. Serve with bread or gravy sauce.

#### 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.

#### 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 a little fresh butter and cream, 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.

#### 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, and sent to table with no other accompaniment than a good brown gravy, and apple or sorrel sauce.

#### GREEN GOOSE, OR YOUNG AND OLD GEESE.

Ducklings and green geese are roasted without any stuffing, but a goose requires stuffing; boil some sage, onions, and apples, then chop all fine together, with a little pepper and salt, a little mustard, juice of lemon, a few bread crumbs, and bind all together with a little good stock, or milk, or butter; apple sauce in a boat.

#### 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 geese, using perhaps a little more bread for the sake of mildness; roast them before a brisk fire, but not too close, and baste very frequently; they will take from half an hour to an hour, according to the age and size; when the breast plumps, they will be just done; serve them with a rich brown gravy.

#### TO BOIL DUCKS.

Clean and pluck them, taking care that 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.

#### TO STEW DUCKS.

There is a difference between *a* stewed duck and stewed 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, 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, then 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.

#### 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, and as the scum rises remove it; season with salt and cayenne, and let them stew gently three quarters of an hour, mixing smoothly two tea-spoonfuls of fine ground rice, with a glass of port, which stir into the gravy, and let it have seven or eight minutes to amalgamate with it, then dish and send to table very hot.

#### 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.

#### 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, at the last minute, over your ducks; the remainder left of these birds the next day makes excellent salmi or hash, taking care of all the gravy that may remain.



## 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.

## 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, adding flour and salt before you take it from the fire. If approved of, stuff the fowl with some good sausage-meat, truffles, or chesnuts.

## 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.

## 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, and garnished with coloured calf's foot jelly of the hue of beetroot.

## 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.

## 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, then strain, and add a cupful of good rich gravy with a spoonful of Harvey's or mushroom sauce, let it simmer half an hour, then serve with the fowl in the sauce.

#### 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, and serve mushroom sauce; it is an admirable breakfast dish when a journey is to be performed.

#### 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; break the bones of the body, and put all into a stewpan with a pint of water, a small fagot of sweet herbs, one carrot sliced, and an onion; let it stew an hour and three quarters, or two hours, then 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, and 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.

#### 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, and broil gently.

#### 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 to roast.

#### 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, adding a little butter and flour to colour; the liquor from the jar will serve to moisten it; also add a few mushrooms, chopped parsley, a handful of spring onions cut small, sorrel, a bay leaf, a clove, and a little seasoning, then let it stew, occasionally skimming it until done, take away the herbs, thicken the sauce with cream, squeeze in lemon juice, and pour the sauce over the fowl when dished. Be careful that it does not boil while stewing, or the fowl will be spoiled.

#### MADE DISHES OF POULTRY—FOWL À LA PROVENÇAL.

Partly roast the fowl, cut it up, detach 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, 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.

#### FOWL À LA BÉCHEMEL.

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, shalot, and a little piece of mushroom chopped, boil all this together, keeping it quite thick, and scraping out anything remaining in the inside of the fowl; after seasoning 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, then 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.

#### AN INDIAN PILAU.

Truss a fowl as for boiling, pass it a few minutes in the oven, raising it up with 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, adding 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, and do not let the rice get mashed; season with cayenne pepper and salt, putting all the rice and liquor round the fowl. You can use rabbits, chickens, quails, or veal, instead of fowl, the same way.

#### GRAVY FOR A FOWL WHEN THERE IS NO MEAT TO MAKE IT.

Nicely wash the feet of a fowl, cut them and the neck into small pieces, and simmer them with a little browned bread, a slice of onion, a bit of parsley, 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.

#### 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.

#### 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.

#### 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.

#### 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, and 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.



## 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, then add a spoonful of curry powder and flour rubbed smooth with a lump of butter; a quarter of a pint of cream, with a little salt, may also be added twenty minutes before serving: squeeze a little lemon into the dish, and put an edging of rice round it.

## 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, and 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.

## 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, and 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.

## FRIED CHICKEN À LA MALABAR.

The Indian receipts for carving chicken are very numerous, we select the following as the best. 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 gives them a better appearance; when they have 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.

#### 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 crumbs of bread soaked in milk, and well seasoned. They are sometimes stuffed with truffles, or chesnuts 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?

#### ROASTED PIGEONS.

Let your pigeons be picked clean and washed, then stuff the whole inside of them with fine veal stuffing, if preferred; if not, merely a few bread crumbs and parsley, pepper and salt.

#### PIGEONS—BROILED.

Split the backs, season them highly, lay them over a clear brisk fire, and serve with mushroom sauce.

#### 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.

#### PIGEONS STEWED.

Take a white cabbage, cut it as for pickling, then rinse it in clear cold water, drain it well, and 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; then 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.

#### 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.



## 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-crumble 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.

## COMPÔTE OF PIGEONS.

Blanch four pigeons, then stuff them, and 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.

## 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, as it prevents anything like scum or dirt sweeping through the strainer. Put the jelly rough over and round the pigeons.

## PIGEONS OR ANY BIRD IN ASPIC JELLY.

Get three pigeons, take out the bones, leaving on the neck and head, fill the birds with some forcemeat, making it the shape of the bird, cover them with fat bacon, put them on a dish, and place them in the oven until done, then 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, but never use anything that is injurious to health; set it to get stiff, and turn out with warm water.

#### 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; and put the pigeons into pots, pouring melted butter over them.

#### 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.

#### CHESTNUT STUFFING FOR PIGEONS.

Blanch some chesnuts, then pound them in a mortar with a small quantity of scraped fat bacon, a dust of sugar, pepper, salt, and a few bread crumbs, then stuff the pigeons, covering them with vine leaves.

#### 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-crumbs 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

#### LARKS.

These nice little birds are in season in November. When they are cleaned, gutted, and picked, truss them, do them over with yolk of egg, 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 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.



## LARKS—TO ROAST.

Lard and cover them with bacon, or you may only cover one half with bacon, and lard the other; roast them, leaving under them toasted bread to receive all that falls, and leave in the trails for a side dish; they may be served up a variety of ways.

## WHEATEARS.

You will dress these the same as larks, taking about fifteen minutes to roast.





## GAME, ETC.



## VENISON—THE HAUNCH.

“The observed of all observers,” when venison epicures sit at table; it is a joint, if properly kept, properly cooked, and served hot, must prove delicious to the palate. It should always hang a considerable length of time, for 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; 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, and dredge quickly with flour, to produce a froth. Dish it and serve, but let there be nothing with it in the dish; 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, and removed when the joint is nearly cooked. The above is the simplest and not the least palatable mode of sending it to table.

#### TO CHOOSE 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.

#### TO DRESS VENISON.

All venison for roasting should have a paste made of lard over it; after 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, and 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.

#### TO HASH VENISON.

Carve your venison into thin slices, 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, and let it boil, then put in your venison, making 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.

#### 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.

#### 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, adding two glasses of port, a dessert-spoonful of whole pepper, and the same quantity of allspice. Cover down closely, and simmer until the venison is tender, then take it out and remove the fat, thickening the gravy with flour and butter, and strain it over the meat.

#### 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, if very large, three hours ; it should be served up with venison sauce.

#### 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.

#### PHEASANTS.

They are rarely stuffed, it is more customary to send them to table accompanied by forcemeat in the dish, and in many cases with the simple gravy only ; the real epicure 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, and should be roasted before a clear, not a fierce fire ; it will take forty minutes, but it must not be done too much, yet must not on any account be sent to table underdone.

#### 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; and 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.

#### 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.

#### BLACK COCK—ROASTED.

The birds should be hung until very high, and should be carefully plucked, that the skin may be as little abraded as possible, then drawn, washed, and wiped with a clean cloth, truss as pheasants, baste with butter, roast forty to fifty minutes, and serve on a toast; brown gravy may be sent to table with them. Grey hen is cooked in the same manner.

#### PARTRIDGES

Are cooked as pheasants, but 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; if preferred stuffed, it should be with truffles and bacon.

#### 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.

#### PARTRIDGE—BOILED,

Should be treated as boiled pheasant, stuffed, trussed, and put into boiling water; if a small one, it will be done in ten minutes, if large, a quarter of an hour. Black partridges are considered most fit to boil.

#### PARTRIDGE—BROILED.

Let the partridge hang until longer would make it offensive, then 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, and 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.



## 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, and 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, and 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.

## GROUSE, OR MOOR GAME.

You may use bacon on the breast. Dish them on fried or toasted bread well buttered; if toasted, bread sauce in a boat.

## TO ROAST GROUSE.

Dress the birds as above, and 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.

## 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, but 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 luke-warm 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, for 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.

## 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 shalot, a few crumbs of bread, pepper and salt, a few grains of nutmeg, beat it all well in a mortar with one egg, but 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.

#### JUGGED HARE.

As hares are easily procurable, that of an old large hare is best for jugging. 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, then 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, and remove whatever fat may have accumulated; thicken with flour and butter, and flavour with a glass of port.

#### JUGGED HARE.

If the hare has not been completely roasted, it will be the better for the jugging; cut it into joints, and season with 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, and last of all pour in three parts of a pint of water, two glasses of good old port, 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 round the sides of the dish when it is served.

#### ANOTHER WAY.

Cut up the hare as above, lay the pieces in a stewpan, put in a few cloves, whole allspice, two onions, the rind of half a lemon, a fagot of sweet herbs, some salt, black pepper, and cayenne, and pour in enough cold water to cover it. Let it come to a boil, skim it, then let it simmer until the hare becomes tender; strain off the gravy, thicken it, pour in a glass of port, 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.



## 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.

## FILLETS OF HARE.

Take off the fillets close to the bone, and 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 jugged hare.

## SENIT OF HARE.

Cut the remainder of a hare left from a former day up in nice, even, and small pieces; the turnips boiled down for stock, with a fagot of herbs, a blade of mace, three or four cloves, and 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, and make a rim three inches high of rolled pie-paste into a shape, bake it in the dish in a slow oven, but egg it first; put, when required, the ham and sauce into the rim.

## HARES AND LEVERETS.

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, not forgetting 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.

## 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; *Maliaria pinguescens* of Frisch; *Emberva 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 yellow band springing from the angle of the bill, 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. 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 a-piece. 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 wheatear, which is 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 Gib-



raltar, 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 an altar 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, housekeeper, 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.

#### 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 them 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.



## 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.

## PLOVERS.

These birds must not be drawn, roast them before a brisk fire, but at a distance, and serve on toast with melted butter.

## RUFFS AND REEVES.

Pick and singe them, but do not draw them; envelope them in slices of fat bacon, and they will be done in ten minutes; send them to table with a rich gravy in the dish.

## 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 drippingpan.

## WOODCOCKS AND SNIPES.

Roast them undrawn, serve them upon a toast, and take nothing with them but butter.

## 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.

## 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.

## RABBITS.

Fillet those the same as fillets of hare. 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.

## TO ROAST RABBITS.

The rabbit should hang in its skin from four to five days, as the weather will permit, then skin it, and 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.

#### 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, and the water should be kept free from scum. It is trussed for boiling differently to what it is for roasting.

#### 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, and fry over a clear fire; a quarter of an hour will be enough; serve with a gravy made with the liver of the rabbits and the gravy in which the rabbit is fried when done, pour it into the dish, letting it run under the rabbit.

#### DRESSED RABBIT, FROM THE DAY BEFORE.

Cut it into pieces, and put them into some good white or brown sauce.

#### RABBIT WITH ONIONS.

Truss your rabbit, and lay it in cold water; if for boiling, pour the gravy of onions over it, and if you have a white stock-pot on, boil it in that.

#### 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.



## FRICASSEE, WHITE OR BROWN.

If a fresh rabbit, cut off the joints and the back, and 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 béchemel sauce to it, or if for brown, coolie sauce; season with lemon juice, cayenne pepper, and salt, adding mushrooms if you have them.

## 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, but 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 propose 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.

## 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.



## 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; when the greens sink, they are done, and they should be taken out, and quickly too. It is the skill which French cooks exhibit in contriving 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 talent 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 aliment, and should be made the object of a greater study than they usually are.



CHARTREUSE OF VEGETABLES.

Line a plain mould with bacon; have ready some 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, and fill in the middle with mashed potatoes, cauliflower, spinach, or some veal forcemeat; put it on to steam, turn it out, and put asparagus or mushroom sauce round it.

#### 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, which 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 ends outwards. A good melted butter must accompany it to table. Asparagus should be dressed as soon after it has been cut as practicable.

#### 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 over a slow fire, and 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.

#### 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.

#### ANGELICA.

When the stalks are tender, cut them in lengths of three or four inches, and boil them well in a very little water, keeping them covered; then take them up and peel them, and boil again until a nice green, when take the stalks 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 several days, and then boil the angelica until very green, when take it up on your sieve to drain, and sift well over it some fine pounded sugar; lay it in the sun, or in your hot closet, to dry, if for candying.

#### ARTICHOKES.

Cut away the outside leaves, and make the stalk as even as possible, then 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, and serve with melted butter.

They are better for being kept two or three days.

#### JERUSALEM ARTICHOKES.

Pare them, after being well washed, very smooth, and of some kind of shape; boil them in milk and water, and 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.

#### 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 ends of the leaves at the point, boil them about an hour if not very young, and send melted butter in a boat.



## ARTICHOKE BOTTOMS

Are prepared in a variety of fashions. The best 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 heat 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.

## 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, and 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.

## 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.

## 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 for which 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 is so desirable for them to possess when placed upon the table.

## FRENCH BEANS, TO KEEP.

Gather them, string them, and put them into bottles; if large, cut them; shake the bottle, as the beans may lie close; then 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.

#### FRENCH BEANS À LA FRANÇAISE.

Clean, cut, string, and boil them, drain them well, and then place them in a stewpan without water, and 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.

#### 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, then drain them, dip in butter, and fry them of a light colour; whilst hot, spread sugar over, and glaze them.

#### FRENCH BEANS FRICASSEED.

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, then season, and serve.

#### FRENCH BEANS, SALAD.

Boil them simply, drain them, and let them cool; put them in a dish, and garnish with parsley, pimpernel, and tarragon, and dress like other salads.

#### 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, then stew them in a pint of the water in which the leaves have been boiled, and to which a quarter of a pint of cream has been added; stew until quite tender, then add the beans, and stew five minutes, thickening with butter and flour.

#### 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, which may be made brown by frying the onions brown.



## 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, then add a piece of fresh butter, and stir it constantly till of a proper thickness.

## 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, and send to table with plain melted butter, or parsley and butter. They usually accompany bacon or boiled pork to table.

## HARICOT BEANS.

Take two handfuls of the white beans, and let them lie in boiling water until the skins come off; putting them in cold water as you do them, then take them out, and put them into a stewpan with some good stock, and boil them until nearly to a glaze, then add some good brown sauce to them, shaking them about; season with sugar, salt, and pepper.

## HARICOT ROOTS.

Pare three turnips, and scrape two or three good-coloured carrots, about two dozen button onions, and 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, keeping your roots in water until all is done, then 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, put to them some good brown stock, and boil them until reduced to nearly a glaze; then add some brown sauce to them, sugar, pepper, and salt, but do not stir with a spoon to smash the roots, which should be quite perfect.

## 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, then season with salt and pepper, and send it to table hot. It should accompany roast mutton.

## HARICOTS À LA FRANÇAISE.

Put the haricots into a saucepan with cold water, adding a small piece of butter, and 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.

#### BEEF 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, and throw them in the middle of the dish with the sauce.

#### 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.

#### CABBAGES.

A full grown or summer cabbage should be well and thoroughly washed; before cooking, cut them into four pieces, boil rapidly, with the saucepan uncovered, half an hour; a young cabbage will take only twenty minutes, but it must be boiled very rapidly; a handful of salt should be thrown in the water before the cabbage is put in.

#### 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. Savoy and greens may be boiled in the same manner, but 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, then made hot, and sent to table.

#### CABBAGE, TO KEEP.

Small, close cabbages, laid on a stone floor, before the frost sets in, will blanch and be very fine, after many week's keeping.

#### 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, previously to serving, be boiled a few minutes in water, to take off the scum.

#### CABBAGE RAGOUT.

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, then 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, and serve under any meat you may think proper.

#### 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.

#### 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.

#### TO STEW RED CABBAGE.

Trim and quarter a young cabbage, cut out the stalk, cut it endways 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, and stew over a slow fire for several hours, season it with pepper and salt, add a little good stock or brown sauce, and let it go hot under what it is required for.

#### 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.



## 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.

## CARDOONS

Are dressed in various ways. Boil them until soft, in salt and water, dry them, butter them, and fry a good colour, then serve with melted butter. They are boiled and worked up in a fricassee 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, and thicken with a small lump of butter rolled in flour.

## 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, and melted butter should be sent to table with them.

## 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.

## CHARTREUSE OR 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 béchemel sauce round it.

## 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, with one onion, a fagot 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, salt, and white pepper, glaze the cucumbers several times to be a light brown.

#### 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, then take them out, and place them in a stewpan with an onion, and a fagot 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, and either glaze them or pour the sauce over them.

#### 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, an onion, and a little good stock, and 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 outlets alternately, or anything else you require shred endive for.

#### 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, pour in the peas; keep the saucepan uncovered, and keep them boiling swiftly until tender; they will take about twenty minutes, barely so long, unless older than they should be; drain completely, pour them into the tureen in which they are to be served, and in the centre put a slice of butter, and when it has melted, stir round the peas gently, adding pepper and salt; serve as quickly and as hot as possible.

#### STEWED PEAS.

Take a quart of young fresh-shelled peas, and lay them in a stewpan with two ounces of butter, or three if they should be old, an onion cut in four, a very small sprig of mint, two table-spoonfuls of



gravy, and one tea-spoonful of white sugar: stew gently until they are tender, take out the mint and the onion, thicken with flour and butter, and serve very hot; a lettuce may be chopped up and stewed with them.

#### POIS À LA FRANÇAISE.

Into a pan of cold clear spring water put the eighth of a pound of fresh butter, and the peas newly shelled; if more than a quart, add more butter, work the butter and peas together until the former adheres to the latter, then remove them from the bason, and having well drained them, lay them in a stewpan and stew them in the butter adhering to them only, they require no other moisture; let them stew gently, occasionally moving them about; in rather better than a quarter of an hour, cover them with a thin gravy, or boiling water, but only just cover them, adding a sprinkle of salt, and boil for half an hour; moisten a little white sugar and add it to the peas, thickening with a little butter and flour; shake the peas over the fire for a minute or two, turn them into a very hot dish, and forming them into a pyramid, send them to table. They require no accompanying sauce.

#### HOW TO COOK POTATOES.—TO BOIL POTATOES.

In Ireland potatoes are boiled to perfection; the humblest peasant places his potatoes on his table better cooked than could half the cooks in London, trying their best. Potatoes should always be boiled in their "jackets;" peeling a potato before boiling is offering a premium for water to run through it, and making them waxy and unpalatable; they should be thoroughly washed and put into cold water. In Ireland they always nick a piece of the skin off before they place them in the pot; the water is gradually heated, but never allowed to boil; cold water should be added as soon as the water commences boiling, and it should thus be checked until the potatoes are done, the skins will not then be broken or cracked until the potato is thoroughly done; pour the water off completely, and let the skins be thoroughly dry before peeling.

#### TO BOIL NEW POTATOES.

The sooner the new potatoes are cooked after being dug, the better they will eat; clear off all the loose skins with a coarse towel and cold water; when they are thoroughly clean, put them into scalding water, a quarter of an hour or twenty minutes will be found sufficient to cook them; strain off the water dry, sprinkle a little salt over the potatoes, and send them to table. If very young, melted butter should accompany them.



## POTATOES À LA MAÎTRE D'HÔTEL.

Boil the potatoes ; before they are quite done take them up, place them aside, and let them get cold ; cut them in slices of a moderate thickness ; place in a stewpan a lump of fresh butter, and a teaspoonful of flour ; let the butter boil, and add a tea-cup full of broth ; let it boil, and add the potatoes, which you have covered with parsley, chopped fine, and seasoned with pepper and salt, stew them five minutes, then remove them from the fire ; beat up the yolk of one egg with a table-spoonful of cold water and a little lemon juice. The sauce will set, then dish up the potatoes, and serve.

## ROASTED POTATOES.

Clean thoroughly ; nick a small piece out of the skin, and roast in the oven of the range ; a little butter is sometimes rubbed over the skin to make them crisp.

## BROILED POTATOES.

Rather more than parboil the potatoes ; pare off the skin, flour them and lay them upon a gridiron over a clear fire ; send them to table with cold fresh butter.

## FRIED POTATOES.

Remove the peel from an uncooked potato. After it has been thoroughly washed, cut the potato into thin slices, and lay them in a pan with some fresh butter ; fry gently a clear brown, then lay them one upon the other in a small dish, and send to table as an *entreméts*.

## POTATOES À LA CRÈME.

Boil them, not so much that they will break easily ; cut them into slices of about half an inch, season them with salt and white pepper ; place them in a stewpan with a third part of a pint of béchemel, toss them gently until done enough.

## POTATOES GLAZED.

Boil well ; skin them ; choose the most floury, roll them in yolk of egg, and place them before the fire to brown.

## POTATO RISSOLES.

Boil the potatoes floury ; mash them, seasoning with salt and a little cayenne ; mince parsley very fine, and work up with the potatoes, adding eschalot also chopped small ; bind with yolk of egg, roll into balls, and fry with fresh butter over a clear fire. Meat shred finely, bacon, or ham, may be added.



## POTATO SOUFFLÉ.

Take any number of large potatoes, the less eyes and the firmer the skins the better. Clean them thoroughly, and then bake them; after which cut a round piece, not quite so large as a half-crown, out of each potato, and remove as much of the inside as can be obtained without damage to the skin. Mash the potatoes with cream, adding a little butter, sprinkle over a little salt, and put to it half a pint of good milk; give it all a boil; take the white of three eggs, whip them until they froth, add them to the potatoes while they boil, and then make the potatoes into a paste; return them through the orifice in the skin of the potato until each skin is full; bake them, and serve.

## POTATO RAGOUT.

Mash floury potatoes, make them into balls with yolk of egg, flour, and fry them; drain off all grease, cover them with brown sauce, and serve.

## A PURÉE, OR, SOUP OF POTATOES.

Mash them; after having boiled them quite hot, mix them with some fine white veal gravy, and thicken with cream; it should, when done, be of the consistency of apple sauce.

## TO MASH POTATOES.

Boil the potatoes as above; peel them, and remove all the eyes and lumps; beat them up with butter and salt in a wooden mortar until they are quite smooth; force them into a mould which has been previously floured, turn into a tureen, which the flour will enable you easily to do; brown them before the fire, turning gently so as not to injure the shape, and, when a nice colour, send to table. They are sometimes coated with white of egg, but they may be cooked without.

## POTATO BALLS.

Mash some floury potatoes quite smooth, season with pepper and salt, add fresh butter until sufficiently moist, but not too much so; make into balls, roll them in vermicelli crumbled, or bread crumbs, (in the latter case they may be brushed with the yolk of egg,) and fry them a nice brown. Serve them on a napkin, or round a dish of mashed potatoes which has not been moulded.

## SEAKALE

Requires to be very well done, there is little occasion to fear doing it too much; tie in bundles after washing and trimming, boil it in equal parts of milk and water, and serve it with melted butter.



It may be laid on toast or not, according to taste. After being well boiled, it must be thoroughly drained before laying upon the toast; five and twenty minutes will be found sufficient to boil it.

#### SEAKALE STEWED.

Trim and wash well, tie in bundles, put it in boiling water, into which a handful of salt has been thrown; after having been boiled twelve minutes, lay it to drain, and when free from the water, put it in a stewpan, cover it with a rich gravy, stew until quite tender. It should be sent to table in the gravy.

#### TO DRESS SPANISH ONIONS.

Take off two skins, but be particular in not cutting the stalk or the root of the onion too much away, if you do, when done it will drop to pieces. Take four large onions, put them in a stewpan sufficiently large, so that they may not touch each other, put in a small piece of lean York ham, and a quarter of a pound of salt butter, cover them close, put them on a slow stove or oven, keeping them turned carefully until all sides are properly done; they will take about two hours; then take them up and glaze them, thicken the gravy, and season with pepper and salt.

#### SALSIFY AND SCORZANERA.

Blanch several heads until the skin will peel off, when you have done that, cut them all in equal lengths; if to be done in batter, dry them in bread crumbs; if for sauce, make them hot in a little veal stock, dish them, and pour a good white or brown sauce over them.

#### SPINACH.

The leaves of the spinach should be picked from the stems; it should then be well washed in clean cold water, until the whole of the dirt and grit is removed; three or four waters should be employed, it will not otherwise be got thoroughly clean; let it drain in a sieve, or shake it in a cloth, to remove the clinging water. Place it in a saucepan with boiling water, there should be very little, it will be done in ten minutes; squeeze out the water, chop the spinach finely, seasoning well with pepper and salt; pour three or four large spoonfuls of gravy over it, place it before the fire until much of the moisture has evaporated, and then serve.

#### SPINACH À L'ANGLAISE.

Pick and clean the spinach; put it into a saucepan without water, keep it pressed down until tender; squeeze out the moisture, return it to the saucepan, from which all the liquid should be



removed ; pour on it, as it heats, four large spoonfuls of rich gravy, let all the gravy be absorbed, keep it well stirred ; flavour with pepper and salt ; when it is dry, press it into a mould ; turn it out, and serve as hot as possible.

#### SPINACH RAGOUT.

Having well picked and cleaned the spinach, put it into plenty of boiling water, throw in a small handful of salt, and as soon as it readily separates, it is done enough ; strain off the liquor, put it into fresh water for ten minutes, then strain off the liquor completely, chop the spinach, lay it in a stewpan with a piece of fresh butter, and keep it stirred ; when the butter has been absorbed, as much well-seasoned gravy soup as will make the consistence of cream may be added, with a little grated nutmeg, and then serve.

#### BROILED MUSHROOMS.

Pare some large open mushrooms, leaving the stalks on, paring them to a point ; wash them well, and turn them on the back of a drying sieve to drain. Put into a stewpan two ounces of butter, some chopped parsley, and shalots, then fry them for a minute on the fire ; when melted, place your mushroom stalks upwards on a sautépan, then pour the butter and parsley over all the mushrooms ; pepper and salt them well with black pepper, put them in the oven to broil ; when done, put a little good stock to them, give them a boil, and dish them, pour the liquor over them, adding more gravy, but let it be put in hot ; an hour and a quarter before it is done, add four table-spoonfuls of red wine and the liver ; serve very hot.

#### LETTUCES AND ENDIVES

Are better, I think, only cut into pieces or into quarters, and dished neatly round, but they must be done in some good stock, and not put into thick sauce ; but when you take them out after being done, you will press and form them, then boil down their liquor to a glaze, which will, when added to your already thick sauce, give the desired flavour, glaze the quarters before dishing them, pour the sauce under and round.

#### TURNIPS, WHOLE.

Pare several large turnips, and scoop them out with an iron cutter for the purpose ; throw them in water as you cut them ; when done, blanch them, then strain them off ; if for white sauce, add béchemel to them ; if for brown, brown sauce ; season as before.

#### PURÉE OF TURNIPS.

Pare and cut up several turnips into slices, put them on to boil in milk and water until tender, strain them on the back of a sieve, throw



away the liquor, and rub through the turnips; when done put them into a stewpan with a piece of butter, a spoonful of flour, a gill of cream, a little sugar, salt, and cayenne pepper.

#### TRUFFLES.

The truffle, like the mushroom, is a species of fungus common in France and Italy. It grows about eight or ten inches below the surface of the ground. As it imparts a most delicious flavour, it is much used in cooking. Being dug out of the earth, it requires a great deal of washing and brushing before it can be applied to culinary purposes. When washed, the water should be warm and changed frequently; it loses much of its flavour when dried.

#### TRUFFLES WITH CHAMPAGNE.

Take ten or twelve well-cleaned truffles, put them into a stewpan on rashers of bacon, add a bay leaf, a seasoned bouquet, a little grated bacon, some slices of ham, some stock, and a bottle of champagne; cover them with a piece of buttered paper, put on the lid, and set the stewpan in hot ashes, put fire on the top, and let them stew for an hour; when done drain them on a clean cloth, and serve on a folded napkin.

#### TRUFFLES, TOURTE OF.

Take two pounds of fine truffles, wash, and pick them into a stewpan with six thin slices of ham, a very little carrot, a sliced onion, a bay leaf, sweet herbs in powder, salt, and champagne; lay rashers of bacon over the whole, and stew them to nearly a jelly; when cold, put the truffles into a crust with all the seasoning, bake the tourte, and serve as usual.

#### TO KEEP TRUFFLES.

After opening a fresh bottle and not requiring them all, return them into the bottle, filling up the bottle with some boiled sherry, cork them down until wanted again.

#### MORELS.

The morel is a kind of mushroom, and usually dressed in the same manner; for a ragoût or garnish they are prepared as follows:—take the largest morels, take off their stalks and split them in two or three pieces, wash and put them into a bason of warm water, to free them from the sand and earth, then blanch and drain, and put them into a stewpan with a piece of butter and lemon-juice, give them a turn and moisten with white or brown sauce.

#### MORELS IN GRAVY.

Cut, wash and drain your morels, put them into a saucepan with salt, oil, and pepper, let them boil for half an hour, then add some



veal gravy and a little wine, and simmer them till sufficiently done; serve them with the sauce; if the latter be too thick squeeze lemon-juice in it.

#### MORELS TO KEEP.

They should be dried slowly, put in paper bags, and kept in a dry place.

#### SIDNEY SMITH'S RECEIPT FOR SALAD.

Two large potatoes, passed through kitchen sieve,  
Unwonted softness to the salad give,  
Of mordant mustard add a single spoon—  
Distrust the condiment which bites so soon;  
But deem it not, thou man of herbs, a fault  
To add a double quantity of salt;  
Three times the spoon with oil of Lucca crown,  
And once with vinegar, procured from town.  
True flavour needs it, and your poet begs  
The pounded yellow of two well-boiled eggs.  
Let onion atoms lurk within the bowl,  
And, scarce suspected, animate the whole;  
And, lastly, on the flavoured compound toss  
A magic teaspoon of anchovy sauce.  
Then, though green turtle fail, though venison's tough,  
And ham and turkeys are not boiled enough,  
Serenely full the Epicure may say,—  
Fate cannot harm me—I have dined to day!

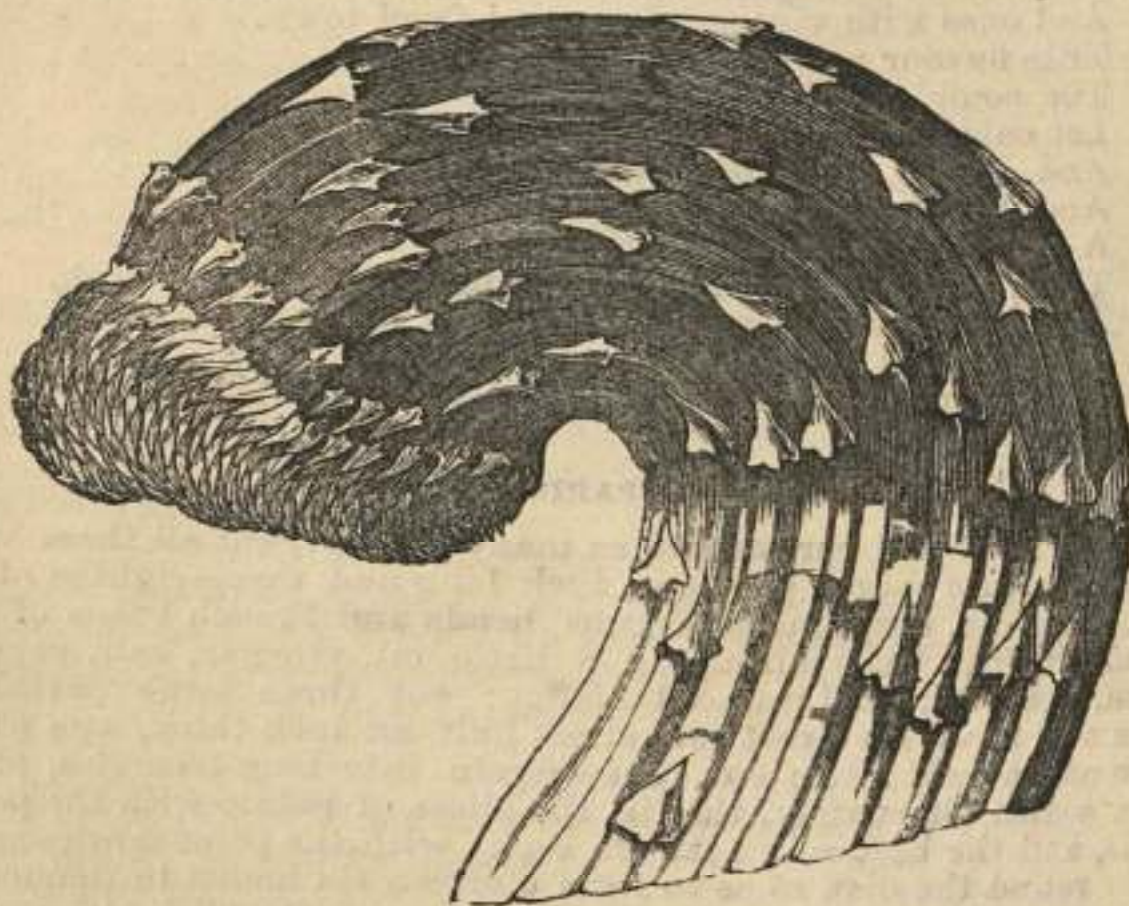
#### SALAD PARISIAN.

Take five very red carrots and as many turnips, cut all these with a root-cutter into round pieces an inch long and three-eighths of an inch in diameter, cut some asparagus heads and French beans of the same length, toss them all up in a little oil, vinegar, salt, pepper, tarragon, chervil, and minced shallot; cut three large parboiled potatoes and a red beet-root into slices half an inch thick, one wide, and two and a half long; cut these again into long triangles, place them on a dish alternately, that is, the slices of potato with the point upwards, and the beet-root between each, with the point downwards, set them round the dish so as to form a crown six inches in diameter. To give it consistence pour over the bottom of the dish some aspic jelly, and put it on ice to set it; then take thirty champignons, pierce the centre of each, and in these holes stick asparagus heads, French beans, carrots, or beet-root, all cut into round pieces an inch and a half long; dip the champignons into the aspic jelly a little set, and place them alternately on the beet-root; when all are done pour your macédoine of carrots into the crown, mask it lightly with a white magnonnaise in the centre, fix a fine lettuce heart, with hearts cut in halves or quarters, and serve your salad.



## SALAD.

Take one or two lettuces, split them in two, thoroughly wash them, and drain the water from them, cut them into small pieces, and mix them with small salad, celery, and beet-root; cut also in small pieces some young radishes, and sliced cucumber, and an egg boiled hard, and garnish about them. Make a sauce with the yolks of two eggs boiled hard, which rub well together in a bason with a wooden spoon, adding a little pepper, salt, and mustard; when these are mixed to a smooth paste, put in a few tea-spoonfuls of sweet oil, mixing it well between each spoonful; then mix in a few tea-spoonfuls of vinegar in the same manner; when the sauce is mixed according to the directions, it will never require shaking, and will always look like cream; pour this sauce over the salad, or serve it in a cruet.



HEAD OF A GIGANTIC ASPARAGUS.



PASTE, MEAT PIES, FISH PIES, PUDDINGS,  
TARTS, TARTLETS, PUFFS, ETC.



OBSERVATIONS UPON PIES.

There are few articles of cookery more generally admired than a good looking and a relishing pie; it may be made of a variety of things, and is at all times much liked. In the hall dinners, some are best eaten when cold, and in that case you should not put any suet in the forcemeat you use with them; should the pie be made of meat that requires more dressing to make it tender than the baking of the crust will allow, or should you wish to send it up in a raised pie form, respect the following observations: take four pounds of the veiny piece of beef that has fat and lean, first wash it, put it in a stewpan, seasoning it with pepper, ground mace, and allspice, pepper



and salt, and stand it on a very slow fire; let a piece of butter be put at the bottom of the stewpan, which should only just hold it, and cover it over, keep it simmering in its own gravy until it begins to sink down in the stewpan, then add a little more seasoning, some forcemeat, and hard-boiled eggs, and if you mean it for a pie dish, add a little gravy in the dish; but if to be in a raised crust, do not put gravy now; but when cold, and your stock of a strong jelly, put the forcemeat at the bottom, and middle, and top. Heating the oven properly is of great consequence in baking; puff paste requires a quick oven, but then if too quick, it will catch and not rise, and if too slow, it will be soddened, not rise, and want colour.

#### RAISED CRUST FOR STANDING PIES.

Boil water with a little lard, dripping, or butter; while it is hot, with a spoon stir in as much flour as you require, making the paste as stiff as you can; work it until very smooth, then dry the hot stewpan, put your paste into it, and cover it; let it lie some time that it may get quite cold, then commence your pie. If you cannot raise a pie by your hands into a good shape, you must butter a tin shape, which is made for these occasions, and press it to the sides of the tin, and bake it in the tin, but as it will not cover with the tin, take it off when done and egg it, and put it again into the oven to get a good colour. If you have not a mould you must build your pie; roll your paste of the thickness to stand, and cut out the top and the bottom, then roll out a long piece for the sides, which cement to the bottom with egg, bringing the former rather further out, then stick them both together with egg, then fill your pie, and put on the cover, pinching the edges together; egg it all over, ornament the top and sides with the remaining paste, bake it in a slow oven, and fill in good gravy before it gets cold.

#### PUFF PASTE FOR PATTIES, OR FIRST COURSE DISHES.

One pound of butter, salt or fresh, and one pound of flour, will make a good dish of patty cases, or a large case for a vol-au-vent, and the remainder into a good dish of second course pastry.

Put your flour upon your board, work finely in with your hands lightly a quarter of the butter, then add water sufficient to make it the stiffness or softness of the remaining butter; each should be the same substance; work it up smooth, then roll it out longways half an inch thick; and place the remainder of the butter cut in slices half way on the paste; dust flour lightly over it, and double it up; press it down with your rolling-pin, let it lie a few minutes, then roll it three times thinner each time, letting it lie a few minutes between each roll, keeping it free from sticking to the board or rolling-pin. This paste is ready for patty-cases, or vol-au-vent, or meat pies.



## SECOND COURSE PASTE.

The paste you have left roll it up together, then roll it a quarter of an inch thick, dotting it all over with pieces of butter little larger than a nut, half an inch apart; double up your paste endways, then roll it out particularly thin twice, flouring it well each time; when done you can make from this a variety of second course pastry, sprinkling sugar over them when nearly done, holding a red hot shovel or salamander over them to glaze them.

## PASTE FOR BORDERS OF DISHES.

Six or eight yolks of eggs, a few drops of water, a little salt, keep mixing in flour until so stiff that you can scarce work it, then beat it and work quite smooth, keeping it in the moist until you require it; then roll it out quite thin, and cut out your patterns, placing upon your dishes before it gets too dry, dipping them on the bottom. Edge in white of eggs.

## GUM PASTE.

Put some gum dragon into a bason with warm water enough to cover one inch above the gum, and set this in a warm closet for four and twenty hours; have a new tammy ready laid over a dish, spread it on it, and squeeze through as much as you can at first, then open the tammy, then spread the gum out again, and then squeeze it; repeat this till the gum is through, then lay it on the slab, work it well with your hands, put in the juice of lemon, and add a pound of double-refined sugar by degrees as you work it, but before you have put in the whole of the sugar, put in some of the best starch powder; blend them well together till the paste begins to make an impression, then roll it in a cloth, and let it lie in a damp place for a week; work it with powder, and it will cut and mould to any shape. When you want to harden it, set it in the cool, and when you want to colour it, for red, use cochineal; or carmine for blue; for violet, use indigo; for yellow, saffron; for green, beet leaves; scald over the fire, and the thick part mix with the paste.

## GUM PASTE OF GUM DRAGON.

Put your gum to soak all night, the next day twist it through a clean coarse cloth, and mix in equal quantity of starch powder; mix well, and very stiff, in your mortar.

## GENOESE PASTE.

The same weight of sugar, butter, flour, and eggs, the grating of a lemon, a pinch of salt, work all this together, adding half a glass of brandy, a quarter of a pound of ground sweet almonds, and a few



bitter ones ; then spread the paste on a baking sheet quite smooth and even, and put it in the oven ; when it is set, cut it into any shape you may fancy, return it again into the oven, and brown it on both sides. Dish on a napkin.

#### FANCY PASTRY.

Use some fancy cutter, and use the second paste as before, cutting each piece a quarter of an inch thick, then egg them and glaze them, and bake them a light brown : when cold, put different coloured sweet-meats, such as apple jelly and red currant jelly, into devices upon the top of each piece, and dish them upon a napkin.

#### SANDWICH PASTRY.

The prepared second paste you will cut into lengths about three inches and a half or quarter thick, lay each piece on its side upon the baking sheet without paper, an inch apart ; it will take twenty-four pieces to make a dish. When half baked, cover each piece thickly over with sifted sugar, and return them to the oven until getting a little coloured, then take them out, and hold the red-hot shovel at a distance over them until they are a beautiful gloss, when they may be taken off upon paper on a dish ; spread one piece with some sort of jam, then place the other cup on it until all is done, and dish them on a napkin round.

#### SWEET OR BISCUIT CRUST.

Put half a pound of flour on your board, put into it two yolks of eggs, mix this all up that you cannot see the egg, then add a good dessert-spoonful of fine sifted sugar ; work it all well in the flour, then work in about two ounces of butter, and mix a little water or milk sufficient to make a stiff paste. Beat it with your rolling-pin well, and work it well with your hands until quite smooth ; roll half a quarter of an inch thickness, for your tarts, either for slip tarts or covered ; glaze the covered tarts either before going into the oven or after ; if first, beat up a little white of egg, spread it on the top of your tart, then cover it with sifted sugar, and gently sprinkle the sugar with water until all is damped, then sugar it again, and bake it in a slow fire ; notch the edge of your tart very fine.

#### APRICOT PIE.

Take eighteen fine apricots, cut them in halves, and take out the stones ; place them in a dish lined with puff paste, add four ounces of powdered sugar, and four ounces of butter lukewarm, then put on the upper crust, glaze with the white of egg, sprinkle sifted sugar all over, and bake in a moderate oven.



## BEEF STEAK PIE.

Take some good steaks, beat them with a rolling-pin, season them with pepper and salt; fill a dish with them, adding as much water as will half fill it, then cover it with a good crust, and bake it well.

## BEEF PIES RAISED WITH TRUFFLES.

Take a small fat rump of beef, bone it, daub it with pieces of fat bacon, put it into a raised crust with light forcemeat, and plenty of green truffles peeled and whole round it; cover it with a crust, garnish, and bake it two hours. Make a sauce with a pint of veal broth, a gill of lemon pickle, a bay leaf, a few chopped shalots, and cayenne pepper, and put in the pie. Two hours afterwards take off the top of the pie, skim the fat from it, glaze the rump, and it will then be ready for table.

## CHICKEN PIE.

Cut up two young fowls with white and cayenne pepper, salt, a little mace, and nutmeg, (if spice is approved of,) all in the finest powder. Put the chicken, slices of ham, or fresh gammon of bacon, forcemeat, and hard eggs by turns in layers; if it is to be baked in a dish put a little water; but none, if in a raised crust. By the time it returns from the oven have ready your gravy; if it is to be eaten hot you may add truffles, morels, mushrooms, &c.; but not, if to be eaten cold. If it is made in a dish, put as much gravy as will fill it; but in a raised crust, the gravy must be nicely strained, and then put in cold as jelly; to make the gravy clear you may give it a boil with the whites of two eggs after taking away the meat, and then run it through a fine lawn sieve. Rabbits, if young and in flesh, do as well. Their legs should be cut short, and the breast bones must not go in, but will help to make the gravy.

## COLD VEAL OR CHICKEN PIE.

Lay a crust into a shallow tart dish, and fill it with the following mixture:—shred cold veal or fowl, and half the quantity of ham, mostly lean, put to it a little cream, season with white and cayenne pepper, salt, a little nutmeg, and a small piece of shalot chopped as fine as possible: cover with crust, and turn it out of the dish when baked, or bake the crust with a piece of bread to keep it hollow, and warm the mince with a little cream, and pour in.

## CALF'S HEAD PIE.

Stew a knuckle of veal till fit for eating, with two onions, a little isinglass, a fagot of sweet herbs, a blade of mace, and a few peppercorns, in three pints of water, keeping the broth for the pie. Take off a little of the meat for forcemeat balls, and let them be used for



the family, but boil the bones until the broth is very good : half boil the head, and cut it into square pieces ; put a layer of ham at the bottom of them, some head, first fat, then lean, with forcemeat balls, and hard-boiled eggs cut in half, and so on till the dish is full ; but be careful not to place the pieces close together, or the pie will be too solid, and there will be no space for the jelly. The meat must be first pretty well seasoned with pepper and salt, and a little nutmeg ; put a little water and a little stock into the dish, and cover it with a thickish crust, then bake it in a slow oven, and when done, pour into it as much gravy as it will possibly hold, and do not cut it till perfectly cold, in doing which, use a very sharp knife, and first cut out a large slice, going down to the bottom of the dish, and when done thus, thinner slices can be cut. The different colours and the clear jelly have a beautiful appearance.

#### DUCK PIE.

Bone a full grown young duck and a fowl, wash them and season with pepper and salt, a little allspice and mace pounded ; put the fowl within the duck, and on the former a calf's tongue pickled red, boiled very tender and peeled ; press the whole close, the skins of the legs should be drawn inward, that the body of the fowl may be quite smooth ; if approved, the space between the sides of the crust may be filled with a fine forcemeat. Bake it in a slow oven, either in a dish or raised pie-crust, ornamented.

#### EEL PIE.

Cut middling size eels into lengths of about three inches ; after skinning them, mix together pepper, salt, a little chopped parsley, and mushrooms ; lay your fish in the dish, with a few bits of butter, a little second stock, and a few drops of essence of anchovies.

#### EGG MINCE PIES.

Take six eggs, boil them hard, then shred them very small ; take twice the quantity of suet, and chop it very fine ; well wash and pick a pound of currants, shred fine the peel of a lemon, add them with the juice, six spoonfuls of sweet wine, mace, nutmeg, sugar, a very small quantity of salt, orange, lemon, and citron, candied. Cover with a very light paste.

#### EGG PIE.

Take the yolks of twelve eggs boiled hard, mince them very small with their weight in beef suet, add some salt beaten, spice, lemon-peel, rose-water, sugar, a quarter of a pound of dates stoned and sliced, a pound of currants, and an apple shred small ; mix all together, fill a dish, and bake it. Serve it with a little mace.



## FISH PIE.

This pie may be made of any fish—salmon, pike, tench, eel, or any other. Scale your fish and cut it into pieces, line your pie-dish with a good crust, put in the fish with a bunch of sweet herbs, a little salt, some bruised spices, and a layer of butter on the top, then put on the crust and bake for an hour and a half; when done, remove the fat and put in a vegetable ragoût made thus:—stir a little butter and flour over the fire until a pale brown, moisten with half a pint of sherry, and some soup maigre, adding a few mushrooms, a little salt, and a bunch of herbs; let it boil half an hour, then add the soft roes of carp parboiled, stew a quarter of an hour, and then put the ragoût into the pies. Any vegetable ragoût may be used.

## GAME PIE.

Cut up your game, and use truffles and whole mushrooms if you have them; the seasonings as before, but no hard-boiled eggs, and add a little port wine with your gravy or stock. If you take the bones from the birds or hare, use some forcemeat as layers instead, as in former pies, veal and steaks, but no eggs; if boned, you will prepare a good stock from the bones, making the pie taste of the very essence of the game, or poultry, or whatever it may consist of.

## GOOSEBERRY PIE.

Make a nice puff paste, line a dish with it, fill with gooseberries, add sugar, cover it, and finish the same as all other pies.

## GIBLET PIE.

Goose giblets. You must boil them just a short time; when cold chop them in small pieces, and cut the gizzard, heart, and liver in slices, stew them for a quarter of an hour in some good stock; when cold, line your dish with veal cutlets, or rump steaks; use hard boiled eggs to this pie, then season up as before; if to go into an imitation raised pie, thicken the giblets; if in a dish, garnish as before.

## GREEN GOOSE PIE.

Bone two young green geese of a good size, but first take away every plug, and singe them nicely, wash them clean, and season them high with salt, pepper, mace, and allspice. Put one inside the other and press them as close as you can, drawing the legs inwards; put a good deal of butter over them, and bake them either with or without crust, if with the latter, a cover to the dish must fit close, to keep in the steam. Gravy jellied may be added when served.



## HARE PIE.

Cut a hare in pieces, season with pepper, salt, nutmegs, and mace; put it into a jar with half a pound of butter, cover down close, and set it in a large saucepan of boiling water; while this is cooking, make a forcemeat thus: take a quarter of a pound of scraped bacon, two onions, a glass of red wine, the crumb of a small loaf, a little sweet marjoram, the liver minced small, season with pepper, salt, and nutmeg, and mix the whole together with the yolks of three eggs; make a raised crust, at the bottom of which lay some of the forcemeat, then some of the hare, cover alternately, until you have used all the hare, then cover in the pie, and bake one hour and a half.

## HERON PIE.

Pick and singe the bird, break the breast bone, and lay the bird in soak for an hour in warm water and salt, shred some onions and sweet herbs very fine, make them into balls with a little butter, pepper and salt them, and add some nutmeg and mace in powder; put some of these into the heron, lard the breast, and lay bacon on the wings; make a raised crust, in which place the bird, with the remainder of the balls round it, squeeze in some lemon-juice, cover the pie, and bake it. When done, raise the top, pour in a little gravy, and let it stand till cold.

## LAMB PIE, SAVOURY.

Cut the lamb into moderate sized pieces, season well with pepper, salt, cloves, mace, and nutmeg; make a good puff paste crust, put the veal into it, and a few lambs' stones and sweetbreads well seasoned, the same as the meat; put in a dozen oysters, some forcemeat balls, some yolks of hard eggs sliced, and tops of asparagus, about two inches long, having first boiled them green; put butter all over the pie, cover on the lid, and bake for one hour and a half in a quick oven. While baking, take a pint of gravy, the oyster liquor, a gill of port wine, and a little grated nutmeg, mix all with the yolks of three eggs well beaten, and put it on the fire in a saucepan; keep stirring the same way all the time; when it boils, pour it into the pie, put on the lid, and serve.

## LARK PIE À LA PITHIVIERS.

Take six dozen larks, pick and singe them, split open the backs, take out the insides and mince them, take a pound and a half of good farce, pound the mince with it, and season and stuff the larks with it. Make a raised crust; at the bottom put a layer of the farce, wrap each lark in a thin slice of ham, place them on it with a bit of butter, cover all with slices of bacon and bay leaves, put on the top crust, and bake the pie for two hours and a half, and then let it stand until cold.



LARK RAISED PIE.

Make a raised crust in the usual way, lay some farce at the bottom of it, place on it some larks boned, fill up the pie with them, cover, and bake it; when it is done, remove the top crust, draw off the fat, pour in a rich ragoût, season highly, and serve open.

LEMON MINCE PIES.

Take a large lemon, squeeze the juice from it, and boil the outside till it becomes soft enough to beat to a mash; put to it three large apples, four ounces of suet, the same of sugar, and half a pound of currants; add the juice of the lemon, and some candied fruit, the same as for other pies. Make a short crust, and fill the patty-pans in the usual way.

LAMB PIE.

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

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

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

MINCE PIES.—(*From the "Family Friend."*)

Take a piece of puff paste, and roll to the thickness of a penny piece; butter the pans lightly; line the pans with the puff paste, and place in the mince meat, made as follows:—Trim and wet the edges of the paste with milk, cover with the paste, trim, press the edges closely, and crimp, prick a hole in the centre of the top, egg, and dust some fine white sugar over. Bake for twenty minutes in a moderate oven. Take seven pounds of currants, well picked and cleaned; of finely-chopped beef suet, the lean of a sirloin of beef minced raw, and finely-chopped apples, (Kentish or golden pippins,) each three and a half pounds; citron, lemon-peel, and orange-peel cut small, each half a pound; fine moist sugar, two pounds; mixed spice, an ounce; the rind of four lemons and four Seville oranges; mix well, and put in a deep pan. Mix a bottle of brandy and white wine, the juice of the oranges and lemons that have been grated, together in a bason; pour half over, and press down tight with the hand, then add the other half, and cover closely. Some families make one year, to use the next.



## MINCE MEAT MADE AT DUNCOMB PARK.

Four pounds of fillet of beef or ox-tongue, four pounds of beef suet, four pounds of sugar, two pounds of apples, three pounds of raisins, all chopped fine; six pounds of currants, well washed, and picked, and dried; the peel of six lemons grated, and the juice; an equal quantity of cloves, cinnamon, nutmegs, and allspice, pounded and sifted fine: an equal quantity of citron, orange, and lemon peel, and a little salt; one pint of brandy, the same of white wine and port, and mix all well together a week before wanted to use.

## MINCE PIES WITHOUT MEAT.

Take of currants, apples chopped fine, moist sugar, and suet well chopped, a pound of each; a quarter of a pound of raisins stoned and chopped small, the juice of four Seville oranges, the juice of two lemons, the rind of one shred fine, nutmeg and mace to suit the palate, and a glass of brandy. Mix all together, put it in a pan, and keep it closely tied up.

## MUTTON PIE.

Cut steaks from a neck or loin of mutton that has hung, beat them, and remove some of the fat, season with salt and pepper, and a little onion; put a little water at the bottom of the dish and a little paste on the edge, then cover with a moderately thick paste, or raise small pies, and break each bone in two to shorten it, season and cover it over, pinching the edge. When they come out of the oven, pour into each a little second stock.

## PARTRIDGE OR PIGEON PIE.

Cover the bottom of your dish with slices of veal and bacon, chop some parsley, onion, and mushroom, and if you have it, truffles; sprinkle it all over the veal. If your birds are boned, season the inside with the same, adding some fine bread crumbs, lay them on the veal, then cover the birds with slices of fat bacon, put in a few spoonfuls of good stock.

## A PERIGORD PIE.

Make a forcemeat, chiefly of green truffles, a small quantity of sweet herbs, parsley, and shalots, and the liver of all game, and some fat livers; fat bacon, a good quantity, a few bread crumbs, pepper and salt, and cayenne pepper, the flesh of wild or tame fowls. Lard the breast of pheasants, partridges, woodcocks, moor-game, or whatever birds you have, add a little more in your seasoning, make a good thick crust to hold all the above ingredients, or a dish will do; line the case with good fresh fat bacon, cover that with forcemeat, then put the different colours of game and fowl upon it with whole green, but pared truffles, then more forcemeat, and so on



until full, but not press them down, let them lie lightly one on the other, or they may not all get sufficiently baked; at the top of all cover with good fat bacon, and over that a common paste crust. Bake it in a slow fire; it will take a long time to soak it well; before cold, add some good jellied stock made from the bones, &c. If you wish for any birds whole in it, they must first be boned and filled with truffles and forcemeat, and kept in the middle, the rest all round them.

## PIGEON PIE.

Make a little batter, and put into it some chopped parsley, lemon thyme, and a few mushrooms; stew for a few minutes in this batter half a dozen young pigeons, with pepper and salt in their insides, turn them, and when they begin to fry, add enough consommé to cover them, in which they must stew until well done, remove them from the fire to cool. Have made in the meanwhile a good puff paste, a portion of which roll out and line the edge of the dish, put in the pigeons with the yolks of four eggs boiled hard, pour over them half the liquor in which they were stewed, season with pepper and salt, and cover with the top crust; ornament according to taste, leaving a hole in the centre; brush it lightly over with egg, and bake it in an oven of a moderate heat; do not let it brown too much. When it is done, you may add a little butter sauce to the remaining half of the liquor in which the pigeons were stewed; make it very hot, and pour it on the pie. Serve hot either as a side dish or as a remove.



## PIE RAISED HOT, À LA FINANCIÈRE.

Make a raised crust of any form you please; line the inside with slices of bacon, and fill it up with beef suet chopped fine; decorate the exterior of the pie to your fancy, dorez, and put in a quick oven for an hour; then take it out, and when it is a little cooled, take out all the contents, half fill it with fowl or game, quenelle, and finish with ragoût of lambs' sweetbreads, cocks' combs, and kidneys, mushrooms, truffles, artichoke bottoms, six cray-fish, some of cray-fish tails, pour in some good espagnole worked up with a fowl consommé, flavoured with truffles, some Rhenish or dry Madeira wine, glaze them lightly, and serve as quickly after it is baked as you can.



## PIE RAISED HOT, RUSSIAN.

Take a salmon and a liver, cut them into scollops, and simmer both, but separately, in some butter, with shred parsley, mushrooms, truffles, shalots, salt, pepper, nutmeg; mince the yolks of a dozen hard eggs. Make a raised crust in the usual manner, put in a layer of rice previously boiled in chicken broth, but cold, as should be all the materials; on this lay some of the scollops of salmon, on which strew a layer of egg, then a layer of liver; strew the egg, then the salmon again, and so on till your pie is full; then pour in the butter and herbs, cover the whole with rice, and finish the pie according to the above directions.

## PORK PIE.

Cut a piece of the loin of pork into chops, remove the rind and bone, cut it into pieces, season well with pepper and salt, cover with puff paste, and bake the pie. When ready to be served, put in some cullis, with the essence of two onions mixed with a little mustard.

## PORK PIES TO EAT COLD.

Raise common boiled crust into either a round or oval form as you choose, have ready the trimmings and small bits of pork cut off when a hog is killed, and if these are not enough, take the meat off the sweet bone, beat it well with a rolling-pin, season with cayenne and white pepper, and salt, and keep the fat and lean separate, put it in layers, quite close up to the top, lay on the lid, cut the edge smooth round and pinch it; bake it in a slow oven, as the meat is very solid.

The pork may be put into a common dish with a very plain crust, and be quite as good; observe to put no bone or water into pork pie, the outside of the pieces will be hard unless they are cut small and pressed close.



RAISED PIE.

Take the bones out of a pheasant, two partridges, one hare, two rabbits; have ready some good forcemeat, with truffles and mushrooms; get a stewpan; and suppose you have the case of your pie, line your stewpan with a thick slice of fat ham, have your birds stuffed with good forcemeat, and truffles, and mushrooms, lay them



alternately, white and brown meat, with a boiled tongue in the middle. After being trimmed and got ready, use your seasoning between each layer as before; when all in, cover it with slices of fat ham, put in a little second stock, cover your stewpan, and put it in a slow oven to stew for two or three hours, until well baked. Before it is cold, place it tightly, as it now is, into the prepared baked raised pie-case, but first remove the hot fat ham, then strain off what remains in the stewpan, take off all the fat, season it a little more, and add a little more good consommé, and boil it down a little with two glasses of port wine, then put it all in by degrees, gently raising the meat with your knife to sink well in amongst the meat, put to get cold, and when cold, put either aspic jelly or consommé on the top.

You can place this all in the earthen or stone imitation pie shape; garnish with parsley, and be sure to press the meat when hot tightly in the dish, that it may cut firm when cold.

#### RAISED PHEASANT PIE, HOT.

Hang two pheasants five days, pick, singe, and cut them up, and parboil them with some sweet herbs, make a raised crust four inches high and seven round, let it incline inwards at the middle all round, so that the top and bottom are wider than the sides; upon the bottom and sides spread a good godiveau or farce, with two truffles minced small, upon this lay the legs and backs of the pheasants, add five truffles cut in half, over these lay the fillets and breast, then another layer of truffles, then other portions of the bird, and continue alternately with truffles, until the whole of the birds are in the pie; pour upon the herbs, &c., in which they were cooked, lay on two bay leaves, and cover with slices of bacon, place a paste over the top ornamented to taste, dorez, i.e., wash over with well-beaten yolk of egg, and put it into a brisk oven; as soon as it is nicely coloured, remove the top, and cut four pieces of paper, nine inches round, put them in the place of the lid of the pie, let it bake an hour and a half, drain off the fat, and pour in an espagnole with some minced truffles; glaze the crust, and serve as quickly after taking from the oven as possible.

#### RABBIT PIE.

Cut into quarters a couple of young rabbits; bruise in a mortar a quarter of a pound of bacon, with the livers of the rabbits, pepper and salt, a little parsley cut small, mace, and two or three leaves of sweet basil; beat them up fine, line your dish with a nice crust, put a layer of the seasoning at the bottom, and then put in the rabbit; pound some more bacon in the mortar, mix it with some fresh butter, lay it over the rabbits, and cover with thin slices of bacon; now put on the paste to form the top, and then place it in the oven. It will take two hours to bake. When done, take off the top of the pie, remove the bacon, skim off the fat, and, if required, add some rich veal or mutton gravy.



## SNIFE PIE.

Bone three snipes, fill them with a light forcemeat, adding the trails and some truffles pounded; put the birds in a deep dish, with a small layer of forcemeat all round; cover with a puff paste, egg it, ornament it to fancy, and put it into the oven. When about three parts done, lift up the lid, pour in some good cullis, a glass and a half of Madeira. Season with cayenne pepper and lemon juice, cover down, and finish baking.

## SQUAB PIE.

Cut apples as for other pies, and lay them in rows with mutton chops, shred onions, and sprinkle it among them, and also some sugar.

## TENCH PIE.

At the bottom of a dish put a layer of butter, grate in some nutmeg, add pepper, salt, and mace; lay in the tench, cover them with butter, pour in two wine-glasses of red wine, or one glass of wine and one of water, cover with a light paste, and when done, pour in some melted butter, enriched with some good gravy.



## VEAL OR CHICKEN AND PARSLEY PIE.

Cut some slices from the leg or neck of veal; if the leg, from about the knuckle. Season them with salt, scald some picked parsley and squeeze it dry, chop it a little, and lay it at the bottom of the dish, then put the meat, &c., in layers; fill the dish with new milk, but not so high as to touch the crust; cover it, and when baked, pour out a little of the milk, and put in half a pint of good scalded cream. Chicken may be cut up, skinned, and made the same way.

## VEAL PIE IN A DISH.

First get all your ingredients ready, namely, hop, parsley, shalots, or onions, mushrooms, pepper and salt, mint, four eggs boiled hard, a little good second stock; now your paste. After you have made patties or any first or second course pastry, the paste that remains will do; be sure to put an edging of paste to your dish; first lay a layer of lean and fat ham, or mild bacon, then sprinkle it over with the prepared ingredients, then a layer of veal, and the fore quarter of one egg, then another layer of ham and parsnips as before, and keep on repeating it until quite full, letting the middle be much higher than the sides; put a little drop of second stock into it, bake it in a slow oven; be sure and cut a hole in the top, and if you like, ornament it with loaves of paste; after egging the top, well notch the edge. Pour some good white stock into it when done and hot.



## PUDDINGS.

### TO MAKE AN ALMOND PUDDING.

Pound in your mortar a quarter of a pound of sweet almonds, add a table-spoonful of water when you are pounding, take it out of the mortar; have ready broken seven eggs, leaving out five of the whites, add a quarter of a pound of sifted sugar, and mix all lightly together; cut in small dice a little candy, orange, and lemon peel, butter and paper a plain mould, or one that will open; bake it in a moderate oven.

### AMBER PUDDING.

Put a pound of butter with three quarters of a pound of powdered sugar into a saucepan; when melted and well mixed add the yolks of fifteen eggs beaten; colour and flavour it with candied orange beaten to a paste. Fill with the above a dish lined with paste, place a crust over, and bake in a slow oven.

### APRICOT PUDDING.

Whip up a pint of milk, or cream, six eggs, four table-spoonfuls of fine flour, a little salt, and a small portion of cinnamon. Rub the apricots through a sieve, and add enough of the pulp to make the whole rather thicker than batter, sweeten, pour it into a buttered bason, and boil an hour and a quarter; serve with melted butter.

### BATTER PUDDING.

Put into a stewpan six spoonfuls of flour, a tea-spoonful of salt, and half a nutmeg grated, mix them with a pint and a half of new milk, and stir in six eggs beaten; pour the batter into a well-buttered bason or mould, tie it tight with a cloth, and boil it two hours and a half. Or it may be baked—three quarters of an hour will be sufficient. Stoned raisins or currants may be added.

### BATTER PUDDING WITHOUT EGGS.

Take six spoonfuls of flour, mix it with a small portion of a quart of milk, then add the remainder of the milk, a tea-spoonful of salt, two tea-spoonfuls of grated ginger, and two of tincture of saffron; mix together well, and boil it an hour. Raisins or currants may be added.



## BARLEY PUDDING.

To a pound of pearl barley well washed add three quarts of new milk, half a pound of double-refined sugar, and a nutmeg grated; then bake it in a deep pan. Remove it from the oven, beat up six eggs, mix well together, pour it into a buttered dish, and bake it again for an hour.

## BEEF STEAK PUDDING.

Beat some steaks with a rolling-pin, season them, and roll them with pieces of fat between—if liked, a little shred onion may be added. Line a bason with a paste of suet, put in the rollers of steak, cover the bason with a crust, press the edges to keep the gravy in, cover with a cloth tied close, and boil the pudding slowly for some length of time.

## BISCUIT PUDDING.

Pour a pint of boiling milk over three Naples biscuits grated; cover it close, and, when cold, add the yolks of four eggs, the whites of two, a small quantity of brandy, half a spoonful of flour, nutmeg, and some sugar. Boil it in a bason for an hour.

## BRANDY PUDDING.

Take some dried cherries or jar-raisins, stoned, and line a mould with them, add some thin slices of French roll, and a layer of ratafias or macaroons, then repeat the layers of fruit, rolls, and cakes, till the mould is full, pouring in at intervals two glasses of brandy. Beat four eggs, whites and yolks separately, add to them a pint of milk or cream slightly sweetened, half a nutmeg, and the rind of half a lemon grated, pour it into the mould, and when it has penetrated the solid, flour a cloth, tie it tight over, and boil an hour. Be careful to keep the mould the right side upwards.

## BREAD PUDDING.

Soak two or three French rolls, cut them into slices in a pint of cream or good milk, add the yolks of six eggs beaten, some sugar, orange flower water, three pounded macaroons, and a glass of white wine; tie it up in a bason or buttered cloth, put the pudding in boiling water, and let it boil for half an hour. Serve with wine sauce.

## BREAD (BROWN) PUDDING.

Take half a pound of stale brown bread, grated, the same quantity of currants and shred suet, and a little nutmeg and sugar, add four eggs, a spoonful of brandy, and two spoonfuls of cream; boil in a bason or cloth full three hours.



## BREAD AND BUTTER PUDDING.

Take a penny loaf, cut it into thin slices of bread and butter, place a layer of them in a buttered dish, sprinkle currants on them, and repeat the layers of bread and butter and currants till the dish is full. Beat up four eggs with a pint of milk, a little salt, nutmeg, and sugar, and pour over the pudding. Cover with a puff paste, and bake it for half an hour.

## CABINET PUDDING.

Put on to boil about a pint of milk, add into it the paring of a lemon free from the white, a piece of cinnamon, four or five cloves, a bay leaf, and sugar till the flavour of all is abstracted; break into a bason a quarter of a pound of ratafia biscuits, and eight or nine sponge biscuits, or some stale savoury cake; then pour upon them some brandy and a little white wine. Break five eggs into it and well mix it, then let the milk cool, strain it to it; butter a plain mould well, and ornament it with dried cherries, steam it as former puddings for an hour and a half; make a good sauce with brandy and wine in it, and a gill of cream, and a little lemon juice.

## CUSTARD PUDDING.

Take a pint of cream, six eggs well beaten, two spoonfuls of flour, half a nutmeg grated, and salt and sugar to taste; mix them together, butter a cloth and pour in the batter, tie it up, put it into a saucepan of boiling water and boil it an hour and a half. Serve with melted butter.

## CHARLOTTE.

Cut a sufficient number of thin slices of white bread to cover the bottom and line the sides of a baking dish, first rubbing it thickly with butter; put thin slices of apples into the dish in layers till the dish is full, strewing butter and sugar between. In the meantime soak as many thin slices of bread as will cover the whole in warm milk, over which place a plate and a weight, to keep the bread close upon the apples; let it bake slowly for three hours; for a middle sized dish you should use half a pound of butter for the whole.



CHARLOTTE À LA RUSSE.

Meringues, with pools of jam.



## CITRON PUDDING.

Take a pint of cream, and the yolks of six eggs, beat them together, add four ounces of sugar, the same of citron shred fine, two spoonfuls of flour, and a little nutmeg. Place this mixture in a deep dish, bake it in a quick oven, and turn it out.

## CURRANT PUDDING.

Take a pound of currants, a pound of suet, five eggs, four spoonfuls of flour, half a nutmeg, a tea-spoonful of ginger, a little powdered sugar, and a little salt. Boil this for three hours.

## CHERRY PUDDING.

Line a well-buttered bason with a paste made of butter, or suet chopped small, rubbed into flour, put in picked cherries, cover the top with a crust, and boil it. Fruit puddings may be boiled in a cloth without a bason.

## CURD PUDDING, BOILED.

Take the curd of two gallons of milk well-drained, rub it through a sieve, and mix it with six eggs, a little cream, two spoonfuls of orange-flower water, half a nutmeg grated, three spoonfuls of flour, the same of bread crumbs, half a pound of currants, and the same of raisins stoned. Boil it for an hour in a thick cloth well floured.

## CARROT PUDDING.

Take a large carrot, boil it soft, bruise it in a marble mortar, and mix with it a spoonful of biscuit powder, four yolks and two whites of eggs, a pint of cream, a large spoonful of rose or orange-flower water, a quarter of a nutmeg, two ounces of sugar, and a little ratafia; bake it in a shallow dish, turn it out, and serve with sugar over.

## DAMSON PUDDING.

Line a bason with paste, fill it with ripe or bottled damsons, cover it with paste, boil it, and when ready to serve, cut a piece out of the top, and put in sifted sugar.

## FOWL PUDDING À LA REINE.

Take the breast and fleshy parts of three or four cold roast fowls, cut them into dice of an equal size, and rather small, put these dice into a reduction of velouté, season them well, then turn them into a dish to cool; as soon as quite cold, divide it into two equal parts, which make into puddings of an oval or long shape, the size of the dish, roll them in crumbs of bread, cover them on both sides with



egg, and roll once more in the crumbs of bread, see that the ends are well covered with crumbs, or they will break. Fry them a good colour, drain them dry with a clean soft towel, serve with a thin *velouté*, or green parsley fried.

## GAME PUDDING.

Take a number of larks, thrushes, quails, or any small birds sufficient to make a good sized pudding; pick and truss them, fry them in butter with some sweet herbs, some salt, and pepper. Make a thick good paste, put in the game, close it round, tie in a cloth, put it into boiling water, let it boil an hour, take it out, open the crust, pour in some good *cullis* or *espagnole*, and serve hot.

## GOOSEBERRY PUDDING—BAKED.

Take a pint of green gooseberries, scald them, and rub them through a sieve, add half a pound of sugar, the same of butter, three Naples biscuits, and four eggs well beaten; mix the ingredients well together, and bake for half an hour.

## ICE PUDDINGS.

Make a good custard, boiling into it a stick of vanilla, sweeten it, when cold, take out the vanilla; if the custard is not quite smooth, strain it, then add half a pint of cream, a gill of *Noyeau* or *Mareschino*, the juice of a lemon, and a good glass of jelly, if you have it, or a little boiled isinglass; then put it into your pudding mould. After having put it through the freezing process as for your dessert ices, dish it on a napkin.

## LEMON PUDDING.

Boil four lemons peeled thin till they are soft, rub them through a hair sieve, and preserve the fine pulp; pour some boiling milk or cream, in which a stick of cinnamon has been boiled, over a pound of Naples biscuits, two ounces of fresh butter, and a little nutmeg. When cold, add to them the pulp of the lemons, and eight eggs well beaten; mix all together, and sweeten, and, if liked, add some brandy. Make a good puff paste, edge a dish with it, put in the mixtures, ornament the top with strings of paste, and bake it in a moderate oven.

## MARROW PUDDING.

Take half a pound of beef marrow finely chopped, a few currants washed and picked, some slices of citron and orange peel candied, a little grated nutmeg, a table-spoonful of brandy, and the same of syrup of cloves, and half a pound of Naples biscuits; strain to this a quart of new milk boiled with cinnamon and lemon peel; allow the mixture to cool, and then add the yolks of eight eggs, and the whites of five. Bake it in a dish with a puff paste round it.



## MACCARONI PUDDING.

Simmer an ounce or two of pipe macaroni in a pint of milk, with a bit of lemon peel and cinnamon, till soft; put it into a dish with milk, the yolks of three eggs and the white of one, some sugar, nutmeg, a spoonful of almond water, and half a glass of raisin wine, put a nice paste round the edge of the dish, and bake it. A layer of orange marmalade or raspberry jam may be used instead of the almond water, or ratafia.

## MILLET PUDDING.

Spread a quarter of a pound of butter at the bottom of a dish, put in six ounces of millet, with a quarter of a pound of sugar, pour over it three pints of milk, and bake it.

## MUTTON PUDDING.

Cut some large slices from the upper part of an underdone leg of mutton, line a bason with a good suet crust, and put in the meat; season well with pepper and salt, and a shalot, or young onions finely shred. Cover up with the paste, and boil it two hours.

## OATMEAL PUDDING.

Take a pint of the best fine oatmeal, pour a quart of boiling milk over it, and let it soak all night; the next day put it in a bason just large enough to hold it, add two eggs beaten, and a little salt, cover it tight with a floured cloth, and boil it an hour and a half. It may be eaten hot, with cold butter and salt; or cold, sliced and toasted.

## PEAS PUDDING.

Wash and soak well in warm water, a pint of split peas, tie them in a clean cloth, put it into a saucepan of hot water, and boil until soft; before serving, beat it up to a mash with a little butter and salt; it is served with boiled pork or beef.

## A FIRST-RATE PLUM PUDDING.

Half a pound of raisins stoned, half a pound of currants well washed and dried, quarter of a pound of mixed peels cut in dice, half a nutmeg grated, half a tea-spoonful of pounded cinnamon, the grating of two lemons, the juice of one, a small particle of salt, one pound of bread crumbs, half a pound of moist sugar, seven eggs, yolks and whites, three quarters of a pound of beef or mutton suet chopped very fine, two glasses of brandy, and two glasses of sherry. First, break your eggs, beat them well in your bason, then add your spice, salt, and peels; then the sugar, sweet plums, and currants; then the bread crumbs; then the brandy and wine.



## SAUCE FOR IT.

Break three yolks of eggs, a little sugar, and a gill of cream. Stir it over the fire, till thick, then add a glass of brandy to it. Stir it all the time. Butter well a three pint round plain mould, then paper the sides and bottom quite smooth. Butter the paper likewise, steam it for three or four hours, and put paper on the top; when done, turn your mould over on the dish, then lift it off gently; should the paper adhere to the pudding, take it clean off; pour the white pudding sauce over it.

## THE OLD ENGLISH CHRISTMAS PLUM PUDDING.

To make what is termed a pound pudding, take of raisins well-stoned, currants thoroughly washed, one pound each; chop a pound of suet very finely and mix with them; add a quarter of a pound of flour, or bread very finely crumbled, three ounces of sugar, one ounce and a half of grated lemon peel, a blade of mace, half a small nutmeg, one tea-spoonful of ginger, half a dozen eggs well beaten, work it well together, put it into a cloth, tie it firmly—allowing room to swell—and boil, not less than five hours. It should not be suffered to stop boiling.

## POTATO PUDDING.

Take two pounds of potatoes, wash and boil them; when cold add a pint of new milk, three eggs well beaten, two ounces of moist sugar, and a little nutmeg. Bake it.

## PUDDINGS IN HASTE.

To grated bread add suet shred, a few currants, the yolks of four eggs and the whites of two, some grated lemon peel, and ginger; mix and form it into balls about the size and shape of an egg with a little flour. Put them into boiling water, and boil them for twenty minutes.

## PUDDING—QUAKING.

Take a quart of cream, scald it, and when nearly cold, put to it four eggs well beaten, a spoonful and a half of flour, some nutmeg and sugar; tie it tight in a buttered cloth, boil it an hour, and turn it out carefully. Serve with melted butter, a little wine and sugar.

## RICE PUDDING, BOILED.

Take some rice, pick and wash it well, tie it in a cloth, leaving plenty of room for it to swell. Boil it in plenty of water for an hour or two. Serve it with butter and sugar, or milk.



## RICE PUDDING WITH CURRANTS.

Boil for half an hour five ounces of whole rice in a cloth, with room to swell; then take it up, add five ounces of currants, three table-spoonfuls of suet shred fine, and two eggs well beaten, tie it up again, and boil it an hour and a half.

## GROUND RICE PUDDING.

In a pint of new milk boil two dessert-spoonfuls of ground rice, adding a small piece of lemon peel and a little cinnamon. Keep it stirring while boiling, and let it boil ten minutes, then let it cool; when cold, add sugar to taste, a couple of well-beaten eggs, and some nutmeg. Line your dish with a puff paste, pour in your rice, and bake a light brown.

## RICE PUDDING WITH FRUIT.

Swell some rice in a little milk over the fire, then mix it with either currants or gooseberries scalded, or apples pared and quartered, raisins, or black currants; add an egg to the rice to bind it. Boil it well, and serve with sugar.

## SAGO PUDDING.

Take half a pound of sago, wash it in several waters (warm), then boil it with a pint of milk and a little cinnamon, stirring it often till it becomes thick; pour it into a pan, and beat it up with half a pound of fresh butter; add the yolks of eight eggs, and the whites of four, beaten separately, a little flour, half a glass of white wine, and sugar to liking; mix all well, and boil it. Serve with sweet sauce.

## SUET PUDDING.

Chop half a pound of beef suet extremely fine, add the same quantity of flour, two eggs well beaten, a small quantity of pounded and sifted sugar, and a little salt; mix well together with milk to a tolerable consistence, and either bake or boil it.

## TAPIOCA PUDDING.

Soak four table-spoonfuls of tapioca in a quart of milk all night, then add a spoonful of brandy, some lemon peel, and a little spice; boil them gently, add four eggs, the whites well-beaten, and a quarter of a pound of sugar; bake it.

## TREACLE PUDDING.

To a pound of stoned raisins add three quarters of a pound of shred suet, a pound of flour, a pint of milk, a table-spoonful of treacle,



grated ginger, and pounded spice; stir all up well, and boil it four hours in a floured cloth.

## VERMICELLI PUDDING.

Take four ounces of vermicelli, boil it soft in a pint of new milk with a stick or two of cinnamon; add half a pint of thick cream, a quarter of a pound of butter, the same quantity of sugar, and the yolks of four eggs well beaten; put in a dish and bake it.

## YORKSHIRE PUDDING.

Mix together a spoonful of flour, a pint of milk, and one egg well beaten, add a spoonful of salt and a little ginger grated; put this mixture in a square pan buttered, and when browned by baking under the meat, turn the other side upwards, to be browned also; serve it cut in pieces, and arranged upon a dish. If you require a richer pudding, increase the number of eggs.

## APPLE DUMPLINGS.

Pare a few good-sized baking apples, and roll out some paste, divide it into as many pieces as you have apples, cut two rounds from each, and put an apple under each piece, and put the other over, join the edges, tie them in cloths, and boil them.

## APPLE DUMPLINGS, BAKED.

Make them as directed above, but instead of tying them in cloths, place them in a buttered dish, and bake them.

## DAMSON DUMPLINGS.

Line a bason with a good hot paste crust, rolled rather thin, fill it with damsons, cover it and boil it in a cloth for an hour; when done pour melted butter over it, grate sugar round the edge of the dish, and serve.

## DUMPLINGS—HARD.

Make a paste of flour, small beer, or water, and a little salt, roll them into small balls, and put them in the pot when the water boils; in half an hour they will be done. They are very good boiled with beef. Serve either with cold or melted butter.

## DUMPLINGS—NORFOLK.

Make a batter with flour, a pint of milk, two eggs, and a little salt, drop it in small portions in a pot of boiling water, boil them three minutes, and put them into a sieve or cullender to drain.

## RASPBERRY DUMPLINGS.

Roll out some good puff paste, spread raspberry jam over it, roll it up, and boil it a little more than an hour; cut it into slices, pour melted butter into the dish, and serve.



## TARTLETS, PASTIES, PATTIES, AND PUFFS.

### TARTLETS.

Cut your paste after rolling it thin with a fluted cutter, as large as your tartlet-pan may be round, place each piece even into the pan, press it down with your finger, then put into the middle of each either a piece of square crust of bread cut into dice, or a very little piece of jam; you will have to add more after they are baked, sift some fine sugar over them, and bake them a light colour.

### APPLE TART.

Take some good baking apples, pare, core, and cut them into small pieces; place them in a dish lined with puff paste, strew over pounded sugar, cinnamon, mace, nutmeg, cloves, and lemon-peel chopped small, then add a layer of apples, then spice, and so on till the dish is full; pour a glass and a half of white wine over the whole, cover with puff paste, and bake it. When done, raise the crust, stir in two ounces of fresh butter, and two eggs well beaten, replace the crust, and serve either hot or cold.

### APRICOT TART.

Take some apricots, cut them in two and break the stones, put them into paste with sugar, a small quantity of preserved lemon, and a few of the kernels, close it, sprinkle sugar over, and glaze it. If the apricots are not ripe, boil them a short time in water, and drain them well.

### APRICOT SWEETMEAT FOR TARTS.

Take a pound of ripe apricots, remove the stones, break them and blanch the kernels, add one pound and a half of green gages and one pound and a quarter of lump sugar; simmer it until the fruit becomes a jam. It must not boil, and must be kept well skimmed; clarified sugar will be found the best to use for this preserve.

### CHERRY TART.

Line the sides of a dish with a good crust, strew in sugar, fill it with picked cherries, and put sugar at the top; red currants may be added if liked, cover with crust, and bake.



## CURRANT TART.

Line a dish with puff paste, strew powdered sugar over the bottom of it, then put in alternate layers of currants carefully picked, and sugar, till the dish is full, then cover and bake it. The addition of raspberries or mulberries to currant tart is a great improvement.

## DAMSON TART.

Line a dish with a good crust, put in the fruit, and proceed the same as for any other fruit pie.

## GRAPE TART.

Take the youngest grapes before stones are formed, pick and scald them the same as currants, or gooseberries, and finish the same as other tarts. More sugar will be required than usual, on account of the extreme tartness of the fruit.

## GOOSEBERRY (GREEN) TART.

Use either whole gooseberries, or make a marmalade of them with a good syrup; the last method is perhaps the best, as you can tell easily how sweet they are and ought to be; if made of marmalade the seeds ought to be taken out.

## PEAR TART.

Peel some pears carefully, cut them into quarters and remove the cores; if large and green, boil them soft in a little water, simmering them in some rich syrup, and place them with the syrup in a dish lined with puff paste, cover and bake it.

## QUINCE TART.

Take a few preserved quinces, put an equal weight of syrup, made with sugar and water and preserve, into a preserving-pan; boil, skim, then put in the fruit; when somewhat clear, place the quinces in a tart-dish with puff paste as usual. Cover, bake it, and, when done, lift the top gently, put in the syrup, ice it, and serve.

## RASPBERRY TART WITH CREAM.

Put some raspberries in a patty-pan lined with thin puff paste, strew in some finely-sifted sugar, cover with puff paste, and bake it; when done, take off the top, and pour in half a pint of cream, previously mixed with the yolks of two or three eggs, and sweetened with a little sugar; then return the tart to the oven for five or six minutes.



## RHUBARB TART.

Take some stalks of a good size, remove the thin skin, and cut them in pieces four or five inches long, place them in a dish, and pour over a thin syrup of sugar and water, cover with another dish, and simmer slowly for an hour upon a hot hearth, or do them in a block-tin saucepan. Allow it to cool, and then make it into a tart; when tender, the baking the crust will be sufficient. A tart may be made by cutting the stalks into pieces the size of gooseberries, and making it the same way as gooseberry tart.

## STRAWBERRY TART.

Put into a basin two quarts of the best scarlet strawberries picked, add half a pint of cold clarified sugar, the same quantity of Madeira, with the juice of two lemons, mix all well without breaking the strawberries, and put them into a puff paste previously baked; keep them very cool.

## TO CUT OUT PATTY CASES, ETC.

Roll your paste out about a quarter of an inch, but first try a very thin bit in your oven, and you will find out the heat of the oven and the lightness of your paste, and then cut the thickness accordingly. Have a plain or a fluted cutter, turn each piece of paste upon your papered baking sheet, take a smaller cutter and pass in the middle of the top of each, then egg each top with a paste-brush; nine will make a good dish. Roll out a piece of the paste, and with a cutter sufficiently large to cover the opening on the top, cut out the same number for the tops, egg them and bake them separately; after your paste is baked, and before it is cold, with a small knife carefully put them in the screen until required.

## TO NEUTRALIZE THE ACID IN FRUIT PIES AND PUDDINGS.

A large quantity of the free acid which exists in rhubarb, gooseberries, currants, and other fruits, may be judiciously corrected by the use of a small quantity of carbonate of soda, without the least affecting their flavour, so long as too much soda is not added. To an ordinary sized pie or pudding, as much soda may be added as, piled up, will cover a shilling, or even twice such a quantity, if the fruit is very sour. If this little hint is attended to, many a stomach ache will be prevented, and a vast quantity of sugar saved, because, when the acid is neutralized by the soda, it will not require so much sugar to render the tart sweet.

## PASTY.

This pie is made from the shoulder or breast, which must first be stewed, as in former pies; well season it, and put plenty of essence of the gravy.



## A PASTE FOR STEWED BEEF OR SOUPS.

Break three eggs, a little salt, and dry them up with flour, mix the paste well, roll it out thin about an inch in length; have ready some boiling water, put it in for ten minutes, add a little salt in the water, frequently moving it about, keeping it from sticking together.

## LAMB PASTY.

Bone, and cut into four pieces the lamb you intend to use; at the bottom of the pasty lay beef suet, season with pepper, salt, chopped thyme, nutmeg, cloves, and mace; lay it upon the suet, making a high border about it, turn over the sheet of paste, close up, and bake; when it is baked, put in vinegar, the yolks of four eggs, well beaten, and some good gravy.

## MUTTON PASTY, TO RESEMBLE ONE MADE OF VENISON.

Hang for four or five days (weather permitting), a fat loin of mutton, then bone it, beat it well with a rolling-pin, rub the meat with sugar—four ounces to ten pounds of meat—pour over it half a gill of vinegar, and the same quantity of port wine; let it lie five days, then wash it, dry it thoroughly, season highly with allspice, nutmeg, and salt. Put the meat into the dish in which it is to be baked; add one pound of butter, and spread it over the meat (if ten pounds); lay a crust round the edge of the dish, and cover with a thick crust, and bake in a slow oven. A gravy may be made for the pasty, by baking the bones in a pan to which has been added a little pepper, and salt, and a glass of port wine. This should be added when the pasty is drawn.

## FISH PATTIES.

Boil for a little while an eel, a carp, and a tench, half stew six oysters, pick the flesh from the bones of the fish, beat it in a mortar, with the smelts of the fish, some mace, and a glass of sherry, work them well together; make some rich paste, line the tins, put in the forcemeat, add one oyster, a bit of butter, then cover with paste and bake.

## OYSTER PATTIES.

Line some small patty-pans with a fine puff paste, put a piece of bread into each, cover with paste, and bake them. While they are baking, take some oysters, beard them, and cut the remainder up into small pieces, place them in a tosser with a very small portion of grated nutmeg, a very little white pepper and salt, a morsel of lemon peel cut as small as possible, a little cream, and a little of the oyster liquor; simmer it a few minutes, then remove the bread from the patties, and put in the mixture.



## MEAT PATTIES.

The patty-pans should not be too large; make a puff paste, put a layer at the bottom of the tins, put in forcemeat, and cover with puff paste, bake them a light brown, turn them out. If for a small dinner, five patties, or seven for a large dinner, will suffice for a side dish.

## MALLOW PATTIES.

Shred a few apples with some marrow, add a little sugar, make them up in puff paste, fry them in clarified butter, and when done, sprinkle some sugar over them, and serve.

## PUFFS OF ANY KIND.

Cut into square pieces the thickness of a patty case, put in the middle a small piece of jam, double one side over the other, pressing it with your two thumbs, keeping the middle of a round lump; egg the tops, bake them, and glaze them.

## APRICOT PUFFS.

Take some puff paste, roll it to about fifteen inches long, the eighth of an inch in thickness, and six inches wide; then place a small portion of apricot marmalade on the paste at equal distances, and two inches from the edge; moisten round each bit of marmalade, and turn the two inches of paste over, press it down round the preserve so as to join the crusts, and then cut them out into semicircular turnovers; lay them on a tin, dorez, and bake them in a hot oven; when almost done, sprinkle them with sugar, and glaze them.



GÂTEAU NEAPOLITAN.

Pound cakes in alternate layers with preserves, as jams of different sorts, between each layer. The ornaments are also made of pound cake. The whole is glazed with white of egg, and the white ornament is piped.

## A MIXED JAM FOR TARTS OR TARTLETS.

Take two pounds of apricots when ripe, take out the kernels, and blanch them, then add them to the fruit; add to this two pounds of



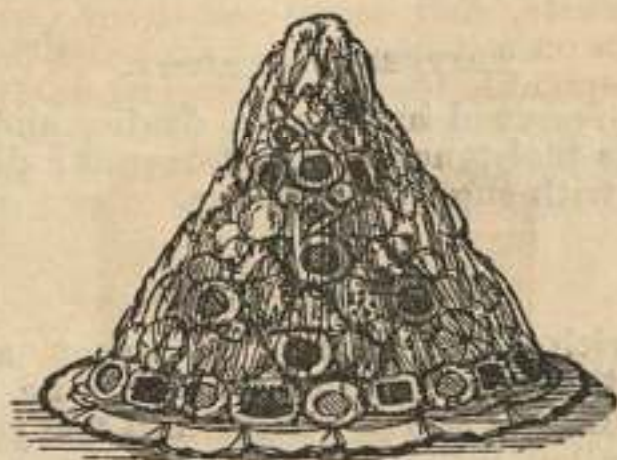
greengage plums or bullaces, and two or three pounds of lump sugar; then gently boil all until it is a clear jelly. Put it in small pots.

#### ALMOND WAFERS.

Take a pound of sweet almonds, blanch and pound them; add a pound of powdered sugar, a pinch of orange flowers pralinée, put them into a bason, and moisten them with a sufficient quantity of whites of eggs to enable you to spread the paste on wafer-paper with the blade of a knife, the wafer-paper must be rubbed with virgin wax and sweet oil; lay the preparation on as thin as possible, chop some sweet almonds very small, mix them with sugar, and strew them over the wafers, and put them into a hot oven; when about half baked, take them out and cut them in squares; replace them a minute in the oven, take them out again, and press them on a stick, to give them the proper form; as soon as they are cold, put them on a sieve. Just before they are served, they should be slightly warmed.

#### CHEESE PUFFS.

Take half a pint of cheese curd strained very fine, beat it in a mortar with three eggs, leaving out two whites, a spoonful and a half of flour, a spoonful of orange flower water, a quarter of a nutmeg, and sugar to make it rather sweet; make the paste into very small round cakes, and bake them on a tin plate in a hot oven for fifteen minutes; serve with pudding sauce.



A DISH OF FRENCH PASTRY.

The pastry is fixed by white of egg. A veil is formed over the whole by white of egg and white sugar boiled briskly, stirred when it has boiled, and poured over while in a froth.

#### TO MAKE MERINGUES.

Lay four eggs on ice for an hour, weigh the weight of the eggs in fine sifted sugar, then whip up the whites of those four eggs to a



very stiff point, when done mix in gently the sugar; have ready a board an inch and a-half thick, covered with white paper, sugar the paper, then with a silver spoon form the meringues the form of an egg, but do not let them touch each other; sift sugar well over them, dry them in your hot closet, and, when quite hard, take them off the paper, and scoop out the soft, and turn them over upon another paper; dry them again in the hot closet, fill them with jam or cream when you want them, dish upon a napkin or cut paper. What you scoop out will do to sweeten jelly, or glaze tarts.



APPLE MERINGUES.

Meringues, the apple in centre.

APPLES IN RICE.

Take a few good apples, pare, core, and cut them into quarters, boil some rice in a cloth until it is soft, then put in the apples, tie up very loose, and boil gently till sufficiently done.

FRITTERS, APRICOT.

Twelve apricots preserved in brandy, drain, and cut them in half; wrap them in wafers moistened and cut round; dip them in batter, and fry. Sprinkle with sugar, and serve.

MARROW PATTIES.

Make a paste with four ounces of sweet almonds blanched, moistening them with orange flower water; mix this paste with a handful of flour, a drop of warm water, and the yolks of three eggs; then line several shallow moulds with it, dorez, and bake them in a slow oven. When done, put into each of them a little cream about the thickness of a crown piece, made with beef marrow, lemon peel, and cream, cover it with a spoonful of white of egg whipped to a snow, sprinkle sifted sugar over, and serve them very hot.



## PANCAKES AND FRITTERS.

## PANCAKES.

Pour a good batter made of eggs, milk, and flour, in the usual way into a pan, so that it lies very thin, fry the pancakes with hot lard, and when one side is done, turn it by tossing it up lightly; serve with sugar and lemon, or Seville orange juice.

## CREAM PANCAKES.

To a pint of cream add the yolks of two eggs, two ounces of sugar, and a little beaten cinnamon, mace, and nutmeg; mix the whole well, and then fry them very carefully.

## PANCAKES À LA FRANÇAISE.

Into a stewpan put four ounces of butter, a table-spoonful of ratafia pounded, the rind of a lemon cut thin, two ounces of pounded white sugar, mix in separately three eggs, then add one at a time the yolks of three more, mix well, add a little milk, half a pint of cream, and a little orange flower water; beat it well up to the thickness of a good cream, put into your pan some clarified butter, and, when melted, pour it away and put in your batter for the pancakes; they must be made very thin; when you have finished frying the pancakes leave in the bottom of your stewpan one table-spoonful of the batter, add to it a little orange flower water, some sugar, a small quantity of pounded ratafia, and the yolk of an egg; mix this up with some cream, put it into a boat, and serve as a sauce.

## PANCAKES À L'ITALIENNE

Are made in the same manner as the above, excepting that when fried they must be laid open on a clean dresser, an Italienne cream spread over them, rolled up and laid side by side in a dish with the brown side outwards.

## RICE PANCAKES.

To half a pound of rice put two-thirds of a pint of water, boil it to a jelly; when cold, add to it eight eggs, a pint of cream, a little salt and nutmeg, and half a pound of butter melted; mix well, adding the butter last, and working it only so much as will make the batter sufficiently thick. Fry them in lard, but employ as little as it is possible to fry them with.



## FRITTERS

Are made of batter the same as pancakes. Drop a small quantity into the pan, have ready apples pared, sliced, and cored, lay them in the batter and fry them; they may also be made with sliced lemon or currants, the latter is particularly palatable. They should be sent to table upon a folded napkin in the dish; any sweetmeat or ripe fruit will make fritters.

## APPLE FRITTERS.

Take two or three large russeting apples, pare them thin, cut them half an inch thick, lay them on a pie-dish, pour brandy over them, and let them lie two hours; make a thick batter, using two eggs, have clean lard, and make it quite hot; fry two at a time, a nice light brown, put them on the back of a sieve on paper, sift pounded sugar over them, glaze them with a shovel or salamander; dish on a napkin. After they are cut in slices, take out the core with a small round cutter.

## FRITTERS, AU BLANC.

Mix a handful of rice-flour with milk, set on the fire, stir constantly, adding a little cream, sugar, lemon-peel, and orange-flowers; when thickened remove it from the fire; when cold roll it in balls the size of a walnut, dip them in batter, and fry them.

## FRITTERS À L'ANGLO-FRANÇAISE.

Make a batter as follows:—Put into a saucepan one glass and a half of water, two ounces of fresh butter, and a little salt, let it boil, then stir in enough flour to make it a firm batter, keep stirring for three minutes, then turn it into another vessel. Make previously a marrow pudding, while it is cooling prepare your batter, cut the pudding into thin slices, divide again into pieces about two inches long and three quarters of an inch wide, dip them into the batter and fry them, when done drain them, glaze with fine sugar, and serve them as hot as you can.

## FRITTERS À LA DAUPHINE.

Roll out a pound of brioche paste as thin as possible into an oblong square; on one part lay, a little apart, apricot marmalade, wet slightly the paste round each preserve, then lay over it the plain paste, press down firmly, to prevent the marmalade leaving its place while being cooked; cut out the fritters with a circular paste-cutter about two inches in diameter, flour them, but not too much, lay them in a hot friture and the paste will swell them into little balls; as soon as they are a good colour take them out, drain on a napkin, dust on them some powdered white sugar, and serve.



## FISH FRITTERS.

Make a light forcemeat with any kind of fish, put a small quantity into pieces of puff paste the size of a common puff, fry in boiling lard and drain dry; serve with truffles or béchemel sauce round them.

## ORANGE FRITTERS.

Take some oranges, pare off the rind quite close, cut them into quarters and blanch them for a quarter of an hour, then drain them, take out the pips, put the oranges into a light syrup, and simmer them to a caramel; remove them from the fire, let them cool, cover them with syrup, dip each quarter into butter, and fry them of a nice colour, sprinkle them with powdered sugar; glaze and serve them.

## OYSTER FRITTERS.

Blanch some oysters in their own liquor, then place them for some time in vinegar and water, with salt, shred parsley, and small white onions sliced, after which dry them well, dip each in batter and fry them.

## PARMESAN FRITTERS.

Grate half a pound of Parmesan cheese, and a quarter of a pound of some good lemon cheese, put them into a stewpan with a spoonful of flour, mix well, add half a pint of cream, or milk, a little cayenne pepper, a little black, some salt, and a table-spoonful of ready-made mustard, boil all over the fire, with a wooden spoon keeping it well stirred; let it cool a little, then add two or three yolks of raw eggs, stir all until it is quite stiff, turn it out upon a dish to cool, and then form them into the shape most approved of, as pairs, or round, or flat. Egg and bread-crumbs them twice, fry them in very hot lard a bright yellow, fry some parsley at the same time; send them up very hot, and on a napkin, with fried parsley.



## EGGS AND OMELETS.

### TO POACH EGGS.

Break your eggs separately in cups, have ready a large stewpan half full of water, pour into it a little vinegar and salt, let it simmer, then put in your eggs, not too many at a time; some like them done less than others, therefore boil them accordingly; have ready by your side a dish with warm water, and when your eggs are sufficiently done, put them into this clean water, trim them smooth and round, dish them on pieces of toast buttered; if for dinner, upon prepared spinach or potatoes.

### BUTTERED EGGS—A CATHOLIC DISH.

Break six whole eggs in a stewpan, just dissolve a quarter of a pound of butter by standing the bason in hot water; when all dissolved, beat up the eggs, and add the butter to them; have on the fire another stewpan sufficiently large enough to hold the one you have the eggs and butter in, half fill the large stewpan with water, setting the small stewpan into it, keeping it stirred one way all the time, but do not let it boil; you will spread it on neatly-cut toasts.

### EGG BALLS.

Boil four eggs hard, take out the yolks and pound them, add to them a few bread crumbs, and pepper and salt, and the yolk of one raw egg, mix them all well together, take them out, and, with flour on your hands, roll them into balls, and boil them for two minutes.

### EGGS, GRATIN OF, WITH CHEESE.

Take some grated bread, Parmesan cheese also grated, a piece of butter, the yolks of two eggs, nutmeg, and pepper, mix these together and spread them over the bottom of a dish, set it over a gentle fire to make a gratin, on which break ten eggs, sprinkle Parmesan cheese over the surface, finish cooking it, and brown it with the salamander.

### PLOVERS' EGGS.

If you have them raw, put some moss in paper in your stewpan, then lay your eggs in upon it, covering them with cold water, boil them about ten minutes, then lay them in cold water, and send them up in the shells upon a napkin; or take off the shells and dry them,



and put each either in a mould of aspic jelly, or endways upon jelly ornaments.

#### OMELET.

Take as many eggs as you think proper, according to the size of your omelet, break them into a bason with some chopped parsley and salt, then beat them well, and season them according to taste; then have ready some onions chopped small, put some butter into a frying-pan, and when it is hot, but not to burn, put in your chopped onions, give them two or three turns, then add your eggs to it, and fry the whole a nice brown: you must only fry one side; when done, turn it into a dish, the fried side uppermost, and serve.

#### OMELET À LA CRÈME.

Boil a pint of cream and put into it the crumb of a French roll, parsley, shalots, both shred small, a little pepper and salt, and stir it over the fire till quite thick, then add half a dozen eggs, fry your omelet, observing that it will require rather more time than usual.

#### OMELETS OF EGGS, FOR GARNISHING OR CUTTING IN SLIPS.

Break your eggs and put your yolks and whites into separate pans; beat them up with a little salt, and then put them again into separate earthen vessels rubbed with sweet oil; have ready a pot of boiling water over a fire, put them in closely covered, and let the omelets steam till thoroughly done.

#### OMELET FRITTERS.

Make two or three thin omelets, adding a little sweet basil to the usual ingredients, cut them into small pieces, and roll them into the shape of olives; when cold, dip them into batter, or enclose them into puff paste; fry, and serve them with fried parsley.

#### OMELET GLACÉE.

Whip up some eggs, with a small quantity of salt, a little candied lemon peel, and pounded macaroons, beat them together well, and then fry them as usual; sprinkle the omelet with sugar, and serve.

#### OMELET AU NATUREL.

Break eight or ten eggs into a pan, add pepper, salt, and a spoonful of cold water, beat them up with a whisk; in the mean time put some fresh butter into a fryingpan; when it is quite melted, and nearly boiling, put in the eggs with a skimmer. As it is frying, take up the edges, that they may be properly done; when cooked, double it, and serve very hot.



## ONION OMELET.

Cut some very white onions into slices, give them a few turns over the fire; when nearly done, moisten them with cream, and season with salt, pepper, and nutmeg; mix this with half a dozen eggs, beat the whole up well, and fry the omelet either in oil or butter.

## OMELET SOUFFLÉ.

Break six eggs, and separate the whites from the yolks; to the latter, put four dessert-spoonfuls of powdered sugar, and the rind of a lemon chopped exceedingly small; mix them well, whip the whites as if for biscuits, and add them to the rest; put a quarter of a pound of butter into a fryingpan over a brisk fire, and as soon as it is completely melted, pour in the above, stir it up, that the butter may be thoroughly incorporated with the omelet, and when that is the case, strain it into a buttered dish, which place on hot ashes; strew powdered sugar over, and colour the top carefully with a salamander.

## SAVOY OMELET.

Break six eggs in a bason, a little chopped parsley and shalots, a little chopped ham and mushrooms, a few grains of any kind of dried sifted sweet herbs, and half a gill of cream, or a little good white sauce, pepper, and salt; put in your omelet-pan two ounces of butter to get quite hot, and add to your omelet about eight pieces of butter broken as small as a nut; beat all well together, put it into your very hot butter, keep frequently forcing your knife in various parts to the bottom of the pan; when all is nearly dried up, shake it, and empty it on your dish half turned over; either send up a good sauce, as may be preferred, or garnish it dry, and send it on a napkin.

## A SIMPLE AND PLAIN SWEET OMELET.

Break up six eggs in a basin, a few grains of salt, a grating of a lemon, a piece of citron, orange, and lemon peel chopped fine, a gill of cream, some pounded sugar, a little orange flower water, a few grains of grated nutmeg; fry it as other omelets, trim it and roll it up; if approved of, put apricot jam in it, and dish it upon a napkin.

## APPLE SOUFFLÉ WITH RICE.

Blanch half a pound of the best rice in scalding water, strain it clear, and boil it in sufficient milk to cover it; to this add a little lemon peel and a small bit of cinnamon, let it boil until the rice has absorbed the milk, turn it into a dish, and when cool, raise a wall with it about three inches high, having first taken the precaution to egg the dish to make it stick firmly; smooth the rice to an even surface, then egg it all over, filling the dish half way up the wall of



rice with apple marmalade; beat to a fine froth the whites of four eggs, pour them over the marmalade, then sift powdered white sugar over it, put it into the oven, and keep up an even heat to give it a fine colour.

#### OMELET SOUFFLÉ.

Break six eggs, leave out the whites, put them in a cold place, add to the yolks a little powdered sugar, grated lemon, nutmeg, and a few drops of lemon juice, beat all well together, add a few spoonfuls of cream, then beat up the six whites very stiff; put a piece of butter in your omelet-pan upon a slow fire, when warm, pour in the omelet, mix in your whites very gently, turn it out on your dish, glaze it with pounded sugar, put it in the oven, sprinkle more sugar, and send it up.

#### ORANGE SOUFFLÉ,

Made with orange jelly. Before your jelly quite sets get your whisk and whip it until it begins to set, it will come up very light, then put it into your mould; but this is best done after the jelly has been to table, and what you have left will do.



GRANT'S DESIGN FOR A PAIR OF SALT CELLARS.



## BUTTER, CHEESE, ETC.

### BUTTER—TO CLARIFY.

Scrape off the outsides of the butter you may require, and then put it into a stewpan by the side of a slow fire, where it must remain till the scum rises to the top and the milk settles at the bottom; with a spoon carefully take off the scum; when clear, it is fit for use.

### BUTTER PRESERVED FOR WINTER.

Take two parts of the best common salt, one part of good loaf sugar, and one part saltpetre, beat them well together: to sixteen ounces of butter, thoroughly cleansed from the milk, put one ounce of the above composition, work it well, and put it into pots when quite firm and cold.

### BUTTER BORDERS—COMMON.

If you have no Montpelier butter, take a quarter of a pound of fresh butter, work it up well with a knife, mixing it with either of the following colouring materials; for rose colour, a little infusion of carmine, or any vegetable red; green, spinach juice; yellow, an infusion of saffron; violet, a little Prussian blue added to the red; orange, red and yellow joined.

### COLD BUTTERS FOR CHEESE OR BREAKFAST.

This you can make up into many pretty forms, as small pats, in shape of a pine, making the roughness with a silver fork, and some done on a crimping-board, and rolled on a cut pattern, either with name or crest, or scooped with the bowl of a spoon, then dipping the spoon in salt and water each time, it will form a shell; if sent up by itself, put parsley round; it may be used with anchovies, potted meats, grated beef, tongue, or radishes, &c.

### MELTED BUTTER WITHOUT BOILING.

Two ounces of butter mixed up into a cream, then add a table-spoonful of flour, and a gill of cold water, stir it over the fire until quite thick, but it must not boil.



## CHEESE.

Cheese takes an important place at the table; not alone in its simple place at the close of the dinner, but that it forms the foundation of many excellent dishes. The selection of good cheese requires both judgment and experience; a delicate palate and a keen sense of smell are two essential requisites, while the eye is an assistant to point out those defects independent of taste or smell. A prime cheese is readily told by a connoisseur by the colour and texture, without consulting either nose or palate.

The inexperienced are apt to be deceived in cheeses of the finest quality; when testing it by the taster, the smell is strong, and the taste acrid, it is therefore rejected; whereas if cut and suffered to remain for two or three days in a dry closet, exposed to the air, the flavour would become both pure and agreeable. To avoid this error, the best plan is to lay in a stock of Cheshire cheese, keep it in a dry cellar in a box, bury it in saw-dust, and in about three months it will be greatly improved, and fit to cut. Divide a cheese into two halves, or take out one-fourth, according to the consumption, and cover the cut parts of the cheese reserved with butter, or lay close to the sides out a buttered paper, and keep the cheese in a dry place; the part in use should be exposed in the larder for about three days, it will then be ready for the table.

## CHESHIRE CHEESE

Is the finest flavoured of the English cheeses, although Stilton is looked upon as the greatest luxury.

## STILTON CHEESE

Is usually made in the spring, and appears at table at Christmas; it is, however, all the better for being kept at least twelve months before use. Various modes are employed to improve the flavour. A piece of Cheshire affected by mites is inserted in an aperture, and stopped with a wet cloth; in a month it ripens the cheese, and some *bons vivants* will go into ecstasies when taking it as a relish with a glass of old port. Another mode is to make an excavation in the shape of an inverted cone, and pour into the hollowed space four glasses of port, claret, or Madeira, according to fancy; this being suffered to soak in for three weeks or a month is considered to bring the cheese to a state of unapproachable perfection. This may suit many palates, it is true, but the purity of the flavour is destroyed: the best judges and the best makers aver the finest Stilton is that which ripens without adventitious aid.

## NORTH WILTSHIRE

Is rich and of fine flavour; they are fit for table, if carefully kept, in nine months.



## DOUBLE GLOUCESTER

Is also an excellent cheese, noted for making Welsh rabbits; is very good for a stew; it comes to perfection in about ten months.

## SINGLE GLOUCESTER.

This, if well made, is of a delicate and fine flavour; it is at perfection in six months. This is the cheese used at taverns for Welsh rabbits.

## DERBY CHEESE

Is of an agreeable colour, a fine texture, and by epicures is considered the best toasting cheese; it is ready for table in ten or twelve months.

## CHEDDAR CHEESE

Is in excellent repute at good tables; it is ripe for use at from nine to twelve months.

## DUNLOP CHEESE.

A Scotch cheese made in Ayrshire, it is held in high estimation at the best tables in Scotland.

## CREAM CHEESES.

There are several sorts: the *Cottenham*, an exquisite flavour; the *Bath*, very fine when prime; the *Devonshire*, the *Stilton*, and many others; they are thin in form, and should be eaten new.

## FOREIGN CHEESES.

That which for years has borne the highest reputation is the *Parmesan*, made at Parma, in Italy; and it still maintains its position. Formerly the manufacture of this cheese was confined to the dairies of *Parma* and *Piacenza*, and there the best cheeses were made, but the district of *Lodi* has now run away with the palm.

## GRUYÈRE CHEESE

Is a production of Switzerland; the *Rochefort* is from ewes' milk; the *Neufchatel*, a French cheese. They are esteemed delicacies, but to the palate of a connoisseur and gastronomist, a fine old English Cheshire stands unrivalled.

Cream cheeses for keeping, should be placed between two plates, to ripen, they should be covered every morning with fresh leaves from the garden, and at the same time turned.

Where much cheese is kept in stock, a rack should be made for them, and space left between them. They are greatly improved by



being put upon a wine-cask, brushing and turning them once a week, or should there be no wine in cask, the beer cask will serve, it will ripen and mellow the cheese; they should be occasionally turned. Use the ripened and mellowed first, and take the cheese from the rack to the table, as it is wanted.

The best cheeses have thin coats, and weigh heavier in proportion to their size.

The round *Dutch* cheese of the best quality, and not over salt, may be used for toasting; cheeses made of skim milk have been considered best for that purpose, many even preferring them to North Wiltshire, the richest and fattest of the English cheeses. When mites have taken possession of a cheese, and this is considered objectionable, the following receipt, by a Derbyshire lady, will have the effect of destroying them, without injury to the cheese. "Wipe the cheese, put it into a pot in which mutton has been cooked, whilst the water is yet hot, make the water boil a few seconds, take out the cheese, wipe it immediately, dry it, and then put it away in a dry place, until required for use."

#### TOASTS OF CHEESE.

Mix some clarified butter with some grated Parmesan cheese or Gloucester, and a little ready-made mustard, a little black pepper, and cayenne pepper; prepare some neatly-cut toast thin, then spread the mixture upon them; sprinkle grated cheese upon the top of each dish upon a napkin.

#### POTTED CHEESE.

Scrape and pound either or both Parmesan and Cheshire cheese, with a piece of butter, cayenne pepper, a few grains of pounded mace, a tea-spoonful of sifted sugar, a glass of white wine, and a little salt, and press it into your potting-jar for shape.

#### APRICOT CHEESE, TO MAKE. \*

Stalk and pare thinly a number of apricots, take their weight and put to them an equal weight of fine white sugar, (the latter must be moistened a little,) and then boil together very quickly; add the kernels blanched, let it boil for half an hour, not longer, half fill small jars and cover down for future use.

#### CHEESE ARTIFICIAL.

Well pound some nutmeg, mace, and cinnamon, to which add a gallon of new milk, two quarts of cream, boil these in the milk, then put in eight eggs, and six or eight spoonfuls of wine vinegar, to turn the milk; let it boil till it comes to a curd, then tie it up in a cheese-cloth, and let it hang six or eight hours, to drain; then open it, take out the spice, sweeten it with sugar and rose water, put it into a culender, let it stand an hour more; then turn it out, and serve it up in a dish with cream under it.



## CHEESE BRIOCHE.

Make a brioche in the usual way, and, when ready to bake, spread it over the board, and strew over some Gruyère cheese cut into dice, a quarter of a pound of cheese to a pound of brioche paste, roll it out, take off an eighth part, and put the largest portion into the mould and case, clarify it, then take the rest of the brioche and place it on the top, so as to form a sort of head to the other; clarify and trim it when it has been in the oven two hours, then take it out gently, and if the head be not detached from the rest, remove it lightly; lay over paper, and replace it in the oven as quickly as you can to finish baking.

## CHEESE CRAB.

Take some Cheshire or double Gloucester, cut them into thin slices and press them with a knife until you can spread it like butter; add mustard, common and Chili vinegar, cayenne pepper, and salt, essence of anchovies, any fish sauce you think proper, and mix it well together to a thick pulp.

## CRAY-FISH CHEESE.

Having washed and boiled the fish, take off the small claws and tails and set them aside; chop the meat that remains in the shells with some other fish, artichoke bottoms, sweet herbs, and butter; mix them well, and put it in a dish in the form of a small cheese, round which lay the tails; cover it with bread crumbs, and colour it in the oven for a quarter of an hour.

## CHEESE CREAM.

Take three pints of cream, add salt sufficient to season it, mix it well, fold a cheese-cloth three or four times and lay it at the bottom of a sieve and pour the cream into it; when it hardens cover it with nettles on a pewter plate.

## CHEESE CREAM, A PLAIN FAMILY WAY.

Put three half pints of milk to one half pint of cream, warm, or according to the same proportions, and put in a little rennet; keep it covered in a warm place, till it is curdled; have a mould with holes, either of china or any other, put the curds into it to drain about an hour, serve with good plain cream and pounded sugar over it.

## CHEESE CREAM AND MARMALADE.

Boil a pint of cream, mix it with any kind of marmalade you please, (a few spoonfuls will be sufficient,) and a little dried preserved lemon-peel chopped fine; when it is but just lukewarm put some rennet to it, and serve with pounded sugar over it.



## CHEESE CREAM ICED.

Boil half a pint of cream, then add half a pound of sugar to it, a dozen of sweet almonds pounded, a little orange flower water, and rasped lemon-peel, which boil together a few minutes; when you take it off the fire, add five yolks of eggs beat up, and stir it frequently till they are well mixed with the cream; strain it in a sieve, and put it into the icing-pot; when it is pretty well iced, work it well to put it into cheese-moulds, then ice it again and serve. It is also done with coffee and chocolate in the same manner as the ices, only that each is thickened with four or five yolks of eggs, as directed in the first, and moulded like a cheese, which gives it the name.

## DAMSON CHEESE.

Take eight pounds of damsons, and bake them in a jar till they are tender, then rub them through a cullender, put to them one pound and a half of lump sugar, and let them boil to the thickness of marmalade.

## CHEESE ENTRÉES.

For entrées, Parmesan should be made use of; it should be grated, and the meat or fish that you serve with it must be cooked à la braise or en ragoût; very little salt must be used in the sauce or meat, as Parmesan is very salt; put into the bottom of the dish in which you are going to serve your meat some of the sauce you intend to use with your meat, then stew with grated cheese, place your meat upon this, pour over this the remainder of the sauce, and cover the whole with Parmesan, then put it in the oven to brown, and serve with a thick sauce; cauliflowers and Spanish cardoons may be served in the same manner for entremets.

## CHEESE FRITTERS.

Take some mild brie or gruyère cheese, add some milk and butter, and put the whole into a saucepan, put to these ingredients flour, eggs, and sugar, make into a paste, of which form your fritters, fry them of a nice colour and serve, then sprinkle with sugar; a small quantity of orange flowers may be added.

## ONIONS WITH PARMESAN CHEESE.

Take six large onions, pare them and cut them in slices half an inch in thickness, then make a batter with flour, half a gill of cream, a little pepper, salt, and three eggs, beat it up for ten minutes, after which add a quarter of a pound of Parmesan cheese grated fine, and mix well together, to which add the onions; have ready some boiling lard, then take the onions out of the batter with a fork singly, and fry them nicely till of a nice brown, drain them dry, and serve them placed round each other; for sauce, a little melted butter with mustard in it.



## CHEESE PASTE.

Take a cream cheese, flour, a little butter, three eggs, and some good cream, make it into a paste; you must judge the quantity of flour according to the quantity of cheese and consistency you would have the paste.

## CHEESE PUFFS.

Take half a pint of cheese, curd strained from the whey, with a spoonful and a half of flour, three eggs, leaving out the whites of two, a spoonful of orange flower water, a quarter of a nutmeg, and sugar to make it sweet; beat it in a mortar; lay a little of this paste in very small round cakes on a tin plate; if the oven is hot, they will take a quarter of an hour to bake; serve them with pudding sauce.

## CHEESE, TO PRESERVE SOUND.

Wash it in warm whey once a month, wipe it, and keep it on a rack; if you wish it to ripen, keep it in a damp cellar, which will bring it forward; when a whole cheese is cut, the largest piece should be spread inside with butter, and the outside should be wiped to preserve it; to keep that which is in daily use moist, let a clean cloth be wetted and wrapped round the cheese, when carried from table.

## CHEESE ROASTED, TO COME UP AFTER DINNER.

Mix three ounces of grated Cheshire cheese, the yolks of two eggs, four ounces of butter, and three ounces of grated bread, a dessert-spoonful of mustard, a little salt and pepper; beat the whole well in a mortar, then toast some bread, cut it into proper pieces, lay the paste as above thick upon them, put them in a Dutch oven, covered with a dish, till hot through, remove the dish, let the cheese brown a little, and serve as hot as possible.

## CHEESE STEWED.

Take a quarter of a pound of Cheshire and Gloucester cheese, cut it small, and lay it in a stewpan, add a gill of Lisbon wine, a tea-spoonful of water, and, if liked, one of mustard; mix them over a fire till the cheese is dissolved, then have ready a cheese-plate, with a lighted lamp beneath, put the mixture in it, and serve it up directly, sending with it some fresh toasted bread.

## STILTON CHEESE.

Take the night's cream and the morning milk, mix them together with the rennet; when the curd is produced, it must not be broken as is done with other cheeses, but take it out with a soil dish all together, and place it in the sieve to drain, gradually pressing it till it becomes firm and dry; then place it in a wooden hoop, and after-



wards keep it dry on boards, turning it often, with cloth binders round it, which are to be tightened as occasion requires. In some dairies, the cheese, after being taken out of the hoop, is bound round with a cloth tight; this cloth should be changed daily, until the cheese becomes firm enough to support itself; after the cloth is taken off, it must be rubbed every day all over with a brush, for three months, and if the weather is moist or damp, twice daily, and even before the cloth is taken off the top and bottom must be rubbed every day.

#### CHEESE TOAST.

Take some butter, made mustard, and salt, mix it, spread it on thin fresh-made toast, and grate Gloucester cheese.

#### CHEESE TOASTED, OR A SCOTCH RABBIT.

Toast a slice of bread, butter it, toast a slice of cheese on both sides, and serve it on the bread.

#### CHEESE TOASTED, OR A WELSH RABBIT.

Take a slice of bread, and nicely toast it, toast a slice of cheese on one side, lay it on the toast, and, with a hot salamander, brown it, and rub some mustard over it.



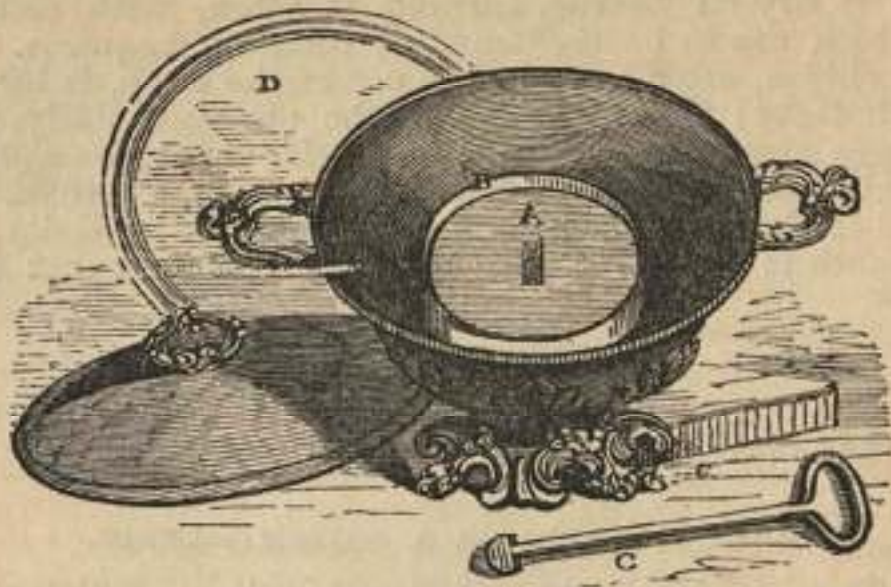
FROMAGÈRE FOR TOASTING CHEESE.

Here we have a very elegant arrangement for toasting cheese upon our own supper table. Amongst other good points it possesses one desideratum worthy of mention,—the cheese never gets burnt.

#### MACCARONI.

Boil your maccaroni in milk, and a good piece of butter, until quite tender, strain it off, have ready in another stewpan some white sauce, add to it a little made mustard, a quarter of a pound of Parmesan cheese, a little cayenne pepper, common pepper, and salt.





#### DIRECTIONS FOR USING THE FROMAGÈRE.

Place the iron heater, A, when red hot, in the receptacle, outside of which, pour about a pint of boiling water. Put on the dish D, on which good cheese, cut in thin slices, must be placed; put on the cover, and in about five minutes the cheese will be fit for serving. C represents the handle for shifting the heater.

#### FONDEAU.

Boil together half a pint of milk and two ounces of butter, and a little salt, mix in smooth two spoonfuls of flour, then stir it over the fire for about five minutes, then take it off, and add to it half a pound of grated Parmesan cheese, the yolks of eight eggs, and the whites of two, well beaten before you add it; then add a gill of cream, beating the remaining six whites of eggs to a very high froth, which mix lightly to the rest, then fill your case, either a silver one well-buttered, or small square paper cases; bake them in a slow fire, about twenty minutes the small ones, and longer the large ones.

#### RAMEQUINS.

Break eight eggs into a bason, add two ounces of clarified butter, two tea-spoonfuls of made mustard, some black pepper, cayenne pepper, salt, and a gill of cream; beat all well together, adding half a pound of grated Parmesan cheese, and a little common cheese grated, beat well together, then fill your mould or papers.



## CUSTARDS, CREAMS, ICES, JELLIES, MARMALADES, ETC.

### CUSTARDS.

Boil a pint of milk with lemon peel and cinnamon, mix a pint of cream and the yolk of eggs beaten; when the milk tastes of the seasoning, sweeten it enough for the whole, pour it into the cream, and stir it well, then give the custard a simmer till of a proper thickness; do not let it boil, and stir it one way the whole time; then flavour with a large spoonful of peach-water, and two tea-spoonfuls of brandy, or some ratafia. If you wish your custard to be very rich, put a quart of cream and no milk.

### ALMOND CUSTARDS.

Blanch and beat fine three ounces of sweet almonds and one ounce of bitter, with a spoonful of water; beat a pint of cream with two spoonfuls of rose water, and put to them the yolks of four eggs, and as much sugar as will make it sweet; then add the almonds, stir it all over a slow fire, till it is of a proper thickness, but not to boil. Pour it into cups.

### CUSTARD, BAKED.

Boil a pint of cream with mace and cinnamon; when cold, take four eggs, leaving out two of the whites, a little rose and orange flower water, a little white wine, nutmeg, then sugar to your taste; mix them well together, and bake them in china cups.

### CREAM CUSTARD.

Take the crumb of a penny loaf and grate it very fine, and add to it a quart of cream with half a pound of fresh butter, and the yolks of a dozen eggs, put to them as much sugar as will sweeten them, then let it thicken over the fire, make the custards shallow, and when they have stood half an hour in a slow oven, grate some loaf sugar over them, and serve.

### CUSTARD (PLAIN).

Boil together a quart of cream or new milk, a stick of cinnamon, four bay leaves, and some mace; then take twelve eggs, beat them up well, sweeten them, put them into a pan, and bake or boil them,



stirring them all one way till they are of a proper thickness; boil the spice and leaves first, and when the milk is cold, mix the eggs and boil it. The spice may be left out, and only the bay leaves used, or, in lieu of that, four or five bitter almonds, to the taste.

#### CHERRY CUSTARD.

Take two pounds of ripe cherries, stoned and tailed, and put them into a preserving pan with half a pound of powdered sugar; when nearly done, drain the cherries well, strain the syrup, and boil it until it begins to adhere to the fingers, then pour it to a fourth part of the cherries with the juice which drained from them, and put them on the fire till the nap foams; prepare the custard in the usual way; pour in the drained cherries, bake it for three quarters of an hour in a brisk oven, then dorez and glaze it. Previous to serving at table, mark it with the remaining cherries, and pour the syrup over the whole.

#### LEMON CUSTARD.

Take the yolks of ten eggs beaten, strain them, and whip them with a pint of cream; boil the juice of two lemons, sweetened, with the rind of one; when cold strain it to the cream and eggs; when it almost boils, put it into a dish, grate over the rind of a lemon, and brown it with a salamander.

#### ORANGE CUSTARD.

Beat the rind of a Seville orange (previously boiled very tender), in a mortar, to a very fine paste, add the juice of another, a spoonful of the best brandy, the yolks of four eggs, and four ounces of lump sugar; beat them well together for ten minutes, then pour in gradually a pint of boiling cream, beating it till it is cold, and put it into custard glasses. Place the glasses in an earthen dish of hot water, let them remain till they are set, then stick preserved orange or orange chips on the top. Serve either hot or cold.

#### RICE CUSTARDS WITHOUT CREAM.

Take one tea-spoonful of rice flour, a pint of new milk, the yolks of three eggs, a table-spoonful of ratafia; sugar to your liking; mix the rice very smooth, and stir it, with the eggs, into the boiling milk.



## CREAMS

## APRICOT CREAM.

The same as raspberry and currant cream, rub your apricots through a sieve; if jam, the same; use a little lemon juice and less sugar than to the other creams.

## CABBAGE CREAM.

Put a gallon of milk over the fire and skim it as long as any froth rises, then empty it into eight or ten bowls as fast as you can, without making it froth, then set them in a place where the wind may blow upon them; when the milk is rather cooled, gather off the cream with your hands, crumple it together, and lay it on a plate; when you have laid four or five layings one upon another, dip a feather in rose water and musk, and stroke it over it, then sift some fine sugar and grated nutmeg over it, and lay on three or four layers more; then set all the milk on the fire to boil again, and when it rises up, distribute as you did before in your bowls, and use it in the like manner; do this five times, laying on your cream as before, one upon another, till it is as round and as high as a cabbage. Let one of the bowls stand, because it will be thickest and most crumpled, lay on that last the top of all; strew pounded loaf sugar over the whole.

## CHOCOLATE CREAM.

Put two squares of chocolate scraped into a stewpan with two ounces of sugar, a pint of milk, and half a pint of cream, let it boil till a third is consumed, and, when half cold, beat up the yolks of six eggs with it, and strain the whole through a sieve, and then put the small dish or cups in which the cream is to be served into a pan containing enough boiling water to reach above half-way up the cream, cover this pan, and put a little fire on the pan; when done, and the cream cool, serve.

## CLOTTED CREAM.

String four blades of mace on a string, put them to a gill of new milk, and six spoonfuls of rose water, simmer a few minutes, then by degrees stir this liquor, strained into yolks of two new eggs well beaten, stir the whole into a quart of good cream, set it over the fire and stir till hot, but not boiling, then pour it into a deep dish, and let it stand four and twenty hours; serve it in a cream dish; to eat with fruit, some persons prefer it without any taste but cream, in which case use a quart of new milk, or do it like the Devonshire cream scalded; when done enough, a round mark will appear on the surface of the cream, the size of the bottom of the pan it is done in, which in the country they call the ring, and when that is seen, remove the pan from the fire.



## EXCELLENT CREAM.

Take three quarters of a pint of cream, whip it up to a strong froth with some finely-scraped lemon peel, a squeeze of lemon juice, half a glass of sweet wine, and sugar, lay it on a sieve in a form, and the next day lay it on a dish, and ornament it with very light puff paste biscuits, made in tin shapes the length of a finger, and about two thick, over which should be strewed sugar, or a little glaze with isinglass; the edges of the dishes may be lined with macaroons.

## CHOCOLATE—WHIPPED CREAM.

Dissolve a quarter of a pound of the best chocolate in a glass of boiling water over a moderate fire, then let it cool, add to it a quarter of a pound of powdered sugar, and mix it with whipped cream.

## CHERRY ICE CREAM.

Pound half a pound of preserved cherries unstoned, put them into a bason with a pint of cream, the juice of a lemon, and a gill of syrup; pass it through a sieve, and freeze it in the usual way.

## CURRANT ICE CREAM.

Put into a bason a large spoonful and a half of currant jelly, with half a gill of syrup; squeeze in the juice of one lemon and a half, add a pint of cream and a little cochineal, pass it through a sieve, and freeze it in the usual way.

## CURRANT CREAM.

Take some currants thoroughly ripe, bruise them in boiled cream, add beaten cinnamon, and sweeten to your taste; then strain it through a fine sieve, and serve. Strawberries and raspberries may be done in the same way. The fruit ought to be sweetened previous to putting in the cream, which should be used almost cold, else it is liable to curdle.

## GOOSEBERRY CREAM.

Take a quart of gooseberries, and boil them very quick in enough water to cover them; stir in half an ounce of good butter; when they become soft, pulp them through a sieve, sweeten the pulp while it is hot, and then beat it up with the yolks of four eggs. Serve in a dish, cups, or glasses.

## LEMON ICE CREAM.

Take the juice of four lemons and the peel of one grated, add



two gills of syrup and one pint of cream, mix it all together, pass it through a sieve, and freeze it.

#### STRAWBERRY CREAM.

Pulp six ounces of strawberry jam, with a pint of cream, through a sieve, add to it the juice of a lemon, whisk it fast at the edge of a dish, lay the froth on a sieve, add a little more juice of lemon, and when no more froth will rise, put the cream into a dish, or into glasses, and place the froth upon it, well drained.

#### STRAWBERRY ICE CREAM.

Pass a pint of picked strawberries through a sieve with a wooden spoon, add four ounces of powdered sugar, and a pint of cream, and freeze.

#### CREAM HASTY.

Take a gallon of milk from the cow, set it on the fire, and when it begins to rise, take it off the fire, skim off all the cream and put it on a plate, then set the skillet on the fire again and repeat the skimming till your plate is full of cream; put to it some orange flower and sugar, and serve it.

#### ITALIAN CREAM.

Boil two ounces of isinglass as usual for creams, whip up a pint of cream until it thickens, add the juice of two lemons, some sifted sugar, a little brandy, and a little white wine, whip all in by degrees; when a good thickness add in your cold isinglass, whip it until it begins to set, then fill your mould; if you like, colour one half of it.

#### CREAM, TO KEEP.

Cream already skimmed may be kept twenty-four hours if scalded without sugar, and by adding to it as much powdered lump sugar as will make it sweet, it will keep good two days in a cool place.

#### CREAM AU NATUREL.

Take some thin cream, (mind and let it be fresh,) and put it in a bowl on ice to cool, add to it powdered sugar, and serve it.

#### PINEAPPLE CREAM.

Have some pineapple prepared in syrup, and cut into small dice, putting it in your cream with a little of the syrup; the other process as before.



## RASPBERRY AND CURRANT CREAM.

Use a pottle of strawberries, and the juice of a handful of currants, passed through the sieve with the raspberries, then proceeding precisely the same as before.

## RHENISH CREAM.

This can be made best from some stale clear jelly; boil your jelly and let it cool a little, have ready eight yolks of eggs, a little sugar, and a little brandy; mix this all to the jelly, pass it through a tammy sieve, or a lawn sieve, into a bason, keeping it well mixed until it begins to jelly, then put it into your mould.

## CREAM STRAWBERRIES.

Rub through a fine sieve about four ounces of strawberries, have ready boiled in a small quantity of water or milk two ounces of isinglass, strain it, and put it to get cold, but not to set; put in a large bason one pint of cream, whip it with your whisk until it begins to thicken, then whip in a piece of a lemon free from pips, a handful of sifted sugar, now the strawberries, and more sugar if not sweet enough; now whip in gently your isinglass, not more than a tea-cupful, whip it well, and if nearly set, put it into your mould; if not a good colour, as that of a strawberry, use cochineal colouring to it.

## VANILLA CREAM.

Boil a stick of vanilla in a cupful of milk, with a few pieces of lump sugar, for one hour, take out the vanilla, and let the milk get cold; prepare your isinglass and cream as in other creams; whip the essence of vanilla into it, make it rather sweet with sifted sugar, and fill your mould as before. Turn out all jellies and creams with lukewarm water, damping the tops with a clean cloth before you turn them over upon your dish.

## GOOSEBERRY FOOL.

Put gooseberries into a stone jar, with some fine Lisbon sugar, put the jar either in a stove or in a saucepan of water over the fire; if in a stove, a large spoonful of water should be added to the fruit; when it is done to a pulp press it through a cullender. Have ready a sufficient quantity of new milk, and a tea-cupful of raw cream, boiled together, (or you may use an egg instead of the cream,) leave it to get cold, then sweeten well with sugar, and mix the pulp by degrees with it.

## APPLE FOOL

May be made as gooseberry fool, except that when stewed, they should be peeled and pulped.



## TRIFLE.

Cover the bottom of the dish with Naples biscuits, and macaroons broken in halves, wet with brandy and white wine poured over them, cover them with patches of raspberry jam, fill the dish with a good custard, then whip up a syllabub, drain the froth on a sieve, put it on the custard and strew comfits over all.

## APPLE TRIFLE.

Take a quantity of apples, and pulp them through a sieve until you have sufficient to make a thick layer at the bottom of your dish, then grate the rind of half a lemon fine and mix with it, and sweeten to palate with sugar. Mix together half a pint of milk, the same quantity of cream, and the yolk of one egg, scald it over a quick fire, keeping it well stirred all the time, but it must not boil; add a little more sugar and then stand it to cool; when cold, lay it over the apples with a spoon, cover it with a whip which should be ready about twenty-four hours previously, and which should be thus made; to a gill of rich cream put the whites of two eggs well beaten, four tea-spoonfuls of pounded sugar, some lemon peel, and a wine glass of raisin wine, beat it well with a whisk which is kept only for such purposes. A gooseberry trifle may be made in the same way.

## ICES.

Sorbetières, or moulds for cream or fruit ices, are made of two sorts of materials, block-tin and pewter, of these the latter is the best, the substance to be iced congealing more gradually in it than the former, an object much to be desired, for, when the ice is formed too quickly, it is apt to be rough and full of lumps like hail, especially if it is not well worked with the spatula; the other utensils fit for this operation are a deep pail, with a cork at the bottom, and a wooden spatula, about nine inches long; fill the pail with pounded ice, over which spread four handfuls of salt; then having filled a sorbetière or mould with cream, &c., put on the cover, and immerse it in the centre of the pail, taking care the ice touches the mould in all parts; throw in two more handfuls of salt, and leave it a quarter of an hour, then take the cover from the mould, and with the spatula stir the contents up together, so that those parts that touch the sides of the mould, and consequently congeal first, may be mixed with the liquor in the middle; work this about for seven or eight minutes, cover the mould, take the pail by the ears, and shake it round and round for a quarter of an hour; open the mould a second time, and stir as before; continue these operations alternately until it is entirely congealed and smooth, and free from lumps, taking care to let out the water that will collect at the bottom of the pail, by means of the cork, and press the ice close to the sorbetière with the spatula; when



the cream is iced, take it from the pail, dip the mould in warm water, and do not let it remain an instant, dry it quickly, turn it out and serve as quickly as possible. All sorts of ices are finished in this manner, the preparation of the articles of which they are composed constitutes the only difference between them.

#### ICE FOR ICING—HOW TO PREPARE.

Break almost to powder a few pounds of ice, and throw in among it a large handful and a half of salt; you must prepare in the coolest part of the house; the ice and salt being in a bucket, put your cream into an ice-pot and cover it, immerse it in the ice, and draw that round the pot so that it may cover every part, in a few minutes put a spatula or spoon in and stir it well, remove the parts that ice round the edges to the centre; if the ice-cream or water be in a form shut the bottom close, and move the whole in the ice, as you cannot use a spoon to that without danger of waste; there should be holes in the bucket to let the ice off as it thaws.

#### ICING FOR CAKES.

For a large cake beat eight ounces of fine sugar, put it into a mortar with four spoonfuls of rose water and the whites of two eggs beaten and strained, whisk it well, and when the cake is almost cold dip a feather in the icing and cover the cake well, set it in an oven to harden, but do not let it remain long enough to discolour; keep the cake in a dry place.

#### ALMOND ICING FOR BRIDE CAKES.

The whites of six eggs, a pound and a half of double refined sugar, and a pound of Jordan almonds blanched and pounded with a little rose water, mix all together, and whisk it well for an hour or two, lay it over the cake, and put it in the oven.

#### ICING FOR TARTS.

Beat the yolk of an egg and some melted butter well together; wash the tarts with a feather, and sift sugar over as you put them into the oven, or beat white of egg, wash the paste, and sift some white sugar.

#### BROWN BREAD ICE.

One pint of cream, sweeten with thick syrup, a little grating of nutmeg, a glass of jelly, have ready some very fine bread crumbs made from brown bread four days old, to be sprinkled by degrees into the cream when about half frozen; add jelly if you have it.



## GINGER CREAM ICE.

Make half a pint of good custard, boiling an ounce of the best ground ginger, sweeten it, add half a pint of cream, a little lemon juice; put into it, when half frozen, two ounces of preserved ginger cut in small dice; go on as for former ices.

## CURRANT ICES.

Squeeze some picked currants through a sieve, add to the juice some clarified sugar, boiled to a very high degree, and, if you like, squeeze in the juice of four lemons—it will make it more mellow; strain them again through the sieve, put them in the icing pot, and finish the same as all other ices.

## PINEAPPLE CREAM ICE.

Use the syrup, and when getting thick, add some small pieces of pine, cut in dice, all the other process as for former creams.

## FRESH STRAWBERRY ICE OF CREAM.

If for a quart mould, rub through four or five ounces of the scarlet strawberries into a clean bason, sweeten it with some good thick syrup, the juice of a lemon, and half a pint of cream, a glass of clear jelly if you have it, in dissolved isinglass; in freezing, work it well and repeatedly with your spoon, when it begins to thicken and stick to the sides of the freezer, do not let it be too hard before you put it into your mould, and colour it, if not a good colour, with prepared colouring; paper the top and bottom of your moulds, bring them in small ice and plenty of salt, and let them remain until dessert is called; wash well the moulds from the salt and water, as the least drop will spoil your ices; cut off the projecting top and bottom before you dish them.

## VANILLA CREAM ICE.

Boil a stick of vanilla in milk and sugar, break eight yolks of eggs, and make a good thick custard of the boiled milk and vanilla, strain it through a fine sieve; when cold, add a gill of cream and the juice of a lemon, a glass of jelly if you have it; the last as the former ices.

## CHERRY ICE.

Stone two pounds of ripe cherries, bruise and set them on the fire, with a little water, and half a pound of sugar; when they have boiled, pass them through a hair sieve into an earthen pan, pound a handful of the kernels, put them in a bason with the juice of two lemons, add to the cherries a pound of sugar au petit lisse, and strain on them the lemon juice and kernels, mix the whole together,



and put it into a sorbetière with pounded ice ; work the cherries up with it well until it has set, then place it in glasses.

#### CURRENTS TO ICE.

Take fresh currants in bunches, and have ready some white of egg well beaten, dip them in, lay them abroad, sift double-refined sugar over them thick, and dry them in a stove or oven.

#### CURRENT ICES.

Take some picked currants and squeeze them through a sieve, then take some clarified sugar boiled to a high degree, add it to your currant juice, and, if you like, squeeze the juice of four lemons in it, which will make it more mellow, strain it through a sieve again, put then in an icing pot ; finish the same as all other ices.

#### WATER ICES GENERALLY.

If made from jams, you must rub them through a sieve, adding thick boiled syrup, and lemon juice, and some jelly and colouring, if for pink, and the white of an egg whipt up, before you add it to the best half of a pint of spring water ; if of jam, you must have a good pint of mixture in all, to make a quart mould ; if from fruits with syrup, you will not require water.

#### LEMON WATER ICE.

Rub on sugar the clear rinds of lemons, squeeze the juice of twelve lemons, strain them, boil the sugar into a strong thick syrup, add to the juice half a pint of water, or good barley water, sweeten it with your syrup, and add the white of an egg and jelly.

#### ORANGE WATER ICE.

Proceed exactly as before, only add a glass of brandy or Madeira ; or without.

#### FINE COCHINEAL COLOURING.

Pound one ounce of cochineal in one pint of water, one ounce of roach alum, one ounce of cream of tartar ; when all are boiled add one ounce of salts of wormwood, and the juice of three lemons, and two gills of spirits of wine.



## JELLIES.

## ASPIC JELLY.

Boil a neat's foot the same as calves' feet; when boiled and cleaned, instead of spices, use beetroots, sweet herbs, parsley, and onions, and some good second stock, use eggs likewise; season with salt, pepper, a dust of sugar, tarragon vinegar, and common vinegar; boil, and run it through a jelly-bag as before.

## CLEAR APPLE JELLY.

Pare and core five dozen of lemon pippins, put them in a pan, with as much water as will cover them, let them boil gently until soft; let them get cold, then strain them through a jelly-bag, put the juice in your preserving-pan, and to each pint of juice put one pound of fine sugar and the peel of two lemons, then boil it until it is reduced to the stiffness of calf's-foot jelly, skim it well, and add the juice of a lemon; it should be made in September, the flavour of the apple is then better; if you cannot get the pippin, any acid apple will do.

## APRICOT JELLY.

Take eighteen fine apricots, let them be of a nice red colour, stone them, and cut them in pieces into some syrup, usually made with twelve ounces of sugar, but for apricot jelly it should be rather more liquid than for other jellies; when the fruit is done, put it into a napkin, to press out all the juice you possibly can, which you must add to the syrup in which the apricots have been done, and which has been previously strained through a silk sieve, and after having mixed with it a proper quantity of isinglass to thicken it, finish the same as all other jellies.

## COLOURING FOR JELLIES, CAKES, ETC.

For a beautiful red, boil fifteen grains of cochineal in the finest powder, with a drachm and a half of cream of tartar, in half a pint of water, very slowly, half an hour; add in boiling a bit of alum, the size of a pea, or use beet-root sliced, and some liquor poured over.

For white, use almonds finely powdered, with a little drop of water, or use cream.

For yellow, yolks of eggs, or a bit of saffron steeped in the liquor and squeezed.

For green, pound spinach leaves or beet leaves, press the juice, and boil a tea-cupful in a saucepan of water, to take off the rawness.



## CALVES'-FOOT JELLY.

For one mould, chop up two calves' feet, put them on in about four quarts of water to boil; this should be done the day before you require the jelly; keep it well skimmed and boil gently all day, it will then be reduced to about two quarts; the next morning take off all the grease and wash the top with a little warm water, then rinse it with cold; place the stock in the proper size stewpan to allow it to boil well, then put in a paring of lemon, without any white adhering to it, two or three cloves, a piece of cinnamon, a few bruised coriander seeds, a bay leaf, let it boil for a few minutes, and then take it off to get cool. Have ready broken in a bason six or eight whites of eggs and the shells, chop them up together, squeeze five or six lemons, strain the juice, add sugar to the whites of eggs and a glass of cold water, then add the lemon juice; add all this well mixed into the calves'-foot stock, place it on your fire and let it rise to the top of your stewpan, being careful it does not go over; then take it off the fire, place on the cover, and put some hot coals upon it, let it stand a few minutes, and then run it repeatedly through the jelly-bag until beautifully bright and clear: flavour it with what may be required.

## RED CURRANT JELLY.

Set on the fire in a sugarpan a pint of smooth clarified sugar, when it boils put in a quart of picked red currants, in which let them boil for half an hour; be careful to skim them well, and at times add a little cold water to raise the scum; when boiled enough, run the liquor through a sieve into a bason in which you have squeezed three lemons, then put in some isinglass and set your jelly in a mould in ice as usual.

## WHITE CURRANT JELLY.

Take the seeds from a dozen pounds of fine white currants, and put them into ten pounds of clarified sugar, boiled to grande lisse; take your saucepan from the fire, stir the jelly lightly with a skimmer, then boil it up twice, after which pass it through a sieve; replace it over the fire, taking care to keep the sides of the pan clean with a sponge, so that the jelly does not become coloured by the heat in boiling, skim it, and finish the same as the red jelly.

## BLACK CURRANT JELLY.

Make it the same way as the red currant jelly, only with this difference, that you may use very coarse sugar.

## CHERRY JELLY.

Having taken the stalks and stones from two pounds of dark red fleshy cherries, put them in a bason, pound the kernels, and squeeze



the juice of four lemons through a tammy, mash the cherries with a wooden spoon, putting first in half a pot of currant jelly, then the kernels, lastly the lemon juice, and mix these together well; then having boiled and skimmed a pint of clarified sugar and isinglass, put the cherries into a jelly-bag, pour the sugar, &c., over them, and run it through till quite clear; if not sufficiently sweet add more sugar,—if the contrary, add more lemon juice; wet the mould, set it in ice, and fill it with the jelly, but do not turn it out till the last minute.

#### DAMSON JELLY.

To eight pounds of damsons put eight pounds of fine sugar and half a pint of water, boil them for half an hour over a gentle fire till the skins break, then take them off, and set them by for an hour; set them on the fire again for half an hour, set them by for the same time; and do the same a third time; while they stand off the fire, put a weight upon them to keep them under the syrup; the last time you must boil them till you perceive they are of a very high colour in the part where the skin is broken, then take them off, set them by to cool, and when they are cold drain off the syrup, and make the jelly in the following manner:—

Boil a good quantity of green apples, green gooseberries, and quince cores to a mash, then strain them through a sieve, take an equal quantity of this jelly and the former syrup, and boil them over a gentle fire together till they jelly, skim it well, and while it is hot put it into glasses or pots.

#### JELLIES FOR ENTREMETS.

Hartshorn, calves' feet, and isinglass are the usual materials used to coagulate sweet jellies; of these three the latter is the best, as when properly clarified it is the clearest, and has no unpleasant flavour. Jellies are made of all sorts of fruits, and sometimes of flowers and liqueurs; for directions to prepare them see the various articles of which they are composed

#### JELLY, TO KEEP.

Take a leg of beef and two shins, cut in pieces a knuckle of veal, chop it all to pieces, one or two old cocks and hens skinned, and two calves' feet, put all these into ten quarts of water, and boil them down to a strong jelly, skim it well, add some salt, and run it through a jelly-bag till it is quite clear.

#### JELLY, SAVOURY, TO PUT OVER COLD PIES.

It should be made of a small bare knuckle, or leg, or shoulder of veal, or a piece of scrag of mutton; or if it is made of fowls, or rabbits, the carcasses, necks, or heads, added to any piece of meat,



will be sufficient, observing to give consistence by cow-heel or shanks of mutton; put the meat with a slice of ham or bacon, a bundle of different herbs, two blades of mace, an onion or two, a small bit of lemon peel, and a tea-spoonful of Jamaica pepper bruised, the same quantity of whole pepper, and three pints of water, into a stewpan that shuts very close; when it boils, skim it well, and let it simmer slowly till quite strong, then strain it, and when cold take off all the fat you possibly can with a spoon, and then, to remove every particle of grease, lay a clean piece of cap or blotting paper on it; if, when it is cold, it is not clear, boil it a few minutes with the whites of two eggs, but do not add the sediment; pour it through a nice sieve, with a napkin in it, which should be previously dipped in hot water, to prevent waste.

#### LEMON JELLY.

Set a pint and a half of clarified sugar on the fire, and dilute it with a little water; when it boils, and has been well skimmed, put in two ounces of clarified isinglass with a little lemon peel cut very thin; let these boil till you have squeezed through a sieve into a bason the juice of six lemons, then pass your sugar and isinglass to it, and set it in a mould as any other jelly; when turned out, garnish it with dried jellies.

#### ORANGE JELLY.

Boil a neat's foot in two quarts of water all day, then strain it off, and put it to get cold; take off the grease well, and reduce the stock to less than half a pint; have the peels of twelve oranges rubbed upon lump sugar, getting off all the colour from the oranges, put your foot stock in a stewpan and about one ounce of isinglass, and a little water; boil all, then add your sugar you have rubbed into it, squeeze the two oranges with one Seville and two lemons, and strain it to the isinglass; when it has boiled, strain it through a tammy into a bason, keeping it stirring every now and then, when add a good glass of French brandy and a glass of white wine; when nearly set, put it into your mould.

#### RASPBERRY JELLY.

Take two-thirds of raspberries, and one-third of red currants, pick them, press the juice through a sieve into a jar, cover and place it in a cellar, or any other cool place, for three days; at the end of that time raise the thick skin formed on the top, and pour the juice into another vessel, weigh it, and put it with half the quantity of sugar into a preserving pan; set it on the fire; a great deal of scum will rise at first, which must all be taken off; leave it on the fire for an hour, then pour a few drops on a cold plate, if it cools of the proper consistence for jellies take it from the fire, and whilst hot pour it into pots. Let the jelly be quite cold before covered.



## ROSE JELLY.

Make a clear apple jelly, colour it with cochineal infused in double distilled rose-water, and just before the last boiling put in half a glass of the best double-distilled rose-water.

## RUM JELLY.

To a quart bottle of common white wine, add a pound of lump sugar reduced to syrup and clarified, then take an ounce of isinglass, dissolve it thoroughly, strain it through a sieve, and mix it with the syrup milk warm; when this mixture is nearly cold, pour it into the white wine, stir it well so as to mix it completely, then add a spoonful or more, according to the strength you desire, of old Jamaica rum, stir it and pour it into a mould, or glasses, if intended to hand round for evening parties.

## MARMALADES.

## MARMALADE.

Marmalade may be composed almost of any fruit, the best, however, for the purpose are apricots, peaches, oranges, quinces, eggs, plums, apples, &c.; they are usually made by boiling the fruit and sugar together to a kind of pulp, stirring them constantly whilst on the fire; it is kept in pots, which must not be covered till the marmalade is quite cold; the proportion of sugar is half a pound to each pound of fruit.

## MARMALADE OF APPLES.

Scald apples until they will pulp from the core, then take in large lumps the same quantity of sugar as apple; damp the sugar in water, then boil them, keeping it well skimmed; boil it until it is a thick syrup, then put it to the pulped apple; boil it over a quick fire for about a quarter of an hour, add the grating of one lemon and six cloves, but take out the cloves again; then fill your jars.

## MARMALADE TRANSPARENT.

Select very pale Seville oranges, cut them into quarters, and remove the pulp; put it into a bason, and take away all skin and seeds. Soak all night the peels in a little salt and water, then boil them in a good quantity of spring water till tender; cut them in very thin slices, and add them to the pulp. To every pound of marmalade add one and a half pounds of double-refined sugar finely sifted, and boil them together gently for twenty minutes. If it is not sufficiently clear, boil or simmer for five or six minutes longer; keep stirring gently all the time, taking care not to break the slices. When cold,



put it into jelly or sweetmeat glasses, and tie down with brandied paper.

#### APPLE MARMALADE.

Boil some pippins until they begin to get tender, then put them into cold water, pare and core them, squeeze the pulp through a sieve, and put it over the fire, letting it remain till it becomes very thick; then weigh an equal quantity of fine sugar, boil till the sugar arises in sparkles which cluster together, put the marmalade to it, and stir them well with a wooden spoon till the apples begin to boil, then take it off, and when a little cool, put it into pots, but do not cover them till quite cold.

#### APRICOT MARMALADE.

Take some fine apricots, and choose from amongst them those which are of the deepest yellow and the ripest, but they must not be too ripe; peel them, take out the stones, and chop them up; weigh twelve pounds of them, and put them into a preserving-pan with nine pounds of sugar, place your pan over a quick fire, and keep your preparation constantly stirring with a long wooden spoon; to find out when the marmalade is sufficiently done, let a few drops fall into a glass of cold water, and if they do not spread in the water, your marmalade is ready to put into pots.

#### BARBERRY MARMALADE.

Take three pounds of very ripe barberries, the same quantity of sugar, and a pound of water; put the water into a deep, broad, silver, or copper pan, and as you take the seeds out of the barberries, throw the latter into water, then give them a few boilings over the fire; after this put them into a sieve, and bruise them to extract the pulp, which must again be put over the fire, until the moisture has entirely evaporated. This done, if the pan in which you put your barberries at first was of copper, pour the pulp, which was extracted from the fruit, into an earthen vessel, to prevent the acid of the fruit, when heated, from acting on the copper; but if your vessel be silver, you may safely put your pulp into it, when heated; then pour upon the pulp the sugar, which must be previously clarified and boiled au casse; give the whole a few boilings, stirring it well with a wooden spoon; then pour your marmalade into pots.

#### ORANGE MARMALADE.

Blanch the rinds of fifteen oranges, without any of the white, till soft, then soak them in cold water for a few minutes, drain and pound them to a paste, which rub through a sieve; ascertain its weight, and for each pound allow a pound and a half of sugar; clarify and boil the sugar till the bubbles rise strongly to the surface; put in the paste and boil them together, stirring continually till the marmalade



is done. To know when the marmalade is fit to turn out and be potted, take some up between your thumb and finger, and if on opening them it draws out like a thread, it is done.

## RASPBERRY MARMALADE.

Take double the weight of raspberries to that of sugar; rub the fruit through a sieve and put the pulp into a saucepan, set it on the fire and stir till it is reduced to half, then pour on the sugar previously clarified and boiled to petit boule, stir it well in, put it on the fire, give it a few boils, and then pour it into pots.

## BLANCMANGES.

## BLANCMANGE.

Take one ounce of picked icinglass, boil it in a pint of water with a bit of cinnamon till it is melted, add three quarters of a pint of cream, two ounces of sweet almonds, six bitter ones blanched and beaten, a bit of lemon peel; sweeten it and stir it over the fire. When it boils, strain it and let it cool, squeeze in the juice of a lemon, and put into moulds. It may be garnished according to fancy.

## RICE BLANCMANGE.

Take one pint of new milk, add to it two eggs well beaten, four spoonfuls of ground rice, two spoonfuls of brandy, grate a little nutmeg, sweeten it to your taste, boil it; when near cold put it into your mould; when quite cold turn it out, mix a little sugar, cream, and nutmeg, and put round it in the dish; garnish with red currant jelly.

## BLANCMANGE EN SURPRISE.

Take the crumb from a rasped pain à café, without injuring the crust, which ice with powdered sugar and orange-flower water; place it a minute in the oven or stove to dry, fill the inside with blancmange, place it in a dish and cover it with firm blancmange in the form of a pyramid.

## BLANCMANGE (HOT).

Blanch a pound of sweet almonds with eight bitter almonds, pound them very fine, and put them into a stewpan; then put the same quantity of cream with a quarter more into another stewpan, and boil it with some sugar, and when it boils put in your almonds; mix them well together, and then pass them through a bolting cloth a



quarter of an hour before you wish to serve it; put your preparation over the fire, turning it the same as a bouilli; reduce it, and continue turning until it is thick and adheres to the spoon, then pour it into a silver dish, and serve.

#### BLANCMANGE À LA FRANÇAISE.

Blanch one pound of sweet and a score of bitter almonds, drain them on a sieve, and afterwards dry them by rubbing them in a napkin; pound them in a mortar, continually moistening them with half a tea-spoonful of water at a time, to prevent their oiling. When they are pounded as fine as possible, take them out of the mortar, and put them into a pan, then with a silver spoon beat up your almonds gradually with five glasses of filtered water; after this, spread a napkin over an oval dish, and put your almonds upon it; then gather up the corners of your napkin, and wring it very tight, to press out all the milk from the almonds, then put into this milk twelve ounces of crystallized sugar broken into small pieces. When the sugar is dissolved, pass the whole through a napkin, and then add to it one ounce of clarified isinglass rather warmer than lukewarm, and when the whole is well incorporated together pour it into your mould; your mould should be previously put into ten pounds of pounded ice; when your blancmange is ready to serve, which will be in two hours after it has been put into the mould, you must take it out.

#### BLANCMANGE, DUTCH.

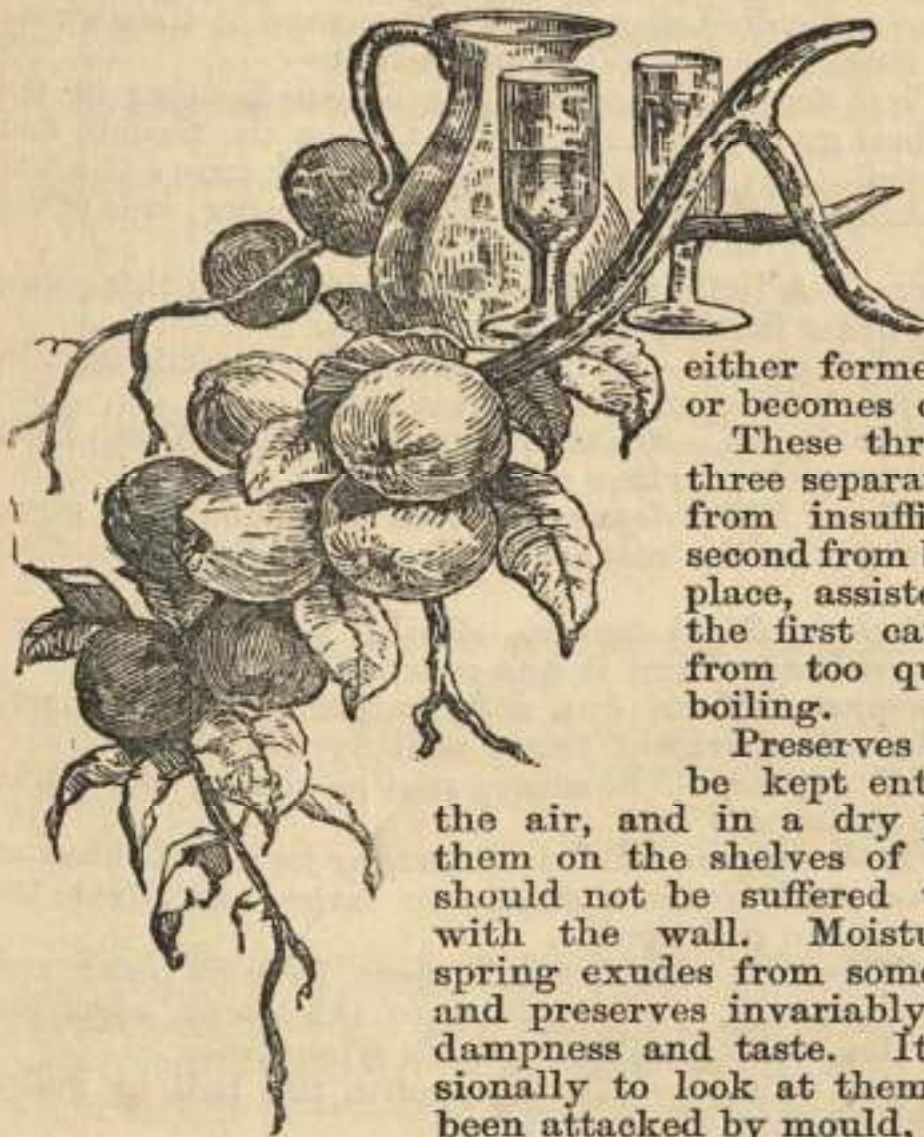
Put a pint of cleared calf's-foot jelly into a stewpan, mix with it the yolks of six eggs, set it over a fire, and whisk it till it begins to boil, then set the pan in cold water, and stir the mixture till nearly cold to prevent it from curdling, and when it begins to thicken, fill the moulds.

#### BLANCMANGE WITH PRESERVED ORANGE.

Fill the orange with blancmange; when cold, stick in long sticks of citron like leaves. Pour blancmange in a dish, and when cold, place the orange in the middle, and garnish with dried or preserved fruit.



CONFECTIONERY, PRESERVED FRUITS, ETC.



VERY common discovery made by those who preserve fruits, &c., for family use, and are not sufficiently versed in the art of confectionery, is, that the preserve

either ferments, grows mouldy, or becomes candied.

These three effects arise from three separate causes. The first from insufficient boiling; the second from being kept in a damp place, assisted in some degree by the first cause; and the third from too quick and too long boiling.

Preserves of all kinds should be kept entirely secluded from the air, and in a dry place. In ranging them on the shelves of a store-closet, they should not be suffered to come in contact with the wall. Moisture in winter and spring exudes from some of the driest walls, and preserves invariably imbibe it, both in dampness and taste. It is necessary occasionally to look at them, and if they have been attacked by mould, boil them up gently

again. To prevent all risks, it is always as well to lay a brandy paper over the fruit before tying down. This may be renewed in the spring.

Fruit jellies are made in the ratio of a quart of fruit to two pounds of sugar. They must not be boiled quick, nor very long. Practice, and a general discretion, will be found the best guides to regulate the exact time, which necessarily must be affected, more or less, by local causes.

If you do not possess a drying-stove, the fruit may be dried in the sun, on flagstones, taking care that insects are not suffered to



approach it; a garden glass to cover the preserve will keep them off. If dried in an oven, it must be of gentle warmth, and they must be suffered only to be done slowly.

## SUGAR.

### DIFFERENT DEGREES OF PREPARING SUGAR.

The various purposes to which sugar is applied require it to be in different states; these are called *degrees*. They extend to the number of thirteen, and are named in the following order:—

*Petit Lissé, or First degree.*—Replace the clarified sugar in the preserving-pan, to boil gently, take a drop of it on the thumb, and touch it with the fore-finger; if, on opening them, it draws to a fine thread, and, in breaking, forms two drops on each finger, it is at the right point.

*Lissé, Second degree.*—A little more boiling brings it to this point, when the thread will draw further before it breaks.

*Petit Perlé, Third degree.*—At this point the thread may be drawn as far as the span will open without breaking.

*Grand Perlé, Fourth degree.*—On still increasing the boiling, little raised balls are formed on the surface of the sugar.

*Petit Queue de Cochon, Fifth degree.*—Take up some of the sugar on a skimmer, and drop it on the rest, when it should form a slanting streak on the surface.

*Grand Queue de Cochon, Sixth degree.*—Boil it yet a little longer; the streak or tail is now larger, and it has reached this point.

*Soufflé, Seventh degree.*—Take out a skimmerful of the sugar, blow through it, and small sparks of sugar will fly from it.

*Petit Plume, Eighth degree.*—The same proof as above; the sparks should be larger and stronger.

*Grand Plume, Ninth degree.*—Take the sugar in the skimmer as before, give it a shake, and if the sparks are large, and adhere together on rising, it is at the right point.

*Petit Boulet, Tenth degree.*—Dip your fingers in cold water, and then into the sugar instantly, and again into the water, when the sugar will roll into a ball which will be supple when cold.

*Gros Boulet, Eleventh degree.*—At this point the ball or bullet will be harder when cold than the last.

*Cassé, Twelfth degree.*—Prove as above; the bullet should crumble between the fingers, and, on biting, will stick to the teeth.

*Caramel, Thirteenth degree.*—At this point it should snap clean when bitten. This point is very difficult to attain, for in increasing the height, the sugar is apt to burn, it is better, therefore, to try the proof very frequently.

Another *caramel* is much used by the confectioner, and is of a deep colour, it is made by putting a little water to the sugar, and boiling it without skimming or otherwise touching the sugar till of the right colour, then take it off, and use immediately.



If on preparing the sugar, you happen to miss the right point, add a little cold water, and boil once more.

OBSERVATIONS.—The skimmer should never be left in the preserving-pan after the sugar is clarified, nor after the scum is removed.

Be very careful not to stir or disturb the sugar, as that would cause its diminution.

In boiling the sugar, particularly the two last degrees, the sugar is continuously rising and falling, and, on falling, leaves marks on the side of the pan, which the heat of the fire would soon burn, and thereby spoil the whole of the sugar. To avoid this, have by the side of you a pan of cold water and a sponge, upon which wipe the sides of the pan carefully the instant after the sugar has fallen.

#### TO CLARIFY SUGAR.

Take the quantity of fine white loaf sugar you intend to clarify, add to it of very clean warm water, half a pint for every pound; when dissolved, add to it the white of one or two eggs—as the quantity may require—well whipped, put it on the fire, and when it comes to a boil, pour into it an ordinary tea-cupful of cold water; on its rising again to a boil, remove it, and let it settle for twenty minutes; skim the scum from the top, pour off the syrup into a clean vessel with sufficient quickness to leave all the sediment at the bottom, and such steadiness as to prevent any of the latter rising and mixing with it.

#### COLOURED SUGARS FOR ORNAMENTING.

Pound some sugar, and sift it through a coarse sieve, lay a little upon a plate, pour into it a few drops of carmine, or prepared cochineal, mixing it well in, then put it into your screen to dry, stirring it frequently; keep it dry in a canister, for use when required.

#### CARAMEL CONSERVE.

Clarify the quantity of sugar you may require, and boil it to caramel; have ready some cases of double paper, pour in your sugar to the thickness of half an inch, and trace on its surface the forms you wish it to have; when cold, break it according to those marks. This conserve may be coloured and flavoured according to the fancy.

#### SUGAR PASTE.

One pound of flour, four ounces of sugar, four ounces of butter, a little salt, one egg, mix together with a little water. This is an excellent paste for a second course dish.

#### TO CANDY FRUIT.

Having prepared your fruit, steep it in the syrup, and lay it as done in an open sieve, until the bottom is covered with one layer;



steep this suddenly in scalding water. This will remove any syrup which may cling to the fruit. Lay them aside on a napkin to drain, and go on with the others. You will have ready, finely-powdered, some of the best loaf sugar, sift this over the fruit until they are white all over, without being too thickly encrusted; lay them so as not to touch each other, on strainers, or the reverse end of small sieves; place them in a gently-warmed oven, watch them carefully, turning them until dry. The warmth of the oven must not be increased, but must not abate until the fruit is quite dry.

#### APRICOTS, TO PRESERVE.

Choose fine apricots, pare them thinly and cleanly, and when done, take their weight, cut them in halves, and remove the kernels, lay them with the inside upwards, take the same weight of pounded loaf sugar, and strew over them; break the stones of the apricots, and blanch the kernels; let the fruit lie in the sugar for twelve hours, then put fruit, sugar, juice, and kernels into a preserving-pan, simmer gently until clear; as the scum rises, remove it; remove the halves of the apricots; as they become cold, lay them in jars, and when the whole of the fruit has been potted, pour equally over them the syrup and the kernels. Cover the fruit with brandy paper, and tie tightly down.

#### APPLES, GOLDEN PIPPINS, TO PRESERVE.

Take the rind of an orange, and boil it very tender, then lay it in cold water for three days; take two dozen golden pippins, pare, core, and quarter them, boil them to a strong jelly, and run it through a jelly-bag till it is clear. Take the same quantity of pippins, pare and core them, and put three pounds of loaf sugar in a preserving-pan with a pint and a half of spring water, let it boil, skim it well, and put in your pippins with the orange rind cut into long thin slips, then let them boil fast till the sugar becomes thick and will almost candy; then put in a pint and a half of pippin jelly, and boil fast till the jelly is clear, then squeeze in the juice of a fine lemon, give the whole another boil, and put the pippins in pots or glasses with the orange peel. Lemon peel may be used instead of orange, but then it must only be boiled, and not soaked.

#### APPLES DRIED.

The apples to be dried, should be put seven or eight times in a slightly warmed oven, flattening them by degrees as they grow tender. The biffin is the apple mostly used, but the French crab, or any tart apple will do.

#### APPLES TO BAKE WHOLE.

Put some sound apples into a pan with a little cloves, a small portion of lemon peel, some brown sugar, a glass of red wine, or accord-



ing to the quantity of fruit; put them into a quick oven, and bake them at least one hour. The sugar in quantity must be regulated according to the number of apples.

#### 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.

#### 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.

#### 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 bason; put the bason 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, measure it, to every pint add of the very finest loaf sugar pounded one pound and a half. It is necessary that the sugar should be very finely powdered, and sifted through a lawn sieve; incorporate the sugar and barberries by beating up for at least three hours, that is, if the quantity is large, an hour less will suffice for a smaller quantity; drop it on sheets of white foolscap paper; they will dry in any dry place.

#### 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 savoury in each; close the bottles hermetically, and proceed according to the directions for preserving asparagus; leave them in the bainmarie 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 bainmarie is sufficient for them.



## BISCUIT OF PRESERVED FRUITS OR SWEETMEATS.

Take dried preserved fruits, such as apricots, grapes, plums, oranges, and a little orange-flower marmalade, pound them together, and sift in a sieve; mix the yolks of new laid eggs, and fine powdered sugar therewith till it comes to a paste, but not too liquid; bake upon paper in a moderate oven.

## BLACK TOPS—SIMPLE RECEIPT.

Halve and core some large apples, lay them in a shallow pan, and sift some white sugar over them; bake them until tender through; make a sauce of one glass of wine and one glass of water, boiled; sweeten to taste.

## BULLACES, TO PRESERVE.

Prick the fruit, throw them into scalding water for a minute, take them clean from the water, strew over them powdered lump sugar; the next day pour off the syrup, boil and skim it, pour it over the bullaces, and let it stand a day or two; boil the syrup again, put in the fruit, and boil them together; be careful not to mash them, and then put the preserves into jars. When cold, put brandy papers; to a pound of fruit allow half a pound of sugar.

## BRANDY CHERRIES.

Get the largest morel cherries you can, cut off half the stalk, pricking each cherry with a needle, putting them as you do them into a high glass; add three quarters of the weight in white candy sugar bruised between until full, a gill of noyeau, and then fill up with French brandy, tie a bladder over the bottle.

## CHERRIES PRESERVED DRY IN BUNCHES.

Tie up some fine equal-sized cherries in bunches seven or eight in each, fasten them by the ends of the stalks, throw them into sugar boiled to *soufflé*, let the cherries boil up in it fourteen or fifteen times, then skim, and pour it into an earthen pan, set it on a stove till next day, when drain, and lay out the cherries to dry. To each pound of fruit allow an equal quantity of sugar.

## CHERRIES, TO CANDY.

The fruit must be gathered before it is ripe, prick and stone them, use clarified sugar, and pour it over them.

## CHERRY JAM.

Either Kentish or Duke's cherries, quite ripe, blanch the kernels of some of them, use a pound of sugar, boil all well with the kernels, until the jam will come clear from the pan; put into glass dishes.



## CURRANT JAM OF ALL COLOURS.

Strip your currants, and put them into your pan, with three-quarters of a pound of sugar to a pound of fruit, add your sugar after your fruit has boiled a few minutes, boil all together, mashing your fruit with a wooden spoon; boil all gently for half an hour, then fill your jars.

## CURRANTS PRESERVED.

Take the seeds and stalks from whatever quantity of currants you intend to use, of which a fourth part must be white currants; put them into a preserving-pan with a glass of water, let them boil up until the fruit bursts, then strain the juice twice; clarify, and boil to *cassé*, some sugar, an equal weight to the fruit, pour the juice on it, boil them together a quarter of an hour, and having skimmed it well, pour it into pots.

## CURRANTS FOR TARTS, TO PRESERVE.

Put a pound of sugar into a preserving-pan; for every pound and a quarter of currants have a sufficient quantity of currant juice to dissolve the sugar; when it boils, skim it, and put in the currants, and boil them till they are very clear; put them into a jar, cover them with brandy paper, and keep them in a dry place.

## CITRON, WHITE, PRESERVED.

Lay some white citron cut into pieces in salt and water for four or five hours, then, having washed them in cold water, boil them; when tender drain and lay them into as much clarified sugar as will cover them; then next day drain off the syrup and boil it. When quite smooth and cold pour it on the citron, let them stand twenty-four hours, then boil the syrup and put in the citrons; the third day boil both together, and put them into moulds to candy.

## DAMSONS, TO KEEP.

Put them in small stone jars or wide-mouthed bottles; set them up to their necks in a boiler of cold water, and lighting a fire under, scald them; next day, when they are quite cold, fill up with spring water, and cover them closely.

## DAMSONS, TO PRESERVE.

Put a quart of damsons to half a pound of loaf sugar, powdered fine into a deep pot, with layers of damsons, then strew in a handful of sugar till you have put in what quantity you like; tie them close down, set them in an oven or in a pot of water over the fire, let them infuse till they are melted; let them stand till cold, then strain the



juice from them, boil it up well, and strain till clear; put it to your damsons, let them stand till cold, put a brandy paper over them and cover them with a wet bladder.

#### FIGS, GREEN, TO PRESERVE.

Slit some small green figs on the top, and put them into water for ten days, and proceed thus:—Put as much salt into the water as will make it bear an egg, then let it settle, take off the scum and put the clear brine to the figs; keep them for ten days; then put them into fresh water, shifting them every day for four days; again drain, then put them into clarified sugar, warm them a little, and let them stand till the next day; warm them again, and when they are become green give them a good boil, then boil some sugar to blow, put it to them and give them another boil, and next day drain and dry them.

#### FIGS, RIPE, TO PRESERVE.

Take the white figs when ripe, slit them on the tops, put them into clarified sugar, and give them a good boil, skim them, and leave them to stand till the next day; then boil some more sugar *au soufflé*, put it to the figs and give them another boil; the next day drain and dry them.

#### FRUITS, TO PRESERVE FOR TARTS OR FAMILY DESSERTS.

Cherries and plums, of all sorts, and American apples, gather when ripe, and lay them in small jars that will hold a pound, strew over each jar six ounces of good loaf sugar pounded, cover with two bladders, each separately tied down, then put the jars up to the neck in a large stewpan of water, and let it boil gently for three hours. All sorts of fruit should be kept free from damp.

#### FRUIT, TO PRESERVE GREEN.

Take pippins, apricots, pears, plums, or peaches while they are green; put them in a preserving-pan, cover them with vine leaves and then with fine clear spring water, and put on the cover of the pan; set them over a very clear fire, when they begin to simmer take them off the fire, and carefully with the slice take them out, peel and preserve them as other fruit.

#### GINGER, CANDIED.

Put an ounce of ginger grated fine, and a pound of sifted sugar, into a preserving-pan, with as much water as will dissolve it; stir them well together over a slow fire till the sugar begins to boil, then add another pound, stirring constantly till it thickens; take it from the fire, drop it on earthen dishes, set them in a warm place to dry, and they will be hard and brittle and look white.



## GOOSEBERRIES, PRESERVED.

Put one quart of red currant juice to five pounds of loaf sugar; set it on the fire, and when the sugar is dissolved put in eight pounds of red, rough, ripe gooseberries, let them boil half an hour, then put them into an earthen pan and leave them to stand for two days; then boil them again till they look clear; put them into pots and let them stand a week to dry a little at the top, then cover them with brandy papers.

## GOOSEBERRIES, TO KEEP.

When the weather is dry pick the gooseberries that are full grown and not ripe; pick off the tops and tails and put them into open-mouthed bottles; gently cork them with quite new corks, put them in the oven after the bread is drawn, and let them stand until shrunk a quarter part; then take them out of the oven and immediately beat the corks in tight, cut off the tops, and rosin them tightly down, set them in a dry place, and if they are well secured from the air they will keep the year round.

## GOOSEBERRY JAM.

Take what quantity you please of red, rough, ripe gooseberries, take half their quantity of lump sugar, break them well and boil them together for half an hour, or more if necessary, then put into pots and cover with paper.

## GRAPES, GREEN, TO PRESERVE.

Take the largest and best grapes before they are ripe; stone and scald them, let them lie two days in the water they were scalded in, then drain them and put them into a thin syrup, and heat them over a slow fire; the next day turn the grapes into a pan and heat them, then drain them, put them into clarified sugar, give them a good boil, skim them, and set them by. The next day boil more sugar to *soufflé*, put it to the grapes, give them all a good boil, skim them, and set them in a warm stove all night; the day after drain the grapes and lay them out to dry, first dusting them very well.

## GREEN-GAGES.

Weigh a pound of sugar to a pound of fruit; the largest when they begin to get soft are the best; split them, and take out the kernels and stew them in part of the sugar, take out the kernels from the shells and blanch them; the next day strain off the syrup and boil it with the remaining sugar about ten minutes; skim it and add the fruit and kernels, skim it until clear, then put it into small pots with syrup and kernels.



## GREEN-GAGE JAM.

Take some ripe green-gages, rub them through a large hair sieve, put them into a preserving-pan, add a pound of sifted sugar to each pound of pulp; then boil it to a proper thickness, skim it clean, and put it into small pots.

## LEMONS, TO KEEP FOR PUDDINGS.

When you squeeze the fruit throw the outsides into water without the pulp, let them remain in the same a fortnight, adding no more; boil them in the same till tender, strain it from them, and when they are nearly dry throw them into a jar of candy you may have remaining from old sweetmeats, or if you have none, boil some syrup of common loaf sugar and water and pour over them; in a week or ten days boil them gently in them till they look clear, and that they may be covered within the jar, you may cut each half of the fruit in two and they will occupy a smaller space.

## MAGNUM BONUM PLUMS.

Prick each plum with your larding pin; simmer them in a thin syrup very gently for a few minutes, then put them away into a boson, and when your syrup is cold pour it upon the plums; let them remain so for about three days, then make a syrup of three pounds of sugar to every five pounds of fruit; add the sugar to the former syrup taking out the plums first; when the syrup boils place your plums into it, keep boiling them until the plums are a clear yellow and the syrup adheres to them; put them separately into small pots, and cover them with syrup. If you wish to dry any, boil some syrup a little longer and quick, and then give that fruit another boil; take them upon a drying sieve so drain; these plums will ferment if not boiled in two syrups.

## NECTARINES, TO PRESERVE.

Split the nectarines and take out the stones, then put them into clarified sugar; boil them till they have thoroughly taken the sugar; take off all the scum, cover them with a paper and set them by; the following day boil a little more sugar to a strong *soufflé*, put it to the nectarines and give them a good boil, take off the scum, cover them, and put them into a stove; the next day drain them and lay them out to dry, having previously dusted them a little with sugar, then put them in the stove again.

## NECTARINES, TO KEEP.

This fruit is bottled in a similar way to apricots, the nectarines should be gathered perfectly ripe, and the skin taken off with great care.



## ORANGES, TO PRESERVE.

Rasp or cut the oranges in scallops with a penknife and throw them into water; change it once a day for three days, then boil them till tender enough to run a wheat-straw through, then put them into cold water till the next day; pulp and wipe them very dry, have the syrup ready, boil them two or three times till very clear, observing to put the syrup to them; when cold, make it the same as for cucumbers.

## ORANGE PEEL, TO PRESERVE.

Cut the orange in half, take out the pulp, put the peel in strong salt and water to soak for three days; repeat this three times, then put them on a sieve to dry; take one pound of loaf sugar, add to it a quart of spring water, boil it, skim it until quite clear, let the peels simmer until they are quite transparent, and dry them before the fire. Take loaf sugar with just sufficient water to dissolve it; whilst the sugar is boiling put in the peels, stirring continually until all the sugar is candied round them, then put them to dry, either before the fire or in the oven, and when perfectly dried, put them by for use.

## PEARS, BAKED.

Take half a dozen fine pears; peel, cut them in halves, and take out the cores, put them into a pan with a little red wine, and some cloves, half a pound of sugar, and some water; set them in a moderate oven till tender, then put them on a slow fire to stew gently; add grated lemon peel, and more sugar if necessary; they will be sufficiently red.

## PEARS, TO KEEP.

Choose the soundest pears, peel and cut them into quarters, take out the pips, and put the pieces into bottles, which place in the bainmarie. If the pears are intended for dessert, one boiling is sufficient, but if for cooking, they must boil five or six times; should the fruit thus bottled have fallen from the tree, instead of being gathered, they will require a quarter of an hour boiling.

## PLUMS, PRESERVED DRY.

Gather the plums when full grown and just turning colour; prick and put them into a saucepan of cold water, set them on the fire until the water is on the point of boiling; then take them out, drain, and boil them well in some clarified sugar, let them settle, and then boil again; if they shrink, and will not take the sugar, prick them as they lie in the pan, and then give them another boil, skim and set them by; the next day add some more sugar, boiled to *soufflé*, to the



fruit, and syrup; then put them together, place them in a stove till next day, then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a stove.

#### QUINCES, PRESERVED.

Choose the quinces very ripe, yellow, and quite sound; pare, quarter, and core them, put them into a little water and scald them, as soon as they are soft, throw into cold water, and put them to drain; clarify, and boil to lissé an equal weight of sugar, put in the fruit, cover, and leave them to simmer for another quarter of an hour, then take them from the fire, skim, and pour the preserve into a pan. In two days drain off the syrup, boil it to *perlé*, add the fruit, give the whole one boil, covered, let it cool a little, and then simmer for a quarter of an hour, after which, leave it till next day, when proceed as above, but boil the syrup to *grand perlé*. As soon as the preserve is cooled, put it into pots, adding to each a little quince jelly. A little prepared cochineal added to the above will give the preserve a fine red colour, in which case the jelly ought to be red also.

#### QUINCES, TO KEEP.

Gather the fruit quite ripe but perfectly sound, rub each carefully with a clean cloth to remove the down, then quarter, and put them into bottles corked tight; give them half an hour's boil in the bainmarie.

#### RASPBERRIES, TO KEEP.

This fruit may be bottled for keeping like cherries; they must not be more than just ripe.

#### RASPBERRY JAM.

To every pound of fruit use a pound of sugar, but always boil the fruit well before you add the sugar to it, it will be a better colour; put your fruit in a preserving-pan, mashing them with a long wooden spoon; after boiling them a few minutes, add the same quantity of sugar as fruit, boiling it for half an hour, keeping it well stirred. When sufficiently reduced, fill your jars.

#### RHUBARB PRESERVE.

Rhubarb preserve, if made according to the following directions, is almost equal to the celebrated Scotch marmalade. Procure six oranges, peel them, and take away the white rind and the kernels, then slice the pulp into the stewpan along with the peel cut very small, add thereto a quart of rhubarb cut fine, and from one pound to one pound and a half of loaf sugar; boil the whole down as for other preserves.

#### STRAWBERRY JAM.

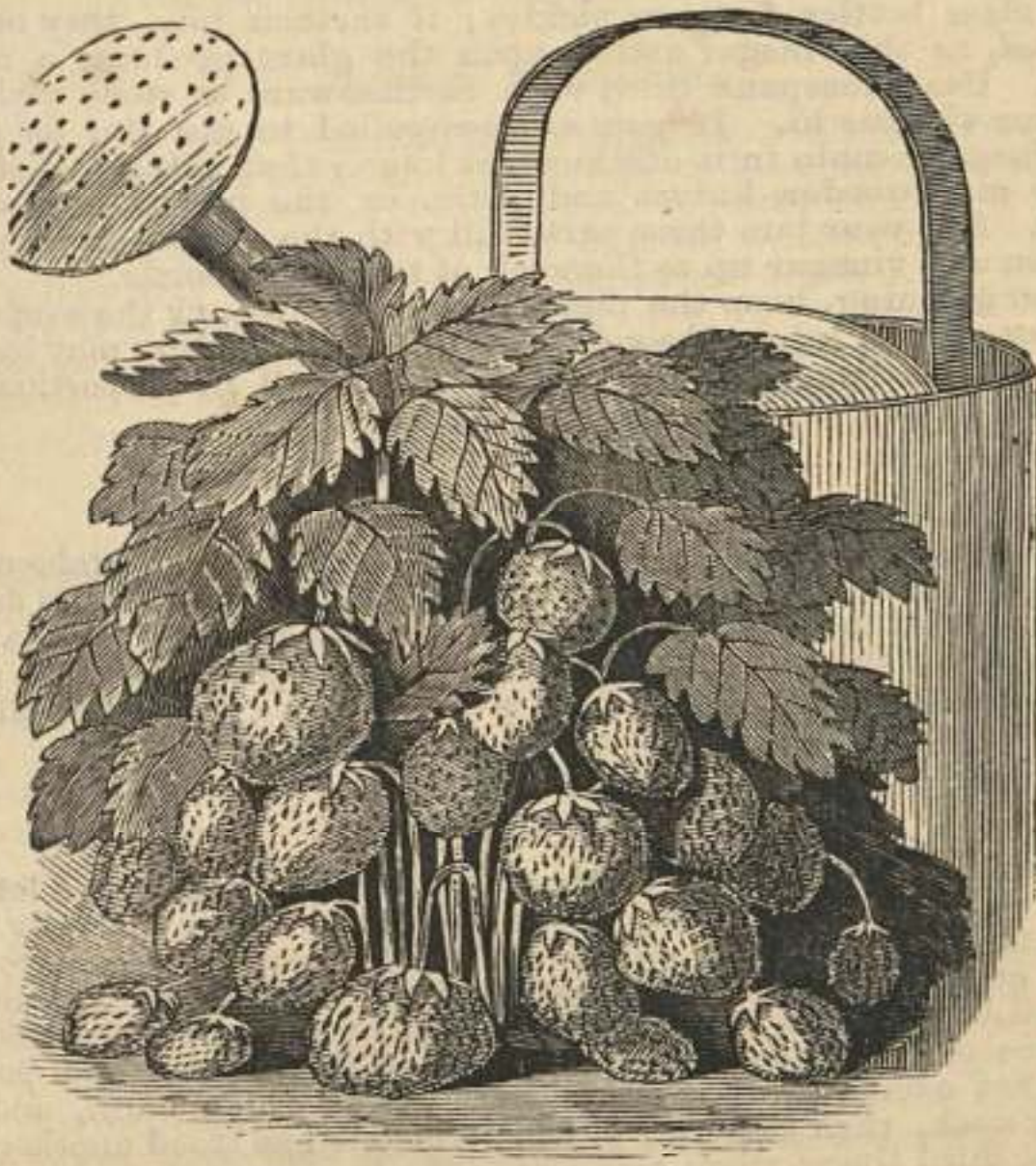
Take some scarlet strawberries quite ripe, bruise them well, and add the juice of other strawberries; take an equal weight of lump



sugar, pound and sift it, stir it thoroughly into the fruit, and boil it twenty minutes over a slow fire, taking off the scum as it rises; pour it into glasses or jars, and when cold, tie them down.

TO PRESERVE STRAWBERRIES WHOLE.

Take equal weights of the fruit, and double-refined sugar; lay the former in a large dish, and sprinkle half the sugar over in fine powder, and give a gentle shake to the dish, that the sugar may touch the under side of the fruit; next day make a thin syrup with the remainder of the sugar, and instead of water, allow one pint of red currant juice to every pound of strawberries; in this simmer them until sufficiently jellied; choose the largest scarlets or others when not dead ripe; in either of the above ways they eat well served in thin cream in glasses.





## PICKLES.

### RULES TO BE OBSERVED IN PICKLING.

Procure always the best WHITE WINE VINEGAR. This can only be obtained by dealing with a respectable tradesman upon whom you can depend. Vinegar is so grossly adulterated, that it is really a difficulty to obtain it pure.

ORLEANS VINEGAR, although the dearest, is the best. *The success of your pickle depends on the goodness of your vinegar.*

Use glass bottles for your pickles; if earthen jars, they must be unglazed, as the vinegar acting upon the glaze produces a mineral poison. Use saucepans lined with earthenware or stone pipkins to boil your vinegar in. If you are compelled to use tin, do not let your vinegar remain in it one moment longer than actually necessary; employ also wooden knives and forks in the preparation of your pickles. Fill your jars three parts full with the articles to be pickled, and then add vinegar up to the neck of the jar or bottle.

When greening, keep the pickles covered down, or the evaporation of the steam will injure the colour; a little nut of alum may be added to crisp the pickles, but it should be very small in proportion to the quantity, or it will give a disagreeable flavour.

### ARTICHOKES PICKLED.

Boil the artichokes till you can pull the leaves off; take out the choke and cut away the stalk, but be careful that the knife does not touch the top; throw them into salt and water, when they have lain an hour, take them out and drain them, then put them into glasses or jars, and put a little mace and sliced nutmeg between; fill them with vinegar and spring water, and cover your jars close.

### ASPARAGUS PICKLED.

Cut and wash the green heads of the largest asparagus; let them lie two or three hours in cold water; scald them very carefully in salt and water, then lay them on a cloth to cool; make a pickle according to the quantity of your asparagus, of white wine vinegar and bay salt, and boil it. To a gallon of pickle put two nutmegs, a quarter of an ounce of mace, the same of whole white pepper, and pour the pickle hot over them; cover the jar with a thick cloth, and let it stand a week, then boil the pickle; when it has stood another week, boil it a third time; when cold, cover the jar close.



## BEANS, FRENCH, PICKLED.

Lay them in salt and water for nine days, then add a little vinegar, and boil them in the liquor; when they become green, drain them, wipe them dry, and put the beans into a jar; boil some vinegar, ginger, mace, pepper, cloves, and mustard-seed, all bruised, and while hot, pour it on the beans; cover them close when cold.

## CABBAGE, RED, PICKLED.

Take about a quarter of an ounce of cochineal, and put it into a little bag, and boil it with as much vinegar as you think enough for the cabbage, with a little salt, and bay salt; when it boils, scald the cabbage with it, then boil it up again, and put a little ginger and pepper into it; then put it somewhere to cool; when cold, put the cabbage into jars, put the pickle upon it, and tie it down.

## CELERY, TO PICKLE.

Separate the stalks from the head, clean them thoroughly, and put them into salt and water strong enough to bear an egg; let them remain in this for a week or ten days, or until wanted to pickle; then take them out, wash them well in clean water, drain dry, place in a jar, and pour boiling vinegar over, to which any approved spices may have been added. As is usual for pickling, keep it well covered with vinegar; if the celery is allowed to remain a long time in salt and water, it will be necessary to soak it in clean water for a day or two, changing the water occasionally.

## CUCUMBERS, YOUNG.

Choose nice young gherkins, lay them upon dishes, sprinkle salt over them, let them lie a week, drain them off, and put them into stone jars; pour boiling white vinegar over them, place them near the fire, cover them well with vine leaves, and if not a good green, pour off the vinegar and boil it again; cover them with fresh vine leaves, and continue doing so until they are a good colour. Use wooden spoons with holes to dish all pickles, keeping them always well covered, and free from air getting to them.

## GHERKINS PICKLED.

Choose your gherkins very green and straight; brush and place a layer in a pan, sprinkle them with fine salt, then another layer of gherkins, which sprinkle with salt also, and continue this operation until you have used nearly a bushel of gherkins; leave them in the salt for twenty-four hours, which will draw all the water from them; at the end of that time, drain, and place them in a jar, with a handful of allspice, the same of tarragon, a little balm, ten shalots, six



cloves of garlic, two or three long peppers, twenty cloves, a lemon cut in quarters, and two small handfuls of salt. Boil two gallons of the best vinegar a second time, and pour it on again the following day; boil the vinegar for the third time, pour it over the gherkins, and when quite cold, cover the jar with a wet parchment.

#### MUSHROOMS.

Use the close button mushrooms, rub them with a bit of flannel or tammy cloth, throw a little salt over them, put them into a stewpan with a little lemon or vinegar, a blade of mace, a few cloves, and whole white pepper, keeping them well shaken; let them remain on the fire until all the liquor is absorbed into the mushrooms again, when put as much white vinegar in your stewpan, as is sufficient to cover them, give it a warm, then put them into bottles or jars.

#### MUSHROOM KETCHUP.

Put a quantity of large natural mushrooms into an earthen pan, and break them up small, sprinkle salt over them, let them lie for several days, mixing them up each day, then let them stand about a week, and not stir them until a thick scum rises to the top; then strain the liquor from the mushrooms, and boil it with some peppercorns, mace, ginger, cloves, and some mustard-seed tied in a muslin bag; when cold, bottle it, leaving the spice in, and cork it up tight, and in three months or so, boil it all up again, and, when cold, re-bottle it. It will now keep for years.

#### NASTURTIUMS, TO PICKLE.

Immediately the blossoms are off, and the knobs formed, gather them, and lay them in cold salt and water, changing the salt and water three days successively; make a cold pickle of white wine vinegar, a little sherry wine, shallot, pepper, cloves, mace, nutmegs cut in quarters, and horseradish cut small; into this pickle put the nasturtiums. In three months they will be ready for eating.

#### ONIONS, TO PICKLE.

Peel the onions till they look white, boil some strong salt and water, and pour it over them, let them stand in this twenty-four hours; keep the vessel closely covered to retain the steam, after that time wipe the onions quite dry, and when they are cold, pour boiling vinegar, with ginger, and white pepper over them; take care the vinegar always covers the onions.



## TONGUE, TO PICKLE.

Take a fine neat's tongue, and put it into the following pickle—four gallons of water, four pounds of common salt, the same of bay salt, a quarter of a pound of saltpetre, two ounces of salt-prunella, one ounce of alum, and a pound of coarse sugar; boil them together, skimming it well, lay in the tongue, let it remain ten days, turning it two or three times in that period. Dry the tongue by a wood fire.

## WALNUT KETCHUP.

Boil gently a gallon of the expressed juice of young green walnuts, skim it well, then put into it a pound of anchovies, bones, and liquor, one ounce of cloves, two or three dozen of shalots, one ounce each of mace, pepper, and garlic, let it all boil until the shalots sink; then place the liquor into a pan until cold, after which, bottle it, dividing the spice equally in each bottle; cork it close, and bladder over the corks. This is not fit for use in less than a twelvemonth.

## WALNUTS, PICKLED.

When they will bear a pin to go into them, prick them all over; put a brine of salt and water on to boil, strong enough for an egg to swim on the top when quite cold; when it is boiling skim it, pour it over the walnuts, let them lie a week, then change the brine, and let them stand several more days; then strain them off, and have ready boiled some strong white vinegar, with spice boiled in it, and plenty of pepper, mustard seeds, and horseradish, all well boiled together; put to get cold, a few shalots and plenty of mustard seeds, then put them into jars or bottles. They will be several months before fit to use; keep them covered.

## TO MAKE CHILI, TARRAGON, CAPSICUM, GARLIC, ESCHALOT, OR ANY OTHER VINEGAR.

To two quarts of vinegar, add three ounces of chilis, or tarragon, or any other of the above-named condiments, bottle and cork down closely; let it remain four weeks, strain, then refill the bottle with the clear vinegar, and cork it down, it is now ready for use; the chilis, &c., may be used a second time.



## CAKES, BUNS, BISCUITS, BREAD, ETC.

### FOR MAKING AND BAKING CAKES.

Currants are so frequently used in cakes, that you should be very particular in having them nicely washed, dried, and all sticks and stones taken from them, and then put before the fire to dry, for if damp, they will make cakes and puddings heavy; before you use them, dust a little flour lightly over them.

Eggs should be always a long time beaten, the whites and yolks separate, taking out the tread.

Sugar should be well pounded, and sifted through a drum or lawn sieve, and kept well dried.

Lemon peel should be either rubbed on sugar, or grated fine, and some sifted sugar sprinkled amongst it to keep it a good colour.

The lightness of all cakes depends upon the whipping of them, and at last being well incorporated.

If you use yeast to your cakes they will require less butter and eggs, and will eat equally as light and rich; but if the leaven be only of milk, flour, and water, it becomes more tough than if the butter was at first put with the ingredients, and the dough set to rise by the fire.

The heat of your oven is of particular importance for baking cakes or pastry—more particularly large cakes—as at first, if not pretty brisk, they will not rise; if likely to brown too quick at the top, put a piece of paper upon the top of the cake so as not to touch the batter. The oven should be lighted some time beforehand, to insure a good solid body of heat. If the oven is not hot enough, add more fire to it.

Bread and tea-cakes made with milk eat best when new, as they become stale sooner than others.

Never keep your bread or cakes in wooden boxes or drawers, but in tin boxes or earthen pans, with covers.

### CRUST, SHORT, AND RICH, BUT NOT SWEET.

To eight ounces of fine flour, rub in well six ounces of butter, and make it into a stiffish paste with a little water; beat it well, roll it thin, and bake it in a moderate oven.

### CRUST, SHORT.

Take two ounces of white sugar, pound, sift, and dry it, mix it with a pound of well-dried flour, rubbing well into it three ounces



of butter; put the yolks of two eggs into some cream, and then mix the whole into a smooth paste, roll it out thin, and bake it in a moderate oven.

#### ALMOND CAKES, SMALL.

Take half a pound of blanched almonds, beat them to a paste with white of eggs, add three quarters of a pound of powdered sugar, one of orange flowers pralinée, and two ounces of cream; take some very thin puff paste, cut into small squares, and put a portion of the above mixture on each; moisten the edges, cover them with puff paste, dorez, prick, and bake them in a hot oven; when done, ice them with sugar.

#### BANBURY CAKES.

Press in a little dough (with a pound of flour) two table-spoonfuls of thick yeast, and a gill of warm milk; let it work a little, then add half a pound of currants washed and picked, half a pound of candied orange and lemon peel cut small, and a quarter of an ounce each of nutmeg, ginger, and allspice; mix the whole together with half a pound of honey, and put into puff paste, cut in an oval shape; cover, and sift sugar over. Bake them fifteen minutes in a moderate oven.

#### ALMOND ICING, FOR CAKES.

Take equal parts of blanched sweet almonds and loaf sugar, pound them fine in a mortar, pass the whole through a moderately coarse wire sieve; then mix the whole into a paste of moderate consistence with the yolks of eggs, and spread over the top of the cake after it is baked; dry the almond icing before the fire or in a very cool oven, and when it is cold, ice the cake with the sugar icing.

#### BRIDE CAKE.

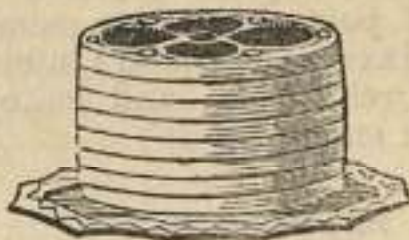
One pound and a half of fine sugar, three pounds and a half of currants, one pound of butter, two pounds of flour, half a pound of peels, half a pound of cut almonds, three ounces of spices, the grating of three lemons, eighteen eggs, two gills of rum; paper your hoop, which for this mixture you will require to be large; bake in a moderate oven, it will take some hours, when cold, ice it. See "Icing for Cakes."

#### BREAKFAST OR TEA CAKES, HOT.

Put about six handfuls of flour in a bason, half a pint of new milk, and a small piece of butter; warm the milk, which make hotter in winter than in summer; mix in a cup two ounces of German yeast with a little cold water; mix the yeast with the milk and butter, make a hole in the flour, pour the mixed milk and yeast



into it, stirring it round until it is a thick batter; beat up one egg and mix into it; cover it over, and keep it warm in your screen; when it has risen a little, mix it into a dough, knead it well, put it again in the screen, and when it has risen a good deal, take and form your rolls. They will take nearly half an hour, or according to the size you make the cakes; rub them over while hot, with your paste brush dipped in milk.



BORDEAUX CAKE.

Pound cake, with alternate layers of preserves, with jam on the top.

#### BUTTER CAKES.

Form with your hands a dish of butter into a cream, add two pounds of sifted sugar, three pounds of dried flour, and two dozen eggs, leaving out half the whites; then beat all together for an hour. Previous to baking it, you may add some seeds and currants, an ounce of mace, a nutmeg, and a little brandy.

#### BISCUITS OF ANY KIND OF FRUIT.

To the pulp of any scalded fruit, put the same weight of sugar, beat them both well together for two hours, then make them into forms, or put them in paper cases, and dry them in a cool oven; turn them the next day, and let them remain until quite dry, then put them in boxes.

#### BISCUITS, DEVILLED.

Dip one into boiling water, butter it well, spread it over with ready made mustard, cayenne pepper, a good deal of black pepper, and salt; rub them well into the biscuit, put it in the oven, or on the gridiron to brown.

#### BISCUITS, ORANGE.

Tak a quarter of a pound of flour, three quarters of a pound of powdered sugar, six fresh eggs, and the rind of an orange grated, beat them in a mortar to paste, and bake in cases like other biscuits.

#### BISCUITS, SAVOY.

The mixture is the same, with the addition of a spoonful or two more of flour to be added, this is squeezed through a bag and pipe in



rows, on sugared paper, very quickly done, and then sugar the tops; bake in a quick oven; when done, wet your dresser and draw the paper from the baking sheet on to the wet dresser; let it lie until the cakes will be easily removed, sticking one on the other.

#### CHEESECAKES.

Take the curd of three quarts of milk, a pound of currants, twelve ounces of Lisbon sugar, a quarter of an ounce of cinnamon, the same quantity of nutmeg, and the peel of a lemon chopped to a paste, the yolks of eight, and the whites of six eggs, a pint of scalded cream, and a pint of brandy; mix them all together, put a light thin puff paste into your patty-pans, and half fill them.

#### CHEESECAKES, ALMOND.

Take four ounces of blanched almonds, mixed with a few bitter, beat them with a spoonful of water, add four ounces of powdered sugar, a spoonful of cream, and the whites of two eggs well beaten; mix them quickly, put into small patty-pans, and bake for twenty minutes in a moderately warm oven.

#### CINNAMON CAKES.

Beat up six eggs with three table-spoonfuls of rose-water; put to it a pound of sifted sugar, a dessert-spoonful of powdered cinnamon, and enough flour to form it into a paste; roll it out thin, and cut it into any shape you please, then place them on paper, and bake them. Remove them from the paper when done. Keep them dry.

#### CURRANT CAKES.

Take two quarts of currants, red or white, pick and wash them, boil them in a pint of water; then run the juice through a jelly-bag, taking care not to press the bag; boil up the juice, strewing in three pounds of sugar to a quart of juice: pour it into glasses, dry it in a stone till it will turn out, then dry the cakes on plates.

#### CARRAWAY CAKES.

Mix a pound of flour with a pound of fresh butter, add a spoonful of yeast, four spoonfuls of rose-water, the yolks of three eggs, four ounces of sugar, some caraways and ambergris, make all into a paste, bake it, and when done, sprinkle it with powdered sugar.

#### BREAKFAST CAKE.

To half a peck of flour, rub in a pound and a half of butter; add three pounds of currants, half a pound of sugar, a quarter of an



ounce of nutmeg, mace, and cinnamon together, a little salt, a pint and a half of warmed cream or milk, a quarter of a pint of brandy, a pint of good ale yeast, and five eggs; mix all these well together, and bake in a moderate oven. This cake will keep good for three months.

#### FAMILY CAKE.

To six ounces of rice, and the same quantity of wheat flour, add half a pound of lump sugar pounded and sifted, nine eggs, and half an ounce of caraway seeds; beat this up for an hour, and bake it for the same time in a quick oven. This cake is very suitable for young people and weak stomachs.

#### MACAROONS.

Blanch a pound of sweet almonds, dry them well, then pound them fine in the mortar; add three whites of eggs, then one pound of sugar sifted through a drum or lawn sieve; mix it well together for ten minutes, take it all out from the mortar, and have ready your baking boards or sheets, covered with wafer-paper. For Italian macaroons, you will form them round, with slices of almonds upon the top of each; if for English, oval, and sift sugar upon the top of them; bake them in a moderate oven.

#### POUND CAKE.

Take a pound of sifted sugar, and a pound of fresh butter, mix them with the hand ten minutes, and put to them nine yolks and five whites of eggs well beaten; work all together, and add a pound of sifted flour, some caraway seeds, four ounces of candied orange peel, cut into slices, a few currants well cleaned; mix all together very lightly.

#### A GOOD PLUM CAKE.

An equal weight of butter and flour, a quarter of a pound of cut peels and citron, double the weight of butter in currants, the grating of three lemons, and half a nutmeg, half an ounce of pudding spice, two glasses of rum, and the same quantity of eggs as the weight in butter; beat your butter as for a pound cake, and put in a few chopped sweet almonds. Paper and butter a hoop, bottom and sides, then put in your mixture; bake in a slow oven for some time, and take off the hoop when done, but not the paper.

#### ROUT CAKES.

Take the same quantity of ground almonds as fine sifted sugar, a few grains of nutmeg, a little grated lemon peel, and mix it well up into a stiffish paste; work it well; if too stiff, it will crack; then add a trifle more yolk of egg; the patterns you will see by those at



the confectioner's, but you should see them formed; no cutters are used, they must be made a day or two; after they are formed, let them stand on sugared paper upon your baking sheet, bake them in a quick oven, a few minutes will do them.

#### RICE CAKE.

Mix six ounces of ground rice, the same quantity of flour, three quarters of a pound of fine sugar sifted, nine eggs (the yolks and whites beaten separately), grate in the rind of a lemon, and beat it well half an hour.

#### RICE POUND CAKES.

Four ounces of flour, eight ounces of butter, six eggs, twelve ounces of sugar, eight ounces of ground rice, the peel of a lemon if you like, which improves it, or thirty drops of essence of lemon.

#### SPONGE CAKE.

Weigh ten eggs, take their weight in very fine sugar, and the weight of six in flour, beat the yolks with the flour, and the whites alone, to a strong froth, then gradually mix the whites with the other ingredients, and beat them well half an hour; bake an hour in a quick oven.

#### SAVOY CAKE.

Keep your cake-moulds for the use of cakes only; clarify some butter, and, when nearly cold, with a stiff brush grease your mould very smooth the same way; be sure you do not omit any part. When you have with great care buttered it complete, put into the mould a handful of fine sifted sugar, shake it well about the mould, then knock all that does not stick to the mould out on paper; if it should be a mould that will not stand, set it in some sand on your baking sheet, then get the things ready for your cake. For a high large Savoy cake, break twelve eggs in a large bason, weigh out the weight in sifted sugar of nine eggs, and flour dried and sifted the weight of six eggs; put to the sugar the grating of three lemons, then whip with your whisk over a slow fire the twelve eggs for about a quarter of an hour, take it off the fire, put in your sugar and lemon peel, continue whipping it fast until cold, about a quarter of an hour longer, then gently mix in your flour; when well stirred in, three parts fill your mould,; put it directly into a moderate oven; you will know when it is done by thrusting your knife or a clean skewer down the middle, and if it comes out clean, it is done. If you have any left, butter some sponge biscuit-moulds, and fill them with it, sifting, when full, some sugar over the top, not too thick; turn them gently over, and they will drop out when done.



## TWELFTH CAKE.

In the centre of six pounds of flour, make an opening: set a sponge with a gill and a half of yeast, and a little warm milk; put round it a pound of fresh butter in small lumps, a pound and a quarter of sifted sugar, four pounds and a half of currants, half an ounce of sifted cinnamon, a quarter of an ounce of pounded cloves, mace, and nutmeg mixed, and sliced candied orange and lemon peel, and citron; when risen, mix all together with a little warm milk, prepare the hoops as in a bride cake, then fill and bake; when nearly cold, ice them over with sugar.

## YORKSHIRE CAKES.

Mix two pounds of flour with four ounces of butter melted in a pint of milk, three spoonfuls of yeast, and two eggs; beat all together; let it rise, knead it, make it into cakes, place them on tins, let them rise, and then bake in a slow oven.

## RATAFIAS.

Blanch half a pound of bitter almonds, and half a pound of sweet; take off the skins the day before, pound them together very fine, add two pounds of very fine sugar to them, and about eight whites of eggs, beat it well for a quarter of an hour in your mortar, then take it out and squeeze it through a bladder and a pipe; squeeze them the size of a sixpence upon kitchen paper, and bake them in a moderate oven, a light brown colour; let them get cold before you take them off the paper.

## BUNS.

Three pounds of flour, half a pound of butter put into the warm milk, half a pound of moist sugar made fine, two ounces of German yeast dissolved in a cup of cold water; add it to a pint and a half of new milk and the butter made warm; make a hole in your flour, which should be in a pan, and then pour in the milk, butter, and yeast; stir it in until of a thick batter, and cover it over and stand it in the warm, but do not let it work too much; then mix it into a dough quite smooth, stand it again in the warm, and when it has risen work up and form your buns. Grease your baking sheets, then put them in the warm to prove; you must be sure to have the oven ready for them; when baked, have ready a little milk and sugar mixed, which you will brush quickly over the buns.

## BATH BUNS.

Rub with the hand one pound of fine flour, and half a pound of butter, then beat six eggs and add them to the flour with a table-spoonful of good yeast; mix them together with half a tea-cupful of milk, and set it in a warm place for an hour; mix in six ounces of



sifted sugar, and a few caraway seeds, mould them into buns with a table-spoon on a baking-plate, throw six or eight caraway comfits on each, and bake them in a hot oven about ten minutes. These quantities should make eighteen buns.

### BREAD.

#### BREAD.

Put a quarter of flour into a large bason with two tea-spoonfuls of salt; make a hole in the middle, and then put in a bason four table-spoonfuls of yeast, stir in it a pint of milk lukewarm, put it in the hole of the flour, stir it to make it just a thin batter, then strew a little flour over the top, set it on one side of the fire, and cover it over; let it stand till next morning, then make it into a dough; add half a pint more of warm milk, knead it for ten minutes, and set it in a warm place for one hour and a half, then knead it again, and it is ready either for loaves or bricks; bake them from one hour and a half to two hours, according to the size.

#### BREAD, FRENCH.

Take half a bushel of flour, put it on the slab, make a hole in the centre, in which put two ounces of yeast; make your dough with warm water to about the consistence of brioche, work it up well, adding two ounces of salt dissolved in a little warm water; cover and set it in a warm place to rise, on this operation depends the quality of the bread. Having left the dough one or two hours, according to the season, knead it again, and leave it again for two hours; in the meanwhile heat the oven, divide the dough into eight equal parts, of which form your loaves, put them in the oven as quickly as possible; as soon as they are done rub the crust with a bit of butter, which gives them a nice light colour.

#### BREAD—FRENCH ROLLS.

Take half a bushel of sifted flour, knead it into dough with two quarts of milk, three quarters of a pound of warm butter, half a pound of yeast and two ounces of salt; when the whole is well worked up, cover and leave it to rise; in two hours time form it into rolls and lay them on tinned plates, place them in a slow oven; when they have been in an hour, put them into a very hot oven for twenty minutes; rasp them as soon as they are baked.

#### SCOTCH SHORT-BREAD.

Mix two pounds of flour, dried and well-sifted, with a pound of powdered sugar, three ounces of candied citron and orange peel cut into dice, and half a pound of caraway comfits; mix these with half a pound of butter melted in a saucepan; then make the paste, roll it out the thickness of half an inch, cut it into cakes, place them on white paper, prick, and bake them of a pale colour.



## COFFEE, TEA, CHOCOLATE, AND COCOA.

Coffee and tea have now become such universal beverages for the morning or after dinner meal, that beyond a few general directions little remains for prefatory matter.

Coffee should be purchased in the berry, and fresh roasted, and it should always, when possible, be ground just previous to being made. After it is ground, it should not be exposed to the air, as the aroma speedily flies off. If more is ground than required for the meal, keep it in a closely-stopped glass bottle. Coffee, like tea, should be an infusion, not a decoction.

The best coffee is the Mocha, the next is the Java, and closely approximating is the Jamaica and Berbice.

Of tea little need be said; almost every one knows the rules for making it. Boiling water should alone be used. Metal tea-pots in preference to earthenware. Silver is better than either. A spoonful of tea for each person. Heat the tea-pot first with some boiling water, then pour that into the tea-cups to warm them; put in your tea, and pour enough water on the tea to cover it; let it stand three or four minutes, then nearly fill the tea-pot with water; let it stand a few minutes, and pour out, leaving some portion of tea in the pot when you replenish, that all the strength may not be poured away in the first cup.

Chocolate can only be obtained pure of a first-rate house; that commonly sold is most infamously adulterated; the best Spanish or Italian chocolate should be purchased; the Florence has a high reputation.

Cocoa is the foundation of chocolate, it may be pounded, and either boiled in milk, or boiling water may be poured upon it. It is very digestible, and of a fattening nature.

In the present day, when adulteration is the rule and purity the exception, it may be useful to mention here that we have obtained the above articles in the purest state from the City firm of Messrs. Phillips & Co., 8, King William Street.

### COFFEE.

#### COFFEE—FRENCH METHOD OF PREPARING IT.

Let your coffee be dry, not in the least mouldy or damaged; divide the quantity that is to be roasted into two parts; roast the first part in a coffee-roaster, the handle must be constantly turning until the coffee becomes of a dried almond colour or bread raspings, and has lost one-eighth of its weight; roast the second part until it becomes



the fine brown colour of chesnuts, and has lost one-fifth of its weight, mix the two parts together, and grind them in a coffee-mill; do not roast or make your coffee until the day it is wanted. To two ounces of ground coffee put four cups of cold water, then drain off this infusion and put it aside; put to the coffee which remains in the biggin three cups of boiling water, then drain it off and add it to that which has been put on one side; by this method you obtain three cups more; when your coffee is wanted heat it quickly in a silver coffee-pot, taking care not to let it boil that the perfume may not be lost by undergoing any evaporation.

#### COFFEE, TO MAKE WITH HOT WATER.

Instead of pouring cold water upon the coffee, boiling must be used, taking care the froth does not run over, which is to be prevented by pouring the water on the coffee by degrees.

#### COFFEE, TO MAKE WITH COLD WATER.

Upon two ounces of coffee pour seven cups of cold water, then boil it until the coffee falls to the bottom; when the froth has disappeared, and it is clear at the top like boiling water, it must be taken off the fire and be allowed to stand, but as it often requires clearing, a little cold water should be poured in it the instant it is taken off the fire from boiling. A quicker way of clearing it is by putting in a small piece of isinglass; when it has stood a sufficient time to settle, pour it off into another coffee-pot, and it is fit for use.

#### COFFEE MILK.

Boil a dessert-spoonful of coffee in nearly a pint of milk a quarter of an hour, then put in a little isinglass and clear it, and let it boil a few minutes, and set it on the fire to grow fine.

#### COFFEE CREAM.

Mix three cups of good coffee with one pint of cream, and sugar according to taste; boil them together and reduce them about one third; observe that the coffee must be done as if it was for drinking alone, and settle very clear before you mix it with the cream.

### CHOCOLATE.

#### CHOCOLATE.

According as you intend to make this, either with milk or water, put a cup of one or the other of these liquids into a chocolate-pot with one ounce of cake chocolate; some persons dissolve the chocolate before they put it into the milk: as soon as the milk or water begins to boil, mill it; when the chocolate is dissolved and begins to bubble



take it off the fire, letting it stand near it for a quarter of an hour, then mill it again to make it frothy; afterwards serve it out in cups. The chocolate should not be milled unless it is prepared with cream; chocolate in cakes should always be made use of in ices and dragées.

#### CHOCOLATE BON-BONS.

Put a quarter of a pound of chocolate over a fire to dissolve it, and having boiled two pounds of sugar to *fort perlé*, put a spoonful or two into the chocolate, stir it well till it forms a thin paste and then pour it on the sugar, and boil it to caramel; in the meantime melt a little butter, skim and pour it off clear into a bason, take a spoonful of it and rub it with your hand over a marble slab or table; on this pour the chocolate and sugar; then take two ends of a sword-blade, one in each hand, and press lines an inch apart all down it, cross them in the same manner, so as to mark the sugar in squares all over, doing it as quickly as possible, lest the sugar should cool before you have done them; pass the sword-blade between the marble and the sugar, lay under the sugar sheets of paper, and when cold break it into pieces according to the marks, and wrap each square in paper.

### TEA.

#### TEA CREAM.

Infuse an ounce of the best green tea in half a pint of boiling milk, simmer it five minutes, then strain it through a tammy, pressing the leaves well; boil a pint of rich cream, add to it the yolks of four eggs beaten, and sufficient quantity of clarified sugar; pour this whilst hot to the milk, stir them together well, put in as much clarified isinglass as will set it, and pour the cream into the mould or glasses; place them on ice when perfectly cold, turn it out of the mould, or serve in the glasses.

#### TEA CREAM—CRÈME DU THÉ.

Boil two drachms or more of good green tea in a quart of milk; in a few minutes strain it; add three yolks of eggs well beaten, a quarter of a pound of powdered sugar, set it on the fire and reduce it to half, then strain it again; when cold, serve it.

#### TEA ICE.

Take two drachms of the best tea, tie it in a bit of muslin, and boil it in two quarts of cream; when the infusion is sufficiently strong, take out the muslin, squeeze it well, and mix the cream with the eggs and sugar.



## FOOD FOR INVALIDS.

ONE of the loveliest accomplishments of a lady is to understand how to make the invalid in her family comfortable. Food prepared by the kind hand of a wife, mother, sister, friend, has a sweeter relish than the mere ingredients can give, and a restorative power which money cannot purchase. These receipts will enable the watchful attendant to vary the food, as choice or symptoms may render expedient. Jellies and meat broths, together with the various kinds of farinaceous food, are the lightest on the stomach, as well as generally the most nutritious for an invalid. Milk preparations are useful when the lungs are weak. Food that the stomach can digest without distressing the patient is the kind that gives actual strength.

*To make Gruel.*—Mix a dessert-spoonful of fine oatmeal or patent groats in two of cold water, add a pint of boiling water, and boil it ten minutes, keeping it stirred.

*Or,*—Boil a quarter of a pint of groats in a quart of water for about two hours, and strain through a sieve. Stir into the gruel a small piece of butter, and some sugar, nutmeg, or ginger, grated; or, if it be not sweetened, add a small pinch of salt.

*Barley Gruel.*—Wash four ounces of pearl-barley; boil it in two quarts of water with a stick of cinnamon, till reduced to a quart; strain and return it into the saucepan with sugar and three-fourths of a pint of milk. Heat up, and use as wanted.

*Flour Caudle.*—Mix, smoothly, a table-spoonful of flour with a gill of water; set on the fire in a saucepan a gill of new milk, sweeten it, and, when it boils, add the flour and water; simmer and stir them together for a quarter of an hour.

*White Caudle.*—Make the gruel as above, strain through a sieve, and stir it till cold. When to be used, sweeten it to taste, grate in some nutmeg, and add a little white wine; a little lemon-peel or juice is sometimes added. The yolk of an egg, well beaten, may likewise be stirred in when the gruel is boiling.

*Rice Caudle.*—This may be made with water or milk; when it boils, add some ground rice, previously mixed smoothly with a little cold water; boil till thick enough, when sweeten it, and grate in nutmeg, or add a little powdered cinnamon.

*Arrow-root.*—It is very necessary to be careful not to get the

NOTE.—This article "Food for Invalids," and the subsequent one on "Cookery for Children," are extracted from the "Practical Housewife," a little work abounding in valuable matter to those whom it addresses.



counterfeit sort; if genuine, it is very nourishing, especially for persons with weak bowels. Put into a saucepan half a pint of water, grated nutmeg, and fine sugar; boil up once, then mix it by degrees into a dessert-spoonful of arrow-root, previously rubbed smooth with two spoonfuls of cold water.

*Or*,—Mix a dessert-spoonful of arrow-root with a little cold water, have ready boiling water in a kettle, pour it upon the arrow-root until it becomes quite clear, keeping it stirred all the time; add a little sugar. Where milk may be taken, it is very delicious made in the same way with milk instead of water, a dessert-spoonful of arrow-root, and half a pint of milk; add a small bit of lemon-peel.

*Tapioca*.—Choose the largest sort, pour cold water on to wash it two or three times; then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear; then put lemon-juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

*Sago*.—Cleanse it by first soaking it an hour in cold water, and then washing it in fresh water. To a tea-cupful of water and a bit of lemon peel, simmer it till the berries are clear, season it with wine and spice, and boil it all up together. The sago may be boiled with milk instead of water, till reduced to one-half, and served without seasoning.

*Sago Milk*.—Cleanse as above, and boil it slowly, and wholly with new milk. It swells so much, that a small quantity will be sufficient for a quart, and when done it will be diminished to about a pint. It requires no sugar or flavouring.

*Ground Rice Milk*.—Boil one spoonful of ground rice, rubbed down smooth, with a pint and a half of milk, a bit of cinnamon, lemon peel and nutmeg. Sweeten when nearly done.

*Restorative Milk*.—Boil a quarter of an ounce of isinglass in a pint of new milk till reduced to half, and sweeten.

*Suet Milk*.—Cut one ounce of mutton or veal suet into shavings, and warm it slowly over the fire in a pint of milk, adding a little grated lemon peel, cinnamon, and loaf sugar.

*Imitation of Asses' Milk*.—Boil together equal quantities of new milk and water; sweeten with white sugarcandy, and strain.

*Or*,—Stir into a gill each of milk and boiling water a well-beaten egg, and sweeten with white sugarcandy.

*Barley Milk*.—Boil half a pound of washed pearl barley in one quart of milk and half a pint of water, and sweeten: boil it again, and drink it when almost cold.

*Baked Milk*.—Is much recommended for consumptions. The milk should be put into a moderately warm oven, and be left in it all night.

*Calves' Feet and Milk*.—Put into a jar two calves' feet with a little lemon peel, cinnamon, or mace, and equal quantities of milk and water to cover them; tie over closely, and set in a slack oven for about three hours; when cold, take off the fat: and sweeten and warm as required.



*Sheeps' Trotters.*—Simmer six sheeps' trotters, two blades of mace, a little cinnamon, lemon peel, a few hartshorn shavings, and a little isinglass, in two quarts of water to one; when cold, take off the fat, and give nearly half a pint twice a day, warming with it a little new milk.

*Isinglass.*—Boil one ounce of isinglass shavings, forty Jamaica peppers, and a bit of brown crust of bread, in a quart of water, to a pint, and strain it. This makes a pleasant jelly to keep in the house; of which a large spoonful may be taken in wine and water, milk, tea, soup, or any way most agreeable.

*Gloucester Jelly.*—Boil in two quarts of water till reduced to one quart, the following ingredients: hartshorn shavings, isinglass, barley and rice, one ounce of each. When this jelly, which is light and very nourishing, is to be taken, a few table-spoonfuls of it must be dissolved in a little milk, together with a bit of cinnamon, lemon peel, and sugar. It will be very good without the seasoning.

*Bread Jelly.*—Cut the crumb of a penny roll into thin slices, and toast them equally of a pale brown; boil them gently in a quart of water till it will jelly, which may be known by putting a little in a spoon to cool; strain it upon a bit of lemon peel, and sweeten it with sugar.

*Rice Jelly.*—Boil half a pound of rice, and a small piece of cinnamon, in two quarts of water, for one hour; pass it through a sieve, and when cold, it will be a firm jelly, which, when warmed in milk, and sweetened, will be very nutritious; add one pint of milk to the rice in the sieve, boil it for a short time, stirring it constantly, strain it, and it will resemble thick milk, if eaten warm.

*Strengthening Jelly.*—Simmer in two quarts of soft water, one ounce of pearl barley, one ounce of sago, one ounce of rice, till reduced to one quart; take a tea-cupful in milk, morning, noon, and night.

*Hemp-seed Jelly.*—Bruise hemp-seeds, boil them in water, and strain; afterwards, simmer the liquor until it is of the thickness of gruel.

*Tapioca Jelly.*—Wash the tapioca, soak it for three hours in cold water, in which simmer it till dissolved with a piece of thin lemon peel; then sweeten, and take out the peel before using.

*To make Panada in five minutes.*—Set a little water on the fire, with some sugar, and a scrape of nutmeg and lemon peel; meanwhile grate some crumbs of bread. The moment the mixture boils up, keeping it still on the fire, put the crumbs in, and let it boil as fast as it can. When of a proper thickness just to drink, take it off.

*Or,*—Put to the water a bit of lemon peel, mix the crumbs in, and, when nearly boiled enough, put some lemon or orange syrup. Observe to boil all the ingredients, for, if any be added after, the panada will break and not jelly.

*Chicken Panada.*—Boil a chicken, till about three parts ready, in a quart of water; take off the skin, cut the white meat off when cold, and put into a marble mortar; pound it to a paste with a little of the



water it was boiled in, season with salt, a grate of nutmeg, and the least bit of lemon peel. Boil gently for a few minutes, to the consistency you like; it should be such as you can drink, though tolerably thick. This conveys great nourishment in a small compass.

*Sippets*—When the stomach will not receive meat, are very nutritious, and prepared in this simple manner:—On an extremely hot plate, put two or three sippets (small square pieces) of bread, and pour over them some gravy, from beef, mutton, or veal, with which no butter has been mixed. Sprinkle a little salt over.

*Broths of Beef, Mutton, and Veal.*—Put two pounds of lean beef, one pound of scrag of veal, one pound of scrag of mutton, sweet herbs, and ten peppercorns, into a nice tin saucepan, with five quarts of water; simmer to three quarts, and clear off the fat when cold. Add one onion, if approved. Soup or broth made of different meats is more supporting, as well as better flavoured. To remove the fat, take it off when cold as clean as possible; and if there be still any remaining, lay a bit of clean blotting-paper on the broth when in the bason, and it will take up every particle. Or, if the broth is wanted before there is time to let it get cold, put a piece of cork up the narrow end of a funnel, pour the broth into it, let it stand for a few minutes, and the fat will rise to the top; remove the cork, and draw off in a bason as much of the broth as is wanted, which will be perfectly free from fat.

*For a quick-made Broth.*—Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three-fourths of a pint of water, the meat being first beaten and cut in thin bits: put a bit of thyme and parsley, and, if approved, a slice of onion. Let it boil very quickly; skim it; take off the cover if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

*Calf's-Feet Broth.*—Boil two calf's feet, two ounces of veal, and two of beef, the bottom of a penny loaf, two or three blades of mace, half a nutmeg sliced, and a little salt, in three quarts of water to three pints; strain, and take off the fat.

*Chicken Broth*—May be made of any young fowl which is afterwards to be brought to table; but the best sort is to be procured from an old cock or hen, which is to be stewed down to rags, with a couple of onions, seasoned with salt and a little whole pepper; skim and strain it.

*Beef Tea.*—Cut half a pound of lean fresh beef into slices, lay it in a dish, and pour over it a pint of boiling water; cover the dish, and let it stand half an hour by the fire, then just boil it up, pour it off clear, and salt it a very little.

*Veal Tea*—is made in the same way, and *Chicken Tea* also.

*Stew for Persons in Weak Health.*—Cut veal into slices, and put them into an earthen jar with sliced turnips and a little salt; cover closely, set the jar up to the neck in boiling water, and stew till the meat is tender.



## COOKERY FOR CHILDREN.

Some preparations of food proper for the young should find a place in these pages; and, we are sure, a chapter on this important subject, so generally neglected in cookery books, will be welcomed by the judicious.

It is of great consequence to fix the times of taking food, as well as to regulate the quantity given to a child. The mother should, personally, attend to these arrangements; it is her province.

There is great danger that an infant, under three years of age, will be over-fed, if it be left to the discretion of the nurse. These persons, generally, to stop the screaming of a child, whether it proceed from pain, crossness, or repletion (as it often does)—they give it something to eat—often that which is very injurious, to tempt the appetite; if it will only eat and stop crying, they do not care for the future inconvenience which this habit of indulgence may bring on the child and its mother.

Arrange, as early as possible, the regular times of giving food to your children, according to their age and constitution. Young infants require food every two hours, when awake; after three months old, they may go three hours—then cautiously lengthen the time, as the child can bear it. But remember that all temperaments are not alike. Some of the same age may require more food than others. One rule, however, will apply to all—never give a child food to amuse and keep it quiet, when it is not hungry, or to reward it for being good. You may as rationally hope to extinguish a fire by pouring on oil, as to cure a peevish temper, or curb a violent one, by pampering the appetite for luxuries in diet; and all the traits of goodness you thus seek to foster, will, in the end, prove as deceptive as the mirage of green fields and cool lakes to the traveller in the hot sands of the desert.

“My children have very peculiar constitutions,” said an anxious mother—“they are so subject to fevers! If they take the least cold, or even have a fall, they are sure to be attacked by fever.” The family lived high, and those young children had a seat at the table, and were helped to the best and richest of everything. And their luncheon was cake and confectionery.

It was suggested to the mother, that if she would adopt a different diet for those children, give them bread and milk morning and evening, and a plain dinner of bread, meat, and vegetables, their liability to fevers would be much lessened.

“My children do not love milk, and won't touch plain food” was the answer, with a sort of triumphant smile, as though this cramming of her children with good things, till the blood of the poor little



creatures was almost in a state of inflammation, was a high credit to her good housekeeping.

But do not err on the other hand, and, for fear your child should be over-fed, allow it insufficient nourishment. There is not in our country much reason to fear that such will be the case; the danger is, usually, on the side of excess; still we must not forget that the effects from a system of slow starvation are, if not so suddenly fatal as that of repletion, more terrible, because it reduces the intellectual as well as the physical nature of man, till he is hardly equal to the brutes.

In many parts of civilized and Christian Europe, the mass of the people suffer from being over-worked and under-fed; few may die of absolute starvation, but their term of life is much shortened, and their moral and intellectual powers dwarfed or prostrated.

“Under an impoverished diet,” says Dr. Combe, “the moral and intellectual capacity is deteriorated as certainly as the bodily”—and he adverts to the workhouse and charitable institution system of weak soups and low vegetable diet, and to the known facts, that children brought up on such fare, are usually feeble, puny, and diseased in body, and are at best, but moderate in capacity.

The rational course seems to be, to feed infants, till about three years old, chiefly with milk and farinaceous vegetable preparations; a large portion of good bread, light, well baked, and *cold*, should be given them; after that period, to proportion their solid food to the amount of exercise they are able to take. Children who play abroad in the open air will require more hearty nourishment, more meat, than those who are kept confined in the house or school-room. From the age of ten or twelve, to sixteen or eighteen, when the growth is most rapid, and the exercises (of boys especially) most violent, a sufficiency of plain nourishing food should be given; there is little danger of their taking too much, if it be of the right kind, and properly cooked. But do not allow them to eat hot bread, or use any kinds of stimulating drinks.

*Food for a Young Infant.*—Take of fresh cow's milk, one table-spoonful, and mix with two table-spoonfuls of hot water; sweeten with loaf sugar, as much as may be agreeable. This quantity is sufficient for once feeding a new-born infant; and the same quantity may be given every two or three hours, not oftener—till the mother's breast affords the natural nourishment.

*Thickened Milk for Infants when Six Months old.*—Take one pint of milk, one pint of water, boil it, and add one table-spoonful of flour. Dissolve the flour first in half a tea-cupful of water; it must be strained in gradually, and boiled hard twenty minutes. As the child grows older, one-third water. If properly made, it is the most nutritious, at the same time the most delicate food, that can be given to young children.

*Broth*—Made of lamb or chicken, with stale bread toasted, and broken in, is safe and healthy for the dinners of children, when first weaned.

*Milk*—Fresh from the cow, with a *very* little loaf sugar, is good and safe food for young children. From three years old to seven,



pure milk, into which is crumbled stale bread, is the best breakfast and supper for a child.

*For a Child's Luncheon.*—Good sweet butter, with stale bread, is one of the most nutritious, at the same time the most wholesome articles of food, that can be given children after they are weaned.

*Milk Porridge.*—Stir four table-spoonfuls of oatmeal, smoothly, into a quart of milk, then stir it quickly into a quart of boiling water, and boil up a few minutes till it is thickened: sweeten with sugar.

Oatmeal, where it is found to agree with the stomach, is much better for children, being a fine opener as well as cleanser; fine flour in every shape is the reverse. Where biscuit-powder is in use, let it be made at home; this, at all events, will prevent them getting the sweepings of the bakers' counters, boxes, and baskets. All the left bread of the nursery, hard ends of stale loaves, &c., ought to be dried in the oven or screen, and reduced to powder in the mortar.

*Meats for Children.*—Mutton, lamb, and poultry, are the best. Birds and the white meat of fowls, are the most delicate food of this kind that can be given. These meats should be slowly cooked, and no gravy, if made rich with butter, should be eaten by a young child. Never give children hard, tough, half-worked meats, of any kind.

*Vegetables for Children, Eggs, &c.*—Their rice ought to be cooked in no more water than is necessary to swell it; their apples roasted, or stewed with no more water than is necessary to steam them; their vegetable so well cooked as to make them require little butter, and less digestion; their eggs boiled slow and soft. The boiling of their milk ought to be directed by the state of their bowels; if flatulent or bilious, a very little curry-powder may be given in their vegetables with good effect—such as turmeric and the warm seeds (not hot peppers) are particularly useful in such cases.

*Potatoes and Peas.*—Potatoes, particularly some kinds, are not easily digested by children; but this is easily remedied by mashing them very fine, and seasoning them with sugar and a little milk. When peas are dressed for children, let them be seasoned with mint and sugar, which will take off the flatulency. If they are old, let them be pulped, as the skins are perfectly indigestible by children's or weak stomachs. Never give them vegetables less stewed than would pulp through a cullender.

*Puddings and Pancakes for Children.*—Sugar and egg browned before the fire, or dropped as fritters into a hot fryingpan, without fat, will make them a nourishing meal.

*Rice Pudding with Fruit.*—In a pint of new milk put two large spoonfuls of rice well washed; then add two apples pared and quartered, or a few currants or raisins. Simmer slowly till the rice is very soft, then add one egg, beaten, to bind it. Serve with cream and sugar.

*To prepare fruit for Children.*—A far more wholesome way than in pies or puddings, is to put apples sliced, or plums, currants, gooseberries, &c., into a stone jar, and sprinkle among them as much sugar as necessary. Set the jar in an oven or on a hearth, with a



tea-cupful of water to prevent the fruit from burning ; or put the jar into a saucepan of water until its contents be perfectly done. Slices of bread or some rice may be put into the jar, to eat with the fruit.

*Rice and Apples.*—Core as many nice apples as will fill the dish ; boil them in light syrup ; prepare a quarter of a pound of rice in milk, with sugar and salt ; put some of the rice in the dish, and put in the apples, and fill up the intervals with rice, and bake it in the oven till it is a fine colour.

*A nice Apple Cake for Children.*—Grate some stale bread, and slice about double the quantity of apples ; butter a mould, and line it with sugar paste, and strew in some crumbs, mixed with a little sugar ; then lay in apples, with a few bits of butter over them, and so continue till the dish is full ; cover it with crumbs, or prepared rice ; season with cinnamon and sugar. Bake it well.

*Fruits for Children.*—That fruits are naturally healthy in their season, if rightly taken, no one, who believes that the Creator is a kind and beneficent Being, can doubt. And yet the use of summer fruits appears often to cause most fatal diseases, especially in children. Why is this ? Because we do not conform to the natural laws in using this kind of diet. These laws are very simple and easy to understand. Let the fruit be ripe when you eat it ; and eat when you require *food*.

Fruits that have *seeds* are much healthier than the *stone* fruits. But all fruits are better for very young children, if baked or cooked in some manner, and eaten with bread. The French always eat bread with raw fruit.

Apples and winter pears are very excellent food for children, indeed, for almost any person in health ; but best when eaten at breakfast or dinner. If taken late in the evening, fruit often proves injurious. The old saying, that apples are *gold in the morning, silver at noon, and lead at night*, is pretty near the truth. Both apples and pears are often good and nutritious when baked or stewed, for those delicate constitutions that cannot bear raw fruit. Much of the fruit gathered when unripe might be rendered fit for food by preserving in sugar.

*Ripe Currants* are excellent food for children. Mash the fruit, sprinkle with sugar, and with good bread, let them eat of this fruit freely.

*Blackberry Jam.*—Gather the fruit in dry weather ; allow half a pound of good brown sugar to every pound of fruit ; boil the whole together gently for an hour, or till the blackberries are soft, stirring and mashing them well. Preserve it like any other jam, and it will be found very useful in families, particularly for children—regulating their bowels, and enabling you to dispense with cathartics. It may be spread on bread, or on puddings, instead of butter : and even when the blackberries are bought, it is cheaper than butter. In the country, every family should preserve, at least, half a peck of blackberries.



## LIQUEURS, BEVERAGES, ETC.

## CHERRY BRANDY.

Choose the finest morel cherries you can obtain; place them in layers in glass jars, strew pounded sugar between each layer, cover them with brandy. As soon as the cherries have imbibed the brandy, pour in more, so as to keep them constantly covered.

## CURACOA.

This is a species of bitter or wild orange, of which the rind is dried, and may be purchased at the chemist's. To make this liqueur, wash a pound of curacoa several times in warm water; then, having well drained, put them into a vessel with four quarts of brandy and one of water: let it stand closely covered for a fortnight. Shake it frequently; distil it after that in the usual way, and drain the curacoa on a sieve. Sweeten with five pounds and a half of sugar dissolved in three pints of water; mix it with the spirit, and then filter it.

## CAPILLAIRE, TO MAKE.

Take fourteen pounds of sugar, three pounds of coarse sugar, six eggs beaten in with the shells, three quarts of water; boil it up twice, skim it well, then add to it a quarter of a pint of orange flower water; strain it through a jelly-bag, and put it in bottles when cold; mix a spoonful or two of this syrup, as it is liked for sweetness, in a draught of warm or cold water.

## HIPPOCRAS.

Take one ounce of cinnamon, two drachms of ginger, two pennyweights of cloves, nutmeg, and galingal, a pennyweight of each. Pound these together well, and infuse them in a pint of red or white wine, and a pint of malmsey; to this add a pound of the best loaf sugar. These proportions will make a quart of the liquor.

## LEMONADE.

Take four lemons, pare the rind as thin as possible; squeeze them into a quart of water, add half a pound of fine sugar, let it stand two or three hours, and pass it through a jelly-bag.



## MEAD.

To every gallon of water put four pounds of honey; boil it an hour; then put it into a tub with some yeast on a toast; cover it over. If it ferments well, after three or four days draw it off clear, put it into a cask with one lemon sliced to every gallon, add a bottle of brandy to every ten gallons. The rind of Seville oranges cut very thin, suspended in the barrel, will greatly improve the flavour. It is best to wash the cask round with part of the brandy before the liquor is put in. Those who like mead to have an aromatic flavour may mix with it elder, rosemary, marjoram flowers, and use cinnamon, cloves, ginger, pepper, and cardamums in various proportions, according to taste. Others put in a mixture of thyme, eglantine, rosemary, marjoram, with various spices.

## NOYEAU.

Two gallons of gin, two pounds of bitter almonds, one pound of sweet almonds; pound them in a mortar, and beat to a fine paste; six pounds of powdered sugar (mix some with the almonds); let these stand ten days in the gin; filter through blotting paper, and bottle it.

## ORANGEADE.

Squeeze the juice; pour some boiling water on the peel, cover it closely, boil water and sugar to a thin syrup and skim it; when all are cold mix the juice, the infusion, and the syrup, with as much water as will make a rich sherbet, then strain through a jelly-bag.

## PUNCH.

Take a very sound lemon, rub the rind on a piece of fine sugar about half a pound, upon this sugar pour half a pint of strong green tea, boiling hot, a little syrup of capillaire, the juice of two lemons strained; to these add a quart of brandy. Set the whole on fire, agitate the flame with the punch ladle, and when the liquor is reduced one-third extinguish it, and pour the hot punch into glasses. By the introduction of other articles, such as arrack, champagne, &c., to the above, it is called arrack punch, champagne punch, &c.

## PUNCH, MILK.

Fill a bottle as full as possible of lemon-peel, and then add as much brandy as it will admit; let this, corked, stand in the sun two or three days; then mix with the brandy, having poured it out, two pounds of sugar, two quarts of water, four of brandy, two of boiling milk, boiled with spice, and about a pint of lemon juice; when this is cold strain it till quite clear, and bottle it instantly.



## PUNCH, RUM MILK, FOR TURTLE SOUP.

Put the seeds of thirty lemons pared thin into two quarts of rum; let it stand three days; then take three quarts of water, one quart of lemon juice, three quarts of rum, four pounds or perhaps a little more of lump sugar, and two nutmegs grated; mix all together, and lastly add two quarts of new milk boiling. Let the whole stand one night, then run it through a jelly-bag until quite clear, then bottle for use.

## RATAFIA, OF FOUR FRUITS.

Ten pounds of very ripe cherries, two pounds and a half of raspberries, five pounds and a half of red and two pounds and a half of black currants; pick and mix these fruits together, press the juice from them, measure it, and for every quart of juice take half a pound of sugar and an equal quantity of brandy; dissolve the sugar in the juice, then put in the brandy, and a drachm of mace and two drachms of cloves. Let the whole stand some time; filter, and bottle it. Keep them well corked.

## SHRUB.

To a gallon of rum add a quart of Seville orange juice, with three pounds of lump sugar, and a handful of the peel pared extremely thin; let it stand in a cask for three months, then filter it through a cloth and bottle it.

## SHERBET.

That usually sold for this compound is composed of tartaric or citric acid, carbonate of soda, and finely-powdered loaf sugar flavoured with some essential oil, such as lemon or orange, in the following proportions:—Three ounces and a half of soda, two ounces and a half of tartaric acid, and twelve ounces of finely-powdered loaf sugar, mixed well in a mortar with sufficient essential oil to flavour it; the whole is then most intimately mixed together and put into bottles to be kept close stopped for use; two or three tea-spoonfuls are sufficient for half a pint of water.

## VANILLA, CRÈME OF.

Dissolve over the fire two pounds ten ounces of broken sugar in three pints of purified river water; when it is boiled up once, pour it into a jar on three drachms of vanilla cut in pieces, and half a grain of amber. When quite cold add three pints of good brandy, cover the vessel, and when it has infused six days colour it with a little prepared cochineal; filter, and bottle the liquor. Cork the bottles tight, and seal the corks.



## WHOLESOME BEVERAGE.

From half a pint to a pint of sweet milk boiled, to which is added a tea-spoonful of curry powder, and sugar to taste; drunk warm it will be found a grateful beverage for those of weak bowels, and who may require to go abroad on very cold raw mornings before breakfast, and will be much better, nay entirely supersede, the use of ardent spirits.

## EGG FLIP, OR EGG HOT.

This is a beverage much drank in England at Christmas time; if properly made it is very agreeable, but if not skilfully done it is not at all pleasant to the palate. The following is an excellent receipt: One quart of ale, one quart of porter, mix together, and put in a saucepan upon the fire, where it is to remain until covered with a thick cream, but it must not boil. Add to half a pint of gin one quarter of rum and four eggs well beaten; beat up all well together, then add moist sugar to taste. Take the mixed ale and beer off the fire, and pour the mixture of eggs and spirits backwards and forwards several times; now return it to the fire, keep it well stirred, but it must not boil or it will curdle; when it is just on the verge of a boil take it off, pour it into a jug, and then serve in glasses.

## PURL.

This is also a winter beverage, and is composed chiefly of gin or rum poured into beer, and made hot, sweetened with sugar, and spiced with grated nutmeg.

## SPICED ALE.

Is made in a similar manner, save that a hot toast is served in it. This is the wassail drink.

## CAUDLE.

Make a fine smooth gruel of half grits; when boiled, strain it, stir it at times till cold; when wanted for use, add sugar, wine, and lemon peel, with some nutmeg, according to taste; you may add, if you please, besides the wine, a spoonful of brandy, or lemon juice.

## CAUDLE, BROWN.

Boil the gruel the same as for white caudle, with six spoonfuls of oatmeal, and strain it; then add a quart of good ale, not bitter, boil it; then sweeten it according to your taste, and add half a pint of white wine; when you do not put in the white wine, let it be half ale.



## HOME MADE WINES.



Now that fruit and sugar are generally cheap, all housewives may add wines to their household stores as easily as they may preserves. The difficulty and expense of making is trifling compared with what the latter used to be. In wine countries the grape, under the influence of climate, contains within itself the chemical properties to pro-

duce fermentation, while, in England, artificial aid is compelled to be used to accomplish it. The four requisites for fermentation are sugar, vegetable extract, malic acid, and water; and upon the proper regulation of these constituents the success depends.

The fermentation requires great attention, and should neither be suffered to continue too long, nor be checked too early. Its commencement, which will be about a day after the articles have been mixed, will attract attention, by the noise it makes. For a sweet wine, the cask should not be closed until the sound of fermentation has almost ceased. If a dry wine, have ready a barrel which has been subjected to the fumes of sulphur, and draw off your wine into it. Rack off the wine, clearing it with isinglass, and bottle in about ten weeks after it.

## APPLE WINE.

Add to a barrel of cyder the herb scurlea, the quintessence of wine, a little nitre, and a pound of syrup of honey. Let it work in the cask till clear and well settled, then draw it off, and it will be little inferior to Rhenish, either in clearness, colour, or flavour.



## BALM WINE.

Boil twenty pounds of lump sugar in four gallons and a half of water gently for an hour, and put it into a tub to cool; bruise two pounds of the tops of green balm, and put them into a barrel with a little new yeast, and when the syrup is nearly cold, pour it on the balm; stir it well together, and let it stand four and twenty hours, stirring frequently; bring it up, and when it has stood for six weeks, bottle it, put a lump of sugar into each bottle, and cork tight.

## BARLEY WINE.

Boil half a pound of French barley in three waters; save about a pint of the last water, and mix it with a quart of white wine, half a pint of borage water, as much clary water, a little red rose water, the juice of five or six lemons, three quarters of a pound of sugar, the rind of a lemon; strain, and bottle it up.

## CHERRY WINE.

To make five pints of this wine, take fifteen pounds of cherries, and two of currants; bruise them together, mix with them two-thirds of the kernels, and put the whole of the cherries, currants, and kernels into a barrel, with a quarter of a pound of sugar to every pint of juice. The barrel must be quite full; cover the barrel with vine leaves, and sand above them, and let it stand until it has done working, which will be in about three weeks; then stop it with a bung, and in two months' time it may be bottled.

## CURRANT WINE.

Take sixteen pounds of currants, three gallons of water; break the currants with your hands in the water, strain it off; put to it fourteen pounds of sugar, strain it into a vessel, add a pint of brandy, and a pint of raspberries; stop it down, and let it stand three months.

## ELDER WINE.

Pour a gallon of boiling water over every gallon of berries, let it stand twelve hours; then draw it off, and boil it up with three pounds and a half of sugar; when boiling, beat up some whites of eggs, and clarify it; skim it clear, then add half an ounce of pounded ginger to every gallon of the wine; boil it a little longer, before you put it in the tub; when cool, put in a toast rubbed in yeast; let it ferment a day or two, after which put it into a barrel previously rinsed with brandy. All wines should be lukewarm when the yeast is added to it.



## GINGER WINE.

To every gallon of water add three pounds of sugar and one pound of ginger, the paring of one lemon, half a pound of raisins, stoned; boil all half an hour, let it stand until it is lukewarm, then put it into the cask with the juice of a lemon; add one spoonful of yeast to every gallon, stir it every day for ten days, then add half a pint of brandy to every two gallons, half an ounce of isinglass to every six gallons; stop it close down, and in about eight weeks it will be fit to bottle.

## GOOSEBERRY WINE.

Bruise the gooseberries with the hands in a tub; to every six pounds of fruit add a quart of cold spring water, stirring it thoroughly; let it stand twenty hours, then strain them; dissolve two pounds of sugar to every quart of water employed, let it remain another day, remove the scum very clearly, and pour it into the utensil or cask in which it is to remain previous to being bottled. The scum removed must be kept in flannel, and the drainings caught in a vessel; they must be added to the other liquor. Let it work about sixty hours, not more, and then cover down close. In four months it will be ready for bottling.

## GRAPE WINE.

To one gallon of grapes put one gallon of water; bruise the grapes, let them stand a week without stirring, then draw off, and fine. Put to a gallon of wine three pounds of sugar, put it in a vessel; but it must not be stopped till it has done hissing.

## MULBERRY WINE.

Take mulberries that are quite ripe; gather them when the weather is fine, spread them on a cloth on the floor or table for twenty-four hours, and boil up a gallon of water to a gallon of juice; skim the water well, and add a little cinnamon bruised. Add to every gallon six ounces of white sugar-candy, finely beaten, skim and strain the water when it is taken off and settled, and put to it the juice of the mulberries, and to every gallon of the mixture put a pint of white or Rhenish wine; let them stand six days in a cask to settle, then draw off the wine, and keep it cool. This is a very rich wine.

## ORANGE WINE.

A dozen of oranges to a gallon of water, and three pounds of loaf sugar; pare the oranges thin, and take off all the white skin; squeeze them well, and then put out all the juice, oranges, and the water together, and let stand for four and twenty hours; then strain it off, and put it into a barrel with sugar, half the peels, and a quart of the best brandy; bung it down when it has done hissing;



it must stand twelve months before it is bottled. The water must be cold, not boiled.

#### PARSNIP WINE.

Clean and quarter four pounds of parsnips, to which put one gallon of water; boil them till tender, drain them through a sieve, but do not bruise them; pour the liquor into a tub, and to each gallon add three pounds of lump sugar, and half an ounce of crude tartar; when cool, put in the yeast, and let it stand four days in a warm room, then turn it. The mixture should be fermented in a temperature of sixty degrees. When fermentation has subsided, bung down the cask, and let it stand twelve months before bottling it. March and September are the best months for making it. It only requires to be kept a few years to make it superior to all other made wines.

#### RAISIN WINE.

One hundred of Smyrnas to twenty gallons of water (wine measure); boil half a pound of hops in the water for an hour, let it stand till cold, then pour it over the fruit; let it remain three weeks, stirring it every day; press it off, and put it into the cask; do not bung it down till the fermentation has ceased; when it has stood about a year, draw it off clear, put it in the barrel again, and let it stand to settle before it is bottled; before it is bunged down close, put a quart of brandy to a hogshead of wine; what is thick should be run through a flannel bag. The time for steeping depends on the warmth of the weather. When the fruit is swelled ready to break, it is fit to press.

#### RASPBERRY WINE.

Take three pounds of raisins, wash, clean, and stone them thoroughly; boil two gallons of spring water for half an hour; as soon as it is taken off the fire pour it into a deep stone jar, and put in the raisins, with six quarts of raspberries and two pounds of loaf sugar; stir it well together, and cover down closely, and set it in a cool place; stir it twice a day; then pass it through a sieve; put the liquor into a close vessel, adding one pound more loaf sugar; let it stand for a day and a night to settle, after which, bottle it, adding a little more sugar.

#### WALNUT WINE.

To one gallon of water put two pounds of brown sugar, and a pound of honey, and boil them for half an hour; be careful to skim it clean; put into a tub a handful of walnut leaves to every gallon, and pour the liquor upon them; let it stand all night, then take out the leaves, and put in half a pint of yeast. Let it work fourteen days; beat it five times a day to take off its sweetness, and stop up the cask. It should stand six months before it is used.



## DECANTING, STRAINING, AND FILTERING OF LIQUIDS.

The decanting of liquids is, under ordinary circumstances, an operation sufficiently simple to require no explanation; but the ease and certainty with which it can be performed depend entirely upon the form of the vessel from which the liquid is poured, the adhesion existing between liquids and solids giving rise to a tendency in the former to run down the outside of the vessel; and, if the latter is nearly full, or very large in circumference, or the sides approach the perpendicular direction, this accident almost always occurs. The difficulty of returning a glass of wine to the decanter, or of pouring from one full tumbler into another, are well known examples of this inconvenience.

Advantage may, however, be taken of the adhesion of liquids to solids, and by it the former may be led into the required direction. This cannot be better illustrated than by a description of the means by which a glass of wine may be returned, without spilling, to the decanter. If a tea-spoon is dipped into the wine, so as to become wetted with it, and then held perpendicularly with the bowl downwards and the point over, but not touching the entrance into the decanter, and the edge of the glass be made to touch the back of the spoon, it will be found, on inclining the former, that the wine, having a perpendicular solid body to adhere to and run down, will do so in preference to trickling along the oblique outer surface of the wine glass; and in this mode a liquid may be poured steadily out of any similar vessel with so little disturbance as not to agitate any sediment that may exist in it. In the laboratory of the chemist, a piece of glass rod is usually employed for this purpose; but a spoon, or pencil, or any similar substance having a surface capable of being wetted by the liquid, answers equally well.

If, however, the vessel out of which it is wished to decant is large, very full, or the sides, on pouring, are nearly perpendicular, the plan is not successful; thus, it could not be employed in aiding the transfer of the liquid from one full tumbler to another. Even this may be accomplished without the aid of a funnel, or without spilling, by preventing the adhesion of the liquid to the edge or side of the vessel out of which it is poured, which may be readily done by greasing the rim, when it will be found quite practicable to pour out of a nearly full tumbler without spilling.

In many instances, the employment of a syphon in decanting will be found very advantageous, particularly when the containing vessel is large, and cannot be readily moved, or when there is any sediment which it is desirable not to disturb. The most simple form of this instrument consists of a tube, bent as in fig. 1, with one leg shorter than the other; this may be made of glass, pewter, or, in fact, of any kind of stiff tubing that will retain its form—a piece of gutta percha pipe, carefully bent by a moderate warmth, whilst a piece of



stout cord is in the interior to prevent the sides closing together, answers very well. Before use, the syphon must be filled with liquor; this is best accomplished by turning it upside down, with the opening to the short leg raised on a level with that of the long one, when the liquid should be poured into the former. When both legs are filled, they should be closed with the fingers; the shorter leg introduced into the liquid it is wished to draw off; and the opening of the longer leg brought to a lower level than that of the shorter; and on

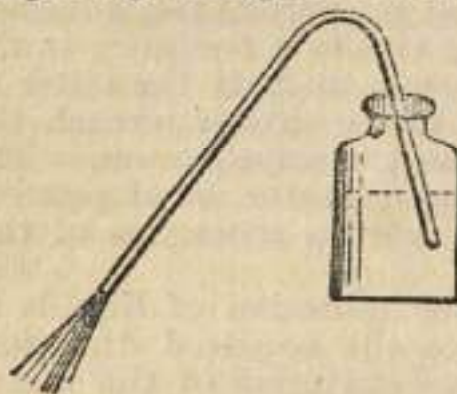


Fig. 1.

removing the fingers, the liquid will flow as in fig. 1, until it is below the level of the short leg. If the syphon is made of small tubing, or is lessened at the openings so as not to exceed one quarter of an inch in diameter, there will be no occasion to close the end of more than one leg with the finger, as the liquid will not flow when it is brought to the proper position unless both orifices are open; and thus the necessity of plunging the finger into

the liquid is obviated, and the syphon can also be used with a narrow-necked bottle, into which the hand could not be passed.

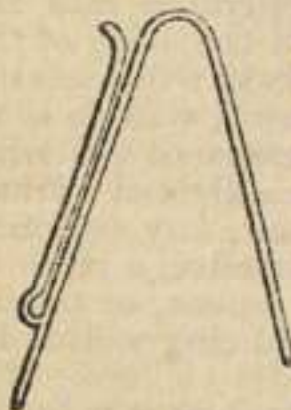


Fig. 2.

To do away with the necessity of filling the syphon before use, the instrument is usually made with a sucking tube, as in fig. 2; in this case, all that is requisite is, to introduce the short leg, close the opening to the long one, and, by the action of the mouth, draw up the liquid until both legs are full, when, on removing the finger, the stream will flow. A very ingenious syphon of this kind is described by the German chemist Mohr; it is thus constructed:—Take a long Eau de Cologne bottle, and, with a file and turpentine, make a deep notch across, about an inch and a half from the bottom; then, with a charcoal point or pastile, or hot iron,

produce a crack, and cut off the bottom, grinding it smoothly; then take a tube bent at an angle of forty-five degrees, and, by means of a good cork, perforated with a rat-tail rasp, fit it tightly in the bottom of the bottle, and add also another piece of tubing for a suction tube; the whole will then have the appearance represented in fig. 3, and will form an exceedingly useful, and very convenient syphon.

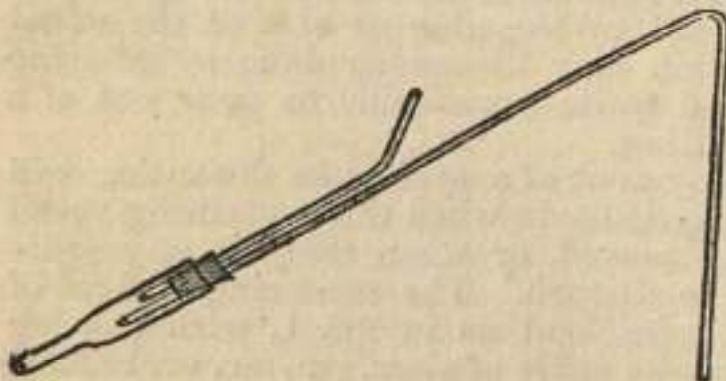


Fig. 3.

In emptying large stone bottles or carboys, the following plan may be had re-



course to:—Perforate a sound cork with two openings by a rat-tail

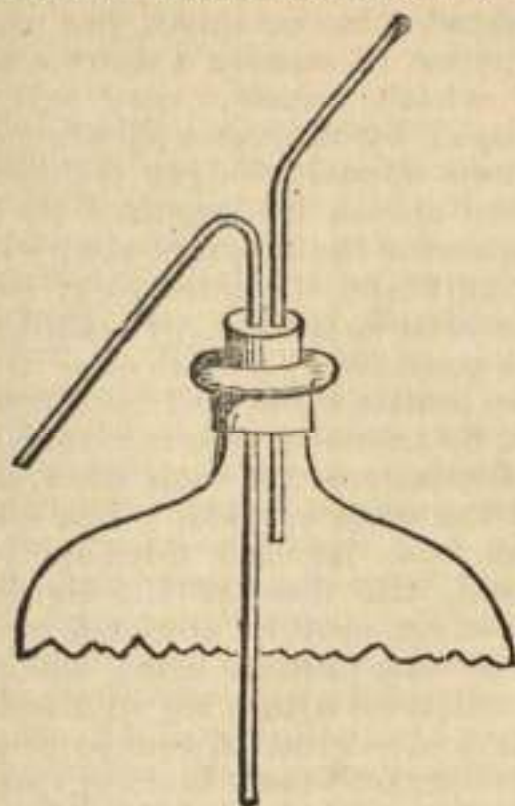


Fig. 4

rasp, and fit, air-tight, two tubes bent as in fig. 4. On blowing through the upper, the liquid will be forced to ascend and run over the bend of the other, which will then act as a syphon. This plan is exceedingly useful in emptying carboys or corrosive liquids, as oil of vitriol, &c.; and if all the joints are—as they should be—air-tight, the flow may be arrested by closing the upper tube with the finger. In the figure, the outer leg of the syphon is shortened to save space; in practice, it must be of sufficient length to be lower than the inner leg within the vessel.

If a syphon is required frequently for decanting the same kind of liquid, it is found troublesome to be constantly filling it before each time of using; this trouble is obviated by the use of an instrument formed with legs of equal length, which are turned up

at the ends, as in fig. 5;

this having been filled, may be hung up in the erect position, and the liquid will not escape, but on plunging one end into a liquid, it will be found immediately to flow from the other, provided that the latter is below the level of the surface of the liquid.

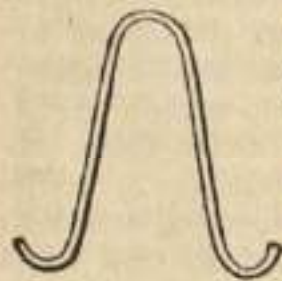


Fig. 5.

The operations of straining and filtering are frequently required in domestic manipulations, and the apparatus employed usually consists of sieves and a jelly-bag. As in many other instances, it will be found advantageous to import several contrivances from the laboratory to the kitchen, one of the most

useful (because most simple) strainers consists of a square frame, formed of four pieces of wood nailed together at the corners, with a piece of calico, linen, or canvass, of suitable fineness, tacked to the four sides; this strainer is particularly useful in separating any solid substance—as the residue in making wines; or if grated potatoes are put on one made of coarse cloth, the starch can be readily washed through, leaving the useless portion on the strainer; the cloth should not be tacked very loosely, as it bags down when any substance is put on it, and the liquid runs away below from the centre. This strainer is a most useful one; it is readily made, of any degree of fineness, and of any size; and it also possesses the great advantage, that, if necessary, the tacks fastening the cloth can easily be withdrawn, when the substance remaining can be rolled up in the cloth, and tightly squeezed, to express the last portions of liquid, which are frequently the most valuable.



In cases where a finer filtration is required than can be obtained by means of a cloth, as in cleaning turbid wine or spirit, the use of filtering paper is recommended; this paper is merely a stouter kind of blotting-paper, thick varieties of which answer very well for domestic purposes; it is most simply used by taking a square piece, folding it into half—by bringing the two opposite edges together—and then folding the oblong so obtained across its length. By this means a small square is obtained, one quarter the original size, which may be opened into a hollow cup, having three thicknesses of paper on one side, and one on the other; this is to be placed, with the point downwards, in a funnel, and the liquid poured in; and as soon as the pores of the paper are expanded by the moisture, it will be found to flow through perfectly clear; care must be taken in making the filter not to finger it much where the two foldings cross each other, as a hole is readily made at that part, and the filter spoiled. The objection to this simple contrivance is, that from its flat sides applying themselves closely to those of the funnel, the flow of the liquid is impeded, and is, therefore, slow. This effect may be obviated by the

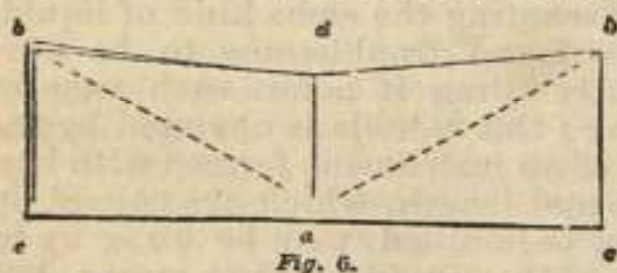


Fig. 6.

From the corners *b b*, folds are to be creased in the direction towards *a*, but not reaching it for

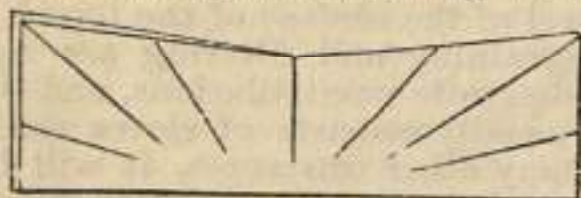


Fig. 7.

paper. When complete, the doubled and creased paper will appear as fig. 7. Now divide each eighth into half, by a fold in the opposite



Fig. 8.

direction to those previously made, when it will be found that the whole will readily fold up like a paper fan; the projecting loose ends which are formed by the corners *b*, should be cut off, and the double sides separated for the first time by blowing them apart, when the whole may be readily opened out as in fig. 8. In making this filter, which takes a much less time than to follow the description, two precautions are requisite. The folds should be made at once with one firm pressure, and not with a series of rubbings; and all the creases should stop short of the middle, otherwise a hole will be made at that point long before the filter is completed.

use of the plaited filter, the construction of which we will endeavour to describe. A square piece of filtering, or stout blotting-paper, is to be doubled, and the oblong so obtained is to be again folded in half, when if the last fold is opened, it will have the appearance of fig. 6.

half an inch; these are indicated by the dotted lines, which divide the double paper into four triangles, each of which is to be again folded into eighths, and care must be taken that all the folds are made the same way, that is, projecting to the same side of the

direction to those previously made, when it will be found that the whole will readily fold up like a paper fan; the projecting loose ends which are formed by the corners *b*, should be cut off, and the double sides separated for the first time by blowing them apart, when the whole may be readily opened out as in fig. 8. In making this filter, which takes a much less time than to follow the description, two precautions are requisite. The folds should be made at once with one firm pressure, and not with a series of rubbings; and all the creases should stop short of the middle, otherwise a hole will be made at that point long before the filter is completed.



## BREWING.

Bad beer is often made in families where there is no sparing of materials, for the want of management and economy; attention should be paid to the state of the utensils used, and all necessary preparations made the day before the brewing is commenced; let the water be heated in the copper the day before, that it may be well cleansed; also cleanse the casks, mash-tubs, coolers, &c. When this is all done fill your copper, and have everything in readiness for the next morning; the quantity of malt for strong beer must be ten bushels to the hogshead, for ale nine bushels to the hogshead; the copper for making a hogshead of beer or ale should contain full seventy gallons, because the hogshead of beer holds sixty-three gallons, and there should be the surplus seven gallons allowed for the hops, and the working them about to advantage when the water boils, to prevent waste. With this copper, four boilings will afford two hogsheads of strong beer or table ale, or two of table beer. The malt should be ground four or five days before use, and be kept very clean. The ingredients being ready, the water must be made to boil quickly, which done, the copper fire must be then damped. The malt having been previously put in the mashing-tub, reserving half a bushel, as soon as the steam from the boiling water begins to subside the water is poured upon it to wet the malt, so as to render it fit to be mashed; it should then remain covered over for a quarter of an hour, when more water is added, and it is mashed as before; let it stand for a few minutes, and then add the whole quantity of water, according as it is intended to have the beer more or less strong. Whilst the water is lading on, the mash must be kept stirring with a pole. When well mashed, run the big end of the mash on through the middle of it to give it air, then put the spare half bushel of malt over the mash and cover the tub over with sacks to keep the steam and spirit of the malt in, and let it remain two hours; then let it run into the receiver, and mash again for the second wort in the same manner as the first, excepting that the water must be cooler, and it must not stand more than half the time. Both these worts are mixed together, and the quantity of hops intended are added, when the liquor must be put into the copper, which being closely covered, let it boil gently for two hours, then let the liquor into the receiver and the hops be strained therefrom into the coolers. When cool, the yeast, which should be white and sweet, is added, and the liquor well stirred from the bottom with a wooden bowl, turning it topsy-turvy in the middle of each tub, which causes the beer to ferment; if it happens that in about two hours the fermentation is not favourable, it has been checked, in which case put the mash-oar, &c., across the tubs, and cover them with sacks to encourage the fermentation, when the last thing at night and the first thing in the morning should be the stirring them well up again. Be careful that the tubs be not too



full to work over in the night. The next morning skim the greater part of the yeast off, and prepare to turn it. Let the casks be taken clean and warm into the cellars, which promotes the beer working; it is best to put a gallon of boiling water in and tip it out again. Examine the cork and vent holes, and when the casks are filled reserve some spare beer, that as it works you may fill the casks up for the waste; as soon as full take two pounds of flour and beat it up smooth with some of the new beer in a pail with a wisp, and divide it between the two casks, keep it well stirred up from the bottom for a quarter of an hour. The flour thus prepared gives to the beer and ale a fine soft quality, and while under fermentation adds to its flavour. When this flour is put into the casks each should be stirred with a long stick for a few minutes, then put the tin scoop into the upper cork-hole for the beer to work through, and attend to it three or four times a day, particularly the last thing at night and the first thing in the morning; and when the fermentation is done working, which is usually in three or four days, clean the casks outside and put in the beer the hops saved in the pail, equally divided into both, stirring them about; this operation fines all beers; then bung them tight down with a piece of coarse linen under the bung, if done working, not else.

For small or table beer there must be a third mashing. Preserve a pailful of the strong beer to add to the small, let the water, when within a few minutes of boiling, be poured on the malt, keeping it mashed as before, then add the pail of strong and cover it over with sacks as before mentioned, with the mash-oar standing in the middle, and let it remain an hour. Then fill the copper with the liquor and let it boil for an hour gently; the same preparation of flour and beer should be added to the table beer.

For good strong beer or ale and of a fine flavour, there should be allowed one pound of hops for every bushel of malt. Hops that are good and free from adulteration, should be of a fine sweet smell, full of ripe seed of a clear pale-yellow colour and clammy, which evidences their strength; such an article ameliorates and preserves all beer; the best hops are grown in Kent. The great secret of fining all beers to render them of a clear bright colour, is to take out three quarters of a pailful of the hops from the copper when they have boiled an hour, for this simple method is superior and more congenial to all beer than all the arts that are practised. If, however, beer remains stubborn either from bad cellars, or bad hops, or bad management, then, in order to make beer clear or fine, isinglass may be used, which may be thus prepared: if for fining a hogshead, take a quarter of a pound of isinglass, and put it into a quart of the liquor drawn from the casks, and let it simmer over a slow fire for half an hour in a clear vessel; pour this into a can of the beer, and put it into the cask, stirring it with a long stick for a quarter of an hour, and six hours after, bung the cask close down; it is a bad plan to put raw hops into beer, as they are apt to become musty. Beers are frequently sick and out of condition; when this happens they should again be put into a new fermentation; then balls made



of a pound of flour mixed with a sufficient quantity of treacle will promote their briskness ; this composition softens all beers to the greatest advantage.

THE CELLAR.

A good brewer, cellarman, &c., will take delight in a well-ordered cellar. Attention must be paid to cleanliness, both in his person and business ; everything in the cellar should be kept in due order. The brewer or cellarman to the gentleman who keeps a large establishment should occupy himself every morning in the cellars, the following duties are incumbent:—

During the summer months have the beer-cellar and steps clean washed weekly, and particularly under the casks, empty the top casks daily into a cask kept for the purpose of holding the slops and grounds, for the cellar should on opening it smell pure and sweet ; by attention to these offices the cellar is not only pleasant to enter, but the beer is kept fine and cool during the summer months, whereas by inattention a dirty cellar will cause the beer to turn sour ; during the winter months, scraping and sweeping the cellar once a week will be sufficient. Observe, all cellars in the winter cannot be kept too warm and close, for without attention on this point the liquors cannot thrive. The following articles should be provided to a cellar in a large establishment: those families who brew on a smaller scale will apply these uses according to their proportionate convenience. Proper shot and lead canisters with holes in bottoms, and two cloths to wash bottles, to be kept in the bottle-rack. Two tubs to wash bottles in, and a form for them to stand on. Six strain cocks, bungs, corks, vent pegs, and a mallet, a pair of pliers to draw pegs, and cork-drawer. A leather boot to buckle on the knee to contain the bottles when corking them, for if the bottle breaks the boot saves the liquor. A strong heavy mahogany cork driver. Six strong prickles to be kept in a dry place. Coarse linen to put under the bungs, the old hop-sacks will serve. Six tin spouts the size of a beer cock made at the lower end as broad as the banker's shovel at the bottom for the beer to work through from the top cork-hole, with brown paper round the top. A strong iron skewer to raise bungs with. A middle sized coopers' gimblet, the size of the small spigots and faucets. A quire of strong brown paper to put round taps, and another to make hop bags with. Two large sponges to clean the outsides of the casks. A pair of slings to grapple the casks with, to take into the cellars, for rolling them will cause dirt to hang about them. A pair of strong folding steps. Half a dozen mahogany spigots and faucets about the size of the little finger, to be had at the best turner's, being much better than pegs, which are wasteful, to try all liquors whether they are fine. A strong hammer and iron driver, such as the coopers use to drive down the hoops which have loosened from tubs and casks. Two split sticks for cellar candlesticks. Six iron-bound tap-tubs, and a brush to clean them with. A whisk for the yeast and finings. A six-gallon tub for the yeast, and pour the beer from it daily ; then whisk the yeast up in the tub and it will be fit for use. Delf labels to hang on the tops of the liquor



bins, as claret, champagne, sherry, calcavella, porter, cider, perry, port, rhenish, &c. A pewter crane and valench. Four or six ice pails for wines, in summer. A wine basket made to hold the bottles that are crusted on their sides, to bring from the cellar in that position. A raising jack to raise wines in casks upon their stands. A pulley and ropes to let wines and liquor down into the cellar. A wine bit of various sizes to bore the casks with. A flogger to beat up the wine bungs with. Two strong pails. A Gunter's gauge rule. A stamped bushel measure to measure the malt with. A strike. A small copper adze. A pair of stilyards or scales to weigh the hops with. Stamped lead or iron weights, to be kept dry. Two tin funnels to put into bottles when bottling off. A large wood ditto for all beers. Two low stools to sit on. A leather apron with a pocket before for pegs, and bib to button up on the waistcoat. A flannel bag with hoop on top made as a jelly-bag to run the lees of all wines through. A common corkscrew. An iron-bound wine-can for fining wines in. A hoe. A spade. Six stiff birch brooms, and the same number of strong rag mops. The use of the iron skewer is to raise up the bung by degrees, first giving it vent.

Have a large cupboard made and fixed in the cellar or near it, in a dry spot, to hold most of the small tools, so that everything may be at hand when wanted.

#### MALT.

In choosing the malt, take care that it is not peat or straw dried, and procure it of a pale colour, for they are the best of all malts and more balsamic, also soft and smooth, and highly agreeable to the taste; malt should not be ground too fine, but on the contrary, broken or made into a coarse meal. Good malt is known by a simple test, namely, by chewing it, for if well made it will be nearly as sweet as sugar, delightful to the smell, of a mellow flavour, round body, and thin skin.

#### HOPS.

When hops are purchased, let them not be packed too loose in the bags, for that does them no good. Be careful that all things belonging; to the beer-house be never used for anything else, for if any grease or soap get in the pails or tubs, it prevents the beer working, take care the liquor-stands be quite steady, for if they rock they injure the beer, they should be made of oak, and they will last for years. Observe, never bottle beer, wine, or cider, but on a fine day, let the bottles be well seen to; use none but the best corks. Beer, cider, and perry, for home consumption, should stand in the bottles six or eight hours before they are corked, cider and perry should have the corks wired and be packed in a bin with sand.

#### BURTON ALE.

For making Burton or rich Welsh ales, instead of boiling the wort two hours let it boil only one, but without ceasing for the whole time. Have ready six pounds of treacle which must be thrown into the copper; this adds to the strength of the malt, and gives great richness to the flavour of the ale; the liquor must be kept



well stirred up the whole time and most from the bottom; but as this is not brewed for keeping, three quarters of a pound of hops to every bushel of malt will be sufficient. Before it is tapped, which may be done in three or four months, fine it as before with the hops, when it will be found to possess that rich flavour for which Burton and Welsh ales are so much liked. This has frequently been brewed in the early part of March, and drunk to perfection the latter end of the June following; all well-brewed ales and beer are good and ripe at three or four months.

#### PORTER.

It is generally held that porter to be good must be brewed in large quantities—this is a great error. Excellent porter may be brewed in private families, and by proper management so ordered, that ample time between each brewing may be allowed for it to refine for use; those families who are in the habit of brewing strong beers may also add porter to their stock.

The brewing of porter is nearly by the same process as brewing ale. The mash must be made of a fine high-dried sweet full malt—which is cheaper than the pale malt used for brewing the strong ale and beer—and full, fine, sweet brown hops. It is not necessary for a porter brewer to give a high price per hundred weight for colour and appearance in hops, when in actual strength they may be thirty per cent. inferior for his purpose, such bright hops being only for delicate ales.

A species of hop well adapted for this purpose is met with in Kent; it is produced by the plant, *Humulus Germanicus*; these hops are best for this purpose, because time should be given them to mellow, and the full bitter requisite will belong to them, if kept. The necessary bitter cannot be extracted from the new hop without a harsh unpleasantness; good brewers—those who brew on a large scale—give their hops eight or twelve months' age and then they work eight or ten pounds of hops per quarter of malt.

When the wort and hops are boiling, for every hogshead have ready to put to it one pound of bruised liquorice-root cut short, a quarter of a pound of Spanish liquorice, and six pounds of coarse brown sugar, or the same in treacle, and the same in proportion for every cask; be careful to put in these ingredients when the wort and hops are boiling, and let them boil gently for two hours, keeping the liquor well stirred from the sides and bottom the whole time, then strain the hops off and put it in the coolers, the same as for other beers. Put into some of the wort while warm half a pound of moist sugar, boil this in an iron pot till it becomes a thick black liquid, and then add before it is cold a pint of the warm porter, with a spoonful of salt of steel, and mix them well together; this is what the porter brewers call colour, and it is in quality between a bitter and sweet, which gives to the liquor a fine mellow taste and colour so much admired in good porter; in six months it is fit for use, and will have a fine head, as no table beer is required from this eight bushels of malt, eight pounds of hops will be sufficient.



## HOUSEHOLD RECEIPTS.

## BLACKING.

The best blacking for preserving the leather of boots and shoes, and which will make it perfectly water-tight, is the following:—take of yellow wax one ounce and a half, of mutton suet four ounces and a half, horse turpentine half an ounce, ivory black three ounces; melt first the wax, to which add the suet, and afterwards the horse turpentine; when the whole is melted, remove it from the fire; mix in gradually the ivory black, constantly stirring till it is cold. This composition is sometimes run into moulds, and sold under the name of blacking balls; when it is used, it may be laid or rubbed upon a brush which should be warmed before the fire; it is also the best blacking for every kind of harness; when it is wanted in a large quantity, it may be gently melted in a ladle or pot, over a chafing-dish with live coals.

## TO CLEAN DECANTERS.

Roll up in small pieces some coarse brown paper, then wet and soap the same, put them into the vessel with a little lukewarm water, and some common soda, shake them well, then rinse with clean water, and it will be as bright and clear as when new.

## CLEANING FLOOR-CLOTHS.

After sweeping and cleaning the floor-cloth with a broom and damp flannel in the usual manner, wet them over with milk, and rub them till beautifully bright with a dry cloth; they will thus look as if they were rubbed first with a waxed flannel, and afterwards with a dry one, without being so slippery, or so soon clogging with dust or dirt.

## TO CLEAN SPONGES.

When very foul, wash them in diluted tartaric acid, rinsing them afterwards in water, it will make them very soft and white. Be careful to dilute the acid well, as it is very corrosive, and therefore should be weak.

## TO CLEAN TURKEY CARPETS.

To revive the colour of a Turkey carpet, beat it well with a stick till the dust is all out, then with a lemon or sorrel juice take out the spots of ink, if the carpet be stained with any, wash it in cold water, and afterwards shake out all the water from the threads of the carpet; when it is thoroughly dry, rub it all over with the crumb of a hot wheaten loaf, and, if the weather is very fine, hang it out in the open air a night or two.

## TO CLEAN WATER CASKS.

Scour the inside well out with water and sand, and afterwards apply a quantity of charcoal dust; another and a better method is



to rinse them with a strong solution of oil of vitriol and water, which entirely deprives them of their foulness.

#### TO DETECT WHITING OR CHALK IN FLOUR.

Mix with the flour some juice of lemon or good vinegar; if the flour be pure, they will remain together at rest, but if there be a mixture of whiting or chalk, a fermentation or working like yeast will ensue, the adulterated meal is whiter and heavier than the good.

#### TO EXTRACT MARKING INK.

The following process will be found easy and effectual. Take the piece of marked linen, and immerse it in a solution of chloride of lime, when in a few minutes the characters will pass from black to white, owing to a new preparation of silver being formed, namely white chloride of silver, which still remains in the fabric, but owing to its solubility in solution of ammonia, it may be entirely extracted by immersion in that liquid immediately it is removed out of the first, and allowing it to remain in it for a few minutes; after this it only requires to be well rinsed in clean water, which completes the process.

#### ECONOMICAL USE OF FIRE.

But few persons are aware of the advantages which may be obtained by simply lining the backward sides of an ordinary fire-place, with fire brick. Every one must have noticed that when a fire goes out, the coals at the sides of the fire are left unburnt, while the centre is consumed, this arises from the cooling powers of the iron at the sides, and hence the complaint that you must have a large fire or none at all; with fire brick, the whole of the fire, however small, will be kept alight, an object of great consideration in spring; a no less important advantage is, that less smoke is produced.

#### ECONOMICAL USE OF NUTMEG.

If you grate a nutmeg at the stalk end, it will prove hollow throughout; whereas the same nutmeg, had it been grated from the other end, would have proved sound and solid to the last.

#### TO EXTINGUISH A FIRE.

A solution of five ounces of muriate of ammonia in one gallon of water, will easily extinguish a large fire.

#### FROST-BITTEN FRUITS AND VEGETABLES.

Such fruits and roots as pears, apples, and potatoes, as have been penetrated by frost, may be recovered by putting them into cold water when a thaw approaches, and letting them remain in the water for some time, till by the plumpness and fairness of the fruits and roots it appears that the particles of frost are extracted. This method has often been tried, and found to answer.

#### TO FINE CLOUDY BEER.

Rack off the cask, and boil one pound of new hops in water with coarse sugar, and when cold, put it in at the bung-hole.



## FURNITURE POLISH.

Bees' wax half a pound, and a quarter of an ounce of alkanet root, melt together in a pipkin, until the former is well coloured. Then add linseed oil, and spirits of turpentine, of each half a gill, strain through a piece of coarse muslin.

## TO RENDER HARD WATER SOFT.

For every hundred gallons take half a pound of the best quick lime, make it into a cream by the addition of water, then diffuse it through the hard water in a tank or reservoir, and allow the whole to stand; it will quickly be bright, the lime having united with the carbonate of lime, which makes the hard water, will be all deposited. This is a most beautiful application of the art of chemistry.

## HONEY, TO CLARIFY.

Take six pounds of honey, a pound and three quarters of water, two ounces and a quarter of pounded chalk, five ounces of coal pulverized, washed, and well dried, the whites of three eggs well beaten in three ounces of water for each pound of honey; put the honey, water, chalk, and eggs into a copper vessel that will hold about one-third more, let them boil for two minutes, throw in the coal, mixing it with a spoon, and continuing the boiling two minutes longer; then take the saucepan from the fire, and let it stand nearly a quarter of an hour, that the liquor may cool, then take a new sieve, it must be well washed, or it will impart a disagreeable taste; pass the honey through, taking care to filter the first drops twice, as they generally carry with them a portion of coal; the syrup which still adheres to the coal and other materials, may be separated as follows:—pour boiling water on them till they no longer retain any sweetness, then put these waters together, set them over a large fire to evaporate, until the syrup only remains.

## IRON SPOTS ON MARBLE.

To remove iron spots from marble, mix equal quantities of spirit of vitriol and lemon juice; shake it well, wet the spots with the mixture, and in a few minutes rub with a soft linen, until they are completely effaced.

## INK SPOTS.

As soon as the accident happens, wet the place with juice of sorrel or lemon, or with vinegar, and the best hard white soap.

## MIXTURE FOR CLEANING PAVEMENTS.

Boil together half a pint each of size and stone-blue water, with two table-spoonfuls of whiting, and two cakes of pipe-maker's clay, in about two quarts of water; wash the stones over with a flannel slightly wetted in this mixture, and when dry, rub them with flannel and brush.



## OFFENSIVE SMELLS.

One of the best and most pleasant disinfectants, is coffee; the simplest way to use it is to pound the well-dried raw beans in a mortar, and strew the powder over a moderately-heated iron plate. The simple traversing of the house with a roaster, containing freshly roasted coffee, will clear it of offensive smells.

## TO PRESERVE EGGS.

Apply with a brush a solution of gum arabic to the shells, or immerse the eggs therein; let them dry, and afterwards pack them in dry charcoal dust, this prevents their being affected by any alterations of temperature.

## TO PERFUME LINEN.

Rose leaves, dried in the shade, or at about four feet from a stove, one pound; of cloves, caraway seeds, and allspice, of each one ounce; pound in a mortar, or grind in a mill; dried salt, a quarter of a pound; mix all these together, and put the compound into little bags.

## RATS AND MICE.

The asphodel is useful in driving away rats and mice, which have such an antipathy to this plant, that if their holes be stopped up with it, they will rather die than pass where it has been placed.

## TO RESTORE STALE BEER.

To about a quart of stale beer put half a tea-spoonful of salt of wormwood, this will restore the beer and make it sparkle when poured into a glass like bottled porter.

## TO EXTRACT GREASE SPOTS FROM SILKS, MUSLINS, ETC.

Scrape French chalk, put it on the grease spot, and hold it near the fire, or over a warm iron or water-plate filled with boiling water, the grease will melt, and the French chalk absorb it, brush or rub it off; repeat, if necessary.

## A SUBSTITUTE FOR MILK OR CREAM.

Beat up the whole of a fresh egg in a bason, and then pour boiling tea over it gradually, to prevent its curdling; it is difficult from the taste to distinguish it from rich cream.

## UTILITY OF NETTLES.

Steel dipped in the juice of the nettle becomes flexible; lint dipped in nettle juice put up the nostril, has been known to stay the bleeding of the nose when other remedies have failed; and fourteen or fifteen of the seeds ground into powder and taken daily, will cure the swelling in the neck known by the name of goitre, without in any way injuring the general system.



## TO TAKE MILK FROM CREAM.

Use a syphon, and draw off the milk from beneath the surface of the cream, and thus completely separate the two liquids by the simplest means and with the least possible trouble.

## USEFUL KNIFE-BOARD.

Cover a common knife-board with buff leather, on which are put emery one part, crocus martis three parts, in very fine powder, mixed into a thick paste with a little lard or sweet oil, and spread on the leather to the thickness of a shilling. This method gives a far superior edge and polish to the knife than the common practice of using brickdust on a board.

## CEMENT FOR BROKEN CHINA, GLASS, ETC.

Dissolve half an ounce of gum acaccia in a wine-glass of boiling water, add plaster of Paris sufficient to form a thick paste, and apply it with a brush to the parts required to be cemented together.

## FLY WATER.

The following preparation, without endangering the lives of children or other incautious persons, is not less fatal to flies than a solution of arsenic. Dissolve two drachms of the extract of quassia in half a pint of boiling water, and a little sugar or syrup, and put the mixture in plates.

## AN EXCELLENT PASTE FOR GLOVES.

Liquor of ammonia half an ounce, chloride of potash ten ounces, curd soap one pound, water half a pint; dissolve the soap in the water, with a gentle heat, then, as the mixture cools, stir in the other ingredients. Use it, by rubbing it over the gloves until the dirt is removed.

## A VERY PLEASANT PERFUME AND ALSO PREVENTIVE AGAINST MOTHS.

Take of cloves, caraway seeds, nutmeg, mace, cinnamon, and Tonquin beans, of each one ounce; then add as much Florentine orris-root as will equal the other ingredients put together. Grind the whole well to powder, and then put it in little bags, among your clothes, &c.

## TO RESTORE VELVET.

When velvet gets plushed from pressure, holding the reverse side over a bason of boiling water will raise the pile, and perhaps it may also succeed in the case of wet from rain.



## PLAIN HINTS ABOUT CANDLES.

Candles improve by keeping a few months. Those made in winter are the best. The most economical, as well as the most convenient plan, is to purchase them by the box, keeping them always in a cool, dry place. If wax candles become discoloured or soiled, they may be restored by rubbing them over with a clean flannel slightly dipped in spirits of wine. Candles are sometimes difficult to light. They will ignite instantly, if, when preparing them for the evening, you dip the top in spirits of wine, shortly before they are wanted. Light them always with a match, and do not hold them to the fire, as that will cause the tops to melt and drip. Always hold the match to the side of the wick, and not over the top. If you find the candles too small for the candlesticks, always wrap a small piece of white paper round the bottom end, not allowing the paper to appear above the socket. Cut the wicks to a convenient length for lighting, (nearly close); for if the wick is too long at the top, it will be very difficult to ignite, and will also bend down, and set the candle to running. Glass receivers, for the droppings of candles, are very convenient, as well as ornamental. The pieces of candles that are left each evening should be placed in a tin box, kept for that purpose, and used for bed-lights.

## TO DETECT DAMPNES IN BEDS.

First have the bed well warmed with a warming-pan; then, the moment the pan is taken out, introduce between the sheets an inverted glass tumbler. After it has remained there a few minutes, withdraw it. If the glass is found dry, you may go to bed without any apprehension of chill or rheumatism. If the glass is covered with drops of wet or damp steam, the safest plan is to take off the sheets and sleep between the blankets, as a second pair would probably be no better than the first.

## TO CLEAN GERMAN SILVER.

After using, it should be placed immediately in hot water, washed well, and wiped dry with a soft cloth. Once a week, let it be washed in soap-suds, and then cleaned with fine whiting, or prepared chalk, mixed with whiskey or spirits of wine, so as to make a paste, which should afterwards be brushed off. Should this metal become discoloured, or spotted by vinegar or other acids, wash it first, and then clean it with sweet oil and powdered rotten-stone.

## TO REMOVE STAINS FROM PAPER.

The clear solution of chloride of lime, diluted with twice its bulk of water, will effectually and expeditiously remove stains from prints and printed paper. Instead of the ordinary process, which is tedious, first soak the print in clear water until it lies smooth; then remove



it into a dish, large enough to hold it flat, filled with the solution diluted as above; the stains will disappear in a few minutes, when again soak the print in clear water, to free it from the chloride of lime, and then dry it between sheets of blotting-paper.

#### PACKING HOUSEHOLD ARTICLES.

In packing for the removal of a family to a distant place, let all the boxes and trunks be numbered, and the numbers put down in a book; let some one who overlooks the whole of the packing, set down every article, denoting the exact box or trunk in which it is placed, and the order in which the things are put in, beginning with those at the bottom. By this means, after arriving at the place of destination, you will know, by consulting your book, where to find whatever you want; and which of the boxes it will be best to open first. Also, in a long sea-voyage, if there is occasion to have a trunk brought from the hold to get out of it any particular article, your book will tell exactly in which of your trunks that article is. For want of such an inventory, we have seen, in crossing the Atlantic, three or four trunks brought up belonging to one family, opened, and searched, before the right one could be found.

#### TO WASH VIALS.

In most families are gradually collected a number of vials that have been used for medicine. It is well to have a basket purposely to keep them in, and once in a while to wash them all, that they may be ready to send to the druggist's when new medicine is wanted. Put into a wash-kettle some sifted ashes, and pour on it a sufficiency of cold water. Then put in the vials, (without corks,) place the kettle over the fire, and let it gradually come to a boil. After it has boiled awhile, take it off, and set it aside; letting the vials remain in it till cold. Then take them out, rinse, drain them, and wipe the outsides. You may wash black bottles in the same manner. If you have occasion to wash a single vial or bottle, pour into it through a small funnel either some lye, or some lukewarm water in which a little pearlash has been dissolved; shake it, and let it stand awhile to soak. Then rinse it well in cold water, two or three times. If it still smells of the former contents, soak it in more pearlash water (with the addition of a little lime), or in more lye.











**Table to Calculate Wages and other Payments.**

Per Year.	Per Month.			Per Week.		Per Day.	Per Year.	Per Month.			Per Week.		Per Day.		
£	£	s.	d.	s.	d.	d.	£	£	s.	d.	£	s.	d.	s.	d.
1	0	1	8	0	4 $\frac{3}{4}$	0 $\frac{3}{4}$	15	1	5	0	0	5	9	0	10
2	0	3	4	0	9 $\frac{1}{4}$	1 $\frac{1}{4}$	16	1	6	8	0	6	1 $\frac{1}{4}$	0	10 $\frac{1}{2}$
3	0	5	0	1	1 $\frac{3}{4}$	2	17	1	8	4	0	6	6 $\frac{1}{2}$	0	11 $\frac{1}{4}$
4	0	6	8	1	6 $\frac{1}{2}$	2 $\frac{3}{4}$	18	1	10	0	0	6	10 $\frac{3}{4}$	0	11 $\frac{3}{4}$
5	0	8	4	1	11	3 $\frac{1}{4}$	19	1	11	8	0	7	3 $\frac{1}{2}$	1	0 $\frac{1}{2}$
6	0	10	0	2	3 $\frac{1}{2}$	4	20	1	13	4	0	7	8	1	1 $\frac{1}{2}$
7	0	11	8	2	8 $\frac{1}{2}$	4 $\frac{1}{2}$	30	2	10	0	0	11	6	1	7 $\frac{3}{4}$
8	0	13	4	3	0 $\frac{3}{4}$	5 $\frac{1}{4}$	40	3	6	8	0	15	4	2	2 $\frac{1}{4}$
9	0	15	0	3	5 $\frac{1}{2}$	6	50	4	3	4	0	19	2	2	9
10	0	16	8	3	10	6 $\frac{1}{2}$	60	5	0	0	1	3	0 $\frac{1}{4}$	3	3 $\frac{1}{4}$
11	0	18	4	4	2 $\frac{3}{4}$	7 $\frac{1}{2}$	70	5	16	8	1	6	10 $\frac{1}{4}$	3	10
12	1	0	0	4	7 $\frac{1}{4}$	8	80	6	13	4	1	10	8 $\frac{1}{2}$	4	4 $\frac{1}{2}$
13	1	1	8	4	11 $\frac{3}{4}$	8 $\frac{1}{2}$	90	7	10	0	1	14	6 $\frac{1}{4}$	4	11 $\frac{1}{2}$
14	1	3	4	5	4 $\frac{1}{4}$	9 $\frac{1}{4}$	100	8	6	8	1	18	4 $\frac{1}{2}$	5	5 $\frac{3}{4}$

If the Wages be guineas instead of pounds, for each guinea add one penny to each month, or one farthing to each week.

**Rule for Calculating Interest at 5 per Cent.**

Multiply the pounds by the number of days, and divide the product by 365  
The quotient gives the interest at 5 per cent. in shillings.

**Measure of Weight.**

**AVOIRDUPOIS WEIGHT.**

27 $\frac{1}{2}$ Grains	=	1 Dram (dr.)	=	27 $\frac{1}{2}$ grains
16 Drams	=	1 Ounce (oz.)	=	437 $\frac{1}{2}$ „
16 Ounces	=	1 Pound (lb.)	=	7000 „
28 Pounds	=	1 Quarter (qr.)		
4 Quarters	=	1 Hundred weight (cwt.)	=	112 lbs.
20 Cwt.	=	1 Ton	=	2240 „

This weight is used in almost all commercial transactions, and in the common dealings of life.

A Firkin of Butter . . . . . 56 lb.	A Barrel of Soap . . . . . 256 lb.
———— Soap . . . . . 64 „	———— Raisins . . . . . 112 „
A Barrel of Anchovies . . . . . 30 „	A Fother of Lead . . . . . 19 $\frac{1}{2}$ cwt.

The particular weights belonging to this Division are as follows:—

			cwt.	qrs.	lbs.	
14 Pounds	=	1 Stone	=	0	0	14
2 Stone	=	1 Tod	=	0	1	0
6 $\frac{1}{2}$ Todd	=	1 Wey	=	1	2	14
2 Weys	=	1 Sack	=	3	1	0
12 Sacks	=	1 Last	=	39	0	0

Used in the Wool Trade.



**Bread, Flour, &c.**

	lbs.		lbs.
A peck, or stone of flour . . . . .	14	6 bushels of wheat yield of	} 280
A bushel of flour . . . . .	56	fine flour . . . . .	
A boll of 10 pecks or stones . . . . .	140	280 lbs. of flour, 1 sack, make	} 400
A barrel of American flour . . . . .	196	of white bread . . . . .	
A pack, or load of flour . . . . .	240	8 bushels of wheat, 1 quarter,	} 402
A sack, or 5 bushels of flour . . . . .	280	average of flour . . . . .	
A gallon of flour . . . . .	7	Ditto of bread . . . . .	577
A bushel of barley . . . . .	47	A man's average use of bread	} 11
A bushel of peas . . . . .	64	weekly . . . . .	
"  beans . . . . .	60	Ditto yearly . . . . .	572
"  rye . . . . .	50	which is the produce of 1 quarter	} of wheat.
"  oats . . . . .	40		
"  wheat . . . . .	60		

**Medical Proportionate Doses.**

If a dose be one, or one drachm, for a person 21 years of age, the proportionate doses according to age should be:—

Under 1 year . . . . .	$\frac{1}{12}$ or 5 grs.	Under 14 years . . . . .	$\frac{1}{2}$ or ʒ iss
"  2 years . . . . .	$\frac{1}{8}$ " 7½ grs.	"  20 " . . . . .	$\frac{2}{3}$ " ʒ ij
"  3 " . . . . .	$\frac{1}{6}$ " 10 grs.	Above 21 " . . . . .	1 " ʒ j
"  4 " . . . . .	$\frac{1}{4}$ " 15 grs.	"  65 " . . . . .	the inverse ratio
"  7 " . . . . .	$\frac{1}{3}$ " 1 ʒ		Women require smaller doses than men.

**PHYSICIANS' CHARACTERS.**—*R*, recipe, take; *à*, *àà*, or *ana*, of each the same quantity; *ss*, signifies the half of anything. *cong. congius*, a gallon; *coch. cochleare*, a spoonful; *M. manipulus*, a handful; *P. pugil*, as much as can be taken between the thumb and forefingers; *q. s.*, a sufficient quantity.





## A

## GLOSSARY

## OF

## FOREIGN TERMS USED THROUGHOUT THIS VOLUME.

*Atelets.* Small silver skewers.

*Baba.* A French sweet yeast cake.

*Bain Marie.* A flat vessel containing boiling water, intended to hold also other saucepans for the purpose either of cooking or keeping their contents hot.

*Bouquet.* A bunch of parsley and scallions tied up to put in soups, &c.

*Bouquet garni, or Assaisonné.* The same, with the addition of cloves or aromatic herbs.

*Bourguignote.* A ragoût of truffles.

*Braise.* This is a method of dressing meat, poultry, &c., without evaporation. It is done by lining a braising-pan with thin slices of bacon, beef, or veal; upon which place whatever you may intend to *braise*; and also add carrots, onions, lemons, bay leaf, herbs, pepper, and salt.

*Brioche.* A French yeast cake.

*Buisson (en).* A fanciful mode of dressing up pastry, &c.

*Capilotade.* A hash of poultry.

*Civet.* A hash of game or wild fowl.

*Compeigne.* A French sweet yeast cake, with fruit, &c.

*Compote.* A mixed ragoût, to garnish white poultry, &c.; also a method of stewing fruit with syrup for desserts.

*Compotier.* A dish in the dessert service purposely for the compote.

*Consommé.* A clear gravy, very strong; see *receipt*.

*Couronne (en).* To serve any prescribed articles on a dish in the form of a crown.

*Court or short, to stew.* The reduction of a sauce until it becomes very thick.

*Croquettes.* A mince of fish, meat, poultry, or rice.

*Croustade.* Bread baked in a mould, and scooped out to contain minces, &c.

*Croutons.* Bread cut in various shapes and fried lightly in butter or oil.

*Dorez.* To wash pastry, &c., with yolk of egg well beaten.

*Dorure.* Yolks of eggs well beaten.

*"En papillote."* White paper is greased with oil or butter, and then folded over a cutlet or small fish, fastening it by screwing the paper at the edges.

*Entrées,* are dishes served at the commencement or during the first course of the dinner.

*Entremets.* Small ornamental dishes served in the second and third courses.

*Financière.* An expensive, highly flavoured, mixed ragoût

*Flan.* A French custard.

*Glaze (to).* To reduce sauces to a jelly, and they will adhere to the meat.

*Glaze* is made usually from reduced *consommé*, or juices from the bottoms of braised white meats. It should be preserved in jelly-pots.



*Glaze, Glace, or Ice*, is composed of white of egg beaten with powdered sugar.

*Godiveau*. A common veal forcemeat.

*Gras (au)* expresses that the article is dressed with meat gravy.

*Gratin*. A layer of any article intended for this purpose is spread over a dish that will bear the fire, and is placed on a stove or hot ashes until it burns.

*Hors d'œuvre*. A small dish served during the first course.

*Lard (to)*. To stick bacon, or whatever meat may be named, into poultry, meat, &c. It is accomplished with a larding-pin, an engraving of which is given, one end of which is square and one hollow. The lardon is put into this hollow, the point is then inserted in the meat, and on being drawn through, leaves the bacon or lardon standing in its proper place. It requires practice to do this well.

*Lardon*. The pieces into which bacon or other meats are cut for the purpose of larding.

*Liaison*. A finish with yolks of eggs and cream for ragoûts and sauces,

*Madeleines*. Cakes made of the same composition as pound cakes.

*Maigre (au)*. Soups, &c., dressed without meat.

*Marinade*. A prepared pickle for meat, fish, &c.

*Mask*. To cover completely.

*Meringue*. A light confection formed of sugar and whites of eggs beaten to a fine froth.

*Nouilles*. An Italian paste resembling macaroni; it is flat instead of being in pipes.

*Panada*. Bread soaked in milk, used principally for *quenelles* and fine farces.

*Passer*. To fry lightly.

*Pâté*. A raised crust pie.

*Poêlée*. A light braise for white meats; the difference between this and the braise is, that in the former the meat, or whatever it may be, need not be so much done as the latter.

*Potage*. A term for soup.

*Purée*. Any meat, fish, or other article boiled to a pulp, and rubbed through a sieve. See *Purée presser*.

*Quenelles*. A fine farce; when used it is generally poached.

*Rissoles*. A mince of meat or fish; in paste it is formed into a variety of shapes for side dishes, balls being the more frequent mode when used as a garnish.

*Roux*. A thickening for white soups and gravies.

*Salmi*. A hash very highly seasoned.

*Sauter*. To fry very lightly.

*Sabotière* or *Saubetière*. A pewter or tin vessel in which are placed the moulds containing whatever is intended to be frozen.

*Tammy*. A silk sieve.

*Tourner* or *turn*. To stir a sauce; also to pare and cut roots, vegetables, and fruits very neatly.

*Tourte*. A puff paste pie.

*Vanner*. To take up sauce or any other liquid in a spoon and turn it over very quickly.

*Velouté*. For heightening the flavours of soups, made dishes, &c.

*Vol-au-vent*. An extremely light puff paste, in which is enclosed minces of sweetbread, poultry, game, &c.



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